

Dawson peace garden to take root

By LAUREEN SWEENEY

The countdown has started. After two years of planning, the Dawson College ecological peace garden is on the verge of taking root on the heritage property.

With the approval of a permit by Westmount city council in March, the tendering process is now underway to create pathways and launch the transformation of the corner at Sherbrooke and Wood into an ecological, educational and relaxation area.

“We’re hoping to bring people together from all our disciplines and programs to create a sense of community and belonging,” said Cindy Elliott, coordinator of Sustainable Dawson, which is managing the project.

Plans call for groundbreaking in July and the planting of thousands of indigenous shrubs and plants by students. This

would allow the garden to be well rooted for an official opening in September 2011, the fifth anniversary of the fatal shooting of student Anastasia De Sousa at age 18.

A pink flowering almond tree planted in De Sousa’s memory on the first anniversary of her death will form the centrepiece of what is expected to be a showcase garden.

The concept of a peace garden sprouted from the first anniversary of the September tragedy, Elliott explained. “The question was: how do we pull together a community that had been traumatized?”

From tai chi to photography

The result is a project to which many can contribute for the use of all, including students of tai chi and yoga, photography, the humanities and sciences.

A prime example of this are the seven old trees that were cut down in March for

safety reasons, she said. Their huge trunks, which lie in large pieces on the property, are to be placed around the peace garden to decompose naturally and attract woodpeckers, groundhogs and other wildlife.

These will be used as study tools by biology students, reducing the need to increase the school’s carbon footprint by hiring buses for field trips.

Some of the trunk pieces will also serve as benches. When the *Independent* visited the site, a

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Penny at Rotary



Author Louise Penny speaks to Westmount Rotarians about her new mystery novel. See p. 6.

Photo: Martin C. Barry

Home invasion on Dorchester, see Police Beat, p. 7.

Family Day goes zero-waste for 35th anniversary

Aladdin event joins favourites

By LAUREEN SWEENEY

Westmount’s Family Day will celebrate its 35th anniversary Saturday, May 29 by making it a zero-waste event and introducing a new Aladdin attraction.

As a result, recycling containers will take on a high profile and food outlets are being asked to provide only recyclable serving materials.

Cyclists should take note that the bicycle path through the park will be closed for the day.

Long considered to be the unofficial launch of summer in the community, the

event attracts hundreds of people of all ages to Westmount Park. This year for the second time, races, inflatable games, pony rides, a petting zoo, carnival booths and most of the other attractions will be grouped on the main playing field to the east bordering Melville Ave.

“It’s a location that’s inclusive and easily visible so everyone can see the action and all the fun we’re having,” said Claude Danis, program and community services coordinator for Sports and Recreation.

This year’s new feature is a participatory

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Cllr Duncan: More parking options than you think, see p. 29.

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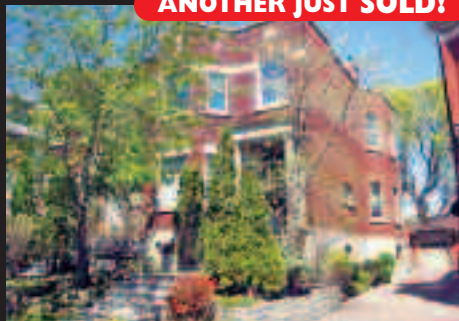


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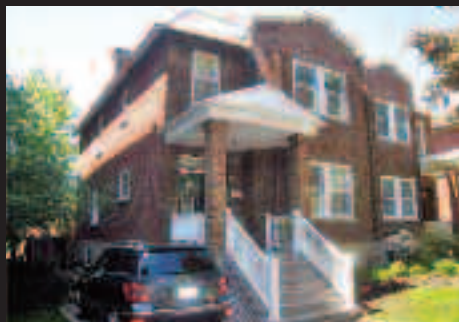
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Peace garden to echo Mt. Royal

continued from p. 1

group of students was spotted already using one for lunch. “It’s close to the earth and Mother Nature – better than a table,” said Sarah Abitbol from biomedical lab technology.

The garden will consist of three large interlocking “infinity rings” created by pathways or trails of natural material such as flagstones, Elliott explained. “These represent the inter connection of people with nature and the three pillars of sustainability: social, environmental and economic.”

The design is based on the “Wildlife Gaining Ground” criteria of the Earthvalues Institute, a non-profit organization specializing in environmental education, in which gardens are created in part to benefit local wildlife.

The paths will be bordered by some



The plan for Dawson’s ecological peace garden, looking toward the college from Wood at Sherbrooke, shows three interlocking rings of pathways.

Image: WAA Inc.

7,000 to 10,000 plantings echoing the Mount Royal ecosystem. These will include antique roses and echinacea as well as milkweed to attract butterflies. There will also be a water element.

The area already contains a large linden tree, a black hickory, beech, maples and many spruce and pine trees, generally found throughout the 12-acre college property.

The college applied to Westmount for a permit in September 2009, Elliott said. “Every time we went before the board (the Planning Advisory Committee), they wanted more detail. Now we finally have the permit on condition that nothing would obstruct the view of the college from Sherbrooke or Wood,” she explained.

In the plan to involve as many of the school’s departments as possible, Elliott said she hopes, for example, that the geology program will help obtain large boulders native to Montreal and that industrial design students will create eco-friendly garden furniture. Students of horticulture can help with the planting.

“If people put work into it,



Three Dawson students lost little time finding a use for one of seven trees that had to be cut down for safety reasons but will be incorporated into the new peace garden. Enjoying lunch close to nature are, from left: Carla Reid, Sarah Abitbol and Saeid Sharafi. All are second year students in biomedical lab technology.

they can claim ownership,” she said. As well, a fundraiser will reach out to the wider community to help cover the estimated \$325,000 cost of the project.

Landscape architect Malaka Ackaoui of WAA Inc., who specializes in educational projects, has been donating her time to design the garden. Among Ackaoui’s other projects are the playground at St. George’s Elementary School on The Boulevard.



Looking toward Wood and Sherbrooke, Cindy Elliott (Sustainable Dawson coordinator) surveys the area to be transformed into the new ecological peace garden.

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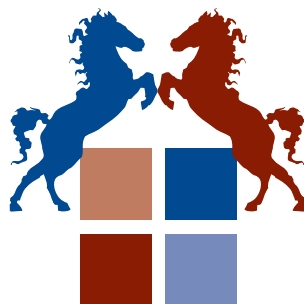
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LETTERS TO THE EDITOR

DON'T ATTACK CHAREST

The recent attack on Premier Jean Charest, a Westmounter, by former Liberal Justice minister Marc Bellemare is ridiculous. Why did Bellemare not speak up years ago? It would have been easier for Charest to defend himself. I put this attack down to professional jealousy – we can't be all premiers – it is one at a time. Nor can we all become judges. Perhaps that is what Bellemare would like to be. It is an easier job than being a lawyer.

The Bastarache investigation will cost a lot of money. The pay for him alone will be \$250 per hour (see *La Presse*, April 15). This could have been better spent on training and recruiting more nurses and doctors.

Please note that I am not a member of the Liberal Party, and no one forced me to write this letter, nor do I get paid for this.

GERALD GLASS, METCALFE AVE.

LOOKING FOR A PLACE TO SIT

Here in Montreal, subjected to long winters, I welcome with enthusiasm spring, the first rituals of strolling without the weight of winter apparel and being able to spend more time outside in the sunshine.

Recently, whilst walking through my Victoria Village neighbourhood, I was welcomed by my local framer Wayne Hemsworth at Art Rebel with a wonderful

white bench outside his shop. Upon closer glance, I realized it was a plastic one and not only that but one saved from the dump and salvaged by Wayne himself. Bravo, he's recycling and creating a warm welcome.

Victoria Ave. has so much potential. Why wouldn't we want to linger in front of all these fabulous artists like Astri Prugger Design, Trink, Vie de Campagne and Art Rebel to name a few. Could the town help out? Let's see some more permanent benches in the village. God knows with the crazy by-laws about maximum seating inside our cafés we have no choice but to sit outside now. So give us a hand by giving us a seat!

JANET BRAIS, WESTMOUNT AVE.

WANT TO BE CHARITABLE BUT NOT SCAMMED

A youngish woman (in her 30s or 40s?) hangs around the Montreal Fine Arts Museum cadging money. She is usually sitting either outside the museum on the north side or close by on the south side. She walks with apparent difficulty on a pair of aluminum crutches.

The first time we met her, she accosted us (white-haired senior citizens) as we strolled by and told us that the STM handicapped bus was supposed to pick her up and hadn't turned up. She had a long story; was very articulate; said she was a

graduate student at McGill; that no one helped her; that people had been rude when she had stopped them, etc.

As she went on and on, I started feeling a bit suspicious – and then guilty for being so cynical. So we gave her \$20 to get herself a cab. (This was not enough money, she said, because she had to go to the north of the island.)

The second time (again, we had walked to the museum), she was on the south side of Sherbrooke between Bishop and Mackay. She asked us if we had a car. I thought she wanted a lift but soon realized that she was after people without a car. She said her crutch had broken, that someone had promised to pick her up, and it went on and on. I belatedly recognized the same patter as before and urged my husband to walk away. She called after us, "It's Easter – you have no heart!" Since then, I've seen her twice from the 24 bus, always near the museum and always sitting watching for people, or else stopping them on their way by.

She has a good scam going because it's hard to turn down someone on crutches. I wonder if others have had the same experience.

JANINE COBB, CLARKE AVE.

WHO ARE THE FIELDS FOR?

Five years ago, I asked one of Westmount's city councillors why parts of Westmount Park were chronically flooded. The reply – that it was because we were in the middle of a jurisdictional dispute with the city of Montreal – seemed reasonable at the time. For some reason I assumed that fixing this problem would make it to the top of some secret high-priority to-do list somewhere. After all, having large areas of public property under water looks bad if you're the one in charge. Never mind that it makes no sense to drench vast public areas of the park for years.

