

WESTMOUNT INDEPENDENT

Weekly. Vol. 15 No. 9b

We are Westmount

September 14, 2021

2022 aggro payment rises 8-10%

City to use some surplus for 2022 but what about future?

BY LAUREEN SWEENEY

Westmount is facing a \$5-million hike in its 2022 agglomeration payment for shared costs of island-wide services such

as fire, police and public transit. This translates into some 8 to 10 percent over the 2021 amount, Mayor Christina Smith confirmed last week.

The city's agglomeration payments for this year accounted to more than 53 percent of the city's overall budget.

Next year's aggro hike is in keeping with her predictions of large aggro increases based on agglomeration spending, some of which relate to pandemic expenses such as police costs.

How will this affect individual tax bills?

continued on p. 10

Brzeski not running

As it went to press, the *Independent* learned that District 5 city councillor Marina Brzeski will not be running in the November 7 municipal election. More coverage next issue.

Farmers' market comes to Prince Albert square



Councillor Cynthia Lulham, in grey, commissioner of urban planning, economic development and parks, was buying vegetables from Gabrielle Jobin, co-owner of La Ferme Complètement Légume, at the first farmers' market at Prince Albert square, September 5. Standing to her left is Lulham's daughter-in-law Roxane with her two sons, Leo and Felix. See story p. 14.

PHOTO: RALPH THOMPSON.

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A sort-of-kind-of competitor approached one of our advertisers recently, saying that there was a rumour that the *Independent* was being sold, implying that this was a reason to buy ads from him.

This rumour is a not true, and spreading it is reckless at best.

I know this man, but I last communicated with him in spring 2020 (when he emailed me and I did not reply) and I have never talked to him about selling the *Independent*, nor is there any sale discussion or process under way with anyone.

I am not committing to publish this newspaper for the rest of my life, but, right now, we have many happy advertising clients and many happy readers, and there is no plan to change the *status quo*.

You can buy ads from us with the same confidence that you have always had, while dealing with the same ownership and same core team (along with many welcome additions over the years) that has existed since our founding in 2007.

— David Price, editor, *Independent* & president, Sherbrooke-Valois Inc.

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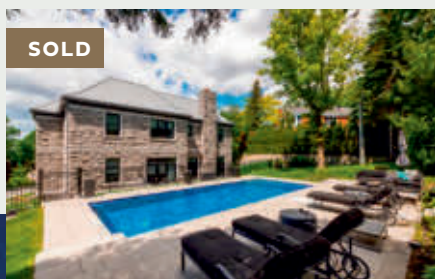
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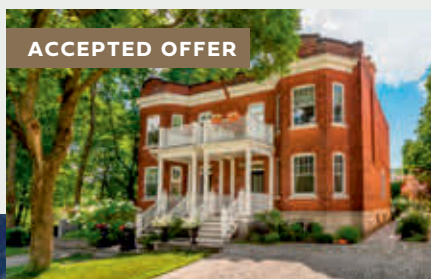
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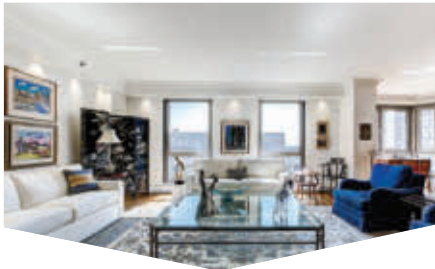


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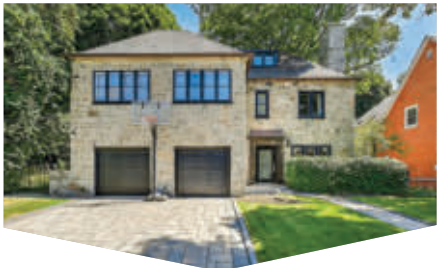
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The Transport ministry is 'listening'



These sound testing sites on Hallowell, left, and Bruce, right, photographed September 9, have been set up by the province's ministry of Transport to see if sound levels after the completion of the Turcot/autoroute 720/136 project have increased since before its start. They are two of 150 such sites being set up by the ministry and S ti Media. On public land, like here, they are expected to be in place for 10 to 20 days, the ministry told the *Independent* by email September 10.

PHOTOS: VERONICA REDGRAVE.

Letters, p. 6

Pet Page, p. 20

Art Scene:
Doreen Lindsay at
Manoir Westmount, p. 26

City Views:
Destounis on Zoom, p. 25

After p. 14:

**SCHOOL GUIDE
2021**

Woman falls on uneven sidewalk

The city's parking meter technician called Public Security September 2 at 8:57 am to report a woman had fallen on the sidewalk outside 4100 St. Catherine just east of Kensington. On arrival, officers found her inside the store at that address.

She had scrapes on hands, forearms and right knee. While described as wearing "a good set of shoes" she was reported to have fallen on "uneven" pavement. A report of the sidewalk was sent to Public Works. The 67-year-old woman lived on Dorchester.

Now is the time...

- To make up your mind about if and when you are planning to sell
- To tidy up the exterior before the cold weather sets in
- To get written quotes about the work you won't do but needs to be done eventually
- To call, text or email me to get an idea of your home's worth in today's crazy market

Allez, go, go, go ... Now is the time!

Are you leaving your home without surveillance this winter? My son Thomas Saliou provides private property management services with regular visits and visual checks of both the exterior and interior of the premises. He has experience as a security guard and is extremely thorough.

Thomas Saliou thomassaliou@gmail.com



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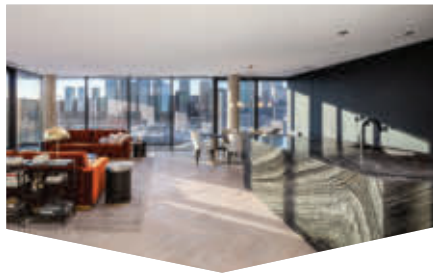
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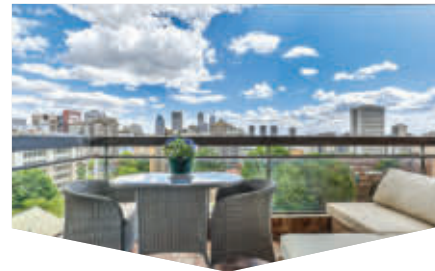
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8185 Rue Berri #PH3, Villeray
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EDITORIAL

RIP Michael K. Williams – Omar will live on

I was very saddened to hear last week that actor Michael K. Williams – “Omar Little” in *The Wire* – had died. In my opinion, *The Wire* is the best or second-best tv show ever (it changes places with *Six Feet Under*, depending on which I have seen more recently) and Williams was an important part of the cast.

His character robbed Baltimore drug dealers (but never “citizens”), looked after his grandma and his gang members, and

avenged his boyfriend – all the while exuding confidence, intelligence, wit and street smarts.

(I also enjoyed Williams’ work in season one of *Hap and Leonard*, an interesting show that I don’t see much mention of.)

Imagine the producers of *The Wire* going to a marketing firm before filming and saying, “Here in largely white, largely law-abiding, largely heterosexual America, we are thinking of having a black, gay

robber, who also wholesales the drugs that he steals from traffickers. What do you think?”

They would have been horrified.

But Williams didn’t just make Omar work as a character. In a cast with many charismatic actors (e.g. Dominic West, Idris Elba, Lance Reddick, Wendell Pierce), Williams stole the show.

Spoilers ahead

What viewer wasn’t cheering for him to

succeed? Or laughing when he got the better of someone, in deeds or words? Or sad when he died?

Now, unfortunately, we have news of Williams’ real-world death.

His work will continue to delight and inspire viewers for years to come.

My condolences to his family and friends.

David Price is the editor of the Independent.

LETTERS TO THE EDITOR

IN 2021, WOMEN HAVE PROFESSIONS

Nice article on 10 Renfrew (September 7, p. 28). It’s a beautiful house and it’s always fun to read about homes owned by friends and family.

However, one of the current owners is described as a “professor of surgery and oncology at McGill” and the other is described as “his wife.”

Really?!? The house may be 100 years old but that doesn’t mean the journalistic standards of the *Westmount Independent* need to be from the same era, when being a “doctor’s wife” was as close as many women could get to a professional career.

It’s unbelievable that this still has to be pointed out in 2021, but either add the professional qualifications of both parties or leave them out entirely.

