

## Guy Dufort named Conservative nominee

Heenan Blaikie lawyer Guy Dufort has been acclaimed by the Westmount-Ville Marie Conservative Party to run in the next federal election.

The party's Quebec communications coordinator, Marisa Angeloro, told the *Independent* that others had put their names forward, but removed them after assessing Dufort's candidacy. Their names were not made public.

Dufort's legal practice focuses on litigation, labour and employment. He has appeared before the Supreme Court and the Quebec Court of Appeal, and acted as a negotiator for collective agreements.

Dufort served as president of the Progressive Conservative Party's Quebec wing from 1994 to 1999 and was the PC candidate in Hull-Aylmer in 2000. In 2003, he chaired the meeting that led to the formation of the Conservative Party.



## Mayor: We'll participate in Earth Hour

Westmount will participate in Earth Hour on March 29, Mayor Karin Marks told the *Westmount Independent* in an interview last week.

"We will turn off the lights at [city] buildings and ask residents – especially those with exterior lights – to turn off theirs."

Westmounters have been hearing about the planet-wide Earth Hour for several weeks now. In the February 20 *Westmount Independent*, columnist Eve Aspinall explained the concept of one hour of carefully planned darkness beginning March 29 at 8 pm. The idea is to save energy, but also highlight a number of global pollution and energy issues.

But Westmount's name was not on Aspinall's list of participating cities.

At the January 28 city council meeting, councillors were asked point-blank about the city's plans. There were none at that time.

Mayor Karin Marks has since confirmed that Westmount will participate, but went on to explain that

the city would "not be doing anything major or comprehensive. ... It's symbolic. We are more concerned about efforts to change behaviour, so we will likely be putting more effort into things like composting."

Even so, she said, "We recognize that it's important to participate."

*This is what the world could look like on March 29.*

## Shaping the community



Welcome to the first in our new series of profiles on Westmount community groups, to be interspersed with our regular Westmount Profiles. This week, we introduce you to the Healthy City Project, a group that has been furthering Westmount's good habits since 1990. From left: Tom Thompson, Jennifer Patton and Barbara Moore. For more on the Healthy City, turn to p. 14.

## Camp Caravan p. 6-7



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## Fire station becomes mini HQ

BY LAUREEN SWEENEY

The reorganization of Montreal's island-wide fire department went into effect Monday, February 25 with Westmount's station on Stanton St. serving as a headquarters for the entire south region, one of the two sectors into which the island is divided.

Among the reasons for the selection of Westmount was its central location and the good service the fire department receives from the city, explains Fire Prevention Chief Daniel De Vries.

We'll bring you all the details in next week's March 5 edition of the *Westmount Independent*.



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# Chamber orchestra events

Since its founding in 1974, many Westmounters have attended or helped out at the Montreal Chamber Orchestra's concerts and fundraising events. This year is no exception. Current Westmount board members include Dr. Andrew Mok, Charles Porteous, Erik Moisan, and Brian and Joan McGuigan.



Westmounter Diane Schrenk and Linyang Lu look over the menu for the Montreal Chamber Orchestra's Chinese Banquet. Lu, in traditional Chinese dress, is a banquet volunteer. Schrenk is chair of the organizing committee.

The group's 10th annual Chinese Banquet takes place on Wednesday, February 27 at 6:30 pm at the new Montreal Chinese Community and Cultural Centre (1088 Clark St.). Any unsold tickets (\$75 each) will be available at the entrance, but organizers report that they are going fast and may sell out (see below to preorder).

On March 6, 2008 at 8 pm at Salle Claude Champagne (220 Vincent d'Indy Ave.), the MCO's founder, Wanda Kaluzny, will conduct at the fourth concert of the Laureates series. Soloist Su Jeon will be featured.

Performances will include Beethoven's Piano Concerto no. 2 in B-flat Major and Mozart's Symphony no. 33 in B-flat Major.

Kaluzny believes that classical music should be accessible to everyone regardless of economic circumstances. As a result, all concerts in the series are free. The March 6 concert has been sponsored by Ogilvy Renault, Société Générale and the Music Performance Fund.

For more about the events, contact the MCO at 514.871.1224 or info@mco-ocm.qc.ca.

# Joe Schwarcz tells Place Kensington: eat your greens



Joe Schwarcz at Place Kensington demonstrating a magic trick (left) and with his latest book, *An Apple a Day*, his first #1 bestseller.



McGill University professor and noted science popularizer Joe Schwarcz presented some interesting facts to a full house of local seniors at Place Kensington on February 21. He explained how he became interested in chemistry as a child when a magician at a party claimed to be using a magical *chemical*.

Indeed, magic was the unifying metaphor of his talk. He showed how "psychic surgeons" bilk ill people of thousands of dollars using simple magic tricks

and explained his opposition to simplistic dietary solutions for the "most complex machine on Earth," the human body.

His dietary advice? A diet that is as close to plant-based as possible – plus a low caloric intake.

He did modify this prescription in a way that many Place Kensington residents might appreciate.

He decried overly strict restrictions in later years when they can become more a question of reducing pleasure than reaping material health benefits.

"It is your grandchildren that you have to browbeat."



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## Rail and highway corridor looking better for local residents

# Westmount endorses train brief

BY LAUREEN SWEENEY

In one of several new twists to recent developments in the rail and highway corridor, Westmount has joined with four other municipalities in endorsing a brief to reduce railway noise and vibration.

The brief by the Sud-Ouest Borough of Montreal was presented to the Canadian Transportation Agency at a meeting on February 15 attended by representatives of Westmount, Côte St. Luc, Outremont and Lachine, as well as local federal politicians.

"Trains are providing more and more of a problem all across Canada as they increase their frequency and run 24 hours a day with new guaranteed delivery of freight," said Westmount councillor Patrick Martin.

A transportation engineer, Martin attended the meeting with Westmount Public Works official Andrew Duffield as the regulatory body holds consultations across Canada concerning new guidelines on noise and vibration.

### Sharing common issues

While only commuter trains use the CP track through Westmount, the municipality shares the same general issues – but to a lesser degree – with the borough where the heavily-used CN freight line divides St. Henri.

This is just one of many fronts on



*With planned changes to the transportation corridor, will sound-barrier discussions be a thing of the past?*

which Westmount is fighting to effect possible changes to the train and highway transportation corridor that runs through the southernmost portion of Westmount, Martin explained.

It is also monitoring the progress of three ongoing studies into a light rail shuttle train to the airport or beyond, and another to lower the Turcot interchange to ground level.

### Lower the Ville Marie

"If this [lowering] were to be done, they would probably have to start lowering and realigning the Ville Marie Expressway through Westmount," Martin told the *Westmount Independent*. He speculated this would likely be built on landfill rather than elevated on columns. "Any lowering

of the highway would reduce the noise level, to the benefit of nearby residents."

He also suggested that this would likely be timed to tie in with the opening of the MUHC superhospital at the Glen site, currently slated to begin construction at the end of 2009.

A further twist in the airport train development, he said, was a demand from the Griffintown developer for the track to service that community. This would add fuel to the scenario to use CN's right-of-way rather than the current CP commuter track through Westmount.

This, foreseeably, would reduce train traffic through Westmount, he said, although in his opinion converting the existing commuter line to a light transit one would be more advantageous to the community.

## Selwyn abuse cases may settle

Selwyn House may soon settle various class-action lawsuits concerning sex-abuse allegations against three former teachers. The alleged incidents occurred many years ago and involve teachers Leigh Seville, John Aimers and James Hill. Seville killed himself in 1991 when allegations surfaced about his behaviour.

The *Montreal Gazette* reported on February 20 that a "highly placed source" at the school had confirmed that the school would be offering a formal apology and as much as \$5 million in compensation.

