



The *CRA* is a non profit organization that has existed in MoWest for 40 years and offers recreation and competitive sports for the community. The point of recreational sports is to offer children an introduction to a sport within their community that is affordable and convenient. Currently the *CRA* offers 20+ sports programs to over 1000 members. Some sports are local and recreational while other programs are more competitive.

While our incredible parent volunteers/coaches are essential to the programs' success there is also a behind the scenes board of directors that ensures that the mandate of the *CRA* is fulfilled. Parents from our community make up this board and volunteer their time and expertise to develop and build the sports programming from which we all benefit. This board has been led by Scott MacKenzie for the past 10 years from 2009 until August 2019.

Scott MacKenzie:

Steps down after ten years with *CRA*

Starting when his sons began micro soccer, Scott's vision has fostered the next generation of sports in our community. Beginning with the hockey program he

brought our current hockey Director **Eric Rayment** on board and together they have built our small house league hockey program that has developed into the KNIGHTS, a competitive single and double letter league with over 200 players playing across the island of Montreal. Many of you will no doubt remember Scott personally "Knighting" all of the first year Novice players at the end-of-year Novice banquet, welcoming them into the Knights family.

Six year ago, Scott expanded to improving our soccer players experience with the appointment of **Greg Macgregor** as the Soccer Director. Under Greg's expertise, the *CRA* soccer program is now a thriving league with over 33 U8+ teams and over 100 players in the U5 program. In addition, the program now continues all year with indoor soccer being offered in the fall and winter at RWA.

But, Scott didn't stop there and worked with the Town when it was time to get the RWA field re-surfaced and irrigation in-



stalled, a referee room built in the rink, the Henway Park baseball diamond was refurbished and new uniforms for the Mudhens. New programs were developed such as the Learn to Skate program, Intro to Judo (which is now offering a competitive option), Intro to Baseball, T-ball, intercommunity competitive baseball, sportball, indoor soccer, women's soccer, double letter hockey and rugby.

continued on page 3

INDEX

Community Centre	14, 19
CRA	7
Guides	13
Horticultural Society	4
IODE	4
Kosher corner	5
Libraries	2, 8, 9
News from the pews	18
Réunion du Conseil	17
Rotary	4
Schools	6
Scouts	12
Town Council Report	16

THE INFORMER

10 Westminster North
Montreal West, Quebec
H4X 1Y9

The *Informer's* role is to provide MoWesters with information about their Town and its citizens in order to foster the small-town, close-knit atmosphere that makes Montreal West a special place in which to live.

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Julia Ross
Rhonda Schwartz

EDITOR-IN-CHIEF

Heather Baylis
489-7022

LAYOUT DESIGNER

Julia Ross
julia@ross.cd

AD MANAGER

Heather Baylis
489-7022
montrealwestinformer@gmail.com

DISTRIBUTION MANAGER

Rhonda Schwartz 482-0227

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NEXT ISSUE DEADLINE

September 25

Update on the Relocation of the Bibliothèque publique de Montreal-Ouest Public Library

August 30, 2019

The Town continues to evaluate the bid(s) received for the current library property. The Board is looking forward to receiving a further update as soon as the Town is able to share more details.

In the meantime, the Board's Relocation Committee has identified a potential temporary location and is working with the Town to develop a "roadmap to relocation" including lease requirements, timing of required renovations, moving details and allocation of responsibilities. Because there is no set move date as yet, this is by necessity an iterative process, but one that is moving smoothly.

In parallel, the Board and the Friends of the Library are working together on the longer-term plan. One element of this is exploring other potential sources

of funding. This week, members of the Board and Friends met with a representative of our MP, *Marc Garneau*, to learn about the availability of federal grants for both infrastructure and programs. Ms. **Margaret Guest**, Constituency Assistant, provided a good overview of the types of grants available as well as valuable insights about the application process. This, and similar provincial and private funding, is certainly an area we will be pursuing over the coming months.

The library is open as usual and the staff and volunteers have many events planned. Finally, September is our new annual membership drive – thank you in advance for your continued support!

from Tanya Radhakrishna
on behalf of
the Board of the MWPL

Luncheon bridges

The Day Ladies from the MW Curling Club are not just about curling, they also like to play bridge. They are hosting three luncheon bridges before Christmas. The bridges are usually the second Wednesday of the month. The lunch consists of plates of party sandwiches piled high with all sorts of delectable fillings, along with coffee, tea, squares and cookies. After the feast bridge is played.

Everyone is welcome. Come with your table of four players. The price is \$10 each for non-members and \$8 for members of the curling club. Lunch is served at 12:30.

The first bridge is October 16, followed by November 13 and December 11. There will be three more bridges in the New Year: February, March and April. We would love to see you there.

For information, please contact **Mary** at **486-8979** or email marysdogbob@gmail.com.

from Mary Sutherland

West End Quilters

The *West End Quilters* have had their first meeting of the season. There was a lot of chatting and show and tell. Some members did a lot of quilting over the summer and some not so much.

Our next meeting is September 24, at 7:30 pm in the MW United Church. That meeting will be after our fall retreat where everyone attending will do an incredible amount of quilting over four days.

We are having a workshop on "Dancing Diamonds" with **Claire Hailot** on October 5 at *Provigo's* upstairs room. This workshop involves collecting many fabrics in two colourways before making diamonds. The teacher has even suggested one buys more fabric if needed!

If you too love fabric come join us for a meeting.

Contact **Mary** at marysdogbob@gmail.com.



Valmar Kurolo, a resident of Courtney Drive, has recently released a new CD, *Symphony Antarctica*.

A collaboration with **Michael Stibor** of Dorval, this orchestral work was inspired by Valmar's travels to Antarctica over 25 years. The three movements are entitled *The Seasons*, *Telescopes to the Stars* (which is about viewing space from the South Pole telescopes) and *Icescapes and Landscapes* (comparing Antarctica's Lake Vostok, a large lake under miles of ice, with an eruptive lava lake inside Mt. Erebus an active volcano on Antarctica's Ross Sea).

The CD is available on iTunes, Amazon.com or symphonyantarctica.com.



The town of Marvel is quaint, quiet and familiar to many. Mainly inhabited by the comic book citizens synonymous with its name, Marvel is finding itself having heroes from both the DC and Disney universe living within its boundaries.

And not everyone is happy about it. You see, there are some in Marvel who think that it should remain *just* for their own kind. So for the first time in the town's history, there is growing tension and division brewing and it isn't clear what the outcome is going to be.



When four newspaper reporters decide to go undercover and find out what is happening, nothing will ever be the same again.

Saving Marvel is *I Can Dream Theatre's* eighth production and will be performed Friday, November 1 and Saturday, November 2 at 7:30 pm at the Eric J Maclean S.J. Centre for Performing Arts (2477 West Broadway).

Tickets on sale soon. For details go to icandreamtheatre.com.

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Scott MacKenzie

continued from page 1

During Scott's presidency, the CRA has gone from 6 to 20+ programs. The number of players and participants who have benefitted from each of these programs is overwhelming. But perhaps more impactful than just the better sports programming is the direct impact Scott has had on this community.

These programs are more than just sports in MoWest. They bring our families together; they build confidence in our children. They teach them how to get back up and keep going and teach all of us that we are not always going to win. Playing sports builds resilience and teaches us to take a chance, to listen to other players and coaches and to work as a team. Sport makes us challenge ourselves and shows us that it's okay to make a mistake, its okay to be a leader and it's okay to be a follower. It shows us what hard work can do, how to control our emotions, how to win with dignity and how to lose with class.

I have had the pleasure of watching a parent's face light up as their child skates for the first time, or a grandparent cheering in the stands as their grandchild saves a goal in an important game. I have witnessed the celebrations on the field when a

player makes the game winning pass and I have seen the pride in a child's eyes as they are awarded their first belt in judo. I have seen the nerves on the faces of the skaters before a performance at the figure skating show and the delight in their smiles once their number is finished to the sounds of applause. I have watched 18-year-old Midget hockey players play their last home game at Legion Rink and shed a tear or two as they walk through the doors, hugging Eric as they leave Legion Rink the last time as a Knight.

Many of these moments were made possible because of Scott MacKenzie's vision, guidance and determination. On behalf of the Board of Directors for the MoWest *Civic Recreation Association* and as a parent who has personally benefitted from Scott's dedication and hard work over all the years, I would like to say thank you to Scott.

Thank you for all the moments of celebration, the life lessons and memories on the fields, in the rink and gyms of our community. Thank you for all that you have given to all our families.

from Samantha Mitra

PROJECTION: A WEEK OF DIALOGUE

What is Projection?

New ways of addressing end-of-life questions. Death, loss, and end-of-life issues affect us all. There will be over 50 activities throughout Montreal for all ages. MoWest is hosting three of these events between October 15-20.

Wednesday, October 16, 2 pm
Public Library

Book review and discussion. *Being Mortal* by Atul Gawande

Thursday, October 17
Town Hall

The *Rotary Club of Montreal West and NDG* lunch (\$20) at 12:30 pm and speakers (free) at 1 pm. Meaningful Conversations around Life and Death

Saturday, October 19, 11 am
Children's Library

Nathalie Segall, specialist in educating children about loss and death. When Mittens or Sparky dies, how to manage the grief around a furry family friend

Please mark these events on your calendars! For a complete list visit PROJECTIONWEEK.ca.

Artists' Showcase: Heroes and Leaders

MoWest amateur and professional artists are invited to display their art at the Town Hall. The theme for the autumn exhibit is abstract. We'll start hanging the show in October.

Application deadline: September 27.

Please keep in mind all works on paper, fabric or canvas must be ready for hanging and three-dimensional pieces, such as jewellery and pottery, must fit in the front hall cabinet.

