

# CULT MTL



*Student  
Survival  
Guide*

FREE

SEPTEMBER 2023 • Vol. 12 No. 1 • CULTMTL.COM

2023 Montreal cheat sheet + Charlotte Cardin, POP Montreal, Rotting in the Sun

# PHI

# FALL BACK

# INTO ART

## ▪ PHI FOUNDATION

MORIDJA  
KITENGE BANZA:  
Inhabiting the  
Imaginary  
08.04.2023  
— 10.08.2023

RIRKRIT  
TIRAVANIJA:  
JOUÉZ/PLAY  
11.03.2023  
— 03.10.2024

## • PHI CENTRE

SEX, DESIRE  
AND DATA  
08.01.2023  
— 10.31.2023

HABITAT SONORE  
Sofie Birch and  
Christophe  
Papadimitriou  
08.23.2023  
— 10.20.2023

CONFABULATION  
— 10.28.2023

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## → OUTSIDE OF PHI

Space Explorers:  
THE INFINITE  
Until — 10.31.2023

## MUSIC PROGRAMMING

Pelada  
— 09.16.2023

Parade  
— 09.21.2023

Yung Singh  
— 09.23.2023

Eliza Rose  
— 10.08.2023

Sarah McCoy  
— 10.12.2023

Hanorah  
— 11.11.2023

La Force  
— 11.22.2023

# PHI.CA



DANSE  
DANSE

2023 24 SEASON

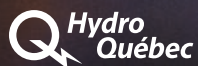
Discover an all-embracing  
dance season with an eclectic  
line-up of 15 performances

# Take the leap!



Photo Gauthier/Dance Company/Theaterhaus Stuttgart © Jeanette Bek, Choreographer Marie Chouinard.

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 [PlacedesArts.com](http://PlacedesArts.com)

# sept 2023

3.09.2023 1pm–5pm  
Free Sunday

Guided tour,  
family workshops  
and answers to  
your questions are  
on the house.

14.09.2023 6pm–9pm  
Open house

What can we do  
for students?

16.09.2023 11am–4pm  
Bazaar

A frame,  
a postcard, a book,  
or a camera?

26.09.2023 2pm  
Talk, online

Who is the work  
in architectural  
research for?  
And what does the  
work do? Jay  
Pather & Samia  
Henni

1.10.2023 1pm–5pm  
Free Sunday

Ask questions,  
visit, and exchange  
freely (and for free)

12.10.2023 6pm–9pm  
Opening

Letters from  
Amancio Williams  
Claudia Shmidt

# oct 2023

05.10.2023 6pm  
Talk

What are the lives  
of urban  
wastelands?

Lara Almarcegui

19.10.2023 5:30pm–7:30pm  
Book launch

How can we centre  
Africa in histories  
of architecture?

07.10.2023  
Afternoon in St-Michel

Open conversations  
in open-air, about  
the Francon Quarry  
Lara Almarcegui,  
experts & citizens

## Exhibitions

23.06.2023–17.09.2023 On The Horizon: Amancio Williams selected by Studio Muoto

13.10.2023–21.10.2024 Amancio Williams selected by Claudia Shmidt

03.05.2023–03.03.2024 The Lives of Documents - Photography as Project

19.12.2022–23.12.2023 Visibly Iroquoian by Ange Loft

17.05.2023–26.11.2023 File Under: Law and Policy

## CCA Elsewhere

1.9.2023–6.10.2023 Me conociste  
en un momento extraño de mi  
vida, Universidad Torcuato Di  
Tella, Buenos Aires 29.09.2023–  
1.10.2023 arc en rêve, Bordeaux  
Atmosphériques 07.09.2023  
Open City Documentary Festival,  
London / بارس لايف قرغن ال فيك /


## To Remain in the No Longer

14.10.2023–15.10.2023 Volume Mtl,  
Montréal CCA Bookstore  
05.10.2023–09.10.2023  
Architecture Film Festival  
Rotterdam Where We Grow  
Older 25.10.2023–22.03.2024  
Daniels Faculty, Toronto <ᖃᓂᓂᓂᓂᓂᓂᓂ /  
Ruovttu Guvlui / Towards Home

## Open Calls

 See the Opportunities tab  
of our website for full details,  
or scan this QR code.

## Public Programs

 You can register for one (or  
many) of our public programs,  
such as “Carrying Patterns: Making  
Visible an Iroquoian Montréal” with  
multidisciplinary artist Ange Loft.  
Visit the Public Programs tab on our  
website for the full list of programs.



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Montréal, QC, Canada

Wednesday to Sunday, 11am to 6pm  
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and members of indigenous communities

OSEZ  
LE MAC!

# PUSSY RIOT



PUSSY RIOT, *Putin Pissed his Pants*, 2012 ©Pussy Riot  
Photo: Denis Sinyakov



DU 25 OCTOBRE 2023  
AU 10 MARS 2024

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 **MAC**  
À PLACE VILLE MARIE

# letter from the editor

Hey students,

Welcome back, and welcome to Cult MTL's 12th annual Student Survival Guide.

Going back to school doesn't have to be a pain, especially if it means returning to this incredible city. Montreal is buzzing with enough activity and entertainment to get you through the year, and balancing a serious approach to studies with an exciting and rewarding social life is very doable, and even affordable.

You can lean on *Cult MTL* to steer you. Because that's what we do.

Along with offering 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 list. Meanwhile, our Best of MTL readers poll results reflect everything our audience loves about this city.

*Cult MTL* is Montreal's only online source of comprehensive cultural coverage and city life; 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 Twitter, Instagram and Facebook. 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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We spoke with star singer-songwriter Charlotte Cardin about her sophomore album *99 Nights*, why she wrote a song about Jim Carrey and how much she appreciates her hometown of Montreal now that she's moved to Paris.

Cover photo by Aliocha Schneider

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**CULT**  
MTL

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**cultmtl.com**

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Place  
des  
Arts

DANCE  
AND MUSIC  
FESTIVAL

# tempéo

BOLLYWOOD  
HAITIAN  
DISCO

1960s  
LATIN  
INDIGENOUS



## 6 DANCE EVENINGS

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en  
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# music

## Stay festive



La Sécurité

BY DAVE MACINTYRE

POP Montreal always makes the transition from summer to fall in this town that much easier — and later this month, it'll be back with a vengeance.

Boasting one of the festival's more diverse lineups in recent memory, POP — a staple of Montreal's festival landscape since 2002 — will once again take over the city's esteemed music venues, mostly in the Plateau/Mile End area, from Sept. 27 to Oct. 1. As usual, it'll also offer a host of visual art exhibitions, film screenings, community initiatives, keynote talks, an event featuring famed philosopher/activist Dr. Cornel West and more.

Of course, the music is always what brings people out to the fest every September, whether it's at the iconic Rialto Theatre or the still relatively new outdoor space l'Entrepôt77. POP consistently boasts a mix of emerging young talent (both homegrown and exported) and veterans of the music industry. There are some truly can't-miss shows on this year's bill, and ones spanning the musical and cultural spectrum. Here are some of our highlights from this year's POP Montreal lineup.

### Islands

One of Montreal indie rock's pioneering acts, Nick Thorburn and co last played POP with a festival-closing set at the Rialto in 2021. This year, they're flipping the script with a festival-opening set in a much, much smaller room: la Sotterenea, aka the comfortingly home-style basement of Sala Rossa, as part of the lead-up to their forthcoming ninth LP, *And That's Why Dolphins Lost Their Legs*.

*With Burry and Dresser at la Sotterenea (4848 St-Laurent), Sept. 27, 7:30 p.m., \$15/\$20*

### Charlotte Adigéry and Bolis Pupul

Effortlessly cool Belgian duo Charlotte Adigéry and Boris Pupul have gotten quite familiar with Quebec this year, having performed at le Festif! in the 7,000-population town of Baie-Saint-Paul back in July. Using groovy, pulsating house beats as the backdrop to lyrical content tackling racism, post-colonialism and cultural appropriation among other things, the duo execute this stark contrast tastefully in bringing that messaging onto the dancefloor. *With Martyn*



Charlotte Adigéry and Bolis Pupul

*Bootsy Spoon and Xela Edna & Eius Echo, Rialto Theatre (5723 Parc), 9 p.m., \$30/\$35*

### Charlotte Cornfield

This Toronto indie singer-songwriter (and former Montreal resident/Concordia alum) truly is "Canada's best kept secret," as *Rolling Stone* once described her. Five albums into her career, Cornfield and her rich, earnest lyricism have been getting her greater attention and acclaim, furthered by her most recent LP, *May's Could Have Done Anything*. Fans of Big Thief, Kurt Vile and Waxahatchee will enjoy. *Rialto rooftop (5719 Parc), Sept. 28, 6:30 p.m., sold out*

### OMBIIGIZI

A team-up of two Anishinaabe singer-songwriters with praise and recognition in their own right (Status/Non-Status and Zoon), OMBIIGIZI will be playing POP while they continue working on the follow-up to their Polaris-shortlisted debut album *Sewn Back Together*. Turning heavy topics into breezy, inviting indie rock tunes, they'll certainly be a treat in an environment as small as la Sotterenea. *With Pony Girl, blackwinterwells, Magella at la Sotterenea (4848 St-Laurent), Sept. 28, 8:30 p.m., \$15/\$20*

### Men I Trust

These local-kids-done-good have gone from playing small showcases at Divan Orange years ago all the way to MTELUS, which is where they'll be teaming up with veteran new-wavey auteur Twin Shadow. With newer material adding a more post-punk edge to their typically feathery dream-pop, their show at POP will come before they slow things down in the new year to focus on completing the follow-up to 2021's *Untourable Album*. *With Twin Shadow at MTELUS (59 Ste-Catherine E.), Sept. 28, 8:30 p.m., \$43-\$59.50*

### La Sécurité

A local five-piece — and Queb indie supergroup including Laurence-Anne and members of Choses Sauvages — whom POP are hyping up as "Montreal's hottest new band" have certainly made a strong case for that title as of late. They're ferocious, they're kicking ass and taking names, and they've got the tunes to show for it, as evidenced on their June debut, *Stay Safe!*. *With Pypy, Barber for the Queen, Love Language, Worry, Thunder Queens and Doctor Mother Father at l'Entrepôt77 (77 Bernard), Sept. 30, 3 p.m., \$15/\$20*

### Georgia

Now, for something a little different — and a whole lot more dance-oriented. U.K. songstress Georgia makes radiant, alt-leaning electropop that saw her 2020 album *Seeking Thrills* earn a Mercury Prize shortlist nomination. Having just released the new album *Euphoric* at the end of July (which she worked on with ex-Vampire Weekend man Rostam Batmanglij), she'll be sure to get bodies moving in a relatively small room at le Ministère. *With Nii and Raveen at le Ministère (4521 St-Laurent), Sept. 30, 8 p.m., \$20/\$25*

### Gayance

Fresh off securing a Polaris shortlist nod for her stellar debut album *Mascarade*, the Amsterdam-based Aïsha Vertus returns home for what's sure to be a vibrant and stirring performance at l'Entrepôt77. Gayance also makes a whole lot of sense for a show where she'll likely be on as the sun is setting, as that environment perfectly encapsulates her eclectic, nocturnal, Latin-fuelled jazz-house sound.

*With El Mega S.P.R.M. and Balaklava Blues, l'Entrepôt77 (77 Bernard), Oct. 1, 4 p.m., \$15/\$20*

### Bonnie "Prince" Billy

Will Oldham is a true blue indie music veteran, and someone whose enrapturing, enigmatic body of work should fit an environment like the Rialto Theatre seamlessly. The Kentucky folk/alt-country troubadour just released his 24th album (and first in four years), *Keeping Secrets Will Destroy You*, and his tunes sound as poignant and mesmeric as they ever have. *With Beyries, Rialto Theatre (5723 Parc), Oct. 1, 8 p.m., \$40/\$55 Golden Circle*

### Tangerine Dream

POP Montreal is known for booking legendary musical elder statesmen — Mavis Staples, Giorgio Moroder and the late Ronnie Spector all come to mind. This year, legendary German electronic group Tangerine Dream takes up one of the biggest legacy slots at the festival, carrying on without founding member Edgar Froese after his 2015 passing. With a discography boasting over 100 albums, there'll be no shortage of musical offerings, nor of atmosphere or pure enchantment for those watching. *Oct. 1, l'Olympia (1004 Ste-Catherine E.), 8 p.m., \$56*



**MONSTERS OF OZ**  
NORTH AMERICA 2023

EXTENSIVE!

*Partial*  
*Howl*



THE AMITY AFFLICTION NORTHLINE MAKE THEM SUFFER

SEPTEMBER 19<sup>TH</sup> 2023  
LAVAL, QC  
PLACE BELL

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BREATH + ANOTHER DAY DAWNS  
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AVATAR + ORBIT CULTURE + THE NATIVE HOWL  
SEPTEMBER 13 @ OLYMPIA

PALEFACE SWISS + GET THE SHOT  
+ ENTERPRISE EARTH + CROWN MAGNETAR  
+ DON'T TRY  
SEPTEMBER 15 @ CLUB SODA

TOMB MOLD + OUTER HEAVEN + SERPENT CORPSE  
SEPTEMBER 16 @ FOUFOUNES ÉLECTRIQUES

FIT FOR A KING + THE DEVIL WEARS PRADA  
+ COUNTERPARTS + LANDMVRKS  
SEPTEMBER 30 @ OLYMPIA

WOLVES IN THE THRONE ROOM + BLACKBRAID +  
GAEREA + HOAXED  
OCTOBER 5 @ FAIRMOUNT THEATRE

TESSERACT + INTERVALS + ALLUVIAL  
OCTOBER 17 @ BEANFIELD THEATRE

UNEARTH + REVOCATION + ENTHEOS  
+ HIGH COMMAND  
OCTOBER 17 @ FAIRMOUNT THEATRE

AUGUST BURNS RED + BRAND OF SACRIFICE  
+ SPITE + CRYSTAL LAKE  
NOVEMBER 11 @ OLYMPIA

SILVERSTEIN + STRAY FROM THE PATH + AVOID  
NOVEMBER 25 @ CLUB SODA

CATTLE DECAPITATION + IMMOLATION  
+ SANGUISUGABOGG + CASTRATOR  
DECEMBER 1 @ BEANFIELD THEATRE

THE FLATLINERS  
DECEMBER 8 @ CLUB SODA

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# Living in the moment

BY DAVE MACINTYRE

A year ago, *Elle Canada* described Charlotte Cardin as being “poised for superstardom.” That line may have literally been written by her older sister, Camille, but it’s really not that far-fetched.

Cardin is one of Montreal’s biggest pop music success stories in recent memory, and has just unleashed another batch of soul-stirring, effervescent bops with her sophomore album *99 Nights*, released on Aug. 25 by Atlantic and Cult Nation. The follow-up to her 2021 full-length debut *Phoenix* — which topped the Canadian album charts for two weeks, earned platinum status in Canada and helped her take home a bunch of JUNOS including Album of the Year and Artist of the Year — arrives equipped with some of Cardin’s most honest and emotionally evocative tunes to date.

Speaking to *Cult MTL* weeks before the album’s release via phone from Nashville — a “very inspiring city” that she was visiting for about 10 days doing some songwriting sessions — the alt-pop songstress said she was “excited” and “so ready” for *99 Nights* to get out into the world. But what could she have learned about herself by the 99th night that she didn’t know on the first?

