

La **RO**se des Vents



Office municipal
d'habitation
de Montréal

Office municipal d'habitation
de Montréal Tenant Newsletter

June 2022
Volume 21 Number 1

We take care of our grounds!

Results of
2022 Elections

Comité consultatif
des résidents:
Listening to tenants



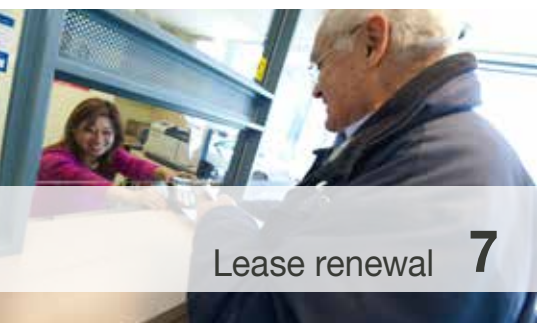
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The OMHM offices are closed on Friday,
June 24 (Saint-Jean-Baptiste) and Friday,
July 1 (Canada Day).

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Office municipal d'habitation de Montréal

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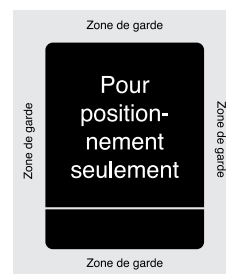
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Renewal

Danielle Cécile
Directrice générale de
l'OMHM (Executive
Director of the OMHM)

Dear tenants,

With spring comes the time to treat yourself! We encourage you to walk outside, rediscover Montreal, go down to the water, visit the parks. Take time for yourself and to reconnect with loved ones. There may be lingering concerns about the pandemic and anxiety about the rising cost of living, especially at the grocery store. Let the lovely weather help us connect with family, neighbours and friends, and relax a little!

Common rooms are already open and coming back to life! Feel free to suggest activities to your association. If there is no association in your building, why not try to set one up? We would be happy to help! Even easier is to ask your building manager to connect you with the person in charge of community development. Ask about creating a social event for tenants! A walking club, dancing or doing some yoga on the grass, a potluck dinner, a community buying group—your neighbours may also like to get involved!

Spring is also a great time for gardening! Potted herbs or flowers on your balcony, joining a community garden, or tending to the plants around your building's entrance can spark joy all summer long.

In springtime, nature comes back to life! This renewal is so inspiring to see! Walking, gardening, outdoor activities—spending time in nature is good for the soul, why not take advantage of it?

I wish you happiness all summer long!

A handwritten signature in cursive script that reads "Danielle Cécile".

Danielle Cécile, Executive Director

Comité consultatif des résidents: **Listening to tenants**

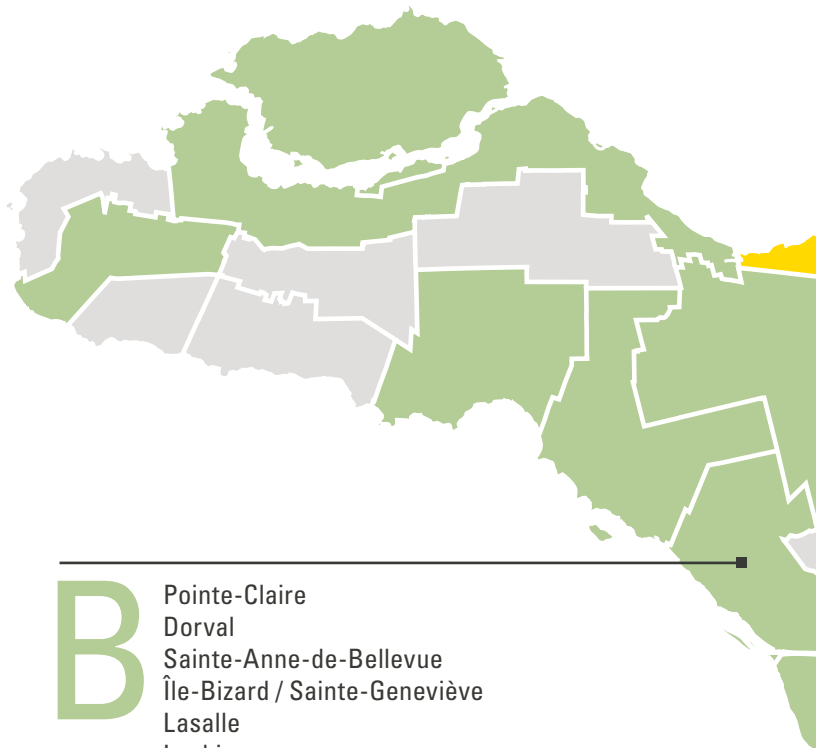


Familiarizing yourself with the Comité consultatif des résidents (CCR or Advisory Committee of Tenants) is a great idea for tenants of the Office municipal d'habitation de Montréal (OMHM). The committee is made up of tenant representatives. Two of its members sit on the OMHM Board of Directors. Every two years, its members are elected by tenant association representatives who participate in sector committees.