To find out more about the Artists' Showcase, or to get an application form, go to the MoWest website under "culture," or pick up a form at the Community Centre. For more details, you may contact **Marian Scully**, Recreation and Cultural Services, **484-1610**.



Community gardens

Joanna Duy and **Merle McPhail** will share their experiences with communal gardening.

Joanna is a parent at Edinburgh School and has been involved with their vegetable gardens since near the inception. She will bring some students with her to talk about their experiences.

Merle has been involved with communal gardening for several years starting with the "Park'n Lot" project at Royal West Academy and more recently the collective gardens behind *Reno Dépôt* where she not only plants, waters and weeds, but also brings home the fruit of her labours.

Please join us for what promises to be an interesting evening about communal gardens right here in MoWest. It will take place Monday, September 16, 7:30 pm at the Town Hall.



Merle has been involved with communal gardening for several years starting with the "Park'n Lot" project at Royal West Academy and more recently the collective gardens behind *Reno Dépôt* where she not only plants, waters and weeds, but also brings home the fruit of her labours.

The healing power of cannabis

Our speaker, **Mark Reynolds**, will deal with the very topical subject, cannabis.

Mark has been involved in the "green scene" of Montreal for nearly three years as a herbalist, organic farmer and teacher. He has given workshops on the use of medical plants in over 20 different community locations in and outside Canada.

He has a garden on the South Shore where he teaches, farms and helps himself and others connect with nature.

Respecting cannabis

With legalization nearing its one year anniversary in Canada, cannabis has become a much more common part of everyday life for millions of people. In this informative talk, Mark will draw upon his knowledge as a herbalist to explore the history, usage and implications of this powerful herb and its recent legalization. Monday, October 21, Town Hall, 7:30 pm.



Non-members \$5 or \$20 for 2019 membership.

Non-members \$5 or \$20 for 2019 membership.

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- Tuesday: 9 to 6
- Wednesday: 9 to 8
- Thursday: 9 to 8
- Friday: 9 to 8
- Saturday: 8 to 5

visit us on

IODE

Thank you!



Thank you to everyone who visited our bake sale in May. We raised several hundred dollars for IODE Snack Pack a school lunch program for students in Labrador.

Come by and say hello to IODE members **Moira Bettinville** and **Giuliana Pendenza** who will be hosting a table at the Street Fair and Fall Festival on September 15.

Our next meeting will be held Tuesday October 8 at the Community Centre at 2 pm.

from Nadine Fenton

St. James Literary Society

13 Clan Mothers of the 13 Moons

Sylvia Bertolini was born in Montreal's Little Italy. Her formal training in the fine arts includes studies at the *Montreal School of Arts and Design* and at the *Accademia de Belle Arti* in Venice, Italy where she completed her master's degree.

In Indigenous medicine teachings there are 13 clan mothers associated with each of the 13 moons of the year. Each moon holds a wisdom or teaching that the clan mothers share within the Indigenous community. These wisdoms are entitled: learn, honour, accept, see, hear, speak, love, serve, live, work, walk, gratitude and become the truth. With the blessings of the Abenaki elders (with whom she has been training), she was given permission to interpret these wisdoms into a series of 13 tableaux.

Community Centre, 7:30 pm. Non-members \$12.
For reservations, please call 484-0146.

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Rotary



Susan Campbell-Fournel

The Tower Garden



Susan Campbell-Fournel is a McGill grad who is a psychologist who specializes in stress management training focusing on exercise and nutrition. Her talk was on The Tower Garden. The Tower Garden is a vertical, geoponic growing system, which allows you to grow up to 20 vegetables, herbs, fruits and flowers in a space of less than three square feet indoors or out. It inspires healthy living around the world and is the future of urban gardening. It uses no dirt, 90% less water, 90% less space and with 100% success. It has three sections and is made of food grade materials that will not leach into your vegetables. It comes with all the tools and supplies to get you started and you will be harvesting in less than five weeks. The Tower Garden is 4½ feet tall by 2½ wide. You can use it either indoors or out and it can be purchased with LED lights for indoor growing. The Tower Garden is currently used in day centres, schools, community centres and food banks. The cost of the deluxe model is \$1500. For more info: Susan Campbell-Fournel, BA, MEd., Nutrition Consultant and Coach, **705-441-6084**, susancampbellfournel.com or sancf.canada.juiceplus.com.

Coming events Saturday September 28, 6 pm

Caribbean Night - Rhums and joys of live tasting, music and dancing

The *Rotary Club of Montreal West and NDG* is organizing a Caribbean Night which will take place at the Town Hall. There will be a variety of rum and fine Caribbean cuisine to taste, along with **DJ Tac** who will manage the music and dance coaches will manage the dances. The dance/music is related with rum origin country Ron Brugal (Dominican Republic), Bachata; dance coaches will show and guide the basic steps. Tickets will be \$60.

Friday October 4, 6:30 pm The Honorable Marlene Jennings

Former MP for Notre-Dame-de-Grâce and Lachine: The extinction of Quebec's English-speaking communities? Buffet dinner: \$25.

Thursday, October 10, 12:30 pm Dr. Bob Pihl: Aging and dementia

Thursday, October 17, 12:30 pm

Zelda Freitas MSW, Joan Foster BN, McGill Council on Palliative Care – Projection Week Montreal – Meaningful Conversations around Life and Death

The *Rotary Club of Montreal West and NDG* is always looking to embrace new members. If you are someone who wants to give back to your community, city, country or the world, Rotary is an excellent way. Rotary is a worldwide organization that provides humanitarian service, encourages high ethical standards and helps build goodwill and peace. There are 1.2 million Rotarians across the globe and that number is growing.

from Doug Yeats

Kosher corner

Pre-High Holiday lecture

The coming Jewish New Year is a time for resolutions, self rectification and betterment, but did you know that past mistakes can actually be celebrated?

Find out more September 18 at 8 pm with a pre-High Holiday lecture with Rabbi **Mendy Marlow**. Come for a refreshing perspective on the meaning of the High Holidays.

High Holiday schedule

We look forward to celebrating our 4th year of High Holiday services together in MoWest. Whether you would like to join for five hours or five minutes, we are sure you will find the atmosphere welcoming, family-friendly, easy to follow and deeply meaningful.

Rosh Hashanah

September 29: Candle lighting, 6:20 pm; Evening services, 7 pm followed by a light buffet Kiddush

September 30 and October 1: Morning services, 10 am; Shofar blowing, 11:30 am; buffet Kiddush following services

Yom Kippur

October 8: Candle lighting, 6:03 pm; Kol Nidrei services, 6:20 pm

October 9: Morning services, 10 am; Yizkor Memorial service, 11:45 pm; Neilah closing prayer, 6:15 pm; Shofar Blast, 7 pm; Havdalah and break-fast 7:05 pm

All our services are free! Sponsorship and donations are welcome. RSVP is appreciated. For more information or to contact us, please visit chabadwestminster.com.

Looking forward to greeting you personally,

Rabbi Mendy and Chaya Marlow



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Elizabeth Ballantyne School



EBS staff members are ready to begin the school year!

Welcome back to EBS!

All the members of the EBS staff have been working hard to prepare for the arrival of the students. We have been planning lessons, attending workshops and setting up our classrooms, so that our students will be welcomed into a clean and cheerful space.

There are many new projects in the planning stages – one of them is an “outdoor classroom,” and we are working on making that dream come true. We will be continuing with STEAM, SEL (Social Emotional Learning) and BOKS (Building Our Kids’ Success). These programs are designed to

foster success for all types of learners, help students learn to make good decisions and maximize physical movement throughout the school day.

We are committed to increasing physical activity. The scientific verdict has been rendered – and we now know for sure that exercise helps the brain get ready to learn and to retain information more effectively. In light of this, and because EBS staff members understand the importance of good role models, we finished our preparations by learning some Latin dance steps.

Réduisons notre consommation d’eau potable

Les Québécois sont parmi les plus grands consommateurs d’eau potable au monde. Bien que l’eau soit abondante au Québec, il est important de comprendre que cette ressource n’est tout de même pas inépuisable. La Stratégie québécoise d’économie d’eau potable 2019-2025 lancée en mars dernier par le gouvernement provincial nous permet de travailler collectivement à une gestion plus responsable et plus efficace de l’eau potable.

Cette nouvelle stratégie vise trois principaux objectifs à atteindre d’ici 2025 :

- réduire d’au moins 20 % la quantité d’eau moyenne distribuée par personne par rapport à l’année 2015;
- diminuer le taux de fuite pour atteindre un niveau modéré selon l’indice de l’International Water Association;
- augmenter progressivement les investissements nécessaires pour réaliser le maintien d’actifs de façon constante tout en éliminant graduellement le déficit d’entretien.

Au même titre que les autres municipalités québécoises, Montréal-Ouest doit poursuivre ses efforts pour atteindre ces résultats. Les citoyens sont aussi mis à contribution afin de réduire leur consommation d’eau potable. Une liste de conseils pour économiser l’eau est disponible à montreal-west.ca/fr/consommation-de-leau/. De plus, la Ville encourage ses résidents à consommer l’eau de façon responsable en distribuant gracieusement une certaine quantité de trousseaux WaterSense® lors de ses événements.

Reducing our water consumption

Quebecers are among the largest consumers of drinking water in the world. Although water is abundant here, it is important to understand that it is not an everlasting resource. The provincial government’s 2019-2025 Drinking Water Conservation Strategy sets new objectives for the whole province.

