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Vivva MONTREAL

Crafting
 Issue Part 2 of 2

What are you doing tonight?





May 2007—v2.5

Arts & Entertainment on the Island and Beyond

27,000 copies

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New festival is a hybrid of theatre and dance

BY PAT DONNELLY

Is the newborn Festival TransAmériques a theatre festival or a dance festival?

This exciting upcoming event is essentially two biennial festivals rolled into an annual hybrid. Although it's an entirely new entity and not a merger of two former events, it connects the thriving spirit of the 20-year-old Festival de théâtre des Amériques (FTA) with the ghost of the Festival international de nouvelle danse (FIND), which expired, bankrupt, in 2003. The former festival's acronym, FTA, remains intact and its founding artistic director, Marie-Hélène Falcon, remains in charge.

This should tip the balance in favour of the-
 atre. The former FTA, however, had been lean-
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Festival TransAmériques blurs the borders between genres. (Courtesy Diego Garcia)

Restaurant Review

Discount fine dining: lunch at la Chronique and late-night dining at Leméac

BY STUART WOODS

Among fine dining establishments, thrift is rare. Nevertheless, I embarked on a quixotic quest in search of high-end food at affordable prices. What I found at la Chronique and Leméac was surprisingly enjoyable, but still rather expensive.

For a taste of the high life, my natural destination was a swanky stretch of Laurier west of St. Urbain, home to some of Montreal's best and most ex-
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Maternally Yours

A second look at crafts

BY ANNKA MELANSON

Kids love to get their hands dirty in the kitchen, but in my experience their hands are not the only things that get that way! For junior gourmets who want more of a challenge than slicing blobs off a Pillsbury roll and plopping them onto a baking sheet, there are plenty of cooking classes for kids available in Montreal.

Loblaws hosts a series of cooking classes geared at teens. Classes begin right after school
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Alain Duriez

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HAPPENINGS

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

FESTIVAL CITY

- **Kooza** by Cirque du Soleil showcases acrobatics and the art of clowning. Tickets start at \$60 for adults, \$42 for children under 12, \$54 for students and seniors. For more information call 514.790.1245 or go to www.cirquedusoleil.com. The Big Top, Old Port. **April 19 to June 24.**
- **Festival TransAmériques** is the inaugural edition of a hybrid theatre and dance festival. Tickets start at \$30, available at Admission.com. For more information call 514.842.2112 or go to www.fta.qc.ca. **May 23 to June 7.**

**BOWSER
and BLUE**
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plus a cappella singing group,
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May 12 - \$25
(Vanier College)
Tickets: 514 684-1483

- **Montreal Museums Day.** A free shuttle departs every ten minutes from the *Journal de Montreal* building, 4545 Frontenac. For more information, including bus schedules, call 514.845.6873 or go to www.museesmontreal.org. **May 27.**

MUSIC

- Halifax rockers **Joel Plaskett Emergency** promote their new disc, *Ashtray Rock*. Tickets are \$17.50, available at Admission.com. For more information call 514.845.2322. Cabaret Juste pour rire, 2111 St. Laurent. **May 4.**
- French electronic-music duo **Air** at Metropolis. Tickets are \$32.50, available at Ticketpro.ca. For more information call 514.844.3500. Metropolis, 59 St. Catherine St. East. **May 6.**
- Massively popular pop songstress **Norah Jones** plays to a sold out crowd. Tickets start at \$50. For more information call 514.849.4211. Théâtre St. Denis, 1594 St. Denis. **May 12.**
- Hometown heroes **Arcade Fire** play a pair of sold-out shows. Tickets are \$31. Maurice Richard Arena, 2800 Viau. **May 12 & 13.**
- Hip-hop duo **Clipse** are in town on the heels of their acclaimed record *Hell Hath No Fury*. Tickets are \$32.50, available at Ticketpro.ca. For more information call 514.891.5851. Spectrum, 318 St. Catherine St. East. **May 18.**

ART

- **McClure Gallery** presents an exhibition of recent paintings and etchings by Harold Klunder. Admission is free. For more information call 514.488.9558 or go to www.visualartscentre.ca. McClure Gallery, 350 Victoria Ave. April 17 to May 19. Vernissage is on **April 26 at 6 pm.**
- *Déplacements*, a series of photographs by **Sasson Khazzam**, examines the legacy of the Sephardic Jews in Baghdad. Admission is free. For more information call 514.872.6889. Maison de la culture Côte des Neiges, 5290 Côte des Neiges. **April 26 to May 27.**
- Sculptural installations by **Lalie Douglas** and **Alfredo Abeijon**. Admission is free. For more information call 514.872.2157. Maison de la culture NDG, 3755 Botrel. Lalie Douglas, **April 26 to June 10.** Alfredo Abeijon, **May 12 to June 16.**
- **The Montreal Museum of Fine Arts** presents *American Streamlined Design: The World of Tomorrow*, the most comprehensive survey ever of "streamlining." Admission is \$15 for adults, \$7.50 for students and seniors, and free for children under 12. For more information call 514.285.1600 or go to www.mmfa.qc.ca. The Montreal Museum of Fine Arts, 1380 Sherbrooke St. West. Starts **May 16.**

THEATRE

- **Q Art Theatre** presents *Ernestine Shuswap Gets her Trout* by native playwright Tomson Highway. Tickets are \$15, \$10 for students and seniors. For tickets call 514.482.7132 or go to <http://qart.trixnet.org>. Cazalet Studio, 7141 Sherbrooke St. West. **April 20 to 28 at 8 pm, April 29 at 2 pm.**
- **Centaur Theatre** presents *Trying* by Canadian-born playwright Joanna McClelland Glass. Tickets are \$42, \$32.50 for seniors and \$20 for students. For tickets call 514.288.3161 or go to www.centaurtheatre.com. **April 26 to May 27.**
- **The Leonor and Alvin Segal Theatre** presents *Amadeus*, a play dramatizing the epic rivalry between Mozart and Salieri. For tickets call 514.739.7944 or go to www.admission.com. For more information go to www.saidyebrofman.org. **April 29 to May 20.**

CINEMA

- **Films that Transform.** The McGill medical faculty's ongoing film series screens *Murderball*. Tickets are \$10, \$5 for students and seniors. Moyse Hall, 853 Sherbrooke St. West. **May 15 at 7 pm.**
- **Canadian Centre for Architecture** screens *Urbanizing Southern China*. Admission is free. For more information call 514.939.7026 or go to www.cca.qc.ca. Canadian Centre for Architecture, 1920 Baile St. **May 3 at 7 pm.**

COMMUNITY EVENTS

- The Atwater Library hosts their annual **Spring Book Sale**. Atwater Library, 1200

- Atwater Ave. For more information go to www.atwaterlibrary.ca. **April 26 to 28.**
- Children's entertainer and author Lp Camoozi presents **Boys Day Out**, a concert and literacy event geared at boys ages 7 to 11. Tickets are \$10. For information go to www.lpkids.ca or call 514.484.5416. Le Manoir, 5319 NDG Ave. **April 28 at 1 pm.**
- Atwater Library presents a lunchtime lecture on urban agriculture by **Vikram Bhatt**. Free. For more information call 514.935.7344. Atwater Library, 1200 Atwater Ave. **May 2 at 12:30 pm.**
- **The Women's Art Studio of Montreal** hosts their annual art exhibition. For more information call 514.931.4550. Centre Georges Vanier, 2450 Workman. **May 4 to 6.** Vernissage is **May 5 at 2 pm.**
- Urban Pet Boutique presents **Bark 'n' Brunch**, a doggie fashion show in support of Rosie Animal Adoption. Tickets are \$50. Call 514.488.9099. Centre Mount Royal, 2200 Mansfield. **May 6, 11 am to 4 pm.**
- **Montreal Urban Hikers Walking Club** hosts a guided walk of Mount Royal Cemetery. Suggested donation of \$2. For more information call 514.938.4910. **May 12 at 9:30 am.**
- The International Institute of Integral Human Sciences hosts the **32nd International SSF-IIIHS Conference** devoted to creating "inter-religious and inter-cultural understanding for world peace." Individual sessions cost \$20 to \$40. For more information call 514.937.8359 or go to www.iiihs.org. International SSF-IIIHS Conference at Delta Centre Ville, 777 University Ave. **May 4 to 13.**
- **YES Montreal** hosts the **Montreal Self-Employed Artists Conference**, a workshop on artistic entrepreneurship. The cost is \$30, \$25 if you register before May 4. For more information call 514.878.9788 ext. 314 or go to www.yesmontreal.ca. Centaur Theatre, 452 St. Francois Xavier. **May 14 from 9 am to 5 pm.**
- **Perennial Plant Exchange.** Greenthumbs trade potted perennials from their gardens. From 7 pm the remaining plants are on sale for \$1. For more information call 514.989.5226 or go to www.westmount.org. Westmount Arena, 4675 St. Catherine St. West. **May 16 from 6 to 8 pm.**
- **Salon des Baby Boomers Plus.** A trade-show catering to the "consumer needs" of the 40+ generation. For free tickets go to www.salondesbabyboomersplus.com. Place Bonaventure, 400 de la Gauchetière West. **May 26 and 27.**
- At the New Forum (Bell Centre)

May 1	Ricky Martin
May 6	The Killers
May 9	My Chemical Romance
May 12	Andre Rieu
May 25	Fall Out Boy
May 29	Gwen Stefani
June 7	Roger Waters
July 25 & 26	The Police
August 7	Daft Punk
August 18	Justin Timberlake

The Thirty-Second Annual SSF-IIIHS International Conference
Hotel Delta Centre Ville • 777 University St. • Montreal, QC • May 4 - 13, 2007
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CYCLING

Montreal on two wheels

BY DOUG WILLIAMS

Montrealers do not have to go very far to find great bike rides. Quebec has spent the last decade building an impressive, continent-leading network of municipal and regional bike paths. In fact, Quebec has several thousand kilometers of bike paths. Bike tourism has arrived in a big way.

Places to ride

A good starting point is the Lachine Canal, located right in the middle of the island. Heading east, the path leads to downtown, the Old Port, Old Montreal and then north to the Plateau. Going west takes you to Lachine, and for a bonus loop you can continue along the excellent Les Berges path on the edge of the St. Lawrence River.

The organization Pôle des Rapides has installed maps and signage along these two bike paths, and its website (www.poledesrapides.com) has several

themed bike ride suggestions. There are seasonal information booths on the Lachine Canal and Les Berges paths. You can cross the St. Lawrence to the South Shore on one of the bridges with bike access. Don't forget the seasonal summer ferries: it's great to be on the water in the summertime.

