

Vancouver 2010 games

Westmount’s soldiers volunteer to keep Olympians safe

BY LAUREEN SWEENEY

Close to one-quarter of a special combat team assembled for backup security at

Vancouver’s 2010 Olympic games in February comes from Westmount’s military units, including its commanding officer, the *Independent* learned last week.

“We’re now in intensive training to help in event of some extraordinary emergency,” said its leader, Major George Siket of the Royal Montreal Regiment (RMR).

Of the 147 soldiers in his multi-disciplinary team, 35 are reservists from Westmount who volunteered for the security mission. There are 23 from the RMR, and six each from the 712 Communications Squadron and the 34 Engineers (formerly the 3 Field Regiment).

“It’s Westmount’s indirect contribution to provid-

continued on p. 2

Almost there



Glen Rd., October 9: A worker jumps the barrier at the end of the Superhospital’s almost-completed exit ramp from the Glen campus to the roadway between the train tunnel and Ville Marie Expressway. He may be the first person to have ever completed the journey. The new access will be used for emergency evacuation only (for details see June 9, “MUHC to start decontamination of Westmount land next month”, p. 3).

Final season for 5 Saisons

Les 5 Saisons, a longtime fixture on Greene Ave., is closing.

Franchise owner Michel Demers confirmed to the *Independent* that the specialty grocery store would close its doors on December 5, but declined further comment.

The store will be missed by at least one Westmounter. Georges Flahiff lives on Clarke Ave. in an apartment, does not own a car and praised the store as the only one close to his neighbourhood. “It is so easy to get there. For the whole area, I think it is the saddest news that we can get,” he said.

The 5 Saisons banner is owned by Metro, whose spokeswoman, Marie-Claude Bacon, explained that the owner of

the underlying real estate “has other plans” for the site. She said that Metro was sorry to see the store close, but would work hard to place the 49 “very good” employees elsewhere in its network. She also said that there are no plans to open a new store in the Westmount area, noting it is already served by other Metro locations.

Jacob Attias, the building’s owner, told the *Independent* that he intends to “redevelop” the site. He has plans that he will share with the incoming city council, but would not comment whether they were residential or commercial, “as a courtesy to the city.”

Only one 5 Saisons store now remains, in Outremont.

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ing a safe and secure environment for the Vancouver games,” Siket said. The backup team also includes armoured reconnaissance troops with tanks as well as support from logisticians and other branches.

Part of joint security force

This Tactical Reserve Company will be positioned in the Vancouver area as part of the Joint Task Force Games – a security force of several thousand personnel assembled from the RCMP, other police and security forces and the Canadian Forces. The army will provide land tasks as required, the navy will patrol the waters and the air force carries out aerial surveillance.

“A multitude of security tasks can arise at such a huge event,” Siket explained. He recalled the hostage taking and deaths of nine Israeli athletes at the 1972 Munich games. “For the 1976 summer Olympics in Montreal, we had thousands of soldiers in the background.”

While the army’s role at the Vancouver games has been assigned to a brigade group based in Edmonton, it requested a backup company from Quebec because of its Afghanistan rotation.

As a result, the 34 Canadian Brigade Group of Greater Montreal took up the mission. Siket’s company has been training in the Montreal area before leaving for Valcartier, and then Vancouver closer to the event.

“This is a unique opportunity for us to serve our own citizens in a very positive way,” Siket explained. “It also allows us to be exposed to different training that helps develop the soldiering experience.”

Recalls ice storm ’98

While Sicket, 41, has served in peace-keeping missions in Bosnia and Albania, as well as in Canada’s combat role in Afghanistan, he recalls his own positive experience with the RMR on the home front during the ice storm of 1998. This is when the army helped clear branches and open roads in Westmount.

“Late one night when we were working up the hill, a man stopped in a big SUV and brought out hot coffees for each of our personnel. That was an act of appreciation that I’ll never forget.”

Siket is an example of a reservist who has made a fulltime career in the army since March 1985. Latterly, he has been the RMR’s captain adjutant.



Major George Siket in front of a photo showing the World War I contingent of the Royal Montreal Regiment assembled on Salisbury Plain, England, on arrival overseas in 1914.

Siket said the RMR’s *esprit de corps* provides a working environment that makes people want to stay with the regiment. Even if he is assigned elsewhere after the Olympics, he said, he hopes to always maintain his affiliation with the Westmount regiment.

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Early Birds take flight again



From left: Early Bird co-chair Tibie Flanders with Westmounters Mai Lloyd and Mary Guay, who are part of the organizing group.

The Auxiliary of the Montreal General Hospital is hosting its annual Early Bird sale on October 21 and 22 (9 am to 4 pm) at the hospital's Livingston Hall (1650 Cedar Ave., 6th floor).

In order to get first crack at the goods for sale, early Early Birders should go to the \$20 opening soirée that includes wine and hors d'oeuvres on October 20 from 5 pm to 8 pm.

Jokingly referred to as a "Christmas et

cetera sale" by co-chair Tibie Flanders, the sales tax-free event is part fair, part bazaar with a host of things for sale: antiques, vintage jewelry, fine foods and "everything for gift recipients who already have everything."

Flanders' co-chair is Joelle Maturo, and Westmounter Michael Cooper has also played a big role in this year's event.

Proceeds go towards the purchase of a stress echocardiogram table.

Nominations open for Y's peace awards

The Westmount Y is inviting nominations for the 2009 Peace Medal Awards. The award recognizes "ordinary people who demonstrate a vision, creativity and an extraordinary commitment to making our communities, our country or our world more peaceful and just." An individual or a group can be submitted for

consideration in one of three categories: local, international peace initiatives or youth.

The deadline for submitting nominations is October 16. For more information or to download the nomination form, visit www.ymcaquebec.org.

Westmounter Andy Rosenhek was awarded a 2008 Peace Medal for his work building an orphanage in Tanzania.

Re-elect Kathleen Duncan Ward 4



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Gary Ikeman

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Bryna Cohen: Official Agent

Just don't call him 'lieutenant'

Garneau moves to hotter seat

By DAVID PRICE

Marc Garneau had a busy week.