For each sector committee, there is one tenant representative for seniors and one for families and people living alone. In 2021, we created seven sectors to better represent the entire OMHM territory, when before there were only three. Each sector is made up of several neighbourhoods.

The CCR meets about ten times a year. Its main purpose is to assess tenants' needs and priorities to make informed recommendations to the OMHM, which the OMHM is obliged to take into account when making decisions. Members discuss issues and policies affecting all tenants, including budget priorities, major renovation needs, safety improvements, social and community development, maintenance, repairs, rental operations, sanitation and more.

Would you like to know more about community life or how this committee works? OMHM community organizers can answer your questions. And feel free to reach out to your sector representatives. They are there to listen to you!



B Pointe-Claire
Dorval
Sainte-Anne-de-Bellevue
Île-Bizard / Sainte-Geneviève
Lasalle
Lachine
Saint-Laurent
Pierrefonds

SR
Carole Guilbault
Habitations Seigneurie des Rapides

FR
Gary Benwell
Habitations Place Lachine



Sector committees map



E Villeray
Saint-Michel
Parc-Extension
Saint-Léonard

SR

René Cordero

Habitations Saint-Roch

FR

Mohammed Maazami

Habitations Sackville / De la Merci

F Plateau-Mont-Royal
Rosemont-Petite-Patrie

SR
Céline Vachon
Habitations De La Mennais

FR
Vacant

D Ahuntsic
Cartierville
Montréal-Nord
Anjou
Rivière-des-Prairies

SR

Tat Hoa Tran

Habitations Crémazie

FR

José Trottier

Habitations Place Normandie

G Ville-Marie
Mercier-Hochelaga-Maisonneuve
Pointe-aux-Trembles
Montréal-Est

SR

Monique Bélisle

Habitations Adélaïde Langevin

FR

Tina-Lili Gagné

Habitations St-André

C Verdun
Côte-des-Neiges /
Notre-Dame-de-Grâce
Westmount
Outremont

SR

Ahmed Drissi

Habitations Côte-des-Neiges

FR

Vacant

A Petite-Bourgogne
Saint-Henri
Pointe-Saint-Charles
Ville-Émard
Côte-Saint-Paul

SR

Manon Duclos

Habitations Montmorency

FR

Richard Gagné

Habitations Îlot-Saint-Martin

Tenant members elected to the OMHM Board

Raymond Saulnier

Habitations Des Fleurs

Suzanne Payant

Habitations De l'Érablière

SR Seniors Representative

FR Families Representative

How to be good neighbours

Here is a checklist of 10 tips for living together in a respectful and friendly manner. In 2011, the low-rent housing coordinating group Alliances 3e âge Grand Plateau created the “Déclaration de bon voisinage en HLM” (How to be Good Neighbours in Low-Rent Housing). It is based on suggestions from tenants and community workers. These suggestions are still relevant today. What about you, are you a good neighbour? Take the quiz!

- ✓ I have **positive relationships** with my neighbours.
- ✓ I use **respectful language** when speaking to them.
- ✓ I take the time to **greet** my neighbours.
- ✓ I **stay informed** about what’s going on in my neighbourhood and offer to help when needed.
- ✓ I notice **changes in behaviour** among the people I know.
- ✓ I welcome **new tenants** and help them feel at home in my building.
- ✓ I make sure to **thank** anyone who does me a favour.
- ✓ I take interest in **common room** activities.
- ✓ I take **good care** of common areas.
- ✓ I **reduce the noise** to respect my neighbours’ peace.

Reminder to smokers



Some of your neighbours may be bothered by smoke, especially the smell. To avoid disturbing your neighbours, you could make a habit of going outside to smoke during the day. Remember to light your cigarettes outside and not in the corridors or between the doors at the building entrance.

Do you think of quitting smoking? You could save hundreds of dollars a year! You have the power to quit this harmful and increasingly pricey addiction. Feel free to ask for help by calling **1-866-JARRETE (527-7383)** or visiting www.tobaccofreequebec.ca/iqitnow.



Info on
low-rent housing

Is your lease renewal overdue? **Don't worry.**

Some tenants' leases have not yet been renewed for various reasons. This situation is of great concern to the management of the Office municipal d'habitation de Montréal. In fact, the representatives of your Comité consultatif des résidents (CCR or Advisory Committee of Tenants) have intervened with management. Rest assured that our teams are working very hard to resolve the situation and renew the leases in question.