By 2025, this strategy aims to achieve the following three objectives:

- a 20% reduction in the amount of water distributed per person in comparison to 2015;
- a moderate level of leakage according to the performance indicator set by the International Water Association;
- a gradual increase in the investments needed for maintaining assets in a sustainable way while gradually eliminating the lack of maintenance.

The Town of Montreal West, along with all municipalities in Quebec, must continue its efforts towards achieving these goals.

Residents are also called upon to reduce their personal consumption of drinking water. A list of tips to help you reduce your water consumption is available at montreal-west.ca/en/water-consumption. Furthermore, the Town distributes free WaterSense® kits during its events to encourage residents to consume drinking water responsibly.





Future Stars hockey

Teaches children content, methods and a framework that will help them learn the basic technical and tactical skills of ice hockey. FUN and non-competitive. Children do not need to know how to skate.

Ages: children born in 2013-2014-2015

Days: Thursday, 5:30-6:30 pm

Sunday, 10-11 am

Cost: \$230 (R) \$250 (NR)

Season: October-March

Skating lessons

These classes are for the first-time skater to the more advanced skater, ages 5+. Classes have a low ratio instructor to skaters and teach skating skills through circuits and fun games.

When: Wednesdays (starts October 16), 5-6 pm or Sundays (starts October 20), 11 am-noon

Cost: \$250 (R) \$270 (NR)

Pre-skate lessons

Ages: 3-5

Cost: \$175 (R) \$195 (NR) per session

Fall session: October-December

Figure skating

Age: 7+

When: Sundays, noon-1pm or

Friday, 4-4:45 pm

Cost: \$250 (R) \$270 (NR)

Season: October 5-March 17



Gym-tastic!

We will have fun equipment circuits and progressive gymnastics lessons from our beginners, to the more advanced preschooler. Children must be out of diapers to participate. Fall, winter and spring sessions.

Ages: 3½-5 years, 5:45-6:30 pm;

6-10, 6:30-7:30 pm

Day: Mondays, starts end September

Cost: \$125 per session (R) \$145 (NR)

Ages: 5-6 (co-ed); U8 to U13 boys and girls (separate)

Cost: \$125 (R) \$145 (NR)

Fall session starts end of September

Location: Royal West High School gym

Women's indoor soccer

This 10-week program provides women 19+ the opportunity to learn and play recreational soccer. Coach **Greg Macgregor** will guide you through the rules as well as teach basic to more advanced skills.

Day: Mondays

Cost: \$145 (R) \$165 (NR)

Fall session starts end of September

Location: Royal West High School gym

Judo

The practise of judo techniques helps develop basic and fundamental physical fitness, such as the development of strength, flexibility, agility, speed, dynamic and static balance, power and endurance.

Ages: 5-16

Levels: Beginner: white and yellow belts
Advanced: yellow and orange

Day: Wednesdays

Cost: \$180 (R) \$200 (NR)

Session: October-April

Location: Elizabeth Ballantyne School

Sportball Multisport

Sportball Drop Off programs help kids ages 3+ develop independence and build confidence by attending classes "all by themselves." Coaches engage younger children with creative storylines and special themes and connect with older kids as leaders and mentors. Kids will be participating in eight popular sports – hockey, soccer, football, baseball, basketball, volleyball, golf and tennis.

Ages: 3-5: 5:30-6:30 pm;
6-9: 6:30-7:30 pm

Day: Tuesdays

Starts September 25

Location: Elizabeth Ballantyne School



REGISTRATION ONGOING

mwcrasports.ca

If you have any questions, please feel free to contact **Samantha** at **485-8598** or email the CRA office at infocra@mtlwestcra.ca.

If you've experienced a significant loss whether from the death of a loved one, divorce, job loss, critical illness, or any other loss

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- alone
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- or stuck in your grief

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News from the Public Library



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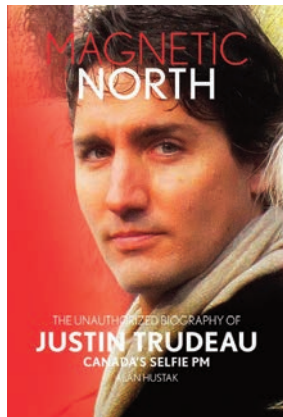
Monday / Tuesday
10 am-6 pm; 7-9 pm
Wednesday / Thursday
10 am-4 pm; 7-9 pm
Saturday: Noon-4 pm

October 1 at 7 pm – We are starting MoWest Reads series with **Alan Hustak**. Alan, a recipient of the Queen Elizabeth II Jubilee Medal, is a veteran journalist who has lived in Montreal. He is the author of several books including *Exploring Montreal's Underground City*, *Titanic: The Canadian Story* and *Faith Under Fire*, to name a few. He has just written an authorized biography on Justin Trudeau. He is visiting our local library just in time for the federal election. I am sure it will be full of juicy details.

October 16 at 2 pm – Death comes to the Library. As part of our monthly Tea and

Books, we will be participating in the Montreal Projection Week series (previously called Imagine Week) with a very special discussion of books about death. It happens to everyone so knowledge is power. We have decided to create a discussion both in the library and through our social media around a list of books to introduce you to many of the themes that the “D” word comprises. **Joan Foster** along with **Mary Bianchini** will be discussing one of their favourite books *They Left Us Everything* by Plum

Johnson. Please join us for this very special event.



What I have recently read

by Deborah Marc

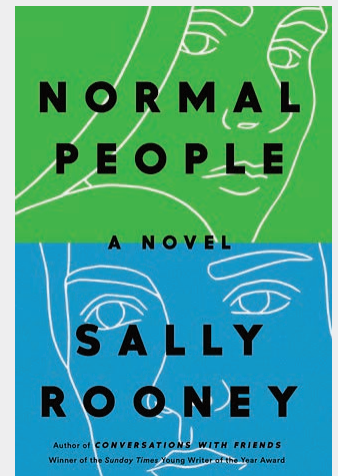
Normal People

by Sally Rooney

It is a quirky story about two young people who do love each other, but I wouldn't call it a love story (though most would). Connell and Marianne meet and become friends, at least outside of high school.

One is from a wealthy privileged background, one is not. One is popular in high school, one is not. They are both gifted students. When they both end up at the same university their roles are almost completely reversed.

This novel traces their friendship's ebbs and flows as they finish high school and complete university. Rooney is easily able to convey the emotional turmoil, class struggle and the solitude of both Conner and Marianne all with her simple prose and a touch of humour.



October 23 at 7 pm – **Scott Macleod** will be presenting his film *First Contact*. Scott is a Canadian multimedia artist, musician and film director living in Montreal. *First Contact* is about the first meeting between the Vikings and the Proto-Beothuk of Newfoundland.

New programs and classes French conversation classes

Returning this fall is our French conversation class to be held Tuesdays at 2 pm for six weeks starting October 1. New this session – free for members, \$40 for non-members. Sign up is required. Sign up by contacting the library in person, through email or by telephone.

Cookbook Book Club

Starting this October 7 (November 4, December 2, January 27, February 24, March 23) and meeting for six weeks, we are organizing a book club centred around different cookbooks, methods, styles and diets. We will have special guests too! Sign up by contacting the library in person, through email or by telephone. Free for existing members, \$40 for non-members. Topics will include but not limited to: vegetarian, vegan cooking, politically correct eating (organic vs. conventional, vegan vs. omnivore, etc), the 100 mile diet in Canada, eh?, healthy entertaining made easy and tea service.

Remember September is our membership drive – if you haven't renewed your membership, now is the time! Also keep a look out for our survey to residents. It is part of our continuing effort to ensure we are providing the services that reflect our community.

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Children's Library



Pat Nicholson with one of her books and children on a Story Walk®

Story Walk® in Strathearn Park

You may have already seen the posts with the story of *Because I Can Read* by MoWest author **Pat Nicholson** around the library, in Strathearn Park. August 23, as part of the closing party of the Summer Reading Program, Pat took the children around the park for a Story Walk®.

Story Walk® is a fun, educational activity that places the pages from a children's story book along a popular walking route in the community. As you walk along the path, you discover another page, then another and you realize you're reading a story! Conceived as a way to inspire parents, teachers and other adults to take young children outdoors to enjoy reading stories together, Story Walk® helps build children's interest in reading while encouraging healthy outdoor activity for both children and their grown-ups.

Story Walk® was created by Anne Ferguson in Montpelier, Vermont. She was thinking about ways to prevent or lessen the impact of chronic disease on adults and children by increasing physical activity. She wanted to find something that was fun for families to do together in natural settings. In the fall of 2007, Anne partnered with the Vermont Bicycle and Pedestrian Coalition and the Kellogg-Hubbard Library to implement her project. Story Walk® combines the pleasures of reading wonderful children's books aloud with all the joys and benefits of walking together outdoors. The story *Because I Can Read* (« Parce que je peux lire ») will be in Strathearn Park until October 15.

Hours/Horaire

Mon/Tue/Wed/Fri – lun/mar/mer/ven :
9:00-18:00

Thu/jeu : 9:00-20:00

Sat/Sun – sam/dim : 10:00-15:00

mwcl@videotron.ca

mwcl.ca

484-7194



Programmes et activités en automne

La session d'automne débute le 16 septembre. Durant la semaine, nous proposons les activités suivantes : Club Légo, Club de Scratch, Biblio-Club (Cuisine). Les fins de semaine, la bibliothèque offre une foule d'activités de tout genre. Vous pouvez trouver des détails et des renseignements sur notre site web..

Thank you...

For the particular generosity of *Rothenberg Capital Management*, **Pat Nicholson** had asked if anyone would be interested in buying some books that she could sign and give to the children as a surprise. She reached out to *Rothenberg Capital Management's* president, **Helen Corrigan**, and Helen quickly agreed to purchase 30 books... even though Pat had suggested only one or more. Pat certainly did not expect such a generous response!