The rookie Westmount-Ville Marie MP was saluted on Monday, October 5 for the 25th anniversary of his first voyage to space (which was the first one by a Canadian). Then on Wednesday, he was named federal Liberal leader Michael Ignatieff's Quebec representative.

That appointment was the less simple of the two events. It took place at the tail-end of former Liberal lieutenant Denis Coderre's struggle with what he called Ignatieff's "palace guard." The Coderre/Ignatieff showdown may or may not have implications for the Liberals in the next election, but it has undoubtedly affected the role of the chief Quebec Liberal.

In conversation at his Westmount office on October 9, Garneau explained to the *Independent* that he is the "representative" of the leader and not the lieutenant. The day-to-day organizing tasks of the old lieutenantcy will devolve onto an as-yet-un-named organizer.

Garneau sees himself first of all as the "ears of the leader, and I will be listening

carefully to people in all parts of Quebec to understand their desires and preoccupations." He is also the leader's "mouth-piece."

Aislin's critical cartoon notwithstanding, he doesn't see being a *Westmount* MP as a liability in Quebec, "It doesn't matter where you're from" given that "I'm out and about anyway" helping other MPs and Liberal causes around the province.

Then why carve up Coderre's old job? Garneau sees two reasons: to divide the work and to fit skill sets with the required tasks, but "all the bases will be covered."

Meanwhile, the Liberals have been falling in the polls. Is Ignatieff in trouble? Are the Liberals? While he concedes that Ignatieff himself said that "We have our work cut out for us," Garneau contends that "there is still a Liberal country right outside the door here."

Will the new post affect his representation of Westmount? "I'm going to be a very busy person but I feel strongly about my party ... and if there are those who doubt, then I hope to prove that I can do both."

Vote/Votez
Mavis Young
Conseillère - District 7 - Councillor
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Si je suis élue, voici les dossiers que je défendrai pour améliorer la qualité de vie des citoyens de Westmount:

- ◆ Transparence au sein du Conseil de ville – il est temps de revenir à un gouvernement démocratique et d'ouverture
- ◆ Fin aux votes à huis clos au Conseil
- ◆ Réponse efficace aux revendications des citoyens quant au stationnement, au bruit, à la circulation – fini les promesses creuses
- ◆ Communication à deux sens avec les résidents pour assurer leur participation aux projets *avant* et non *après* leur adoption
- ◆ Lancement d'initiatives municipales uniquement lorsque la recherche et les données les justifient, et non en réponse à des groupes de pression
- ◆ Utilisation responsable des deniers publics – arrêt du gaspillage causé par l'embauche continuelle d'experts-conseil et par des projets coûteux qui ne profitent qu'à une minorité

If elected, I will support our quality of life through the following:

- ◆ Transparency on council – it's time for open, democratic government
- ◆ End behind-closed-doors council votes
- ◆ Deal effectively with citizens' concerns regarding parking, noise, traffic – no more lip-service
- ◆ Enhance two-way communication with residents to ensure their input into projects, *before*, not *after* they are implemented
- ◆ Ensure that municipal initiatives are undertaken only when supported by facts and data, not in response to pressure groups
- ◆ Promote fiscal responsibility – end waste of public money through continuous hiring of consultants and costly proposals which benefit few citizens

Mavis Young
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Editor's notes

News item: Helpful people still exist

I ran into former mayor May Cutler in Westmount Square the other day.

(By way of shameless self-promotion, she was seen to be carrying not one, not two, but *three* copies of the *Westmount Independent*.)

While we were speaking, a Westmount Square cleaner came up to us and gave Cutler some ID cards that had slipped out of her wallet. He'd seen them on the floor and tracked her down in person.

He was rewarded with a generous tip from Cutler.

Very attentive readers of last week's

Seven mark 25 years with city

Seven city workers were inducted into Westmount's Quarter Century Club at the annual banquet October 8 at Victoria Hall. It was the 66th year the event had taken place.

Those receiving the traditional gold watch or an alternative gift were: Michael Brunetti and Aldo Cipriani (Sports & Recreation), Patrick Burrows (Hydro Westmount), Gail Cavanagh (Finance), and Donald Collum, Peter Gabriel and Claude Voyer (Public Works).

Mai Jay (Library) and Robert Mees (Public Works) were also honoured for 30 years of service.

Marking 20 years were: Dominic

issue (p. 33) may have noticed some missing information about the city's lease of land from CP for the Abbott Ave. sound barrier. The lease amount is \$1 per year.

Sign up now! Many Westmounters are already on our email distribution for PDF versions of the *Independent*. With all the municipal election news, we may have to issue "extra" editions of the paper between regular editions, but we'll need your email address to reach you. If you're interested, please write to Beth at office@westmountindependent.com.

DP

Agostino (Finance), Cecilia Emmanus, Sylvia Tuccia and André Vézina (Hydro Westmount), John Grainger and Lynda Meloche (Purchasing), Faith Holness (Library), Maria Ippolito (IT) and Dina Pietrangeli (City Clerk's Office).

Marking 15 years were: Ronald Bray and Paul Corbière (Public Works), Gianni D'Argenio, Patrick Hearson and Steven Pezzi (Fire), Richard Lamer (Public Security) and Gayle White (Library).

For the first time in memory, reporters were not invited to cover the dinner during which the 25-year employees are introduced, officially honoured and photographed by the press.

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LETTERS TO THE EDITOR

AN EXPENSIVE EDUCATION

Most people are a bit sceptical about deathbed conversions, but after reading about Councillor Cynthia Lulham's surprising adoption of practically the whole agenda of those who have long opposed the mega-sports complex, I'm a believer! ("The Lulham Report: Other arenas cost less" by Don Wedge, October 6, p. 5).

Amazingly, the councillor, who is one of those who pushed hardest to squeeze two large ice surfaces into a too-small space and once dismissed the views of critics, suddenly finds the whole plan too costly and "understands the concerns of people who want a lot more studies – an engineering evaluation, the demographic forecast and traffic impacts."

