



ID²EM projects to build lasting relationships

The Société d'habitation du Québec (SHQ) provides ID²EM subsidies every year for projects carried out by low-rent housing tenants. These initiatives must address social exclusion and educate tenants about sustainable development through activities that improve their living environments. Of the 15 projects accepted this year in Montréal, here are two that caught our attention: *Association des femmes du nouveau départ* and *Bien faire aujourd'hui pour mieux vivre demain*.



On planting day at Habitations Pelletier, Guylaine and Alice, of the Association des femmes du nouveau départ, put in stakes for their plants to grow without breaking under the weight of the tomatoes.

Association des femmes du nouveau départ

Habitations Pelletier, in the Northwest Sector, takes in women who have gone through personal difficulties and who need community support to reintegrate into the workforce.

Its tenant committee set up a community kitchen that was so successful it motivated the women to reach higher and further. Rosie Lemieux, the committee chair, said that one of the two groups had to cook on the weekend because these women work during the week: "They did not have access to the equipment loaned by the outreach worker during the week and had to hunt down utensils and pots from here and there."

The first portion of the subsidy obtained was therefore used to purchase pots and utensils as well as a freezer to store prepared meals. The remaining budget will be used to build a locked cabinet to store all the equipment. This phase will be completed next year, as part of the renovations the Office municipal d'habitation de Montréal has planned.

A second component was designed to "make better use of our alley by growing vegetables in containers," explains Karine Léveillé, also a tenant committee member. "We took the Sentier Urbain training on gardening together; we prepared the containers, planted tomatoes, peppers, chives and basil, and then tended to our vegetable garden."



The *Bien faire aujourd'hui pour mieux vivre demain* project included cooking workshops for the youths from Habitations Des Trinitaires.

Thank you and goodbye!



This message is my last. By the time you read this, I will have retired after 29 happy years with the OMHM.

For me, having the opportunity to work in an organization that improves people's living conditions by offering them a good place to live and a chance to get involved has been a great source of motivation.

I have learned a lot from tenants. I met committed, endearing and inspiring people who, through their efforts, have influenced some of the OMHM's decisions to transform services. I also worked with great teams of truly motivated employees who believe in what they do.

You will soon have a chance to meet my replacement, Lorena Garrido. Given her extensive experience in various community organizations, I am confident that she will have all the sensitivity and sense of solidarity needed to continue on the path we have laid out together in recent years. She will have an opportunity to tell you more about herself when she introduces herself in the next edition of *Interaction*, published in the December issue of *Rose des vents*.

Lastly, I want to thank you for the wonderful years we spent side by side, working together for the well-being of the tenants. Continue your good work in your living environments. You will always have a place in my heart!

Esther Giroux, Director
Social and Community Development
Department

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These activities have had dramatic effects. "These women have had a hard life and tend to become withdrawn," says Rosie Lemieux. "They open up to one another as they spend time together," says Karine Léveillé. Rosie adds: "This has led to mutual support; if one is having a hard time, the others come together to help her, run her errands or do her household chores, for example."

The two initiatives have had their share of obstacles, such as the postponement of renovations by the OMHM and the contamination of the harvest when graffiti was removed. Despite it all, the women have stayed the course. Community kitchen days resume in October, and the gardening component is expected to expand next year.

Bien faire aujourd'hui pour mieux vivre demain

Meanwhile, a multi-generational initiative that promotes healthy lifestyles was created in the Southwest Sector, at the Des Trinitaires family-oriented building and at the Angrignon building for seniors. The project, carried out in partnership with the Centre d'aide à la réussite et au développement (CARD), aims to raise awareness among youth in low-rent housing on improving their environment and to make them ambassadors in their community.

The young people received training on cleanliness, recycling, beautification and recyc-art (creating decorative objects from recycled materials). They then participated in lunch-and-learn workshops with seniors from the adjoining building, and in cooking, cleaning and gardening workshops. About 50 containers have been distributed to families to encourage vegetable gardening on balconies and beautification of the living environment. Akif Rahman, a young man who went door-to-door and was at the lunch-and-learns, found it interesting to talk to seniors about their lives when they were young and notices that "now, the older and younger people recognize one another and say 'hello'."