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WORKING TOGETHER TO SUSTAIN MOWEST'S FUTURE



Montreal West has embarked on an important public tree planting operation to deal with the serious deficit of young street trees in Town. This deficit was documented in our most recent tree study which catalogued all our public trees. It pointed out that many of our trees are near the end of their lifecycle, while others can expect to fall prey to natural disease and manmade destruction in the near future.

So, when some residents ask, "Why do I need a tree in front of my home? There are already plenty of trees on my street," it's imperative to recognise that in 50 years most of the trees we see now will be dead.

If we don't continue to plant new trees every year, we will be leaving a barren landscape to future generations – resembling nothing like the MoWest today. We need property owners, who don't already have a mature street tree, to host a young one, so that 50 years from now we'll still offer the same bucolic streetscape that has attracted families here since 1897.

Right now those current mature trees are keeping our streets leafy and green; they're shading pedestrians, mitigating storm water damage, purifying the air and actually raising the property value of every home in our area. Looking at them, some residents may feel they don't need a tree themselves. But it's up to all of us together to build the landscape that makes Montreal West so special.

continued on next page

REDUCING SINGLE-USE PLASTIC ON THE ISLAND OF MONTREAL



At the last General Council meeting held on August 26, the Council unanimously approved a resolution supporting the ban of use of single-use plastic

on the island of Montreal. The ban includes single-use plastic items for take-out meals, in grocery stores and restaurants, plastic packaging, plastic bags, water bottles, straws, utensils, cups, can holders and polystyrene in all its forms.

By passing this resolution, Montreal West joins other demerged towns concerned with the negative environmental effects of single-use plastics by recognizing the following:

- The population is preoccupied by the rapid growth of single-use plastic packaging and bags worldwide;
- There is a significant and important link between the production of plastic and the greenhouse gas emissions;
- The rapid growth of the plastics

industry diminishes the efforts aimed at reducing carbon pollution;

- Plastics biodegrade very slowly and clutters our landfills;
- The population is now aware of the risks that plastic poses to human health and the environment;
- The Canadian population is clearly worried about the quantity of plastic waste in the environment and expects action to be taken;
- Recycling alone does not constitute an effective solution;
- Plastic waste overwhelms recycling facilities due to the difficulty of separating various types of plastic and their incompatibility;

For all of these reasons, and more, it's time to take the banning of single-use plastics seriously.

*Maria Torres, Councillor
Public Works, Public Buildings and
the Environment
mtorres@montreal-west.ca*

COUNCIL communiqué

MAYOR'S REPORT

Agglomeration reform



I wish I had more definitive news to share with you about our ongoing battle with the City of Montreal to enact substantial reform to the Agglomeration. As it stands today, the Association of Suburban Municipalities (ASM) has provided Montreal with proposals to modify certain aspects of the current framework, namely the way we are billed for four major services provided by the Agglomeration. And unfortunately, to date, the statements made by the Plante-Dorais administration about a new openness to work with the demerged cities have yielded absolutely nothing but frustration. Rather than using our proposals as a starting point for a real discussion and negotiation, they have told us that our proposals are not acceptable and as such will not form the basis for discussion.

The ASM will now shift their plans in order to address these important reform issues with the appropriate authorities at the provincial level.

Scott MacKenzie and CRA

After ten very productive years as president of the Civic Recreation Association (CRA), Scott MacKenzie has decided to step down. In his words, the CRA is in much better financial shape with excellent programs that centre solely on the children. I want to publicly thank Scott for his dedication to the betterment of the sports and recreational offerings of our Town and wish him great luck in his future opportunities.

Coffee with the Mayor

The next Coffee with the Mayor will take place on **Thursday, September 19**, from 7:30 to 8:30 a.m. in the Community Centre.

*Beny Masella, Mayor
Town of Montreal West
bmasella@montreal-west.ca*



WORKING TOGETHER TO SUSTAIN MOWEST'S FUTURE

continued from previous page

Isn't it your right have a tree-free front lawn?

Of course the aesthetics of your front yard is largely up to you, but there is a strip of land in the public domain in front every home (about the first 6 to 8 feet). This land is used for the installation of public infrastructure and this includes "green infrastructure" like street trees. While it may not be the way we're used to thinking about them, street trees are not unlike traditional infrastructure such as lamp posts, hydro poles, fire hydrants and traffic signs in that they play an essential role in providing a safe and healthy community. So while a homeowner may prefer not to have a lamp post, hydrant or tree in their yard, the Town deems these items essential to the quality of life in the neighbourhood and may choose to install them in any area of the public domain.

It's up to all of us together to sustain the MoWest we love.

*Elizabeth Ulin, Councillor
Recreation, Culture and Communications
eulin@montreal-west.ca*



BY-LAW FAQs

As I am often asked questions related to our municipal by-laws, I felt it would be helpful to present a short response to these Frequently Asked Questions.

What is a by-law?

A by-law is a municipal regulation or law passed by Council within their areas of jurisdiction, as set out by the Cities and Towns Act and the Municipal Code of Quebec. By-laws deal with the matters of importance to citizens, such as:

- **Urban Planning:** zoning and land use, building and renovating regulations, permit requirements
- **Public Security:** parking and safety regulations, nuisance issues
- **Finance:** budgets, municipal loans, tariffs

How are by-laws enacted?

There are very strict rules regarding the adoption or amending of by-laws. This is the process:

First there is **the tabling** of a notice of motion at a public Council meeting. This informs citizens that Council intends to draft a new or amended by-law and briefly outlines the intent.

Next, a **draft** by-law is presented by Council. This is done at the same or subsequent public meeting. Certain categories of draft by-laws must be presented two or three times prior to adoption.

Sometimes a **public consultation** is then required. Such as changes to the zoning by-law. Others, including some loan by-laws, allow for a registry where citizens can request a referendum. In each case, the specific process is outlined at the public Council meeting when the notice of motion or draft by-law is presented.

At this point, **changes** can be made to the draft by-law based on the input from Council and the public, but the modifications should not change its original intent.

Finally, the by-law is **adopted**. This must be done at a separate meeting. The public meeting at which the by-law is adopted must be held at least two days later.

Once the by-laws are adopted they're **listed** on the website under "Public Notices", and a public notice is printed in *The Suburban*. Any by-law adopted by Council becomes effective on the date of its publication, unless a subsequent effective date is specified.

Where do I find the Town's by-laws?

The most requested by-laws are on the website. If the by-law is not available online, you may request it through the online request form or by contacting the office of the Town Clerk.

How can I provide input on by-laws?

You can **attend a public meeting** or consult the meeting agenda online to find out which by-laws Council intends to adopt, you can ask questions or give an opinion.

You can **attend a public consultation** if the by-law is subject to this requirement. These are announced at Council meetings, are listed on the website calendar and publicized in the e-bulletin.

You can **request** a by-law amendment. There is a \$5000 fee for this request, as it starts a review that can involve extensive research and substantial costs.

You can **contact** a Councillor directly. Often if Council is made aware of new issues or a lack of clarity in a current by-law, they themselves may ask that a by-law review be conducted.

As the by-laws are the laws of the municipality, they should not be changing frequently. That is why the process outlined is lengthy, allowing sufficient time for reflection, review and input. Although there was a very extensive review of our by-laws conducted in 2006, a few years after demerger, there are some by-laws which still date back 35 years or more.

*Colleen Feeney, Councillor
Finance, Administration,
Human Resources and Urban Planning
cfeeney@montreal-west.ca*

TRAVAILLER ENSEMBLE POUR ASSURER L'AVENIR DE M-O.



Montréal-Ouest a entrepris une importante opération de plantation d'arbres publics pour combler le grave déficit de jeunes arbres de rue.

Ce déficit a été documenté dans notre plus récente étude d'arbres qui dressait l'inventaire de nos arbres publics. L'étude soulignait que bon nombre de nos arbres sont vers la fin de leur cycle de vie, tandis que d'autres peuvent s'attendre à devenir la proie de maladies naturelles et de destruction dans un avenir proche.

Ainsi, lorsque certains résidents demandent : « Pourquoi ai-je besoin d'un arbre devant ma maison ? Il y a déjà beaucoup d'arbres dans ma rue, » il est impératif de reconnaître

que dans 50 ans, la plupart des arbres que nous voyons aujourd'hui seront morts.

Si nous ne continuons pas à planter de nouveaux arbres chaque année, nous laisserons un paysage aride aux générations futures, qui ne ressemble en rien à ce que vous voyez aujourd'hui. Nous avons besoin de propriétaires comme vous, qui n'avez pas encore d'arbre de rue mature sur votre terrain, pour accueillir un jeune arbre. Ceci permettra à la Ville de continuer à offrir le même paysage de rue idyllique qui attire les familles à Montréal-Ouest depuis 1897.

À l'heure actuelle, ces arbres gardent votre rue verte et feuillue ; ils offrent de l'ombre et atténuent les dommages causés par les eaux pluviales.

suite en page suivante

RÉDUCTION DE L'UTILISATION DU PLASTIQUE À USAGE UNIQUE SUR L'ÎLE DE MONTRÉAL



Lors de la dernière séance du Conseil tenu le 26 août, le Conseil a approuvé unanimement une résolution appuyant la réduction de l'utilisation de plastique à usage unique sur le territoire de l'île de Montréal : pour les mets à emporter et dans les épiceries et les restaurants, les sacs de plastique, pailles, ustensiles, tasses, collets pour canettes et le polystyrène sous toutes ses formes.