The title is representative of chapters in one’s life opening and closing, as well as getting out of the place you were previously in. But it’s also a bit more literal than that, since the title doubles as a reference to the summer during which the album’s DNA was conceptualized. “A summer is more or less 99 nights,” she says. “I think it might be like 93, but 99 sounded better.

“During that summer, I was going through a lot of stuff on a personal level. I was feeling like I wasn’t sure what I wanted to express with this album, trying to figure out where I wanted to go with my life, who I wanted to be as an artist — one of those small existential crises you can go through in your life. That summer, the moments I was spending in the studio in Montreal with my friends starting to write this album were the moments where I could escape that reality. It was therapy for me, this album.”

Since she was having fun being among her friends, many of *99 Nights*’ tracks were written “instinctively and spontaneously,” all while providing Cardin with a much-needed distraction from the doldrums of her sudden existential malaise. She described this album’s creative process as a very healthy one compared with that of its predecessor *Phoenix*, which saw her frequently revisiting old wounds and traumas. Instead, this album reflects a desire to live in the now.

“It was like, ‘I’m stepping into the studio this morning. How do I feel? And how does this feeling translate into a song?’ At the end of those 99 nights, I think what I learned is to trust my instincts a little bit more as an artist — to allow myself to be more playful, to encapsulate how I feel in the present



Allocha Schneider

moment and to translate that into a song, which I hadn’t really done before.”

By far the fastest song to have been written for the album was lead single “Confetti.” Written alongside her friend (and fellow Montreal artist) Lubalin, it’s an “introverted anthem,” as they both dislike being in crowds and at parties.

“When we came up with the idea, it felt like we had been accumulating lyrics and ideas for the song our entire life without knowing it,” she adds. “We were super inspired by the theme. We wrote it in a couple of hours. It was done super quickly. It just felt very natural for us to write about that, because we bonded so much over the theme of the song.”

On the flip side, the closing track “Next to You,” which she wrote with Patrick Watson, took the longest to complete. The two Montreal musical heavyweights got to know each other quite well while writing it, as it took six months to finish. Across that half-year span, the song would be worked on either weekly or bi-weekly. It was also around this time that Cardin — who grew up in TMR — decided to

move her home base across the pond, to Paris.

“I would go to his studio, and the song progressed one word at a time, one sentence at a time, one chord at a time,” she continues. “It was a very slow build. I had never spent so much time working on a song ever. As I was writing that song, I was going through a lot of shit in my personal life, so the song kind of evolved chronologically as I was making the decision to move out of Montreal to go live in Paris. That was hard for me on a lot of levels. It was a big decision. The song is about that, but it kind of evolved as I was making the decision.”

After going 50/50 between the two cities for a year, Cardin has been fully based in Paris since January, though she frequently returns to Montreal to see family and continues to tour within Quebec. Nonetheless, the City of Lights has been treating her well. “I needed new inspirations, and I’ve been finding them in Paris,” she says.

The last six years of Cardin’s life have felt like a whirlwind, since her 2017 debut EP *Main Girl* racked up buzz locally

and abroad. “Confetti” has also gifted Cardin her biggest hit domestically to date, peaking at #15 on the Billboard Canadian Hot 100. Though she’s yet to truly explode abroad, Cardin saw *Phoenix* chart in the Top 30 in Belgium, France and Switzerland. The day after our interview, Cardin was announced as a replacement sub-headlining act on the first night of this year’s Osheaga, and she did not look afraid of the moment while onstage.

*99 Nights* offers plenty of other songs that showcase Cardin’s expansive artistic range. “Looping” flips a sample of Barbra Streisand’s “The Way We Were,” an idea that came from producer Felix Joseph. “We literally just started the song without knowing what we would be writing about with that sample,” Cardin says. He was like, ‘Okay, let’s loop it and make something.’ I wrote the song with Felix, my producer Jason (Brando) and Mr. Hudson, who’s an amazing producer who I love working with as well.

*99 Nights* only has one feature, and it’s from none other than the much-hyped Montreal rapper Skiifall, who lays down a verse on second track “Enfer.” He and Cardin previously collaborated on his track “Yuteman Denis,” and the two connected after she reached out to him on Instagram telling him she was a fan. “It was super casual,” she says. “I was obsessed with his song ‘Ting Tun Up’... I went to his studio in Côte-des-Neiges — I want to say a year and a half ago — and that’s when we recorded (“Yuteman Denis”).

“Then I had my song ‘Enfer,’ and I was like, ‘It’d be so cool to have the second verse be a rapper. I feel like the vibe of the song would be elevated with a good rap verse on it.’ We thought of Skiifall, because I love his music. We reached out and he was down. He loved the song. He cut a verse on it, and it was amazing. It was a very, very easy collaboration.”

There’s also “Jim Carrey,” which not only boasts the best Half Moon Run chorus Half Moon Run never wrote (we may or may not be trying to manifest a collab with that comparison), but the song even scored Cardin a 15-minute phone call with the legend himself. “It was surreal,” she says about the call. “I’m still processing that moment. It was really wonderful because this song is about how our ego is the main thing that’s holding us back from embracing our true self, and therefore being able to reach the goals we set for ourselves.”

At the suggestion of her producer Jason Brando, who had suggested writing a song about ego in the first place, Cardin found herself deep in a Jim Carrey inspirational-speech rabbit hole, as the Canadian comedy icon has done several speeches on the topic. These struck a chord with Cardin, and she used the song to reinterpret Carrey’s ideas in her own way and through her own lens — though she acknowledges it must be weird for him to hear those ideas in a song named after him. “If he hadn’t resonated with the message, I would have been really sad,” she says. “What he’s been saying about the ego and our fears and all of that has influenced me deeply.

“When he called me and told me that he was really happy with the message of the song, he told me how he was touched that I had made art with something he’d been ranting about all these years. It was the biggest validation I could have ever gotten for the song, because he’s the one who inspired it. I literally asked him to marry me in a song (laughs) — he could have thought that was pretty weird! But he told me he loved the song. It was very validating and very elegant of him to take the time to call me. I really appreciated it.”

Though she’ll continue to work on new music before the end of the year, Cardin will soon be embarking on an extensive

world tour, ending in February with three straight dates at Place Bell in Laval, the latter two already being sold out.

“The songs, especially from this album, will make the most sense when shared live,” she says. “There’s a collaborative part to this album that I cannot wait to live onstage with my band and share with people... I play more instruments onstage. I allow myself to be a little more free onstage, as well.”

She’s also currently hosting her own radio show on Apple Music 1, *99 Nights Radio*, which has already released six episodes where Cardin plays her favourite music while chatting alongside collaborators and loved ones like her sister Camille, her parents and her boyfriend, fellow musician Aliocha Schneider.

In other words, she’s come a hell of a long way from being a semifinalist on the first season of *La Voix* a decade ago.

Even if she may be based in Paris now, she hasn’t forgotten where she came from, and Montreal remains a huge part of her identity and her sound. “My closest creative partners are all from Montreal. They all have music experiences linked to Montreal. I’ve travelled to a lot of places and I’ve never seen a place that felt like Montreal.

“There’s a very inspiring vibe to the city. It’s amazing to come from a small-ish city that has so much fucking talent. Having all these incredible acts that come from Montreal that have made it, that have crossed over in a lot of different genres, too, is just a really inspiring thing for an artist. I love Montreal and I always will. The fact that I don’t live there anymore doesn’t mean that it’s not still a huge part of my upbringing, and a huge part of my sound now. Anywhere you live for a very long time, sometimes you need to step out of it to appreciate it even more.”

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# student survival guide 2023-2024

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 de Lachine**  
1865 Notre-Dame

### COMMUNITY-SUPPORTED AGRICULTURE

Community-supported agriculture programs give you the chance to buy food straight from a local farm. **Family Farmers Network** ([fermierdefamille.org](http://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 eight:

**Shaina Hayes Farm**  
[shainahayes.wixsite.com/farm](http://shainahayes.wixsite.com/farm)

**Les Bontés de la Vallée**  
[lesbontes.org](http://lesbontes.org)

**Lufa Farms**  
[lufa.com](http://lufa.com)

**Ferme des 3 Samson**  
[3samson.com](http://3samson.com)

**Terrabella Montreal**  
[terrabellamtl.ca](http://terrabellamtl.ca)

**Arlington Gardens**  
[jardinsdarlington.ca/en/csa-baskets/](http://jardinsdarlington.ca/en/csa-baskets/)

**McGill Farmer's Market**  
[mcgillfarmersmarket.org/baskets](http://mcgillfarmersmarket.org/baskets)

**Concordia Food Coalition**  
[concordiafoodcoalition.com/cfm-info/](http://concordiafoodcoalition.com/cfm-info/)

### 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  
Large selections of spices, organic by-weight, selections of flours and grains, cosmetics and more.

**Frenco**  
4072 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 to Thursday 12-6 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 2346 Beaubien E., 4810 and 7055 St-Laurent, 4201 St-Denis  
Organic produce and packaged foods, cosmetics and vitamins.

**Marché Tau**  
Various locations including 4238 St-Denis, 7373 Langelier, 2345 Trans-Canada Hwy (Pointe-Claire)

Organic produce, naturopathic medicines, natural cosmetics and other health-conscious items.

**Avril Supermarché Santé**  
375 Viger W.  
Organic produce, sustainable products and local health foods. Fully shopable online with in-store pick-up or delivery options.

## 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.

**Umami Épicerie**  
1909 Mont-Royal E.

## NDG & WESTMOUNT

**Marché Akhavan**  
6496 St-Jacques W.

**Marché Oriental Jang Teu**  
2116 Decarie, 6785 St-Jacques

**Miyamoto**  
382 Victoria

**Montreal Korean & Japanese Foods**  
6151 Sherbrooke W.

## DOWNTOWN

**Bonjour Supermarché**  
2070 de Maisonneuve W.

**Marché Newon**  
1616 Ste-Catherine W.

**MTLKFOOD**  
1829 St-Catherine W.

**Épicerie du Bazaar**  
1905 Ste-Catherine W.

**Marché Adonis**  
2173 Ste-Catherine W.

**Sheng Tang Supermarket**  
1425 Fort

**Supermarché Mizan**  
2120 Guy

## LATE-NIGHT

**Intermarché**  
1670 Mont-Royal E. (open till midnight)

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

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

**Provigo**  
3421 Parc, (open until 11 p.m.)

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

# restaurants

There's no shortage of great and affordable restaurant options in this city. Here's a list of some perennial favourites and local legends, more than a few of which have earned a place in our annual Best of MTL readers poll — see the complete Best of MTL results (along with restaurant reviews and food-scene news) at [cultmtl.com](http://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-Laurent  
Leonard Cohen's favourite breakfast spot. This Plateau institution has been slinging eggs in a myriad of ways since the 1940s.

### Greenspot Restaurant

3041 Notre-Dame W.  
A quintessential diner in the heart of Saint-Henri, jukeboxes and all, since 1947. Open from 5 a.m. on weekdays and 7 a.m. on the weekend.

### Arthurs Nosh Bar

4621 Notre-Dame W., Place Ville Marie (Le Cathcart)  
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  
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.

### Oxford Café

5630 Sherbrooke W.  
A no-frills, mom-and-pop shop serving breakfast standards in NDG. Fry-ups are solid but don't sleep on the dinner-plate-sized pancakes.

### 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 omelette that keeps the crowds coming back.

## DELI + SANDWICHES

### Boucherie Hongroise

3843 St-Laurent  
Hit up their deli counter for immensely stacked (and cheap!) hot sandwiches of deli cuts.

### Boucherie Provisions

1142 Van Horne  
The cuts of meat and selections of sandwiches at this butcher/restaurant 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, 705 Ste-Catherine W. (Time Out Market)  
Home of the Hoagie. Deli sandwiches jam-packed with your choice of salumi, homemade meatballs, fried cutlets and more.

### Bergham

8 Montreal locations  
This fast-casual Quebec/Ontario chain has multiple varieties of sandwiches, from their 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 known 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.

### Mange Dans Mon Hood

1380 Jean-Talon E.  
A newer casse-croûte on the east end of Jean Talon serving mouthwatering smash burgers and baskets of fully-loaded french fries.

### Uniburger

Various locations including 1923 Ste-Catherine W., 4390 Notre-Dame W., 4621 Wellington  
Montreal's answer to In-N-Out, this chain 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 butcher shop down the road and topped with only the essentials.

### Dic Ann's

Various locations including 1000 Marché-Central  
Atypical, to say the least. Having ascended to legendary status, Dic Ann's famously thin, brown-sauced burgers have been a staple in the city since 1954.

## 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.

#### 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.

## PIZZA

#### 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.  
A solid New York-style slice in Saint-Henri. Sold by the slice or by the pie.

#### Pizza Bouquet

45 Beaubien E.  
An eclectic NYC-style pizza joint with a cult following. Possibly the best pizza in town.

#### Pizza Toni

104 St-Viateur W.  
Massive, budget-friendly slices brought to you by the makers of Falafel Yoni. Nothing fancy, just solid pizza.

#### Bottega

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

#### Elena

5090 Notre-Dame W.  
The famous resto Nora Gray may be out of the price range of many students, but their Neapolitan sister pizza joint isn't.

## 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 Saint-Henri institution dates back more than 50 years, and is known as one of the best late-night casse-croûtes in town. Open 8 a.m.–4 a.m. Monday through Thursday and until 5 a.m. on the weekend..

#### Chez la Mère

4028 Masson  
An all-encompassing casse-croûte (that delivers) in the East End, open till midnight.

#### Majestique

4105 St-Laurent  
A Plateau oyster bar that's open till 3 a.m. Their 12-inch hot dogs and matane shrimp rolls are more than on point.

#### Le Roi du Smoked Meat

6705 St-Hubert  
A 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.

#### Double's Late Night

5171 Parc  
Beers, burgers and other delectable bites by celebrated Montreal chef Danny Smiles. Open 4 p.m. to 3 a.m. daily.

#### Restaurant Alto

3469 Parc  
Reliably good subs, pizzas and poutines in the McGill Ghetto — open until 2 a.m. daily.

## 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, 2650 Masson  
Crisp, clean and sunny corner cafés with pastries and a chill vibe.

#### Café Saint-Henri

Various locations including 3632 Notre-Dame W., 4159 Wellington  
A third-wave café chain with branches in Saint-Henri, Verdun, Quartier Latin, Mile Ex 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.

#### Humble Lion

904 Sherbrooke W., 1204 McGill College  
Go-to café just across from McGill gates with excellent coffee and pastries and lively atmosphere.

#### MELK Café

5612 Monkland, 1206 Stanley  
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.  
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 Saint-Henri.

#### Pandan Creamery

3833 St-Jacques  
Expand your frozen treat horizons with Thai-rolled ice cream. Flavours include *caramel beurre salé au lait de chèvre avec gateau 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.



montréal, arts interculturels

[m-a-i.qc.ca](http://m-a-i.qc.ca)

3680 Jeanne-Mance

# DRIVING IN PALESTINE

## — REHAB NAZZAL

curator: Stefan St-Laurent



vernissage: sep 7th

exhibition: sep 8th > oct 21st

© Rehab Nazzal

### Chu-Chai

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

### 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, 276 Ste-Catherine W.  
Healthy, tasty veg food in the McGill Ghetto and Place des Arts.