We realize that this can be stressful for the tenants affected. We apologize for the inconvenience. To tenants who received a letter saying they had accumulated debt, please note that we will make payment arrangements based on your ability to pay. We are working on long-term solutions to prevent this from happening again, even in the event of a pandemic like the one we have just experienced.

Thank you for your understanding.

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 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/.

Grocery shopping tips



Groceries are getting more and more expensive. Here are a few ways to eat well just the same!

Flyers, apps, loyalty cards

Check out weekly flyers for savings and specials. All the major grocery chains have an app to view their flyers online. The **Reebee** app lets you see flyers from many major chains through a single portal. You can also get a loyalty card at the grocery store. With every purchase, you can earn points that will save you money.

Here are some other apps to help you find savings:



Flashfood and Foodhero

Buy quality products close to, but not yet past, their “Best Before” dates. Prices are often reduced by as much as 50%.



Eatizz

Find participating businesses near you. When foods approach their expiry date, a notification is sent. You can then buy the products at a low price.



Mespromos.ca

The app allows you to browse flyers from businesses near you to find savings of up to 50%.

Protein

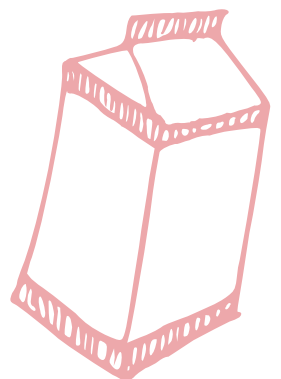
A large part of your budget may go toward meat. To save money, buy meat when it’s on sale, and freeze it. You can also try replacing it with vegetable proteins and legumes. These options are nutritious, practical, delicious, and much cheaper than meat.

Eating seasonally

Spinach, strawberries, lettuce, herbs, broccoli, raspberries, blueberries, zucchini! Summer is the right time to stock up on fresh produce. Let’s support Quebec farmers while eating well and saving money! You can freeze berries to enjoy all year round or preserve them by making jam.

TIPS

Do you know about community kitchens? People form a group to share money, ideas, and time, cooking nutritious, budget-friendly dishes for the whole family, together! To find a community kitchen near you, visit the website of the Regroupement des cuisines collectives du Québec at www.rccq.org/en/.





If long-term guests are not listed on the lease, you could lose your apartment. Otherwise, you would have to go before the Tribunal administratif du logement (TAL) to request a writ of eviction against your guest. All of this would be at your expense, even if at first you simply wanted to help.

In order to help you quickly find community and social resources near you



2-1-1

La Bourgogne de demain: By and for tenants!



Did you know that there are currently 1,400 families or people living alone in low-rent housing in Petite-Bourgogne? More than half of them are grouped into tenant associations. In 2018, these associations came together to form the Petite-Bourgogne Neighbourhood Committee. This committee is a coordinating group where various neighbourhood stakeholders can get information, share their experiences, and work together on issues that affect citizens' living conditions. Despite the pandemic and the lockdowns, this committee managed to form important connections with local community organizations. In spring 2021, the committee asked these organizations to join together as **La Bourgogne de demain!**

What is La Bourgogne de demain?

The idea is to include low-rent housing tenants in neighbourhood development. It creates projects that respond to their needs, hopes, and challenges, such as lack of work, lack of local businesses, precarity, and future prospects for young people. **La Bourgogne de demain** aims to build connections between people of all socio-economic situations and backgrounds.

Community-wide projects

There are big changes afoot in the neighbourhood, including a frozen meal distribution program for hundreds of families and people living alone. The Yolande-Breton Community Centre offers numerous amenities: a grocery store, a restaurant, a café and a laundromat.

La Bourgogne de demain aims to improve living conditions through mutual support among tenants. Projects are designed to help people in distress, and to improve quality of life in buildings and even in the neighbourhood. Collectively, tenants have the power to affect change in their own neighbourhood, taking their rightful place in decision-making, and ensuring a better future for all citizens.



Are you a low-rent housing tenant in the neighbourhood? Would you like to get involved? Youth, families and seniors: all ages welcome! Contact the Petite-Bourgogne Neighbourhood Committee at **438-899-3606** or by email:

lecomitedequartierbourgogne@gmail.com

Summer at the Flower and Garden Club



Flower and Garden Club members are happy to welcome summer and tend to their gardens again. In collaboration with the non-profit organization Sentier Urbain, members will be able to attend free horticultural training workshops or guided tours in the gardens of Sentier Urbain, Maison Saint-Gabriel and the Botanical Garden. For further information, call **514-521-5608** or email cfj.omhm@gmail.com.

Our feathered friends (new in 2022)

Did you know that more than 300 bird species inhabit the Island of Montreal? Come and discover or rediscover the birds you might see and hear around you.

