

WESTMOUNT INDEPENDENT

Weekly, Vol. 14 No. 3e

We are Westmount

March 31, 2020

'Good Morning Westmount' program adapts to COVID

Public Security, Contactivity reaching out to isolated, vulnerable

BY LAUREEN SWEENEY

A new Public Security service is being rolled out on a high-profile basis in wake of the COVID-19 emergency and stay-at-home guidelines for those over 70. It was started slowly in January.

Called "Good Morning Westmount," the program is designed to suit seniors, in particular those living alone or without families nearby, said Public Security assistant director Kimberley Colquhoun.

It can help relieve a feeling of isolation and insecurity as well as bring to light a

need for emergency help.

Also called "Bonjour Westmount," the program supplements and works hand in hand with the weekday phone-check program offered by Contactivity Centre. But the Public Security program provides email and weekend phone checks, emergency access to a key and even help with essential groceries, as one resident discovered recently during the current pandemic.

"I placed my order with Metro and when it was ready, I called Public Security and they sent a very hand- some officer over, who left *continued on p. 4*



PHOTOS: RALPH THOMPSON.

The March 24 snowfall was wet and sticky in Murray Park. Pushing her pram up the toboggan run "is how I get my exercise," said Vinaya Domanko, out with her children Lila, left, and Dev, who are being home-schooled by her husband and her. Inset: Isaac tried to toboggan, but the snow was too sticky, so he worked on snowman-making after talking to his mum, Amy Teper (not pictured).

Library adds e-books, provides memberships online

BY LAUREEN SWEENEY

Westmount Public Library may be closed physically but staff continues to work from home expanding online resources to help residents fill their time at home resulting from social distancing.

This includes renewing or providing new memberships online so all residents can have access to the e-books, e-magazines, newspapers, movies and children's material, said reference department head Mai Jay, the library's interim director.

"We're purchasing every day now so there are lots of reading choices – even if some of the bestsellers and mysteries are all out," on loan, she said. Just like printed material, one e-book has one user at a time.

For anyone having problems accessing online services, "we can respond either by email or phone," Jay added.

About 10 librarians are working from home since the building and their offices were both closed as of March 20 owing to the COVID-19 pandemic (see story March 24, p. 5). They have been provided with city

computers to access its internal system.

"It's business as usual. We've been working non-stop."

Access to the online collection requires a membership card and PIN code, free for Westmount residents. To make this happen, Helen Jay, the library's circulation services administrator, had Public Security unlock the library for her to obtain a box of new membership cards, said Mai Jay.

Criteria to receive a membership number and code are to apply on the library's website and provide proof of residency.

Information is on the library's website and staff will help.

"This is all that will be required to sign up for movies on Kanopy, audio books from Overdrive, newspapers from Press-Reader and magazines from RBDigital," Jay said. "I had just signed the papers to access the *New York Times* before COVID-19." She expects the link will arrive any day.

On the website for the children's department, users can find a link for activities to keep children busy during the prolonged closures of daycares and schools.

Coronavirus COVID-19

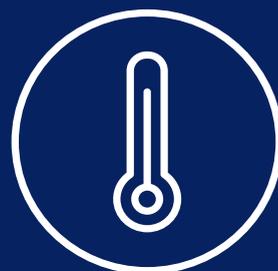
Don't forget about mental health!

stress • anxiety • depression

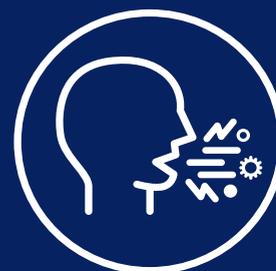
Information and advice inside.

Québec 

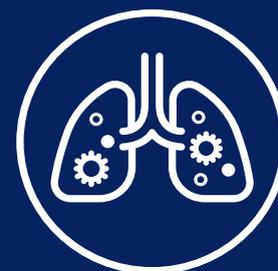
The coronavirus disease (COVID-19) causes a respiratory infection that can involve the following symptoms:



Fever



Cough



Trouble Breathing

Protecting yourself saves lives.