The woman in question is a highly accomplished lawyer and a respected leader in the community. (She is also mentioned in another article for her work on the board of the Batshaw Foundation). She deserves the same recognition as that given to her husband.

CATHERINE HENIN, STRATHCONA AVE.

Editor’s reply: For the house histories, we run with information that we can find from public sources. In this case, columnist Andy Dodge had a strong inkling as



to the profession of the second co-owner, but we could not confirm it. I would rather say less, and it be true, than risk it not being so. We have actually been in email contact with her post-publication of the article, but she had not confirmed her profession by press time for this issue. – DP.

treat. By all means do install some surveillance cameras and let Public Security do its job.

We’re all COVID-sensitive these days, so please, Mayor Smith, treat us like adults.

HARRY BLOOMFIELD, SURREY GARDENS

WESTMOUNT INDEPENDENT

We are Westmount

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PRESSTIME: Monday at 10:30 am
(except before long weekends, Friday at 10:30 am).

LETTERS: We welcome your letters but reserve the right to choose and edit them. Please limit them to 300 words and submit before Friday 10 am to be considered for publication the following week. Please check your letter carefully as we may be unable to make subsequently submitted changes. Letter writers should not expect to be published in every issue, or in back-to-back issues, or repeatedly in the same season or on the same topic. Please include your name and street for publication (or borough or municipality if you do not live in Westmount), but not your address (unless you want it published).

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PLEASE REPLACE SUMMIT’S ‘PRISON’ FENCE

Thanks for publishing the article on my comments regarding the lookout (August 31, p. 12). Ms. Sweeney’s reporting makes it clear that there is no plan for rehabilitating the lookout in the foreseeable future.

In the meantime – and just to amplify my comments – there must be something nicer than the horrible prison-like fence there now. It could at least be moved closer to the wall, allowing visitors to park and look out over our city through the fence. It’s not even pushed back fully in line with the sidewalks, making it somewhat unsafe for pedestrians, as you can see from the dog-walker in my photo.

It’s a shame that city council is so afraid of “congregating” up there. It used to be a pleasant spot to park and socialize. And now that cannabis is legal in Canada, there’s barely a reason to block parking access as they do every summer with giant pots of flowers – just when it’s a perfect time to enjoy our “pearl” view over Mon-

PLEASE KEEP POOL OPEN SEPTEMBER WEEKENDS

I am writing about the closing of the outdoor pool on Labour Day Monday again this year. In the past, the pool has stayed open on September weekends; this is especially appropriate this year as outdoor swimming is a reasonably safe way to exercise during the COVID-19 pandemic.

As such, I urge the city to keep the pool open throughout the month of September to provide a safe way of exercising outdoors during the continued difficulties posed by the pandemic.

ANDREA PINKNEY, STAYNER ST.

NO FOLLOW-THROUGH ON UPDATED RENO BY-LAWS

In his Councillor’s Column (August 31, p. 19), Councillor Conrad Peart deftly sets aside the stark failure of council to deliver on its promised update of the renovation guidelines, in particular, windows, doors and roofs.

This was a specific campaign commitment four years ago by both Mayor Smith

and the councillor. Updated guidelines had been identified as a key priority of Westmount residents for at least a decade. However, we remain hindered by out-of-date guidelines that exclude modern engineered materials, are environmentally deficient and waste residents' hard-earned money.

Prior to her retirement, director of Urban Planning and architect Joanne Poirier had set up a well-thought-out, multi-faceted plan. If carried out, it would have rapidly updated the guidelines with the involvement of all major stakeholders, most importantly the residents it is meant to serve. But our current mayor and council did not follow through. It ceased being a priority.

However, over the years when repeatedly challenged at council to report on progress, Mayor Smith and councillors Peart and Lulham spoke as if it was just around the corner: that they had hired someone specifically for the task – he was working on it – a timeline will soon be out – they were looking at low-hanging fruit – we are considering looking at our options – spring of next year – and so on.

Residents have been shown nothing. One conclusion could be that little or no work was actually ever done on this issue.

Our Urban Planning department is destined to become even busier with many large ongoing projects, such as Imagine 2040. It is common practice for our city to bring in outside specialist assistance: engineers, architects and other professionals to provide technical experience and support on a whole range of city issues.

We should immediately do so to update the guidelines. An expert team can prepare recommendations for review by the citizens in an expedient manner. Let's stop talking. Just get going on what directly affects residents' welfare.

DENIS BIRO, BURTON AVE.

'INDEPENDENT' PAPERS DRIVE CIVIC ENGAGEMENT, SHOULD NOT BE CASUALLY DISMISSED

I was compelled to write after reading the letter published in this week's *Independent* (September 7, p. 7) that suggested we might not need the paper due to the decision to publish [a vulgar word] – twice no less! – in recent issues.

I think we should all take a moment and reflect on the fact that Westmount is extremely fortunate to have an independent (pun intended) source of high quality, relevant and engaging local news. The local newspaper is at the very heart of our democracy. The large and growing number of communities without access to local news are more likely to have government corruption, higher government spending and less efficient governments overall.

Local newspapers keep our officials accountable and drive civic engagement. To take a recent example, I haven't necessarily agreed with most of the letters to the editor of this publication regarding the possible Westmount Park renovation. I am, however, grateful that I was able to consider so many diverse perspectives on the topic – and that our councillors will have to consider them, too – because we have this forum. It is also inspiring to see how many Westmounters truly and passionately care about our community.

Admittedly, the publisher of this paper is a good friend. In this instance, he and I agree on the use of the offending word. But if we disagreed, I know he would publish that letter, too, because that's what independent local news is for – and that's a privilege we should never casually dismiss.

SARA PEDERSEN, CLANDEBOYE AVE.

LOW-CALIBRE STORIES, SENSATIONALIST EDITOR

Firstly, I want to address your last paragraph [in your September 7 reply to my letter, p. 9] in which you completely misrepresent my comments. I did not say I wanted to cancel any newspaper, merely that perhaps we could do without one. I couldn't care less if you exist or not.

And my comments pertained more to the calibre of the actual stories, not the “two tiny words,” which actually do not offend me, but do offend others.

Secondly, I think your inaccurate response is rather hostile and unbecoming of an editor. It would seem you are more interested in sensationalism than good reporting.

LYNDA TAYLOR, STRATHCONA AVE.

Editor's reply: So now you say that you are complaining about these two stories because they are low calibre, in your opinion, but you chose them out of hundreds of other, similar contenders and, in your original letter (amongst other, similar statements), *you* pointed out that they contain “the same swear word”. But it doesn't matter anyway, you now say, since you're really asking-for-a-friend and you're not personally offended. Likewise, you say that you are not calling for our cancellation, you are only musing about it. Taken together, your two letters are illogical, inconsistent and unconvincing.

We do not share a sense of humour, I am glad to confirm, but your charge of sensationalism made me laugh. The offensive-to-some/low-calibre-to-others story about the flag was on p. 26 of a 28-page issue (August 24) and the offensive-to-some/low-calibre-to-others story about the parking incident was on p. 24 out of 28 (August 31). I don't think that either these placements or the headlines chosen (“And they're off” and “Two cars, one space”) would impress

actual purveyors of sensationalism like the editors of British and US tabloids. Indeed, they would probably be embarrassed on my behalf. The same is true of my replies to your letters. Workaday headline, workaday placement and presentation.

The most important takeaway for the casual reader of this reply is this: issue after issue, we are trying to tell you what new and interesting things went on recently in Westmount. *It can't all be good news*, no story will appeal to all readers and publication (or even amusement from me) does not endorse a given newsmaker's actions. Regardless, reading the newspaper should make you more informed about the city than before. – DP.

VOTING KAMINSKI, VOTING CONSERVATIVE

Living in Westmount means never experiencing any doubt as to who will win our riding's seat in a federal election. Marc Garneau's confident smile on his posters seems to be saying, “You know the drill. I look forward to serving you once again!” Those committed to the Conservative Party or NDP are resigned to the certainty that their vote serves only as a protest.

Candidates for these parties, as well as the Bloc Québécois and Maxime Bernier's People's Party of Canada, tend to be young people with political ambitions, who understand they have no hope of winning this time, but are paying their dues. Their motivation is fuelled not by hope of a win, but of doing better than expected, even if it means going from single digits to double in vote percentage.

Curious to know more about the candidate I would be lodging my own protest vote with, I spoke with Mathew Kaminski, our Conservative candidate for NDG-Westmount.