### 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, 16 des Pins  
Inventive flavours and textures combine for impressive and completely vegan sushi rolls. A fan favourite regardless of diet.

### Falafel St. Jacques

345 St-Jacques (Lachine), 323 Chabanel W.  
A perennial candidate for the city's best falafel, this middle-eastern take-out counter also serves vegetarian shawarma and shish taouk alongside a healthy selection of homemade salads.

### Pushap Sweets

5195 Paré  
Worth the trip up north on the orange line, this quaint and entirely vegetarian spot has some of the cheapest thalis in town. Vegan options available upon request.

## BRITISH STYLE PUB GRUB

### Brit & Chips

433 McGill  
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. Its affiliated pub and restaurant Wolf & Workman and Cartier Arms are also recommended.

### 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, Lloydie'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

# FOIRE AUX VINYLES

*SMT*

# LE PLATEAU

# RECORD SHOW



## Sat. Sept. 23, 2023

\$5 ENTRY 10am - 4pm / \$15 early bird 9am - 10am



Foire Vinyles Plateau

Église Saint-Denis  
5075 rue Rivard





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.

#### **Sammi Soup & Dumplings**

Various Locations including 1909 Ste-Catherine W., 376 Mont-Royal E., 8 de la Gauchetière W.  
Perhaps the best dumpling place in town. Specializing in soup dumplings, dine in-house or take a dozen frozen ones 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 specialities and comfort classics by one of the best chefs in town.

#### **Hong Mère**

3795 Wellington  
A family-run, home-style Szechuan restaurant in the heart of Verdun. This BYOW joint serves intensely flavourful, genuinely spicy and absolutely delicious Szechuan dishes. Large portions, modest prices.

#### **Fondue Chinois Express**

1610 Ste-Catherine W. #411  
Located inside the Faubourg building, this true hole-in-the-wall is known for the authenticity of its dishes and its beyond generous portions. The braised pork neck soup is incredible as are the dan-dan noodles and mapo tofu.

## **EASTERN EUROPEAN**

#### **Boulangerie Wawel**

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

#### **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.

#### **Chez Anna**

68 Duluth E.  
In the space formerly home to Budapest Restaurant, Chez Anna continues to serve up homestyle Hungarian in the heart of the Plateau.

## **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.

#### **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.

#### **Rôtisserie Panama**

789 Jean-Talon W.  
A Parc Ex staple known for its grilled meats, fish and mind-blowingly good fried eggplant and zucchini with tzatziki.

## **INDIAN**

#### **Bombay Mahal**

1001 Jean-Talon W., 3681 St-Laurent, 101 Mont-Royal W.  
For those who like it hot, in Parc Ex and the Plateau.

#### **Étoile des Indes**

1806 Ste-Catherine W., 5860 Sherbrooke W.

# Schwarz wälder kirschtorte

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[goethe.de/montreal/courses](https://goethe.de/montreal/courses)

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.

### 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.

### 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.

### 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.

### Chez Téta

227 Rachel E.

A sensationally good nouveau-Lebanese café known for two things: coffee and manoucheh — sumptuous Lebanese flatbreads served with a variety of toppings.

## ITALIAN

### Mano Cornuto

988 Ottawa

Run by a group of fine dining alumni, this Griffintown Italian spot serves homemade pasta, fluffy focaccia and the best spritz in the city.

### Drogheria Fine

68 Fairmount W.

\$5 gnocchi — need we say more?

### Gia Vin & Grill

1025 Lenoir

Arrosticini (grilled meat skewers), oysters and seasonal specials with a killer wine list.

### Paradiso

344 Victoria

A sensationally good fresh pasta counter in Westmount. A variety of shapes and sauces to go plus excellent

made-to-order lunch specials.

### Il Miglio

5235 St Laurent, 705 Ste-Catherine W.

A rock-solid fresh pasta joint that runs like an upscale cafeteria. Choose from a selection of classics or try out the rotating daily special.

## 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.

### DonDonYa

1433A Bishop

An unassuming donburi shop across the street from Concordia's Hall Building.

### MORE RAMEN SHOPS:

**Ichifuku** (1925 Ste-Catherine W.)

**Kinton Ramen** (1211 Bishop)

**Ramen Nakamichi** 5329 St-Laurent

## 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.

## MEXICAN + SOUTH/CENTRAL AMERICAN

### De Aragon

5201 St-Urbain

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

### El Rey del Taco

232 Jean-Talon E, 15 St-Viateur W.

A Jean-Talon Market staple that does a bit of everything: chilaquiles, huevos divorciados pozole, fresh tamales, generous tortas and, of course, tacos.

### La Capital

1096 St-Laurent

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

### La Chilenita

130 Roy E.

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

### El Amigo

51 St-Zotique E.

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

### El Chalateco

520 Beaubien E.

Another purveyor of pupusas, the Salvadoran bready treats stuffed with goodness.

### 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.

### Carlota Boulangerie Mexicaine

4804 St-Urbain

Incredible Mexican bakery known for their unequalled conchas, guava danishes and horchata. Feeling something savoury? Don't miss their tamales.



café myriade - mille carré doré  
 1432 rue macdougall  
 café myriade - westmount  
 347 ave. victoria  
 café myriade - mont-royal  
 28 ave. mont-royal o.  
 café myriade - le plateau  
 4627 rue saint-denis

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## PORTUGUESE

### 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.

An iconic Portuguese rôtisserie with a die-hard following. The roast chicken rivals anywhere in town but the Bifana sandwich is in a class of its own.

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 Jean-Talon

This low-key no-frills Thai joint 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.

### Nguyen Phi

6260 Côte-des-Neiges

A bit out of the way, this Vietnamese landmark in Côtés-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.

## THAI

### Épicerie Pumpui

83 St-Zotique E.

## VIETNAMESE

### Hoang Oanh

1071 St-Laurent, 7178 St-Denis

Probably the best banh mis in the city, with a great curry tofu option for vegetarians.

# SEPTEMBRE @ BRASSERIE BEAUBIEN

VEN/1

Les Sexpos présentent: Céline Dion Trivia & Dance Night

DIM/3

Jazz Jam Session w/ Greg Amirault

MER/6

Brainfreeze #16

JEU/7

Constance Massicotte Pop-Up

VEN/8

RAMESSEUM Night

SAM/9

Landon Wordswell + Guests

LUN/11

Les Duos Jazzstudio avec Simon Fortin

MER/13

Brasserie Karaoke hosted by Clovis

JEU/14

Nicolas Fortin quintet

VEN/15

For Lack of a Term / Slow Drain / FOMO / Beauregard

SAM/16

The Potholes / Mindfuzz / Tatum Quinn / Queen St.

DIM/17

Irresponsible Purchase / The Satisfactory / Fleeting Colours

MER/20

Brasserie Karaoke hosted by Clovis

JEU/21

Pizza Party (Free Pizza + Cheap Booze) w/  
DYKEONIQUE / Diego Morales /  
DJ Laura Palmer / Nether

VEN/22

La Tragedie / La Cour Interieure / Jin Tonic

SAM/23

Rufus Cesspool / Senior Living / TBC

MER/27

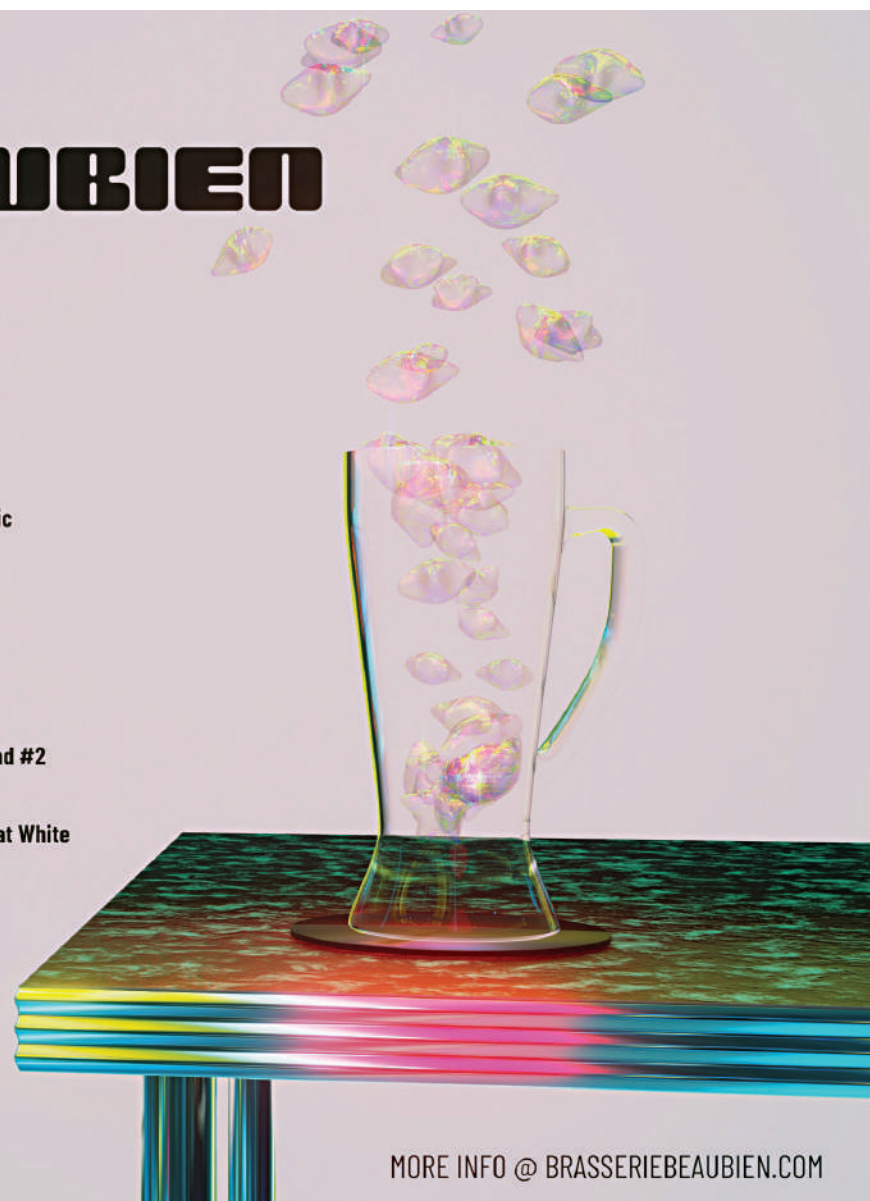
Brasserie Karaoke hosted by Clovis

JEU/28

Brasserie Beaubien Pool Tournament Round #2

SAM/30

Shook Boys / Alice & Her Hot Shots / DJ Pat White



MORE INFO @ [BRASSERIEBEAUBIEN.COM](http://BRASSERIEBEAUBIEN.COM)

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WHAT WE WATCH

PASSAGES  
IRA SACHS

MUBI  NOW  
STREAMING

# navigation

## city

For those of you trying to understand the city without being dependent 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, 2023, standard full-fare rates are:  
\$3.75 for a single ride (one trip)  
\$7 for two trips  
\$6.00 for an unlimited evening ticket (6 p.m.–5 a.m.)  
\$15.25 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)  
\$32.50 for 10 trips (only available on an OPUS card)  
\$30 for a weekly pass (only available on an OPUS card)  
\$97 for a monthly pass (only available on an OPUS card)  
\$226 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 \$58.

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 (officially 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. Note that the Exo is integrated with the OPUS card system. Bicycles are also welcome on the trains.

Regular one-way, Exo-only fares range from \$3.75–\$9.25. For the most up-to-date information on fares and services, check out Exo's website at [exo.quebec](#).

### The REM

Having begun operating in July for trips between Gare Centrale and the South Shore, this light rail system is a 67-kilometre, 26-station project that will run from Deux-Montagnes in the north to Brossard in the south, 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. 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 30 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. The apps for Uber and its Montreal-based rival Eva 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 350 cars on the road, and a handy call-back service that tells you your ride's ETA. You can make a reservation online, or download the mobile app.

### Taxi Coop

514-725-9885  
Reserve one of their fleet of 300 cars online at [taxi-coop.com/en/reservation](#), or download the mobile app.

### Taxi Hochelaga/Taxi Diamond

514-836-0000  
Two 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-UQAM metro station. Most routes are pretty cheap compared with trains or planes, and you can usually obtain a reduced fare with your institutional student ID or International Student Identification Card (ISIC).

Unfortunately, Greyhound Canada permanently closed all of its services in Quebec and Ontario in 2021, but Greyhound USA has routes from Montreal to Boston and Montreal to New York. You can book tickets at [greyhound.com](#).

Smaller carriers service the rest of Quebec, including Orléans Express ([orleansexpress.com](#)), Autobus Maheux ([autobusmaheux.qc.ca](#)), Groupe Galland ([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.

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](#)

Amtrak routes to the United States reopened in April, but routes to and from Montreal aren't expected to resume until at least September 11. For up to date information, please consult [amtrak.com](#).

### Fare finding tips

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

## PLANES

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

### STM

747 express bus  
For \$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 \$3.75 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 pick up and drop off travelers at the airport

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\$20 | Tuesday, September 19 | 6:30PM - 8:30PM

### REGISTERING YOUR BUSINESS

FREE | Monday, September 25 | 12:00PM - 1:30PM

### BOOKKEEPING ESSENTIALS FOR LAUNCHING YOUR BUSINESS

\$20 | Tuesday, September 26 | 6:30PM - 8:30PM



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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](http://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](http://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 \$750 membership fee for a single household), in addition to an open plan, with higher per-minute rates but zero membership fees.

## RIDE SHARES

### Kangaride

([kangaride.com](http://kangaride.com)), Poparide ([poparide.com](http://poparide.com))

Kangaride (also known in French as Amigo Express) 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.

### Craigslist

([montreal.craigslist.org/search/rid](http://montreal.craigslist.org/search/rid)) and Kijiji ([kijiji.ca/b-covoiturage/grand-montreal/c5180002](http://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 10,000 bikes distributed between nearly 900 stations around town (including more than 2,600 electric bikes), 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 \$1.25 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](http://montreal.bixi.com) to sign up for monthly (\$20), or full-season (\$99) memberships. Members do not pay unlocking fees, and they get unlimited BIXI trips up to 45 minutes long — with each additional minute costing 11 cents.**

**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 (13 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](http://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), [instagram.com/mileendbikegarage/](https://www.instagram.com/mileendbikegarage/)

A volunteer-run repair shop, here to help out cyclists with affordable parts (new and used) and advice. The workshop is usually 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.com](http://theflat.com)

[wordpress.com](http://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](http://santropolroulant.org)

Santropol Roulant's bike clinic, open Tuesday and Wednesday 5:30 to 7:30 p.m. \$10 or PWYC for an appointment

Drop-ins are welcome, 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](http://velolifestyle.com)

Griffintown bike shop and café. Specializing in European-made city bikes and cargo bikes.

### Bicycles McW

6010 Sherbrooke W., [bicyclesmcw.com](http://bicyclesmcw.com)

Tune-ups, specialty bikes and more.

### Bicycletterie JR

201 Rachel E., [labicycletteriejr.com](http://labicycletteriejr.com)

Bike parts and riding accessories, winter storage and fair repair rates.

