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It's a go: Trent running

BY LAUREEN SWEENEY

Peter Trent has made it *official*. He announced to the *Independent* that he has decided to toss his hat into the ring for the mayoralty in Westmount's November 1 elections.

Elected to the position for three consecutive terms before the merger with Montreal, Trent announced a month ago he was seriously considering running for another term but wanted to speak to potential council members first.

"I've met with a number of people and am impressed by their mix of professions and capabilities," he said. "No matter who wins, we will have a nice selection of veterans and neophytes that will put the city in good shape. I would be pleased to serve again."

He said that streamlining the city operation and improving efficiency is one of his objectives. "My hallmark is ensuring the city is well managed and I intend to continue that if I am elected."

He said he would also focus on arena renewal, sustainable development, renewal of infrastructure, Westmount's merger debt and moving the city forward within the Montreal agglomeration and larger region.

Trent, 63, is the only declared mayoral candidate with slightly over two weeks remaining during the electoral nomination period. District 1 councillor Patrick Martin, who had been considered as a potential candidate for mayor, told the *Independent*: "Now that Peter has confirmed his candidacy, I will support him."

Trent, who led the suburbs in their anti-merger fight against then municipal affairs minister *continued on p. 15*

New arena design



Same site, new plan: two distinct rink superstructures (joined underground) and a separate pool facility where the tennis courts currently are. The underground parking entrance is on Lansdowne.

New arena design ready

BY LAUREEN SWEENEY

A new architectural approach to the arena/pool renewal project has resulted in the creation of a spacious recreational campus that features angled buildings with sloping roofs, new vistas through the park, a large central plaza and a separate outdoor pool area with its own pavilion.

The latest design for the St. Catherine St. site will be presented in detail at a public meeting Saturday, September 26 at Victoria Hall at 2 pm as promised by the council following concerns expressed over the initial concept in April.

The new layout shifts all *continued on p. 7*

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White collars reject contract offer

Westmount’s white collar workers are “exercising their right” to picket city buildings after rejecting a contract offer from the city, Mayor Karin Marks said at the city council meeting September 16.

The labour group includes administrative support staff, library workers and public safety officers. They belong to the island-wide CUPE local 429 of white-collar workers.

The city offer covers the period from July 1, 2006, to December 31, 2013, and is the first collective agreement to be negotiated following the demerger from Montreal. Westmount settled with its blue collar workers at the end of 2008.

“They had different experiences during the merger years,” Marks explained of the two labour groups, “so we looked at where they were then and now.” The city offer was refused at a white collar meeting September 10.

“Discussions are continuing and it is hoped that the city’s global contract offer can be clearly understood by the employees and

ratified as soon as possible,” explained Alan Kulaga, the city’s Human Resources director and chief negotiator.

“In the interim, we want to assure citizens that city services to them will be maintained without interruption.” He refused to provide further details.



Protestors in support of Westmount's white collar workers reportedly blocked access to the Public Works Yard at around noon on September 14.

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Julie-Anne Cardella takes on new role October 5

New library head welcomed

BY LAUREEN SWEENEY

Westmount Public Library has its new chief.

She's Julie-Anne Cardella, who has more than 20 years of experience in municipal libraries, latterly as the borough library manager for Verdun/Nuns' Island. City council approved her appointment as director of library services at its meeting September 16.

Cardella, who spent 18 years at the Town of Mount Royal library, assumes her new responsibilities October 5 following the retirement June 30 of Ann Moffat.

"We're extremely fortunate to be able to welcome her to our library," said councillor Kathleen Duncan, library commissioner.

Attending the council meeting, Cardella related how Westmount's library had always served as a role model for her. She looked forward to providing a team that would put citizens first and promote the library's continuing growth in changing times.

Cardella has been managing a team of 45 employees and an annual budget of



Julie-Anne Cardella

more than \$1 million for operation of the Verdun public library as well as the branch on Nuns' Island.

In TMR, she served as adult reference

Coming any day: city hall's new \$70,000 back door

Residents trying to enter city hall from the parking lot on the west side may find they are being directed to the main front door.

Preparatory work to install a new high-tech door at the back of the building is timed to take place this week so the new one can be put in place next week, said Public Works interim director Marianne Zalzal.

The work includes excavation and in-

stallation of electrical conduits. These are required for the electronically-controlled door, providing handicap accessibility and heightened locking capabilities. It is slated to be fully operational by the council meeting October 1.

City council approved the purchase and installation of the new door at the total cost of some \$70,000 in May. Made of oak to match the front doors, it will replace the existing steel one.

and children's librarian. She has also worked as provincial coordinator for Canadian Children's Book Week, as a reference librarian at Beaconsfield and Fraser-Hickson libraries and librarian at the Institute of Canadian Bankers.

Cardella was also marketing representative for the Corporation of Professional Librarians of Quebec and a revisor and translator at the Royal Victoria Hospital. She holds an undergraduate degree from the University of Montreal and a master's in library and information studies from McGill, which she obtained alongside Ann Moffat.



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LETTERS TO THE EDITOR

WHAT'S GOING ON BEHIND COUNCIL DOORS?

Westmount city council has exhibited poor judgment in approving more than \$800,000 to plan an outrageously costly arena/pool facility, inappropriately shoe-horned onto a backfilled location that is too small to properly accommodate the grandiose scope envisaged for the project.

With a civic election in the offing, we need to know more about what went on behind closed doors in council and at meetings where the arena/pool project scope and expenditures were discussed and approved. Who are the council members who argued on practical grounds against the project concept and its projected costs; and who are the other members who refused to consider any more practical and less costly alternatives?

JOHN DOREY, VICTORIA AVE.

SHOULD CYCLISTS GET FINED FOR RUNNING REDS?

I look forward to your informative paper every week!

Now that the summer is over, and everything has been said about cyclists vs. drivers, the question is: Are cyclists not subject to traffic laws as much as drivers?

I have never seen a police officer ticket a cyclist for going through a stop sign or a

red light. Particularly noticeable are the cyclists (some with young children) not stopping along de Maisonneuve at the Greene and Clarke Ave. lights, and other stop signs. Do they not deserve a fine?

I am not against cyclists, but it is very hard for drivers to avoid having a serious collision.

JULIETTE FORTIER, WOOD AVE.

PLEASED WITH GALLERY ANNIVERSARY

We would like to say how much we enjoyed the 10-year celebration party at The Gallery at Victoria Hall.

The staff went to much trouble with the details: the garden looked spectacular with the conservatory lit up; a beautiful look to the little courtyard leading out from the French windows from the gallery. The outside moving sculpture lent the place a sense of magic.

We even had slides of artists' work projected onto the wall at the end of the gallery. We think that the only thing that could have been improved was the lighting on the outdoor stage platform where speeches were made.

It was lovely seeing old faces and to talk about art with other artists and discover where they were going with their work – putting a face to the work.

Thank you, city of Westmount, for giv-

ing artists such a wonderful venue for our work and encouraging us to continue painting. It is always uplifting to look at art and the various ways of seeing it.

JANE AND PIERRE DESJARDINS,
SHERBROOKE ST.

WHAT'S UNDER THE RUG?

Patrick Barnard's letter in the September 15 issue of the *Independent* was a good piece of investigative reporting. We badly need more of it. At the September 8 council meeting, his questioning of the payment of \$65,000-plus to a "respected retired" employee brought a fumbling justification from the mayor, and clearly there'd been no discussion of that expenditure by council. That was the smallest of the items Barnard listed in his letter; the rest of them were too infuriating to detail again, and risk arousing the citizens.

