WESTMOUNT INDEPENDENT

Weekly. Vol. 5 No. 6e We are Westmount June 28-29, 2011

Existing big rink to be open until spring 2012

Arena/pool construction: some piling, no dynamite, facility to open in summer '13

BY LAUREEN SWEENEY

It may be ambitious to schedule completion of the new arena/pool project by summer 2013. But project manager Gilles Desrochers believes it's "do-able." And some preliminary work may start as early as mid-August.

Construction timelines were only one of many details brought to light at a neighbourhood information meeting June 21 at Victoria Hall to address concerns of resi-

INSIDE

Underdog by Cynthia Lee p. 10 In Conversation by Heather Black p. 10 Colourfully Yours by Greta p. 15



dents living in the immediate area of the new "Westmount Recreation Centre."

Some 100 who attended heard previously undisclosed plans, from the relocation of the dog run and parking priorities to worksite arrangements and trucking routes. They were also taken on a virtual tour of the complex.

A much larger turnout had been expected after the city delivered invitations to close to 800 households within 1,000 feet of the site and selected a venue accordingly.

What's being built



This rendering of the new recreation centre shows the two underground ice rinks (separated by seating for 300) with the green roof and three tennis courts "exploded." Various levels of the central pavilion are also "exploded." A proposed third pool, for children's play, is missing from this rendering.

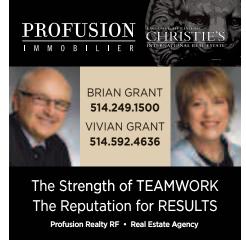
Image: Lemay associés

RBC Westmount Square raises \$15K for kids



RBC participated June 13 in the annual fundraiser Pedal For Kids that benefits the Montreal Children's Hospital. The team was championed by RBC Westmount Square manager Jason Christiano and included employees from across RBC branches in the downtown region. The team raised \$15,000 in donations.

Photo courtesy of Willem Westenberg



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Pool fencing and permit fast-tracking

Back-to-back consultations become one-on-ones

BY LAUREEN SWEENEY

Urban Planning director Joanne Poirier made a presentation June 22 for changes to two city by-laws at back-to-back public consultation meetings despite a very sparse attendance.

Resident Gerald Glass, in fact, was the lone resident participating at both the pool and permit-streamlining meetings held at city hall. He was joined briefly by one other resident.

Poirier explained at the first meeting that the city was integrating Quebec's swimming pool fencing regulations adopted last July into the city's zoning bylaw. This requires all pools to be fully fenced off from the house in addition to one prohibiting access from the neighbourhood.

At the second meeting, she outlined changes in the building permit process as

part of the city's architectural by-law (the PIIA).

These would allow citizens applying for certain minor exterior repairs to save time by being exempt from having to have their proposed work reviewed by the Planning Advisory Committee (PAC) for eventual approval by council.

One example would be a small extension to a fence that already conformed to the city's regulations. Another would be replacing an original slate roof with slate (see June 14, p. 1).

The city's Urban Planning department had professional and experienced staff – two architects and two urban planners – who were well able to decide on the granting of permits for such projects, explained Councillor Cynthia Lulham, who chaired both meetings as Urban Planning commissioner.



Urban Planning director Joanne Poirier presents by-law changes June 22 at city hall. To the right is city clerk Mario Gerheau

Youth injured in skateboarding accident

A 15-year-old from NDG suffered a severe cut to the face and other injuries June 16 after falling from his skateboard on Greene Ave., Public Security officials said. He and two friends were found exiting the

comfort station in Stayner Park shortly before 7 pm by two police cadets, who alerted a public safety officer. The officer called Urgences Santé and administered first aid until arrival of an ambulance.

Jardins Westmount re-emerges on St. Antoine

BY MARLENE EISNER

They say timing is everything. That is certainly the case for one developer of a Westmount condo project, who has waited five years and scrapped his original plans to make room for what he describes as something better.

Roland Hakim of Roland Hakim Associates and president of Les Jardins Westmount said when the Hakim family bought the former Dawson College premises on St. Antoine and Selby streets in 2001 and rolled out a condo project in 2006, they soon realized the neighbourhood was not conducive to residential living.

"When we came to this area, it was a no-man's land," said Hakim.

"We realized women were afraid to come here after 4 pm."

A lot has changed since then: Montreal's hot condo market coupled with the gentrification of the area has put the project – although reworked – back on the table.

"As soon as the area became livable and desirable, we decided to revive our project."

Les Jardins Westmount is designed as a "green" construction, with 24 wells, each dug 600 feet deep to capture the earth's hot spots, or geothermal energy, to heat and cool the units. A LEED (Leadership Energy and Environmental Design)-certified building, the plans call for keeping the existing, neo-classical industrial structure, retaining the patrimonial external facades that date back to the original building built in 1926 by Charles E. Frosst, and triple glazing the 15-foot-wide windows for energy efficiency and sound proofing.

Although Hakim and Associates have completed other projects in the city, Les Jardins Westmount is the company's first condo development, and they are planning two others – one in Laval and one in Griffintown.

For the Selby St. location, Hakim has hired the Westmount firm Architem to handle the design that includes 162 units comprising lofts, condos and penthouses that will be sold in three phases. Three floors will be added to the top of the building and phase one, which has already begun to sell, is slated for a late November/early December 2012 delivery.

"Our architects are very well geared in residential; this is essentially what they do. Our engineers, structural and mechanical, are very good and they have done several residential projects, and the same goes for our contractor. We have a very interesting team, definitely strong, definitely focused. They have done many projects; we are not expecting any surprises."