Headmaster William Mitchell and chairman Edward Claxton issued a statement the same day saying that "We are pleased that we are making progress towards arriving at a settlement..." The settlement agreement will be considered by the court on April 25. The school's statement further explained that the school "has sought, without admission of fact or legal liability, to provide compensation that it hopes will allow the claimants to move on with their lives." It went on to explain that the claims process would be confidential, that the school would issue a statement of regret and that the cost of all claims would not exceed \$5 million.

When contacted for comment by the *Westmount Independent*, Mitchell referred to the statement and declined any further comment.

"In any event," he said, "it looks like things are going to improve. Every variant is better."

Martin noted how the building of the railway generally predated most housing along the track all across Canada. But times have changed and freight trains are now longer, heavier and more frequent, making noise and vibration important issues.



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## The cup overfloweth



*The Salvation Army depot at the intersection of Academy Rd. and the arena parking lot gets a lot of donations. In some cases, even things that don't belong end up there. On February 17, the Westmount Independent noticed beds and appliances (left) and, inside the shelter, used newspapers (right). The Salvation Army explained that the depot is meant for clothes only and that it does pick up furniture, but appointments have to be made by telephone (514-935-7425).*

## Got Stuff?

The Rotary Club of Westmount's giant **Garage Sale & Auction** is coming again. We are ready to pick up saleable household or office articles.

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At Second Glance

# Encouraging youth: where local politicians stand

By Heather Black

With many predicting a spring federal election, the question is: Will youth vote? With a low turnout – in 2004 only 38 percent of those aged 18 to 30 participated – what issues or practices will motivate youth to go to the polls?

Canada is not alone – low youth turnout is common in the West. However, this trend is not irreversible. In 2004's US presidential election, youth participation increased on average to 51 percent, and up to 64 percent in "battleground" states. So how do we interest youth? I asked our federal Liberal candidate Marc Garneau, NDP Quebec "lieutenant" Thomas Mulcair, as well as provincial representative Jacques Chagnon for their comments.

For Marc Garneau, the key is to bring

youth into the discussion by asking their opinion on issues of concern. He singles out the environment as the political issue with the most potential to mobilize youth. "They see it as a potentially life-changing global issue that can't be ignored and that will affect all of us in some way for generations to come. They know there are choices to make and that their vote on this issue will count." To encourage voter registration, he recommends that Elections Canada maintain, at least part-time, a presence in Canadian schools, colleges and universities.

Thomas Mulcair stresses the need for politicians to visit schools "not just the universities, but those at the elementary and high school level." He himself has taken elementary students to local landfills to illustrate the importance of recycling.

But he also spoke of the importance of party youth wings – those between the ages of 14 and 25 – to motivate students.

To introduce political parties, Jacques Chagnon stresses the importance of student parliaments. Currently, the provincial government encourages parliamentary simulations at the elementary, secondary and college level to instill democratic practices as well as provide leadership opportunities. And some students at the university level participate in a simulated European Parliament. However, model United Nations or federal parliaments – popular at the secondary level 30 years ago – are less common today.

### Important to us all

Clearly our politicians are committed to encouraging youth political participation,

and with good reason. According to Elections Canada, a citizen is more likely to vote when contacted by a candidate. And familiarity is key – once citizens cast a first ballot, participation increases. "Student Vote", a parallel federal poll, is credited with increasing youth turnout from a low of 25 percent in 2000.

But as students report the need for class discussions on issues – particularly if there is no debate at home – are schools doing enough? While no one hesitates to question teachers on sports or drama programs, do we ask about current-events activities or programs like "Student Vote"? Perhaps – with the country on election alert – now is the time to start!

Heather Black is a Westmount communications designer. Contact her: [atcitizen@gmail.com](mailto:atcitizen@gmail.com).

## Letters to the editor

### SIR EDMUND HILLARY AND WESTMOUNT

Reading an article in the paper this morning about Sir Edmund Hillary (1919-2008) and his affection for Canada reminded me of a connection between Sir Edmund and Westmount. In 1990, several of the St. Andrew's Rover crew were

raising money to go to Nepal to help rebuild the Thyangboche monastery and school, which had been burnt down.

I contacted Zeke O'Connor, the head of the Sir Edmund Hillary Foundation of Canada, and told him about our expedition. As Zeke and Sir Edmund were going to be in Montreal for a speaking engagement, Zeke accepted an invitation for



From left: John Neysmith, Sir Edmund Hillary, John Imber and Iain MacKinnon during Sir Edmund's visit to Westmount.

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them to come to dinner, meet the Rovers and talk about their plans. I think we were all spellbound by this very tall and quiet man who was so modest about his life and his achievements. Zeke said that of course he would help in any way he could.

In March 1990, our small group composed of Iain MacKinnon, Rover advisor, with Rovers Jimmy Edwards, Alain Robitaille and Rona Phillips set off for Nepal. They were joined there by Venturers from the United Kingdom. Thyangboche is situated at about 13,000 feet and the air is thin. Despite this, they all worked very hard clearing the ground. They lived in tents and ate local food. At the end of their five-week stay, they were invited by the monks to a ceremony of burying a sacred vase in the ground and they were thanked personally for their contributions. Sir Edmund, who was at the base camp

of Everest, sent down an invitation for Jimmy Edwards to join him for a day or two.

Jimmy's sister, Anne-Marie, had been murdered at the Dec. 6, 1989 Polytechnique massacre and Sir Edmund knew of this. For Jimmy, these few days were a culmination of a very spiritual journey.

Later in the year, all the St. Andrew's Rover Crew supported by Scouting in Westmount and the city of Westmount gave a fundraising dinner at Victoria Hall for Sir Edmund's Canadian foundation. Over 300 people had a wonderful evening, with Sir Edmund and Lady Hillary, and our mayor, May Cutler, as special guests. For those of us who were there it was an evening, and especially a man, to remember.

MAGGIE SHADDICK  
SCOUTS CANADA-QUEBEC COUNCIL



## LETTERS TO THE EDITOR

continued from previous page

PETER PATENAUE  
REMEMBERED FONDLY

In your January 30 issue of the *Westmount Independent*, you announced the death of Peter Patenaue, who died on January 24 at the age of 66.

I had the privilege of working with Mr. Patenaue for 12 years – eight years as a councillor and four as mayor. Peter was city clerk and, after an extensive search, he was appointed general manager. He loved the city of Westmount. He was an honest, hard-working and caring individual. He cared very much for the citizens and was always trying to help them when he could.

The city was fortunate to have such a gentleman working for them for over 25 years.

BRIAN O'N. GALLERY  
MAYOR, 1983-87  
WEST BOLTON, QUEBEC

## LOCAL SHOPS NEED SUPPORT

We congratulate the *Westmount Independent* and appreciate the attention you pay to the details of what is happening in our neighborhood.

We were sorry to see your photo in last week's edition depicting three empty stores on Victoria Ave. With rising rents, and a difficult economic forecast, we fear that there are more than a few local merchants that are feeling the strain of the reduction of traffic in the area. We feel that there has been a slow but steady loss of local patronage to Big Box stores that is having its effect on the ability of small stores to sustain themselves in times of rising business taxes and rents.

We often hear how charming and convenient the Victoria Village area is and how much we are appreciated. I hope that Westmounters and neighbouring communities alike recognize that in order for the shopkeepers to maintain themselves in our unique little village, we need your ongoing patronage and support.

With thanks,

SHELLEY KERMAN, LMNOP  
GERARD FELLERATH, FOLKLORE I

## Civic Alert

## Preparing for a sustainable Westmount

BY DON WEDGE



"The one thing I was told repeatedly – by delegates from large cities and small – is that the first step is to get the population to imagine what it wants the community to become. Then, plan to suit those needs."

That was the main conclusion that Councillor Cynthia Lulham brought back from this month's large Sustainable Communities conference of the nation's municipalities in Ottawa.