Lots of other superb bike rides (on roads and dedicated paths) are only a short drive away: almost every Quebec town and regional tourist office has local cycle-tourism maps. (See the web links at the end of the article for more information.)

Before setting out, make sure all riders know where the ride is going. While paths themselves are generally well marked, sometimes the route between one path and another can be vague.

Everyone in the group should have a map, know the pre-arranged meeting points during the day, and have a list of each rider's cell phone number. There is no excuse for anyone getting lost or abandoned.



The Lachine rapids viewed from the bike path.

Montreal daytrip

On a recent trip with some out-of-town friends, we started our ride on the Lachine Canal, heading west to Lachine. This path has been improved, with underpasses replacing street crossings the entire way between Old Montreal and Lachine. After a dozen kilometers we arrived near the end

of the path at the intersection in Lachine. Here there are three choices: going straight leads to the end of the bike path in René Lévesque Park, turning right leads to Lachine, and turning left (south) takes you to Les Berges bike path along the St. Lawrence.

We visited René Lévesque Park, which has *continued on page 14*

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Visions of a New World and a Transformed Humanity

— Four Conference Evening Highlights —

CONFERENCE I, SESSION 1

Fri., May 4 • 7:30 p.m. to 10:00 p.m. • \$40



Daniel Helminiak, PhD, PhD, author, lecturer, and Catholic priest, with PhD's in both psychology and theology
The Human Core of Spirituality: Mind as Psyche and Spirit (1 hr)

Bonus Mini-Concert • 10:00 p.m. to 11:00 p.m.

Robert Coxon, composer and multi-keyboardist
Personal Power Music (1 hr)

CONFERENCE I, SESSION 4

Sat., May 5 • 8:00 p.m. to 10:00 p.m. • \$40



Steven Greer, MD, trauma physician, founder of C-SET and Disclosure Project
A Coming New World of Space Awareness and Transformed Humanity (1 hr)

Don Campbell, PhD, author of *The Mozart Effect*
The Spectrum of the Sonic Thread: Applying Colour & Imagery to Music's Healing Powers (1 hr)

CONFERENCE II, SESSION 1

Fri., May 11 • 8:00 p.m. to 10:00 p.m. • \$40

Option a
Mitchell E. Gibson, MD, forensic psychiatrist
The Role of Visions, Knowledge of the Soul, & Intuitive Healing Abilities (1 hr)

Joseph Moreno, director, Moreno Institute for the Creative Arts Therapies
The Mystery of the Musical Savant Syndrome (1 hr)

Option b

Rev. Irène Gareau, renowned medium, spiritual healer, and teacher
Sharing Messages From Spirit (2 hrs)

CONFERENCE II, SESSION 4

Sat., May 12 • 8:00 p.m. to 10:00 p.m. • \$40

Mark Kimmel, author, founder-director of *Cosmic Paradigm*
The Awakening (1 hr)

Brian O'Leary, PhD, astrophysicist, former NASA astronaut, teacher, and author
A New Energy Revolution (1 hr)



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Visions of a New World and a Transformed Humanity

Fred Alan Wolf, PhD
a.k.a. "Dr. Quantum"



Dr. Wolf, a.k.a. "Dr. Quantum" in the film *Down the Rabbit Hole*, the sequel to *What the Bleep Do We Know?*, is a physicist, writer, and lecturer who earned his PhD in theoretical physics at UCLA in 1963. He continues to write, lecture throughout the world, and conduct research on the relationship of quantum physics to consciousness. In these presentations he explores, "Quantum Theory and its Possibilities for Developing an Awareness of Universes Parallel to Our Own."

This prominent theoretical physics advocate is an insightful spokesman for the impact that the new Quantum Physics could have in modifying our views of consciousness and reality in both science and human cultures, in the decades ahead.



Some of this impact is reflected in his many books and publications, including such titles as *Parallel Universes*; *Taking the Quantum Leap*; *The Dreaming Universe*; *The Eagle's Quest*; *The Spiritual Universe*; *The Yoga of Time Travel*; *How the Mind Can Defeat Time*; and his latest book, *Dr. Quantum's Little Book of Big Ideas*.

CONFERENCE I, SESSION 6*

Sun., May 6 • 2:00 p.m. to 6:00 p.m. • \$45

"Parallel Universes & Quantum Physics"
(*This session also includes these lectures: "God Theory & Universes," with Bernard Haisch, PhD, and "Let Go of Past Mistakes," with Grandmother Sara Smith, Mohawk Elder.)

COLLEGE WEEK, SESSION 3

Mon., May 7 • 6:00 p.m. to 9:00 p.m. • \$45

"Where Science Meets Spirit: The Spiritual Universe, Mind into Matter, Matter into Feeling"

Attend both for the special rate of \$85.

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ART REVIEW: DARLING FOUNDRY

Darling, don't let me down

BY CHRIS "ZEKE" HAND

The **Darling Foundry**, aka **Quartier Éphémère**, exemplifies everything that is both great about the Montreal art world and absolutely horrible about the Montreal art world. Initially founded in 1993, Quartier Éphémère took over the Darling Foundry in 2002 as an exhibition space. In 2006, they expanded and incorporated studio space. There is a restaurant attached, and while it isn't exactly in the heart of Old Montreal, it is close enough to Old Montreal to be on the radar of most tourists.

When starting out, Quartier Éphémère had some difficulty securing government funding, so they embraced private funding sources. Now that they've been around for thirteen years, they have figured out how to get the government to toss them some money, while at the same time not giving up on private funding.

What I don't like about Quartier Éphémère is that, other than the private-public partnership (which seems to be big in Quebec these days), they don't challenge the art establishment, or any establishment at all. The art they exhibit is safe, nice and comprehensible within a 21st-century perspective (i.e., heavy on conceptualism and multimedia, and light on explanations and accessibility). So if you're going to go, I strongly counsel you to break through the "white cube" and ask any question that occurs to you to any of the staff within earshot.

Unlike an awful lot of "white cube" art spaces in Montreal and elsewhere, the staff is friendly and, when prompted, quite engaging. (For the record, while I count as friends two board members and three staff, the people to whom I directed my questions on this occasion were complete strangers.)

Inscrutable instalation

Ah yes, the exhibits. That's why we're here, right?

In the big room there's a bunch of gravel, some green plastic pint baskets, a bunch of wires and three videos. From what I understand, the artist, **Jennifer Stillwell**, came all the way from Winnipeg for

a residency at Quartier Éphémère last summer. In having a residency, the artist is expected to come up with something creative that is exhibition-worthy. Well, while Stillwell was hanging out at the Darling Foundry, one of the major thoroughfares in Old Montreal was going through significant reconstruction. Apparently, she decided that this was worthy of being turned into something artistic.

As I said above, her piece is a bunch of gravel, some green plastic pint baskets, a bunch of wires and three videos.

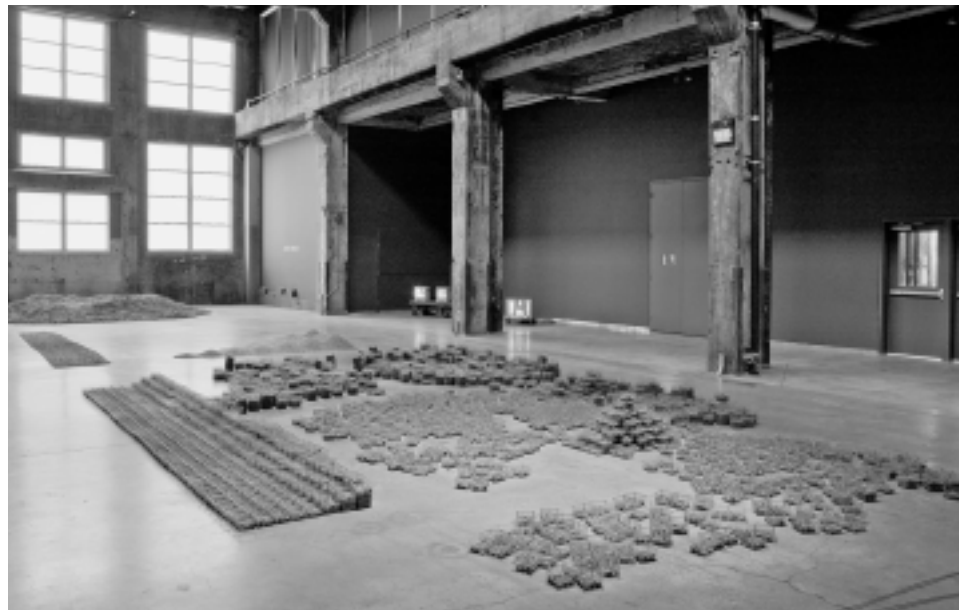
If you want to play around in a bunch of gravel with some green plastic pint baskets, a bunch of wires and three videos, then you're probably going to enjoy yourself. I can also imagine that during the vernissage, being able to tromp through the gravel with a glass of wine in hand might have been very enjoyable – but I wasn't there for the vernissage. Instead, I looked, I shrugged and I was very thankful that there was a second exhibit in the gallery.

A collaborative effort

Risa Hatayama is credited with the artwork in the second space, but she states that she collaborated with Mathieu Bouchard and also thanks Ryan Conlon and Alan Wong, so I am not certain that she was 100% responsible. (For the record, I am friends with an Alan Wong, but I have not asked him if he is the same Alan Wong thanked by Hatayama.) But I would guess that Hatayama came up with the idea and then asked people to help her realize it. Pity her collaborators didn't ask her to elaborate on her idea.

Basically, you've got seven videos that don't move too much and some wireless headphones that emit interesting noises for a little while. There is some connection to Rainer Maria Rilke in all this, but unfortunately I missed that class when I was in university, so I don't quite understand Hatayama when she quotes from his *Sonnets to Orpheus*.

There's a video of someone's chest, another video of some branches, some sheet music, another video of the inside of a piano, a candle, another video of a bird in a cage and another video of something that looks like cotton or cherry blossoms. The wireless headphones pump out



Jennifer Stillwell at the Darling Foundry: artwork inspired by roadwork. (Courtesy G. l'Heureux)

sounds that are loosely related to what's on-screen.

I'm certain that if I furrowed my brow I could come up with something to connect these disparate objects – for example, that the bird in the cage is a carrier of the avian flu virus, which makes everyone realize that life is as fragile as the flame of a candle – but you'll notice that my brow is still smooth.

