

# La **RO**se des **Vents**



Office municipal  
d'habitation  
de Montréal

Office municipal d'habitation  
de Montréal Tenant Newsletter

**December 2023**  
**Volume 21 No 1**

## Reinventing community safety!

Page 8

Includes  
detachable  
**2024**  
**calendar**

Major work in  
low-rent housing  
Page 9

La Rose des Vents is available online at  
[www.omhm.qc.ca](http://www.omhm.qc.ca)  
under *Publications*.



Follow the OMHM's  
**Facebook** page!

The OMHM offices will be closed on  
**December 25, 26 and 27** as well as on  
**January 1, 2 and 3.**

## This month



### Editorial

- 3** A message from Isabelle Pépin

### News

- 4** Tenants elect their representative on the OMHM Board
- 9** Major work in low-rent housing
- 10** In search of affordable prices!
- 12** Enjoy winter activities for free

### Security

- 5** Fire prevention: changes made to increase security
- 8** Reinventing community safety

### Well-being

- 6** How to make a budget

### Info on low-rent housing

- 7** Insurance - a good idea!
- 14** Youth art beautifying our walls

### Rubbing Shoulders

- 11** News from you!

### Environment

- 13** Food waste collection

### Portrait

- 15** René Cordero, an engaged citizen



Please note that all Office municipal d'habitation de Montréal (OMHM) offices will be closed on **December 25, 26 and 27** and **January 1, 2 et 3**



Office municipal d'habitation de Montréal

La Rose des Vents is published by the Service des communications of the Office municipal d'habitation de Montréal for the benefit of OMHM tenants.

**Project Direction:** Mathieu Vachon **Coordination:** Andrée-Anne Perrier

**Writing:** Martin Després, Ingrid Dirickx, Annette Frantz, Andrée-Anne Perrier, Valérie Rhème

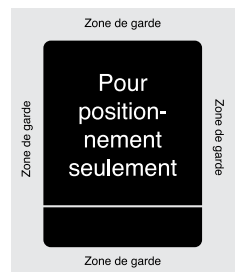
**Tenant collaboration:** Tina-Lili Gagné, Suzanne Payant

**Photos:** Martin Alarie, L'abricot, OMHM, Olivier Bousquet, Adobestock **Translation:** Ubiquis

**Graphic design:** Communication Art & Graf **Printing:** Imprimerie Héon & Nadeau

**Circulation:** 14,200 French, 4,250 English **Legal deposit:** Bibliothèque nationale du Québec ISSN 1704-5754

PP 40051653 Return undistributed copies to:  
400, boulevard Rosemont, Montréal (Québec), H2S 0A2





# My **warmest** wishes

**Isabelle Pépin**  
Directrice générale  
de l'OMHM (Executive  
Director) at the youth art  
exhibition (more on page 14)

Dear tenants,

As the year draws to a close, it is important to step back and reflect on what has been achieved over these past months, and above all, what we hope to accomplish in 2024.

For the OMHM, 2023 has been a year of collaborative work as each team member pitched in to meet major challenges and help provide the greatest possible number of apartments to those who need them.

On your end, the arrival of so many new neighbours must certainly have stirred up your daily routines as you helped them integrate. It may even have led to new friendships!

For some people, the holiday season can be challenging. I encourage us all to be attentive to those around us and be kind to one another. And if ever you are feeling lonely, remember that you can always contact the support and listening services available. Make the most of winter and take advantage of the activities offered by the city of Montréal.

On behalf of the members of the OMHM team, I wish you all a healthy 2024 filled with kindness and many joyful moments.

Isabelle Pépin,  
Executive Director





# Tenants elect their representative on the **OMHM Board**

On July 12, tenant association representatives gathered in Montreal to meet the three candidates up for election to the Office municipal d’habitation de Montréal (OMHM) Board of Directors.

Robert Pilon, Coordinator at the Fédération des locataires d’habitation à loyer modique du Québec (FLHLMQ) and meeting chair, invited Suzanne Payant to speak first.

Elected to the Board in 2022 as a tenant member from low-rent housing for families, she gave an overview of the tenants’ role in this participatory body and the scope of work that they could expect. She said, “We represent both the tenants and the OMHM. The Board is a very close-knit team.”

Then the three candidates confidently introduced themselves. Nicole Aubé from Résidence Piero-Corti got the ball rolling, followed by Estelle Laliberté from Résidence

“We represent both the tenants and the OMHM. We have a very close-knit team.”

