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## St. George's, The Study lease former Marianopolis sports complex

St. George's School of Montreal and The Study will lease Marianopolis' former athletic complex following the CEGEP's move to Westmount Ave. (see story p. 15).

The two private schools on The Boulevard will share the use of the former Marianopolis facilities. These include a double gymnasium, indoor pool, dance studio, squash and outdoor tennis courts and a sought-after playing field.

Neither The Study's nor St. George's heads of school, Elizabeth Falco and Jim Officer, could be reached at press time.

"The commitment to this new venture is both bold and exhilarating as it affords St. George's a tremendous and unique opportunity to provide to our students and families new and enhanced programs," Officer wrote in a prepared statement. "It also moves the school forward in a highly

competitive independent school market."

"Having only one gym and no playing field has compromised us in the past, but now this facility will enable us to offer a better variety and more physical activities," Falco said, also in a prepared statement.

Officer and St. George's board chair, Angela Genge, will establish a committee that will develop programs related to the move.

## Ottawa and Montreal events help Duncan reach goals

BY LAUREEN SWEENEY

At age 44, Kathleen Duncan has just completed her first two triathlons and it's probably a first for a Westmount city councillor.

The mother of three swam, biked and ran September 1 in the Ottawa triathlon "sprint," or half triathlon, a warm up for last Saturday's Esprit Montreal, a full triathlon at Circuit Jacques Villeneuve.

In triathlon events, participants swim 1.5 km, bike 40 km, then run another 10 km, Duncan's strong point.

### A personal challenge

"It's a personal challenge," she said. "It's something that has given me goals. Every time you do it you have more self-esteem."

Crossing the finish line at top speed, she said, "I felt so elated, so overwhelmed with emotion, I just wanted to cry."

While Duncan ran her first half marathon 10 years ago and is a familiar figure cycling on the summit, she had never even had a swimming lesson before



Kathleen Duncan in the Ottawa triathlon.

last year when she started triathlon training and signed up for the master's swim program.

### Soaking wet and cold

Swimming with such a crush of people is the scariest part of the triathlon, she said. "It's a far cry from being in a pool. Then, in cold, windy weather, you're soak-

ing wet for the rest of the race."

She was pleased with her times, she said, and managed to maintain a good cycling pace considering she was using a hybrid bike compared to the road bike used by most participants.

"So many people out *continued on page 2*

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## Corn roast: A Westmount Park tradition

Rain didn't stop Westmount Park School from hosting its annual corn roast on September 11. The festivities were moved to the school cafeteria where more than 200 students, parents and staff members enjoyed arts and crafts, face painting - and corn on the cob, ice cream and juice from 5 to 6 pm.

Also in attendance were city councillors Cynthia Lulham and Nicole Forbes as well as Ginette Sauv -Frankel, English Montreal School Board commissioner. "We had a bigger turnout this year despite the weather," said Audrey Ottier, the school's program and communications coordinator.

At 6 pm, the crowd moved to the auditorium where new principal Christina Delaney announced the upcoming Governing Board elections and people were invited to join the Home and School Committee as well as the Governing Board Committee. Door prizes included school fee certificates and sports equipment.



City councillor Lulham (right) enjoys some corn-on-the-cob.



Grade 6 student Mary Pakkianathar

## Becoming a triathlete...

*continued from page 1*

there are eons ahead of me," she said. "I'm just doing it as a hobby."

But her enthusiasm infected her husband, Rick, who decided to enter the Ottawa event in a new beginners' category

called Trying a Triathlon. He then entered the Montreal sprint.

Now that Duncan has accomplished her goal to become a triathlete, she's setting her sights on a duathlon, a run-bike-run, "just to try something different."

### Scam targets Westmouter by name

At least one Westmouter was targeted in early September with yet another version of the Nigerian fraud. In this particular variant, a lawyer claimed to represent both a client who was killed in the March 2004 Madrid train bombing and the financial institution where the victim allegedly deposited \$22 million.

Many things revealed the letter as a fraud, including the fact that the recipient received two versions of it: one stating that the victim had the same last name as him and another with a different name for the victim.

On a more sinister note, both letters were addressed to the recipient's real name and home address. Neither included a return address. Both were post-marked from Spain.

### Funeral held for Anne Fish

A funeral was held at the Church of St. Columba in NDG for Anne Fish (n e Johnson) on Sept. 13. Fish was a Westmouter, well known in the community as a social worker, volunteer and artist.

She served for many years as a chairman and board member of the Tyndale-St. Georges community centre, a charity founded by her family in the 1920s.

She was the mother of two children, Cynthia and Douglas Fish, and married to Colin Irving, one of Canada's most prominent constitutional and civil litigators.

Eulogies were delivered by Paule Harvey, her granddaughter; Caroline Irving, her stepdaughter; and Douglas Fish, her son.

Contributions in Anne Fish's name to the Tyndale-St. Georges Foundation would be most welcome.

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## Tears, triumph Dawson's day of remembrance

Dawson College marked with tears and talk of triumph the one-year anniversary of the lunchtime shooting rampage that left one student dead and 20 people injured at the CEGEP on September 13, 2006. The Dawson community packed the school's atrium at lunchtime on September 13. They silently listened to Dawson graduate Meaghan Blake sing Sarah

McLachlan's song "Angel," which was chosen by Louise DeSousa, the mother of Anastasia DeSousa, the 18-year-old student killed in the attack. Student Union President Charles Brenchley praised his fellow students for reclaiming their school. Dawson Director-General Richard Filion thanked new students for their confidence in the school and praised return-

### 2-alarm fire on Montrose



60 firefighters and 15 vehicles responded to a major fire on Montrose Ave. between Mountain and Mount Pleasant on September 13. The cause of the fire is likely linked to an in-progress construction project. One worker suffered minor burns.



DeSousa's parents, Louise and Nelson, speak with Quebec Premier Jean Charest. Photo Robert J. Galbraith

ing students for helping it heal in the last year. At 12:41 pm, a year to the moment when the tragedy unfolded, people bowed their heads in silence. Resilience, non-violence and love (right) were the day's themes.



Several storeys of students attended the Dawson memorial



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# At Second Glance

## Does Mars need a constitution?

BY HEATHER BLACK

Space travel is in the news along with constitutional issues and arctic sovereignty. Nunavik will become a self-governing territory within Quebec. Russia has claimed Canada’s seabed and our federal government has initiated “arctic exercises.” The Endeavor has successfully landed and McGill students are preparing to launch a robot to Mars in 2009.

But will returning students discuss these topics in Westmount schools?

They will in Ontario. Constitutional issues are included in the curriculum.

### Constitutional reforms

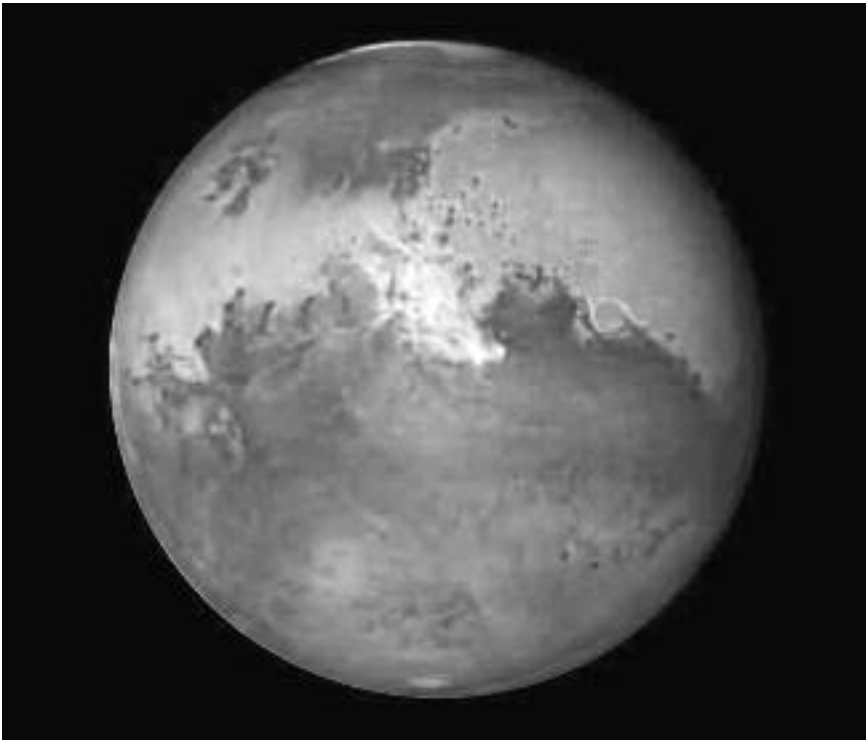
Take the high arctic for instance. With five nations vying for sovereignty, is an international agreement – like the Antarctic Treaty – needed? Or if Nunavik becomes a territory within Quebec, is Quebec then divisible should a separatist vote pass?

And then there is electoral reform. Can the federal government reform the senate without provincial input – a concern of Premier Charest? Or will Quebecers be asked to vote on proportional representation like citizens in BC, PEI and Ontario?

But do our students know what proportional representation is? And will they be asked these questions? They will in Ontario.

### Education for citizenship

Ontario students study democratic systems in grade 10 Civics. In grade 11 Canadian Politics and Citizenship, students are asked for “an opinion on senate reform.” In grade 12 World Politics, they are asked, “What role should Canada play?” The final exercise in grade 11 Understanding Canadian Law, is to create a constitution for Mars.



Should Mars have a justiciable charter of rights? A federal structure? A bicameral legislature? A UN? Should Westmount students care?

In contrast, citizenship themes are incorporated into the Quebec social studies curriculum – the function of rules and conventions in the code of Hammurabi, the early democracies of Athens, Sparta and Persia, constitutional freedoms in the French or US revolutions and the civil rights movement. While interested teachers support a “model assembly” and ask questions similar to those in the Ontario curriculum, much depends on a personal enthusiasm for current events and politics.

But with a low youth turnout at the polls – only 20 to 40 percent of those aged 18 to 30 vote – we need curriculum exercises that appeal to students and provoke thought.

### A lesson in relevance

Many students fail to connect politics to their daily lives. Others perceive that their lives would not be changed if one party won over another. They expect public health care, economic security and freedom of expression but take those rights for granted.

But what rights would they have on Mars? And who would compile them – the Russians, the Americans or the UN? Writing a constitution would encourage an examination of democratic principles, human rights and the importance of an independent judiciary.

Plus it would stimulate a general interest in constitutions which are important for understanding both historical and present-day events. For instance, the drafting of the 1946 Japanese constitution and stipulation of a constitutional monarchy was a remarkable four-day exercise for four lawyers under General Douglas MacArthur. And while the 1990 Iraqi constitution enumerated human rights, as all council members were to be chosen from one party, the Ba’ath Party, it basically established a dictatorship for Saddam Hussein.

So while Mars may not need a constitution, writing one is relevant if it interests students in governance.