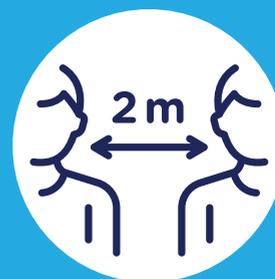
Cough into your sleeves



Throw your used tissues into the trash



Wash your hands



Keep your distance



Stay at home

[Québec.ca/coronavirus](https://quebec.ca/coronavirus)

 514 644-4545

City under aggro's state of emergency, Monday's council meeting to be live on web

April 6 council closed to public, open to questions via website

BY LAUREEN SWEENEY

With news that Montreal's declared state of emergency was extended March 29 to include all agglomeration municipalities, no changes were foreseen for Westmount at that time, pending new directives from Quebec, according to city director general Benoit Hurtubise.

While a long agenda is expected for the

April 6 regular council meeting, the session will once again take place remotely in keeping with COVID-19 prevention measures respecting social distancing, Mayor Christina Smith said last week.

The audio version of the meeting is expected to be available live on the city website.

Residents will have an opportunity to ask their questions by submitting them

through the website the day of the meeting by a designated deadline "and we will respond in (what would be) the question period." She said questioners would also receive a follow-up reply.

The agenda is also expected to include a decision to defer the May 25 deadline for paying the second instalment of this year's tax bill, at which time details will be an-

nounced.

"My main concern at this time," she said, "is ensuring people respect social distancing, stay at home and find ways to care for seniors and vulnerable persons." This is not the time, she said, for dropping in to the store frequently to pick up a couple of groceries or other items, but to make one planned trip for essential ones.

Local firefighter tests positive for COVID-19

BY LAUREEN SWEENEY

A Montreal firefighter stationed in Westmount who tested positive for COVID-19 is now in mandatory isolation, a fire department spokesperson told the *Independent* March 25. Eleven co-workers who had contact with him are also in isolation.

It was on March 15 at 7 am that the firefighter came to work at the station with symptoms, said Gabrielle Fontaine-Giroux. The station, number 76 in the Montreal network, was disinfected according to department procedures.

Although it is located in the city's Protective Services building, which also houses police and Public Security, the fire department offices and quarters are closed off from other areas. "We don't have any contact with them," confirmed Kimberley Colquhoun, Public Security's assistant director.

The role of the firefighter before his departure was not clear, including whether

he had recently responded to any medical calls.

Fontaine-Giroux said, however, that on March 16 (the day after he had been sent home), the fire department, in conjunction with Urgences Santé and the Quebec health ministry, had put a plan in place for alternative responses to suspected COVID-19 calls regarding first responders.

It also had contingency plans for maintaining fire department services to the population during the pandemic as might evolve on an hour-to-hour basis.

As at March 24, she said, one other fire department employee – this time at Station 41 in the Montreal borough of Villeray-Saint-Michel-Parc-Extension – had contracted the novel coronavirus.

Seeing double



Westmounter Gusto with the dog sculpture in Westmount Park near Lansdowne. The name of the computer file sent to the *Independent* was "look alike." Photo courtesy of Di McNeill.

Dog runs now closed

BY LAUREEN SWEENEY

Westmount's three fenced-in dog runs were closed March 27 in the city's latest move to prevent gatherings of people and mitigate the spread of COVID-19.

The decision was made by council members in a telephone conference that afternoon, said city director general Benoit Hurtubise. "Montreal and many other cities have started closing their dog runs and we have been monitoring the situation here," he explained.

The local runs are located at the Westmount Athletic Grounds, Westmount Park and King George (Murray) Park though the

parks themselves are not closed to the public – at least for now.

Special attention and strict enforcement will be given to dogs – and their owners – in Summit Woods where all dogs are now required to be on leash at all times, also effective March 27. The on-leash, spring bird migration period was set to be April 16 to June 15 in any event.

Pet adoptions, p. 4

Social Notes (Dancing with the Stars), p. 8



City ads, p. 10-11

Retired PSO Beaupré in car crash

Retired public safety officer Tim Beaupré, who worked many years in Westmount, is recovering in hospital from serious injuries sustained in a car accident March 30, according to former city director general Mike Deegan. He is reported to have suffered multiple fractures and undergone several surgeries.

