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Vivva MONTREAL INSIDE...

Check out our Happenings section to see what's going on in Montreal.

From the Canadian Club luncheon and the Nuphilex Coin & Stamp Show to the Rotary Garage Sale and the St. Patrick's Parade!

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New Digs for Montreal Inuit Art Expert

BY CHRIS "ZEKE" HAND

Normally, I tend to frequent what are called "contemporary Canadian art galleries." You know the type: white painted cubes with someone in a position of authority who tries to make you feel small. One of the anomalies in my semi-regular rounds of the 350 or so art galleries in town is Galerie Elca London. It is neither white, nor a cube, and while the art exhibited is contemporary and made in Canada, for better or worse it has been niched under the term "Inuit art." But letting it

languish in that niche does Inuit art a great disservice.

Inuit art is as much a mixed bag as conceptual art or painting. While it is possible to get as many smooth and rounded soapstone carvings of polar bears as you could possibly want, allow me to point out that while every art gallery in the Old Port has an oil painting of kids playing ice hockey, not all paintings are of kids playing ice hockey. Similarly, not all Inuit art consists of smooth and rounded soapstone carvings of polar bears.

Mark London, propri- continued on page 8



Stained glass by Inuit artist Kananginak Pootoogook.

Restaurant Review

Montreal Goes Local: L'Atelier and Aux Vivres

BY STUART WOODS

When *Gourmet* magazine devoted an issue to the culinary treasures of Montreal, as many column inches were devoted to small-scale, artisanal food producers as to celebrity chefs like Martin Picard and Normand Laprise. That's not surprising, considering the richness and variety of products, including the continent's headiest cheeses, world-class foie gras, a virtual monopoly of maple syrup, and a recipe for ice cider – an increasingly sought-after digestif.

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Maternally Yours

Camps (Part 2 of 2): Day Camps

BY ANNIKA MELANSON



As I look out the window onto the snow-covered lawn, it's hard to believe that summer is only a few months away and that I had better get cracking if I plan to send my daughter, Amel, to the day camp of our choice!

Amel is four and too young for sleep-away camp, so I have been investigating Montreal day camps and trying to figure out how to choose the right program for

continued on page 4

CONFESSIONS OF A REAL ESTATE AGENT

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HAPPENINGS

Vivva Montreal's guide to what's on around the island.

FESTIVAL CITY

■ **Wine and Dine Experience** is Montreal's premier culinary festival. This year's event will see top New York City chefs descend upon the city to showcase their talents, as well as celebrating South African vintners, Gaspeian cuisine and Quebec cheeses. Events include La Grande Raclette in Bonsecours Market on March 3, special \$11.95 lunch menus at restaurants across the city, and an attempt at making the world's largest pot of apple sauce in Old Montreal on March 4. Presented as part of

the Montreal High Lights Festival. For more information go to www.montrealhighlights.com. Until **March 4**.

■ Montreal High Lights Festival presents the fourth annual **Montreal All-Nighter**, which features a variety of events across the city taking place in the wee hours. Activities include street performers, ice skating, live music, art, fireworks and a free breakfast. Most events are free, including a shuttle service courtesy of the STM. For more information call 514.288.9955 or go to www.montrealhighlights.com. **March 3 to March 4**.

■ The Société de musique contemporaine du Québec (SMCQ) presents the third edition of **Montreal/New Music International Festival**. The festival features a symposium, master classes and performances of an eclectic array of new music, including everything from electroacoustic music to avant-garde classical and jazz. For more information call 514.843.9305 or go to www.festivalmnm.ca. **February 24 to March 8**.

■ Don't miss the 11th edition of **festivalissimo**, a festival of Spanish-language film. Cinéma du Parc, 3575 Park Ave. For more information call 514.737.3033 or go to www.festivalissimo.net. **March 1 to 15**.

■ Canada's longest-running **St. Patrick's Day Parade** begins at noon on **Sunday, March 18** at Fort and St. Catherine St. Green beer will be on hand at Irish pubs throughout the city. For more information go to www.montrealirishpride.com.

with schizophrenia. Tickets are \$10, \$5 for students and seniors. Moyse Hall, 853 Sherbrooke St. West. March 6 at 7 pm.

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Westmount Arena: Auction, Fri, June 1 – Sale, Sat., June 2

Music

- **Viento del Sur.** Quebec violinist and composer Helmut Lipsky leads an ensemble in a performance of tango standards and original compositions. Part of a series devoted to tango music presented by the city of Montreal. Tickets are free. To reserve call 514.872.6889. Maison de la culture Côte-des-Neiges, 5290 Côte des Neiges. **March 1 at 8 pm.**
- Medieval music ensemble **Skarazula** performs a program of period music tailored to a younger audience (6 to 12 years old). Tickets are free. To reserve call 514.872.2157. Maison de la culture Notre-Dame-de-Grâce, 3755 Botrel. **March 6 at 3 pm.**
- Winnipeg funk ensemble **Moses Mayes** returns to Montreal after last year's successful Jazz Festival date. Presented by local impresario Global NTT. Tickets are \$12. Jello Bar, 151 Ontario East. For more information go to www.globalnnt.com. **March 9 at 10 pm.**
- Ensemble **Sinfonia de Montréal** performs works by Liszt, Strauss and Moussorgsky. Tickets are \$20, \$10 for students. The Oscar Peterson Concert Hall, 7141 Sherbrooke St. West. For tickets call 514.918.3352 or go to sinfonia.danlereseau.com. **March 11 at 7:30 pm.**
- Baroque Music ensemble **Les Boréades** teams up with Les Voix Baroques to perform a program of Bach cantatas. Tickets are \$37, \$26 for seniors and \$14 for students. Pollack Hall, 555 Sherbrooke St. West. For more information call 514.398.4547 or go to www.boreades.com. **March 23 at 8 pm.**

CINEMA

- **Films that Transform.** The McGill medical faculty's ongoing film series screens *This Beggar's Description*, an NFB documentary about a Montreal poet and novelist living

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- The Canadian Centre for Architecture screens *Burden of Dreams*, a documentary about the making of Werner Herzog's *Fitzcarraldo*. Admission is free. Paul Desmarais Theatre, 1920 Baile Rd. For more information call 514.939.7026 or go to www.cca.qc.ca. **March 8 at 7 pm.**

ART

- **The Montreal Museum of Fine Arts** presents *Once upon a Time*, which puts the legacy of Walt Disney in the context of western European art and literature. Admission is \$15, \$7.50 for students and seniors, and free for children under 12. The Montreal Museum of Fine Arts, 1379 Sherbrooke St. West. For more information call 514.285.1600 or go to www.mmfa.qc.ca. Opens **March 8**.
- Montreal pastel artist **Kendra Boychuk** presents a new exhibition titled *A Reverence for Life*. Dix Milles Villages, 5674 Monkland. For more information call 514.483.6569. The vernissage is **March 9 from 6 to 8 pm.**

THEATRE

- Centaur Theatre presents the world's most famous love story, *Romeo and Juliet*, set

continued on page 3

Give
us
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your
nearly
new...

HAPPENINGS...

continued from page 2

- against a contemporary backdrop. Tickets are \$42, \$32.50 for seniors and \$20 for students. Centaur Theatre, 453 St. François Xavier. For more information call 514.288.3161 or go to www.centaurtheatre.com. **March 1 to April 1.**
- The Saidye Bronfman Centre for the Arts presents *I Am My Own Wife*, the Tony Award- and Pulitzer Prize-winning play about a German transvestite who survived the Third Reich. Tickets are \$30, \$28 for seniors and \$21 for students. Leanor and Alvin Segal Theatre, 5170 Côte St. Catherine. For more information call 514.739.7944 or go to www.saidyebronfman.org. **March 11 to 25.**

COMMUNITY EVENTS

- **Giant flea market, bazaar and bake sale.** Trinity Memorial Church Hall, 5220 Sherbrooke St. West. For more information call 514.486.8457. **March 2, 6 pm to 9 pm, & March 3, 9:30 am to 3 pm.**
- **Montreal Urban Community Sustainment (MUCS)** presents free canning workshops throughout the month of March. MUCS office, 219-2000 Northcliffe. For more information call 514.312.7074. **March 3, 17 & 24 at 3 pm.**
- **Montreal Urban Hikers Walking Club** walks on Mount Royal. Suggested donation of \$2. Meet at McDonald's restaurant, corner of Park Ave. & Mount Royal. For information call 514.366.9108. **March 10 at 9:30 am.**
- Concordia University presents a lecture by **Professor John P. Smol**, an expert in arctic ecology, on the effects of climate change

in the far north. Admission is free. The Oscar Peterson Concert Hall, 7141 Sherbrooke St. West. For more information call 514.848.2424, ext. 2529. **March 22 at 8 pm.**