So now five years later, I find myself still walking my dog with my feet submerged in water. And now the flooded areas are even larger than they were. The nearby pristine turf in the fenced-off soccer field is perfectly dry, its water freely overflowing onto the surrounding turf. But at least it's for a good cause, right? On a quiet Saturday afternoon, though, I got to watch Public Security "cleanse" the unused soccer field of about eight people playing pick-up soccer. The young, college-

aged men took it well, apologized to the officers and promptly left the field. I guess they actually believed that playing pick-up soccer in Westmount Park was a terrible crime. We sure fooled them, didn't we?

What we're witnessing here is a clear demonstration of the zero sum game. Public money was used to provide a clean, dry, drained and raised field for organized athletics and private schools – public money that might have been used for adequate drainage of Westmount Park's public fields. Proper, civil, young people are not to use the field unless they have a permit. What the private side gains, the public side loses.

We are now in a situation where public areas in the park take a back seat to or-



Westmount Park

Photo: Andy Froncioni

ganized sports and private concerns. A barely used, raised field sheds its water on surrounding public fields. This is the inequity that "only" \$1 million of public money has purchased. It's hard to imagine what \$37 million or more of public money will do to further erode the quality of public life in Westmount.

ANDY FRONCIONI, ST. CATHERINE ST.

DON'T BRAND ALL CYCLISTS WITH SAME IRON, PART I

In reference to the letter "All kinds on bike path" in the issue of May 11, p. 4, I resent Spencer Irwin putting all cyclists in the same pot.

I cycle at a reasonable speed, and I stop at red lights and stop signs – after all, I don't want to be hit by a car. When I'm on my bike, I'm as considerate to pedestrians as I would want a cyclist to be considerate to me when I'm on foot. I respect everyone who is on the street. Most of all, I do not want to be in or cause an accident for any reason whatsoever.

For Mr. Irwin to write "Several thousand bikes are passing through each day, none stopping at a red light or stop sign. None will ever stop to let

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More letters to the editor

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you cross the path” is utterly false and insults those of us who do comply with the rules of the road.

BARBARA DYLLA, GUY ST.

DON'T BRAND ALL CYCLISTS WITH SAME IRON, PART II

Spencer Irwin's letter in the May 11 issue in which he characterizes all cyclists (and other users of the bike path) as discourteous and flouting the rules of the road is unfair to those of us who *are* considerate and law-abiding.

While I understand and sympathize with his frustration towards the many bike path users who, to various degrees, create dangerous situations due to their uncaring, ignorance or both, his generalized (thus inaccurate) portrayal of the situation doesn't help remedy the problems.

As a cyclist, I do stop for pedestrians crossing the path in Westmount Park, and do come to a complete stop (as compared to slowing down or rolling stop) for pedestrians and vehicles at a two- or four-way stop and red lights. Increasingly, I see other cyclists doing the same.

While I agree that there are many cyclists who ride dangerously (in a variety of ways), there also are cyclists who take their responsibilities on the road seriously. It is unfair to disparage us all, just as it is unfair to make generalizations criticizing all car drivers.

SUSAN KAZENEL, KENSINGTON AVE.

THOSE DAYS GONE

I once got a ticket because I didn't have a light on my bicycle.

Well, those days are gone forever.

In fact, the last time cyclists took West-

mount's traffic laws seriously the “better services at less cost” agglom was still but a gleam in some politician's eye.

JEAN-CLAUDE TURGEON,
MT. STEPHEN AVE.

DE MAISONNEUVE-ERS SHOULD EMBRACE CYCLISTS

Some of the letters from residents of de Maisonneuve Blvd. are disturbing. Especially the one in the May 11 issue of the *Independent* by Spencer Irwin.

I am also a resident of de Maisonneuve on the eastern end of Westmount Park, and I have also noticed the great increase in bike traffic since the path has been connected to the extensive bike path network of the city of Montreal. And, yes, there are some aggressive and discourteous cyclists, although there are many more aggressive and discourteous motorists.

However, for every bike I see during rush hour, I see it as one less car being used to commute to work. From a strictly selfish point of view, I would rather see bikes than be subjected to the noise, pollution and much greater hazard of a car.

de Maisonneuve is the natural connection between the downtown Montreal and NDG bike paths. It appears to me that if it were moved as per Mr. Irwin's wishes, it would then be less convenient for commuters, less attractive for recreational cyclists and/or more dangerous. As a consequence, fewer commuters would use their bikes and the vehicle traffic in West-

Correction

In Comin' Up, May 11, p. 9, the choir that the Westmount Park School grade 4 and 5 choirs will join with is the senior choir from Contactivity at the Interlink concert on May 20.

mount would get worse, with all the negative consequences: greater grid lock, aggressive drivers (who are much more dangerous than aggressive cyclists), more pollution, more noise and a greater contribution to the destruction of the planet through global warming.

I agree that we should encourage more concern for safety and more courteous behaviour towards residents by all cyclists, and I would like to see the city encourage and invigilate safe cycling by directing Public Security* to be more present and to stop and remind aggressive cyclists to be more respectful.

In the summer, the police also have cadets who can also be a calming influence to the more extreme cycling element.

Dear fellow residents of de Maisonneuve: let's keep our street bike-friendly, if only because the alternatives would probably be much worse.

ALDO VESNAVER, DE MAISONNEUVE BLVD.

* Editor's note: Public Security may be unable to help here. The previous director of Public Security, Richard Blondin, explained in 2008 that public safety officers are unable to ticket for any moving violations, including ones involving bicycles (see *Independent*, October 14, 2008, p. 12). According to him, they are also unable to force people to identify themselves, a power the police have.



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Landscaping in Prince Albert Park raises safety concerns

By ISAAC OLSON

A sunny after-school romp in Prince Albert Park was suddenly interrupted when, on May 13, a full-sized dump truck drove into the park without a flagger and backed up to a pile of dirt crawling with kids.

When they saw the truck, adults moved all the kids out of the way before it dropped its payload of fill. But the event left parents concerned about a park-turned-worksite that has already drawn complaints over glass, wire, cloth, an old pipe and other debris found around the churned-up field.

Starting work on April 23, St. Laurent-based Techniparc Inc. was hired to level the site and lay sod to better what has long been a lopsided hockey rink, said Marianne Zalzal, director of Public Works. The park's drainage was also improved.

Carolyn O'Neill, who frequents the park with her son, said the dump truck rolled right past the comfort station, around 4 p.m.

"They didn't pause for one second," said Gillian O'Driscoll, visiting the park with her daughter. "They were completely

oblivious. Nobody checked to see if it was clear."

The only time one of the two workers exited the truck was to brush the remaining dirt off its backend, said O'Driscoll. Both parents suggested crews work outside of playground "rush hour" while taking more safety precautions.

The piles of dirt were irresistible to the kids, according to Tara Wilkie, a mother of two, who said she and other parents found shards of glass and debris on the site and complained to the city.

Responding to those complaints, crews inspected and cleaned the area, explained Zalzal, while pointing out that most of the litter appeared when the park's existing earth was churned up.

When informed by the *Independent* on May 14 about the truck incident, Zalzal said she will immediately meet with the contractor to explain that safety procedures, such as using a flagger, must be strictly followed at all times.

The worksite was fenced off soon after the phone interview, and the new fence will remain until the end of June, so the grass can take root, said Zalzal. "Anytime



From left, Tessa Kemerer, 8, runs down and Katalina Toth, 8, crawls up, while 7-year-old Gabriel Harris launches off the top of a dirt pile in Prince Albert Park. Parents Carolyn O'Neill (right) and Gillian O'Driscoll watch in the background.

residents see something like that, they don't have to call the newspapers. It is better that they report to Public Works and Public Security so we can make sure it is taken care of ASAP. Safety is our number

one priority."

After hearing about the fence through friends, Wilkie said parents are thankful for the city's swift response.

Discipline is key, mystery writer Louise Penny tells Rotarians

continued from p. 1

By MARTIN C. BARRY

It's hard to believe it's been only six years since Louise Penny – who spent more than 20 years working as a journalist and radio host for the CBC – set off on a new career as an author of mystery novels.

Penny came in from Sutton to be the featured guest at the Rotary Club of Westmount's weekly luncheon meeting at Victoria Hall on May 12. But it was not the first time she'd addressed the Westmount Rotarians.

Before speaking to them about her craft as a writer, Penny said she wanted to thank the Rotarians for hosting her several years ago, at a time when she wasn't nearly as well known.

"I am deeply grateful to the Rotary Club for your support when nobody else was paying any attention," she said. "And now that the world is paying some attention, it's fun for me to come back and be able to personally thank you."

Since 2005, when her first book *Still Life* was published, Penny has penned five mystery novels. Along the way, she has garnered glowing reviews from the likes

of *People* magazine and the *New York Times*.

When she had finished writing her first novel and felt that she was finally on her way as an author, she walked into the Nicholas Hoare book store on Greene Ave. and announced to a sales person, "I just finished my first book." The woman replied, "That's fantastic. Congratulations. Would you like to buy another one?" The private jet was a little further down the road than Penny had expected.

Some writers write for a certain number of hours, others will try to finish a scene or a chapter. Penny's approach is to write a set number of words and is disciplined in the way she goes about it. She credits a large part of her success to the structure, discipline and perseverance that guide her through the process.

Generally, she said, she writes about 1,000 words a day. For her latest book, she's been writing 2,000. She is telling emerging writers they need to create a structure for themselves "and respect your dream enough to be able to fight off the encroachment, because the world will always be encroaching. There will always be a phone call, a knock on the door ... So it's really important to have a structure."