Some seniors also attended the weekly gardening activity. Claudia Olga Ouamabia, CARD Director, even noticed "a man who brought frozen treats for young people during hot weather."

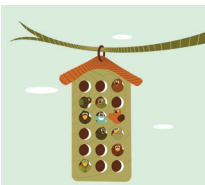
In September, there was still one more lunch-and-learn workshop to go on recyc-art. The young and the young at heart will be working together on original creations that will be displayed during Éco-Fête, planned for December to celebrate their sustainable development efforts in 2017.

Upcoming training session

The free training sessions provide the tools you need to fulfill your role. Make the most of it!

Title	Date	Location	Metro Station
Préparer un bilan financier (in French)	November 7, 2017	Habitations d'Auteuil 255, boul. Henri-Bourassa Est	Henri-Bourassa
Workshop on financial statement (in English)	November 7, 2017	Habitations Monkland 5959, rue Monkland	Villa-Maria

Sessions are held from 10 a.m. to 3 p.m. in a low-rent housing project near a metro station. Lunch is included, but participants' transportation costs may be borne by tenant associations. To confirm your attendance, contact Suzanne Morissette by phone at 514 872-2104 or by email at suzanne.morissette@omhm.qc.ca.



Meeting at the crossroads

Seeking ways to live together in harmony

At La Seigneurie des Rapides, we're cooking up mutual support

Once upon a time, tenants did not have an association and so had no budget for activities in their low-income housing in Montréal's Southwest Sector. But, they had a lot of ideas and initiative!

Three and a half years ago, a group started making soup, muffins and sandwiches in their own homes. They sold them at low prices to tenants at Habitations La Seigneurie des Rapides (which consists of about 100 apartments for seniors) and low-income seniors in the neighbourhood. "We wanted to create something for seniors not only to keep from falling into isolation, but also to continue learning and growing," explains Carole Guilbault.

Today, they make up a team of five tenants responsible for the low-cost meal service, with a lending hand from

other volunteer tenants as needed. A menu inspired by Quebec home cooking and cuisines from other cultures is offered at noon four days a week in the common room. Some people eat there, while others take their meal home, and there is even delivery for people with reduced mobility in the building and in neighbouring low-rent housing units.

The best part of this story is that the self-funded kitchen has led to all sorts of other activities. "People donate clothes and small pieces of furniture for us to redistribute. We also hold two bingo activities per week now, in addition to painting classes and memory workshops," says Carole Guilbault. Surpluses even helped fund a summer party this year, and the group is cooking up other activities for the future.



"Auntie" Yvette Noël knows how to prepare great food, including this mouth-watering pizza!



The La Seigneurie des Rapides culinary team also includes Norman Allaire and Lise Morrissette (in the back) as well as Dominic Mancuso and Carole Guilbault.

An initiative with potential

At Habitations Séguin, in the East Sector, the tenant committee launched an initiative that might just become widespread: a participatory budget. The principle is simple. The tenant committee sets aside a certain amount of money (\$500 this year) to carry out projects proposed by tenants.

France Bisson, who was on the tenant committee at the time, spoke about how the idea came to them. "The committee not only has limited time, but also a limited capacity to organize multiple activities. We wanted tenants to be active in improving their quality of life and to see how much energy it takes."

The committee received five proposals, four of which were completed. Christmas in July, held on July 22, with water games for kids and a community dinner, was very successful. One tenant set out to beautify the lot around the building, which by the end of summer was teeming with flowers. Card nights were also held, as were monthly get-togethers to celebrate birthdays.



Christmas in July, held on the 22nd, was attended by about 60 people.

"It's important to show that the committee is not an exclusive club and that new ideas are welcome," says Ms. Bisson. "Targeted activities help meet the expectations of specific groups. It also reduces criticism. I hope the committee will resume next year."

New tenant committees

Since last spring, tenants from 21 low-rent housing units in Montréal have held elections to select their representatives. Note that four new tenant associations have been created during that period. Congratulations to everyone on your involvement!