In another article ("Answers to the 5Ws", September 29, p. 6) Councillor Tom Thompson, in defending how, without anyone noticing, costs for the preliminary plans had ballooned from the allocated \$400,000 to over \$800,000, explained that "council regularly produced some insightful questions."

If only those questions had included a couple designed to elicit some very basic information, such as: how much is all this going to cost and why does our arena cost twice as much as everyone else's?

One more question might have been: having just spent \$800,000 on engineering and architectural studies, why would we still need an "engineering evaluation"? Was the one we got not a real one?

However, not to worry, there is apparently a bright side. Councillor Thompson, at a council meeting, noted cheerily in his rationale for the cost explosion – "We all learnt a lot."

We sure did.

MAVIS YOUNG
MELVILLE AVE.

WHAT IS IKEMAN'S NEW APPROACH?

I note that Gary Ikeman has announced that he will run in the November 1 municipal election. Mr. Ikeman founded the Westmount Arena Moderation Campaign (WAMCAM) website, which purports "to provide information and opinion" concerning the rebuilding of the arena facilities. One of the site's options allows users to freely submit their comments. Several members of the Westmount community have submitted opinions that support the arena project. Not one of these submissions has been posted by WAMCAM!

I am quite concerned by this one-sided, selective attitude given that he is running

for office and saying that the city "needs to turn the page, adopt a new approach." I hope that this is not an example of such a new page or approach.

PETER NAYLOR, ABBOTT AVE.

SWIMMING BETTER THAN HOCKEY FOR PUBLIC PROJECT

I agree with Roger Jochym, who suggests ("Swimming is more inclusive", October 6, p. 25) that the solution "to an over-sized, ill-conceived project is to build a year-round swimming facility in the present location of the swimming pool." Swimming potentially benefits residents of any age and either gender, whereas hockey is played by a small segment of the population.

Most importantly, I fully endorse Patrick Barnard's letter ("Still unanswered questions") on the same page, especially when he states that "the good choice is to start with the basics" and then go on from there. Had residents been fully consulted and heard from the beginning, all this confusion could have been avoided.

MAYA KHANKHOJE
KENSINGTON AVE.

STOP THE MINDLESSNESS

Have we lost our minds? Trying over and over to shoe-horn into a small and already congested area an oversized aluminum, bunker-like, graffiti-inviting mega-sports complex to include elevators and a snack bar, along with two hockey rinks and several swimming pools and viewing stands for over 300 people to sit above an indoor, carbon-spewing 90-car garage against the lovely backdrop of a 100-year-old stone church and the surrounding serenity of a natural green space park with its 100-year-old trees?

The answer is not blowing in the wind. We should stop this mindlessness. It is time for a change with a new, realistic, non-wasteful council to take careful decisions in these serious financial times. Westmounters deserve nothing less.

LARRY KLEPPER
ST. CATHERINE ST.

Correction

In the last line of "Curling club appoints first woman president" in the October 6 edition of the *Independent*, the Royal Montreal Curling Club was mistakenly referred to as "Town of Mount Royal Curling Club." There is a Town of Mount Royal Curling Club located in the Town of Mount Royal. We regret the error.

Civic Alert

Councillor Patrick Martin: Transparency can save the city 'big money'

BY DON WEDGE



There is an ironic touch about Patrick Martin being the only member of the retiring council to be acclaimed and back in office. He was severely criticized by some colleagues over his approach to the arena/pool

renewal project – first for insisting on underground parking and, especially, for wanting to take a second look at the Westmount Athletic Grounds (WAG) as a site.

Yet while the others are either not running or find themselves in competitive races, Councillor Martin is elected for four more years.

His views on council work have changed considerably during his first mandate. He concluded that more transparency can actually save money – “big money” in the case of the arena-pool renewal. Already more than \$800,000 has been spent on architectural and structural designs.

Martin traced the evolution of the project from his vantage point. “The council was made up of a mix of seasoned and new members. The senior ones knew of the 1999 plans for the arena renewal,” Martin recalled. “The newer members knew less. It was put before us with a cost of around \$20 million.

“But it grew and grew. There were to be two rinks, not one-and-a-half, creating new parking needs, and a larger pool area, all on a site with poor soil conditions. The estimates grew to \$30 million and then more. This was a different project.

“Not only was the significance slow to reach the public, but council itself didn’t have sufficient information to fully grasp

the impact until late in the process.”

What do we want?

Martin continued, “We should have said to the public ‘Here is a rare opportunity of a greenfield site, what should we use it for?’ Westmount is full of smart people who would have wanted to contribute. We would have heard of the desire for an indoor pool far earlier.

“Citizens and council together would have decided on its future. The new council will have to do just that. The plans presented on September 26 still have shortcomings, not least the \$34.6-million cost. The entire project will be looked at with a fresh eye. Where will the tennis courts go – on green space in the park? If they are not replaced, a section of the population will be deprived.

“The proposed new site of the outdoor pool is unacceptable to both the residents of Academy Rd. and citizens seeking tranquility by the lagoon.”

Pivotal event

The pivotal event was on Monday, July 5, when council voted 6-3 against looking at building some of the facilities on the WAG. Martin thought it might save \$8 million.

For some weeks, he had been concerned about the escalating costs, which were partly driven by the unsuitable soil at the present site.

On June 23, council in camera decided to check the WAG’s soil. “There was no point in studying it further if was to be just as costly to build there,” recalled Martin. Tests were not done, however, as council reversed itself on July 5.

At the same time, Councillor Cynthia Lulham was researching other arenas and

this was indicating high comparative costs of Westmount’s proposal to all others. She, Martin and Kathleen Duncan voted to look into the WAG as an alternative.

Public access

The “lost” decision of June 23 raised other problems of governance with Martin, including flow of information to members and the public. For many years, council has made many of its decisional documents available to the public the weekend before its monthly meeting. No other municipality on the island provides that facility and now, thanks to the Westmount Municipal Association, that information is posted on the city web site.

The reports of the standing committees are included, usually very delayed and heavily edited. Martin promises to correct that.

“In business,” he says, “draft minutes of meetings are circulated within three days. They are not just records of what was said but of what actions were agreed. It’s not good enough for participants to read them the day before the next meeting.”

