

## About QPIRG-McGill



The Québec Public Interest Research Group at McGill (QPIRG-McGill) is a non-profit, student-run organization that supports action, research and education on a wide array of social and environmental justice issues. Here's a quick guide to our projects, resources and events.

### Working Groups

Our working groups are the heart of our organization. Touching on issues as varied as independent media, urban gardening, Indigenous sovereignty, workers' rights, prisoner support, anti-racism, migrant justice, and solidarity with the so-called "Middle East," our working groups are engaged in making creative, direct, and grassroots social change.

### Research

We think that research should be community-based and useful to those striving for social change! In this vein, the Community University Research Exchange allows students to fulfill their course, internship or thesis requirements while doing research that is needed by community organizations around Montréal. The Convergence journal showcases engaged and community-based undergraduate research and action projects.

### Popular Education

Throughout the year, QPIRG-McGill puts on workshops, panels, films, and discussion groups. Whether as part of Culture Shock!, which touches on the myths surrounding immigrant, Indigenous and communities of colour; Social Justice Days, which provides a space for students to learn about social and environmental issues; or the Radical Skills series, which helps you learn how to fight for social change, our popular education projects provide opportunities for critical reflection and thoughtful activism.

QPIRG-McGill is by and for students. Whether by joining a working group, planning an event, joining the Board of Directors, or helping organize a conference, QPIRG-McGill would love to have you.

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## About QPIRG Concordia



The Québec Public Interest Research Group at Concordia is a resource centre for student and community research and organizing. We strive to raise awareness and support grassroots activism around diverse social and environmental issues.

Our work is rooted in an anti-oppression analysis and practice. We seek to make campus-community links and inspire social change through engaging, inclusive and non-hierarchical approaches.

Our core projects include the Study In Action undergraduate and community research conference; the Disorientation alternative orientation; the Community-University Research Exchange (CURE) and our Alternative Library.

We also produce various publications including *Convergence*, a journal of undergraduate and community research, and the School Schmool radical agenda—which you're holding in your hands right now!

Importantly, we support close to thirty Working Groups that organize on a wide variety of social justice issues, including: radical childcare, prison justice, art skillsharing, anti-capitalism, migrant justice, radical mental health, anti-police brutality work, queer issues, accessibility, international solidarity and more.

We maintain an active schedule of events throughout the year, including book launches, films, skillshares, and teach-ins.

In essence, QPIRG Concordia is a campus-community link for social change. Both students and community members are welcome to make use of our space and resources, and participate in our projects.

We believe in the power of collective organizing to achieve social justice!

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Montréal, Québec

(our space is wheelchair accessible)

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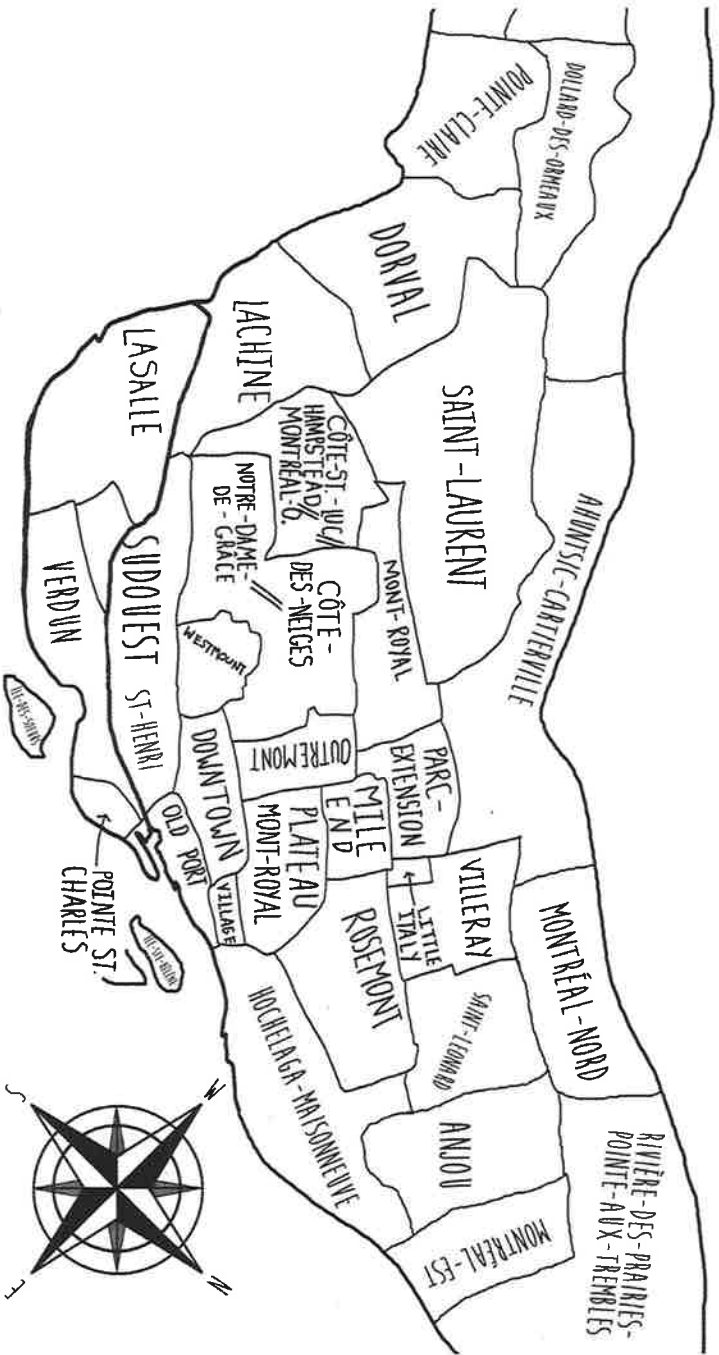
[qpirgconcordia.org](http://qpirgconcordia.org)

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# Indigenous Sovereignty, or There's Nothing to be "Proud" About Canadians

papâmâstêw-otipêyimisiwiskwêw  
ndnharmredux.wordpress.com

Canada is a hostile occupying force that represses Indigenous nations. In spite of the national mythology that Canada promotes regarding its “peaceful,” “tolerant,” and “multicultural” history and character, its very existence is predicated on the ongoing genocide of Indigenous peoples. Why? Because Canada does not have a legal claim to its territory.

According to its own laws, Canada is illegal. This colonial nation-state has never managed to completely justify its own sovereignty over Indigenous lands. The Doctrines of Discovery and Conquest have both been rejected. The Supreme Court of Canada contextualizes the state’s sovereignty as “asserted” or “assumed.” This is a stark contrast to the inherent sovereignty recognized and enjoyed by Indigenous peoples: sovereignty based on prior occupation on the land.

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This is no secret. The highest legal body of this state and supposed ultimate arbiter of truth and justice, acknowledges Indigenous sovereignty and the state’s own illegitimacy, but refuses to take any concrete steps towards obtaining the most fundamental justice for Indigenous peoples. Instead, as Indigenous nations we are constantly expected to “prove” our use and occupancy of our traditional lands using settler criteria, through the settler court system, and to settler judges!

In the face of the widespread and brutal repression of Indigenous activism and self-imposed ignorance on the part of the Canadian government, its people, and the international community, what can those of us who care about Indigenous survival and justice do?

Because Canada can only exist through the genocide and ongoing dispossession of Indigenous nations, solidarity with Indigenous struggle necessitates standing against Canada with resistance movements. This means respecting and supporting Indigenous resistance—even if you don’t necessarily agree with the goals or tactics that we may choose to use. This means decentring what you think you know about Indigenous people, our nations, or ‘Canadian’ history: Listen to Indigenous-made music, read Indigenous authors, watch Indigenous-made films, and pay attention to grassroots Indigenous leaders, especially our women and Two-Spirit leaders. Above all, this means listening to Indigenous people and working with us towards decolonization: the return of the lands that were illegally stolen from us and the reassertion of Indigenous life-ways, governments, and worldviews.

As Canada prepares to celebrate its 150<sup>th</sup> anniversary, examine your own responsibilities to Indigenous peoples. As a visitor on Haudenosaunee land, what steps can you take to be a good guest? As a student who benefits from the violent dispossession of Indigenous land and knowledge, what can you do to Indigenize your school? As a settler, what can you do to resist racist narratives and actions within your own life and the lives of your family and friends?

The rejection of Canada in favour of Indigenous sovereignty is a large step towards restoring justice to the spaces you inhabit it is the first step on a long journey towards true decolonization and reciprocal and respectful engagement with this land and its Indigenous peoples.

#### Resources

- [apihtawikosisan.com](http://apihtawikosisan.com) - a blog by Montréal-based Métis Chelsea Vowel on current issues in Indian Country
- [reclaimturtlesland.com](http://reclaimturtlesland.com) - website of Haudenosaunee activist and filmmaker Amanda Lickers
- [nativeyouthsexualhealth.com](http://nativeyouthsexualhealth.com) - the Native Youth Sexual Health Network is a by and for Indigenous youth organization that focuses on issues of sexual and reproductive health, justice, and reclamation.
- [ndnharmredux.tumblr.com](http://ndnharmredux.tumblr.com) - Indigenous Women and Two-Spirit Harm Reduction Coalition (for more information check the groups section)
- [metisinspace.com](http://metisinspace.com) - otipêyimisîw-iskwêwak kihci-kîsikohk Métis in Space is an Indigenous feminist science fiction podcast by Chelsea Vowel and Molly Swain.
- [kwetoday.com](http://kwetoday.com) - a blog by Anishinaabe-kwe Naomi Sayers on sex work, Aboriginal law, and more.
- A Recognition of Being: Reconstructing Native Womanhood – Kim Anderson
- Métis: Race, Recognition, and the Struggle for Indigenous Peoplehood – Chris Andersen
- Red Skin White Masks: Rejecting the Colonial Politics of Recognition – Glen Coulthard
- Ravensong – Lee Maracle
- Kwe: Standing With Our Sisters – ed. Joseph Boyden
- Native Punx Unite zine | Decolonization 101 zine

## Black Lives Matter Helen Ogundeji

### An Open Letter on Black Lives Matter

I am hurting and I am healing and often it is very difficult to decide which state to prioritize. The pain will lead to anger which will inevitably motivate me to action while the healing wraps invisible arms around me and tells me to rest and let the others go to work. By no means have I been a pillar of black activism in this community but nevertheless I am exhausted. Exhausted from engaging with strangers and explaining that yes, all lives do matter but we're not talking about those identities right now, exhausted from scrolling through my newsfeed and seeing shared link after shared link of Alton Sterling's violent death play out on my phone screen, exhausted from the daily motions of being black in a society that is committed to undermining and extinguishing your existence. I am exhausted and this is exhaustion is seeping into the way I respond to the tragedies that unfold onto those who share my skin colour.

10 This piece an opportunity for me to (publicly) arrange my thoughts and figure out how I feel about the nature and direction of my activism but is more of an open letter to those who are struggling with mobilizing for your cause while up against the threat it poses to your emotional, mental, and physical wellbeing. You throw on your black garb, wield your posters, take a deep breath, and show up for the lives senselessly stolen. You stand there next to activists and allies and shout and cheer and cry for these lives and the ones that will undoubtedly be next. You look around and you wonder why in the world this demonstration is even taking place; the solidarity is nearly palpable and as the crowd erupts in Sam Cooke's 'A Change is Gonna Come' for a moment you feel like your efforts will result in something tangible. The next day you read on Twitter that another black, queer, and/or trans life has been lost.

This shit is tiring. This shit is so fucking tiring. Sitting here right now, I'm trying to find the right words to that will accurately explain just how draining it is to be a fighter for this cause. It's ironic that in a struggle that demands a right to life, as indisputable as that sounds, there would be such pronounced resistance. Yet here we are writing, marching, marking our bodies, spraying on walls, and screaming in faces that our lives matter and you need to stop killing us. Why won't they listen?

It's disheartening to think that a message so clear and undeniably justified would need repeating in cities all over the world. Stop killing us. It's so disheartening; it often makes it hard to show up for the marches, demonstrations, and the vigils. In how many different words are we to justify our existence? I want to support my fellow activists but past standing with you and cheering after your speeches, I

don't know how to. I don't know how to support my black friends fearing for their lives and the lives of their brothers, fathers, and uncles. I don't know what to say after another life has been stolen and the sick relief that it wasn't one belonging to your family overcomes you. I don't know what to say and I don't know what to do and I am tired.

I am writing this in the hopes that I am not the only one that feels this way, regardless of the cause in which you are steadfast to find shoes and march for. Black Lives Matter is a deeply personal struggle and I can't help but feel a little selfish in how I choose to engage. Prioritizing self care (in whatever way that takes form for you) is wildly important and crucial to our capacity to continue being activists. For me, self care is starting to look more like entirely avoiding the subject of police brutality and Black Lives Matter. My guilt stems from distinguishing whether this is self-preservation or pure ignorance but then I remember that this is my reality and I do not have the option to forget that this is happening. I can blacklist social media for as long as I choose but this does not change the fact that this is my continued reality.

This piece was somewhat of a stream of consciousness and likely lacked the organization needed for you to truly understand what I'm trying to convey (sorry!). Black Lives Matter is a supremely important organization and has inspired a massive following worldwide, myself included. These folks do very important work and the activists that show up without fail are commendable. I am trying to remind myself to be the best activist that I can be within my means. One that doesn't leave me bitter and angry and unable to commit to this community in the way that it genuinely deserves. I am taking the time to remind myself how to be that activist, and allowing myself to stay in instead of showing up to every call or respond to every message. That doesn't change the fact that these stolen lives will always be with me. These lives will matter regardless of how I demonstrate my commitment. They will always matter.

In solidarity,

Helen Ogundeji

Not always an afterthought:  
An intro to understanding accessibility  
Anonymous

Understanding accessibility is about knowing that there are all kinds of barriers that prevent people from living their lives in the ways they need and want to. Put differently: if someone cannot do something or access a resource that they need, society makes it seem like it's that person's fault, instead of acknowledging that lack of access is the result of that person or group of people being shut out of a resource or community.

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When (or, more accurately, if) accessibility is discussed and actions are taken to increase access, it's often in very limited ways. All too often in communities, groups, spaces, etc., where people do have an awareness of the need to make things accessible, it's still treated as an afterthought or only done if it's convenient. Quite frankly, that sucks and it's bullshit. By not working to try to make things as accessible to as many people as possible, what you are communicating (whether you mean to or not) is that you don't prioritize the participation and involvement of those people in whatever it is you are doing. It's usually not possible to make things 100% accessible to 100% of people 100% of the time, but that's absolutely not a reason not to try to make things as accessible as possible.

If it seems really obvious to you that accessibility (and inaccessibility) is a societal problem, please also consider this: simply knowing that ableism (discrimination based on ability/discrimination against disabled people) and inaccessibility are problems is not the same as actually addressing those problems. In order to try and make things accessible to people, it's helpful to ask yourself and those around you questions that highlight barriers that may exist in a given situation. For this it's also important to keep in mind that accessibility can be really broadly defined: it includes a necessary focus on ability/disability, but also needs to include considerations of factors such as race, gender, and class (especially given that experiences of disability are inseparable from these other aspects of people's lives). Some helpful questions to start off with might be: Who is here and who isn't here? For the people who are here, how accessible are things to them? Are their needs being overlooked or not taken seriously? For the people who are not here, why not? Do people not come to your meetings because the meeting space isn't physically accessible? Does the meeting space only have fluorescent lighting? Are your events always at times that make it

impossible for people with jobs or people with kids to attend? Will participants be reimbursed for travel costs?

Is your collective comprised almost entirely of white people and/or men? These are only a few examples of the kinds of questions that it's important to be asking ourselves and each other when trying to figure out how to make the things we are doing more accessible in concrete and meaningful ways.

If you want to know more, check out:

~[stillmyrevolution.org/2015/07/08/how-and-why-movements-need-to-be-inclusive](http://stillmyrevolution.org/2015/07/08/how-and-why-movements-need-to-be-inclusive)

~[autistichoya.com/2015/07/how-not-to-plan-disability-conferences](http://autistichoya.com/2015/07/how-not-to-plan-disability-conferences)

~[leavingevidence.wordpress.com/2011/02/12/changing-the-framework-disability-justice](http://leavingevidence.wordpress.com/2011/02/12/changing-the-framework-disability-justice)

~[curemontreal.org/accessibility](http://curemontreal.org/accessibility)

~[cwhn.ca/en/node/39528](http://cwhn.ca/en/node/39528) (accessibility checklist by DAWN Ontario)

## The Struggle to be Seen and Heard

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In a world where most media serves the interests of corporations and governments, voices become lost and communities divided. There is a struggle to be seen and heard when the media functions to monger fear and hate as a mechanism of social control.

To interrupt the carefully constructed words and images that mainstream media presents us, alternative media acts as a tool of resistance, responding to the misrepresentation, under representation, and lack of representation of subaltern groups and providing participatory models of decision-making, knowledge production and communication. The tropes and stereotypes that govern how we interact with others, how we navigate our bodies, and how we are situated in society, are provoked and unravelled by the power of alternative, community, activist, independent media.

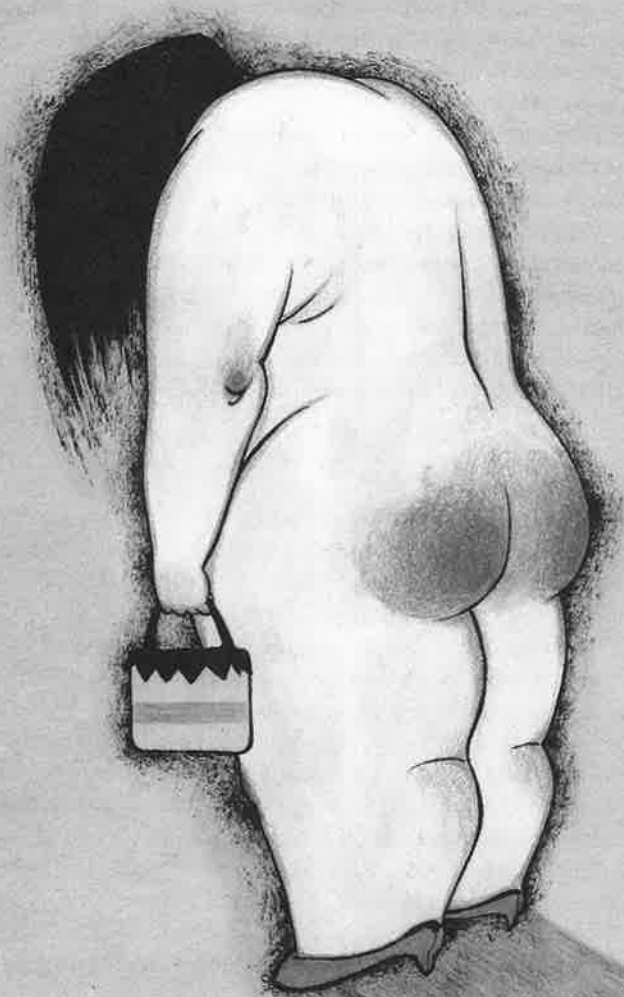
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We need to trace the history of how the good is constructed with the bad, the safe with the dangerous, the peaceful with the violent, and the innocent with the guilty. Communities are complex, shifting, growing, fluid. They are never homogeneous, never fixed, never complete.

We also need to transform the ways in which we relate and interact with another and respect the importance of self-representation and self-determination. Without a nuanced understanding of the politics of seeing, hearing, and speaking, the power dynamics from mainstream media production are easily replicated. Producing words and images is a responsibility that always has consequences.

It becomes essential to document the resistances and the issues that no one is talking about or hearing about, and to create our own histories and archives. Alternative media can take form in writing, oral history, collage, acting, digital communication, song, drawing, graphic design, spoken word, and in all the ways they mix and match. With these tools, we can recover lost voices and reunite divided communities.





## On Race and the French Language in QC

Samia

In understanding language politics in Québec, it's important to remember that the project of "protecting French language and culture" is intimately connected to Québec's colonialism and racism. To begin with, French Québécois identity relies on an understanding of history that places them as the victims of English colonization, often going so far as to describe themselves as "indigenous" to Québec. The ways that history is taught in Québécois schools firmly places French settlers as allies of Indigenous people against the big bad colonizing English, bracketing that the dispute was actually a war between two competing colonizers. At the same time, French Québécois identity also relies on an idea of being "pure-laine" or "de souche"—that is to say, white, descended from the French, and (formerly) Catholic. It's a strange dichotomy, where to be a real Québécois and "pure-laine", you must simultaneously be of this land as well as non-native, i.e. white and from France.

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In order to sustain their identity as victims of colonization, the French Québécois narrative does not allow for anyone else's oppression. This myth completely erases the actual colonial history of the territory, and the situation of Indigenous people here. Furthermore, anyone who is not "de souche" is understood as a threat to French language and culture, even if they are, for example, French-speaking migrants. In other words, virulent racism and anti-immigration sentiment are framed as a matter of linguistic protection. This discrimination is maintained through a constant assertion that French language and culture is under threat of extinction, despite the numerous laws and bills which protect them. These laws uphold the social, economic, and political powers French Québécois yield, and their active involvement in the oppression of Indigenous people as well as people of colour.



## Le racisme et la langue française au Qc Samia



Pour commencer à comprendre l'intersection particulièrement québécoise entre la langue française et le racisme, il faut savoir que l'identité québécoise est basée sur une compréhension de l'histoire qui la positionne comme victime de la colonisation anglaise (parfois se décrivant même comme étant natif du Québec), et que le projet de la protection de la culture et langue française est intimement liée au colonialisme et au racisme québécois.

La façon dont l'histoire est enseignée à l'école au Québec place les colons Français comme étant les alliés des autochtones contre les méchants Anglais, ce qui efface la réalité que c'était en fait une guerre entre deux nations colonisatrices. De plus, pour être Québécois "de souche" ou "pure-laine", il faut simultanément être de cette terre et ne pas être autochtone, c'est-à-dire être blanc, descendu des Français et précédemment catholique.

Afin de maintenir l'identité québécoise en tant que victime de la colonisation Anglaise, les Québécois ne peuvent se permettre de reconnaître l'oppression des autres. Ceci éclipse la véritable histoire coloniale de ce territoire et la situation des peuples autochtones ici. De plus, toute personne qui n'est pas "de souche" y compris les immigrants francophones, devient une menace pour la culture et la langue française qui, apparemment, sont en voie d'extinction, justifiant un racisme virulent et des sentiment anti-immigration. Et ce, malgré les nombreuses lois qui les protègent, le pouvoir socio-politique et économique qui leurs est attribué et leur propre implication dans l'oppression des Premières Nations ainsi que toute autre personne racisée.

## Intersectional Feminism Cera Yiu

“The view that women experience oppression in varying configurations and in varying degrees of intensity. Cultural patterns of oppression are not only interrelated, but are bound together and influenced by the intersectional systems of society. Examples of this include race, gender, class, ability, and ethnicity.” - Kimberlé Crenshaw

The term “intersectionality” was coined by Black legal scholar Kimberlé Crenshaw in 1989. It originated from the Black feminist movement in order to address the ways in which Black women were experiencing multiple oppressions such as racism and sexism, and were marginalized from both the Black liberation movement and the mainstream liberal feminist movement. Intersectional feminism aims to explain that people’s identities are complex, multi-layered, and overlapping. One cannot attempt to examine these oppressions in isolation because they inform each other. For example, a working-class woman of colour cannot experience her life separately as racialized, as a woman, and as working-class. She lives her life simultaneously as a working-class woman of colour. An intersectional approach to feminism acknowledges these layered identities, and how they impact people’s personal, social, and political interactions with the world.

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The goal of intersectionality at its core is to highlight the ways in which mainstream feminism often centres on white, middle-class, cisgendered, and able-bodied people and does not reflect the ways in which women’s experiences are influenced by other identities, oppressions, and backgrounds. Subsequently, its focus on “women” often translates to cis women and therefore excludes and erases trans\* women and non-binary people from feminist spaces and communities, which inhibits the much-needed solidarity work amongst people who experience gender oppression and misogyny.

Intersectionality can be a fancy term that is often used without a real understanding of what it means and the responsibilities it entails. As such, an intersectional feminist movement must be built on a commitment to community, accountability, and solidarity for all people who experience gender oppression. This does not only involve educating ourselves about other people’s needs and struggles, but also entails actively supporting those struggles and acting as allies.. Even further, as people who also have overlapping privileges, we must be accountable for the ways in which we

uphold and perpetuate systems of domination such as white supremacy, settler colonialism, transmisogyny, classism, heterosexism, and ableism. Finally, an intersectional feminist movement needs to be anti-colonial and centre trans women of colour – Black women and Indigenous women – whose work have laid the foundations for anti-racist and trans-inclusive feminisms.

Intersectional feminism provides the framework necessary for us to work towards the liberation of ourselves and our communities, without relying on mainstream feminist thought, which has often ignored, or outright devalued, the many unique and complex struggles and identities that make up other feminist movements.



## Another Black life taken by the Montreal police Robyn Maynard

Collateral damage in a racist "war on drugs"



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Bony Jean-Pierre, a 47-year-old Black man, was shot in the head by a rubber bullet by the tactical squad of the Service de la police de Montréal (SPVM) in Montréal-Nord over the weekend. He died this morning in the hospital. It occurred during a minor drug-bust, and numerous witnesses report he was unarmed and posed no physical threat to law enforcement.

Racist double standards surround marijuana

Since the story broke, media outlets have already begun to justify the violent intervention and resulting fatal injury because marijuana was found at the site. Yet it appears there two different sets of rules for white and Black-skinned persons in Canada. Amidst general public acceptance of cannabis use, and Prime Minister Justin Trudeau's well-received plan to decriminalize marijuana, those who grow and sell cannabis are preparing themselves to be legitimate businesspersons, and are represented as burgeoning entrepreneurs in the media. Cannabis is sold 'for medical purposes', in storefronts all over the island of Vancouver.

But Black Canadians are still vilified and represented as dangerous criminals for their perceived or real involvement with the same substance. Black communities continue to be subjected to highly orchestrated, militarized police raids by tactical squads and SWAT teams. Black individuals thought to be involved the distribution of cannabis continue to be seen as deserving of any police violence inflicted upon them, up to and including injury and

death. Jean-Pierre Bony is dead because of a bust surrounding a substance used recreationally by large numbers of Canadians, across race and class; yet his tragic and unjustifiable death has so far been represented as a minor detail. Black life, after all, is cheap in Canada, and Montreal is not exempt.

### The War on Blacks

Studies show that white persons in Canada are actually documented to be more likely to sell and use drugs than Black(1). Yet Black lives have been disproportionately represented in surveillance, drug arrests and incarceration since Brian Mulroney declared a “war” on illegal drugs in the late 1980s(2). The ‘war’ on drugs has not been a metaphor for Black persons in Canada, and it is easy to see why it is referred to by so many as the ‘War on Blacks’.

A recent study of SPVM arrests of Black and white youth in Montreal found that Black youth are seven times more likely to be arrested for possessing or selling marijuana than white teenagers. This was found to be caused by the over-surveillance of Black youth, not by their over-involvement in the behaviour (3). This is corroborated by a leaked internal police report revealed that in 2006-7, at least 30-40% of all Black youth in St. Michel and Montreal-Nord had been subjected to ‘random’ identity checks, as compared to 5% of whites (4). A 2011 investigation by the Commission des droits de la personne et droits de la jeunesse Quebec found that young Black persons had difficulty accessing public space such as parks or metros without being harassed or told to disperse. Similar practices in Toronto have been compared to South Africa’s apartheid-era passbook laws by Ontario criminologists and Justice Harry Laforme. This heavy policing is often justified by perceived associations between Black communities, danger, drugs and gangs; despite the fact that in 2009, only 1.6% of reported crime was related to street-gang activity. Yet Over-policing leads to racially disproportionate incarceration; the most recent report by the Office of the Correctional Investigator found that Black persons are now incarcerated at a rate of three times their percentage within the Canadian population and Black incarceration rates have skyrocketed, having increased by 69% between 2005 and 2015.

Despite increasing public acceptance, drug arrests of low-level players have actually continued to rise in past decades. In 2011, more than half of drug arrests (60%) involved marijuana, and arrests for trafficking, production and distribution were eight times higher than thirty years ago (5). And though the buying and selling of drugs is a consensual and victim-less act, drug arrests are

often militarized affairs by highly armed tactical squads and SWAT teams.

This occurs despite the fact that public health and human rights experts around the world are increasingly calling for the decriminalization of all controlled substances; even beyond cannabis. A report by John Hopkins University and *The Lancet* came out last week decrying the countless unnecessary lives lost or destroyed due to overdose, HIV/AIDS, and the mass incarceration of Black persons for low-level drug offenses; all of which are the result of nearly forty years of drug prohibition. Drug prohibition has now caused far more harms than the pharmacological make-up of any drug.

Now the so-called war on drugs has taken yet another victim as collateral damage. The death of Jean-Pierre Bony is only part of a larger vilification and devaluation of Black persons in Canada.

#### Black bodies destroyed by police violence

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The senseless deaths of Black persons at the hands of the police, and the clearing of any wrong-doing for police officers is not new to Montreal's Black community. Following the death of Black teenager Anthony Griffin, who was shot the head and killed in 1987, it was revealed publicly that the municipal police had been placing photos of Black people over their targets.

Leslie Presley, a 26-year-old Black Jamaican man, was killed by the Montreal police at a downtown bar in 1990. Marcellus Francois, an un-armed 24-year-old Jamaican man, was shot to death with an M-16 machine gun in 1991; though he was un-armed, and indeed not the man sought by police, the officer responsible was cleared of all charges. Fitzgerald Forbes, a Black man of Jamaican died at age 22, in 1991, of cardio respiratory arrest shortly after being arrested for, in Parc-Extension; In 1993, Trevor Kelly, a 43-year old Jamaican man, lost his life by being shot in the back by the Montreal police. Rohan Wilson, an Black migrant from Saint Vincent and the Grenadines, died in N.D.G. at 28 in 2004, from what the coroner's report called an "accidental violent death" caused by alcohol intoxication, following a police intervention which involved six officers. In 2007, Quilem Régistre, a Black Montrealer, sped through a stop light and crashed into a car, was subsequently tasered numerous times by the police, and died four days later in the hospital.<sup>(5)</sup> Alain Magoire was shot and killed by Montreal police in 2013; a forty-one-year old Black homeless man in the midst of a mental health crisis, wielding only a hammer. Yet again the officers were not charged



## When Racist Police Investigate Racist Police

It is nearly impossible to have faith in the investigations surrounding police killings in Montreal. In the province of Quebec, there is no neutral oversight body when police kill. Instead, the Montreal police are investigated by the provincial policing body, the Sûreté du Québec (SQ). The SQ routinely exonerates police officers of any wrong-doing following their investigations, in what activists and legal experts call a clear conflict of interest. The SQ is currently under scrutiny for numerous allegations of sexual assault, abuse, and gratuitous violence towards indigenous women all over Quebec, apparently spanning decades. As such, the 'neutrality' of appointing this body to investigate possible police abuses of racialized persons is laughable. Given this context, it is unlikely that the officer responsible for death an un-armed Black man will be held accountable.

Unchecked police violence is not reserved only for Black men in Montreal. Majiza Phillip, a Montreal-based Black woman, chef, and dance instructor, was out celebrating her 26th birthday in 2014; when in a non-violent interaction following the ticketing of her friend, an SPVM officer broke her arm. The officers subsequently brought her to the station in handcuffs and interrogated her despite her injury. Instead of receiving redress she charged with assaulting two officers, obstructing justice, and resisting arrest.

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## Anti-Blackness across Canada

The systemic devaluation of Black life is a cross-Canada reality . In Ontario, criminologist Scot Wortely has found that Black persons are ten times more likely than white persons to be shot by the police, and make up a vastly disproportionate level of deaths at the hands of police. The Black Lives Matter Toronto Coalition is entering their second week of an occupation of the Toronto Police Headquarters, and 100 Black faculty members have signed onto their calls for an end to anti-Black racism and anti-Black police violence in Toronto. Included in their demands is that the mayor and the city council address the police slaying of Andrew Loku, a Black father of five who was shot and killed by the Toronto Police Department, after the announcement that the officer will not face a trial by jury.

Until the highly racialized, militaristic 'war on drugs' is over, and an acute and systemic anti-Black racism is dismantled, the harms inflicted on Black communities across Canada will only continue. The death of Jean-Pierre Bony

must not go un-noticed if we wish to fight for a society in which all Black lives have value, and Black communities are no longer threatened by profiling, violence, incarceration, and the senseless death at the hands of police.

by Robyn Maynard

<https://robynmaynard.com/2016/04/04/another-black-life-taken-by-the-montreal-police-collateral-damage-in-a-racist-war-on-drugs/>

1. Report on the Commission on Systemic Racism in the Criminal Justice System in Ontario, 1995.

2. Owusu-Bempah, A., & Wortley, S. (2014). Race, crime, and criminal justice in Canada. *The oxford handbook of ethnicity, crime and immigration*, 281-320.

3. Revue du Cremis. Automne 2009, Vol. 1, No. 3, Inegalites sociales, Discriminations, Pratiques alternatives de citoyennete. A la porte du systeme penal. "La surrepresentation des jeunes Noirs montrealais". Leonel Bernard, Crhistopher McAll. (15-21)

4. Charest 2009, Mécontentement populaire et pratiques d'interpellations du SPVM depuis 2005: Doit-on garder le cap après la tempête? Mathieu Charest. [http://www.spvm.qc.ca/upload/documentations/Mecontentement\\_populaire\\_et\\_pratiques\\_dinterpellations.pdf](http://www.spvm.qc.ca/upload/documentations/Mecontentement_populaire_et_pratiques_dinterpellations.pdf)

5. For more information on all these deaths and more, visit <http://www.flics-assassins.net>

5. Statistics Canada 2012



## marcher vers où (tryptique de trois textes courts)

Tarek Lakhrissi

Je n'ai qu'une langue

il y a quelque chose d'inouï ici à marcher dans les rues, dédales, au milieu de ceux qui parlent fort, des miens, qui ne me reconnaissent pas, parmi aussi des lézards, des oiseaux de toutes les couleurs, et même des caméléons fiers qui se moquent à l'intérieur de leur cage au dessus des pauvres tortues noyées dans la salade; les chats bâtards qui attendent les poissons morts comme des gardiens devant un immeuble et les chiens jaunes errants qu'on évite de peur de croiser leur regard ou attraper la rage ou l'amour, cela porte peut être malheur, alors ces mains de fatma en argent, acier, de toutes tailles, accrochées sur moi pour me protéger de ces non-regards, bienveillants quand même : " tu n'es pas si étranger même si tu as un accent quand tu parles." Je n'ai qu'une langue. Je n'ai qu'une langue, la mienne.