Another councillor, John de Castell, and environment coordinator Marina Peter also attended. Mayor Karin Marks was a disappointed absentee due to a late-winter bug.

The conference was well timed because, a year after deciding to become a Sustainable Community, Westmount has advertised for a coordinator to make a plan and develop "various strategies for its implementation."

Don't rush to apply – the closing date for applications was last Friday, only two weeks after the job being advertised!

I wish council had been more ambitious. Why not recruit someone who will begin the creation of a Sustainable City and not be limited to defining the strategy?

Administratively, the job will be part of Public Works, the team that looks after the garbage, builds and cleans the roads and parks, removes the snow, ensures a water supply and its disposal as sewage, and maintains the city's buildings, as well as gardens and recycling.

## Departmental cooperation

However, defining a Sustainable Community is going to involve the urban planners perhaps more than anyone. It will need enforcement support from Public Security. Purchasing will have a role, too, and so will Finance – appropriate green in-

vestments will be a requirement.

In other words, the job has city-wide scope.

The salary will be in the \$50,000 to \$65,000 range. That is nothing like San Francisco, admittedly a much larger city, where Mayor Gavin Newsome this month hired a \$160,000 director of climate protection initiatives. This is just one aspect of sustainability, and his job is additional to the 20 people already working on more direct environmental issues!

What changes can we expect following the Westmount participation in the Ottawa event?

Councillor Lulham came back full of ideas and with renewed inspiration. But for it to succeed, the population has to endorse it, she emphasized. It means touching the community at all levels, informing it of what is possible and needed, what it will cost, and winning its support.

She sees that as part of the responsibilities of the new coordinator.

## Look to Sorel

"You should see what is being done in Sorel-Tracy," she said. "With the help of some people from UQAM and the Quebec government, they adopted a plan based on Agenda 21, the United Nations blueprint for sustainable development actions."

"We can do great things, too."

Lulham set out to find things geared to smaller municipalities and her special interest – urban planning. "I was caught up with the need for greater walkability and spoke to the Planning Committee as soon as I was back in Westmount about how we might introduce some more."

It's not just going for health walks. The models she had been shown were directed to making sure people could get to public transit from their homes, even in winter.

## Greener streets

Sidewalks that have a green median between them and the street, such as that on

the south side of Sherbrooke between Lansdowne and Melville, make people feel safer from passing traffic. While that is the main feature, benches, too, keep people on the street and these create a sense of security.

Lulham is also concerned that paths be straight and without undulation. "The new one in Westmount Park will be," she promised.

"Of course, some people like to stroll in the park and there is lots of room for them. But others want to get from A to B as quickly as possible. "One of the reasons pedestrians use the bike path is that it is the more direct route."

## Green roofs

Green roofs were another recurring topic in Ottawa.

"They were talking about roofs that were planted, but not necessarily used for gardens or growing vegetables," said the councillor. "There was interest in them for alleviating the over-stress on roof drains, as in the case of my own house and many others in Westmount."

She is working on amendments to Westmount's bylaws to make them more possible here and is supporting the use of grey water – water that has been used but is not ready for the sewage system.

Re-use of materials after demolition is another priority.

"Some social changes – like smaller homes – are very obvious in urban planning. It will be a question of whether the citizens want them or not."

Don Wedge's e-mail address is [calert@web.net](mailto:calert@web.net).

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Thinking ahead to summer day-camps

Camp Caravan: There are lots of questions to ask

By ANNIKA MELANSON

Even though there is still snow on the ground, many of us are thinking ahead to summer day-camp for our wee ones. There are a multitude of day-camps in



The Westmount Summer Day-camp hosts a variety of indoor and outdoor activities for children ages 6 to 13. Pictured here are some 2007 camp participants enjoying an indoor activity at the Westmount arena, where the day-camp is based.

Montreal, many right here in Westmount. Day-camps run the gamut ranging from sports camps to creative arts, robotics camps to science, as well as performing arts, music, language and educational camps. You can even mix it up and have your child attend two weeks at a specialty camp and two weeks at a traditional one.

How to select a day-camp

Some important things to consider when selecting a day-camp for your child:

- Verify whether the camp is **accredited**. If it isn't, you will have to do your own research in regards to health and safety, staffing, etc. To check for accreditation or to view a list of accredited camps, check out [www.camps.qc.ca](http://www.camps.qc.ca), the website of l'Association des camps du Québec.
- Consider you child's **interests and needs**. There are so many specialty camps to choose from. For children who aren't interested in a specific activity or sport, consider a camp which offers a wide range of activities.
- Take your child's **personality** into consideration. If your little one is very timid, it

is a good idea to visit the camp together and perhaps even choose a camp that a friend is attending. Having a familiar face close by will make the transition to day-camp easier.

- If your child has any **allergies**, ensure that the camp staff is qualified to cope.
- If your child has a **special need**, it is important to discuss it with the camp director. Certain camps are better suited to different types of special needs.
- Ask if **drinking water** is readily available to the camp participants and how often water breaks are provided, especially on hot days.
- Ask how often is **sunscreen** re-applied.
- Ask other parents and kids what they **liked or disliked** about a specific camp. Contact more than one family as one child may have had an unusually good or bad experience.
- **Early bird specials**. If you want to ensure that your child will attend the camp of their choice, don't delay. Some camps offer a discount for early registration.
- Last, but certainly not least, day-camp is about **fun** and doing things that kids

enjoy. It's a place to learn new skills and make friends. A good summer day-camp should offer a sense of community where your child will feel comfortable and be safe. This is why it is important to get a sense of the camp director's philosophy and whether you and your child are comfortable with it.

City of Westmount day-camp

Westmount will host its summer day-camp, based at the Westmount arena daily from 9 am to 4 pm. Community facilities allow participants to enjoy a variety of activities including sports and arts. There will be four two-week sessions for the following three age groups: 6 to 7 years; 8 to 10 years and 11 to 13 years.

Enrolment is available to residents of other Montreal municipalities, but Westmount residents have priority. The cost is \$100 for a two-week session for the full day, or \$45 for half-days. More information will be available mid-March when the Sports and Recreation booklets will be distributed to all Westmount homes. For inquiries, contact Claude Danis at Sports



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and Recreation: 514.989.5393.

### There's a new camp in town

The Study and St. George's present a brand new day-camp this summer: The Annexe Day-camp (3880 Côte des Neiges, 514.303.9138), a bilingual camp open to all children ages 5 to 15. The new program will go from June 16 to August 29. This day-camp will showcase enriched electives including media and performing arts, languages, science and technology and environmental discovery, in addition to conventional camp activities such as arts & crafts, sports, tennis instruction and swimming. The Annexe is the former Marianopolis sports complex, now leased to the two above-mentioned schools. The facility is equipped with a large double-gymnasium, tennis courts, a soccer field,

*Next issue: more Westmount camps and a guide to choosing an overnight camp for your child.*

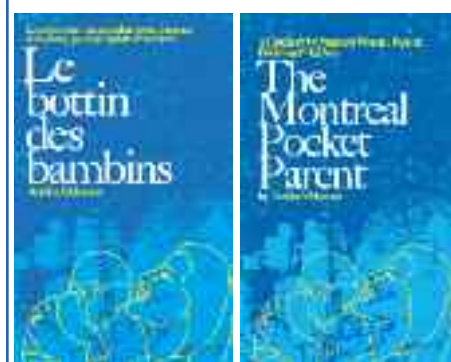
six multipurpose rooms, a dance studio, accommodating locker rooms and a 25-meter swimming pool. For more information, please contact 514.303.9138.

