



## WESTMOUNT INDEPENDENT

Weekly. Vol. 6 No. 10d

We are Westmount

October 23, 2012

## Young banded owl outside library too weak to survive

BY LAUREEN SWEENEY

A small screech owl appearing to be injured or weak was found October 15 in the front courtyard between the Westmount Public Library and the conservatory where it was captured by Public Security after falling out of a tree.

It was wearing a numbered leg band identifying it with Washington, DC, though it turned out to have been banded by a clinic for birds of prey in St. Hy-

acinthe, said assistant Public Security director Greg McBain.

The clinic is operated by the University of Montreal's veterinary hospital and is reported to be one of the five largest of its kind in North America.

The owl had been recently released from the clinic, where it had been taken in as a baby in June, undergone rehabilitation, been banded and then released only two or three weeks before being captured in Westmount. It was not reported where the bird was originally released.

"They thought it could fend for itself but apparently it couldn't," McBain said. It was *continued on p. 8*

**Social Notes** BY V. REDGRAVE p. 16

**Letters** p. 6

**Underdog** BY K. MCNEILL p. 19

## At least there's hockey abroad



Photo: Martin C. Barry

Photographed at their apartment on Bonavista, Craig Klinkhoff, left, and Matthew Robins want to promote ice hockey throughout the world through Hockey Without Borders. See p. 13.

## Witness follows suspected burglar, police make arrest

BY ISAAC OLSON

A wary, attentive neighbour was instrumental in helping police catch a would-be burglar on October 12 after the suspect tried to break into an apartment building near Westmount High, according to Station 12's constable Julie Côté.

The resident was home when he heard his doorbell ring, but he didn't respond, recounted Côté. A few moments later, he heard his neighbour's doorbell ring and, growing suspicious, listened closer. He

heard glass break, looked out his window and saw a man running down the building's exterior stairs and down the street.

The resident grabbed his cell phone, hopped into his car and followed the suspect while calling 911, said Côté. He gave the dispatcher a detailed description of the suspect and location. Station 12 police rushed to the scene and arrested the suspect at the corner of de Maisonneuve Blvd. and Clarke Ave.

A large window was completely smashed, said *continued on p. 15*

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## Leucan donations to honour memory of Tyler McEnroe

# Zombies rising: Haunted house depicts 'end of world'

BY LAUREEN SWEENEY

Preparations were moving into high gear this week for Halloween on October 31. Public Security were to start trick-or-treating safety talks at five Westmount elementary schools, while public safety officers and city volunteers began setting up the city's haunted house at the lawn bowling clubhouse.

The theme of this year's main attrac-

tion is "Zombie Apocalypse" – playing on an "end of the world" concept, said Sgt. Kim Colquhoun, co-organizer with parking inspector Pierre Thibault.

Additional police and Public Security patrols will be on the street during the trick-or-treating period along with special officers assigned to Westmount and Murray parks. Public safety officers will be distributing reflective pumpkin stickers for costumes as well as reflective wrist and

ankle bands that can be reused on bicycles after Halloween.

"A retired RCMP officer who specializes in reflection devices has been involved with us this year," Colquhoun said. Schools opting to accept the offer to participate in the safety program from October 24 to 31 are Villa St. Marcelline, Westmount Park, Roslyn, St. Léon and Selwyn House.

The haunted house, which attracted

1,750 visitors last year, will be open Halloween evening from 5 to 8 pm at the lawn bowling clubhouse on Sherbrooke St. adjacent to city hall.

This year, more activities will take place on the verandah for younger children who may be too frightened to venture inside, said Colquhoun. Exterior decorations will include pumpkins decorated by Westmount High students.

While entry to the *continued on p. 9*



Photo: Laureen Sweeney

Displaying some of the props for the haunted house are from left: PSO Rebecca Décary-Corbeil, Sgt. Steve Payne and parking inspector Pierre Thibault.

## PSU to provide safety basics for trick-or-treating

Public Security officers will be educating those participating in Halloween on how to make trick or treating as safe as possible. Among their messages:

- Use make-up instead of face masks to improve visibility;
- Choose light-coloured costumes that drivers can see and add reflective markings;
- Check out candy and other treats that

have been collected before eating; and when giving out treats, consider kids with allergies and select peanut-free items;

- Ensure that young children are accompanied by an older responsible person and that older ones travel in groups; call only at doors with pumpkins or other decorations and brightly-lit entrances and steps.



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Group: Radiofrequency emissions of ‘special concern’

# Healthy City recommends options for hydro meters

By LAUREEN SWEENEY

Westmount’s Healthy City Project (HCP) has recommended that a “better” explanation be given to citizens about the radiofrequency (RF) hydro meters the city has been installing since 2008, the *Independent* learned last week. It also proposes that other options be provided.

The HCP’s Community Life committee further recommended at its meeting September 25 that meters be installed strategically, “since distance from their emissions diffuses negative effects to humans.”

Outlined by former city councillor Tom Thompson, who chairs the committee, the guidelines are the first on RF emissions to come from the HCP, which initiated what became the city’s anti-pesticides position many years ago.

“It is the impact of RF emissions on children that is of special concern since their neurological development is at a critical stage,” he explained. “Furthermore, they are not able to make a choice about exposure situations. We must be alert to

their long-term health interests.”

A world-wide controversy surrounds the potential long-term health impact presented by RF emissions from the proliferation of cell phone use and other wireless devices.

The recommendations to the city, Thompson said, stem from a story in the *Independent* on the city’s installation of RF hydro meters (see stories May 1, p. 12 and 14), based on interviews with Westmount resident Megan Durnford, who raised concerns about the meters.

The issue was further researched and discussed by the Community Life committee with input from Durnford and Westmounter John Dorey, an engineer who has been vocal on RF emissions.

“I am pleased they are taking this issue seriously,” said Durnford, adding that she has accepted an invitation to join Thompson’s committee.

Thompson said the committee felt the recommendations were particularly timely given a recent decision of the Régie de l’énergie that paves the way for Hydro Quebec to begin installing smart meters

as long as an optional non-RF meter is made available on request – though at extra cost to the consumer.

**Other options**

Hydro Westmount currently provides no other options, though director Pierre Dubé stated six months ago that a non-RF digital meter was on the market and suggested it could be made available in limited number on request.

Durnford, who made a personal request for one in May, said that to date she still has not had a reply. Now, she said, she is focusing her efforts “on a solution benefiting the entire community.”

In discussing Westmount Hydro’s RF meters, Thompson said, “people should know what’s happening.”

The HCP recommendation on other options, he explained, includes the non-RF digital meter. It also suggests the pursuit of “new technologies” such as enabling RF meters to be reprogrammed so that their emissions would occur only at the time of the meter reading – once during a two-month billing period. The current meters

have been found to emit short bursts at 30-second intervals around the clock.

The committee’s recommendations are a start to an ongoing review of RF information available here and in Europe, Thompson said. “The best standards are in Europe,” he pointed out. Canadian RF safety standards – the same as those in the US – are much less stringent.

“Canadians by nature are very trusting of their government,” he added. But by adopting recommendations, he said, his committee is asking people “to be vigilant – to be concerned citizens.”

The committee, he said, has not yet looked into studying possible guidelines for processes or positioning other RF equipment such as cell phone towers or roof-mounted and pole-mounted transmitting antennae regulated by the federal government.

In a fall newsletter to constituents in the West Island’s Lac St. Louis riding, Liberal MP Francis Scarpaleggia stated that the time has come for Industry Canada to modify “outdated guidelines” to ensure that tow- *continued on p. 6*

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Left photograph courtesy of Benjamin Benachneider Photography & Janof Haid Architecture. © 2012 Kolbe & Kolbe Millwork Co., Inc.



# Shaddick to receive top World Scouting honour

BY LAUREEN SWEENEY

Local resident Maggie Shaddick, a Scouting volunteer in Westmount and in international circles for more than 50 years, was named recently to receive the highest award of World Scouting, the Bronze Wolf.

Only five other women around the

world have been so-honoured out of some 320 recipients since the award was introduced in 1935. There are only eight other Bronze Wolf honourees in Canada.

It is given “solely in recognition of outstanding service by an individual to the World Scout Movement.”

The medal is to be presented February 20, 2013 at Victoria Hall during the annual celebration by Westmount Scouting groups of Founder's Day at Victoria Hall, she told the *Independent*.

Shaddick was informed September 25 by the secretary general of the World Scout Bureau in Geneva that: “the World Scout Committee has decided to confer on you the highest award of World Scouting, the Bronze Wolf” and expresses “their admiration for your outstanding services of the most excep-

tional character to the World Scout Movement.”

“I knew I had been nominated two years ago by a Scouter in the US but I hadn't heard anything more about it,” she said last week. “I'm simply overwhelmed.”

She said she was especially pleased because it recognizes Scouting in Quebec.

Shaddick, who joined Scouting in 1960 as a Cub leader in Westmount, became a trailblazer for women in Canada as the first one to be appointed District Commissioner (in Westmount) in 1970.

She attended world Scout conferences around the world, arranged for Westmount Scouts to attend world-wide jamborees and participate in community development projects in Africa and other emerging areas of the world.

Her many appointments included assistant provincial commissioner – international, and a director of Scouts Canada Foundation.

“I have never been on soap boxes talking about women's lib,” said, “I just did what I wanted to do and it worked.”



Maggie Shaddick with Winston Adams, regional director, Africa, at the World Conference of Scouting in 2010, held in Korea.