Deegan had driven past the accident that occurred about 4:45 pm on east-bound Highway 20 at St. John's Blvd.

Beaupré had celebrated 25 years on the job at the city's Quarter Century Club Banquet to honour long service (see story October 17, 2007, p. 18).

Centre universitaire de santé McGill McGill University Health Centre

Centre du cancer des Cèdres
Cedars Cancer Centre

La Fondation du cancer des Cèdres remercie tous les professionnels de la santé, médecins, infirmières et professionnels paramédicaux qui prennent soin de nos patients atteints de cancer au Centre de cancer des Cèdres et à travers le CUSM pendant ces temps difficiles.

Cedars Cancer Foundation salutes and thanks all the healthcare providers, doctors, nurses and all allied health professionals caring for our cancer patients at the Cedars Cancer Centre and throughout the MUHC during these difficult times.

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Looking for good news? Think gasoline



As the photographer took this picture at the Esso station on Sherbrooke and Grosvenor, a passer-by said, "We haven't seen that since the 1970s." Another Westmounter remembered that in the '70s, the price of gasoline didn't fluctuate as much and it was displayed on plastic numbers hanging on hooks. Someone had to climb a ladder to change the display.

PHOTO: RALPH THOMPSON.

Public Security, *cont'd. from p. 1*
it on my doorstep," said Sandra Cowan of Grosvenor Ave.

"It's a wonderful way for our community to reach out and help us," she said last week. "I feel so safe and privileged to live in Westmount. I can't wait to pay the second installment of my tax bill!"

Otherwise, she and her husband, both in their 80s, are "pretty self-sufficient," and don't need daily phone checks, she said. But with no family to help, their registration in the program and Public Security's access to their key alleviates her worries "because bad things happen."

Requested daily calls

On the other hand, Christine Downs, who lives alone at the 80 Hillside seniors' residence, has requested calls from Public Security. These are helping to reduce her feeling of isolation. "They call me every morning, so we have a nice little chat. I'm really getting to know Kim and her replacements on the weekend."

Downs learned about the program when Colquhoun and Fiona Smith of Contactivity made a presentation at her building before the COVID-19 pandemic.

Cowan on the other hand, said she read about the program on the city's information page in the *Independent*, and called (514.989.5222) to enroll because she has no computer to register online. The form is available on the city's website at Community Life/Growing Old Together.

Another senior welcoming the program was Sylvia Wedge, who said "it is reassuring to know that somebody locally would

be aware of a problem if there is no answer."

Assistance with grocery shopping and in other ways also helps adult children living far from their parents by encouraging the Westmount seniors "to remain indoors and keep healthy."

A companion program operated since 2018 called the Vulnerable Persons Registry can also be accessed on the website. This provides Public Security with details and photos of seniors and children with special needs such as Alzheimer's and autism who may be prone to wander.

Colquhoun said she has received and



Westmount A-dog-tions

LYSANNE FOWLER

Friendly Baba



Baba is such a cuddly and playful fellow! As you can see, he should join into a family home routine very easily. He is a healthy and energetic nine-year-old, up to date with his inoculations and treatments, neutered and microchipped.

Baba is presently at the Montreal SPCA kennels, waiting for adoption. His identification number is 27855638 and you can contact them at adoption@spca.com or call them at 514.735.2711 to make an appointment for a visit. The shelter is located at 5215 Jean Talon St. West and updated visiting hours are presented on their website www.spca.com.

Your neighbour,
Lysanne

been triaging many calls for "Good morning Westmount" from returning travellers who are now self-isolating but are not seniors, the aim of the service.



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Guido's identification number is 44053299 and you can reach out to the Montreal SPCA at adoption@spca.com or call them at 514.735.2711 for an appointment to visit. The shelter is located at 5215 Jean Talon St. West, checking their website at www.spca.com for current daily visiting hours at the cattery.

Please foster, adopt, donate. You make a huge difference for shelter animals.
Your neighbour,
Lysanne

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We are Westmount

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No permits being issued for now

Construction shut-down affects 600-800 sites in Westmount

BY LAUREEN SWEENEY

An estimated 600 to 800 interior and exterior building and renovation sites in Westmount are being impacted by the Quebec government's shut-down of construction sites, according to city Urban Planning director Tom Flies. It was enacted March 25 for at least three weeks.