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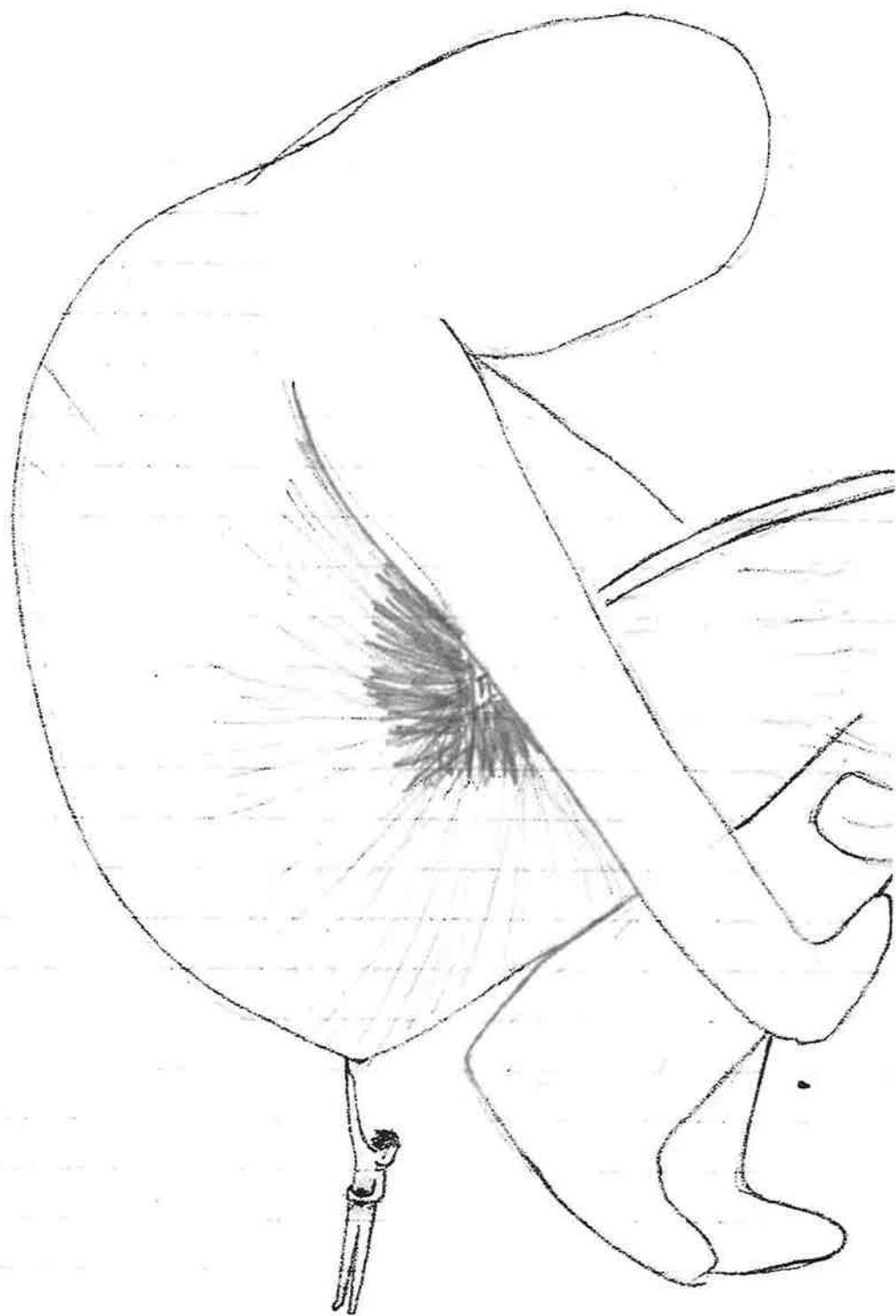
Hamid

Tu marches peut être en regardant le sol, dans les dédales du couloir du métro. Hamid, tu as décidé qu'il s'appellerait Hamid, marche devant toi avec une démarche plutôt rapide. Tu décides alors de presser le pas pour marcher un peu comme lui, à la même allure. Il marche vite. Tu finis par le rattraper. Tu le regardes marcher de dos, il porte un t-shirt blanc, moulant, et laisse voir ses muscles pas trop détaillés - mais assez pour soulever ta curiosité. Il porte un jean bleu ciel, plutôt cheap mais qui moule son cul. Là, il vient de disparaître, tu pries pour le retrouver au milieu des autres. Tu le suis donc en écoutant de la musique, c'est une musique qui t'excite et précise la cadence de tes pas. Tu ressembles à un mec dans un film, celui qui suit un autre inconnu sans raison apparente, peut-être par fantaisie ou ennui. Il est de dos, tu transpires alors pour lui. Il a les cheveux courts, une barbe intacte, se retourne enfin: peut être qu'à ce moment là il se sent suivi. Tu le vois alors son visage, il est dur et distrait. Tu remarques sur son front une marque. Celle de ceux qui font la prière, et qu'à force de s'accroupir plusieurs fois par jour, développent une sorte de trace sombre en haut des yeux, précisément à la partie de la tête qui touchent le tapis ou le sol. Tu l'imagines alors prier sous une djellabah blanche, comme ton frère, surement nu, et ça te fait encore plus bander. Il ne prend pas la même ligne que toi et disparaît dans un autre couloir. Tu essaies de te souvenir alors de son image et tu réalises qu'il était vraiment sexy et qu'il

faudra que tu racontes l'histoire à ton ami, lui dire toute la scène, en riant et en concluant « Bon, faudrait p'tet que je me calme ou que je me trouve un mec sur Mektoub. ». Vous rirez. Le soir, en rentrant, tu regardes encore une fois un épisode de *Scream* et cela te fait peur même quand tu t'endors. Pourtant, tu ne fais pas de cauchemars: tu rêves d'un monde facial. Tu songes à un monde facial. Tu te sens facial. Tu es devenu facial.

Poème 1 (sans titre)

où  
vont les  
émotions  
quand  
on oublie  
de les  
dé-  
vorer  
?



# The Men Who Loved My Body (And the Things They Said)

Caleb Luna

@queerandpresentdanger

He asks me about my first time  
'I think I was 23. It was a first date'

'You didn't wanna wait?'

He tells me about his

He was 21

With a woman he loved

'Yeah, well

wouldn't that have been nice?'

'Wouldn't that have been nice?'

'You're so confident' he

tells me

(Did you think I needed you to love me before

I could love myself?)

He fucks me

and leaves

'I love your body,'

He says

'Can I ask--

How did you get

so big?'

'Did you have to try?'

'Do you like it?'

And

He's cute; I think he's really cute

I love his round belly and the

softness of his fur

I don't think to ask him how

his body got this way because his

is just a body

(Earlier he tells me of the men who

won't leave him alone

'I like the attention,'

he says

'That must be nice,'

I think—

'to be just a body')

I suck his dick in the back  
of his car in the Whataburger parking lot,  
my adult adolescent phase  
When I sit up I see a cop car  
in the drive thru  
'I have to go'  
I tell him

'How did you get so big?'  
He asks  
'Did you have to try?'  
'Do you like it?'  
'Does it make you feel sexy?'  
'Can I make you bigger?'  
After he cums I  
leave and  
Never hear from him again

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"You have a new message!"  
I open the app and this  
stranger greets me with simply  
'Wanna get fucked?'  
I think of all the funny things  
to tell him like,  
'No, thank you,  
I just finished a big burrito'  
Which is the truth  
or  
'Yes, but  
not by you'  
Which is also  
the truth  
Instead I ignore and  
unmatch  
How thrilling it is to  
be on the deciding end  
for once, but  
I know this isn't about my body  
He will find another one,  
I'm sure

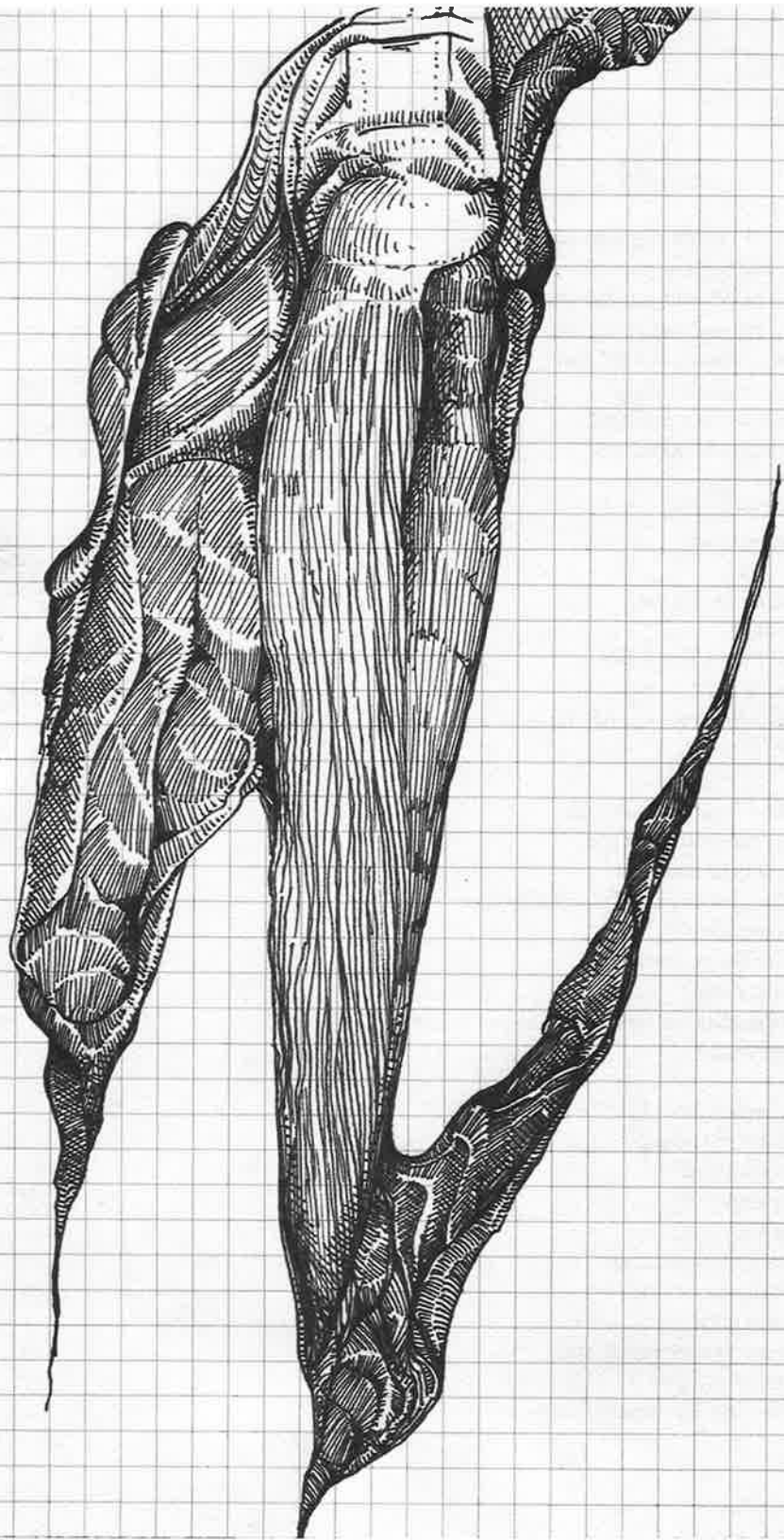
The men who love my body and the  
things they said



I wanna ask,  
'How many of us will you fuck but  
never hold our hand in public?'  
'How many bellies will you rub while  
telling us you're worried about our 'health'?'  
'What have you internalized?' and  
'What jokes do you let slide?'  
'How do you use our marginal  
social positions and scarcity of  
opportunities to  
help you get laid while  
never thinking twice  
about us?'  
'How many of us will you  
fuck and leave?'  
'How come I am a fetish and  
Chris Evans is not?'  
'Do your friends know you like fat guys' and  
'Why not?'

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The men who love my body will  
gawk at and caress and ask me,  
Try to justify their lust with  
perverse inquiries disguised as compliments  
and they never ask me  
'What's it like for you when  
you leave this room?'  
'Do you remember the first person to call you fat  
like its a bad thing?'  
and  
'How many times did it have to happen  
before it stopped hurting?'  
'Can you even count?'  
'Did it ever stop?'  
They never ask  
'What happened to you that  
you won't believe me when I  
tell you you're sexy?' or  
'What pain are you carrying?' and  
  
'How do you find the strength to go on?'



## Not Shaving Isn't Always a Choice for WoC

paniz khosroshahy

@panizkoochooloo

Adopted from a piece first published in *galdem*

I don't shave, because I believe that the hair removal industry is a product of capitalist patriarchy created to hold women subservient. But last summer, after Miley Cyrus and other white celebrities emerged with visible but barely there patches of hair on their pits as the epitome of feminism, I knew something wasn't right.

Body hair is something WoC in western societies are taught to be shameful of from a young age, but hairiness these days is a symbol of enlightenment. Where was hair feminism when we were ashamed of our legs in PE? Where was the full eyebrow trend when so many of us were humiliated for our uni and thick brows, by girls with brows so bright you couldn't even tell where their skin started? Is there any surprise when the entire focus of this whole "hair is rad" movement is on legs and pits when many WoC have visible hair growth on their chest, toes, upper lip, chin, around their belly button?

In "rad" spaces, hairless pits are the anomaly. To white women that don't shave: I want to remind you that your ability to be hairy is surely a result of you challenging the patriarchy, but it is also a privilege of your white skin. WoC have been seen as unwomanly, dirty, either hypersexualized or desexualized. White bodies, white features, lighter shades of skin constantly set impossible standards for what WoC are supposed to aspire to. Whereas WoC are shamed throughout their life for their bodies, you are always seen as dainty, fair, soft, vulnerable, sweet, womanly. And even if at some point you do decide to challenge these norms by not shaving, you always have the privilege of fitting back into the "norm".

And to WoC that are too ashamed, too traumatized, of being made to feel undesirable: your feminism is valid. Your body is valid, your desire to not create more stereotypes for your community is valid, your need to escape racial violence is valid. And if any white feminist tells you that you should practice "body positivity", forcing you to pick allegiances between your gender and race, know that they are not your ally, know that their mere "acceptance" won't change anything because it is not your body that is the problem but the norms of this society that are based on your erasure. As a wonderful WoC once told me, "I'm here for WoC that wax, thread, laser, shave all damn day... white women will never know that trauma."

Fat Body Politics  
mwrites16@gmail.com

I want to talk about the politics of being fat. I want everybody to have a serious self-reflexive conversation about what we've come to know about the nuances of self love and desirability and body positivity in a world that tells size non-conforming folks such as myself that we'd be better off taking up as little space as possible to be more palatable for mass consumption.

We size non-conforming folks are significantly affected by pervasive social hierarchies that dictate whose existences are of inherently more value. We are taught to believe that our thoughts and feelings and motivations and individuality come second to those of thin folks. We have come to recognize that size conformity holds great social power. Furthermore, we have become all too familiar with the implication that thinness is synonymous with morality and somehow inherently deserving of adoration, attention and respect. In existing the way that we do, our bodies become nothing more than means to an end. Our bodies are not allowed to exist without constant maintenance and surveillance. If our bodies do not exist solely for the purpose of eventually becoming a "before" picture then we are not allowed to exist at all. Our bodies turn into crude joke punch lines and public symbols for all that is wrong with the world. These prevailing social attitudes attempt to teach us a lesson on how to exist properly. They attempt to punish us for failing to uphold a social doctrine of thin obsession, because a fat person who doesn't want to actively lose weight must be punished by all means necessary. Society has convinced us that our bodies become a universal representation of all that which is ugly, lazy, undesirable, and grotesque. Our bodies become the ultimate insult to injury, the ultimate character flaw, the ultimate moral failing, and the ultimate symbol of all that is objectionable. Our bodies are therefore publicly mocked, criticized, and hyper-examined under the exploitative lens of capitalism and the vital beauty imperative.

The negative social implications of being fat and conversations about body politics cannot be understated. These conversations become vital for the survival of non conforming folks in a world that actively tries to demonize us for existing in a way that defies social conventions of size conformity and western beauty ideologies. They become crucial in our understandings of how we see the world the way we do, how we're treated the way we are, and what we've come to know about how people's bodies fall within a social hierarchy of acceptability that is commanded by the forces of white supremacy, patriarchy, and capitalism.



# beginner's guide to herbalism

Herbalism, herbal remedies and the use of herbs, is a practice that many find empowering. Herbalism invites a holistic approach to health and encourages a mindful, patient, and deep relationship with one's body and well-being.

## Safety Protocols & Considerations

- This small introduction to herbal medicine is not meant to replace any medical advice. If you are pregnant or have any existing medical issues, it is best to consult physicians and/or naturopaths before using any herbal treatments. If you are already taking medications, combining both herbal medicines and pharmaceutical drugs can cause undesired and sometimes dangerous side effects. *i.e.* persons taking SSRI anti-depressants should abstain from using St-John's Wort, which is an herbal anti-depressant. Herbal medicine is often referred to as **alternative medicine**, which highlights the fact that it is not always meant to be combined with other treatment regimens.
- **Bodies react to medicines in different ways.** Listen to your body and start with small doses when using new plants (herbs, roots, flowers, etc).
- **Decolonize & responsibly** (socially & environmentally) your herbal and natural remedy practices. One way to do this is to get these herbs from food coops with buying policies that reflect such values.

## Herbal-Tea Recipe:

Dried Herb: 1 tsp  
dried herbs to 1  
cup boiling water.

Fresh Herb: 1 tbsp  
to 1 cup of boiling  
water.

## How to make an herbal infusion:

Use near boiling  
water and keep a  
lid or cover on  
while the  
infusion steps.  
Try to leave it  
infuse for 4  
hours (or  
overnight in  
fridge) or 20  
minutes if in a  
hurry.

**A Tiny Primer:** Herbal Teas (infusions) are a great starting point when beginning to get to know the properties of various plants and how they can be used for healing.

**Sage** is considered a sacred plant by many cultural groups across the globe. It boasts antibiotic, anti fungal, astringent, and antibacterial properties. If that's not enough to convince you of how awesome this plant is, it also has antioxidant and antimicrobial agents. A word of caution: sage can be quite powerful, too much can be hard on the stomach and cause some headaches. So, use a light hand when preparing sage tea. Sage tea can help during a nasty cold by drying up phlegm and mucus in the nose and sinuses. A sage herbal steam is great for sinus pain. Sage is a cooling herb and helps to reduce perspiration. Consider growing your own garden sage and using varieties other than white sage (*salvia apiana*), which is currently endangered.

**Raspberry leaf** is a good medicine for ailments pertaining to pregnancy, childbirth, and menstruation. Overall, it is a good tonic for bodies with ovaries. Raspberry leaves tone the uterus and have been used for ages as a way to manage menstrual pain and cramps and to promote milk flow in young mothers. Raspberry leaves can also help to alleviate diarrhea, oral thrush, gum infections, and sore throats. Blackberry leaves have similar properties.

## WHERE TO: Buying Herbs (B) + Workshops In the City (W)

Le Frigo Vert (1440 Rue Mackay) -B + W

Coop La Maison Verte (5785 Rue Sherbrooke Ouest) -B + W

Alchimiste en herbe - Herboristerie a Montréal (4567 Rue Saint-Denis) -B + W

Concordia Greenhouse (1455 de Maisonneuve Blvd. W.13th floor) - W + B (Seedlings)

City Farm School (7141 Sherbrooke W., Concordia U. Loyola Campus)- W + B (Seedlings)

Coop Le Milieu (1251 Rue Robin) - W

The Peoples Potato (1455 Boulevard de Maisonneuve O, 7th floor) - W

Midnight Kitchen (3480 Rue McTavish) - W

Re:Bodies - QPIRG Working Group - [rebodies.wordpress.com](http://rebodies.wordpress.com) - W

Public Markets (Atwater, Jean Talon) - B (Fresh, Seedlings, & Dried)

by Pamela Fillion  
blueberryjams.ca

Good-for-nausea  
1 part mint  
1 part chamomile

**Chamomile** is good for dealing with anxiety and sleeplessness. Like lavender, chamomile tea is good for desired drowsiness (sleepy time tea). Chamomile is also an excellent choice for upset stomachs. Chamomile also acts as an antimicrobial agent and can topically treat infections and inflammations. Chamomile is soothing and has antispasmodic and anti-inflammatory constituents. These properties have made it a regular in skin care products. Enjoying a regular cup of chamomile is good for treating menstrual cramps.

Menstrual Tea  
1 part mint leaf  
1 part stinging nettle  
2 parts raspberry leaf

**Ginger** is an amazing root (and so tasty). It is good for coughs, upset stomachs, bloated tummies, and acid reflux. Ginger is also good for combating nausea (which is the worst!) Grate an inch or so of fresh ginger and simmer it for 5 minutes in 1 cup water. Flavour with lemon or honey, if you like. Candied ginger can also work, if in a pinch. Ginger is also an effective natural anti-inflammatory and can reduce pain and inflammation. It also thins the blood reducing risks of blood clots. Ginger is a warming herb and promotes perspiration, menstrual flow, and circulation.

Winter Tea  
1 part rose hips  
1 part peppermint  
1 part spearmint

**Stinging Nettle** is an amazing plant! It is used as a general health tonic (consumption over long periods of time) and as a blood purifier. Nettle is high in protein, calcium, potassium, chlorophyll, iron and vitamin C. Nettle is a diuretic which can be great to deal with PMS water retention. Nettle can be used as an herbal rinse for hair and is generally good for nail and hair health.

Herbs for Stress  
• Chamomile  
• Skullcap  
• Passionflowers  
• Lavender  
• Valerian  
• Lemon Balm  
• Hops

**Raw Honey, unpasteurized**, is a powerful antibacterial ointment. Medicinal honeys can be prepared to combine the properties of different herbal remedies with the yummy taste and properties of honey.

Herbs for Colds  
• Ginger (& Lemon!)  
• Oregano  
• Echinacea  
• Garlic  
• Elder Flower  
• Peppermint  
• Mullein  
• Marshmallow

garlic honey - antimicrobial, good for the cardiovascular system and upper respiratory infections

peppermint honey - antispasmodic, antiseptic, antiviral, good for stomachs + eases breathing

rose hip honey - Vitamin C, antioxidant, great for colds and flus

echinacea honey - immune support, antibacterial, antiviral, sore throats

#### Books & Blogs

- *make your place: affordable, sustainable nesting skills* by raleigh briggs
- *Hot Pantz: Do It Yourself Gynaecology Herbal Remedies* by Isabelle Gauthier and Lisa Vinebaum (zine)
- *Edible, Medicinal, & Utilitarian plants Volume I: "Weeds" & Common Plants* by Rowan Walking Wolf, PhD. with Harun Highmountain, MD. (zine)
- *The Boreal Herbal: Wild Foods and Medicine Plants of the North* by Beverly Gray <3 <3 <3
- *Herbal Healing For Women* by Rosemary Gladstar
- *Herbal Recipes for Vibrant Health* by Rosemary Gladstar
- *identifying and harvesting edible and medicinal plants in wild (and not so wild) place* by Steve Brill with Evelyn Dean
- *The Backyard Medicine Chest* by Douglas Schar
- *Backyard Medicine: Harvest and Make Your Own Herbal Remedies* by Julie Bruton-Seal and Matthew seal
- *A Modern Herbal* by Margaret Grieve ([botanical.com](http://botanical.com))
- [wellnessmama.com](http://wellnessmama.com)
- [ndhealthfacts.org](http://ndhealthfacts.org)
- [webmd.com](http://webmd.com) (good for checking interactions)
- [wildfoodsandmedicines.com](http://wildfoodsandmedicines.com)

# Super Broke-Ass Guide to Montréal: Students

Second Edition by Regina Dentata

TW: bodies, menstruation, money & finances, food, sex, swear words, alcohol

SOME NOTES BEFORE WE START:

1. This text is meant for informational and entertainment purposes only, what you choose to do with this info is your own business.

2. Aside from ‘fuck exploitative capitalism and its creation and maintenance of poverty and fuck the capitalist class that benefits from the theft of lands and labour,’ this text is not meant to make any value judgments about how marginalized people choose to resist oppressive systems or reduce the harms caused by them. AKA I am not and encourage others to not be self-righteous assholes about things like dumpster diving and shoplifting – there are lots of reasons people choose to engage or not engage in those and other tactics and I super respect that.

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3. A lot of the following strategies exist because of social norms that are stringently upheld by university (aka white middle and upper middle class) “values.” Things like eating and rummaging through garbage, theft, squirreling away fancy cheese into containers at the departmental reception, or turning down an outing to the expensive botanical gardens in favour of touring the gardens in your own neighbourhood can be met with sneers, disgust, and confusion. You may encounter those types of reactions from assholes and rich douchebags. Do not be disheartened, there are many students and people in the community who have been using these tactics for years and years, and are gaming and undermining an unfair and exploitative system, power to ya!

4. That being said, poor and working class folks, homeless and under-housed folks, and other oppressed folks have been negotiating these systems and tactics in lots of different ways for ages. You may or may not have grown up poor or working class. If you didn’t, make sure to remember that being broke-ass as a student is NOT the same as poverty or intergenerational/historical poverty, and that as a university student, you have access to many, many more resources than the majority of folks, and that a university degree, while not guaranteeing financial security, certainly increases your chances of having a financially comfortable life after graduation, especially if you were raised middle class. You may be broke, but you’re still very privileged, so make sure you’re checking yourself and your actions- these are survival strategies, not neat radikewl ways to spend your time, treat them as such.

5. Not all of these strategies will work for everyone all of the time. You’ll find a system that does the trick for you as a broke-ass student that uses none, some, or all what’s written here throughout yr university career.



## FOOD

- As a student you have access to a plethora of free food options. Never go out to eat or buy food on campus. That shit is expensive as hell.
- Dumpster dive – there are lots of resources written on dumpster diving so I won't go into detail about it here.
- Dollar stores can carry a lot of non-perishable food- and the spices they carry are especially cheap! Be aware however that the large dollar store chain Dollarama's labour practices are EXTREMELY shitty and that they are a major part of the cycle of poverty that forces people to shop at horrible exploitative places like Dollarama. Fuck capitalism, and fuck Dollarama.
- Wine & Cheeses – bring a Tupperware or three.
- Samosa sales – literally the only worthwhile campus eating situation (aside from the Midnight Kitchen). 2\$ gets you three big samosas, good to get you through a marathon of afternoon classes.
- Free lunch! Midnight Kitchen, the First Peoples' House, Rabbit Hole Café, and the People's Potato all have free or by donation meals at least once a week!
- Events and meetings – lots of groups have realized the draw of food to get people to show up to things.
- Shoplift – if you are visibly queer and/or racialized this is more risky, consider getting your clean-cut white friend to do it for you cuz solidarity is the best policy. In any case, wear a nice outfit and be ready to lie through your teeth if you get caught – note: some places (including Dollarama now) employee secret shoppers that keep an eye out for sticky-fingered customers. If you stick to big grocery stores like Provigo, Maxi, or Metro though, most employees don't care cuz their job is shit (but watch out for cameras).
- Know your grocery stores – some are way more expensive (IGA, Metro) than others (P.A., Au But, Super C). Get in the habit of checking sales fliers online and keep an eye out for deals.
- Food bank/food basket – the Midnight Kitchen at McGill does this now, as does the People's Potato at Concordia, look into it.
- Don't buy meat, milk, or cheese. Some cheaper meats include halal baloney and chicken, but even the cheap stuff will up your bill way high (and cheese is generally pretty pocket-sized, ahem).
- Save up those little creamers and packets of condiments from food courts and diners, you'll never have to buy ketchup again!
- At fast food joints with fill-yr-own fountain drinks (such as McDonalds) it's pretty easy to swipe an empty cup off an uncleared table or out of the trash and fill it up- free soda and reusing disposables all at once!
- Pre-game. Does it even need to be said?
- Liquor is generally more drunk for your buck, if that's what you're into. Wine is also a great choice, it's generally cheaper at the SAQs than the depanneur, you should be able to get a litre of red for ~10\$.
- It is legal in Montréal to drink in any public park if you are having a picnic, which essentially means that you can drink in parks if you also have food with you. This is way less expensive than hitting a bar, and you get to be in the sunshine!

## SHELTER

- Get out of the Milton Park and the Plateau!!!
- Live with lots of roommates
- Live collectively – split the cost of bulk foods
- Look for stays and places that reduce rent in exchange for work
- Turn down your heat! Shower less! Bathe never! More layers!
- Winter-proof your goddamn house!

## SCHOOL

- Books – textbooks are infuriatingly expensive. See if you can find a free pdf copy or a cheaper physical copy online; see if your buds took ATOC 185 last year and could lend/give you their coursepack; borrow or split the cost of a copy and scan the necessary readings onto a USB.
- School supplies – check the dumpsters behind big pharmacies like Pharmaprix or Jean Coutu; rummage through people's moving garbage: people throw out a shit ton of un-used paper and notebooks; get all your pens and post-it notes for free from various groups during the first few weeks of class; shoplift.
- Apply for literally every grant and bursary – even if you don't think you qualify for a scholarship or award, apply anyway. I've gotten shit that's good for both my bank account and résumé simply because no one else applied.
- See if you can turn your job into an internship for credit – you'll get paid for your schoolwork, for once!
- Laptops are flippin expensive. McGill has grants for students to buy a laptop, but they usually don't cover the whole cost of a machine, look into it. There's also a computer refurbishing club, Reboot McGill, that takes donated machines and brings them back up to snuff before providing them to people in the "McGill community"- check out their website [reboot.mcgilleus.ca/](http://reboot.mcgilleus.ca/)

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## CLOTHING

- Shoplift.
- No Value Village, no Fripperies on st-laurent, yr broke, go out of downtown and find little local frips, they can have great deals like \$5 fur coats.
- Clothing swaps with buds – more challenging if you are not the same size as most of your buds.
- Free shit boxes/piles/etc. – most collectives & collective houses will have something like this, take advantage if it's for public use.
- Talk to buds about giving you a heads up before they toss clothes.
- Dumpster dive behind fripperies – all the shit they don't think they can sell they toss – beware bed bugs but otherwise go for it!

## AMENITIES

- Living outside of the area immediately around campus will likely lower your rent, but keep in mind that you'll need some kind of transportation to get to campus, work, parties, etc., and that is an added expense. Do not get a car, you are way too broke, and parking sucks. OPUS cards are 50\$ a month, or 87\$ a month if you're over 26 wtf why doesn't Montréal have low-income bus passes?!? Consider getting a bike and biking 8 months (or 12 months) of the year. The Flat, Right to Move, La Cave, and Santropol Roulant are all DIY bike repair shops with experienced volunteers to help you learn to care for your steed. (note: there are lots of reasons folks don't bike- beware bike culture that glorifies the vélo as the ultimate revolutionary tool or whatever- fuck self-righteous bike bro jerks)
- CURB SHOP FUCK YEAH JULY 1 – Milton Park is glorious for this – once again, check for bed bugs!
- Join a local listserv- folks often post about stuff they're giving away, trades, or cool shit they see up for grabs in the streets (I've heard that the facebook group Buns provides a similar function).
- The Union for Gender Empowerment (UGE) has pay-what-you-can (PWYC) sexy, safer sexy, and gender empowerment items.
- Alternative Libraries! The Association of McGill University Support Employees (AMUSE), the Québec Public Interest Research Groups (QPIRGs) at McGill and Concordia, the UGE, the Center for Gender Advocacy, the Documentations, Informations, Références, et Archives (DIRA) Anarchist space, and many other groups and orgs have free lending libraries! Also check out the Grande Bibliothèque Nationale – 2\$ for a membership!

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## BOD

- Shampoo and whatnot can be made pretty on the cheap with apple cider vinegar, baking soda, and some other things – there are lots of zines and online DIY guides to making your own hygiene products.
- If you menstruate, consider getting a Diva Cup/Keeper, re-useable pads, or make your own pads. Remember the UGE has PWYC - menstrual cups especially cost a lot up front, but they last for years and years so you'll more than make up the cost.

## EARNING \$\$

- Busk!
- Summer stipends
- Know Yr Labour Rights – If you are a student worker on campus you are likely a member of a union. Figure out which one and grab a copy of your Collective Agreement or get in touch with the exec to make sure you are receiving your correct rate of pay and all the benefits to which you are entitled – the bastards are already making you pay to work for them as a student, don't let them fleece you out of more wages in your job!
- Scam yuppies! Do you like to make stuff? Yuppies will pay a shit ton of money for things that you might be already doing – home canning pickles or

embroidering patches, for example. Give'em to your buds in the gift economy but set up an Etsy or whatever account or display your wares at yuppie-central places like Atwater market and you could probably be making 10-15\$ a "unique" "artisanal," "hand-made" item!

- Studies – there are mailing lists and registries for medical and psychological studies that will pay you to do anything from answer a few questions to be a guinea pig for a couple of months. Some of these can pay extremely well, if you don't mind being a guinea pig.

## FUN

- Sex! Free condoms are pretty easy to cum by [sic] on campuses, and can be cut into dental dams! McGill's Shag Shop has at-cost pregnancy tests, make some sex toys with the help of DIY Sex Toy zines.

- Bike path adventures.

- Up the mountain!

- Go to a demo/solidarity event.

- Catch a lecture or conference.

- Free museum days (depends on the museum).

- Free organ concerts – all those churches are good for something!

- Plant and harvest guerrilla gardens, or alternatively learn about what grows on the island and track it down and eat it! (The only caveat with this one is that sometimes the soil can have high levels of toxins such as lead– you can have the soil tested or (cheaper) look for places like ruelles vertes where the city has imported soil, or grab a bag of soil and add it to a location yourself.

- Do some street art.

- Sabotage your local bank/government office/university administration building.

- Write a letter to a friend! If the friend is in the same city, you can send it for free by writing their address in the sender spot on the envelope and your address on the receiver spot, don't include a stamp, and the post office will "return to sender" your letter to your friend – hooray free mail! Also, writing letters on the backs of your old texts/essays is a great way to save paper and use up the endless scrap you accumulate as a student. And who knows, your friend might love your essay!

- Explore your neighbourhood and your friends' neighbourhoods!

- PWYC and free shows, concerts, festivals!

- Start a podcast and/or join CKUT/CJLO and make some radio!

- Start or join a club or working group!

- Skillshare with your buds!

- Read something you are actually interested in!

## USEFUL RESOURCES

<http://flatbrokeMTL.blogspot.ca/p/good-tips-very-good-tips.html>

- tips and tricks from the defunct flatbrokeMTL.