An agenda item at the same council meeting was for the appointment of a "consultant" to the Public Security director, three days a week from last November 4 to December 31, 2010. There was an item covering this, some months ago, in one of the local journals of record, where the consultant was identified as a retired Montreal police sergeant. For God's sake, why was he hired? Did anyone on council or in management ask? The Public Security director and his deputy, a "captain," are both retired Montreal police officers. If the director needs a consultant, wouldn't it have been sensible to try to entice back the retired director or one of the retired sergeants? What can one retired Montreal policeman tell another about public security in Westmount? Can he explain why the reputation of the Public Security Unit has gone into serious decline? Can he explain why a retired PSO has seen such a need for security in the city that he's gone into business and opened an office here? And if the director, who's been in the position for two or three years, needs a consultant, his fitness for the job should be questioned by council.

Last spring it was reported that the Public Security captain was looking for "up to 12 recruits" for parks patrols, and he was quoted saying "we pay better" than Montreal police. If those parks patrollers were hired, how effective have they been? The bikes still roll through the parks, on the paths and over the grass, ridden by anyone from kids to white-haired women. In Westmount Park, the footpath beside the bike path is decorated with graffiti in colored chalk, in the area where kids from the Westmount Park School daycare centre play. A PSO has been seen often by citi-

zens, on a bench beside the senior courts in Westmount Park, sipping her coffee and watching more-energetic people play.

Will the consultant improve that behaviour? Not so far, and we've gone through the summer. Couldn't the director or his captain improve it without the help of a consultant? There's a councillor responsible for the library; is there one responsible for Public Security? It's \$2.5 million of taxpayers' money. Will anyone on council or in management ever do anything about any of this?

Patrick Barnard pulled up a corner of the rug; others have pulled up other corners. How much more is still hidden under it? We're overdue for an election. We have problems more fundamental than the arena, which looks like a metaphor for more careless spending. The candidates should be concerned about the state of civic management. It might stimulate them if they saw fewer pictures of cute dogs but more pictures of dogs loose on the streets and in the park.

D. O. NEWMHAM, METCALFE AVE.

ARENA PROJECT'S HANDLING BASS-ACKWARDS

According to the *Independent's* front-page story "Arena Planning Costs Now Exceed \$800,000", (Sept. 15), Councillor Tom Thompson said at the September 8 council meeting "I see it as money well spent."

His remark referred to the "injection" of \$214,000, including \$100,000 in "unapproved expenses" to find out whether or not to proceed with the proposed mega sports complex.

This comment is outrageous, considering that Mr. Thompson and the other council members have spent and will be spending a total of \$814,000 on the first stage of this project-to-nowhere, for placement on a site that anyone with common sense could see as unsuitable – where a mega ice palace cannot be "shoe horned" in without encroaching on our precious and limited green spaces and interfering with the environment of the surrounding neighbourhood.

What Mr. Thompson refers to as "money well spent" has been totally wasted. Much smaller amounts should have been spent on proper studies before any other money was squandered on this dreamer project.

Mr. Thompson's comment proves once again that this project has been handled "bass-ackwards" from the beginning, just like the costly synthetic turf fiasco that was ultimately and embarrassingly cancelled.

LARRY KLEPPER, ST. CATHERINE ST.

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Civic Alert

Council cuts record of questions – and hides the decision

BY DON WEDGE



“Bizarre! That’s bizarre,” exclaimed a friend, when she heard that council no longer listed the public questions and answers in the printed minutes because they can be heard on the website audio.

Although only occasionally attending council meetings, this friend is one of the citizens who likes to know about how council works and how it makes decisions. Conversations with her easily turn from the arena project to the choice of an out-of-towner as chief librarian.

In other words, she is a typical involved Westmouter concerned with the city’s future and the wise spending of tax dollars.

She found it more than strange that having made the notable step forward in providing the audio record of a council meeting, the printed version should be dropped. The summaries of questions seem to have been there with the minutes since time immemorial. Listing the responses has been a more recent and welcome extra service.

Almost every Montreal council includes the questions with the minutes in some form. One hopes for the ultimate one day: a documented follow-up until the matter is dealt with, as was introduced by the borough of Ville Marie.

It was Paul Marriott, a Grosvenor Ave. resident and the Westmount Municipal Association (WMA) vice president, who asked about it at the September 8 council meeting, after noticing the July and August questions missing from the documents supplied to the public.

WMA does its election thing

The Westmount Municipal Association (WMA) will be questioning Westmount city council – before it is even elected.

The first phase of investigation is a series of written questions to candidates for city councillor and mayor. Candidates need to contact the WMA by October 2 to respond.

The unedited answers will appear in the October 14 *Independent* and the October 22 *Examiner*.

The WMA and *Examiner* will also be co-hosting a meet-the-candidates night on Monday, October 19 at 7 pm at Victoria Hall.

Mayor Karin Marks replied, with her usual aplomb, that as the questions were now included on the web site they weren’t being included with the minutes. Quebec law requires that minutes of council business are made and approved, but there is no requirement that the questions are recorded, she explained.

Councillors immobile

Marriott was speechless and retired gracefully. As usual, councillors’ immobile faces conveyed no surprise at this apparent reversal in the march towards openness.

Public questions are usually thought to be one of the best clues to citizens’ concerns. Could it be that modern councillors do not require them?

So I went to the geographic extremes: Patrick Martin, who represents District 1 at the top of the mountain, and John de Castell, from District 8 in the south-east corner of the city.

Both told me that they received written summaries of the questions and found them an essential part of the job.

“I think most councillors were as puzzled as Mr. Marriott,” Martin added. “In the early summer, I re-introduced the subject of including the questions with the audio, so I am hoping that it is just an administrative oversight that a copy was not made available to the public.”

It might not be so simple. The real expert on public documents is Mario Gerbeau, the city clerk and director of legal services. He made a presentation to the closed-door session of council on July 6,

which led to the decisions to make the complete audio public and to stop providing a written version.

“Since then, we have not produced a record of the questions to councillors,” Gerbeau said. His department produces a report for the director general, but this is not as complete as formerly and is not translated. “Maybe the councillors have seen that.”

Regular readers of this column will recall that there was a six-hour council meeting on July 6, the first two hours of which were devoted to the arena-WAG issue. Can it be that councillors lose their memories of decisions made during such long evening sessions?

This week, the city clerk recalled the presentation he gave on July 6. It followed closely an off-the-record account that I was given at the time.

For the administration, the big benefit is saving time. It also avoids a difficult job undertaken by the legal staff. No verbatim reporter is used, as this would be expensive.

“We don’t want to hurt anyone and, on occasion, it was difficult to find neutral

language or avoid too strong adjectives,” Gerbeau explained. “Sometimes, there were complaints.

“I had to warn council that there was the possibility that someone might use the audio record to make a case that our summary was inaccurate.

“Frankly, I welcomed council’s decision to drop the printed record, but I realize a new administration may have a different approach.”

The next council might look at what it reports to the public – or rather what is redacted. The answers to Marriott’s query about the missing questions led me to search for the decision in the record of the notable July 6 meeting.

It is Westmount’s custom to make two versions of the closed-door committee of council sessions – one confidential and one public. Everybody understands the need for restriction over certain legal or personnel issues, but surely a decision on the public question period does not need to be censored. What else is held back from the public?

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

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District 5: René Pelletier – investment advisor, tennis pro

Public service and experience in his veins

BY LAUREEN SWEENEY

Investment advisor René Pelletier became the first candidate in Westmount's November 1 elections to file his nomination papers at city hall at the start of the official electoral period last Friday.

He is the fourth candidate to announce his run for the seat in District 5, broadening the scope of what is, so far, the only electoral ward to be contested.

The longtime resident of Lansdowne Ave. is a championship tennis player who has served as an associate chief of staff in the defence ministry and as a member of the National Parole Board.

"The Westmount community has served my children well," he said, in declaring his intentions last week. "I feel I want to give back."

Pelletier already has a long list of issues he believes need attention in District 5.