En adoptant cette résolution, M-O. se joint à d'autres villes liées préoccupées par les effets environnementaux négatifs des plastiques à usage unique en reconnaissant ce qui suit :

- la population est préoccupée par la croissance rapide de l'utilisation du plastique dans les emballages et les sacs à usage unique à l'échelle planétaire;
- il existe un lien significatif et important entre la production de plastique et l'émission de gaz à effet de serre;
- la croissance rapide de l'industrie du plastique amenuise les efforts visant à réduire la pollution par le carbone;

- les plastiques se dégradent très lentement et encombrant nos sites d'enfouissement;
- la population est maintenant sensibilisée aux risques des plastiques pour la santé humaine et environnementale;
- la population canadienne est manifestement inquiète de la quantité de résidus de plastique présente dans l'environnement et s'attend à ce que des actions soient entreprises;
- le recyclage seul n'apporte pas de solution efficace à ce problème;
- les déchets de plastiques submergent les installations de recyclage du fait que divers types de plastique sont difficiles à séparer et sont incompatibles les uns avec les autres;

Pour toutes ces raisons et plus encore, il est temps de prendre au sérieux l'interdiction du plastique à usage unique.

*Maria Torres, conseillère
Travaux publics, Bâtiments
et Environnement
mtorres@montreal-ouest.ca*

communiqué du CONSEIL

RAPPORT DU MAIRE

Réforme de l'agglomération



J'aurais aimé avoir des nouvelles plus définitives à partager avec vous au sujet de notre lutte continue avec la Ville de Montréal pour mettre en œuvre une réforme substantielle de l'agglomération. À l'heure actuelle, l'Association des municipalités de banlieue (AMB) a proposé à Montréal de modifier certains aspects du cadre actuel, notamment la façon dont nous sommes facturés pour quatre services majeurs fournis par l'Agglomération. Et malheureusement, à ce jour, les déclarations de l'administration Plante-Dorais au sujet d'une nouvelle ouverture à travailler avec les villes liées ne font qu'aboutir à de la frustration. Plutôt que d'utiliser nos propositions comme point de départ d'une véritable discussion et négociation, ils nous ont dit que nos propositions ne sont pas acceptables et qu'elles ne serviront donc pas de base à la discussion.

L'AMB va maintenant modifier ses plans afin d'aborder ces importantes questions de réforme avec les autorités compétentes au niveau provincial.

Scott MacKenzie et l'ARC

Après dix années très productives en tant que président de l'Association récréative civique (ARC), Scott MacKenzie a décidé de se retirer. Selon lui, l'ARC est en bien meilleure santé financière grâce à d'excellents programmes axés uniquement sur les jeunes. Je tiens à remercier publiquement Scott pour son dévouement à l'amélioration de l'offre sportive et récréative de notre Ville et je lui souhaite bonne chance dans ses projets futurs.

Café avec le maire

Le prochain Café avec le maire aura lieu **le jeudi 19 septembre** de 7 h 30 à 8 h 30 au Centre communautaire.

*Beny Masella, maire
Ville de Montréal-Ouest
bmasella@montreal-ouest.ca*



TRAVAILLER ENSEMBLE POUR L'AVENIR

suite de la page précédente

Ils purifient l'air et augmentent la valeur foncière de chaque maison dans votre secteur. En les regardant, vous pouvez penser que vous n'avez pas besoin d'un arbre. C'est à nous tous de travailler ensemble pour conserver le paysage qui rend Montréal-Ouest aussi spécial.

N'est-ce pas votre droit d'avoir une cour avant sans arbre?

Bien sûr, l'esthétique de votre cour avant dépend en grande partie de vous, mais il y a une bande de terrain (environ 6 à 8 pieds devant chaque maison dans la ville) qui constitue l'emprise municipale. Ce terrain est utilisé pour l'installation d'infrastructures publiques, y compris des « Avis public infrastructures vertes » comme les arbres de rue. Même si ce n'est pas de cette façon

que nous avons l'habitude d'y penser, les arbres de rue ne sont pas différents des infrastructures traditionnelles comme les lampadaires, les poteaux électriques, les bornes-fontaines et les panneaux de signalisation, car ils jouent un rôle essentiel pour assurer une communauté saine et sécuritaire. Ainsi, bien qu'un propriétaire puisse préférer ne pas avoir de lampadaires, de bornes-fontaines ou d'arbres sur son terrain, la Ville juge ces éléments essentiels à la qualité de vie dans le quartier et peut choisir de les installer dans tout endroit du domaine public.

C'est à nous tous ensemble de soutenir le Mo-Ouest que nous aimons tant.

*Elizabeth Ulin, conseillère
Loisirs, Culture et Communications
eulin@montreal-ouest.ca*



RÈGLEMENTS MUNICIPAUX : QUESTIONS POSÉES FRÉQUEMMENT

Comme on me pose souvent des questions au sujet de nos règlements municipaux, j'ai pensé qu'il serait utile de présenter une brève réponse aux questions fréquemment posées.

Qu'est-ce qu'un règlement?

Un règlement municipal est un règlement ou une loi municipale adoptée par le conseil municipal dans son champ de compétence, tel qu'établi par la Loi sur les cités et villes et le Code municipal du Québec. Les règlements administratifs traitent de questions importantes pour les citoyens, telles que :

- **Urbanisme** : zonage et aménagement du territoire, construction et rénovation, exigences en matière de permis.
- **Sécurité publique** : stationnement, sécurité et questions de nuisance
- **Finance** : budgets, emprunts municipaux et tarifs

Comment un règlement est-il adopté ?

Il existe des règles très strictes concernant l'adoption ou la modification des règlements. Voici le processus :

Premièrement, il y a le **dépôt d'un avis** de motion à une séance publique du Conseil. Ceci informe les citoyens que le Conseil a l'intention de rédiger un nouveau règlement ou un amendement et en expose brièvement l'intention.

Ensuite, un **projet de loi** est présenté par le Conseil. Cela se fait lors de la même séance publique ou d'une séance ultérieure. Certains types de projets de règlement doivent être présentés deux ou trois fois avant leur adoption.

Une **consultation publique** est parfois nécessaire. Comme pour les règlements de zonage. D'autres, dont certains règlements d'emprunt prévoient la tenue d'un registre permettant aux citoyens de demander un référendum. Dans chaque cas, le processus est décrit lors de la séance publique du Conseil lorsque l'avis de motion ou le projet de règlement est présenté.

À ce stade, **des modifications** peuvent être apportées au projet de règlement en fonction des commentaires du Conseil et du public, mais les modifications ne devraient pas modifier son intention initiale.

Finalement, le règlement est **adopté**. Cela doit se faire lors d'une séance distincte. La séance publique à laquelle le règlement est adopté doit avoir lieu au moins deux jours plus tard.

Une fois les règlements adoptés, ils sont **affichés** sur le site Web sous la rubrique « Avis public », et un avis public est imprimé dans « The Suburban ». Tout règlement adopté par le Conseil entre en vigueur lors de sa publication, à moins qu'une date ultérieure ne soit précisée.

Où puis-je trouver les règlements de la Ville ?

Les règlements les plus demandés se trouvent sur le site Web. Si le règlement n'est pas disponible en ligne, vous pouvez en faire la demande au moyen du formulaire de demande en ligne ou en communiquant avec le Service du greffe.

Comment puis-je partager mes commentaires sur les règlements?

Vous pouvez **assister à une séance publique**, ou consulter l'ordre du jour de la séance en ligne pour connaître les règlements que le Conseil entend adopter, poser des questions ou donner votre avis.

Vous pouvez **assister à une consultation publique** si le règlement est assujéti à cette exigence. Ces consultations sont annoncées lors d'une séance du Conseil, sont inscrites au calendrier du site Web et publiées dans le e-bulletin.

Vous pouvez **demande** une modification d'un règlement. Des frais de 5 000 \$ s'appliquent, car cette demande amorce un examen qui peut nécessiter des recherches approfondies et des coûts importants.

Vous pouvez **communiquer** directement avec un conseiller par courriel ou par téléphone. Souvent, si le Conseil est mis au courant de nouvelles questions ou d'un manque de clarté dans un règlement en vigueur, il peut demander un examen du règlement.

Comme les règlements sont les lois de la municipalité, ils ne devraient pas être modifiés fréquemment. C'est pourquoi le processus d'adoption est long et laisse du temps pour la réflexion, l'examen et l'échange. Bien qu'il y ait eu un examen approfondi de nos règlements en 2009, quelques années après la défusion, certains règlements municipaux remontent encore à 35 ans ou plus.

*Colleen Feeney, conseillère
Finances, Administration,
Ressources humaines et Urbanisme
cfeeney@montreal-ouest.ca*

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Montreal West Scout Group



What is Beaver Scouts all about?

Who are we and what do we do?



Opening the door to friendship and adventure for girls and boys aged 5-7. (kindergarten, grades 1 and 2). Beaver Scouts discover the world through teamwork and fun activities.

Beaver Scouts experience a wide range of activities and a world of new adventures. Through nature walks, short hikes, community service, games, crafts, skits, songs and family events, Beaver Scouts gain valuable social skills and self confidence while making new friends along the way. From camping to hiking and games galore, Beaver Scouts develop a respect for nature and others while exploring the world around them. From weekly meetings, special outings such as wall climbing to sleepovers and campfires, Beavers become environmental stewards, learn to problem solve and co-operate with their peers and elders.



Program

Our leadership team endeavours to help develop well-rounded youth, better prepared for success in the world. We strive to help the youth discover the best in themselves, taking on new challenges and experiencing new things that they wouldn't elsewhere.