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Direct Access

Police beat

Police chase down home invasion suspect

BY DAVID GOLDBERG

Montreal police have arrested a suspect who allegedly committed at least one and maybe two other home invasions in Westmount.

The suspect allegedly broke into a home on Dorchester Blvd. at 1 am on May 3. Police say he smashed through a pair of double doors and went to the bedroom. Armed with either a screwdriver or knife, he shone a flashlight at a husband and wife as they lay in bed, and said in French, "Hide, dammit!"

"The couple didn't move, and the suspect left the bedroom and began searching the office," said Station 12 constable Alain Diallo. "He then came back to the bedroom and demanded money from the couple."

The husband got up and handed over \$25 in cash along with a \$1,800 cheque that was made out to either the husband or wife. After the suspect fled the residence, the couple called 911 and gave a description of the intruder.

Minimum security escapee

"Based on the information we had, we knew the suspect had escaped from a minimum security detention centre and had stolen a Hyundai Elantra," said Diallo. "Undercover officers went to a place where he used to hang out, and on May 7, they saw a man who matched the suspect's description walking with a woman. They both got into a Hyundai whose plates matched those of the stolen vehicle."

Undercover officers followed the vehicle then called for marked cars to take over the lead. When the suspect saw the cruiser behind him, he sped off, followed by the police.

"He stopped his car on St. Antoine and St. Ferdinand and ran off, but it was only a short chase before our officers apprehended him in an alley behind St. Ferdinand," said Diallo. "The suspect was unarmed, but we did find a screwdriver in his car. We believe he may be involved in several home invasions in Montreal, as well as three in Westmount."

Arrested was Michel Côté, 43, from Montreal. He is facing multiple charges,

including home invasion, robbery, a hit and run, theft of a motor vehicle and breaking the conditions of the court. The investigation is ongoing, and other charges may follow.

Bike operations coming

Station 12 police are advising cyclists to respect the rules of the road and are going to be keeping an eye on them during two police operations.

One has already begun and will run until June 13. The second goes from August 1 to 31. The operations take place on the de Maisonneuve bike path: one at the Melville intersection and the other at the Greene intersection.

"We are looking for cyclists who fail to stop at red lights and stop signs, and who use iPods while on their bikes," said Diallo. "We will be giving out tickets, which range from \$15 to \$30. If you get a ticket for failing to stop at a red light or stop sign, and if you have a driver's license, then you will also lose three points off your license. We are hoping that cyclists will respect the laws, drive carefully and that everyone stays safe this summer."

Coming soon: 'Incredible edible' planters for grazing pleasure

BY LAUREEN SWEENEY

Edible planters are coming to Westmount. The photo at right shows one such plant in Lyon, France. It was provided by Councillor Cynthia Lulham to show the type that will start to appear soon in high profile locations around the city.

While the tall dill is particularly appealing, it should be noted that the nicotiana with the white flowers is not. "Our plants will all be edible," Lulham said.

Bearing the label "Incredible Edible Westmount," the planters are being introduced at the initiative of the Horticultural Advisory Committee (HAC) as part of the city's participation in this year's edition of the national Communities in Bloom competition. They are also a salute to the local food movement.

The community will be able to share in the herbs and other edibles on an honour system, taking only small amounts, Lulham explained.

The idea, which has been tried in other cities, comes via HAC member Marci Babineau who is planning to show a video on the subject during the city's Perennial

Plant Exchange, Wednesday, May 19 (see story, May 11, p. 8).

It may also be viewed on line at www.incredible-edible-todmorden.co.uk/resources/press-media-links.



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Anonymous note on bus bench tells it all



An Elm Ave. resident recorded this moment of time on a bench beside the bus stop on the northeast corner of Sherbrooke and Metcalfe, May 14. Seems that someone wanted to spread support for the Canadiens as they start the Eastern Conference finals.

Photo: Robin Berlyn

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Langlais' navy roots run deep



Following the Navy's presentation of the photo of HMCS Westmount to the city April 27 by sublieutenant Michael Langlais, interesting family connections have surfaced showing how deep his own roots run in the Royal Canadian

Navy and in Westmount (see story May 4, p. 3). His father, John, who attended the ceremony, is a retired navy lieutenant-commander. One of his father's brothers is a naval captain, the other a commander. "We all lived in Westmount," John states. "My uncle," John explains, "was (Rear) Admiral (J.C.) O'Brien who served as the replacement for (Rear) Admiral (William) Landymore who was fired for his opinions during the infamous tri-service integration days. Mike's sister, an ordinary seaman, was also at the ceremony."

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Shake-up on Abbott post Habs’ game 7 victory

Abbott Ave. residents David and Eithne Taylor contacted the *Indie* with a strange and thankfully injury-free event that occurred in early hours of May 13. Here, alongside photos submitted by the Taylors, David tells the story in his own words:

“Elderly Westmount residents David and Eithne Taylor were rudely awakened at 5:30 this morning when a drunken Canadiens fan sporting a PK Subban jersey drove his car into their house. It appears that he had been sleeping in the car on Hillside Ave. directly across from the Taylors and upon being awakened by Westmount Security started the car and drove it across Abbott and into the house.

“Fortunately, speeds were low, the driver was not hurt and little damage was done. Within minutes there were two Westmount security vans and two Montreal police cars on the scene.

“Tiger, the Taylors’ fierce and loyal guard dog, had to be physically restrained from leaping up and licking everyone in sight, including the drunken fan.

“‘Jeez,’ said a clearly shaken Mr. Taylor, ‘if you can’t feel safe in Westmount, where can you feel safe? If the Canadiens win any

more games I’m leaving town!’
Go Habs Go.”



Priory students win first prize for entrepreneurship



The Priory School’s team of Students Working to Advance Technology (SWAT) won first prize in the 12th Annual Quebec Entrepreneurship Contest, Montreal Region for Elementary Cycle Three. The group of nine grade 6 students ran their own small business that focused on producing, marketing and selling a Christmas concert DVD. The funds raised were donated to St. Gabriel’s Food Bank in Verdun. The team project has been selected to go on to the Quebec National Competition held in June. The SWAT team donated its \$500 prize money to the United Nations. From left, four team members Thea Palmer, Reda Belhadfa, William Roper and Matheus Da Silva.

Photo: The Priory

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Mother's Day musings in the aftermath



Parenthood Uncensored

SOPHIE TARNOWSKA

I grew up idolizing my father. I know that's deeply unoriginal – most little girls do. My mother made it even easier by forgetting to pick me up at school on a semi-regular basis, and by making school lunches with ingredients that appeared to have been thrown up by our cat. But even if she had been the perfect mother, he had something she didn't: distance. They were divorced, so although he too had his failings as a parent, they were harder to see, because *he* was more rarely seen.

Well I don't forget my daughter at school, and she seems to enjoy the lunches I pack for her. But I too am divorced, so my downfall is that I'm physically present. This doesn't mean I don't love bringing up my little girl. But her dad (who lives in the US) elicits the same joy as Hannah Montana would if she did the "Hoedown" on our kitchen counter. He's the Easter bunny, chocolate cake and balloons all rolled into one tall, smiling daddy. He's not around as much as even he'd like to be, but when he is, he really is.

Undistracted dad

He's not distracted by the mundane: no dinner to cook, no laundry to fold – and if I'm honest, no email or Facebook page to check ("Mama! You love your computer more than you love me!" How 21st century.) Together they ride roller-coasters, visit zoos, hang off monkey bars and collect crayons from every kid-themed restaurant within a 300 km radius.

Whereas I'm here, but I'm not always "there." I'm not on the floor colouring next to her, enjoying her loveliness; I'm reheating dinner (that's right: reheating), answering the phone, unloading the

dishwasher, and nagging her to go brush her teeth for the fifth time in as many minutes. Our parenting experiences are so different that when I tell her dad that she's thrown a tantrum, he's shocked, "But she never does that with me!" Well, what kid yells at the Easter bunny?

So the truth is that Mother's Day made me sad. Not because I wasn't spoiled – I received bouquets as well as lovely hand-made presents. But just as my birthday sends me into a tizzy of oh-my-god-what-have-I-done-with-my-life angst, Mother's Day this year had me packing my bags and going on a mommy guilt trip.

Drama

She needs me more than ever, but as she gets older, she doesn't always show it with cuddles and kisses. These days, I hear a lot of "No" and "You're a mean mommy" as she stomps her feet like a cast member from *Riverdance*. Then dramatic sobbing and then the "I love you." Sometimes I shout so loud that we both vibrate like piano tuners, and I spend the rest of the day feeling the shame swishing around my stomach like bad sushi. It's all so dramatic that my neighbours must wonder if they're hearing the latest episode of *The Young and the Restless* through the walls.



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And yet I'm proud to have brought up a kid who stands up for herself and isn't afraid to test the limits...I don't just mean mine. I watch my amazing friends bring their kids up with such patience that I'm tempted to check their medicine cabinets for tranquilizers – am I missing something here? I suspect it's this: just as when she was born and I had no clue how to nurse or diaper her, I've hit a new phase of ignorance. But I'm learning. It seems that this thing we call parenthood isn't just about bringing up our children, but about allowing them to bring us up too.

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Traded in like a used car



BY MARY LAMEY

Four homes in one short year of life – it’s enough to give a guy a complex. Any other pooch might take it personally, but this happy-go-lucky dachshund has learned to take it all in his (short) stride.

Tail up! Nose forward! What will today bring? Chouppie has found a foster home with Eleven Eleven Animal Rescue after being sold repeatedly like a used car on on-line classified ad sites.

Somewhere along the line he was abused, which made him timid and afraid of new people. His foster home has

worked gently with him to resolve his insecurity, and the Choupster has responded by coming out of his tubular shell.

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Is Chouppie just the dog you’ve been waiting for? If so, call 514.969.3376 or visit www.underdogclub.org. (Yes, donations can be made online!) Dog Bless you.