### C&L Cycle

75 Villeneuve W., 978 Rachel E., 75 Villeneuve W., [clcycle.ca](http://clcycle.ca)

Boutique bike shop with friendly and personalized service.

### Culture Vélo Parc Jarry

7930 St-Laurent, [atelierculturevelo.ca](http://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](http://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](http://fitzmontreal.com)

Bike tours and rentals.

### Rebicycle

3801 St-Denis, [rebicycle.ca](http://rebicycle.ca)

Socially minded enterprise that turns used bikes into affordable custom rebuilds.

### SOS Vélo

3075 Ste-Catherine E., [sosvelo.ca/boutique](http://sosvelo.ca/boutique)

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.getpayd.com](http://514bmx.getpayd.com)

Hardcore BMX haven.

### Cycle Technique

788 Atwater, [cycletechnique.com](http://cycletechnique.com)

A shop for serious cyclists.

### JUSST

80 Prince-Arthur E., 625 St-Maurice, [jusst.com](http://jusst.com)

Specializing in electric bikes and scooters, with rentable electric and conventional models.



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# MONTREAL BURLESQUE FESTIVAL

OCT 13 & 14  
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# Montreal neighbourhoods

A SERIES BY TAYLOR C. NOAKES

## DOWNTOWN

**Borders:** Generally speaking it's Atwater to Berri, Sherbrooke to Viger. It's hard to miss as downtown is where nearly all the tallest buildings are located. If you see skyscrapers, you're likely downtown.

**The deal:** It's where you probably go to school, as well as the site of the city's highest concentration of clothes shopping and other retail, on the street and underground. It's also where most of the bigger venues are located, like the Bell Centre and Place des Arts, as well as most of the major museums, like the Museum of Fine Arts, the Canadian Centre for Architecture (CCA) and the McCord Museum. Much of this part of the city is corporate and commercial, but there's also a lot of great restaurants and bars, independent bookstores and hard to find record stores. Best of all, unlike the central business districts of other major cities, Montreal's downtown isn't completely deserted after 6 p.m.

**Primary feature:** Ste-Catherine Street

**Tip:** Take the side streets — downtown's north-south streets are generally more interesting than the big east-west thoroughfares

**Hotspots:** The eastern and western thirds of downtown have both undergone pretty radical transformations over the last two decades and are well worth exploring. The eastern third is dominated by the Quartier des Spectacles and the revived Quartier Latin, and this is where several of the major summer festivals take place. The western third has been revived in no small part due to Concordia's large foreign student population, which brought in a wide variety of small restaurants and specialty markets, completely transforming Ste-Catherine Street between Guy and Atwater.

**Places of interest/fun places to explore when you're stoned:** The CCA sculpture garden is an interesting place to walk around, particularly so because its design and sculptures can actually tell you the history of Montreal, if you know how to read it.

## MILTON-PARC

**Borders:** Between Sherbrooke and des Pins, from University to St-Laurent Blvd.

**The deal:** Officially this area is called the Quartier Ste-Famille but it's been known as Milton-Parc since far before then. It's not hip to call this area the "McGill Ghetto" since, let's face it, a bunch of trust fund kids living in overpriced apartments next to a prestigious university isn't exactly the same thing as an ethnically homogenous slum. Milton-Parc has always had a strong connection to McGill as its proximity to the university and high-density residential housing made it ideal for students. But before it was home to students, it was the tony enclave of McGill's professors and other members of the Montreal anglo intelligentsia. Earlier still, it was an upper middle-class neighbourhood. What's most important about Milton-Parc is that it was saved from being demolished back in the late-1960s, when an unscrupulous real-estate development company bought up 95% of all the properties in the area, under a series of different business names, with the intention of demolishing everything and building a massive new development of about a dozen skyscrapers. A bunch of McGill students initiated a protest movement that led to the creation of the Milton-Parc Citizens Committee, which in turn managed to generate so much bad press for the proposed development that they ultimately had to drastically reduce its size and scope. The same group then worked with the Canada Mortgage and Housing Corporation to reclassify entire blocks of rowhouses as co-ops, and had the whole neighbourhood de facto recognized as architecturally significant. The La Cité complex in the middle of the neighbourhood is what the real estate developer was ultimately able to accomplish, but what's more significant is that a bunch of McGill students were able to save the neighbourhood from destruction, setting an example and creating a model that would be used to better preserve vast swathes of the rest of the city.

**Primary features:** Well-preserved Victorian-era greystone rowhouses; drunk McGill undergrads

**Hotspots:** the pool at la Cité; Cinéma du Parc

## PARC EX

**Borders:** Acadie to Parc, Van Horne to Autoroute 40

**The deal:** Over the past two decades, Parc Ex has transformed from Greek Town to Little India. A couple of the city's best Greek restaurants remain, but they've been overshadowed by a glut of good, cheap Indian and Pakistani fare, while the majority of neighbourhood shops serve the two communities. Hipsters have been moving in, too, despite rising rents due in part to the massive new Université de Montréal campus. Mile Ex is not a real place, realtors don't get to decide what places are named, so

please stop calling it that. The rebranding of Montreal's neighbourhoods by real estate speculators is a key component of gentrification, and "Mile Ex" is a prime example. Basically, hipsters didn't used to move to Parc Ex because it was 'sketchy', and now they do because some soulless real estate speculator got Google to change the name on the maps, and this in turn helped drive rental rates up, pushing out the immigrants who used to call Parc Ex home.

**Primary features:** Little India, Jarry Park, the IGA tennis stadium, la Poubelle du ski

**Hotspots:** The Jean-Talon Market kinda straddles the border between Parc Ex, Villeray and Little Italy, but it's also big enough for all three neighbourhoods.

**Places of interest/fun places to explore when you're stoned:** Jarry Park

## THE PLATEAU

**Borders:** the Plateau Mont-Royal borough is basically everything east of Parc Avenue and north of Sherbrooke, as far as the CP Rail line that defines the northern and eastern border. It also includes the Milton-Parc neighbourhood in its southwestern corner.

**The deal:** The Plateau has earned its place in the pantheon of Montreal neighbourhoods, despite the toll that gentrification has taken on it. The Plateau is an interesting neighbourhood in that it has been \*the trendy neighbourhood\* several times over, and will likely gain the title once more in a few decades after gentrification has priced everyone out and the housing market collapses. The Plateau will survive, just like Montreal survives, because it's just that good. It is the original suburb of tree-lined greystone walk-ups, with depts and cafés on every corner, and commercial thoroughfares lined with small businesses, bold new restaurants, dive bars and the trendiest clubs stacked cheek to jowl. The Plateau is a borough of neighbourhoods where you'll find the Mile End, Little Portugal, Milton-Parc, Prince-Arthur, the Lower Main, the Quartier Sainte-Famille, Laurier and de Lorimier, various iterations on a similar theme. It will always be cool, hip, trendy and quintessentially Montreal.

**Primary feature:** The heart of the heart of the city, St-Laurent Boulevard (aka "the Main" according to the olds)

**Hotspots:** Too many phenomenal bars, clubs, cafés and restaurants to count, but you should go get to know all of them. Laurier Park and Carré Saint Louis are both excellent places to visit and spend an afternoon. Any self-respecting boulevardier will get to know Avenue Mont-Royal, St-Denis Street and St-Laurent Boulevard like the back of their hand. The alleyways up in the Plateau are worth the detour, as this is where Montreal's 'alleylife' began in earnest.

**Places of interest/fun places to explore when you're stoned:** LaFontaine Park. It's magical.

## CÔTE-DES-NEIGES

**Borders:** Côte-des-Neiges' borders are highly irregular but it's basically Autoroute 15 (the Decarie Trench) in the west to Avenue de Vimy in the east, between Jean-Talon in the north all the way down to just past Queen Mary Road in the South.

**The deal:** CDN may be one of the last truly affordable neighbourhoods in the city, and it's also the city's most populous borough (it's actually joined with NDG but the two areas are so distinct from one another, it doesn't make any sense) and without question one of the more ethnically diverse neighbourhoods as well. There are a lot of major institutions here, including the Université de Montréal, the Jewish General Hospital, Saint Mary's Hospital, the Montreal Holocaust Museum, the Segal Centre and Saint Joseph's Oratory, the biggest cathedral in Canada. Côte-des-Neiges road keeps this borough well-connected to the city centre, and the Blue Line cuts through the borough, connecting to the far more useful twin branches of the Orange Line on either side of the city. Queen Mary Road and Côte-des-Neiges Boulevard are vibrant, interesting streets with everything you could want on them, though the latter tends to have more restaurants, bars and cafés. This is the neighbourhood where you go to look for the slightly harder to find: South Indian cuisine, Filipino market, Russian bookstore, Senegalese café, African hair salon — it's all in Côte-des-Neiges, which is also home to Snowdon, Montreal's premier old school Jewish neighbourhood. If you want to see the ethnic mosaic in action, this is where it's at.

**Hotspots:** Snowdon Deli makes what is probably the last genuinely decent smoked meat sandwich left in Montreal, and it's the city's only authentic delicatessen. I think it's also the only place in the city where you can order a Cel-Ray. CDN isn't a hip happening neighbourhood but it has its charms and the main commercial streets are busy pretty much all day long — great places to go for a stroll or watch the world pass you by as you sip an espresso.

**Places of interest/fun places to explore when you're stoned:** Notre-Dame-des-Neiges cemetery and Saint Joseph's Oratory. The former is just a very peaceful place, the latter is such a bizarre, massive, insane building, it defies logic. Also the sunsets from the front steps of the oratory are second to none.

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## alter Natives

Written by Drew Hayden Taylor  
Directed by Xavier Huard

"Oh God! An academic and two politically correct vegetarians. I'm in Hell." -Angel

Pictured: Étienne Thibeault, Nadia Verrucci

MARCH 12 – 30  
CENTAUR THEATRE PRESENTS  
THE TARRAGON THEATRE PRODUCTION OF

## GUILT [a love story]

Written and performed by Diane Flacks  
Directed by Alisa Palmer

"This is not a cry for help. It's a cry for Sangria." -Diane



Pictured: Diane Flacks

APRIL 23 – MAY 12  
CENTAUR THEATRE IN  
PARTNERSHIP WITH REPERCUSSION  
AND TABLEAU D'HÔTE PRESENTS

## THY WOMAN'S WEEDS

Written by Erin Shields  
Directed by Amanda Kellock

"Frailty,  
thy name is man."  
-Ophelia



Pictured: 1st row: Espoir Segbeaya, Felicia Shulman,  
Julie Tamiko Manning, Warona Setshwaelo.  
2nd row: Deena Aziz, Leni Parker, Joy Ross-Jones

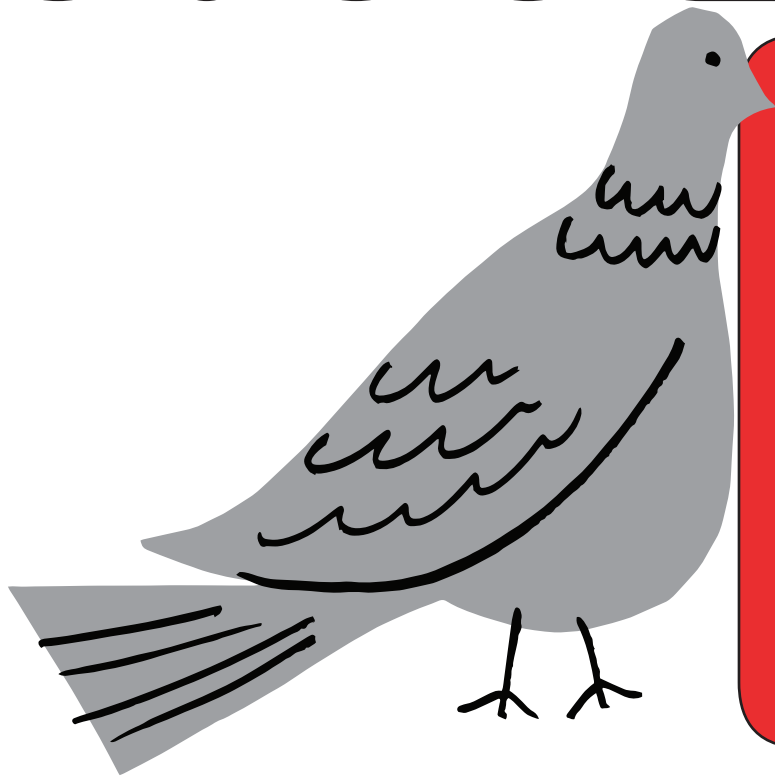
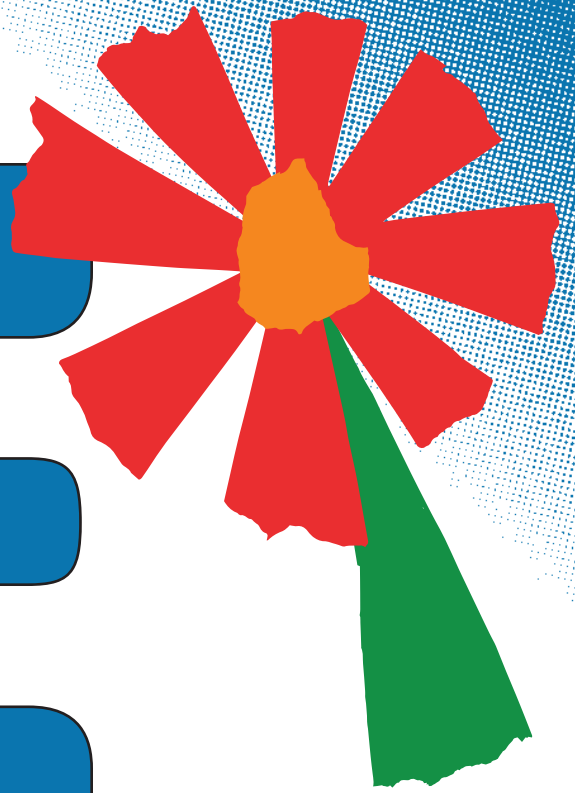


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Nous reconnaissons l'appui financier de FACTOR, du gouvernement du Canada, et des radiodiffuseurs privés du Canada. Ce projet est réalisé grâce au soutien financier du gouvernement du Québec, de la Ville de Montréal, le Conseil des arts du Canada, la SODEC et le Conseil des arts de Montréal. We acknowledge the financial support of FACTOR, the Government of Canada and of Canada's private radio broadcasters. This project is made possible thanks to the financial support of the Government of Québec, Ville de Montréal, Canada Council for the Arts, SODEC and le Conseil des arts de Montréal.