With our Plan-Do-Review method, Beaver Scouts are empowered to learn by doing. Through Scouts Canada's Youth-led programming, youth put leadership and teamwork into play by planning their activities with the guidance of an adult Scouter. The great Scouting adventure allows youth to explore new things, share ideas, learn new skills and create new paths. Before and after all activities the youth are asked what they liked, didn't like and what would they like to do in the future.

Beaver Scouts is filled with a little bit of everything and plenty of opportunities for youth to personally develop in areas including social, physical, intellectual, character, emotional and spiritual. Along the way Beaver Scouts meet new friends, learn cooperation and teamwork and develop self-confidence.

Want to know more?

For further information about MW Beavers, call our Group Commissioner, **Karen Johnstone**, at 717-5696. Meetings are held at Edinburgh School Tuesday evenings from 6-7:15 pm. Let us know if you would like to visit so that we will have enough materials to include your child in the activities.



from Jessica Lonardi

Guiding



When many people think of The Girl Guides, they think of our iconic cookies. The fall season brings the chocolaty mint cookies, while the spring sees the traditional sandwich cookies. Well, cookies are the main way the Girl Guides raise funds. The sale of cookies helps the units have more money to do activities including the bigger activities, like travelling. Over the past decade, girls from MoWest have travelled to Ecuador, Switzerland and Mexico. It takes roughly two years of planning and fundraising before the girls actually travel.

This August, a small group of six girls and three leaders from our District travelled to one of the five World Centers for Girl Guides and Girl Scouts, located in Cuernavaca, Morelos, Mexico. The group travelled to Mexico City, where they stayed for roughly two days. They enjoyed touring the city and experiencing some of the Mexican heritage and culture.

Then they travelled to Our Cabaña, the World Center, where they met up with another group from Alberta, three groups from the United States, one group from North-West England and finally a group from The Bahamas. In total, there were 60 people visiting during the same week.

The theme of the week was Friendship. And make friends, they certainly did! They mingled with all the other groups. They toured local towns, and visited open air markets. One of the highlights of the trip was participating in waterfall jumping. They started off with small 1 m jumps, so the tour guides could ensure the girls' techniques were correct. They made their way up to 10 m jumps. Some girls enjoyed it so much they went a second time. If there had been more time, they would have gone a third time!

It was not all touristy activities. There were workshops on gender equality and gender-based violence and in what forms it can come in. At the end of the session, they had all decided how they would stand up to it. There was a kindness workshop, where one of the activities was to write something nice on a piece of paper for someone to read about themselves. They explored the Sustainable Development Goals. They also hosted children from a local orphanage to round robin activities like face painting (The girls let the guests paint on them as well.) and playing games. The girls were so impressed with how well behaved the children were.

No Girl Guide event can go without a campfire. What fun it was for all the groups to share their favourite songs. Not only were some of them new, some of them were well loved songs in other countries too!



This photo was taken in front of The Chief's Door. Our Cabaña was dedicated February 22, 1956. Lady Baden-Powell was there to be part of the dedication ceremony and donated the blue door, that is why it is known as the Chief's door, for Lady BP was the World Chief Guide.

In this photo it is all of the Montreal Girls with a new friend from Colorado, USA.



Photos: Elizabeth Knowles

Travelling and cookies?

The ten days passed so quickly! As soon as the group met with their families at the airport upon their return, a common comment was "We MUST visit The Bahamas". They girls had enjoyed their time together so much, they wanted to hop on the next flight to the Atlantic archipelago to visit with some of their new friends.

Inter-provincial camp

While this group of nine were enjoying themselves in Mexico, Guiding in Quebec hosted an inter-provincial camp at Wa-Thik-Ane. **Emily Lillies**, who in her younger years was a Guide and a Pathfinder here in MoWest, was one of the main organizers for this fantastic camp. The camp was called "Voilà Québec."

The inspiration for it came when Emily travelled to a similar camp, called Guiding Mosaic, in Alberta four years ago when she was 18. She believed Guiding in Quebec had a lot to offer, and could offer a similar camp. So, after two years of planning, the

camp became a reality. Girls from Quebec and five other provinces, ranging in age from 12-18, came together for a week in Morin Heights to enjoy all that a summer in the Laurentians can offer. They experienced many of the culinary delights, unique to Quebec. While many of the girls were enrolled in French immersion schools, they were exposed to our Quebecisms as well. *Tire-toi une bûche...* is not an expression normally taught in school! There was a day where the girls visited a few Laurentian towns. They made their way to an adventure park to do some ziplining, visited Saint Sauveur's water park and toured around Tremblant. Perhaps some of the girls will want to come back during the winter to enjoy the winter sports the Laurentians offer as well!

All these life experiences thanks to a tiny box of cookies. The fall cookies will be arriving October 5.

from Christine Downey

50+ Club**September**

- 24** Bridge
25 Healthy Aging through local resources, 1 pm (FREE)

**October**

- 8** Lac Memphrémagog: lunch cruise and Abbaye de Saint-Benoit-du-Lac
10 Presentation: Amazing Australia by photographer **Fred-eric Hore**
16 Theatre trip Gananoque: *The New Canadian Curling Club*
18 Movie matinée: *Roma*
29 Bridge
31 Halloween tea party

Tuesday Bridge:
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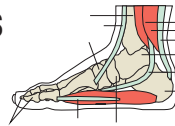
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**National Seniors Day**

Save the date and keep your eyes open! The *West-End Intergenerational Network (WIN)* together with *Prévention NDG*, *MWUC'S Extra Miles Senior Visiting Program*, the *ART Hives Network*, *engAGE* (Concordia's Centre for research into aging) and the *West-End Seniors' Table* are planning an informal get together for older adults and youth in our community Tuesday, October 1. It will be a time to celebrate and the profound contributions of older adult in our homes, communities, and workplaces. Mark the date and keep an eye out for further information.

The mission of *The West-End Intergenerational Network* is to facilitate collaboration and sharing of resources among community partners, to raise awareness about intergenerational practice, promote intergenerational connections and foster the creation of innovative programs across generations.

from Tracie Swim
on behalf of WIN
(West-End Intergenerational Network)

Lancement PDQ 9**Stylo CYBERVIOLENCE**

Le 11 juin dernier à Royal West Academy, le commandant **Luis Oliveira** et le directeur d'Info-Crime, **Jean Touchette** lançaient un nouveau projet commun en matière de cyberviolence. Les agents socio-communautaires **Nobert** et **De Angelis** accompagnés des cadets, **Lalonde** et **Bossé**, ont expliqué le projet et remis des stylo-stylets sur lesquels se retrouvent les ressources nécessaires en cas de besoin.

Les agents avaient constaté que plusieurs jeunes s'interrogeaient sur différents sujets, mais ils n'avaient pas de documents-ressources à leur remettre. Parfois, ces élèves étaient en détresse par suite d'événements vécus. Le nouveau projet répondra à ce besoin criant d'aide et d'assistance.

Le stylo vert fluo portant l'inscription «Besoin d'aide, il y a des solutions pour toi» fut grandement apprécié des jeunes. Ceux-ci auront toutes les ressources nécessaires sous la main, quel que soit le contexte : cyberintimidation, harcèlement, diffusion de photo non désirée, sextos, menaces, etc.

Dès septembre, le stylo Cyberviolence sera remis aux élèves à la suite de nos conférences. Les partenaires dans ce projet sont : *Centre canadien de protection de l'enfance* (Aidez-MoiSVP.ca, Cyberaide.ca); *Tel-jeunes*; *Jéunesse, J'écoute*; *SOS violence conjugale*; *Interligne* (diversité sexuelle/genre); *Suicide Action Montréal*; *Info-Santé* et *Info-Crime Montréal*.

Nous sommes très heureux de l'intérêt que le projet suscite chez les jeunes et souhaitons élargir sa portée et y ajouter l'*Association québécoise Plaidoyer-Victimes* qui apporte de l'aide aux parents d'enfants victimes de cyberviolence. Nous les invitons à visiter le site de Plaidoyer-Victimes à : aqpv.ca/la-cyberviolence-dans-les-relations-amoureuses-des-jeunes/.

Le commandant a profité du lancement pour remercier **Tony Pita**, directeur de Royal West Academy qui depuis plusieurs années est un formidable partenaire du SPVM en matière de prévention. Il facilite toujours les interventions dans son école. Dans sa planification 2019-2020, il prévoit déjà une pièce de théâtre sur la sécurité internet qui sera diffusée en partenariat avec le PDQ 9.

Les agents sociocommunautaires du PDQ 9 sont très reconnaissants d'avoir d'aussi bons partenaires et alliés.

Les agents Nobert et De Angelis feront la tournée des classes de 5^e et 6^e années des écoles Elizabeth-Ballantyne et Edinburgh afin de sensibiliser les enfants du primaire à cette problématique et distribueront le stylo ressource CYBERVIOLENCE.

Marie-Christine Nobert
et Vincent De Angelis

Come and dance!

The *NDG Senior Citizens' Council* in collaboration with several West-End seniors' table members, including *MWUC's Extra Miles Senior Visiting Program* and other community groups, are organizing a tea dance with the *Fabulous Flashbacks* Tuesday, October 1, 2-4 pm at Saint Philip's Church. It will be a time to celebrate International Day of Older Persons and the profound contributions of older adults in our homes, communities and workplaces.

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Council meeting: August

by Carol Foster



Unfortunately, proposals for the reform of the Agglomeration Council made by the Association of Suburban Mayors, have fallen on deaf ears and no results will be forthcoming, was the first item on the Mayor's report. He added that **Scott MacKenzie** is stepping down from the *CRA* and progress is being made on the revitalization of Westminster's commercial district. After consultation with the merchants, many improvements have been made to the attractiveness of this area. As a result of this process, a closer collaboration between the merchants and the Town has occurred. A Street Fair will be held on September 15 to highlight what our commercial area has to offer.