Lionel-Bourdon, and finally Silvia Rocha from Habitations Sainte-Brigide. “It’s great to see three women candidates with experience, making this a true democratic exercise,” said Mr. Pilon, clearly impressed by the candidates. The three candidates all share great qualities, most notably their commitment, empathy, and willingness to help others.

The OMHM would like to congratulate Ms. Rocha on her appointment! Her experience as chair of her tenant association and her participation in sector committees will enable her to effectively represent tenants on the Board. She will also sit on the comités consultatifs des résidents (CCR or advisory committees of residents) for low-rent housing and ENHARMONIE residences.



# Fire Prevention: Changes made to **increase security**



Building managers resumed evacuation drills in several Montreal low-rent housing high-rises. From now on, tenants must gather at a designated meeting point outside their building.

“This is an important change for us and for tenants,” said Richard Turcotte, directeur du Service des opérations pour la Gestion des HLM (Director of the Operations Department for the low-rent housing management branch). Tenants usually go to the common room. It is essential to change this habit because the Service de sécurité incendie de Montréal (SIM) safety standards now require us to **ensure that the meeting point is outside the building**. We hope to see a high tenant turnout during the drills.”

All occupants must **exit the building** when the alarm sounds and **go to the established meeting point**. All tenants in high-rise buildings have received a letter indicating the location of the meeting point outside their building.

## Low participation rates

Increasing tenant participation remains a challenge. Last year, in the vast majority of cases, less than 30% of tenants took part in evacuation drills. “This time, we have prepared communications for tenants that are more direct,” explained Martin Ménard, directeur adjoint des opérations (Assistant Director of Operations). We wanted to change the angle of our message. Previously, tenants were merely invited to participate in evacuation drills, which didn’t seem to send a clear enough message. Now we tell them: If you hear the alarm, get out! It’s clearer and more direct. Hopefully, the message will be heard and understood.”

Evacuation drills should be taken very seriously. They are essential to ensure the safety of everyone inside the building. Taking part in these drills teaches tenants what to do in the event of a fire and allows OMHM staff to verify that all safety equipment is working properly. With practice, tenants will develop good reflexes for an emergency, which can save lives.



# W

ell-being

## How to make a budget

Don't be afraid to make a budget! It takes a bit of patience, but a budget provides many benefits. No matter how small your budget is, it is important to track all your spending.

It is also important to separate your expenses into 3 categories:

### Fixed expenses

These are usually monthly expenses over which you have little control, such as rent, insurance, cable, internet and telephone.

### Regular expenses

These are the expenses that usually occur several times per month or even per week, such as food, transportation, gas, medicine, childcare. So, each month, you need to have enough money to pay for these expenses.

### Occasional expenses

These are the expenses that arise occasionally throughout the year and also include "unexpected" expenses. Buying clothes, gifts, back-to-school supplies, vehicle maintenance and vacations are included in occasional expenses. It is difficult to predict how much money you'll need and when you'll need to pay these bills. But one thing is certain: these expenses will arise at some point and you need to budget for them.

### Steps to follow

1. Make annual forecasts to better manage your money. This will give you an overview of your financial situation. An annual budget helps you plan ahead and guides you in your monthly spending. If there is money left at the end of the month, it should be set aside for future expenses (clothing, school fees, etc.) or for unforeseen needs.
2. Once you have completed your annual forecast, plan each month by assessing your anticipated income and upcoming expenses.
3. Record all of your daily expenses and income to keep track of your budget. Adjust your budget to match what you actually spend each week. Mobile budget management apps that banks offer free of charge can be helpful.
4. At the end of each month, compare your forecast with what really occurred.
5. At the end of the year, compare your annual forecast with your reality. This will allow you to draw conclusions and adjust your spending choices for the coming year.



### Need some help?

To obtain help, contact the Associations coopératives d'économie familiale (ACEF). They provide tools to help people experiencing financial difficulties budget more effectively. Or contact Option consommateurs, which provides free and confidential budget consultations: **514-598-7288**.

# Info on low-rent housing



## Insurance — a good idea!

**Did you know that tenants in Quebec are responsible for having their own insurance?**

**With a few well-invested dollars, you can protect your belongings in your home. Think about it!**

### Why get home insurance?

Personal property and equipment inside your apartment (furniture, appliances, TV, computers, etc.) belong to you. In the event of theft, fire, water damage or other unforeseen events, you may lose your belongings, even your food.

If you have home insurance, you can receive money that covers the value of the lost items.

### Did you know that...

Home insurance usually costs about \$20 or \$30 per month.

There are even plans for tight budgets. Take the time to compare offers by different companies.