### Robotics camp moves to Dawson College

Robotics Camp was started last summer by Avelino Morais, a science and technology elementary teacher. Realizing the potential of how building and programming could be used as an educational tool to captivate children, Morais start the camp, which was located on the premises of Westmount Park United Church. After last summer's success, Morais knew that he would need a larger facility to accommodate more participants and has moved the camp to Dawson College (3040 Sherbrooke St.). Daily activities include lessons and activities for learning building and programming skills, as well as working on robotics projects. The day also includes an outdoor activity with the option of learning and playing chess. The Robotics Camp will host four sessions for ages 8 to 14: July 7-11; July 14-18; August 4-8 and August 11-15. For more information or to register, contact Morais at 514. 813.6673, [www.roboticscamp.ca](http://www.roboticscamp.ca).



Kids enjoying robotics camp



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# EVA SPEER



One of these things first, 44" x 38", 2007

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tel 514.481.2111

# Unbrokered Rentals: What they were showing

A selection of rentals at well-known Westmount buildings at press time. If you are a landlord and would like to include a listing, please email us at [indie@westmountindependent.com](mailto:indie@westmountindependent.com) on Thursday, March 20 with your available apartments.

389 Claremont 4 1/2, 5 1/2, 6 1/2  
Le Richelieu (418 Claremont) 3 1/2,  
4 1/2, 5 1/2, 6 1/2  
400 Lansdowne 3 1/2  
4557 Sherbrooke St. W. 3 1/2, 5 1/2  
The Parkview (4501 Sherbrooke St. W.)  
4 1/2  
Chateau Redfern (4326 Sherbrooke St.  
W.) 6 1/2  
Alexis Nihon Plaza Tower (4000  
De Maisonneuve W.)  
Le 4300 (4300 De Maisonneuve W.)  
3 1/2, 4 1/2, 5 1/2 & Penthouse  
5 & 7 Park Place 4 1/2  
50 Academy Road 4 1/2  
Westgrove (4556 St. Catherine St. W.)  
4 1/2  
4560 St. Catherine St. W. 2 1/2, 4 1/2,  
5 1/2  
4400 St. Catherine St. W. 3 1/2  
Olivier House (225 Olivier Ave.) 1 & 2  
bedroom suites  
Olivier House West (220 Olivier Ave.)  
1 & 2 bedroom suites

Le Warwick (331 Clark Ave.) 3 1/2, 4 1/2,  
5 1/2  
Le Rosemount (1 Rosemount Ave.) 2 1/2,  
3 1/2, 5 1/2, 6 1/2  
Westmount Terrace (10 Rosemount Ave.)  
3 1/2, 4 1/2, 5 1/2  
Westmount Place (200 Kensington  
Ave. & 201 Metcalf) 1 1/2, 2 1/2, 3 1/2,  
4 1/2, 5 1/2  
Westmount Manor (250 Kensington  
Ave.) 3 1/2, 4 1/2, 5 1/2  
Redfern Court (216-222 Redfern Ave.)  
4 1/2, 6 1/2

*Next week:*

**Bought & Sold**

Westmount's monthly  
report of real estate  
transfers.



# Giuseppe (Pino) Giancaspro

Agent immobilier agréé  
Chartered Real Estate Agent

**514-891-2006**

**RE/MAX Alliance inc.**

Courtier immobilier agréé  
Chartered real estate broker 514-374-4000

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# The Inventory: Condos/duplexes for sale

The Inventory is content provided by the Westmount Independent for the benefit of the reader. All information is garnered from public sources. Real estate agents, on the other hand, have access to closed networks that allow them to see more information, including the addresses of all listings. The Inventory endeavours to list all of the real estate of the type specified (e.g. condos or houses) that is for sale in Westmount at press time. If you are a real estate agent or private seller whose property has been overlooked, please write to us at [indie@westmountindependent.com](mailto:indie@westmountindependent.com) and we will work to include your properties in future editions.

\$179,000 3237 St. Antoine St. W.  
\$212,000 399 Clarke Ave. 1A  
\$218,000 399 Clarke Ave. 3D  
\$219,000 3239 St. Antoine St. W.  
\$269,000 4821 St. Catherine St. W.  
\$279,000 376 Redfern Ave. #2  
\$289,000 376 Redfern Ave. #4  
\$294,600 Address unavailable  
\$319,000 376 Redfern Ave. #25  
\$329,000 376 Redfern Ave. #9  
\$339,000 376 Redfern Ave. #19  
\$339,000 4444 Sherbrooke St. W. #403\*  
\$355,000 2 Westmount Square #601  
\$359,000 2 Westmount Square #401  
\$359,000 81 Hollowell St.  
\$360,000 3 Westmount Square #315  
\$365,000 3 Westmount Square #411  
\$379,000 466 Victoria Ave.  
\$389,000 Address unavailable  
\$389,000 4444 Sherbrooke St. W. #302  
\$389,000 3241 St. Antoine St. W.  
\$399,000 399 Clarke Ave. 2E  
\$419,000 432 Claremont Ave.  
\$439,000 468 Victoria Ave.  
\$449,000 205 Victoria Ave. #303  
\$449,000 435 Grosvenor Ave. #2  
\$463,000 4700 St. Catherine St. W.  
#709

\$469,000 343 Clarke Ave. #4  
\$489,000 376 Redfern Ave. #11  
\$489,000 200 Lansdowne Ave. #503  
\$489,000 Address unavailable  
\$498,000 Address unavailable  
\$499,000 Address unavailable  
\$529,000 Address unavailable  
\$538,800 Address unavailable  
\$545,000 4856 St. Catherine St. W.  
\$545,000 Address unavailable  
\$550,000 54 Thornhill Ave. lower  
\$558,000 4700 St. Catherine St. W. #208  
\$561,900 Address unavailable  
\$571,100 Address unavailable  
\$599,000 2 Westmount Square #1203  
\$619,000 3 Church Hill  
\$619,000 Address unavailable  
\$629,000 376 Redfern Ave. #6  
\$639,000 376 Redfern Ave. #23\*  
\$650,000 Address unavailable  
\$895,000 Address unavailable  
\$1,220,000 4700 St. Catherine St. W.  
PH8  
\$1,375,000 4175 St. Catherine St. W.  
#1402  
\$1,575,000 1 Wood Ave. #1205  
\$1,850,000 227 Clarke Ave.  
\*Also for rent



In this building: 3237 St. Antoine St.



In this building: 227 Clarke

# Brokered Rentals: What's out there?

What's out there? is content provided by the Westmount Independent for the benefit of the reader. All information is garnered from public sources. Real estate agents, on the other hand, have access to closed networks that allow them to see more information, including the addresses of all listings. What's out there? endeavours to list all of the real estate of the type specified (i.e. real estate for rent) that is for sale in Westmount at press time. If you are a real estate agent or private landlord whose property has been overlooked, please write to us at [indie@westmountindependent.com](mailto:indie@westmountindependent.com) and we will work to include your properties in future editions. Dollar figure is rent per month unless stated.

\$450 339 Victoria Ave. #15  
\$500 340 Victoria Ave. #16, 17  
\$695 Address unavailable  
\$710 Address unavailable  
\$710 Address unavailable  
\$720 Address unavailable  
\$795 200 Kensington Ave. #514  
\$850 339 Victoria Ave. #18  
\$875 200 Kensington Ave. #518  
\$910 Address unavailable  
\$965 Address unavailable  
\$995 396 Grosvenor Ave. #01  
\$1,000 200 Kensington Ave. #618  
\$1,150 339 Victoria Ave. #9  
\$1,215 140 Irvine Ave.  
\$1,220 201 Metcalfe Ave. #327  
\$1,315 201 Metcalfe Ave. #427  
\$1,395 4462 St. Catherine St. W. #2  
\$1,400 201 Metcalfe Ave. #403



339 Victoria Ave.  
has several apartments for rent.

\$1,400 200 Kensington Ave. #806  
\$1,400 Address unavailable  
\$1,500 460 Victoria Ave.  
\$1,670 Address unavailable  
\$1,800 Address unavailable  
\$1,850 201 Metcalfe Ave. #811  
\$1,895 4501 Sherbrooke St. W. 2d  
\$1,900 4330 Sherbrooke St. W. #5  
\$1,975 Address unavailable  
\$2,000 or \$339,000 4444 Sherbrooke  
St. W. #403 \*  
\$2,100 49 Windsor Ave.  
\$2,250 Address unavailable  
\$2,400 58a Thornhill Ave.  
\$2,500 400 Kensington Ave. #301  
\$2,500 Address unavailable  
\$2,600 447 Prince Albert Ave. #2  
\$2,650 4175 St. Catherine St. W. #401  
\$2,900 4654 St. Catherine St. W.