# FILM POP

CINEMA MODERNE



## Wednesday September 27



**18h30**  
**North Circular**  
Luke McManus  
Ireland, 2022 | 85 min  
Première QC



**20h30**  
**Kite Zo A**  
(Leave the Bones)  
Kaveh Nabatian |  
Canada, Haïti, 2022 | 70 min  
Co-Présented by  
**LE FIFA**

## Thursday September 28



**20h30** The PHI Foundation for Contemporary Art presents  
Fictional Revolutionary Leaders  
**Oriana**  
Beatriz Santiago Muñoz | Puerto Rico, 2022 | 78 min | Première QC  
Co-Présented by  
**FONDATION PHI**

## Friday September 29



**18h30**  
**Mafifa**  
Daniela Muñoz Barroso  
Cuba, 2021 | 77 min  
Première CAN  
Co-Présented by  
**KDM**



**20h30**  
**Programme spéciale Vidéographe**  
Courts métrages expérimentaux  
2019-2023 | 65 mins  
Co-Présented by  
**Vidéographe**

## Saturday September 30



**15h30**  
**EVEN HELL HAS ITS HEROES**  
Clyde Peterson | USA, 2023  
110 min | Première QC  
Co-Présented by  
**MAIN FILM**

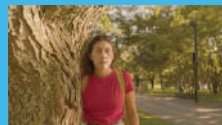


**18h30**  
**The Tuba Thieves**  
Alison O'Daniel  
USA, 2023  
91 min  
Première CAN

## Sunday October 1

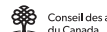


**16h30**  
**Old Joy**  
Kelly Reichardt  
USA, 2006 | 73 min



**18h30**  
**Nouvelle Personne**  
Vincent Bonin-Arena  
Québec, 2022  
70 min

at **Cinéma Moderne** September 27 - October 1, 2023  
Tickets on sale now at [popmontreal.com](http://popmontreal.com)



# POP ★ Symposium

SEPTEMBER 27 → OCTOBER 1 2023

Clubhouse Rialto — 5711 Parc Ave



# living

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

## housing

### HOUSING BANKS

#### Concordia Student Union Off-Campus Housing and Job Resource Centre

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 Housing Table

5964 Notre-Dame-de-Grâce #206, 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

400 Rosemont, 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 de l'habitation coopérative de Québec

7000 Parc #206, fhcq.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 #208, 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  
Free, confidential help with housing and financial issues, in-person by appointment, or by phone. Monday, Tuesday, Thursday 9 a.m.–4:30 p.m. Friday 9 a.m.–2:30 p.m.

#### Tribunal administratif du logement

5199 Sherbrooke E. #2360, tal.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 #305 (office temporarily closed), rclalq.qc.ca  
An umbrella organization that can direct you to housing rights groups in your neighbourhood. See the "find a housing committee" 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 "membres" section for a list of 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

canada.ca/en/employment-social-development/corporate/portfolio/service-canada  
Federal.

#### Province of Quebec

quebec.ca

Provincial.

#### Recycling and disposal

Écocentres, Various locations, montreal.ca/en/topics/ecocentres (or call 311)

Will take old electronics and any other toxic materials off your hands.

#### 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 are currently going at a discounted rate from \$35 to \$70/month (usually \$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 a \$75 installation fee may apply to internet reconections.

#### EBOX

ebox.ca

Cable and television service boasting unlimited data, starting at \$35/month. Multiple options for rental vs. purchase of modems. Free installation on many (though not all) of their packages.

#### oxio

oxio.ca

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 currently starting at \$25/month and DSL packages starting at \$35.95/month. Activation is also currently \$0 (usually \$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 LinkedIn, Indeed, workopolis.com and Craigslist are all 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, canada.ca/en/employment-social-development or canada.ca/en/services/jobs/opportunities/government to search government listings.

Listings change all the time, so check in regularly and set up job alerts.

#### Concordia Off-Campus Housing and Job Bank

classifieds.csu.qc.ca/services/hojo/

Search the online ads for both housing and jobs.

#### Concordia University Career Planning Services

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

#### Emploi-Québec

quebecemploi.gouv.qc.ca/plateforme-emploi, emploi.quebec.gouv.qc.ca/

Includes listings not found on the federal site, along with provincially-administered employment and training programs.

#### McGill Career Planning Service

3600 McTavish #2200, 21111 Lakeshore, 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 travailleuses et travailleurs accidentés ou malades (UTTAM)

2348 Hochelaga, uttam.quebec

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

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

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-reenseignements/formuler-une-plainte

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.ccom

Offers guidance on employment insurance, including a detailed guide for students seeking EI. French only. If you don't want to end up couch-surfing or Airbnb-ing forever, 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.

PHOTO BY MARIUS VAN DYK

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4023 Tupper Street

Presented by the Quebec Writers' Federation

# shopping

## clothing

Ubiquitous and ultra-popular apparel options like H&M and Uniqlo are great (as is Holt Renfrew Ogilvy is 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, citizenvintage.com

#### Empire Exchange

5225 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, lnfshop.com

#### Ruse

5141 St-Laurent, ruseboutique.com  
Also a consignment shop, if you're looking to thin out your wardrobe

### LOCAL DESIGNERS & NOTABLE BOUTIQUES

#### Jennifer Glasgow Design

5145 St-Laurent, jenniferglasgowdesign.com

#### Belle et Rebelle

6583A St-Hubert, belleetrebelle.ca

#### Unicorn

5135 St-Laurent, boutiqueunicorn.com

#### Off the Hook

1021 Ste-Catherine W., 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

8701-9197 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 Premium

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

### GOODWILL

#### Renaissance

Various locations including 7250 St-Laurent, 6960

St-Hubert, 6700 Côte-des-Neiges, 4261 Wellington renaissancequebec.ca

#### Le Chaînon

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

#### Salvation Army Thrift Store

Various locations including 7066 St-Hubert, 4025 Wellington, 6116 Sherbrooke W., salvationarmy.ca/quebec/thrift-store-locations/

#### 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., 514-842-6402  
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 Chaînon

(see Clothing/ Goodwill)

#### Marché aux Puces St-Michel

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

#### 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.

#### Tanguay (fka Brault & Martineau)

Various locations including 6700 Jean Talon E., 7272 Newman, tanguay.ca

#### Corbeil

Various locations including 4646-A Parc, 9570 Acadie, 6725 Jean-Talon E., corbeilelectro.com

#### The Brick

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

### ELECTRONICS & STEREO

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

#### Addison Électronique

8018 20th Avenue  
An old-school go-to.

#### CIPC

2536 Rosemont  
Computers, components, gaming gear and more.

#### Fillion Electronique

5690 Sherbrooke E.  
Home theatre system specialists since 1973.

#### Layton 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., pickup locations at 7141 Sherbrooke W. (CJ1 422) and 1453 Mackay stores. concordia.ca

#### Concordia Community Solidarity Co-op Bookstore

1175 St-Mathieu #GN-MR12, 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

1841A 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, 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.

#### T. Westcott Books

6792 St-Hubert  
A Petite Patrie shop stacked floor to ceiling with books and friendly resident cats.

#### The Word

469 Milton, wordbookstore.ca  
Used textbooks, theory and a great selection of literature, just two blocks east of the McGill campus.

### COMICS, GRAPHIC NOVELS + ZINES

#### Drawn & Quarterly

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



# A FALL THAT POPS!



## THE POP OF LIFE!

A fascinating foray into the world of Pop art through some 70 artworks from the MMFA's collection.

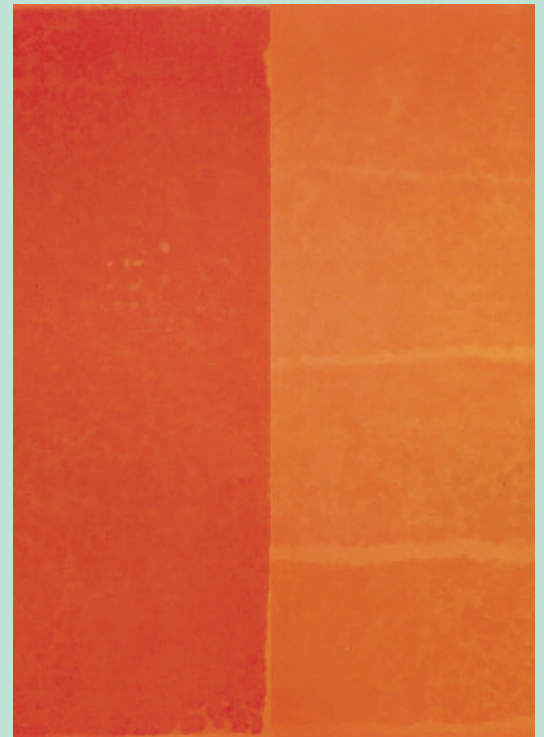
Until March 24, 2024



## MARISOL A RETROSPECTIVE

The most significant exhibition ever devoted to this icon of Pop art.

Starts October 4 for Members



## FRANÇOISE SULLIVAN

"I LET RHYTHMS FLOW"

Featuring the most recent paintings of this figurehead of modern art.

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**Capitaine Québec**  
1837 Ste-Catherine W., facebook.com/  
Capitainequebecmtl

**Crossover Comics**  
3560 Notre-Dame W., shopcrossovercomics.ca

**Librairie Z**  
3420 Ontario E., librairiezbookstore.com

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

**Komico**  
6000 Côte-des-Neiges, komico.ca

**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

Outside of bookstores, dépanneurs and pharmacies, a handful of shops still specialize in mainstream and specialty magazines and local and international newspapers.

**ABC Magazines**  
1500 Atwater

**Multimags**  
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 250 Jean-Talon 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.

**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 and DVDs. (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, right near Mont-Royal metro.

**Phonopolis**  
207 Bernard W., phonopolis.ca

Your Mile End destination for new and used vinyl and CDs, open Wednesday through Saturday.

**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 (including cassette!), with 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**  
250 Jean-Talon 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**  
Various locations including 150 Ste-Catherine 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.

# What P! the Pop!

ARTIST EXHIBITION + SALE

FREE ADMISSION

SEPTEMBER 15 + 16

Centre St Jax

1439 Saint-Catherine St W, Montreal

Fri, September 15 + Sat, September 16  
4:00PM - 8:00PM + 12:00PM - 5:00PM

Purchase art from emerging artists across Quebec at this free public event! Come support your local arts scene!



Check out the list of participating artists at [yesmontreal.ca](http://yesmontreal.ca)



This project is funded by:

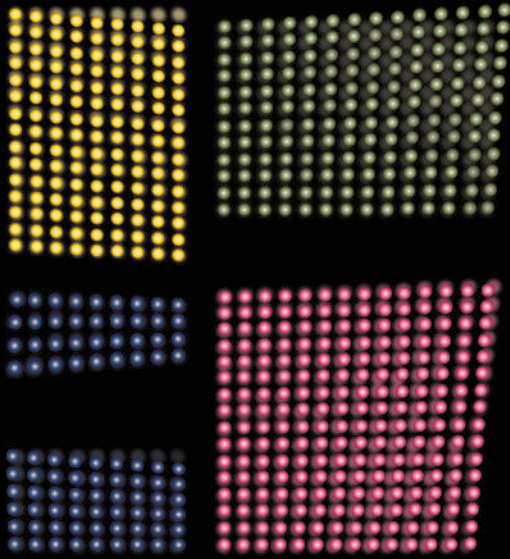


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Oct 15  
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2023

**BOY FALLS  
FROM THE  
SKY**



Nov 19  
- Dec 10  
2023

**FIFTEEN  
DOGS**



Mar 31  
- Apr 21  
2024

**POTUS**

OR BEHIND EVERY GREAT DUMBASS  
ARE SEVEN WOMEN TRYING  
TO KEEP HIM ALIVE



May 12  
- June 2  
2024

# 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  
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

1014 Jean-Talon W., 3264 St-Martin W. (Laval).  
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/vieux-montreal/en/  
A beautifully designed spa environment that uses ancient Scandinavian traditions of hydrotherapy baths, sauna and massage. Take advantage of a 20% student discount from Mondays to Thursdays until Oct. 31.

### Spa Diva

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

## HAIR

Guys have plenty of barber options, of both the old- and new-school variety: from the mega-cheap Chinatown barber Hair Salon Toc on St-Laurent near

de la Gauchetière, to high-end St-Henri barbershop Notorious, to mom and pop salons for all genders that dot the city. Here are some alternative spaces for hair care.

### 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.

### Aura Beauté

5584 Sherbrooke W. aurabeautemontreal.com  
Gender-neutral hair salon offering personalized cuts for \$55 to \$240.

## 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

1005-1007 Bernard massagelannathai.com

### Lotus Palm

5244 St-Urbain lotuspalm.com

### Rainspa

55 St-Jacques 3rd floor rainspa.ca

### Scandinave Spa

71 de la Commune W. scandinave.com

## PETCARE

According to the current city by-law, when outdoors, a dog must be kept on a leash no longer than 1.85m at all times. If it weighs 20kg or more, dogs (and pigs)

must also wear a head halter or harness attached to a leash. For a list of all pet owner obligations and requirements as well as pet permits, head to [montreal.ca/en/pets](http://montreal.ca/en/pets).

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/find-a-clinic/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.



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# JUNGLE

**PLACE BELL  
LAVAL  
SEPTEMBER 23, 23**

TICKETS ON SALE AT [EVENKO.CA](http://EVENKO.CA)

# 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 [montreal.ca/en/sports-and-recreation](http://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, golf courses, skateparks, ziplines, nature parks and swimming pools. Find out how to get one at [montreal.ca/en/how-to/get-acces-montreal-card](http://montreal.ca/en/how-to/get-acces-montreal-card).

### Route Verte

[routeverte.com/en/ride/planning](http://routeverte.com/en/ride/planning)

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

### Atrium Le 1000

1000 de la Gauchetière W. [le1000.com/en/skate](http://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/en](http://lemontroyal.qc.ca/en)

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, just south of Mont-Royal Avenue. Buy a crazy carpet or use a makeshift DIY one.

### Ice Skating

[montreal.ca/en/topics/arenas-and-outdoor-skating-rinks](http://montreal.ca/en/topics/arenas-and-outdoor-skating-rinks)

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

### Anytime Fitness

Various locations including 4117 St-Laurent, 7077 Parc, 900 de Maisonneuve W., 1445 Drummond  
24-hour gym chain.

### Ashtanga Yoga

372 Ste-Catherine W. #118 [ashtangamontreal.com](http://ashtangamontreal.com)

### Buzzfit

[buzzfit.ca](http://buzzfit.ca)

A chain of cheap and cheerful 24-hour gyms.

### Éconofitness

[econofitness.ca/en](http://econofitness.ca/en)

Another affordable gym chain.

### Idolem Hot Yoga

20+ locations [idolem.com/en/hot-yoga](http://idolem.com/en/hot-yoga)

A hot yoga chain.

### Modo Yoga

3863 St-Laurent #205 [modoyoga.com/montreal](http://modoyoga.com/montreal)

Hot yoga in the Plateau. Class bookings must be made in advance.

### Morpho Bleu

4260 Girouard [morpho-bleu.com](http://morpho-bleu.com)

The NDG destination for hot yoga, formerly a Moksha/Modo Yoga studio.

### Naada

5220A St-Laurent (temporary location, address is usually 5540 Casgrain), [naada.ca](http://naada.ca)

Offers a range of classes, including restorative and wall yoga.

### YMCA

Various locations, including 4335 Hampton, 5550 Parc, [ymcaquebec.org](http://ymcaquebec.org)

With numerous locations, special deals, free activities and daily swim sessions open to the community, the Y offers something for almost any budget.

## TEAM SPORTS

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

## TENNIS

Book tennis courts through the city ([montreal.ca/en/how-to/reserve-outdoor-tennis-court](http://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](http://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](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 St.; novice skatepark located in 800 section)

### Peace Park

St-Laurent just north of René-Levesque

### Project 45 DIY

Adjacent to the Taz, 9043 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

### Père-Marquette skate park

1424 Rosemont

### Skate Plaza

2095 Campion

## INDOOR SKATEPARKS

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

### Taz

8931 Papineau, [taz.ca/en](http://taz.ca/en)

Indoor skatepark for BMxers and skaters with numerous ramps.