Among other items on the agenda, it was reported that the Town will receive \$600,000 as compensation for damage done to Avon by the exceptionally heavy traffic in that area resulting from the Turcot project.

First question period

The condition of the trees in the Town was a much-discussed topic during the first question period. A resident on Ballantyne North brought up the recently fallen tree at Parkside and Ballantyne which landed on a car containing three passengers. She felt the Town was not doing an adequate job of looking after the trees on both town property and in people's backyards, resulting in both safety and annoyance issues. As an example, she cited her own backyard problems due to the overgrowth of trees on her neighbour's property and asked what the Town could do about it.

The Mayor explained that the Town cannot go into people's backyards to inspect trees. She should report her concern to the Building Inspector who can assess the situation and deal with the owner if need be.

Councillor Mazzone added that a property owner has the right to trim the portion of a neighbouring tree which overhangs their property.

Another resident, also living on Ballantyne, stated, that following the fallen tree incident, he reported a tree problem on his property and Public Works followed up quickly with an inspection. He also said that there are trees on the escarpment which appear to be in dangerous condition and should be attended to.

Council was asked what the overall plan was for treating or removing infected ash trees in the Town, as there seem to be conflicting priorities in the work being carried out. The plan is created and implemented

by decisions made by Public Works, was the answer.

Trees were not the only issue considered hazardous by several residents. The time taken to fix a pothole, even after it had been reported, was a complaint made by a man whose car had been damaged by one on Ainslie, although some potholes in that area had already been repaired. Public Works has to prioritize where and when work gets done in a busy season was the Mayor's explanation.

Another peril reported by a female resident was the difficulties experienced by some pedestrians due to the installation of the new sidewalk terraces. The bases have been tripped over and in some cases the sidewalk is narrowed so much it causes pedestrian traffic jams. The Mayor welcomed these comments because the terraces are in the process of being assessed and this information is helpful.

The sale of the lot upon which the library sits was still an issue for a Friend of the Library. He wanted to know what financial options were considered in order to sell this property (such as selling rather than leasing). He further inquired if experts had been consulted to assess the total financial impact of disposing of this lot and asked if his group could consult the documents used in this process.

Councillors' reports

Councillor Torres explained that Sheraton Park is currently being used as storage for equipment for the infrastructure work on Wolseley and it will be restored once that work is completed. The Mayor had responded to an earlier question about the park saying that once the work was finished, parks are usually upgraded with things like more trees.

Councillor Torres invited everyone to attend the open houses being held by the Tri Centris recycling plants to see just what happens to compost which is collected in the Town.

The PSOs have been busy this summer, and Councillor Mazzone reported that tickets have been given out for a wide variety of infractions including unkempt properties, interior renovations being made without a permit, garbage infractions and to a dog owner who had no licence for his pet. The PSOs also attended to a gas leak on Ballantyne North as well as transported a refugee from Ghana, who was found on a park bench, to a men's shelter.

Councillor Mazzone concluded his remarks by assuring residents that their concerns do not fall upon deaf ears and are constantly being discussed in Council's caucus meetings.

Councillor Ulin announced a very active summer for the Recreation Department which is now already gearing up for the fall season's program. She thanked all the staff who contributed to making the summer and pool activities so successful.

Water-meter reading cards will be mailed out after Labour Day, due back by September 23, and paid no later than November 21, was **Councillor Feeny's** first announcement. One hundred and five permits were issued during the summer months by the Building Inspector's office and PAC continued their work twice every month dealing with renovation issues.

A website workshop attended by six residents was conducted by the Town's Communication Director to help design a Seniors' Communiqué on the Town's website.

Second question period

A Strathearn resident welcomed the Town's support of the reduction of the use of single-use plastic bags on the island of Montreal and suggested no plastic bags be used at the Merchant's Street Fair on September 15.

She also lamented the reduction of adult swim times at the pool this summer and hoped there would be a satisfaction survey provided for pool users in which she could make her comments.

It was suggested by another speaker that the Council reports should be included in the official minutes and she was informed that Council would consider this suggestion.

The meeting was then adjourned.



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Réunion du Conseil : août

par Carol Foster
traduction par René Boucher



Comme premier point de son rapport, le maire a indiqué que, malheureusement, les propositions de l'Association des municipalités de banlieue pour la réforme du conseil d'agglomération n'ont pas trouvé d'écho et ne donneront pas de résultats. Il a aussi annoncé le retrait de **Scott MacKenzie** de l'ARC et des progrès dans la revitalisation du secteur commercial de Westminster. Après consultation auprès des commerçants, on a amélioré l'attrait de cette zone et une meilleure collaboration entre la Ville et les marchands en a découlé. Le 15 septembre, une foire de rue aura lieu pour mettre en valeur ce que notre secteur commercial a à offrir.

Parmi les autres points à l'ordre du jour, on a rapporté que la Ville recevra 600 000 \$ en compensation de dommages au chemin Avon provoqués par la circulation exceptionnellement lourde résultant du chantier Turcot.

Première période de questions

L'état des arbres dans la ville a été longuement discuté lors de cette première période de questions. Une résidente de Ballantyne Nord a parlé de l'arbre à l'intersection Ballantyne et Parkside qui s'est abattu sur une voiture avec trois personnes à bord. Selon elle, la Ville ne s'occupe pas adéquatement des arbres tant sur la propriété publique que dans les cours arrière des citoyens, provoquant des problèmes de sécurité et des désagréments. À titre d'exemple, elle a cité des problèmes dans sa propre cour arrière en raison de la croissance débridée des arbres de la propriété voisine et a demandé ce que la Ville pouvait y faire.

Le maire a expliqué que la Ville ne peut aller dans les cours des résidents pour inspecter les arbres. Elle devrait informer l'inspecteur en bâtiments de ses préoccupations; il pourra évaluer la situation et intervenir auprès du propriétaire au besoin.

Le conseiller **Mazzone** ajouta qu'un propriétaire a le droit de tailler la partie de l'arbre d'un voisin qui surplombe sa propriété.

Un autre résident qui demeure aussi sur Ballantyne a déclaré qu'après l'incident de l'arbre tombé, il a signalé un arbre problématique sur son terrain, et les Travaux publics ont rapidement procédé à une inspection. Il a aussi indiqué que des arbres sur la falaise lui semblent en dangereux état et ont besoin d'attention.

On a demandé au Conseil quel était le plan pour traiter ou supprimer les frênes in-

fectés dans la ville parce que le travail effectué semble indiquer des priorités contradictoires. Réponse : les Travaux publics élaborent le plan et en sont le maître d'œuvre.

Plusieurs résidents considéraient que les arbres n'étaient pas les seuls dangers. Un homme dont la voiture a été endommagée par un nid-de-poule sur Ainslie s'est plaint du temps mis à réparer le trou, même après qu'il eut été signalé et même si on en avait déjà réparé d'autres dans ce secteur. Le maire a expliqué que les Travaux publics devaient prioriser où et quand le travail se fait en période occupée.

Une citoyenne a fait part des périls que rencontrent certains piétons par suite de l'installation des terrasses sur les trottoirs. On a trébuché sur les bases et dans certains cas, le rétrécissement de la voie provoque de la congestion sur le trottoir. Le maire a accueilli ces commentaires; les terrasses étant en voie d'évaluation, ces informations sont utiles.

La vente du terrain où est située la bibliothèque demeurait problématique pour un Ami de la bibliothèque. Il voulait savoir quelles options financières avaient été considérées avant d'en arriver à vendre cette propriété (p. ex. vendre plutôt que louer). Il a aussi demandé si l'on avait consulté des experts pour évaluer l'impact financier global de se départir de ce terrain et a demandé si son groupe pourrait avoir accès aux documents utilisés dans ce processus.

Rapports des conseillers

La conseillère **Torres** a expliqué que le parc Sheraton sert présentement à l'entreposage d'équipement pour les travaux d'infrastructure sur Wolseley et sera rénové après les travaux. Le maire a répondu à une question posée précédemment concernant le parc, indiquant qu'après la fin des travaux, les parcs sont habituellement mis à jour avec entre autres plus d'arbres.

La conseillère Torres a invité tout le monde à participer aux portes ouvertes des installations de recyclage Tri Centris pour constater ce qui arrive aux matières compostables recueillies.

Selon le conseiller Mazzone, les ASP ont été occupés cet été. Ils ont distribué des constats pour une grande variété d'infractions, dont des propriétés mal tenues, des rénovations intérieures exécutées sans permis, des contraventions au règlement sur les ordures et à un propriétaire qui n'avait pas de permis pour son chien. Ils se sont aussi occupés d'une fuite de gaz sur Ballantyne Nord et ont transporté un réfugié ghanéen trouvé sur un banc de parc vers un refuge.

M. Mazzone a conclu ses remarques en assurant les citoyens que leurs préoccupa-

tions ne sont pas ignorées et sont constamment discutées lors des réunions du Conseil.

La conseillère **Ulin** a fait part d'une saison estivale très active pour le service des Loisirs qui se tourne déjà vers ses programmes d'automne. Elle a remercié tout le personnel qui a contribué au grand succès des activités estivales et de la piscine.

La conseillère **Feeney** a indiqué que les cartes pour la lecture des compteurs d'eau seront postées au lendemain de la fête du Travail, devant être retournées au plus tard le 23 septembre, le paiement étant dû pour le 21 novembre. Le bureau de l'inspecteur en bâtiments a délivré 105 permis au cours de l'été et le CCU a poursuivi ses travaux deux fois par mois pour traiter les demandes de rénovations.

Six citoyens ont participé à un atelier de site Web tenu par la responsable des communications de la Ville pour aider à la conception d'un communiqué pour aînés sur le site Web de la Ville.