Benefits of trees

When you think of trees, what comes to mind? Trees are a true treasure for the planet and society. Join us for a discussion about the trees in our city, their importance and the benefits they bring. Learn a few tree secrets, and play a matching game!

Growing herbs

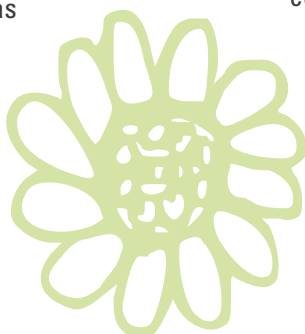
Do you like to cook with fresh herbs, but don't have a green thumb? This workshop is for you! Come learn how to grow herbs that will enliven your meals. Inspiring ideas for a flavourful balcony garden!

Plant protection

Does your garden have aphids and other unwanted pests? No need to panic! In this workshop, you will learn how to use insecticide, fungicide, and manure to keep them away.

Urban agriculture 101

This workshop introduces urban agriculture as a creative outlet. You can also learn about the social and environmental benefits of gardening in the city. We will discuss the history of urban agriculture as well as its presence around the world.



Gardening with insects

This workshop focuses on insects that are beneficial to humans and the environment, such as bees and other pollinators. Learn about things that can harm them, and how you can help them thrive. This informative workshop is for new and seasoned gardeners alike!

Plant secrets

This workshop explores forgotten or little-known uses for the plants around us. Learn about the plants we see each day in our streets, gardens, parks, and vacant lots. Some of them have surprising nutritional and medicinal benefits!

Indoor plants

Everything you need to know to grow beautiful, healthy indoor plants! We will cover all aspects of indoor plant maintenance: light, humidity, temperature, watering, fertilization, repotting, and more! Come and discover exotic and easy-to-maintain plants to green up your living space all year round.

Harvesting

Wondering what to do with all your crops? This workshop covers a variety of recipes and ideas for using flowers, fruits, vegetables and other things grown in your garden. When is the right time to harvest? How do you harvest? Plenty of ideas so nothing goes to waste!



We take care **of our grounds!**

Grass can be easier to manage than snow. It's important to be aware of the mandate for contractors hired by the Office municipal d'habitation de Montréal (OMHM) to maintain our grounds. With everyone's cooperation, we can keep our environment in great shape to enjoy all summer long!

What is your responsibility?

Contractors will conduct a spring cleaning of the grounds, mow the lawn 14 times between May and October, and gather leaves three times in the fall. Clearing away garbage bags left on the grounds takes time away from their work of beautifying your surroundings. It is your responsibility not to leave your garbage on the grounds.

We're counting on you!

Dog droppings, trash cans, garbage bags... You'll find it all on the grounds! Take good care of the environment and encourage your neighbours to do the same. Let's work together to make our living environments peaceful and clean, so we can enjoy them during the precious summer months.





Tolerance helps understanding each other

Living in harmony with each other sometimes requires tolerance. That means accepting the fact that another person may think and act in ways that are different from your own. Sometimes our behaviour can disturb those around us. Small irritations can build up, cause quarrels and affect quality of life. To improve the situation, everyone must make an effort to understand one another.

Before making judgments about a neighbour, it is important to consider the following questions:

- ✓ Did I take the time to explain to them that their behaviour is bothering me?
- ✓ Do I know my neighbour's true intention?
- ✓ Are they really trying to hurt me?
- ✓ Are they aware of the impact their behaviour has on my life?

Unfortunately, lack of communication is often the source of conflict.

Here are some ways to help us embrace our differences and become more tolerant.

Think before you react!

- Am I judging my neighbour fairly?
- What do I really know about them, their life, their obligations and constraints?
- Did I know enough before I responded?
- Did I try to talk to them before judging their behaviour?

Take action!

- Tell my neighbour what bothers me using respectful language
- Seek to understand their situation, overcome my biases, and don't make assumptions based on appearance
- Accept that others may have values, opinions and ways of doing things that are different from my own
- Work together to find solutions that work for all
- Value trust, cooperation, and dialogue

Tolerance doesn't mean not caring, not reacting to a situation, or allowing yourself to be abused. Sometimes it is necessary to call on an outside authority, such as the Office municipal d'habitation de Montréal. However, taking the time to get to know each other makes it easier to appreciate them and establish a relationship of trust despite our differences. When you connect with others, it's easier to tolerate what we once thought we couldn't.

Source: Centre de formation sociale Marie-Gérin-Lajoie

2022 Elections : Tenant voices and citizen engagement

The election to choose tenants to sit on Office municipal d'habitation de Montréal (OMHM) participation bodies for the next three years took place on April 20.

At Centre Saint-Pierre in the Centre-Sud neighbourhood, the sun came out just in time for the big election day. The delegates expected a healthy turnout. The room was full of people (all complying with health rules: physical distancing, wearing a mask and washing hands) who were happy to see each other again and hopeful about community life.