"As the construction season is limited for (exterior) work, the suspension of activities will reduce the window even further," he said last week.

Depending on the duration of the construction restrictions and the economic situation, the impact could pose challenges dealing with a backlog of applications, Flies explained.

No new permits are now being issued except to deal with emergencies.

The estimates from Flies are based on 1,200 active permits but "nuanced" by some sites having several simultaneously.

These could be for an addition and renovation, for plumbing, landscaping, and apartment and commercial buildings that often have several units under renovation or transformation at the same time.

As well, some that have permits may not yet have started, while others may have finished but not officially signed off.

	Number of permits issued			
	2017	2018	2019	2020
Janvier	80	48	53	82
Feburay	92	86	87	86
March	125	110	95	45

Phenomena noted

"We noticed two phenomena during the last week (before the construction shut-down) with regards to construction activities," Flies said.

One was that major construction sites and certain small-scale ones carried on and even increased activities. The other was that "a lot of small-scale sites stopped their activities and outdoor work after the melt-down of the snow (and) did not pick up as in previous years."

While the number of permits issued in January (82) and February (86) "have been pretty similar to previous years," he explained, those in March (45) are considerably fewer than for the same month last year of 95 and compared with 125 in 2017 and 110 in 2018.

COVID-19 drop

"The drop is related to the COVID-19 situation as permit activity dropped significantly during the last week and given that the city is currently not issuing new permits except for emergency situations."

The work sites mentioned related only to building activity and not street construction, which typically does not start until mid-May.

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Don't forget about mental health!

Are you feeling stressed, anxious or depressed?
The following advice can help you to intelligently deal with events stemming from the coronavirus COVID-19 epidemic here in Québec.

The current coronavirus (COVID-19) and related unprecedented preventive measures are a new reality, one that is not easy to deal with. For some, the measures can make an already difficult situation even more fragile for family, financial and/or social reasons.

While an event of this size can affect your physical health, it can also impair your mental health by causing stress, anxiety or depression. But there are things you can do to improve how you manage these types of reactions.

Most people will succeed in adapting to the situation, but paying attention to your needs remains very important. Don't be afraid to do what is necessary to help yourself.

If you are a close friend or family member of a person with disabilities, pay particular attention to signs of their stress, depression or anxiety if they are unable to clearly express them.

How do these problems manifest themselves?

1

PHYSICAL SYMPTOMS

- Headaches, neck tension, digestive problems
- Sleep problems
- Loss of appetite

2

PSYCHOLOGICAL AND EMOTIONAL SYMPTOMS

- Worries and sense of insecurity
- Feeling overwhelmed by events
- Negative view of things or daily events
- Discouragement, sadness or anger

3

BEHAVIOURAL SYMPTOMS

- Difficulty concentrating
- Irritability, aggression
- Isolation, withdrawal from others
- Increased use of alcohol, drugs and medication

How to succeed in adapting?

Take good care of yourself when you are in preventive isolation. Stay in touch with your close friends and family by telephone or Internet. Pay attention to your feelings and talk about them with someone you trust while yet abiding by social distancing recommendations. Speak with a friend and ask for help when you feel overwhelmed. It isn't a sign of weakness but strength when you do what is necessary to get through it. Physical activity will also help reduce tension.

Give yourself moments of pleasure by listening to music or taking a warm bath: it will lower stress. Counting on your own strengths will help you to surf over the hard times.

What to do when distressed?

When this unusual situation seems never-ending, your emotional reactions can become sharper. For example, you may feel greater fatigue, become overwhelmed by fear, have more trouble accomplishing your daily tasks or fear a greater risk of contagion. Pay attention to these signs of trouble ahead and, as soon as possible, reach out to the resources that are available to help.



Experiencing financial worries?

Increased stress related to financial insecurity can also arise during a pandemic. Loss of employment and income are a major source of anxiety for everyone, but it can become worse when we are in isolation. Many websites exist that offer help, such as the Québec.ca/coronavirus government site. The following website can also provide general assistance: ementalhealth.ca

How to help young children and teenagers manage their worries?