Hakim said he has an agreement in principle from the city of Westmount, and he is now at the permit stage, hoping to start the real work after the annual construction holiday in July.

Joanne Poirier, director of Urban Planning confirmed the project has been reviewed for aesthetics and "has been deemed acceptable by the Planning Advi-



Les Jardins Westmount condos on St. Antoine St. is proposed as a 162-unit luxury condo project in the former Dawson College building.

sory Committee and recommended favourably to city council."

The next step, she said, is for Hakim to submit architectural, mechanical and

structural drawings to the board of inspections. Once that is done and all is approved, the issuing of permits "can be fast."

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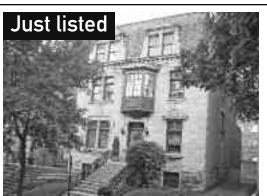
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LETTERS TO THE EDITOR

A WARNING TO ALL CARING GRANNIES

As another victim of the "grandson scam," having been told by the police I should tell my cautionary tale to as many elderly as possible, I feel a duty to report what happened to me.

On June 8 as I was preparing to attend a tea, I received a call from a young, desperate-sounding male who claimed to be my grandson but gave me my nephew's name. He played upon my sympathy by telling me he was calling from Ottawa, where he had been out to lunch and had had one drink too many, following which he took a wrong turn and was arrested.

He pleaded with me not to tell anybody but to send \$3,000 to bail him out or he would have to spend the night in jail.

When I asked him if he was hurt, he was silent but I was led to believe he had injured someone. When I asked him where to send the money, he told me he would put his lawyer on the phone and even gave me his name, which I looked up afterwards in the Montreal directory and called only to find that he was not a lawyer.

My nephew also told me that he was only allowed to make one call from a pay phone but would try to phone me later. When the phony lawyer phoned, he complained that my line was busy and when he heard I had been talking to my daughter and had told her what happened, and

had sent her to take money out of my bank, he did not give me the address as to where I should tell Western Union to send the money.

The questionable lawyer kept assuring me that I would get my money back after the court case in September. When I heard "court case," this made me think that my "nephew/grandson" was being held on criminal charges and was in serious trouble so much as I had my suspicions, I felt I had no choice but to come to his aid.

In any case, it's obvious that I was not singled out, and the culprits go out of their way to trick old ladies who live alone. I would appreciate you printing my story and advising caring grannies as to how they should handle such scams in the future.

ANN WEINSTEIN, SHERBROOKE ST.

Editor's note: In regards to a similar case reported in our June 1 issue, Constable Adalbert Pimentel said "No matter how much information someone has about your relative or how rushed they make you feel, always take the time to check first to make sure the story checks out. In a case like this, the victim could have called the police right away. We could have told her if her grandson had been arrested."

EVIDENCE OF DOG BITES?

I question Councillor Cynthia Lulham's justification of the new dog ID card by-law

that "we would have several biting incidents a year."

I kindly challenge her to provide evidence to the *Westmount Independent* that supports this claim, as no news to this effect has surfaced in the newspaper in recent memory (happy to be corrected if I am wrong).

DARCY FERRON, MELVILLE AVE.

TRESPASSING? AND LITTERING? THESE ALLOWED?

Someone from ticket911.ca walked 60 feet from the street to put an ad pamphlet to contest traffic tickets on my car. Isn't that trespassing?

How far can they go into my backyard, while I'm having lunch with my family on Father's Day, to litter my car with marketing junk?

Trespassing to offer legal services – now that's a new twist.

Antoine Clément, Chesterfield Ave.



Photo: Antoine Clément

OPEN LETTER TO MAYOR: TRANSPARENCY APPRECIATED

Il y a un an, vous avez écrit à tous les résidents de Westmount (dont nous faisons partie) pour obtenir leurs commentaires concernant le projet du nouveau centre récréatif.

Nous avons grandement apprécié la

transparence et l'honnêteté d'un conseil municipal qui se donne la peine d'envoyer un document de huit pages pour informer les citoyens des tenants et aboutissants d'une situation.

Apparemment un quart des Westmountais se sont donnés la peine de vous répondre, mais si l'on pense que ceux qui se font entendre sont généralement ceux qui s'opposent, les résultats ont été éloquents: 83 pourcent se sont déclarés en faveur du projet dans la forme sous laquelle il leur était présenté. Dans le but de satisfaire à la loi, les résidants ont été invités à signer un registre pour réclamer un référendum sur la question s'il en percevaient la nécessité. Alors que la loi requiert 500 signatures à cette fin, il n'y en a eu que 114

La conclusion qui s'impose est donc que la grande majorité des électeurs de Westmount est satisfaite de la façon dont se déroule le projet du centre récréatif.

Par conséquent, nous vous demandons, Monsieur le maire, de continuer dans la même direction et de procéder avec la construction de ce centre récréatif, tout en nous tenant au courant bien sûr de son évolution, compte tenu qu'il y aura indubitablement en cours de route des correctifs à apporter et des choix à exercer.

Il existe partout et dans tous les domaines des minorités mécontentes dont, hélas, les voix sont généralement plus tonitruantes que celles des majorités satisfaites. Il faut apprendre à « faire avec », comme on dit, et à poursuivre la voie qu'on s'est tracée, sans se laisser divertir par ces « terroristes » à la petite semaine.

Soyez assuré, Mon- sieur le maire, que nous continued on p. 5

Correction

In "Gold for Vermes-Monty," (June 21, p. 10), the head coach of the the Dolphin's swim team should have been identified as Taylor Bond.

WESTMOUNT INDEPENDENT

We are Westmount.

Weekly

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LETTERS & COMMENTS:

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In NDG & Hampstead last week:

- Applebaum: McQueen cries wolf! McQueen: Give me more information!
 - More speed humps expected on Hampstead's Finchley Rd.