Richard Gagné, Chair of the Comité consultatif des résidents (CCR or Advisory Committee of Tenants) opened the meeting by thanking the tenants for coming out on election day. Estelle Laliberté, member of the CCR-ENHARMONIE, nominated Robert Pilon, coordinator at the Fédération des locataires d'habitation à loyer modique du Québec, and Rouzier Métellus, adjoint à la direction générale (Assistant to the General Management of the OMHM), as chair and secretary of the meeting, respectively. Rouzier Métellus underlined that the directors on the Board of Directors all have the same decision-making power. "The difference with you, tenants on the board, is that you live in the buildings every day. You know what's going on. When there is a big decision to be made, you are able to highlight the interests and needs of all tenants," he said.

Two members re-elected to the board

This election was a landmark. Five candidates running for board membership were from housing for families. Robert Pilon, observed: "In spite of the pandemic, having so many tenants from housing for families is a sign of great vitality among us!" The results were tight. The two re-elected tenants will have the opportunity to further deepen their role and become involved in the board.

"For the past six months, I've been successful because I really hear everything you say to me. I pass it on by speaking from the heart and sharing my experience. Thank you for trusting me! I will continue to work with you and for you, too," said Suzanne Payant of Habitations De l'Érablière, who was happy to continue her tenure.

"For the next three years, I will be determined and very much involved. I'm going to work very hard and I'm going to do it with the utmost passion, because I love to help you," said Raymond Saulnier of Habitations Des Fleurs, who was thrilled to continue his involvement with the board.

Congratulations to Suzanne Payant and Raymond Saulnier on their re-election! We commend all the candidates for their commitment: Adel Ben Mabrouk, Tina-Lili Gagné, Jean-Claude Leblond, Mohamed Maazami and Andrew Quenneville.

Other committees

Delegates subsequently elected two representatives and a substitute for the Selection Committee. This committee ensures that the selection process for subsidized housing tenants complies with the Bylaw respecting the Allocation of Dwellings in Low-Rental Housing. Rita Del Grande from Résidence Mayfair was re-elected to a ninth term. Guylaine Lebœuf, from Habitations Gabriel-Sagard, will begin her first term. Ahmed Drissi of Habitations Côte-des-Neiges will be the alternate member.

Finally, delegates elected representatives to be part of the Committee on Housing Transfers due to Biopsychosocial Reasons. This committee reviews requests from individuals who wish to move for health or safety reasons. Tina-Lili Gagné of Habitations Saint-André was elected to a first term on this committee. She therefore leaves the Selection Committee to take on new challenges. Adel Ben Mabrouk of Habitations Walkley will be the alternate member.

Board of Directors



Suzanne Payant



Raymond Saulnier

Selection Committee



Rita Del Grande



Guylaine LeBœuf



Ahmed Drissi

Committee on Housing Transfers due to Biopsychosocial Reasons



Tina-Lili Gagné



Adel Ben Mabrouk

Summer in Montreal **is hot!**

Over the past five years, Montreal has broken heat records. Heat waves are becoming more common. It is therefore important to take some precautions for your health.

- ✓ Drink 6 to 8 glasses of water a day, without waiting until you feel thirsty.
- ✓ Rest in a cool place, with air conditioning or shade, to help your body return to its normal temperature (2 hours a day).
- ✓ Wear light and light-coloured clothing.
- ✓ Reduce your physical effort, especially in the middle of the day when the weather is hottest.
- ✓ Shower or bathe in cool water, or cool off with a wet towel.
- ✓ Stay in touch with loved ones, especially seniors or vulnerable individuals

The City of Montréal offers plenty of places to cool off, such as swimming pools, splash pads, and air-conditioned public places. Visit www.montreal.ca for locations near you or call 311.

Intense heat: Common rooms are open

In buildings with common rooms, when it's hotter than usual, the room will be open until late evening for you to cool off. Get out of your apartment and seek out cool spots to enjoy!



Playing it cool!

Summers in Montreal are getting hotter than ever. Warm nights and high humidity can make it difficult to cool your home. **Before installing an air conditioner**, let us know. The Office municipal d'habitation de Montréal encourages using a portable air conditioner, but also allows the installation of a window unit as long as it complies with the regulations in effect. A fee of \$5 per month for each air conditioner in your apartment will be added to your rent. Air conditioners are quite expensive in terms of electricity. So \$5 a month is very little compared to what you would normally pay.

Here are some tips that cost nothing at all!

Rice bag

You can make a soothing, cold shoulder pack without spending too much. Simply fill a sock with rice (not cooked!). Seal the sock and place it in the freezer. In less than an hour, the rice will be cold. Cool off by placing this cold rice pack on your shoulders or the back of your neck.