These include a clampdown on speeding cars and other traffic violations, a need for additional parking, a friendlier approach to parking enforcement and resolution of the arena renewal project.

Pelletier, who works at CIBC Wood Gundy and has also been in the brokerage business in Boston, holds a degree in physical education after attending the universities of Denver and Arizona on tennis scholarships.

He has been involved in fundraising for the Atwater Library and the refurbishment of the Westmount Public Library, and worked for the No side of the Quebec referendum. He was a member of the board of the Hillside Tennis Club and the Westmount Alzheimer Society, and is now a director

of the Westmount federal Conservative riding association.

Sports, finance and politics

Pelletier's great grandfather, Sir Charles Alphonse Pantaléon Pelletier, was Quebec's lieutenant governor from 1908 to 1911 after being speaker of the senate and agriculture minister in Prime Minister Sir Wilfrid Laurier's government. On his mother's side, his grandmother's brother, another Liberal, was Quebec premier Louis-Alexandre Taschereau, who was in office from 1920 to 1936.

While this is Pelletier's first foray into municipal politics, he spent three years working in government in Ottawa in the 1980s after which he started his own business to train government lobbyists.

Born and raised in Quebec City, Pelletier is the son of a bank manager and stockbroker. "I had always dabbled in the stock market, so when I decided not to make a career out of tennis, it was a natural choice for me."

At 68, he continues to play tennis three times a week. After graduation in 1966, he worked as the tennis pro at the Agawam Hunt Club in East Providence, RI, which had 16 grass courts. He has played competitively including reaching the doubles finals of the Canadian championships for ages 35 and over.

"Of greatest interest to me, however," he said, "was being able to play against Arthur Ashe and Stan Smith, and John Newcombe and Tony Roche" – all tennis greats of the 1960s and 1970s.

Pelletier moved to Montreal in 1975 thereafter opening up an eastern office for the lumber export company Ward Bedas. After his sojourn in Ottawa, he decided

that finance was his real love. Since 1994, he has worked successively at Richardson Greenshields, RBC and Merrill Lynch, before CIBC Wood Gundy.

He is married to Dora Koop, who works at McGill's Institute of Management. They have two daughters. Victoria, 19, is studying business at McGill and is a member of its volleyball team. Nicole, 15, at Collège Notre Dame, swims for the Westmount Dolphins and the Barracudas.

While Pelletier would eventually like to see an indoor municipal pool in Westmount, he said, but, "We shouldn't go overboard" in the current plans.

If elected, he would like to serve on committees dealing with recreation, the arena/pool project and/or the library. He's also interested in plans for the running of the Olympic torch through Westmount.

Why is he entering the political ring now? "I was approached to run by Victor Drury (a candidate in District 3) whom I play tennis with," he says. And that helped with his decision. Pelletier's official agent is Evelyn Horsky.

Others running in District 5 are George Hébert, Douglas Leahey and Nicholas Smith. Gary Ikeman, who has declared his candidacy for council, stated he is likely to run there as well.

Five for 5? Nicholas Smith announces in District 5

As the *Independent* went to press, staff learned that District 5 may have five candidates vying to be its city councillor, assuming Gary Ikeman runs there (see above). The new candidate is Burton Ave. resident Nicholas Smith, who will hopefully be profiled in next week's issue. No other municipal race is currently being contested.

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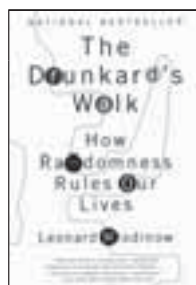
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IIROC



Arena re-design shifts parking access

continued from p. 1

vehicle traffic related to the underground parking to Lansdowne Ave. A new east-west walkway between Lansdowne and Academy Rd. provides an open vista between the superstructures of the two large rinks, creating the impression of two buildings. The rinks are adjoined at the sunken level of the ice surface.

"I think this responds to many of the needs that were expressed at the two information meetings and provides a design that is up to the quality of Westmount," said Mayor Karin Marks in presenting the plans to the *Independent*.

"This is a very fresh look at providing facilities for the same activities that we had in the first design."

Estimated costs have not been calculated, she said. These are expected to be ready in time for Saturday's meeting. "We're also hoping we'll have news of our [government] grant." Costs of the original design had escalated to at least \$35 million.

Saturday's meeting is planned around a town-hall format and concludes the work of this city council on the design concept.

Decisions concerning its future will rest in the hands of the new council to be elected November 1.

In coming up with the new design with its contemporary style, Marks said that concerns expressed by citizens had been considered by council and conveyed to the architects.

Take a step back

"It was clear we had to take a step backwards and have another look at the site without throwing out the investment that had already been put into it."

Marks said the architects brought in "fresh eyes," and a decision was made to create the design from the terrain and angled road grid rather than by rebuilding "incrementally" based on the positioning of existing facilities.

As a result, the planned 200-foot-long south rink remains perpendicular to St. Catherine St. in the same position as the existing one. But a new 185-foot rink to the north is angled slightly to the west toward Lansdowne. Offices and the community café are located in a taller portion of the building above the south rink. This elevated portion would become easily visible

from a distance as an arena landmark.

As with the original plan, the north arm of Academy Rd. that currently runs between the pool and the junior tennis courts is closed, but in the new plan it is built over by a plaza of some 80 feet in width to be used for activities or as an informal meeting place. Both the teen centre and multi-purpose room open onto it.

"The plaza will provide continuity with the park even though some of it may be hard surfaced," Marks explained.

The pool area is located to the east of the plaza on the current site of the tennis courts, though no provision has been made for their relocation, Marks said.

Three pool options

The swimming area provides three types of pool: a round play fountain for toddlers, a children's swimming pool, and an eight-lane, 25-metre long pool with separate diving area. "This allows us to better accommodate families," Marks explained.

The one-storey changing pavilion runs east-west along Academy Rd. with the aim of providing a buffer between the apartments across the street and the pool.

While the external building materials are not yet specified, Marks said, the plan calls for the use of dark and light colours. Grays and browns used in colour renderings provide the impression of facilities in a park or country setting.

Windows are slanted and recessed to provide for natural light without allowing heat from the sun to affect the ice surface. Roof overhang will provide shelter from the rain.

"We're still aiming for LEED 'silver'," Marks said referring to standards of Leadership in Energy and Environmental Design. In the new plan, these include the use of natural light, heat exchange between the rinks and pool, and minimizing the cutting of trees.

Westmounters feel the LOVE



Standing, from left, Westmounters Brian Bronfman and Patrick Shea; seated, former Westmounter Twinkle Rudberg flanked by Westmounters Astri Prugger (left) and Satoko Ingram.

Board and fundraising committee members of Leave Out Violence (LOVE) assembled recently to work on the group's annual fundraiser. This year they have chosen to host the world premiere of the play *In Piazza San Domenico* by Steve Galuccio at the Centaur Theatre on Monday,

October 5 at 6 pm. To purchase tickets, call Suzanne Malley at 514.938.0006.

LOVE (<http://leaveoutviolence.com/source/>) is a not-for-profit youth violence prevention organization founded in Montreal in 1993, with branches in Toronto, Halifax, Vancouver and New York City.



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Second wave probable but probably mild

Healthy City Project learns about H1N1

BY ERIN STROPES

Members of Westmount's Healthy City Project and others received updates on H1N1 from a public health official, September 15 at Victoria Hall.

Dr. Terry Nan Tannenbaum, the head of the H1N1 operation of the department of Health Protection, Health and Social Services for the city of Montreal, reassured the some 20 attendees that this virus is relatively mild and fully treatable with drugs.

The World Health Organization has advised Canada and other northern-hemisphere countries to prepare for a second wave of the H1N1 influenza virus. A first wave made the rounds earlier this summer, peaking in mid-June and affecting approximately 1,250 Montrealers.