- Be the first to register for spring and summer sports and recreation activities in Westmount. The initial registration blitz is open to Westmount residents only. (Non-resident registration begins April 11 at Westmount arena.) Victoria Hall, 4626 Sherbrooke St. West. For more information call 514.989.5353. **March 27, 28 & 29, 6 pm to 8 pm** (and later at the arena).
- **Montreal Mosaic Heritage Summit.** The Quebec Anglophone Heritage Network (QAHN) in partnership with the McCord Museum presents a day-long conference celebrating Quebec's multicultural history. Admission is \$10, \$5 for students and low-income earners. McCord Museum, 690 Sherbrooke St. West. For more information call 1.877.964.0409. **April 1 from 9:30 am to 5:30 pm.**

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March 26	Heaven & Hell
March 28	Christina Aguilera
April 1	Stars on Ice
April 5	Nelly Furtado
April 6	Harlem Globetrotters
April 10	Il Divo
May 6	The Killers
May 12	Andre Rieu
May 29	Gwen Stefani
July 25	The Police



Vivva

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● Distributed by Canada Post to 22,000 residential and business addresses in Westmount and eastern NDG (H3Y, H3Z and H4A) and 1,300 business addresses in Knowlton, Sutton, Magog, North Hatley and Ayer's Cliff. Bonus for next three issues: 3,700 business addresses in downtown Montreal (H3H, H3G and H3A) ● 600 copies distributed to over 45 waiting-room drops.

● Monthly. Distribution begins on the last Tuesday of the month, except January.

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VIVVA SHORTS

The Mayor of Montreal Backs Down on Park Avenue

It was with pleasure that we at *Vivva* saw that Mayor Tremblay had reversed himself on renaming. Park Avenue after the lesser Bourassa ("we have suspended fundamental liberties"). Did our editorial make any difference? Probably not. But the citizens' movement sure did. Congratulations to all the participants. Maybe government is not impervious to public opinion after all. Full and complete municipal demergers anyone?

The Westmount Examiner Leaves Westmount

We noticed the recent departure (February 2, 2007) of the Westmount *Examiner's* offices from Westmount.

As far as we know, *Vivva* is now the only newspaper published in Westmount and one of two published in our distribution area.

We will do our best to keep providing interesting content for our readers and try to maintain person-to-person contact with our community. **V**

Readership Survey: We Need Your Help

We have been publishing *Vivva* for almost a year now. We are very curious about who is reading our paper and what they think of it. Right off the bat, though:

If you don't want to receive *Vivva* (*Si vous ne voulez pas recevoir Vivva*): Please place a sticker saying "no ad mail" on your mail slot or letter box. *Veuillez placer une étiquette « pas de média-poste » sur votre boîte à lettres.*

If you do want to receive *Vivva* (and you live in our distribution area: H3Y, H3Z, H4A): Check with Canada Post to make sure you are not listed as a "no ad mail" residence in their records. You may have had a sticker in the past that is keeping the post office from giving you the paper.

Let's talk!

Can you please tell us about yourself by sending us an email at vivva@vivvamontreal.com, a fax at 514.935.9241, or a letter at 310 Victoria #105, Westmount, QC H3Z 2M9?

1. How many readers are you responding for? _____
2. Where do you live? _____
3. What do you do for a living? _____
4. What do you like about the paper? _____
5. What do you dislike? _____
6. What new features would you like to see? _____
7. Would you like to see *Vivva* come out more often? _____
8. Anything else? _____

Your responses will help us better serve you.
Thank you in advance!

Know Your Camp

continued from page 1

her. There are so many different types of day camps available: sports, science, arts and crafts and performing arts camps, as well as camps geared towards children with special needs. So how do you choose which one is best for your child?

My advice is to meet and talk to the camp director before making your choice. Find out what the camp's philosophy is

and whether or not you are in tune with it.

Many camp directors use key words like teamwork, community and safety. But are these just words, or does the camp define these terms as you do? Decide whether you want your child to attend a specialty camp or not. You can even mix it up: two weeks at a specialty camp and two weeks at a traditional one.

Happy Campers

When selecting a day camp for your child, here are some important things to consider:

- Verify that the camp is accredited. If it isn't, you will have to do your own research about health and safety, staffing, etc.
- Consider your child's interests and needs. There are so many specialty camps to choose from. For children who aren't interested in a specific activity or sport, consider a camp that offers a wide range of activities.
- Take your child's personality into consideration. If your little one is very timid, it is a good idea to visit the camp together and perhaps even choose a camp that a friend is attending. Having a familiar

face close by will make the transition to day camp easier. Include your child in the selection of a camp so that they feel that their input has been considered.

- If your child has any allergies, ensure that the camp staff is qualified to cope. Some camps ban foods containing peanuts and require councilors to carry EpiPens. This is an important consideration if your child has an allergy or any other medical condition.
- If your child has a special need, it is important to discuss it with the camp director. Different camps are better suited to different types of special needs. For example, a child with ADHD will benefit the most from a camp that offers very structured activities.
- Ask if drinking water is readily available to campers and how often water breaks are provided, especially on hot days. Also, how often is sunscreen re-applied?
- Get referrals. Ask other parents and kids what they liked or disliked about a specific camp. Contact more than one family, as one child may have had an unusually good or bad experience.
- Plan ahead. If you want to ensure that your child attends the camp of their choice, don't delay. Some camps even offer a discount for early-bird registration.
- Last but certainly not least, day camp is

about fun and doing things kids enjoy. It's a place to learn new skills and make friends. A good summer camp should provide a sense of family and community, and should be a place where your child feels comfortable. Again, this is why it is important to get a sense of the camp director's vision and philosophy, and whether or not it jives with yours and your child's.

A great resource for parents is **Association des camps du Québec (ACQ)**. Any Quebec day camp on this association's list must meet its standards, which include everything from staffing ratios for different age groups, to the safety of activities and equipment, to campsite amenities. For more information about accreditation and standards go to www.camps.qc.ca.

Remember, the name of the game is FUN!

Maternally Yours Updates

- Be the first to register for spring and summer sports and recreation activities in Westmount. The initial registration blitz is open to Westmount residents only. (Non-resident registration begins April 11 at Westmount arena.) Victoria Hall, 4626 Sherbrooke St. West. For information call 514.989.5353. **March 27, 28 & 29 from 6 pm to 8 pm** (and later at the arena).
- With March break quickly approaching, some camps are offering a spring day camp

continued on page 5

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MATERNALLY...

continued from page 4

session, such as some of the YMCAs. Definitely worth looking into if you need childcare for your child, or if you would like to occupy them with fun activities during their time off school.

- **K.I.D.S. Day Camp** is moving to the Villa Maria campus this summer after having been at the Marianopolis campus for 14 years. For more information call 514.938.5290 or go to www.kids-dc.com.
- A new café for parents and infants up to 5 years old opened in January, called **Maman, Bébé et Café**. The café offers coffee, food, manicures, pedicures and massages in their downstairs spa (sheer heaven!); a babysitting service (for \$6 per hour, \$4 per hour for siblings, though parents must remain on-site); and most of all a chance to relax, socialize and connect with other parents while kids play in a safe, fun setting. Also, **Azure Wraps**, a boutique that sells cloth-diapering products, as well as baby carriers and other baby accessories, is on-site. Maman, Bébé et Café, 5814 Sherbrooke St. West (corner of Melrose). For more information call 514. 509.7494 or go to www.mamanbebecafe.com. For Azure Wraps, call 514.509.7892 or go to www.azurewraps.com.
- **Enfants du Quartier** has new business hours: the café is closed on Monday, open on Tuesday to Saturday from 9:30 am to 5:30 pm, and on Sunday from 10 am to 5 pm. The new manager, Donna Colamero, is from Joe Beef (you know, that super

trendy restaurant in Little Burgundy). She is expanding the menu as well as the playroom. One more thing: the café now offers free wireless internet access. So bring your laptop along with the gang! Enfants du Quartier, 5588A Sherbrooke St. West (opposite Girouard Park). For more information call 514.568.2060 or go to www.enfantsduquartier.com.