FOR MORE, VISIT WWW.NDGFREEPRESS.COM



More letters to the editor

continued from p. 4

sommes nombreux ici à Westmount à apprécier votre travail, votre intégrité et votre bonne foi.

CAROLE GARCIA AND JAIME RODRIGUES, IRVINE AVE.

NEW LICENSE DOES NOT A SAFER DOG RUN MAKE

On a recent Wednesday afternoon, my 4-year-old daughter fell through a gap in one of the benches at the dog run, bruising her leg and hitting her head on the ground. She's lucky she didn't break her leg.

The gist of my thinking is this – with all this hooha about dog licenses and official paperwork, the city is still not paying any attention or delivering oft-requested services to the dog runs. Money and more paper are not equal to a safer and more secure environment for pets or people.

AMY CREIGHTON, NDG

THANKS TO THOSE WHO SUPPORTED SPCA

Thanks to all those who purchased a ceramic dog at my recent exhibition at The Gallery. Fourteen of 18 pieces were sold for a total of \$4,535. All proceeds went to the SPCA. It receives no public funding.

John Fretz, Lansdowne Ave.



John Fretz's sculptures

OPEN LETTER TO THE CITY: PARKING FEES

I'm shocked to see that the city proposes to raise the cost of the first vehicle parking permit to \$240 from \$120. Can you explain the reasoning for this?

Other jurisdictions charge far less for those who have no option but to park their vehicle on the street.

I could understand raising the fees for those who have access to driveways and parking aprons but who nonetheless purchase street parking permits. I could understand raising the fees for those who park multiple vehicles or large vehicles on the street. I could understand charging driveway and parking apron owners a permit fee as they are given near exclusive use of the street space in front of their driveways and parking aprons.

But I cannot understand why those who make use of a single small vehicle parking permit to park their cars on the street either because they have no alternative or because they chose in the past to retain the fronts of their homes as greenspace instead of a parking spot are being asked to pay double the fee they paid last year.

Hopefully the city will reconsider.
RICHARD AYLETT, CLAREMONT AVE.

OPEN LETTER TO CITY: PUSH 'GREEN' AGENDA ON SOMEONE ELSE

We are a one-car (and no driveway) Westmount family, which has been fairly contentedly paying its \$120 per year onstreet parking fee for many years now – especially contentedly when our friendly Public Security officers hand out enough tickets to keep down the many non-Westmount interlopers who hijack our few reserved parking spots!

What we find particularly galling about the proposed 100-percent increase on the on-street parking fee, however, is the suggestion that this will encourage less use of cars. In fact, it would seem to miss the target by a long shot if this is the aim.

In our case, when it comes to transportation, the only way that we could further "green" our record would be to sell our car altogether (a step that we probably will take in the next few years). As it is, our car stays on the street most of the week and we walk, take public transportation and bike most everywhere.

We bought a place where we are so that we *could* live nearly car-free, and the absence of a driveway fits well into this simpler way of life.

Now we're being hit the hardest by this increase – harder than two-car street-parking Westmounters, and much harder than the upper Westmounter, who occasionally descends the mountain to shop on Sherbrooke St. in one of their many vehicles.

Does that seem fair?

Using such fees to push a green agenda is not a bad idea. Often the pain of the pocketbook is the best prod to rational action. Let's make sure, though, that the prod is properly directed!

Deborah van Wyck and Alan Lewis, Claremont Ave.

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Arena/pool updates revealed

continued from p. 1

cerning the central pavilion, the only above-ground structure, Lemay architect Michel Lauzon explained. It's hoped to have the main contractor hired by the end of the year, Desrochers said.

"The pavilion itself has been the subject of fierce debate among the architectural community," Mayor Peter Trent said in opening remarks.

Some preliminary work is expected to start in late summer, the *Independent* later learned. This will involve reconfiguration



Georgina Smith, one of many questioners, speaks to the Lansdowne traffic issue. Waiting her turn is Marta Korwin, also of Lansdowne.



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of the refrigeration coils under the existing large rink to disconnect it from the smaller one.

Large rink stays open

This will enable the main rink to remain open for another winter (2011-12) when it will be walled off to allow for the start of excavation at the site of the current pool. This is where the two new underground rinks will be built.

Among other plans: construction trailers are to be aligned along "Arena Drive" and construction trucks will use St. Catherine St. and Glen Rd. to access the Turcot interchange.

Councillor Cynthia Lulham, who chaired the meeting, also assured residents of Academy Rd. that they would have parking priority.

The current arena parking lot/drive will remain the main entrance to the new complex with the controversial Lansdowne access repeatedly referred to as the "secondary" one.

The dog run is to remain in place until demolition of the current arena a year from now when it would be moved further down the hill.

Any trees that might have to be removed for excavation would be replaced and even more would be planted. No numbers were provided, however.

Sidewalk safety would be provided by protective hoarding around the site and some changes in traffic lights would be required.

Elevator accessibility

The new rinks themselves would be built some 30 feet below the level of Academy Rd., and all areas of the complex would be handicap accessible, including access by an elevator.

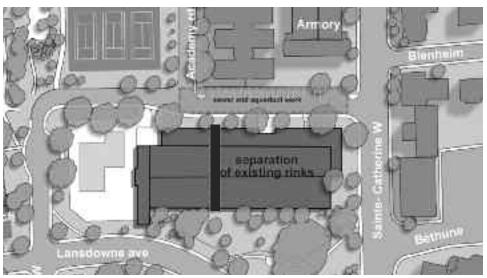
There would be several mechanical rooms but not all would be running 24/7 and none would be rooftop.