Montreal health officials expect to have a vaccine available by mid-November, when it will be offered on a voluntary basis and free of charge at mass-vaccination

clinics organized through local CLSCs and Health and Social Service Centres (CSSS).

The vaccine will be offered to people over the age of six months, and everyone is encouraged to receive the shot. Many cases are so mild that carriers will go about their usual business, running the risk of passing the virus onto others who may develop more severe symptoms.

To avoid contracting or spreading H1N1, regular hand-washing and covering the mouth when coughing or sneezing are advised. If you think you or your child may have the virus, Dr. Tannenbaum suggests staying home to let it run its course.

Higher-risk individuals, including pregnant women and people with heart disease or lung conditions, should consult with their doctors to see if they should receive a dose of antiviral medication within the first 48 hours.



Dr. Terry Nan Tannenbaum, at Healthy City Project's invitation, talks about H1N1.

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Jeffrey Walker will be conducting an appraisal clinic on fine Canadian & International paintings for clients who have a view to consigning property to Walker's Important international art auction which will be held on November 25th in Ottawa.



Jean-Paul Lemieux

Sold for \$115,000 at Walker's
June 2009 international art auction

Works from the Maurice Duplessis estate to be sold by Walker's at their November 25th international art auction:



Charles Huot
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Oil on canvas, 1873
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Frederick S. Coburn
Sleighing on a Sunny day

Oil on canvas
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Walker's international auction for November 25th will include major paintings from the estate of the late Maurice Duplessis, former premier of Quebec, J.R. Beattie, former deputy Governor of the Bank of Canada, and modern sculpture from the estate of O.J. Firestone.

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Social Notes from Westmount and beyond Westmounter Guest of Honour at Glam Guzzo Gala

BY VERONICA REDGRAVE



The white night was perfect. On September 10, the **Guzzo** family hosted *Notte in Bianco*, a fundraiser for cancer research. Partygoers, wearing white as instructed on the invitation, arrived in Lamborghinis, Mercedes, Ferraris and

other gleaming vehicles, which were whisked away by black-clad lads from VIP Valet. Glam guests were greeted by **Vincenzo Guzzo**, VP, COO, Cinemas Guzzo, and his wife **Maria**, president of the Guzzo Foundation. Guest of honour Westmounter **Dr. Jack Siemiatycki**, attended with his lovely daughter, **Emma**, a law student. Jack holds the Guzzo Environment-Cancer Research Chair of the University



Westmounters Dr. Jack Siemiatycki and his daughter Emma.

of Montreal, which was established by the Guzzo Foundation in 2007.

Angelo Guzzo, president Cinemas Guzzo, and his wife **Rosetta** were amongst those strolling amidst the garden setting, complete with Adirondack chairs (all 100 or so painted white for this year's event), a roaring outdoor fire and a children's playground with swings and slides. During cocktails people enjoyed South Beach-style seating as they admired garden sculptures, including a large bull painted in Italian colours and brightly-coloured Alessi "animals." A white tent in one corner of the Guzzo estate housed a sit-down dinner, with 300 Philippe Starck-designed transparent chairs holding a Chanel gift for all.



Vincenzo and Maria Guzzo.

The soaring structure was decorated with real chandeliers, a pearl grey carpet, and gracious calla lilies. Westmount's Flore created the elegant décor. Noted in the crowd were senators Raymond Lavigne as well as Francis Fox, with his wife Vivian; Barry Garber, Francis Rosconi and Linda Delorme (from Pepsi), Evita Welch, Michel Trudel, Quebec fashion designer Michel Desjardins (with gorgeous models quickly surrounded by admirers!), actor Christine Solomon, singer Rosette Sharma, DJ Donald Lauture, Chloe Sainte-Marie, R&B star Deborah Cox, and Westmounter **Jennifer Campbell**. As handsome Sardinian-born Nicola Congiu (Niko) sang (including fave song "He Ain't Heavy"), listeners included award-winning film maker Rob Stewart (*Sharkwater 2007*) and Fabienne Larouche (*Lance et Compte*). Honorary presidents of *Notte in Bianco* were Richard Cacchione, president Hydro-Quebec Production and his wife Nathalie Hamel, SAQ Public Affairs and Communications. Monies raised (\$400,000) go to the environmental cancer research chair held by Dr. Siemiatycki.



Italian singing sensation Niko and Westmount's Dr. Terry Smith.



Sonia Benezra, and Westmounters Sal and Rosie Parasuco.



Denis D'Etcheverry (of Westmount's Flore), Eva Friede (Gazette Fashion Editor), Franco Rocchi (Senior VP, Le Chateau).



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Kids’ reading club signs off for summer



Kristy Bockus enjoying her new flip camera.

The Westmount Public Library marked the end of its annual summer reading club for kids with a party at Victoria Hall on September 12. About 220 children participated in the animal-themed “Go Wild, Read,” club with a total of over 2,400 reading hours, according to librarian Wendy Wayling.

The library also started an online teen reading club where young bloggers could contribute book reviews. All names were entered in a draw, and Kristy Bockus won the grand prize, a flip camera. She did her reviews using YouTube.

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Westmount Park School S’Cool



From left, André Foisy, representing Prizm LP, one of the major fundraisers for S’Cool; Minoor, a student at WPS and Christina Delaney, WPS principal.

By ERIN STROPEs

Music class at Westmount Park School is about to become much more fun, thanks to the addition of many more new djembes. The school had acquired 12 of the skin-covered African hand drums last year, but found this wasn’t enough to meet the demand of enthusiastic students. Enter the S’Cool Life Fund.

André Foisy presented the grant cheque on behalf of the fund, a non-profit

organization backed by charitable donations that gives out grants for arts and recreation projects to elementary schools across Canada.

Westmount Park School, one of 17 schools in Quebec to receive a S’Cool grant, will use the \$2,000 award to double its collection of djembes, enough to ensure that all the students in each music class can drum together. The grant was presented at a school assembly, and was accepted with vigorous applause.

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To all my Jewish clients, friends and family: I take this opportunity to wish you a happy and healthy New Year.

Shana Tova.

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Porte d'entrée côté ouest de l'hôtel de ville inaccessible

À compter de mardi 22 septembre, les travaux de remplacement de la porte d'entrée du côté ouest de l'hôtel de ville seront entrepris. Veuillez utiliser l'entrée principale sur le côté est de l'édifice. Info : 514 989-5200.



ÉVÉNEMENTS COMMUNAUTAIRES

Projet de renouvellement aréna-piscine : Assemblée publique d'information

Le samedi 26 septembre à 14 h au Victoria Hall. Venez vous renseigner sur l'état du projet et prendre connaissance des nouveaux plans architecturaux. Les résidents pourront consulter sur place la documentation, également disponible sur le site Web de la Ville dans les prochains jours : www.westmount.org

Théâtre des enfants de Montréal

Venez souligner le 75e anniversaire du Théâtre des enfants le samedi 17 octobre à 19 h 30 au Victoria Hall lors d'un souper-théâtre au cours duquel certains diplômés célèbres viendront si produire sur la scène d'origine du Victoria Hall. Info : 514 484-6620.

Soirée de Danse au Victoria Hall

Le 3 octobre, 19 h 30, E-Motion Dance Académie présente une soirée de danse, incluant la valse, la rumba et d'autres danses sociales. Info : 514 286-5483.

Visite architecturale du Collège Dawson

Le samedi 3 octobre à 14 h 30, visite guidée du collège Dawson, un bâtiment patrimonial conçu par l'architecte J. Omer Marchand et construit en 1908. Exposition de photos historiques de Westmount à la Bibliothèque. Info : 514 989-5226



TRAVAUX PUBLICS

Distribution de compost

Le compost fabriqué à partir des résidus de jardinage ramassés le printemps dernier sera mis à la disposition des résidents de Westmount à compter de 9 h, le samedi 11 octobre, aux Ateliers municipaux situés au 1, rue Béthune, jusqu'à épuisement des stocks. Info : 514 989-5268.