- Haven't got the **Mummy Card** yet? The member card costs \$45 and gives Montreal mummies access to discounts at mummy-friendly businesses all over the city, including Java U (Westmount), Second Cup (Monkland), Maman, Bébé et Café, Bébésimo, Enfants du Quartier, Mademoiselle Pinki, Sox Box, Ecolleey Organic Grocer, and lots more! Available at www.mummylist.com.
- Information and resources offered on **MontrealMommy** include links to services for parents and children in Montreal; non-profit organizations dedicated to children and parents; useful government sites providing information for families in Quebec; trusted sites for pregnancy; and information from A to Z on childbirth and childcare. For details go to www.montrealmommy.com.
- Check out the 15th annual **Salon Maternité Paternité Enfants**, where resources and products for pregnant women, babies, parents and children ages zero to 6 will be on display. Place Bonaventure, 800 de la Gauchetière West. For more information go to www.salonmaternitepaterniteenfants.com. **March 29 to April 1**.
- **Bébésimo** hosts workshops throughout the month: "Introduction to Homeopathy," March 2 at 10 am; "The Best of Baby/Toddler-Friendly Montreal," March 9 at 10 am; and "HypnoBirthing: The Mongan Method," March 16 at 10 am. Bébésimo, 6056 Monkland. For more information call 514.572.7260.
- **Design Louis George** now carries baby bedding, towels, cribs, nursing pillows and accessories. They also provide a decorating service to make your nursery a baby's paradise. Design Louis George at Ogilvy's, 1307 Sherbrooke St. West. For more information call 514.842.7711, ext. 294, or go to www.designlouisgeorge.com.
- **The Montreal Museum of Fine Arts** hosts free family activities one Sunday a month.

continued on page 6

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Two Week Camps

Session	Ages (co-ed)	Start	End
#1	10-16	June 24	July 7
#2	10-16	July 8	July 21
#3	10-16	July 22	Aug. 4

One Week Camps

Session	Ages (co-ed)	Start	End
#4	13-17	Aug. 4	Aug. 11
#5	9-12	Aug. 12	Aug. 18

For further information contact: **Parkside Ranch Inc.**, 1505, Alfred-Desrochers, Orford, QC, J1X 6J4
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BOOK REVIEW

Childhood Revisited

BY CATHERINE MCKENZIE

Lullabies for Little Criminals
by Heather O'Neill



Little Women
by Louisa May Alcott



Following last month's reading of two memoirs from apposite childhoods, this month I chose to read two books about growing up that also have completely different sensibilities.

Criminal Minds

First, I read Heather O'Neill's *Lullabies for Little Criminals*. This is the Montreal native's first novel and it tells the story of a girl named Baby, just 12 years old when the story begins. Baby is motherless, and lives with her young, near indigent, drug-addicted father in the Plateau. Baby is highly intelligent, but also strangely naïve for someone who has seen so much of the underside of life.

At the beginning of the book, Baby and her father have a sweet, childlike relationship. What follows over the next two years are events that lead to the deterioration of that relationship and, in turn, to the deterioration of Baby's innocence and naïveté. As her father withdraws further into his own world, Baby is thrust onto the street, looking for replacements for what there once was between them. These replacements eat up the rest of Baby's childhood so that, in the end, she has to reconcile with her father as an adult.

I am not really sure how I feel about this book. O'Neill is clearly a talented writer; she has described and created a world, and people in that world, who are believable. However, this is not a world I have ever spent any time in, nor do I really want to. The book is very readable, and I was never bored while reading it. Perhaps my ambivalence stems from the fact that I know O'Neill; we went to elementary school together, as well as university. Maybe it's just like watching an actor you know on stage; you can never completely suspend your disbelief and accept the person as the character they are creating.

In an interview at the back of the book, O'Neill says that she partially lived in Baby's world while growing up. This likely accounts for the memoir-like feel of much of the book. And if you enjoy memoirs

about depressing childhoods, you will enjoy this book.

Little Angels

Next, I re-read Louisa May Alcott's *Little Women*, a novel I had last read as a child. This novel also feels like it is based on Alcott's childhood and, in fact, one of the book's narrative devices is that it is being written by one of the principal characters.

For those of you who haven't read it, *Little Women* is the story of four sisters living in near poverty with their mother while their father is fighting the American Civil War. Each of the sisters is wildly different from the other, but they form a cohesive whole that spins in its orbit around their perfect mother. Their lives take a turn for the better when they befriend the parentless, but rich, boy next door (Laurie) and his crotchety grandfather. The book follows the girls from girlhood to early adulthood, until each is married and starting her own family.

As I was re-reading this book, I remembered why I had never read it again. I know *Little Women* is well-loved, and I can understand why, but it is not well-loved by me. There is something too pat or perfect about it. There is a civil war raging on that their father is fighting in, but that barely intrudes into the story at all. The family is reduced to poverty by various circumstances, and the girls cheerfully go to work to keep the family from sinking. But really, my fundamental problem (spoiler alert!) is the failure of the central relationship between the main character, Jo, and her best friend Laurie. Everything about this book leads one to assume that they will end up together, yet they don't. It is, oddly enough, this realistic scenario that feels the most unrealistic and false.

So, while I didn't really enjoy re-reading the book, I did discover an interesting bit of pop-culture: the writers of the TV movie *Anne of Green Gables: The Sequel* (1987) have, in my opinion, plagiarized the proposal scene between Jo and Laurie in the (first) proposal scene between Anne and Gilbert. I found at least six lines that were stolen verbatim. Why this was necessary when there is a perfectly well-written scene in *Anne of the Island*, I'll never know.

Catherine McKenzie is a Montreal lawyer.



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Museum activities: Arts, Insectarium and Architecture

continued from page 5

- On March 18, two workshops are offered to children ages 5 and up: "Looking at Colour: Creation of a Portrait in Gouache" and "Portrait, Reveal Thyself!," a guided tour of 13th to 19th century European art. The Montreal Museum of Fine Arts, 1380 Sherbrooke St. West. For more information call 514.285.1600 or go to www.mmfa.qc.ca.
- This year is the 10th anniversary of **Butterflies Go Free**. Learn all about butterflies and moths as they fly around freely in the Insectarium de Montréal. Last year, one even landed on my daughter's head! Admission is \$11.50 for adults, \$5.75 for children ages 5 to 17, and \$1.75 for toddlers up to age 4. Insectarium de Montréal, 581 Sherbrooke St. East. For more information call 514.872.1400. February 23 to April 29.

- The Canadian Centre for Architecture presents free family-friendly activities as part of the Montreal All-Nighter. **Mad Science** includes interactive and educational experiments for the entire family. The Canadian Centre for Architecture, 1920 Baile Street. For more information call 514.939.7026 or go to www.cca.qc.ca. March 3 beginning at 8 pm.

Annika Melanson is the author of THE MONTREAL POCKET PARENT and LE BOTTIN DES BAMBINS and co-author of YUMMY IN MY TUMMY IN MONTREAL.



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COUNTRY DOCTOR

Insomnia: Causes and Cures

BY DR. VIRGINA HEESE

A good night's sleep is one of those many things in life that we take completely for granted when we get it, but miss bitterly when we don't. For most of us, a restless night's sleep is only an occasional annoyance, but for many folks bedtime is a challenge. We'll take a look at some of the causes of insomnia and review the many ways you can maximize your chances of getting a good night's rest.

Insomnia is really an inadequate quality or quantity of sleep. We can't specifically define it by the number of hours of sleep (or lack thereof!) because this amount varies from person to person. What may be perfectly adequate for you may have the next person grumbling their way through the day. It's important to know what's right for you – and when you start to stray from this baseline, it may be your body's way of telling you that something isn't right.

Common Problem

If you're having some sleep difficulties, you're in good company. Insomnia is the most common sleep disorder in North America and has been experienced by about one third of adults. It can be a long-term problem for up to 10% of adults. Women are more commonly affected than men (this may be related to the many side effects experienced by monthly fluctuations of female hormones, and to child-bearing and rearing) and insomnia becomes more prevalent as we age. Common symptoms include difficulty falling asleep, staying asleep or waking too early. Many folks experience a feeling of not getting enough sleep and experience daytime grogginess. A lack of sufficient sleep also makes people irritable, anxious and depressed.

One very important concept to make clear is that insomnia itself is a symptom, and typically not a disease in its own right. Many patients come in complaining of sleep difficulties and expect me to dash off a quick prescription for a handful of pills. Ah, if only it were that simple ... but it's usually a more involved process to try to tease out the root cause of the problem. The effort is necessary because a handful of pills may not be the best solution for the situation at all.

Short or Long Term Issue?

