

SPRING

2026



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Newsletter

The 1350-1360 Link

Environment

Sorting our waste – The most common mistakes

At the beginning of February, we had a waste audit which allowed us to assess and observe how we sort our waste. The result: *we can improve!*

Since the beginning of 2025, the government has simplified the identification of recyclable materials for our blue bin using three keywords: containers, packaging, and printed materials. However, not everything can go in the recycling bin or the trash.

To make sorting easier, here is a summary of the most common mistakes:

Compost bin

Place in the compost bin: Handkerchiefs, tissues, paper towels, and napkins – often considered printed paper – are compostable.

Do not put the following in the compost bin:

- Diapers, tampons, and sanitary napkins. These go in the designated recycling containers, if available, or in the regular garbage.
- Animal-based waste (e.g., dairy products, meat)
- Fat (e.g., vegetable oil, mayonnaise, salad dressing)
- Plants and herbs contaminated with pesticides or diseased

Recycling bin

The following must be rinsed before being placed in the recycling bin:

Any packaging/container with remaining solid food residue is not recyclable as is. It must be wiped or rinsed before being recycled.

Note that some containers, packaging, and printed materials are not yet recycled, but putting them in the recycling bin helps increase the volume, which helps develop markets for their future reuse.

Goes neither in the recycling bin nor the trash can

Some materials need a specialized service such as a workplace eco-centre, collection by a specialized provider, a municipal sorting centre or to be returned to the supplier

who sold the product or service (Extended Producer Responsibility - EPR). Some examples of this:

- **Returnable bottles and containers got to a specialized collection stream** – often considered the same as regular glass containers like bottles and jars – do not go in the recycling bin but rather in the returnable container bin and must be taken back to Consignation or a grocer. You can also subscribe to a collection service like Go Consigne.
- **To be returned to supplier (rep) or given to a third party for reuse** - Coffee capsules, ink cartridges and used oils

If in doubt, consult the "Where's it going?" app. (<https://cavaouwebapp.recyc-quebec.gouv.qc.ca/>), the City of Montreal (<https://montreal.ca/en/articles/what-to-put-recycling-bin-83068>) or Bac Impact's website (<https://binimpact.ca/the-sorting-game>).

In my building

New service offered

Eco-friendly windshield washer fluid refill station. Come fill your windshield washer fluid bottle or your vehicle's reservoir directly, at a lower cost, at our brand new eco-friendly refill station. Do a good deed for the environment while saving money. The station is located next to the booth at the parking lot entrance. Each time you refill, you can see on the machine how many single-use plastic bottles we've saved.



Black history month

To celebrate Black history in Canada, the current art exhibition in the food court features the work of an artist from the city of Saint-Hubert, located on Montreal's South Shore: Achille Kouamé. To learn more about the artist:

<https://www.artmajeur.com/achilles>



EVENTS

International Women's Day



On March 8, 2026, we celebrated International Women's Day. This iconic day symbolizes the ongoing struggle and progress made in achieving equal rights, integrity, and recognition for women, in order to restore fair justice for all.

Earth Hour



A small, symbolic gesture tinged with hope for the future!
On Saturday, March 28, at 8:30 p.m., we will participate in the global Earth Hour event by turning off all non-essential lights in the building to join the fight to protect the environment.

Earth day / Earth week

The sustainability of our planet is important to all of us.

We will celebrate Earth Day on April 22. For this special occasion, we will be organizing a collection of electronic waste and hazardous materials, allowing you once again to dispose of your batteries, old cell phones, paint, and household chemicals for conscious and clean recycling.



Maple season



Mini maple sugar tarts will be in the spotlight this year!

We will be delighted to offer you these comforting treats on April 1st. In the spirit of maple syrup season, these desserts will be prepared by a local artisan, lovingly cooked using a time-honored recipe.

Héma Québec



Our annual "GWLRA - Héma Québec" blood drive will be held on May 20th. Keep an eye out for the registration notice.

Ice cream



Ice cream will make its grand return to kick off the summer season!

Mark your calendars for June 17th and come enjoy one of our delicious frozen treats, offered free of charge by the building management.

A look back



Toy drive to benefit Operation Santa Claus and Réno-Jouets Foundation

Thanks to your generosity we have, once again, donated 3 bins of new gifts to Operation Santa Claus and the equivalent of a Ford Explorer, filled to the brim, with used games and toys to the Réno-Jouets Foundation.

Festive wreath making workshop

In December, we offered a workshop to create a magnificent holiday wreath which was very popular with all those who participated.

What have we got in store for you this year?