Mathew quickly established himself as an energetic and sincerely dedicated contender. He has no illusions, but at the same time he is not taking this responsibility lightly. And, since he had worked for Conservative candidate Neil Drabkin in the 2019 election, and was able to make comparisons. In 2019, for example, Mathew said, there was no question at all about people's voting intentions. But this time, he said, “There seems to be a cloud,” and many people are now undecided and “confused about who to trust.”

One of the issues eroding their trust is the out-of-control spending on COVID relief. They see the cost of living rising, and realize that when the COVID money ends, the problem of ongoing costs won't. Another is dissatisfaction with Marc Garneau's handling of the Afghanistan exit as minister for foreign affairs.

There is no shortage of enthusiasm in this young man. “My dream since I was

five years old has been either to become prime minister or to run the finances of our country.” Obviously playing the long game, young Mr. Kaminski is prepared to be patient, and take it “one step at a time.” His strategy is already bearing fruit. When he began campaigning, his internal poll number was 10 percent. When we spoke on September 9, it was at 17 percent.

This young man is going places in politics, I think. I knew I was going to vote Conservative Party. Now I will be voting Conservative with a spring in my step.

BARBARA KAY, KENSINGTON AVE.

WHERE'S THE MAINSTREAM MEDIA AT PASSPORT PROTESTS?

On September 5, I attended the “vaccine passport” protest in downtown Montreal. Tens of thousands of people were peacefully protesting what they feel to be endless, unjustifiable and increasingly draconian restrictions on their civil liberties, restrictions that are being imposed on citizens by the government without any public debate.

As I walked among the crowd, I was struck by the absence of “mainstream media.” When it comes to covering these protests, mainstream outlets have adopted a combination of three tactics: ignore the protests, downplay the size or demonize those in attendance. Through their conduct, the media is doing a disservice to the people. It is also irreparably tarnishing whatever remains of its brand. These protests have been consistent. They have been massive (far more than “a large group,” or “a few thousands”).

And the people in attendance deserve to be heard. They are people from all walks of life, who are concerned about their future, the future of their loved ones and the future of this country. Instead of ignoring or demonizing the people, a responsible media has the obligation to tell their side of the story. And a responsible government has the obligation to listen.

DAVID FREIHEIT, MP CANDIDATE FOR THE PEOPLE'S PARTY OF CANADA

Editor's note

Letters to the editor policy for end of election period

In keeping with our practice during the previous three municipal election campaigns, letters to the editor published in our last issue (November 2) before the November 7 election that mention a candidate *will be shown* to that candidate for possible rebuttal in the same issue. There will be no second “right of reply” to this possible reply. – DP



**Don't wait until
it hits you.
Get vaccinated.**

**A vaccination passport
is now required to enter
certain public spaces.**

[Québec.ca/COVIDvaccine](https://Quebec.ca/COVIDvaccine)

Old, green car is a Silver Streak



After extensive discussion with our external car consultant, the *Independent* is pleased to report more about the green car photographed on p. 30 of last week's newspaper. It is a Pontiac Silver Streak, which – the internet tells us – was manufactured by GM from 1935 to 1956. The website Mac's Motor City Garage relates the possibly apocryphal story that the car's signature streaks became dated, looking "like an old man's suspenders," in the alleged words of Pontiac general manager Semon E. "Bunky" Knudsen. A quick internet search found ones for sale right now ranging from US\$7,450 to US\$54,500. — DP

Library's gradual re-opening continues Sept. 20

Easing more restrictions, vaccination passport now required

BY LAUREEN SWEENEY

Westmount Public Library's gradual pandemic re-opening moves into another phase Monday, September 20, library director Julie-Anne Cardella announced last week.

Admission will now require not only valid membership cards but also – for those 13 years of age and up – showing a vaccination passport and photo ID at the door. Also required is the wearing of mask or face covering throughout the visit. This includes children aged 6 and up while those aged 2 to 5 are "encouraged to wear one."

"The library is pleased to welcome members back to a safe environment," Cardella said. The easing of restrictions means that the limit on numbers of users at any one time will go from 20 to 100 and the use of computers as well as work and reading spaces will be allowed. "This is all to comply with health guidelines and safe distancing," she emphasized.

There will still be no access to photocopyers, games and other "common" materials such as the self-checkout machine,

charging station or the individual study rooms that require reservation, as well as the Westmount Room and board room.

Additional health measures for anyone attending an in-person event at the library or Victoria Hall will be communicated to attendees during registration.

Opening hours will now include Saturday and Sunday 1 to 5 pm. The library has tables set up with new books, Cardella said, and curbside pick-up will still be available for those who prefer using this service.

Montreal dog owner fined for dog off leash

A resident of Montreal was issued a statement of offence (ticket) for \$225 September 3 for letting a dog off leash in Summit Woods at 4:43 pm, Public Security officials said. The measure is part of an enforcement campaign in the woods where all dogs must be leashed between 10 am and 5 pm at this time of year. The owner claimed the dog had a permit but none was found to have been issued. A warning was issued to obtain one.

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- Breathing with Sarah Gallagher

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The Montreal ‘agglo’ controls police, fire & transit



A driver was stopped by police at 8:30 am on September 10 on Roslyn Ave. next to Roslyn School after turning left off Westmount Ave. against signage. The nearby crossing guard told the *Independent*, “Two tickets have been handed out already this morning. People turn left and right often. I saw a cyclist on the cycle path get hit when a big SUV turned right across the cyclist’s path. I called the police and he got a big ticket.”



Firetrucks at the Stanton St. fire station on September 11. The firefighters had just finished two minutes of silence to mark the 20th anniversary of the attacks in New York City, for which the trucks had just been cleaned. They were packing everything away the *Independent* arrived, but they kindly brought the trucks out again and turned on the lights for the photograph. From left, Martin Demers and Pierre-Luc Choquette.



Two STM buses “en transit” going east on Sherbrooke in front of Victoria Hall September 9 at 5:30 pm.

Photos: Ralph Thompson

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Agglo increase, cont'd from p. 1

“To ease the blow, we’ll use some of our surplus allocated to COVID,” Mayor Smith said. “Is it enough? It’s likely going to be worse in following years.”

With this in mind, she said, the Association of Suburban Municipalities (ASM) is planning to meet with all the Montreal mayoral candidates to explain what the demerged cities have long contended is an unfair division of the island costs. The ASM met two weeks ago with Denis Coderre, she said.

Court expenses

In a resolution adopted by city council June 7, Westmount joined the other de-

merged municipalities in a legal case based on the “injustice” of costs and agreed to a maximum amount of \$5,000 to be set aside by each of the cities for proceedings before the Superior Court.

On September 1, however, Beaconsfield, issued a press release saying the city had raised its contribution to \$6,000 given a failure to resolve the “injustice.”

It cited “unfair distribution of costs for cities with high residential density such as Beaconsfield, Westmount, Town of Mount Royal, Hampstead, Kirkland, Montreal West and Dollard des Ormeaux, at the advantage of cities with high industrial density.”

Does this mean 'Go'?



As seen September 8 at Sherbrooke and Grove Park.

Photo courtesy of Adrian Ebrahimzadeh.