The possible causes of insomnia are MANY. It's useful to differentiate between

short term insomnia, which can last for days or weeks, and chronic insomnia, which lasts for several weeks or months. As a VERY general rule, short term insomnia is associated with temporary changes in a person's life – be they changes in their environment, jet lag, shift work, stress, recent illness or surgery, and brief courses of medications or withdrawal from medications. Chronic insomnia, as you may have surmised, is more worrisome, as it is typically associated with longer lasting issues. It has a daunting list of possible causes, including a number of medical, neurologic and psychiatric disorders, and disorders of the sleep-wake cycle. Of key concern is that chronic insomnia is most commonly associated with psychiatric issues; insomnia may, in fact, be one of the first signs of a mental health problem. Depression (especially amongst the elderly), anxiety disorders and schizophrenia are all associated with chronic sleep disturbances. So if insomnia has long been a problem in your life, be prepared for a long list of questions from your doctor!

Tips for Sleeping

General measures that can help maximize your sleep success include the concept of practising good "sleep hygiene". No, contrary to your suspicions, sleep hygiene has very little to do with the cleanliness of your sheets. Instead, these are general guidelines that maximize your chances of getting a good night's rest.

Maintain a strict sleep schedule; establish a regular bedtime and regular time to get up – even on weekends! Avoid napping, as this can profoundly disrupt your sleep-wake cycle. Your bedroom should be used for sleep and sex only – cart the TV out of there and don't even read in bed. Folks often make the mistake of letting their bedroom double as an office or a den – unfortunately, the brain then associates the room with wakefulness and activity, making it that much harder to fall asleep in that environment. Make an effort to transform your bedroom into a quiet, dark and comfortable sleep setting.

Watching TV, which is one of the most common ways that people end their day, is unfortunately very activating to the brain. Switch off at least an hour before bed, dim the lights, play soft, relaxing music, and read a boring book to wind down before bedtime. Do not get up and go into the bedroom until you feel drowsy. Once you lie down, don't lie there for hours if you



Your sleeping area should be an oasis.

can't fall asleep; allow yourself about 15 to 20 minutes. If you don't fall asleep, get up and leave the bedroom. Do something relaxing and wait until you feel sleepy before you try again. No matter how long this process takes, get up at your regular time and try not to nap the next day; this is a good way of resetting your inner clock.

Other tips include keeping a close eye on your intake of sleep-wrecking substances. Cut out caffeine if you're having a difficult couple of nights, or restrict its use to morning only. Alcohol is another culprit; many folks use alcohol to fall asleep, but it causes restless, disturbed sleep and increases the chance of overnight awakening. Nicotine should also be avoided in the evenings. Moderate daytime exercise will improve your chances of a good night's sleep, but don't exercise within three hours of bedtime. Avoid eating a large meal just before bedtime, but don't go to bed hungry; a light snack will often help you sleep well.

If All Else Fails...

If, despite your best efforts, sleep continues to elude you, it is worthwhile to check in with your family doctor. A detailed history and physical exam, careful review of your medication and substance intake, and starting a sleep diary should shed light on the root causes of your sleep troubles. Sleeping pills can help in some instances, but should never be mistaken for a cure. They can only be considered a temporary form of relief to be used over a few days. Prolonged use can lead to rebound insomnia – where that body gets used to the pills and is incapable of sleeping normally without them!

Dr. Heese is a Canadian and American Board-certified family physician and a graduate of McGill. She resides in Vermont. Dr. Heese cannot stress enough that the general advice supplied above should not, and cannot, replace the individualized advice and care of your own family physician.

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Inuit Art has Evolved with the Inuit

continued from page 1

etor of Galerie Elca London, is more than happy to discuss this fact, as well as the impending move of his gallery from its current location in the Alcan building on Sherbrooke St. West. Soon after you read this, the gallery’s sculptures will be comfortably ensconced in their new digs at 224 St. Paul St. West in the Old Port.

The gallery was founded in 1960 by London’s late mother. After opening in the London family’s basement, the gallery moved to Lucerne Rd., and then to two locations on Sherbrooke. There aren’t many galleries that have been in business for as long as Galerie Elca London, and London takes great pride in calling it one of the oldest galleries in Montreal.

What makes the gallery so compelling is that London takes immense pride and joy in the sculptures and prints that he stocks, and it shows. Despite being internationally renowned as an expert on Inuit art, he is nevertheless the very opposite of a stuffy museum curator who lectures for hours on depictions of native life. His face lights up when he discusses a sculpture, a print or the stained glass that he commissioned

to commemorate the move.

One reason for the move is that, due to a lack of space at the Sherbrooke St. location, London was unable to present exhibitions. And while exhibitions are not a requirement for running an art gallery, they do serve a very useful purpose in focusing attention on specific artists’ work. And besides, without exhibitions it is impossible to host a party at the vernissage.

Inuit Art’s Modern Roots

In a nutshell, Inuit art was popularized by **James Houston** in the late 1940s. Houston went up north – way, way up north – and, while hanging out with the folks up there, came across a pretty gosh darn cool little carving made by an Inuit, and thought to himself, “Hey, if I bring this down south, I can probably make people there understand the people here slightly better!” (Or maybe he thought, “Hey, if I bring this down south, I can make some money.”) The next thing you know, the Canadian government had decided that the Inuit were better off settling down and large rocks, carving tools and printing presses became more prevalent than when the Inuit were nomadic.



Mark London at Galerie Elca London's new location in the Old Port.

It gives me a nasty thrill to realize that Inuit art is about as contemporary as it gets, even though it is generally thought of as being some sort of ancient cultural manifestation. It’s not too much of a stretch to call Inuit art a manifestation of cultural hegemony.

Northern Lights

Personally speaking, the first time I realized this was when **Annie Pootoogook** was nominated for the Sobey Art Award, which rewards an emerging Canadian artist with \$50,000 in prize money. Galerie Elca London, like most other Inuit art galleries, has a couple of her prints.

Pootoogook is one of the first artists from Nunavut to challenge the perception that Inuit art is all about the traditional arts and crafts of an ancient culture. We can only hope that now that the wall has been breached, other artists will come through as well.

Lucy Tasseor Tutsweetok is one of those artists who most deservedly belongs on this side of the wall. The London gallery has several of her pieces, all of which are radically different from the popular perception of Inuit art.

Tutsweetok’s work is reminiscent of a traditional totem pole, in that it consists of faces carved in stone, not exactly in the most representative manner, and not always immediately recognizable.

While academics call Tutsweetok’s work

monumental, you do not get that sense from the sculptures at Galerie Elca London. (This might be because the gallery’s largest sculpture by Tutsweetok is only slightly larger than a medicine ball). Rather, her work is much more personal, more akin to a three-dimensional photo album than a tribute to something in our collective memory.

Small faces, about the size of a thumb, are carved out of the stone, like balconies on a building. They are fairly irregular and vaguely angular. It would be easy to imagine someone pointing to one of the faces and exclaiming, “That’s great-aunt Sabatha! She was your mother’s sister’s husband’s mom. She made the best cookies I have ever had in my life.”

Chris “Zeke” Hand runs Zeke’s Gallery. All opinions expressed herein are his own. He does not represent, manage, consult or otherwise have any affiliation with the artists or galleries he writes about, unless it is explicitly stated within the review.

Where to go

Galerie Elca London
224 St. Paul St. West – check first!
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WINE

Winter Wonderland

BY CAROLA PRICE

As we settle into the last freeze of the Quebec winter, I find myself, as many others do at this time of year, hibernating in the warmth and serenity of my house. Well, serenity may be the wrong word, because this time of year also brings out the old fashioned side of me: I find myself dancing around the kitchen, stewing, braising, roasting and puréeing. Succulent lamb shanks with dark meat falling off the



Big, bold reds for cold winter nights.

bone, *coq au vin* nestled around a sweet gold-potato mash, and slow-cooked pork roast glazed with Pommery mustard and apple cider. Those who brave the cold and come over are in for quite a treat when I decide that winter needs to be a little warmer, at least in the stomach.

Frigid temperatures demand winter wines. These are the wines that pair up perfectly with the rich flavours of stews, roasts and braised meats. Take heed, though, and realize that while these wines may be enjoyable in frigid temperatures, they will not taste the same in the humidity of an August evening.

Use this guide to enjoy the best of the heady and rich wines that can match the heaviest winter foods. Now, curl up in front of the fire and count the days until summer.

