

# Newsletter

WESTHAVEN NEIGHBOURHOOD COMMITTEE



Working together to improve the quality of life in Westhaven



## What's new in the neighborhood:

# Westhaven Day

**FRIDAY, SEPTEMBER 9<sup>TH</sup> 2016  
6-8PM**

**At the Westhaven Community Centre**



**For more info.:**



**Anita Quintana:** 514-872-6134/  
westhavencentre@hotmail.com  
**Serge Del Grosso :** 514-484-1471/  
Sergedelgrosso@ndg.ca

### Summer 2016 Contents

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*Dear neighbours in Westhaven,*

Here is the end of the Summer 2016 issue of our neighbourhood newsletter, enjoy it! This newsletter was created by the community for the community. If you have ideas for the next newsletter in fall, please contact the coordinator of the Westhaven Neighbourhood Committee Annick Munyana at 514-484-1471X229 or email annickmunyana@ndg.ca

# Westhaven Social Club / Are you interested in Arts & Crafts ? Cooking ? Languages? Board games? Sports?

A group of residents interested in these activities meet one Friday per month, between 6-8PM at the Westhaven Community Centre. If you would like to participate or join the club or learn about others events in the neighborhood?

**Contact:** Annick Munyana at 514-484-1471 X229 or Email: [socialclub@ndg.ca](mailto:socialclub@ndg.ca)



## Did you know that ?

There is a Community Kitchen taking place in Westhaven!  
Learn new cooking skills by preparing a variety of recipes in one of our community kitchen workshops taking place in the Westhaven Community Centre.

**Contact:** Jennifer Brennan [cuisine@depotndg.org](mailto:cuisine@depotndg.org)





## How much does it cost to join the garden?

There is a membership fee to join the garden. This fee helps the Food Depot buy materials and plants for the garden. If you cannot afford the membership we have reduced rates! Please ask us!



### When does the garden in Westhaven start?

Garden sessions will be on **Saturdays, from 2pm – 5pm**

Garden start (first day): Saturday, April 23<sup>rd</sup>

Garden end (last day): Saturday, October 22<sup>nd</sup>

### For more information:

**Lauren Pochereva** at the NDG Food Depot or come in person to the Food Depot at 2146 Ave. Marlowe

**Phone:** 514-483-4680 ext.216

**Email:** [ag.urbaine@depotndg.org](mailto:ag.urbaine@depotndg.org)

## DISTRIBUTION DAY CHANGE!

Starting August 1, the NDG Food Depot will be moving Monday distribution to Tuesday.

This means that instead of food basket distribution days being Mondays and Fridays, the new schedule will be:

(Starting the 1st week of August)

**Tuesdays 2:00pm-7:00pm**

**Fridays 10:00am-2:00pm**

If you have any questions please contact the Depot at 514-483-4680

## CHANGEMENT DANS LES JOURS DE DISTRIBUTION!

À compter du 1er Août 2016, la journée de distribution du Lundi sera déplacée à mardi.

Cela signifie qu'au lieu d'avoir Lundi et Vendredi comme jours de distribution, le nouveau calendrier sera le suivant :

(À partir du 1er août 2016)

**Mardi de 14h à 19h**

**Vendredi de 10h à 14h**

Si vous avez des questions, veuillez vous contacter le Dépôt au 514-483-4680

# La collecte des résidus alimentaires débutera en octobre 2016!

Food waste collection is coming October 2016!



La collecte des résidus alimentaires de Notre-Dame-De-Grâce est planifiée pour Octobre 2016 dans le secteur électoral de Loyola (entre les rues **Grand Boulevard et Connaught**). La collecte pour le secteur de NDG (à l'est de Grand) est attendue au début de 2017.

Le programme de collecte de résidus alimentaires est disponible pour toutes les maisons, les duplexes, les triplexes et les appartements de 8 unités ou moins. Si vous habitez dans le district de Loyola (ou même dans le district de NDG) et que vous aimeriez vous inscrire pour la collecte des déchets de table à domicile, veuillez contacter l'Éco-quartier NDG. Nous vous incluons dans notre liste dès maintenant.

Il est également important de mentionner que notre équipe fera la tournée du quartier cet été pour vous donner plus d'information sur le programme.

Au plaisir de vous rencontrer!



Food waste collection will start in the Loyola electoral district (Grand Boulevard to Connaught) in October 2016. The NDG district (East of Grand), is expected to follow in early 2017.