Heather Black is a Westmount communications designer.

If you have suggestions for this column, contact her at [atcitizen@gmail.com](mailto:atcitizen@gmail.com).

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## Letters to the editor

### MAPLE SYRUP AND TAXES

I thank your newspaper for making me aware of the fact that the good citizens of Westmount are still keeping Queen Elizabeth’s pantry stocked with maple syrup.

With due respect to Elizabeth Windsor, who is undoubtedly a very nice lady, I am sure that she does not need our gift. In fact, too much maple syrup might make her go the way of her portly ancestress who signed the Confederation Act that severely curtailed the rights – and caloric intake – of the original inhabitants of this land. Why don’t we update this quaint tradition by donating instead to a First Nation’s children’s fund, thus helping to right, albeit symbolically, a historical wrong? I am sure she would be amused.

As a long-time Westmount taxpayer I would appreciate being consulted on such frivolous spending, especially at times of budgetary confusion.

MAYA KHANKHOJE  
KENSINGTON AVE.

### KUDOS TO SWEENEY, UNDERDOG

Congratulations on your August 15 issue. I loved Laureen Sweeney’s article about Mrs. Pacard. It was written with such respect. The prospect of aging is so depressing and it really gives one hope for the future years.

Bravo for your regular column Underdog. As an animal lover, I’m so pleased to see a column dedicated to help these animals. Keep up the good work.

MARGARET MARTIN  
DE MAISONNEUVE BLVD.

### CORRECTION

Scouts, Venturers and Rovers in Westmount all meet Wednesdays at Mountain-side United Church as part of the 2nd Westmount Group. The day was incorrectly stated in a September 6 story.

# Do you see stars? Westmount's light problem, part II

BY EVE ASPINALL

Member of the Healthy City Project

While it is hard to find many stars in the sky in Westmount these days, there are some stars in our local institutions. Marc Roy, who until recently managed Hydro Westmount, shines. He is extremely well informed, forward thinking, ecologically minded, with a strong sense of fiscal responsibility. Westmount has been fortunate to have had him at the helm of our power plant.

Westmount Hydro has very eco-friendly long-range plans which are being explored and some which are being implemented. Hydro Westmount is in the business of selling power but is also looking at ways to reduce consumption. They are also examining ways of reducing light pollution.

Technology to meet the new demands for greener products is advancing rapidly. To rush into projects immediately at this time would be foolhardy as in a few years much better equipment will likely be available at lower cost. All these projects are very labour intensive which makes the improvements very costly.

## Switching to LED

Westmount Hydro is planning improvements in three areas: traffic lights, street lighting and buildings. Its focus is on traffic lights. By replacing the existing incandescent in the traffic signals with LED light bulbs, they expect to save 60 to 75 percent on electricity consumption. Because the life expectancy of LED bulbs is six to seven times longer than the present bulbs, labour costs will be substantially lower. The new bulbs are supplied by a grant from Hydro Quebec.

Our local streets are illuminated by two types of lamps: Cobra lights (like those on highways) and the more decorative Washington lamps.



Part of the problem.

Cobra lights produce large amounts of upward and horizontal spillage. This is inefficient lighting. It produces glare that impedes vision. (It also encourages speeding.) Hydro Westmount is looking at shades for these lights, ways and means to retrofit and kits to minimize spillage.

The Washington lamps can throw up to 70 percent of light upward as well as horizontally, which adds to light pollution. Hydro Westmount is looking into kits to deflect the light spillage. They can apply patches where the lamps shine into residents' bedroom windows. They also want to lower the wattage of the bulbs but the ones on the market are problematic as disposal of burned-out bulbs produces hazardous waste because of mercury and other noxious chemicals.

## Provincial regulations, city oversight

Hydro Westmount has to balance this with provincial regulations to provide enough light. These regulations stipulate lumen level. This is for the safety and protection of motorists, cyclists and pedestrians.

Light pollution is a concern of city council as well. Building plans are being submitted without showing outdoor lighting. Once the plans have been approved, the lights are added without approval. This is an oversight that has to be addressed.

The city is looking at ways of limiting the proliferation of residential outdoor lighting which is destroying the night sky. There is a need for tighter restrictions on the number and wattage of outside lights. A curfew would be in order to lower the electrical consumption and diminish the light pollution.

Light that falls outside the boundaries of the property and light that intrudes into neighbours' properties should be prohibited. There are many cities and towns across Canada that have such bylaws and are successfully regaining the night sky.

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## On the shelf



Former PM and Westmounter Brian Mulroney signed copies of his new book, *MEMOIRS: 1939-1993*, on September 10 at the Château Champlain. Here, he greets his former Progressive Conservative colleague, Quebec Premier Jean Charest, also a Westmounter.

Photo Robert J. Galbraith

## A special thanks

To everyone for making going to work a pleasure over the past 49 years at the Bank of Montreal. I have met so many nice people and for that I consider myself a very lucky lady. Thanks for all your cards, flowers, gifts and good wishes.

Sincerely, *Betty Devlin*

# ON THE SHELVES

Among the many new arrivals at Westmount Public Library singled out this week for special interest by the library staff are:

### Magazines

*Scientific American Mind*, September 2007, "The new psychology of leadership."

*Body and Soul*, September 2007, "No excuses walking plan."

### English Adult

*Bones to Ashes* by Kathy Reich. This forensic thriller by the master of the genre mentions the Westmount Public Library.

*How Doctors Think* by Jerome Groopman. Practical advice to both patients and physicians as well as stories that illustrate the triumphs and failures of the medical profession.

### French Adult

*Deux soeurs pour Léonard* by Karen Essex. An amorous and political intrigue set in 15th century Italy.

*Nicolas Sarkozy, de Neuilly à l'Élysée* by Bruno Jeudy, Ludovic Vigogne. The new French president's hard battle for the leadership – how he vanquished all of his rivals, albeit at a high personal price.

### Children's

*Super sandwiches: Wrap'em, Stack'em, Stuff'em* by Rose Dunnington. These simple, delicious recipes are easy enough for kids to make.

*Les pommes du verger* by Sylvie Roberge. Just in time for fall, a book that describes the life cycle of an apple.

### DVDs

*Slings & Arrows (season one)*. Showered with awards and critical acclaim, this darkly comic Canadian series follows the fortunes of a dysfunctional Shakespearean theatre troupe, exposing the high drama, scorching battles and artistic miracles that happen behind the scenes.

*Ladies in Lavender*. Two sisters befriend a mysterious foreigner who washes up on the beach of their 1930s Cornish seaside village.

### Reference

*Art in America: 2007 guide to galleries, museums, artists*

*La route verte du Québec: guide officiel de l'itinéraire et des services*

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## Westmount Profile: Andrew Macdougall

# Riding the rails

BY LAUREEN SWEENEY

Growing up in England, Andrew Macdougall never had a model train, he says. “I liked the real thing.”

And with his home in north London close to the main railway lines, his favourite pursuit was checking out the many locomotives listed in train-spotting books.

But over the years, with four sons to raise and a career in computer programming to forge, his fascination with rail-roading was shunted onto the back burner until half a century later in retirement.

### Two days a week at Exporail

Now, Macdougall volunteers up to two days a week at Exporail – the Canadian Railway Museum in St. Constant, near Delson, where he drives a streetcar for visitors or helps restore some of the exhibits.

On a particularly busy day in July or August, he can make up to 50 runs of the streetcar around the perimeter of the yards at the world-class railway museum.

The delight of the experience cuts across generations, he says. “Older visitors step onto the streetcar and say, ‘Wow, I remember taking this to school or Belmont Park.’ It brings back such memories.”

### Thomas the Tank Engine

As for the children visiting the museum, he adds, “it always surprises me how many of them still relate to *Thomas the Tank Engine* books that have been made into a TV series.”

The museum has a tank engine among its 160 historical vehicles as well as a garden train similar to the ones he recalls riding through large English gardens.

Macdougall began working at the museum four years ago when it sent out an urgent call for volunteers to help it meet the opening date of the new pavilion.

### Perfect timing

“The timing was perfect because I had just retired,” he recalls. “I had no expertise to offer, so I did whatever was needed.” This included helping with the preparation of track and exhibits.

“After the opening fanfare, I just kept on going and eventually got into restoration of the cars and became a streetcar operator. Now, I’m nearly finished training

as a train conductor.” His dream, he says, is to drive a diesel locomotive.

Among the many old locomotives and rail cars that visitors may see is a traveling classroom once used to school children in remote areas of the country.

### Sorting mail between stations

There are also sleeping cars to board, diners and a mail car illustrating how letters and parcels were sorted as the train sped along the track to the next station.

Over Christmas holidays, visitors may view Eaton’s Santa Claus train that children once rode through a fantasy land in the downtown store’s toy department.

### Many volunteer pursuits

And while Macdougall devotes Wednesdays and Sundays to the museum, the rest of his week is crammed full of other volunteer and community activities.

Many are long standing commitments such as his role as cub master with the Westmount Park Scouting Group, which he undertook initially for his sons Sebastian, Jonathan, Maxime and Benjamin.

He also moderates a course in Canadian literature at the McGill Institute for Learning in Retirement (MILR), and is treasurer of the Montreal West Operatic Society, for whose annual productions he performs as a member of the chorus. As well, he practises tai-chi two afternoons a week.

### Fridays for Chantal

Fridays, he says, are for his wife, Chantal Montreuil, director of the Old Boys’ Association at College Brébeuf. “That’s her day off.”

In recognition of Macdougall’s many volunteer contributions, the Westmount Municipal Association last spring named him its 2007 Volunteer of the Year.

And what’s the link between his pursuits?

“It struck me a while ago that the common factor was dressing up,” he says with a laugh.

### Loves to dress up

“I put on a uniform for Cubs, a different one to drive the streetcar, a costume for the Montreal West Operatic productions and swords and daggers for tai-chi.”

Macdougall’s love of the stage stems from a student job while attending the



Andrew Macdougall on the job

University of Leeds in Yorkshire where he obtained a science degree in math and physics in 1965, followed by a BA in philosophy.

He was working as an electrician at a theatre, he explains. “It was the time of the big shows like *My Fair Lady* for which they always needed extras. So for a time, I went on to pursue a career in theatre.”

### Came to Canada with CAE

His first computer programming job, however, took him back to London where, in 1974 at age 29, he heard about an opening with CAE in Montreal.

After a few years with CAE, he joined Dynamic Sciences, moving to Westmount in 1977. Fifteen years later, he returned to CAE, retiring in 2003.

Busier than ever, it seems, Macdougall

is now co-chairing a Quebec Scouting fundraiser Nov. 24 and is about to start rehearsing for *HMS Pinafore*.

He has also started his training as an engineer, and looks forward to the day when he will be driving the big diesel locomotive around the museum yard – attired in yet another uniform.

Information on visiting the museum or arranging group tours may be obtained at 450.632.2410 or [www.exporail.org](http://www.exporail.org).