[http://www.reddit.com/r/montreal/comments/ewla6/10000\\_tips\\_for\\_montreal\\_apartments/c1bkqic](http://www.reddit.com/r/montreal/comments/ewla6/10000_tips_for_montreal_apartments/c1bkqic)

- MTL landlords are notoriously terrible, this is a great list of how to avoid getting screwed over

[www.yesmontreal.ca/](http://www.yesmontreal.ca/)

- for Anglos looking for work in MTL

## Conclusion

This is the second edition of the Broke-Ass Guide to Montréal, and has been mainly edited for clarity (ie: explaining all those damn acronyms) and spelling mistakes. Any errors are still totally on me.

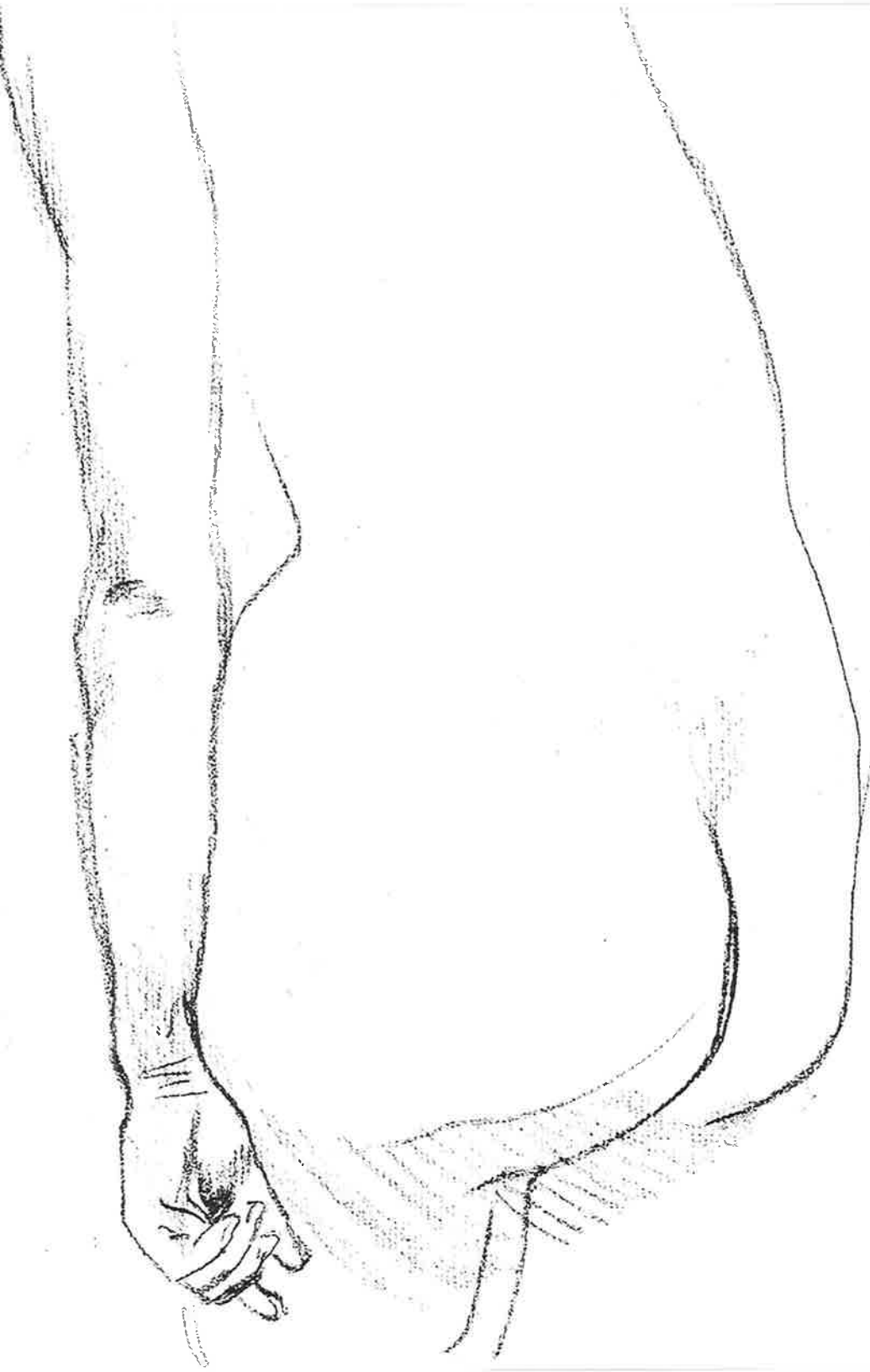
This text came out of being constantly frustrated with the ubiquitous “How to live on a budget as a student!” and “How to decorate your dorm for cheap!”-type articles and lists that recommend buying 30\$ rugs and only spending \$100 a month on clothes and shit like that that I’ve come across over my years of being a broke-ass student and worker.

What about those of us who are REALLY broke? Whose parents aren’t fronting the cash for our education? Who are suffocating under loads of debt and two jobs and a full course load and who still need to choose between eating and paying rent?

A lot of these strategies are things that my friends, lovers, comrades, and I have found work for us as broke-ass people. You may find new and unexplored tactics of your own! If you do, I hope that you will consider sharing them freely with your broke-ass network, the more we can help one another navigate these bullshit rich-as-fuck campuses the more we can resist the monetization of our education and the classist fuckery that passes for “professionalism,” “good manners,” and “leisure.”

In broke-ass solidarity,

Regina Dentata



# RENTING INFO

FOR THE NEW RENTER!

by blare 



FIRST OFF, RENTING AN APARTMENT MEANS FINDING AN APARTMENT. THERE ARE LISTINGS ON SITES LIKE KIJJI OR CRAIGSLIST, AND EVEN FACEBOOK GROUPS DEVOTED TO FOLKS LOOKING FOR ROOMMATES!



APARTMENTS ARE CLASSIFIED BY NUMBERS THAT CORRESPOND TO THE NUMBER OF ROOMS IN THE HOUSE. (THE  $\frac{1}{2}$  IS A BATHROOM!) SO A  $3\frac{1}{2}$  IS A BACHELOR, A  $4\frac{1}{2}$  WILL FIT 2 PEOPLE, A  $5\frac{1}{2}$  3, AND SO ON.






CALL THE LANDLORD AND SCHEDULE AN APPOINTMENT TO SEE THE PLACE! **BUT...**

## ASK QUESTIONS!

- ↳ HOW MUCH IS HYDRO?
- ↳ IS IT WARM IN WINTER?
- ↳ HOW'S THE WATER PRESSURE?
- ↳ IS THERE A GAS BILL?
- ↳ WASHER/DRYER? IF NO, WHERE IS THE NEAREST LAUNDROMAT?

AND AFTER YOU'RE DONE ASKING QUESTIONS, LOOK FOR OTHER DEALBREAKERS LIKE

- mold 
- mouse poops 
- inaccessible areas 
- allergy triggers
- etc



ALSO! IF YOUR LANDLORD TRIES TO DO SOMETHING SHADY LIKE ASKING FOR A DAMAGE DEPOSIT, LET THEM KNOW THAT IS

ILLEGAL IN THE

DON'T BE AFRAID TO SAY NO!

PROVINCE OF

QUÉBEC 

WHEN YOU'RE READY TO SIGN THE LEASE, YOU MIGHT HAVE TO BUY IT YOURSELF AT ANY DEP OR PHARMACY. QUÉBEC USES A STANDARDIZED LEASE THAT YOUR LANDLORD WILL FILL OUT WITH YOU!



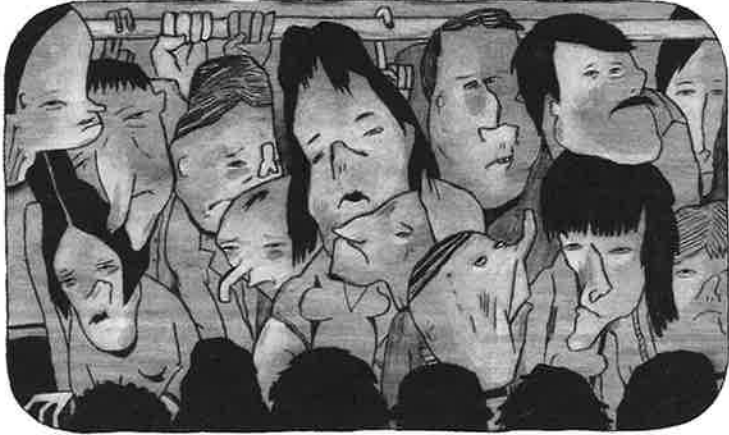
MAKE SURE YOU KEEP YOUR COPY! IT COMES IN HANDY

FOR LEGAL STUFF, THE REGIE DU LOGEMENT IS WHERE YOU CAN FIND MORE ANSWERS TO QUESTIONS!

ENJOY YOUR APARTMENT!



## Know Your Rights! Gentrify this! Zine



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[This is an excerpt from the pamphlet *Gentrify This!*, an analysis of current processes of gentrification in Montréal. -Ed.]

Knowing your rights as a tenant is an important first step in resisting gentrification. Like any other set of laws, of course, Québec's housing legislation is deeply tied in with systems of power and privilege that generally benefit the wealthy over the poor. Still, knowing what your landlord can and cannot legally get away with can go a long way toward keeping rents down in your neighbourhood and getting much-needed repairs done. Most importantly, being well-informed as to the proper legal relationship between landlord and tenant will prevent you from being manipulated and keep the lines of conflict clear—your landlord is not your friend, and generally shouldn't be trusted or relied upon. Here are just a few things all student-tenants interested in fighting gentrification should know:

You have the right to refuse a rent increase.

If you have signed a twelve-month lease, as most tenants have, your lease likely renews automatically every July 1<sup>st</sup>. If the landlord wishes to increase the rent, they must inform you, in writing, at least three months in advance of this date. You have a month in which to respond. Your landlord may very well try to negotiate in person, but never sign anything on the spot! Further, 'Section G' of your lease should indicate the rent of the previous tenant. If your rent is



higher than the amount indicated, you have 10 days after signing the lease to apply to the Régie du logement for a 'rent fixation' hearing. If your landlord has not filled out section G, or you discover the previous tenants' rent was actually lower than indicated, you have two months to apply for the same hearing. When you move out of an apartment, it's important to make sure you leave a copy of your old lease for the new tenant, because landlords will often try to take advantage of this situation to greatly increase the rent.

If you decide to move, transfer your lease directly to the new tenant.

Transferring your lease instead of terminating it means that the new tenant assumes the rights and responsibilities for the apartment in question and the terms of the lease—including the rent—remain the same (subject to the minor increases permitted by law for tax increases, repairs, etc.). This is one of the most effective tools for keeping the rent down.

Keep up the pressure to get repairs done. If you do them yourself, charge the landlord!

The landlord is legally responsible for all repairs to your apartment, be it urgent repairs (such as frozen pipes or mold problems) or major renovations. Let your landlord know of needed repairs as soon as possible, either by registered mail or by telephone with a witness present. In the case of urgent repairs, give the landlord 48 hours to do the repairs. If they don't respond in this time, you can do them yourself and deduct the amount from your monthly rent (keep your receipts to prove your expenses!).

Be careful here, though: what you consider urgent and what the law considers urgent might be different things. If you haven't paid your full rent and the Régie du logement rules against you, you could be evicted. If there's any doubt, contact your local housing committee (see below) before proceeding.

These items are just the tip of the iceberg that is the tenants' rights movement. The best strategy is to make sure you're accompanied through the process by someone from your local housing committee or from a housing service at your university.

For more information, consult :

~'Tools for Defending Rights' - Regroupement des comités logements et associations locataires du Québec (RCLALQ): [www.rclalq.qc.ca](http://www.rclalq.qc.ca)

~Off-Campus Housing and Job Bank of the Concordia Student Union: [hojo.csu.qc.ca](http://hojo.csu.qc.ca)

~The Régie du logement du Québec: [www.rdl.gouv.qc.ca](http://www.rdl.gouv.qc.ca)

~Housing Committees and Tenants' Associations

## Dealing with the Police COBP\*

We have to rely on ourselves to know our rights and ensure that they are respected. The police systematically abuse their power, particularly when confronting marginalized individuals: the poor, racialized people, youth, and anyone questioning authority. The information below is based on Canadian laws as well as on rules and regulations applying to police forces in Québec.

### Identifying Yourself

Your identity is your own. You are under no obligation to identify yourself to a police officer except in the following cases:

~if you are under arrest;

~if you are driving a motor vehicle, you must show your driver's licence as well as the vehicle's registration—remember: passengers do not have to identify themselves;

~if you are found at night in a public place (park, street, etc.). According to some municipal by-laws, people who refuse to identify themselves can be charged with vagrancy;

~if you take the metro and use a reduced rate pass: in this case, police and metro security may only ask you for your "Privilege" card to ensure that you have the right to the reduced rate.

Other than these exceptions, you are never obliged to speak to the police. If cops call out to you, you can pretend you haven't heard them and peacefully continue on your way. If they insist and ask you to identify yourself or to come with them, ask them: "Am I under arrest?" If you are not, you must firmly but calmly tell them that you don't have to and/or will not identify yourself and/or follow them.

The police have to identify themselves. According to their own code of conduct, the police are required to identify themselves and/or wear badges with their names and ID numbers on them.

[It is important to remember that these are legally true, but in practice, the police often flagrantly disobey these laws and will make things harder for people who are asking them to follow the rules. At the end of the day, you are the best placed to decide what is safe for you to do in your interactions with the police. -Ed].

### Demonstrations

Depending on the type of demo or action, it might be a good idea not to speak about it on the phone or any place where you might be overheard.

### Protecting your identity

The identification division of the Montréal Police “accompanies” demos, rallies, etc., with the sole purpose of identifying demonstrators, activists, organisers, and speakers. You can choose to wear a mask or a disguise in order to protect your identity. Wearing a mask will attract the attention of police, especially of undercover cops, as well as of the media. Being masked or disguised “with the intent to commit a crime” is a specific criminal offence. A disguise might also frighten some demonstrators.

### What to bring:

**Pen and paper:** These are handy to take detailed notes of any incident that might occur during the event. For example, if there are arrests, you may want to jot down the names of the people arrested, their phone numbers, friends to contact, details of the arrest, actions of the police, identification numbers of the police cars, descriptions of the police, and, if possible, their names and badge numbers as well as the names and phone numbers of anyone who witnessed the arrests.

**Cameras:** You can photograph the license plates of all undercover cop cars, take pictures of the police, those who might be police and suspected provocateurs, and photograph any incident (arrests, police brutality, etc.).  
**Tape recorder:** A tape recording of a cop’s remarks and statements is a valuable addition to photos and videotapes.

### What not to bring:

Leave your address book or any other documents that may contain sensitive information at home. Don’t bring any illegal drugs or anything that cops might consider to be a weapon. Choose beforehand which ID you’ll bring, and leave the rest at home.

### Undercover cops

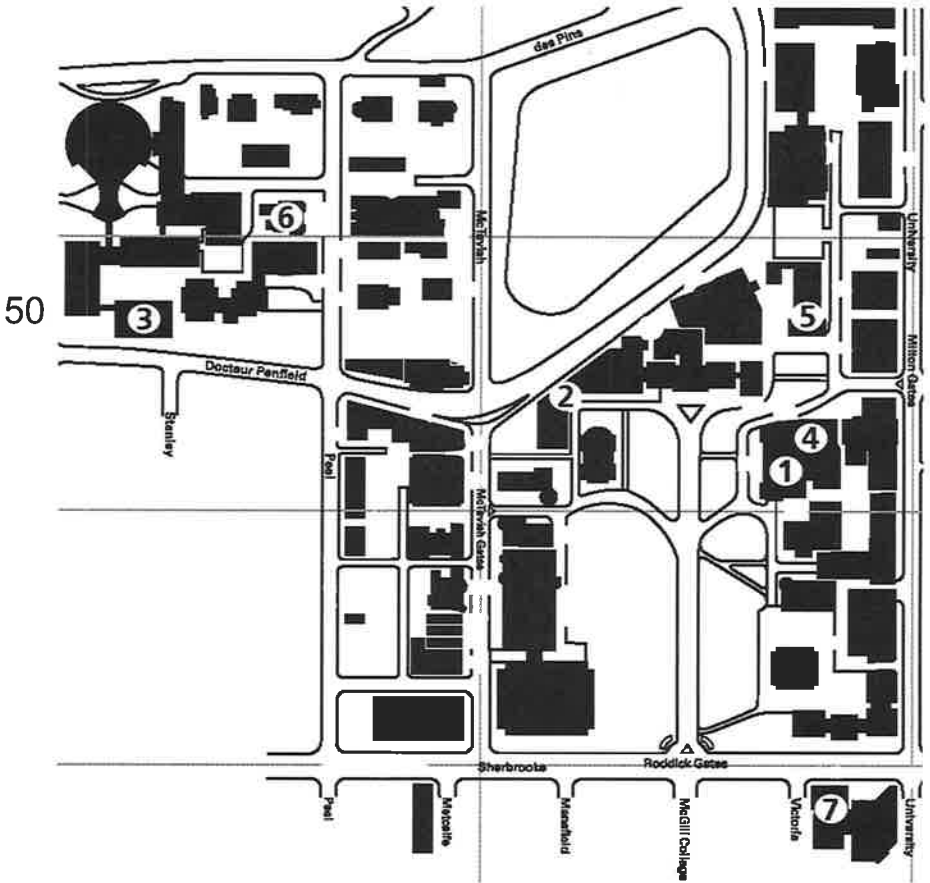
Don’t expose an undercover cop on your own, since you might then be accused of “obstruction.” Discreetly and calmly spread the word to people you know. Then you may collectively decide to circle the cop while chanting, pointing fingers, and jumping. Usually, the undercover cop won’t stick around. Never forget that the person beside you may be an undercover, so watch what you say.

### Voluntary dispersing

The end of the demo is always your most vulnerable time. Always leave in groups, because if people have been targeted for arrest, this is generally the time police are able to easily proceed with those arrests.

## Map of Military Research at McGill Demilitarize McGill

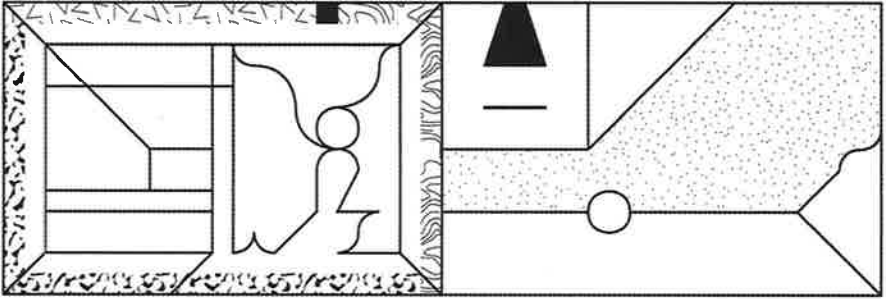
Students and others are organizing to interrupt the University's history of complicity in colonization and imperialist warfare by ending military collaboration at McGill. We oppose research, recruitment, and other activity for military purposes because they are local manifestations of imperialism and settler colonialism.



For more information or to get involved:  
[www.demilitarizemcgill.com](http://www.demilitarizemcgill.com) | [demilitarizemcgill@riseup.net](mailto:demilitarizemcgill@riseup.net)

1. Shockwave Physics Group (SWPG), Macdonald Engineering Building: McGill's longest running military research lab, the SWPG, has worked closely with Canadian military researchers, and occasionally with the US military, on topics related to thermobaric explosives, an improved version of fuel air explosives that the US military first used in Afghanistan in 2003. Thermobaric bombs kill their targets with an explosion that sucks all the oxygen from the immediate area, suffocating anyone who survives a primary blast. Scientific reports for the US military have cited SWPG research as useful for the development of more lethal thermobaric weapons. Their research also has applications in developing missiles capable of flying at hypersonic speeds, and in ballistics armour.
2. Centre for International Peace and Security Studies (CIPSS), Leacock Building: Funded in part by the Dept. of National Defence in an effort to build stronger a relationship with Canadian academics.
3. Department of Psychology, Stewart Biology Building: In 2012 Prof. Don Taylor received funding from the Canadian military to investigate young Somali Canadians and their 'propensity to support terrorism'. He did not inform study participants of the funding or intent of the research.
4. Centre for Intelligent Machines (CIM), McConnell Engineering Building: Research for military and law-enforcement purposes is ongoing at the CIM in areas including automated surveillance and artificial perception.
5. Office of the Vice-Principal, Research, James Administration Building: A three-day 1988 occupation of the VP research's office resulted in minimal ethical standards instituted for military-funded research. These regulations were removed in 2009.
6. Institute of Air and Space Law, Faculty of Law, 3690 Peel St.: The US Air Force sends students to study Space Law at the IASL. Graduates often then work for different military organizations.
7. Computational Fluid Dynamics (CFD) Lab/Newmerical Technologies Int., 688 Sherbrooke St.: The CFD lab uses computing to alleviate ice formation on aircraft; Newmerical markets this technology, and has developed solutions specifically for military aircraft, including attack drones. CFD also collaborates with Montréal company CAE, which manufactures flight simulator technology for the Israeli Air Force.
8. Aerospace Mechatronics Lab (AML), McConnell Engineering Building: Prof. Inna Sharf's team's Canadian military-funded work at the AML is focused on making Unmanned Aerial Vehicles (UAVs) more autonomous, to optimize their effectiveness in urban battlespace environments.

Prisons in Canada  
Termite Collective



SHALOP

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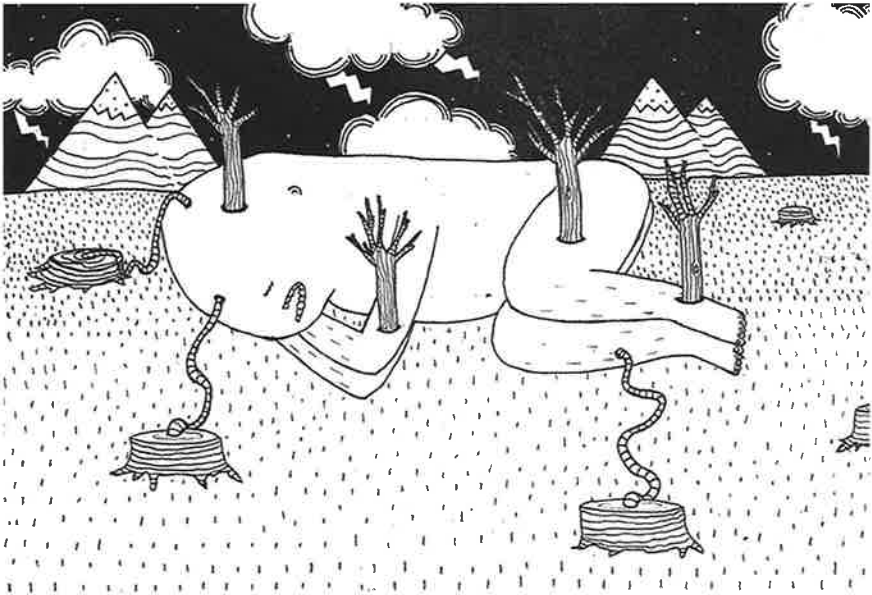
In Laval, a suburb of Montréal, there are three federal prisons and one migrant detention centre. On the island itself, there are three provincial jails. These prisons and jails are sites to repress the imprisoned, whether through the violence of a bureaucracy that delays release dates, the violence of the strip search that people are subjected to after visiting their loved ones, the violence of forced labour, or the violence of the isolation units.

Prisons magnify systems of colonialism, white supremacy, and gender-based oppression on the outside. Nearly 85% of Indigenous people in federal prisons are imprisoned until they have served two thirds of their sentences, the time when most prisoners are entitled to statutory release. This is compared to 69% for non-Indigenous people in prison. Imprisoned Black people are unemployed inside prison at a rate of 7%, while the rate for all prisoners is 1.5%. Generally, Indigenous and Black prisoners face longer sentences, are more likely to land in maximum security prisons, and are more likely to be classified as “dangerous offenders,” making the possibility of being released on parole even harder.

Prisoners with life sentences in Canada actually serve more time on average than prisoners with life sentences in the United States. Lifers generally have a harder time accessing programming on the inside, and new prison policies are making it harder to access family visits, compassionate release passes, and work release programs. Contrary to job descriptions, the role of parole officers isn't to support people on parole in finding jobs, housing, or a solid support system. In fact, their role is to scrutinize those newly-released from

prison to make sure they don't break any of their parole conditions. These conditions leave people vulnerable to punishment at any sign of perceived 'lack of transparency,' such as failure to disclose to a parole officer every single purchase, phone call, or intimate detail of a partner or ex-partner's life. Parole conditions can also include mandatory urinalysis, complete lack of association with anyone who has a criminal record, and mandatory participation in life skills programs. This constant state of surveillance can cause stress, especially since any perceived failure to adhere perfectly to the Correctional Service of Canada's release plan results in an automatic return to prison—for as long as five years.

We live in a time when the Canadian government has built new prisons and prisoner beds in existing facilities. The Conservatives were elected on a tough-on-crime platform and took over Parliament with the rest of the parties toeing the same line. Acts that used to help prisoners get out earlier, receive their pensions, and potentially get a lesser sentence in the first place, have all been repealed or overwritten in the last five years. There are rumours that Canada is looking to implement life without the possibility of parole. It's always been important to fight against prisons and what they represent, and that's still true today.



## Why Should I Become a PenPal to a Queer Prisoner? prisonercorrespondenceproject.com

Prison Abolition: The experiences of those who have been affected by the criminal (in)justice system, along with numerous studies, show us that prisons do not provide justice, or public safety. Prisons are extremely violent and damaging environments that leave people who come out (the vast majority of people in prison will eventually return to their communities) much worse off physically, emotionally, and psychologically than when they came in. Recidivism rates in Canada are estimated at between 50 and 80 percent. Prisons fail to give any kind of healing to victims, or accountability to communities. What we need are community-based responses that keep perpetrators accountable and provide self-determination of victims, while at the same time transforming the conditions that created violence in the first place (it is also worth noting that over 85% of people in prison in Canada are there for nonviolent crimes). Affordable housing, accessible, well-paying and safe jobs, education and healthcare, personal relationships based on equality, not domination—these are the things that keep us safe. Abolition is the idea that prisons cannot be reformed, made more humane, made more environmentally conscious—they just have to go. Check out the Transformative Justice section in this book to learn more about the alternatives to incarceration.

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Why should I become a penpal to a queer prisoner? While it can be intense at times, corresponding with people in prison often leads to enriching, interesting, and engaging relationships. Through these dialogues we (people on the outside) are reminded that people on the inside are just that: people, who deserve to be treated as such, and who are in need of support and human connection. Gender enforcement is very strong in prison, and queer, trans, and gender nonconforming people face disproportionate levels of harassment and violence from other inmates as well as prison guards. Writing to a queer person in prison can make a huge difference in their lives, breaking the isolation of imprisonment, and providing a link to the outside world. People most directly affected by state violence often have the strongest critique of state structures, analysis on how to dismantle them, and ideas on how to build for a healthier future. People who have experienced the intersections of various oppressions—such as incarcerated and formerly incarcerated queer people, many of whom are people of colour and poor—are the people that need to be leading movements for justice. Helping a queer person in prison (as well as every person in prison) survive is a very radical activity.





## Solidarity City Declaration

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For thousands of undocumented immigrants across the country, cities such as Montréal, Toronto and Vancouver are sweatshops. Immigrants and refugees work the most precarious and dangerous jobs. The Canadian economy cannot survive without this super-exploited work force, made particularly vulnerable by their lack of permanent status and the threat of deportation.

In order for their labour to provide this windfall for Canadian capital, non-status migrants are forcibly kept in a state of heightened vulnerability, deprived of access to essential services and

basic social and economic rights. This apartheid system is maintained both through laws and regulations and through fear of discovery and deportation.

Everybody should have access to healthcare, education, social housing, food banks, unemployment benefits and any other social welfare regardless of immigration status. Labour norms and human rights should apply equally to all.

At a time when money and corporations can cross borders more easily than ever, these very borders are taking on an ever more deadly character for billions of people around the world. Solidarity City is the name given to the vision that resists this reality, that aims to transform our communities from sites of racist exploitation to places of mutual aid and support.

In order to bring this vision closer to reality, we are asking community organizations and centres, collectives, trade unions, healthcare providers, educational institutions, food banks, shelters, housing co-ops, and everyone else to commit to providing services equally to all, regardless of immigration status. As one important symbolic step, we ask you to endorse this Solidarity City declaration.

By endorsing this declaration, you are agreeing to publicly support the Status for All campaign, meaning opposition to deportations and detentions as well as supporting regularization for all non-status migrants.

Moreover, if your organization provides services, you agree to:

~never ask for information regarding immigration status;

~treat all information regarding other people's immigration status as strictly confidential, and never share it with government agencies;

~not charge fees based on immigration status;

~implement a policy of non-cooperation with the Canadian Border Services Agency, including barring them from your premises;

~work to make sure that labour and other human rights standards are applied equally to all, without regard to immigration status, in our organizations, workplaces, and communities

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Faced with fear, isolation, precarity and division, we strike back with solidarity, mutual aid, and direct action.

#### SOLIDARITY ACROSS BORDERS

[www.solidarityacrossborders.org](http://www.solidarityacrossborders.org)

(438) 933-7654 - [solidaritesansfrontieres@gmail.com](mailto:solidaritesansfrontieres@gmail.com)

We encourage Montréal-area organizations and groups to discuss and collectively sign this declaration. If your organization would like to endorse this declaration, or if you would like to get involved more directly in the Solidarity City campaign, get in touch!





# THE AGENDA

# RELIGIOUS HOLIDAYS

School Schmool has struggled with how to approach religious dates in the calendar. We recognize that it would be impossible to list all the holidays and dates held dear to all the people in our various communities, but we equally recognize that spirituality and faith traditions are too often left out of our social justice movements, and we seek to change that. Here is our sincere and imperfect attempt. Listed below are important religious dates from major faiths. We encourage you to consult it, as well as one another, when planning and organizing events.