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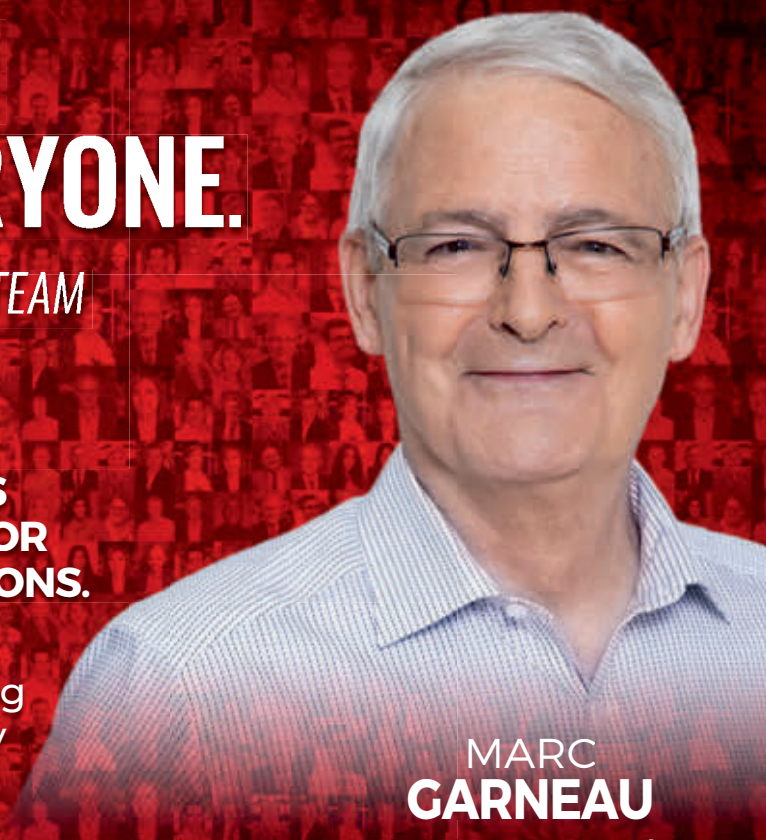
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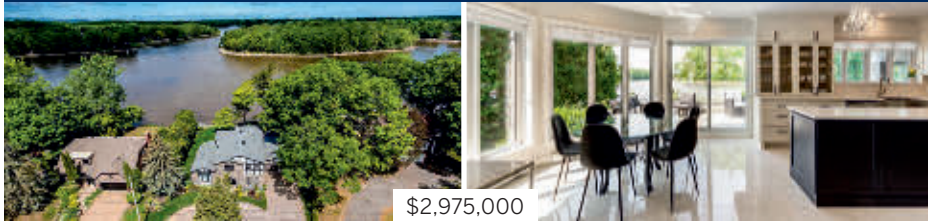


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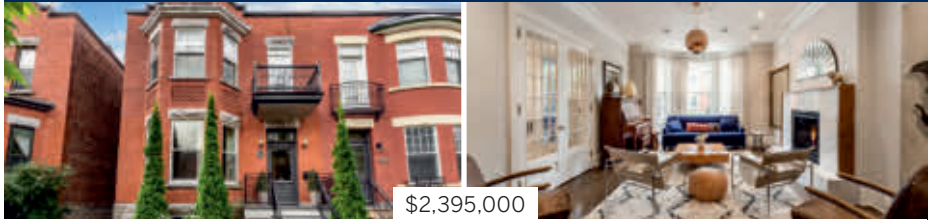


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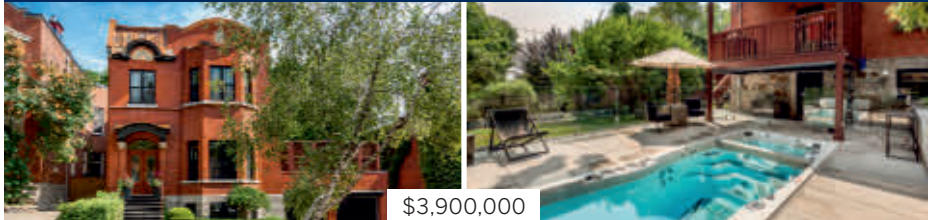


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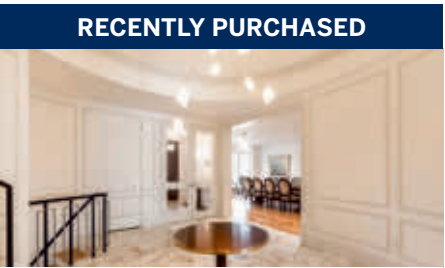
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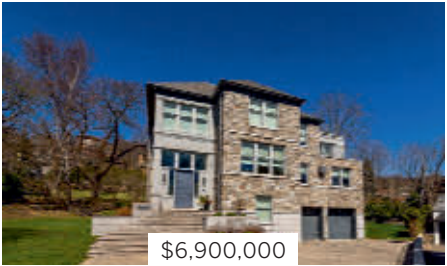
Majestic stone mansion built in 1928 by renowned architect Percy Nobbs. MLS 12942916



\$11,750,000

WESTMOUNT

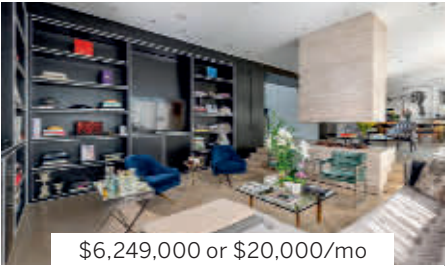
Spectacularly renovated and exquisitely restored mansion on prestigious street. MLS 16556011



\$6,900,000

WESTMOUNT

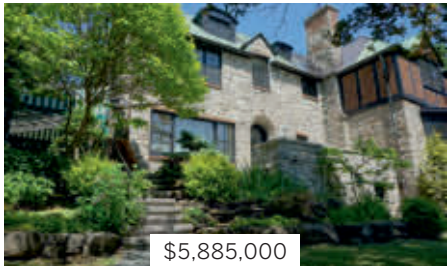
5+1 bdrm architectural masterpiece seamlessly marries a beautiful traditional exterior. MLS 28201966



\$6,249,000 or \$20,000/mo

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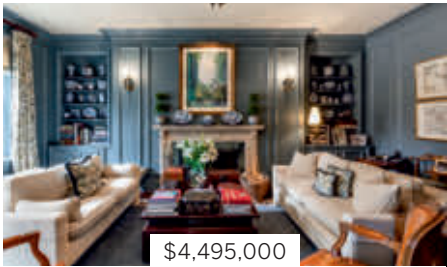
Luxurious magazine worthy Westmount residence 4+2 bdrm | 2 car int. Garage | Pool. MLS 19164801



\$5,885,000

WESTMOUNT

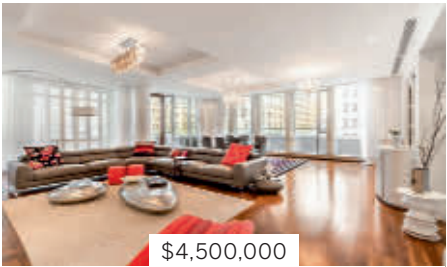
Luxury residence sitting on 16,000 sq ft. of land. MLS 27156166



\$4,495,000

GOLDEN SQUARE MILE

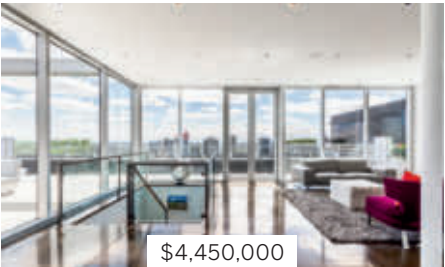
Stately residence located in the iconic Chelsea Place community. MLS 28548584



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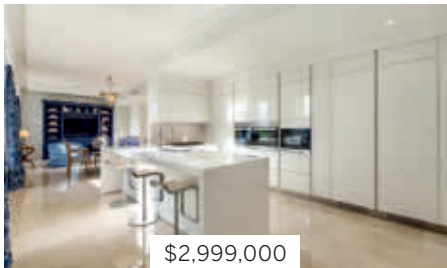
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WESTMOUNT

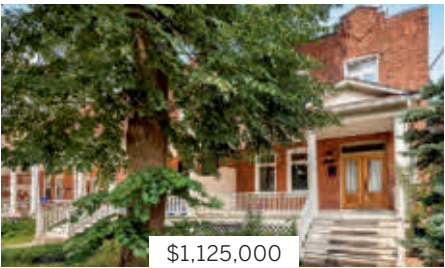
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City to contract out role of election returning officer

Brownstein leaves as city clerk, head of legal services

By LAUREEN SWEENEY

Westmount's city clerk and director of legal services Andrew Brownstein was to leave his position September 10, Mayor Christina Smith said last week before the city council meeting on September 9.

Appointed November 4, 2019 after serving as interim assistant city clerk since August 6, 2019, Brownstein has decided to return to private legal practice, Mayor Smith said.

"We tried to make it not happen," she said, adding that the pandemic had taken its toll. Brownstein had been managing the many virtual council meetings and public consultations "and he managed them very well. It's incredibly sad to see him go and we wish him all the best."

His departure comes on the approach of the municipal election November 7, for

which he would have served as the city's returning officer. For this vital role, Mayor Smith said, the city will bring in, on contract, someone from the municipal law office of Bélanger Sauvé who has experience as a returning officer. His name is François Rivard.