Now you won't have to wait for the Montreal Gazette's Wednesday 'Driving' section to read the advice of one of Montreal's most prominent lawyers.

A VIVA CITY GUIDE

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# Mark Lang: Gallery within a gallery

BY HEATHER BLACK

Enter the Galerie de Bellefeuille and you enter the world of the art gallery. Here large canvases depict individuals and masterpieces within a gallery or museum setting. This is the work of Montreal figurative artist Mark Lang – a world of contemporary realism within constructed, imaginative settings.

## Where art is subject

The subjects of his paintings – art patrons, custodians, security guards – react to and reflect their surroundings. But specific works of art are also part of the narrative.

In “Glass” the artist assumes the role of

gallery custodian, his face reflected in the glass as he reverently cleans a painting by Francis Bacon. In “Reclining” a young woman, within a mandala-like room, considers Manet’s “Olympia.”

While the interpretation is open, certain themes are conveyed. The casually dressed woman is lost in thought in contrast to the self-conscious nude – a comment on changing gender roles. The self-portrait suggests the artist’s role as protector and, indeed, enhancer of art’s legacy.

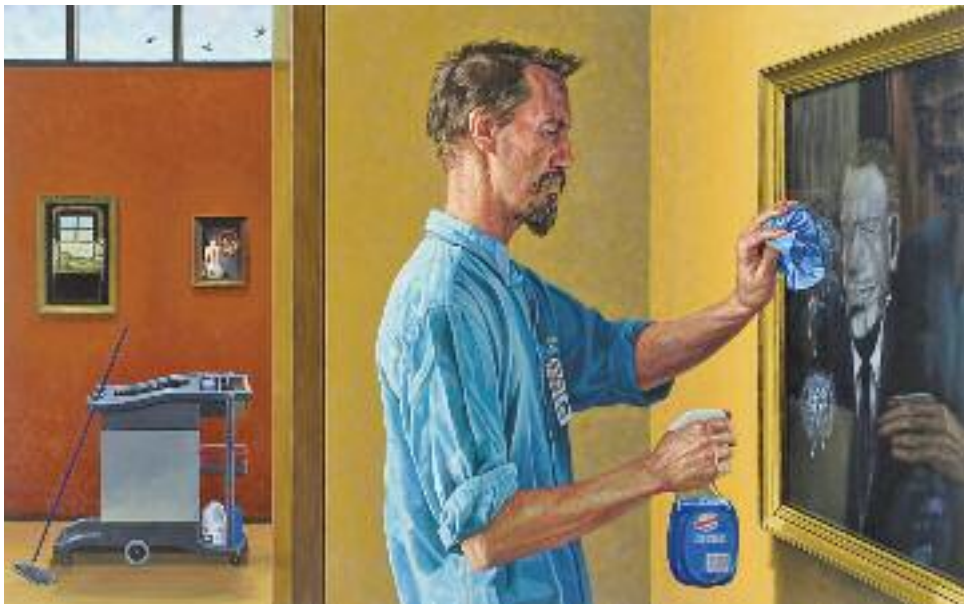
## When old is new

Certainly that is true for Lang. To our surprise and delight, in “New World,” the artist transports Velazquez’s “Queen Mariana” from the court opulence of Spain to the woods of Newfoundland.

An interesting historical reference – the 16th century Hapsburgs dominated Europe’s “age of acquisition” – this painting is a study of visual contrasts, a surreal juxtaposition of a formally attired woman within an unkept forest.

In the artist’s words, “art leaves traces in our memory.” Distinct but imprecise, images of the “old masters” are part of our collective experience and fuel the artist’s imagination.

In his portraits of artists Paul Fenniak



“Glass” by Mark Lang

and Sophie Jodoin, Lang assigns these memory-traces – a Della-Francesca, a Velazquez. Interesting as backdrops, these references are impressionistic washes in contrast to the fine brushstrokes that delineate each likeness.

But it is not necessary to understand the visual references to appreciate Lang’s artistry. His paintings are rich in colour and detail, and his style is unique.

Each subject is carefully posed within frames and is meticulously rendered. Upstairs the artist’s portrait – painted by Donna Shvil in thick, neutral-toned acrylic on panel – provides a visual contrast to his

own jewel-coloured oils on canvas.

## Original perspective

In Lang’s world, every image – whether set in a Canadian landscape, a filmset or museum – is a painterly construct where old and new merge. His references to art history convey a wry wit – art is drama, art is social commentary, and art is fun.

And viewed collectively, his paintings create a labyrinth of perspectives and gallery scenes – a gallery within a gallery – an interesting concept from an interesting artist.

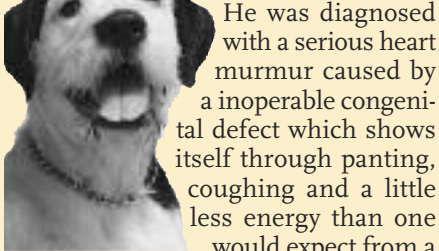
But go quickly – the exhibit runs only until September 24. The Galerie de Bellefeuille is at 1367 Greene Ave., [www.debellefeuille.com](http://www.debellefeuille.com).

## Underdog

BY FERN BRESLAW

Every issue of the Westmount Independent features an animal from the Underdog Club, a new organization aiming to find special owners for hard-to-place homeless dogs.

Puppy is a two-year old griffon mix with a bad heart and a short life expectancy.



Puppy

He was diagnosed with a serious heart murmur caused by an inoperable congenital defect which shows itself through panting, coughing and a little less energy than one would expect from a dog this age. Unfortunately, 70 percent of dogs with Puppy’s condition die young.

Despite his heart problem, Puppy is sweet and affectionate. He loves kids, gets along with other dogs and has learned to come, sit and heel – even off leash.

Puppy is still just a young boy and deserves a real home before he dies. He will always be welcome in his foster family if a permanent home can’t be found, but unfortunately his medical costs are too expensive for his foster family to adopt him.

If you would like to sponsor Puppy and help cover his medical costs, which are between \$35 and \$50 per month, or are interested in adopting him, please contact [sophiesdogadoption@hotmail.com](mailto:sophiesdogadoption@hotmail.com) or 514.523.5052.



## Geminis against cancer



Twins Graham and Trevor Hooton pose for a photo during their Shave to Save carwash on September 8 at Grosvenor and Sherbrooke. Family and friends were also helping out. Shave to Save proceeds benefit the Quebec Breast Cancer Foundation. Participants aim to raise \$2,000 each in October by shaving their heads. The Hootons are more ambitious and are aiming for \$2,500 each. If you’d like to help them reach their goal, you can drop off a cheque to the Quebec Breast Cancer Foundation (with “Hooton” in the memo section) at the Selwyn House front desk, where both boys are in grade 11.

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## The Westmount Gardener

# Buying and planting bulbs

BY STUART ROBERTSON

We had quite a cool summer this year, but Westmount gardeners are really starting to think about the fall garden and planting bulbs that will bloom next spring.

The bulbs are on sale at garden centres or from catalogues. You can plant them as soon as you get them. In fact, the sooner you plant them in the fall, the earlier they will bloom in the spring.

Because spring bulbs already contain all the energy that they need to grow into beautiful flowers next year, there's not much you need to do to them other than to follow a few simple instructions for planting them:

- Bulbs should be planted pointed end up. If in doubt, plant them on their side.
- Bulbs should be planted so their base rests three times their diameter under the surface. Large bulbs should rest about seven inches deep, smaller bulbs about five inches.
- Each bulb should be planted a minimum of one diameter apart from its neighbour.
- You can plant one layer of large bulbs

and then plant a second layer of smaller bulbs at a higher level above them. That way the small ones will bloom first, followed by the bigger ones slightly later.

- Position the bulbs on the surface before you dig any holes. Arrange groups of all one variety in oval or triangular patterns to give a wider coverage and overlap different varieties that bloom at similar times.
- Dig one large planting hole for each selection of bulbs. Dig it one foot deep and then re-fill the hole with a mixture of compost and the original soil, plus a handful of bone meal or super-phosphate for each dozen bulbs.
- Fill the hole until it's seven inches from the surface, place your larger bulbs in position and continue to fill. If you are adding a layer of smaller bulbs, position them when the hole is filled to within five inches of the surface.
- Continue to fill the hole completely, press the soil down and really soak it with water.

When you're buying bulbs in a store you should check that each of them is firm, not showing any mildew, with the

## Westmount Today, Yesterday and Before

# A tale of two Victoria halls

BY DOREEN LINDSAY

**Question:** When was the first Victoria Hall opened? When was the second one?



Victoria Hall – first edition

skin intact and not damaged. Don't worry if there are dried bits of root attached because new ones will grow. Make sure you keep different varieties and colours in sep-

arate bags as you select them. If you can't plant your bulbs right away, keep them dry and cool until you do. Don't put them in a refrigerator.

# Colourfully Yours: Finding Italian marble without losing your marbles

BY AURELIEN GUILLORY  
& GRETA VON SCHMEDLAPP



Well, hello again, my dears. It's your Greta von Schmedlapp here and with Aurelien's sleuthing we're going to Italy (here in ol' Montreal) – as I simply must change the dreadful tiling in front of my elegant Edwardian fireplace.

In case you didn't know it, my dear shopping buddy has been known as "Zio Aurelio" since he designed the plaster moulding showroom for Stuc Nola in homage to Andrea Palladio some 20 years ago. A good blessing with the family grappa will make anyone feel part of the family.

## Marble on the Main

So, we first plan to start at the edge of the east side at Ciot on St. Lawrence just below Chabanel. There's two parts. First there's Habitat, with all the plumbers and

ideas for many styles of bathrooms bowls, basins, all sorts of marble tiles, ceramics and a wall of showerheads that you can test – those Euro-chic *telefono* ones that will save your coiffure and the mega-jet ones that the men I know want to blast their backs with.

Down the block is part two, Fabrique, where all the beautiful slabs of marble are. Track down the busy, genial Pat Bruno and plan a visit in the immense warehouse to see the actual colour and movement of each kind – and what colours and what selection!

## A girl needs lunch

I was amazed and, listen dears, it takes a lot to give me a thrill these days. I simply couldn't make up my mind, so Aurelien suggested a rest for lunch to clear my head. Little did I know that this industrial area hides a jewel, known as Freddy's Place or, as printed on the classy wine-coloured awnings diagonally across the busy avenue, La Cantina. What an oasis of class and quality! I fainted for the gor-

geous grilled wild mushrooms and Aurelien ordered his favourite rapini and penne. Slowly my head was clearing and I gently asked my adopted *zio* if he knew some more places. Well, how much time have we?

## Onward to St. Leonard

So, we visited Italbec nearby and had Pasquale show us some selections from their stock. We then hustled over to St. Leonard for a tour of Tilmar (off Lacordaire and Couture), where Sal Volpato showed us some new imports just in from his voyage to Bologna and a special batch from (surprise) China.

