



Nicole Keefler: Training to be resilient

from Maurice Krystal

Nicole Keefler is delighted to have recently moved to her new office next to local chiropractor, Dr. Michael Wexel, where they share a waiting room. We faced each other in her bright, small office and began with her life story.

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She grew up in Westmount, but knew Montreal West like the back of her hand because her best friend lived here. She attended École Secondaire Saint-Luc, Marianopolis and Concordia, graduating with a degree in Art Education. Much of her life has been on two tracks: one in the arts and the other in psychology.

After finishing university, Nicole worked for an animation company. She began by formatting scripts sent in by various writers, but quickly moved up to become a full-fledged script writer. She had a wonderful career writing scripts for children’s TV shows like *Franklin*, *Babar* and the *Adventures of Badou*, *Bali* and *The Busy World of Richard Scarry*.

The birth of her first daughter, however, led to a shift in her priorities so Nicole turned to her other love, working with people.

She volunteered as a companion to people suffering from agoraphobia and it wasn’t long before Nicole was hired to head the program. She also found great purpose as a facilitator of their anxiety management program and led groups for hundreds of men and women with anxiety disorders.

The family moved to Mo West and welcomed two additions. By 2005, Nicole assumed the role of Executive Director of the *Anxiety Disorders Association of Canada* (today called *Anxiety Canada*) of which she was a founding board member. But she had to resign when her then husband was transferred to Philadelphia in 2007. The US financial crisis brought the family back to Mo West the following year.

The next few years proved to be the most challenging in her life, but ultimately the most rewarding as it led to her true passion: grief recovery work and life coaching.

Dealing with grief

Back in Montreal, Nicole returned to writing for several TV shows but in the background of her life, she was dealing with grief from successive miscarriages, the deaths of her sister, her brother-in-law and her step-father.

She then went through the upheavals and profound sadness of a divorce. When her grief pushed her to seek support, it changed her emotional life and the course of her work.

continued on page 4

Flu vaccination

Tuesday, November 19
10 am-3 pm, Town Hall

The Influenza (flu) vaccine is free for people at high risk and people in close contact with them:



- People aged 75 years old and over;
- Adults 18 years and older with certain chronic diseases;
- Children 6 months to 17 years old with certain chronic diseases;
- Pregnant women with chronic diseases, throughout their pregnancy;
- Pregnant women in good health, in their 2nd and 3rd trimester of pregnancy;
- Family members who live in the same household of a child under 6 months of age or a person at higher risk of being hospitalized and to their caregivers.

Flu vaccination is also free of charge to:

- Healthy children from 6 to 23 months old;
- Healthy people from 60 to 74 years old.

THE INFORMER

10 Westminister 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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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

November 6



Shawn Mozen and Brazilian Jiu-Jitsu

If you've ever watched the *Ultimate Fighting Championship (UFC)*, you know that it's as close to a real-life fight as you will see. Athletes that compete in the sport of mixed martial arts (MMA) are trained experts at, as the name implies, blending the various martial arts together. But in the *UFC's* early days, it was all about style vs. style; matching individual disciplines against one another in order to determine which was superior. And it was clear from the beginning that Brazilian Jiu-Jitsu (BJJ), a type of submission grappling, was the most effective.

Delivering on the promise

BJJ is now popular all over the world and that includes Montreal West, with a new school at *Agatsu* (202 Ronald Drive), led by its president, **Shawn Mozen**. Mozen has had a long journey in both fitness and martial arts including training in judo, karate, boxing and Krav Maga. He was also the first to introduce kettlebell fitness training in Canada and offer certification seminars for trainers as well as instructional DVDs. Throughout his time teaching fitness and martial arts, he always sought efficiency, tools that would deliver on their promises and help people reach their goals. And that is what led him to BJJ.

"Once I saw it and felt the reality of it, I was hooked because it was just so much fun and it was delivering on that movie promise that you saw, where the little guy, like Bruce Lee, could beat the big guy." Shawn trains under **Henry Akins** in California and has adopted Akins' teaching philosophy of keeping BJJ true to its roots of being effective for self-defense and not just for competition.

A discipline worth starting

But even for who that never plan on being involved in a fight, Mozen believes BJJ is still a discipline worth starting. "For people not interested in self-defense, it's one of the most fun martial arts you can train because you can actually test it, apply it and know if you're getting better because it's a results-driven martial art."