65 Belvedere Rd. is for rent or for sale.

\$3,000 254 Metcalfe Ave. B  
\$3,000 386 Olivier Ave.  
\$3,500 Address unavailable  
\$3,500 Address unavailable  
\$3,500 75 Columbia Ave.  
\$3,500 or \$715,000 4361 Montrose\*  
\$3,900 17 Winchester Ave.  
\$4,495 61 Oakland Ave.  
\$4,500 Address unavailable  
\$4,700 633 Murray Hill Ave.  
\$4,800 83 Summit Cr.  
\$4,950 4175 St. Catherine St. W. #1402  
\$5,000 Address unavailable  
\$5,000 1 Wood Ave. #502  
\$5,750 611 Lansdowne Ave.  
\$6,000 or \$639,000 376 Redfern #23\*  
\$7,000 or \$2,200,000 Address  
unavailable\*  
\$8,950 or \$1,850,000 227 Clarke Ave.\*  
\$11,000 Address unavailable  
\$12,000 680 Victoria Ave.  
\$12,000 4760 The Boulevard  
\$12,500 Address unavailable  
\$15,000 3657 The Boulevard  
\$15,000/\$2,349,000 65 Belvedere Rd.\*  
\* Also for sale. Second amount is asking  
sale price.

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Westmount, Quebec, H3Z3C1



Wine: What's In Store...

# Choosing a wine is like a date

By CAROLA PRICE



### Whom to choose

Chianti has begun to emerge from its humble beginnings and turn into a drink ready for any cork-popping occasion. We lost our desire for it after seeing way too many straw-covered bottles encrusted with candle drippings at family tratorrias. It might have been poised for a comeback, but then Hannibal Lechter gave a sultry speech that involved drinking Chianti while eating his kill. But time passed, and now the sales of Chianti have started to soar. It's not your granny's plonk and you don't have to remember a serial killer to drink this wondrous stuff.

### What to wear

Winter is in full swing and that means rich and austere reds to match our favourite cold-weather dishes. Look for the black rooster on the neck of the bottle and you'll know that your bottle comes from

Chianti Classico. They have their own set of rules when it comes to making wine, but the grape of choice is Sangiovese, period. This Italian classic has found its way to California and is doing wonderfully. Treat yourself by picking up an Italian-American (wine!) and you'll be pleasantly surprised.

### The date

It's not always about grape, but when eating a rich game stew, a hearty Bolognese sauce or a simple tomato pizza with roasted vegetables and dripping mozzarella, remember that there is nothing finer than matching the wine to the region of the dish in question. Experimenting after that becomes a breeze. Salut!



**Sangiovese, Villa Cafaggio, Chianti Classico. SAQ code: 00571539. \$23.95**

Available at the following SAQs (at press time): 155 Atwater and Victoria

This inky-black beauty is well suited to rich osso *bucco* or a veal roasted

in herbs and fig sauce. When it's just the basics, try it with pizza or your favourite tomato-based pasta sauce. Cheeses like Migneron, Au Pied du Vent, Sir Laurier or just a good old cheddar match beautifully. Smells range from coffee and mushroom, to brambleberry and cherry with some tobacco flavour. In the mouth, the fruit and the dryness of the tannin blend have a solid medium-bodied finish perfect for food.

**Sangiovese, Maremma Bonizio, Cecchi, Toscana. SAQ code: 00393850 \$12.55**

Available at the following SAQs (at press time): Atwater Market, 155 Atwater, St. Jacques Loblaw's

This bargain red is full in the nose and mouth. Cherry dominates, but finishes with some earth and herb flavours. Tannin and fruit is balanced and is medium-bodied and dry to the end. Try it with a meat-laden pizza and with Breaola salad with Parmigiano shavings.



**Chardonnay, Libaio, Ruffino, Toscana. SAQ code: 00211441. \$14.95**

Available at the following SAQs (at press time): Victoria, 155 Atwater, Westmount Sq., St. Jacques Loblaw's

This dry white shows well for food. It has a hint of pear and some peach with an overall flowery nose. In the mouth, it is medium bodied and the acidity is well balanced to the fruit component. Match with salmon or other oily fishes and light pasta sauces along with medium-flavoured cheeses like Havarti and Edam.



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**HILLSIDE HOME** on the village outskirts and boasting 2 acres of land. This multi-level home with 3 bedrooms and bathrooms on different levels and large living areas offers everyone privacy and space. Grand windows and 700 square feet of deck encircle this home. \$295,000



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**Eastern Townships Living by Lois Hardacker**  
Chartered Real Estate Agent

## THE WESTMOUNT TOWNSHIPPER

### In the mood for skiing?

By DANIELLE LaFRANCE

It's not too late to enter the skiing package contest in the Eastern Townships! The prize is a stay for four including: five days of interchangeable ski lift tickets, five nights stay in a luxury suite, complete breakfasts, one luxurious five-course dinner, access to the outdoor hot tubs, dry sauna and indoor pool. You have until March 27 to fill out the form administered at [www.easterntownships.org](http://www.easterntownships.org). The price itself is valid until April 20, 2009, so it gives you lots of time to be choosy about who your three guests will be!

### Make way for YOUth

The Townshippers' Association is allocating an exciting exploratory weekend for two in the Estrie region called Make Way for YOUth. If you are between

the ages of 18 and 35, a graduate or soon-to-be graduate, then you might have the chance to be selected to meet with potential employers, take part in workshops, meet some interesting people, and much much more. For information contact Iseult Séguin Aubé at [mwfyt@townshippers.qc.ca](mailto:mwfyt@townshippers.qc.ca), or 819.566.5717 or 1.866.566.5717).





# The Westmount Parent March break fun

BY ANNIKA MELANSON



Spring break is around the corner. Most of the public schools are off for the first week of March. The private schools vary. With the kids home from school over the holidays, parents face the challenge of finding fun ways to entertain them. Not to worry because there are lots of fun and interesting things to do right here in Montreal.

## Butterflies in the winter?

Until April 27, at the Montreal Insectarium (4581 Sherbrooke St. E, 514.872.1400, [www.museumsnature.ca](http://www.museumsnature.ca)), it's the 11th annual Butterflies Go Free exhibit. The event features several species of African butterflies never before seen in Canada before.

They come from farms in Kenya, Tanzania and Uganda. There will also be more than 15,000 moths and butterflies from Central America and Asia. Don't forget to flash your CAA (Canadian Automobile Association) card at the till as it will get you a discount.

## Fun at the Y

The Westmount YMCA (4585 Sherbrooke St.) will offer full-day programs for children ages 6 to 12. Kids will be able to participate in all sorts of fun activities, including swimming, gym, cooking, drama and art.

## Animals in their natural environments

The Ecomuseum (21125 St. Marie Rd., St. Anne de Bellevue, 514.457.9449, [www.ecomuseum.ca](http://www.ecomuseum.ca)), an educational wildlife park with over 90 species of wildlife in their natural environments, is hosting a spring-break day-camp: Animal Care Apprentice for ages 7 and up.

The camp is bilingual and is a great way for kids to learn about animals by taking a "hands-on" approach to nature. Children are guided by The Ecomuseum's zoologists while they learn how to prepare food for the animals and feed them.