Chouppie

Photo: Caroline Ross

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Allmand to be Thomas More Institute's new president

By MARTIN C. BARRY

Former Montreal city councillor Warren Allmand can add another honour to the list of distinctions he's accumulated over his career and lifetime.

Allmand, who was the Liberal MP for NDG from 1965 to 1997, has just been appointed president of the Westmount-adjacent Thomas More Institute.

The Atwater Ave. institution provides adults with higher education using a reading-discussion method.

The 78-year-old Allmand will effectively be the institute's executive director with responsibilities for day-to-day operations.

From 2005 until last year, Allmand was the city councillor for the district of Loyola in NDG for the Union Montréal party. From 1997 until 2002, he was the president of the Montreal-based International Centre for Human Rights and Democratic Development.



Warren Allmand

During the 1970s when Allmand was a member of the Liberal government in Ottawa, he helped pass a number of important laws, including a bill which abolished the death penalty in Canada. However, more than anything perhaps, he has always been known for his independent streak.

In 1995, Allmand voted against his own government's budget, and was subsequently removed as chairman from the standing committee on justice. In 2006 when Montreal mayor Gérald Tremblay wanted to change the name of Park Ave. to Ave. Robert Bourassa, Allmand's independence surfaced again, and he voted against his own party.

Jim Cullen, Thomas More Institute's current president, who is stepping

down, confirmed that a search committee was assigned the task of finding a new president and decided on Allmand.

Westmount Animal Hospital re-accredited by AAHA

After an evaluation that included a quality assessment review of the facility, equipment, practice methods and pet health care management, Westmount Animal Hospital has again received accreditation by the American Animal Hospital Association (AAHA).

AAHA is the only organization that accredits veterinary practices throughout Canada and the United States. More than 3,200 AAHA-accredited practices pass regular reviews of AAHA's stringent accreditation process.

The Victoria Ave.-based Westmount Animal Hospital has been accredited since 1995.

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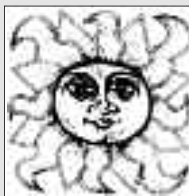
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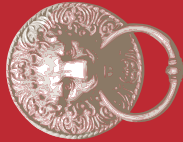
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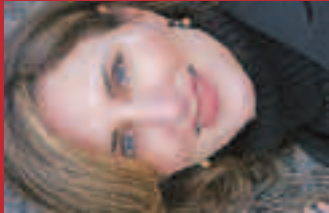
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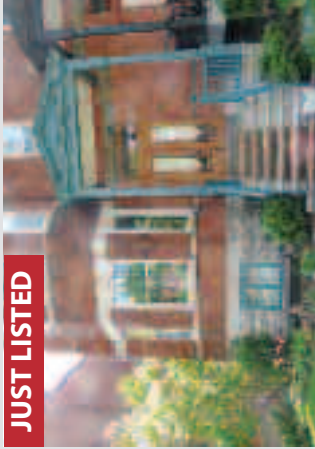
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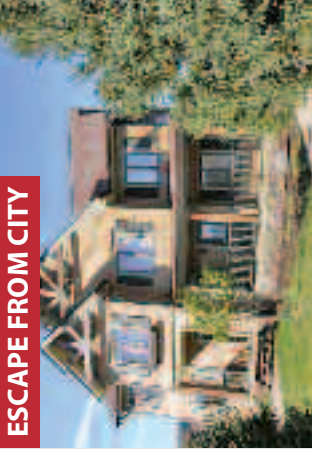


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SOLD 461 Mt. Pleasant

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SOLD 361-363 Grosvenor

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SOLD 543 Lansdowne

Asked \$845,000

SOLD 527 Victoria

Asked \$760,000

SOLD 477 Victoria

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Table Settings at Westmount's Shaar Hashomayim



Social Notes from Westmount and Beyond

VERONICA REDGRAVE

This year, the Sisterhood of Westmount's Congregation Shaar Hashomayim held its annual table setting fundraiser with a twist. On May 5, a gala *dinatoire* premiered the First Designers Edition.

Instead of inviting jetsetters, socialites and other talented individuals to create showpiece table settings, the 2010 event took a new direction: Montreal designers were invited to create table settings.

Jacques Auray, Annie Bergeron, Denis D'Etcheverry, Gilles Lord, Roy Caro, Judi

Fried, Odile Cloutier, Stephanie Whittaker, Marilyn Mosckovic, Claire Renaud, Richard Ouillette, Roseline Pilon, Philip Hazan, Diane Majdell, Melissa Smiley, Jean Monet, Nathaly Houle, Steven Shadowitz and Scott Yetman brought in plants, tables, plates, candelabras, chairs and fabrics for their unique approaches to chic dining.

Much-loved *grande dame* of the event **Mildred Lande** designed her usual lovely table: Tea for Two. Committee members present included Westmounters **Lenore** and **Paul Harris**, **Dana** and **Bill Bell**, **Harriet** and **Fred Muroff**, **Stephanie Obler**, **Elaine Dubrovsky**, **Sarah** and **Allen Rubin** and **Carole** and **Richard Zuckerman**.

Much to the delight of all, the event was laid out differently this year, with a bar and seating in the middle of the huge room.

Westmounters noted at the stylish



Westmounter Lenore Harris and Vicki Feil.



Designer Jacques Auray and Westmounter Sarah Rubin.

soirée included Rosalie and Lewis Dobrin, Terry and Sam Minzberg, Ella and Henry Fiederer, Linda Sigal, Cheryl Adler, Rhoda and Robert Vineberg, Lynne Kassie, Ruth Horn, Ellie Guttman, Susan Lavy, Saryl

Gross, Joanne Cohen, Heather and Joseph Paperman and Tronny Sweibel.

The event raises funds for the Shaar's Meals on Wheels program.



Westmounters Doreen Sternfeld and daughter Robin.



Westmounter Elaine Dubrovsky and Errol Pereira.

Do you have a special event coming up? A graduation? A wedding?

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4. Shed your winter 'skin'
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For many other ways to look your best this summer (ladies and gentleman!)

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Fundraising for cancer research

Age doesn't stop William Alexander from cycling races

BY RALPH THOMPSON

Westmount resident William Alexander is doing his bit to help conquer cancer. Having lost his wife Evelyn to breast cancer in 1993, Alexander has been pedalling tirelessly ever since to support cancer re-

wife, Alexander lost two cousins, his sister-in-law and a number of friends to the disease. Today, he combines his love for cycling to raise funds in support of research at the Jewish General Hospital's Segal Cancer Centre.



Alexander relaxes after a training ride. He'll be wearing his yellow "Ride to Conquer Cancer" jersey this July when he rides from Montreal to Quebec City.

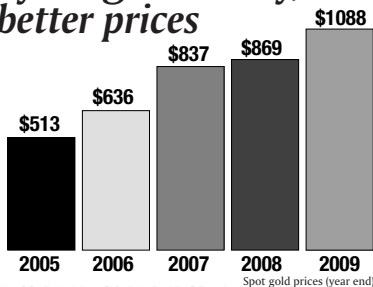
search. At 75 years old, he but could easily pass for 50. Slim and athletic, the Westmount Square resident rides a state-of-the-art carbon fibre road bike.

During the past winter, Alexander participated in three major cycling events in Florida. Now, he is practising daily for the upcoming summer events in Quebec, Ontario, Alberta and Vancouver. He will participate for a second time in a ride between Montreal and Quebec City in July. Last year, it raised \$5.7 million. Besides his

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Westmounter explores global reflation in his first book

BY ISAAC OLSON

A longtime Westmounter explores the recent economic crisis and the potential consequences of public policies intended to stimulate a floundering global economy in his first book, *The Great Reflation: How Investors Can Profit from the New World of Money*.

Tony Boeckh, no stranger to economics, said the term "reflation" refers to governments, the US being the heaviest hitter, establishing new fiscal policies while central banks increase the money supply in an attempt to prevent a repeat of the Great Depression.

As the economy slowly stabilizes, Boeckh's book questions the inevitable outcome of economic policies running dry because, he said, government support can't last forever.

"I titled the book 'The Great Reflation' because this is the greatest reflation the world has ever seen," said Boeckh, describing the recent stimulus packages as "huge, unprecedented and nobody knows how it is going to play out. Nobody knows what the unintended consequences are going to be."

The current reflation attempts to compensate for 30 years' worth of the private sector borrowing vast amounts of money, said Boeckh. Essentially what governments are attempting to do is transform private debt into public debt, he explained, but, just because they bailed out the system doesn't mean the system is whole again.

Using historical examples, Boeckh said he aimed at what these policies could mean on a long-term scale.

"What a lot of people are afraid of is that this great reflation is going to morph into the great inflation," he explained. "You can see that, for example, in the rise in the price of gold and commodities. People are intuitively terrified of what I call 'monetary debauchery.' There's so much

money created and the deficits are so big that eventually the money starts to lose value very rapidly."

Boeckh, inspired by the recent economic turmoil, said he wrote in a way that is accessible to anybody interested in the subject while helping the average investor navigate through the growing uncertain-



Tony Boeckh

ties.

Boeck holds a PhD in economics and finance. For over 30 years, he owned and operated Montreal-based BCA Research which, among others, published *Bank Credit Analyst*. Currently president of Boeckh Investment Inc., he now works with his two sons. One son handles investments while the other works with Boeckh to electronically publish *The Boeckh Investment Letter*.

The book is available online and in major North American book retailers such as Indigo/Chapters. A free launch party and book signing will be hosted from 6 to 8 pm on Thursday, May 27 at Nicholas Hoare on Greene Ave.

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Why green is necessary



At Second Glance

HEATHER BLACK

Hats off to city hall – and residents – for their support of the new arena design. But now is the time for Westmounters to turn their attention to the Turcot Interchange and Meadowbrook.