SOUTHWEST SECTOR

Îlots Saint-Martin **F**

Christie, Yvette
Mahomed, La Vern
Gagné, Richard
Sarker, Sabrin
Mariano, Nenita Santos
Mackenzie, Sean

Télesphore-Savaria **S**

Vinet Brisson, Ginette
Larivière, Pauline
Joly, Nicole

De l'Érablière **F**

Doucet, Aline
Robidoux, Jimmy
Sauvageau, Ginette
Payant, Suzanne
Cayen, Jacqueline

Goyer **S**

Adelman, Andrea
Caldwell, Nancy
Dupuis, Sylvain
Drisdelle, Sharon
Muhamari, Eugénie

Mayfair **S**

Antoine, Ann
Azner Krakowiak, Zenobia
Cox, Robert
Stacey, Linda
Delgrande, Rita
Woodbury, Marjorie
Krawczyk, Jack

NEW ASSOCIATIONS

Des Fleurs **A S**

Bernard, Marcel
Le Caer, Yvette
Vion, Jeannine
Saulnier, Raymond
Doyle, Michel R.
Notaro, Anna Maria

Parc de l'Encan **F**

Kozubski, Julie Anne
Joseph, Minouse
Jardi, Saïda
Acosta, Matilde

Place Newman **S**

Edward, Joan
Abbasi, Fauzia
Hernandez, Maria-Delia
Mayahi, Saeid
Nadarajah, Santhakumari

Place Lucy **S**

McLean, Ceres
Datario De Vera, Salvacion
Ebrahim H., Loreta

Fernande-Rochon-de Gongre **S**

Orphanos, Laurent
Gingras, Michel
Duhamel, Denise
Calzada, Angela

Marie-Laure-Porcheron **S**

Millett, Joyce
Bastille, Émiliette
Bonneville, Micheline
Main, Diane
Paquette, Monique
Piper, Marvin
Raymond, Vivianne

Workman-Delisle **F**

Alam, Romean
Baino, Giuseppe
Mohamed, Aïcha
Hadj, Ahlem

NORTHWEST SECTOR

Jarry **S**

Kayitesi, Marie
L'Écuyer, Luc
Nguyen, Thi Ha
Thivierge, Francine
Rodesly, Jean-Claude

Henri-Gratton **S**

Clapin, Claude
Bernard, Marcel
Medza, Denis
Tremblay, Fernand

De Salaberry **S**

Santhonax, Fernande
Priscarnita, Doina
Jolicœur, Micheline
Binette, Nicole

D'Auteuil **S**

Vervais, Marcel
Décary, Jocelyne
Allard, René
Marquis, François

Résidence Edwin-Crawford **S**

Deguire, Thérèse
White, Maureen
Ley, Doreen
Ayotte, Joanne
Corbett, Heather
Richter, Soaring Eagle Anita
McClymont, Hazel
Dowbyhuz, Edward
Gordon, Stephen

NEW ASSOCIATIONS

Berri-Lajeunesse **S**

Francoeur, Monique
Gallipoli, Richard
Michaud, Francine
Mehedintu, Galina Adriana
Lachance, Roger

Rousselot **S**

Millaire, Ginette
Dusa Ivanovschi, Eugenia
Haché, Huguette
Fortier, André
Guinta, Micheline

EAST SECTOR

Marie-Victorin **S**

Charland, Cécile
Michaud, Jean-Pierre
Antoine, Sylphise
Quinteros, Maria-Eugenia
St-Surin, Heureuse

Thomas-Chapais **F**

Arseneault, Marcel
Aubry, Chantal
Bergeron, Bruno
Bouchard, Nancy
Janvier, Carole
Paquette, Sylvie
Picard, Nathalie



To make decisions, the members of an association hold a general meeting. Based on a respect for the members' equality and freedom of choice, democratic rules enable the association to run smoothly. An association which is run democratically makes member involvement easier and experiences fewer conflicts.

S OMHM low-rent housing for seniors

F OMHM low-rent housing for families and people living alone

This information is provided as a guideline and is subject to change as tenant associations evolve.



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