Seconde période de questions

Une résidente de Strathearn s'est réjouie du soutien de la Ville à la réduction de l'utilisation des sacs de plastique à usage unique sur l'île de Montréal et a suggéré qu'aucun sac de plastique ne soit utilisé lors de la foire de rue des commerçants le 15 septembre.

Elle a aussi déploré la réduction du temps réservé aux adultes à la piscine cet été et espère pouvoir exprimer ses commentaires dans un sondage sur la satisfaction des utilisateurs.

Une autre intervenante a suggéré que les rapports des membres du Conseil soient inclus dans les procès-verbaux officiels et on lui a indiqué que le Conseil prendrait sa suggestion en considération.

La séance a alors été levée.

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News from the pews

MW United

...the brick one

Good to see everyone making their way back as the season shifts and the city week-ends beckon.

Sunday Labyrinth Walk

Yes the Labyrinth will be spread for your individual walking meditation on Sunday, September 29 between 2 and 4 in Wadsworth Hall. Socks and slippers please, but no charge. As always everyone is welcome and that includes first-timers.

School supplies for St. Columba House

Until the end of September, we are gathering donations of school supplies to be delivered to St. Columba House. Their after-school program where kids get help with their homework as well as tutoring, is always needing supplies. All donations gratefully accepted.

Sunday school resumes

Now that our worship services have resumed, the Sunday school is also back in force with **Merrie Hammond** shepherding the young flock. Welcome back to all and best wishes to Merrie for a wonderful year ahead.

October is brimming with things.

October brings back our full choir with our wonderful leads. They bring a richness to the musical ministry of the church, help us to learn our pieces faster and keep us in tune. Plus they are a lot of fun.

October 6 will be World Wide Communion Day. Christians all around the globe will

be observing this special time together, time zone by time zone.

October 13 is Thanksgiving and World Food Sunday. Donations of non-perishables will be gathered by the Sunday school children. The results will be taken to *The Depot Community Food Centre* for distribution where it matters. We are fortunate to have this valuable resource in our midst.

Watch for our Welcome Back Lunch soon and join us with Rev. **Mark Hammond** any Sunday at 10 am at "the brick one." Until next time....

from Susan Upham

St. Philip's

Sunday, September 29 at 4 pm, a large contingent from St Philip's will be travelling downtown to Christ Church Cathedral for the ordination of **Tyson Røsborg**, who was our in-ministry student last year. He will be ministering in the Eastern Townships, based in Stanbridge East but serving several churches as part of a team ministry.

Harvest Thanksgiving

Because the Memorial Hall is being used for early voting on Thanksgiving weekend, we will be observing our Harvest Festival Sunday, October 20. The church will be decorated as usual (with the fruits and vegetables afterwards going to *St. Michael's Mission*), the choir will have special music and after the 10 am worship, we will have a pot-luck community lunch. All are invited to join us to give thanks for the bounty of the earth.

Save the date: the annual Christmas Bazaar is Saturday, November 8, and plans are well underway.

Can you help us solve a mystery?

The week of August 12, the stone cross above our front doors went missing. August 28, it returned, gently placed next to the front doors, with just a spot of dried mud on it. We would like to know how and why it disappeared (but we don't need to know the names of those involved).

St. Ignatius

Monday Night Alpha Got questions about life?

Over the past three years, more than 200 people have been touched by our Alpha offerings. Our doors are open to all in the neighbourhood and beyond. Alpha Six begins Monday, September 23. Alpha at St. Ignatius is not so much a course, but an experience! Registration is now open. There is no cost, but spaces are limited. You can read more and sign up at stig.ca/alpha.

Got kids?

Want a Sunday experience that is fun, low stress and kid-friendly? Try Catch the Wave! September 15 is the kick-off date for the new year. During our 11 am mass, kids aged 3 to 12 are invited to attend a special program just for them. There is no cost, and kids can join at any time. Read more at stig.ca/kids-teens.

Got teens?

IgNation is back! Our weekly program for teens aged 13 to 18 begins October 10.

Dinner, relaxation, games and conversation, every Thursday from 4 to 8 pm. stig.ca/kids-teens.

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Community Centre

FALL PROGRAMS

Check our website: montreal-west.ca
or facebook page: [facebook.com/montrealwest.ca](https://www.facebook.com/montrealwest.ca).

Registration is now online for all Town programs on amilia.com. You can also come and sign up at the Community Centre during regular working hours (8:30 am-4:30).

Please call the Community Centre for more information at 484-6186 or email us with questions at recreation@montreal-west.ca.

Bilingual Discovery

2 to 4 years old
Monday to Friday, 9 am to 12 pm

Children will experience a fun and playful atmosphere with exciting and educational activities including arts and crafts, story time, drama play, library visit and much more.

Small class sizes provide a more interactive and personalized service focusing on socializing, learning problem solving and gross motor skills.

Optional 2, 3 or 5 days available.

Parent and Tot programs

- **Parent and Tots Exercise**, Wednesdays, 10:30 am

NEW: SUNDAYS

- **Baby Boogie** (6 to 18 months)
- **Parent & Tot Zumba** (1 year +)
- **Music and Movement** (18 to 36 months) by the *Music Hive*

Youth programs

- **Hip Hop**: 5-6 years, Wednesday, 5:30 pm; 7-8 years Wednesday 6:15 pm
 - **Captain Catalyst** science fun and brain challenges, Sundays, 10-11:30 am
 - **Ballet and Pre-Ballet**, 3 to 9 years
 - **Red Cross babysitting** course: October 5
- NEW**
- **MANGA drawing**: Fridays, 4:30 pm, 12 years +

New adult programs

New this year is **Zumba Strong with Florina** on Sundays at 10:15 am. Join Florina in this high-intensity workout led by music. Feel every beat. Sync every move. Work every muscle.

Boot Camp will be held on Monday and Thursday evening at Edinburgh School and **Line Dancing** will be held on Wednesdays at 7 pm.

All your favorite instructors are back to keep you active and in shape throughout the year with the following fitness classes:

Barre, Reach, TRX,
Stretch, Yoga, Yogalates,
Essentrics, Poloxing,
Yoga for Stiff Men,
Fit Interval with **Beth**,
Ballet for Adults
and 65+ Fitness (Tues, Wed, Fri).

Birthday parties

Celebrate your child's next birthday party with us.

Three-hour block Saturday or Sunday; themes: super hero, animals, unicorns, nature, Moana and more. An animator will provide an hour of activities. Your choice of crafts, beading, games, face painting, etc.

Please call the Community Centre for more info at 484-6186.

SPECIAL EVENTS

Fall Street Festival

Sunday, September 15
11 am-5 pm

This year the Recreation Department will combine the annual fall festival with the Merchants' Street Fair. There will be a variety of activities for all to enjoy.

Live entertainment by **Ramon Chicharron** at 12:30, music by **Carl Miller** and his band Roadside Assistance at 2:45, fitness demonstrations, skate park, inflatables, face painting, food, face painting, fire simulator and arts and crafts and much more all day long. Come on by and participate in the different activities or just to see what our local merchants have to offer.



A Walk to Remember

Saturday, November 9

Led by Dr. **Robert Drummond**. Meeting time: 1 pm at the Cenotaph.



Remembrance Day Ceremony

Sunday, November 10

Procession begins at the corner of Curzon and Westminster at 12:15. The Ceremony starts at 12:30 at the Cenotaph. The ceremony will be followed by a reception for Veterans and their families at the Town Hall.



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COMING EVENTS

Please call the editor: Heather at 489-7022 or
e-mail: montrealwestinformer@gmail.com

Next deadline: September 25, delivery begins October 11

SEP

- Sun 15** **Terry Fox Run.** Strathearn Park. 11 am-3 pm.
Fall Street Festival. The Recreation Department will combine the annual Fall Festival with the Merchants' Street Fair. There will be a variety of activities for all to enjoy. 11 am-5 pm.
- Mon 16** **Horticultural Society** presents enthusiastic representatives from several community gardens located in MoWest. Non-members \$5 or \$20 for 2019 membership. Town Hall. 7:30 pm.
- Thu 19** **Coffee with the Mayor.** Community Centre. 7:30-8:30 am.
- Mon 23** **Deadline for water meter readings**
– New! Submit your reading online : montreal-west.ca/water-tax
Échéance pour la lecture des compteurs d'eau
– Nouveau! Faites-le en ligne : montreal-west.ca/taxe-eau
Mo West Talks with Scott Macleod and his film *First Contact*. Public Library. 7 pm.
Town Council meeting. Town Hall. 8 pm.
- Wed 25** **Healthy Aging** through local resources. Free. Community Centre. 1 pm.

OCT

- Tue 1** **French conversation classes begin.** Public Library. 2 pm.
St. James Literary Society: Sylvia Bertolini will present 13 Clan Mothers of the 13 Moons. Non-members: \$12. For reservations, please call 484-0146. Community Centre. 7:30 pm.
Mo West Reads with Alan Hustak. Public Library. 7 pm.
- Mon 7** **Cookbook Book Club.** Public Library. 7 pm.
- Tues 8** **IODE meeting.** Community Centre. 2 pm.
- Wed 16** **Tea and Books: Death Comes to the Library** with Joan Foster and Mary Bianchini. Public Library. 2 pm.
- Sun 20** **Harvest Festival, Holy Eucharist and community lunch.** St. Philip's. 10 am.
- Mon 21** **Horticultural Society** presents Mark Reynold on the history, usage and implications of the powerful herb Cannabis and its recent legislation. Non-members \$5 or \$20 for 2019 membership. Town Hall. 7:30 pm.



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