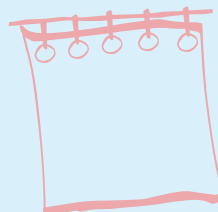


Fan with bottles of ice water

Make an air conditioner by placing bottles of ice water (securely closed) in front of your fan. The fan will distribute cool air.

Closed curtains

Close your curtains during the day to block the sun's rays. In the evening and at night, open curtains and windows to let in some fresh air.

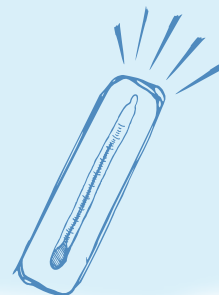


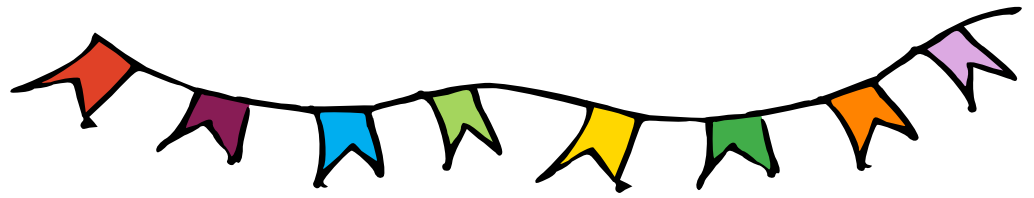
Lukewarm shower

Before going to sleep, take a cool shower (not too hot or too cold). Public health authorities recommend at least one cool shower a day during a heat wave.

Cool sleep

You can put your sheets in the refrigerator (or even the freezer if you're hot!) an hour before going to bed. They will cool you down for a good night's sleep.





Enjoy **free activities**

It's time to make the most of the beautiful days and nights, with St-Jean Baptiste Day and Canada Day shows, festivals, free concerts and much more.

Family outings: a Société des transports de Montréal (STM) program

The *Family Outings* program allows up to five children aged 11 and under to travel for free when accompanied by a person aged 14 and over who is supervising them. This person must hold a valid ticket.

→ **June 10–18**

Francos de Montréal

Quartier des spectacles
(Place-des-Arts metro)
The festival is back for its 33rd edition. There will be several free outdoor concerts featuring musical performances by artists from across the Francophonie.

www.francosmontreal.com



→ **July 2**

Carifesta of Montreal

Parade on Sainte-Catherine Street West
It is a festival full of colour and music reminiscent of the atmosphere of the Caribbean. The 43rd edition of this parade will begin its route near Fort Street and end around 3:30 pm in Phillips Square.

www.montrealcarifesta.com

→ **July 12–24**

Festival international Nuits d'Afrique

Quartier des spectacles
(Place-des-Arts metro)
More than 700 artists from thirty countries will share their passion, culture, and excitement at the biggest world music festival in North America. Great musical discoveries and free activities for the whole family.

www.festivalnuitsdafrique.com

→ **National Holiday**

June 23–24 Saint-Jean-Baptiste

The celebrations take place over two days, with the Grand Spectacle at Place des Festivals (Place-des-Arts metro) returning on June 23. Many neighborhoods have their own programming. There will be exciting things happening all over the city!

www.fetesdequartier.com

→ **July 2, 3, 9 and 10 – noon to 11 pm**

Week-ends du monde

Parc Jean-Drapeau
(Jean-Drapeau metro)
This event invites Montrealers to celebrate and share their cultures and traditions through music, dance, culinary discoveries and family activities.

www.parcjeandrapeau.com/en/week-ends-du-monde-montreal/

→ **August 9–18**

Festival international Présence autochtone
Quartier des spectacles
(Place-des-Arts metro)
This festival showcases the art, history and traditions of Indigenous people across the Americas. Traditional and contemporary Indigenous cultures will be presented for a consciousness-raising experience.

www.presenceautochtone.ca/

→ **July 1**

Canada Day

It's time to celebrate! Several parks in the city have scheduled activities and concerts.

www.canadadaymtl.ca.ca

→ **July 7–17**

Montréal Complètement Cirque

Downtown streets and parks all over the city will be a source of amazement for young and old. Renowned troops from Quebec and around the world will present outdoor performances.

montrealcompletementcirque.com/en/

→ **August 10–14**

Orchestre symphonique de Montréal Classical Spree
This musical celebration introduces the general public to classical music from around the world. Many free activities are planned in the city.