## september 2016

- 1 Ecclesiastical year begins (Orthodox Christian)
- 6-15 Paryushana Parava (Jain)
- 8 Nativity of Mary (Christian)
- 10 Waqf al Arafa- Hajj Day (Islam)
- 11-14 Eid al Adha (Islam)
- 14 The Elevation of the Holy Cross (Eastern Orthodox Christian)
- 22 Equinox
  - Mabon (Wicca/Pagan N. hem)
  - Ostata (Wicca/Pagan S.hem)
- 29 Meskel (Ethiopian Orthodox Christian)

## october 2016

- 1-10 Navaratri (Hindu)
- 2 Muharram (Islam)
- 3-4 Rosh Hashanah (Jewish)
- 11 Dasara (Hindu)
- 12 Ashura (Islam)
  - Yom Kippur (Jewish)
- 17-23 Sukkot (Jewish)
- 18 St. Luke, Apostle & Evangelist (Christian)
- 20 Birth of the Báb (Baha'i)
  - Installation of Scriptures as Guru Granth (Sikh)
- 24 Shemini Atzeret (Jewish)
- 25 Simchat Torah (Jewish)
- 30 Diwali- Deepavali (Hindu, Sikh, Jain)
- 31 New Year (Jain)

## november 2016

- 1 All Saints Day (Christian)
- 2 Birth of Baha'u'llah (Baha'i)
- 14 Birthday of Guru Nanak Dev Sahid (Sikh)
- 15 Nativity Fast begins (Orthodox Christian)
- 24 Guru Tegh Bahadur Martyrdom (Sikh)
- 25 Day of the Covenant (Baha'i)
- 27 Ascension of Abdu'l-Baha (Baha'i)

## december 2016

- 8 Bohdi Day- Rohatsu (Buddhism)
- 12 Mawlid an Nabe (Islám)
  - Feast day- Our Lady of Gaudalup (Catholic Christian)
- 16-25 Posadas Navidenas (Hispanic Christian)
- 14 Mawlid an Nabi (Islam)
- 21 Solstice
  - Yule (Wicca/Pagan N. hem)
  - Litha (Wicca/Pagan S. hem)
  - Yule (Christian)
- 24 Christmas Eve (Christian)
- 25 Christmas (Christian)

## 25-Jan 1 Hanukkah (Jewish)january

## 2017

- 1 Gantan-sai (Shinto)

- 5 Guru Gobind Singh birthday (Sikh)
- 6 Feast of the Epiphany (Orthodox Christian)
- Dia de los Reyes (Christian)
- Nativity of Christ (Armenian Orthodox Christian)
- 7 Feast of the Nativity (Orthodox Christian)
- 12-15 Mahayana New York (Buddhist)
- 13 Maghi (Sikh)
- 15 World Religion Day (Baha'i)
- 19 Timkat (Ethiopian Orthodox Christian)
- 28 Lunar New Year (Confucian, Daoist, Buddhist)

## february 2017

- 1 Vasant Panchami (Hindu)
- 2 Imbolc- LUghnassah (Wicca/Pagan)
- 3 Setseben sai (Shinto)
- 11 Tu BiShvat (Jewish)
- 15 Nirvana Day (Buddhism, Jain, Sikh)
- 25 Maha Shavaratri (Hindu)
- 25- March 1 Intercalary (Baha'i)

## march 2017

- 2 - 20 Nineteen Day Fast (Baha'i)
- 12 Purim (Jewish)
- Hola Mohalla (Sikh)
- 13 Holi (Hindu)
- Hola Mohalla (Sikh)
- 20 Equinox- Ostara (Wicca/Pagan)
- 21 Norooz (Persian/Zoroastrian)
- Naw-Rúz (Baha'i)
- 28 Hindu New Year (Hindu)
- 28- April 5 Ramayana (Hindu)
- 28 Khordad Sal (Zoroastrian)

## april 2017

- 1 Lazarus Saturday (Orthodox Christian)
- 2 Palm Sunday (Orthodox Christian)
- 5 Ramanavami (Hindu)
- 9 Palm Sunday (Christian)

- 10 Mahavir Jayanti (Jain)
- 11 Lord's Evening Meal - Jehovah's Witness Christian
- Hunuman Jayanti (Hindu)
- 14 Baisakhi Vaisakhi (Sikh)
- Good Friday (Christian)
- 11-14 Thervadin New Year (Buddhist)
- 11-18 Pesach - Passover (Jewish)
- 14 Holy Friday (Orthodox Christian)
- 16 Easter (Christian)
- Pascha (Orthodox Christian)
- 21 First Day of Ridvan (Baha'i)
- 23 St. George's Day (Christian)
- Yom HaShoah (Jewish)
- 24 Lailat al Miraj (Islam)
- 29 Ninth Day of Ridvan (Baha'i)
- 30 St. James the Great (Orthodox Christian)

## may 2017

- 1 Beltane - Samhain\* (Wicca/Pagan Northern and Southern hemispheres)
- Yom Ha'Atzamaut (Jewish)
- 2 Twelfth Day of Ridvan (Baha'i)
- 3 Saint Philip & James (Christian)
- 4 National Day of Prayer (USA interfaith)
- 10 Visakha Puja (Buddhist)
- 12 Lailat al Bara'ah (Islam)
- 14 Lag B'Omer (Jewish)
- 23 Declaration of the Bab (Baha'i)
- 25 Ascension of Jesus
- 27 Ramadan begins (Islam)
- 29 Ascension of Baha'u'llah (Baha'i)
- 31-June1 Shavout (Jewish)

## june 2017

- 4 Pentecost (Christian)
- 9 St. Columba of Iona (Celtic Christian)
- 11 Trinity Sunday (Christian)
- 15 Corpus Christi (Catholic Christian)
- Saint Vladimir (Christian)
- 16 Guru Arjan martyrdom (Sikh)

19 New Church Day (Swedenborgian  
Christian)  
21 Solstice

First Nations Day  
Litha (Wicca/Pagan)  
Yule (Wicca/Pagan)

22 Laylat al Qadr (Islam)  
23 Sacred Heart of Jesus (Catholic  
Christian)  
26-28 Eid al Fitr (Islam)  
29 Feast Day of Saints Peter and Paul  
(Christian)

## july 2017

9 Martyrdom of the Bab (Baha'i)  
Asalha Puja Day (Buddhist)  
11 St. Benedict Day (Catholic Christian)  
All Saints (Orthodox Christian)  
13 Ulambana - Obon (Buddhist)  
13-15 Obon (Shinto)  
15 St. Vladimir the Great Day (Orthodox  
Christian)  
25 St. James the Great Day (Christian)

## august 2017

1 Lammas (Christian)  
Lughnassad - Imbolc (Wiccan/Pagan)  
Tish'a B'as (Jewish)  
Fast in Honor of Holy Mother of Jesus  
(Orthodox Christian)  
6 Transfiguration of the Lord (Orthodox  
Christian)  
7 Raksha Bandhan (Hindu)  
15 Assumption of Blessed Virgin Mary -  
(Catholic Christian)  
Dormition of the Theotokos (Orthodox  
Christian)  
Krishna Janmashtami (Hindu)  
26-4 September Paryushana Parva (Jain)  
19 Beheading of St. John the Baptist  
(Christian)  
31 Waqf al Arafa - Hajj Day (Islam)

## september 2017

1 Religious year begins (Orthodox  
Christian)  
1-4 Eid al Adha (Islam)  
8 Nativity of Virgin Mary  
(Christian)  
21-22 Rosh Hashanah (Jewish)  
New Year Hijra (Islam)  
21-29 Navaratri (Hindu)  
22 Equinox  
Mabon (Wiccan/Pagan)  
Ostata (Wiccan/Pagan)  
25 Ganesh Chaturthi (Hindu)  
27 Meskel (Ethiopian Christian)  
29 Michael and All Angels  
(Christian)  
30 Yom Kippur (Jewish)  
Dasara (Hindu)



# beginner's guide to astrology

by yam yam

## zodiac + astrology

\*requires: birth year + sun sign

- 1) using birth year, figure out your zodiac sign (1996: rat 1997: ox 1998: tiger 1999: rabbit etc)
- 2) enter : primal astrology (zodiac sign) (sun sign) into browser e.g. [ primal astrology tiger aries ]
- 3) a random animal will be assigned to you
- 4) take explanations with a grain of salt
- 5) laugh at friends' animals lol

## relationships

\*requires: birthday + birth city

- 1) general/ holistic relationships: [secretlanguageofrelationships.com](http://secretlanguageofrelationships.com)
- 2) more romantic: [astrotheme.com](http://astrotheme.com)  
-click 'calculate your love affinity'

## all about you

\*requires: birthday

[thesecretlanguageofbirthdays.com](http://thesecretlanguageofbirthdays.com)  
personality + numerology  
+ tarot archetype

## birth chart

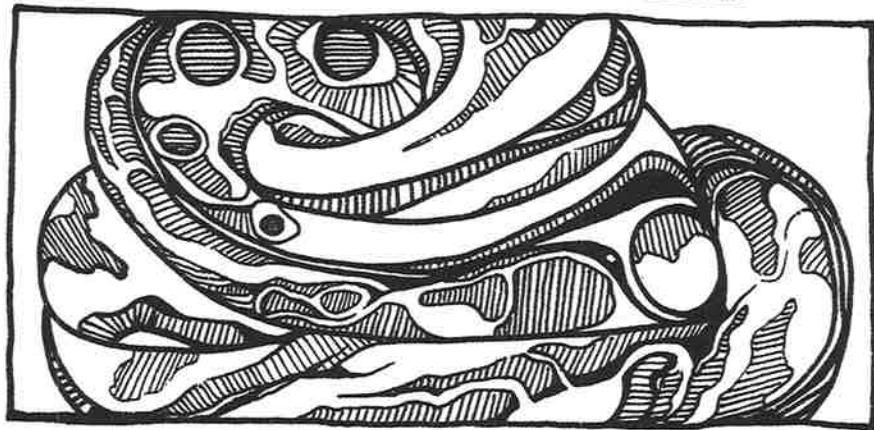
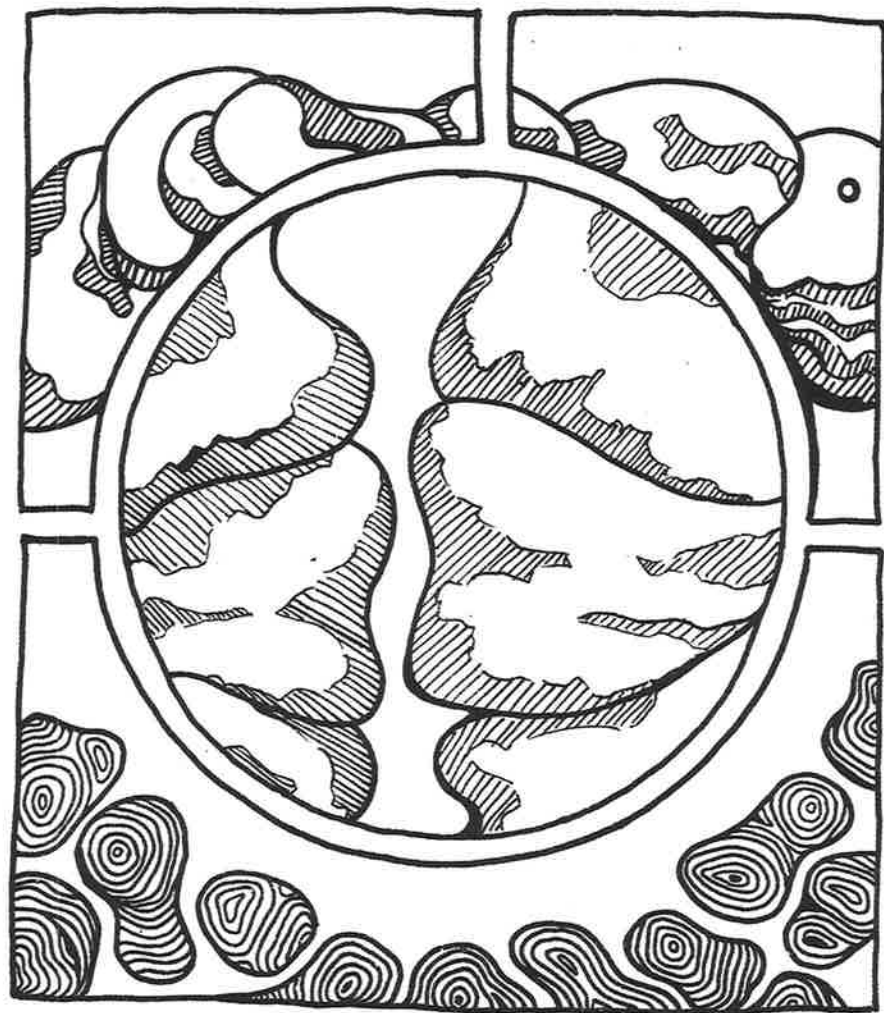
\*requires: birth city + birth day + time (min)

- 1) go to [astro.cafeastrology.com/natal.php](http://astro.cafeastrology.com/natal.php)
- 2) fill in your data (use any random name/gender)
- 3) a daunting but informative chart will appear; save it
- 4) study the explanations below, paying close attention to:  
sun - moon - ascendant/rising (memorize this)  
mercury - venus - mars houses 4-7-10-11  
~for more detailed explanations of what  
houses + planets mean:  
[astrolocherry.com](http://astrolocherry.com)

## daily reads

\*requires: smartphone

"time passages" free app  
offers in depth info



# SEPTEMBER 2016 SEPTEMBRE

SUN DIM	MON LUN	TUE MAR	WED MER	THU JEU	FRI VEN	SAT SAM
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

# september homosscopes



Aries (march 21 - april 19)

The good news is starting this month you'll have many blossoming friendships that will be long-lasting. There might even be a big romance!! The bad news (which isn't that awful) is you're likely to be overwhelmed by other aspects of your life, because you're going to be busy busy busy! You'll be asked to put in more effort than you're used to, but you'll have lots of support from your new connections.

Taurus (april 20 - may 20)

you're likely to be feeling restless lately but do not fear! september brings you new work opportunities and new tasks you'll enjoy :-~) you will have a fulfilling and successful work-/school/financial/creative life and have an insane amount of extra energy for whatever it is you have been wanting to do. Your social life is a bit turbulent right now, so be careful about whom you choose to spend your time with.



Gemini (may 21 - june 20)

gemini...this month it's best to keep things superficial...which is great because that's what you do best ! jokes aside... new friends, new ideas, and experiences will inspire you and give you amazing energy... but refrain from starting any creative projects until september is near it's end! Use this time to brainstorm and plan-act later :-~)

Cancer (june 21 - july 22)

This month, you'll be exhausted by the amount of time you aren't spending at home. The energy you had at the beginning of the year is dying down, but you still have a lot in store for you! Lots of decisions to be made coming your way !! Work on making your living space as pleasant as possible :-~) and it will have a positive effect on your friendships and family life.



Leo (july 23 - aug 22)

Dear leo... some luck may come your way this month! You may find a great project you want to work on, or great people you want to work with! OR you may stumble upon some money! Your love life (or desire for one) is intense right now. You may be tempted to start a relationship the second you meet someone with similar interests, but hold off because someone or something more worthy of your time is coming your way.

Virgo (aug 23 - sept 22)

unfortunately this month is a stressful one, with quite a few obstacles, the good news is overall the outlook for the rest of the year is positive! you are feeling optimistic, innovative, and strong! There will be some confusion concerning your long-term relationships as well as some disagreements with loved ones. You can avoid most of the trouble that comes your way by reminding yourself of your mental and physical strength. Now is a good time to widen your horizons and hang out with new people and try new things.



*by christine gannon*  
*cbgannon@gmail.com*



Libra (sept 23 - oct 22)

Libra...you're especially fun and charming this time of year and are attracting tons of cuties! However, no one is spared from the cruel effects of retrograding mercury! Please do yourself favor think twice before sending texts to potential love interests! You should avoid being excessive and try to establish some type of routine. You'll feel genuine happiness and problems with relationships and money will improve over the next few months.

Scorpio (oct 23 - nov 21)

Now is a good time to use your scorpio powers (strength, transformation, persuasion, insight) to discover what it is you're passionate about. You may not currently have a stable financial situation, but you will have a great deal of support and lucrative opportunities that arise. The end of the month may bring favorable romantic energy. Other than that, your love life is likely to be complicated, so try not to do anything too impulsive!



Sagittarius (nov 22 - dec 21)

You have a ton of initiative and enthusiasm, as well as the support of your peers right now! Whatever clubs or organizations you're in will thrive from your activity, and in turn will give you new friends and new ideas. The first three weeks of this month will also be pretty flirty ;~) for you. This is a good time to analyze and make decisions, and you have a good deal of luck on your side.

Capricorn (dec 22 - jan 19)

This coming year (starting now) is super ideal for working toward your goals! There is a promise of success and progress. It's also a good time to redecorate or make your home cozier. this current retrograde, be extra careful with your tech stuff (phones, computers, etc.) because you're at risk for breaking them! Your love life is mellow and will be stable for the rest of the 2016.



Aquarius (jan 20 - feb 18)

this month is a pretty stable one, and things will develop and progress naturally for you. September is a good time to join a club or group for an interest you are passionate about. You have a great amount of intellectual activity and communicate effectively, so it might be beneficial to reorganize or initiate action. You are emotionally content and will thrive in social and intellectual settings.

Pisces (feb 19 - march 20)

You may have been thinking about some unresolved thing from the past that will get complicated during this current retrograde. You are very influential and will make friends easily, as well as other positive connections. This september you could be presented with several money making opportunities. You sixth sense is as sharp as ever, and you'll have a lot of insight and wisdom others do not have access to.



# september

# septembre

lundi  
*monday*  
29

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mardi  
*tuesday*  
30

68

---

mercredi  
*wednesday*  
31

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jeudi  
*thursday*  
1



# september

# septembre

lundi  
*monday*

5

---

mardi  
*tuesday*

6

70

---

mercredi  
*wednesday*

7

---

jeudi  
*thursday*

8





# september

# septembre

lundi  
*monday*

12

---

mardi  
*tuesday*

13

72

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mercredi  
*wednesday*

14

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jeudi  
*thursday*

15



## Fried Rice

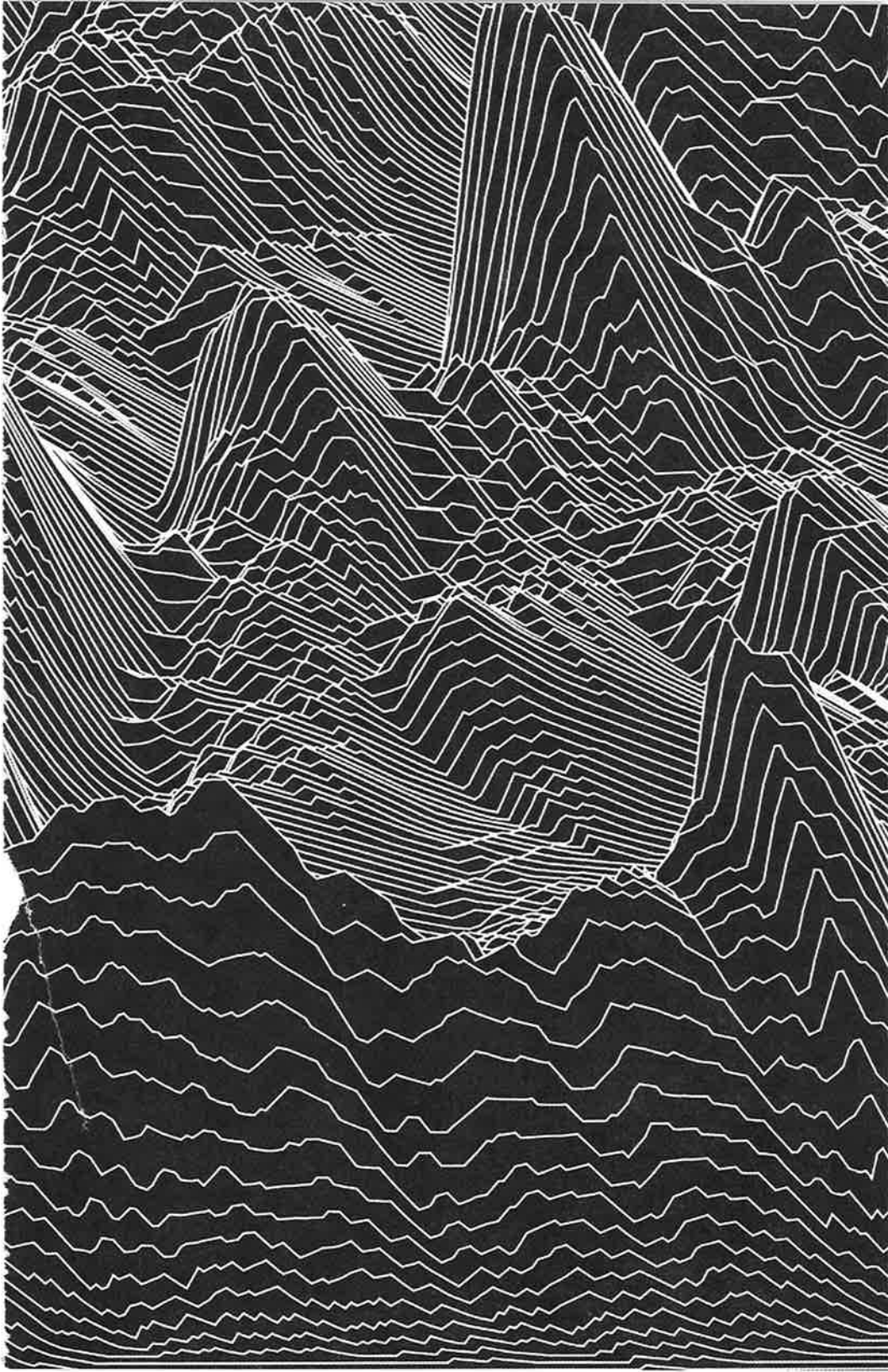
- 4 Tbsp. vegetable oil, divided
- 2 eggs, beaten
- 1 lb. frozen mixed vegetables
- 1 c. meat (raw or cooked), chopped
- 6 c. cold white rice
- 2 tsp. salt
- 1 Tbsp. sesame oil
- ¼ c. soy sauce
- Pinch sugar



74

- ~Heat skillet over medium-high heat and add ½ Tbsp. vegetable oil.
- ~Stir-fry eggs until set; cut up and set aside.
- ~Heat ½ Tbsp. vegetable oil and stir-fry meat (do this even if it is already cooked). Set aside.
- ~Heat remaining 3 Tbsp. vegetable oil.
- ~Stir-fry rice and vegetables until heated through, about 10 minutes depending on cookware and stove.
- ~Season with salt. Add meat and mix well. Stir in sesame oil, soy sauce, and sugar.
- ~Turn off heat; stir in eggs. Yields about 10 cups.

\*For vegetarian fried rice, simply omit the chicken. For vegan, omit chicken and eggs and add tofu if desired.



# september

# septembre

lundi  
*monday*

19

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mardi  
*tuesday*

20

76

---

mercredi  
*wednesday*

21

---

jeudi  
*thursday*

22



# september

# septembre

lundi  
*monday*  
26

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mardi  
*tuesday*  
27

78

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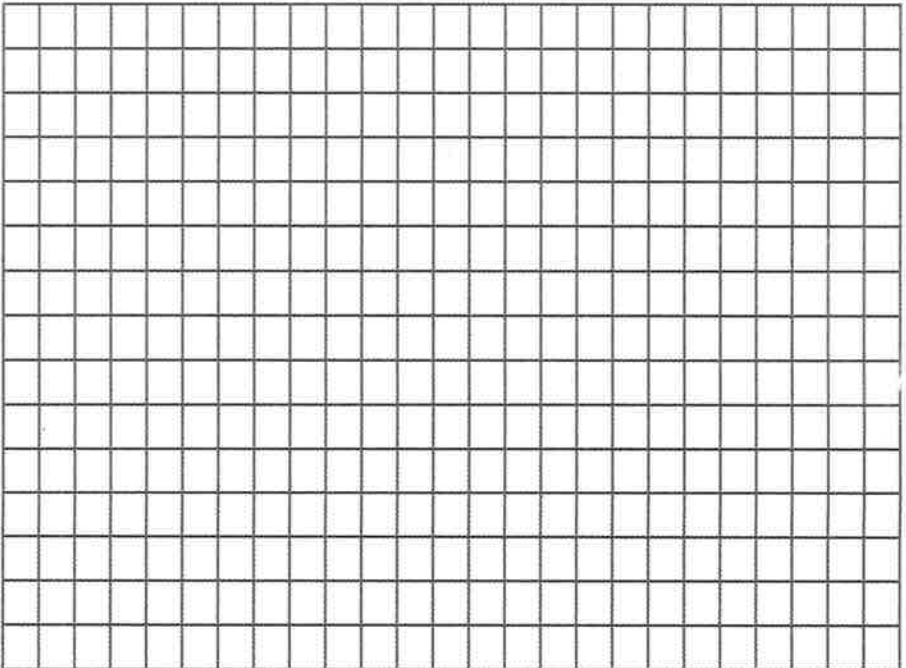
mercredi  
*wednesday*  
28

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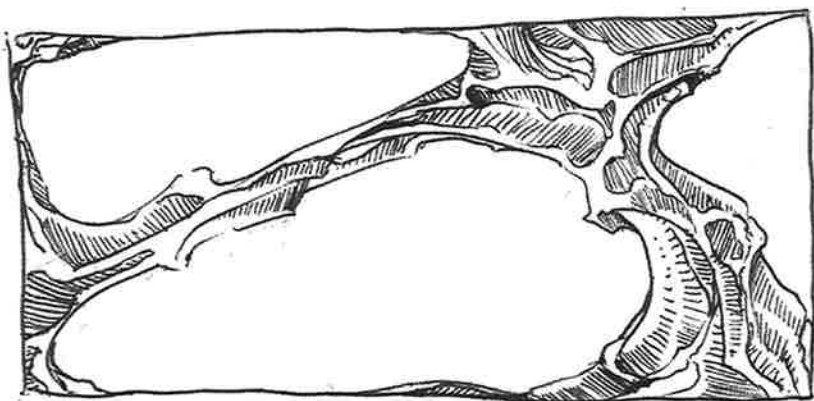
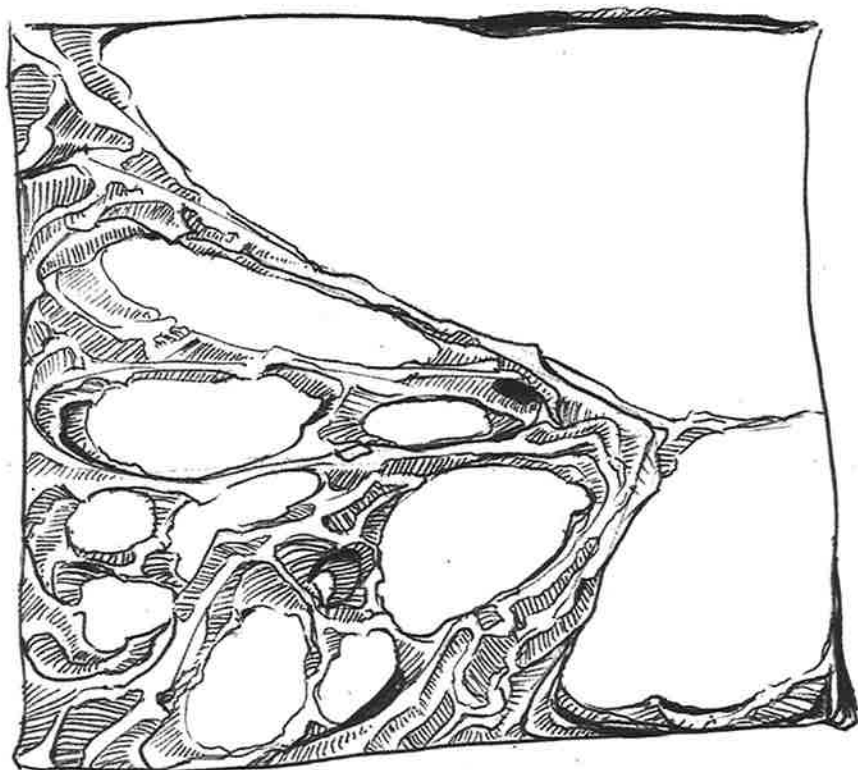
jeudi  
*thursday*  
29











# OCTOBER 2016 OCTOBRE

SUN DIM	MON LUN	TUE MAR	WED MER	THU JEU	FRI VEN	SAT SAM
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

# october

# octobre

lundi  
*monday*

3

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mardi  
*tuesday*

4

84

---

mercredi  
*wednesday*

5

---

jeudi  
*thursday*

6



# october

# octobre

lundi  
*monday*  
10

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mardi  
*tuesday*  
11

86

---

mercredi  
*wednesday*  
12

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jeudi  
*thursday*  
13





## Zucchini Brownies

- 1 c. butter, melted
- 1½ c. sugar
- 1½ c. brown sugar
- 1 Tbsp. vanilla or 2 tsp. maple flavoring
- 4 eggs
- 2-3 c. shredded zucchini, squeezed
- 1½ c. flour
- 1 c. cocoa
- 1 tsp. salt
- 1 tsp. cinnamon

~Preheat oven to 350°. Line 9"x13" pan with foil; spray or rub with oil and set aside.

~In large bowl, stir together melted butter, sugar, and brown sugar until thoroughly combined. Mix in eggs one at a time, stirring in completely before adding the next egg.

88 ~Add vanilla or maple flavoring. Stir in zucchini.

~In a medium bowl, whisk or sift together flour, cocoa, salt, and cinnamon.

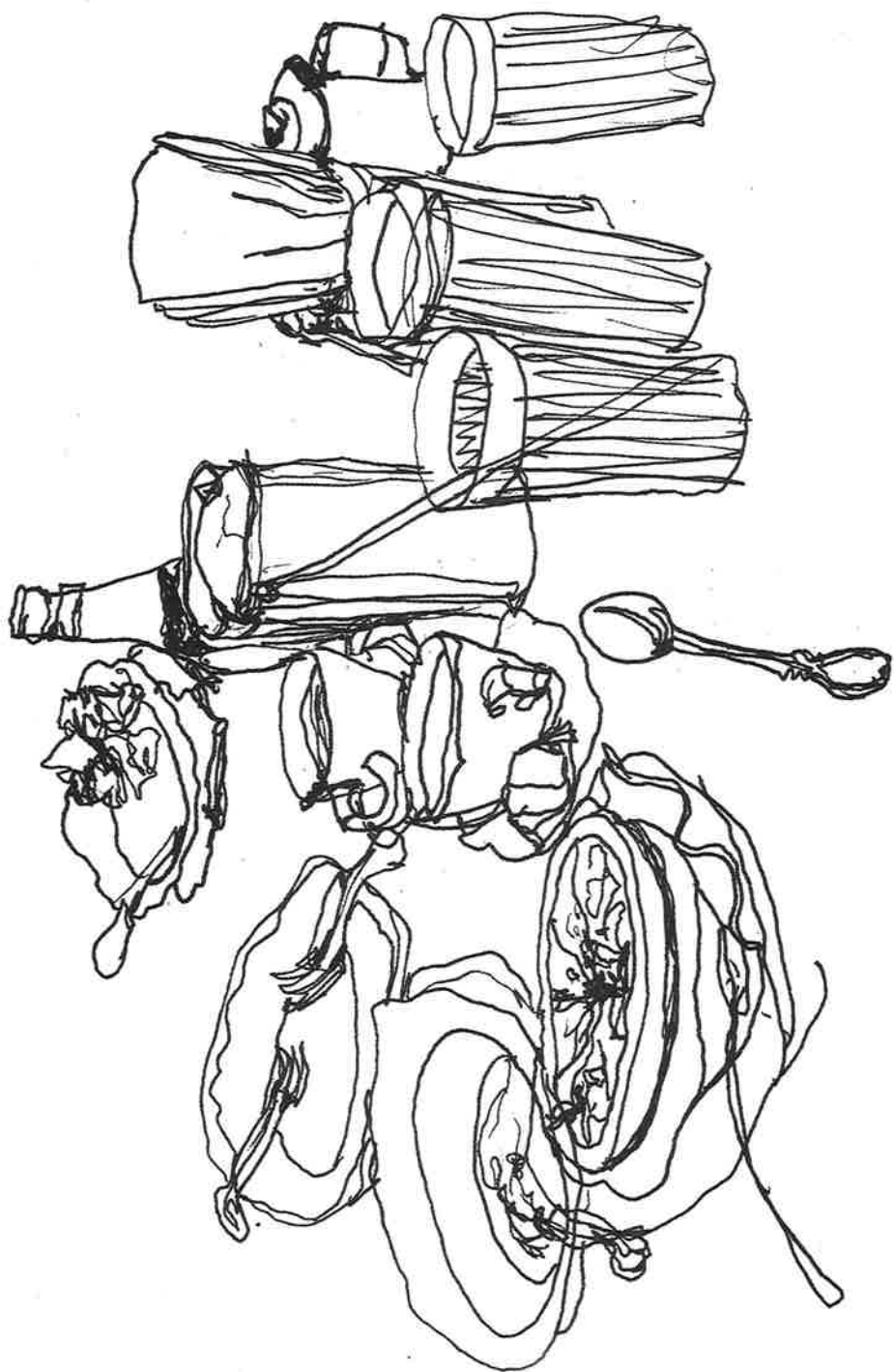
~Gradually add dry ingredients to wet ingredients in three additions, stirring completely each time.

~Spread batter into prepared pan.

~Bake 35-40 minutes or until toothpick comes out clean.

~Transfer to wire rack to cool. Use foil to lift brownies out of pan.





# october

# octobre

lundi  
*monday*  
17

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mardi  
*tuesday*  
18

90

---

mercredi  
*wednesday*  
19

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jeudi  
*thursday*  
20



# october

# octobre

lundi  
*monday*

24

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mardi  
*tuesday*

25

92

---

mercredi  
*wednesday*

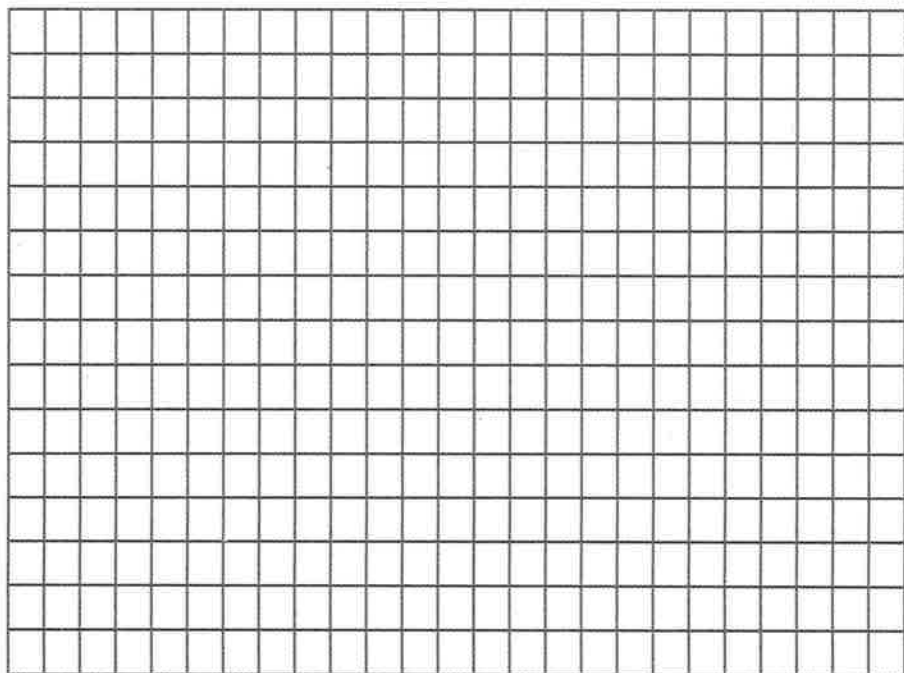
26

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jeudi  
*thursday*

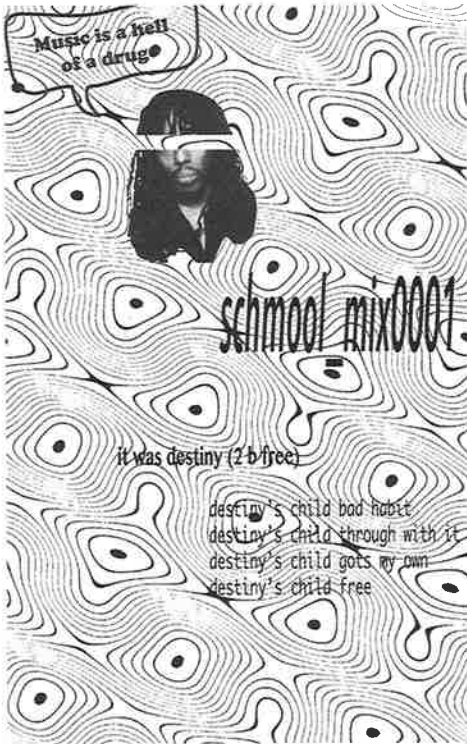
27







Music is a hell of a drug



schmool mix0001

it was destiny (2 b free)

destiny's child bad habit  
 destiny's child through with it  
 destiny's child gets my own  
 destiny's child free

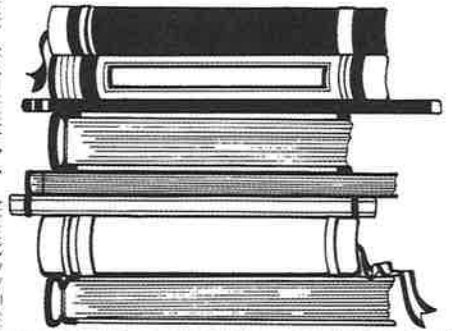
## BOOK RECS CORNER

dionne brand - what we long for

kiese laymon - how to slowly kill yourself and others in america, long division

nalo hopkinson - brown girl in the ring

ta-nehisi coates - between the world and me



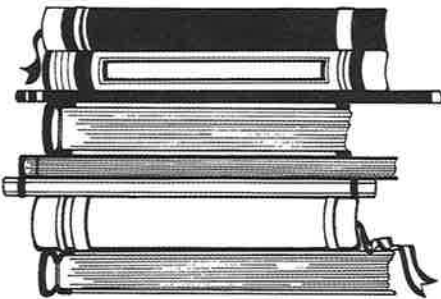
## BOOK RECS CORNER

gloria naylor - mama day, bailey's cafe, the women of brewster place

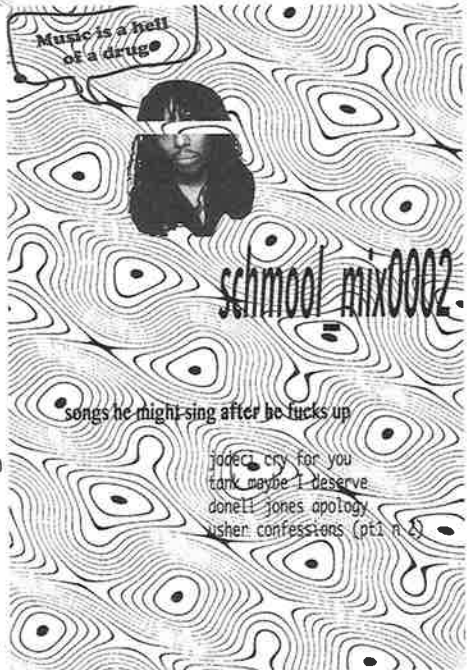
octavia butler - patternist series (patternmaster)

nnedi okorafor - lagoon

juno diaz - the brief and wondrous life of oscar wao



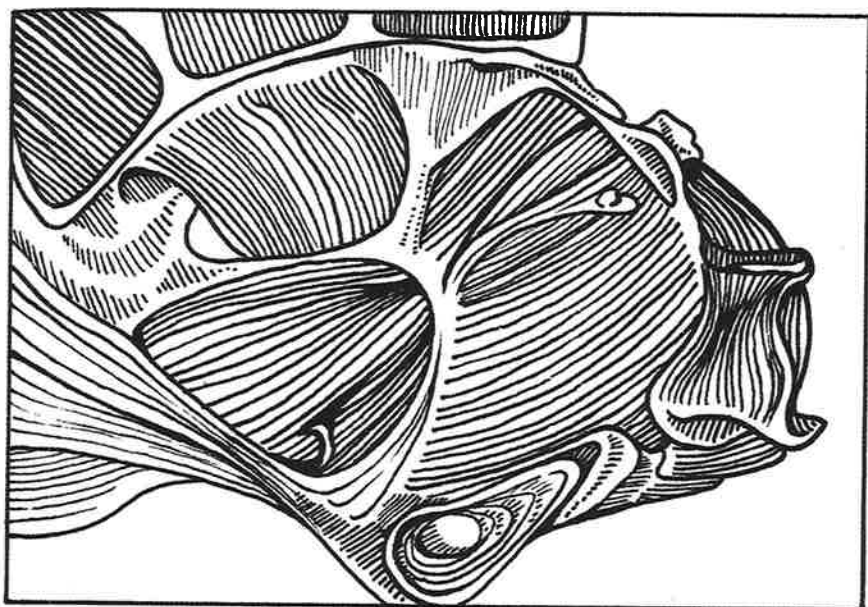
Music is a hell of a drug



schmool mix0002

songs he might sing after he fucks up

jaded - cry for you  
 tank maybe i deserve  
 donell jones apology  
 usher confessions (pt 1 & 2)