Many companies offer a discount if you combine home and car insurances.

### Reminder

The OMHM is not responsible for your personal property in the event of a disaster.

Protecting the personal property within your home is your responsibility.



### Questions about your lease?

Contact the Call Centre at 514-872-6646!

A team is in place to respond quickly.

If they can't help you, they will refer you to someone who can.

## Pay your rent by **bank transfer**



The Office municipal d'habitation de Montréal now offers you the option of paying your rent by bank transfer via the following financial institutions:

Banque Nationale • Banque Scotia • Desjardins • Banque CIBC  
Banque Laurentienne • RBC Banque Royale • BMO Banque de Montréal

Three ways to pay your rent :

- at the ATM or teller's counter
- online or through your banking app
- by calling the institution.

Contact your financial institution for more information on how to pay online.

To find and add the Office municipal d'habitation de Montréal as a recipient for your transfer, type Office and choose Office municipal d'habitation de Montréal from the list. Then indicate your 11-digit reference number. To find this number, consult your lease renewal notice. You can also consult the section *Tenant Services/My rent, my lease* at [www.omhm.qc.ca/en/](http://www.omhm.qc.ca/en/).



# Reinventing community safety!

The Annual General Meeting of the Comité consultatif des résidents (CCR or advisory committee of residents) was held on November 2 under the theme Reinventing community safety! Dozens of tenant associations were represented and one hundred tenants took part in this event, which allowed them to share their experiences and potential solutions.

“The bigger and more complicated the problem, the greater the need for different actors within and around our low-rent housing to be involved,” said one tenant at the meeting. Testimonials helped explore solutions to make low-rent housing safer.

Many thanks to the CCR for organizing this rallying event, which will have a significant impact on living environments. Getting together and sharing ideas to inspire each other is key to finding solutions! Tenant associations are important levers for bringing about change.

Congratulations to the organizers and participants!

Do you have questions for the CCR? Feel free to email the committee at: [ccr.mtl@gmail.com](mailto:ccr.mtl@gmail.com).



Did you know that in Montreal, when you live in low-rent housing, there is a team of tenants working for you? The CCR deals with issues that concern all low-rent housing tenants: safety, work on housing, community projects, etc. It assesses the needs and priorities from a tenants' perspective and makes recommendations to the OMHM Board of Directors.



# Major work in low-rent housing

In 2023, OMHM invested a record **\$138 million** in work on the low-rent housing stock. There are **54 construction projects** at the Office municipal d’habitation de Montréal (OMHM) right now. And there are more to come! Here are just a few of them.



## Habitations De Maisonneuve

86 apartments in the Ville-Marie borough.

Scheduled completion: Spring 2024

The project includes replacing all apartment doors and windows, redoing an access ramp and the lobby in the high-rise. The small buildings will also have their balconies replaced.

## Habitations Charlevoix

79 apartments in the Sud-Ouest borough

Work began over a year ago.

The project includes reinforcing the building’s structure, redoing the facades and balconies, replacing all apartment doors and windows, redoing the entrances and access ramp.

Scheduled completion: Summer 2024

Expected return of tenants: Fall 2024



Before



After

## Habitations Barclay

14 apartments in the Côte-des-Neiges–Notre-Dame-de-Grâce borough

The two buildings had been empty for several years. Both have been completely refurbished. Tenants have already started to move in.

# In search of affordable **prices!**

For many people, taking care of their teeth, buying new glasses or getting a haircut can represent a considerable expense. Did you know that there are services available for low-income customers?



## For your vision

### Bonhomme à lunettes

Bonhomme à lunettes offers eye examinations and affordable glasses for men, women and children. Its opticians make regular stops at a number of community organizations in and around Montreal. For service point schedules and to get more information about the documents you will need to qualify for reduced rates, call **514-303-4315** or visit their website: [www.bonhommealunettes.org/en/](http://www.bonhommealunettes.org/en/).



## For your teeth

People who don't have access to free services or dental insurance can get dental care for free or at a reduced rate.



- The Jim Lund Dental Clinic is managed by the Welcome Hall Mission. Dental care is provided by dental students from McGill University. To take advantage of this service, clients must open a file with Welcome Hall Mission by calling the Food Bank at **514-937-9317**.
- The dental clinic at the Université de Montréal is open during the regular school terms, between September and April. It is important that you register in advance. To contact the dental clinic, call **514-343-6750**.
- Collège de Maisonneuve offers a range of dental care services at a reasonable price through its dental hygiene diploma program. Make an appointment by calling **514-787-1702**.