### Spin Skatepark/Skateshop

9520 Leduc #05 (Brossard) [spinskatepark.com](http://spinskatepark.com)

Spin Skatepark is a South Shore mainstay located in Dix30.

# health care

## COVID-19

[quebec.ca/en/health/health-issues/a-z/2019-coronavirus](http://quebec.ca/en/health/health-issues/a-z/2019-coronavirus)

The province's COVID-19 portal, including a vaccination guide and current case data.

## HOTLINES

Because 911 is not the only number to call.

### Info Santé

Call 811 to talk to a nurse 24/7.

If you don't have a family doctor and you're either on the waiting list or being cared for by groups of doctors, you can also call 811 and select option 3 to reach the Guichet d'accès à la première ligne (GAP). You can book a doctor's appointment through this service, if necessary. (The service is also available online: [gap.soinsvirtuels.gouv.qc.ca/en](http://gap.soinsvirtuels.gouv.qc.ca/en))

### Quebec Poison Control Centre

1-800-463-5060

Available 24 hours a day.

### Information and Referral Centre of Greater Montreal

514-527-1388 [crgm.ca](http://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](http://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

Some CLSC clinics are open from 8 a.m. to 8 p.m. (though many close at 5 p.m. or 6 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/](http://sante.gouv.qc.ca/en/repertoire-ressources/clsc/)



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September 19, 2023  
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# DOPE LEMON

US TOUR 2023

NOVEMBER 1<sup>ST</sup>  
L'OLYMPIA

<p>SEPTEMBER 19 <b>PHILIP SAYCE</b> GUEST PETIT CAMPUS</p>	<p>SEPTEMBER 20 <b>LASTLINGS</b> RUNNING TOUCH BAR LE RITZ PDB</p>	<p>SEPTEMBER 21 <b>AVEY TARE</b> LILIANE CHLELA BAR LE RITZ PDB</p>	<p>SEPTEMBER 23 <b>JESSE JO STARK</b> RACHEL BOBBITT BAR LE RITZ PDB</p>	<p>SEPTEMBER 25 <b>TOM THE MAILMAN + TITUS</b> PETIT CAMPUS</p>
<p>SEPTEMBER 26 <b>BABY JAKE</b> VOX REA + TRISTAN RENE PETIT CAMPUS</p>	<p>SEPTEMBER 29 <b>SUN ROOM</b> SPORTS TEAM LE BELMONT</p>	<p>OCTOBER 1<sup>ST</sup> <b>RIOVAZ</b> KANII PETIT CAMPUS</p>	<p>OCTOBER 6 <b>CRYPTOPSY</b> ABYSMAL DAWN + MORE FOUFONES ÉLECTRIQUES</p>	<p>OCTOBER 7 <b>THE DIRTY NIL</b> DEAD TIRED MVLL CRIMES CAFÉ CAMPUS</p>
<p>OCTOBER 11 <b>MADISON MCFERRIN</b> LE BELMONT</p>	<p>OCTOBER 12 <b>CHAPPELL ROAN + GUEST</b> FAIRMOUNT THEATRE</p>	<p>OCTOBER 13 <b>GABRIELLE SHONK + GUEST</b> LE MINISTÈRE</p>	<p>OCTOBER 13 <b>MURPHY'S LAW RUMJACKS</b> BAR STOOL PREACHERS FOUFONES ÉLECTRIQUES</p>	<p>OCTOBER 15 <b>THE BROOK &amp; THE BLUFF</b> BENDIGO FLETCHER PETIT CAMPUS</p>
<p>OCTOBER 17 <b>TRÉ BURT</b> SKYWAY MAN PETIT CAMPUS</p>	<p>OCTOBER 20 <b>MATT HOLUBOWSKI</b> LE NATIONAL</p>	<p>OCTOBER 20 <b>GILLA BAND</b> BAMBARA BAR LE RITZ PDB</p>	<p>OCTOBER 20 <b>MIDWXST</b> GUEST LE MINISTÈRE</p>	<p>OCTOBER 24 <b>BETWEEN FRIENDS</b> BLAKETHEMAN1000 BAR LE RITZ PDB</p>

TICKETS : GREENLAND.CA EVENKO.CA



## 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. Please note that the medical clinic no longer allows drop-ins.

### 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

752 Sherbrooke W. 514-398-3155 mcgill.ca/dentistry/clinics/student-and-staff-dental-clinic  
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.

## THERAPY / PSYCHIATRIC

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](http://concordia.ca/health/mental-health/counselling) or [mcgill.ca/wellness-hub/](http://mcgill.ca/wellness-hub/) respectively for more information.

Wellness Together Canada [wellnesstogether.ca/en-ca/](http://wellnesstogether.ca/en-ca/)  
Free nationwide phone and online counselling services.

## PREGNANCY TESTING AND COUNSELLING

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

### Clinique Médicale Fémina

1265 Berri #430 514-843-7904 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.

### 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.

## PREGNANCY + PARENTING

### Centre des Femmes de Montréal

3585 St-Urbain 514-842-4780 centredesfemmesdemtl.org  
For the past 50 years, this centre has provided services for mothers-to-be and new mothers.

### Elizabeth House

2131 Marlowe 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  
Contact Ashleyat 514-481-0277, or email her at ashleyypp\_pjp@headandhands.ca

### 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.

### Tel-jeunes

1-800-361-5085 teljeunes.com/en/parents  
An intervention and support group referral service available from 6 a.m. to midnight by phone, or from 8 a.m. to 10:30 p.m. for their online live-chat service.

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# services

## LEGAL

### Head & Hands

3465 Benny headandhands.ca/programs-services/  
legal-services legaloutreach@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, which generally run 15 to 30 minutes, are mostly available over the phone.

### Inform'Elle

informelle.org droitpourelle@informelle.org  
Information and referrals for women about divorce, alimony, mediation and other family law issues.

### Legal Aid/Aire

Juridique 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

3480 McTavish (#108 & 107-A) 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. 514-866-9941 ext. 293  
ydesfemmesmtl.org/en/community-services/legal-information-clinic  
The clinic, accessible only to women and their families, 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.

## LGBTQ2IA+ 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/en/Portal site for sexual diversity (as well as neurodiversity).

### L'Astérisque

1575 Atateken coalitionjeunesse.org/l-asterisk  
Bilingual safer space for LGBTQ+ youth (14–25) to socialize and meet each other without pressure to drink alcohol or spend money.

### Centre for Gender Advocacy

1175 St-Mathieu, rooms MR3-5 (temporary location, will move back to 2110 Mackay on Sept. 19)  
genderadvocacy.org  
Numerous programs, workshops, resources and advocacy, as well as free and confidential peer support/active listening for those suffering from gender oppression.

### Montreal LGBTQ+ Community Centre

2075 Plessis #110 ccglm.org/en  
A space for individuals and organizations seeking information about a range of LGBT issues. The Open Book Library specializes in documentation on sexual diversity-related issues.

### Helem

montrealhelem.org  
Serving LGBTQ2IA+ Lebanese and Arabic-speaking Montrealers.

### Project 10

10138 Lajeunesse #301 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 some are offered as hybrid services. 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 organization and alt-library selling PWYC alternative menstrual products, DIY ecologically-responsible sex toys and cheap contraceptives.

## DISCRIMINATION

### Commission des droits de la personne et des droits de la jeunesse

1-800-361-6477 360 St-Jacques 2nd floor cdpdj.qc.ca/en  
Report incidents of discrimination or sexual harassment to the Quebec Human Rights Commission.

### Groupe d'aide et d'information sur le harcèlement au travail de la province de Québec

2231 Bélanger gaihst.qc.ca  
Support for victims of at-work harassment (sexual, psychological, discriminatory), 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.

### 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 concordianightline.ca, instagram.com/  
concordiastudentsnightline  
Wednesday 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.

### 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.

### Montreal Sexual Assault Centre/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.

### Face à Face

1857 Maisonneuve W. #100 514-934-4546  
faceafacemontreal.org  
Offering counseling, active listening and referrals, as well as services for the homeless.

### Option 1

238 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, instagram.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 to Fri from 10 a.m.–5 p.m. (You can leave a message at any time of the day, and caseworkers are on duty from 10 a.m. to 9:30 p.m.)

### Suicide Prevention Centre of Montreal

1-866-277-3553 cpsmontreal.ca/en  
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 telaidemontreal.org/en  
Listening service from 7 a.m. to 11 p.m. Bilingual, confidential and anonymous.

## ADDICTION

### Alcoholics Anonymous (Area 87)

3920 Rachel E. 514-350-3444 aa87.org  
Helpline plus a detailed schedule of every English-language AA meeting in Montreal and surrounding areas.

### Centre de Réadaptation en Dépendance de Montréal

950 Louvain E. 514-385-1232, 3530 St-Urbain 514-385-1232 ciuss-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/en/home/

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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**

6875 LaSalle 514-761-6131 x2895

[douglas.qc.ca/section/eating-disorders-146](http://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](http://gamontreal.ca) [info@gamontreal.ca](mailto:info@gamontreal.ca)

Meetings, resources and listening service hotline for people with a gambling problem.

#### **Gambling: Help and Referral**

514-527-0140 or 1 800 461-0140 [aidejeu.ca](http://aidejeu.ca)

Resource for gambling and gaming addicts, including the province-wide 24/7 hotline.

#### **Narcotics Anonymous**

1-855-544-6362 [naquebec.org](http://naquebec.org)

Group therapy and support for people in recovery from drug addictions.

#### **Overeaters Anonymous**

514-488-1812 [oa.org](http://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.

#### **Portage**

1640 St-Antoine W. 514-939-7700 [portage.ca](http://portage.ca)

Addiction treatment for adults, youths and pregnant women, offering daycare, rehab centres, reintegration services and more.

#### **Sex Addicts Anonymous Montreal**

[saamontreal.org](http://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](mailto:montrealsaa@gmail.com)

#### **Sex and Love Addicts Anonymous**

[dasa-slaa-mtl.cbti.net](http://dasa-slaa-mtl.cbti.net), [mtldasaslaa@gmail.com](mailto:mtldasaslaa@gmail.com)

Local meetings and recovery resources following a 12-step program. Support and guidance toward developing healthy romantic and sexual relationships.

[ressourcealimentation.org](http://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 [sunyouth.org](http://sunyouth.org) 514-842-6822

Food and clothing banks, as well as many social services and numerous youth outreach programs.

#### **The Yellow Door**

3625 Aylmer [yellowdoor.org](http://yellowdoor.org) 514-845-2600

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. Always looking for volunteers.

## FOOD BANKS

#### **Accueil Bonneau**

427 de la Commune E. [accueilbonneau.com](http://accueilbonneau.com)

Food bank and used clothes. They have a dining room, drop-in centre, showers, health services and more.

Check out their website for specific services and hours.

#### **Depot Community Food Centre (fka NDG Food Depot)**

6450 Somerled [depotndg.org/en](http://depotndg.org/en)

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

#### **Ressource Action-Alimentation de Parc-Extension**

419 St-Roch #SS13 514-948-3246

## MEAL PROGRAMS

#### **Midnight Kitchen (McGill)**

3480 McTavish [midnightkitchen.org](http://midnightkitchen.org),

[midnightkitchencollective@gmail.com](mailto:midnightkitchencollective@gmail.com)

Midnight Kitchen is McGill's not-for-profit volunteer and worker-run collective that runs workshops, a food bank and provides on-campus PWYC vegan lunches.

#### **People's Potato (Concordia)**

1455 de Maisonneuve #H-711, [peoplespotato.com](http://peoplespotato.com)

[peoplespotato@gmail.com](mailto:peoplespotato@gmail.com)

Concordia's vegan soup kitchen, known for serving wholesome daily PWYC lunches during the school year.

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**AUX VIVRES**  
*Resto Végane*

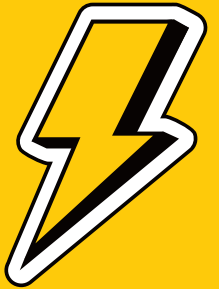
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## LES MARDIS RÉTRO

*Les chansons culte des années 50 à l'an 2000*



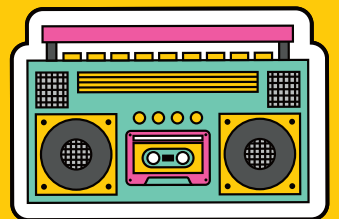
## LES JEUDIS 2000

*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

# Know your Montreal sports teams

BY DAVE MACINTYRE

Sporting culture in Montreal is one of the things that helps bring added life to a city that's already full of it — even if our team's performances during games can be mediocre to subpar at times. That said, taking in a Habs game at a sold-out Bell Centre, or a nighttime footy match at Stade Saputo, or hopping on the Green Line to Verdun for an Alliance game are absolute must-dos when you're in Montreal, and especially if you're new to the city and starting your first year of post-secondary book-learning here.

Here's a rundown of Montreal's biggest sports teams (including one that hasn't begun to play yet), how they've been performing as of late, and what the coming months have in store for them.



MONTREAL CANADIENS (HOCKEY, NHL)

The Habs are still very much in the middle of a rebuild, but that hasn't stopped the honeymoon period with Kent Hughes and Jeff Gorton ending with a violent thud after drafting Austrian defenseman David Reinbacher fifth overall this year, instead of a perceived generational goal-scoring talent in Matvei Michkov. No matter what happens in either player's future, though, the Habs will most likely have a third down season in a row, and quite possibly another season finishing dead-

last in the Atlantic Division.

That's not to say there won't be reason for optimism going into this season, however. After shedding a huge contract (Mike Hoffman) earlier this offseason, room should be made for one or two relative youngsters (Jesse Ylönén, Sean Farrell, Emil Heineman and Joshua Roy come to mind) to break into the team permanently. The progress of other youngsters like 2022 first-overall pick Juraj Slafkovsky, newer acquisitions like Alex Newhook and Kirby Dach and the continued ascent of Nick Suzuki and Cole Caufield among hockey's elite forwards should give Habs fans plenty of reason to keep paying attention this year.



CF MONTREAL (SOCCER, MLS)

New head coach, but still a pretty familiar script for CF Montréal this season. Hernán Losada's first season in charge after the stormy departure of former touchline boss Wilfried Nancy, who left for the Columbus Crew following a spat with owner Joey Saputo, has seen some major highs (especially at home) and some familiar, exhausting lows. To Losada's credit, he's taken a team with MLS's lowest market value and very much brought it into the playoff conversation, as they sit in eighth place — good enough for home field advantage in the wildcard match — in the Eastern Conference with seven games to go as of this writing.

Trading defensive stalwart Kamal Miller to Inter Miami for Bryce Duke and Ariel Lassiter remains a questionable move for Olivier Renard's regime (even if Duke looks promising), and sending veteran Rudy Camacho to reunite with Nancy in Columbus can't have been good for the dressing room. But the club has seen signs of genuine progress from the team nonetheless, with local kids like Mathieu Choinière, Nathan-Dylan Saliba, Jules-Anthony Vilsaint and goalkeeper Jonathan Sirois all showing flashes of brilliance so far this season.