**Salon Sophie**  
HAIR STYLING FOR MEN  
**514.484.5987**  
4970 Sherbrooke Street West

## Off to the movies

The Montreal International Children's Film Festival is on from March 1 to 9 at the Cinéma Beaubien (2396 Beaubien E., [www.cinemabeaubien.com](http://www.cinemabeaubien.com)). Kids from ages 2 to 12 will view movies from all over the world in French. For a complete listing and schedule, consult [www.fifem.com](http://www.fifem.com).

## Montreal by Moonlight

The Montreal Biodome (4777 Pierre de Coubertin) and the Olympic Park will join together to offer family-friendly evening adventures during spring break: Montreal by Moonlight. Kids will get to explore the Biodome and the Montreal Tower Observatory at night.

The Biodome will stay open until 8:30 pm until March 8. Kids will enjoy watching the animal's night-time behaviour at the Biodome and will admire the views from the top of the Big O. The stadium's tower will be all lit up in blue and a traditional storyteller will entertain families. For more info, call 514.868.3000, [www.museumsnature.qc.ca](http://www.museumsnature.qc.ca).

## Skating princesses

Disney on Ice presents *Princess Classics* from March 5 to 9 at The Bell Centre (1260 de la Gauchetière W.).

All of the favourite princess characters will be there, including Cinderella, Jasmine, Ariel, Sleeping Beauty, Belle and Snow White. To reserve call 514.790.1245.

## Correction

In last week's Retail Watch, Dr. Douglas Hamilton's phone number was incorrectly reported. The correct number is 514.937.3008.

We also gave the wrong name for one of the original owners of *Quelque chose*. Margie Glassford was one of the pair.

We apologize for both errors.

## CLASSIFIED

**FREE** Clairvoyance, Spirit Communication, Mediumship & Messages. Sunday, March 9, 7:30 p.m. Days Hotel, 1005 Guy Street. ALL INVITED. Bring a friend. Info: (514) 937-8359.

**FOR SALE** Pair of 39 inch, painted pine, single twin beds, circa 1900. Asking price: \$600. Contact Margaret 514.937.8149.

## When is Spring Break?

School	Dates
Akiva	Feb. 25-March 3
Centennial	March 10-25
Collège de Montréal	March 3-7
Collège Notre-Dame	March 3-7
ECS	March 10-25
LCC	March 10-25
Marie de France	Feb. 25-March 10
Michele Provost	Feb. 25-March 10
Miss Vicky's	March 10-25
Rainbow	March 3-7
Roslyn	March 3-7
Sacred Heart	March 10-25
Selwyn House	March 10-25
St. George's	March 10-25
St. Leo's	March 3-7
The Study	March 10-25
Trafalgar	March 10-25
Villa Maria	Feb. 25-March 7
Villa Ste. Marcelline	Feb. 29-March 10
Westmount HS	March 3-7
Westmount Park	March 3-7

Did you receive the *Westmount Independent* by mail on or after Monday, March 3? If so, it has arrived late. Could you please contact me with your house number and street, so that I can follow up with Canada Post? Thank you!

David Price, Publisher & Editor  
Tel: 514.935.4537 – Fax: 514.935.9241  
[westmount.independent@gmail.com](mailto:westmount.independent@gmail.com)

## New birthday party venue: The Annexe

The Annexe (3880 Côte des Neiges, 514.303.9131) is now available for birthday parties. Celebrate your child's party at this conveniently-located sports complex, which includes pool access (with two life-guards) as well as pool animation by two staff members (\$25). All packages include entry for up to 24 children. An additional \$10 will be added for each extra child. Several packages are offered and prices range from \$175 to \$225. For more information or to reserve, contact the above-mentioned number.



## Westmount Park United Church

4695 de Maisonneuve Blvd. W.  
corner Lansdowne  
(514) 937-1146

## Weekly Saturday Service 4:30 p.m.

March 15th – (Palm Saturday)  
March 21st – (Good Friday 3 pm)  
March 22nd – (Easter Service)

Come relax and enjoy  
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[www.westmountparkuc.org](http://www.westmountparkuc.org)

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[www.mummieslist.com](http://www.mummieslist.com)

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# What's Cooking in Westmount?

## Healthy food, healthy body

By ANTHEA DAWSON

Last week, close to everyone I know was sick. Whether it was a wicked case of laryngitis, crippling chest colds or horribly painful ear infections, it seems as though a plague is knocking down Westmounters left and right, and being only mid-February, the end is hardly in sight. It's difficult to remain healthy this time of year with the bitter cold and the same bugs getting passed around like a bad joke – eating right is just about the only thing you can do to try to boost your immunity.

Lately, the produce sections at the grocery stores are a pretty dismal sight. Tree-trunk sized asparagus from Peru and gargantuan California strawberries seem to dominate the selection, and it's pretty discouraging.

Why bother trying to scrounge together something healthy when that deep dish pizza is staring at you just behind the frosty glass of the freezer? But there are actually a lot of foods that you can try to incorporate into your diet to help fight the bugs of February – they are readily available at most grocery stores and won't break the bank.

### Vitamin C can help

I think we're all in the know concerning the benefits of vitamin C when it comes to winter cold. But as much as we may hear it, it may take reminding that daily intakes of vitamin C are hugely successful in preventing sickness. As a cell-protecting antioxidant, vitamin C helps to

boost the immune system and ward off nasty bugs from sinus problems to bronchitis. Delicious ruby-red grapefruits are prominent in both Metro and Cinq Saisons, and the gorgeous blood oranges can also be found from time to time. They are both in season and such a treat in the morning.

Another cold fighting agent readily available at any store is yogurt, considered by some to be the wonder food. One cup a day of yogurt has proven to boost immunity, spur the production of cells that attack viruses and tumors, and reduce colds and respiratory infections.

### Garlic and ginger

Garlic and ginger are also considered wonder foods in nutritionists' circles. Garlic has been used to treat ailments from the dawn of time, and is still very active in lowering blood pressure and cholesterol, not to mention a great decongestant and a relief for stomach aches. All that and it is also said to have calming effects and seems to actually lift people's moods.

Ginger has been used in Asia for centuries for treating nausea, chest congestion, stomach aches and even migraines. Next time a wicked sore throat hits you, boil up some ginger tea by simmering one piece of crushed peeled ginger in 2 cups of water for 15 minutes. It is amazing for soothing the throat and settling your stomach.

### Beta to zinc

Other cold fighting foods like shiitake mushrooms and hot chilies are readily available at supermarkets, as are foods rich with zinc (oysters, liver, dark meat turkey) and beta carotene (spinach, sweet potatoes, carrots). Wine, in moderation, is even said to help neutralize the onset of colds.

Of course, there are also foods that you should be avoiding when you're sick as to not get any worse. Milk and other dairy products tend to aggravate cold symptoms, and fatty foods have been proven to lower immunity. It's a good idea to go easy on meats (especially fatty ones) and sugar as well.

So when it comes to eating healthily this time of year, you really can find all that you need right at the grocery store. It's incredible to think that just changing your diet a little can help ward off the nasty bugs of February. Keep Mom's chicken soup on hand and stock up your cupboards!

## A sign of spring?



This building in lower Westmount recently showed what the freezing and unfreezing of water can do. Is spring just around the corner?

## Bridge: Deception will work wonders

By GEORGE RETEK

Let's face it. There is a little bit of larceny lurking in our hearts. We all like to play bridge deals well, but how sweet it is to succeed in an "unmakeable deal". A case in point is a deal from the San Francisco North American Bridge Championship.