Deep and Dark Red

Cabernet sauvignon is by far the most widely planted grape variety in the world. It produces dark, rich, highly tannic wines due to its thick skin. It is a pleasure to drink and almost always needs a softener like merlot or cabernet franc to enjoy in its youth. Some of the best cabs in the world are aged for more than 30 years and can still be enjoyed when they reach 100.

When enjoying a cabernet sauvignon's aromas, look for cassis, mint, eucalyptus, licorice, vanilla or cedar. Some well-priced cabernet sauvignons come from Chile, Canada, Australia and the south of France. A mid-priced cabernet sauvignon may not always knock your socks off, but it will match roast beef rather nicely.

Other Heavy-hitters

Syrah and **Shiraz** are the same grape. A variety indigenous to France, this grape has seen much success in Australia and South Africa, as well as in South America and on the west coast of North America. This is one hefty grape, and it makes some of the most powerful wines in the world. The northern Rhone in France uses Syrah exclusively and Penfolds Grange, one of the most expensive Australian wines, is all brute Syrah.

Choose well-priced Syrahs to accompany lamb stew and you won't be disappointed. Expect high alcohol levels from Syrah, which is why it should always be enjoyed with food. Some great values include R.H. Phillips, Cline, Rosemount Estate, Penfolds and any producer from Gigondas, France.

Zinfandel came to North America via Croatia and shares the DNA of Italy's primitivo grape. In its truest form, zinfandel is hearty and tannic with loads of ripe plum and berry flavours, with a splash of black pepper and tobacco to round it out. California became known for zinfandel by using it to make a slightly pink, semi-

sweet wine. It can be many things to many drinkers and is offered in rosé and red format from light- to heavy-bodied.

The top producers of zinfandel in California are Ridge Vineyards, Turley, De Loach Vineyards, Ravenswood and Rancho Zabaco from the Gallo family. If you've decided to splurge on a zinfandel, look for a Ridge at your local SAQ (you'd be hard-pressed to find a Turley in this market). For everyday drinking, Ravenswood offers the biggest bang for your buck.

Nebbiolo is revered in Piedmonte and is as important to the Italians as cabernet sauvignon is to the French. It is the grape that makes barolo and barbaresco some of the most sought-after wines in the world. Heavy and thick with tannin, it must be aged in order to soften it up. When young, it is an assault on the palate, but give it a few years and it is softer. Nebbiolo is rich and slightly spicy, with lots of earthy espresso and blackberry components in the mouth.

Bold and Beautiful Whites

While reds are really more powerful than whites, it isn't fair to leave whites out altogether. Look for higher priced **chardonnays** that have more than 13% alcohol, as well as Rhone Valley whites. They tend to be quite powerful for those who don't want to drink red. Other wines may have marsanne or roussane in them as well as viognier. Australia, California, Chile and Argentina also have big whites that can be enjoyed with the hardiest of dishes.

Experiment the next time you stop by the wine shop. And remember, the best judge of a wine may be someone who drinks it all the time. Don't be afraid to ask your SAQ branch employee. They taste hundreds of products and may have a favourite wine that will blissfully match your meal.

So enjoy the deep freeze, and may your thoughts turn to spring, which is just a few weeks away. Time is almost up for the richness of winter wine and food, so keep on the lookout for a bargain wine to stock

up on for next year.



16.5/20 Chardonnay, Alamos Ridge, Mendoza, Argentina.
SAQ#00467969. \$15.80

A pretty good example of a powerful, but good value, white wine. Look for some butter and tropical fruit on the nose and a richness in the mouth. This medium-bodied wine serves as aperitif and finishes with medium-bodied cheeses like Époisses and Le Douanier.



18/20 Zinfandel, Bonterra Vineyards, Mendocino County, USA.
SAQ#00530139 \$23.15

While I couldn't get over the berries in the glass, this bold red leads to tar and tobacco flavours pretty quickly. Look for plums and black pepper, too. This wine matches chili and marinated red meat really well. Drink or hold.



17/20 Cabernet/Merlot/Syrah, Hedges Cellars, Columbia Valley, USA. SAQ#10354478 \$18.50

The look of the bottle is new, but the same great flavour is what I look for in the bold wines of Washington. Some green pepper and plum with heaps of currant and pepper take the palate to a long, thick finish. Pair this wine with roasted meat and grilled vegetables and you won't be disappointed.



18/20 Syrah/Grenache/Mourvedre, La Bergerie de l'Hortus, Coteaux-Languedoc, France.
SAQ#00427518 \$17.85

This is one of my favourite wines coming out of France at the moment. Bold flavours and a wonderfully balanced nose of herbs, plums and cherries lead to a rich mouth-filling wine meant for *coq au vin* or a rich meatloaf. It also matches mushroom-bacon pizza with parmesan and gorgonzola.

Carola Price is a sommelier and chef.

She is a member of the Canadian Association of Professional Sommeliers and The International Sommelier Guild. She can be reached at carola@ivvmontreal.com.

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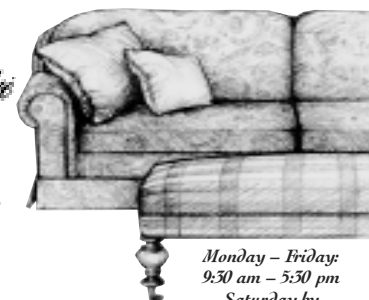
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MOVIE REVIEW: *THE LAST KING OF SCOTLAND*

One King’s Man

He Said: 

The Last King of Scotland tells the story of a (fictitious) personal physician and friend to Idi Amin. (The all-too-real Amin ruled Uganda from 1971 to 1979.) The film, starring James McAvoy as Dr. Nicholas Garrigan and Forest Whitaker as Amin, culminates with the PLO’s hijacking of an Air France flight that ended at Entebbe (a Ugandan city) in 1976. (Amin was pro-PLO.)

The reason for the mention of Scotland in this African tale? Firstly, Garrigan is Scottish. Additionally, Amin’s time in the British Army gave him an abiding love of Scots, to the point that he sometimes took the title “king of Scotland”.

Whitaker Shines

This is a good movie! For starters, the acting is great. Forest Whitaker deserves all the praise he has been getting, as well as his Oscar nomination. He is charming – nay, magnetic – at one moment and ter-

rifying in the next, the way one would expect of a charismatic, populist dictator.

McAvoy will likely be overshadowed by Whitaker, but his performance is also excellent. He successfully portrays a free-lovin’ man of the 1970s (complete with bell-bottoms) who is oh-so susceptible to the temptations of power, available women and luxury. But the character is also animated by a sincere desire to help Ugandans, and McAvoy portrays all aspects convincingly.

I was especially excited that there were no missteps up until the false climax of the film (an ambush with lots of shooting). After that, however, the movie has just a few too many scenes, but I am demanding in terms of pacing.

Everything else is great, too: the minor roles (e.g., Gillian Anderson of *The X-Files* fame as the English-accented wife of another doctor), the costumes, the sets, the feel of the movie. Be careful, though, there is some pretty graphic violence that will not please the squeamish.



False advertising? Forest Whitaker as Idi Amin: not the last king of Scotland.

An Odious Comparison?

In February’s *Vivva*, I compared *Notes on a Scandal* (2006) to the excellent *Year of Living Dangerously* (1982), so it will probably be frowned upon to bring it up again so soon. But *The Last King* is even closer to *Living Dangerously*. Both films capture how alluring, spooky and dangerous really foreign cultures can be to Western observers, especially in turbulent, post-colonial times.

One sticking point: we are told at the beginning of the film that the movie is “inspired by actual people.” At the end, we see that the movie is based on a novel of the same name published in 1999 and written by Giles Foden. What’s up? A cursory internet search confirms that the doctor is fictitious. When are people going to understand that fact is more interesting to some people *because it happened* and that fiction should not be presented as fact? Future writers and filmmakers: remember James Frey’s *A Million Little Pieces*. Why couldn’t we have been told from the get-go, “A fictional story of Idi Amin’s Uganda”?

On the plus side, I came out of the movie curious about Amin, Entebbe and the whole de-colonization process in east Africa. I’ll be buying some books soon.

That’s my kind of movie.

She Said: 

I agree. This is an excellent movie: well-written, well-acted, beautiful to look at and believable even if fictionalized. I enjoyed this movie much more than this year’s over-hyped and much-nominated *Babel* (2006). McAvoy (who played the faun in *Chronicles of Narnia*, 2005) gives a career-

building performance. I expect great things from him in the future and am surprised that he has not been nominated for any awards.