Photo courtesy of Maggie Shaddick

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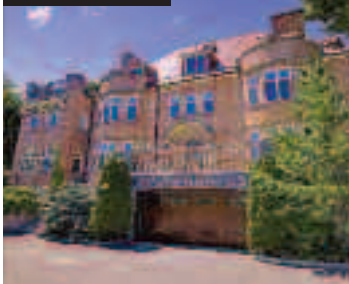
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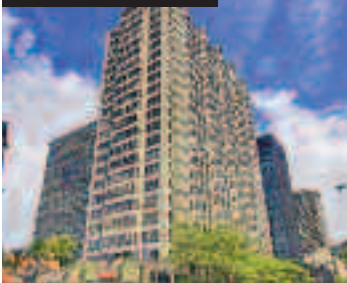
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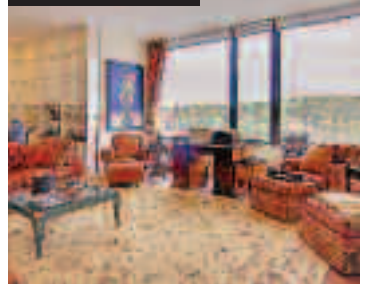
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# LETTERS TO THE EDITOR

## AN LGBT GROUP IS IN THE WORKS

I recently wrote a letter to city council about establishing LGBT (lesbian, gay, bi, trans) support services here in Westmount.

A few weeks later, I received a response via snail mail from the chair of the Community Life Committee [of the Westmount Healthy City Project], saying that Healthy City was very much open to the idea and that the local Y would provide a meeting space.

Not only that, he told me this proposed LGBT group would be listed in Westmount's published activity guide should such a group form.

In the wake of so many teen suicides – both gay and straight – people need all the kind words they can get.

However, the reality remains that LGBT youth are at an increased risk of suicide from rejection and homophobia.

A boy I knew personally in high school committed suicide a few weeks short of my 18th birthday.

I would like to put the word out there to the residents of this lovely city that an LGBT support group for people of all ages is in the works.

Here's the email address for those who wish to offer constructive suggestions and/or friendly support: [lgbtwestmount@hotmail.com](mailto:lgbtwestmount@hotmail.com).

[lgbtwestmount@hotmail.com](mailto:lgbtwestmount@hotmail.com).

If somebody could volunteer to create a nifty professional-looking logo for the group, that would be terrific.

It should be noted that any support group which arises would be resident run.

ELISSA HAMILTON, CLAREMONT AVE.

## PARTY-LESS WESTMOUNT IS NO PARTY

In what seems like a lifetime ago, I would regularly attend council meetings. These often torturous visits have since been replaced by recordings of the proceedings over the internet. From the comfort of my home, where my dog sleeps at my side and I control the volume, I may now take solace in a glass whisky if necessary.

The recent October meeting began with a series of astonishing admissions by Mayor Peter Trent that left me both gobs-macked and looking at my glass to see just how much I had imbibed.

If indeed I was sober, Trent admitted that our streets and walks are in a pitiful state and our tendering process questionable and perhaps corrupted.

In fact, Westmount is not beyond a visit from the Charbonneau commission. Even more astonishing was the notion that Councillor Patrick Martin, whose mismanagement of the arena project can only

be described as outrageous, has been sent to a committee at the city of Montreal in order to share "his expertise."

This said, was it not Peter Trent on CBC radio proclaiming that the current corruption and mismanagement plaguing the city of Montreal results from "the party-based" political system in that city?

If true, it is then hard to explain why Westmount's current Putin-esque and oligarchy-style "no-party system" might yield similar results.

I will agree with Mayor Trent that the party-based system has many disturbing flaws. The oversight of management is not one of them.

In fact, had such a system existed in Westmount, many critical mistakes might have been averted. It would also provide our newspapers with the substance for a more balanced reporting of the issues.

A party-based system, combined with a municipal auditor, as I previously suggested, would pave the way to a more transparent and better managed future for Westmount. Safe to say, our current governance, "is no party."

DAVID LUDMER, GROSVENOR AVE.

## TECHNOLOGY-LESS, WESTMOUNT-HELPED

A shout-out of thanks to Westmount employees Virginia Elliott and Hélène Mitko, who threw me a lifeline with the use of the courtesy phone at their office in Victoria Hall to contact the powers-that-be when we lost phone and internet service for four days recently.

With patience and good humour, they distracted me momentarily from the aggravation of being without modern communication, which, while necessary, can't compare to a fun chat in an office first thing in the morning.

DOROTHY LIPOVENKO, YORK ST.

## Corrections

In a story on the adoption of the water conservation by-law (October 2, p. 10) it was incorrectly reported that an earlier provision limiting the washing of driveways and patios had been retained in the final version when in fact it was eliminated.

The article in the October 16 issue, p. 7 incorrectly stated that the film *Red 2* is a Clint Eastwood film. The only connection between Eastwood and *Red 2* is its cameraman, Stephen Campanelli, who has worked as Eastwood's camera operator.

## Quake causes flood of calls to Public Security dispatcher

An earthquake in the Montreal region October 10 generated close to 50 calls to the Public Security dispatcher for information starting at 12:19 am, assistant director Greg McBain said. "It shows how important the work of the dispatcher is," he noted.

The quake, registered at 4.5 on the Richter scale, occurred west northwest of St. Hyacinthe and was felt through a wide area but was not reported to have caused damage in Westmount. Officers checked out one call for concern at the apartment building at 225 Olivier but no apparent damage was found.

## Early roof work required

Early morning roofing work at a house on Stayner St. October 13 was allowed to proceed because of urgency despite a complaint, according to public safety officers. The work, involving a leak, had to be done due to rain. It was found in progress at 7:50 am before the 8 am start time on Saturdays.

## Volunteering in and around Westmount

Batshaw Youth and Family Centre, located at 5 Weredale Park, is looking for volunteers to act as "older brothers" to youth aged 7 to 16, according to the Volunteer Bureau of Montreal. Volunteer should ideally be between 19 and 35 years old, and "possess a great attitude and some experience with kids." David Hurley is the contact at 514.989.1885, ext 1242. For more information on Batshaw, visit [www.batshaw.ca](http://www.batshaw.ca).

## WESTMOUNT INDEPENDENT

**We are Westmount.**

Presstime: Monday at 10:30 am

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# NDG's McQueen champions bridge and tunnels

“Bridge and tunnel” is used in Manhattan as a pejorative term for suburbanites, but it could be used – without irony – as a slogan by Peter McQueen.

The Projet Montréal city councillor for eastern NDG spoke at the Westmount Municipal Association's October 15 meeting at the Westmount Public Library, and espoused a number of bridge and tunnel projects that could impact Westmounters – positively, in his view.

They included a second, brand-new pedestrian tunnel from de Maisonneuve to the MUHC super-hospital and a cycling bridge over the so-called “valley of death” at Decarie and de Maisonneuve. (The second tunnel is gaining momentum. See June 19, p. 5.) He also supports ramps for the existing Melrose pedestrian tunnel under the train tracks deep in his own district and a second major bike path in Westmount, on Côte St. Antoine or Westmount Ave. The latter would connect to a newly opened network of bike paths in NDG.

McQueen made a point of praising Mayor Peter Trent for keeping the bike path open around the arena construction site, although no Westmount city council members were present.

McQueen is the lone Projet councillor

in Côte des Neiges-NDG and faces a Union Montréal borough mayor and council. Unsurprisingly for someone in opposition, he found much to criticize in the proposals of others, including what he alleges is Mayor Michael Applebaum's late and skimpy plan for de Maisonneuve traffic (and lack of support for the Decarie bike bridge), and governments' and para-governmental institutions' lack of renovations to the existing pedestrian tunnel to the MUHC from de Maisonneuve. This renovation project (and the whole new tunnel) implicates many jurisdictions, including the Société de transport de Montréal (due to the Vendôme Metro station), the Agence métropolitaine de transport (due to the train station), the MUHC and the province, for what McQueen estimates as \$30 to \$50 million in required funding.

McQueen also warned Westmounters that already greenlighted projects could affect them negatively. For instance, the Turcot interchange reconstruction could include closing St. Jacques where it crosses the Decarie expressway over a bridge and that move could send many more cars into Westmount – for years.

McQueen worked to live up to his provincial Green Party campaign self-

moniker of “Green McQueen” in the first minutes of the talk, pointing to his bright cycling jacket and saying he always uses lights and a bell when riding. Like pedestrian tunnels, cycling was revealed to be a complex matter, with boroughs, independent municipalities and the agglomeration having a say in how paths are structured. He described it as a “mixed thing.”

The audience of a little more than 20 peppered him with questions and proposals that further illuminated the multitude of issues surrounding cycling. Should Sherbrooke be closed to bikes, like highways? Can bike paths be placed on sidewalks, as in Munich, Germany? Do helmets actually reduce injuries? Would cyclists zooming down a future path on Côte St. Antoine endanger pedestrians? What about winter cycling?

“Everybody's got to do their part,” said McQueen, as he pointed out that cars in Montreal don't stop at crosswalks, so focusing on cyclists' similar transgressions (as one CDN-NDG resident did recently) is odd.

All of these issues will undoubtedly continue to simmer. Whatever happens in terms of infrastructure, attitudes or legal



NDG city councillor Peter McQueen speaks to the WMA on October 15.

changes, change to cycling accessibility “is going to take time,” as Dan Lambert of the Westmount Walking and Cycling Association summarized towards the end of the hour-and-a-quarter lecture-and-question period.

– WI staff



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# Owl attracts many: ‘so emotional’

dead on arrival at the clinic in St. Hyacinthe of apparent malnutrition. “I’m glad we made the decision to capture it rather than leave it to the squirrels and other prey.”