DATES À RETENIR

Du 10 septembre au 3 octobre

Exposition : *La galerie s'expose!*
La galerie du Victoria Hall

Le 22 septembre – 19 h

Club de lecture anglaise
The Heart Specialist de Claire Rothman
Bibliothèque

Le 23 septembre – 19 h

Conférence d'auteurs - *Claire Rothman*
Bibliothèque

Le 30 septembre – 14 h

Conférences de 14 h - The Golden Stagers
Interprétation de *Literacy Tea Party*
Bibliothèque



BIBLIOTHÈQUE

Club d'échecs et de jeux de sociétés

Aimez-vous jouer aux échecs et/ou au Scrabble? La prochaine rencontre du club aura lieu le vendredi 25 septembre à 14 h dans une ambiance amicale. Nous sommes toujours à la recherche de nouveaux joueurs. Info : 514 989-5386.

Club de lecture anglaise

La prochaine rencontre du club de lecture anglaise se tiendra le mardi 22 septembre de 19 h à 21 h pour discuter du livre *The Heart Specialist* de Claire Rothman. Info : 514 989-5386

Rencontres avec les auteurs

Joignez-vous à l'écrivaine Claire Rothman qui lira des passages de son nouveau livre *The Heart Specialist* le mercredi 23 septembre à 19 h. Info : 514 989-5386.

Club de lecture française

CONFÉRENCES DE 14 HEURES - LITERACY TEA PARTY
Joignez-vous au groupe théâtral les *Golden Stagers* le mercredi 30 septembre à 14 h pour une interprétation dramatique du *Literacy Tea Party*. Info : 514 989-5386.



SPORTS ET LOISIRS

Inscriptions automne/hiver

La période d'inscription pour les activités de sports et de loisirs est maintenant terminée au Victoria Hall. Par contre il est encore possible de s'inscrire en vous présentant à l'Aréna de Westmount entre 8 h 30 et 16 h 30. Info : www.westmount.org ou 514 989-5353.



CITY HALL

No access at City Hall West side entrance door

Work to replace the West side entrance door will commence on Tuesday, September 22. Please use the main front door on the East side. Info: 514 989-5200.



COMMUNITY EVENTS

Public Meeting on the Arena/Pool Renewal Project

On Saturday, September 26 at 2 p.m. at Victoria Hall, 4626 Sherbrooke Street West. Come and hear information on the status of the project and view the new architectural plans for Westmount's proposed arena/pool renewal. Residents will be able to refer to relevant material at the meeting which will also be posted on the City's Web site at www.westmount.org.

The Montreal Children's Theatre

Enjoy a 75th anniversary reunion dinner featuring some of its most famous graduates at Victoria Hall, its original home. October 17, 7:30 p.m. Victoria Hall Info: 514 484-6620.

Dance Evening at Victoria Hall

E-Motion Dance Académie presents an evening of ballroom, waltz, rumba and other social dancing. October 3, 7:30 p.m. Victoria Hall Info: 514 286-5483.

Architectural Tour of Dawson College

On Saturday, October 3, take part in a one hour guided heritage tour of the Dawson College building designed by architect J. Omer Marchand, and learn about its history and architecture. Free exhibit featuring historical photos of Westmount at the Library. Info: 514 989-5226



PUBLIC WORKS

Compost Distribution

Distribution of compost made from garden waste collected last spring will be available to Westmount residents from Saturday, October 10, at 9 a.m. at the Public Works yard, 1 Bethune, while supplies last. Info: 514 989-5268.

www.westmount.org
Info : 514 989-5200



Vol. 3/18

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DATEBOOK

September 10 to October 3

Exhibition: *The Gallery celebrates!*
The Gallery at Victoria Hall

September 22 – 7 p.m.

English Book Club
The Heart Specialist by Claire Rothman
Library

September 30 – 2 p.m.

2 O'Clock Series - The Golden Stagers
Reading of *Literary Tea Party*
Library

October 3 – 2:30 p.m.

Architectural Tour of the Dawson College Building
Dawson College, 3040 Sherbrooke West



LIBRARY

Chess and Scrabble Club

Do you enjoy playing chess and/or Scrabble? Our next meeting is on Friday, September 25 at 2 p.m. New players welcome! Info: 514 989-5386.

English Book Club

Join the English Book Club from 7 to 9 p.m. on Tuesday, September 22 as they discuss *The Heart Specialist* by Claire Rothman. Info: 514 989-5386.

Author Lecture Series

Join us for an evening with author Claire Rothman on Wednesday, September 23 at 7 p.m. as she reads from her new book, *The Heart Specialist*. Info: 514 989-5386.

2 O'Clock Series – Literary Tea Party

Join us for a dramatic reading of *Literacy Tea Party* with The Golden Stagers on Wednesday, September 30 at 2 pm. Please register at the main circulation desk. Info: 514 989-5386.



SPORTS & RECREATION

Fall/Winter Registration

Registration at Victoria Hall for sports and recreation activities is now complete. If you would still like to register, please visit the Westmount Arena, Monday through Friday from 8:30 a.m. to 4:30 p.m. Info: www.westmount.org ou 514 989-5353.

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Trent: ready to move forward with campaign



Peter Trent announces his run for the mayoralty from his home office.

.....
continued from p. 1

Louise Harel, said that the thought she might win her bid to become mayor of Montreal “means we have to be very much on our guard.

“That being said, I don’t see the combative nature of those past years as being characteristic of the future. And I look forward to the challenge of moving forward to build the region.”

Westmount first

Putting Westmount’s local issues first, he said, “the arena is going to be the most difficult to handle, especially given the financial constraints.”

As well, “the issue of sustainability begun by this council is something I pledge to continue.” An early environmentalist, Trent has refused to own a car since 1977. He sat on the environment committee of the Montreal Urban Community (MUC). It was during his terms in office that the council banned pesticides, pioneered anti-smoking legislation, introduced the bike path and the household hazardous waste collection, and instituted apartment building recycling.

The need to renew roads, utilities and other “crumbling infrastructure” and to deal with the city’s debt of more than \$37 million, are related issues, he explained. “The answer is to increase our pay-as-you-

go strategy for capital works that we introduced in the mid 1990s, so that we don’t add to the debt, except for the arena.”

While provision has been made for paying down the debt, he said he is concerned by the cost of financing if interest rates start to climb.

These are the main issues facing the local operation, he said. Their diversity simply underlines the need for a broad range of expertise on council.

“We do manage to get people of great quality to serve on Westmount councils and I see this happening once again in the upcoming election.” Trent’s official agent is David Laidley, a former city councillor and finance commissioner.



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Underdog Daisy needs pain relief

By FERN BRESLAW



A couple of days ago, a little shitz tzu named Daisy came to the Underdog Gallery. She was cute, but a no-go for everyone because she has a tendency to nip at people who try to pat her. We wrote it off as a character flaw – after all, she had been through a lot.

Daisy had been debarked, which may be practical but is also very cruel and rarely done to dogs by people who actually love them. She had also sat in a pound in the country for months before being rescued from death row by Sophie's Dog Adoption. So nobody adopted her during her visit to the gallery and Daisy was sent back into foster.

Then yesterday we got a call.

Daisy had just been brought to the vet and there he discovered why this sweet little dog has been biting at people's hands. This dog has a broken jaw! And it isn't recent, and it isn't the sort of thing that can happen in an accident playing catch. She would have had to be kicked or beaten in the face for this to have happened and to make matters worse, she has been trying to live with this injury for what is probably close to six months.