City council also approved a bank of hours from the same firm, up to a maximum of \$95,900 excluding taxes, for legal support to the city clerk's office.

As well, city director general Hadi Hakim was appointed substitute city clerk at the council meeting.

Brownstein had been affiliated with the city clerk's office since 2014 when he began his six-month *stage* before admission to the Quebec bar and going into private practice, during which time he continued taking the minutes of the council's general committee meetings (see story Aug. 6, 2019, p. 7).

Prince Albert, Greene to host market

By RALPH THOMPSON

The long-promised farmers' market arrived at Prince Albert square September 5, along with a steady stream of enthusiastic Westmounters looking for healthy, fresh organic vegetables.

The stand is managed by co-owner of La Ferme Complètement Légume, Gabrielle Jobin. She explained that she is one of three owners of La Ferme, along with Stéphanie and Amélie.

La Ferme has been farming for five years at its Mirabel location and is associated with the Family Farms Network, which brings together 141 local, certified organic farmers in Quebec and New Brunswick.

"The tomatoes and cucumbers are

grown in greenhouses while other vegetables grow outside," said Jobin. "We work from March, when we plant the seeds in greenhouses until the end of October. Then we do the paperwork and take a break until the next planting season." Jobin went on to explain that the crops are all fertilized using local chicken and cow manure, and they occasionally use liquid fish fertilizer. They were originally inspired by a demand from several restaurants for fresh, organically grown, locally supplied vegetables but soon found they had a passion for farming.

La Ferme's stand will be in Westmount every Sunday between 11 am and 3 pm throughout September. It will be on Prince Albert square again September 19 and Greene Ave. September 26. See photo on p. 1.

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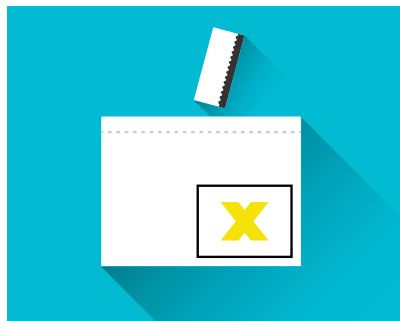
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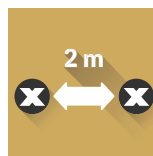
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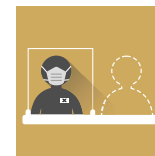
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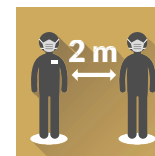
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Under renovation at 4508 St. Catherine

Fire in vacant apartment building deemed ‘suspicious’

BY LAUREEN SWEENEY

A fire in a vacant apartment building in the early hours of September 6 at 4508 St. Catherine caused the evacuation of two buildings on either side but no injuries were reported, city officials said. The cause was deemed suspicious.

“We have attended at this building at least four or five times as they leave it insecure,” said Public Security director Greg McBain, who was at the scene. “We attended this past Friday [September 3]. The side door was completely open at 9 pm.” At that time, he said, an interior check was undertaken by police. “Squatters” had previously been seen.

“Flames and heavy smoke were seen shooting out from the roof,” reported Public Security sergeant Yook Wong on arriving at the scene at 2:58 am when called by 9-1-1. Some 60 firefighters as well as police were already on the scene.

The three-storey building, reported to have been vacant and under renovation for over a year, is located on the south side of

the block between Abbott and Irvine. Surrounding streets were blocked off, electricity was cut and residential buildings on either side were evacuated. though residents were later allowed back in.

While the fire department bus was on the scene, there was no need to open Victoria Hall as a shelter.

According to fire officials, the blaze started on the first floor, McBain said. Because the building was known to be vacant, the fire was basically fought from the outside, he explained. Much of the roof was destroyed in fighting the fire and preventing its spread to an adjoining duplex. The public safety officers helped block streets and provide information.

“The firefighters did an amazing job,” said District 7 councillor Cynthia Lulham, who lives nearby. “When I came out my door, I was taped in because they were using the hydrant on my property.” Lulham spotted and signaled to McBain who, she said, had the tape moved so she could leave the house and observe the action with him.

Around 6 am when McBain left the

scene, he said, the fire was out but firefighters were ventilating the roof to ensure the fire was completely extinguished. Debris covered the streets, much of it small pieces of “cinder wood” and glass from broken windows,” Lulham, said.

“Public Works did a wonderful clean-up and even ordered the cleaning of catch-basins. A big thanks also to Public Security and Hydro Westmount.” *See photos at right.*

Loose dog claimed by owner

A Golden Labrador mix was found running loose outside 4884 Westmount Ave. on September 4 at 10:46 am, Public Security officials said. It was wearing a blue collar without identification. The dog was taken to a veterinary clinic on Victoria to be scanned for a microchip but none was found.

As a result, it was taken to the station on Stanton St. and the SPCA informed. At 11:56 am, the owner called to claim the dog from Public Security. It lived on the same street where it was found.



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During the fire, above, and after, below.

PHOTOS COURTESY OF PATRICK MAKARIAK (ABOVE) AND OF M. RAHIMI (BELOW).





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Left, Conservative candidate's Mathew Kaminski's poster near Lansdowne and Sherbrooke on September 8; right foreground, the posters of the Liberals' Marc Garneau, the sitting MP; the People's Party's David Freiheit; and, right background, the Christian Heritage Party's Geofryde Wandj and the NDP's Emma Elbourne-Weinstock. In the foreground at the bottom of the pole is a poster for a missing cat. It is not known if its disappearance has a political dimension.

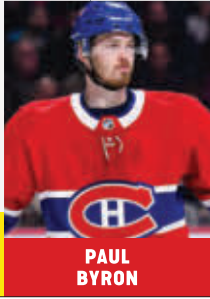
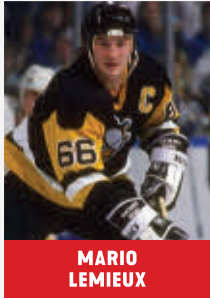
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Eight candidates on the ballot in NDG-Westmount

BY MARTIN C. BARRY

With the federal general election set for next Monday, September 20, the *Westmount Independent* has compiled a list of the eight candidates running in NDG-Westmount, as well as a statement reflecting their over-all views and why they are running.

The *Independent* tried to reach all the candidates to allow them to submit or verbally make a statement, although this was not always possible.

For this reason, information for some of the candidates comes from party websites and (in one case) a media source. The names of the candidates and the parties they represent are placed in the order in which they appear on the Elections Canada website.

Jordan Craig Larouche (Bloc Québécois)

Jordan Craig-Larouche is a 21-year-old University of Quebec in Montreal student with a long-standing interest in politics and the history of Quebec. In keeping with the central tenet of Bloc Québécois beliefs, he supports Quebec's becoming an independent country. He has been advocating for Quebec sovereignty since age 17. He is currently working on completing an undergraduate degree in communications, politics and society.

"I have decided to run as a candidate in NDG-Westmount," he replied to us by email, "because I believe in Quebec. I believe in our value, our culture, and our people. I also believe that our interests need to have a better representation in Ottawa. I want to defend the people of Quebec no matter their origin or their language. In the end, what is good for Quebec is also good for NDG-Westmount."

"When we look at how the federal government has treated Quebec in the last decades, if not the last century, we can see a fundamental disregard, contempt and disrespect for what Quebec stands for. We also saw recently where the lack of federal funding of our healthcare system led us. With the Bloc Québécois team, I want to end those fundamental injustices and ensure that Quebec will be respected no matter what is the government in place."

Emma Elbourne-Weinstock (New Democratic Party)

"I grew up in NDG and attended schools in NDG and in Westmount, and I want life in this riding, and neighbourhoods like it, to remain affordable for myself and for future generations. I have a master's degree in political science and am working at the Indigenous Initiatives unit at McGill University.



The line-up for the advanced poll stretched around Victoria Hall on Sept. 10.

Photo: Ralph Thompson.

"I am running because I am worried about the disillusionment experienced by my generation, which has witnessed inaction on climate change, Indigenous rights, and affordability our entire adult lives. We grew up with a sense of urgency, followed by frustration as our elected officials have appeared not to act with that same sense of urgency."

"The NDP is connected to the concerns and priorities of my generation, as well as the concerns and priorities of all those who feel disenfranchised and overlooked by Conservative and Liberal governments. I am excited about our policy ideas to expand national healthcare to include dental health and mental health, our commitments to cutting carbon emissions, and our inclusion of Indigenous peoples throughout our platform. And I'm excited about its commitments to supporting Canadians as we continue to deal with the fallout of COVID-19."