During construction, no blasting would be required but some initial pile driving to shore up walls around the perimeter of the excavation area along de Maisonneuve and Academy Rd. would take place, in soil not bedrock.

Though work would be restricted to the city's regular designated hours of construction, residents would be informed if the pouring of concrete required later work. A monthly newsletter will be issued and urgent information will be relayed on the city's website and via email.

Muffling noise

In response to concerns expressed about the relocation of the outdoor pool area from de Maisonneuve to 100 feet



Pre-construction will include sewer and water-line work under the arena driveway, as well as reconfiguration of the arena's refrigeration system. This will allow the large rink to remain open. A wall will eventually close off the two portions to allow for demolition and excavation work to begin this winter.

Image: Lemay associés

from St. Catherine, residents were told that trees and berms would muffle pool noise to residents across the street as well as traffic sounds to pool users.

When several questioners asked about including an indoor pool, Lulham said the project was not open for review and the aim of the meeting was to discuss construction-related matters.

"We're not talking about an indoor pool," she stated. "This is the project the council is moving forward with."

Among ongoing traffic concerns was why the new "secondary" access off Lansdowne had been finalized before conclusion of the city's master traffic study. Councillor Patrick Martin, arena project chair, said the traffic study was for all of

Westmount and would examine many traffic problems facing Lansdowne. In another question, Melville resident Patrick Barnard said that estimates of potential traffic increases related to the Lansdowne access should have been part of the study's mandate.

Was a risk analysis undertaken and an emergency egress plan prepared for the underground rinks, asked Academy resident David Parsons. Architect Lauzon said the project was designed according to code requirements for a maximum capacity of 500. It was no different from underground pools, gyms and subways.

Opponents also voiced previously raised concerns about the project's popularity in the city, size, effect on traffic and parking and the \$37-million estimated cost.

Ikeman explains position

When Councillor Gary Ikeman was questioned by resident Mavis Young at the June 21 information meeting about a stand he took against two large rinks before his election to city council, he said his previous concerns had been dispelled by three changes.

Putting the rinks underground meant eliminating an otherwise overpowering building. Costs were being reduced by the \$20-million infrastructure grant. And studies that had not been done were completed.

He said he felt he could now better assist constituents by working with council on their behalf. "Once the train had left the station, I felt it was better to be on the train."

Construction to take 18 months

With construction of the new recreation centre slated to last 18 months, a pre-construction phase will require city infrastructure work to redirect water and other utility lines, according to project manager Gilles Desrochers.

At the start of the actual construction phase this winter, the worksite would be set up followed by demolition of the existing pool area and changing rooms, and excavation for the two new rinks and related amenities.

Next summer, 2012, at the end of the skating season, the current arena building will be demolished to allow for the building of the central pavilion, the only above-ground structure, and the new pool area.

Segal Centre tells Rotarians it has 'something for everyone'

By Lauren O'Loughlen

Rotary Club of Westmount members learned about the Segal Centre during a June 15 lunch-time presentation.

Not phased by the power outage just as they were setting up to present, the centre's communications staff, Melissa Maloul-Cohen and Émilie Hervieux, launched their presentation called "The Segal Centre - Something for everyone," which informed the audience about the centre's history, mission, activities and types of performances.

The Segal Centre, located at 5170 Côte St. Catherine Rd., was previously the Saidye Bronfman Centre for the Arts before it was renovated in 2008. The change also brought its focus away from strictly visual arts to more artistic disciplines by opening the door wide to the performing

Maloul-Cohen explained that the centre's aim is "to educate, entertain and stimulate [...] it is very important to educate youth in the arts and cultures world."

"The centre is open to all communities not just Jewish," she continued, and stated that the Segal Centre is "a meeting place for all cultural communities."

It operates under five main divisions, which include theatre, music, dance, cinema and the academy, which provide educational services in the arts. Talk-back sessions after performances, free events and promoting the arts to youth are among the



From left, Rotarians John Donovan, president of Manoir Westmount, and clergyman George Campbell; with the Segal Centre's Melissa Maloul-Cohen, senior communications consultant and Émilie Hervieux, communications consultant; and Merle Binmore, Rotary Club of Westmount president, June 15 at Victoria Hall.

ways Segal Centre says it tries to make the arts accessible to everyone.

One project is the "Wandering Stars," which is a musical theatre troupe for young adults between the age of 15 and 20. The project employs young people to perform the theatrical pieces they have worked on at the centre in public spaces in order to promote intercultural dialogue.

A brief question and answer period followed the presentation, during which time the presenters announced the centre's website was being updated. The website is www.segalcentre.org.



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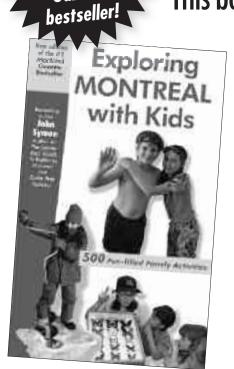


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Sylvie Lafrenière



New countertop bins launched for residents

By Laureen Sweeney

Westmount is giving away a kitchen counter compost container to all households as part of a "green challenge" to increase the amount of kitchen scraps and other compostables collected this year to 650 tonnes. Last year 618 tonnes were recuperated.

The challenge was launched June 23 outside Westmount Public Library where a giant thermometer has been mounted to record the year's progress.

"We feel that with some helpful tips and education we can encourage more families to compost," said Councillor Cynthia Lulham.

Spearheading the latest initiative as part of the city's Communities in Bloom participation and the city's Healthy City Project, Lulham said the convenience of the countertop container will make it easier for families to save their table scraps en route to the green bin.