Speaking of a candle, I don't know if you've seen Gerhard Richter's *Kerze* paintings, but you might recognize them from Sonic Youth's album cover for *Daydream Nation*. If you haven't figured it out by now, these paintings are of candles. As Quartier Éphémère used still photos from the candle video to market Hatayama's exhibit, I went in thinking that there was some connection. Needless to say I was disappointed when there wasn't. However,

you shouldn't read too much into my disappointment, because I used to have a crush on Kim Gordon (Sonic Youth's bass player). Unless, of course, you have a crush on Kim Gordon yourself.

Risa Hatayama and Jennifer Stillwell are at the Darling Foundry until May 27. Admission is \$3, free for members, artists and for everyone on Thursdays. Quartier Éphémère (the Darling Foundry), 745 Ottawa St. For more information call 514.392.1554 or go to www.quartierephemere.org. The gallery is open Wednesday to Sunday from noon to 7 pm and on Thursday until 10 pm.

Chris "Zeke" Hand runs Zeke's Gallery. The opinions expressed above 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.

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Vivva MONTREAL

What are you doing tonight?



Vivva Montreal is a provisional affiliate member of the Quebec Community Newspapers Association.

THEATRE

Duelling maestros

BY KRISTINE BEREY

A production at **The Leanor and Alvin Segal Theatre** examines an epic rivalry involving one of the greatest geniuses of classical music.

Since Peter Shaffer's award-winning play, *Amadeus*, opened in London in 1979, it has played to consistently enthusiastic audiences despite mixed critical reviews. Many credit the work, or its 1984 film adaptation, with awakening a lifelong interest in the sublime music of one of the greatest composers in the history of European music.

But despite its title, *Amadeus* is not about the factual Wolfgang Amadeus Mozart or Antonio Salieri, the 18th-century Austrian court composer bent on destroying his rival.

Pushkin's precedent

When it is suggested to Alexandre Marine, director of the upcoming production of *Amadeus* at the Segal Theatre, that the audience may believe the play is based on fact, his reaction is instant: "I would like to warn them in this case. This play reflects the real music of Mozart and Salieri, but the whole story is based on certain rumours that circulated after Mozart's death and that were developed by Pushkin. You have to watch it as a play about two very different musicians."

Alexander Pushkin's verse drama, *Mozart and Salieri*, in which Salieri con-

fesses to poisoning Mozart, first appeared in 1830. The plot's dramatic potential was embraced by the composer Nikolai Rimsky-Korsakov in his one-act opera of the same name, performed for the first time in Moscow in 1898.

Artistic license

When Peter Shaffer came across the story, however, it sparked his imagination as well. Writing about the genesis of the play, Shaffer has stated, "To me there is

something pure about Salieri's pursuit of an eternal Absolute through music, just as there is something irredeemably impure about his simultaneous pursuit of eternal fame."

In fact, Salieri was an accomplished musician whose music was, for a time, more popular than Mozart's. Although the men were competitors, they also respected each other, and Mozart even entrusted Salieri with his son's musical education. Salieri's other students in-

cluded Czerny, Beethoven, Hummel, Schubert and Liszt.

Marine, who was born in Siberia, is intimately familiar with Pushkin's work. "For us Russians, *Mozart and Salieri* is one of the major works we studied at school and part of our culture. This play speaks about so many issues about our life," Shaffer's play is very close to Pushkin's work, Marine says. "Shaffer took the plot of Pushkin's play and added historical things. There is no Constanza [Mozart's wife] in



Director Alexandre Marine grew up with the story of Mozart and Salieri's rivalry.

Pushkin's version. The rest of the major events are the same."

An epic rivalry

Critics have hailed Shaffer's *Amadeus* as a penetrating psychological study that explores the yearning for meaning, the overwhelming emotion of envy, the merciless confrontation of oneself and the death of illusion.

The work looks at the artist's motives regarding his own creative work. "Salieri does it to be famous, to achieve a certain position in society, to become someone powerful," Marine says. "Mozart works because he cannot live without music. It is something that grows within him and he does it naturally. These are two completely different approaches."

Another theme is mediocrity, as Salieri realizes that his music is "middle level." "He can do certain things but he can't jump over his limits," says Marine. "How would you behave when you are not a genius – when you are not talented enough?"

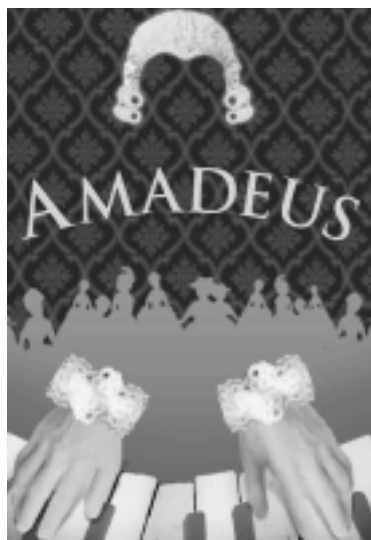
The seeming contradiction in Mozart's

character, between divine genius and infantile vulgarity, is explored in the play as well. Marine offers a rough translation of the Russian poet Marina Tsvetaeva to illuminate the paradox: "If you only knew from which kind of garbage the flowers are growing without any shame."

Although both Salieri and Mozart are tragic figures, the production is not devoid of humour. For Marine, we are all made of light and shadow and in theatre it is impossible to separate laughter and reflection. "By smiling in theatre you are recognizing something familiar in your life. That is a sign that this is live theatre. If nothing makes you smile then it's dead theatre. [Laughter] is one of the most important connections."

Amadeus opens April 29. Regular tickets are \$43, \$39 for seniors and \$25 for students. *The Leanor and Alvin Segal Theatre*, 5170 Côte St. Catherine. For more information call 514-739-7944 or go to www.saidyebronfman.org. April 29 to May 20.

Kristine Berrey is a Montreal-based writer.



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BOOK REVIEW

Red letter days (Part 2 of 2)

BY CATHERINE MCKENZIE

The Tenth Circle
by Jodi Picoult*Bloodletting & Miraculous Cures*
by Vincent Lam

More red books. No, not communist propaganda: books with red covers.

Troubled teen

First, I read Jodi Picoult's *The Tenth Circle*. This is the first novel I have read by Picoult, a writer who hovers on the young adult/adult fiction line and whose latest novel, *Nineteen Minutes*, is currently on *The New York Times* bestseller lists.

The Tenth Circle is about the Stone family. The father, Daniel, a graphic novelist, is a stay-at-home dad, a reformed bad boy who lives for his teenage daughter, Trixie. The mother, Laura, is a popular professor and Dante scholar who loves her family and her career.

Trixie is heartbroken from a recent break-up with her boyfriend and would do anything to get him back. One night, she sneaks out of the house and ends up at a party that spins out of control. When she wakes up in the morning, Trixie believes she has been raped by her ex. She tells her father, which sets in motion the events of the next two acts.

Going through hell

The story is well told by Picoult, who has an uncanny ability to put herself in the minds of teenage girls. She is less successful when attempting to capture the

thoughts of a 40-something man, but the characters are still believable. Where the story breaks down is in its overcomplicated, allegorical use of Dante's *The Inferno*, which gives the novel its title and inspires a graphic novel that forms part of the narrative.

In addition, I was concerned by the social implication of Trixie's rape story, which changes with each new day until we are no longer sure if she was raped at all. I'm not sure what Picoult was trying to do here, other than to have enough material to drive the story. What worries me is the impression she creates that there are always two sides to a rape story. While this might be true in some cases, no teenage girl reading this story would be encouraged to come forward if something similar happened to her. Should a novelist keep these real-world concerns in mind when writing?

Giller Prize letdown

Next, I read *Bloodletting & Miraculous Cures*, the Giller Prize-winning collection of short stories by first-time author Vincent Lam. It follows a group of medical students from the time they get into med school until they are deep into their careers as emergency physicians. It's no surprise that Lam is an emergency room physician in Toronto: he clearly draws heavily on his life experience here. And if the book is anything to judge by, that experience has been fractured and difficult.

As you can tell from the rating I gave this book, I did not enjoy it. The promise of the first story dissolves into a loosely re-



Author Jodi Picoult's novel *The Tenth Circle* riffs on Dante's *The Inferno*.

lated collection of stories told from shifting perspectives. The end result is that we never get a complete picture of any one character – not even close. For example, in one of the later stories we read about a character who contracts SARS. Lam follows the character throughout the ordeal and then abruptly changes timeframes without letting us know if the character lives or dies. If you want your readers to care about the characters you are creating, this is not the way to go about it.

Too many points of view

This is a technique I am seeing employed in more and more books, and to little effect as far as I am concerned. It seems that every novel I have read in the

last six months has to keep shifting perspectives, as if spending a whole novel in one character's head would not be sufficiently interesting for the reader. I think this does the reader, and the reader's attention span, a disservice. It also promotes the social message that we have to see things from everyone's point of view. But that is not how we experience the world. We experience it through our own eyes only. And while it is possible to have empathy and read about different perspectives, trying to experience them all in 300 pages takes away from the depth of the experience.

Reading this book is one experience that I would rather skip.

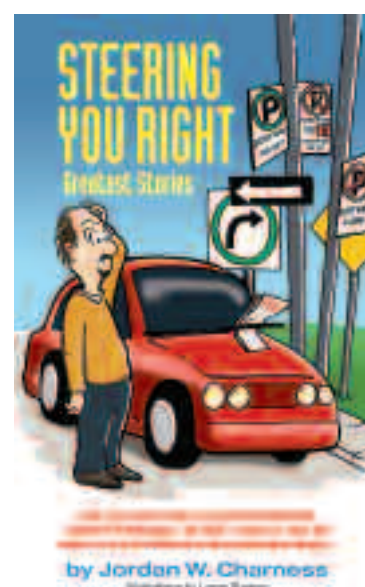
Catherine McKenzie is a Montreal lawyer.

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A VIVVA CITY GUIDE

WINE

Wine for women

BY CAROLA PRICE

As Mother's Day approaches, I start to think about how I can impress the most important woman in my life. If I take her out to a fabulous dinner, I can showcase my extensive wine and food knowledge.



Some of the world's top vineyards are managed by women.

However, she may be equally impressed with a bouquet of flowers, a box of Godivas and a bottle of champagne. This much is sure: as long as wine is involved, she'll be thrilled with whatever I choose. My mother loves wine.

Battle of the sexes

The whole business of Mother's Day gets me thinking about women and wine. Studies show that women have more taste-

buds than men and may in fact have a more refined palate. The average adult tongue has 10,000 taste buds, but 35% of women are considered "super-tasters," which means they have 40,000 tastebuds or more. Even with this exceptional ability to taste fault and harmony in wine,

women are still being snubbed in restaurants when it comes to ordering wine.