Sam Fairbrother (Green Party of Canada)

Sam Fairbrother was born in Portland, Maine to an American mother and an anglo-Montreal father. At a young age, he says, his parents decided for a plethora of reasons to move to Montreal, chief among them to allow their children to grow up in a more diverse city and to avoid the exorbitant costs of the American healthcare and education systems.

Affordable housing. As MP, Fairbrother says he would fight for NDG and neighbourhoods across Canada in order to ensure that there is high-quality and affordable housing for everyone.

Climate change. If elected, Fairbrother says it will be his priority one to end Canada's dependence on fossil fuels, both domestically and in exports.

Mental health support. In parliament, Fairbrother says he would ensure that policy that respects and helps those with mental illness will remain on the legislative agenda.

Indigenous sovereignty. Fairbrother wants to promote indigenous sovereignty on indigenous terms, because it isn't for others to determine what is best for them.

David Freiheit (People's Party of Canada)

"I was born and raised in Montreal, the youngest of five children in a family of lawyers. I am a husband. A father. And a patriot. I never thought I would find myself running for political office. But I never thought I would find myself in a Canada where the government would lock people in their homes, shut down their businesses, force children to wear facemasks, prohibit international and interprovincial travel, and even forcibly detain Canadians in government facilities without any due process."

"I never thought I would see a Canada in which our most fundamental civil and human rights are treated as mere privileges that can be capriciously shredded by mere government edict. Yet that is exactly what Canada has become. Under its current leadership, Canada has simply become unrecognizably un-Canadian. And I am going to do everything I can to make our great country glorious and free once more."

Marc Garneau (Liberal Party of Canada)

"Residents of NDG-Westmount have been resilient and determined in the face of the COVID-19 pandemic. They want a concrete plan that will end this pandemic as quickly as possible. They also want a comprehensive set of measures to tackle climate change, the greatest challenge of this century. Yes, Canadians have a choice to make about our future."

"Our party has presented a plan to support Canadians in their goal of becoming homeowners, to increase access to mental health care, to help seniors and people with disabilities live at home, to provide more childcare spaces and to accelerate climate action by cutting pollution in the oil-and-gas sector, accelerating the purchase of zero-emission vehicles, focusing on active

transportation and public transit and protecting more of our nature for our kids and grandkids. That's what the people of NDG-Westmount expect from their government and that's what we will deliver."

Rachel Hoffman (Marxist-Leninist Party of Canada)

Despite an attempt by the *Independent* to reach Ms. Hoffman through her party's national headquarters in Ottawa, she did not respond, nor was any information on her background or platform available on the Marxist-Leninists' website.

Mathew Kaminski (Conservative Party of Canada)

Mathew Kaminski was born and raised in Montreal. He says that having grown up in a such an innovative city, he was intrigued by business studies. As he grew older and learned more about it, accounting became his passion. Mathew attended high school in Westmount at St. George's and he says he was always familiar with the community. Currently, he working as an auditor and is a candidate in the Concordia CPA program.

His involvement in politics began at the age of 17 — shortly after the Liberals' win over Harper's Conservatives. After seeing Canada's fiscal position weaken, he says he decided to join the NDG-Westmount Conservative Riding Association.

Mathew says his biggest motivation for running in this election was thinking about his future. He worries about housing affordability, inflation and the ability for his future children to grow up in an environment that tolerates freedom of thought and expression. His goal in running is to bring a youthful and logical approach to Conservative values in order to appeal to millennials.

Geofryde Wandji (Christian Heritage Party)

Geofryde Wandji lives in the riding of NDG-Westmount. She holds a bachelor degree in physics and chemistry, a bachelor degree in electrical engineering and a master's degree in economics from the University of Montreal.

She worked as an engineer for some years and is now a secondary school teacher of science and technology who is passionate about raising future generations of young leaders who are involved in STEM (science, technology, engineering and mathematics). She says her dream is to "see true leadership back in Canada; leaders that instill values of righteousness and faith instead of deceit and fear in people."

Neighbourhood watch – Miss Foundling



9 Lives
LYSANNE FOWLER



that they had a gorgeous cat come to their back door on Redfern and stay.
They took her to the veterinarian and she is not microchipped.
So it is up to us, neighbours and friends, to have a good look at

I met a long-time colleague and neighbour on September 9 and he mentioned

her and do our magic to get her home. If that does not work, then we will move on to our regular second phase of a good home for her.

Here she is, Miss Foundling, a young long-haired grey-and-white with huge green eyes. Most affectionate and easy to



Westmount
A-dog-tions
LYSANNE FOWLER

Handsome and he knows it!
His adorable ways are so heartwarming as well. Theo is a bright sporty three-year-old Bernese mountain dog/Sheltie mix, very healthy and affectionate.
His working dog DNA makes him a great buddy for the dog park, the Summit,

pick up, she has such a loving disposition.
Please call Robert on his cellular at 514.892.0636 if you have any information or have been looking all over for her.
We will keep you posted on developments in our next column!
Your neighbour, Lysanne

Theo is best buddy



trekking, agility training, playing with another dog in the home, fetching in a fenced back yard, and good walks around the neighbourhood.
Theo is up to date with his vaccinations, neutered and microchipped. He is presently in foster care for the grass-

roots volunteer animal rescue Gerdy's Rescues & Adoptions. You can find out more about Theo by referring to their information page for his adoption on their website www.gerdysrescue.org and contacting them at their email info@gerdysrescue.org.
Your neighbour, Lysanne

SENIORS – Need Help Getting a Vaccine Passport?

Contactivity Centre can help you to obtain a paper vaccine passport and we will plasticize it so it doesn't get rumped. Or we can help you to download a digital passport, if you have a smart phone.
Please call our community support worker **Michael Nolan** at a special reserved phone number: **438-699-9927**

CONTACTIVITY CENTRE
4695 de Maisonneuve Blvd W.
Westmount, corner Lansdowne
contactivitycentre.org



When Wednesday, September 22, 2021 at 7 PM

Where Victoria Hall, 4826 rue Sherbrooke West

What On September 26, Westmount citizens will be able to elect either Julian Feldman, Irwin Rapoport or Rolain Thomas for the English Montreal School Board Councilor in district 3 which is one of 10 seats.
The WMA will hold a debate between the candidates

The debate will be followed by a question and answer period.

A FREE EVENT, OPEN TO ALL



VILLE DE | CITY OF
WESTMOUNT



IMPORTANT NOTICE

Demolition Application

1. The City of Westmount has received an application for a demolition permit, and for a preliminary program for the immovable located at **4898 De Maisonneuve Boulevard West**;
2. A public sitting of the Demolition Committee will take place on **October 7, 2021 at 4:00 p.m.** and will be broadcast live on the City's website: <https://westmount.org/demolition-committee>

The legal notice relating to the foregoing is available at: <https://westmount.org/en/resident-zone/legal-services-city-clerks-office/public-notice/>

www.westmount.org

LOCAL CLASSIFIEDS

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Snow shovelling, raking leaves, yard & garden cleanup, adding mulch. Text/Message Vince at 514-294-5562.

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Quiet, mature woman needs Westmount rental. Twenty-one years on Redpath St. Winters in Florida senior community. Call 561-418-1940 Joan.

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**ÉLECTION GÉNÉRALE MUNICIPALE
MUNICIPAL GENERAL ELECTION
LE 7 NOVEMBRE 2021 - NOVEMBER 7, 2021**



ÉLECTION GÉNÉRALE MUNICIPALE - 7 NOVEMBRE 2021

PAR CET AVIS PUBLIC, Me Andrew Brownstein, président d'élection, annonce les éléments suivants aux électrices et aux électeurs de la municipalité.