Discovered shortly before 1 pm by a library user watching it in a tree near the

front door to the original children’s library, the owl soon attracted a throng of onlookers.

“Everybody rushed out of the library to see it,” said library director Julie-Anne Cardella. “People got so emotional, I guess because of the stories of the original owl and how it has become our mascot.” This was an owl that inhabited the library while it was under reconstruction in 1994 (see story p. 9).

“Suddenly,” she said, “there was a gust of wind that just blew the owl off a branch onto a very thin one where it was hanging on upside down before it fell off.”

Public safety officers Amélie Arel and Marc Franceschini managed to capture the owl. They reported that it could fly only as high as a railing and risked succumbing to

predators.

They took it back to the station where personnel began looking for resources that could care for it, starting with Le Nichoir and the Eco-Museum, which referred the city’s calls to the Quebec ministry of Agriculture, Fisheries and Food.

Eventually, at 3:30 pm, the owl was taken by wildlife protection services of the Quebec ministry of Natural Resources and Wildlife to the clinic at St. Hyacinthe.

### ‘It just stared at me’

“It was very cute,” McBain said. “When I held it, it just stared at me.”

On October 16, the day after its rescue, McBain received an email from the Bird Banding Laboratory verifying information Public Security had submitted before learning it had been banded in Quebec. It stated that data concerning the band number could not be processed at that time but that it would be looked into.

After speaking with personnel at the clinic over the next couple of days, McBain discovered the owl’s origins.

The clinic, he explained, uses the Bird Banding Laboratory in Laurel, Maryland. This is part of the North American Bird Banding Program jointly administered by

the US Geological Survey and the Canadian Wildlife Service.

McBain said that the number of Quebec government agencies ..... that Public Security had

*continued on p. 9*



The owl sits on a ledge of the conservatory just prior to capture.

Photo courtesy of Community Events



Public safety officer Amélie Arel holds the owl on October 15.

Photo courtesy of Westmount Public Security

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# ‘The Owl’ was library’s first inhabitant

BY LAUREEN SWEENEY

It was early on in the construction of the new addition to the Westmount Public Library in 1994 that “The Owl” (as it became known) was sighted high up in the rafters. It was not known how long it had lived at the site, though some 10 years earlier park patrollers used to speak about owls that lived in a tree between the library and greenhouses.

The owl quickly became the mascot of the library renewal project and stories took root: how it flew about the attic to “inspect” the work, or how it slept all day despite the hammering. And, allegedly, how an electrical worker took it home with him one day only to have it disappear. Three days later, it was back at the site.

“We’d take people through the building hoping they’d give us half a million dollars and all they wanted to see was The Owl,” Caroline Thibodeau, library director at the time, was quoted as saying.

Once the building was about to be enclosed, concern for The Owl’s future led to placement of a nesting box provided by David Bird of the Macdonald College rap-

tor centre placed in a tree as close as possible to its home in the building.

No one ever saw The Owl use the box, however, and its whereabouts remained unknown.

Librarians named the library’s automated system at that time for its mascot: Online Westmount en Ligne (OWL).

And memory of The Owl lives on in a sculpture commissioned by the city and unveiled at the opening of the refurbished library. Viewed through the library windows at the top of the stairs leading down to the children’s section, it continues to “preside” over the library’s story garden.

“The Wise Old Owl” has also become the library’s logo on letterhead, bags and other material.

## Beer stolen from car

A case of beer was reported stolen from a car parked overnight October 14-15 on Melbourne Ave. There was no damage to the car, according to a public safety officer who was told about the theft by a woman walking her dog in Westmount Park at 9:15 am.

# Cyclist hurt avoiding car

A 21-year-old cyclist hurt her right leg after trying to avoid hitting a car at the intersection of Winchester and Claremont avenues October 12, Public Security officials report. A patroller came upon the accident at 1:38 pm finding a car stopped with a bicycle pinned underneath and the cyclist seated on the curb.

The victim, a resident of the Town of Mount Royal, was reported to have been

riding south on the east sidewalk of Claremont when she suddenly spotted the car at Winchester and jumped off. The car’s hood sustained minor damage.

The cyclist’s mother was called and arrived saying she would drive her daughter to receive medical attention. It was not known whether the cyclist was wearing a helmet.

.....  
**Haunted, continued from p. 3**

“haunted house” is free, Public Security traditionally accepts donations for Leucan, its charity of choice. The organization provides support to children and their families affected by leukemia and related cancers. “This year, we will be making the donation to Leucan in memory of Tyler McEnroe,” Colquhoun said. The 13-year-old, who lost his battle with leukemia in June, was the grandson of retired Public Security director Richard McEnroe.

.....  
**Owl, continued from p. 8**

contacted “shows how helpful they all were to us and how caring everyone was that we dealt with.”

While it is not known for certain whether or not this is the same owl as one spotted recently in the park by a Westmount resident (see Letters, October 16, p. 6), owls have been known to live in Westmount Park over the years.

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## United Church boycotts Israeli goods, nationally

# No tempest at Temple, Mountainside

BY HARVEY SHEPHERD

A resolution critical of Israeli settlements in the Occupied Territories adopted in August by the General Council of the United Church of Canada has greatly harmed Jewish-Christian dialogue nationally but may not do so in Westmount, a national and local dialogue leader says.

Victor Goldbloom, an active member of Temple Emanu-El-Beth Sholom in Westmount and up to this summer chair of a group called the Canadian Christian-Jewish Consultation, said a national Jewish organization called the Centre for Israel and Jewish Affairs decided to suspend participation in the consultation as a result of the resolution. This also led to his personal “withdrawal” as chair.

But “we need to make a distinction between participation at the national and local levels.” He said the decision to leave the national “table” specifically mandated continued activity in local and regional dialogue. He expected that good relations such as the temple has had with Mountainside United Church in Westmount would continue.

Goldbloom, regarded as an elder statesman in Jewish-Christian dialogue, attended the general council in Ottawa in August and spoke briefly against the wide-ranging resolution, which, among other things, urges United Church members not to buy products from Israeli settlements in the Occupied Territories.

“I tried to explain that adopting the resolution would have no impact on the Middle East but could have a negative impact on relations between Canadians of different religious communities. This is what has happened.”

He said the drafters of the United Church resolution made some attempt at balance but they were far from adequate. Among other things, the resolution made no reference to the hostile activities of Hamas and Hezbollah.

### Boycott harms Arabs?

He said industries in the settlements often employ Arabs and a boycott of settlement products would harm them too.

He said the Centre for Israel and Jewish Affairs was pondering how it might maintain dialogue links between the Jewish community and Christian denominations other than the United Church.

Before the August general council, the

temple urged its members in its email newsletter to sign a national email petition opposing the resolution. Len Rudner, director of community relations and outreach for the Centre for Israel and Jewish Affairs, said the week of October 1 that more than 5,700 people signed. He could not provide a regional breakdown but said the petition drew broad support from across Canada.

### Mountainside not for boycotting

Rev. John Forster of Mountainside United said in a telephone conversation that he knew of no interest in his congregation in rallying behind a boycott of settlement products and he felt that in general its members “are not into boycotts.”

“I am not for boycotting anything.”

Anyway, products from the settlements are hard to find in Montreal.

“How does one find something from one of these places to boycott?”

Forster said his church enjoys good relations with the temple and has worked jointly with it on various issues, but not on this particular topic.

Rev. John Matheson, a ..... chaplain and member of a *continued on p. 15*

## Goldbloom knighted

Victor Goldbloom, 88, and another Quebec pioneer in interfaith dialogue, Rev. Irénée Beaubien, 96, a Jesuit, received honorary knighthoods conferred by Pope Benedict XVI at a \$250-a-plate dinner on October 4 at Temple Emanu-El-Beth Sholom.

Goldbloom, who was the first Jewish cabinet minister in Quebec and is a past president of Quebec Jewish Congress, is one of the few non-Christians to be recognized with a papal knighthood.

Proceeds of the event went to the Canadian Centre for Ecumenism, which organized the event and which Beaubien established in the 1950s. He received the pontifical medal Pro Ecclesia et Pontifice for contributions to the church and to the papacy.

Goldbloom became a knight of the Equestrian Order of St. Sylvestre, one of five orders of knighthood awarded directly by the pope, for his dedication to promoting understanding between Christians and Jews.

See Social Notes, p. 16.





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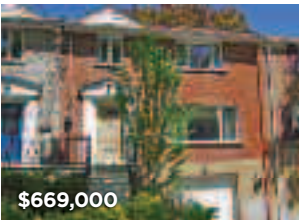
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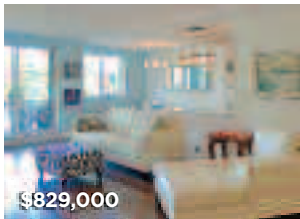
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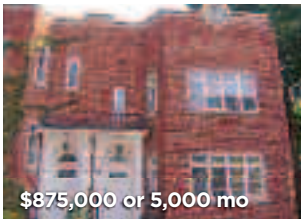
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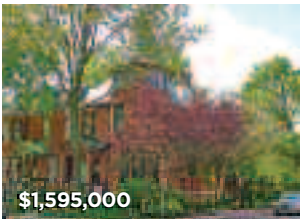
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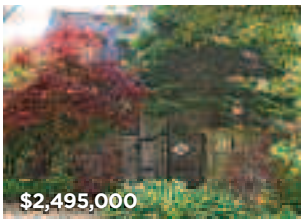
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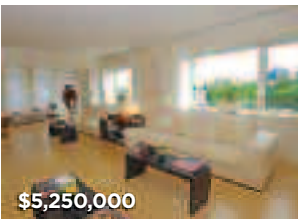
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# Social gala calendar, part 3

By VERONICA REDGRAVE

THURSDAY, NOVEMBER 8

**60 million girls foundation's** 7th annual conference with guest speakers Roxanne Joyal of Free the Children and Jackson Kaguri of the Nyaka AIDS Orphans Project. 6 to 9 pm at l'Ermitage on the Collège de Montréal campus with cocktail and silent auction. Tickets \$100. Tax receipt \$75. 514-933-6346 or [www.60million-girls.org](http://www.60million-girls.org) for tickets or more information.