New green space

The new Lemay associés design, with two underground rinks, adds over one acre of parkland. As Westmount – with 5,093 inhabitants/km – has the second-highest population density of any municipality in Canada, this is no small matter. Every field or tree lessens global warming.

Also green space encourages impromptu sports. Psychologists have found that neighbourhood games – more than organized sports – help youth develop social and leadership skills. And games played in parkland (now termed “green exercise”) improves well-being.

Research describes the positive effects of nature on mental health, as well as the time needed to be beneficial. Published in May’s *Environmental Science & Technology*, researchers found just five minutes of exercise in a park, nature trail or other green space improves mental health.

Turcot Interchange

The new Tremblay-Bergeron Turcot proposal supported by Mayor Peter Trent and the Montreal agglomeration council also calls for a new park, Falaise St. Jacques. Placed along the St. Jacques escarpment, this plan would benefit Westmount residents.

Montreal’s proposal also boosts public transit. With a bus lane plus two east-west car lanes, traffic will be reduced by 10 per cent. And, as Transport Canada estimates that 78 percent of air pollution is caused by urban traffic, air quality will improve.

Well known to aggravate respiratory illnesses, pollution is now linked to heart disease. A May 11 report from the American Heart Association indicates that long-term exposure reduces lifespan by several years. It is only logical then that plans that increase traffic or pollution – such as the province’s Turcot proposal – factor in increased health costs.

Meadowbrook

A green belt or corridor, which Montreal lacks, is one way to offset pollution,

ensure parkland for residents and protect native species. In May 2009, an Agglomeration commission recommended a green corridor linking the Falaise St. Jacques with Meadowbrook.

Consisting of 57 hectares off Côte St. Luc Rd., the golf course is described as “one of the few natural green spaces left in Montreal.” An important area for biodiversity, Meadowbrook is home to foxes, rabbits and migratory birds. And, we are now losing species at an unprecedented rate, according to the May 10 United Nations report.

Local biologist Kim Marineau reported that 63 vine varieties, eight plants and seven animal species have completely disappeared from the island of Montreal. Speaking at the recent Sommet Biodiversité Montréal, she also cited that more than 120 kinds of plants, trees, birds and amphibians are currently threatened.

Local citizens “Les Amis de Meadowbrook” are asking for the area to be conserved as a nature park. Endorsed by Projet Montréal – as Montreal city hall has yet to commit to Meadowbrook – public pressure is needed to safeguard this valuable green space from development.

With research linking our mental and

City employees get baking for Denim Day



City employees raised \$2,800 on Denim Day, May 11, a nation-wide fundraiser that occurs on the Monday following Mother’s Day. Pictured here, from left are Jillian Barnes, Faith Holness, Donna Hobbs and Patrick Reilly, who raised the money from donations and a bake sale. Police at Station 12 held a bake sale the previous week and contributed \$400 towards the total. The money will be donated to the CURE Foundation for breast cancer research.

Photo: Community Events department

physical health to our environment, the notion of sustainability needs to extend to the personal level – an individual’s health and well-being. Like it or not, we are not separate from nature. Make sure your voice is heard on these important issues.

According to eco-philosopher Sahotra

Sarkar “we should live as sustainably as we can, given that sustainability really is a metaphor for how we should live our lives.”

Heather Black is a Westmount communications designer. Contact her at blackheajea@gmail.com



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Advertising deadline: June 4
Publication: June 8-9

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Summer Learning Helps Students Get Ahead

Studies on summer learning show that students who continue to learn over the summer have a considerable advantage when the next grade begins.

"By taking part in some form of learning during the summer, students maintain their academic momentum, and avoid falling behind in major subject areas such as math, reading, and comprehension," says Marie-Eve Senecal of Oxford Learning Montreal, NDG.

According to Marie-Eve, it's much easier for students to start a new school year having maintained their learning momentum, than it is to return to school unprepared.

"Students who start the new school year ahead are more likely to stay ahead for the entire school year. They struggle less and are actively learning from day one," she says. While most students don't particularly like the idea of summer school, summer learning is more than just repair work for poor grades; it predicts better academic performance in the coming school year.

"We need to change the way that we think about summer and summer learning," says Marie-Eve. "Summer break is actually an opportunity for students to make serious academic gains, and get a head start on next year's grades."

For more information about summer learning or any of Oxford Learning's summer programs, contact Marie-Eve Senecal at Oxford Learning Montreal NDG 514-481-4441; montreal.ndg@oxfordlearning.com



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Get ready for our Westmount pet issue!

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Some of Westmount's other Rotarians



The Rotary Club of Old Montreal held its annual gala on April 17 at the Holiday Inn in Chinatown. From left, former Westmounter Tim Christophersen, Westmounter and past president Gail Skutezky, president Annie Chan, MP Justin Trudeau, Katie Wong, Santoso Hanitijo, Andy Yip and Jimmy Chan.

Morgan and Doune



Morgan and Doune are currently being fostered by SPCA Montréal shelter volunteers, but they really need to be able to bond with permanent family members. Summer is a good time to adopt, so why not consider one of these two?

Morgan is simply adorable! She was found as a stray, and had been hanging around for days until someone brought her to the shelter. She was very hungry and stressed, but she has been well taken care of in her foster home. She is now a round, chubby, and cuddly light caramel domestic shorthair with beautiful eyes and a heart-shaped pink nose. She is about 5 years old, spayed, up-to-date with her shots, and was declawed on all four paws



Morgan

(which makes her an indoor-only cat). Doune, who is about 3 years old, was brought in when her owner developed allergies to her. This same owner, ironically, used her for breeding and then discarded her like an unwanted object. As you can see from her photo, Doune is an exquisite



Doune

chinchilla silver-tipped Persian, with mesmerizing green eyes. She is affectionate and playful, really a delightful companion. She is spayed, up-to-date with her shots, and was declawed on all four paws also – making her an indoor-only cat.

For more information on Morgan and Doune, please contact Cindy Haché at the SPCA Montréal. She can be reached at 514.386.5960 or at info@spcamontreal.com.

Your neighbour, Lyzanne

ON THE SHELVES

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

Adult books – from here to eternity ... and back again?

The Infinity of Lists by Umberto Eco – When semiotician and well-known novelist Umberto Eco was invited to create an exhibition at the Louvre in 2009 he knew immediately that his subject would be the list. Through examples drawn from a range of visual artists and writers, Eco offers us a beautifully illustrated text that enlightens readers on the aesthetics of the list through history and in its various guises.

140 Characters: A Style Guide to the Short Form by Dom Sagolla – From text messaging to Twitter, communication now occurs in shorter bursts than ever before. Part marketing for the new millennium, part modern day Strunk and White, *140 Characters* reminds us that less is more when writing for social media and instructs writers in techniques and approaches that will help get their messages across with impact.

Adult French – historical fiction

Fanette: le secret d'Amanda by Suzanne Aubry – This is the third installment in this historical series written by a Westmount author. Set in 19th-century Quebec, it tells the story of two orphaned sisters from Ireland who are placed on a farm and follows them through the tumultuous events of their adult life.

La fureur et l'enchantement by Georges-Hébert Germain – The background for this book is the Patriots' rebellion of 1837, but it is set in the Saguenay region, where farmers were incited by unscrupulous entrepreneurs to become lumberjacks and go exploit forests on aboriginal lands.

Magazines

"The comeback country: how America pulled itself back from the brink – and why it's destined to stay on top" by David Gross in *Newsweek*, April 19, 2010, p. 28.

"There will be oil...or will there? How Kleiner Perkins, Goldman Sachs, and other smart investors lost millions betting on Erlend Olson, a former NASA engineer who claimed to have a new way to find petroleum. Was this real science or high-tech dowsing?" by Adam Lashinsky in *Fortune*, April 12, 2010, p. 84.

"Notre Guide 2010 des plus belles chambres d'hôtes: Une enquête réalisée à travers toute la France et présentée en cinq secteurs géographiques. Plus urbaines,

plus déco, plus gourmandes, il s'en ouvre partout. Un succès qui tient à des prix justes et à un vrai supplément d'âme" by Anne-Marie Grué in *Le Figaro Magazine*, April 10, 2010, p. 58.

Reference

Art and Architecture of the World's Religions by Leslie Ross.

The World of Child Labor: An Historical and Regional Survey.

DVDs

Coal Country – This film reveals the truth about modern mining, told by the people directly involved, both miners and activists who are battling the coal companies.

Gypsy Caravan – This film celebrates the music of top international Gypsy performers and interweaves stirring real life tales of their home life and social background.

Children's books – Spring is in the air

My Garden by Kevin Henkes – After helping her mother in their garden, a young girl imagines her own garden filled with chocolate rabbits, jellybean bushes and tomatoes as big as beach balls.

Les oiseaux de mon jardin by Emmanuel Chanut – Learn about the fascinating world of the birds that live in our backyards.

Who said education doesn't pay?



Westmounter Jean Duclos (seated) was one of 34 winners chosen by lot to receive \$150 bursaries in recognition of their completion of adult education classes. Duclos recently completed a certificate in accounting and related information technology at Dawson College. In presenting him with the award, organizers singled out his enthusiasm and willingness to help his fellow students. With him are, left, Manon Barbe, honorary head of Montreal's *La fierté d'apprendre* program, and Jici Lauzon, spokesperson of the *Semaine québécoise des adultes en formation* at Montreal city hall.

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Getting ready for Spring Soirée 2010

Volunteer members of the Westmount Spring Soirée committee met on May 13 to finalize a special cocktail they concocted called Purple Haze in the spirit of this year's colour scheme of black lace, and a touch of lilac and green.

This year's Spring Soirée will be held on Thursday, June 3.

Cocktails at 7 pm in The Gallery and the courtyard of the greenhouse start the evening off, followed by a five-course sit-down dinner at banquet-style tables and dancing.