Half of all wine purchases at the SAQ are made by women, with white wine from France, Italy and Spain making up over half of these sales. Almost all of the rosé in this province is bought by women, the second most popular wine purchase for women. This is due to our desire for crisp wine with a lot of body and flavour, and not simply because we like pink drinks.

Vintage suffrage

The wine business is generally composed of men who are extremely impressed with themselves, as well they should be. Men have been at the forefront of the wine industry for centuries, while the number of women in the business has risen significantly only in the past fifteen years.

Today, there are all types of women in the industry. Women head up giant wine conglomerates and make some of my favourite wines. From Spain to Australia, South Africa to Canada, women at the top

of the heap all agree that respect in the business is always hard earned.

Feminine taste

A woman winemaker enjoys nurturing a wine from the vineyard to the bottle. She is detail-oriented, as well as having a desire to make harmonious, fruit-driven wines that are sometimes more subtle than their masculine counterparts.

Some of the best-known women in the business are Andrea Immer, author, television personality and sommelier extraordinaire; Gina Gallo, maker of some of California's finest wines; and Baroness Phillippine de Rothschild, owner of Chateau Mouton Rothschild in France as well as estates in South America. These women are all leaders in the field and have opened doors for other women embarking on a career in the wine industry.

Thanks to them, I can teach with the confidence of knowing that many women in the wine business are working to strip away the pretentiousness associated with wine. Showing the fun side of wine encourages other women to participate, which is the goal of every wine professional. Introduce wine to the world and the business always grows; introduce wine to women and the pleasure begins.

Happy Mother's Day to all women wine-drinkers out there. Raise your glasses and toast yourselves, ideally while trying a new wine.

Wines to sip with mother

18/20 Chardonnay, Baron Philippe de Rothchild, Reserva valle de casablanca, Chile, SAQ#10692670. \$15.95

This wine surprised me on two occasions. It has the richness and fineness found in so many French wines, but the affordability of South American wine. It is well balanced, boasting rich tropical fruit and buttery overtones in the nose and mouth. There are some peach and almond flavours that disappear after trickling down the throat. It has a medium to long

finish that plays off well with foods like roasted chicken, tuna or marlin, and cheeses like St. Paulin and Au Pied du Vent.



17/20 Chenin Blanc, Chateau Moncontour, Vouvray, France, SAQ#00430751. \$19.35

This sparkling wine is the perfect backdrop to crottin de chèvre and camembert, as well as fish dishes with light citrus cream sauce or fresh herbs and lime zest. The nose has a somewhat floral opening with light green apple and citrus flavours joining the small bubbles for an explosion in the mouth. It has a well-balanced, long finish reminiscent of good champagne, without the crazy pricetag.



19/20 Cabernet/Merlot/Syrah, Chateau St. Thomas, Bekka, Lebanon, SAQ#00927830. \$24.40

The astounding smokey and plum nose with hints of baking spice, sandalwood and cigars leads to a full bodied mouth loaded with plum and chocolate, cedar, smoke, pepper and forest flavours. This is a well-balanced wine that has a long finish and can age for five years or more. Enjoy it with roasted lamb or prime rib, mushroom tarts and grilled vegetables. Heavier cheeses also benefit from this wine. This is good quality wine with great value.



16.5/20 Cabernet Sauvignon, Vina Concha y Toro, Valle del Maipo, Chile, SAQ#00278416. \$13.45

The nose is cassis, pepper, vanilla, printer's ink (sometimes it's a good thing) and an earthy component that leads to much of the same in the mouth. Balanced acid and alcohol lead to a full-bodied finish, which matches well with aged cheddar, chaumes, Cambazola, and tomme de cidre, as well as roasted and grilled meats and cheese soufflé.

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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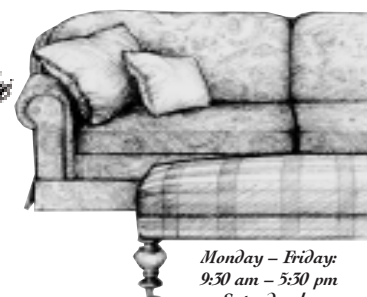
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Robert Lepage premiere at FTA

continued from page 1

ing in the direction of dance for years, as transcending language is necessary on the international scene.

Beyond language

Asked to define the new festival, Falcon called it both “a festival of contemporary works – in dance and in theatre” and “a contemporary creation arts festival in dance and theatre.”

The important thing, she said, is that it reflects how modern artists work: “Although they are always rooted in one discipline or another, they use many languages to express themselves.” In other words, sophisticated multi-media techniques will reign and mastery of the French language won’t be necessary for most FTA shows.

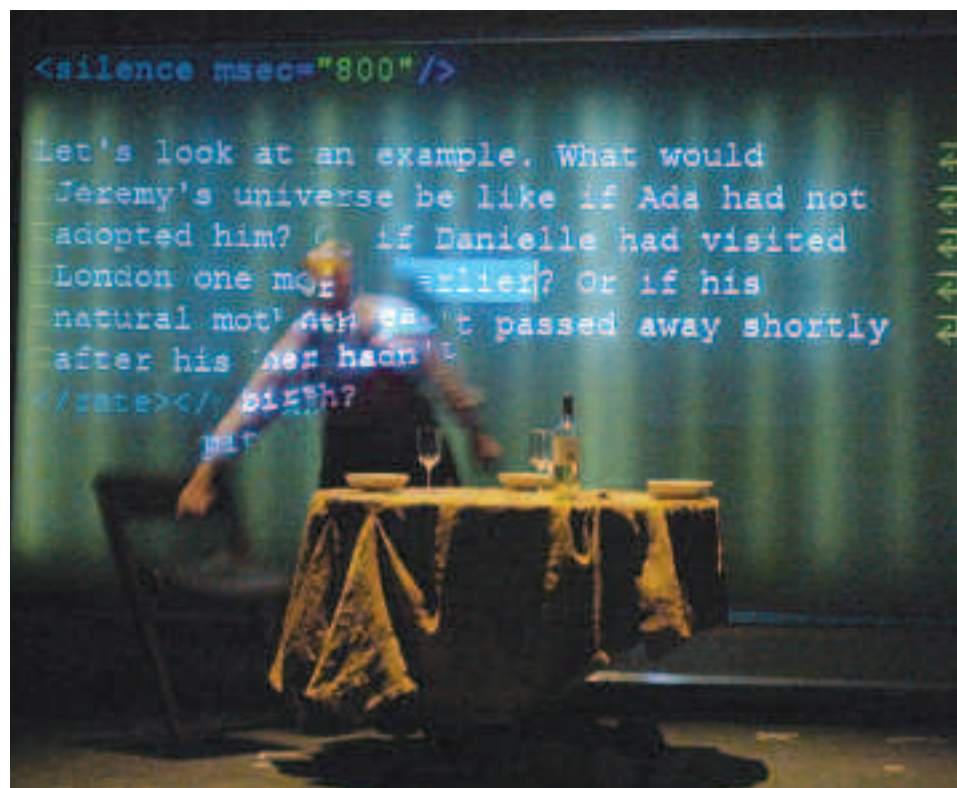
Looking over the program, dance and performance art appear to have the upper hand – or torso – over the word. Although the shows classified as theatre (10) outnumber those classified as dance (9) or performance (2), the borders of genre are blurred.

Main event

The most widely anticipated theatrical work, the North American premiere of **Robert Lepage’s** *Lipsynch*, will be an orgy of high-tech images and sounds exploring the concept of voice. Five languages (French, English, German, Spanish and Polish) will be employed in the interweaving of nine stories set in multiple locales, including war-torn Vienna and pre-revolutionary Nicaragua.

Actor Rick Miller, best known for his virtuoso solo shows (*McHomer*), plays the central auteur character. Warning: this intellectual soap opera inspired by the work of physicist Stephen Hawking has already been performed in Quebec City and Newcastle-on-Tyne, but it remains a work-in-progress. There may be a few loose threads.

Also, the estimated duration of the \$60-per-ticket show is five hours and 20 minutes. If that sounds exhausting, just remember that the final version of *Lipsynch*, slated for a European tour in 2009, will be nine hours long.



Lepage's show uses a blend of live performance and projected text.

(Courtesy of Erick Labbé)

Short but sweet

While Lepage will be allowed to indulge himself, most other Festival Trans-Amériques shows will be short and sweet. About 90 minutes duration is the FTA norm. Only one other show is supposed to hit the two-hour mark: *Mnemopark*, a Swiss theatrical docudrama that critiques society as it trifles with the fantasies of miniature-train buffs.

The festival's opening show, *Umwelt*, lasts only one hour. This existential dance work, involving nine windblown performers and magical mirrors, is choreographed by France's **Maguy Marin**, making it a must for international dance aficionados.

Next up is a text-heavy theatrical piece in French, *Rouge décanté*, based on the painful memoir of Dutch writer **Jeroen Brouwers**, who was incarcerated in a Japanese concentration camp in Jakarta during World War II. (If you're worried about your French, read the book – in English – first.)

Canadian content

One of the FTA's “theatre” events is actually an adult puppet show titled *Famous Puppet Death Scenes*, presented in English by an Albertan company called **The Old Trout Puppet Workshop**.

Expect a clever blend of the macabre and the hilarious as they romp through traditional death scenes. If you miss this show in Montreal, you can catch it the following week in Ottawa at the *Magnetic North Theatre Festival*, which runs June 6 to 16.

Another English-Canadian event worth noting is *The Eco Show*, an ecologically correct, ironic take on our relationship to nature, presented by Toronto's Necessary Angel Theatre Company. Former Montrealer Chris Abraham co-directs along with the playwright, **Daniel Brooks**.

Also, **Sarah Chase**, a stellar choreographer from Hornby Island, B.C., has created two dance pieces that incorporate speech and movement, titled *A Certain Braided History* and *The Disappearance of Right and Left*. The latter will be performed by noted Toronto dancer **Peggy Baker**.

Grand finales

Flamenco lovers won't want to miss the festival's finale, *Arena*, choreographed and performed by the innovative **Israel Galván**, aka “The Nijinski of Flamenco.”

But theatre lovers may prefer to end their FTA adventure with *Hey Girl!*, about a modern Juliet reinventing herself sans Romeo, directed by Italy's **Romeo Castellucci**. Even if words will have little to do with it.