"We use the Communities in Bloom competition to motivate us to do at least one new thing each year to promote either green spaces or gardening, and always to do something that fosters community par-



Dragana Djukic, left, and Jeanne Vachon, members of Westmount's summertime Green Patrol demonstrate a practical way to line the city's new kitchen countertop container for local households June 23. The thermometer behind them at Westmount Public Library will measure progress in red as the city's green collection nears the goal of 650 tonnes. Last year's 618 tonnes appears in blue.

Kodem.ca

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ticipation," she explained.

Available every Monday

In the coming week, residents are expected to receive a coupon along with additional information about the program. Coupons are redeemable for a countertop container, one per household.

Containers can be picked up at the arena every Monday in July from 2 to 4 pm from the city's summer Green Patrol and from 6 to 8 pm when Lulham and volunteers will staff the information table.

Westmount's student Green Patrol along with volunteers will again be holding information sessions, games and challenges in different neighbourhoods and parks throughout the summer.

Mayor Peter Trent, Environment com-

missioner Theodora Samiotis, representatives of Public Works and several passersby were also on hand for the container launch.

Woman knocked over by own dogs

A Westmount woman walking her dogs on Mount Stephen Ave. June 15 was knocked over by them and was found sitting on the sidewalk by a Public Security patroller, who remained with her until the arrival of her daughter. A passerby managed to retrieve the dogs, which had taken off during the mishap around 11:45 am.





Maurovich to direct sports at Selwyn



For its new director of athletics, Selwyn House has chosen a longtime member of the school's athletics department — Michael Maurovich. He has coached and taught at the school for 28 years. "I am confident he will carry on with the strong athletic traditions of Selwyn House, while incorporating changes and innovations," said headmaster Hal Hannaford. Steve Mitchell, the retiring director of athletics, will be helping Maurovich make the transition until December 31. A fitting tribute to Mitchell's 27-year career at Selwyn House will come at a later date.

Photo: Martin C. Barry

Was the pot of gold at your place June 23?





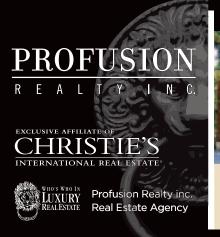
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Underdog

CYNTHIA LEE

Simona is a little bit schnauzer and a little bit shih tzu. She was found dodging cars on a busy intersection at rush hour without a note to explain where she came from or where she was going.

All she had was the matted hair on her



Simona

back and, oh yes, a mouthful of rotted teeth. The hair has since been clipped and has grown back beautifully fluffy brown, but the teeth, oh those teeth. They are long gone.

The extractions were expensive but necessary to ensure Simona's health, and she has adapted well. When she smiles though – which is often, her fosters report, she is all gums.

She can see fine even though her eyes have cataracts and may need medical care.

Simona is about 10 years old and still in fine spirits. If you like your canines

toothless, sweet Simona is for you! Enjoy walking and chewing gum at the same time? Why not try it out while walking a dog who is all gums?

For more info on Simona, contact Sophie's Dog Adoptions at info@sophiesadoption.com or 514.523.5052.

The Underdog Club is the firstever dog marketing agency. We help rescue organizations package and promote hard-toplace dogs: the old, ugly and unpopular. To view more dogs needing homes, visit www.underdogclub.org or email contact@underdogclub.org. In Conversation

Pothier on mind/body connections and healing

BY HEATHER BLACK

Inspira Créa founder Johanne Pothier takes a holistic approach to life. Establishing a wellness centre last year, her mission is to offer both psychology and complimentary health services. Recently, I spoke to the director at the centre located at Sherbrooke and Metcalfe.

Personal vision

A business executive with a longtime interest in mental health issues, Pothier's goal is "to help individuals live life to the fullest." Experiencing first-hand the difficulty of balancing work and family life, Pothier has assembled a team of psychotherapists and life coaches to help individuals resolve personal or work-related issues.

Pothier cites the World Health Organization's assessment that "mental health will be the principal source of illness in industrial nations by 2020." And in an era of instant messaging devices and longer hours, stress, absenteeism and burnout are common.

However, she notes that as "there is still a stigma attached to mental illness," many suffer needlessly.

For Pothier, a personal crisis often necessitates a change in perception. "We need to know ourself and start from there." And as self-motivation is increasingly a necessary skill, her goal is to help individuals find inspiration, create and realize their potential.

Integrative approach

For Pothier, the mind-body connection is key. As a result, the centre offers important but often neglected services like nutrition, meditation or movement. These therapies, together, enable the centre to fulfill its mandate to "diagnose – prevent – intervene."

Pothier comments that "although integrative health services are common in the United States, the concept is less well-known in Quebec." Currently, her team includes specialists in acupuncture,

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naturopathy, osteopathy, as well as massotherapy and reflexology.

But beautiful and hospitable surroundings are also an important aspect of Pothier's vision. "To open up, clients need to come in and relax, away from a clinical environment. And they need to feel welcomed." She searched for two years to find the perfect venue for the centre – the charming, Victorian home only a few steps from her Grosvenor Ave. home.



Johanne Pothier

Community presence

From a seed planted in her imagination 20 years ago, Pothier has realized her dream of an integrative wellness centre. Attracting men and women, francophones and anglophones, she is thrilled with the community's reception of Inspira Créa.

Soccer for dogs?

A Westmount woman was issued a \$75 ticket June 19 for allowing her two dogs to run free inside the fenced-off soccer fields at Westmount Park around 9 am, Public Security officials. The dogs played while their owner, also inside the fence, talked to two friends.