Finally, just when my new Jimmy Choo heels were starting to pinch, Aurel and I slipped into that family Maruzzi showroom and fave Grace found a special kind of green marble that just might be perfect.

We ploughed through the 5 o'clock traffic to my Westmount digs and lugged in the samples – just another reason to have a man around – those marble sam-

ples are heavy. Did Greta find her favourite for the fireplace hearth? Well, I did find my marble and my special section of the slab was sliced and beveled just for me. But a girl has to keep some secrets, so only a few select friends will be invited to see the results.

## What a good designer does

Oh, Aurelien reminded me to mention that a good designer always chooses the exact slab and direction of the grain for each vanity or bath he's working on, none of this ordering from a measly 4x4 inch sample – that could have come from the other side of the mountain.

Bye for now, darlings, talk to you soon, meanwhile, take off those heels, put your feet up on that ol' mahogany cocktail table of your grandmother's and sip your Martini.

P.S. Do let me in on some of your special places. Email Aurelien for me, won't you? He's such a help to non-electronic me. Aurelien (and Greta) can be reached at: aurelien@colorsbyaurelien.com

*Restoration of Roslyn home becomes a family affair*

# Slaves to a labour of love

BY LAUREEN SWEENEY

When Marc Coulombe bought Christ Church Cathedral's rectory at 414 Roslyn Ave. eight years ago, he had a dream to update it while restoring its original splendour.

And the project quickly grew into a hands-on family affair.

"I had wanted to build a house for 15 years," said Coulombe, an electrical engineer who works at Ericsson along with his spouse, Petra Carlsson, the mother of their five-year-old son. "When we bought the house, it was like a time capsule. Everything was intact from around 1898."

### *Scope of the work kept growing*

New windows were followed by brickwork, wallpaper stripping by painting. The scope of the project kept growing, eventually into a two-storey addition that transformed the home into an open construction site for the part of the year it took to complete.

"At first we never thought about an extension," he said. "Then, it was just to have place for a table where we could sit without feeling the wind blowing in."

And now, it has provided a great eat-in kitchen and entertaining centre along with a larger master bedroom, two new bathrooms, a sauna, walk-in closets and a more attractive interior layout.

### *Particularly unusual*

What made the project particularly unusual is the interesting hands-on role the family assumed in managing and contracting the work, paying workers by the hour.

"To keep costs down, I did everything myself that I didn't want to pay for," Coulombe explained. He estimates this saved about \$100,000.

"We even did all the demolition ourselves," Carlsson added.

The work was timed so the family could move into Coulombe's brother's apartment during the work when, incidentally, a raccoon took up residence inside.

Every day from April 2006 through to February this year, Coulombe's retired father diligently arrived on site at 6:30 am to supervise the workers until they left at 5 pm.

"He kept a record of all the hours spent and the work done so we had everything well documented," Coulombe said.

### *Burned the midnight oil*

Then, night after night and every weekend, Coulombe burned the midnight oil cleaning up after the day's work, neatly packing debris into container after container, and getting a head start on the next day's work.

"I packed one of the containers so carefully, that it was too heavy for the truck to remove," Coulombe said with a laugh. "We had to bring in another container and transfer some of the contents."

And that was one of many lessons learned along the way.

Another, he said was to "get everything in writing and send e-mail memos. Don't trust anyone."

### *Maximum allowed*

While the addition, erected behind the dining room, measured only 10 by 11 feet – the maximum allowed by the city for the size of the property – it was sufficient to completely reorient the back end of the home.

Removing a fireplace from one inside corner of the dining room also made other changes possible.

But because the brick fireplace and chimney acted as a supporting post for the three floors, its removal meant that five long steel beams had to be brought in, hoisted over the roof and installed for support.

Finding the right building and decorative materials to echo the historical period became another challenge.

Mouldings had to be replicated, stained glass windows replaced and tiles for the bathroom and kitchen located after considerable research.

### *Tiles from so many places*

"I had tiles from so many different places, 10 in all," Coulombe said, "that I decided to take a day off, rent a truck and pick them all up." That evening, unloading and carrying the heavy cartons inside turned out to be one of most exhausting.

Now, as Coulombe and Carlsson leaf through scrap-



*Repainting the front steps.*

books that chronicle every aspect of the work, they point to some of the hidden "treasures" they unearthed.

They include a number of strangely shaped nails, a piece of the coal that had been used as filler at the basement entrance, and some of the crumpled newspaper they found inside the walls. A very-yellowed page is dated *The Daily Star*, December 10, 1904.

Now that the work is done, Coulombe and Carlsson still have the backyard to redo and a deck to build – and Coulombe will always have the front steps to repaint.

Those steps, on which he is often working, leave them both laughing. They know the work will never be truly finished. But it will always be a labour of love.



*The dining room after the addition.*



*Petra Carlsson and Marc Coulombe at the front door.*



*The new "old" kitchen.*



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**Westmount** Duplex in lower Westmount, walking distance to Greene Ave. Both units have 3 bdrs w/finished bsmts, independent parking, and each has some outdoor area and balconies. Upper unit has been upgraded. **Asking \$720,000**



**Westmount adj.** Wonderful, well-maintained and updated detached duplex with bachelor is situated on tree-lined street. Offers 2 exterior parking spaces, and 2 revenues. Occupancy in the upper for the new owner. **Asking \$699,000**

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**Westmount** Victoria Village beauty! Lrg 3- bedroom + den w/fp. Woodwork, architectural treasures. Exposed brick and decorative fireplace in living room. Planned kitchen, pantry, adj. mudroom. Deck, garage. **Asking \$695,000**

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**Lachine Canal** Great one bedroom corner loft-style condo in the Corticelli. Just off the bike path, this location is ideal for sports enthusiasts or people commuting downtown by bike. High ceilings, large windows, views, exposed brick walls. Garage, gym, locker. **Asking \$310,000**



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# THE WESTMOUNT LAURENTIDER

## A Laurentian harvest is a foodie's delight

By Roger Haughey

Why not combine a drive through the early fall foliage with a visit to one of the farms or farmers' markets that dot the Laurentians? There are several good markets now open that offer a mix of organic and conventional fruits, vegetables, meats and prepared foods.



Some of the fresh produce for sale at the Runaway Creek Farm. Photo: Susan Gyetvay



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Every Tuesday, the city of **Lachute** has a farmers' market and Saturdays, **Val David** hosts the Marche d'été, the largest in the region, featuring organic and locally produced foods. If you like flea markets, the locals all visit the Lasage Flea Market off highway 117 in **Prévost** on Sundays (the market is open Saturdays as well). In addition to local fruit vegetables, and cheeses, the market has indoor and outdoor stalls with hundreds of vendors selling everything from homemade potato chips to antiques to hardware.

For those more serious about their food who want to venture into the countryside, a visit to a local farm is a great way to enjoy the scenery and buy local, organically grown food.

A great bet is **Runaway Creek Farm**, just off of highway 364 in Arundel. They have an incredible variety of produce, eggs, meats, and spices available at their breathtaking farm. You can wander through the gardens and pastures, and enjoy their certified organic produce, all grown on site. According to owner Michael Rossy, they also supply some of the region's best restaurants, and deliver to order in Westmount twice weekly. Call 819.687.3884 for more information.

Just up the road from Runaway Creek is the **Morgan Farm**, which specializes in certified organic meats and breads. Their gorgeous farm is also open to the public, and you can roam about the barns and see hens, wild turkeys, Muscovy ducks (the farm is now taking orders for the holidays) sheep and cows. The Morgan Farm also takes orders for delivery (they have a drop-off point at Coop la maison verte on Sherbrooke in NDG), but it's much more interesting to visit the farm in person. Call 819.687.2434 for details.



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## A good night for a good cause



Westmounter Chantal Marquis-Culver, chairwoman of the greater Montreal Chapter of Osteoporosis Canada, is preparing for the annual Osteoporosis Canada fundraising cocktail and dinner. Quebec tenor Marc Hervieux will provide the evening's entertainment. It all takes place at the David Culver Atrium at Maison Alcan on October 10 from 6 to 8:30 pm. Osteoporosis Canada is a non-profit organization dedicated to preventing and treating osteoporosis. For tickets, contact Marquis-Culver at 514.933.0310.

### LAURENTIAN EVENTS

**Vintage Car Exhibition**, Saint Sauveur, September 23, 450.227.2564. If you like classic and antique cars you will love this town transformed into a living museum of the automobile.

**International Dog Show**, Blainville Equestrian Park, September 28 to 30, 450.434.5261. The Chomedy Dog Club presents this annual show featuring over 800 dogs from 80 breeds.

**Les journées de la culture**, throughout the region, September 28 to 30, 888.326.0457. The arts are in full swing across the region as each municipality offers public events throughout the weekend.

**Laurentian Quilting Exhibition**, Mont Habitant, September 29, 877.528.2553. The best quilters in the region gather to exhibit their works, featuring a variety of techniques both functional and artistic.

**Three Seasons Festival**, St. Adolphe d'Howard, September 29 and 30, 819.327.2044. Enjoy music, family outdoor activities and arts and a crafts exhibition in the town centre.

**Sainte Adèle en couleurs**, until October 8, 450.229.9605. A market for local products and several artist exhibitions provide another reason to drive through the beautiful Laurentian hills this season.

**Loto-Quebec Concerts Ça me dit**, Saint Sauveur, Saturdays and Sundays until October 21, 877.528.2553. This is your last chance to catch these free concerts in all musical styles after spending a nice autumn day in this beloved village.

**Pommes en fête**, Mirabel and St. Joseph du lac, through October 31, 450.472.2187. Tour the lower Laurentians and enjoy the harvest time in any of the 43 participating farms and orchards.

## History quiz: Two Victoria halls

**Question from p. 9:** When was the first Victoria Hall opened? When was the second one? **Answer:** 1899 and 1925, respectively.

The first Victoria Jubilee Hall was designed by beloved Westmount architect Robert Findlay and opened in 1899 as a companion building to his Westmount Public Library, which he had designed the year before. While the library was being built, residents asked their town council for a community hall to house all the athletic organizations, clubs and activities that were developing. This first Victoria Hall had a large auditorium, a Masonic Lodge Room, music studios and incorporated facilities for a swimming pool and bowling alleys which the citizens had requested. It also had meeting rooms for the Westmount Athletic Association and the Westmount Highland Cadets. A devastating fire destroyed the building in 1924. There were many photographs in the newspapers of the day.

Residents' desire to have a cultural centre was so great that a new hall was built within one year. The Victoria Hall building that we know today was designed by Hutchison & Wood, architects, and opened on June 24, 1925, just one year after the first Victoria Hall had burned down. It is constructed of Credit Valley sandstone, with a central square tower above two arched doorways. It is interesting historically for us to realize that the building we see today is the second Victoria Hall.



Westmount vous informe...