He intends to talk to his new colleagues about changing this. It would also facilitate the public having timely access.

Also among issues he intends to raise with his new colleagues will be more openness about building permits. “In the last mandate, more transparency might have headed off the divisive and expensive lawsuits regarding the loss of views,” Martin recalled. “Residents should know about a neighbour’s extension before it is built as they’ll see it once it’s built!”

Citizen activist Don Wedge’s email address is dwedge@sympatico.ca.

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District 2: Claire Mullins Kruyt – volunteer, fundraiser

Giving back to community

BY LAUREEN SWEENEY

When Claire Mullins Kruyt decided to run for council in District 2, no one had filed nomination papers, though Tim Price had officially announced his intentions. Now, she's in a three-way race along with Philip Cutler.

The prospect of a campaign, however, leaves this volunteer and veteran fundraiser unperturbed.

"I think Westmounters are very fortunate to live in such a community, and I want to make sure I can help in any way I can," she explains. "I have a deep belief in giving back to a community, and I think I have much to offer."

This includes long and active involvement in community and non-profit organizations and efforts to provide buy-in to causes she considers important.



Claire Mullins Kruyt

Like to be part of something

"People like to feel they're part of something," she says, recalling the fundraising launched for refurbishing the Westmount Public Library. "There are many creative ways of doing this."

A member of the board of St. Mary's Hospital as a community representative, Kruyt works passionately for the hospital's Women's Health and Wellness Initiative. She was also on the board of the Visual Arts Centre for many years.

Kruyt is a founding member of "Feed a Child", a program that raises funds at Metro stores to help support community initiatives that serve hot meals to children.

Operated as the fundraising arm of the Jules and Paul-Émile Léger Foundation, she says, "It's an interesting concept because all the money goes to programs in the vicinity of the store where it is collected." What comes from the Fletcher store on Victoria, for example, helps provide hot meals in Little Burgundy.

Kruyt has also worked on the fundraising committees of the Montreal Museum of Fine Arts, the McCord Museum, Les Amis de la Montagne, The Study, Villa St. Marcelline, Concordia, and the Red Cross.

A resident of Westmount for 23 years, Kruyt lives on Belmont Crescent beside King George (Murray) Park, in District 2. She and husband Peter, an executive at Power Corporation, have four daughters aged 15 to 23.

As the owner of a white lab, she uses

the park's dog run, and understands the desire for higher fences that has been raised at council meetings. Interestingly, she says, "We've always lived by a park – on Claremont and then on Westmount Ave. at Belmont."

Noting that District 2 does not face many of the problems of those bordering the highway, train tracks and future hospital complex, "I'm sure I'll hear about specific issues when I go door to door and talk to people." If elected, however, she says she wants to represent the whole Westmount community and adds: "In Westmount we're very privileged but we also have to realize we're part of Montreal and Quebec and Canada – and should consider the broader good of everyone."

Asked about the arena, she says that without knowing the current plans, "my stand is that we need to have something better than we have now. It isn't a pleasant place to be. Needs change. The arena project is something long overdue."

Her daughters – Alexa, Adrianna, Olivia and Lauren – learned to swim at the pool and Alexa has played on the city's soccer teams for several years.

Had her own paper route

Growing up in St. Hubert on the south shore as one of 12 children, Kruyt learned the value of work from an early age, she recalls. "Through my mother, our house was the delivery depot for the *The Montreal Star*. So it was not a question of 'Did you have a paper route?' We all did!"

Claire went to work at Canadian Pacific right after graduation from Macdonald-Cartier high school "working up through the ranks and returning to school at Concordia after the birth of my second child."

She earned a commerce degree in computers and technical services in 1987 and did the book-keeping for small businesses including the Visual Arts.

Her husband's roots are in Beaconsfield, but after her marriage, she says, she and her husband developed friendships in Westmount and "we found our community!"

Kruyt is acting as her own official agent in the election campaign.

District 6: Michael Osterland – teacher, athletics coach

'Getting items out there for critical debate'

BY LAUREEN SWEENEY

Michael Osterland was one of the late entries into the election campaign – just hours before the close of nominations October 2. His decision to run has introduced a contest to District 6 where incumbent Nicole Forbes is seeking a second term on council.

"One of the things I stand for is informed decision-making," he says. "It's all about getting items out there for critical debate."

A former business analyst who changed career paths to take up teaching, he hopes if elected, to provide "commitment and consistency, and play an active role in sports and recreation, and the parks."



Michael Osterland

Coaches intercity hockey

Although, Osterland coaches Westmount's Atom A intercity hockey team (the Wings), he is one of the executive-league hockey players who couldn't get onto a team this fall because too many signed up before him.

His first-hand experience only confirms his desire to help bring the arena project to fruition. "I truly believe the city can benefit from a second full-size rink," he says. "Despite some divergent thinking out there concerning the site, we need to take advantage of the grant and get going. It's such a big project that it has to be done well with significant attention to detail."

As well, Osterland says, "I would like to be involved in introducing new sports programs such as girls' hockey and ringette. I'm also interested in continuing the greening of the city. In this respect, we're living a smaller footprint as a family by driving a hybrid, which we fill up once a month."

Osterland, 48, who spent his teenage years playing hockey on Westmount teams, attended Selwyn House School, Marianopolis and McGill. He left Westmount in 1988 for some 15 years to study, work and live in Toronto, Chicago, Versailles and Boston, where he met his wife, Lisa.

When it came time to choose a place to raise their two sons, they decided Westmount had exactly what they wanted. They decided to settle in the community in 2002 and purchased their house on Melbourne

Ave. The boys are Becket, 12, who attends LCC, and Wesley, 10, at Selwyn House.

"I had a different perspective when I returned to Westmount," Osterland recalls. "I'd been away from the political climate of Quebec for a while, seeing Montreal only from afar. Having grown up in bilingualism, it was just delightful to be back in two cultures again."

Osterland began teaching math and economics at LCC that fall, continuing in the middle and senior schools until last year. He is re-directing his teaching to the primary school level, he says, where he now does substitute work at various schools, including some at the English Montreal School Board.