## For your hair

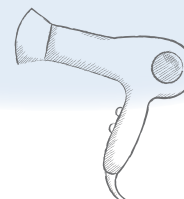
It is possible to get your hair cut without breaking the bank when you go to a hairdressing school. Before you go, it is important to specify that you want an appointment with a student and to ask how much it will cost.

Here are two suggestions:

- Institut supérieur Mode beauté des Faubourgs, **514-596-4600**, ext. 5718, located at 2000, rue Parthenais
- Saint-Laurent Académie, **514-284-0661**, located at 914, rue Sainte-Catherine Est

There are now two new barber shops in our low-rent buildings!

- **Le Spot** at Habitations Saint-Sulpice
- Le salon communautaire at the Little Burgundy Community Center



# RUBBING SHOULDERS

## A successful first event

At Habitations Papineau, the new tenant association held its first event on Halloween. Residents were invited to attend in costume on October 31. An invitation was also sent out to the neighbourhood children to come by for Halloween treats in the evening. It was a fun evening for young and old alike!



## Celebrating Habitations Montmorency's 45<sup>th</sup> anniversary

In November, Habitations Montmorency celebrated its 45<sup>th</sup> anniversary! Many thanks to the association's members for organizing a wonderful event to mark this milestone. Manon Duclos and the committee members provided an unforgettable evening. Thanks to your efforts, your community is warm and welcoming. Congratulations!



## A renovated common room

Habitations Bourret inaugurated its beautiful, newly renovated common room. Residents had a great time together, enjoying the food and taking part in the draw! The room had needed a facelift and the renovation was a success. This was a first great party and it certainly won't be the last!



## Reuse, recycle and beautify

Lyudmyla, Chair of the tenant association at Habitations Workman-Delisle, reused old tires and a leaky watering can to beautify the grounds of her building. "Our neighbours smile and encourage us, it's very heartwarming. Our body needs to feel emotions, it needs to be nourished through creativity, beauty and a sense of belonging", she said. Thank you, Lyudmyla and all the volunteers, young and old, who were willing to get their hands dirty. Your work has clearly made a difference!

Have you any special memories you'd like to share? Send us your photos, along with a short description, by email to [rosedesvents@omhm.qc.ca](mailto:rosedesvents@omhm.qc.ca) or by mail to the following address:

La Rose des Vents  
Service des communications  
400, boulevard Rosemont  
Montréal (Québec) H2S 0A2



# Enjoy winter activities for **free**

Winter in Montreal can be a magical time. Here are a few ideas to make the most of our Montreal winters without spending money.

## 1. The Esplanade Tranquille skating rink

In the heart of the Quartier des spectacles, Montreal's largest refrigerated skating rink is free of charge. It offers daily programming and a pavilion where visitors can rent skates (\$) or warm up by the fireplace.

## 2. Winter festivals

Montreal is known for its festivals all year round, and winter is no exception. Events such as Montréal en Lumière (February 22 to March 3, 2024) and Nuit Blanche (March 2, 2024) at the Quartier des spectacles offer a host of free activities. You can also dance under the night sky during Igloofest, a winter electronic music festival from January 18 to February 10, 2024, in the Old Port of Montréal.

## 3. Walks in nature

Montreal has many parks where you can enjoy winter's natural beauty for free. Mount Royal offers many trails and lookouts that provide great views of the city. Families can rent cross-country ski equipment or snowshoes, which are free for young people aged 17 years and under!



## 4. Free art exhibitions

Montreal's museums and art galleries regularly offer free exhibitions. Did you know that the Montreal Museum of Fine Arts, the McCord Stewart Museum and the Musée d'art contemporain are free of charge every first Sunday of the month? Take advantage of these opportunities to explore a variety of art forms.

## 5. Christmas markets

Christmas markets pop up throughout the city during the holiday season. It costs nothing to stroll around these markets and enjoy the festive decorations and music.

## 6. Cultural and community events

Check out local ads for free cultural and community events taking place throughout the city. Local libraries will often have a few suggestions as well!

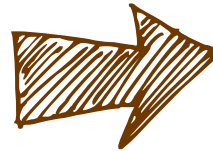
# Food waste **collection** (compost)

The City of Montréal is gradually implementing food waste collection (compost) in all buildings with nine apartments or more. The goal is to reduce the amount of waste going to the landfills.

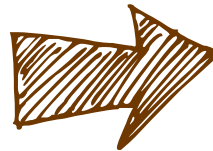
If this service is already available where you live, here are the 2 steps to follow:

## 1. Discard you table scraps into the small countertop bin.

You can include some types of **soiled paper or cardboard**: pizza boxes, soiled brown paper, paper towels, tissues and commercial coffee cups.