# Westmount Page

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Vol. 1/8

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## HÔTEL DE VILLE

### Messages et pensées à la mémoire de James Wright

La Ville de Westmount perd un résidant exceptionnel et un de ses plus ardents bienfaiteurs avec le décès soudain de James Wright qui a perdu la vie dans un tragique accident le samedi 1er septembre. Son départ laisse un grand vide dans le tissu social de notre communauté.

Si vous désirez partager vos pensées à la mémoire de Jim Wright, nous vous invitons à utiliser notre forum Web créé à cet effet. Peut-être aimeriez-vous évoquer un souvenir particulier, partager un message réconfortant, ou simplement décrire comment cet être exceptionnel vous a touché. 🌿



## SPORTS ET LOISIRS

### Patinage à l'Aréna

Patineurs : prenez note que les patinoires de l'Aréna de Westmount sont en opération pour la saison 2007-08. L'horaire complet de patinage libre est disponible sur notre site Web. La carte d'accès - installations sportives est requise. Le port du casque protecteur est fortement recommandé. Info : 514 989-5353. 🌿



## ÉVÉNEMENTS COMMUNAUTAIRES

### La galerie du Victoria Hall

La galerie du Victoria Hall est fière de présenter les œuvres de Margit Boronkay et Ron Jamieson jusqu'au 6 octobre. Info : 514 989-5226.

### Opération patrimoine architectural 2007

#### Concours pour les jeunes

Les jeunes de 9 à 12 ans sont invités à participer au concours *Défi architectural de Westmount* 2007. Les participants auront à répondre à des questions sur l'architecte réputé Robert Findlay et ses œuvres dans Westmount. Les questionnaires sont disponibles au comptoir de prêt des enfants ou sur le site Web. Les questionnaires dûment complétés doivent être remis, au plus tard, le samedi 6 octobre à la Bibliothèque. Info : 514 989-5229.

## DATES À RETENIR

### Le 24 septembre - 19 h

Assemblée publique de consultation  
*Plan d'urbanisme proposé*  
Hôtel de ville

### Le 26 septembre - 19 h

Conférences d'automne  
*Julie Barlow, auteure de The Story of French*  
La galerie du Victoria Hall

### Le 28 septembre - 19 h

Les vendredis du cinéma  
Bibliothèque

### Exposition à la Bibliothèque

Venez visiter l'exposition de photos de l'architecture de Robert Findlay à Westmount à la Bibliothèque jusqu'au 6 octobre.

### Westmount à pied avec Robert Findlay le dimanche 30 septembre à 13 h 30

Participez aux visites piétonnes guidées comprenant une sélection de bâtiments à mi-pente de Westmount conçus par l'architecte Robert Findlay. Les visites sont gratuites. Premiers arrivés, premiers servis.

Visite n° 1 (départ : Bibliothèque de Westmount)  
Les édifices municipaux de sa conception et sa propre résidence.

Visite n° 2 (départ : Pavillon du parc King George)  
Les résidences privées conçues par sa firme d'architectes. 🌿



## AMÉNAGEMENT URBAIN

### Plan d'urbanisme proposé

Élaboré conformément à la législation provinciale, le projet de Plan d'urbanisme de la Ville de Westmount a été adopté par le Conseil lors de la séance du 27 août. Les résidents peuvent consulter ce document proposé à l'hôtel de ville, ou le télécharger de notre site Web. Une assemblée publique de consultation sera tenue à l'hôtel de ville le 24 septembre à 19 h pour recevoir les commentaires des résidents concernés. Info: 514 989-5219. 🌿



## CITY HALL

### Thoughts and Messages about James Wright

The City of Westmount has lost a remarkable resident and one of its most ardent supporters with the untimely passing of James Wright, who was killed in a tragic accident on Saturday, September 1. His passing has left a significant hole in the fabric of our community.

If you would like to share your thoughts on Jim Wright, we invite you to use our special forum available on our Web site. Perhaps you'd like to share a special anecdote or other heartwarming message, or simply describe how this special individual touched your life. 🌿



## SPORTS & RECREATION

### Skating at the Arena

Skaters take note! The rinks at the Westmount Arena are now open for the 2007-08 season. The complete general skating schedule is available on our Web site. A valid Facility Membership Card is required, and helmets are strongly recommended. Info: 514 989-5353. 🌿



## COMMUNITY EVENTS

### Gallery at Victoria Hall

The Gallery at Victoria Hall is pleased to present the works of Margit Boronkay and Ron Jamieson until October 6. Info: 514 989-5226

### Opération patrimoine architectural de Montréal 2007

#### Contest

Children 9 to 12 years of age are invited to enter the 2007 Westmount Architectural Heritage Challenge. Participants must answer questions about renowned architect Robert Findlay and his work in Westmount. Contest forms are available in the Children's section of the Westmount Public Library or on our Web site. The deadline for submitting a completed form is Saturday, October 6. Info: 514 989-5229.

## DATEBOOK

### September 24 - 7 p.m.

Public Consultation Meeting  
*Draft Planning Programme*  
City Hall

### September 26 - 7 p.m.

Fall Lecture Series  
*Julie Barlow, author of The Story of French*  
Gallery at Victoria Hall

### September 28 - 7 p.m.

Friday Film Club  
Library

### Exhibit at Westmount Public Library

A special free exhibit featuring photos of the architecture of Robert Findlay in Westmount is on at the Library until October 6.

### Walking Westmount with Robert Findlay - Sunday, September 30 at 1 p.m.

Enjoy two special walking tours of homes and municipal buildings designed by renowned architect Robert Findlay. Tours are available on a first-come, first served basis. Admission is free

Tour 1: (start: Westmount Public Library)

Findlay-designed municipal buildings and his own home.

Tour 2: (start: King George Park Shelter)

Private residences designed by Findlay's architecture firm. 🌿



## URBAN PLANNING

### Draft Planning Programme

Developed in conformity with provincial legislation, the draft Westmount Planning Programme was adopted by Council on August 27 and is now available for consultation. Residents can consult the draft document at City Hall, or download the complete version from our Web site. A public consultation meeting at City Hall is scheduled for September 24 at 7 p.m. to hear feedback from concerned residents. Info: 514 989-5219. 🌿

# THE WESTMOUNTERS

## NEWS

### Rotary Watch

The members of the **Rotary Club of Westmount** heard from one of their own at their September 12 meeting when attorney John Donovan discussed municipal courts. The Westmount Rotary meets every at 12:30 pm every Wednesday at Victoria Hall, 4626 Sherbrooke. For more information, please contact 514. 935-3344 or info@rotarywestmount.org.

## COMING UP

Can you carry a tune? Do you want to learn and have fun at the same time? Would you like to sing a variety of music from many cultures and traditions? Then **join a choir** comprised of diverse group of women from throughout Montreal, led by a dynamic choir director. Rehearsals take place Tuesdays 7 to 9:15 pm at Victoria Hall. For more information, please call 514.932.2026.

Philatelists of all ages are invited to attend the **Philatelic Club of Montreal's** monthly meetings in the Westmount Room of Westmount Public Library. The fall season's first meeting is on tap Tuesday September 25. There will also be a meeting on October 30 and November 27. The meetings are free and begin at 7:30 pm. For more information, please call 514.735.3941.

All are invited to **create Sukkah decorations** at Temple Emanu-El-Beth Shalom 5 to 6 pm Wednesday, September 26. The temple's torah school will join the group for a brief service at 6. The temple is at 4100 Sherbrooke St. For more information, please call 514. 937-3575.

The **Westmount Historical Association's** lecture series gears up for fall with a talk about George Hogg, former Westmount mayor and Guaranteed Milk Company owner, September 20.

Lectures take place in the Westmount Room of Westmount Public Library. Caroline Breslaw, WHA vice-president, coordinated the four talks so that current Westmounters may learn how some of many of the ideas and decision of Westmount's prominent families affect our lives today.

On October 18 *Montreal Gazette* writer Alan Hustak will talk about Markland Molson, who inherited his fortune when his uncle, John Henry Robinson Molson, unexpectedly died. He found himself on the Molson's Bank board of directors and became a director of the Canadian Transfer Co., alderman for Montreal, mayor of Dorval, president of Canadian SPCA and governor of the Montreal General Hospital,

among other distinctions.

He lived at 2 Edgehill Road and died when the *Titanic* sank. Molson family biographer Shirley Woods, said, "While he enjoyed a variety of sports, his passion was sailing... he owned the Alcyone, a luxurious 75-foot yacht of 40 tonnes. The Alcyone was ideal for cruising and was equipped with 26 electric lights. Among the guests on board for her maiden voyage were Harry's cousin, Alexander Morris, and his comely wife, Florence Nightingale Morris.

This was not surprising, for Harry and Alexander had much in common, including an intimate relationship with Florence. Indeed, Harry and the Morrisises might best be described as a ménage à trois; Alexander did not mind sharing his wife with his cousin. Harry, Alexander and Florence's discreet liaison was common knowledge in Montreal and continued until Harry died."

Also on tap are talks about John Young, Port of Montreal harbour commissioner for 25 years (November 15), Alice Lighthall, a Historical Association founder (December 13).

The following 66 work permits for new construction, alterations and plumbing were approved by Westmount city council at a special meeting August 16 and the statutory session August 27.

**15 Belvedere:** to cut six trees as per approved plan;

**649 Grosvenor:** to replace front stair railing with wrought iron;

**432 Roslyn:** to install a screen around a rooftop mechanical unit;

**33 Renfrew:** to install a rear fence;

**84 Arlington:** to rebuild lower and upper front porches;

**803 Belmont:** to landscape and build a new rear balcony;

**736 Upper Lansdowne:** to build an extension and deck at rear of house;

**652 Roslyn:** to replace some windows and doors and add a front canopy;

**319 Grosvenor:** to replace some windows;

**4311 de Maisonneuve:** to enlarge the parking pavement;

**4848 Westmount:** to rebuild front and side balconies;

**524 Lansdowne:** to build a fence around the back yard;

**512 Argyle:** to replace the front door;

**727 Upper Roslyn:** to replace the front door;

**531 Prince Albert:** to rebuild rear balconies;

**50 Summit Circle:** to landscape front and side yards including new retaining walls and stone terrace;

**4455 Montrose:** to modify driveway and retaining wall;

**3 Anwoth:** to landscape rear yard including a new terrace and planting areas;

**11 York:** to build a roof deck;

**542 Lansdowne:** to landscape rear yard;

**52 Gordon Cresc.:** to replace some windows and

## Jewish Westmounters celebrate the holidays

The Azimov family of de Maisonneuve Blvd. (Joyce, Paige, Matthew and George) are among many Westmount families celebrating the Jewish new year followed by Yom Kippur, the day of atonement.

Rosh Hashanah is the start of a new year in the Jewish faith. Joyce, George and their family have always had a festive celebration, usually hosted at his parents' home.