NORTH			
♠	K 7 3		
♥	10 8 6 5		
♦	A 6 2		
♣	Q 9 4		
WEST			
♠	8 4 2		
♥	Q J 4 3		
♦	10 8 5		
♣	8 5 3		
EAST			
♠	10 9 5		
♥	A K 2		
♦	J 9 7 3		
♣	K J 6		
SOUTH			
♠	A Q J 6		
♥	9 7		
♦	K Q 4		
♣	A 10 7 2		

The bidding was short and simple.  
East South West North  
1 ♦ 1 No trump Pass 3 No trump  
All Pass

West led partners suit: diamond 5, won

by Ace in dummy. Obviously when declarer tries to develop a ninth trick in clubs, defenders will get in and cash four heart tricks. Cover the West and South hands, and put yourself in East's seat.

When declarer calls for the Heart 5 from dummy at trick two: doesn't it appear that he tries to establish the game going trick by playing towards his presumed Heart Queen?

So East won the Heart K and continued Diamonds, South winning with the King (and concealing the Queen).

Now when declarer played the Club 7 to the Queen and East won with the King, it appeared that the Diamond continuation is the best chance for the defence.

Curtains! Declarer won with the Diamond Q, played a Spade to the King in dummy, played a Club finessing against the Jack. When the Club finesse worked and Clubs split 3-3, declarer actually made an overtrick.

When you find yourself in an apparently hopeless situation, don't let on by facial expression, or careless remark. Instead try to paint a fake picture for the opposition, that will help you to achieve your goal.



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## ON THE SHELVES

Recommended by staff at the Westmount Public Library:

### Magazines

“Free Radicals” by Alice Munro in *The New Yorker*, February 11 & 18, 2008, p. 137. For many years, *The New Yorker* magazine has had the right of first refusal on new stories by Alice Munro – here is her latest.

“Le président qui fail pschitt...” in *Le Nouvel observateur*, février 7, 2008, p. 20.

### Books on CD

*Love over Scotland* by Alexander McCall Smith. Popular author Alexander McCall Smith, creator of the No. 1 Ladies’ Detective Agency novels offers the third installment from his popular 44 Scotland Street series.

*The Road* by Cormac McCarthy. The dark tale of a father and his young son who are the last survivors after an indeterminate catastrophe has scorched the world and covered it in ash.

### English Adult

*A Golden Age* by Tahmima Anam. In her deeply moving debut novel, Anam tells the story of a young widow who becomes embroiled in the violent political turmoil in 1971 that transforms a brutal Pakistani civil war into a fight to the death for Bangladeshi independence.

*The Sun Climbs Slow: Justice in the Age of Imperial America* by Erna Paris. Historian and social commentator considers the USA’s opposition to the International

Criminal Court.

### French Adult

*Ursúa* by William Ospina. Ospina did five years of research before publishing this historical novel, based on the real-life adventures of a young Basque man who went to Peru on an obsessive search for Inca gold. This story also inspired Werner Herzog’s movie *Aguirre, the Wrath of God*.

*Gomorra: dans l’empire de la camorra* by Roberto Saviano. The author received death threats and had to go into hiding after publishing this investigative journalism work on the Neapolitan mafia. It was chosen by the *New York Times* as one of the best non-fiction books of 2007.

### Reference

*Larousse des plantes médicinales: identification, préparation, soins*.

*Don’t Go To The Cosmetics Counter Without Me* by Paula Begoun. A unique guide to thousands of skin-care and cosmetic products, plus the latest research on keeping skin beautiful at every age.

### Children’s

*Je trie les déchets pour les recycler* by Jean René Gombert. This picture book, aimed at younger children, explains the importance of recycling.

*Tracking Trash: Flotsam, Jetsam, and the Science of Ocean Motion* by Loree Griffin Burns. A fascinating look at the journey trash takes through the ocean and what it means for our planet.

## Pet Expert: Volunteering

BY LYZANNE & FRIENDS

**Question:** I would like to help at a shelter, but I don’t know much about volunteering or fostering pets. Could someone tell us about their experience?

**Answer:** We asked Kira Schabram, one of the volunteer coordinators at the Montreal SPCA, to tell us more about her involvement and how we can also make a difference:

**Kira Schabram:** I began volunteering at the Montreal SPCA in the summer of 2007 as a dog-walker. I still remember the first dog I ever walked, Boris, a wiry Dachshund mix who couldn’t wait to pull me outside. It is an amazing feeling to experience the gratitude and excitement every single one of the dogs in our adoption room showers on you when it’s their turn to go for a walk.

Soon I was hooked. Often I would come in on days when I wasn’t even scheduled. After several months, I decided that I was never happier than when coming in to the SPCA and submitted my résumé. I was so lucky to be hired and today

am one of the two coordinators of the volunteer department.

Since the SPCA receives no government funding, we currently have close to 300 volunteers without whose help we could not fulfill our mission of protecting the 25,000 animals that come through our doors every year. We are always looking for new dedicated individuals to give three hours of their time each week to this amazing cause. I’ll be the first to tell you that it can be hard work. Some days you will come home both physically and emotionally exhausted, but the camaraderie and feeling of accomplishment are far stronger than any fatigue.

We are currently recruiting volunteers for our Adoptions, Foster Family, Canine Exercise, Exotics, Petfinder, Follow-up and Clinic teams.

To sign up for one of our weekly info sessions to introduce you to the SPCA and our volunteer opportunities, please contact me, Kira Schabram, at 514.735.2711 x 2243 or [kschabram@spcamontreal.com](mailto:kschabram@spcamontreal.com). I hope to hear from you.



Kyra Schabram of the SPCA and friend

## I will be FRANK: we need more ads to grow.

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David Price, Editor

# WESTMOUNT INDEPENDENT

*We are Westmount.*

## To grow, we need YOUR help

As of this issue, the *Westmount Independent* is very healthy at its current page count and frequency. Given reader response, we know there is an appetite out there for more pages and more issues per month.

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Thank you for comments and encouragement.

DAVID PRICE, EDITOR

# WESTMOUNT INDEPENDENT

*We are Westmount.*

# In the Community: Healthy City Project

## Making a daily impact

By LAUREEN SWEENEY

While Westmount's Healthy City Project works quietly behind the scene as an advisory committee to city council, its initiatives and recommendations have had a far-reaching impact on the everyday life of the community.

Created by city council in 1990, the action group of elected officials, municipal staff and community representatives has trail-blazed measures to implement waste

### Environment Committee

When it comes to environmental programs, "nothing is uncomplicated," says Jennifer Patton, chair of the Environment Committee.

Consider Earth Hour, an event to be marked in many places on March 29. "It's a wonderful idea in concept and sounds so simple. But what do we do about safety issues in an urban area like Westmount?"

And that's what the committee does – study all sides of an issue in keeping with its mission to help the city make environmental choices.

Some of its achievements include major input into the city's pesticides and idling engine by-laws, creation of the orange battery bag that became a prototype for other municipalities, implementation of e-waste recycling and encouraging the hiring of a city environmental coordinator. It also played a key role in ending the spraying of herbicides by CP on its railroad bed through Westmount.

Business now under study includes a program for Car-Free Day and examining what Patton calls the "doables" from the Sustainability Report. A subcommittee called Waste Watchers is dedicated to reducing solid waste.

"I'm particularly interested in energy efficiency and the impact that the building of another electrical substation might have," she says.

Committee members include: Sally Aitken, Eve Aspinall, Richard Aylett, Annabelle Cumyn, Rosalind Davis, Anne Douglas, Patricia Dumais, Susan Kazenel, Susan Magor, Sheila Mason, Antony Moffat, Gillian O'Driscoll, Dominique Ritter, Don Wedge, Willem Westenberg and city environmental coordinator Marina Peter.

management issues, improve pesticides safety, and launch health and social programs.

"It provides a vehicle for the expression of concerns over quality-of-life issues and a setting for bringing them to resolution," says Councillor Tom Thompson, who has chaired the group's Steering Committee since 1995.