MONTREAL ALOUETTES (FOOTBALL, CFL)

Being a Montreal Alouettes fan in recent years has got to be something of a thankless duty. Having now gone 13 years without a Grey Cup title, the Als currently sit second in the East Division with a precarious 6-5 record and seven games still to go in the current CFL season. Led by quarterback Cody Fajardo, the Alouettes' offensive abilities have left a lot to be desired in recent months, despite going on a four-game winning streak that only ended in late August.

Even if they'd make the playoffs if the season ended today, they haven't shown themselves as truly being a contender for the Grey Cup this season, and their record would place them in most other leagues' mushy middle. Given how much turmoil there

was pre-season, though, with free agents like Trevor Harris signing elsewhere and the ownership takeover by PKP, the Als have managed to punch above their weight this season, to a degree. Whether they can stick the landing by the end of October is a different matter entirely.

TEAM NAME TBA (HOCKEY, PWHL)

Though we don't have much in the way of details for Montreal's newest women's hockey team other than hiring their first GM in coaching legend Danièle Sauvageau (who was reportedly interviewed for the Habs' GM job before Kent Hughes got it), the fact that there's a return to Montreal at all in the women's game is cause for serious excitement. Given how much of an ordeal women's hockey has gone through in setting up a proper top club league in recent years, it also feels long overdue.

For our money, we'd love to see a return of les Canadiennes de Montréal, a sister team to the Habs — led by Marie-Philip Poulin — which folded in 2019 after the league it competed in, the CWHL, closed up shop. The PWHL, a league with tennis great Billie Jean King on its board of governors, should hopefully be better positioned for success and longevity, particularly after a previous top-flight women's league in the PHF (Professional Hockey Federation) folded in late June, with the Montreal Force only playing one full season in that league in 2022–23. Once this new team has a full roster and a name ready to go (the draft and free agency take place this month), going to watch them play will be a must.



MONTREAL ALLIANCE (BASKETBALL, CEBL)

Though it's an improvement from going 4-16 in their inaugural CEBL (Canadian Elite Basketball League) season, the Alliance are still very much in that league's basement, finishing dead-last in the Eastern Conference — and the league, for a second year in a row — this past season with a 7-13 record. Having said that, the experience of going to the Verdun Auditorium for an Alliance game is incredibly fun, and the smaller capacity makes the atmosphere feel more intimate than you'll find at most other sporting events in this town.

Given how Montreal has become a hotbed of sorts for NBA talent lately — Luguentz Dort, Benedict Mathurin and Chris Boucher, for example — there's clearly a thirst and a demand for hoops in this city. Led by GM/former two-time NBA champion Joel Anthony and a roster full of Quebecers as well as guys from Toronto, Haiti, France and the U.S., the Alliance are definitely a fun team to go watch with your friends after a long day of classes, and very much worth the commute down to de l'Église metro station.



LAVAL ROCKET (HOCKEY, AHL)

As much as the Rocket may have had some truly humdrum seasons over the years, they'll be blessed with an influx of younger talent this year. Led once again by head coach Jean-François Houle (yes, he's Reggie's son), the Rocket should see their offensive firepower be bolstered by the arrival of kids like the aforementioned Farrell, Heineman and Roy, as well as Riley Kidney, Lias Andersson, Filip Mešar, and local veteran Philippe Maillet, who put up excellent numbers in the KHL the

past two seasons. (Notably, controversial 2021 first-round draft pick Logan Mailloux will also be joining the Rocket this year.)

While taking the metro all the way up to Montmorency station isn't something lots of people necessarily want to do (plus the added headache of buying a whole other metro ticket on the way home), Rocket games are a whole lot of fun, and a great window into seeing how deep hockey runs in Quebec's cultural DNA. If you're a Habs fan, it'll also give you a front-row seat in seeing how the team's youth development strategy — something that was very much a liability when Marc Bergevin was GM — is coming along, giving you a glimpse of what to look forward to at the Bell Centre in the next couple years.



BLAINVILLE-BOISBRIAND ARMADA (HOCKEY, QMJHL)

While we're on the subject of the North Shore, this is the major junior hockey team within the closest proximity to Montreal, based in neighbouring towns Blainville and Boisbriand, both north of Laval. They play home games in Boisbriand specifically, at the Centre d'Excellence Sports Rousseau. The Armada didn't have a season to write home about this past year, finishing seventh out of eight teams in the Western Conference and being swept in round one by the Sherbrooke Phoenix.

The Armada have produced several players who've gone on to find success in the NHL, including Pierre-Luc Dubois, Drake Batherson, and current Habs starting goalie Samuel Montembeault. Other alumni of the Habs and/or Laval Rocket, such as Xavier Ouellet, Cédric Paquette and Stefan Matteau have also suited up for the Armada. Though it's a long commute up to that area, and maybe not ideal if you live further west on the island, watching a bunch of teenagers play hockey is always a fun experience, so it's worth considering if you live not too far from those parts.

# UPCOMING SHOWS



# BLUESKIESTURNBLACK

**GREAT LAKE SWIMMERS**  
PICASTRO  
16 SEPTEMBRE 2023 BAR LE RITZ PDB

**COROOK**  
MORGEN  
16 SEPTEMBRE 2023 AUSGANG PLAZA

**TOMB MOLD**  
OUTER HEAVEN + SERPENT CORPSE  
16 SEPTEMBRE 2023 FOUFOUNES

**SIERRA**  
LE TRAVAILLEUR  
16 SEPTEMBRE 2023 NEWSPEAK

**ALABASTER DEPLUME**  
UNESSENTIAL OILS  
18 SEPTEMBRE 2023 BAR LE RITZ PDB

**YOUTH LAGOON**  
URIKA'S BEDROOM  
18 SEPTEMBRE 2023 THÉÂTRE FAIRMOUNT

**THANTIFAXATH**  
SUNLESS + ADULTÈRE  
22 SEPTEMBRE 2023 L'ESCOGRIFFE

**THE BRIAN JONESTOWN MASSACRE**  
INVITÉS  
22 SEPTEMBRE 2023 THÉÂTRE BEANFIELD

**DEEPER**  
GODCASTER + BLOOMING SEASON  
24 SEPTEMBRE 2023 BAR LE RITZ PDB

**SWANS**  
NORMAN WESTBERG  
27 SEPTEMBRE 2023 LE NATIONAL

**NUOVO TESTAMENTO**  
OISEAU DE PROIE + SALON PRIVÉ  
29 SEPTEMBRE 2023 LA SALA ROSSA

**TANGERINE DREAM**  
INVITÉS  
01 OCTOBRE 2023 L'OLYMPIA

**SHIADANNI**  
SINELIA  
04 OCTOBRE 2023 BAR LE RITZ PDB

**GOBLIN** [CLAUDIO SIMONETTI]  
45E ANNIVERSAIRE DE SUSPIRIA  
04 OCTOBRE 2023 LA TULIPE

**RALPH**  
INVITÉS  
05 OCTOBRE 2023 BAR LE RITZ PDB

**AGENT ORANGE**  
SPICE PISTOLS + DJ PUNK POLICE  
06 OCTOBRE 2023 BAR LE RITZ PDB

**GEESE**  
PACKS  
07 OCTOBRE 2023 BAR LE RITZ PDB

**MSSY**  
CHOP SUE ME  
09 OCTOBRE 2023 BAR LE RITZ PDB

**JAMES BLAKE**  
INVITÉS  
10 OCTOBRE 2023 L'OLYMPIA

**SLAUSON MALONE 1**  
INVITÉS  
12 OCTOBRE 2023 AUSGANG PLAZA

**SEXTILE**  
INVITÉS  
14 OCTOBRE 2023 BAR LE RITZ PDB

**BLUE HAWAII**  
IZZY CAMINA  
15 OCTOBRE 2023 AUSGANG PLAZA

**DRUGDEALER**  
IMMATERIAL POSSESSION  
15 OCTOBRE 2023 LA TULIPE

**ORKESTAR KRIMINAL**  
INVITÉS  
16 OCTOBRE 2023 BAR LE RITZ PDB

TICKETS & MORE SHOWS : [WWW.BLUESKIESTURNBLACK.COM](http://WWW.BLUESKIESTURNBLACK.COM)

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# entertainment

Check [cultmtl.com](http://cultmtl.com) for event announcements, event listings and daily recommendations for What To Do in Montreal.

## art

### MUSEUMS + GALLERIES

#### Arsenal / Division Gallery

2020 William arsenalmontreal.com

#### Bradley Ertaskiran Gallery

3550 St-Antoine W. [bradleyertaskiran.com](http://bradleyertaskiran.com)

#### Canadian Centre for Architecture (CCA)

1920 Baile [cca.qc.ca](http://cca.qc.ca)

#### Fondation PHI

451 St-Jean, [fondation-phi.org](http://fondation-phi.org)

#### McCord Museum

690 Sherbrooke W. [musee-mccord.qc.ca](http://musee-mccord.qc.ca)

#### Musée d'art contemporain (MAC)

1 Place Ville-Marie (& satellite locations) [macm.org](http://macm.org)

#### Museum of Fine Arts

1380 Sherbrooke W. [mbam.qc.ca](http://mbam.qc.ca)

#### Museum of Illusions

54 St-Antoine W.

A family-friendly permanent exhibition of optical-illusion rooms, installations and images.

#### Pointe à Callière

350 Place Royale [pacmusee.qc.ca](http://pacmusee.qc.ca)

## nightlife

Here's a brief newbie guide to Montreal nightlife.

Cocktail, wine and dive bars, taverns, pubs and speakeasies 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, and St-Laurent Boulevard between Milton and Mont-Royal Avenue are long-standing go-to strips with clusters of student bars and pubs, restaurants and nightclubs. However, you'll now find bustling nightlife hotspots in outlying neighbourhoods like Verdun, Saint-Henri, Rosemont and beyond.

### MUSIC AND NIGHTLIFE HOTSPOTS

#### 212

212 Notre-Dame W.

A hot Old Montreal nightclub with the standard 18+ restriction on Thursdays but 21+ on Fridays and Saturdays. Dress code in effect.

#### Apt. 200

3643 St-Laurent

From the Saintwoods lifestyle empire, this club has arcade games, pool, bottle service and beautiful people (and locations in Toronto and L.A.).

#### Ausgang Plaza

6524 St-Hubert

A multi-purpose party spot with live music, dance parties and more.

#### Bar le Ritz PDB

179 Jean-Talon W.

Live music and DJ nights in Mile Ex.

#### 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.

#### 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, basketball and football.

#### Datcha

98 Laurier E.

Mile End's cozy black box nightclub.

#### District Video Lounge

1365 Ste-Catherine E.

A Village resto-bar open 7 days a week, with a music-video jukebox system and small dancefloor that gets rowdy on weekends.

#### L'Escogriffe

4461 St-Denis

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

#### MTelus

59 Ste-Catherine E.

A downtown concert hall with a capacity of 2,500 (fka Metropolis).

#### Théâtre Beanfield

2490 Notre-Dame W.

Little Burgundy's concert hall, fka Corona.

#### 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

A terrific speakeasy renowned for its creative cocktails and upscale menu dotted with dishes like oysters, frogs' legs and escargot.

#### Bar Verdun Beach

4816 Wellington

A Verdun wine bar and restaurant that serves sharing plates, cocktails and interesting beers, too.

#### Brasserie Beaubien

73 Beaubien E.

Old-school Petite Patrie-area dive with DJ nights, karaoke, live music, pizza parties and more.

#### 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 solid local chain of cocktail bars.

#### Foufounes Electriques

87 Ste-Catherine E.

Sprawling legacy alt bar with multiple terrasses, haunted by Montreal's finest punk rock ghosts.

#### Milky Way

1886 Centre

A neon paradise with fine cocktails and food, including

pizza from neighbouring affiliated pizzeria Fugazzi.

#### Snowbird

6388 St-Hubert

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

#### Le Système

7119 St-Hubert

A cool and cozy uptown bar, restaurant and event space with a young alt crowd and great energy.

**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.**

## LGBTQ2IA+ culture

#### Image+Nation Culture Queer

[image-nation.org](http://image-nation.org)

The annual Image+Nation LGBTQ2IA+ film festival.

#### Équipe Montréal

[equipe-montreal.org](http://equipe-montreal.org)

Coalition group for gay and lesbian sports associations, with over 1,000 members.

#### Fierté Montreal Pride

[fiertemontrealpride.com](http://fiertemontrealpride.com)

Runs the annual Pride festivities in early August, culminating in the Pride Parade.

#### Fugues

[fugues.com](http://fugues.com)

A free magazine and website for the LGBTQ2IA+ community, including a guide to gay establishments.

#### Pervers Cité

[perverscite.org](http://perverscite.org)

Runs alternative, political Pride activities.

#### Complexe Sky

1474 Ste-Catherine E., [complexesky.com](http://complexesky.com)

Club Unity 1171 Ste-Catherine E., [clubunitymontreal.com](http://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](http://cultmtl.com).

### FIRST-RUN

#### Ciné Starz

Various locations including

6700 Côte-des-Neiges and 5800 Cavendish

The CDN location charges only \$8.50 for tickets (\$6.50 for matinees and \$5.50 all day Tuesday), and serves up possibly the best movie theatre popcorn in the city.

#### Cinéma Banque Scotia

977 Ste-Catherine W., [cineplex.com](http://cineplex.com)

Regular and IMAX theatres.

#### Cineplex Forum Cinemas

2313 Ste-Catherine W., [cineplex.com](http://cineplex.com)

Regular and VIP theatres.

#### Cinémas Guzzo

Various locations (mostly suburban) including 901

Crémazie W., [cinemasguzzo.com](http://cinemasguzzo.com)

Regular and IMAX theatres.

### ARTHOUSE, REPERTORY & MORE

#### Cinéma l'Amour

4015 St-Laurent, [cinemalamour.com](http://cinemalamour.com)

The last porno theatre standing, in an old vaudeville hall.

#### Cinéma du Parc

3575 Parc, [cinemaduparc.com](http://cinemaduparc.com)



# Wishing you a great new school year

## Your elected officials



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**Sylvain Ouellet**  
sylvainouellet2@gmail.com  
514 872-7800

**Villeray–Saint-Michel–Parc-Extension —  
Borough office**  
405 Av. Ogilvy, Montréal, QC H3N 1M3  
**Verdun — Borough office**  
4555 Rue de Verdun, Verdun, QC H4G 1M4

**Cinéma Moderne**  
5150 St-Laurent, cinemamoderne.com

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

**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 several underground comedy nights happen weekly at bars, cafés and lofts, here's where you'll find English-language drama, stand-up and other stage performances on any given night.**

### COMEDY AND BURLESQUE

**3rd Floor Comedy Club**  
2015 Crescent 3rdfloorcomedyclub.com

**Le Bordel**  
312 Ontario E. lebordel.ca  
A mostly-French-language comedy club with English nights.

**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 2023–24 season of French- and English-language productions and music events is being announced Sept. 6, with shows beginning in the second week of September.

**Centaur Theatre**  
453 St-François Xavier, centaurtheatre.com  
The Old Montreal anglo theatre mainstay kicks off its season on Oct. 17.

**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. 26–28, 2024).

**MAI**  
3680 Jeanne-Mance, m-a-i.qc.ca  
Art exhibitions, dance performances and plays, launching its 2023–24 programming on Sept. 7.