Dog retrieved from SPCA

Public safety officers took an unidentified Jack Russell terrier to the SPCA June 17 after it was found shortly before 7 pm injured at the mouth and running loose behind 376 Melville. The owner, a resident of Belmont Ave., was later discovered at the dog run in Murray Park where he told a security officer his dog had run away. He was reported to have picked up the dog at the shelter.



Dog left tied up at library

A pitbull left tied up at the east entrance to the Westmount Public Library June 15 was finally removed after its owner was found inside using the library's computers, Public Security officials said. He was informed of the city's regulation prohibiting dogs being left unattended in a public place. It was not reported how long the dog had been left alone. Public Security received the complaint at 7:11 pm.



TRENDSETTERS

Mose Persico

By Veronica Redgrave

I used to see Westmounter Mose Persico at fashion and red carpet events, as he filmed and chatted with stars. Today he still does the east-coast-west-coast thing, commuting between LA and Montreal – well, actually, Westmount, which is where I spotted him recently. He is a broadcaster by trade with a Saturday evening radio show on CJAD and on air for CTV as an entertainment host.

STYLE

Menswear is almost as strong in retail as is fashion for ladies. What will you be wearing this summer?

I plan to wear lots of pastels and bright colours, such as powder blue, lime and pink. Yes, pink shirts! You'll often see me in an assortment of three-piece suits from the "Designer" collection of Le Château, which which sponsors my on-air wardrobe.

You work in both television, where your audience can see you, and in radio, where they can't. For those who are curious, what do you usually wear in the studio?

There is a laid-back, relaxed approach to attire when one hosts a radio show, in comparison to when I am on air at CTV. But I still like to dress properly for my instudio guests. Normally I wear a pair of jeans with a shirt and vest. In the summer I love to wear designer t-shirts with a soft cotton jacket. But you'll never find me in sweatpants in the recording studio. That's a "no-no" for me.

What do you like to wear on weekends?

After my marathon training sessions, I stroll the city markets in a pair of jeans, t-shirt and my comfortable Italian loafers.

LIVING

What is your favourite music?

It may sound cliché, but I enjoy all musical styles, depending on my mood. While I cook, I love listening to soft jazz or Dean Martin classics.

What is your favourite city in the world?

That's a tough one. I've been blessed to have travelled to many parts of the world, but Rome with all its history and vibrancy ranks right up there. If money were no object, where would you live?

I would love six months in Montreal and six months in Napa Valley, California.

Your favourite restaurants in Montreal?

Another tough one. For pasta, Roberto Restaurant; for steak, Moishes or Rib n'Reef; for sushi, Jumi; for pizza, Vinizza. I like Feuille de menthe for Vietnamese cuisine, La Coupole for French, and The Mount Stephen Club for power lunches or business dinners.

If you could invite anyone from any era to your home for dinner, who would it be?

I would love to cook for Jack Nicholson. He doesn't do TV interviews so it would be a treat to sit opposite him for while; Bruce Springsteen, a true rock 'n' roll icon; Sophia Loren (I still pinch myself for having interviewed her – twice!) and former president Bill Clinton, a man who demonstrated effective leadership while in office.



Mose Persico records a news story on a green screen background at CTV studios on Papineau. When the story is aired, the green screen will be overlaid by related video.

Photo: Ralph Thompson

Delivery

We continue to use distribution methods other than Canada Post, given its actual and threatened strike situation. If you aren't getting a paper (or are getting too many), please contact me.

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McLovin is looking for lovin'



9 Lives

LYSANNE FOWLER

I have two adorable cats to present from the SPCA Montérégie cattery this week. It's that time of year when the rescues are filled to capacity.

Young Freddy is a favourite of everyone who visits the shelter, thanks to his incredible personality. He either spends his time socializing with people and rolling onto his back in search of belly rubs or sleeping curled up with his feline friends.

I am sure you will agree that he's quite cute, with his chubby cheeks and lovely grey and white colouring. Freddy is a year old and in good health. He is neutered and has had all his shots.

McLovin wears his name better than the not-so-suave Superbad character he is named after. You would be hard



Freddy

pressed to find someone who doesn't go "awww!" at the sight of this adorable caramel-coloured young cat.

You might also be a bit perplexed when you hear his quite feminine meow.

McLovin is often seen cuddling with other friendly cats but he most often chooses to greet a new visitor with all his attention, focusing on getting a head scratch. Almost impossible to resist, this one-year-old is very healthy, has been



McLovin

neutered and has also had all shots.

Please drop by and fall under their charm. Contact Cindy at SPCA Montérégie at 514.704.3445 or info@spcamonteregie.com.

Your neighbour, Lysanne

Cyclist and bus collide

A cyclist pedaled off after colliding June 20 with a mini-bus traveling west on St. Catherine near the arena, Public Security officials said. They were called to the scene by Public Works. The driver of the STM adapted transport vehicle was described as suffering from nervous shock.

Idea of federalism animates Westmounters



Photos: Westmount Independen

Archer and Gravel support Marianopolis alma mater

Marianopolis College's "Moving hearts and minds" capital campaign raised more than \$5.5 million in support of its move to 4873 Westmount Ave. The results were announced by The Marianopolis Millennium Foundation at the unveiling of a donor-recognition wall on May 25. From left, Westmounters John Archer, an '81 graduate and campaign co-chair and Josée Gravel, a '75 graduate, were recognized for their key roles on the campaign's public phase.

Luc Picard. Inset: André Pratte.