No wonder she has been biting, and no wonder she doesn't want to be picked up: her face is all busted up.

I feel sick at what a life she must have led and how much pain she has had to live with, but also sick at what this now entails. To fix her broken face she needs an operation – the cheap yet unreliable version will cost in the range of \$1,000, and the proper and more recommended one around the \$3,000 mark. Sophie of Sophie's Dog Adoption barely has the money to visit a dentist herself and unfortunately had nothing hidden under her mattress to cover this. So Daisy is our problem.

She will be at the gallery Thursday, September 24, and you can come meet her. Please come by, give some love and, if you can, donate to her cause. There are people who have clearly lost their humanity who do this sort of thing to these animals, and then there are the rest of us – who need to clean up their mess. It is a terrible reality

but without you and your generosity, it would be totally hopeless.

The Underdog Gallery is located at 4922 Sherbrooke St. (across from National) and is open from 11 to 7, Tuesday through Sunday. You can also reach us at 514.969.3376.



Daisy

Westmount employee team participates in Terry Fox Run



Several city employees participated in the annual Terry Fox Run at the Westmount Park site on September 13. From left, Jillian Barnes and Virginia Elliott from Community Events (in photo) and Lucille Angers from the city clerk's office ran, biked and walked the 10-km course through Westmount streets and parks. The threesome raised \$760.

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CENTRE GREENE PROGRAMS					
CHILD CARE	Activity	Age	Day	Time	Cost
	After School Program	5 - 13	Mon to Fri	3:45 - 6pm	\$195/mth
	Pedagogical Days	5 - 13	Various	8am - 6pm	\$30/day
	March Break Camp	5 - 13	March 1 - 5	8am - 6pm	TBA
YOUTH	Halte Garderie	12mths-5yrs	Mon, Wed, Fri	9am - 3pm	\$25/day
	Tumbling Tots	under 5	Tue & Thu	9:30 - 11am	\$3.50/drop-in
	TGIF	5 - 12	Every other Friday	6 - 8:30pm	\$12/child/drop-in
SENIORS					
	Seniors' Luncheon	Seniors	2nd & 4th Wednesdays	12:15 - 2pm	\$5/meal
	Caregivers Tea	All	3rd Tuesday	2 - 4pm	Small fee
	Meals on Wheels	Seniors	Tue & Fri	Mid-day	Need volunteers
	Ballroom Dancing for People Living with Parkinson's	All	Thu	2 - 3pm	\$10/class
	Tai Chi-based Gentle Stretch	Seniors	Wed	11am - 12pm	\$10/class
For all Centre Greene programs, rentals and special events please visit www.centregreene.org or call 514.931.6202					

Room	Rental Rate	Approximate Capacity
Gym	\$48.50/hr	200
Sunroom and Kitchen	\$38/hr	75
Kitchen	\$17.50/hr	15
Conference Room	\$17.50/hr	15
Studio	\$21/hr	40
3rd Floor	\$17.50/hr	30
Room rentals must comply with Centre Greene's mission and mandate in the community, and are subject to availability.		
CENTRE GREENE SPECIAL EVENTS		
Event	Date	Time
Treats and Treasures	Nov 21	10am - 3pm
Annual General Meeting	Dec 10	7pm
Volunteer Recognition	Feb 11	5pm
Booksale to benefit campership fund	April 9 April 10	10am - 6pm 10am - 3pm
Community Garage Sale	May 8	9am - 2:30pm

DANCE	Activity	Age	Day	Time	Instructor	For inquiries please call instructor	
	Classical Ballet	4+	Various	Various	Ora Kozlov	514.932.2389	
	Classical Ballet	Adults	Fri	9:15 - 10:45am	Ora Kozlov	514.932.2389	
	Intermediate Ballet	Adults	Mon & Wed	9:15 - 10:45am	Sheila Lawrence	514.989.9034	
	Baladi	Intermediate Advanced Beginner	Mon	6:00 - 7:15pm 7:15 - 8:30pm 8:30 - 9:15pm	Fouzia Aachi	514.660.4664	
	Creative Dance	3 - 6	Tue	3:30 - 4:15	Andrea de Almeida	514.223.2773	
	Olympia Tae Kwon Do	All	Wed, Fri, Sat	Various	Reza Ramezani	514.486.2139	
	Prayer of Heart & Body Yoga	Adults	TBA	TBA	Lucinda Lyman	514.937.2996	
	Tai Chi (beginner)	Adults	Thu	7 - 8pm	Craig Cormack	514.369.7860	
MARTIAL ARTS / SPORTS / WELLNESS	Tai Chi (intermediate)	Adults	Wed	7:45 - 9pm	Paul Higgins	514.932.4227	
	Chi Kong	Adults	Thu	6 - 7pm	Craig Cormack	514.369.7860	
	Relaxation	Adults	Tue	6:30 - 8:30pm	Tina Galego	450.655.3605	
	Pilates	Adults	Mon & Wed	11am - 12pm	Shayna Barmash	514.334.0145	
	MacGregor Soccer School	5 - 15	Tue & Sat	Various	Greg MacGregor	514.935.4036	
	La Leche League Breast feeding info & support	Moms & Babies	2nd Thursday	9:30 - 11am	Kimberly Melissa	514.504.5815 514.939.0698	
	Family Massage Course	All	TBA	TBA	Craig Cormack	514.369.7860	
	HEALTH / EDU.	Kui Hua Chinese Language School	5 - 13	Sat	10 - 12:30pm	Sally Lei	514.365.0407

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The case of the disappearing compost

By Kristin McNeill

A family living on de Maisonneuve near Westmount Park has had the contents of its green bin stolen five times. The mother of the family, who wished to remain anonymous, said the first time was on a Saturday morning two weeks after the city started its green bin collection in her area.

Family members initially collected waste in a small kitchen bin and then dumped it into the green bin provided by the city, which had been placed outside the gate of their property. The resident went to dump the waste into the city bin, but the liner bag containing previously dumped waste was gone. She said she thought “it was a bit odd,” but didn’t think anything of it until two weeks later, the same thing happened, again on a Saturday morning.

The resident said the occurrence has happened twice while the family was in town and twice while they were away, and figures the thieves come either late Friday night or early Saturday morning.

She called the city to ask if it was possible the garbage collectors took it, and the

city said “absolutely not. They don’t take it with the garbage anymore.” The city also said they had not received any other similar calls.

“That’s a heavy bag for someone to come and steal,” she said, adding that her family’s weekly compost bin is usually more than half full. “We have a very long driveway, and you have to come right onto our property [to get to the green bin].”

Could it be someone is scavenging for food? “We have a dog, and we put the dog poop in it,” she said. Though this waste first goes into separate black biodegradable bags and then is deposited into the green bin, the kitchen waste program also accepts bones, fish and meat, which means eating those scraps would be a risky affair.

Could it be a very clever and fastidious raccoon? A prankster? Could it be someone wanting to add to their own compost? That may not work well either, as unlike most green waste, kitchen composting requires a specialized composting facility.

The resident is very curious to know whether this strange occurrence of compost stealing has happened to anyone else.

Strathcona donates to Sun Youth



Strathcona residents enjoy a game of mini-putt at their street party.

The 2009 Strathcona street party was a great success, September 13, due to good weather and turn-out, reported resident Lily Lam. She said neighbours enjoyed the annual rendez-vous for the good food and activities that included word and action games as well as a giant bouncing slide. “The organizing team looks forward to this becoming an annual tradition for our neighbourhood,” she added.

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tributed to the food and drinks, while families donated a truck load of winter clothing for Sun Youth.

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French Sector Entrance Exams
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Residents will be able to refer to relevant material at the meeting which will also be posted on the City's Web site at www.westmount.org in the next few days.