As a student at *Agatsu* BJJ, I love that it's a friendly and safe place where I can improve my skills and not worry about getting injured, which is a common reason why people stop training. "You can come in, learn the basics, build up your repertoire of techniques and then eventually

evolve where you can apply it in sparring," Mozen says. "I feel that the structure we have here lends itself very well to understanding BJJ in terms of self-defense and practising it in a very safe environment that will allow you to develop your skills and it won't push you into the deep end faster than you're ready for."

For someone who is interested in trying a class, Shawn keeps it simple. "The truth is, you don't have to be in good shape to come and do this. Whatever shape you're in, whatever experience you have, just get yourself through the door. Everyone here wants you to be successful and enjoy BJJ as much as they do. As long as you get yourself through the door, we will offer you the best possible experience to see what BJJ is all about."

Doors open to anyone and everyone

What's also unique about *Agatsu* is that Shawn allows his students to train elsewhere if they so desire. "Our doors are open to anyone and everyone. You are welcome to come here no matter what your affiliation or experience is. If you have no experience, we will show you the ropes and explain to you everything that you're going to do so you don't feel lost or overwhelmed."

Mozen's goal is to continue to build his school and teach the kind of jiu-jitsu that got the world excited about it in the first place. If you have any interest in martial arts training, come check it out. You won't regret it!

Please check out *Agatsu* on Instagram @jiujit-sumontreal and @agatsumontreal as well as *Agatsu Montreal-Gym* on Facebook.

from Jamie Rebner

in memoriam

Vaughan McVey

1933-2019

Faith, Family, Football

Vince Lombardi

Vaughan McVey lived by the famous Vince Lombardi credo above, with the addition of one more “f” word – friends.

Surrounded by his family, Vaughan passed away August 24, following a long illness. He is remembered for his passion and determination, particularly in coaching the men’s McGill University football team, going on to be a founder and chairman of Friends of McGill Football and ultimately being inducted into the McGill Sports Hall of Fame as a builder in 2002. He is also remembered for his conviviality and his affinity for the ski hill or a couple of rounds of golf.



His grand children, **Patrick, Karl, Anna, Michelle** and I grew up visiting Wolseley Avenue where **Lise** and Vaughan resided for over 45 years. I’ll always remember the breakfasts he made, his easy laughter and his curiosity about all our varied interests, along with the encouragement for each of them that came with a booming “good for you” and a clap on the back.

He showed us the value of family and friendship. We will miss him so much.

from Maegan White

The entire staff of *The Informer* extends our sincere and deep condolences in particular to **Lise**, but also to the entire family.

The Informer was lucky to have had Vaughan as our Advertising Manager for several years; he “worked the street,” got us new ads and was responsible for extending the coverage of *The Informer* by making copies available in Westminster businesses where possible. Thanks Vaughan, great job!

Roberta Tyler Wood

1930-2019

Roberta Tyler Wood passed away August 27. Berta was a lifetime resident of MoWest, living in the old semi-detached house on Brock Avenue North built by her grandfather and his brother who lived next door. The brothers married two sisters and three generations of Tylers lived side-by-side until **Ainslie Tyler Webster** married **Peter Webster** and moved to Wolsely N. and Anne Tyler passed away. Roberta continued living there, tending her grandfather’s roses, lilacs and peonies. Her daughter **Cathy** and grandson **David** live there still and have taken up the gardening shears.

Roberta was a Renaissance woman. She taught science and mathematics to girls at Sacred Heart and Trafalgar schools and inspired a whole generation of girls to pursue careers in science, engineering and medicine. For this service, she was awarded the Prime Minister’s Award for the Teaching of Science.

Devoted as she was to this special calling, she loved the outdoors and being active



too. Her progressively wilder canoe trips by bush plane with lifelong friends **Liz Imrie** and **Norah Hildebrandt**, added year after year, they added a fourth from the more intrepid ladies of Montreal West like **Lise McVey, Mieke Van Soest, Adeline Gray** and **Naomi Brenchley** to name a few. Berta also swam her laps everyday at the pool, riding over on her bike every day at lunch time.

Roberta loved MoWest and spent her whole life immersed in the pulse of the Town, first as a 10-year Sunday school teacher at the MW United, offering a chemistry course on her own time at MoWest High School (where she was the valedictorian in her graduating year) and, in retirement, volunteering at the Children’s Library. Also in retirement, she took up curling and joined the SLICS (a women’s curling team) and played a mean game of bridge at the duplicate and Marathon bridge clubs.