Members of the Westmount Youth Orchestra will be playing during the cocktail and dinner with Kloda providing a wide range of music for all tastes.

Drinks are included during the cocktail from 7 to 8:30 pm, and a cash bar will have a selection of wine, champagne and beer during dinner and throughout the evening.

According to co-chairs Sada Reddy and



Sue Jameson, "Sales have been brisk, but there are still some tickets left." Tickets are \$90 and can be purchased by cheque or cash at Victoria Hall during office hours.

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<div></div> <div>HÔTEL DE VILLE Bureaux fermés pour la Journée nationale des patriotes Veuillez noter que tous les bureaux administratifs de la Ville, soit l'hôtel de ville, le Victoria Hall, Hydro Westmount, et les Services de la sécurité publique, des sports et loisirs et des travaux publics seront fermés le lundi 24 mai en raison de la Fête de Dollard. La bibliothèque sera fermée le dimanche 23 mai et le lundi 24 mai. Prenez également note qu'il n'y a aucun changement quant à la collecte des ordures qui s'effectuera à l'horaire normal.</div> <div>Vente à l'encan Une vente à l'encan de bicyclettes et d'objets divers non-réclamés aura lieu le samedi 29 mai 2010 à 10 h en face de l'école Westmount Park ou, en cas de pluie, à l'Aréna de Westmount, 4675, rue Ste-Catherine O. Info : 514 989-5318. </div> <div></div> <div>ÉVÉNEMENTS COMMUNAUTAIRES La galerie du Victoria Hall La galerie du Victoria Hall est fière de présenter les œuvres de Pamela Stewart jusqu'au 21 mai. Info : 514 989-5521</div> <div>Échange de plantes vivaces Apportez vos plantes vivaces à l'Aréna de Westmount le mercredi 19 mai de 16 h 30 à 18 h. Les ægopodes de podagraire, plantes annuelles, arbustes et plantes d'intérieur ne seront pas acceptés. Un coupon vous sera remis pour chaque plante. L'échange des coupons se tiendra de 18 h à 19 h. Les plantes non réclamées seront vendues 2 \$ de 19 h à 20 h. De plus, venez visiter nos kiosques d'information sur le jardinage et les produits écologiques. Info : 514 989-5226.</div> <div>Soirée printanière Il reste encore quelques billets pour la soirée printanière 2010 de Westmount qui aura lieu le jeudi 3 juin à 19 h. Coût du billet : 90 \$, payable par chèque ou comptant. Les billets sont en vente au Victoria Hall entre 9 h et 16 h. Info : 514 989-5226. </div> <div></div> <div>BIBLIOTHÈQUE Club d'échecs et de Scrabble Aimez-vous jouer aux échecs et/ou au Scrabble? La prochaine rencontre du club aura lieu le vendredi</div>		<div>DATES À RETENIR Jusqu'au 21 mai Pamela Stewart La galerie du Victoria Hall Le 19 mai – 16 h 30 à 18 h Échange de plantes vivaces Aréna de Westmount Le 29 mai – 9 h 30 à 16 h Journée familiale Parc Westmount Le 7 juin à 20 h Séance du conseil Hôtel de ville</div> <div></div> <div>21 mai. Nous sommes toujours à la recherche de nouveaux joueurs. Info : 514 989-5386.</div> <div>Club de lecture française Joignez-vous au club de lecture française le lundi 31 mai de 18 h 30 à 21 h pour discuter des oeuvres d'Yves Thériault. Info: 514 989-5386. </div> <div></div> <div>SPORTS ET LOISIRS 35^e Journée familiale - Le samedi 29 mai Depuis 35 ans, il n'y a rien de mieux pour fêter l'arrivée de l'été à Westmount. Les activités seront nombreuses et pour tous les goûts. De plus, vous aurez l'occasion de rencontrer les groupes et organismes communautaires lors de cet événement zéro-déchet. En cas de pluie, la majorité des activités auront lieu à l'Aréna. Info : 514 989-5353. </div> <div></div> <div>HYDRO WESTMOUNT Diagnostic résidentiel MIEUX CONSOMMER N'oubliez pas de remplir votre questionnaire ! Vous recevrez des conseils pratiques personnalisés sur l'économie d'énergie, et Hydro-Québec versera 30 \$ (35 \$ si le questionnaire est rempli en ligne) pour rendre le Centre Greene accessible aux personnes à mobilité réduite. Consultez le site Web de la ville ou une bibliothécaire de référence de Westmount. Info : 514 925-1414. </div> <div></div> <div>LIBRARY Chess and Scrabble Club Do you enjoy playing chess and/or Scrabble? Our games club will meet on Friday, May 21 at 2 p.m.</div>	
<div></div> <div>CITY HALL Administrative offices to close for Victoria Day Please be advised that all administrative offices of the City (City Hall, Victoria Hall, Hydro Westmount, Public Works, Public Security and Sports & Recreation) will be closed on Monday, May 24 for the Victoria Day holiday. Westmount Library will be closed Sunday and Monday, May 23 and 24. Please note that garbage collection is unaffected, and will take place according to the regular schedule.</div> <div>Auction An auction of unclaimed bicycles and various unclaimed objects will take place on May 29, 2010 at 10 a.m. in front of Westmount Park School or, in case of rain, at the Westmount Arena, 4675 Ste-Catherine St. W. Info: 514 989-5318. </div> <div></div> <div>COMMUNITY EVENTS The Gallery at Victoria Hall The Gallery at Victoria Hall is pleased to present the works of Pamela Stewart until May 21. Info: 514 989-5521</div> <div>Perennial Plant Exchange Bring your perennial plants to Westmount Arena on Wednesday, May 19 between 4:30 and 6pm. Goutweed, annuals, houseplants or shrubs will not be accepted. A voucher will be given for each plant. Redeem your vouchers between 6 and 7pm. The remaining plants will be sold between 7 and 8pm. for \$2 each. Visit our kiosks for gardening advice and a selection of ecological products. Info: 514 989-5226.</div> <div>Spring Soirée There are still a few tickets left for the 2010 Westmount Spring Soirée on June 3 at 7 p.m. Tickets are \$90 each, payable by cash or cheque. Tickets are on sale at Victoria Hall between 9 a.m. and 4 p.m. Info: 514 989-5226. </div> <div></div> <div>HYDRO WESTMOUNT Hydro ENERGY WISE Diagnostic Don't forget to fill out your questionnaire! You'll get personalized tips on energy conservation and Centre Greene will receive \$30 from Hydro Québec (\$35 if filled in online) to provide handicap access. For help: go the city website or meet with a Westmount reference librarian. Info: 514 925-1414. </div>		<div>DATEBOOK Until May 21 Pamela Stewart The Gallery at Victoria Hall May 19 – 4:30 – 6pm Perennial Plant Exchange Westmount Arena May 29 – 9:30am to 4pm Family Day Westmount Park June 7 at 8pm Council Meeting City Hall</div> <div></div> <div>Drop by for a friendly game as we look forward to meeting new players. Info: 514 989-5386</div> <div>French Book Club Join the French Book Club from 6:30 to 9 p.m. on Monday, May 31 as they discuss books written by Yves Thériault. Info: 514 989-5386. </div> <div></div> <div>SPORTS & RECREATION 35th Annual Family Day – Saturday, May 29 For 35 years, there's been no better way to start off your summer in Westmount. Enjoy a variety of activities from a costume parade to hayrides, from races to a tug-of-war. Community groups and organisations will also be on hand at this zero-waste event. In the event of rain, most activities will still take place in the Arena. Info: 514 989-5353. </div>	

In Conversation: photographer Elena Willis

BY HEATHER BLACK

The word “memorable” describes the work of photographer Elena Willis. And, as one of several Montrealers featured at the Shanghai World Expo, her work has not gone unnoticed.

Currently exhibiting at Galerie D'Este (1329 Greene Ave.) I had an opportunity to chat with this thought-provoking artist.

Making magic

Willis' images are strong and dynamic. “But the meaning,” she says, “is up to the viewer.” One entitled “As he shook the tree, burning leaves fell on her,” suggests a nursery tale. Here, flaming leaves set against a silhouetted tree and two children create a powerful narrative.

And the source of these images? Although the flaming tree image was carefully staged, it was first an inner vision. Others – experiments in form or subject – are magic in the making.

For “Malleable” a man is photographed holding a sheet of ice. With his face distorted beyond recognition, the effect is similar to a Francis Bacon painting. Playing with abstraction, the ice, Willis explained, is “part mirror, part shield.” However the ice also, unexpectedly, provides interesting texture.

Conformity rules

The theme of Willis' current exhibit is conformity – the yielding to group opinion or behaviour. An enigma for social scientists, politicians and historians (we discussed Rwanda and Nazi Germany), the theme is a source for a wide range of sets and artistic styles.

One image of four vertical lines, “37%” is, in fact, an adaptation of a Solomon Asch experiment. Willis explained that despite what they saw, 37 percent of respondents agreed with the group perception. Yet other images are simi-
.....
les.

continued on p. 29



Elena Willis in front of “As he shook the tree, burning leaves fell on her” at Galerie D'Este.

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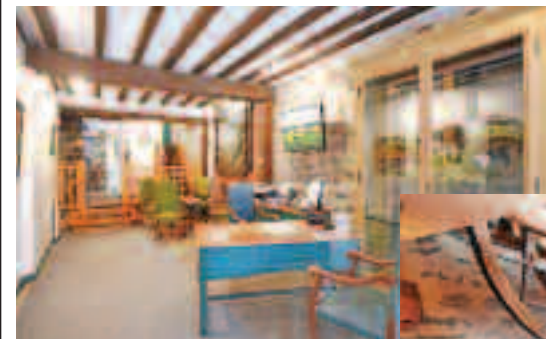
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Study students run their way to medals



Students from *The Study*, ages 11 to 17, participated in the Greater Montreal Athletic Association (GMAA) outdoor track and field meet at Marcel Laurin Park in St. Laurent on May 12. The school took home 11 medals, seven of which, including two gold, were won by Jacqueline Perrson-Smith, who was awarded the Aggregate Plaque for being the top athlete in the Bantam girls category. The girls in the photo took home the bronze for the 4x400 and 4x100 meter relay races. From left: Carolyn Smith, Josephine Issenman, Olivia Desiatnyk, Jacqueline Perrson-Smith and Valerie Hladky.