Info: 514 989-5371
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Comin' Up

TUESDAY, SEPTEMBER 22
André Pratte, chief editorialist at La Presse speaks to the St. James Literary Society at 7:30 pm on Canada/Quebec relations as seen by federalists selected from his book *Reconquering Canada*. McGill Faculty Club (3450 McTavish). Cost: \$20; \$3 for students. Info: 514.484.0146.

WEDNESDAY, SEPTEMBER 23
Montréal en Vogue, hosted by the Westmount Branch of the Montreal General Hospital's Auxiliary, to benefit the Palliative Care Day Hospital. Cocktail dinatoire, fashion show, private shopping, prizes. Ogilvy's at 6:45 p.m. Tickets: \$100. Call-Lois Hutchison at 514.489.0975.
• **Marianopolis Centennial Speaker Series** presents Antonia Maioni, director of the McGill Institute for the Study of Canada on "Health care in Canada: Where from here?" Refreshments, 6:30 pm, speech, 7 pm. Free. marianopolis.edu/speak-erseries.

FRIDAY, SEPTEMBER 25
TGIF at **Centre Greene**, 6 pm to 8:30 pm. Dinner and games. Cost: \$12 per drop in or \$70 for the fall season. For ages 6 to 12 years. Info: www.centregreene.com or 514.931.6202.

SATURDAY, SEPTEMBER 26
• **Marie-Louise Gay** celebrates the 10th birthday of her Stella character with *When Stella Was Very, Very Small*, 3 pm, at Babar en ville. RSVP, reserve a book at 514.931.0606.
• Kaleidoscope Guided Tours gives a guided **walking tour of Westmount** to learn about history, see main monuments and architecture. 10 am to 12 pm, departing from corner de Maisonneuve and Atwater, northwest side. French only; reservations required. 514.990.1872.

TUESDAY, SEPTEMBER 29
The Kanawaki **Golf Club's** joint event with city of Westmount. Tee-time starts at 12:26 p.m. Number of entries: 56 golfers or 14 foursomes, minimum 1 resident per four-some. Cost: Golf: \$65, optional cart: \$15, optional 4-course dinner: \$30. To reserve or for info: Mike Deegan, 514.989.5220 / mdeegan@westmount.org.

WEDNESDAY, SEPTEMBER 30
• Temple Emanu-El- Beth Sholom presents **"Better understanding of wine"** with Nick Hamilton. This starts a five-session series, from 7 pm to 9:30 pm. Following sessions are Oct. 7, 14, 21 and 28. \$125 fee for entire series. Reserve by Sept. 21 by

calling Anita at 514.937.3575, ext. 212 / anita@templemontreal.ca.
• "Is The Change changing you?" hosted by psychologist Heidi K. Wiedemann at the **Argyle Institute** (215 Redfern Ave, # 120) , from 6:45 – 9:00 pm. Cost: \$20 payable at door. RSVP by Monday, Sep-tember 28 to 514.713.4357 or heidi.wiede-mann@videotron.ca.

THURSDAY, OCTOBER 1
Atwater Library and Computer Centre fall fundraising **book sale**, 6 pm – 8 pm. Also October 2, 10 am – 4 pm and October 3, 10 am – 2 pm. Quality used books and magazines on sale. Info: 514.935.7344.

SATURDAY, OCTOBER 3
Allstars Night at Victoria Hall at 6:30 pm., featuring student and professional dance shows, buffet and general dancing. Re-serve: 514.286.5483.

MONDAY, OCTOBER 5
Montreal Camera Club invites photogra-pher Jeff Fuchs to talk about his book *The Ancient Tea Horse Road*. At Westmount Park United Church (4695 de Maisonneuve, corner Lansdowne, rear entrance), 7:30 pm. Free for members; guests are welcome with a donation.


Schweitzer exhibits at Western, in Outremont

Former Westmounter John Schweitzer, world famous for his col-lages, has two exhibits this fall: one at the University of Western Ontario in London, Ontario (at the eponymous John A. Schweitzer Gallery, until October 31) and another at the Galerie d'art d'Outremont (from October 2 to 25).

He maintains several Westmount links, including his representation by Ga-lerie d'Este on Greene and a Westmount


post box. But when will he be showing here again?

"I would hope as early as spring 2010, when I launch a series called Hadrian's Wall or *Vallum Hadrianus*," he said. "Ide-ally it will open on April 21, which marks the founding of Rome by Romulus and Remus in 753 BC. I hope the series will be at both Monopoli in Old Montreal and Galerie d'Este in Westmount."




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Health Round-Up

How sweet it is... but sugar kills

BY BARRY NASHEN

According to the Canadian Sugar Institute, Canadians consume about 35 kilograms of refined sugar a year from prepared or packaged foods, accounting for more than 19 percent of their calories a day, based on a 2,000-calorie diet.

But that's not the whole story: when we add the consumption of other sweeteners, such as honey, maple syrup and corn syrup, the total jumps to over 50 kilograms per year, or about one kilogram per week! While per capita consumption has grown throughout most of the 20th century, it has apparently leveled off in the last ten years.

So why is this important to you and me? Are excess refined sugar and sweeteners bad for our health?

The answer is clear when we look at an abbreviated list of how sugar and sweeteners can harm the human body; they can:

- Suppress the immune system,
- Contribute to hyperactivity, anxiety and depression,
- Produce a significant rise in triglycerides,
- Contribute to weight gain and obesity,
- Reduce helpful high density cholesterol (HDL),
- Promote an elevation of harmful cholesterol (LDL) and

- Increase the risk of cardiovascular disease.

According to the Canadian Heart and Stroke Foundation, cardiovascular disease accounts for 31 percent of all deaths in Canada, so it is the last item on this list that we should explore further to understand how our bodies react to the sugars that we consume.

An influx of sugar into the bloodstream upsets the body's blood-sugar balance, triggering the release of insulin, which the body uses to keep blood-sugar at a constant and safe level. Insulin also promotes the storage of fat, so that when you eat foods high in sugar, you're making way for rapid weight gain and elevated triglyceride levels, both of which have been linked to cardiovascular disease.

I can guess that you've always wanted to know how to make sense of this, so let's have a look at the chain of events that I have summarized above:

- Step 1: A blood vessel's lining (endothelium) is damaged by unhealthy conditions such as high blood levels of cholesterol or glucose (sugar), high blood pressure or smoking. For example, excessive blood glucose can result in an excessive amount of glucose adhering to and infiltrating the vessel surface, which also activates the in-

flammatory response.

- Step 2: The intima is the innermost muscular layer of the blood vessel wall. The inflammatory response causing the formation of vascular plaque lesions results in thickenings of the intima.

- Step 3: The immune system sends platelets (blood cells that are involved in clotting) and other specialized blood cells to the site of the plaque deposit in the intima.

- Step 4: As blood cells and other substances continue to accumulate, the plaque deposit grows bigger and digs deeper into the layers of the vessel wall. More immune cells are drawn to the injured vessel, fueling inflammation.

- Step 5: Increasing inflammation can cause the plaque deposit to break apart or rupture.

- Step 6: Blood clots form on the ruptured plaque and can block blood flow to or within the heart (causing a heart attack) or brain (causing a stroke).

Now that we understand the process better, what can we do avoid this sometimes fatal chain of events? Just how much sugar is safe to consume?

Nobody really knows, however most nutritionists use 10 to 12 percent as a rough guide of the maximum percentage of your daily calories coming from sugars and other sweeteners. This is roughly half the amount that the average Canadian consumes today.

One simple way of reducing the amount of sugars and other sweeteners in your diet is to follow one rule: Avoid eating processed foods. Instead, concentrate on eating lots of fruits, vegetables, legumes, lean meats, fishes and dairy products. You just may discover that healthy foods are naturally very tasty and do not need to be sweetened at all!