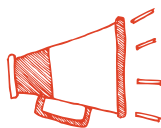
www.osm.ca/en/classical-spree-2022-free-programming/

→ **June 30 to July 9**

Montreal International Jazz Festival

Quartier des spectacles
(Place-des-Arts metro)
An exciting comeback for the 42nd edition. Experience the magic and excitement of great musical gatherings in the heart of downtown. More than 350 concerts, of which more than 200 will be free, featuring artists from here and abroad.

www.montrealjazzfest.com



Don't miss a thing!

Subscribe to newsletters from your local library or borough. There are often free activities or workshops for all ages on offer!



Action and emotion for young people

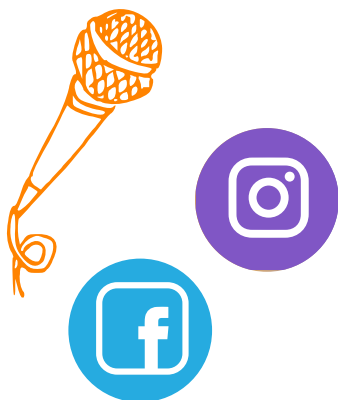


The MOUV, a movement created by and for youths in low-rent housing, held its first annual general meeting on March 25. In addition to celebrating the year's activities and actions, the evening included a slam competition for several young performers.

The past two years have not been easy for young MOUV members. Still, great projects have come to fruition, including online gaming nights, a dance project, a free soccer league, and slam workshops.

MOUV members Aashiha Babu, Iman Youbi and Sihem Youbi underlined the importance for young people to have a place to share their experiences, receive support in finding solutions, and to help improve the living conditions of young people in low-rent housing. "It is important to provide space and to allow young people a voice to share their concerns and values," they said.

They also reminded us of some great projects in the works. "In addition to sporting and cultural events, we want to hold an event honouring certain people, lend support to projects suggested by young people, expand the Board of Directors, and continue our consultations with young people, among other things. We are open to ideas from everyone," says Sihem.



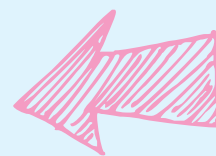
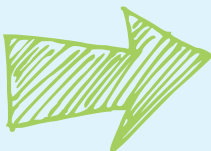
To learn more about the MOUV, discover activities or suggest projects for young people, visit them on Facebook [Le MOUV](#) or Instagram [le_mouv_hlm](#).

For young people aged 12 to 25

Athletic, creative, want to get involved, or looking for a job?

We have what you need! Whether you want to be part of the soccer league, participate in slam workshops, or suggest a project to improve your low-rent housing building, there are plenty of options available! This summer, you could even join the embellishment brigades (it pays!). There is also an employment support program to help you discover your passion and find a job.

Register here



Questions?

Contact [Mélanie Gélinas](#), organisatrice communautaire jeunesse (youth community organizer of the Office municipal d'habitation de Montréal)

Email: melanie.gelinas@omhm.qc.ca

Telephone or text message: **438-989-8046**

Online purchases: Watch out for package theft



Since the pandemic, online shopping has increased. While home delivery has many benefits, packages left in front of the door are at risk of theft. Thieves typically target delivery trucks or homes where packages have just been delivered. Make sure you are home to receive deliveries. If you can't be there, ask a trusted neighbour to pick up the package for you.

Before making a purchase on the internet, make sure you are on an official and secure website. Look for the small padlock icon before the address, and make sure HTTP**S** is part of the address. The **S** confirms that it is a safe site.

If a package is stolen, you can contact the Office de la protection du consommateur (OPC) at **514-253-6556**. You can also visit their website (www.opc.gouv.qc.ca/en/) to find out about your rights and resources with regard to online purchases.

Source : <https://spvm.qc.ca/en/Fiches/Details/Package-thefts>

Cockroaches and bed bugs: How to recognize them and what to do

Did you know there are online videos to help you identify cockroaches and bed bugs? If you have seen or think you have seen these little beasts in your apartment, please advise us immediately at **514-872-6646**. There are treatments to get rid of them. The Office municipal d'habitation de Montréal uses professional exterminators. You will not have to pay anything, and you will not risk losing your home.

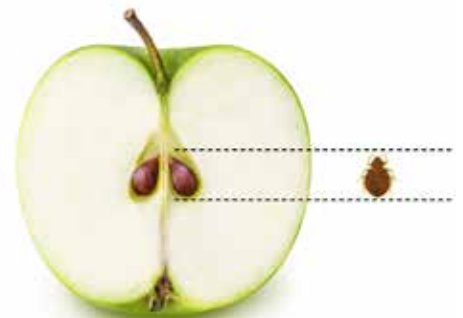
Don't be ashamed! An infestation can happen to anyone. Nobody is immune.

A solution exists. Don't wait! Every day counts!



Visit our website

www.omhm.qc.ca/en/about-us/housing-sanitation.



A bed bug looks like
an apple seed.