Photo courtesy of Marianopolis







Serving Westmount for 50 years



Incognito launches new lingerie at Sherbrooke St. shop



Sherbrooke St. fashion store, Boutique Incognito, was the place to be seen on the evening of June 22. Sipping champagne and wine, the crowd spilled out into the street as novice designer Liana Artinian unveiled globLove, her inaugural line of lingerie, and the name of her online business. Artinian, right, is seen here with guest Danielle Assadourian. Five percent of sales from the collection is going to FINCA, a micro-finance charity, which provides banking services to low-income entrepreneurs around the world. Photo: Martin C. Barry

Blouins hit the VIP scene at Gaultier opening at MMFA



Pictured above at the VIP opening of Jean Paul Gaultier show at Montreal Museum of Fine Arts June 13, from left, Brian Levitt, president of the board of directors, and Westmounters Louise and Michel Blouin, also a board member. The French fashion designer is most known for the "cone bra" that Madonna wore during her 1990 Blond Ambition Tour. Gaultier's current retrospective at the museum showcases his trademark sailor stripes, tulle dresses, feathered head dresses, gala gowns and men's skirts - a mix of contemporary culture, folklore and rock. "From the Sidewalk to the Catwalk," curated by former super model Thierry-Maxime Loriot, is on until October 2.

The latest thriller by bestselling Montreal author Sheila Kindellan-Sheehan

When eight-year-old Justin, heir to the Henley fortune, drowns while in the care of his father. a ferocious need for vengeance erupts. Jessie Henley she accuses her husband of murder. A boy who swam like a fish would not have drowned in the shallow end of his own pool.

A privileged boy's death ignites a flash fire of rage and vengeance that burns as quickly as each page is turned.

This is her best yet. - Scott Taylor, The Ottawa Sun

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In Other Words

Dogs and Westmount

Westmount sometimes makes national news for stereotypical reasons, and the subject of Westmount and dogs seems to have hit it big.

CBC.ca posted a news story June 13 "Westmount dog owners must carry ID card." It reported on Westmount's new bylaw adopted May 3 and included a quotation from Councillor Cynthia Lulham, who explained the reason behind the card: "Many dogs are not very open to being approached by a stranger to look at their neck, and we would have several biting incidents a year." The piece also quotes resident Stephen O'Brien as saying "new system is 'overkill.'"

CBC radio

The news was also broadcast the same day on CBC Radio's Montreal morning show Daybreak. The sit-in host Shawn Apel also interviewed O'Brien in studio. "I think the current dog tag is fine," he said.

"I've been approached by Public Security before. I brought my dog to them and showed them the tag, and that was it. It took all of 20 seconds." The piece included sounds bites from others, including a dog walker who called it a "nuisance."

Apel also interviewed by phone Councillor Lulham, who said "recently, there had been lots of complaints about users and dogs parks, in particular Summit Woods and lack of enforcement [of dog tag laws]." She explained that the licence would help monitor the amount of usage the parks get from dog owners and walkers. She also mentioned the risk of dog bites when only tags are used for identification.

Globe

Les Perreaux, in his June 14 Globe and Mail article ("Are your dog's papers in order?"), quoted Westmount resident Catherine Anne Kierans, who described the by-law as "ludicrous." He wrote "Westmount doesn't actually want Ms. Kierans to wear it around her neck, but the town does expect her to tie it to the dog's leash or put it in her pocket." He reported that city officials did not return calls.

A quotation from Dan Watkin brought in concerns over Summit Woods: "A lot of this stems from the Summit [hilltop wooded area]. It's a beautiful area where people come from everywhere, nobody picks up, and it's out of control." The article also quoted Westmounter Roslyn Rowat, who suggests councillors are trying to raise revenue for parks but that she is "skeptical money will go toward improvements."

Tennis player Nouchard to hit Granby tourney in July

The June 23 edition of the Gazette repoted Westmount teenager Eugénie Bouchard is in the main draw of the Granby Challenger tennis tournament, which takes place July 9 to 7. She is joined by Heidi El Tabakh, Sharon Fichman and several Canadian wild card entries. This is the first time women have participated in this event. The Internation Tennis Federation (ITF) ranks Bouchard 7th in the ITF Junior Circuit.



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Bathroom signs as art

You could see someone almost every day and never know how they like to moonlight.

Lloyd Gross, full-time building manager at 310 Victoria, who worked in electronics for 25 years, also has a passion for the arts. Having studied fine arts at Sir George Williams (now Concordia), he dabbled in painting. Now, in more recent years in his spare time, he follows his passion in photography.

"I take photos all over the place, all of the time," he said.

His most recent work is printed in a book called *Bathroom Signs* published by



Lloyd Gross displays his photos (and in inset) published in Bathroom Signs.

IP Daily this year. Three of Gross's photos appear in the book, including a photo of the iconographs of the men's and women's washrooms at the Beaver Lake chalet, taken in 2007, and a photo of a sign bearing an image of a toilet paper roll marking the public toilets in the Petit Champlain area of Quebec City.

He is largely self-taught.

Gross's photos of Montreal's underground city also caught the attention of some Dutch authors who were looking for photos to illustrate a course book on underground cities. His photo of an outdoor memorial installation at UQAM of the 1989 Montreal massacre is on a UQAM website containing other images of commemorative artwork. And his photo of the Sunlife building in downtown Montreal is in a Quebec's Musée de la civilisation booklet.

Over 28,000 of his photos can be viewed at www.flickr.com/photos/foto-proze.

Greta finds elegance in the east and west



Colourfully Yours

GRETA VON SCHMEDLAPP, MUSE TO AURÉLIEN GUILLORY

Well, hello my loyal readers. Greta (and Aurel) have been hopping all over Montreal and the Townships with the giant blue umbrella he hauled back from Italy. It weighs enough for a bicep workout but is large enough for two bulky types to remain somewhat dry. We were complaining about this before we sadly thought about the flooded region nearby.