Whitaker Acts, but Supports

Whitaker, whom I have liked in every performance I have seen him in, embodies the essence of what we imagine Amin to be: charismatic and crazy, kinetic and psychotic. He definitely deserves his Academy Award nomination, though I would have thought it would have been in the best supporting actor category rather than in the best actor category, since McAvoy is the only real main character.

All of the supporting characters are excellent as well, with the only exception being the now standard, slightly frazzled, slightly sinister local British spy-in-residence. How many times, and in how many movies, do we have to see this character? I agree with David that the movie could have been slightly shorter – there is a pacing problem in the latter portion of the second act. I also think that the ending is a little pat.

Stands on Its Own

However, I would like to commend this movie for *not doing* what most historical movies do these days (and which I find particularly annoying): finding some connection to the present so that we-people-living-now can understand that we are going back in time. This movie begins at the beginning and ends when it ends; we are left to make connections with the present on our own.

David Price is a publisher.
Catherine McKenzie is a lawyer.

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THEATRE

Young Actors Perform in Lilian Helman's *The Autumn Garden*

BY KRISTINE BEREY

Theatre lovers know that you only begin to appreciate a masterpiece when you've seen it interpreted by various artists. To see a play only once or twice in a few years is rarely enough to do it justice.

Although blessed with some excellent professional theatre companies, Montreal is also home to some very important training institutions, such as the National Theatre School and the theatre programs of Concordia University, John Abbott College and Dawson College. Their student productions support emerging young actors and provide theatre-goers opportunities to see major works that may not have been performed for years.

Psychological Drama

From March 7 to 10, as the first of three final productions at the venerable **Dome Theatre**, the professional theatre program of Dawson College presents Lillian Hellman's rarely performed work, *The Autumn Garden*, a play some say Hellman considered her best. Very different in tone and pacing from Hellman's more famous work, *The Children's Hour*, the play is often described as Chekovian.

"The dynamic is psychological," says Winston Sutton, Dawson drama teacher and the play's director. "It's dealing with the manipulation of the mind. Your energy comes through your understanding of the language. It's not a situation where you have a major fistfight."

Set in 1949, the play takes place at a summer resort on the Gulf of Mexico that only takes in "permanent guests." The proprietor, Constance, eagerly awaits the

arrival of a man she loved very deeply as a girl and whom she has never forgotten. As events unfold, the small group gathered at the guest house learn to see each other – and themselves – as they really are. In the process, they question the validity of past choices, and choices they are about to make.

Precocious Talent

Although barely into the first week of rehearsals, the young performers describe their characters with surprising insight, as though they are speaking of people they know intimately. This is all the more surprising considering the young ages of the performers. With the exception of two, all the characters in the play are middle aged or more.

"There's a lot more to her than meets the eye," says **Sarah Segal-Lazar**, when describing her character, Carrie Ellis, an overly devoted mother of an adult son. To prepare for her role, Segal-Lazar looked to her family. "My parents are around that age," she says. "Everything that has happened to me so far happened to me as a child, and it's a question of imagining how a parent would react. I wouldn't generally try to envision how my mom is feeling during an argument, but there is no other way to go about [preparing for the role]."

In playing Carrie's 70-year-old mother, Mrs. Ellis, **Stephanie Costa** feels the challenge is in capturing the character's physicality. "Mrs. Ellis pretends to be senile, but she's actually very smart and aware," Costa says. "Everyone's a human being and has the same thoughts, so mentally it's not that much of a stretch." Costa notes that because her character is older, she is



Director Winston Sutton (seated) with Dawson theatre students Tadzeo Horner Chbib, Stephanie Costa and Marie-Noelle Dufour.

physically quite frail. "The challenge is more of a physical one," Costa says.

Marie-Noelle Dufour, who left an eight-year career in translation for her love of theatre, plays Rose Griggs, a character she finds enigmatic. "At first she seems like a flaky person, very light spirited, with no worries in the world. She just wants to go dancing and see people," Dufour says. "But you see she is stronger than she seems and very different from how she appears."

Shayne Devouges, who portrays the gentle Crossman, looks within himself for inspiration. "My character is 46, and my father is 46. They have nothing whatsoever in common," Devouges says. "What he's experiencing in the play I can relate back to situations I've been in."

Sutton encourages her students to find a personal connection to the work. "What's difficult about this play is that the actors must understand it and connect on a real personal level for the play to work," Sutton says. "They must bring something to the work. They can't just recite the lines

by rote and expect it to resonate with the audience. It must be truthful first."

The Autumn Garden runs from March 7 to 10. The Dome Theatre, 3990 Notre Dame West. For more information call 514.931.5000.

Kristine Berrey is a Montreal-based writer.



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Haute Barnyard and Winter Vegans

continued from page 1

So there’s nothing novel about a restaurant devoted to Quebec *terroir* such as L’Atelier, a new restaurant on St. Laurent in Mile End. What sets the restaurant apart is that it has evolved the trend of market-driven cuisine into a highly self-conscious esthetic that defines everything from its food to its decor.

Pastoral Chic

In a mural on the back wall, photographs of the restaurant’s suppliers are interspersed with images of pleasant agrarian landscapes. Their smiling visages look on as diners consult the menu, which often lists the source of the meal: venison from Dennis Ferrer’s farm in Boileau; foie gras and duck by producer Élisé François of Aux Champs d’Élisé; and pork from St. Canut, Quebec. The decor is rounded out by a large communal table, impressive flatware and deft surrealist touches, like the cross-cut sections of timber that pattern the south wall.

The fastidious design is matched by the food, which is assertive, inventive and meticulously prepared. The menu lists about 20 appetizer-size dishes from which diners assemble their own tasting menus (the server recommends ordering three per customer).

The tuna and bison tataki is a haphazard stack of thin-sliced tuna and bison steak interlaced with eryngii mushrooms. The assemblage is refined, yet bold and raw, an inspired take on mille feuilles. Artisanal mushrooms appear again dotting the wild rice and escargot risotto, which is draped with silken slices of foie gras. The delicate luxury of the foie gras is offset by the risotto’s earthy tones in a vivid, though somewhat challenging, contrast.

L’Atelier’s take on poutine is a diminutive plate of fried potato and shredded rabbit’s meat coated in dark, sweet barbecue sauce and topped by shaved Allegretto cheese. Unlike Martin Picard’s famed concoction at Au Pied de Cochon – an unabashedly earnest rendition of the familiar dish that features foie gras as the star ingredient – the poutine here is restrained and well-mannered: less a guileless comfort food, more an irreverent reconstruction.

Other standouts include the duck breast tartare with shiitake mushroom and



Aux Vivres brings veganism to the masses.

hazelnut, and the game meats: medallion of venison from Boileau topped rakishly by a grilled prawn and spicy pepper sauté; and caribou with gnocchi in a cassis reduction.

Haute Barnyard

The emergence of restaurants like L’Atelier that defer some of the celebrity of the chef to local producers is part of a food trend New York writer Adam Platt calls Haute Barnyard. The trend underscores the desire among many high-end consumers for a more meaningful relationship to food sources that exist up the line.

Formerly, organic food seemed to be a way of supporting local producers, while at the same time being an assurance of a high-quality product. But, ironically, the growth of the market for organics – which is now the fastest growing sector of the Canadian food industry – has raised questions for some about the meaning of the term. With everything from processed foods to factory farmed meats being certified organic, does the label indicate a meaningful alternative to homogenized taste?

This is the position of Carl Witchel, executive member of Slow Foods Québec, an organization dedicated to promoting the diversity of local food economies through “taste education.” Witchel points out that differing definitions of the word “organic” have complicated the issue. “Organic food doesn’t always taste good,” says Witchell, “so what’s the point of that? ‘Good’ and ‘organic’ aren’t synonymous.”

Beyond Organic

The sentiment is echoed by Michael Makhan, chef and owner of Aux Vivres, a vegan restaurant a few blocks south of L’Atelier on St. Laurent. “Local is the pin-

nacle,” he says. “It’s not about going organic for the sake of going organic, but using the best of what’s available.”

But in forswearing meat and animal-derived ingredients, how does a vegan restaurant keep things interesting in fallow winter months?

The answer is a surprisingly varied menu that relies heavily on vegetables with a long shelf life (carrots, potatoes, turnip, squash, pumpkin, brussel sprouts and cabbage), imported hardy greens (kale and Swiss chard), and years of experience perfecting recipes in the kitchen. Other staples include locally made soy-products and the requisite, though not overwhelming, supply of whole-grain rice and lentils.