Just like you, children and teenagers can have concerns about the pandemic and the events that are taking place. They can in fact be affected even more because they do not always understand the information they hear or see.

Reactions vary individually, so be attentive to their fears and need to be reassured, and let them use their own words to describe how they feel. Show them that you care. Listen to their worries and give them even more love and attention. If possible, provide opportunities for them to play and relax.



Signs of your child's stress

- Trouble sleeping
- Wants to be held, asks questions
- Physical pain such as tummy ache
- Agitated behaviour, disputing what you say or do

What to do?

- Keep control of your emotions. For example, you might go into the bathroom by yourself to calm down
- Teach your child basic personal hygiene, such as how to wash hands properly
- Reassure and spend more time with your child
- Have your child take part in household preventive tasks
- Maintain your usual habits and schedules or create new ones for safe play and relaxation



Signs of your teenager's stress

- Worries about personal health and the health of close friends and family
- Feels unaffected by the situation or laughs off the danger
- No longer interested in preferred activities
- Has trouble sleeping, appetite issues (eats too much or not enough)
- Wants to drink alcohol and/or take drugs
- Is aggressive, irritable, refuses to obey public health instructions

What to do?

- Ensure that your teenager really understands the situation. Correct any information that is wrong
- Do not minimize the seriousness of the situation
- Avoid moralizing
- If you are uncertain about how to respond, say so. Provide serious answers as soon as you can or suggest calling a telephone support hotline



Managing time at home or when teleworking

- Set aside some time each day for family activities. Play board games, read out loud, go for a walk applying distancing measures, etc.
- Speak with your workmates by phone or chat at nap time
- Suggest your children work just like you by drawing, reading or doing educational activities
- Invite the older children to supervise the younger ones when they play
- Ensure that each parent gives time to the children

Other ways to better manage your stress or anxiety as a family

While obtaining the right information is important, put limits on time spent seeking information about COVID-19. Information overload can raise the stress level, making you more anxious or even depressed.

Use the information you already have to plan what comes next. Set aside specific times for updates once or twice a day.

Avoid sources of sensationalist news and doubtful information. This will help separate fact from rumour. Concentrate on facts to help allay your concerns.

Use reliable resources like the Government of Québec official Québec.ca/coronavirus website.

Resources

For stress, anxiety or depression about the progression of the current epidemic in Québec, call Services Québec at 418-644-4545, 514-644-4545, 450-644-4545, 819-644-4545 or toll free at 1-877-644-4545. The person that answers your call will provide more information and you will be directed to a psychosocial professional who can provide the additional support and advice you need.

Deaf or hard-of-hearing persons call toll free at 1-800-361-9596.

Resources for better management of worry:

- Living better with your child: inspc.gc.ca/en/tiny-tot
- ecolebranchee.com (video that explains COVID-19 to children and why schools are closed, how vaccine is made, etc) [French]
- carrrefour-education.qc.ca (French)

Resources for better management of family time:

- alloprof.qc.ca (French)
- teteamocleler.com (also has ideas for crafts, cooking, nursery rhymes, etc) [French]
- viedeparents.ca (French)
- vivemagazine.ca (French)

Telephone hotlines for people in psychological distress:

- Regroupement des services d'intervention de crise du Québec: centredaizee.ca/listecentres (French) offers services 24/7 for persons in distress
- Tel-Aide listening centre provides help 24/7 to people suffering from solitude, distress or who need to have someone listen: 514-935-1101
- Écoute entraide is a community organization that supports people who are emotionally suffering: 514-278-2130 or 1-855-EN LIGNE
- Telephone assistance service 1-866-APPELLE (277-3553)

Québec.ca/coronavirus

1-877-644-4545

Québec



Social Notes

VERONICA REDGRAVE

Dancing with the Stars, for Kids



Co-chairs Allyson Kassie and Arabella Decker.



Winners Fadi Mansour and pro Bianca Champagne.

There was no sartorial angst at Just for Kids Dancing with the Stars. High-octane style was the mood of the moment – which was February 3, when one could still congregate.