SUNDAY, NOVEMBER 18

**Israel Cancer Research Fund & Pink Lady Fund Women of Action Brunch.** 11:30 am. Shaar Hashomayim, 450 Kensington Ave. Keynote speaker Barbara Amiel. Honorees Kathy Assag, Julie Greenbaum and Kathleen Weil. 514-481-2723.

MONDAY, NOVEMBER 19

**Le Dîner en Rose** at the Centre Mont Royal, 2200 Mansfield. 6 pm. Benefit gala dinner. Proceeds will go to the Kelly Shires Breast Cancer Foundation Quebec to financially help people while they are in treatment for breast cancer. Tickets: \$380. [www.dinerenrose.org](http://www.dinerenrose.org) or [info@dinerenrose.org](mailto:info@dinerenrose.org).

TUESDAY, NOVEMBER 20

**Gala des Grands Chefs** benefit for the Canadian Cancer Society. 5:30 to 10 pm. Bonsecours Market, 350 St. Paul St. E. Honorary presidents Philippe Duby and Bernard Roi. Gastronomic courses prepared by top chefs. Special wines selected by a sommelier. Tickets \$400. Marc-André Blackburn 514-255-5151, ext. 5126. [mablackburn@quebec.cancer.ca](mailto:mablackburn@quebec.cancer.ca).

• **Doctors' Gala.** 6 pm. Shaar Hashomayim, 20 Côte St. Antoine Rd. Benefit for Jewish General Hospital Department of Surgical Services. Chairs Martin Schwartz and Peter Triassi. Valet parking. \$500. Annette Goldman 514-340-

8222, ext. 4602. [agoldman@jgh.mcgill.ca](mailto:agoldman@jgh.mcgill.ca).

WEDNESDAY, NOVEMBER 21

**Ogilvy En Fête.** 7 to 10 p.m. Ogilvy, 1307 St. Catherine St. W. Evening of entertainment, shopping and gastronomy for St. Justine UHC Foundation. Tickets \$100, at Ogilvy Post Office, 4th floor. Or, Anne-Marie Hart 514-998-4391. [anne-marie.hart@hsj.ssss.gouv.qc.ca](mailto:anne-marie.hart@hsj.ssss.gouv.qc.ca)

FRIDAY, NOVEMBER 23

**Kids for Kids** for Sarah's Fund of the Cedars Cancer Institute. 7 p.m. Espace Reunion, 6600 Hutchison. For 20 to 40 crowd. Cocktails and dancing. VIP Cocktail catered by Bice \$150. Party only \$50. Tickets Casey Tabah 514-934-1934, ext. 71207. [casey.tabah@muhc.mcgill.ca](mailto:casey.tabah@muhc.mcgill.ca).

• **St. Andrew's Ball.** Reception 6:30 p.m. Dinner 8 p.m. Marriot Château Champlain, 1050 de la Gauchetière. Regular tickets \$230. Under 30 \$130. Tables (10) \$2,950. 514-842-2030. [info@standrews.qc.ca](mailto:info@standrews.qc.ca).

THURSDAY, NOVEMBER 29

**The Leonard Cohen Concert** presented by the Donald Berman Maimonides Geriatric Centre. Eve benefits the Irving Layton Bursary and Education Fund at Maimonides. Best reserved seats. 514-483-2121, ext. 2307. [mhgcfoundation@ssss.gouv.qc.ca](mailto:mhgcfoundation@ssss.gouv.qc.ca)

WEDNESDAY, DECEMBER 5

• **Cystic Fibrosis Quebec.** Benefit Gala. 6 pm. Le Parquet, 1000 Place Jean Paul Ripelle. \$350. 514-877-6161, ext. 227. [eventement@fibrosiskystiquequebec.ca](mailto:eventement@fibrosiskystiquequebec.ca).

• **21st Annual Toy Tea.** 10 a.m. to 4:30 p.m. Ogilvy, 1307 St. Catherine St. W., Tudor Hall, 5th floor. Benefit for children of battered women residing in shelters and other childrens' charities. Ticket: Donation of two or more new unwrapped, non-violent toys. Chair Diane Krut. Information Ginger Petty 514-758-2772.

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# Klinkhoff, Robins seek coaches for 'Hockey Without Borders'

BY MARTIN C. BARRY

Two young former Westmounters with a passion for ice hockey have decided to share their love of the sport with others through an organization that promotes hockey all over the world.

Craig Klinkhoff and Matthew Robins, both 23, grew up on Metcalfe and Lansdowne respectively, and are members of Hockey Without Borders.

The non-profit organization sends players and coaches abroad to promote the growth of hockey in parts of the world not able to fund the sport.

This past July, Klinkhoff travelled to Turkey to assist with a local hockey clinic for men and women. While there, he produced a video of the experience with advice from a producer at CBC Hockey Night in Canada.

The seven-minute video provided a glimpse of the Turkish hockey community – a group that has discovered the game and grown as fond of it as any Canadian hockey fan. For his part, Robins, who grew up playing hockey in Westmount's recreational program, travelled to Serbia last

December, where he helped facilitate the sport over a period of four months.

"What we are finding in these various places is that there is a great desire to play hockey, but what they're lacking is an organized infrastructure," said Klinkhoff. "In some cases they lack equipment, but they also lack ice time and coaching assistance. That's where we come in."

Klinkhoff, in his final year of an undergraduate diploma in marketing at McGill and who works part-time at the family business Galerie Walter Klinkhoff, and Robins, a recent McGill graduate and who coaches Westmount hockey as well as running his fitness and training company called SISU, are currently in the process of organizing a worldwide tour of hockey communities similar to the one in Ankara. Their goal is to establish long-term hockey-based partnerships in those communities.

They are looking for similarly-minded people with a passion for hockey who would be interested in coaching for Hockey Without Borders. Klinkhoff can be reached at [craig@hockeysansfrontieres.org](mailto:craig@hockeysansfrontieres.org) or 514.817.3170. See photo, p. 1.



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# What's to Eat Westmount?

## Culinary peace in Jerusalem

BY REBECCA BINIK

I never get food right in Jerusalem. On a recent trip, my rusty Hebrew landed me with “kubbe adom” (made with tomato) instead of “kubbeh im selek” (made with beets). The Machneyooda restaurant was booked solid for an entire two weeks and not taking reservations. I couldn’t figure out what part of the chicken “pargiyot” was (Israelis will tell you it’s young chicken but still, what does that mean?) I ended up at the *second* best hummus joint in Abu Ghosh.

The reason I can’t seem to eat everything on my list in Jerusalem is because the city is a myriad of cultures, ethnicities and religions, each with their own culinary traditions and “best of” hole-in-the-wall restaurants. There is something different going on in every corner of every neighbourhood (not just food-wise). It’s impossible to try it all.

This Type-A-fuelled drive to eat like a local culminates in an attraction to cookbooks that can school me on the authenticity of a cuisine. I’m usually wondering

what they *really* eat in so-and-so part of the world, how they eat it, when they eat it and with whom they eat it. It can be as commonplace as the North American tradition of taking your mum out for brunch on Mother’s Day. If it’s a food tradition, I want to know about it.

Yotam Ottolenghi and Sami Tamimi’s much anticipated new book *Jerusalem* immediately delivers authenticity with an inside cover page photo of a vendor in the Machaneh Yehuda – Jerusalem’s enormous market – arranging some Lebanese cucumbers. Ottolenghi, from Jewish West Jerusalem and Tamimi from Muslim East Jerusalem fuse personal and traditional age-old dishes and “create food mixes and culinary combinations that belong to specific groups but also belong to everybody else.”

The following recipe is among at least two hundred incredible-looking dishes each accompanied with a picture. It is slightly adapted.

### Roasted cauliflower & hazelnut salad

1 head cauliflower broken into florets  
5 tbsp olive oil  
1 large celery stalk cut at an angle into bite sizes  
1 small handful hazelnuts  
1/3 cup flat leaf parsley leaves  
1/3 cup pomegranate seeds  
1/4 tsp cinnamon  
1/4 tsp ground allspice  
1 tbsp sherry vinegar  
1 tsp maple syrup  
salt and freshly ground black pepper

Preheat oven to 425°F

Mix cauliflower florets with oil, 1/2 tsp salt, some black pepper and lay out on a baking sheet. Roast for 25-30 mins until cauliflower has slightly caramelized and is golden brown. Transfer into a serving bowl. Let cool completely.

Decrease oven temp to 325°F and spread hazelnuts on same baking sheet. Roast for 15 minutes. Try not to burn nuts.

Allow nuts to cool. Coarsely chop, add to cauliflower. Add all remaining ingredients. Serve.

*Rebecca Binik is the manager at Appetite for Books.*

## Egg-loving by day, Latin by night

BY MARTIN C. BARRY

The doors at l’Oeufrier, a Sherbrooke St. breakfast and brunch restaurant, will be staying open into the evening now thanks to a relatively unique arrangement with a Little Burgundy restaurant.

“We are doing this in partnership with

l’Oeufrier,” said Daniel Parent, who is managing the Westmount branch of Limón.