This is a wish for a hot summer.

We have found Montreal elegance, Italian style, from the city's far east end to far west end, but we are always on the lookout for elegant things, sources and events in order to report our findings to all of you.

da Vinci centre

First, please venture out east to the Leonardo da Vinci Centre near the 40 on Lacordaire. The building itself is quite refined, and the surprisingly elegant sculpture of an aluminum diver adds a sense of largesse and movement.

Laura Santini, the artist, is an energetic Westmounter, who casts her work in Italy.

When you go in the building, you must find the exhibit of maquettes of the building's namesake. You may have heard of "an elegant solution," but to your amazement, you will see how Leonardo created such elegant machines in the Renaissance. These prove the axiom that elegance is truly timeless. Many of these wooden models that have been recreated from his very own drawings show early prototypes of inventions familiar to us.

To continue our explorations eastward, just before the Ville d'Anjou centre, you'll find Maison Lipari (6390 Jean Talon E.). There is glamour and elegance after St. Denis after all!

When Aurel and I have been there to work with the ever-busy Madam Giovanna Lipari, we are always finding something *extra-luxe*. Due to the excellent taste of her team, especially Rima and Danielle, the table settings for their renowned bridal registry are equal to the elegance and glamour of the recent L'Art de la Table at Westmount's Shaar Hashomayim.

All of the tables created by Henya Wiseman and Dana Bell illustrate their skill in collecting top quality crystal, porcelain, and silverware, and then combining styles,

patterns and colours in innovative ways.

Several of the tables used a mix of rich and poor, antique and new, reminding us all that elegance does not relate to money but to rigorous and careful editing – the most important companions to style.

Know the rules

Remember my design friends: Know the rules, but break them with thought and care.

Next stop: a delicious lunch nearby on Jean Talon at the beautifully upgraded La Gioconda. Now, turn around, take a deep breath and drive westward to Decarie. Believe Aurel, he has tried all ways and has found that Jean Talon is less stressful and about as fast as the 40.

At the corner of Ferrier and Decarie, on the east side, you will see the chic façade of Ambienti. They moved a couple of years ago from Jean Talon and Lacordaire. They have now joined the other décor and furniture shops in Jean Talon/Decarie area.

The very elegant Maria di Pietro and staff know how to assemble superb, inspiring groupings. Aurel is pleased that they have continued to show the refined bed linens from Peru. He was at the Plumas Showroom in Lima two years ago, and his own sets of their 400 and 600 thread count are still as elegant as day one...

So, I hope that you will take this style tour soon. Recall the US Supreme Court judge who famously said "I may not be able to define pornography, but I know it when I see it." So it is with our theme word today. Perhaps you too will find elegance in your travels.

I await your tips of other places that define good taste. Email Aurelien Design at aurelien@colorsbyaurelien.com.

Elegantly yours, Greta von Schmedlapp

Comin' Up

Friday, July 1

Canada Day celebrations at Westmount pool, 12 pm barbecue and picnic. Family Splash Bash at 2 pm, including games, prizes and Canada Day cake. Info: 514.989.5353.

Monday, July 4

Regular council meeting, 8 pm, city hall.

THURSDAY, JULY 7

Group exhibition at The Gallery at Victoria Hall, featuring Mona Agia, Silene Sarah Bohadana, Claire Desjardins, M. N. Evette, Judith Henderson, Rasa Vaidila Pavilanis, Ramez Rabbat, Douglas Robertson and Valerie Webster. Exhibition runs until August 6. Gallery hours are Monday to Friday, 10 am to 9 pm; Saturday, 10 am to 5 pm. Info: 514.989.5521.

Sunday, July 10

- Summer **concerts in the park** starts with l'ensemble du Carré St. Louis, 2 to 4 pm at the lagoon in Westmount Park.
- Vernissage of an exhibition of oils and watercolors by Westmounter Anne Chisholm, 7 pm to 9 pm at Café Théâtre, 1832 St. Catherine St. W. Show continues to August 6.

Wednesday July 13

The 6th annual sisterhood summer garden tour, viewing eight private Westmount gardens, organized by the Sisterhood of the Shaar Hashomayim, runs from 9:30 am to 2:30 pm. Proceeds raised go to the Sisterhood Fund, which supports Meals on Wheels. Cost: \$45. Includes snack and lunch. Reserve: 514.937.3471, ext. 145.

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Enjoy the Indie at supper time on Tuesdays! Sign up by writing us: indie@westmountindependent.com.

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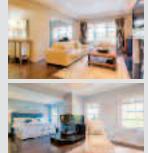


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INTRODUCING | Spacious Semi in Excellent Location







OFFERED AT \$899,000

WESTMOUNT ADJACENT | 32 UPPER TRAFALGAR Calling all nature lovers! Attractive semi on quiet cul-de-sac adjacent to Westmount and Downtown. Your rear neighbour is Mount-Royal! Great as a condo alternative or for young professionals and families. Recent renovations include a delightful sun-room off the kitchen. Peaceful rear yard, rare two car garage. Location is second-to-none.

INTRODUCING | CONTEMPORARY TOWNHOUSE





DOWNTOWN | 4646 HOTEL-DE-VILLE

Truly unique "townhouse" designed and built by award-winning firm in the heart of the very desirable Plateau. This one-of-a-kind architectural marvel is ideally suited for a live-work lifestyle or as a condo alternative. For the discriminate buyer seeking a contemporary alternative in one of Montreal's most sought-after neighbourhoods.

Significant Sales



UPPER OUTREMONT \$2,495,000*





\$750,000* **DOWNTOWN**

MONTREAL | WATERFRONT

*asking price

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