Ironically named, samurai poutine is served in a deep, Vietnamese-style pho bowl with chopsticks. Fried potato wedges are topped with a tuft of shaved carrot, a mound of crunchy Swiss chard and grilled tempeh. Most importantly, the gravy – really a mushroom-based coulis – is viscous enough to escape the derision of seasoned carnivores, though it tastes somewhat of a savoury vegetable soup stock.

Best of all is vegan baking, which exploits the integrity and freshness of ingredients in the absence of the moistening effect of egg and butter. Handfuls of shaved carrot, raisins and nuts enliven carrot cake, which is spread with a lime-flavoured icing. A decadent chocolate tarte sits atop a moist crust of cookie crumbs and smooched banana.

Judging by its popularity with a youngish Plateau crowd, it’s not only vegans who frequent the restaurant, which reopened last March after undergoing renovations and having doubled in size. Gone are the Tibetan prayer flags, ramshackle furnishings and bohemian cachet, replaced by sleek Scandinavian-inspired decor: all

Where to go

Restaurant L’Atelier

5308 St. Laurent

514.273.7442

www.restaurantlatelier.com

Open for lunch Tuesday to Friday.

Open for dinner Tuesday to Sunday.

Aux Vivres

4631 St. Laurent

514.842.3479

Open from 11 am to 11 pm Tuesday to Sunday.

Open for brunch on weekends.

blond wood, stainless steel and matching Formica tabletops, somewhere between a diner and a yoga studio.

The gussied-up interior reflects Makhan’s expanding ambitions for the restaurant: he’s added a juice bar, and plans to develop the takeout and catering side of the business. But don’t be fooled by appearances. Aux Vivres is still as laid-back as ever: still the only restaurant I know of outside of Chinatown that greets customers with a complimentary cup of mint tea.

Stuart Woods is the assistant editor of VIVVA MONTREAL.

Alpenhaus

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COOKING

(Disease) Fighting Foods

BY ANTHEA DAWSON

After an unusually balmy January, the throes of winter are truly upon us. As much as we'd love winter to entail only beautiful snowfalls and perfect powder skiing, the reality has been -20°C days and even colder nights, and a wave of severe cold and flu viruses that affect everyone from your bank clerk to the very best of the Habs.

With such cold weather, it's tempting to hibernate and order in. However, winter is the most crucial time to be conscious of what we're eating and to do all that we can to keep our immune system strong and in fighting form. Nutrition experts agree that much of what our bodies need to fight off illness is found in food.

We usually associate healthy eating with icky brussel sprouts and bitter dandelion greens (both of which are filled with antioxidants), but there are so many varieties of food filled with immune-system-building vitamins that are as mouth-watering as they are nutritious.

Natural Remedies

Vegetables are a great source to protect against sickness. They are filled with vitamins, minerals and phytochemicals that ward off disease, including cancer. The best of the bunch is dark leafy greens like **kale, swiss chard** and **beet greens**. But eating a variety of different colour veggies is also important, as the colour identifies different vitamins important in boosting the immune system.

Orange vegetables, like **carrots, butter-nut squash** and especially **sweet potatoes**, are high in beta-carotene, a key antioxidant. Root vegetables (like **beets** and **parsnips**) and legumes (like **beans** and **chickpeas**) are also dietary essentials. They are easy to cook with and abundant at vegetable markets throughout the winter.

Fresh fruits are an amazing source of nutrition and are easy to include in every-day eating habits. Berries, especially **blueberries**, are known for cancer-fighting abilities, while **figs** are known for powerful antioxidants. Fresh berries can be quite expensive in winter months, so dried or frozen berries can be substituted in a pinch, though unsweetened berries are best.

Good quality protein is essential in maintaining the rapid production of cells that support your immune system, and also helps boost energy and build muscle

mass. **Organic meats, chicken and pork**, though more expensive, are much healthier and contain high quantities of zinc, which helps ward off disease. **Fish** are also great sources of protein, especially those high in omega-3 fatty acids like salmon, tuna, trout, sardines and mackerel. Moderation is key with both meats and fish, but a lean daily serving helps keep your body healthy.

Whole grains (**brown rice, barley, quinoa**) and complex carbs help cleanse the colon of toxins. Ground flaxseed sprinkled on breakfast cereal is a great way to sneak in a daily antioxidant. Drinking lots of water (doctors recommend six to eight glasses a day) is another way to stay healthy and regulate your body's systems. If you do feel yourself coming down with something, try to avoid foods containing sugar (which has a negative effect on the immune system), coffee (a diuretic that adds to the body's loss of important nutrients), alcohol and raw foods like sushi and rare meats that may contain bacteria.

As the thermometer continues to drop, load up on these immune-system-enhancing treats to help keep your body in fighting form. The end of the season is in sight, so enjoy all that it has to offer while you still can!

Roasted Rainbow Beet Borscht

This is a wonderful soup packed with vitamins that is great served hot on a cold winter's night, or cold on balmy summer days.

2 lbs. medium-size yellow beets
2 lbs. medium-size red beets
1 Tbsp. canola oil
2 large onions, chopped
2 Tbsp. garlic, minced
2 celery stalks, chopped
1 sweet potato, peeled and chopped into small chunks
1 cup dry white wine
6 cups chicken or vegetable stock
1 cup red cabbage, chopped
½ cup 15% cream
2 Tbsp. flat-leaf parsley, chopped
Kosher salt & white pepper to taste
2 Tbsp. plain yogurt (optional), for garnish
2 Tbsp. snipped chives (optional), for garnish
Preheat oven to 400°F.

Wash and trim the ends of the beets, then wrap individually in aluminum foil. Set on a baking sheet. Roast beets in the oven for about one hour, or until they are tender at the centre when pierced with a

knife. Open each beet packet to let cool.

When they are cool enough to handle, peel the beets by hand or using a small pairing knife (wear gloves, or you will stain your hands). Chop the peeled beets and set aside.

In a large pot, heat oil on medium-high heat. Add onions, garlic and celery and sauté until soft. Stir in sweet potato and white wine. Add stock, red cabbage and chopped beets, and bring to a boil. Reduce heat to a low boil and simmer for 30 minutes, or until the potato is tender and cooked through.

Remove soup from heat and purée with a hand blender until smooth. Add cream and parsley. Season to taste with kosher salt and white pepper.

If the borscht is too thick for your liking, water it down with more stock. Garnish with a dollop of plain yogurt and snipped chives and serve!

Serves 4 to 6.

Roasted Pork Tenderloin with Port Fig Sauce

This is an elegant dish that is simple to prepare and filled with nutrients. Serve with roasted sweet potato wedges and sautéed swiss chard.

2 pork tenderloins (about 2½ lbs. in total), trimmed

Kosher salt & black pepper

1½ Tbsp. canola oil

2 Tbsp. unsalted butter

2 shallots, minced

1 clove garlic, minced

2 Tbsp. flour

½ cup port (or sherry)

2 Tbsp. balsamic vinegar

1½ cups low-sodium veal, beef or chicken stock

½ cup dried figs, roughly chopped

1 Tbsp. fresh rosemary, chopped



Borscht: restorative winter soup.

1 Tbsp. fresh thyme, chopped

1 Tbsp. flat-leaf parsley, chopped

Preheat oven to 400°F.

Heat oil in a heavy cast-iron skillet over medium-high heat until the surface begins to shimmer. Sear the pork tenderloins on all sides until well browned, about 2 to 3 minutes. Put the skillet in the oven and roast pork until it is pink in the centre, about 10 to 12 minutes. Transfer to a cutting board and tent with aluminum foil. Let rest before slicing.

Meanwhile, melt the butter in a small saucepan. Add shallots and garlic and sauté until they begin to soften, 2 to 3 minutes. Stir in the flour. Add the port and balsamic and stir to combine (the sauce will be very thick at this point). Slowly stir in the stock while bringing the sauce to a boil. Reduce to a low simmer and add figs, rosemary, thyme and parsley. Let simmer for about 10 minutes, then season to taste with kosher salt and pepper.

To serve, cut the pork into thin slices and serve with roasted sweet potatoes and swiss chard. Spoon the fig sauce over the pork.

Serves 6.

Anthea Dawson is the executive chef of Simply Wonderful, a catering company.

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DRIVING

Unexpected Perils of Winter Driving

BY JORDAN W. CHARNNESS

My unlucky friend Peter looked shook up, wet, cold and maybe even a little hurt. It took him a few minutes to compose himself sufficiently so that he could tell me what had happened.