Festival TransAmériques. Ticket prices range from \$30 to \$60. Performances are held at Monument National, Place des Arts, Agora de la danse, Centre Pierre Peladeau, Usine C, Espace Libre, Espace GO, Théâtre La Chapelle, Théâtre d'Aujourd'hui, Concordia University's D. B. Clarke Theatre and Centre de Design de l'UQAM. For information call 514.842.2112 or go to www.fta.qc.ca. Tickets are also available through the Admission network at 514.790.1245 or www.admission.com. **May 23 to June 7.**

Pat Donnelly is a Montreal-based writer.

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MOVIE REVIEW

Fractured, but far from broken

Fracture



By DAVID PRICE

This is a good movie.

Firstly, the plot is well conceived and well executed. An engineer (Anthony Hopkins), who seems to be a specialist in metal stress fractures, kills his adulterous wife (not a spoiler – it happens in the first ten minutes of the film). An assistant prosecutor (Ryan Gosling) on his way to a cushy job at a private law firm gets the case in his last week of work. It all seems open and shut: gun, confession, circumstantial evidence, until...

Good plot, good acting

This is a thinking person's story. How did Hopkins do it? Why did he set it up the way he did? Why is he so confident of the outcome? In retrospect, the twist and turns are less complicated than, say, *Mission: Impossible* (1996) or *The Usual Suspects* (1995); and there are always some loose ends that sober second thought re-

veals (how did Hopkins know how the detective would react?), but, overall, it is a well laid out and disciplined storyline.

The acting is good, too. Hopkins will never be terrible, although his accent seems to wax and wane, and there is a prisoner-awaiting-interrogation scene that is reminiscent, for no good reason, of *Silence of the Lambs* (1991).

Gosling is good, too. You may have missed out on the dubious pleasure of seeing him in tv's *Breaker High*, one of those low-budget, pre-teen oriented pastel-fests. Kudos to him for breaking out after that beginning! On the negative side, his accent in this movie (southern?) seems to wax and wane like Hopkins', and he has a hand-to-face gesture that I recognize from his performance in *Half Nelson* (2006). It fit there ("How did my life end up like this?"), but, here, it seems out of place and distracts.

A few negatives

Some stickling points: Gosling's relationship with his prospective boss



Ryan Gosling and Anthony Hopkins face off in *Fracture*.

(Rosamund Pike) at the law firm is unnecessary, badly done and just adds screen minutes to a film that should be as streamlined as possible. Until later developments made it clear, I wasn't sure if Pike was a partner, or a senior associate, or what. She is older than Gosling and is his superior, but that doesn't seem to be an issue and to make it worse, they seem to fall into bed automatically. Just because the script demands it, it doesn't mean the audience is going to buy it. To top it all off, there is a Thanksgiving dinner scene at her family's

house that seems inserted from some other movie. *Quiz Show* (1994)? *Planes, Trains and Automobiles* (1987)?

And the law firm is needlessly sinister. This is not *The Firm* (1993). Can't the law firm just be composed of some ordinary people trying to do their jobs and make a buck? The same goes for Gosling's ploy to get hired there. Every new hire in the movies has to be novel or conspiratorial in some way. Can't a movie law firm just spot talent and want to pay up, especially if the whole hiring is incidental to the plot? **V**

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Trailer Review

Resident Evil: Extinction ★★★★★

This was a good trailer! The movie seems to take place after the desertification of North America and the set-up made me think of the *Mad Max* franchise. There were no plot giveaways, it was short and there were tantalizing glimpses of eye candy.

Mr. Brooks ★

This trailer was as bad as *Extinction's* was good. The whole plot is laid out in an overly long sequence: an ex-assassin is called back into service against his will or better judgment. When will Hollywood learn the difference between a *précis* and a trailer? A *précis* is good for a Grade 6 book report. It recaps the plot to show the teacher you've read the book. A *trailer* is a marketing device that should make audiences want to see the movie, not feel they've already seen it.

Nitro ★★★★★

I haven't seen many trailers for Quebec films, but, if this is typical, they have beaten Hollywood at their own game. From this short clip, I understand the plot: a man has a sick wife whom he wants to help – and there is lots of car racing. Almost as importantly, I understand the *feel* of the film: it is angry, and urban, and fast paced. Well done! **V**



The *Resident Evil* gang knows their business

COUNTRY DOCTOR

First aid: treating lacerations

BY VIRGINIA HEESE

We've all had run-ins with sharp objects. Hopefully, such experiences are few and far between. The vast majority of the time, basic homespun first aid is enough to take care of the injury; however, some cuts and scrapes are a little more serious, and a visit to the doctor may be necessary. Today, we'll review when the bumps and bruises of everyday life can be safely taken care of at home, and when a visit to the clinic is a must.

Basic treatment

Bad luck and bad cuts happen to everyone. When small and simple, lacerations can be easily managed by first getting the area clean – you'll want at least to rinse the area with cool or lukewarm water. Some folks immediately reach for the rubbing alcohol or hydrogen peroxide, but these substances are incredibly irritating to the already damaged tissues and may in fact slow healing. A gentle wash with soap



Small cuts can usually be treated at home.

and water is fine, concentrating your efforts around the wound, as soap can be irritating to the wound, too. Don't forget to rinse generously. The reasoning behind the wash is to remove any debris that might have gotten into the wound, to remove dead tissue and to reduce the bacterial count in the area as much as possible.

Covered wounds heal faster than those that are not, so I recommend a quick slather of antibiotic ointment – again, to keep local bacteria under control – and a non-adhesive dressing. I advise using antibiotic ointment as opposed to cream. Opaque antibiotic cream, in my experience, may come to resemble or mask the development of pus, which is an important clue that an infection is starting in the wound. While the cut is healing, you'll want to keep the dressing (or covering) clean and dry and change it on a daily basis. It's best to avoid the formation of a thick scab, as scabs can increase the chance of infection and severity of scarring.

When to seek professional care

However, if your injury is more exten-

sive and deep or bleeding profusely, you'll want to concentrate first on slowing the flow. Bleeding itself isn't a bad thing – it helps flush out the wound – but you want to minimize your overall blood loss. Be brave, stay calm, and apply direct pressure to the cut, preferably with clean gauze or any clean cloth that's available. Keeping the wound elevated above the level of the heart will also slow the bleeding. You should apply sustained pressure to the area for a good five to ten minutes. For small, minor wounds this amount of time should completely stop the bleeding, but if the wound continues to ooze or bleeds in a pulsatile fashion, you should seek medical attention.

Other reasons to pay a visit to your local urgent-care clinic or emergency room include sustaining injuries to the face (for cosmetic reasons, you'll want to minimize the ultimate degree of scarring) or to the hands (so as to ensure the quickest and most effective return to good function). Also, gaping wounds will need ad-

equated closure, and deep wounds, especially those involving debris (such as dirt, fragments of glass, etc.), will need adequate exploration and cleaning. Folks with underlying illnesses (diabetes, kidney problems, immune suppression) or who are on chronic steroids should also have a low threshold for checking in with their doctors, since these conditions increase the likelihood of a wound infection. Any wound that could involve nerve or tendon damage (the signs for which include skin numbness or a loss of function and movement of the affected area, respectively) must be evaluated by a doctor.

Treating bite wounds

Finally, bite wounds must be brought to medical attention. They tend to have high rates of infection, since they are like puncture wounds – it's almost like getting an injection of bacteria! Interestingly, when comparing dog, cat and human bites (which are the most common types), human bites are by far the most worrisome. The bacteria that live in our mouths are among the nastiest when they get deposited deep into the tissues. Maybe our

mothers really shouldn't have "kissed our boo-boos better" after all! Other reasons you should check in with your doctor for bite wounds are that they often involve crush injuries to the affected tissue, which deserve close medical follow up, and your risk of contracting rabies should be very carefully considered.

A brief word about the time interval between when the injury occurs and when the wound is closed. This period is sometimes called the "golden period" by doctors, and a general rule of thumb is that the longer you wait to close an injury that needs stitches, the greater your chance of developing an infection. Don't delay, because immediate closure is best!

Many patients worry about scarring after a wound repair and want to minimize the appearance of their injury. Two of the most important, controllable factors that affect scarring are avoiding infection of the wound and avoiding the sun while the injury is healing.

Though a typical wound will knit together nicely and the surface of the skin will largely close up within the first two weeks after injury, the skin and subsequent scar of the wounded area continue to remodel and evolve for months afterward. The greatest amount of change occurs in the first six months, but the ultimate end appearance of a scar may not be apparent for a full year after the injury. It's important to protect the affected tissues from sun during this six to twelve months of healing, because sun-exposed scar tissue will appear darker than surrounding tissues.

Tips for avoiding tetanus

Finally, a word about tetanus. Tetanus is a serious and possibly fatal disease caused by a bacterium that can contaminate wounds and, contrary to common belief, is not just caused by getting cut with a rusty nail. Tetanus spores live in soil, but can be found in a wide variety of wounds.

Most folks who have had childhood vaccinations will have received the series of three tetanus shots that establishes a sort of baseline protection; however, you should get a booster tetanus shot at least every ten years. If you've had a deep, nasty cut, your booster should be within the past five years.

If you're out of date on your boosters or if you've never received your baseline childhood vaccinations, don't worry, you can catch up. So see your doctor when you have a bad cut and make sure your shots are up to date!

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

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A Holistic Healing Experience

Food crafts for kids

continued from page 1

and include a snack, as well as some time set aside to do homework. Participants then decide what they want to make for dinner and get to work. It's a bit of a free-for-all, but lots of fun and very affordable. The workshop includes a cooking demonstration by chef Chantal Clabrough, supervision and, of course, dinner! Plus, the kids get to decide what they want to make. Anything goes, with the exception of junk food (sorry kids!). Call in advance to register or show up in person and sign up at the Tout un Tabac counter. The next workshop is titled "Survivor: The Kitchen ... for Teens." The cost is \$15 per child. For more information call 514.481.6959 or go to www.loblaws.ca. Loblaws, 6600 St. Jacques West. May 25 at 4:30 pm.



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Kiddies get cooking

Académie Culinaire offers cooking classes for children ages 8 and up. On May 12 from 9:30 am to 12:30 pm, the academy is offering an Asian-themed cooking class for children. Kids will learn how to make several dishes and, of course, will be allowed to eat their creations. The workshop costs \$63 (taxes included). The academy is also hosting a Mother's Day brunch workshop for adults on May 5 at 9:30 am. The class will feature four to five recipes, which you will be allowed take home with you. The cost is \$80 (taxes included). For more information call 514.393.8111 or go to www.academieculinaire.com. Académie Culinaire, 360 Champ de Mars.