1° le ou les postes suivants sont ouverts aux candidatures :

- Mairesse ou maire;
- Conseillère ou conseiller du district n° 1;
- Conseillère ou conseiller du district n° 2;
- Conseillère ou conseiller du district n° 3;
- Conseillère ou conseiller du district n° 4;
- Conseillère ou conseiller du district n° 5;
- Conseillère ou conseiller du district n° 6;
- Conseillère ou conseiller du district n° 7;
- Conseillère ou conseiller du district n° 8;

2° Toute déclaration de candidature à l'un de ces postes doit être produite au bureau du président d'élection, sur rendez-vous seulement, du lundi au vendredi, du 20 septembre au 1er octobre 2021 de 8 h 30 à 18 h 30, exception faite du vendredi 1er octobre 2021 où les candidatures pourront être produites sans rendez-vous;

3° Si plus d'un candidat pose sa candidature à un même poste, vous pourrez exercer votre droit de vote en vous présentant au bureau de vote qui vous sera assigné aux dates suivantes :

- **Jour du scrutin** : le dimanche 7 novembre 2021 de 9 h 30 à 20 h;
- **Jours de vote par anticipation** : le dimanche 31 octobre 2021 de 9 h 30 à 20 h; et le lundi 1er septembre 2021 de 9 h 30 à 20 h;

4° Vous pourrez voter par correspondance si vous êtes dans l'une des situations suivantes :

- Votre domicile n'est pas sur le territoire de la municipalité;
- Votre domicile est sur le territoire de la municipalité et :
 - o Vous êtes domicilié(e) dans un établissement de santé admissible¹;
 - o Vous êtes incapable de vous déplacer pour des raisons de santé ou vous êtes une proche aidante ou un proche aidant domicilié à la même adresse qu'une telle personne;
 - o Vous aurez 70 ans ou plus le jour du scrutin;
 - o Entre le dimanche 17 octobre 2021 et le mercredi 27 octobre 2021, vous devez respecter une ordonnance ou une recommandation d'isolement des autorités de santé publique, car vous :
 - êtes de retour d'un voyage à l'étranger depuis moins de 14 jours;
 - avez reçu un diagnostic de COVID-19 et êtes toujours considéré(e) comme porteur(-teuse) de la maladie;
 - présentez des symptômes de COVID-19;
 - avez été en contact avec un cas soupçonné, probable ou confirmé de COVID-19 depuis moins de 14 jours;
 - êtes en attente d'un résultat de test de COVID-19.

Pour voter par correspondance, vous devez faire une demande en communiquant avec le président d'élection au plus tard le **mercredi 27 octobre 2021**.

La façon de faire votre demande et sa validité varient selon votre situation :

- Si votre domicile n'est pas dans la municipalité, votre demande doit être faite par écrit et sera conservée pour toutes les élections et les référendums suivant la réception de la demande.
- Si vous êtes domicilié(e) et que vous devez respecter une ordonnance ou une recommandation d'isolement des autorités de santé publique, votre demande peut être verbale ou écrite et sera valide uniquement pour le scrutin en cours.
- Si vous êtes dans une autre des situations présentées ci-haut, votre demande peut être verbale ou écrite et sera valide pour le scrutin en cours et pour les recommencements qui pourraient en découler.

Les bulletins de vote par correspondance seront expédiés à partir du 11 octobre 2021.

Si vous êtes inscrit(e) au vote par correspondance et que vous n'avez pas reçu vos bulletins de vote quelques jours après leur envoi, vous pourrez communiquer avec le président d'élection pour en recevoir de nouveaux.

Les bulletins de vote devront être reçus au Bureau du président d'élection au plus tard le **vendredi 5 novembre 2021 à 16h30**.

5° Vous pouvez me joindre à l'adresse, numéro de téléphone et courriel ci-dessous.

Bureau du président d'élection
4333 Sherbrooke Ouest, Westmount, QC H3Z 1E2
Téléphone : (514) 989-5280
Courriel : elections@westmount.org

DONNÉ à Westmount, le 9 septembre 2021.

Me Andrew Brownstein
Le président d'élection

¹Les établissements de santé admissibles sont les centres hospitaliers, les CHSLD, les centres de réadaptation et les résidences privées pour aînés inscrites au registre constitué en vertu de la *Loi sur les services de santé et les services sociaux* et les centres hospitaliers et les centres d'accueil au sens de la *Loi sur les services de santé et les services sociaux pour les autochtones cris*.

En vertu du *Règlement visant à fixer les modalités de publication de certains avis publics*, la date de publication de l'avis sur le site Internet de la Ville a préséance sur toute autre date de publication subséquente sur un autre support.



VILLE DE | CITY OF
WESTMOUNT

**ÉLECTION GÉNÉRALE MUNICIPALE
MUNICIPAL GENERAL ELECTION
LE 7 NOVEMBRE 2021 - NOVEMBER 7, 2021**



MUNICIPAL GENERAL ELECTION - NOVEMBER 7, 2021

BY THIS PUBLIC NOTICE, Me Andrew Brownstein, the returning officer announces the following to the electors of the municipality.

1. The following positions are open for nominations:

- Mayor;
- Councillor for District No. 1;
- Councillor for District No. 2;
- Councillor for District No. 3;
- Councillor for District No. 4;
- Councillor for District No. 5;
- Councillor for District No. 6;
- Councillor for District No. 7;
- Councillor for District No. 8;

2 Any nomination paper for one of these seats must be filed at the office of the returning officer by appointment only, Monday to Friday, from September 20 to October 1, 2021 from 8:30 a.m. to 6:30 p.m., except on Friday, October 1st, 2021, when nomination paper can be filed without an appointment;

3 If more than one nomination paper is received for the same seat, you may exercise your voting right by going to your assigned polling station.

- **Polling day:** Sunday, November 7, 2021 between 9:30 a.m. and 8:00 p.m.;
- **Advance polling day:** Sunday, October 31, 2021 between 9:30 a.m. and 8:00 p.m. and Monday, November 1st, 2021 between 9:30 a.m. and 8:00 p.m.;

4 You can vote by mail if you are in one of the following situations:

- Your domicile is not located in the territory of the municipality;
- Your domicile is located in the territory of the municipality:
 - o You are domiciled in an eligible health establishment¹
 - o You are unable to travel for health reasons or you are a caregiver domiciled at the same address as such a person;
 - o You will be 70 years of age or older on polling day.
 - o Between Sunday, October 17, 2021, and Wednesday, October 27, 2021, you must comply with an order or a recommendation for isolation from public health authorities because you:
 - returned from a trip abroad within the last 14 days;
 - were diagnosed with COVID-19 and you are still considered a carrier of the disease;
 - are showing COVID-19 symptoms;
 - have been in contact with a suspected, probable or confirmed case of COVID-19 within the last 14 days;
 - are waiting for a COVID-19 test result.

To vote by mail, you must make an application by contacting the returning officer no later than **Wednesday, October 27, 2021**.

How you apply and the validity of your application will vary depending on your situation:

- If your domicile is not in the municipality, your application must be made in writing and will be kept for all elections and referendums following its receipt.
- If you are domiciled in the municipality and you must comply with an order or recommendation for isolation from public health authorities, your application may be verbal or written and will be valid for the current poll only.
- If you are in one of the above-listed situations, your application may be verbal or written and will be valid for the current poll and any recommenced proceedings arising from this poll.

The ballot papers for voting by mail will be sent as of October 11, 2021.

If you are registered to vote by mail and you have not received your ballot papers a few days after their sending, you can contact the returning officer to obtain new ones.

Ballot papers must be received at the office of the returning officer no later than **Friday, November 5, 2021, at 4:30 p.m.**

5 I may be reached at the following address, telephone number or email address.

Office of the returning officer

4333 Sherbrooke St. West, Westmount, QC H3Z 1E2

Phone: (514) 989-5280

Email: elections@westmount.org

ISSUED in Westmount, on September 9, 2021.

Me Andrew Brownstein
Returning Officer

¹Eligible health establishment are hospital centres, CHSLDs, rehabilitation centres and private seniors' residences listed in the register established under the Act respecting health services and social services (chapter S-4.2) and hospital centres or reception centres within the meaning of the Act respecting health services and social services for Cree Native persons (chapter S-5).



Molly Lamb Bobak, *Beach Crowd*

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Police arrest knife-wielding suspect

BY MARTIN C. BARRY

Up to 13 Montreal police cars converged at the corner of The Boulevard and Mount Pleasant on September 4 to subdue a male suspect who was seen brandishing a knife on the road leading towards Beaver Lake on Mount Royal, before evading arrest while walking across part of upper Westmount.

"He was non-cooperative and refused orders to stop, so this was cause to pursue and they chased him," said Station 12 community relations officer Adalbert Pimentel, adding that the suspect was transported to hospital after being arrested and appeared to be intoxicated.