Roberta’s loss will be felt deeply by all those whose lives she touched and she leaves her canoe paddle and garden shears to the next generations.

from Cathy Wood



Auction and Fundraiser!

Curzon Creative Preschool will be hosting its 17th annual Auction and Fundraiser on Saturday, November 23, from 7-11 pm, at the MW United Church.

Please join us for a fun evening of live music, an assortment of food, beverages and both a live and silent auction. We are looking forward to another exceptional year, with thousands of dollars worth of exciting auction items to bid on, including *Montréal Canadiens* tickets, spa packages, dining experiences and much more! This is a great occasion to enjoy a night out with friends and get some wonderful and unique gifts in time for the holidays!

Curzon Creative Preschool, a non-profit cooperative preschool, will be celebrating its 60th anniversary of being part of the MoWest community this year. The school’s success depends largely upon the support of fundraising activities and the generosity of our community.

Tickets are \$20 in advance and can be purchased at eventbrite.ca or \$25 at the door. This event attracts more than 100 attendees, so don’t delay in reserving your tickets! All auction and ticket proceeds will directly benefit *Curzon Creative Preschool*.

For more information or to donate to the auction, contact curzonauktion@gmail.com.

from Lisa Gault



The healing power of Cannabis

With legalization nearing its one year anniversary in Canada, Cannabis has become a more common part of everyday life for millions of people. Our speaker, **Mark Reynolds**, will draw on his knowledge as an herbalist to explore the history, usage and implications of this powerful herb and its recent legalization.

Presentation takes place Monday, October 21, 7:30 pm at the Town Hall. Everyone welcome; \$5 admission for non-members.

The *Horticultural Society* will also manage the *Floral Café* at *Art Etc.*, Saturday, November 16.



Info-project line:
385-8888, extension 3462.
 Website: hydroquebec.com/aqueduc-saraguay/en/



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385-8888, poste 3462.
 Site Web : hydroquebec.com/aqueduc-saraguay/fr/

The project consists in replacing aging equipment to maintain the reliability of electricity supply, meet future electricity needs and support greater Montréal's economic development:

- Rebuilding an overhead transmission line over a distance of 18 km.
- Conversion to 315 kV of three 120-kV transformer substations in Lachine, Côte-Saint-Luc and Saint-Laurent.

For this project, *Hydro-Québec*, the city of Montreal, the Town of Montreal West and the other municipal partners have committed to work together to promote greening and active transportation initiatives along the existing line right-of-way. The creation of a green corridor could include a bike path, a walking path, recreational amenities and landscaping to improve quality of life for residents.

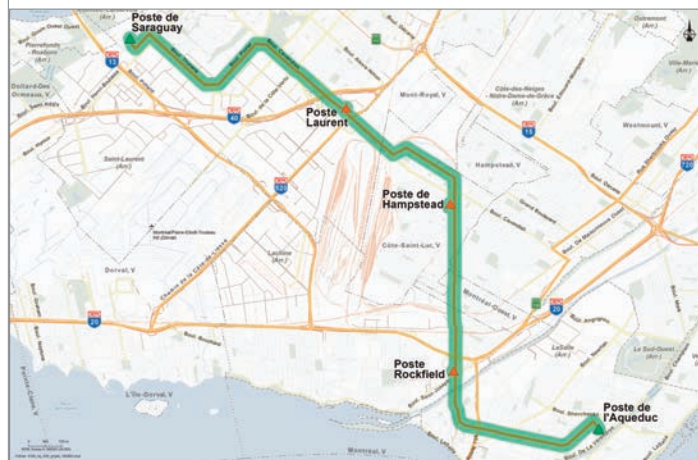
Hydro-Québec invites the public to meet with its representatives and learn about the project at an open house meeting. *Hydro-Québec* representatives will inform residents about the proposed project, answer any questions residents may have and gather their comments.