Born in Winnipeg, Osterland spent his own elementary school years in St. Louis, Missouri, where his physician father, Dr. Kirk Osterland, was carrying out research at Washington University. When his father relocated to McGill (where he spent the remainder of his career), the family moved to Kensington Ave. near de Maisonneuve.

Business analyst

Graduating from McGill in 1985 in economics and Spanish, Osterland worked for several years in sales and marketing in the sporting goods industry in Oakville, Ontario. He then spent four years as a business analyst at Baxter International, a healthcare company based in Chicago where he was pursuing an MBA at the University of Illinois. This included two years with Baxter in Versailles before Osterland settled in Boston.

After meeting his wife, a science teacher from New York City, Osterland took a master's degree in education at Lesley College in Cambridge, Massachusetts. He taught math, French and athletics at private schools in the Boston area for nine years before returning to Westmount.

Over the years, he has coached different age groups in baseball, soccer, lacrosse and hockey. He likes to ski, play hockey and tennis.

Osterland is acting as his own official agent in the election campaign.

Argyle supports mental-health walk

Westmount's Argyle Institute (215 Redfern Ave.) is inviting Westmounters to join its contingent at Montreal Walks for Mental Health. The 5-km event, organized by Agence Ometz, AMI Quebec, CSSS Cavendish, Cummings Jewish Centre for Seniors, L'Abri en Ville and Forward House, takes place at Pierre Elliott Trudeau Park (6975 Mackle Rd.) in Côte St. Luc on Sunday, October 18, at 11 am. Dogs aren't allowed in the park. Walkers are not asked to find sponsors, but can contribute to the participating groups when registering.

The Argyle is a private association of

psychologists, social workers, counsellors and therapists. It charges on a sliding scale and offers other programs based on economic need.

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White collars accept new contract

Eighty percent of Westmount's white collar workers agreed to a new contract offer presented by their union at a general assembly meeting on October 7.

The new contract is from July 1, 2006 to December 31, 2013. Among the con-

tract details are a salary increase of 2 percent and premium payments for library workers who work at night or on the week-ends. The contract also stipulated a more flexible work schedule.

The white collars are represented by the Syndicat des fonctionnaires municipaux de Montréal (CUPE 429).

Please write to us!

For consideration, letters to the editor must identify them as "for publication" and have authors' customary first and last names, and street names, all of which will be published. Please also include contact information (for follow-up purposes only). We do not publish letters regarding consumer complaints or inter-neighbour disputes. Letters will be edited for length, content and style. Please check your letter carefully. We may be unable to make subsequently submitted changes. If you do make amendments, please "redline" them instead of resending the whole letter.

Bon Appétit

By ETTY B.

Quinoa (pronounced KEEN-WAH) is 100 percent whole grain and is close to being a perfect food source in the balance of nutrition it provides.

It is an excellent source of protein – as well as all essential amino acids, according to the United Nations Food and Agricultural Organization. Quinoa is a good source of B vitamins containing niacin, thiamin and B6, and contains high levels of potassium and riboflavin. It's also good source of zinc, copper, manganese and magnesium. It also contains folic acid and vitamin E.

Quinoa is a great food for people who must follow wheat-free/gluten-free diets. It can be substituted for almost any other grain.

Quinoa Salad

1 cup red and white quinoa (or white only)
2 cups boiling water
Soak quinoa in cold water for 5 minutes, rinse, drain and add to boiling water. Simmer for 15 minutes, remove from heat, strain if any liquid remains. Spread on baking sheet or platter to

cool.

When cooled, add the following:

½ to ¾ cup of freshly diced sweet onion
1 cup diced tomatoes

Any or all of the following:

½ cup diced red pepper

½ cup frozen edamame, boiled in water for four minutes then rinsed in cold water and drained.

½ bag frozen corn (oil roasted in 1 tablespoon of olive oil in a skillet until brown marks appear) or 3 ears of corn (freshly boiled and sliced off cob then oil roasted.)

1 can black beans well rinsed and drained

Dressing

½ cup fresh lime juice or lemon juice

½ cup olive oil

2 tsp salt and 1 tsp pepper or to taste

Cumin to taste

Shake well in a jar and add as much as

needed to salad (save the rest)

Add ½ cup chopped coriander (with lime juice) or parsley (with lemon juice)

Toss and garnish with sprigs of coriander and parsley.

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In Other Words

Red-faced in Westmount

The Globe and Mail reports that the city of Westmount has admitted to breaking federal election law with respect to the Communist Party of Canada's election posters.

Longtime Communist Bill Sloan ran to be Westmount-Ville Marie's MP in the election of October 14, 2008. He placed last of nine candidates (with 34 votes), but his results might have been better had Westmount's staff not taken down his signs (see *Independent*, October 7, 2008, p. 13).

Sloan complained to the election authorities, who recently reached a compliance agreement with the city in which it acknowledged violating the election act. Westmount has promised to tell employees to comply in future.

Rising star in tennis

Westmounter Eugenie Bouchard, 15, was described by Stephanie Myles of *The Gazette* as "the most promising of all the Canadian kids" in Tennis Canada's National Training Centre this year. Bouchard has competed at the junior Australian Open and Wimbledon championships, as well as many other tournaments.

Real estate agent runs for mayor of Laval

Westmount real estate agent Lydia Aboulain, 26, is running to be mayor of Laval, reports David Johnston of *The Gazette*. Aboulain's party, Mouvement Lavallois, is taking on Mayor Gilles Vailancourt's Parti PRO des Lavallois, which currently holds all 21 of Laval's council seats.

Gersovitz wins SITQ award

Westmounter Julia Gersovitz and her architecture firm, Fournier Gersovitz Moss, were awarded the SITQ Award for Excellence, according to the Montréal Architectural Heritage Campaign's *Montréal Belles* magazine. The SITQ is a real estate investment vehicle majority-owned by the Caisse de Dépôt. Among the Gersovitz projects highlighted was Victoria Hall.

In Other Words is a media round-up using the mentioned articles as the primary source.