The food waste program is available to all those residing in houses, duplexes, triplexes and apartments with 8 units or less. If you live in the Loyola (or even NDG district) and you'd like to sign up for home compost pick-up, the Eco-quartier NDG is already registering those interested. Otherwise, our team will be visiting you this summer to give you more information on the program.



PRÉVENTION  
CDN-NDG

éco  
quartier  
NOTRE-DAME-DE-GRÂCE

**Pour plus d'information / For more information:**

**Éco-quartier NDG** 6575 rue Somerled, suite 206

514-486-2727, [ecoquartier@gmail.com](mailto:ecoquartier@gmail.com)

[www.preventioncdnndg.org/eco-quartier](http://www.preventioncdnndg.org/eco-quartier)

**Door to door visits Food waste pick-up:** The Éco-quartier NDG team will be visiting homes in the Loyola district to promote the upcoming food waste collection. This is your chance to sign up to have your garbage transformed into usable energy!

**Information on ecological moving:** if you are moving, please remember that there are simple actions that you can do which really help the environment. check out the *Répertoire des adresses du réemploi* (in French)

**Protect your bicycle against theft – (free)** Tandem, and local Police Stations 11 and 26, will engrave your bike free of charge. Bring your bicycle and a piece of identification, and we do the rest. Please contact Tandem CDN/NDG [514-736-2732](tel:514-736-2732) or email us at [info@preventionndg.org](mailto:info@preventionndg.org) to make an appointment to have your bicycle engraved or contact your local police station. These appointments are also free of charge.

**Buy a tree for 25\$ (fall campaign).** Citizens who are interested can buy one or more trees for the modest price of \$25 (\$35 for fruit trees). Purchases can be made online or in person at the Éco-quartier NDG. For more information or to buy a tree:

<http://www.unarbrepourmonquartier.org>

Order before October 4<sup>th</sup> (deliveries October 11<sup>th</sup> )

**No junk mail stickers** are available at the Éco-quartier NDG. Free!



**Free mattress bags** for moving available for mattress disposal (to fight against the spread of bed-bugs).

**Collecting Used HALLOWEEN COSTUMES** Bring your used costumes to the Éco-quartier NDG up until Saturday October 22<sup>nd</sup>. These costumes will be distributed to other needy Halloween enthusiasts!

*Stay up-to-date with the Eco events in NDG! Please send us an email with the subject line « subscribe » [ecoquartier@gmail.com](mailto:ecoquartier@gmail.com) and/or join our newsletter*

*[www.preventionndg.org](http://www.preventionndg.org)*

Éco-quartier NDG – 6575 Somerled, suite 206 – 514-486-2727 -  
[ecoquartier@gmail.com](mailto:ecoquartier@gmail.com) [www.preventioncdnndg.org](http://www.preventioncdnndg.org)



# WESTHAVEN



## COMMUNITY CENTER

7405 Avenue Harley, Montreal, Qc, H4B 1L5 (514) 872-6134

### AUTOMNE 2016 / FALL 2016

#### PRE-REGISTRATION/PRE-INSCRIPTION

August 11<sup>th</sup> 4pm-6:30pm / Le 11 août 16h00-18h30

#### REGISTRATION/INSCRIPTION

September 7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup> 5pm-8pm/Le 7, 8, 9 septembre 17h00-20h00

### Centre Communautaire Westhaven

7405 Avenue Harley

Info: 514-872-6134

FACEBOOK: Westhaven community center

[westhavencenter@hotmail.com](mailto:westhavencenter@hotmail.com)

#### **HOME OF THE KNIGHTS/LA MAISON DES CHEVALIERS**



#### AVIS/NOTICE

All programs must be paid in full by October 1st; failure to pay programs could result in you/your child no longer being registered in the program(s)

Tous les programmes doivent être payés en totalité le 1er octobre, si le paiement n'est pas effectué le résultat pourrait être que vous/votre enfants n'est plus inscrits au programme.

Register for more than one program or register more than one child & receive a \$5 discount.

Inscrivez-vous à plus d'un programme ou inscrivez plus qu'un enfant et recevez un rabais de 5 \$.

Les salles sont disponibles pour location. Rooms are available for rental for events.