Invitation to an open house

Upgrade of power transmission system between LaSalle and Saint-Laurent and creation of green corridor

Wednesday, October 23, 3-8 pm
at the Town Hall, Music Room



Invitation à une rencontre portes ouvertes

Modernisation du réseau de transport d'électricité entre LaSalle et Saint-Laurent et création d'un corridor vert

le mercredi 23 octobre de 15 h à 20 h
à l'Hôtel de Ville, Salle de musique

Le projet consiste à remplacer des équipements vieillissants, à maintenir la fiabilité du réseau, à répondre aux besoins en électricité et à soutenir le développement économique de la métropole :

- la reconstruction d'une ligne de transport aérienne sur 18 km ;
- la conversion de trois postes de transformation électrique de 120 kV à 315 kV, soit les postes à Lachine, à Côte-Saint-Luc et à Saint-Laurent.

Dans le cadre de ce projet, *Hydro-Québec*, la Ville de Montréal, la ville de Montréal-Ouest et les autres partenaires municipaux s'engagent à collaborer pour favoriser la réalisation d'initiatives de verdissement et de transport actif dans l'emprise de la ligne. Le corridor vert créé pourrait inclure une piste cyclable, un sentier piétonnier et des aménagements récréatifs et paysagers afin d'améliorer le cadre de vie.

Hydro-Québec invite la population à rencontrer ses représentants et à se renseigner sur le projet lors d'une activité portes ouvertes. À cette occasion, les représentants d'*Hydro-Québec* échangeront avec les résidents sur le projet proposé, répondront aux questions et recueilleront les commentaires.





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Nicole Keebler

continued from page 1

With time, a strong desire awakened in Nicole to help women who were going through divorce. This led her to enrol in Concordia's Professional and Personal Life Coaching Program where she later became a mentor coach. She then did further training in grief recovery, divorce and relationship coaching.

Four years ago, Nicole set up her new business venture in her home office, with the intention of coaching divorced women who wanted to find a new relationship. The clients who came to her, however, were both men and women who were struggling with grief and loss. Over time she decided to make this the focus of her work. Her life experiences and professional training joined forces and she found her calling.

Her practice has grown, and so has her need for a new, larger office! She feels fortunate to have found a space next to Dr. Wexel's.

Loss comes in many forms

I asked Nicole why she thinks focusing on grief has been life-changing for her clients. "Studies have shown that by the age of 50 most people will experience 15 losses in their life, ranging from breakups, to job losses, deaths, moving and health crises." She explained that there are some 40 types of losses, some more traumatic than others. If unresolved, they pile up and no matter how hard we try to bury our grief, at some point it shows up. And, society expects us to handle it, but most of us are ill-equipped. Society demands a quick recovery, so most of us put on a show of strength even as our insides crumble. We are told time heals, but we really need action to move through our grief. When a car breaks down on the highway, we don't just wait for time to fix it.

Nicole brings her own life experiences and professional knowledge to create a compassionate and safe environment for her clients' unique emotions and responses to all types of loss. She considers it an honour to be part of people's lives when they are suffering and to witness their healing and transformation. Grief recovery isn't about "getting over" losses, it's about recovering from the pain of the loss so people can move forward in their lives.

Nicole lives a short distance away from her new office with her eldest daughter, who is studying Political Science at McGill, her twin daughters, who are studying at Villa Maria, along with Maggie their beloved dog. And, she eventually found love again. (We all like happy endings!)

For more info: 770-6295
nicolekeeflercoaching@gmail.com
nicolekeefler.com

IODE

National Youth Orchestra student scholarships



National Youth Orchestra (NYO) of Canada is Canada's orchestral finishing school.

Since 1960, NYO provides a bridge to the profession for the nation's most accomplished young musicians aged 16 to 28. Every year, following a rigorous national audition process, 100 skilled young musical artists from every province are selected to participate in an intensive five-week residential training program at the Faculty of Music at Wilfred Laurier University in Ontario. Then, they embark on a national and international tour in some of the nation's and the world's most magnificent concert halls. Entirely tuition-free, it's the opportunity of a lifetime for an extraordinarily talented young person hoping to pursue a life in the arts.

IODE members have been supporting the NYO with tour support for many years and since 2014, annual scholarships for three musicians.



The three winners of the 2019 IODE scholarships for the National Youth Orchestra: Malcolm Kellett-Cooke, tuba; Roxanne Sicard, violin; Jonathan Elliotson, trumpet

This autumn, the orchestra will be touring four Canadian cities. Thursday, November 14 it will be in Montreal, presenting a free concert at Notre Dame Basilica at 7:30 pm.