## 2. Regularly empty your small bin into the large brown bin.



It's that simple! You will soon notice that your garbage bin doesn't fill up as quickly.

No more foul odours from your garbage bin!

Not sure if your building has compost collection? Just ask your building manager or the maintenance and repair worker.

If you are unsure of what you can put into the brown bin, download the **Ça va où** app or call 311.



Info on low-rent housing

## Youth art beautifying our walls

Young people are full of creativity, energy and emotions. An exhibition was held this fall to celebrate their talent.

Visitors entered a welcoming atmosphere where artworks, in a variety of styles, were exhibited on the walls. The three young artists, Seid Djimet Drenimi, James Baptiste and Jade Aïcha Rodrigue, were exhibiting their art for the first time. At the launch, they were nervous but beaming with pride and excitement. They shared their stories, life paths, inspirations and techniques with the curious guests.

“I didn’t know what to expect, but it’s awesome! I love it! I’m really surprised. The art work is incredible. We all have different styles. I’ve been drawing for ages. Ever since I was a little girl, it has always been my passion. Art is how I express myself. There are times when I don’t really know how to talk. With art, that’s where I feel most at ease,” said Jade Aïcha Rodrigue, who felt happy about this first experience.

The exhibition provided the young artists with the recognition and support they need to continue developing their talent, while also inspiring others to pursue their own artistic dreams. It’s refreshing to see all this creativity and their unique way of seeing things. Displayed on the walls of the OMHM Administration and Services Centre at 400 Rosemont Boulevard, this exhibition, by and for young people, marked the first event of its kind and it certainly won’t be the last! This exhibition shows us that creativity is an essential tool for self-expression and overcoming life’s challenges.

Well done to the members of MOUV, a group of committed young people, for being so involved in mobilizing all young people living in low-income housing in Montreal!



“I am left with only positive memories of my involvement these past 15 years.”



**René Cordero,**  
an engaged citizen!



René Cordero is an exceptionally involved tenant! For the past 15 years, he has been active in his tenant association and is a member of the Comité consultatif des résidents (CCR or advisory committee of residents). “It’s important to help people around me and my neighbours. I feel good when I help, I feel useful. When I first arrived, the building’s common room was empty, I found that sad, there was a lack of community spirit. Now we’ve created a community lounge where people can sit and listen to music together, engage in activities and socialize. It’s important for me to connect with people. What I love most is organizing events to create a welcoming and warm atmosphere where people can truly feel at home!”

His commitment to tenants came from the need to help the most vulnerable, especially those living with disabilities. He has kept himself busy helping his community and it is in his DNA to be such an active citizen. “I am left with only positive memories of my involvement these past 15 years. Several

people have worked with me, helping each other is important.” During his career as a photojournalist, he used the media to promote ethnic groups and folk traditions.

Often seen behind his camera, he has a knack for making people shine. His smiling face behind the lens, his ability to listen and his openness to others are among his greatest qualities, not to mention his great sense of humour. He has decided to retire on December 15. He may have been volunteering, but it takes work to be so engaged in helping others, especially during the pandemic when he helped many tenants put food on the table.

“I am retiring from my volunteer work in December. On a personal level, I still have many things I want to do and projects to complete, I need to put aside some time for myself now!”

Happy retirement, Mr. Cordero, and thank you for your dedication!



# The OMHM at your service!

7/7 – 7 a.m. to 11 p.m. / Security and emergency repairs 24/7

**One number for ALL your OMHM inquiries**

**Call Centre: 514-872-6646**



**For online repair requests, visit [omhm.qc.ca/en/](http://omhm.qc.ca/en/)**

To make things easier, you can contact the Call Centre for all your needs:

- ✓ Security
- ✓ Repairs
- ✓ Lease
- ✓ Extermination
- ✓ Maintenance
- ✓ Cohabitation
- ✓ Parking
- ✓ Building rules, etc.

## TWO ADDRESSES FOR IN-PERSON SERVICES



### Service Desk East

3330, boul. de  
l'Assomption  
Montréal (Québec)  
H1N 3S4



**Assomption**



### Service Desk West

2247, rue Delisle  
Bureau 300  
Montréal (Québec)  
H3J 1K4



**Lionel-Groulx**

### Services offered

- ✓ Questions about your lease
- ✓ Rent payments
- ✓ Various requests and information
- ✓ Complaints



Office municipal  
d'habitation  
de Montréal