# NOVEMBER 2016 NOVEMBRE

SUN DIM	MON LUN	TUE MAR	WED MER	THU JEU	FRI VEN	SAT SAM
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

# november

# novembre

lundi  
*monday*

31

---

mardi  
*tuesday*

1

98

---

mercredi  
*wednesday*

2

---

jeudi  
*thursday*

3



# november

# novembre

lundi  
*monday*

7

---

mardi  
*tuesday*

8

100

---

mercredi  
*wednesday*

9

---

jeudi  
*thursday*

10



# november

# novembre

lundi  
*monday*

14

---

mardi  
*tuesday*

15

102

---

mercredi  
*wednesday*

16

---

jeudi  
*thursday*

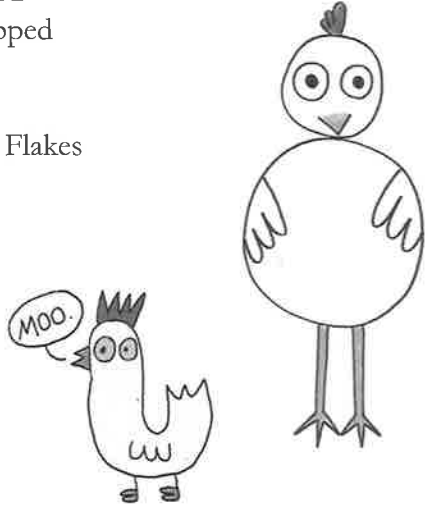
17





## Cheap Creamy Chicken Curry

2tablespoons Canola or Vegetable Oil  
2Fresh Garlic Cloves, Finely Minced  
1Large Yellow Onion, Finely Chopped  
2 1/2teaspoons Curry Powder  
2teaspoons Ground Cumin  
1/4teaspoon Crushed Red Pepper Flakes  
1teaspoon Ground Tumeric  
1pound Boneless Chicken Breasts  
(Cut into 1" Bite Size Pieces)  
1 1/2teaspoons Tomato Paste  
1cup Coconut Milk  
2teaspoons Kosher Salt  
1cup Hot Water (optional)



104

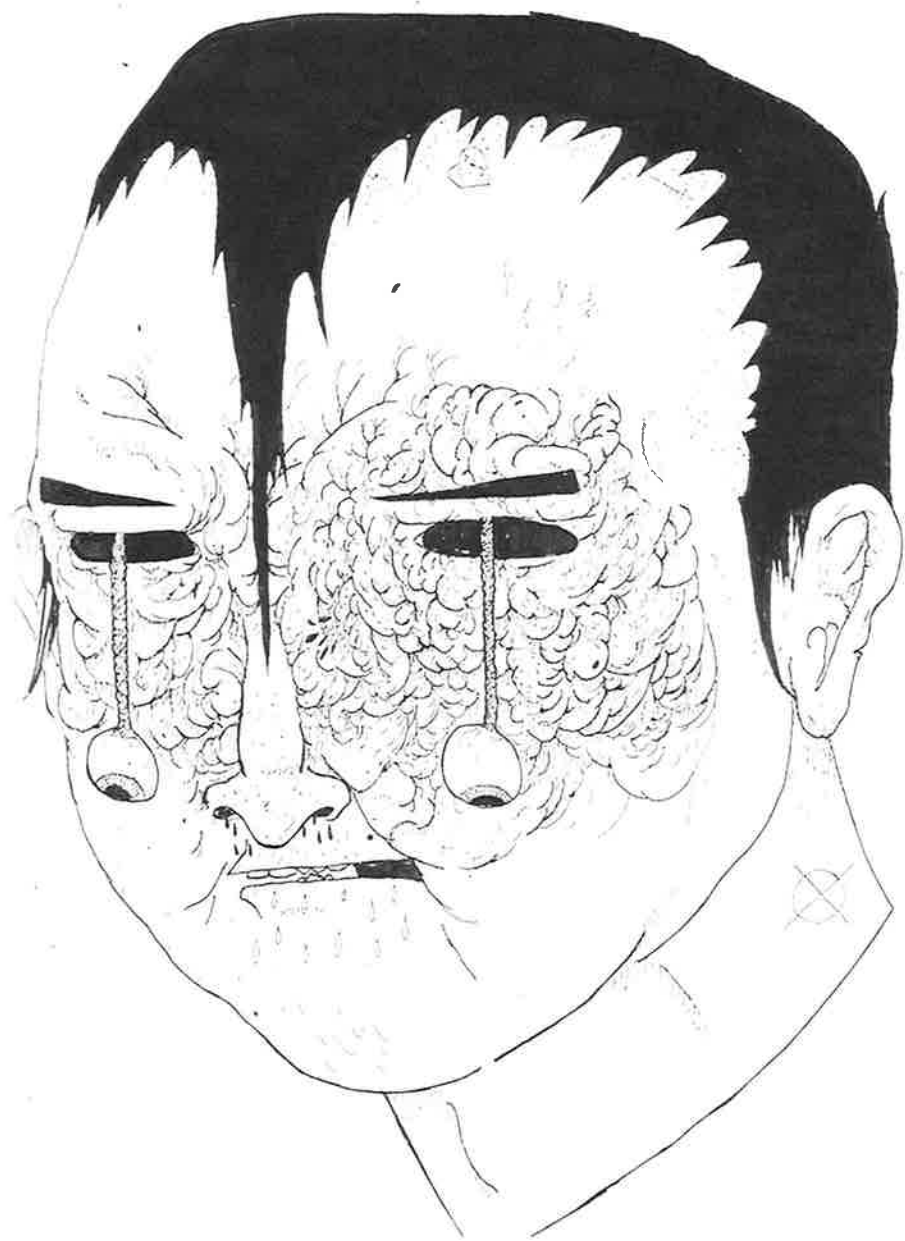
~In a wok, heat oil over medium-high heat. Add onions, cook for 6-8 minutes or until transparent. Add garlic and cook for 1-2 more minutes.

~Stir in cumin, tumeric, 1 teaspoon curry powder, red pepper flakes and 1 teaspoon salt- cook for 1 minute. Add tomato paste. Mix to combine.

~In ziploc bag, toss chicken pieces in remaining curry powder, season with salt and pepper. Add to wok, and cook for about 5-6 minutes until outside is golden brown.

~Pour coconut milk into the wok-if coconut milk has separated from the fat, pour the liquid in and add a tablespoon or so of fat until you have the creamy consistency that you desire. Simmer, uncovered, stirring occasionally for 7 minutes or until the chicken is cooked through. Add hot water if there is not enough liquid, because it has cooked down.

~Serve hot with white rice if desired. Sprinkle with cilantro and a squeeze of lime if desired.



# november

# novembre

lundi  
*monday*

21

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mardi  
*tuesday*

22

106

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mercredi  
*wednesday*

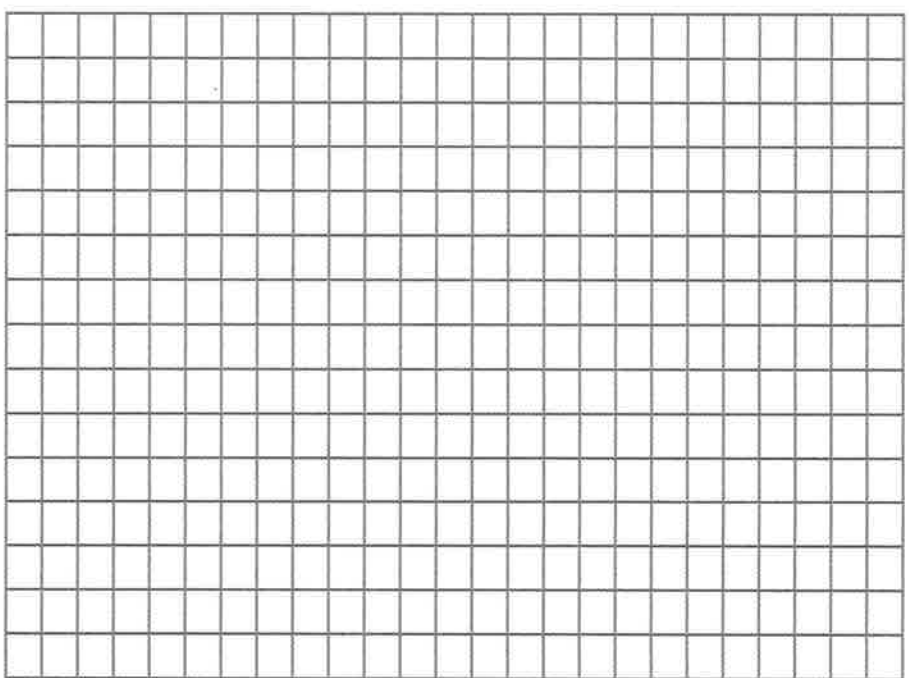
23

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jeudi  
*thursday*

24











# DECEMBER 2016 DÉCEMBRE

SUN DIM	MON LUN	TUE MAR	WED MER	THU JEU	FRI VEN	SAT SAM
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

# december

# decembre

lundi  
*monday*  
28

---

mardi  
*tuesday*  
29

112

---

mercredi  
*wednesday*  
30

---

jeudi  
*thursday*  
1



# december decembre

lundi  
*monday*

5

---

mardi  
*tuesday*

6

114

---

mercredi  
*wednesday*

7

---

jeudi  
*thursday*

8



# december

# decembre

lundi  
*monday*

12

---

mardi  
*tuesday*

13

116

---

mercredi  
*wednesday*

14

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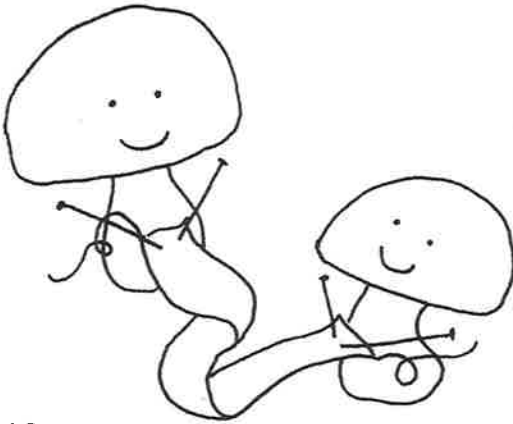
jeudi  
*thursday*

15



## Pork Potstickers

- 1 pound ground pork
- 1 cup shredded green cabbage
- 3 ounces shiitake mushrooms, diced
- 2 cloves garlic, pressed
- 2 green onions, thinly sliced
- 1 tablespoon hoisin
- 1 tablespoon freshly grated ginger
- 2 teaspoons sesame oil
- 1/4 teaspoon white pepper
- 36 won ton wrappers
- 2 tablespoons vegetable oil
- Soy sauce, for serving



118

In a large bowl, combine pork, cabbage, mushrooms, garlic, green onions, hoisin, ginger, sesame oil, and white pepper.

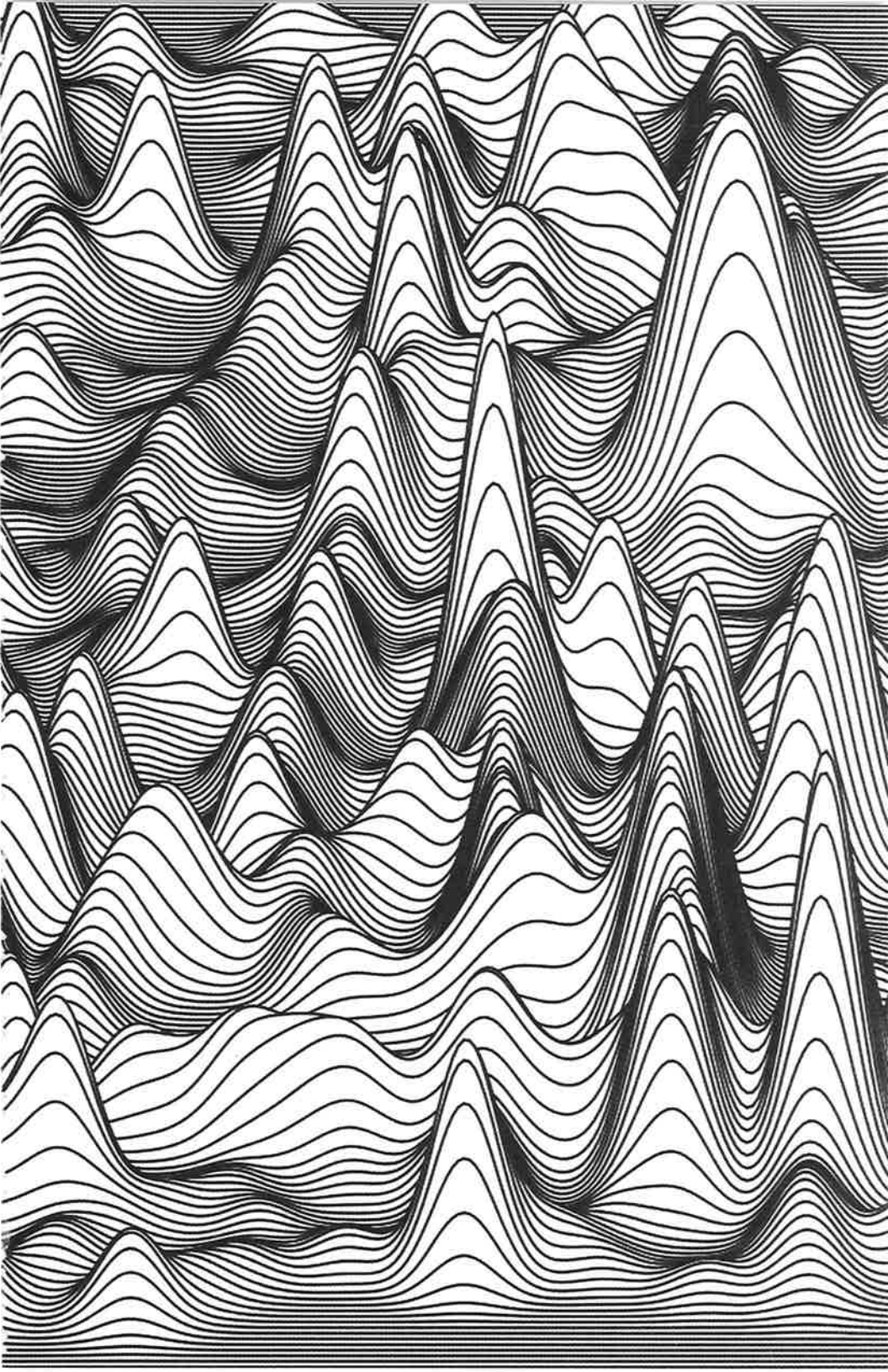
To assemble the dumplings, place wrappers on a work surface. Spoon 1 tablespoon of the pork mixture into the center of each wrapper. Using your finger, rub the edges of the wrappers with water.

Fold the dough over the filling to create a half-moon shape, pinching the edges to seal.

Heat vegetable oil in a large skillet over medium heat. Add potstickers in a single layer and cook until golden and crisp, about 2-3 minutes per side. Add a little water and steam with lid on if necessary.

Serve immediately with vinegar and soy sauce, if desired.





# december

# decembre

lundi  
*monday*  
19

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mardi  
*tuesday*  
20

120

---

mercredi  
*wednesday*  
21

---

jeudi  
*thursday*  
22



# december decembre

lundi  
*monday*

26

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mardi  
*tuesday*

27

122

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mercredi  
*wednesday*

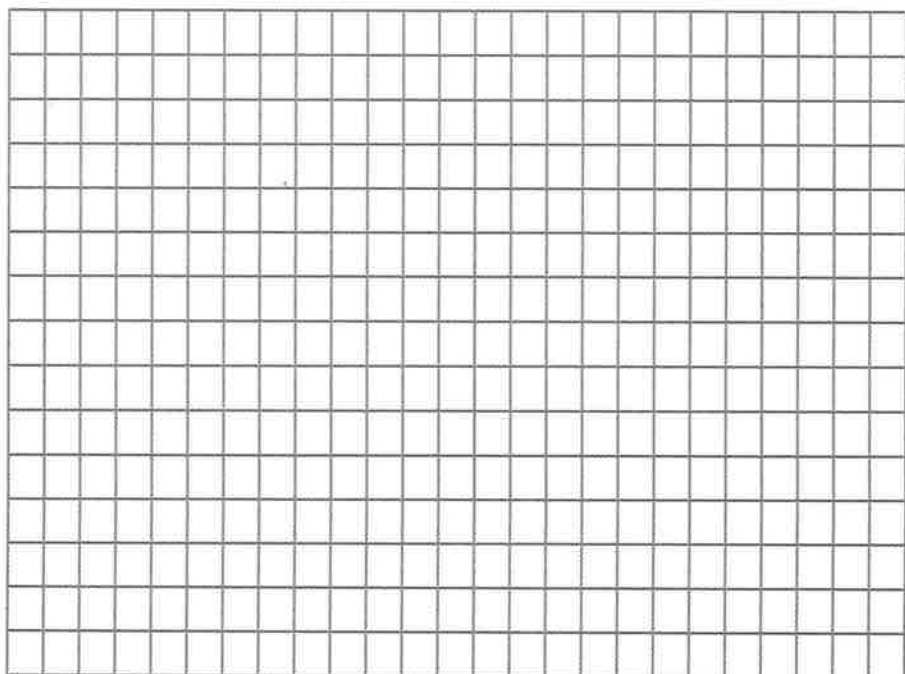
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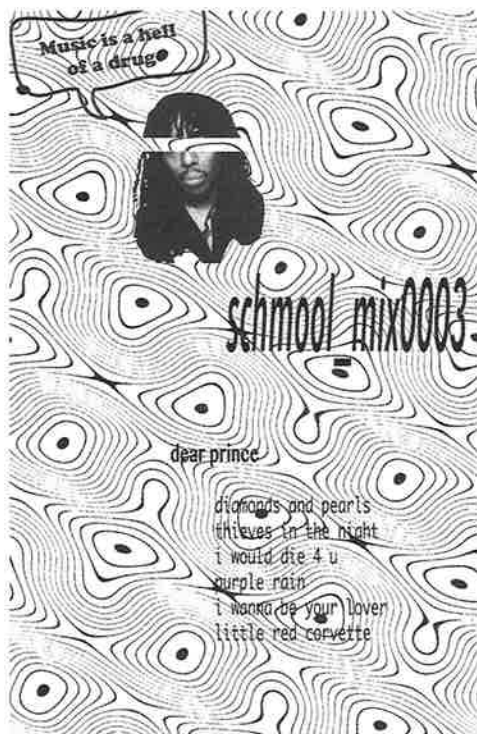
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jeudi  
*thursday*

29







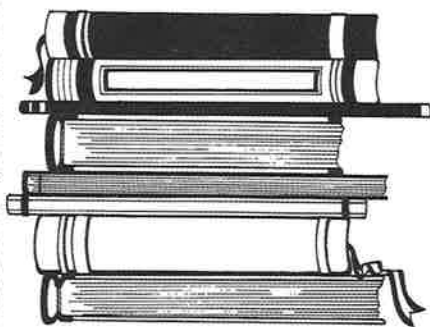
## BOOK RECS CORNER

claudia rankine - citizen an american lyric

li yiyun - gold boy, emerald girl, a thousand years of good prayers

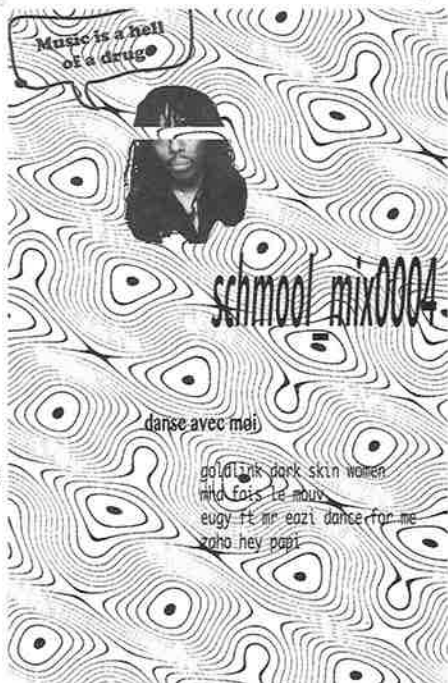
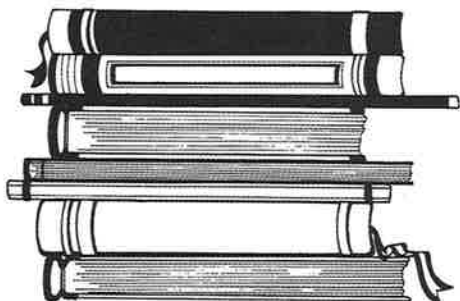
kathleen lebesco - revolting bodies

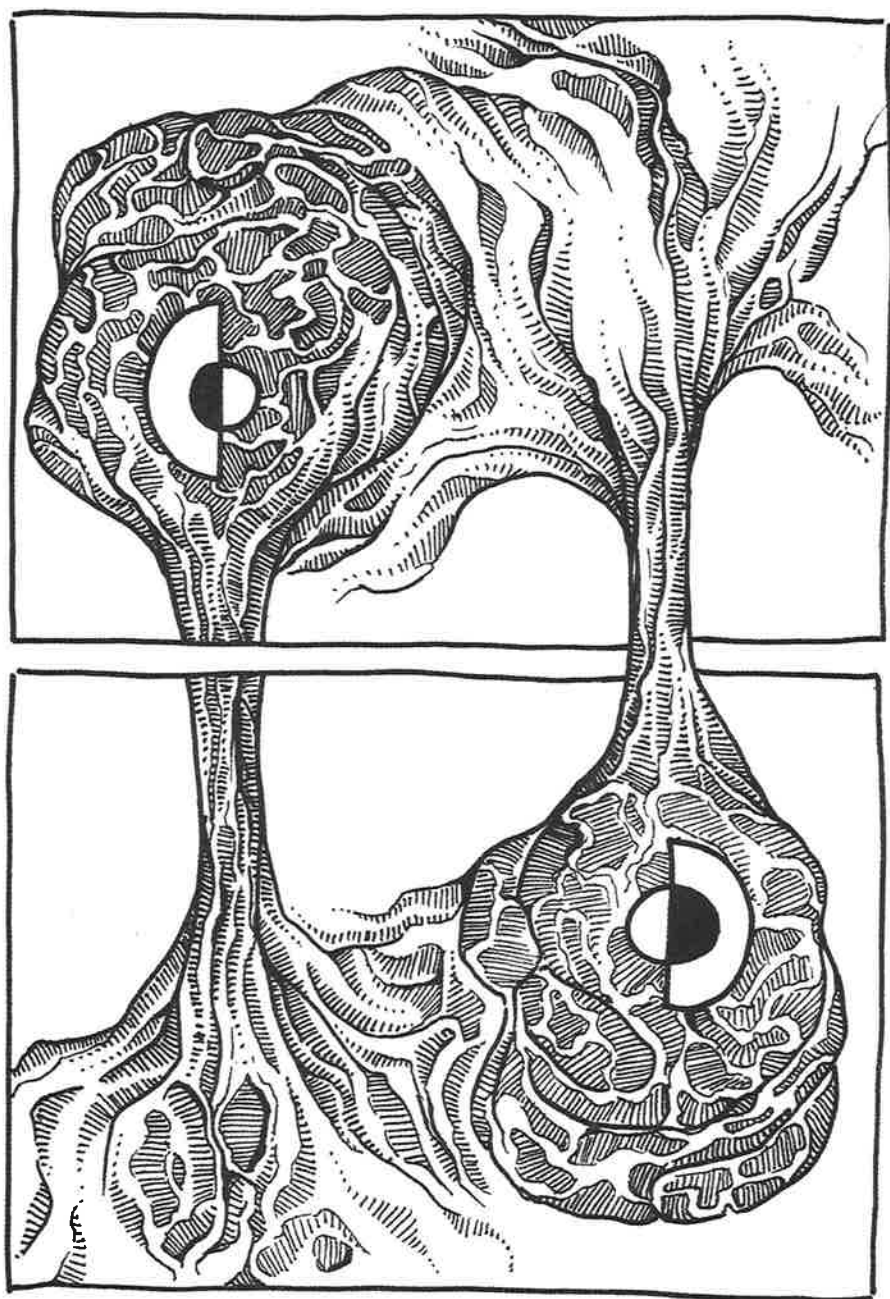
tings chak - undocumented: the architecture of migrant detention



## BOOK RECS CORNER

mia mckenzie - the summer we got free  
 warsan shire - teaching my mother how to give birth  
 sandra cisneros loose woman: poems  
 the anatomy of being - shinji moon







# JANUARY 2017 JANVIER

SUN DIM	MON LUN	TUE MAR	WED MER	THU JEU	FRI VEN	SAT SAM
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# january

# janvier

lundi  
*monday*

2

---

mardi  
*tuesday*

3

---

128

mèrcredi  
*wednesday*

4

---

jeudi  
*thursday*

5



# january

# janvier

lundi  
*monday*

9

---

mardi  
*tuesday*

10

130

---

mercredi  
*wednesday*

11

---

jeudi  
*thursday*

12



## Pesto Spinach Bake

Preheat oven to 350 degrees F

1 small package of pasta (I like penne for this one...)  
Boil that shit in salted water.

In a sauce pan heat up 2 T. of olive oil.  
Once hot, toss in 1 small red onion, halved and sliced.  
Cook and stir until it begins to go translucent.

Add

2-3 cups of chopped spinach  
(rinsed well, spinach is a dirty, dirty plant)  
2-3 roma tomatoes, chopped.  
2 cloved garlic, minced.

132 Cook and stir frequently on med-high for ten minutes.  
Add a small jar of pesto (if you're feeling motivated, you can make your own pesto with pine nuts, fresh basil leaves, olive oil and a little salt in a blender).  
Put your boiled pasta into a greased baking dish.  
Mix in the veg and pesto and toss.  
Top with some grated mozzarella if you wish.

Bake it for 30 min or so  
and serve with salad  
and crusty bread.



Kara  
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# january

## janvier

lundi  
*monday*

16

---

mardi  
*tuesday*

17

134

---

mercredi  
*wednesday*

18

---

jeudi  
*thursday*

19





# january

# janvier

lundi  
*monday*

23

---

mardi  
*tuesday*

24

136

---

mercredi  
*wednesday*

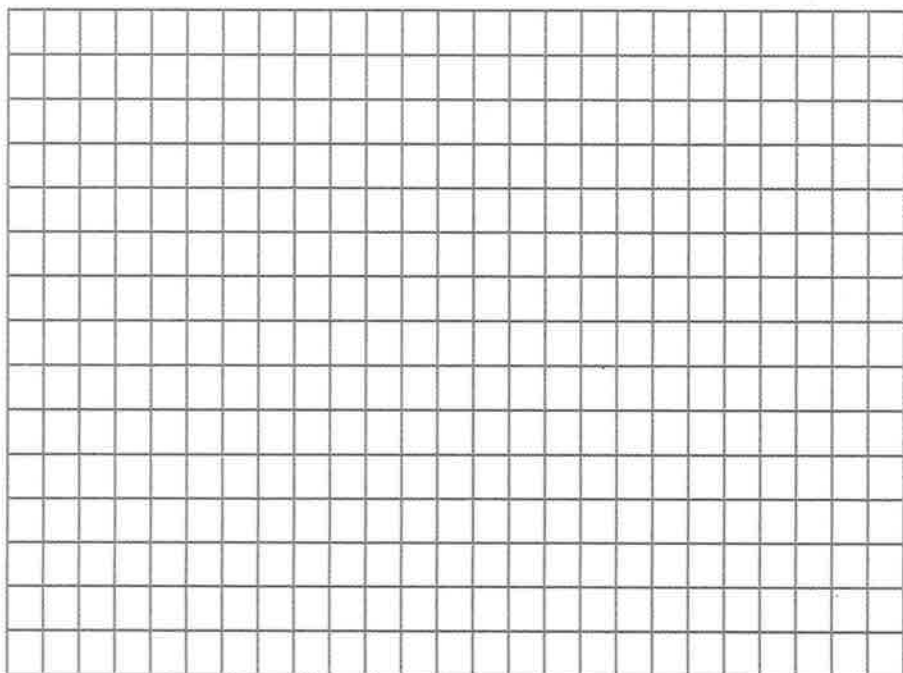
25

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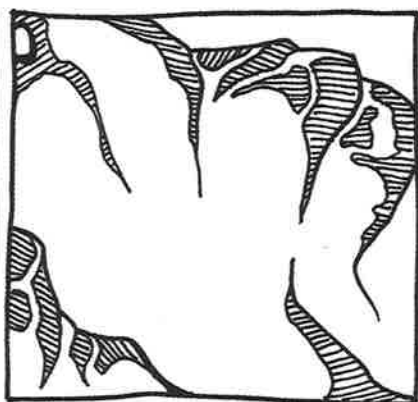
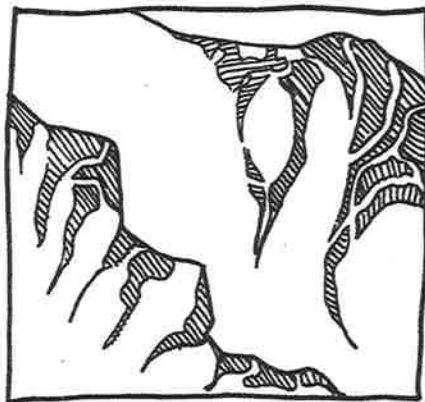
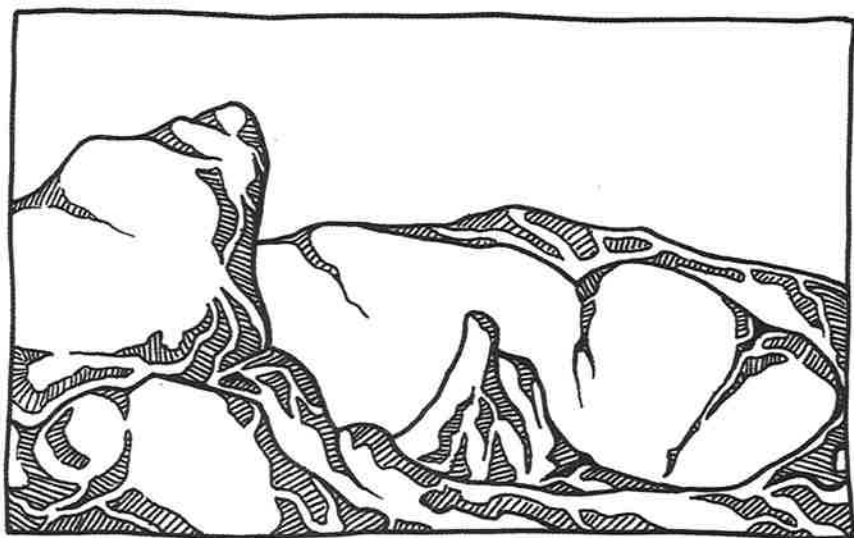
jeudi  
*thursday*

26









# FEBRUARY 2017 FÉVRIER

SUN DIM	MON LUN	TUE MAR	WED MER	THU JEU	FRI VEN	SAT SAM
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

# february

## fevrier

lundi  
*monday*

30

---

mardi  
*tuesday*

31

142

---

mercredi  
*wednesday*

1

---

jeudi  
*thursday*

2





# february

## fevrier

lundi  
*monday*

6

---

mardi  
*tuesday*

7

---

mercredi  
*wednesday*

8

---

jeudi  
*thursday*

9



# february

## fevrier

lundi  
*monday*

13

---

mardi  
*tuesday*

14

146

---

mercredi  
*wednesday*

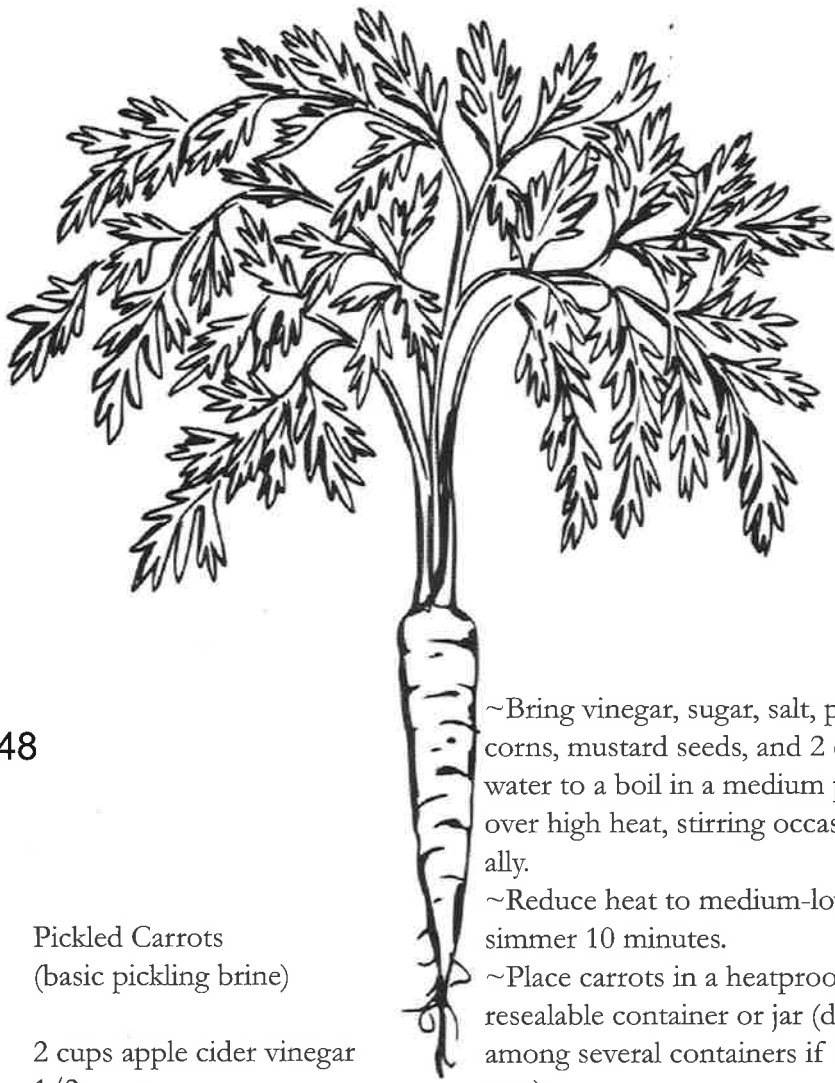
15

---

jeudi  
*thursday*

16





148

Pickled Carrots  
(basic pickling brine)

2 cups apple cider vinegar  
1/2 cup sugar  
2 tablespoons kosher salt  
1 tablespoon black peppercorns  
1 tablespoon mustard seeds  
10 med carrots (~1 1/2 pounds),  
peeled, quartered,  
sliced crosswise  
(3-inch segments)

~Bring vinegar, sugar, salt, peppercorns, mustard seeds, and 2 cups water to a boil in a medium pot over high heat, stirring occasionally.