Come and show your support to these talented young musicians!

from Nadine Fenton

Rotary

Federal election debate night



We hosted an all-parties debate at the Town Hall. The event was moderated by CJAD's Elias Makos. Mayor Beny Masella welcomed everyone including the candidates. There were five candidates present, only the representative from the NDP was absent because they were busy picking their candidate that evening. Around 100 people came out to listen to what the candidates and their parties had to say about the elec-

tion. The debaters were Robert Green (Green Party), Jennifer Jetté (Bloc Québécois), Marc Garneau (Liberal) Neil Drabkin (Conservative) and André Valiquette (People's Party).

Coming events

- **Thursday, October 17, 12:30 pm:** Zelda Freitas MSW, Joan Foster BN, McGill Council on Palliative Care – Meaningful Conversations around Life and Death
- **Friday, November 1, 6:30 pm, \$60:** Oysterfest
- **Thursday, November 14, 12:30 pm:** The Depot Community Food Centre

from Doug Yeats



André Valiquette, Neil Drabkin, Marc Garneau, Jennifer Jetté, Robert Green

Elizabeth Ballantyne School



EBS and Roslyn all stars!

Head-to-head competition!

There were lots of laughs one Friday afternoon recently when a head-to-head competition was held between the staff members of EBS and Roslyn School. They played a lively game of softball on the field across from the school. It was the first in what will be a series of games between Roslyn and EBS.

The game was intended to promote a friendly competition between the two schools and to get some exercise. An active staff is a healthy staff, and it is important that we act as role models for our students as we promote the importance of physical activity.

Although the final score doesn't matter, bragging rights were had by the home team, as we won the game handily over the visitors. Although none of the participants involved would be confused with professional softball players, the contest saw more than a few big hits and even a few defensive gems.

The next competition may be soccer, basketball, flag football – maybe even another softball game. Rest assured that fun will be had by all... as long as EBS is victorious again!

from Kate Marien

Edinburgh School

Supporting *The Depot*

For many years, the Home and School Association has organized outreach activities designed to connect parents and students to the wider community. These activities have long included an annual food drive for *The Depot*. Today the drive is more than a food donation; it is also a chance to teach parents and students about food security and to involve them in the community-building work of *The Depot*.

In April, parent volunteers **Jody Mason, Siobhan Babkine, Vanessa Gangai and Cat Mac-pherson** coordinated the drive. The student team included six grade six students: **Kaitlyn Friedman, Eleni Sawyer, Vinnie Vietri, Taryn Cleg-horn, Julian Longo and Emily Girolamo**. The students assumed their tasks with great enthusi-

asm. They promoted the drive (in English and French) to students, collected and sorted donations, learned about food security and the work of *The Depot* and participated in the community meal there. **Ms. Danica**, Edinburgh's spiritual animator, and school principal **Mr. Zampini** also joined the hardworking team.

Twenty-five boxes of food were collected – a much needed donation at a time of year when the organization is running low on supplies for emergency baskets. This outreach initiative not only benefits *The Depot* and the community, but also students and parent volunteers. To make a financial donation to this amazing organization, visit their website: depotmtl.org/en/thank-you/.

from Jody Mason



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Golf Champs 2019: Ryan Emery, John Flood, organizers Gynne Ennis and Sam McCoubrey and Mike Harper. Rob Trickett was AWOL at time of photo

7th annual **RBC MoWest Charity Golf Tournament**

The tournament was held on a gorgeous sunny afternoon in mid-September at the Caugnawagha Golf Club. Once again it was a great success as 72 golfers of various talent levels enjoyed a fun day of golf and camaraderie with friends and neighbours, catching up and sharing many MoWest stories and experiences.

Along with the fun we were also successful in the fundraising as we raised over \$11,750, bringing our seven year total to just over \$73,000. The monies will be shared by *The Children's Library, Little Red Playhouse/Coco's Place, Meals-on-Wheels, Extra Miles* senior programs, the *Public Library*, as well as Elizabeth Ballantyne and Edinburgh elementary schools. We also sent funds to the *MUHC* in memory of **Rick Emery** and to the *Andy Collins for Kids Foundation* in memory of **Bruce Charron**.

As for the important question of who won, the foursome of **Ryan Emery, John Flood, Rob Trickett** and **Michael Harper** were victorious for the third time having previously won in 2014 and 2016. Their score of 10 under par was more than enough to take home top prize and to give the rest

of us amateurs reason to practise more for next year!