Barry Nashen is a Westmount IT consultant who is interested in health issues and shares his personal experiences in this column. He is not a health professional and his comments should be read in that light. Medical problems should be discussed with a doctor or appropriate health professional. For comments: barry@nashen.com

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Westmount Profile: Julia Deutsch

Building student bridges

BY LAUREEN SWEENEY

At 17, debater Julia Deutsch is charting a career path into constitutional law and international relations. And if student leadership is any indicator, she's already well on her way.

The second-year Marianopolis student – a resident of Lansdowne Ave. – has been instrumental in bringing the national novice university debating championships to the Westmount CEGEP from October 2 to 4.

"This is the first time the tournament will take place at a college," Deutsch says. "I view this as a great way to bridge the gap between the Quebec college system and universities across Canada."

Each year, the Canadian University Society for Intercollegiate Debate chooses a different venue for the Central Novice Debating Championships, which are based on the British parliamentary style of debate.

As president of the Marianopolis De-

bating Society, Deutsch proposed that the college hold the event this year and her idea was strongly supported. It's part of her commitment to forge closer links for Marianopolis within the university community, she explains.

Working with Uniterria

Deutsch is also finance coordinator for the CEGEP's student union, which administers the spending of clubs and societies, and is the college representative at Uniterria – a student assistance network within Quebec that includes the World University Service of Canada (WUSC).

The work of this NGO has become a key influence in her life, she says, in particular its work with student refugees and Students Without Borders.

In the upcoming debating event at Marianopolis, Deutsch says, "We're expecting at least 80 teams from across Canada." Because the college is co-hosting the event with the McGill Debating Union, she has been planning related activities in con-



Julia Deutsch is tournament co-director of the upcoming national university debating championships at Marianopolis. It is the first time a CEGEP or college will be hosting the annual event.

junction with McGill student Kartik Madi-
raju, the tournament's co-director.

And that has turned out to be fortunate in an unexpected way, she explains. "I'm actually too young to sign for the room and other social arrangements for a party downtown. I discovered you have to be 18!"

It was through her debating at The Study and a fascination with science that Deutsch developed a wide range of interests that led to her winning the gold medal at the annual regional science fair in 2008. Her entry was a scientific analysis of the Salem witch trial. "My theory was that there was a mould in their bread that had hallucinogenic qualities similar to LSD."

While her medal might have enabled her to move on to the provincial level, she was already registered to participate in the Forum for Young Canadians taking place at the same time. And she deemed this to be an important way to learn more about politics in Canada.

Coaches debating

Born and brought up in Westmount, Deutsch started at The Study in kindergarten, which consisted of only a few days before she was placed in grade 1. Since graduation, she has been coaching debating at the school, "So I've never really left."

Her parents – Antal Deutsch and Hanna Zowall – have had a profound influence on her interests, she says. Both are economists, her father a McGill professor. "I grew up to be analytical and skeptical, and always asking if something is cost-effective or not," she says. "I've always been

very argumentative."

Her father's involvement in international activity also whetted her own interest in global affairs.

At 15, she was already organizing a model UN at school. In grade 11, she participated in a UN symposium for secondary schools at McGill.

Always wanted to be a lawyer

It was at The Study where she developed her interest in debating. "I was really shy but always wanted to be a lawyer. The thought of speaking in public was devastating. Debating became a way of getting out of my shell."

Interested in both arts and science, she focused on an arts profile but studied high school physics on weekends as an additional credit. "I was basically at school seven days a week. This is sort of what my life is like: a medley of interests."

Deutsch also does recreational yoga and tennis "and I'd love to be part of Students Without Borders. I'm suddenly waiting for my 18th birthday (in February). I never realized the limitations of being 17 until I started doing so many things!"

This year at Marianopolis is providing her with a great opportunity "to step out and take on new challenges," she says. "I like to deal with people and enjoy reality-based learning. I have a feeling I'll be hanging out at school in different disciplines. I think I'm a good candidate for a grant to do my own thing, but something that will benefit others."

"Debating and Uniterria are giving me that purpose."

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**ÉLECTIONS MUNICIPALES
À WESTMOUNT**
**WESTMOUNT
MUNICIPAL ELECTIONS**

Association municipale de Westmount
Westmount Municipal Association

Appel à tous les candidats !

L'Association municipale de Westmount invite tous les **candidats aux postes de conseillers et de maire** lors des élections municipales du 1^{er} novembre à répondre par écrit à un questionnaire.

Nous demanderons aux candidats d'identifier **les sujets d'importance qui touchent les Westmontais** et comment ils entendent les aborder.

Les réponses seront publiées telles qu'envoyées par les candidats dans l'éditorial des parutions du 14 octobre du **Westmount Independent** et du 22 octobre du **Westmount Examiner**.

Pour participer, veuillez contacter Jean-Pierre Picard, président de l'AMW, au **514 939-2123** ou par courriel à **president@wma-amw.org**, au plus tard le vendredi 2 octobre à 16h30.

Calling all candidates!

The Westmount Municipal Association is inviting **candidates for City Councillor or Mayor** in the November 1st municipal elections to respond in writing to a questionnaire.

We will ask candidates to identify the **critical issues that concern Westmounters**, and how they plan to address those issues.

Answers will be published, unedited as submitted by candidates, in the October 14th edition of the **Westmount Independent** and the October 22nd edition of the **Westmount Examiner** as an editorial feature.

To participate, please contact Jean-Pierre Picard, WMA president, at **514 939-2123**, or email **president@wma-amw.org**, on or before 4:30 pm, Friday, October 2nd.

Klinkhoff mounts Beaulieu retrospective

By ERIN STROPEs

Paul Vanier Beaulieu was a Montreal native who spent the post-World War II years painting in Paris and rubbing shoulders with such luminaries as Picasso and master printer Georges Leblanc. His work was celebrated by his contemporaries, but as part of the European art movement he hasn't had the recognition in Canada as many contemporary Quebec artists have had – until now.

Forty of Beaulieu's paintings are on display at Galerie Walter Klinkhoff until September 26. The gallery is run by three Westmounters: brothers Alan and Eric Klinkhoff, and Alan's son Jonathan. And Westmount is no stranger to Beaulieu's work – half of the paintings featured in the show are on loan from the private collections of Westmount residents.

A Canadian in Paris

Paul Beaulieu was born in Montreal in 1910. According to the in-depth biography prepared specially for this exhibition by art historian Germain Lefebvre, he waited tables and sold paintings to raise funds to sail to Paris in 1938, where he was im-

mersed in the cultural milieu of the period. Unfortunately, his Canadian citizenship was a liability when the Nazis took Paris in 1940, and he spent four years in an internment camp in St. Denis.

After the liberation of France, Beaulieu returned to Paris. He painted and exhibited successfully in both France and Quebec for the rest of his life. His work is in the collections of the National Gallery of Canada, the Montreal Museum of Fine Arts and the Musée national d'art moderne in Paris. He is known for his roosters and circus scenes, as well as his colourful portraits and still lifes.

No-sale show

The Beaulieu retrospective is part of an annual series of no-sale shows put on for 34 years by the Galerie Walter Klinkhoff to expose visitors to the work of lesser-known Canadian artists. The shows are well attended by students, collectors and art aficionados. In recent years, the collections have also been displayed online for those who can't make the trip to Montreal to see the show in person.

"We choose important Canadian artists who we consider worthy of review," says



Alan (left) and Jonathan Klinkhoff with Beaulieu's 1956 painting "L'oiseau en cage".

Alan Klinkhoff. "Beaulieu was a peer among greats, and we hope to see his work get the exposure it deserves in a Canadian context."

Galerie Walter Klinkhoff is located at

1200 Sherbrooke St. West. Free admission. For more information, to schedule a tour, or to view the collection online, visit www.klinkhoff.com.



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