TGIF (Thank Goodness It's Friday) is offered every Friday evening from 6 to 8:30 pm at **Centre Greene**. Parents are invited to drop off their kids ages 5 to 11 for a meal and fun activity (arts & crafts, a talent show, a kids movie, etc.). Call ahead to let the centre know that your child will attend and to find out the weekly theme. The cost is \$10 (not a bad price to be able to escape for a quick Friday night cocktail while the kids are entertained!). For more information call 514.931.6202 or go to www.centregreene.org. Centre Greene, 1090 Greene Ave.

Artsy update

The **Montreal Museum of Fine Arts** hosts a free monthly workshop for families. The theme for May is still life and will be hosted on Sunday, May 20. Children ages 4 and up will draw pictures of still life using pastels. Bilingual workshops are offered at 1 pm, 2 pm and 3 pm. To complement the kids' creations, the museum will offer a free guided tour of a still life exhibition geared towards kids. Tours in English are given at 1 pm and 3 pm. French tours are at 1 pm, 2 pm and at 3 pm. Activities are free, but space is limited so it is a good idea to arrive early. Tickets are available beginning at 12:20 pm in the Jean-Noël Desmarais Pavillion. For more information call 514.285.1600 ext. 440 or go to www.mmfa.qc.ca/activities. The Montreal Museum of Fine Arts, 1380 Sherbrooke St. West.

The **Canadian Centre for Architecture** (CCA) hosts regular workshops for children ages 5 to 12 (adult accompaniment is required). This April, the theme is tall buildings. Future architects and their parents are invited to build their own tall buildings or recreate landmark skyscrapers using toys, blocks and other materials provided. The cost is \$4 for children, \$6 for adults. Reservations are required. For more information call 514.939.7001 or go

to www.cca.qc.ca. The Canadian Centre for Architecture, 1920 Baile St. April 29 at 10:15 am and 2 pm.

Activities in Westmount

Registration for Westmount residents for swimming lessons is on Monday, May 14 from 6 to 8 pm at the Westmount arena. Plan to be there early as spaces are extremely limited and it's usually a bit of a mob scene! For more information call 514.989.5353 or go to www.westmount.org. Westmount Arena, 4675 St. Catherine St. West.

Last but not least, it's the 31st annual **Westmount Family Day**. Westmount Park will be jamming with all kinds of fun activities for all ages: races, inflatable games, face painting and carnival booths. Food will be provided by Scouts Canada and Girl Guides, as well as Java U. All activities are free, although there is a charge for food. Bonus for parents: officers from Westmount's police department, Neighbourhood Station 12, will be conducting child car-seat inspections. For more information call 514.989.5353 or go to www.westmount.org. Note that there is an error on the website regarding the date of the event. The correct date is May 26 from 9:30 am to 4 pm.

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Enjoy spring fever with your kids and see you all out there!

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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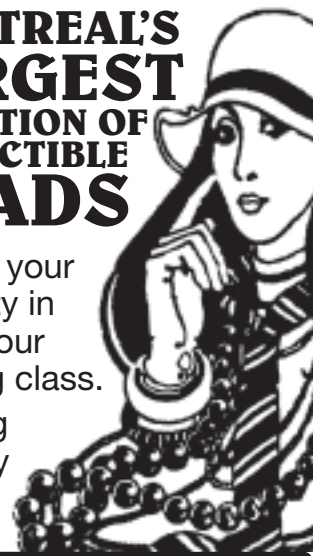
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COOKING

Versatile Asian dishes wow in warm weather

BY ANTHEA DAWSON

With the throes of winter mostly behind us, Montrealers are looking to shed some winter weight and experiment with lighter recipes. Here are some of my favourite Asian dishes, which are a perfect match for the unpredictable weather of early spring.

Fluctuating temperatures and tastes

The snow has melted, the ski lifts have quit for the year and spring is officially in the air. But if growing up in this unpredictable climate has taught me anything, it's not to be seduced too quickly by a 25°C day in early May – as soon as your guard is down and the flip-flops are on, a sudden gale wind can blow in from the north, bringing with it a blizzard and much despair. When it comes to springtime in Montreal, we must be prepared for anything and adjust our palates and cuisine accordingly.

While it may be a little early to be breaking out the BBQ and patio furniture, it is still a wonderful time to entertain. With a winter's worth of heavy stews and roasted game behind us, it's a perfect opportunity to try out lighter fare. Asian food is a great cuisine to experiment with at any time of year, but especially when the weather is all over the map.

Authentic flavours

Asian food has gained much momentum in Montreal in the past 10 years. Excellent Indian, Thai, Vietnamese, Japanese and even Tibetan restaurants abound in Montreal, but many of us mistakenly assume that we must eat out in order to find great Asian food. Recipes with long, complicated ingredient lists can be daunting, but the key to many Asian dishes is their simplicity. Authentic ingredients are ideal for capturing the true flavour of a dish. Luckily, there are a variety of excellent Asian markets throughout the city – in particular, Marché Oriental (7101 St. Denis), Thai Hour (7130 St. Denis), Miyamoto (382 Victoria Ave.), Kim Phat (3588 Goyer St.) and, of course, the bountiful markets in Chinatown.

These markets are wonderful locales for hunting down authentic ingredients that many recipes call for, like Kaffir lime

leaves, galangal and palm sugar. For more common ingredients, like lemongrass, bok choy and coconut cream, a special trip is not necessary – these items are becoming increasingly common at local grocery stores, like Metro and Provigo.

Unbeatable deals

However, I would recommend an excursion to one of Montreal's Asian markets just for the experience. The variety of fruits and vegetables, rice and noodles, sauces and marinades is unbelievable, plus prices on frozen shrimp and a variety of meats are hard to beat. The markets are great for kitchen tools, as well. The mandoline (a utensil used for slicing veggies) I bought in Chinatown is infinitely better than the Cuisinart version I got for twice the price. Kitchen knives sold at \$5 a pop keep their edges longer than my prized Henkle.

The recipes that follow are two of my favourites. Ever-popular pad thai is a real crowd-pleaser and so much easier to prepare than most people think. The key to success is to have your mise-en-place ready before you begin to heat the wok. After you've prepped all the ingredients, it won't take more than ten minutes to throw it all together. The accompanying salad is nice and light and a breeze to prepare as well. It is the perfect accompaniment to the complex flavours of pad thai.

Enjoy the springtime and hit those markets the next time you have the chance!

Light & Easy Pad Thai

- 8 oz. medium-wide rice ribbon noodles
- 2 Tbsp. vegetable oil
- 8 oz. boneless, skinless chicken breast, cut into thin strips
- or
- 8 oz. firm tofu, cubed into ½-inch chunks
- 8 oz. raw medium shrimp, peeled & deveined
- 3 garlic cloves, minced
- ¼ cup shallots, minced
- ¼ tsp. chili flakes
- 3 Tbsp. ketchup or tomato paste
- 3 Tbsp. Thai fish sauce
- 1 Tbsp. rice vinegar (or cider vinegar)
- 2 Tbsp. smooth peanut butter
- 1 Tbsp. fresh lime juice
- 2 Tbsp. granulated sugar



Healthful pad thai is quick and easy to prepare.

- 2 eggs, lightly beaten
 - 3 cups bean sprouts
 - 2 Tbsp. chicken or vegetable stock (or more, if needed)
 - 6 scallions, chopped
 - ½ cup fresh coriander (cilantro), chopped
 - ½ cup toasted peanuts, chopped
 - 1 lime, cut into wedges
- Soak noodles in hot – not boiling – water for about 20 minutes, or until soft and pliable. Drain and set aside.
- Heat a large wok or skillet over medium-high heat and add 1 Tbsp. vegetable oil. Sauté chicken or tofu (or both if you prefer, but separately) over high heat until the chicken is opaque and the tofu is crisp. Remove and set aside.

Add the shrimp and toss until they are bright pink and the tails have curled, about one minute. Set aside.

Heat the remaining oil. Sauté the garlic and shallots over medium heat until translucent, about one minute. Add chili flakes, ketchup, fish sauce, rice vinegar, peanut butter, lime juice and sugar. Toss together and stir until the sauce has thickened.

Add beaten eggs to the centre of the wok and cook without stirring until they start to set, about 30 seconds. Gently stir to combine. Using tongs, add the noodles and bean sprouts. Add chicken stock to moisten the mixture and cook until everything is mixed together.

Add the scallions, chicken and/or tofu, shrimp and half the chopped peanuts.

Toss to combine. Divide the pad thai evenly on six plates and garnish with the remaining peanuts and a lime wedge. Serve immediately.

Serves 6.

Sliced Cucumber, Mixed Pepper & Mango Salad

- 2 cucumbers, unpeeled and sliced into ⅛-inch rounds
- 1 red pepper & 1 yellow pepper, sliced into bite-size strips
- 2 ripe mangoes, peeled and thinly sliced
- 1 medium-size red onion, thinly sliced
- 1 cup fresh coriander (cilantro), chopped
- ¼ cup unseasoned rice vinegar
- 1 Tbsp. granulated sugar
- 1 Tbsp. fine table salt

Arrange the cucumber rounds in an overlapping pattern on a decorative serving platter. Sprinkle the peppers on top of the cucumbers, followed by the mangoes and red onion. Sprinkle with chopped coriander.

In a small bowl, mix together the rice vinegar, sugar and salt. Once the sugar has dissolved, pour the dressing over the cucumber salad and serve immediately.

Note: this salad stores well even in its dressing, so don't be afraid to prepare it ahead of time!

Anthea Dawson is the executive chef of Simply Wonderful, a catering company. She can be reached at ea_dawson@hotmail.com.

Fine dining for less: it's not where you eat, it's when you eat

continued from page 1

pensive restaurants. Even among some pretty steep competition, la Chronique stands out for its sterling reputation and at times extraordinarily high prices: the restaurant's seasonal, seven-course tasting menu regularly climbs to \$200 per person with suggested wine pairings.

Crashing the party

Such a reckless expenditure isn't normally my cup of tea. Rather, I was attracted to the restaurant's less ambitious lunchtime menu, which in itself is a rarity on the fine dining scene. Until recently, the restaurant offered a three-course luncheon for \$25 per person, including an entrée, a main and dessert. When I visited just prior to Easter, prices had been rolled back further: dessert was now an optional \$7 to \$9 add-on, and several choices of entrées and mains were available for under \$20. It looked like I was going to taste the high life at a serious discount.