Long drive winners were **Tara Durly** and **Brad Wing**. Closest to the pin were **Susan Emblem** (15 feet) and **Fenton Aylmer** (6 feet). The coveted *Simple Space Closets* putting contest in which we must attempt to putt a ball from a distance into a miniature custom closet went to the group of **Geoff Adams, Laurie Coffin, Fenton Aylmer** and **Paul Desjardins** winning some gift certificates from **Alex** at *Marché de Fleurs Westminster*. Pink Ball winners were Irish **Gerry McDonagh** and the **Dobrusky brothers (Mike, Vlad and Kyle)**.

We look forward to seeing all of you back next fall and hopefully others from within our great community will also join our event.

Many thanks to all of our volunteers in-

cluding **Randi Weitzner** who spent the day snapping photographs of us all, and to **Sharon McCarry** and **Suzanne Stein-Day** for helping out at the registration table.

A very big thank you goes out to our long list of sponsors who generously supported this event and helped ensure its ongoing success:

RBC, Action Sport Physio, Assurances R.C. Coull, Burger de Ville, Cath Gardiner at Imagine Realty, Evenko, Giant Tiger, 4 Saisons landscaping, Giancola, Cesari Irrigation, Dr. John Drummond at MW Dentistry, Kevin Perkins at PSB Boisjoli, Meldrum the Mover, Theo Hondzoglou at Sutton Realty, Pharmaprix, Westminster Dry Cleaner, Simplespace, Andy Michelin at Richter, Sandy Maag at Ernst and Young, IMK, Petros Restaurant, David Doubt at Sutton Realty, Dave Stenason at Rempart Asset Management, Ye Olde Orchard Pub, Jacob Kleinfeld, Benny Masala, Sherbrooke Street Capital, Rona, Emma's Cupcakes, Bol de fruits de qualité, Mini-Cout, Top Beauté, Pasteizza, Les Délices Lafrenai.

from John Drummond

Meals-on-Wheels says thanks

On behalf of MoWest *Meals-on-Wheels*, I would like to thank the organizers, those who sponsored golf holes and all the golfers who participated in the *RBC MoWest Charity Golf Tournament* for their generous donation to *Meals-on-Wheels*. It is because of donations such as this that we are able to continue to provide meal services to our clients each week.

We send our appreciation to **Sam McCoubrey** and his organizing committee for all their efforts in making this a very successful annual event.

Wayne Feeney
Treasurer, M-o-W



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Saturday, Sunday: 8 am - 5 pm

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Engineering Technologist

Home Maintenance & Repairs

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514 651 4955
tpmalco@hotmail.com

Update on the relocation

September 25, 2019

The Town has informed the library that its evaluation of the bid(s) is continuing, and the library Board should receive an update later this fall. The library's relocation committee is now awaiting news before proceeding with the temporary relocation plan.

The Board and *Friends of the Library* continue to monitor the situation and are working on identifying additional sources of funding for the future.

Entre-temps, la bibliothèque est ouverte comme d'habitude, et de nombreux événements sont prévus pour le mois d'octobre. Entrez et découvrez tout ce que la bibliothèque peut offrir.

from Tanya Radhakrishna
on behalf of the Board of the MWPL



481-7441

Reservations/requests:
mwlib.requests@gmail.com

Head Librarian:
mwlib@videotron.ca

Visit us online at:
mwpl.daphnis.opalsinfo.net/bin/home

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Saturday: Noon-4 pm

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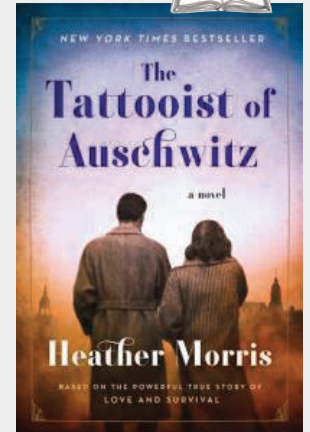
by Lynne Doyle

The Tattooist of Auschwitz

by Heather Morris

I am usually a slow reader, but this book is a page-turner. Based on the powerful, true story of Lale Sokolov, it tells the story of how one young Jewish man survived the Holocaust. He was given the job of tattooist in Auschwitz. When he saw a young girl waiting in line to have a number tattooed on her arm, he fell in love with the terrified girl and resolved that he and the girl, Gita, would survive.