The popular Mexican restaurant located on Notre Dame St. is sharing l’Oeufrier’s location at 4785 Sherbrooke.

While the two establishments are under the same roof, Parent said they remain distinct businesses and have no other ties.

Although l’Oeufrier serves only breakfast and brunch (on Sunday) and closes at 3 pm every day, under the terms of the partnership Limón Westmount will be open daily from 4 pm until closing around 10 pm.

The arrangement between the two restaurants is evident outside. While l’Oeufrier’s banner still hangs in its usual spot over the front entrance, a street-level billboard for Limón stands a few feet away.



*Limón Westmount manager Daniel Parent.*

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# Candle starts fire in house, garbage burns in garage

BY LAUREEN SWEENEY

A “forgotten” candle started a small fire at a house at 533 Clarke at The Boulevard October 10, Public Security officials said. The fire was apparently noticed by someone from The Study in time to enable firefighters to contain it “quite quickly.”

No evacuation was required and no injuries were reported. Officers came across firefighters on the scene at 4:12 pm and helped by blocking the intersection to traffic.

Exactly how the fire started was not documented, but assistant Public Security director Greg McBain said, “It’s sometimes better to use small lights inside than candles. If you do use candles, be sure to keep them away from curtains, in a proper stand, out of reach of children and never unattended.”

And, he cautioned, use a light to illuminate a Halloween pumpkin.

## Smoldering in garage

On October 13, a Public Security patroller spotted smoke coming from the

lane behind the building at 4050 St. Catherine, west of Atwater, at 11:30 am, McBain said. Firefighters were called and found garbage smoldering in the underground garage. No damage was reported and fire department left at 12:08 pm.

## Arrest, continued from p. 1

Côté, so the suspect was charged with attempted breaking and entering. The constable commended the witness for taking action while ensuring his own safety throughout the encounter by not engaging the suspect and staying in his car.

“The first thing you should do is take down a good description of the suspect,” said Côté. “But always think about your safety first. It is important that people don’t put themselves at risk just to arrest one person or be the hero of the day. But this person did a good thing as he was protected in his car, and we are happy that we were able to make an arrest.”

# Boycott

continued from p. 10

Jewish-Christian dialogue in the Montreal area, said there are certainly strong individual supporters of economic action among United Church members in Montreal but in the months preceding the August meeting, the Montreal Presbytery, the regional governing body for a large part of Quebec, voted not to support the then-pending resolution.

He said national United Church does provide ways in which people who want to support the economic action against settlement products can find out where they are sold locally, but he doubts that many people will go to that trouble.

(The Montreal and Ottawa Conference, made up of the Montreal Presbytery and four others, voted in favour of the wide-ranging resolution. Rev. Cathy Hamilton of Two Mountains, president of the council, recently wrote an opinion piece for *The Gazette* defending the resolution.)

The *Independent* was unable to obtain any comment from Westmount Park United Church at the time

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# Goldbloom knighted by Vatican for inter-religious work



Social Notes  
from Westmount  
and Beyond

VERONICA REDGRAVE

On October 4, former Westmounter **Victor Goldbloom** was honoured at Temple Emanu-El-Beth Sholom. He was ac-



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companied by his wife **Sheila**, stylish in a beautiful blue brocade jacket.

The Vatican bestowed the “Pontifical Equestrian Order of St. Sylvester” on former cabinet minister Goldbloom, a companion of the Order of Canada, founding president of Christian-Jewish Relations Canada and Amitié judéo-musulmane du Québec, as well as founding director of the Jules and Paul-Émile Léger Foundation of which he is honorary president today.

At the event, the medal *Pro Ecclesia et Pontifice* was also bestowed on Father **Irénée Beaubien**. Both men were recognized for their long-standing contributions to inter-religious dialogue and understanding.

Co-chairs of the evening were Goldbloom’s son **Michael** (there with his wife

**Fiona MacLeod**) and **Yves Séguin**. Goldbloom’s younger son **Jonathan**, a Westmount resident, attended with his wife **Alice**.

Under the patronage of Cardinal **Jean-Claude Turcotte**, Archbishop **Christian Lépine** and Auxiliary Bishop **Thomas Dowd**, the event was organized by the Canadian Centre for Ecumenism. Tickets were \$250.

Westmounters seen at the elegant affair included **Mark Oppenheim**, **Minna Shulman** and **Stephen Rotman**, **Andrea Wolff** and **Eric Maldoff**, **Judi** *continued on p. 17*



Victor and Sheila Goldbloom.



Betsy Pomerantz and Sam Berliner.



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# Mountain bikers heed season's last call for Dirt Camp



From left, bikers Justin Spénard and Simon de Varennes, and coach Jacob Reeves prepare to depart for the last Dirt Camp outing of the season on October 13.

By MARTIN C. BARRY

With the temperature hovering around just 2°C above freezing on October 13, mountain bike enthusiasts stood waiting on Victoria Ave. to leave for the last outing of the season of Dirt Camp.

Over the past summer, a small group of teenaged Westmounters and a few older ones joined other mountain biking enthusiasts from Montreal to travel out on Saturdays to a network of dirt bike trails in

Bromont that is regarded as the region's best.

"We do this from May to October," said Alex Gabriel, who drives the van carrying the bikers and their bikes. While most of the bikers are eight to 16 years of age, among those going on the outing last Saturday was a middle-aged man.

Dirt Camp was started 16 years ago by Jeff Silas, who is the director. It offers programs in sleep-away and day camps.

.....

## Social, continued from p. 16

Fish, Iris Ballon, Susan and Steven Cummings, Sheila and Douglas Bourke, Nancy and Mark Gold, Monica and David Berger, Estelle and Stanley Hopmeyer, Rabbi Andrea Myers and Rabbi Lisa Grushcow, Gretta and Geoffrey Chambers, Betsy Pomerantz and Sam Berliner, as well as author and former Westmounter Ted Phillips, former Westmounter Mary Anne Ferguson, Hermann Gruenwald, Fatiha Gatre Guemiri, representing the Canadian Council of Muslim Women, and board member Canadian Centre for Ecumenism, and Ummey Syeda and Areej Askara, from Becoming Visible/Devenir Visible, a program that works to empower teenage girls from religious and racial minorities.

Guests, some wearing kippas, crucifixes and saris, were overheard praising the thoughtful event as they departed into

a night of gently falling leaves and a soft misty rain.

The pontifical order bestowed on Goldbloom is one of five orders of knighthood awarded directly by the pope as supreme pontiff and head of the Catholic Church and head of state of Vatican City.

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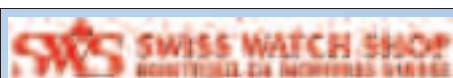
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## ON THE SHELVES

Among recent reading and audio-visual material at the Westmount Public Library singled out by staff are:

### **Adult English – biographical fiction**

*The Secret Life of Frida Kahlo* by Francisco Haghenbeck – The author re-imagines the life of Frida Kahlo, chronicling her personal relationship with Diego Rivera, the development of her art and her feminist passions.

*Sutton* by J.R. Moehringer – This is a fictionalized account of Willie Sutton, one of the most notorious criminals in American history. It traces his life, a doomed romance with his first love and his surprise pardon on Christmas Eve in 1969.

### **Adult French – literary award nominees**

*Lame de fond* by Linda Lê – A man who just died recounts from the grave the adventures of the last year of his life as an exile in France. His wife, daughter and a mysterious woman named Ulma also tell their side of this dramatic and humorous story.

*Peste et choléra* by Patrick Deville – This is the fascinating story of Alexandre Yersin, who discovered the plague bacillus and was a student of Louis Pasteur. He liked adventure and spent most his life doing research in Vietnam. He made scientific discoveries there that could have made him rich but gave his money back to the Pasteur Institute.

### **DVDs**

*Endeavour* – In 1965, the young detective Constable Endeavour Morse is recruited into the hunt for a missing schoolgirl and finds himself in the midst of a murder investigation. Based on the character created by Colin Dexter.

*Flowers of War* – The dangerous streets of Nanjing throw together a group of opposites, a flock of shell-shocked school-

children, a dozen courtesans and a renegade American posing as a priest to save his own skin, or so he thinks, all seeking safety behind a walled cathedral. Trapped by marauding soldiers, over the next few days the prejudices and divides between them will fall away as they unite around a last-ditch plan to protect the children from impending catastrophe.

### **E-books**

*The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce – Harold Fry is convinced that he must deliver a letter to an old love in order to save her, meeting various characters along the way and reminiscing about the events and people of his past, as he tries to find peace and acceptance..

*Agent Garbo: the Brilliant, Eccentric Secret Agent who Tricked Hitler and Saved D-Day* by Stephan Talty – The story describes the life of Juan Pujol, a poultry farmer who opposed the Nazis and concocted a series of staggering lies that lead to his becoming one of Germany's most valued spies, while acting as a double-agent for the Allies.

### **Magazines**

"The Book that Changed the World: 50 Years after *Silent Spring*, Rachel Carson Still Has Something to Teach Us" by Robert Isenberg in *E-the Environment Magazine*, September/October 2012, p. 20.

"The Case for Optimism: From Technology to Equality, Five Ways the World is Getting Better All the Time" by Bill Clinton in *Time Magazine*, October 1, p. 38.

"Pourquoi nous n'apprendrons plus comme avant?" by Nicholas Carr and Raffaele Simone in *Philosophie Magazine*, September 2012, p. 34.