~Reduce heat to medium-low and simmer 10 minutes.

~Place carrots in a heatproof resealable container or jar (divide among several containers if necessary).

~Pour hot brining liquid over carrots.

~Let cool to room temperature, then cover and chill at least 2 hours before serving.

Pickles can be chilled in a resealable container for up to 3 weeks.



# february

## fevrier

lundi  
*monday*  
20

---

mardi  
*tuesday*  
21

150

---

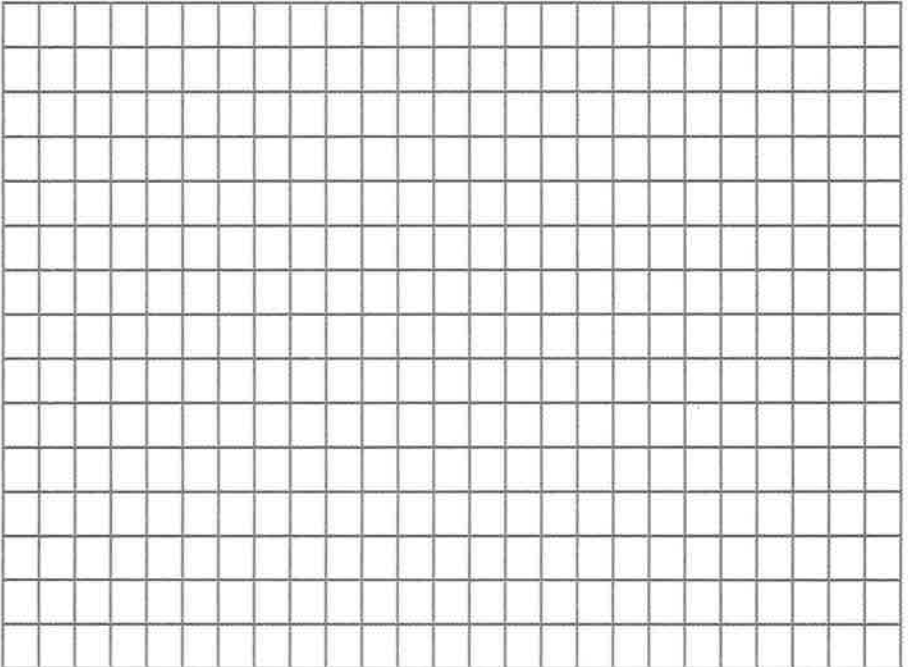
mercredi  
*wednesday*  
22

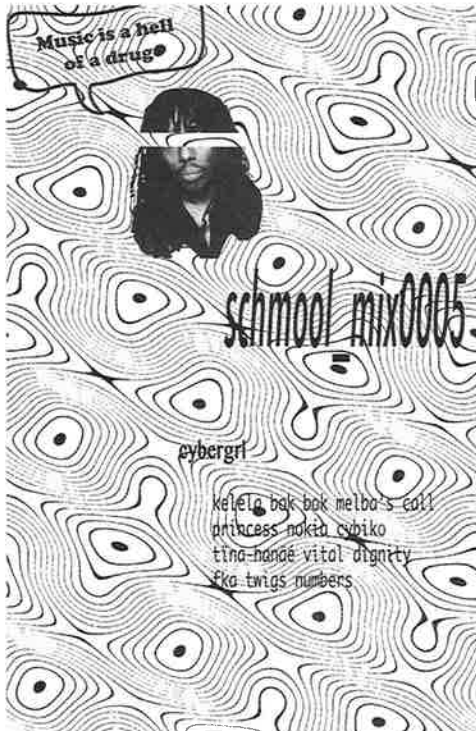
---

jeudi  
*thursday*  
23



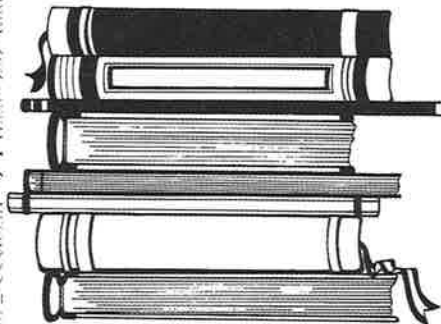






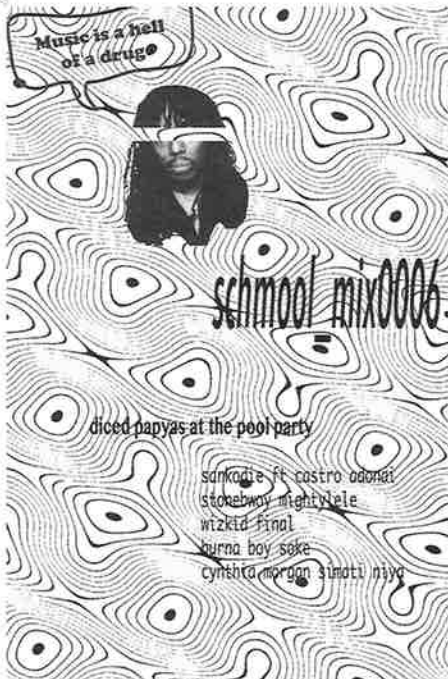
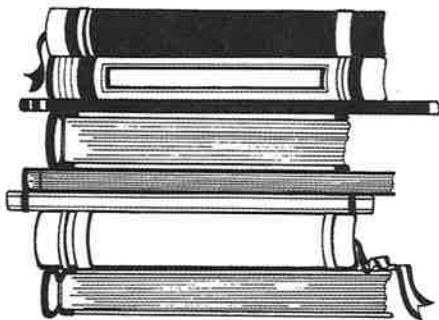
## BOOK RECS CORNER

the black unicorn - andre lorde  
 ntozake shange - sassafrass cypress and indigo  
 yaa gyasi - homegoing  
 liu cixin - the three body problem



## BOOK RECS CORNER

diriye osman - fairytales for lost children  
 roxane gay - bad feminist  
 neil degrasse tyson - death by black hole  
 jamaica kincaid - a small place



diced pappas at the pool party

sankodie ft castro odonai  
 stonebwoy nightviele  
 wizkid final  
 burna boy soke  
 cynthia maroon sumati niya

# march

## mars

lundi  
*monday*  
27

---

mardi  
*tuesday*  
28

154

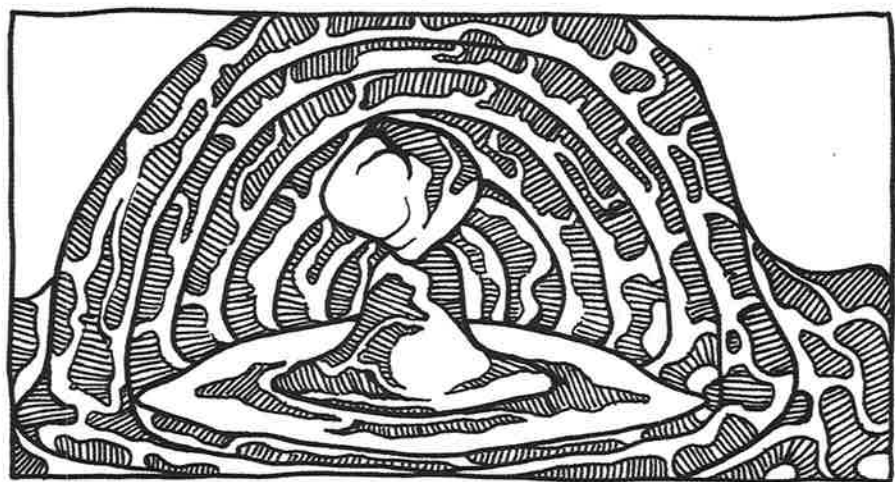
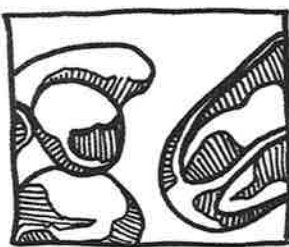
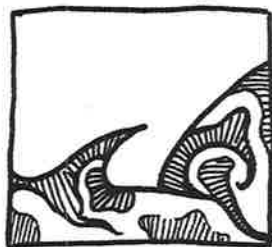
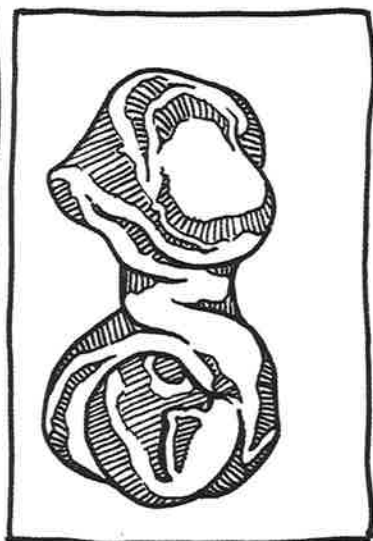
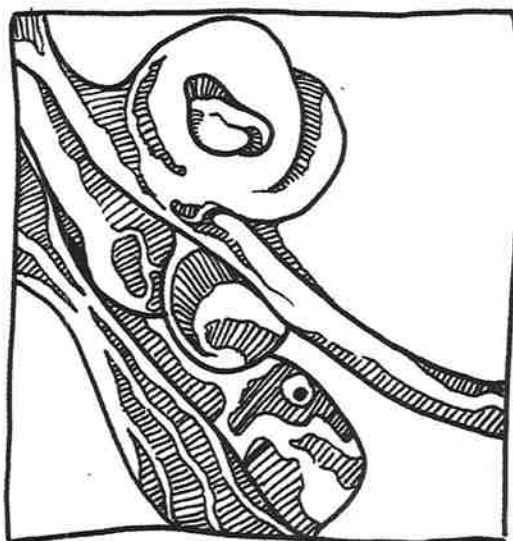
---

mercredi  
*wednesday*  
1

---

jeudi  
*thursday*  
2





# MARCH 2017 MARS

SUN DIM	MON LUN	TUE MAR	WED MER	THU JEU	FRI VEN	SAT SAM
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

# march

## mars

lundi  
*monday*  
6

---

mardi  
*tuesday*  
7

---

158

mercredi  
*wednesday*  
8

---

jeudi  
*thursday*  
9





# march

## mars

lundi  
*monday*  
13

---

mardi  
*tuesday*  
14

160

---

mercredi  
*wednesday*  
15

---

jeudi  
*thursday*  
16



## Carrot Cilantro Soup

Slice up all the carrots. You will want quite a few. Maybe like 15 of them? A Lot. Throw em into a big pot that has a lid. High Heat

Add couple cups of water or vegetable stock

Put the lid on...

Steam those babies for a while depending on how big you cut them it shouldn't really take too long.

Once they are really soft you can start mashing them (if you don't have a blender),

Pulverising them with your blender wand, or putting them into the blender with a bit of liquid and blending them in small batches

\*When putting hot stuff into the blender never fill it more than halfway and really hold the lid on with a tea towel. Sometimes it will pop off from the heat pressure and scald you with steam and boiling hot food.\* Blend until smooth

162

~Set carrot puree aside.

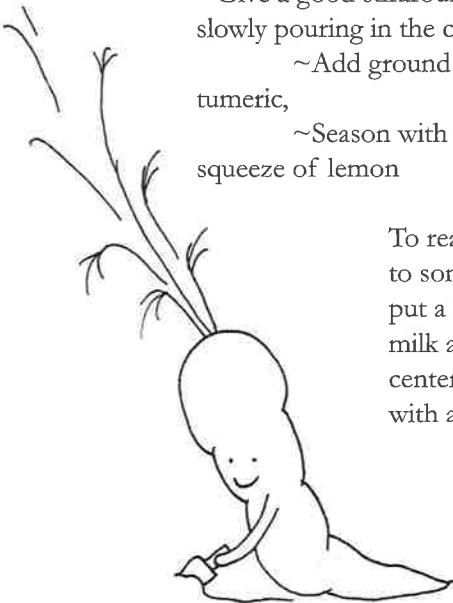
~Rinse out pot and heat up some oil.

~Add ½ small onion, sliced, 3 cloves garlic, minced, and a small good handful of chopped cilantro

~Give a good stiraround,  
slowly pouring in the carrot

~Add ground cumin seed and  
tumeric,

~Season with salt and a  
squeeze of lemon



To really dress it up serving to someone else you could put a little cream or coconut milk and slightly swirl in the center and garnish with a cilantro leaf

Kara  
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march

mars

lundi  
*monday*

20

---

mardi  
*tuesday*

21

164

---

mercredi  
*wednesday*

22

---

jeudi  
*thursday*

23



march

mars

lundi  
*monday*

27

---

mardi  
*tuesday*

28

166

---

mercredi  
*wednesday*

29

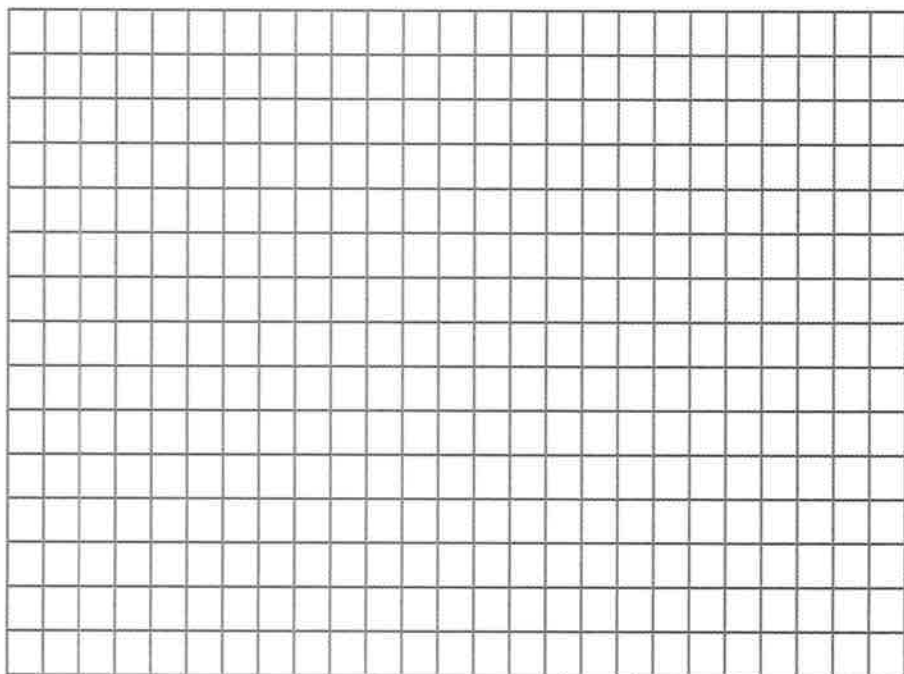
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jeudi  
*thursday*

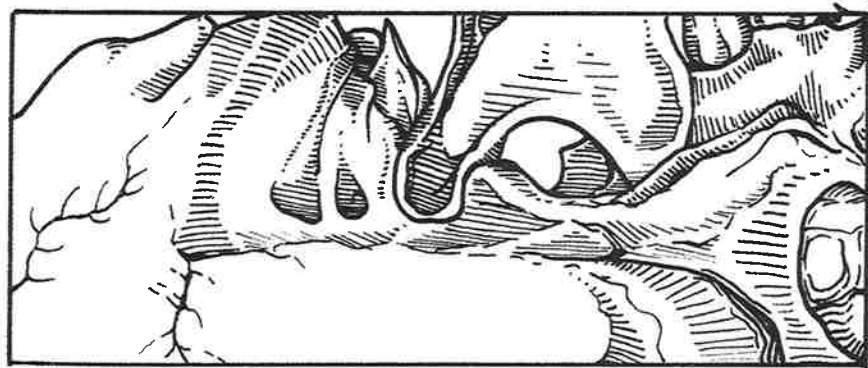
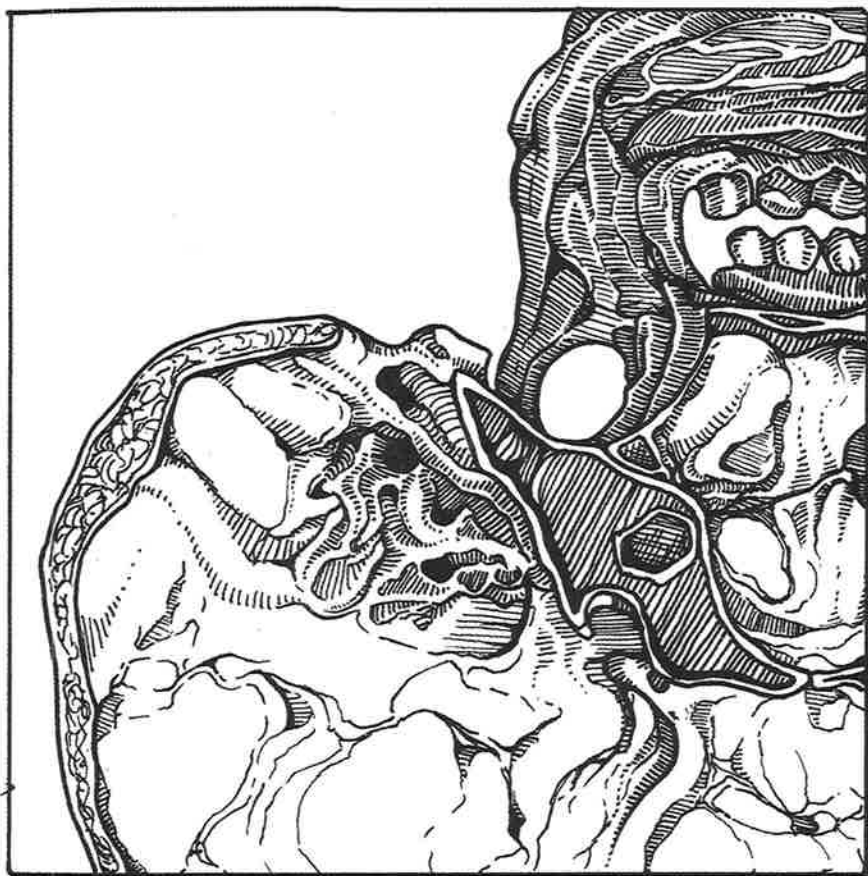
30











# APRIL 2017 AVRIL

SUN DIM	MON LUN	TUE MAR	WED MER	THU JEU	FRI VEN	SAT SAM
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

# april

## avril

lundi  
*monday*  
3

---

mardi  
*tuesday*  
4

172

---

mercredi  
*wednesday*  
5

---

jeudi  
*thursday*  
6



# april

## avril

lundi  
*monday*

10

---

mardi  
*tuesday*

11

---

174

mercredi  
*wednesday*

12

---

jeudi  
*thursday*

13





## Spicy Broth & Noodles For When You Are Sick

Boil 4 cups of water

Add 2 T. of tom yum paste, 1 T. miso paste, 1 T. Kimchi base (all these are common in Asian grocery stores)

Stir well to dissolve

Keep at a boil and drop one stick of rice noodles. These only need a couple minutes. If you want some added protein you could crack in an egg, let it set for a moment or two, then agitate it slightly, stirring slowly until cooked.

Add some minced garlic, minced kimchi, thinly sliced green onions, bean sprouts, tofu

Sweat it out!

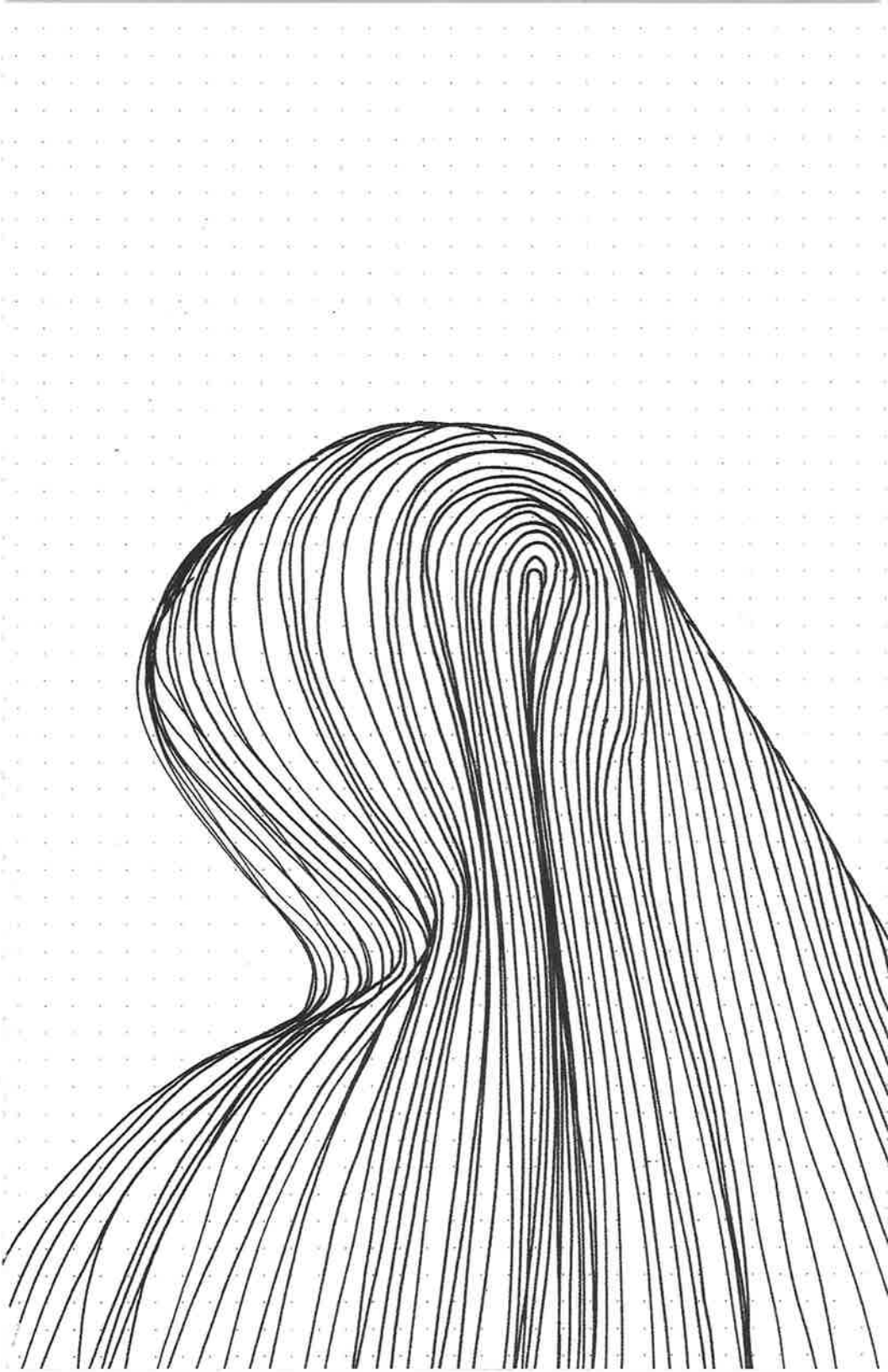
176



SICK



SPICY BROTH & NOODLES FOR WHEN YOU ARE SICK.



# april

# avril

lundi  
*monday*

17

---

mardi  
*tuesday*

18

178

---

mercredi  
*wednesday*

19

---

jeudi  
*thursday*

20



# april

# avril

lundi  
*monday*

24

---

mardi  
*tuesday*

25

180

---

mercredi  
*wednesday*

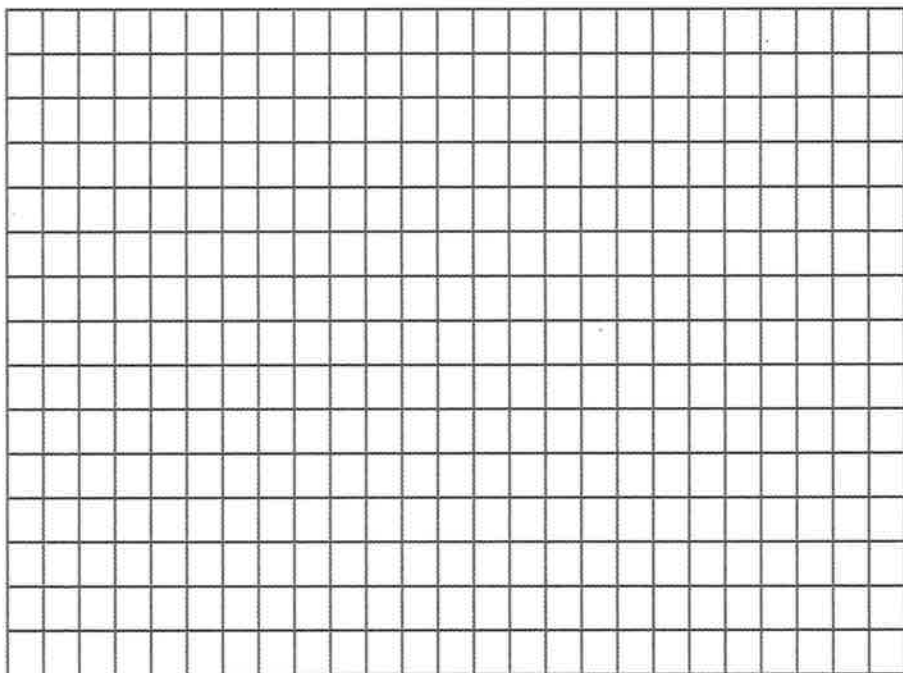
26

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jeudi  
*thursday*

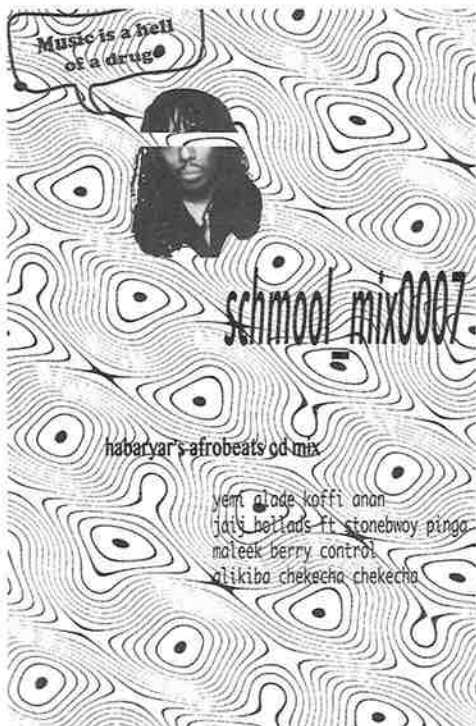
27







Music is a hell of a drug



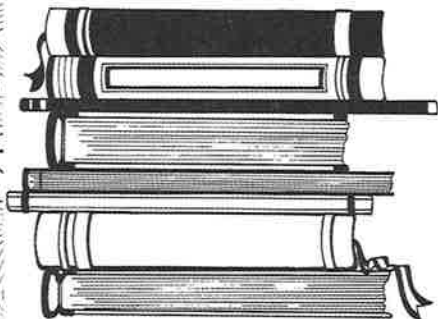
**schmool mix0007**

habaryar's afrobeats cd mix

yemi alade koffi anan  
 jaii hellads ft stonebwoy pinga  
 maleek berry control  
 alikiba chekecha chekecha

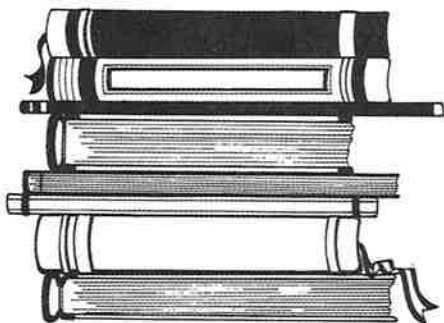
## BOOK RECS CORNER

sofia samatar - a stranger in olondria  
 toni morrison - god help the child  
 james baldwin - giovanni's room  
 leila aboulela - the kindness of enemies

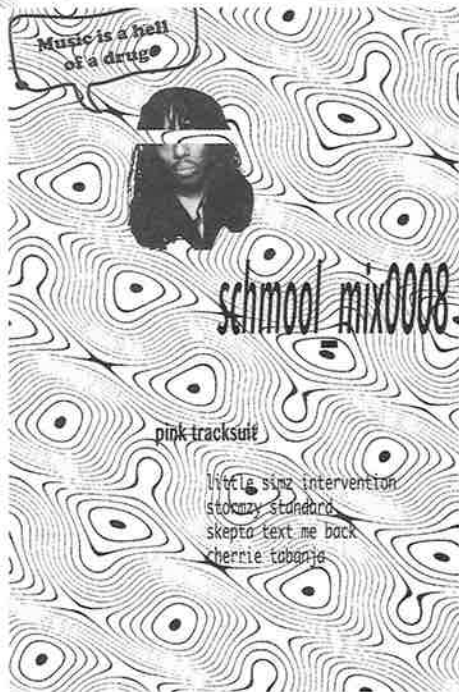


## BOOK RECS CORNER

june jordan - some of us did not die  
 edwidge danticat - krik? krak!  
 saidiya hartman - lose your mother  
 helen oyeyemi - boy, snow, bird



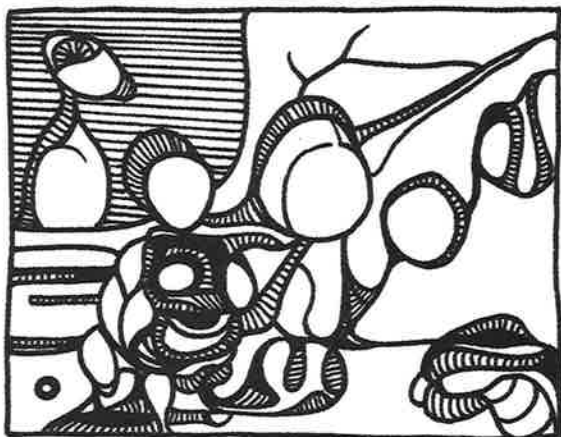
Music is a hell of a drug



**schmool mix0008**

pink tracksuit

live!e simz intervention  
 stonmy standbro  
 skepta text me back  
 cherrie tabanja



# MAY 2017 MAI

SUN DIM	MON LUN	TUE MAR	WED MER	THU JEU	FRI VEN	SAT SAM
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

may  
mai

lundi  
*monday*

1

---

mardi  
*tuesday*

2

186

---

mercredi  
*wednesday*

3

---

jeudi  
*thursday*

4



may  
mai

lundi  
*monday*

8

---

mardi  
*tuesday*

9

188

---

mercredi  
*wednesday*

10

---

jeudi  
*thursday*

11



## Kale, Beet and Carrot Slaw

Make this when you are really hungover.

It'll make you feel better

Try to get the flat leaf kale, 5 or 6 large leaves.

Slice it really thinly, shredded.

Grate one large beet or 2-3 small ones.

Grate 3-4 carrots.

Add

2 T. sesame oil

2 T. apple cider vinegar

2 T. flax oil

Salt

Toasted sesame seeds.