Ladies, most in soaring stilettos, wore floor-length ball gowns, racy lace dresses and leather. Unlike the males in nature, dapper gentlemen chose quieter looks, with two stand-outs being judge **Jean-Marc Généreux** in a fabulous embroidered jacket, and **Arnaud Kuyuncu** in a patterned velvet blazer.

However, some of the best runway-ready looks were on the younger set. The fashion magpies took inspiration from everywhere. Their garb ranged from white kicks and tulle to tank tops – complemented by the reddest of lipstick of course.

Professional dancers **Stephanie Tam**, **Alex Rhéaume**, **Maxime Deslauriers**, **Zachary Dobson**, **N'Goe Gueye**, **Misha Finkelstein**, **Jessie Mineau**, **Bianca Champagne** and **Vincent Corriveau** from Juste Danse were paired with volunteers.

Rosie Bertucci, **Julie Etienne**, **Aleksandra Kakon**, **Susan Lanyi Milner**, **Dr. Fadi Mansour**, **Haim Pardo**, **Dr. Hani Sinno** and **Candice Zenou** not only trained tirelessly, but each set a personal fundraising goal of \$10,000.

The aim of the night was to raise money for high-priority medical equipment at the Montreal Children's Hospital (MCH).

Co-chairs were local res **Arabella Decker** and **Allyson Kassie**, of Juste Danse, who was emcee with Emerson Turnier.

JFK Foundation guests included president **Mara Greenstone Agulnik** (there with husband **Jason**), executive director **Lorie Blumer** (with **Danny** and dancing daughter **Lexie**) and **Cory Garfinkle**, event manager. Westmounters noted included **Erika** and **Louis Ludwick**, whose daughter **Mylie** was

dancing; **Susan Doherty** and **Hal Hannaford** (who “danced in 2016!”); and **Mandy** and **Rebecca Wolfe**.

The evening's theme was “Chaos to Couture.” Noted admiring the Gaultier, flapper and Goth mannequins were event guru **Danielle Bitton**, the MCH's **Sue Buell**, **Afifah Chaudhry**, **Krystalanne Pacheco**, **Connie Richards**; blogger **Mademoiselle Jules**; and **Wendy** and **Nick Vitale**, attend-

ing with their tiny “future dancers” **Wilena** and **Bianca**.

Proud Mirror Ball trophy winners were cardiologist **Fadi Mansour** and pro dancer **Bianca Champagne**.

Top fundraising award went to P & B Transport owner **Haim Pardo**, who raised over \$50,000. And, just like that, disco was back. A tribute to the real stars: children at the Children's.



Judges Jean-Marc Généreux and Pierre Allaire.



Vicky and Haim Pardo flank pro dancer Jessie Mineau.



Katrina Kontaxis and emcee Emerson Turnier.

Alan Klinkhoff Gallery

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COVID-19: MESSAGE FROM THE MAYOR AND COUNCIL- MARCH 31, 2020

Westmount is about community, and this has never been truer than in the current crisis.

At the outset, I wish to thank Westmounters for being considerate of their neighbours and taking social distancing to heart. I know that staying at home presents significant challenges.

But this is the only way to flatten the curve and minimize the spread of the COVID-19 virus.

On behalf of all of us, I wish to thank all those providing essential services, including our health care professionals who are working nonstop, for their dedication and commitment. We are truly grateful.

As you know, grocery stores, pharmacies and SAQ outlets are remaining open during the pandemic. Measures including restricting the number of residents who can enter a store at once and insisting on at least two meters are kept between waiting shoppers are now in place, and I urge everyone to adhere to them.

At City Hall, we continue to adapt to this reality. We will hold a virtual city council meeting on the evening of Monday, April 6, which will be recorded and posted on our website the following day. Unfortunately, it will not be interactive; if you have questions for councillors, please send them on Monday, April 6, by 4 p.m. through our online form at westmount.org/councilquestion.

A key item on our agenda is a motion to delay the second instalment of property taxes to June 29, 2020, to ease the financial burden of the crisis on Westmounters.

As we strive to protect the health and well-being of our employees while providing Westmounters with essential services, we have closed all play structures in our parks as well as dog runs. Summit Woods remains open as a walking path, but all dogs must be on-leash.