Seventy years later, he told his story to Heather Morris, a script writer in New Zealand. This book is the result.



Membership drive

September was our membership drive; if you still haven't renewed your membership, it is not too late. We are offering a household membership for \$35 for MoWest residents. This allows you all the borrowing privileges plus access to all our programming and events. Check us out!

In the past few years, we have taken up the mission of transforming the library from "the best kept secret" to a 21st century library. We would not be able to accomplish this without the support our members, the Town and community groups. The library would like to thank the RBC MoWest Charity Golf Tournament for its continued donations that allow us to continue our transformation.

Look for our survey to residents. If you don't get it as part of the Town's e-bulletin, you can access it on the library's home page at mwpl.ca. It is part of our continuing effort to ensure we are providing the services that reflect our community.

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 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.

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.



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The Friends of the Library

Residents deserve a permanent, centrally located and visible location for their public library. *The Friends of the Library* are interested in capitalizing on the fortuitously vacant *BMO* building as it is the most viable option. Come join us for afternoon tea and brainstorming of how to make this a reality.

The meeting will be held at the Public Library Wednesday, October 23, 2-4 pm.

Giuliana Pendenza
Library Board member

Children's Library



Notre programme de français, Biblio-Club, prend des formats différents, mais notre but reste inchangé: nous tentons d'aider les jeunes à améliorer leur français.

Biblio Club : cuisine

Nous avons débuté la saison avec un club de cuisine. Les enfants apprennent le vocabulaire culinaire, et préparent des plats délicieux en suivant des recettes simples, sans cuisson.

Une deuxième session est prévue en janvier 2020, vue le grand intérêt pour cette activité.

Statistiques de notre programme de lecture d'été

Pour une première fois cette année, la bibliothèque a fait partie du club de lecture TD, le programme estival qui est implémenté dans un très grand nombre de bibliothèque publiques au Canada. Nous avons enregistré un nombre record de participants : 118 enfants se sont joints pour lire des livres et participer aux activités. Le nombre total de livres lus est de 1250. Félicitations à tous ceux qui ont réussi à terminer au moins 10 livres, et à ceux ont mis l'effort de lire et de grandir cet été avec nous !

Projection – A Week of Dialogue

We are privileged to be part of a very unique event taking place in Montreal this fall. PROJECTION – A Week of Dialogue, sponsored by the *Council on Palliative Care*, will be the first such project in Canada and will consist of a week-long series of events, bookended by opening and closing ceremonies.

Join us for a special Pet Grief Event. The death of a pet can be traumatic, especially for children. **Natalie Segall**; M.A., LCC, ANN, Cert. Thanatology; will run a pet grief interactive workshop that includes the reading of children's books on pet death to help the young deal with loss. Donations are accepted. The event at the library will take place on Saturday, October 19, 11 am -noon. Please call to register.

Halloween

It is this time of year again, and we are going to mark it with a special event. Put on your Halloween costume and come to decorate a pumpkin and listen to some spooky

tales. Saturday, October 26, 11 am, \$3 (free for *Friends of the Library*). Please call to register your child. The pumpkins are provided by the library.

New loan period

In our effort to always improve the services we offer, we are extending the loan period of all materials. As of October 1, any document may be borrowed for a period of three weeks, with the possibility of renewing it three times.

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

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Des Amis-du-Monde

Semaine pour contrer le changement climatique : pour développer une conscience collective

Notre école est membre des écoles associées UNESCO. Dans notre projet éducatif, nous avons un volet qui touche le développement durable.

Nous croyons important de mettre en vedette des petits gestes du quotidien pour contrer le changement climatique pour cette semaine mondiale.

À l'école, les bouteilles d'eau jetables sont interdites. Nous avons des bacs de compost dans divers locaux de l'école et invitons les parents à privilégier des collations et repas à zéro déchet.

Vendredi 27 septembre, nous avons contribué à la grande manifestation pour contrer le changement climatique par la journée zéro déchet dans toute l'école; collations et repas devaient être dans des contenants réutilisables.

Cueillette des piles et cartouches d'encre : nous avons des contenants à l'entrée de l'école pour déposer piles et cartouches d'encre.