### **Halloween picture books for children**

*Frankenstein* by Ludworst Bemonster – This fun-filled parody of Ludwig Bemel-

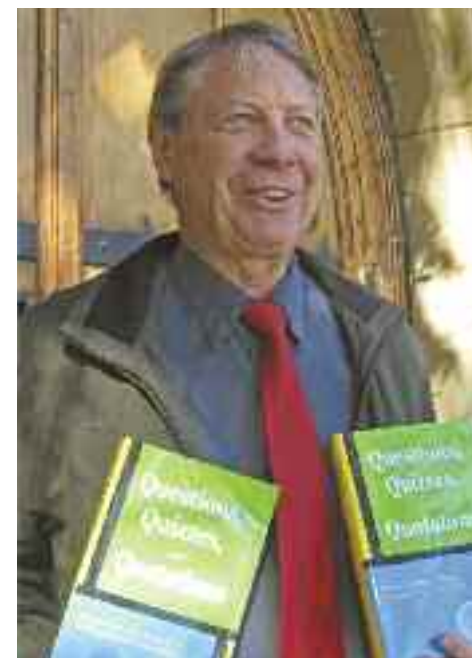
man's classic *Madeline* features Frankenstein and Miss Devel.

*Kakafania l'horrible sorcière* by Béa Deru-Renard – A group of young children decide to stand up to Kakafania, the horrible witch who has stolen all of their dreams.

### **Reference**

*Canadian Subsidy Directory 2012*  
*2013 Writer's Market.*

## BB launches QQQ



Westmount adjacent resident Benny Beattie launched his book *Questions, Quizzes and Quotations* at the Westmount Park United Church on October 17. It is available at Paragraphe and Argo, as well as elsewhere in the province.

Photo: Westmount Independent

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# Comin' Up

ONGOING

Artist **John Schweitzer's** exhibit "Ephemera for the Centenary of Collage, 1912-2012" is exhibited on the mezzanine of the Atwater Library until Monday, December 10.

TUESDAY, OCTOBER 23

"Winds of Heaven: **Emily Carr**, Carvers, and the Spirits of the Forest," 7 pm in the Lodge Room at Victoria Hall with director Michael Ostroff. Part of the The International Festival of Films on Art. Free. Info: Community Events 514.989.5226

WEDNESDAY, OCTOBER 24

• Author **John Ralston Saul** speaks at Victoria Hall, 7 pm. Part of the Westmount Public Library's Fall Author Series. Tickets: \$5.70 for adults; \$3.40 for students and seniors.

• **Marianopolis Music Concert Series** starts with the faculty concert, 7:30 pm in the Marianopolis auditorium (4873 Westmount Ave.). Free.

• **Live & Become** (Vas Vis et Deviens) to be screened at 7:30 pm at Congregation Shaar Hashomayim (425 Metcalfe Ave.) Story of an Ethiopian boy who is airlifted from a Sudanese refugee camp to Israel in 1984 during Operation Moses. The film is in Hebrew and French with English subtitles. Free. Info: 514.937.9471.

THURSDAY, OCTOBER 25

• **Kim Thúy**, author of *Ru*, speaks in the Westmount Room of the Westmount Public Library, 7 pm. Free. Info: 514.989.5386.

• Terry Mosher (**Aislin**) gives a presentation on his latest book of political cartoons, *Was It Good For You?*, 12:30 pm at the Atwater Library, 1200 Atwater. Part of the library's Lunchtime Series. Free.

SATURDAY, OCTOBER 27

"**Fresh Faces of Fiction**" with Chris Cleave, CS Richardson and Emily Schultz, 3 pm at Victoria Hall. Free. Tickets are available

## Medical emergency upsets dog

A dog reported to have been barking for an hour at 12:15 am on October 8 brought public safety officers to a home on Grosvenor Ave. When no one answered the door, a business card was left. At 1:55 am, the dog owner called the station to say he had had to rush off to a medical emergency at the hospital, which had upset the dog.

at the Westmount Public Library. Info: 514.989.5386.

MONDAY, OCTOBER 29

• **Halloween crafts** in the children's section of the Westmount Public Library, 4 to 5 pm. Registration with child's library card required. Info: 514.989.5229.

• Société de la promotion de la photographie du Québec will be present at the **Montreal Camera Club** for print judging by club members, 7:30 pm at Westmount Park Church (4695 de Maisonneuve Blvd.). The public can view the photographs. Info: johnzimmerman@videotron.ca.

TUESDAY, OCTOBER 30

The second in a series of three on "**Reform Judaism – Past, Present and Future**," with Rabbi Lisa Grushcow, 7 pm at Temple Emanu-El-Beth Sholom (395 Elm). RSVP: Valerie Roseman 514.937.3575, ext. 212 or valerie@templemontreal.ca. Free.

WEDNESDAY, OCTOBER 31

The city of Westmount's **Halloween haunted house**, 5 to 8 pm at the lawn bowling clubhouse (401 Kensington Ave. at Sherbrooke). For kids of all ages. Must wear a costume. See story, p. 3.

THURSDAY, NOVEMBRE 1

"**Sustainable Urban Transport: The Future of Cities**," with Craig Townsend presented by Westmount Healthy City Project, 7 pm at the Westmount Public Library. Free.

## Fines still unpaid, dog owner ticketed again

A \$75 ticket was issued October 13 to a Lansdowne woman living north of Sherbrooke St. for letting her dog run off leash in Westmount Park. A Public Security patroller who spotted the dog at 9:33 am reported she had already warned the dog walker on several occasions in the past couple of years. A check of records also indicated that two previous tickets remained unpaid.

### Hamlet

Persephone Productions is delighted to present Shakespeare's great tragedy. Calixa Lavallée Théâtre, Parc Lafontaine, November 1st - 10th. Victoria Hall, Westmount, November 17th - 18th. Tickets: Adults \$25 - Adult Groups \$20 - Students/QDF \$15 - Student Groups \$12. Call 1-866-967-8167 or Visit [www.showtix4u.com](http://www.showtix4u.com) or [www.persephoneproductions.org](http://www.persephoneproductions.org).

# 3 cheers for Leo



*The Underdog Club*

KRISTIN MCNEILL

Well, we've learned more about our little friend Leo since the last time we wrote about him in August of 2011. At the time, he had just arrived into the care of Sophie's Dog Adoption. And what we knew of his character has since evolved – and the good folks at Sophie's and his foster family, who adore him, just can't figure out why someone won't adopt him.

Leo is a "good old-fashioned mutt," is how his foster mum describes him. Perhaps a little shih-tzu here, a little Maltese there. Maybe even a little hound? But at 28 pounds, one thing for sure is that he is a small dog, perfect for someone who doesn't want a lot of fur in the house or to buy tons of dog food.

Leo has a beautiful, silky white coat that doesn't require tons of brushing. When it needs a little care, it takes just a couple of brush strokes and his coat transforms into a shiny, smooth coat worthy of a shampoo commercial.

Despite his unfortunate run-in with a delivery man several years back, this four-year-old's record has since been almost squeaky clean, but understanding the circumstances leading up to his agitation has helped.

The thing about Leo, though, is how someone unfamiliar to him approaches him – or if he senses anxiety. He is a sensitive soul and extremely tuned in to his

person. He also picks up on the activity of another dog in the house. If there is barking, he'll be sure to chime in. But when told "enough," he sure listens.

Really what he loves to do is kiss. He licks and licks whomever doesn't mind. And while he loves to show his affection (did we mention he loves to lick), he is understated in his demeanor. If his foster needs to focus on someone in her family or her other dog, Leo simply waits his turn for attention. He is quiet and calm, and only if the "W" word is mentioned does he become excited.

His eyes need a cleaning from time to time, he does not have special dietary



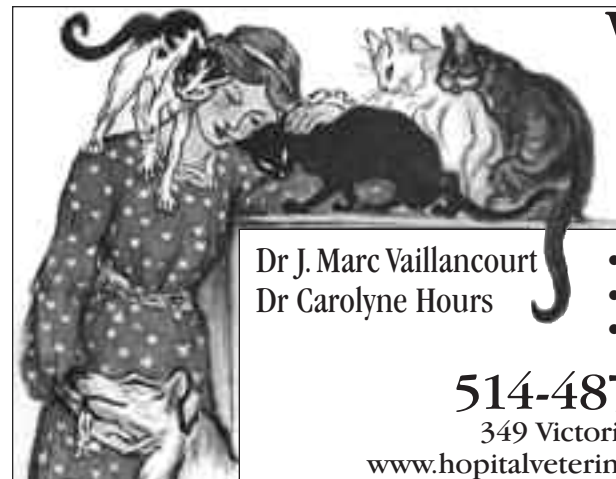
Leo

needs and he is trusting of nail-clipping and teeth cleaning. Love is all that he really needs.

Do you believe in redemption? Think about Leo and give him a forever home in which he can forget a few unfortunate incidents in the past – and lick to his heart's content.

Please contact Sophie's Dog Adoption at 514.523.5052 or [sophiesdogadoption@gmail.com](mailto:sophiesdogadoption@gmail.com).

Email us at [contact@underdogclub.org](mailto:contact@underdogclub.org).



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## Redfern truck takes forced detour

A construction truck waiting in a no-parking zone outside 215 Redfern for the start of work at 7 am October 11 was asked to drive around and park on St. Catherine, Public Security officials. The truck had arrived at 6:31 am when a public safety officer was keeping an eye on the condo site under development, which has generated a number of complaints.

## Car ticketed for parking on lawn

Public safety officers reported ticketing a car October 12 that was parked on the front lawn of a house on Mount Stephen where renovations have previously generated complaints from neighbours. The ticket was issued after a check with Urban Planning confirmed that the house does not have a legal parking apron.