### From honey-dipped apples to fasting

Joyce Azimov prepares by filling her home with fresh flowers, cleaning her kitchen cupboards, baking apple pies and taking out her good china, cutlery and tablecloths. Round and braided *challah* bread and apples dipped in honey, to symbolize a sweet new year, are typical treats for this time of year in a Jewish home.

This year, Rosh Hashanah began at sundown on September 12. The Azimovs go to synagogue each morning and enjoy a family lunch afterwards. Children attending parochial school do not have school September 12 through 14.

Ten days after ringing in the new year is Yom Kippur, the holiest day of the year



Joyce, Paige, Matthew and George Azimov

for Jews and a day of atonement. In contrast to the festivities of Rosh Hashanah, this is a solemn day of reflection. Yom Kippur begins at sundown on September 21. People fast 24 hours.

### The shofar

The end of the Yom Kippur service at synagogue is marked by the blowing of the *shofar*, a wind instrument made from a hollowed ram's horn, which is blown at different times during the service. "The blowing of the *shofar* is something that the kids really enjoy," Azimov said.

## BUILDING PROJECTS: WHAT'S PERMITTED

doors;

**3194 The Boulevard:** to replace windows, modify opening in the rear façade and replace rear balcony railings;

**586 Lansdowne:** to landscape the front yard;

**999 Clarke, 5A:** to replace some windows;

**93 Somerville:** to add roof skylight;

**481 Victoria:** to erect rear fence and install air conditioning units in roof and under rear balcony;

**561 Roslyn:** to replace the front door;

**4138 Dorchester:** to replace some windows and doors;

**66 Arlington:** to rebuild rear deck;

**4873 Westmount:** to install a new sign "Marianopolis";

**319 Prince Albert:** to replace the front door;

**642 Roslyn:** to install side and rear fence;

**638 Belmont:** to replace a door and some windows;

**53 Belvedere Circle:** to plant new cedars and erect a fence at the west property line;

**365 Melville:** to replace some windows;

**6 Winchester:** to replace first-floor rear balcony with a larger one and replace flooring in upper balcony;

**567 Grosvenor:** to replace some windows;

**631 Roslyn:** some landscaping, including a patio, front and rear planting areas, and replace driveway pavers;

**619 Roslyn:** front landscaping;

**364 Olivier:** to rebuild rear deck;

**362 Grosvenor:** to replace basement door;

**381 Claremont:** to build a rear addition;

**4699 Westmount (Roslyn School):** rear landscaping, including new play structures and seating area;

**4120 St. Catherine:** to install three sign plates on either side of entrance doors;

**597 Roslyn:** to replace two side second storey windows;

**333 Elm:** to replace front windows, front and back basement doors and second-floor front door;

**501-503 Roslyn:** to restore the house following a fire last year;

**804 Upper Lansdowne:** to modify rear openings, install new windows, and a new garden door;

**4924 Sherbrooke:** to install new signs for "North Face";

**522 Clarke:** to install a new fence along the retaining wall on the south side;

**56 Somerville:** to modify rear openings and build a new sunroom on the second floor;

**783 Upper Lansdowne:** to replace front second-floor windows;

**432 Clarke:** to build a rooftop terrace on the garage, replace garage door and window, enclose a second-floor rear porch, block a side window opening, and replace second-floor front windows;

**4828 de Maisonneuve:** to modify openings on west and south facades and replace some windows;

**16 Springfield:** to demolish a shed and modify rear openings;

**716 Upper Roslyn:** to demolish and build sun porch;

**54 Delavigne:** to replace side and rear windows;

**114 Abbott:** to modify shed and build a rear deck;

**399 Clarke, 1B:** to replace two windows;

**21 Ramezay:** to replace windows;

**4326 Montrose:** to repair stairs, side landscaping;

**388 Roslyn:** to replace third-storey windows and balcony door;

**1210 Greene:** to replace six third-storey windows;

**88 Arlington:** to replace front and rear storm windows;

**316 Victoria:** to replace all windows and some doors;

**559 Argyle:** to replace railing on front balconies

# Marianopolis comes full circle

BY BENJAMIN SHINGLER

Westmounters got a first-hand look at how one of their city's 19th century buildings will serve CEGEP students in 2007 and beyond, during Marianopolis College's open house, Saturday, September 8.

Students have been attending class at the former convent at Westmount and Claremont Aves. since August 21.

Second-year student and Westmounter Anne-Marie Rozon said she is happy at the new school but it will take time to adjust.

"It's great. Compared to the old school

the school now known as Marianopolis is back in its original location.

"It feels good – like a homecoming. We've come full circle," said Boisvert.

The move means changes for residents and businesses in the area. To reduce parking problems for residents in the area, Westmount changed parking regulations to allow a maximum of one-hour parking on nearby streets.

The city also installed a new traffic light at the north end of Claremont, added a crosswalk on Westmount Ave., and a new

down the hill to Alexis Nihon," Rozon said. "Here, I don't know. I'm sure the coffee shops are happy to have us but I'm not sure how the other businesses will react."

## Traffic patterns, recreation courses

As students and staff get used to their new college home, Marianopolis is making effort to open up the building to the surrounding community, Boisvert said. The college has made available some recreation courses to the public starting this fall and plans to offer courses and rent its renovated auditorium, Boisvert said.

For information about Community Recreation classes or to rent the gym, visit [www.marianopolis.edu/Sites/MCR/info.php](http://www.marianopolis.edu/Sites/MCR/info.php) or contact Alex Polkki at 514.937.0265.

## Red oak judged unsafe

A majestic red oak has had to be cut down recently at the edge of the renewed Sunnyside Park while two others in Westmount Park are also threatened by decay.

The tree at the lookout was being monitored for decay, and core samples were taken last year, said city horticulturist Claudette Savaria. When it began sprouting mushrooms this summer, it was decided to remove it for safety reasons. Its trunk had a diameter of 1.5 m.

The two trees in Westmount Park are also growing mushrooms. All three are original native trees.

## Bridge master, Westmounter launches bridge column

My name is George Retek. By profession, I am a chartered accountant. My hobby is bridge. I have been involved in organized bridge for over 40 years and have lived in Westmount for close to 10. I serve on the Board of Directors of the Canadian Bridge Federation and the American Contract Bridge League. I'm also vice-president of the World Bridge Federation.

I intend to present some interesting bridge hands and share some anecdotes with you from the world of bridge.

### From last month's championship

Today's deal comes from the recently completed Canadian-American Bridge Championship, that took place in August in Montreal.

The bidding proceeded with nobody vulnerable:

North	East	South	West
2 hearts	2 spades	Pass	3 spades
Pass	Pass	Pass	

### West

♠ 7 5 2  
♥ A 7 3  
♦ J 8 6  
♣ A 8 5 2

### South

♠ 9 6 4  
♥ 10 9  
♦ K Q 7 4 2  
♣ K Q 7

Sitting south, I led the 10 of hearts followed by 3 in dummy (West), with my partner winning with the king and the declarer (East) playing the 4. At trick two, partner led the 10 of diamonds, declarer followed with the 5 and I won with the queen.

Declarer appears to have the necessary 9 tricks:

5 in spades (even if an honour is missing it is finessable through my partner)

2 in hearts (queen and ace), as partner playing the king denied having the queen (from touching honour cards, one is expected to play the lower honour card)

1 in diamonds (obviously declarer has the ace)

1 in clubs (ace is visible in dummy).

### Suit distribution

What can the defense do? Let's look at the distribution of the suits:

North has 6 hearts (promised by the weak 2 heart opening that indicated 5-11 points).

North has 2 diamonds at trick 2, played by the 10 (playing a high card that followed by a lower one, shows even number).

North cannot have more than 2 spades (as the 2 spades bid by East has shown at least a 5-card suit).

That leaves North with 3 clubs.

Consequently, East distribution must be 5 spades, 2 hearts, 3 diamonds and 3 clubs.

Then it is necessary for South to lay the king of clubs at trick 3 to dislodge the ace of clubs from dummy, as the only entry for declarer to reach the ace of heart. Voila! The contract can no longer be made, as long as good partner North has the jack of clubs. What if declarer had 6 spades? Then the contract could not be beaten.

Always play for distribution. That gives you a chance for victory.

The full hand was:

♠ J 10	♠ A K Q 8 3
♥ K J 8 6 5 2	♥ Q 4
♦ 10, 3	♦ A 9 5
♣ J 6 4	♣ 10 9 3
♠ 9 6 4	
♥ 10 9	
♦ K Q 7 4 2	
♣ K Q 7	



Welcoming one and all to Marianopolis' new Westmount building are students Kyle Burrows, Student Congress president, Anne-Marie Rozon and Kartik Madiraju.

we have a lot more space, but I don't think students know their place yet," said the honours social science student. "We just finished our third week of school, so people are still finding where they fit in."

### One hundred years later, returning home

Moving to the former Mother House of the Congrégation de Notre Dame was a perfect fit, said Françoise Boisvert, director-general of the 1,700-student CEGEP. The Notre Dame Ladies' College was founded in the same building in 1908. After several moves and name changes,

sidewalk in front of the college.

The Montreal Transit Corp. set up a special route of the 124 bus from Vendôme Metro directly to the college. The bus runs during peak hours in the morning and afternoon.

Traffic increase from the college should only be minor because many students had to drive through Westmount to get to the old campus, said Boisvert.

Businesses on Sherbrooke St. only a short walk down the hill from campus can expect a boom in customers this autumn.

"At the old campus we used to just walk

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The Westmount Parent

# Solutions for southpaws, a winning birthday-gift shopping idea

By ANNIKA MELANSON



A southpaw is a term that refers to someone who is left-handed. If you have a little southpaw, then check out [www.southpawenterprises.com](http://www.southpawenterprises.com), where you can shop for all sorts of products for lefties. Closer to home, Westmount Stationary (4887 Sherbrooke, 514.481.2575) carries scissors for lefties in two sizes: large (\$10.99) and small (\$8.99). It also stocks Solo Grip pencil holders for left- and right-handed people in large (\$2.99) and small (\$1.99), which help children to hold a pencil properly when learning to write.

Back to school means your child is invited to lots of birthday parties. And buying presents for everyone can get expensive. Winners (Alexis Nihon Plaza, Upper Level, 1500 Atwater Ave., 514.939.3327)

has a good toy section and the prices are great. It's hit or miss but if you are there on a day when the store has had a delivery of toys and books, you can find fabulous items. It's a wonderful place to stock up on birthday and holiday gifts.

### Pickles and chocolate mocktails

Looking for an original way to present a gift to an expecting mum? This one's for you: a gift certificate stuck onto a pickle jar. Bloom Maternity (4937 Sherbrooke, 514.481.5151, [www.bloommaternity.com](http://www.bloommaternity.com)) will affix your gift card to a jar of gherkins, sure to make any pregnant gal chuckle... even if it is stereotypical. This fall, Bloom has lots of tops and dresses with empire waists (yes, they are back in style...again) and the "Due in" Samson Martin ([www.samsonmartin.com](http://www.samsonmartin.com)) T-shirts have arrived to let people know what month you are due. So cute.