“This story is so bizarre that I hardly believe it myself,” Peter said. “I actually got caught in a blizzard today.”

I looked outside and saw the sun was bright and shining. There was not a cloud in the sky and, in fact, it was one of those warmer winter days when it seems like nothing could go wrong. For most people, that is. As we all know, Peter is not most people.

Freak Accident

Peter was driving down a large downtown street, enjoying the sun and warmer weather and thinking that perhaps spring might actually arrive this year. The next thing he knew, the front of his car was engulfed in what seemed to be a violent snow storm.

Snow was pounding down on the hood of his car when suddenly a huge chunk of ice smashed in the passenger-side windshield. Peter skidded to a halt and tried to figure out what was going on.

Out of his shattered window he saw the sun was still shining, but his hood was bent and dented. Snow was everywhere around his car, but the rest of the street was clear and clean. Shakily, Peter got out of his car and looked around.

Two people came running over to him to find out if he was all right. Peter assured them that he was and asked if they had seen what happened. He was told that a giant mound of snow had fallen off the roof of a nearby building and landed on his car. He was lucky that he was not badly hurt or killed by the falling snow.

The police soon arrived and called a tow-truck to clear his car away. Obviously, there were no criminal charges to be laid, but Peter wanted to know who was responsible for the damage to his car.

Legal Liability

Fortunately for Peter, he had two-way insurance on his car as well as all-risk coverage. His insurance would likely pay for the repairs to his vehicle, less the deductible. However, since Peter has had nu-

merous mishaps with his cars, he had a very high deductible.

Even though insurance may pay part or all of the damages, the insurance company has a right to go after the party who caused the damage. In multi-vehicle accidents, special inter-insurance agreements may apply, but when the damage to a car is caused by something other than a car, the insurance company may well go after the author of the damage.

So, who was at fault here? For a change, Peter was totally blameless. He was driving safely and prudently when hit by the artificial blizzard.

A case could be made against the owner or operator of the building that had the build-up of snow on its roof. The civil code makes owners of things responsible for damage if those things are under their control.

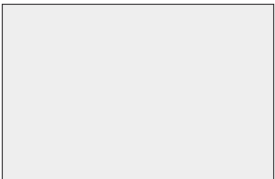
In this case it could be argued that the owner of the building had a duty to make sure the roof was clear of snow or at least designed in such a manner so as to make this type of snowfall impossible. A flat roof design would not allow huge chunks of snow to fall off.

Snow might be blown from the upper regions, but for this type of mini-avalanche a slanted roof is a more likely culprit. Even these types of roofs usually will not store enough snow to make such an event possible. Nonetheless, it did happen to Peter.

The owners of the building may defend themselves by claiming that this snow dump was an act of God, an event that is totally beyond their control. If something is truly beyond the control of humans, such as a lightning strike, no one can be blamed or forced to pay for the damage.

From a legal point of view, this case is an interesting one that may require the help of a wise judge, some expert engineers and architects, and perhaps even a weather specialist. Even then there would probably be no perfect solution, as poor Peter is certainly inconvenienced by this unfortunate turn of events.

Jordan W. Charness is the managing partner of Charness, Charness & Charness. This article is excerpted from his book STEERING YOU RIGHT: GREATEST STORIES. This column is of a general nature and may not be applicable in all situations and jurisdictions. If you need legal advice, please consult a lawyer.



If your windshield starts to look like this, drive carefully!

TOWNSHIPS CALENDAR

March Munchables

There's no shortage of good places to eat in the Eastern Townships, a region rich in small-scale, artisanal food producers.

For a good selection of foie gras, confit, rillettes and local raw milk cheeses stop by **La Rumeur Affamée**, a small chain of bakeries in Dunham famous for its maple syrup pie. The quaint boutique also stocks artisanal beauty products like bath salts from Mount St. Grégoire, and face and body lotion made from beeswax.

Montrealers familiar with Le Fromentier, an outstanding bakery in the city's east end, will be pleasantly surprised that the bread here bears a striking resemblance: dark, rich loaves coated in sunflower seeds or dotted with walnuts and black olives. That's because the bakery's supplier, Picarda Pascal at **La Valse des Pains** in Sutton, trained at Le Fromentier and has brought his secrets to the Townships. Sample from an excellent selection of local raw-milk cheeses, such as Bouq' Émissaire, a goat's milk cheese aged in neighbouring Brigham.

For a more substantial meal, head to **Boulangerie Owl's Bread's** new location in downtown Magog. Like its counterpart in Mansonville, the old-style European bakery is also open for lunch, and stocks a line of homemade rillettes, pâtés, smoked salmon, foie gras and preserves. Confit, cassoulet toulousain and a variety of local and imported raw-milk cheeses are available for take out or to consume in a bright dinning room that gives onto Memphremagog.

For a sweet treat, you might try **Le Panier Champêtre** opposite the Knowton Pub. The busy gift shop, which features a variety of gourmet products from the re-

gion and beyond, also stocks a line of fudge by **La Vie Sucrée**, including praline, maple and mint chocolate flavours. **V**

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EASTERN TOWNSHIPS EVENTS

MOVIES

- Theatre Lac Brome screens *U-Carmen eKhayelitsha*, a South African retelling of Bizet's opera Carmen. The production is performed entirely in Xhosa, one of South Africa's 11 official languages. Tickets are \$7, \$5 for members. Arts Knowlton, 9 Mount Echo Rd., Knowlton. For more information call 450.242.2270 or go to www.theatrelacbrome.com. **March 4 at 5 pm.**
- Brome Lake Lions Club screens *An Inconvenient Truth*, Al Gore's Academy Award-nominated documentary about climate change. The film is followed by a panel moderated by local environmental activist Dr. Charles Weldon. Tickets are free, but space is limited. Brome Lake Community Centre, Knowlton. **March 14 at 6:45 pm.**
- Theatre Lac Brome screens *Escape to Canada*, a tongue-in-cheek look at Canada's "progressive" society. Tickets are \$7, \$5 for members. Arts Knowlton, 9 Mount Echo Rd., Knowlton. For more information call 450.242.2270 or go to www.theatrelacbrome.com. **March 18 at 5 pm.**

BOOKS

- To mark the national Read-Aloud Day as well as the 50th anniversary of Dr. Seuss'

The Cat in the Hat, Brome Lake Books presents a special reading of the book by local authors Louise Penny and Don Davison, as well as actors Bill Jarand, Michaela Barns and Darlene Bell. The festivities will feature a birthday cake, treats and non-stop reading from the wise doctor's works. Brome Lake Books, 264 Knowlton Rd., Knowlton. For more information call 450.242.2242 or go to www.bromelakebooks.com. **March 2 at 7:15 & 7:45 pm.**

THEATRE

- Knowlton Players presents *A Bench in the Sun* by Ron Clark, a play about two long-time friends who band together with a once-famous actress to save their retirement home from redevelopment. Arts Knowlton, 9 Mount Echo Rd., Knowlton. For tickets call 450.242.2270 or go to www.knowltonplayers.com. **March 8 to 18 at 7 pm.**

LECTURE

- As part of International Women's Day, the Yamaska Valley Optimist Club presents a lecture by **Elizabeth May**, leader of the federal Green Party, on her experience as a woman in politics. Tickets are \$50. Lakeview Inn, 50 Victoria, Knowlton. For tickets call Lois Hardacker at

450.242.2000 or Ilze Epnors at 450.775.8516. **March 23.**

COMMUNITY EVENTS

- **Let's Talk Health!** Townshippers' in partnership with the Community Health and Social Services Network presents a pilot radio project on mental health. Tune in to 88.9 in Lennoxville or online at www.cjmq.fm. For information call 819.566.5717. **February 27 and March 13 at 1 pm.**

- The Quebec Anglophone Heritage Network is soliciting nominations for the **2007 Marion Phelps Award**, which recognizes outstanding lifetime contribution to the protection and preservation of anglophone heritage in Quebec. Fax your nominations to 819.564.6872 or e-mail home@qahn.org. For more information go to www.qahn.org. Nominations must be received by **April 30.**

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Le Plateau Mont Royal Stunning, modern New York-style loft. 15 feet of windows provide a resplendent vista overlooking rooftops, church steeples, the Big O. Closed bdr, soundproof. 7-min walk to Mt Royal metro, 5 mins to Mont Royal Park. **Asking \$285,000**
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Nun's Island Lovely condo in Jardin de l'Archipel. 1465 square feet offering wonderful views of the river. 3 bedrooms, 2 baths, garage, central air. Offers. **Asking \$259,000**

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