According to an eyewitness account provided by a Westmount resident who also took photos of the arrest, the suspect was chased on foot by a few policemen, who

finally caught up with him on The Boulevard in Westmount.

Pepper spray was used at one point to subdue the suspect, said the eyewitness, and one officer suffered an injury to the right arm or hand while helping subdue the suspect who appeared psychotic and had to be wrestled down.

Meanwhile, another officer was inadvertently doused with pepper spray, the witness maintained, adding that a fire truck carrying first responders and two ambulances also turned up.

While the suspect was handcuffed and taken away in one of the ambulances, the injured officer left in the second one.

The officer who had been pepper-sprayed was doused on the head and face with bottled water and required no further treatment, the witness said.

Police Report

Six break-ins in six days

BY MARTIN C. BARRY

According to police at Station 12 on Stanton St., there were a half-dozen or so break-in incidents in Westmount over a recent six-day period.

On September 3 between 6:30 and 10 pm, the backdoor window on a residence located on The Boulevard near the corner of Grosvenor Ave. was shattered during an unsuccessful attempt to break in.

de Mais./Grosvenor

On September 3 sometime between 9 am and 5 pm, a residence near the corner de Maisonneuve Blvd. and Grosvenor Ave. was broken into and robbed of valuables. According to the police incident report, two laptop computers and a wallet were taken.

Upper Westmount

On the night of September 4 to 5, between 10 pm and 2:30 am, a purse was

stolen from a home located in upper Westmount after the owner had retired for the night. The owner acknowledged to police that a side entrance into the house wasn't locked, and that a large ground-floor window offered a view from outside of the interior of the house.

Sherbrooke #1 & 2

On the night of September 5 to 6 between 8 pm and 11 am, a business located at an address on Sherbrooke St. between Arlington and Strathcona avenues was broken into, although nothing was stolen.

Sometime during the evening or night of September 8 to 9 between 3 pm and 6 am, there was another break-in the same vicinity – Sherbrooke St. and Mount Stephen Ave. – a commercial address again. But, in this case the thieves made off with construction tools and equipment, which had been left behind by a contractor working on renovations inside.







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City Views

VERONICA READGRAVE



You had a pretty heavy schedule before the first lockdown. How did you manage in the months after that?

When the gyms closed and, like everyone else, I was laid off, I had to discover what the new normal was going to be for me; especially how I would stay in shape and keep busy. I wanted to keep a schedule where the weekends were separate from the weekdays. I was particularly worried about my participants and how I could help

them stay in shape and keep them connected to a social fitness network. I kept busy filming some free workout videos, taking long walks to the Summit and calling friends to check up on them.

You usually wear work-out clothes for your job. Did the lockdowns change how you dress?

I am one of the lucky people who has the privilege to dress comfortably for my work! My workout clothes are my day clothes.

How did you get your Zoom services known?

I created a Facebook group for people who used to train and take my classes. I wanted to stay connected. At a certain point, it seemed natural to extend my services and I began offering Zoom courses.

Any suggestions for everyone to move around?

It is crucial to keep moving, not just to keep in physical shape but also for our mental health. Anything and anyone that motivates you to move is good. It's essential to start with attainable objectives and not put too much pressure on yourself to perform. For those just starting, walking is the easiest and safest way to get moving.

Use the stairs rather than an escalator/elevator and walk instead of driving. Small changes make a big difference. We're lucky to live in a time where there are so many great apps to help monitor and motivate daily activity. Of course, if you have the budget, a personal trainer or online courses are a great option. Youtube also has many excellent classes and resources available for people with options for people at different fitness levels.

Any thoughts on how we might change our exercise habits now?

The fitness industry and gyms were undoubtedly one of the sectors most affected by closures due to the pandemic. Because the lockdown went over so many months, people had time to change and get used to new fitness habits. They created spaces in their homes for working out and got used to different activities outside of going to the gym.

It is anyone's guess if this will continue long term. Likely, programs that cram people into tight spaces to sweat together will not be back any time soon. I will guess that some people will permanently modify their workout habits as many enjoy the practicality of working out from their homes.



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Permanent exhibition of Lindsay's photographs opens at Manoir Westmount



Clare Hallward with the exhibition guide and two of Doreen Lindsay's photos.



Art Scene

HEATHER BLACK

Fourteen 24" x 36" colour photographs – the *Westmount Architecture Project* – now grace the walls of the activity room of the Manoir Westmount seniors' residence.

On display are images photographed – and donated – by Westmounter Doreen Lindsay. The photographer also compiled an information guide to accompany the permanent exhibition.

Among the selection are several early homes, "Hurtubise House (1739)" and "Metcalf Terrace or the Goode House (c. 1840);" public sites, "Westmount Park" (1898) and "Victoria Hall (1925);" places of worship, "St. Matthias' Anglican Church (1912)" and "Shaar Hashomayim Syna-

gogue (1922)" – as well as "Westmount Square (1967)."

Lindsay – who first viewed the exhibition this summer – has been photographing local architecture since 1995 when she first joined the Westmount Historical Association.

Together with the late Aline Gubbay, she was instrumental in revitalizing both the group and public interest in our built heritage.

Lindsay commented: "We don't have a museum, so this permanent exhibition provides a pictorial view of our architecture and the variety of styles that exist in Westmount."

The *Westmount Architecture Project* was initiated by Earl Pinchuk of the Art for Healing Foundation.

Founded in 2002 by Pinchuk and Gary Blair, to date the foundation has installed artist-donated paintings and photography at 87 healthcare facilities across Canada

and in France. These include the Montreal General Hospital, the Donald Berman Maimonides Geriatric Centre and – in 2018 – Manoir Westmount with donated work by Lynda Schneider-Granatstein, Tibor K. Thomas and Anita Shapiro.

At that time Pinchuk saw and discussed with Lindsay the possibility of an exhibition of Westmount architecture. Noting the benefits of a permanent photographic installation on residents' cognitive health, he said: "Seeing the familiar – whether a park, bank or church – can rekindle memories of day-to-day routines as well as significant events."

Residents continue to enjoy the *Westmount Architecture Project*. Recently Clare Hallward commented: "It's interesting to see the selection of buildings and I love the one of the park – the green of the trees." Exhibition framing and production costs were funded by the estate of former Manoir Westmount resident Elli Jarvis.

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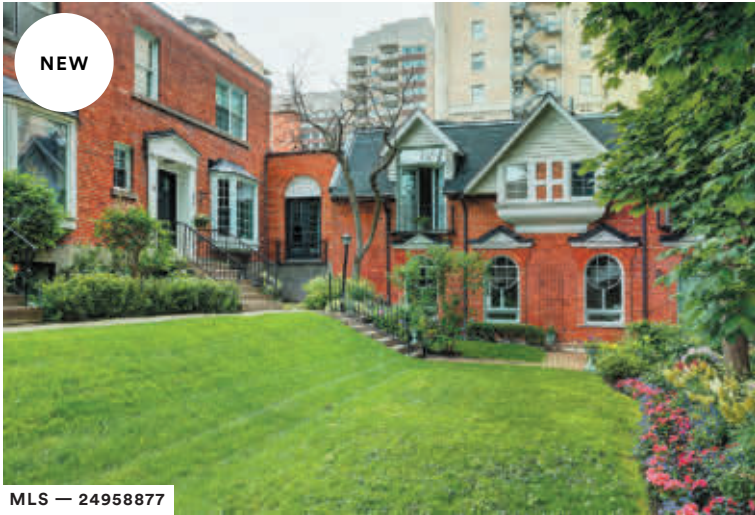
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3 2 + 2 5



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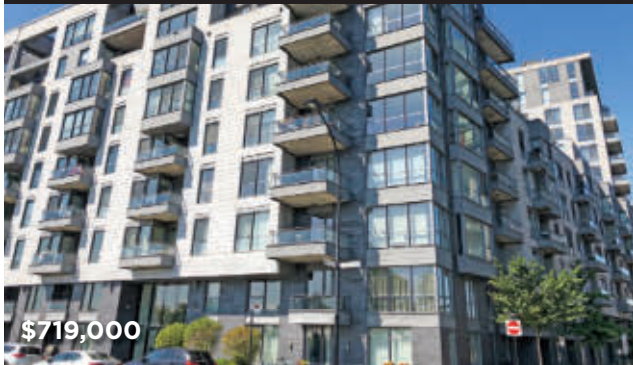
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