Westmounter Jackie Rose's new book,

co-written by Caroline Angel, RN, PhD, *The Newly Non-Drinking Girl's Guide to Pregnancy: Advice and Support for Surviving 40 Weeks without a Cosmopolitan* is available in bookstores. I wish that this hilarious book had been around when I was pregnant. For the fun girl wanting to party through her pregnancy sans booze, this book offers tips about making it through nine months without a cocktail by suggesting delicious and tasty alternatives like Virgin Strawberry Daiquiris, Mock Champagne, Chocolate Martenitinis and the Chunky Monkey (which involves chocolate syrup). What a great way to wash those pickles down. Over 50 mocktail recipes are included along with tips on surviving social occasions without a drop and useful information about alcohol, pregnancy and breastfeeding. Raise your glasses and enjoy the mocktails.

### High-end t-shirts

Mimi & Coco's (4927 Sherbrooke, 514.482.6362, [www.mimicoco.com](http://www.mimicoco.com)) made-in-Italy, high-end T-shirt label carries adorable tops suitable for expectant and breastfeeding mums. For pregnant mums, I found a loose, flowy T-shirt called "viscose ruche top." It is unrestricting and feels cool on the skin and comes in mauve, blue, green, black, white and pink and costs \$98. For fashion-conscious breastfeeding mamas on the go, the tops made from waffled textured fabric are a good option as they can accommodate lots of stretching. The one that I thought would be great has buttons down the front almost to the navel, so one can unbutton "incognito" and nurse. These tops come striped or in solids and range from \$98 to \$116.

### That's a wrap

Looking for an original and useful baby

gift? Babywrappers, "The Ultimate Baby Bath Towel," is a great idea. The towel hangs like an apron around your neck so that you have your hands free to scoop your baby into the towel and rest her on your chest without getting wet yourself. Babies tend to be slippery when wet. I can remember how petrified I was giving my daughter Amel her first few baths. Having both hands available to grip slippery little bodies is a huge relief. The towels come in an assortment of colours and cost about \$35. To check them out, go to [www.babywrappers.com](http://www.babywrappers.com) or drop by Oink! Oink! (1343 Greene Ave., 514.939.2634, [www.oinkoink.com](http://www.oinkoink.com)). where the gift wrapping is complimentary and so pretty.

### Singin' in the rain

To keep your little ones singin' in the rain, head over to LMNOP (4919A Sherbrooke, 514.486.4572) and Tony's Shoes (1346 Greene Ave., 514.935.2993, [www.tonyshoes.com](http://www.tonyshoes.com)). LMNOP has just received the Hatley line of raincoats in sizes 2 to 7, rain boots and brollies all disguised as dinosaurs, moose, bears and cats and dogs (as in "it's raining cats and dogs"). Tony's carries the Kidorable line of raincoats, rain boots and umbrellas in a few different species: bumblebees, frogs, ladybugs, firemen and fairies. With outfits like these, they'll be hoping for rain.

### Lanterns and fall foliage

The Montreal Botanical Gardens (4101 Sherbrooke St. E., 514.872.4917) are hosting their 15th annual Magic of Lanterns event. This year's theme is Between Heaven and Earth and it introduces visitors to Chinese culture through hundreds of handcrafted silk lanterns made by artists in Shanghai. The exhibition is on daily from 9 am to 9 pm until October 31. Rates are \$13.50 for adults (\$11.50 if you are a CAA member), \$6.75 for kids 5 to 17, \$2 for ages 2 to 4 and the under 2 gang goes free.

The Redpath Museum (859 Sherbrooke, 514.398.4086, [www.mcgill.ca/redpath](http://www.mcgill.ca/redpath)) will host Trees and Plants of Quebec on September 23. This Family Discovery Workshop is designed to introduce people all ages to our native trees and plants. Kids will make a mosaic from leaves, which they can take home. Admission is \$6 for children. Parents go free. Two sessions are offered (1:30 to 2:30 pm and 3 to 4 pm) and they are given in English in the museum auditorium. To register, contact Ingrid Birker at 514.398.4086, ext. 4092.

## 25 years of seniors socializing creatively



Among the dozens of Westmounters who have taken part in the Creative Social Center's many activities during the last 25 years are Sharona Granovsky, left, and Lila Gottheil. Granovsky, a 30-year resident of Westmount, takes aerobics twice a week while Gottheil, who has lived at Westmount Square for 27 years, helps on the front desk. Creative Social Center is celebrating 25 years of service to seniors in Montreal, including Westmount. Its 18th annual vernissage takes place on Sunday September 30 from 3 to 7 pm. Paintings and sculpture by about 70 of the 250 centre members will be on sale 11 am to 3 pm Monday and Tuesday October 1 and 2. When Helen Knight founded the centre in 1982, she modeled it after humanistic psychologist Abraham Maslow's hierarchy of needs, which emphasizes creativity as means of making people feel motivated and whole. Seniors from all walks or life gather Monday through Thursday year round on the second floor of Congregation Chevra Kadisha B'nai Jacob-Beith Hazikaron at 5237 Clanranald Ave. in Côte Saint Luc to take advantage of an atmosphere dedicated to education and social fulfillment. They partake in such activities as lectures, a playwright group, folk dancing, painting and sculpture, yoga and aerobics, creative writing and trips to local cultural events, as well as two five-day bus trips to Ontario. Membership is \$25 per year. For more information, please call 514.488.0907.



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# Westmount & area school open houses

School	Day	Time
Centennial Academy	September 27	9 to noon, 4 to 9 pm
Collège Marie de France	September 29	10 am to 4 pm
ECS	October 4	9 to 11:30 am, 4:30 to 7 pm
Kells Academy	October 24	6 to 7:30 pm
LCC	September 29	9 to noon
LCC	October 10	9 to noon, 4 to 7 pm
LCC (kindergarten)	November 7	9 to noon
The Priory	October 21	2 to 4 pm
The Priory	October 23	9:30 to 11:30 am
Roslyn	November 28	10 to noon
Sacred Heart	September 29	1 to 4 pm
Selwyn House	October 3	5 to 8 pm
Selwyn House (kindergarten)	November 16	8:30 to 10:30 am
Stanislas	September 29	10 am to 4 pm
St. George's Elementary	October 24 & 25	9 to noon
St. George's High School	October 2	6:30 to 9 pm
The Study	October 4	9 to noon, 6 to 8 pm
Trafalgar	September 29	10 am to 1 pm
Villa Maria (English side)	October 14	1 to 4 pm
Villa Maria (French side)	September 29	noon to 4 pm
Villa Ste. Marcelline	September 26	4 to 8 pm (high school level only)
Westmount High	November 22	TBD

With a multitude of school open houses just around the corner, selecting a school for your child can be overwhelming.

*Montreal Families* will be hosting its annual education fair to help parents sift through the abundance of choices. These include private and public schools as well as tutoring centres, special needs schools, school boards and boarding schools in Quebec, Ontario and the United States. The fairs are free and will be held 6 to 8:30 pm on September 24 (Holiday Inn Midtown, 420 Sherbrooke, corner of Hutchison) and September 25 (Holiday Inn Pointe Claire, Highway 40 and St. Jean Blvd.).

Parents can get information from representatives from more 55 schools. For a complete list of schools, consult [www.montrealfamilies.ca](http://www.montrealfamilies.ca) or call 514.487.8881. Meanwhile, closer to home, at left are the hours for Westmount open houses.



## NCJ EDUCATIONAL SERVICES

*Margaret A. Jacobs*

4920 de Maisonneuve Blvd. W.,  
Suite 10, Westmount  
QC H3Z 1N1

**Tel (514) 484-3548**

**Res (514) 481-4452**

**Fax (514) 484-6000**

e-mail: [mags@ncj.ca](mailto:mags@ncj.ca)



## OPEN HOUSE

### HIGH SCHOOL

**Tues. Oct. 2, 6:30 - 9 p.m.**

3100 THE BOULEVARD  
MONTREAL, QC H3Y 1R9

### ELEMENTARY

PRE-KINDERGARTEN  
TO GRADE 6

**Wed. Oct. 24, 9 a.m. - Noon**

**Thurs. Oct. 25, 9 a.m. - Noon**

3685 THE BOULEVARD  
WESTMOUNT, QC H3Y 1S9

FOR ADMISSIONS, PLEASE CONTACT:

**KATHAY CARSON**

514-904-0542

[admissions@stgeorges.qc.ca](mailto:admissions@stgeorges.qc.ca)

## ST. GEORGE'S SCHOOL OF MONTREAL

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### Open House

Sept. 29

10 a.m. - 1 p.m.  
Secondary I  
Entrance Testing  
October 11, 18 and 23

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# BRIAN DUTCH



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Results



Westmount – 4355 Westmount Ave.  
Totally renovated and extended! Amazing location.  
**\$2,250,000**



Downtown – The Port Royal – #2207  
Exquisitely renovated. Spectacular views!  
**\$710,000**



Outremont – 574 av. Davaar  
Absolutely best deal around. Great location.  
**\$679,000**

**ANOTHER JUST LISTED**



Westmount – 4287 Sherbrooke St.W  
The jewel of Sherbrooke St. Extraordinarily beautiful!  
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Westmount – 110 Upper Bellevue  
THE most breathtaking views! Enormous potential!  
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Westmount – 322 Elm Ave.  
Stunning renovations! Victorian elegance-Modern convenience.  
**\$1,595,000**

**ANOTHER JUST LISTED**



Westmount – 432 Claremont Ave.  
Spacious 2 bdr.+ den condo. Beautifully renovated!  
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Westmount adj. – 5226 Cote St. Antoine  
Attractively priced + loaded with features!  
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## Wine: What's In Store?

# Savour the Mediterranean

BY CAROLA PRICE



What happens to a body when it hits the Mediterranean shores? Everyone I know who lives a lifestyle similar to those in the Mediterranean is healthier and generally lives longer than those who consume a good old-fashioned Canadian diet.

### Exercise, good food and plenty of wine

I looked up a bunch of facts and fables

and the general consensus is this: exercise and diet, balanced with loads of wine drinking. Now this is my kind of lifestyle, healthy and incorporating my favourite beverage. So as summer draws near I think of all the wines from the area that I love pairing with the earthiness of grilled vegetables, fresh fish and succulent fruits.

Here are some of the wines I enjoy with Mediterranean dishes:

**Château La Grave, Minervois.**

**SAQ#650027. \$15.65**

With subtle notes of fresh flowers and some citrus in the nose this dry white

screams lighter fish dishes, whether enjoyed with a beurre blanc or just poached in wine, stock, herbs and a lemon. Pair with St. Paulin or Migneron as well as Chevre balls in herbs.

Available at the following SAQ (at press time): across from Atwater Market.