Toss

190



Kara

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





may  
mai

lundi  
*monday*  
15

---

mardi  
*tuesday*  
16

192

---

mercredi  
*wednesday*  
17

---

jeudi  
*thursday*  
18



may  
mai

lundi  
*monday*  
22

---

mardi  
*tuesday*  
23

194

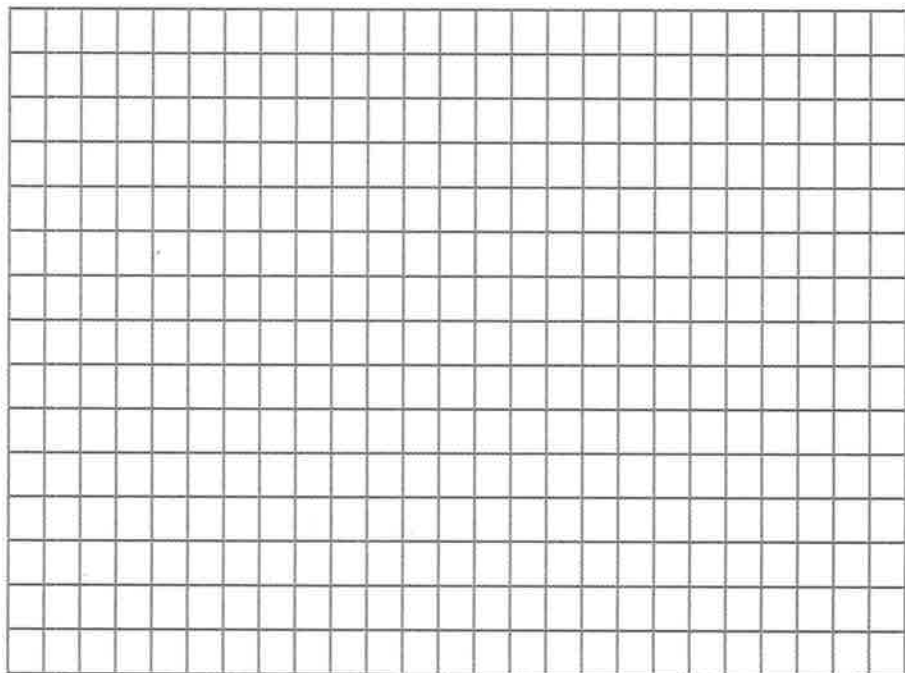
---

mercredi  
*wednesday*  
24

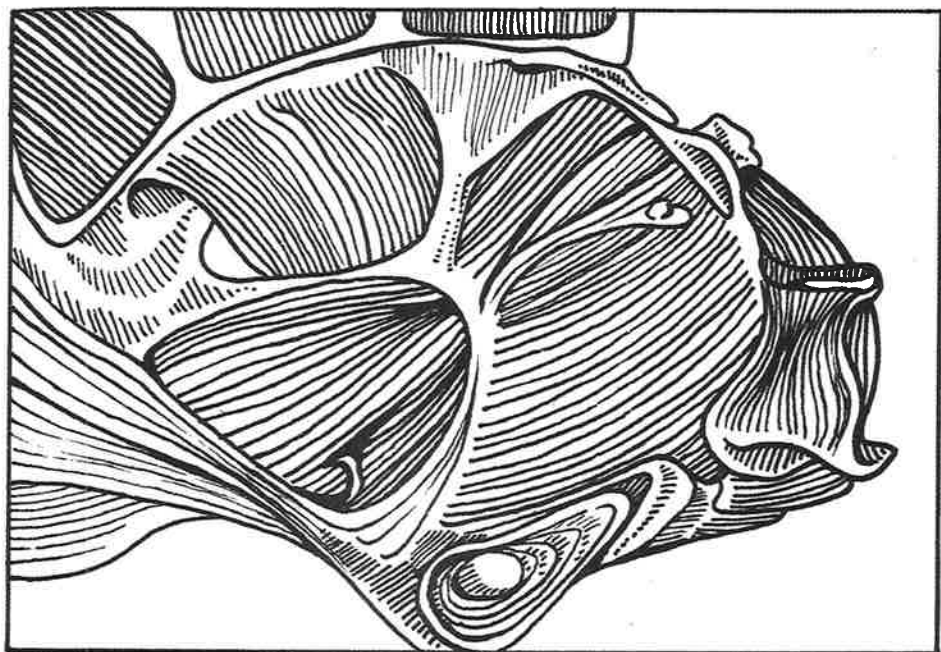
---

jeudi  
*thursday*  
25











# JUNE 2017 JGIN

SUN DIM	MON LUN	TUE MAR	WED MER	THU JEU	FRI VEN	SAT SAM
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

# june juin

lundi  
*monday*

29

---

mardi  
*tuesday*

30

200

---

mercredi  
*wednesday*

31

---

jeudi  
*thursday*

1



# june

# juin

lundi  
*monday*

5

---

mardi  
*tuesday*

6

---

202

mercredi  
*wednesday*

7

---

jeudi  
*thursday*

8



# june juin

lundi  
*monday*  
12

---

mardi  
*tuesday*  
13

---

204

mercredi  
*wednesday*  
14

---

jeudi  
*thursday*  
15



## Potato Salad

12 or so red nugget potatoes, halved or quartered to 1 inch pieces.

3 hard boiled eggs (boiled 12 minutes, then drained and rinsed with cold water) Chopped.

2-3 pickles, minced

2 cloves garlic, minced

½ small onion, minced

6 radishes, cleaned and cut into eighths, slivers

2 celery stalks, thinly sliced

3 green onions, sliced

Stir all ingredients together

206 Dressing:

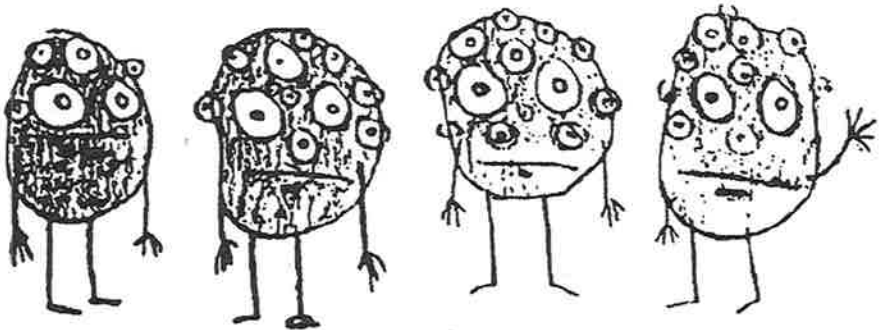
3-4 T. mayonnaise

1 T. dijon mustard

2 t. dry mustard powder

1 t. fresh or dried dill S & P

Garnish with paprika or cayenne



POTATOE





# june juin

lundi  
*monday*

19

---

mardi  
*tuesday*

20

208

---

mercredi  
*wednesday*

21

---

jeudi  
*thursday*

22



# june juin

lundi  
*monday*

26

---

mardi  
*tuesday*

27

210

---

mercredi  
*wednesday*

28

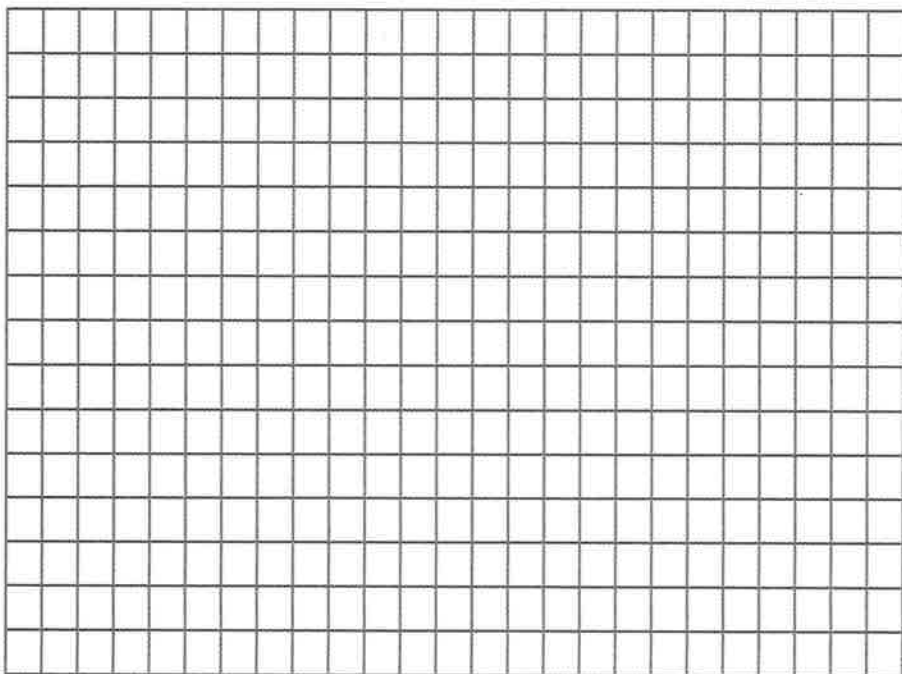
28

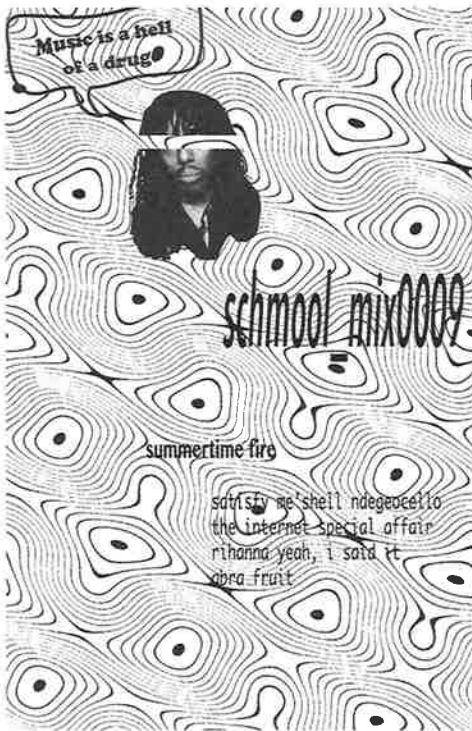
---

jeudi  
*thursday*

29

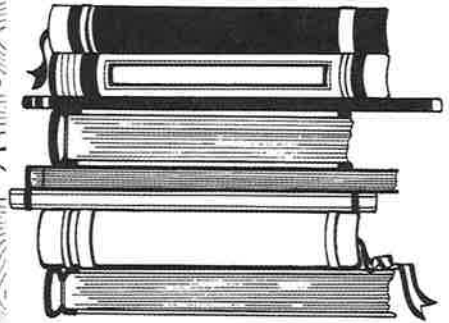






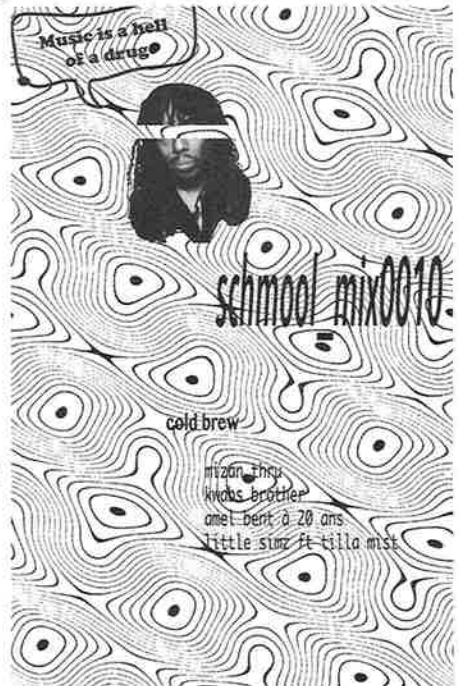
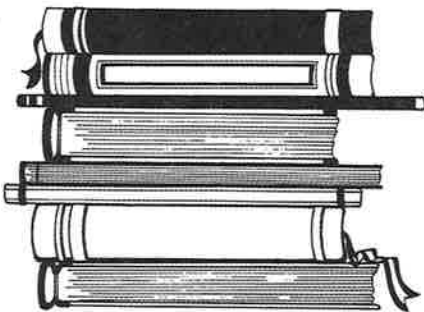
## BOOK RECS CORNER

leah lakshmi piepzna-samarasinha - bodymap  
ocean vuong - night sky with exit wounds  
leanne simpson - islands of decolonial love  
shotgun steamstress zine



## BOOK RECS CORNER

simone browne - dark matters  
naomi jackson - the star side of bird hill  
walter mosely - the man in my basement  
mariko tamaki - saving montgomery sole







# JULY 2017 JUILLET

SUN DIM	MON LUN	TUE MAR	WED MER	THU JEU	FRI VEN	SAT SAM
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

# july juillet

lundi  
*monday*

3

---

mardi  
*tuesday*

4

216

---

mercredi  
*wednesday*

5

---

jeudi  
*thursday*

6



# july juillet

lundi  
*monday*  
10

---

mardi  
*tuesday*  
11

218

---

mercredi  
*wednesday*  
12

---

jeudi  
*thursday*  
13



## 1 Ingredient Banana Ice Cream

3 ripe bananas

Optional 1/2 tablespoon milk

~Peel the bananas and slice them thickly.

~Lay them on a plate and freeze until solid, around 2 hours.

~Put them in the blender or food processor and turn the machine on to blend them. At first they will want to spin around and stay icy, but keep at it, stopping the machine and using the wooden spoon to loosen the mixture if it stops moving. At some point, it will suddenly go creamy and custardy, like soft-serve ice cream—but if it doesn't, add a little milk and blend until it does.

~Serve right away or store in the freezer in a lidded container

To vary the flavor of your ice cream, try adding any of the following:

~1 tablespoon peanut butter

~2 tablespoons cocoa powder

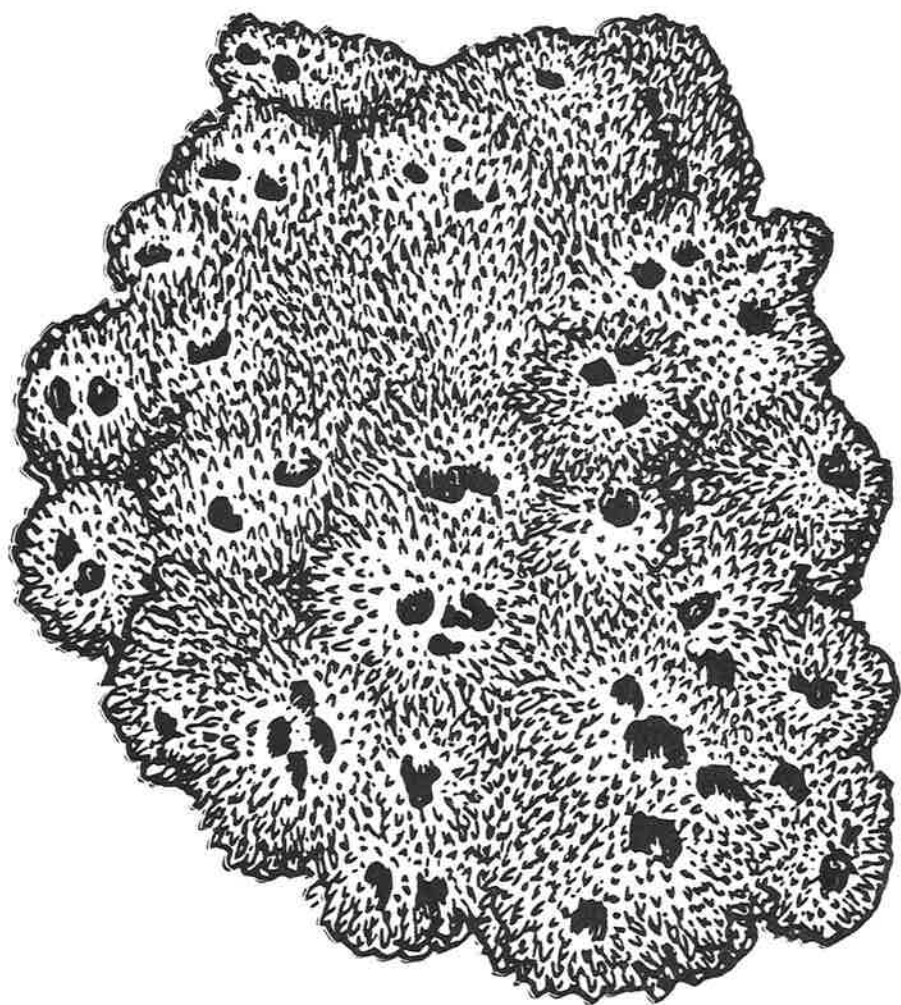
~1 teaspoon vanilla

~1/2 teaspoon cinnamon

220



blare coughlin



# july juillet

lundi  
*monday*

17

---

mardi  
*tuesday*

18

222

---

mercredi  
*wednesday*

19

---

jeudi  
*thursday*

20





# july juillet

lundi  
*monday*  
24

---

mardi  
*tuesday*  
25

224

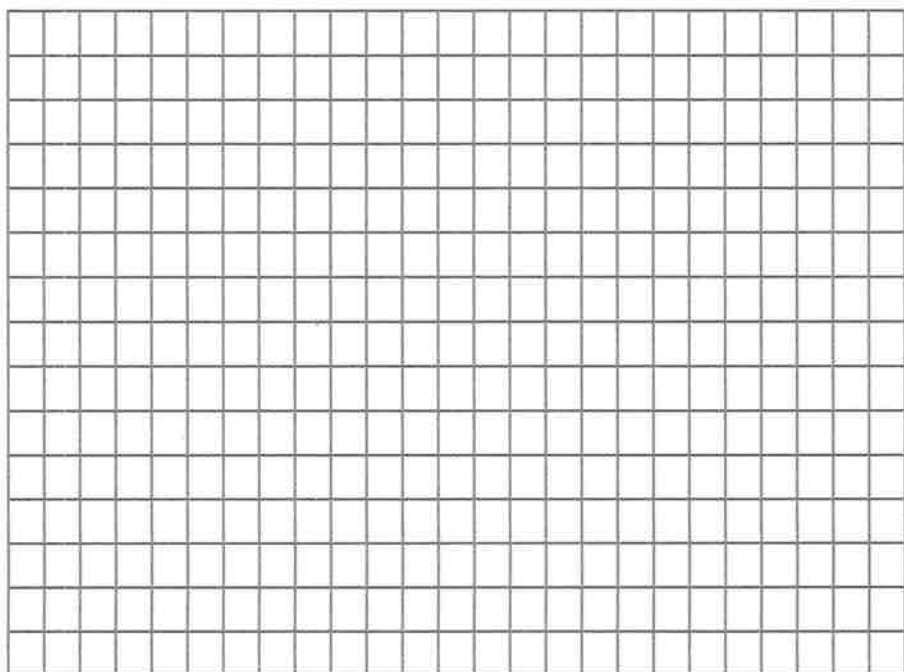
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mercredi  
*wednesday*  
26

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jeudi  
*thursday*  
27









# AUGUST 2017 AOUT

SUN DIM	MON LUN	TUE MAR	WED MER	THU JEU	FRI VEN	SAT SAM
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

# august

## août

lundi  
*monday*

31

---

mardi  
*tuesday*

1

230

---

mercredi  
*wednesday*

2

---

jeudi  
*thursday*

3





# august aout

lundi  
*monday*

7

---

mardi  
*tuesday*

8

232

---

mercredi  
*wednesday*

9

---

jeudi  
*thursday*

10



# august

## août

lundi  
*monday*

14

---

mardi  
*tuesday*

15

234

---

mercredi  
*wednesday*

16

---

jeudi  
*thursday*

17



## Buttermilk Cornbread:

Preheat oven to 375 F. Grease a baking pan (8" by 8"). Grease it with bacon fat, if you wish.

Melt  $\frac{1}{2}$  cup of butter in a skillet.

Remove it from heat and stir in  $\frac{2}{3}$  cup of sugar.

Add 2 eggs and beat until well blended

In another bowl combine 1 cup of buttermilk,  $\frac{1}{2}$  t. baking soda

Combine the two bowls into one

Stir in 1 cup cornmeal, 1 cup flour,  $\frac{1}{2}$  t. salt

Stir until blended, a few lumps will remain.

### Variations:

At this point you could go a few different directions

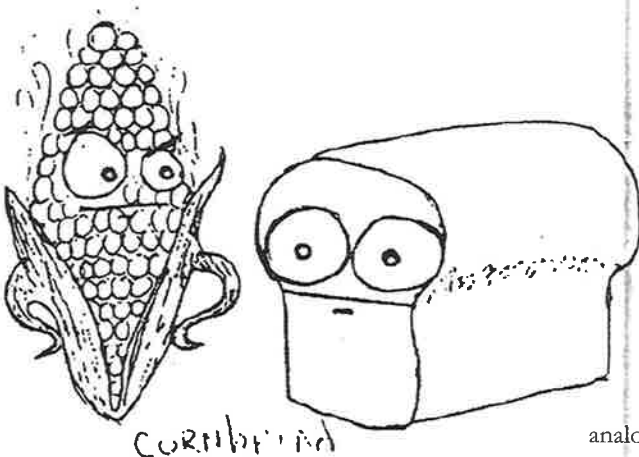
1. Add  $\frac{1}{2}$  cup of raisins or dried berries for a sweet cornbread
2. Add crumbled bacon, green onions and 1 can of corn
3. Add  $\frac{1}{2}$  cup grated cheddar or monterey jack cheese. After pouring into baking pan top it with more grated cheese and sliced jalapenos.

Pour into greased pan and bake for 30-40 min

You can tell if it's done by inserting a toothpick.

If it comes out clean, it's ready. If it comes out

with batter stuck to it continue baking and check every five minutes.





# august

## aout

lundi  
*monday*

21

---

mardi  
*tuesday*

22

238

---

mercredi  
*wednesday*

23

---

jeudi  
*thursday*

24





# august aout

lundi  
*monday*  
28

---

mardi  
*tuesday*  
29

240

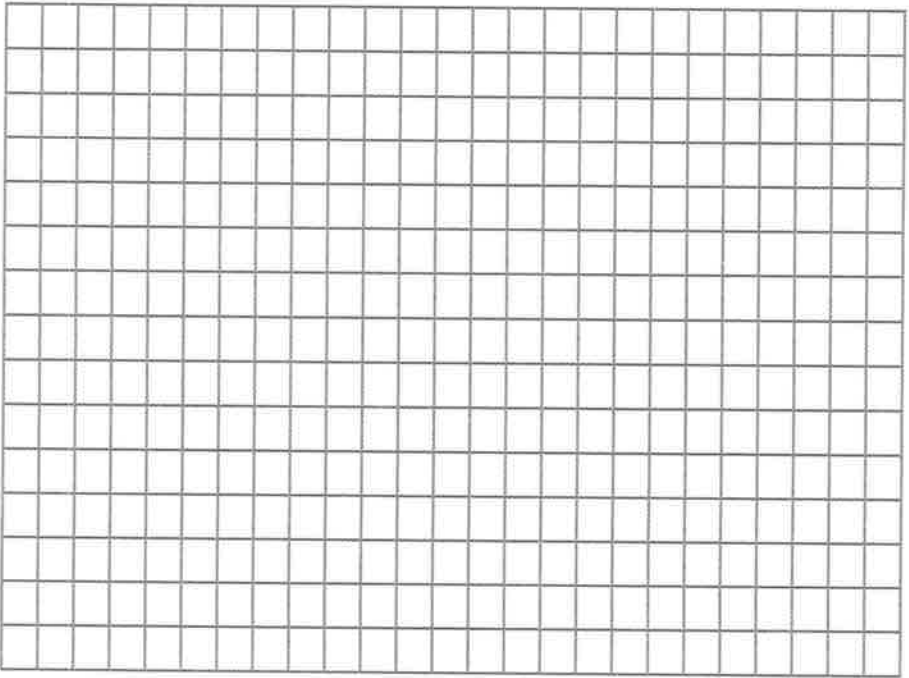
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mercredi  
*wednesday*  
30

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jeudi  
*thursday*  
31





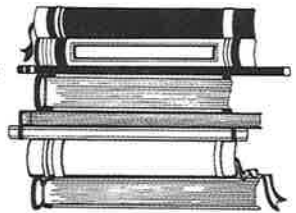
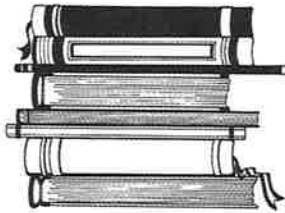
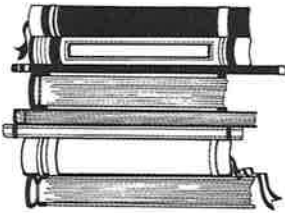


BOOK RECS CORNER BOOK RECS CORNER BOOK RECS CORNER

ramzi lawaz - the new mutants  
ryka aoki - he mele a hilo: a hilo song  
toni cade bambara - the salt eaters  
lananaive due - alician immortals series

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# **GROUPS & RESOURCES**

## The **Community-University Research Exchange (CURE)**

facilitates research collaborations between grassroots community groups and university students. Community groups can make research requests, and students can undertake that research, often for class credit. CURE is rooted in the community-based social justice research model, based on the idea of research as a tool of social transformation.



Students: Get in touch about how to link your classroom experience with local community organizations and their research requests. There are more than 75 projects in the CURE database for students to consider.

246

[www.curemontreal.org](http://www.curemontreal.org)

**Scarlet Solidarity** is a group for and by student sex workers at McGill. Through info and skill-shares, resource collection and dissemination, and connections with organizations in the city, Scarlet Solidarity seeks to empower and support members of the McGill community who engage in sex work.

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

**Tadamon!** (Arabic for "solidarity"), is a Montréal-based collective which works in solidarity with struggles for self-determination, equality, and justice in the 'Middle East' and in diaspora communities in Montréal and beyond. Tadamon strives for a world in which every human being is free to live and flourish in dignity and justice.

[info@tadamon.ca](mailto:info@tadamon.ca)

## **Solidarity Across Borders**

is a Montréal-based network engaged in the struggle for justice and dignity of immigrants and refugees. We are comprised of migrants and allies, and come together in support of our main demands: status for all, an end to deportations and detentions, and the abolition of double punishment of migrants with criminal records. We also work towards building a "Solidarity City" in Montréal. Some of us have direct experiences with the immigration and refugee system; some of us come from immigrant backgrounds; all of us organize as part of a collective struggle for justice and dignity. For us, there is no such thing as "illegal" human beings, only unjust laws and illegitimate governments. We organize not on the basis of solidarity and mutual aid.

[www.solidarityacrossborders.org](http://www.solidarityacrossborders.org)

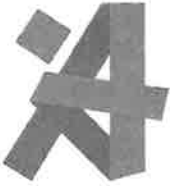




The **Association of McGill University Support Employees (AMUSE)** is a

labour union that represents 'casual' or 'temporary' employees at McGill. This includes both students and non-students in part-time and full-time positions, making up a total of 55% of McGill's non-academic employees. In lobbying for our members, we fight against the measures of precarious employment so common in large institutions. We work to inform our community about labour conditions, on campus and beyond.

*amusemcgill.org*  
*communications.amuse@gmail.com*



ASSOCIATION of  
MCGILL  
UNIVERSITY  
SUPPORT  
EMPLOYEES

**Lakas-Paggawa (Labour Power)**

Exploitation does not stop at permanent residency. The immigration sponsored children of former migrant workers (LCP) are joining the work force in Canada. They have become a new source of cheap labour for the Canadian capitalist class. Where will their future take them as they struggle for the economic well-being of their families? Lakas Paggawa will pool together young Filipino workers and provide them the venue and resources to start the fight back. Social transformation not integration is the fighting call for the day!

*project.anakbayan@gmail.com*

**Le Frigo Vert** is a local, non-profit, collectively run, natural, and organic health food cooperative. Our membership is comprised of all students at Concordia University, as well as individuals from the greater Montréal community. Members pay to the cooperative in exchange for discounted prices in the store, and access to our other services. A large part of our mandate is to provide accessible, low cost, healthy food to our members. One of our top priorities is to provide food essentials at a low price. We carry this out through assigning our lowest mark-ups to bulk, medicinal, and produce items. We also offer healthy and affordable food for students who are on the go: the most popular items are our 50 cent coffee, samosas, and falafel sandwiches!

*2130 Rue Mackay*  
*(514) 848-7586*

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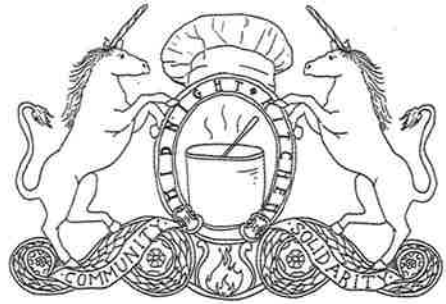
The **Prisoner Correspondence Project** is a collectively-run initiative

based out of Montréal, Québec. It coordinates a direct-correspondence program for gay, lesbian, transsexual, transgender, gendervariant, Two-Spirit, intersex, bisexual, and queer inmates in Canada and the United States, linking these inmates with people outside of prison. It also coordinates a resource library of information and aims to make prisoner justice and solidarity a priority within queer movements on the outside through events like film screenings, workshops, and panels which touch on the broader issues relating to criminalization and incarceration of queer and trans people.

*prisoner Correspondence Project*  
*com*

The **Midnight Kitchen** serves pay-what-you-can vegan lunches at 12:30pm every weekday in the Shatner building (SSMU) located on 3600 rue McTavish. As part of our social and political programming, we also organize educational events and workshops, support direct action and grassroots organizing, have a radical library, and distribute a newsletter each semester. We also cook in solidarity for political and community-based events that keep within our anti-oppressive and political mandate. We're always looking for new volunteers and collective members! You can volunteer by emailing us at [midnightkitchencollective@gmail.com](mailto:midnightkitchencollective@gmail.com) or filling out a volunteer form at our kitchen, located on the third floor.

[themidnightkitchen.wordpress.com](http://themidnightkitchen.wordpress.com)



Initiated in 1999 to address student poverty, the **People's Potato** is an autonomous, non-profit, vegan, community kitchen. We serve four-course vegan lunches and work with community groups on broader goals of social justice, environmental sustainability and food security issues. Lunch is served on the 7<sup>th</sup> floor of the Hall building every Monday to Friday during the school year from 12:30pm-2pm. Meals are offered on a by-donation, pay-what-you-can basis. No one is turned away! We strive to create an accessible and anti-oppressive space for collective members, volunteers, and everyone who enjoys our meals. This project would not be possible without our amazing volunteers!

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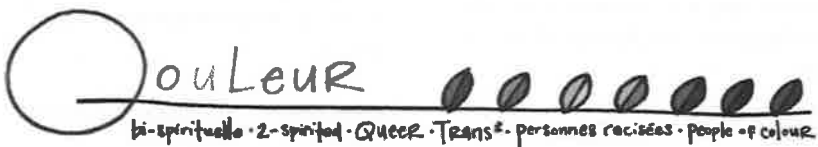
[peoplespotato.com](http://peoplespotato.com)



## Qouleur

We are a grassroots collective of artists, performers, writers and political activists based in Montréal, Québec who have decided to volunteer our time and energy to bring awareness of racialized queer identities and experiences to the wider public. We work to bridge the gaps between communities and create an open space for voices that all too often go unheard.

[www.qouleur.ca](http://www.qouleur.ca)



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## MONSTER ACADEMY: Free

Mental Health School for Montréal Youth is a social justice-oriented workshop series designed to provide accessible, anti-oppressive mental health skills training to youth aged 16-25.

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



**\*CKUT\*** is McGill's kick-ass campus-community radio station. CKUT broadcasts live on 90.3FM and can be live-streamed or downloaded from [ckut.ca](http://ckut.ca). Our programming covers very diverse musical genres, news, arts and culture. As a non-commercial, alternative station what you hear on our airwaves is unlike what you get from mainstream media. The best part is, people just like you make our radio programming—McGill students and Montréal community members! If you would like to get involved, come up to 3647 University. We have orientations every 1<sup>st</sup> Thursday of the month at noon, 3pm, and 6pm. There is a wealth of knowledge, skills, and hands-on-experience to be gained at CKUT. Come by and learn how to make radio!

90.3 fm  
[ckut.ca](http://ckut.ca) | [music.ckut.ca](http://music.ckut.ca)

## The Asian Arts' Freedom School

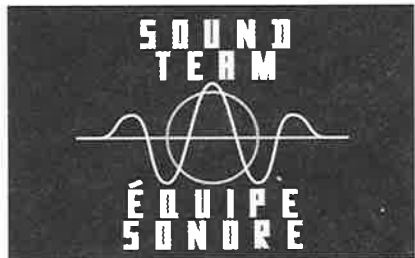
is a community-based popular education collective whose mission is to use the creative arts and anti-oppressive methods to bring together racialized, Indigenous, mixed-race, and People of Colour identified individuals in order to build solidarity and share practical skills for organizing, peer support, art creation, and survival.

(514) 848-7583

## Équipe Sonore/Soundteam

provides sound services for Montréal area community groups that cannot afford to pay professional rates. We build, maintain, and operate P.A. systems for community events, rallies, conferences, and performances. We also strive to disseminate and democratize the technical knowledge of audio production systems. Our purpose is to support people's grassroots initiatives, and act in the interests of communities that struggle for economic and political justice.

[equipesonore.wordpress.com](http://equipesonore.wordpress.com)



## Projet Accompagnement Solidarité Colombie (PASC)

is an anti-imperialist collective based in Montréal that aims to create a direct solidarity network with Colombian organizations and communities in resistance that struggle for Life, Dignity and Autonomy. Our work in Colombia consists mainly of accompaniment to communities and support to political prisoners. In Canada, we strive to build awareness of the Colombian popular resistance and the links between economic interests and State terrorism, and also denouncing the Canadian war profiteers in Colombia (mainly CIDA and corporations). We participate in community events with our photo exhibits, video documentary, and different workshops, while distributing journals and brochures.

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[www.pasc.ca](http://www.pasc.ca)  
[info@pasc.ca](mailto:info@pasc.ca)  
514-966-8421



**How! arts collective** is a Montréal-based collective of cultural workers, artists, and activists working for social justice via artistic expression.

[info@howlarts.net](mailto:info@howlarts.net)

## Colectivo de Inmigrantes Españoles en Montréal (CIEM)

We are a group of immigrants from Spain, and Spanish descended individuals, allies & friends in Montréal who raise awareness about the current worldwide neoliberal establishment and its pro-austerity policies. We also collaborate with immigration groups in Montréal aiming to improving their status and rights.

[ciemMontreal9@gmail.com](mailto:ciemMontreal9@gmail.com)



Formed in 1998 as a merger between CRSG and CFLI, two former stations, **CJLO** is Concordia University's one and only radio station. 100% non-profit, and run almost entirely by volunteers, the station is located in the heart of the Loyola campus in the NDG borough of Montréal. Our on-air personalities are the backbone of the station and there are over eighty DJ's spinning for your listening pleasure. Whether you are interested in rock, alt, hip-hop, RPM, punk, metal, jazz, blues, world, country, or talk and sports, CJLO has something for you, and is always looking for more on air talent.

[manager@cjlo.com](mailto:manager@cjlo.com)

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## Filipino Indigenous Peoples' Organization

in Québec is a newly formed group. We are in the process of exploring the Indigenous Filipino identity in the community, and issues close to us. Our objective is to gather information such issues and share experiences between each other. Later on, we can develop a scientific analysis, and unite on what actions we can take that are needed to change our common issues.

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



## No One Is Illegal-Montréal (NOII-Montréal)

is part of a worldwide movement of resistance, struggling collectively for the self-determination of migrants and Indigenous peoples. We are in active confrontation with a colonial system built on the dispossession and genocide of Indigenous peoples, as well as racist anti-immigrant laws. We struggle and organize for the right of peoples to maintain their livelihoods and resist displacement, as well as to migrate freely. We organize as a part of the resistance movement within the walls of Fortress North America.

[nooneisillegal@gmail.com](mailto:nooneisillegal@gmail.com)  
[nooneisillegal-Montreal.blogspot.com](http://nooneisillegal-Montreal.blogspot.com)

**C-Uni-T** is a collective of students and community members committed to the pursuit of accessible education informed by anti-colonial and critical race discourses. Members pursue projects and organize events in which the diverse experiences and strengths of Black people and communities are centered, and that create opportunities for dialogue and collaboration between university students and members of local Black communities. C-Uni-T is a working group of QPIRG McGill and QPIRG Concordia.