## Excavator hits gas line on Wood

A gas leak outside 430 Wood at Barat Rd. October 15 was reported by Public Security officials to have been caused by a contractor from TGA construction firm hitting a gas line during sidewalk repairs for the city. Firefighters informed officers of the leak in progress at 11:01 am and the incident was concluded at 11:55 am.

## Woman treated for fall

A 56-year-old woman was given first aid from public safety officers October 10 when she fell outside 4120 St. Catherine near Gladstone. She was reported to have punctured her lip and suffered a cut above the right eye from her eyeglasses, officials said. Urgences Santé was called.

# Quebec classifieds

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# HEALTH BEAUTY WELLNESS

*Free bilingual activities and support groups*

## A place for health and wellness for people with cancer

By MARLENE EISNER

Life's ironies are not missed by Harriet Sklar Sandow. For 35 years, she spent her days helping others with cancer. The Côte St. Luc resident began working in the oncology department of the Jewish General Hospital in 1977, and was knowledgeable about everything the hospital had to offer to cancer patients, including Hope & Cope, a non-profit, free support group that helps cancer survivors and their families.

Always on the outside looking in, Sklar Sandow went about her normal work routine until three years ago, when severe back pain and chronic fatigue led to a diagnosis of multiple myeloma, a blood cancer.

"I thought I was immune to getting the disease because when you work there, you think you won't get it. You live in a bub-



*Harriet Sklar Sandow said the people and activities at the Hope & Cope Wellness Centre helped her feel less isolated after she retired from work and finished her cancer treatments.*

Photo: Marlene Eisner



*The wellness centre is located in a renovated stone cottage on Cote St. Catherine Rd.*

Photo: Marlene Eisner

ble."

A series of tests revealed a five-centimetre fluid mass in the lower left lobe of her lung, and what followed was six months of chemotherapy, and then in April 2010, a bone marrow transplant. Through it all, she continued to work, something she said was not a good idea.

"I was working in the hospital under great stress."

Trying to remain stoic, however, took its toll.

"I retired from work and I was falling apart," she said.

"I needed help from an outside environment. There was Hope & Cope, which

I helped grow, but I said, 'who needs Hope & Cope?' But what a surprise."

Sklar Sandow began going to the JGH Hope & Cope Wellness Centre/Lou's House, located on Cote St. Catherine Rd, a few blocks west of the hospital.

The renovated, two-storey stone house opened in 2007 as a place of respite, support and wellness for cancer survivors, and offers a host of activities from supervised exercise, yoga and art therapy to support groups and cooking classes.

The interior is bright and airy, a welcoming home-like atmosphere with each room decorated in warm, relaxing colours, and comfy furniture to create a sense of

calm. The house sits on a verdant plot of land rich with a large, landscaped garden.

"This facility gets about 100 people a day from the greater Montreal area," said Hena Kon, special assistant, communications at Hope & Cope and the Wellness Centre. Anyone who has been diagnosed with cancer within the last two years is welcome to participate in the free, bilingual activities and support groups, although registration is required for all support groups and some of the activities.

Sklar Sandow first balked at the idea of going to the wellness centre, but said once she stopped treatments, she felt isolated.

"I was no longer in the environment of cancer. I'm at home with my pains and thinking I had cancer again, but that's not true. I was advised to go to the wellness centre to take a fitness class to relax. I am still taking them twice a week."

According to the most recent statistics in a six-month period from January to June 30, the wellness centre received 167 new participants. Almost half, 46 percent, are between the age of 51 and 65, and 38 percent have a primary diagnosis of breast cancer, with 17 percent having hematological (blood) cancer. Seventy-five percent are women.

That's why cancer survivor Yvan Patry decided to become a volunteer at the wellness centre by starting a support group for male cancer patients. Diagnosed five years ago with prostate cancer, the 73-year-old Pierrefonds resident, who now leads an active life, discovered the wellness centre and wondered why there were so few men.

"It began two years ago with a survey in

*continued on p. 25*

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## HEALTH



## BEAUTY



## WELLNESS



## Nancy Snipper

### ARTSY SNIPPETS

## Healing with nature

Liddy Flewwelling's approach to healing is non-traditional by modern standards. She looks to nature, ceremony and a person's innate healing energies to bring them into a state of well-being.

"There are many things that I do," said Flewwelling.

"I work a lot with plant spirit healing because plants live in harmony with nature, and they have what we need to bring us into balance."

Flewwelling interviews people and applies Chinese diagnostics using the five-element approach (fire, earth, metal, water and wood) to determine what her client needs.

"I ask the plant's permission to use its

medicine. I connect to the plant through my senses. Then I take a shamanic journey to become at one with the plant. Depending on what the client needs, I choose the appropriate plant spirit and bring that particular plant spirit to the client energetically."

Flewwelling maintains that many people are disconnected from their spirit. This can cause emotional and physical imbalance. Underlying symptoms may include depression, chronic illness, loss of motivation and addiction.

"In some cases I use soul retrieval to help an individual reconnect to his or her essential self."

Flewwelling incorporates many tech-



*Liddy Flewwelling's takes a non-traditional approach to healing.*

Photo: Liddy Flewwelling

niques such as breath work, sound healing, energy work and guided visualization to achieve this end.

"Healing depends upon a person's openness to change. Sometimes I use the sweat lodge and vision quest to bring about self-discovery and transformation. Vision quest is a shamanic approach, which involves the person spending several days in nature and creating a sacred space by building a medicine wheel. This involves calling upon the sacred powers that reside in the east, west, south and north in order to connect more deeply

with their sacred self."

Flewwelling has been practicing for more than 25 years in Montreal and the Eastern Townships. She has gained invaluable insight from her mentors, including herbologist and plant spirit healer Pamela Montgomery who wrote *Partner Earth: A Spirited Ecology, and Plant Spirit Healing*. She has taken courses with Elliot

continued on p. 27

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# HEALTH BEAUTY WELLNESS

## ADHD coach advises parents

By ISAAC OLSON

There's no doubt that parenting a child with attention deficit-hyperactivity disorder (ADHD) is a lot of work, but in a recent workshop about empowering those children, host Robin Bernstein, a certified ADHD coach, told Côte St. Luc parents there is hope and "you can never give up."

Crowded into the Eleanor London Public Library's multipurpose room, parents recounted their troubling experiences. One mother said her son won't sit still. He bounces in place and can't focus. Another said her son, in grade 3, is always losing his things. She tried to give him a list to help him keep track of his things. He lost the list.

One man asked the age-old question in the ADHD debate: How do you know your kid has a problem and isn't just being a kid?



Robin Bernstein talks to parents about ADHD.

Photo: Isaac Olson

Noting the ADHD diagnosis has evolved in recent years, Bernstein said it's when the child's difficulty paying attention affects his or her schoolwork or life in a negative way. This is when parents should consider taking action with a plan that is flexible and customized to each individual's needs and goals. Parents also need to be dedicated to what can be a gruelling, frustrating, step-by-step job and she ad-

.....  
continued on p. 24

## It's ON!

**The Rosalind and Morris Goodman  
Cancer Research Centre**

*Cancer: Looking for Simplicity and Finding Complexity Cancer Below the Belt - Cervical and Ovarian Cancer*

Speakers: Dr. Walter H. Gotlieb, Dr. Anne-Marie Mes-Masson, and Dr. John Stagg. Monday, November 12, 6:30-8:30 pm, McIntyre Medical Building, 1200 Pine Ave. West. Admission is free but seating is limited. Session will be delivered in English. Question and answer period will be bilingual.

Registration: Annette Novak at 514.398.4970 or annette.novak@mcgill.ca or [www.alumni.mcgill.ca/events/GCRC](http://www.alumni.mcgill.ca/events/GCRC).

### Health and wellness fundraiser

*Open house fundraiser* at BelArome Holistic Health Centre, 6100 Monkland Ave., suite 200 Oct. 25, 1-7 pm, 26 1-8:30 pm and 27 1-5 p.m. To launch Moving Toward Wellness: A program for People with life-altering health conditions and Oasis Days. Enjoy complimentary health care ac-

tivities for \$1 a minute in 15-minute sessions. Info: 514.481.9355

### Thyroid cancer updates

Patients, survivors of thyroid cancer, and their families interested in the latest updates are invited to attend a free information session entitled *Thyroid Cancer: Ask the Experts*, on Wednesday, November 7, from 5:30 – 7 pm. at the Jewish General Hospital's Block Amphitheatre (Room B-106). Presentations in English, questions in French are welcomed.

Admission is free but registration is required. Call 514.340.8255 for more information.

### Cognitive behaviour therapy lectures

This year's 17th annual Dr. Michael Spevack lecture series runs from October 18 to November 29. Lectures take place on Thursday evenings from 7:30 to 9 pm, in the Osler Amphitheatre of the Montreal

.....  
continued on p. 27



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## HEALTH



## BEAUTY



## WELLNESS

# Look Good Feel Better program lifts women's spirits

BY MARLENE EISNER

For the last 20 years, Joan Michetti has witnessed the power of positive thinking in helping women feel better during cancer treatment.

Michetti volunteers with the Look Good Feel Better program at Hope & Cope in the Jewish General Hospital. She began as the program's co-ordinator, and is now a volunteer educator and team leader "at the Jewish General Hospital, the Montreal General, the Royal Vic and very recently, I am a member of the team at the Montreal Children's Hospital. We have just launched our teen workshops in the Look Good Feel Better," said Michetti.

The program is sponsored by the Canadian Cosmetic Toiletry and Fragrance As-

sociation Foundation. Michetti's husband was on the board of the CCTFA 22 years ago, and that is how she became involved with the program, which offers women undergoing cancer treatments a free workshop on the hygienic application of cosmetics, hair alternatives, nail and skin care.