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Travaux de réfection

Reconstruction de la conduite d'eau principale

Rue Sainte-Catherine, entre les avenues Greene et Clarke

Veillez noter que les travaux de remplacement de la conduite d'eau principale sous la rue Sainte-Catherine se poursuivront jusqu'au début du mois de décembre. Ce projet est géré par le Service des infrastructures, transport et environnement de la Ville de Montréal.

Un texte précisant les étapes du projet, les impacts pour la circulation et le stationnement, l'installation d'un réseau temporaire d'eau, et le remplacement des services d'eau est disponible à www.westmount.org.

Pour toute information supplémentaire, veuillez communiquer avec la Ville de Montréal au 514 872-3777 (8 h à 17 h). Pour connaître l'avancement du projet, consultez le site Internet ville.montreal.qc.ca/chantiers.



Infrastructure Renewal

Reconstruction of the Water Main

St. Catherine Street, from Greene Avenue to Clarke Avenue

Work is currently underway to reconstruct the water main on St. Catherine Street, and will continue until early December. This project is managed by the *Service des infrastructures, transport et environnement* of the City of Montréal.

Information outlining the project phases, the impact on traffic and parking, the installation of a temporary water main, and the replacement of the water services is available at www.westmount.org.

For additional information on this project, please contact the City of Montreal at 514 872-3777 (8 a.m. to 5 p.m.). For project updates, consult the Web site at ville.montreal.qc.ca/chantiers.



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Jewish General awards Westmounters

Several Westmounters were noted for their service to the Jewish General Hospital at its annual general meeting October 8, which also marked its 75th anniversary. Leonard Ellen and Westmounters Morton

Brownstein and Leo Kolber, all former JGH presidents, were given a 75th Anniversary Lifetime Achievement Award in "recognition of their exceptional contributions" to the hospital.



Back row: Westmounters Samuel Minzberg (past president) and Bernard Stotland (president) stand on either side of executive director Hartley Stern. Seated: Westmounters Morton Brownstein and Leo Kolber flank Leonard Ellen.

St. Matthias quilt up for auction

Members of the Craft Guild of St. Matthias Church have completed a hand-pieced quilt which will be up for auction, with the proceeds going to the Patricia Mackenzie Pavilion of the Old Brewery Mission.

Sixteen Westmounters worked on the quilt which took five months to complete. They worked in rotation of about four at a time on the Dresden Plate pattern.

The cost of the tickets is \$2 each or 3 for \$5 and can be purchased from the St. Matthias church office during office hours. Tickets are also available at Brickpoint Needlework Shop (318 Victoria Ave.). The draw for the quilt will be held on Sunday, December 13 at St. Matthias Church during the parish Christmas party.

The Patricia Mackenzie Pavilion is open to women living on the streets, and is the largest shelter of its kind in Canada, according to the Old Brewery Mission

website. It provides safe shelter for up to 76 women at a time, as well as transitional residences, emergency beds, food, clothing and referrals to medical and social services.

An awareness event, where the quilt will be showcased and tickets sold, is scheduled for Tuesday, October 27 from 1:30 to 3:30 pm at the Pavilion (1301 de Maisonneuve Blvd. East.)



From left, Loy Denis, Heather Barwick and Dean Barnes working on a Dresden Plate quilt pattern.

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Westmount city hall's new back door is up and functioning. Workers confirmed on October 9 that the door won't have a handle. People have to use the automatic opener on the post.

The project was approved at approximately \$70,000.



Construction – okay – but where's Clarke's 'E'?



Construction on a water main has begun on St. Catherine St. between Greene and Clarke. As of last Thursday, all



eastbound traffic was being diverted to Dorchester and westbound traffic was down to one lane. The project is expected to finish in December. When Westmount director general Duncan Campbell explained the scope of the work at the October 1 city council meeting, resident Stan Grossman asked if the Glen bridge work to the west would combine with this project to create a knock-on gridlock effect. Campbell doubted it would.

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Comin’ Up

WEDNESDAY, OCTOBER 14

- **Revision of electors’ list** takes place at city hall (4333 Sherbrooke St.) from Oct. 14 to 16, from 1 to 9 pm; and Oct. 17 and 18, from 10 am to 5:30 pm.
- **Senior’s luncheon** at Centre Greene at 12:15 pm. Three-course, home-cooked meal, served in friendly environment. Cost: \$5. Info: 514.931.6202.

THURSDAY, OCTOBER 15

Laura Santini’s sculptures at The Gallery at Victoria Hall until November 7. Gallery hours are Monday to Friday, 10 am to 9 pm; Saturday and Sunday, 10 am to 5 pm.

SATURDAY, OCTOBER 17

- **St. Matthias’ Church annual fall rummage sale**, from 10 am to 1 pm, in the lower hall entrance (131 Côte St. Antoine Rd., corner Metcalfe.) Household goods, clothes, toys, linens, books, appliances. Info: 514.933.4295.
- **Household hazardous waste collection**, 9 am to 5 pm, Westmount Public Library.
- **Montreal Children’s Theatre’s** 75th anniversary features professional members who will sing and perform excerpts from the old shows and monologues. A reunion of fans of founders Dorothy Davis and Violet Waters. 7:30 pm at Victoria Hall. Cost: \$75 for dinner and show. Register: call Blossom at 514.935.8148 / alumni@chil-drens-theatre.ca

MONDAY, OCTOBER 19

- **Meet the candidates** at Victoria Hall, 7 pm.
- The Women’s Canadian Club of Mon-treal features **Linda Leith**, founding artistic director of Blue Metropolis International Literary Festival who will speak on “The City I Want to Live In,” 12:30 pm (sandwich lunch at 11:30 am) at The Unitarian Church (5035 de Maisonneuve, near Clarendon). Cost: free for members; \$10 for non-members. Info: Carolyn Roper 514.932.4005.

TUESDAY, OCTOBER 20

Marianopolis Chinese Student Association invites the public to a free talk by-Concordia professor Christopher Thomson on “Roles and impacts of a rising China on world politics,” from 1 to 2 pm in the amphitheatre of the college (4873 Westmount Ave.)