These are on top of the following previously announced measures:

- City Hall closed to the public. The Library, Victoria Hall, and the Westmount Recreation Centre also closed.
- The Urban Planning Department is not accepting new building permit applications and is dealing with urgent requests only. Please rest assured that once this policy changes, we will work diligently to process applications as quickly as possible.
- Applications for permits from Public Security must be made online and not in person.
- Parking fees and parking restrictions are suspended. We ask residents to abide by fire regulations and handicap parking restrictions. Public Works is eager to clean streets, so please respect street cleaning hours only if possible.

Montreal has declared, with Westmount's support, a State of Emergency for the Agglomeration of Montreal. Montreal now has special powers to ensure the health and safety of citizens, with a focus on support for our homeless population. An outdoor day centre, the first in Montreal, is set up at Cabot Square. The SPVM were given expanded powers to ensure residents are complying with physical distancing measures.

Once again, I wish to stress that social distancing – the limiting of person-to-person interaction – is the best way to minimize the spread of the virus. If you are confined to your home and need assistance, please call Public Security **514-989-5222**. In addition, please look into the online services offered by the Westmount Library. Finally, consult santemontreal.ca/coronavirus or call **1-877-644-4545** for the most up-to-date information on the virus.

These are indeed extraordinary times. As I said at the outset, we should all take pride in our community's response as each of us takes the necessary steps to protect our own health and well being and that of our family, friends and neighbours..

A handwritten signature in black ink, appearing to read "Christina M. Smith".

Mayor Christina M. Smith
and city councillors



COVID-19: MESSAGE DE LA MAIRESSE ET DU CONSEIL - LE 31 MARS 2020

L'esprit de communauté est une valeur essentielle pour la Ville de Westmount. Cela n'a jamais été aussi vrai qu'en cette période troublante.

Je voudrais d'abord remercier les Westmountais qui prennent soin de leurs voisins tout en respectant les directives de distanciation sociale. Je suis consciente que le confinement à domicile peut avoir son lot d'inconvénients et de défis.

Mais ces mesures sont un des meilleurs moyens pour aplanir la courbe de la propagation du virus de la COVID-19 et limiter la contagion.

Au nom de notre communauté, j'aimerais remercier tous ceux qui continuent à fournir les services essentiels à la population, notamment le personnel de la santé qui travaille sans relâche avec courage et passion. Nous vous sommes infiniment reconnaissants.

Comme vous le savez, les épicerie, les pharmacies et les succursales de la SAQ demeurent ouvertes durant cette pandémie. Des mesures de limitation du nombre de clients dans ces commerces et l'application d'une distance de deux (2) mètres au minimum entre les personnes sont en place. J'incite tous les résidents à respecter et à suivre ces directives.

À l'hôtel de ville, nous continuons à nous adapter à ces nouvelles réalités. Nous tiendrons une séance du Conseil virtuelle dans la soirée du lundi 6 avril. Cette séance du Conseil sera enregistrée et diffusée le lendemain sur le site Web de la Ville. Malheureusement, cette séance ne sera pas interactive. Les personnes qui désirent poser des questions au Conseil pourront le faire le lundi 6 avril en utilisant un formulaire en ligne sur westmount.org/questionconseil. Les questions devront être reçues avant 16 h le lundi 6 avril.

Un des éléments importants à l'ordre du jour de cette séance du Conseil sera une motion visant à reporter au 29 juin 2020 la date limite pour le 2e paiement de la taxe foncière. Ceci afin de limiter l'impact financier de cette crise sur les Westmountais.

Nous nous efforçons de protéger la santé et la sécurité de nos employés tout en nous assurant que les Westmountais puissent avoir accès aux services essentiels. Ainsi, nous avons fermé tous les modules et les aires de jeux dans les parcs ainsi que les parcs canins. Les sentiers de promenade au Bois Summit demeurent ouverts, mais tous les chiens doivent être tenus en laisse.