#### Renseignements/Information

514-872-6134

Offert en collaboration avec  
Offered in collaboration with



ACTIVITÉS / Activities	Age	COÛT Cost	LUN	MAR	MER	JEU	VEN	SAM	DIM	HEURES/ HOURS	Début / Fin Start / End
<b>AIDE AUX DEVOIRS</b> After School	6-12	40.00\$	*	*	*	*	*			LUN-VEN 15h-18h	12 SEPT - 16 DEC
<b>ACTIVITÉS LIBRE FAMILLE</b> Family Open Gym	5-12	Gratuit / Free + MEM							*	DIM 17h -18h30	OCT 16 <sup>TH</sup> -17 DEC
<b>DANSE Hip Hop DANCE</b>	8-12	40.00\$	*							LUN 18h-19h	3 OCT - 5 DEC
<b>DANSE Hip Hop DANCE</b>	25+	40.00\$	*							LUN 19h-20h	3 OCT-5 DEC
<b>Basketball team mixed /</b> <b>Équipe basket mix</b>	9-11	90.00\$ ou 2 versements de \$45 pour l'année					*	*	*	FRI/VEN 18h30-20h SAM/SAT 10h-12h SUN/DIM 11h-12h30	23 SEPT - 16 DEC *Pause vacances de Noël 13 JANV-14 MAI
<b>Teen basketball team/</b> <b>Équipe basket ados</b>	12-13	90.00\$ ou 2 versements de \$45 pour l'année		*				*	*	TUES/MAR 18h30-20h SAT/SAM 12h-14h SUN/DIM 12h30-14h	20 SEPT - 13 DEC *Pause vacances de Noël 10 JANV-14 MAI
<b>Teen basketball team/</b> <b>Équipe basket ados</b>	14-15	90.00\$ ou 2 versements de \$45 pour l'année				*		*	*	THURS/JEU 18h30-20h SAT/SAM 14h-16h SUN/DIM 14h00-15h30	22 SEPT - 15 DEC *Pause vacances de Noël 12 JANV-14 MAI
<b>Teen basketball team/</b> <b>Équipe basket ados</b>	16-17	90.00\$ ou 2 versements de \$45 pour l'année		*		*		*		TUES/MAR 20h-21h30 THURS/JEU 20h-21h30 SAT/SAM 16h-18h	20 SEPT - 15 DEC *Pause vacances de Noël 10 JANV-14 MAI
<b>Teen girls basketball team/</b> <b>Équipe basket féminin ados</b>	14-17	90.00\$ ou 2 versements de \$45 pour l'année							*	AT TRENHOLME GYM TBA SUN/DIM 15h30-17h00	25 SEPT - 16 DEC *Pause vacances de Noël 15 JANV-14 MAI
<b>TEENS/ADOS</b>	13-17	GRATUIT			*			*		WED/MER 19h-21h SAT/SAM 19h-22h	14 SEPT-16 DEC
<b>SENIORS COMPUTER CLASS</b> <b>COURS D'ORDINATEUR</b> <b>POUR LES AINÉS</b>	50+	\$50		*			*			TUES/MAR 10h-11h FRI/VEN 10h-11h	20 SEPT-15 DEC
<b>BOARD GAME CLUB/</b> <b>CLUB DE JEUX SOCIÉTÉS</b>	25+	GRATUIT		*			*			TUES/MAR 10h-12h FRI/VEN 10h-12h FRI/VEN 18h30-21h00	20 SEPT-15 DEC
<b>GYM FAMILLE/</b> <b>FAMILY OPEN GYM</b>	Tout âge	GRATUIT							*	SUN/DIM 17h-18h30	514-872-6134
<b>YOGA</b>	18+	\$50			*					WED/MER 18h-19h	514-872-6134

# UPCOMING NEWS: Senior computer class

Tuesdays & Fridays (10-11AM)  
50\$/Session (Sept.20-Dec.15)

At the Westhaven Community  
Centre!



**Contact:** Anita Quintana /514-872-6134  
[Westhavenndg@hotmail.com](mailto:Westhavenndg@hotmail.com)  
[www.westhavenndg.com](http://www.westhavenndg.com)

## WESTHAVEN COMMUNITY CENTRE

**7405 Harley Av., Montreal, H4B 1L5**

This centre provides evening activities for teens, summer camps and afterschool program and many more. (Details in the activity guide)

**Info.:** Anita Quintana-Cordinator / 514-872-6134  
[Westhavenndg@hotmail.com](mailto:Westhavenndg@hotmail.com)/ [www.westhavenndg.com](http://www.westhavenndg.com)

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