☛ Westmounter Gabor Szilasi is showing his “The Eloquence of the Everyday” photography exhibition at Ottawa’s Canadian Museum of Contemporary Photography in the National Gallery of Canada from October 9 until January 17, 2010.

The major retrospective on 50 years of Szilasi’s work was previously at the Joliette Museum of Art (see *Independent*, April 21, p. 1).

Szilasi opens in Ottawa



"Motorcyclists at Lake Balaton" (1954) by Gabor Szilasi.

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ON THE SHELVES

Among the new arrivals at the Westmount Public Library singled out by staff:

Magazines

“The next *Da Vinci Code*?” in *Maclean’s*, Sept. 21, 2009, p. 68 – Dan Brown’s last book sold 80 million copies and enraged the Vatican. Now he takes on the secret history of the U.S. It’s the most anticipated book in decades.

“Vanishing bees: Why are they dying?” by Wayne Ellwood in *New Internationalist*,

Sept. 2009, p. 4 – Every third bite of food we consume depends on pollination by bees. But they’re disappearing and no one seems to know why.

“Ménage à trois: Parce que son union avec les États-Unis bat de l’aile, le Canada ‘saute la clôture’ et négocie un accord commercial avec l’Union européenne. Chicanes de ménage en perspective” by Kathy Noël in *Commerce*, Sept. 2009, p. 23.

Reference

Atlas of the Medieval World by Rosamond McKitterick.

501 Great Artists: A Comprehensive Guide to the Giants of the Art World.

Adult English – Men of ideas and inspiration...

True Compass: A Memoir by Edward Kennedy – In this landmark autobiography, five years in the making, Senator Edward Kennedy tells his extraordinary personal story – of his legendary family, politics, and fifty years at the centre of national events.

Samuel Johnson: The Struggle by Jeffrey Meyers – A compelling portrayal of Johnson, who, despite great physical handicaps

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Social Notes from Westmount and beyond

Westmouter honoured by Share the Warmth

BY VERONICA REDGRAVE



Westmouter **Susan Bell** received appreciative applause on September 22 at the Share the Warmth (STW) volunteer night. She was leaving the organization as chair, a role she has held for four years.

Along with Share the Warmth's executive director **Judy Stevens** and vice-chair **Janet Michelin**, Bell welcomed incoming chair **Jeff Brumer**, who is also on the committee for the upcoming Table of Hope dining gala, co-chaired by Westmouter **Mila Mulroney** with Quebec celeb **Julie Synder**.

The event, carrying on the legacy of Taste of the Nation, takes place in May 2010 and aims to raise funds for Share the Warmth, which provides schools with nutritious meals and supplies.



Westmount lawyer Janet Michelin, Westmouter Susan Bell, Jeff Brumer and Judy Stevens.

The STW volunteer dinner, prepared by Giovanni from Café Monti, was held in the old Grace Church, the charity's headquarters, with peaceful pale green walls punctuated with white moldings. One long buffet table served warm comfort food that disappeared quickly on the chilly night. Much loved were delicacies from Dawn's Desserts, prepared by Gavin Grant and siblings Dawn and Andrew Hodes, children of former Westmouter **Mel Hodes** and **Judy Stevens**.

Noted in the audience was Herman

Alves from Telus. Both Alves and Telus have been very strong supporters of Share the Warmth for many years. Other volunteers who help keep Share the Warmth's commitment to needy youth are **Sam Pelc**, of Westmount's Superior Travel, who donates to the STW Scholarship Fund, as do **Elise** and **Gaetan Trudeau**, who also give tons of apples from their orchard for delivery to schools.

Delighted guests went into the night with a smile, as they were presented with a lovely pot of home-made jam to thank them for attending. Sweet!



Westmouter Joan McKinnon with Elise and Gaetan Trudeau.



Committee members for Share the Warmth fundraiser co-chaired by Westmouter Mila Mulroney and Julie Snyder: Peter Cochrane, Diane Vallée, Herman Alves and Steve Louis.



Westmouter Judy Martin and Steve Louis.



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Living Sustainably Cycling safely, Part 2

By EVE ASPINALL,
MEMBER OF THE HEALTHY CITY PROJECT

The bicycle path in Westmount is only a small section of the city of Montreal's bike path or "throughway." The majority of cyclists passing through Westmount Park are not Westmount residents. It might be advantageous to instal bilingual signs at both ends posting speed limits, Westmount's law requiring helmets, yielding to pedestrians and adherence to the Highway Code. (Enforcement is difficult as it is not a high priority for the police).

There are other ways to curb speeding, such as gates that reduce the flow of cycles to one lane; circles are another (which might not be feasible in the park). Both are rather draconian measures.

Cyclists vulnerable

Cyclists are innately vulnerable. They do not have the armour protecting them that motorists have. Falls rarely leave the rider unscathed, and collisions lead to serious injuries or death. Neurologists will attest to that! They see so many devastating injuries that could have been avoided or minimized if the cyclist had worn a helmet. Therefore cyclists must be hyper vigilant at all times – to know what is behind, beside and ahead. Wearing head phones (which is illegal) will impair hearing and diminish alertness.

A member of the Healthy City Environment committee and an experienced cyclist was recently injured by another speeding cyclist weaving in and out of the traffic. Someone swerved around a car and into the bike path and knocked her off her bicycle. She had no chance. The car obscured the speeding cyclist from her vision. Fortunately she was travelling slowly, so her injuries were limited to several painful abrasions. There have been many more serious accidents reported in the media which give cyclists a bad reputation because of the actions of a very visible minority. It is vital that these speed demons be curbed.

Going through red lights, even when there is little traffic, is a roll of the dice and once too often may be fatal. Stop signs are somewhat different. When cross streets

are close together with stop signs at each intersection, the signs become a frustrating impediment for smooth cycling. In Idaho and some other US states and cities, rolling stops are permissible under certain conditions but do not give cyclists priority over other vehicles. Rolling stops require vigilance from cyclists, motorists, and pedestrians. (Pedestrians always have the right of way).