**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 2023–24 on Oct. 15.

### MULTIPURPOSE

**Agora de la Danse**  
1435 Bleury #102  
The new season of contemporary dance is on as of Sept. 6.

**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, comedy and other events, unfortunately closing in December.

**PHI Centre**  
407 St-Pierre  
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 Satosphère dome.

**Théâtre Outremont**  
1248 Bernard  
Film screenings and live music.

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

**Usine C**  
1345 Lalonde  
Contemporary dance is the focus at this multidisciplinary performance venue. 2023–24 programming began on Sept. 5.

# FINISH

School's back in session and  
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We have a lot to celebrate  
this year, so watch for us.

orientation >>> funding drive >>> 25th anniversary >>> stay tuned!

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[festivalphenomena.com](http://festivalphenomena.com)

## One of the year's most subversive films



BY JUSTINE SMITH

Chilean filmmaker Sebastián Silva has a talent for the absurd.

His best-known films, *The Maid* (2009), *Crystal Fairy & the Magical Cactus* (2013) and *Nasty Baby* (2015), share a common irreverence and undercurrent violence. He challenges the line between fiction and nonfiction in films that blur the lines of reality through myth, fantasy and drug use. His latest film, *Rotting in the Sun*, takes that absurdity to new heights as he takes inspiration from events in his own life. Silva plays a version of himself in the film, a filmmaker and artist trying to work on his painting. He meets social media influencer Jordan Firstman on a gay beach and disappears shortly after. Firstman, eager to collaborate with Silva, tries to solve the mystery of his new friend's disappearance.

Silva's chance meeting with social media icon Jordan Firstman inspired *Rotting in the Sun*. Jordan Firstman and Silva had met previously in New York but were staying in Mexico City at the same time. Firstman recounts the meeting, "I was in Mexico City and hooking up with a guy who had a pretty sinister personality. Randomly, Sebastián's movie *Crystal* popped into my head, and I was like, Hey, I think you'd like this guy's work and we should watch this movie. I hadn't thought about Sebastián in years. I had met him one time in New York, like six years prior, but hadn't thought about him, didn't know where he lived or anything like that. I show my hook-up *Crystal Fairy* and the next morning he goes to Plaza Rio de Janeiro, where the movie is shot, to walk his dog. And I meet him there, and he's there flirting with Sebastián Silva."

Firstman says he started to freak out, "Oh my God, this is so embarrassing. I'm going to seem like a fan girl, but I played it cool." They ended up hanging out more in Mexico City, and that was it — until Silva called Firstman about a month later. Firstman remembers him saying, "Hey, I have this movie. I looked at your Instagram, and it's really cringey, and I really want to make fun of you. I was like, 'That sounds fantastic!'"

At the time of writing this article, Jordan Firstman has just over 800K followers on Instagram. His profile image features him grinning, his teeth blood stained - he has a black eye. His content is unabashedly sexy, stupid and incendiary. There are images of him nearly naked and others posing with Pedro Almodovar. He also makes popular reels, hyper-specific "impressions" like "if Jesus came back on Easter weekend" and "a British girl who loses her voice every time she parties." His humour is self-aware, irreverent and the perfect level of dumb.

In *Rotting in the Sun*, Firstman plays a version of himself. "Sebastian is a perceptive motherfucker," Firstman laughs. "For better or for worse," he continues, "(Silva) could be around someone for such a short amount of time and really know how to exploit their weaknesses and insecurities almost immediately." Firstman worked with Silva on part of the script, injecting his own voice and dialogue, even some jokes. Yet, he credits Silva for really capturing his essence. "He manages to capture my naive positivity. He was able to skewer and satirize me but see me at the same time."

Firstman wasn't offended that Silva described his work as cringe. "Sebastian proved to me that my mind wasn't playing tricks on me," says Firstman. "Some people do actually think the worst things about me. It's like going through an ayahuasca trip where you just have to go through the darkest parts of all of it to get through it. Gay guys are so mean to me on the internet. I see bad shit about myself all the time. Something about how I suck, or I'm annoying, or fat, or ugly. A normal person getting these comments will ruin them for a week. But if you're on the Internet, you have to completely desensitize yourself because you get them all the time. The bad stuff really cuts through a lot more. But you know, you get tougher, that's a good thing to have in life as well."

Working on the film, Firstman was willing to jump head-first into the role. "It was really exciting and dangerous," he says. The film features unsimulated sex and drug use. "The police would shut us down probably, like, three out of every five days and we'd have to bribe them. I'd be in the middle of an emotional scene, and we're bribing the police," he says. "I think so few movies now are genuinely really subversive and

transgressive and really push you," he says.

Part of *Rotting in the Sun* examines the nature of artistic creation in a click-based economy. Some of the tension undercutting the relationship between Firstman and Silva (as characters) is tied to Firstman's easy popularity and carelessness. What value does art have in an era of hyper-consumerism?

Firstman is careful to point out that the version of himself in the film is true to life, but more closely resembles who he was back in 2020. "It was the pandemic, and everyone was home. I created this new format to create comedy on the internet. It was really exciting and innovative. I have a lot of mixed feelings. I hope I don't have to make these videos forever, but I know, in the world we live in, we have to accept that social media is a part of it."

How have things changed since 2020? "Now, I'm trying to goddamn survive!" Firstman exclaims. "I think everyone feels this way on social media right now. No one has the fire to like, do anything. We're just trying to keep this hamster wheel moving for some reason in the hopes that it will make us feel better about ourselves, make us feel something or give us money."

Firstman hopes that *Rotting in the Sun* challenges audiences but worries that, increasingly, fewer people are able to engage with complex or challenging works of art. "I think people don't know how to communicate with challenging cinema anymore. A whole generation has been exposed to really, really safe, safe things. I blame Netflix a lot for that. The second they started sanitizing TV, a whole generation got used to seeing a certain type of media. Anything that diverges from that, even stylistically, is like another language to them. I'm hoping that culture can kind of shift back and this younger generation could start to appreciate different styles of consuming media again and start to be able to digest more challenging ideas that make them not have a clear-cut view of the world."

→ *Rotting in the Sun* starts streaming exclusively on MUBI on Sept. 15.

LES FILMS DU 3 MARS AND MAINTENANT ET PLUS TARD  
PRESENT



A FILM BY  
**ARIANE FALARDEAU ST-AMOUR**  
AND **PAUL CHOTEL**

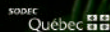
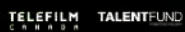
# DESVIÓ DE NOCHE

(NIGHT DETOUR)

WITH  
ABDALLAH TOUAIMIA  
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CARLOS GERARDO TICÓ MORENO  
SYLVIANE LE METAIS  
ÁLVARO ROJO

AND THE VOICE OF  
MARIE BRASSARD

PRODUCED BY JEANNE DUPUIS, OMAR ELHAMY AND SIMON ALLARD IMAGES ARIANE FALARDEAU ST-AMOUR EDITING PAUL CHOTEL AND OMAR ELHAMY ART DIRECTION CATHERINE K PELLETIER  
SOUND JULIAN DARBY, SAMUEL GAGNON-THIBODEAU AND JOEY SIMAS MUSIC GABRIEL CHWOJNIK



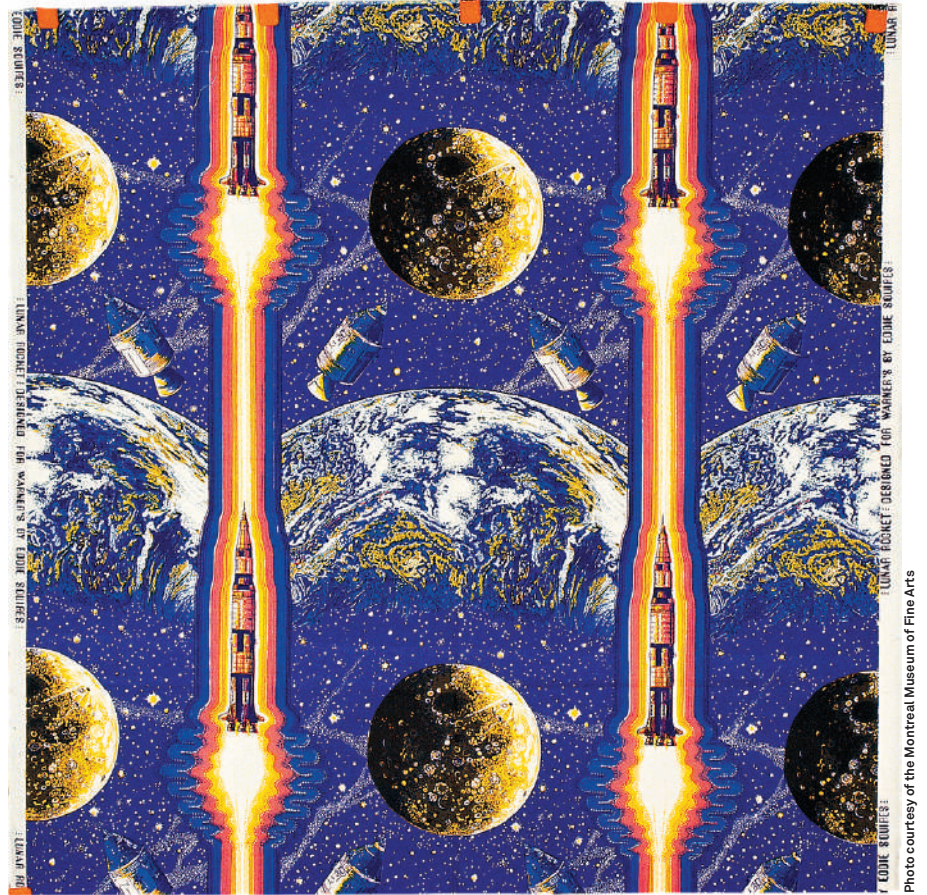
IN THEATRES SEPTEMBER 22

# arts

## Something to see



Expo World Press Photo, by Alessandro Cinque for National Geographic



"Lunar Rocket" fabric by Eddie Squires, 1969. Photo by MMFA, Liliane and David M. Stewart Collection.

BY SAVANNAH STEWART

A visual arts calendar for back-to-school season.

artch

The sixth edition of this festival is up at Place Ville-Marie for three days, bringing with it an exhibition of 20 emerging local contemporary artists, a market of over 200 works of art available for purchase and numerous free activities. Artch's mandate is to mentor and support promising emerging artists, culminating with this festival to help jumpstart their budding careers. Activities at this year's edition will centre around ecological practices in the art world, with workshops like pottery using natural materials, or recycled papermaking. *At Place Ville-Marie through Sept. 10, [artch.org](http://artch.org)*

On the Horizon: Amancio Williams selected by Studio Muoto

The Canadian Centre for Architecture is displaying the sketches, photos and correspondences of renowned Argentinian modern architect Amancio Williams, with a particular focus on two projects that never materialized: a Buenos Aires airport and the Cruz en el Río de la Plata church. Other than their incompleteness, what these projects have in common is a negotiation with horizons and the capacity of modern architecture to elevate the human experience of navigating through space. This exhibition is the first in a series of three that will explore different aspects of the pioneering modern architect's work. *At the CCA (1920 Baile) through Sept. 17, [cca.qc.ca](http://cca.qc.ca)*

Expo World Press Photo

A must-see annual exhibit showcasing the best in photography and photojournalism from around the globe, the Expo World Press Photo features the works of over 3,700 photographers telling the stories that shaped our world in the past year. A new addition to this year's program is an exhibition of 20 photos in the running for the Antoine Desillets award, presented by the Fédération professionnelle des journalistes du Québec to recognize the best in Quebec-based photojournalism. *At Marché Bonsecours (350 St-Paul E.) through Oct. 15, [expo-wppmtl.ca](http://expo-wppmtl.ca)*

Egypt. Three Millennia on the Nile

Few ancient civilizations have captivated the public imagination as much as Egypt, whose mysterious customs and beliefs sparked a wave of Egyptomania in Victorian England that has reverberated through time and space. Now, over 300 artefacts from Italy's Museo Egizio are on display for Montrealers to marvel at, providing a glimpse into a society that thrived over three millennia, until the Roman invasion. *At Pointe-à-Callière (350 Place Royale) through Oct. 15, [pacmusee.qc.ca](http://pacmusee.qc.ca)*

Habitat Sonore: Listening room

The PHI Centre's listening room promises a carefully curated musical experience featuring a changing soundtrack of local and international musicians. In a space designed for the attendees' comfort and artists' creative flexibility, the music is accompanied by any multisensory element the musician deems beneficial in enhancing the listening experiences: colour therapy, visual works, immersive sound and more. *At PHI Centre (407 St-Pierre) through Oct. 20, [phi.ca/en/centre/](http://phi.ca/en/centre/)*

MOMENTA Biennale de l'image

Montreal's leading contemporary arts festival returns this season with 23 exhibitions presented at 15 locations across the city. With the theme "Masquerades: Drawn to Metamorphosis," curator Ji-Yoon Han aims "to explore the dynamics of visibility and invisibility that shape representations of the self and the other from the metamorphic potentials of mimicry." With work by artists from 15 different countries and four Indigenous nations in Canada, the festival's local talent includes Lindsay Katsitsakatste Delaronde, a Kanien'kehà:ka artist from Kahnawake. Her exhibit *Gemini: TEHNIKHEN (twins)* presented at Optica Centre d'art contemporain, delves into ancestry and self-awareness, and what connects us to animals and the earth that surrounds us.

*Various locations through Oct. 22, [momentabiennale.com/en/the-biennale/](http://momentabiennale.com/en/the-biennale/)*

Sex, Desire and Data

In this immersive exhibition, the audience experiences seven different multisensory works delving into the intersection of technology and sexuality. Exploring modern technology like artificial intelligence, algorithms and dating apps, the engaging pieces take on subjects like consent, queerness, seduction and pornography. Get your friends together and plan about an hour to look into love and lust in the modern age via this exhibition. *At PHI Centre (407 St-Pierre) through Oct. 31, [phi.ca/en/centre/](http://phi.ca/en/centre/)*

The Pop of Life!

The Montreal Museum of Fine Arts has dug out its entire collection of pop art to display in this exhibition — and yes, that includes some Warhols. Feast your eyes on this high-colour, high-contrast, revolutionary art movement that drew inspiration from the consumerism and mass production of 1960s North America. The exhibit also features work by Canadian artists Pierre Ayot, Edmund Alleyn and Joyce Wieland, and some other big pop art names like Roy Lichtenstein, Tom Wesselmann and Eduardo Paolozzi. *At the Museum of Fine Arts (1380 Sherbrooke W.), through March 24, 2024, [mbam.qc.ca](http://mbam.qc.ca)*

Fluid fossils

Created specifically for the Musée d'art contemporain, artist Anna Binta Diallo's *Fluid fossils* is a mural reflecting on preservation and fossilization. Characters made out of earth textures fill up the space, becoming fossils in their own right, inviting a reflection on what we leave behind for future generations. As the exhibit's description explains, "Diallo invites us to reflect on our own place in history and, more importantly, of the responsibility we bear to protect and celebrate the fragile heritage that was transmitted to us." Born in Dakar, raised in Manitoba and now living in Montreal, Diallo explores memory in many forms through her work. *Musée d'art contemporain (Place Ville-Marie, #11220) through March 31, 2024, [macm.org](http://macm.org)*



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