**Costera Argiolas Cannonau-di-Sardegna, SAQ#420754. \$19.40**

This red is warm and full-bodied in the mouth with an excellent overall texture and ripe black fruit flavors like plum and currant with a hint of oregano. Firm and pleasant tannins makes this a dry wine great for ageing. I pair it with roasted meats, particularly lamb and creamier heavy cheeses with nuts and figs.

Available at the following SAQs (at

press time): Victoria Ave., Westmount Square, Pepsi Forum and across from Atwater Market.

**Tsantalis rapsani, Greece.**

**SAQ#00590836. \$11.30**

This dry red is slightly lighter than expected and the nose is full of prune and fig with some menthol. In the mouth it is medium-bodied and has the black fruit and nutty flavours. Pair with mushroom ragout, grilled vegetables, the oily, heavier fishes on the BBQ and cheeses like Manchengo, Jarlsberg and older cheddars soaked in port or creamy cheese with truffle or nuts.

Available at the following SAQs (at press time): Pepsi Forum and across from Atwater Market.

## What's cooking in Westmount?

# 'Tis the season of corn

BY ANTHEA DAWSON

With the days slowly getting shorter, sunset creeping in a few minutes earlier each day and rain making frequent appearances, summer is making its exit for the year. Once Labour Day hits and the kids start heading back to school, it seems inevitable to long for those lazy afternoons on the beach and that one last dip in the lake. As much as I love summer, however, I take great comfort in the fact that early fall hardly means that the dismal days of winter are upon us – quite the contrary. September brings with it not only beautiful scenery but also one of the most exciting times of the year to eat and to cook.

As the leaves start to fall, we all begin to get excited for the season of apples, squashes, pumpkins and mushrooms to begin. Corn has been around all summer long, but only in late August did it really start to reach its peak.

### Time to stock up

Quebec corn is renowned for being some of the sweetest and tastiest in the world – steamed, boiled or even grilled, it's the ultimate crowd pleaser and now is the time to load up on your supply for the year.

At the Atwater Market, and at almost every road-side food stand en route to the Laurentians and the Townships, you can buy locally grown corn by the dozen for around \$3. Though not quite the same bargain but a bit more convenient, at Victoria Village's Metro, three pieces of Quebec corn were selling for \$1.99 recently and around the corner at Fruiterie Mont-Victoria for \$.99.

Whenever you're buying corn it's always a good idea to cook it all up at the same time, even if you don't think you will eat it all. Corn, once picked, starts losing more and more flavour and sweetness every day, so boil it all up and shave off the kernels of what's left over and pop it into the freezer. At my house, we stock up on enough frozen kernels to last us through the year – they are perfect to jazz up a salad, throw into salsa, or a delectable corn chowder. Yum.

### SEPTEMBER CORN CHOWDER

Two slices of bacon (optional)  
Two leeks, cleaned well and diced  
Two garlic cloves, minced  
Two teaspoons paprika  
One litre chicken stock (homemade is the best)  
Two cups fresh corn kernels  
Two cups diced new potatoes (cleaned but unpeeled)  
Two cups half-and-half  
One teaspoon chopped fresh thyme  
Salt and pepper to taste

In a skillet, fry bacon until crisp. Drain and set aside. In a large pot, add one tablespoon of the bacon fat (or olive oil if you prefer) and heat. Add leeks and sauté until soft (about four minutes), then add garlic and paprika. Sauté for two more minutes, then add chicken stock, corn and potatoes. Bring to a boil, then reduce to a simmer and cook for around 30 minutes, until the potatoes are cooked through. Add the half-and-half and fresh thyme. Season to taste with salt and pepper. Serve with a big piece of crusty baguette and you have the perfect fall lunch for four.

Bedroom set and brass lamp. Computer desk, like new. Two old dressers. Beige dining room set, with leaf and four chairs on rollers. Weight training equipment, large padded gym mat and other equipment. Household articles too numerous to list. Westmount (514) 481-7821

## Thanks Giving

### Quiche

Carmalized Onion. ....	15.00
Broccoli . . . . .	15.00
Roasted Pepper . . . . .	15.00
3 Cheese . . . . .	15.00
Spinach . . . . .	15.00
Mushroom . . . . .	15.00
Roasted veggies . . . . .	15.00
Salmon . . . . .	18.00

### Soups

Roasted Tomato . . . . .	7.99
Zucchini . . . . .	7.99
Roasted Squash . . . . .	7.99

### Meat

Roasted Beef w/horse radish sauce . . . . .	18.00
Roasted Herb Chicken Breast . . . . .	16.99
Glazed Virginia Ham . . . . .	14.99
Roasted Pork Rack w/apples & sage. . . . .	14.99
Roasted Pork Loin . . . . .	14.99
Roasted Turkey . . . . .	14.99
Rack Lamb . . . . . each	20.00

### Stuffings

Herb . . . . .	12 per 2 lbs
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**Lasagne** . . . . . 22.00 per container



### Veggie Side Dishes & Salads

Roasted Vegetables . . . . .	7.99
Roasted Potatoes . . . . .	7.99
Beets w/walnuts & arugala. . . . .	9.99
Multi Grain Rice w/dried Fruits & Nuts . . . . .	7.99
Mufti Grain Rice w/Sundried Tomatoes . . . . .	7.99
Autumn coleslaw . . . . .	7.99
Mashed Potatoes . . . . .	7.99

### Salads

Quinoa Tabouli . . . . .	7.99
Spicy Eggplant . . . . .	7.99
Olive Salad . . . . .	7.99
Hummus . . . . .	5.99
Greek . . . . .	7.99
Veggie Chopped Liver . . . . .	5.99
Tomato Spinach Orzo . . . . .	5.99
Marinated mushrooms. . . . .	9.99

### Fish

Asian Sesame Salmon . . . . .	15.99
Salmon Wellington . . . . . each	12.00

**Tofu & Okra** . . . . . per lb 7.99  
Teriyaki tofu. . . . . each 6.99

### Miscellaneous

Pomograte Salad Dressing . . . . .	12.00
Fennel Pecan Nuts 2lbs. . . . .	14.00
Gravy 2lbs. . . . .	8.00
Cranberry Sauce 2lbs. . . . .	12.00
Old Fashion Southern Biscuits each. . . . .	2.00

**364 Victoria Ave 514 485-6647**

Opposite the Metro grocery parking lot

Mon.-Fri.: 7:00 am – 7:00 pm Sat.: 7:00 am – 6:00 pm  
Orders must be given by Sunday, October 3rd

Centre



Greene

Fall 2007

Centre Greene is an independent, non-profit organization with a strong commitment to its community and dedicated to providing quality social, cultural and recreational services. We are open to the community at large regardless of age, gender, ethnicity, ability or socio-economic status.

Programs that are managed by Centre Greene

CHILDCARE

Activity	Age	Day	Time	Cost	Coordinator	Information
After School Program	5-13	M-F	3:45 to 6pm	\$195 / Month	Sophie Cram	514-931-6202
Pedagogical Days	5-13	Various	8am to 6pm	\$34 / day	Sophie Cram	514-931-6202
January Mini Camp	5-13	January 2,3,4, 2008	8am to 6pm	\$34 / day	Sophie Cram	514-931-6202
March Break Camp	5-13	March 3rd – 7th 2008	8am to 6pm	\$34 / day	Sophie Cram	514-931-6202
Halte Garderie	12mth – 5	M, W,F	9am to 3pm	\$25 / day	Centre Greene	514-931-6202
Summer Day Camp	5-14	June 25 – August 15, 2008	9am to 4pm & ext. care	TBA	TBA	514-931-6202

CHILDREN

Tumbling Tots	under 5	T&Th	9:30 to 11:00am	\$3.50 / drop-in	Ben Griffin	514-931-6202
TGIF	5-11	Fridays (see program schedule)	6 to 8:30pm	\$12 drop-in	Kim Grenier & Liam O’Grady	514-931-6202
Greene Avenue Dance Camp	7+	August 18th to 22nd, 2008	9am to 4:30pm	TBA	Centre Greene	514-931-6202

SENIORS

Seniors’ Luncheon	Seniors	2nd & 4th Wednesdays	12:15 to 2pm	\$5.00 / meal	Centre Greene	514-931-6202
Caregivers Tea	All	3rd Tuesday	2-4pm	free	Mary-Anne McNally	514-931-6202
Meals on Wheels	Seniors	T, F	Mid-day	Need volunteers	Jackie	514-935-3817

Programs that are managed by outside instructors

DANCE

Classical Ballet	4+	Various	Various		Ora Kozlov	514-932-2389
Classical Ballet	Adults	F	9:15 - 10:45am		Ora Kozlov	514-932-2389
Intermediate Ballet	Adults	M & W	9:15 - 10:45am		Sheila Lawrence	514-989-9034
Baladi	Adults	M	7:30-9pm		Fouzia Aachi	514-931-0827
Hip Action	Adults	Various	Various		Marsha Lawrence	514-781-8333 or 514-966-1363
Creative Movement	3-7	Sat	1:30-2:15pm		Andrea de Almeida	514-939-5518

MARTIAL ARTS / FITNESS / WELLNESS

Olympia Tae Kwon Do	All	W, F, Sat	Various		Reza Ramezani	514-486-2139
Prayer of Heart & Body Yoga	Adults	M	8:30 - 9:45am			
		T	5:15 - 6:45pm		Lucinda Lyman	514-937-2996
Tai Chi	Adults	Th	7-8:30		Craig Cormack	514-369-7860
Meditation	Adults	Th	7-9pm		Abhijit	514-335-7749
Relaxation	Adults	T	6:30 - 8:30pm		Tina Galego	450-655-3605

HEALTH / EDUCATION

La Leche League	Moms & Babies	2nd Tuesday	1-3:30pm		Kimberly	514-278-8009
Breast feeding info & support					Melissa	514-939-0698
Family Massage Course	All	T	7-9pm		Craig Cormack	514-369-7860
Falun Dafa	All	M	7-9pm		John	514-274-7351
Kui Hua Chinese Language School	5-13	Saturday	10-12:30pm		Dan	514-656-4485

SPORTS

MacGregor Soccer School	8-14	T, Sat, Sun	Various		Greg MacGregor	514-935-4036
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ROOM RENTALS (For inquiries please call Centre Greene 514-931-6202)

Room	Rental Rate	Approximate Capacity	Room	Rental Rate	Approximate Capacity
Gym	\$45 /hr	200	Conference Room	\$16 /hr	15
Sunroom and Kitchen	\$35 /hr	75	Studio	\$16 /hr	40
Kitchen	\$16 /hr	15	3rd Floor	\$16 /hr	30

HOLD THAT DATE! Don’t miss our annual Treats n’ Treasures Holiday Bazaar on Sunday November 18, 2007

Is there a program or activity that you would be interested in that is not currently offered? Please contact us:

Centre Greene, 1090 avenue Greene, Westmount, H3Z 1Z9

Tel (514) 931-6202 • Fax (514) 931-4505 • E-mail info@centregreene.org • www.centregreene.org