"We often refer to our workshops as a makeover for the spirits," said Michetti.

"Our focus is helping women manage the changes to their appearance and bring them into a safe and supportive environment where they meet women in the same situation and feel less isolated."

The first part of the two-hour workshop focuses on skin care, make-up and hair al-

*continued on p. 27*

*ADHD continued from p. 23*

mitted that some days can be better than others throughout the process.

"The key to this is in the name of this presentation, 'Empower your Child,'" said Bernstein. "The idea is that when your child feels empowered, they are going to be more proactive in doing things and more likely to complete tasks as opposed to giving up immediately and that means they are more likely to succeed."

Bernstein, director of Brightside Learning, said every child is different, but progress can happen in small, incremental steps with incentive-based programs that through careful scheduling and rewards, have proven to work even with the toughest cases.

The key, she said, is consistency across the board.

"You need structure," she said. "You need schedules. You need support. These things bring on a whole new meaning when you have a child with ADHD or other learning disabilities."

One of the empowerment methods used on children, said Bernstein, is the signing of a contract that is decided upon with the child. The contract may state that 30 minutes of homework equals 30 minutes of TV, but giving the child a chance to negotiate for more or less time helps them feel as if they are in control of the scheduling. Because they design the rules, she said, they feel more inclined to stick to them.

There are many different methods, she said, but the idea is to get children involved in the planning process and set clear goals, while the adults all work together.




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HEALTH



BEAUTY



WELLNESS



The art centre at the Hope & Cope Wellness Centre.

Photo: Marlene Eisner

Wellness Centre continued from p. 21

November and December of 2010 on the seventh and eighth floor of the Jewish hospital at the oncology clinic where people get their chemotherapy treatment,” said Patry.

“We received a good result. Everyone wanted to see something started as a club just for men. We had our first meeting in January, 2011 and it’s almost two years.”

The club is for male cancer patients undergoing treatment and post-treatment, and for male caregivers. Membership is at

about 45. Activities include a monthly breakfast meeting and speakers, but “the reason for the club is to bring men together so they can simply talk about their health and personal problems,” said Patry.

Most of the participants are retired, but Patry said there are younger men who show up.

“We have this guy young guy, he’s about 45, who joined our group in the winter of 2011. He was diagnosed with throat cancer and when I met him he was in really

bad shape. His wife had left him.”

The man came to the group every month for more than a year, even during his cancer treatments.

“Now he’s back at work and happy and this is what we’re looking for, and how we help people.”

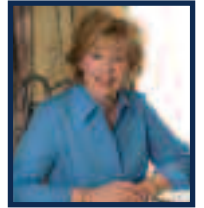
For more information on the Hope & Cope Wellness Centre/Lou’s Place, go to [www.hopeandcope.ca](http://www.hopeandcope.ca)

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HEALTH

BEAUTY

WELLNESS

# Yoga: balancing the mind, body and soul

BY MARLENE EISNER AND GERRI BARRER

Kristin McNeill began taking yoga classes 12 years ago. The NDG resident said she was looking for exercises that didn't include jumping up and down.

"What interested me was learning how to breathe properly, which helps in so many facets of my life," said the 40-year-old editor of the *Westmount Independent* newspaper, which is owned by the *Free Press* parent company.

"It's a discipline you can do anywhere, any time. I liked that there wasn't any equipment involved. I could do it on my own, in a class or online."

Yoga is the generic term that describes the mental, physical and spiritual discipline originating from ancient India. There are many different forms of yoga: bikram, which sees practionners performing poses in 105-degree heat and 40 per cent humidity; hatha yoga that concentrates on slow gentle movements; vinyasa yoga that moves and flows from one pose to the next; the physically de-

manding ashtanga yoga; and prenatal yoga, to name a few.

McNeill currently takes hatha yoga, but has tried a number of different varieties, including ashtanga, bikram and restorative. Recently she tried kundalini yoga.

"Compared to flow yoga, it was less an exercise class and more of a breathing and tension awareness exercise," she said.

"There was an element of chanting and gong vibrations, there were some poses, but for me, there was much more of an emphasis on stamina."

She said she would try it again, perhaps at a different studio with another instructor because "as in all yoga studios, regardless of the discipline, you are exposed to different ways of doing it."

Yvonne Mozon takes restorative yoga classes given by Michael Bridge Dickson, who teaches at various locations in NDG and Côte des Neiges. "It's energizing and relaxing at the same time," she said.

Anna Maria Urbane, who is in the same class as Mozon, is in her 70s and said the restorative yoga "helps me cope with my

lower back pain problem."

Irene Lazer, in her 50s, said, "Restorative yoga helps me with menopause problems."

While the class begins as some yoga classes do, with the chanting of the mantra "Om" and ends with a chant sitting cross-legged on the floor, "Restorative yoga has as its main interest restoring the body's vital energy. One of the main things that inhibit the body from healing itself is stress. Restorative yoga is tailored to alleviate the nervous system more directly," said Bridge Dickson.

The class involves the use of yoga blocks, straps and positioning against a wall and participants hold the position for several minutes instead of a few seconds as is done in traditional yoga practices.

Bridge Dickson said this form of yoga is all about teaching that the body and the mind are intertwined. In its slowness, it is meant to allow students to observe the imbalances and improve healing. Restorative yoga can be healing, but it's not meant to treat specific ailments.



Kristin McNeill holds the hatha yoga 'tree' pose.  
Photo: Marlene Eisner

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## HEALTH



## BEAUTY



## WELLNESS

Look Good Feel Better continued from p. 24

alternatives. With lowered immune systems due to chemotherapy and radiation treatments, the women are encouraged to use disposable applicators when applying make-up, and to not double-dip into the product. The program also offers a selection of wigs, but treatments can make the scalp of some women sensitive, making the wigs uncomfortable to wear.

“Many of the young women in the workshops choose not to wear wigs so we teach them how to tie a scarf around their heads, or a turban,” said Michetti.

“Very often I’m told hair loss is the most traumatic part of their cancer diagnosis; just the thought of losing their hair can be

very devastating.”

Hope & Cope, a psychosocial support organization for people with cancer founded at the Jewish General Hospital in 1981 by Sheila Kussner, conducts one Look Good Feel Better workshop a month, with 10 to 12 participants.

“What we always say is we believe an improved self-image can help lift a woman’s spirit, nurture hope and help them face illness with greater confidence,” explained Michetti.

The Look Good Feel Better program serves 10,000 women annually in up to 118 cancer care facilities across Canada.

For more information go to [www.hope-andcope.ca](http://www.hope-andcope.ca) or <https://www.lgfb.ca>

## SMILE: YOUR TEETH SAY ALOT ABOUT YOUR HEALTH

Research shows the connection between poor oral health and diseases such as diabetes in people of all ages, and respiratory diseases among the elderly. New research points to possible connections between oral health and other conditions such as heart disease and premature, low

birth-weight babies. Keep your teeth and gums healthy by:

- Brushing and flossing daily, eating a healthy diet, seeing a dentist, knowing the signs and symptoms of oral cancer and quitting smoking and/or using tobacco products.

Source: <http://www.hc-sc.gc.ca/hl-vs/oral-bucco/index-eng.php>

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Flewelling continued from p. 22

Cowan who authored *Plant Spirit Medicine*. Both practise in the United States.

Flewelling studied in Hawaii, Arizona and New England. She also attended the Institute of Contemporary Shamanic Studies in Toronto for three years.

She possesses a B.Sc. in psychology, a B.Ed. and for 17 years, taught Energetic Healing at the Institute NHC, that used to be on Girouard Avenue.

She lived on a sailboat in Maine for several years, homeschooled her daughter

and travelled extensively, which included visiting sacred sites in Mexico, Peru and Hawaii. Here in Montreal, she offers workshops in shamanic healing with Adriana Engert, also from NDG, and she has a private practice on Monkland Avenue.

“People need someone to show them their blind spots; that is why it is important to have a therapist/healer. Healing is a mystery. I am learning, growing and transforming through the work that I do. It has remarkable rewards.”

It's On continued from p. 23

General Hospital, 1650 Cedar Avenue.

The following are the dates and topics of each lecture in this year's:

October 18: Defeat Your Phobia

October 25: Learn to Stop Worrying

November 1: Dealing with Depression

November 15: When Panic Strikes

November 22: Improve Your Self-Esteem

November 29: Celebrate Life with CBT

For information: Dr. Luisa Cameli  
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### Free flu vaccine

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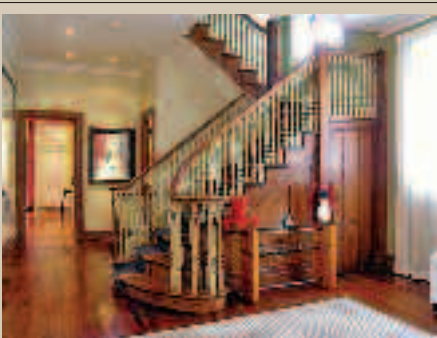
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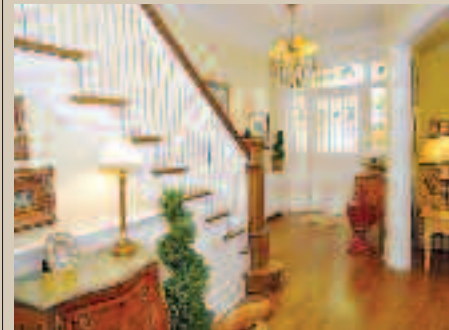
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