On the afternoon I visited, there were only two other parties in the small, elegantly appointed dining room, which boasts bright balaustine walls and a large analog clock on the back wall. The intimate, relaxed tone was a welcome counterpoint to the usual rush of lunchtime crowds. Indeed, it was hard not to feel like I was playing truant, even if I was technically on the job.

High-end comfort food

After the waiter allowed my companion to taste several wines available by the glass, it wasn't long before the entrées arrived. Even at a discount, the servings were generous (especially for lunch) and meticulously prepared. Chef Marc de Canck's macaronade was a spirited rendition of the traditional dish, which hails from the south of France. It consisted of a handful of macaroni, escargots and stewed tomatoes in a deep, mustard-colour broth that tasted ever so slightly of maple syrup. The result was sophisticated comfort food, a perfect match to the day's inclement weather. My companion was less satisfied with her tuna tartare, however, which was ribboned with shiitake mushrooms. Al-

though it benefited from the freshness and quality of the ingredients, it lacked an extra "lift." And as a \$4 add-on, it ran counter to our prevailing frugality.

That proved to be the only off note of the meal. The entrées were followed by a beef "duo" (a perfectly rosé hanger steak paired with beef stewed in beer) that reprised the haute-homecooking theme. The hands-down highlight, though, was *ris de veau*: tender, delicately browned veal sweatbreads served on bright saffron risotto emblazoned with shrimp and green peas. The vivid colours were crayon-bright, as if taken from the page of a child's colouring book.

Equally playful was the dessert course, which my companion and I opted to share. It consisted of a dome-shaped chocolate *fondant* (semi-cooked cake). When punctured, it spilled molten, lava-like chocolate onto the plate, which melted a bright curl of mango

gelato. A sweet dessert, with even sweeter special effects.

Paying the bill

Of course, the noontime indulgence came at a cost: \$107.44, to be precise. That price included a fair tip, two glasses of wine for \$15 and \$11 each, an \$8 dessert and two coffees for \$7 – a substantial discount compared to la Chronique's dinner menu, but not exactly what I would call affordable.

Stiff competition

Mere blocks from la Chronique in tony Outremont, Leméac offers a different spin on discount fine dining. The chic, Parisian-style bistro attracts a fashionable clientele with a pared-down, two-course dinner service for \$22. The only caveat is that the reduced-price menu comes into effect after 10 pm.

What began as a ploy for greater turnover at the end of the night has taken on a life of its own. On a recent Saturday night, the restaurant was still in full swing when I left well after midnight. Needless to say, reservations are essential on most weekend nights, especially when competing for a coveted table on the patio, which is open during the summer.

The bistro has the vibe of a place people



The bar at Leméac is a good place to turn heads.

go to in order to be seen, and is reputedly the watering hole of some of Outremont's elite. The impression of a "scene" is aided by the elegant though sparsely decorated interior, which leaves little to focus on except for the exquisitely *branché* crowd. The best place to turn heads is at the tin-topped bar that dominates the east wall or in one of the large, beveled-glass windows giving onto the street.

Classic bistro fare

Happily, the food holds its own amidst the pageantry. The menu lists ten entrées and ten mains in the mold of a classic French bistro. A popular appetizer is smoked salmon, which is smoked in house and served with crusty triangles of challah, capers and hardboiled egg whites. The calamari, meanwhile, is bright and fresh and not too chewy. It arrived doused in balsamic dressing and was served with a mound of sautéed zucchini.

Though I've heard that the dining room's din can be loud enough to interrupt conversation, I found the raucous ambiance invigorating. My mood was bolstered by a handsome serving of steak-and-frites, ordered rare and cooked a luscious dark mauve. The golden frites were perfectly crispy, nested together like matchsticks. Unfortunately, duck confit was less of a success. The duck leg was

fine, but was served beside a single, desultory fingerling potato and leafy green salad marred by a too-salty vinaigrette.

While the kitchen wasn't winning awards for innovation, its straightforward rendition of classic dishes was a perfect match to the casually elegant ambiance. The service was friendly and unpretentious: our server was unabashed in recommending several bottles of wine for under \$40.

Paying the bill

A quick glance at Leméac's regular dinner menu reveals that many items are repeated on the late-night menu at a substantial discount. To maximize your savings, order – as I did – the smoked salmon entrée and steak-and-frites main, which go for \$21.50 and \$14.25, respectively, on the dinner menu. Ignoring any disparity in serving size, you can factor a savings of \$13.75 for one meal alone.

That said, you aren't likely to get out for less than \$100 per couple. My bill totaled \$125.03, with a bottle of wine on the low end of the scale (\$42), a small cheese plate and a fair tip. This puts Leméac in the company of a number of other restaurants – particularly on the BYO scene – that can offer bang for around \$100.

Stuart Woods is the assistant editor of VIVVA MONTREAL.



A pair of books to guide you through Montreal's dining and bar scene.



CYCLING...*continued from page 3*

a nice bike path of its own, then decided to take Les Berges, which has many attractions besides the views: there are many relaxation and picnic possibilities, and you can see nature close up at Des Rapides Park. Getting close to the Lachine rapids vividly demonstrates the immense power of the St. Lawrence. You might even see

Cycling sites

Lachine Canal and Les Berges bike path

www.poledesrapides.com

P'tit Train du Nord

www.laurentides.com

Vélo Québec

www.velo.qc.ca

Route Verte

www.routeverte.com

surfers on the huge standing waves. At the end of Les Berges, you can return to the canal via an on-street bike path to the Atwater Market.

My friends were eager for more riding, so at the end of Les Berges we continued to Nuns' Island and the Estacade ice bridge (just upriver from the Champlain bridge), which took us across the St. Lawrence to the Seaway bike path. Here we turned left and headed east to Jean Drapeau Park. This section has great views of Montreal across the river.

Sights and amenities

Next, we arrived at the St. Lambert locks, where a new rest area has just been built. An alternative here is to cross the bridge at the St. Lambert locks to the South Shore, and return to Montreal on the Jacques Cartier bridge. The Jacques Cartier has newly installed eight-foot-wide bike sidewalks and brings you just a couple of minutes from the Plateau and LaFontaine Park.

The St. Lambert locks are only a few hundred feet from Jean Drapeau Park. There are magnificent gardens and canals here, and don't forget the popular Île Notre Dame beach. My speed-loving friend insisted that we ride a few laps of the Circuit Gilles Villeneuve racetrack. This is where the Canadian F1 Grand Prix is held, and cycling it is a unique experience. There are two self-service bike repair kiosks on the racetrack, in case you need some air in the tires or a bolt tightened.

Crossing over to nearby Île St. Hélène, we took a tour of this quieter island. We gazed up at the gigantic geodesic dome from Expo '67: it is now the home of the Biosphere environment museum. You will

also find exhibits on the environment, water and ecosystems.

It was time to start back home, so we crossed the Concorde bridge and rode past the bizarre-looking Habitat '67. This path connects directly to the end of the Lachine Canal, and it was easy to get home from there. We could have taken the seasonal ferry from Île St. Hélène to the Old Port, but we decided to save this for another visit.

Off-island riding in the Laurentians

Early the next day we got in the car and headed north to the P'tit Train du Nord. This path is a classic "rail-to-trail" bike path and it follows the route of the long-ago ski train of the same name. The path starts in downtown St. Jérôme (next to the train and bus station) and ends 200 km later in Mount Laurier. The northern 100 km is paved, starting in Labelle (home of the P'tit Train du Nord museum). You don't have to ride the entire path at once – the P'tit train du Nord is a great path to explore one section at a time – but there is a \$5 fee to access it. There are also luggage and bike shuttle services available.

Our starting point was the restored train station at St. Adèle. It now houses a restaurant with a terrace, a full-service bike shop with rentals and an enormous model-train exhibit (for information call 450.227.3313).

This section leaves civilization behind, and we rode through beautiful, roadless Laurentians scenery. Along the way we took a break just past a little canyon and explored the rapids. We got to Val David in time for lunch and explored the weekend farmers' market and boutiques. The ride back went well, especially since it was downhill.

For more information on P'tit Train du Nord, call 1.800.561.6673 or go to www.laurentides.com. You can pick up the excellent (and free) trail guide booklet at stations along the trail.

Doug Williams has been exploring Quebec on bike for over 40 years. You can visit his blog, Cycle Fun Montreal, cyclingfun-montreal.blogspot.com.

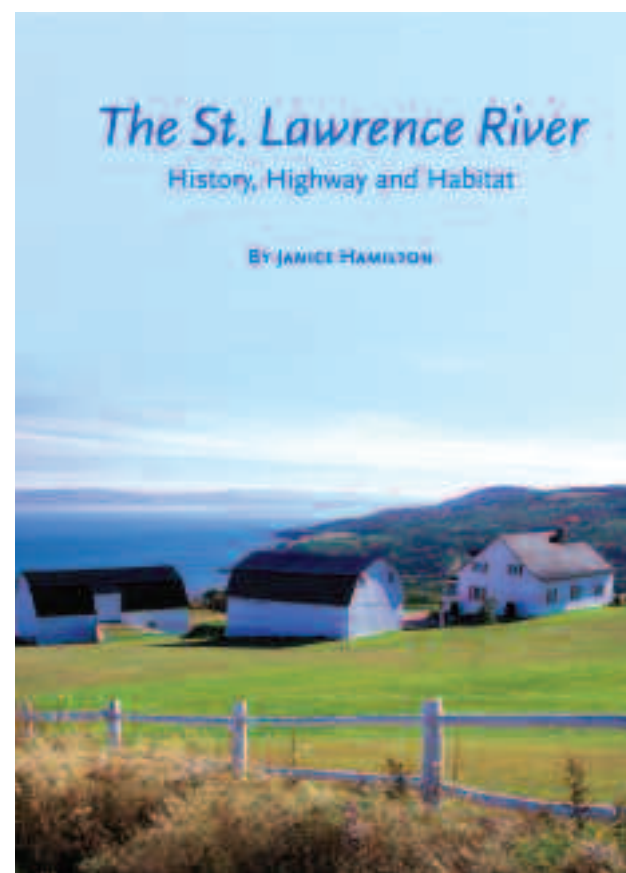
5 tips for a better ride

1. Prep the bike with chain oil, air in the tires and a spring tune-up.
2. Prep the rider with several short rides before doing a longer ride.
3. Bring lots of water and snackables, sunscreen and a tool kit.
4. Tailor the ride to the abilities of the weakest rider.
5. For comfort, wear cycling shorts, gloves and a snug-fitting jersey.



Cyclists exploring the Townships in Knowlton.