Ces mesures s'ajoutent aux mesures ci-dessous qui ont été annoncées précédemment :

- Fermeture au public de l'hôtel de ville, de la Bibliothèque publique, du Victoria Hall et du Centre des loisirs de Westmount.
- Le Service de l'aménagement urbain n'accepte plus les nouvelles demandes de permis et de certificats et ne traite que les demandes urgentes. Lorsque cette mesure sera levée, soyez assurés que nous travaillerons avec diligence pour traiter les demandes dans les plus brefs délais.
- Les demandes de permis au Service de la Sécurité publique se feront exclusivement en ligne, et non plus en personne.
- Nous avons supprimé les frais de stationnement et n'appliquons plus les restrictions de stationnement. Nous exhortons toutefois les résidents à respecter les règlements en matière d'incendie, les restrictions de stationnement pour handicapés. Dans la mesure du possible, nous vous demandons également de respecter les indications et la signalisation lors des opérations de nettoyage des rues par le Service de Travaux publics.

La Ville de Montréal, avec le soutien de la Ville de Westmount, a déclaré l'état d'urgence pour l'ensemble de l'Agglomération de Montréal. Montréal dispose maintenant de pouvoirs exceptionnels pour assurer la santé et la sécurité de ces citoyens, et l'accent sera mis sur le soutien aux sans-abris. Un centre de jour pour les itinérants, le premier à Montréal, est installé au Square Cabot. L'état d'urgence donne aussi au SPVM des pouvoirs supplémentaires pour faire respecter les directives de distanciation sociale.

Encore une fois, je voudrais souligner que la distanciation sociale – la limitation des interactions entre les personnes – est un des meilleurs moyens pour limiter la propagation du virus. Si vous êtes en confinement et que vous avez besoin d'aide, veuillez appeler le **514-989-5222** et le Service de la sécurité publique de Westmount pourra vous aider. Consultez les services en ligne offerts par la Bibliothèque publique de Westmount.

Finalement, visitez santemontreal.ca/coronavirus ou appelez le **1-877-644-4545** pour avoir les plus récentes informations sur le virus.

Nous vivons un moment extraordinaire et nous pouvons être fier de la façon dont notre communauté affronte ce moment : sereinement, et en prenant chacun les mesures nécessaires pour protéger notre propre santé, celle de nos familles, de nos amis et de nos voisins.

La mairesse Christina M. Smith
et les conseillers



COVID-19 : MESSAGE DE VOTRE DÉPUTÉE

Le Québec traverse une crise sans précédent. Plus que jamais, nous devons rester unis dans cette lutte contre la COVID-19, et sauver des vies en respectant les consignes:

- Restez à la maison;
- Lavez vos mains;
- Gardez vos distances;
- Mettez-vous en quarantaine pendant 14 jours si vous revenez de voyage;
- Si vous pensez avoir des symptômes, appelez le 514-644-4545 ou le 1-877-644-4545.

Mon équipe et moi continuons à déployer tous les efforts pour tenir notre communauté informée. Que vous soyez préoccupé par l'accès aux soins de santé, le paiement de vos factures, l'aide financière, l'accès aux services de garde ou toute autre question, l'équipe de Westmount—Saint-Louis est là pour vous aider. N'hésitez pas à communiquer avec nous!

À nos intervenants de la première ligne, à nos bénévoles, à tous nos travailleurs dans l'ombre, merci pour votre dévouement et vos sacrifices.

Notre succès collectif dépend de nos efforts individuels. Chaque geste compte!

COVID-19: MESSAGE FROM YOUR MNA

Québec is going through an unprecedented crisis. Now more than ever we must remain united in the fight against COVID-19, and save lives by practicing the following:

- Stay home;
- Wash your hands;
- Social distance;
- Self-quarantine for 14 days if you are returning from a trip;
- Call 514-644-4545 or 1-877-644-4545 if you have flu-like symptoms.

My team and I are making every effort to keep our community informed. Whether you're concerned about receiving healthcare, paying bills, financial programs, access to childcare or other issues, the Westmount—Saint-Louis team is here to help you. Please do not hesitate to contact us!

To our frontline workers, our volunteers, and all those who work behind the scenes, thank you for your hard work and your sacrifices.

The success of our collective efforts depends on our individual actions. Every effort counts!

JENNIFER MACCARONE
MNA | DÉPUTÉE, WESTMOUNT—SAINT-LOUIS

Pour plus d'information / For more information
Quebec.ca/coronavirus

 (514) 395-2929

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