Photo: David Smith

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Local Classifieds

Garage Sale, Saturday May 29: 8:30 am to 1:30 pm, 666 Victoria, corner The Boulevard, cancelled if raining.

Westmounters take the stage

Westmount resident is in Le spotlight

A Westmount resident is among ten people chosen to perform at this year's Le Spotlight: Montreal's Musical Theatre Challenge, which is slated for Friday, May 21 at the Centaur Theatre.

Sponsored by the Centre for Education and Theatre, Maggie Owens and nine other finalists were selected during a round of preliminary auditions. Appearing with an 11-piece orchestra, the performers will have four min-

utes alone on stage to demonstrate acting, singing and movement before a panel of judges and a live audience. The audience will also vote for their favourite performer.

The winner will be featured in the Next Wave Festival of New Musicals in August.

For more information, visit: www.lespotlight.ca.

– Isaac Olson

A cabaret of show tunes

Jonathan Patterson will be appearing in *Sing!*, a "musical theatre cabaret extravaganza" featuring a broad sampling of classic and contemporary show tunes.

Sing! marks the debut of In Your Face Entertainment, a production company founded by Montreal actor Nadia Verrucci, who also staged and choreographed the show. The production's six featured performers were involved in selecting and orchestrating the tunes. "We all put the show together," said Patterson.

An actor and opera singer who holds a Bachelor of Music from McGill University's Schulich School of Music, Patterson also serves as stage director for the Lakeshore Light Opera in Pointe Claire. An Ottawa native, he moved to Montreal in 2002 before deciding "Westmount is the place for me" early in 2009. He choreo-

graphed eight of the show's 21 songs.

"We've got an amazing collection of tunes," said Patterson, "from standards that everyone knows to more contemporary pieces people might not have heard before. I guarantee that everyone in the audience will be tapping their toes and smiling by the time the show's over!"

Sing! plays at the Studio at the Segal Center (5170 Côte St. Catherine) May 27, 29, and 30. Tickets cost between \$15 and \$20. For reservations, call 514.845.0908. On Friday, May 21, the cast will be performing a number from their show as special guest artists at the 2010 "Le Spotlight" competition at the Centaur Theatre.

– Erin Stropes

Locals in recent Grease production

Local residents think they can "Grease" Westmounters Andy Nulman and Shawna Goodman performed songs from the 1978 musical *Grease* in the Segal Centre fundraiser "So you think you can...Grease." In a "participatory theatre" ambiance, the amateur performers were accompanied by a live band as they took on the musical numbers during a screening of the classic film. Proceeds from the show benefit the Segal Centre's youth programming.

Goodman, a chef instructor and mother of three, will be singing backup to "Summer Nights" as Marty of the Pink Ladies. When she heard about the show, Goodman said, "I thought it was an incredible opportunity to celebrate my birthday with something that was really out of my comfort zone." She performed with a group of friends who previously travelled to Cuba together to work with people in need.



Shawna Goodman

Nulman, a businessman and father of two known for his role in shaping the Just for



Andy Nulman

How to heal a sports injury



Health round-up

BARRY NASHEN

I always chuckle when I see an advertisement for a new and improved laundry detergent. I know that even as this product is being hyped as the best under the sun, it will be relegated to the rubbish pile next year. Then, the newer and improved detergent emerges, touting greater efficiency and brighter colours – and so the cycle continues.

I feel the same way about first aid for sports injuries. One year we are told to quickly apply heat then ice; the next year it's ice for 48 hours then heat for 48 hours. Lately, we are advised to alternate between heat and ice every two hours for 24 hours.

Drawn from a popular website, I can share this with you: "Applying ice to a soft tissue injury can help reduce swelling and inflammation by reducing blood flow to the injured area. Ice also provides temporary pain relief after an acute or traumatic injury. In order to get the best result, it's important to ice the injury during the 48 hours after the injury before the swelling becomes advanced."

What is inflammation?

Why would you want to reduce swelling and inflammation anyway? Why reduce the flow of blood just when it is most needed? What causes inflammation, and is it good for us or not?

Inflammation is the complex biological response of vascular tissues to harmful stimuli, such as pathogens, damaged cells or irritants. Inflammation is a protective attempt by the organism to remove the injurious stimuli as well as initiate the healing process for the tissue.

In the absence of inflammation, wounds and infections would never heal and progressive destruction of the tissue would compromise the survival of the organism.

After reading this formal definition, it may seem as clear to you as to me that acute inflammation is just what we need after an injury (chronic inflammation, however, is another issue). Our bodies probably developed this inflammation re-

sponse over millions of years of trial and error. Any manoeuvre that an individual may attempt will necessarily interfere with this natural, protective response and, in my opinion, will always result in the injury taking longer to heal.

When we are injured, we absolutely want our bodies to heal quickly. It seems our bodies also want to heal themselves quickly as the resulting inflammation increases blood flow (which is why the injury turns red and feels warm) bringing the necessary nutrients to the injured site.

Equally important is the removal of the cellular debris and other detritus.

Pain is our friend

The area is tender and sometimes painful. Why? To remind us to rest the injured part and avoid physical stress. When the pain subsides, we can slowly start to use the injured area again. In this respect, pain is our friend, letting us know when we should take a break from activity or else risk further injury.

While we are discussing inflammation, you may be interested to know that there is a relatively unknown and hugely successful cure for many cases of chronic pain. It is called "prolotherapy," short for "proliferation therapy."

Prolotherapy involves the injection of an irritant solution into the area where connective tissue has been weakened or damaged through injury or strain. Many solutions are used, including dextrose and lidocaine (a commonly used local anesthetic). The injection is given into joint capsules or where tendon connects to bone.

Many points may require injection. The injected solution causes the body to heal itself through the process of inflammation and repair. That is, the injected solution irritates the site, much like an injury does, which causes inflammation. It is believed that healing will result naturally and permanently even after years of suffering from chronic pain.

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, or <http://goodhealthguru.blogspot.com/>

Laughs festival, said that "Anytime I have a chance to play Elvis, I take it!" So it's appropriate that he performed "Hound Dog" in the show. "I already knew the lyrics, and I'm a relatively fearless guy, so I knew I

could have some fun with it."

"So you think you can...Grease" played at the Segal Center on May 16.

– Erin Stropes



Jonathan Patterson

Comin' Up

WEDNESDAY, MAY 19

Perennial plant exchange at the arena. Bring perennials from your garden from 4:30 to 6 pm; exchange them for trading vouchers, 6 to 7 pm. Info: 514.989.5226.

THURSDAY, MAY 20

- Westmount Historical Association's last speaker in spring series: Virginia McClure on the Visual Arts Centre, 7 to 9 pm at the Westmount Public Library. Free for members; \$5 non-members at door. Info: 514.989.5510 or 514.932.6688.
- Westmount Park School presents its **Interlink concert**, a mix of new and old songs, 7 pm in auditorium. Grade 4 & 5 choir joins senior choir members from Contactivity.
- The **Quebec Writers' Federation** presents "Helpless Doorknobs & Other Dramatic Considerations" at the Atwater Library Auditorium, 7:30 pm, Free Admission: doors open at 7:15 pm.

SATURDAY, MAY 22

Westmount-based QWF offers "**Haiku Creativity** with Emiko Miyashita" at the Institute for Learning in Retirement, 855 Sherbrooke St. W, 10th floor, 1 to 4 pm. Workshop fee: \$35, includes green tea and sweets. Register: 514.933.0878 or info@qwf.org.

SUNDAY, MAY 23

Sunday at the Shaar Hashomayim presents **Janie Respitz**, lecturer and entertainer, sharing some "Little known facts about famous Jewish composers throughout the ages." 12 noon. Cost: \$5, includes lunch. Reserve: 514.937.9471.

THURSDAY, MAY 27

- The Thomas More Institute presents an interview with **Charles Levin** on Sigmund Freud, 7 to 9 pm. 3405 Atwater. Cost \$10. Reserve: 514.935.9585.
- **Contactivity Centre's Annual General Meeting** and public information session, 12 noon, 4695 de Maisonneuve, corner Lansdowne. 514.932.2326. All welcome.

FRIDAY, MAY 28

- For **Westmount High class of 1960**: 50th reunion, Selwyn House (the old Westmount High School) on Côte St. Antoine, 6:30 pm. Cocktails (to 8 pm), buffet dinner, dancing. Cost: \$85. Contact: Kenny Wolfe at kwolfe1943@gmail.com.
- **The Yellow Door Choir** directed by Westmounter Eleanor Stubleby and Montreal Comedian Paul Ash present "Love and Laughter". Proceeds from the concerts will go to the National Educational Association of Disabled Students. 8 pm at the Unitarian Church, 5035 de Maisonneuve. Cost: \$20; \$15 for students with ID. Advance sales at www.yellowdoorchoir.com or call 514.738.9052, or available at the door. Performance repeats on Saturday, May 29 at 8 pm.

MONDAY, MAY 31

The **Women's Canadian Club of Montreal** presents Blema Steinberg, professor at McGill University, topic: "Women in Power", followed by annual general meeting, 12:30 pm at The Unitarian Church, (5035 de Maisonneuve.) Light lunch from 11:30 am. , Cost: free for members; \$10 for non-members. Info: 514.488.7891.