Photo: Stéphane Lemire



'This sweeping portrait of the St. Lawrence ... is overdue. ... The text is crisp, well-organized and tells you everything you need to know about the St. Lawrence...'

– J. D. Gravenor in the Montreal Gazette (June 30, 2006)

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Cycling tours in the Eastern Townships

With hundreds of kilometers of bicycle trails, the Eastern Townships is a haven for cyclists. Whether you want to challenge yourself with a steep climb or meander along a scenic route, you're sure to find something that matches your skill level and inclination.

Going green

The Route Verte is a province-wide network of bike trails that passes through the Townships by way of Granby, Orford, Sherbrooke and Richmond. Although the 4,300-km-long trail system will be officially inaugurated later this summer, cyclists are free to explore its carefully marked and manicured byways in the meantime.

From Bromont or Waterloo, it's only a short trip along the Route Verte to Granby, where a spur leading off the trail allows cyclists to explore Lake Boivin and Yamaska National Park. Entry to the park is \$3.50. For more information call Yamaska National Park at 450.776.7182 or go to www.parcsquebec.com. For information on the Route Verte go to www.routeverte.com.

Covered bridges of the Yamaska

For a casual daytrip, why not head to Farnham, where you can explore the historic covered bridges that criss-cross the Yamaska River?

Starting out from the nature centre in downtown Farnham, follow Magenta Rd. as it rambles through farmland and alongside the Yamaska. Not far outside of town, you'll find Balthazar bridge, which was built in 1932. Crossing over the bridge, pass through Adamsville and connect with Choinière Rd, where you'll find Decelles bridge, built in 1938.

Outside of Cowansville sits Freeport bridge, which is part of the Freeport bike trail, a well-marked route that passes through East Farnham. Built in 1870, this is the oldest covered bridge in the area and still the busiest. Watch out for car traffic! From here, you can either follow the bike trail into Cowansville or head back to Farnham by way of Brigham.

To get to the Farnham nature centre, take Highway 10 east out of Montreal to exit 55. In downtown Farnham, take a right onto Yamaska Rd. For more information, call the Farnham tourist bureau at 450.293.3178.

The wine route by bike

The Brome-Missisquoi Wine Route links a dozen vineyards on 132 km of scenic roadways. Why not get out of the car and explore a portion of the route by bike?

Begin your journey in Dunham, the cradle of the Quebec wine industry. A short loop of around 30 km will take you through Dunham, Frelighsburg and Stan-

Events for cyclists

May 19 & 20

Canada Cup/Quebec Cup

For more information call 450.534.3333 or go to www.mondialduvelo.com. Bromont.

June 10

Grand Tour of Lake Megantic

Family bike excursion that skirts Lake Megantic. For more information call 1.800.363.5515 or go to www.tourismemegantic.com. Megantic.

June 24

Bike path grand opening

St. Francois Xavier de Brompton bike path network. For more information call 819.826.1118 or go to www.val-saint-francois.com. St. Francois Xavier de Brompton.

June 29 & 30 and July 1

Coupe des Amériques

For more information call 450.538.5808 or go to www.coupedesameriques.com. Sutton.

June 29 to July 15

Tim Hortons National Championships

For more information call 450.534.3333 or

go to www.mondialduvelo.com. Bromont.

July 29

Mondial cyclotour

A 100-km road race open to all. For more information call 450.534.3333 or go to www.mondialduvelo.com. Bromont.

July 21 & 22.

The 24-hour Enduro Hydrapak

Endurance event for mountain bikers. For more information go to www.mondialduvelo.com. Sherbrooke.

August 25 & 26

Raid Jean Davignon

Cycling activities for the whole family. For more information call 1.866.665.6669 or go to www.raidjeandavignon.com. East Hereford.

September 1

Heritage bike tour

Heritage tour in conjunction with the Danville Arts Symposium. For more information call 1.888.839.2911 or go to www.tourisme-des-sources.com. Danville.

EVENTS

- Help support the **Brome-Missisquoi Foundation** at the second annual fundraiser for group homes for troubled youth. Tickets are \$100, \$50 for those under 30. For more information call 450.243.0184 or go to <http://hopespoir.org>. **May 5.**
- The boutiques of Knowlton trot out their spring and summer lines at **Country Chic: A Fashion Show**. Reservation required. Call 450.242.2232. Le Relais, 286 Knowlton Rd., Knowlton **May 6.**
- Quality antique dealers present their wares at Knowlton Academy, 81 Victoria, Knowlton. Proceeds go to **Brome County Historical Society**. For more information call 450.243.6782. **May 18 to 20.**
- The seventh annual **Knowlton Dog Pageant**. For more information call 450.242.6886. Knowlton town centre. **May 21 at 1 pm.**

MOVIES

- Theatre Lac Brome screens **A Simple Curve**. Tickets are \$7, \$5 for members. For more information call 450.242.2270 or go to www.theatrelacbrome.com. Arts Knowlton, 9 Mount Echo Rd., Knowlton. **May 6 at 7 pm.**
- Theatre Lac Brome screens **Who Killed the Electric Car?**, a documentary about

how this innovative technology was seemingly crushed by the automotive industry and Big Oil. Tickets are \$7, \$5 for members. For more information call 450.242.2270 or go to www.theatrelacbrome.com. Arts Knowlton, 9 Mount Echo Rd., Knowlton. **May 6 at 7 pm.**

THEATRE

- The fifth annual show by **Les Scèneux du Pavillon**. For more information call 819.849.6371 or go to www.pavillondesarts.qc.ca. Pavillon des Arts et de la Culture Coaticook, 116 Wellington St., Coaticook **May 18 & 19 at 8 pm.**
- **Harmonie de Coaticook** presents their final show of the season. Tickets are \$14, \$11 for members. For more information call 819.849.6371 or go to www.pavillondesarts.qc.ca. Pavillon des Arts et de la Culture Coaticook, 116 Wellington St., Coaticook **May 18 & 19 at 8 pm.**
- Knowlton Players presents **The Trial of The Big Bad Wolf**, a play for kids – and performed by kids – that plays with the conventions of famous fairy tales. For more information call 450.242.2270 or go to www.knowltonplayers.com. Arts Knowlton, 9 Mount Echo Rd., Knowlton. **May 10 to 13 and 17 to 20.**

bridge East, as well as past six vineyards, including Orpailleur, Les Blancs Coteaux, Côtes d'Ardoise, Trois Clochers and Clos Ste-Croix. Parking for cyclists is available at Orpailleur and Les Blancs Coteaux.

For more information on these and other bike routes, request a free copy of the brochure *Cycling in the Eastern Townships*, which includes maps, suggested routes and attractions. Contact the Eastern Townships tourism office at 1.800.355.5755 or www.eastertownships.org.

While every effort has been made to ensure the accuracy of the above information, it is not intended to be your sole guide. Be sure to plan your route ahead of time. **V**



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Living by
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THE KNOWLTON GALLERY
EXPANDS AND CELEBRATES ITS 3rd ANNIVERSARY

The celebration of the third anniversary of the Knowlton Gallery and the inauguration of its second floor will take place **May 20th, 2007.**

VERNISSAGE
MARIE-DANIELLE LEBLANC
Artist

GUEST OF HONOUR
LOUIS ST-CYR
Sculptor in bronze

205 chemin Knowlton
Lac Brome, Qc. J0E 1V0
450.242.1966
francoise@knowlton-arts.com

ART AND ANTIQUES
OF THE EASTERN TOWNSHIPS
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Westmount Impeccably maintained 4 bdr cottage on sought after street, just up from Murray Park. Downstairs has cross hall plan, state-sized dining room. Upstairs den with f/p, lrg balcony. Spacious teak playroom, carpeted, in bsmt. Enjoy 3 fireplaces, garden. **Asking \$1,150,000**



Westmount Charming turn of the century family home in Westmount's best location – the flat. Cross hall plan between spacious living room and dining room. 10 ft. ceilings, ornate moldings. Parking for 3 cars. Lrg family room and bedroom in basement. **Asking \$999,000**

Virtual tour: www.mcguiganpepin.com/571081



Westmount Your backyard could be Westmount Park! Wonderful townhouse renovated with taste. Ideal for young family. Finished bsmt with spacious playroom, separate bdr+bath. All bathrooms redone in recent years, central air installed. 2-car parking in back. **Asking \$839,000**

Virtual tour: www.mcguiganpepin.com/571643



Downtown Bright two-level 2,300 s.f. penthouse apartment with a large balcony off the living room providing a magnificent view of Mount Royal. Top floor features entry hall, spacious living room, adj. dining room and gourmet kitchen. Quiet lower level bedrooms. **Asking \$849,000**

Virtual tour: www.mcguiganpepin.com/571559



Downtown Situated at the back of a quiet courtyard in a prime downtown Montreal location, this house has excellent potential for renovators. With 4 bedrooms, plus two in the basement, house is bright with windows on 3 sides. Tudor-style frontage. **Asking \$599,000**



Westmount Prime living in the heart of Victoria Village. Bright with skylight in stairwell and bathroom. Nicely renovated kitchen and bathrooms. Fin. basement with bedroom, accessible by private door. Garden, 3 balconies. **Asking \$569,000**

Virtual tour: www.mcguiganpepin.com/571517



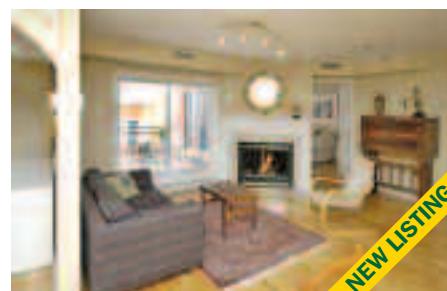
Plateau Mont Royal Stunning, modern, open loft with 3 closed bedrooms. Calling all artists or those with incredible art – this space has ideal wall space with excellent lighting. 15 feet of windows on 2 levels. Location ideal for walking to all the hot spots. **Asking \$449,000**

Virtual tour: www.mcguiganpepin.com/571631



NDG Excellent location close to school, parks, transportation. Handsome, spacious 3-bedroom cottage with curb appeal. Large family room for entertaining on ground floor. Playroom, lovely mature back garden, deck, garage. **Asking \$379,000**

Virtual tour: www.mcguiganpepin.com/571642



NDG Location and quality. Looking for a very secure, quiet 3 bdr corner unit condo in Monkland Village? In impeccable condition, this condo has an open plan living room and dining room, gas f/p, hardwood flrs, 90 sf balcony, 2 bdms+office/den. **Asking \$295,000**

Virtual tour: www.mcguiganpepin.com/571640

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