Clean your apartment, one room at a time

Nice weather is a great time to plan a major clean-up. Not sure where to start? Take it one step at a time, one room at a time. Plan this work over several days or weeks if necessary!

Before you get started, sort through your belongings, clothes, and anything you don't use anymore. De-clutter your home and keep only what you truly need. When moving your furniture, do not hesitate to ask for help if you live alone.

Here is a to-do list to put on your fridge:

- ✓ Sweep and clean floors and carpets
- ✓ Wash windows
- ✓ Wash baseboards and door frames
- ✓ Dust decorative objects
- ✓ Clean lamps and ceiling lights
- ✓ Wash curtains and dust shades and blinds
- ✓ Clean the range hood filter
- ✓ Empty cupboards and pantry to clean doors and shelves
- ✓ Empty refrigerator and freezer and clean interior
- ✓ Wash microwave and remove swivel tray
- ✓ Wash inside and outside of stove; remove knobs and grates for proper cleaning
- ✓ Wash cushion covers
- ✓ Wash pillows and mattress protector
- ✓ Vacuum mattress
- ✓ Bring expired medications to the pharmacy

Environmentally friendly and economical recipes

Mirror and window washing

- 45 mL (3 tablespoons) of vinegar
 - 500 mL (2 cups) of hot water
- Keep in a spray bottle.
Use with a soft cloth.



If the surface is very dirty:

- ½ water; ½ vinegar
- Use with a cotton rag or newspaper.

Floor to ceiling

Use a soft cloth or sponge, water and mild soap to wash the floor, ceilings, and cabinets in the kitchen and bathroom.

CAUTION



Do not use bleach on kitchen and bathroom cabinets.

The courage to go further

Marianne grew up in Saint-Michel. Born in Quebec, she became pregnant in her twenties. She had to go through pregnancy alone and adapt to the situation. The first few months were not easy, but she gradually learned how to handle her new role as a mom. Time passed and she realized that her son did not speak very much, compared to other children.

“When doctors told me he showed signs of autism, without making a specific diagnosis, I was shocked. I didn’t understand. It was like the Earth had fallen on me. I cried a lot. I didn’t know what to do.”

Marianne’s father helped her overcome this challenge by being present for his daughter and grandson, whom he loved very much. He saw the fact that the child was healthy as a positive. Marianne gathered up her courage and gradually came to terms with her son’s difference.

The strength of difference

Today, her son attends high school. He is very intelligent, curious, and a quick learner. He keeps surprising her! He is a sociable, clearly happy boy. He has good friends. Over time, Marianne understood that her initial fear was mostly related to fear of the unknown. Now her son is the light of her life, her own ray of sunshine. They have developed a relationship of trust.

Challenge

The pandemic was an anxious time for Marianne and her son. Remote learning during lockdown was a real challenge for her son. He lost his motivation. To encourage him, Marianne took the opportunity to return to her own studies from home while taking care of her son. Marianne saw this



confinement as an opportunity to get back to the studies she’d given up. One month into lockdown, she was enrolled in a training program for orderlies (PABs).

Stay confident

Marianne has just graduated after two years of work and many long hours of study. The challenge she once saw as insurmountable has now been conquered in full. “I wanted to do something with my life, and I’ve always wanted to help others. I found confidence in myself again. Getting good marks helped, and thanks to my teachers’ encouragement, I made it. It’s a big win for me and I’m proud I went for it, even though I was scared.” A great life lesson for her and her son: go for it, even though you’re scared.

RUBBING SHOULDERS

A tight and supportive team

Every week, Micheline, her husband, and several volunteer tenants at Habitations Nicolet work to feed around a hundred people in need in the Hochelaga neighbourhood. They like to help and they enjoy giving their time and energy. "I do it with love. There's so much loneliness. I can help, and many of us put our hearts in it," says Micheline, who coordinates the team. Congratulations and thank you to this amazing team for your generosity and hard work!



A stomach for learning

"After bread, there comes education. It's true!" Such are the wise words of Mohammed. The tenant association he set up is celebrating its first anniversary! To mark the occasion, the Joly Solidaires association is proud to announce the start of its food distribution. Mohammed and his wife, assisted by an employee, visit several major suppliers to buy food in bulk. The association also benefits from financial support courtesy of Second Harvest. The tenants of Habitations Sackville and Habitations De la Merci are pleased with this wonderful initiative that responds to the needs of the neighbourhood, especially with rising grocery prices. About 70 families and 20 seniors stand to benefit. Congratulations on your initiative and thank you for your firm commitment to young people and families!



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/

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

- | | | | |
|------------|-----------------|----------------|------------------------|
| ✓ Security | ✓ Lease | ✓ Maintenance | ✓ Parking |
| ✓ Repairs | ✓ Extermination | ✓ Cohabitation | ✓ 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