"Our business is constantly unfinished because the Healthy City Project is very dynamic in responding to citizens' concerns."

#### Part of World Health Organization

Originating from the environmental and social initiatives spearheaded during the late 1980s by Sally Aitken (then city councillor) and other activists, the group joined the World Health Organization's Healthy City movement. "The WHO philosophy was that local action is the basis for success when trying to improve living conditions for people," Thompson explains.

Westmount's HCP consists of two branches: the Environment Committee and Community Life (known until recently as "Mutual Support").

Both research cutting-edge ideas as well as best practices from around the world and examine how they might be adapted to Westmount.

Its many achievements include creation of the library's online health information centre and the recently completed and published "Sustainability Report" (also known as the "Kohl Report").

#### New sustainable standard

"Sustainable development is the new touchstone against which every city decision will be made," Thompson explains.

*Healthy City Project's mission: "To encourage and support a way of life in Westmount that is responsible to the environment and to the health, safety and well being of the people who live, visit, attend school or work in the city."*



Chairing Healthy City committees are (from left): Tom Thompson (Steering Committee), Barbara Moore (Community Life) and Jennifer Patton (Environment).

"It's an integration of all the issues the Healthy City Project has been discussing over the years and bringing them into a new standard."

The group's main focus, he says, is on creating awareness, building up interest, and changing attitude and behaviour. "Call it creating a sober second thought before you do something that will adversely impact the environment or community safety."

Residents can join the HCP by registering (514.989.5238) to receive its newsletter. They may attend meetings and submit their names to join various committees.

Working members of the group's Steering Committee also include councillors George Bowser and John de Castell, Jennifer Patton (Environment chair), Barbara Moore (Community Life chair), Marina Peter (city of Westmount staff representative), Mary Stark (Contactivity), Don Wedge and MGH psychiatric nurse Jean Williams.

### Community Life Committee

"Our mission," says committee chair Barbara Moore, "is to bring together community groups and individuals to focus on events, make recommendations on health and social issues and create greater awareness of community resources."

Members of the committee include representatives from Centre Greene, the TAG teen centre, the YMCA, the WMA and the Contactivity seniors' centre as well as interested individuals.

#### Internet safety and walking to school

Issues now under study include internet safety, a campaign to promote walking to school and the planning of a public event on October 25 to be shared with the Environment Committee and modeled along lines of previous Smart Living Days that showcased community resources.

#### Access Westmount

Among the committee's achievements are the compilation of Access Westmount, an inventory of handicap-accessible buildings in Westmount, a series of Safewalk audits to improve street and neighbourhood safety, and other awareness events such as Youth Action Day and Seniors' Health & Happiness.

Working members include: Sally Aitken, Rosalind Davis, Anne Johansson, John Guinty, Tracy Kamel, Maureen Kiely, Joan Rothman, Mary Stark (Contactivity), Lamée Varqa, Don Wedge and Anelia Wright.

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## Anne Renaud to publish *Pier 21*

City of Westmount employee and Westmounter Anne Renaud will be publishing her third children's book, *Pier 21: Stories from Far and Near*, on April 15.

Topics include the more than one million immigrants who arrived in Canada via

Halifax's Pier 21 and the 500,000 Canadian servicemen who departed from Halifax to fight in World War II.

Renaud has also published the critically acclaimed *A Bloom of Friendship: The Story of the Canadian Tulip Festival* and *Island of Hope and Sorrow: The Story of Grosse Île*.

All three books have been published by local Montreal publishing house Lobster Press.

## Westmounter organizes rally for rights

Westmounter Allen Nutik, leader of AffiliationQuebec, has organized a Rally for Rights to be held on Sunday, March 2 at 2 pm at Hotel Ruby Foos (7655 Decarie

Blvd.). Featured speakers include: Howard Galganov, Brent Tyler and Nutik himself.

This will be the first of a planned series of open rights meetings to be presented by AffiliationQuebec.

According to Nutik, "The recent upgraded activism of Quebec nationalists and separatists along with the unmistakable failure of the Charest Liberals to represent and speak for Quebec's minorities, allophones and anglophones requires a clear response and alternative for disenfranchised voters, especially in the greater Montreal region."

Nutik recently called for the partition of Quebec in the event of a UDI and the creation of a new federalist province in its southernmost portion, to be called "Laurier."

Did you receive the *Westmount Independent* by mail on or after Monday, March 3? If so, it has arrived late. Could you please contact me with your house number and street, so that I can follow up with Canada Post? Thank you!

**David Price, Publisher & Editor**  
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## Westmount mothers offer caregiver workshop



Westmount mothers and founders of Moms for Moms, Michelle Feifer and Angela Lehrer, will be leading a caregiver workshop in March. Enroll your caregiver in this enriching educational experience that teaches language development through play, tips and tricks to encourage healthy eating habits, how to develop consistent discipline techniques as well as CPR. For more information or to register, contact Feifer (514.935.3810, michfeifer@hotmail.com) or Lehrer (514.482.7475, alehrer@sympatico.ca). Each session has three evening classes.

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**Westmount.** Heritage s/d house in A1 location – the flat – steps from Westmount Park, and every amenity. Ten-foot ceilings with ornate moldings, skylight, a lot of windows, renewed. 4+1 bedrooms and 4+1 bathrooms, large eat-in kitchen. Ext. parking for 3 cars. Ideal for large family. **Asking \$999,000**

Photos: [www.mcguiganpepin.com/1410550](http://www.mcguiganpepin.com/1410550)



**Westmount.** Beautiful duplex in lower Westmount, steps to Greene Ave. In both units 3 bedrooms, finished basements, independent parking, outdoor area and balconies. Upper unit has been upgraded. Stone walls, wood floor. **Asking \$685,000**

Virtual tour: [www.mcguiganpepin.com/1342727](http://www.mcguiganpepin.com/1342727)



**Westmount.** Set in an elegant row of charming Victorian townhouses (1898), steps from Greene. Four bedrooms, 1 bath, 1 powder room. 11-ft ceilings, new oak floors. Fin. basement, prize-winning private fenced garden, parking. **Asking \$620,000**

Virtual tour: [www.mcguiganpepin.com/1399557](http://www.mcguiganpepin.com/1399557)



**Westmount.** Cozy English style cottage renovated with taste, on quiet cul de sac. , 3+1 bedroom + 2 bathrooms. Wood floor, fire-place. Extended kitchen w/dinette, mud entry from garden and parking for one car. Playroom, bdr + bath in basement. **Asking \$595,000**

Photos: [www.mcguiganpepin.com/1395608](http://www.mcguiganpepin.com/1395608)



**Notre Dame de Grâce.** Adjacent to Monkland village and Sherbrooke shopping. Spacious 4 bedrooms cottage with one of a kind ground floor den, large eat in kitchen. Large pool size garden and parking. **Asking \$469,000**

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**Notre Dame de Grâce.** Rare find! Architecturally interesting 50's gem! Quality renovated, very bright, contemporary 3+1, deluxe custom kitchen. This unique, efficient home sits on a 5000 sf lot./mature per. gdn, great street, schools, parks and commuter train. **Asking \$442,000**

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**St Henri.** Loft Sherwill. Spacious master bdr with walk-in cc. Mezzanine off lvr and dnr. 12.5 ft ceilings, large windows. Living area has a separate office space off kitchen and dnr. Walk to market, metro. **Asking \$279,000**

Virtual tour: [www.mcguiganpepin.com/1368870](http://www.mcguiganpepin.com/1368870)



**Notre Dame de Grâce.** Beautiful condo, walking distance to Vendome metro, 2 bdr, open concept, western exposure, back balcony to bbq, wood floors and parking. **Asking \$225,000**

Photos: [www.mcguiganpepin.com/1394541](http://www.mcguiganpepin.com/1394541)

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