[c-uni-t.org/](http://c-uni-t.org/)  
[c.unit.forum@gmail.com](mailto:c.unit.forum@gmail.com)



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## Women of Diverse Origins

is a grassroots anti-imperialist women's network that organizes public events. The network particularly focuses around International Women's Day, educating and discussing the links between global policies and the situation of women locally, sharing experiences of struggle, and mobilizing against injustice and for the right of all to live with dignity.

[www.wdofdo.wordpress.com](http://www.wdofdo.wordpress.com)

# my ACCESS

The **Office for Students with Disabilities (OSD)** works in collaboration with students, faculty, and staff to create an accessible and inclusive campus experience. Students who encounter barriers in their learning environment are encouraged to contact the OSD to set up an appointment with an Access Adviser. The process for determining accommodations is a collaborative one. During the first appointment, which can be either face to face or virtually, the Access Adviser will engage a discussion of how to identify and remove barriers in a student's academic experience.

(514) 369-6009  
[students.disabilities@mcgill.ca](mailto:students.disabilities@mcgill.ca)  
[www.mcgill.ca/osd](http://www.mcgill.ca/osd)

The McGill **Black Students' Network (BSN)** is a service of SSMU, available to the entire McGill and Montréal communities. Our mandate is to sensitise the McGill community to issues concerning Black people, and to assist in the successful integration of Black students into campus and Montréal life. While we are dedicated to addressing the needs and interests of Black students on campus, all interested students irrespective of race, culture, or creed are encouraged to participate in our numerous events and activities. Throughout the year, we organize political discussions, parties, the famous Soul Food Friday, Coffee Hours, and more.

## McGill Black Students' Network

[bsnmcgill@gmail.com](mailto:bsnmcgill@gmail.com)  
[www.ssmu.ca/bsn](http://www.ssmu.ca/bsn)



**Re-Con** is a prisoner-initiated re-integration program created in 1999.

The group is made up of people serving a life sentence at the Federal Training Center in Laval, formerly incarcerated members now serving their sentence on parole, and outside volunteers. It is Re-Con's main goal to establish links between prisoners and the community after a long period of incarceration and isolation. We aim to diminish the effects of institutionalization through personal development workshops and by introducing those incarcerated to community resources which may help them re-integrate into society upon their release from prison. To this end, weekly meetings that take place both inside and outside the prison focus on exploring the various services, resources, and networks available outside the prison walls.

[recon.ftc@gmail.com](mailto:recon.ftc@gmail.com)

**Accessibilize Montréal!** aims to make Montréal a more accessible place in every way: from the mindsets and interactions between Montréalers to the infrastructure that surrounds us. By holding workshops like Why Accessibilize Montréal, and Gender; Disability and Sexuality: Real Talk with Accessibilize Montréal, we challenge mainstream perceptions of disability, and through advocacy and direct action we protest transit and systemic discrimination. Join us in our movement beyond ableism and a respect of diversity!

*www.mouvementexclusif.org*  
*Facebook: access4mtl*



**Temporary Agency Workers Association (TAWA)** is a workers collective actively engaged in connecting foreign and temporary agency workers to unite against workplace injustices. They work to end unfair recruitment agency practices and ensure quality workplace standards that foster respect, equality, and security for foreign/temporary im/migrant agency worker communities. TAWA also includes in their work the development of women leadership inside workplaces.

*tawa.mtl@gmail.com*

The **Rad School/ Ecole Libre** provides a space for children to pursue their own interests, explore at their own pace and participate in a democratic community. They are encouraged to learn what they are passionate about, to explore, question, discover and grow! This working group is focused on making student centered learning available to everyone, freedom in education for all! If you are interested in getting involved with this project, please visit our website.

*www.ecolelibre-freeschool.org*  
*Montreal@ecolelibre-freeschool.org*



The **Anti-Capitalist Convergence (CLAC)** of Montréal is a convergence and coordination space for the radical anticapitalist milieu of the Montréal area. The CLAC's mandate is to put forward an anticapitalist analysis on a public platform through the organization of a variety of campaigns and protests, including the yearly May 1st anticapitalist mobilization. We adopt an antiauthoritarian approach and respect the principles set out by the People's Global Action. The CLAC is an explicitly anticapitalist, antiauthoritarian and anticolonial space.

*www.clac-Montreal.net*



## RAPLIQ

The authorities define a disability as an abnormal physical and mental behaviour. We wish to stress that the concept of normality is a human invention that appeared at the beginning of the 19<sup>th</sup> century when statistics came of age. The tragedy that strikes us, 'the disabled', does not reside in the condition of our bodies or that of our spirits, it arises from our being oppressed, excluded and marginalized as a result thereof. We are not asking to be 'standardized' or to be 'normalized'. We do not want, nor do we require, charity. We, disabled activists or identified as such, together with our allies, create a space where we can freely support each other, react, show up, respond and celebrate life. We join forces to pave the way for an inclusive Québec. We hereby undertake to promote inclusion by every conceivable non-violent means of action and resistance. We have chosen to no longer condone the intolerable.

[www.rapliq.org](http://www.rapliq.org)



Action Santé Travesti(e)s &  
Transsexuel(le)s du Québec

**Sidetracks** is a collective whose mandate is to make screenprinting accessible to projects and organizations working for social change, especially those that work around self-representation, self-expression, anti-racism and queer liberation.

We work towards empowerment, self-determination and collective liberation. The collective aims to be run by and for people who are trans, Two-Spirit, queer, Indigenous and/or people of colour, and friends. As a collective of activists and artists, we work within an anti-oppression framework toward social and economic transformation. We share skills and resources to create art in the spirit of self-representation and revolution.

*sidetracksteam@gmail.com*  
*Facebook: Sidetracks*  
*Screenprinting Collective*

## ASTTE(e)Q Action Santé Travesti(e)s et Transsexuel(le)s du Québec

is a project of CACTUS Montréal, and was founded in the late nineties in order to encourage the health and well-being of trans people through access to resources and support. The organization aims to develop and strengthen trans people's social and medical support networks. We also work to educate health and social service providers regarding transsexuality and gender variance. We provide information about the medical, social, and legal aspects of trans people's lives and transitioning.

*info@astteq.org*





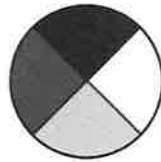
The **Union for Gender Empowerment (UGE)** is a trans-positive feminist organization. We coordinate an alternative library; a co-op stocking pay-what-you-can ecologically responsible menstrual products, DIY sex toys, safer sex supplies, and gender empowerment items; and a zine library and distro. The UGE also runs trans 101/allyship and anti-oppression workshops for other organizations and projects, and maintains a resource binder with information about abortion services, counselling, and queer/trans-friendly health services in Montréal. Our office and lounge space is a wheelchair-accessible safe(r) space for people of all genders, and is equipped with a microwave, dishes, a kettle, and lots of tea! Stop by to eat lunch and hang out! You can find us in room 413, on the 4th floor of the Shatner University Centre at McGill University.

*unionforgenderempowerment.org*  
*unionforgenderempowerment@gmail.com*  
*(514) 398-2569*

The **Centre for Gender Advocacy** is an independent, student-funded, Concordia University organization, mandated to promoting gender equality and empowerment particularly as it relates to marginalized communities. We believe that gender oppression is inextricably linked to social and economic justice, and work to achieve our mandate within a feminist framework that challenges systemic oppressions. Through on-going programming, campaigns, resources, services, and advocacy, the Centre for Gender Advocacy works in support and solidarity with social movements, provides confidential peer-to-peer support, collaborates with volunteers, and provides an accessible space to facilitate community organizing and action, all while promoting gender self-determination, bodily sovereignty, and self-love.

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*(514) 937-2110*  
*www.genderadvocacy.org*



The **Indigenous Women and Two-Spirit Harm Reduction Coalition** is an Indigenous collective. We organize within an Indigenous feminist and Two-Spirit framework. We work in collaboration with Santé Publique and are cleared to distribute harm reductive materials in Tiotia:ke (Montréal). Examples of harm reductive materials include needles, straight shooters, and other materials for safer drug use. We also distribute sexual health materials such as pregnancy tests and safer sex materials.

*ndn.harmredux@gmail.com*

## The **Concordia Community**

**Solidarity Co-op Bookstore** is an independent and not-for-profit co-operative bookstore in downtown Montréal, on Concordia University's downtown campus. As the only co-operative bookstore serving an Anglophone community in Québec, and the only academically affiliated Solidarity Co-operative, we have been busy breaking barriers and offering an alternative to corporate-run book stores over the last 11 years. Membership is \$10.00 for life, \$5.00 if you're a Concordia Undergraduate! No need to be a student to be a member—everyone is welcome! Membership is not required, but has its benefits—such as member discounts and the opportunity to vote at our annual general meetings.



## The **Open Door Books (ODB) Montréal collective/ Livres-**

**Accès Montréal** is part of an informal network of Books to Prisoners programs throughout North America. ODB seeks to support and work in solidarity with imprisoned people. We believe that prisons and the (in)justice system act as institutions of social control and oppression, further targeting marginalized people as a result of patriarchy, racism, homophobia, transphobia, classism, disableism, and colonialism.

[opendoorbooks.wordpress.com](http://opendoorbooks.wordpress.com)

256 *2150 Bishop Street (Metro Guy-Concordia)*

*Store: (514) 848-2046*

*Office: (514) 848-7445*

*coopbookstore@gmail.com*

*www.co-opbookstore.ca*

*Facebook:*

*ConcordiaCoopBookstore*

*Twitter: Coop\_Bookstore*

**Barriere Lake Solidarity** is a volunteer collective that supports Barriere Lake, an Algonquin community 4 hours north of Montréal, which has been trying to regain control over their traditional territories, protect their forests from clear-cut logging, and fend off the Canadian government's interference in of their traditional governance system. We raise funds, provide communications support, do popular education, and use a variety of campaign strategies to support the community.

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



The **South Asian Women's Community Centre/Centre communautaire des femmes sud-asiatiques (SAWCC)** is located in Montréal, occupied Kanien'kehá:ka (Mohawk) Territory. SAWCC has been serving women of South Asian origin and their families since 1981. SAWCC workers offer support to women in English, French, and several South Asian languages. The empowerment and independence of women is a particular focus. Services include front-line help for new arrivals (for example, navigating the immigration and refugee, as well as health-care systems, supporting settlement, offering translation services, and how to navigate public transit). Classes in English and French as second languages, as well as a summer day camp for children. Since the beginning, SAWCC was founded as a political and feminist space, and has been active in efforts rooted in anti-racist feminism, migrant justice, refugee rights, efforts towards ending violence against women, learning to be allies with Indigenous struggles for self-determination, and intergenerational organising. South Asian Youth (SAY) is rooted in SAWCC. It is specifically geared to facilitating safer spaces for racialised youth, primarily of South Asian origin. SAY is inspired by collective strength and visions of transforming society through horizontal (non-hierarchical) and grassroots organising. Amongst other things, SAY facilitates discussions and workshops around sexual health, safer spaces, self and collective care. There are many opportunities for students to volunteer at SAWCC/SAY.

258 [sawccyouth@gmail.com](mailto:sawccyouth@gmail.com)  
[sawcc-ccfsa.ca](http://sawcc-ccfsa.ca)  
[sawcc@bellnet.ca](mailto:sawcc@bellnet.ca)



The **Montréal Childcare Collective**, offers strategic childcare in response to the fact that childcare is frequently overlooked and underappreciated. We aim to assist parents, caregivers, youth, and children, including but not limited to low-income communities, non-status and immigrant communities, communities of colour, and queer and trans communities.

[childcarecollective.wordpress.com](http://childcarecollective.wordpress.com)

### **Mad Pride Montréal**

We're a fabulous collective by and for people identifying as mad, sad, crazy, hyper-emotional, neuroatypical, mentally ill/different, psychiatric survivors/consumers, and/or questioning. We meet regularly for mad hangouts and support groups, we have a mental health distro and we participate in/give workshops on radical mental health.

[madpridemtl.tumblr.com](http://madpridemtl.tumblr.com)



**FIRST PEOPLES' HOUSE**  
LA MAISON DES PEUPLES AUTOCHTONES

The **First Peoples' House** at McGill University is situated on traditional Kanien'kehá:ka territories. The First Peoples' House, part of Student Services, is dedicated to promoting and supporting Indigenous student success and well-being in a culturally relevant environment. Playing many roles, including those of residence, gathering place and resource centre, the First Peoples' House is first and foremost a community. We work in partnership with McGill and Indigenous communities to support all students in their academic success, personal growth, and professional development. We promote an inclusive environment and value collaborations.

3505 Peel, H3A 2B3

(514) 398-3217

Facebook: *First Peoples' House*

Twitter: *mcgill\_fph*



### **Demilitarize McGill**

Students and others are escalating a campaign to shut down weapons research, military recruitment, and other kinds of military collaboration on campus. Often coming together under the banner 'Demilitarize McGill,' we believe we can interrupt McGill's history of complicity in colonization, imperialist warfare, and other forms of violence on which the Canadian state depends. We strive to resist hierarchies and all forms of oppression in our organizing. We're interested in meeting people who might want to get involved, and we welcome new ideas and any questions you might have!

*demilitarizemcgill@riseup.net*

The **Social Equity and Diversity Education (SEDE)** Office is committed to fostering a fair and inclusive environment that respects the dignity of each member of the McGill Community. Through events, information campaigns, workshops, consultations, and print and electronic media, we strive to raise awareness and understanding by members of the University community on matters of equity, diversity, discrimination, and harassment.

3610 McTavish, Suite 12

(514) 398-2039

*mcgill.ca/equity\_diversity*

*equity.diversity@mcgill.ca*



**SEDE**



Did you know that we have a public rooftop Greenhouse on campus?

The **Concordia Greenhouse Project** is a collectively run, consensus-based, non-profit organization. It uses the Henry H. Hall Building rooftop greenhouse as an all-organic space geared towards community, education and sustainable horticulture. The Greenhouse is a year-round green space that hosts workshops, projects and events raising awareness around food issues and alternatives to mainstream consumerism.

We aspire to strengthen the urban agriculture movement at Concordia University and in Montreal by growing local produce using ecological practices, providing experiential learning opportunities through volunteering, internships and jobs, and networking with other like-minded individuals and organizations.

Concordia Greenhouse  
1455 de Maisonneuve Blvd. W., 13th floor  
Montreal, QC H3G 1M8  
(514) 848-2424 x 5134

### The **Justice for the Victims of Police Killings- October 22 Coalition**

brings together directly affected families and friends of the victims of police killings, as well as their allies. Our main purposes as a coalition are to remember the victims who lost their lives due to police violence, impunity and abuse; and to support their families and friends in any way we can. The Coalition follows from years of struggle and support for the

families and friends of police killing victims. The Coalition currently involves the family members and friends of Anas Bennis, Claudio Castagnetta, Ben Matson, Quilem Registre, Gladys Tolley, Jean-Francois Nadreau, and Fredy Villanueva, all who died as a direct result of police actions and interventions. We continue to reach out to family and friends of other victims of police killings.

[www.22octobre.net](http://www.22octobre.net)

### The **City Farm School (CFS)**

is an initiative to develop partnerships and expertise in urban agriculture on the island of Montréal. Our aim is to promote a cultural shift towards more resilient communities able to meet the challenges posed by climate change and a collapsing global food system by focusing on local food autonomy. The City Farm School offers seminars, discussions, internship placements, volunteer opportunities, and popular education style teach-ins on permaculture, organic crop planning, producing seedlings, mushroom cultivation, composting, pest management, organic plant nutrition, rain water harvesting, and other topics of great public interest, promoting a strong focus on experiential learning and the cultivation of a can-do spirit.

[info@city](mailto:info@cityfarm.org)





The **Queer Between the Covers (QBTC)** book fair collective aims to provide access to queer written materials in Tio'tia:ke, aka Montréal, prioritizing traditionally marginalized voices and a variety of queer experiences. QBTC organizes an annual book fair during Pervers/cité alternative pride festival as part of a radical response to the continued commercialization and depoliticization of mainstream pride events in the city. We also maintain a year-round zine distro and put on literary events every few months. Through this work we aim to create spaces to foster the growth of new and existing queer communities. We are supported by QPIRG Concordia.

*queerbetweenthecovers.org*  
*queerbetweenthecovers@gmail.com*

**Pervers/Cité** is a collaboratively organized summer festival that aims to make links across social justice groups, queer communities, and radical visions of pride. In a climate of corporatized gay agendas and whitewashed homogeneity amongst queers, Pervers/cité strives to provide a critical and accessible schedule of activities, designed to bring back the radical underpinnings to the pride movement.

*www.perverscite.org*



**The Flat** is a collective that encourages cycling, through the sharing of knowledge and tools. We have everything you need to learn how to fix your bike. All persons and bikes welcome—no experience necessary! We seek to make bicycling more accessible, provide a welcoming environment, minimize our environmental impact, and promote a greater sense of community. We are always looking for volunteers to teach bike repair to others.

**The Flat** est un atelier de réparation de vélos coopératif visant à encourager le cyclisme par le partage de connaissances et d'outils. Nous avons tout ce que vous avez besoin pour apprendre à réparer votre vélo. Tout le monde et tous les vélos sont bienvenus. Aucune expérience nécessaire! On cherche à rendre le cyclisme plus accessible, offrir un environnement accueillant, minimiser notre impact sur l'environnement, et encourager un meilleur esprit communautaire. On est toujours à la recherche des bénévoles pour apprendre la réparation des vélos.

*theflat.bikecollective@gmail.com*  
*theflat.wordpress.com*  
 3480 McTavish  
 SSMU Building B-02

**SALON  
DU LIVRE  
ANARCHISTE  
DE MONTRÉAL**



**MONTRÉAL  
ANARCHIST  
BOOK FAIR**

The **Montréal Anarchist Bookfair**— and month-long Festival of Anarchy (May 2016) — bring together anarchist ideas and practice, through words, images, music, theatre and day-to-day struggles for justice, dignity and collective liberation. The Bookfair and Festival are as much for people who don't necessarily consider themselves anarchists, but are curious about anarchism, as they are spaces for anarchists to meet, network and share in a spirit of respect and solidarity. All are welcome. The Bookfair and Festival are together one of the largest anarchist events in North America, and for the past decade, an important gathering and reference point for anti-authoritarian ideas and practice. This year's Montréal Anarchist Bookfair will take place on May 28 & 29, 2016.

[www.anarchistbookfair.ca](http://www.anarchistbookfair.ca)

The **Collective Opposed to Police Brutality (COBP)** is an autonomous group that brings together the victims, witnesses and anyone concerned about police brutality as well as any form of abuse perpetrated by the police. COBP not only denounces police harassment, violence, intimidation, arrests, and abuse of power, and informs the public about their rights with regards to the police, but we also provide support to the victims by helping them with filing a complaint with the police ethics board and in facing abusive accusations.

[www.cobp.resist.ca](http://www.cobp.resist.ca)

The **Contempt of Court Legal Clinic** is a project by and for people active in social movements. Our goal is to support people facing legal repression as a result of actions that share an affinity with our political principles. Our project is based on solidarity, and we intend to complement existing legal support initiatives. We recognize the legal skills and experience of people engaged in social struggles. We want to share our experience of the justice system, both theoretical and lived, in the context of monthly or bimonthly clinics, through individual support, and through events like workshops on particular infractions or accusations. Our objective is to contribute to building enduring power in relation to the justice system. If you are facing charges, if you want to respond to state violence in the courts, or if you want to share your experiences and offer support, you're welcome to join us! We are a working group of QPIRG Concordia.

[www.outrageautribunal.net](http://www.outrageautribunal.net)







## CINEMA POLITICA

SCREENING TRUTH TO POWER

**Cinema Politica** is a Montreal-based media arts, non-profit network of community and campus locals that screen independent political film and video by Canadian and international artists throughout Montreal, Canada and abroad. Cinema Politica is very active in Montreal! Check out our weekly Monday screenings from September to April at CP Concordia, other screenings at UQAM, McGill and in Villeray, and find more information about our special events at

[cinemapolitica.org/montreal](http://cinemapolitica.org/montreal).

—  
Cinema Politica est un organisme à but non lucratif situé à Montréal et voué aux arts médiatiques. Composé d'un réseau de cinéclubs, Cinéma Politica projette des films et des vidéos politiques indépendants d'artistes canadiens et internationaux partout à Montréal, au Canada et ailleurs dans le monde.

Cinema Politica est très actif à Montréal! Jetez un coup d'œil à nos projections hebdomadaires tous les lundis de septembre à avril à CP Concordia, aux projections à l'UQAM, à McGill et dans Villeray, ainsi qu'à nos événements spéciaux au

[cinemapolitica.org/montreal](http://cinemapolitica.org/montreal).

**RE: BODIES** is a collective of queer women of colour dedicated to supporting & co-creating the well-being, bodily sovereignty, and creativity of people of colour, black and indigenous folks, especially those also women, femme, two-spirited, queer, trans, genderqueer, intersex. through facilitating body-centered knowledge with practical skill shares, resource-sharing, community-building and workshops for members of our communities

[rebodies.wordpress.com/](http://rebodies.wordpress.com/)

The **McGill Farmer's Market** mission is to provide students, employees, and neighbourhood residents the opportunity to buy fresh, organic, and local food directly from the Quebec farmers who produce it, and to engage with community and student groups working on sustainability initiatives. The Market takes place every Thursday, from 12 pm – 5 pm, on McGill's downtown campus, from September 1st to October 27th, 2016, and also offers summer and fall CSA basket sessions. Learn more at:

[mcgillfarmersmarket.blogspot.ca](http://mcgillfarmersmarket.blogspot.ca)

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## Abortion & Pregnancy Resources

### **Grossesse-Secours (Pregnancy-Help Center)**

79 rue Beaubien E., Beaubien Metro  
(514) 271-0554 | [info@grossesse-secours.org](mailto:info@grossesse-secours.org)

Non-judgemental, anonymous and confidential phone line, open from 9-5pm, Monday to Friday. You can also set up an appointment with a counselor to do a pregnancy test and talk about your options.

### **Head & Hands**

5833 rue Sherbrooke O.  
Vendôme Metro, Bus 24 | (514) 481-0277

Free counseling services and clinic for youth under 25. Free pregnancy tests available. Contact them for drop-in times.

## Sexual Health

### **Shag Shop**

next to McGill Health Services  
(514) 398-2087

### **Concordia Health Services**

1550 De Maisonneuve W., Room GM-200, (514) 848-2424 ext 3565  
For Concordia students

### **Head & Hands**

5833 Sherbrooke W.  
(514) 481-0277

For medical clinics, info, and education for those aged 12-25

### **Le Centre de Santé des Femmes de Montréal**

3401 Avenue de Lorimier |(514) 270-6114

They offer an information session about abortion, if you want to learn more about this option. They provide morning after pills and abortion services, and have a supportive, non-judgemental approach.

### **CLSC des Faubourgs-Youth Clinic**

66 rue Sainte-Catherine E.  
Berri-UQAM Metro| (514) 527-2361  
Youth Clinic which provides counseling about pregnancy options and also provides abortion services to youth under 18.

### **The Point-St-Charles Community Youth Clinic**

1955 Centre Street | Charlevoix metro  
(514) 937-9251 x 6257 or 6260  
You can meet a nurse at the Youth Clinic (up to 24 years old) to get a free pregnancy test and discuss your options. Drop-ins hours for the youth clinic are Mondays and Wednesdays, from 2:00 to 6:00 p.m.

### **Info-santé**

811 to speak directly to a nurse

### **Sexuality and U**

[www.sexualityandu.ca](http://www.sexualityandu.ca)

### **McGill Health Services**

Ste 3300, Brown Building, 3600  
McTavish (514) 398-6017  
For McGill students

## Sexual Assault

**Sexual Assault Centre Of McGill  
Student Society (SACOMSS)**  
(514) 398-8500

**Sexual Assault Resource Centre at  
Concordia**  
(514) 848-2424 x 3353

**Montréal Sexual Assault Centre**  
(514) 934-4504

## Community Mental Health Centres

**Project Suivi Communautaire**  
*projectsuivicommunautaire.com*  
Offers psychosocial support to residents  
of the south-west.

**Argyle Institute**  
(514) 931-5629 | *argyleinstitute.org*  
Non-profit counselling and therapy

**AMI Québec** - (514) 486-1448 | *info@amiquebec.org* | Offers counselling and support.

## Mental Health & Counselling

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**McGill Counselling (Downtown  
Campus)**  
Brown Student Services Building, 4<sup>th</sup>  
floor. 3600 McTavish | (514) 398-3601

**McGill Counselling (Macdonald  
Campus)**  
Student Service Centre (Centennial  
Centre)  
(514) 398-7992

**McGill Mental Health Clinic**  
5<sup>th</sup> Floor, Brown Student Services  
Building 3600 McTavish | (514) 398-  
6019  
Drop-in, Monday through Friday, 9 a.m.  
to 3:30 p.m.

**The Center for Gender Advocacy**  
2110 Mackay  
(514) 848-2424 x7431  
Has a peer support and advocacy centre

**Concordia Counselling &  
Development:**  
SGW Campus: 1455 de Maisonneuve  
W.  
H-440 | (514) 848-2424 x 3545  
Loyola Campus: 7141 Sherbrooke St.  
W., AD-103 | (514) 848-2424 x 3555

**Concordia Peer Support Program**  
SGW Campus: 2090 Mackay, Annex Z  
room 02 (downstairs) | (514) 848-2424  
x 2859  
Loyola Campus: 7141 Sherbrooke St.  
W. Guadagni Lounge cc 408

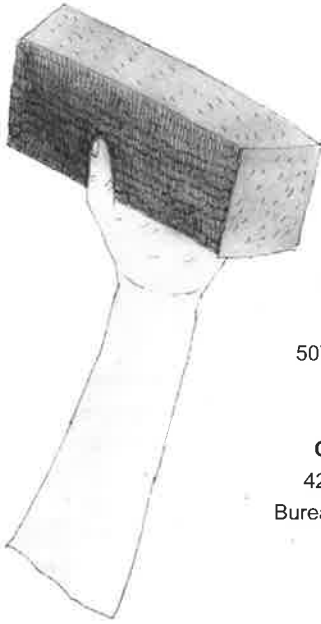
**Concordia Applied Psychology  
Centre**  
Psychology Building, PY-111, Loyola  
Campus 7141 Sherbrooke Street W.  
(514) 848-2424 x 7550  
Offers sliding scale talk therapy.

## Community Crisis Centres

### TRACOM

1662 Ontario Street E. | (514) 483-3033

Psychosocial crisis intervention services for adults. Chez Pops. Day centre for youth experiencing homelessness or other crises. Offers meals, shelter, legal advice, drug counselling, and crisis intervention.



### Suicide

**Action Suicide**  
(514) 723-4000

**L'Association Québécoise  
de Prévention du Suicide**  
1 (866) APPELLE (277-3553)

### Legal Aid

#### Mile End Legal Clinic

99 Bernard W. | (514)  
507-3054 [info@melc.ca](mailto:info@melc.ca) |  
[justicemontreal.org](http://justicemontreal.org)

**McGill Legal  
Information Clinic**  
(514) 398-6792  
[licm.mcgill.ca](http://licm.mcgill.ca)

#### Community Legal Aid

425 de Maisonneuve W.  
Bureau 600 | (514) 864-2111  
[ccjm.qc.ca](http://ccjm.qc.ca)

**CSU Legal Information  
Clinic**  
(514) 848-7474 x 7375  
[legalclinic@csu.qc.ca](mailto:legalclinic@csu.qc.ca)

[csu.qc.ca/lic](http://csu.qc.ca/lic)

**McGill Student Advocacy** (514) 398 4384

## Accessibility Services

#### Access Centre for Students with Disabilities - Concordia

1455 de Maisonneuve W., Room H-58.  
(514) 848-2424 x 3525 | [acsdinfo@concordia.ca](mailto:acsdinfo@concordia.ca)

#### Office for Students with Disabilities- McGill (OSD)

3459 McTavish Street, Redpath Library  
Building, Suite RS56 | (514) 398-6009  
[disabilities.students@mcgill.ca](mailto:disabilities.students@mcgill.ca)

**Template for Accessibility Audits by RAMP Vancouver**  
constantly updated Google Doc—can be found just by searching Google

## People of Colour Resources

### **No One Is Illegal Montréal**

*nooneisillegal-montreal.blogspot.ca*

A grassroots migrant justice collective open to self-identified People of Colour and Indigenous peoples.

### **Montréal Anarchist People of Colour Distro**

A zine distro that highlights work by people of colour and Indigenous people, specifically highlighting anarchist struggles for racialized people. They also host a caucus and dinner during the

Montréal Anarchist Bookfair.

### **Qouleur**

*www.qouleur.ca*

*qouleur.collective@gmail.com*

An annual, volunteer-run 2QTPOC festival in Montréal celebrating racialized and Indigenous queer identities and experiences through the arts.

## Indigenous Resources

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### **Native Friendship Centre**

2001 St. Laurent

(514) 499-1854 | toll-free: 1 (855)499-1854

*nfc.org | itcy.nfc.org*

Also located at the Native Friendship Centre is the Inter-Tribal Youth Centre.

### **Native Women's Shelter**

*nakuset@gmail.com | nwsm.info*

(514) 933-4688 | toll free: 1 (866) 403-4688

### **Indigenous Women and Two-Spirit Harm Reduction Coalition**

*ndn.harmredux@gmail.com*

An Indigenous collective running under a non-hierarchical, Indigenous feminist network.

### **Concordia Aboriginal Student Resource Centre**

SGW Campus, H-641

1455 de Maisonneuve W.

(514) 848-2424 x 7327

*concordia.ca/students/aboriginal.html*

Support and programs for First Nations, Métis and Inuit students.

### **Indigenous Resource Portal at McGill**

*indigenousnetwork.mcgill.ca*

McGill's Indigenous Resource Portal is a source of information about Indigenous-focused student groups, on-campus events, and off-campus resources. You can browse our calendar for upcoming events, get involved with Indigenous-related research, and find resources on education, health, and other topics.

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## Queer & Trans

### **L'Astérisik – Safer Space for LGBT**

#### **Youth**

1575 Amherst

A shared space between Project 10, Jeunesse Lambada, and the Montréal Youth Coalition Against Homophobia.

### **Project 10**

For a list of services visit [p10.qc.ca](http://p10.qc.ca)

Anonymous listening line: (514) 989-4585

Works to promote the personal, social, sexual and mental well being of lesbian, gay, bisexual, transgender, transsexual,

Two-Spirit, intersexed, and questioning youth and adults 14-25.

### **Aide aux transsexuelles et**

#### **transsexuels du Québec (ATQ)**

Admin: (514) 591-9038 | [admin@](mailto:admin@atq1980.org)

[atq1980.org](http://atq1980.org)

Listening line: (514) 254-9038

[ecoute@atq1980.org](mailto:ecoute@atq1980.org) | [atq1980.org](http://atq1980.org)

Nonprofit supporting trans people in Québec. Confidential help centre and other services.

### **Action Gay, Lesbienne, Bisexuelle,**

#### **Trans et Queer pour Immigrants et**

#### **Réfugiés (AGIR)**

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

Services and support for queer and trans immigrants and refugees

### **Jeunesse Lambda**

[www.algi.qc.ca/asso/jlambda](http://www.algi.qc.ca/asso/jlambda)

Friday night drop-in group, support, activities for gay, lesbian, and bisexual youth (French).

### **Action santé travesti(e)s et transsexuel(le)s du Québec**

#### **(ASTT(e)Q)**

300 Ste. Catherine E.

(514) 847-0067 x 207 | [info@astteq.org](mailto:info@astteq.org)

[astteq.org](http://astteq.org) | [facebook.com/transsolidaire](https://facebook.com/transsolidaire)

ASTT(e)Q aims to promote the health and well-being of trans people through peer support and advocacy, education and outreach, and community empowerment and mobilization.

### **Queer McGill**

Admin (514) 398-2106

Queer Line (514) 398-6822 | [queermcgill.ca](http://queermcgill.ca)

Discussion groups, social activities, listening line for McGill students and non-students.

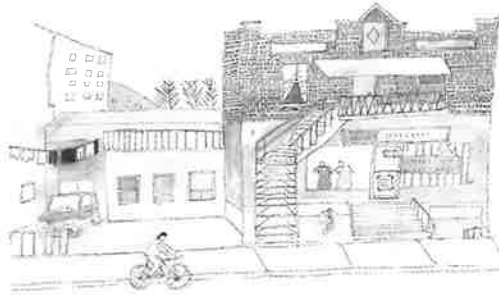
### **Queer Concordia**

Suite P-102, 2020 Mackay

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

[facebook.com/groups/qc.mtl](https://facebook.com/groups/qc.mtl)

On-campus resource centre and safe space for those who are queer, lesbian, gay, trans, Two-Spirited, bisexual, asexual, intersex, questioning, and allies.



## Housing Rights

**FRAPRU** - [www.frapru.qc.ca](http://www.frapru.qc.ca)

**RCLALQ** - [www.rclalq.qc.ca](http://www.rclalq.qc.ca)

**HOJO** - [www.hojo.csu.qc.ca](http://www.hojo.csu.qc.ca)

**Project Genesis** - [www.genese.qc.ca](http://www.genese.qc.ca)

**Comité BAILS**

[logement-hochelaga-maisonneuve.org](http://logement-hochelaga-maisonneuve.org)

**Comité Logement Plateau Mont-Royal**

[sites.google.com/site/comitelogementplateau](http://sites.google.com/site/comitelogementplateau)

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## Food Assistance List

**Food Assistance by Neighbourhood**  
[www.arrondissement.com/sud\\_ouest](http://www.arrondissement.com/sud_ouest)  
(alimentation)

**City of Montréal**  
[ville.montreal.qc.ca](http://ville.montreal.qc.ca) (aide alimentaire)

**CSSS Food Assistance List**  
[www.santemontreal.qc.ca](http://www.santemontreal.qc.ca)

**Québec Collective Kitchen Group**  
[www.rccq.org](http://www.rccq.org)

**The Social Economy Committee List**  
[www.economiesocialemontréal.net](http://www.economiesocialemontréal.net) (le repertoire)

**Québec Food Banks**  
[www.banquesalimentaires.org](http://www.banquesalimentaires.org)

## Anarchist & Anti-capitalist Spaces

**La Déferle**  
1407 rue Valois | [au1407.org](http://au1407.org)  
anarchist social space

**DIRA**  
2035 St. Laurent  
anarchist library

**l'Insoumise**  
2033 St. Laurent | [insoumise.wordpress.com](http://insoumise.wordpress.com)  
anarchist bookstore

**Maison Norman Bethune**  
1918 rue Frontenac | (514) 563-1487  
[maisonnormanbethune.ca](http://maisonnormanbethune.ca)  
bookstore and info distro

# Acknowledgements\*

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- 46 .....Gentrify this! Zine

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52 .....Termite Collective

54 .....Prisoner Correspondence Project  
prisonerconcordanceproject.com

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solidarityacrossborders.org

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