SATURDAY, JUNE 5

Harmonia Westmount choir presents their summer concert, 7.30 pm, at Mountainside United Church, 4000 The Boulevard, corner Lansdowne. Some of the proceeds go to Seeds of Hope Ministries, working in Haiti.

Upcoming performance open to the public

Two generations unite in song

By JOANNE PENHALE

On the evening of Thursday, May 20, a mixed chorus of kids and seniors will fill the auditorium at Westmount Park School – and they invite the public to watch.

Fourth and fifth grade Westmount Park students were paired up with members of the Contactivity seniors' choir this past fall, corresponding only through letters. After the holidays, the two groups met in person, and have been rehearsing songs – separately, and then as the concert approaches, as a united choir. The local seniors' community group and the elementary school have been running this program – called Interlink – for 15 years under the direction of choirmaster Ian Lebofsky.

"The idea is they don't get a picture of what the other person is like, except through the letters," said Lebofsky. In the fall, he asks the students about their impressions of seniors.

"There's a lot of stuff about hobbling around, or how they might be cranky," he said. He responds to the kids by saying, "You don't know what these people have done – they've had lives for a long time, they've had experiences – you have no idea."

Through the letters, and finally with face-to-face interaction, he said, "They get to know each other as people."

"Every two weeks they were excited to get their letters," said teacher Pamela Price. "They were writing to real people and getting real feedback. They loved it."

"It's great to meet everybody," said Saghoon Nam, 10. His senior buddy, Contactivity member Barbara Howard said what a talented and smart student Nam was.

"He knows how to write and knows just what to say," said Howard, who was carrying a pile of Nam's letters. In one letter, Nam had written, "You look really younger than you really are."

Some of the songs the intergenerational choir will sing include "What a Wonderful World," "Surfing USA," "I Won't Grow Up," and "This Little Light of Mine."

Contactivity shares funding for Interlink with Westmount Park School, and will host a second concert of the intergenerational choir on June 17 at their Picnic in the Park, which is also a birthday party for any Contactivity member born in June or July, according to Mark Stark, director of Contactivity.

Seniors interested in joining the Interlink choir can contact Contactivity at 514.932.2326.

The free May 20 concert begins at 7 pm. "Anyone can come," said Lebofsky. "The more the merrier."



With pianist Steve Corber, Interlink choirmaster Ian Lebofsky directs seniors and kids in the song "This Little Light of Mine," at their May 13 rehearsal at Place Kensington, which lends out its grand piano.



Notaries

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More parking is available – but less bike path on Family Day

By KATHLEEN DUNCAN, COUNCILLOR, DISTRICT 4

Last Wednesday, May 12, I attended registration for the Westmount Dolphins and Westmount day camp. As I waited in the line-up outside the arena, I watched several cars make numerous round trips, turning right onto Academy, and a subsequent right onto Park Place, right onto St. Catherine and then right again in front of the arena, looking for parking.

I also drove the same loop once looking for parking. In doing so, I noted that not only were there no places available, but as I drove around, there were cars parked on both sides of Academy Rd., which is illegal, and cars parked parallel to the park right up to the bollards in front of Westmount Park School, some with blinkers on.

In short, the entire area was flooded with cars.

I eventually parked behind the Oral School for the Deaf, just across the street from the arena on the south side of St.

Catherine St., where there was ample parking. This is just to remind people that on evenings like last Wednesday, when there are multiple activities taking place in such a constricted area, there is additional parking available at the Oral School for the Deaf as well as Westmount High. It is further to walk, but it reduces congestion and the unnecessary pollution generated by the circling for parking in proximity to the activity, as well as being safer for everyone concerned.

No Westmount Park bike path on Family Day

Secondly, I wanted to notify everyone that during Family Day, Saturday, May 29, the bike path through Westmount Park *will be closed to bicycles between 9:30 am and 4:30 pm.* As was the case last year, signage will be posted in the park and Public Security will be on hand to make sure people respect the requirement to dismount from their bikes throughout Family Day, for the safety and enjoyment of everyone.

Thank you, and enjoy the day!

Elena Willis

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In “I saw him sitting there”, the head of a suited man is obscured by bricks. Recalling the work of Salvador Dali, Willis wants us to see ourselves in her images. A nonconformist herself, for sharp and imaginative imagery she relies on lighting and old-fashioned film – rather than a quick, digital fix.

Willis also wants us to consider humanity in terms of communication. The haunting image of a meandering line of 50 people receding into the distance is entitled “A long chain of tangential thoughts.”

Subtle, and beautiful, this pattern is repeated for drivers caught in traffic entitled “Ensuring uniformity.” Although there is a man-versus-nature message in the curve of golden cars and moon, this stunning black and gold composition is very much an aesthetic work.

For Willis: “There is beauty in the man made as well as in nature.” Her fireworks display “Illusions of unanimity” proves this point. Although a part of her life – “I love fireworks; I go to fireworks” – this scene is one that most viewers can relate to. This ability to create images with universal appeal is Willis’ gift.

Family Day coming May 29

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slapstick presentation of an extract from the story of Aladdin and his lamp taking place on the main field at 11:30 am.

All households are expected to receive a schedule of events. Among them are the Scouts Canada climbing wall, the aerial tramway operated by the 3 Field Engineers, and Hydro Westmount’s cherry picker, which takes people up in the bucket for an aerial view.

The Public Security Unit will have a display to mark its 30th anniversary and community groups are expected to turn out in force along the main walking path with information booths and interactive displays.

Food will be provided by District Catering, Venturer Scouts and Girl Guides, and the Dixieland Band will play once again.

Willis’ art combines meaning with photographic magic. Asking viewers to probe beyond the obvious – “how far we think about things” – this artist produces images for all to enjoy.

Former MNA warns against using statistical evidence in policy making

By ISAAC OLSON

Neil Cameron, a former member of the provincial National Assembly, warned against making major policy changes based on statistical science while comparing the study of probability to the more concrete nature of physics in a recent lecture titled “From Isaac Newton to Climategate.”

“What you have to remember about statistics is that a huge amount of it is just finding a way to refine guess work,” said Cameron, 71, speaking at the Atwater Library on May 12 as part of the free lunchtime series. “That’s all it ever has been, and all it ever will be.”

Using examples such as the discovery of the planet Neptune thanks to Newtonian mathematics, Cameron described physics as a more exact science than most. In fact, he said, chemists, psychologists and other scientists have long suffered from “physics envy” because little is as precise.

However, statistic-based analysis – often at the root of global warming debates

– is a less factual, more malleable science that can be molded to suit political agendas or beliefs.

While admitting evidence indicates the global climate has changed since the 18th century, he said, the cause, be it natural or man-made, is not certain because, unlike mathematical equations, the statistical data is not accurate enough to be proof.

“It’s certainly not in the realm of the second law of thermal dynamics or force equals mass times acceleration or $E=MC^2$,” said Cameron, talking about statistical science. “It’s much more of a projection.”

Cameron, a historian and published writer, started as a math teacher before focusing on history. In the 1989 provincial election, Cameron won under the Equality Party banner in the Jacques-Cartier riding, defeating a Quebec Liberal Party incumbent. In 1993, he introduced a private member’s bill which would have made English and French the province’s co-official languages. He lost the following year’s election.



From left: Westmount residents Margo MacKinnon-Baculis and Diana Hendy pose with former MNA Neil Cameron. Hendy is one of Atwater Library's more than 130 volunteers.

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Busbridge is aiming for a future in international law.

Human rights internship sends ECS grad to Ghana

By ERIN STROPES

Law student Annabel Busbridge is spending the summer in Accra, Ghana this year, thanks to a human rights internship awarded by charitable organization Canadian Lawyers Abroad.

Busbridge, who grew up on Greene Ave. and attended Roslyn and Miss Edgar’s and Miss Cramp’s School (ECS) before her father’s work brought the family to Hong Kong during her final year of high school, will be working with Ghana-

ian non-profit Centre for Public Interest Law between May 16 and August 17.

She will be representing plaintiffs in housing disputes and providing legal support for mining communities.

A shy child, Busbridge credits ECS with helping her come out of her shell. “They brought things out in me that I never would have seen otherwise,” Busbridge told the *Independent*.

The skills she developed at ECS came in handy in Hong Kong, where she became interested in “negotiating between

people of different cultures,” an interest that drew her to the law degree she is currently pursuing at the Université de Montréal.

Her goal is to eventually work in human rights law for a major international organization.

Busbridge fundraised to cover the costs associated with the internship, including travel, lodging and vaccinations.

More information is available on Busbridge’s travel blog at annabelinternship.blogspot.com.

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Chess anyone?



Grade 5 students Isabella Pasian-Rozahegy and Carolina Lauth paint the tops of their giant paper-mâché queen and king chess pieces on May 13. With help from artist Christina Thomson from the Visual Arts Centre, Westmount Park elementary students are building and painting the giant chess set for the big chess boards in Westmount Park for Family Day, May 29.

Photo: Joanne Penhale

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See story “\$1,000 donated for crime-fighting fund,” March 30, p. 6, for details.

Tipline will run any reward-for-information notices being offered by residents, whether as part of the fund mentioned above or directly.

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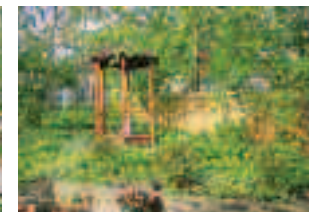


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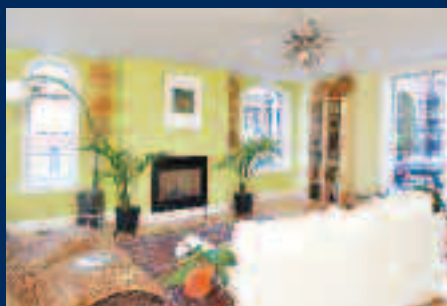
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