Families are often seen on the bike paths, with the children wearing helmets but not the parents. What a lesson for their children! It is hoped that all their brakes are in good working order and the bicycles are equipped with reflectors. Drivers after dusk have great difficulty seeing a cyclist in the dark if there is no functioning light on the bicycle. A white front headlight and a red tail light are mandatory.

Pedestrians on the bike path present a real hazard. It puts both themselves and the cyclists at risk for serious injuries. Equally perilous are cyclists riding on the sidewalks. What is good for the goose is good for the gander! Nor should cyclists travel in the wrong direction on one-way streets. A car backing out of a driveway may well not see them as they are concentrating on traffic from the other direction.

Greater harmony

Hopefully, with education, many of these problems will diminish. With time, as pedestrians and cyclists become more familiar with the bike paths and crossing points, there will be greater harmony.

With all the hazards that cyclists face, one may wonder why they prefer this non-polluting mode of transportation. Ask any cyclist – it is healthy, invigorating and joyful. A little courtesy goes a long way and a passing smile or wave will brighten any cyclist's day.

Any free time on Thursdays?

The Meals-on-Wheels group based in St. Matthias Church is looking for volunteers who can deliver meals on Thursdays, between 10:30 am and 12:15 pm.

Please contact Bob Laxton at 514.846.0024.

According to the St. Matthias website, its Meals-on-Wheels service has been delivering hot noon meals to shut-in or disabled persons for over 40 years. The yearly cost associated with the meals is "covered mostly by generous donations from the community."

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Underdog

Fatty Princess makes you smile

BY KIA POULIOT, GRADE 11, ECS



With a name like Fatty Princess (she really lives up to it), it's not hard to imagine what kind of dog you'd be getting. Princess is a real scale tipper, weighing in at about 35 lbs. at only 1 year old; almost double what a dog her size should weigh. You're probably thinking that overfeeding a dog is not really cruel, but think again.

It's clear that Fatty Princess came from some very irresponsible owners, and possibly eaters of over-sized formats themselves. Not only did they nurture in Princess some terrible eating habits that has made her morbidly obese, but they most likely hit her too (she isn't too fond of hands). Although hearing about dogs who have been beaten is usually what tugs at the heartstrings, Princess' story should move you just as much as that of a battered dog.

Feeding an animal to the point where it becomes obese is just as harmful to their well-being as giving them a good kick – it may not harm them immediately, but eventually it will kill them.

Fatty Princess didn't know she was eating food she shouldn't have or too much of it. Like any normal dog, if you give her something tasty, she won't hesitate to gobble it right up, and as a result she is now in danger of all the same health risks as an overweight person, such as diabetes or a heart attack. She's also stuck with a silly looking waddle (lovable, but not ideal physically), as her little legs weren't made to carry so much bulk!

Besides these health risks, there is also the psychological torment that poor Fatty has to go through every day. We live in a superficial world, where first impressions really do make a difference. When people

look at Fatty Princess, all they see is her round physique, so she gets shoved aside. No one, person or dog, should have to feel this way, and if anyone stopped and took a second to get to know Fatty Princess, they would see right away that she is an incredibly sweet and loving animal.

Along with their poor decisions in raising Fatty Princess, her owners were also irresponsible choosing to own a dog in the first place. They lived in an apartment that did not welcome animals, and when the landlord discovered Princess' existence, her family was forced to drop her off at the local SPCA.

Despite her abandonment and the ridicule that Fatty Princess often endures for her round size, she has managed to keep up an extremely sunny disposition. This not-so-little ball of love wags her tail at anyone who approaches and is always ready to make you smile. She adores everyone, kids especially.

Fatty Princess is all stocked up for winter, so all this optimistic pup would need is a healthy diet, some regular exercise, and a family willing to give her as much love as she would surely give them.

To find out more about Fatty Princess contact The Underdog Club at 514.969.3376, www.underdogclub.org or visit her at the Montreal SPCA.



Fatty Princess

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Daisy Update

Daisy, who was featured in the September 22 edition of the *Independent*, has had her operation thanks to the incredible generosity you showed over the past couple of weeks. To everyone who made this happen, please go to bed tonight knowing that one little dog is now a great deal more comfortable and pain-free.

The next thing on the list is to find her a home. Please contact us with any questions you may have, or to set up a date with Miss Daisy: 514.969.3376.

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McGuigans open first storefront



Joan and Brian McGuigan on opening day, October 8.

Westmount real estate firm McGuigan Pepin has a new office at 4431 St. Catherine St. (between Metcalfe and Kensington). The four-agent, five-person firm was founded 15 years ago, but this is its first storefront. Hours are Monday to Friday (9 am to 5 pm) and Saturday to Sunday (12

noon to 4 pm), but the agents are available “pretty much 24/7,” said principal Joan McGuigan. She went on to explain to the *Independent* that the reason for the office was “to give our clients’ properties more marketing exposure and make the firm itself more visible.”

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Retail Watch

BY ERIN STROPES

Women’s wear boutique brings a touch of style to Sherbrooke

Women’s clothing store JoshuaDAVID (4926 Sherbrooke St.) may be just a little over a month old, but its roots in Westmount go back much further. Joshua Fagan grew up right on Sherbrooke St., where his mother’s store for children, Lmnop, can still be found. When a retail space opened up right across the street, Fagan and his business partner David Archer, both formerly at Holt Renfrew, knew that the time was right to open their boutique.

JoshuaDAVID carries fashion and accessories that range from vintage Boss Black pieces to the shop’s private line of tailored blouses. Custom alterations, delivery and private consultations are also

available. The store specializes in women’s fashion, but does carry some lifestyle products such as skin care products and candles, as well as the occasional men’s items – a selection of cashmere sweaters for men will be arriving for the holidays. “We buy anything we love,” Fagan explained. “So we carry everything from \$20 candles to \$2,000 jackets.” A loyalty program teams the boutique with Westmount’s Victoria Park spa and downtown’s chic Bice restaurant. An opening reception on October 8 marked the official introduction of the boutique to the community. “We really think JoshuaDAVID and Westmount are a good match,” said Archer, “and we look forward to being here for a long time.”



From left, Joshua Fagan and David Archer at JoshuaDAVID's opening reception October 8.



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