Journée corvée : les élèves ont fait le ménage de la cour et des environs de l'école ainsi que du parc.

Dans le cadre des activités de philo pour enfants, nous avons parlé du réchauffement de la planète dans les classes.

Tous des petits gestes du quotidien pour prendre soin de notre planète et développer une conscience collective que chacun de nous peut faire la différence.

Lina Fortin
Directrice

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SPECIAL PUBLIC WORKS SERVICES

The department of Public Works (PW) manages a range of construction and maintenance operations in Town, including our water services, the sewer system, our street network, Town snow clearing, municipal building upkeep, public lighting, horticultural work, public tree management (including the oversight of ash tree vaccinations) and waste management. All these activities are carried out on a regular basis by the department. But in addition, Public Works offers some extra services to residents upon request. For instance:

1. PW can assist you with the reading of your property's water meter and, if the meter is broken, will provide and install a new one.
2. The department will make a special curbside pickup of items which are prohibited in the regular garbage, including construction materials, large branches (greater than 2 cm in diameter and 1 m in length) and permanent household fixtures (sinks, toilets, etc.). This service excludes the collection of tires, paints, solvents and other hazardous materials, as well as loose soil, earth, rocks and other landscaping debris. Please note that there is a charge for this special pick-up service which is based on the type and volume of materials.
3. If your garbage, compost or recycling waste is not picked up by the Town's contracted waste removal companies, PW will pick it up for you. You can either call the PW office or fill out the appropriate form on our website. Then leave your waste container at the curbside and PW will pick it up as soon as possible.
4. PW is responsible for trimming, removing and planting trees on the public domain and this includes the street trees in front of residences in Town. If you'd like to have one of these trees trimmed you must fill

out the online form. Your request will then be placed on the tree trimming list. Please note that tree emergencies (those that jeopardize public or private property or public security) will always take priority over aesthetic tree trimming. If you want to report a sick or dead tree that you think needs to be removed, you can do so by filling out the related form online. Public Works will then send a certified arborist to evaluate the tree and take action based on the arborist's report.

5. Of course, we are always happy to hear that you would like to have a tree planted on the public domain in front of your residence. If so, please submit a request online and PW will evaluate the feasibility of your request.

For these services or any other questions related to the Public Works department, please contact **514-485-8597** during business hours, 8:30 am to 4:30 pm, from Monday to Friday or fill out the appropriate form online. We're here to get things done!

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

MAYOR'S REPORT

Westminster Commercial District



I wanted to take a minute to congratulate the Merchants' Association for the first Westminster Street Fair. Sunday, September 15, from 11 am to 5 pm, we closed Westminster and had an old-fashioned block party. Most of the merchants participated in the event and it was an unqualified success. Congratulations to Kadeja and Reda and the other members of the association. They worked diligently with our administration and we put on a great event to support our merchants and our Town.

CP Holiday Train

I'm so happy to announce that the CP Holiday Train will make its sixth annual stop in Montreal West on **Tuesday, November 26**. CP Rail makes a generous donation to *The Depot Community Food Centre* (previously known as the *NDG Food Depot*). As well, we collect both food and monetary donations on site that night. All food donations go to *The Depot* and all the money collected on site is split between *The Depot* and our own *Meals-on-Wheels* program. Please do mark off the time on your calendar. This event is bigger and better every year and it's a pleasure to host the stop in MoWest again. And with our new, active Merchants' Association, I look forward to seeing them fully involved in the event.

Coffee with the Mayor

The next Coffee with the Mayor will take place on **Thursday, October 24**, from 7:30 to 8:30 am in the Community Centre.

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





NEW PROPERTY ASSESSMENT ROLL

A new three-year property assessment roll was deposited by the Direction de l'évaluation foncière of the City of Montreal (DEFVM) in September. The new assessment comes into effect January 1, 2020 and will be the basis for your 2020, 2021 and 2022 tax bills. You can find the new valuation of your property by consulting the DEFVM website at beta.montreal.ca/en/how-to/consult-property-assessment-roll.

In assessing the value of a given property, the DEFVM attempts to determine the market value of that property as of July 1, 2018, based on comparative sales in the neighbourhood. Major renovations or improvements to your property will also increase the valuation.

The average increase in valuation for residential properties in Montreal West with this roll was 16.8%. This is comprised of single family homes (+19.1%), condominiums (+6.4%), buildings with 2-5 lodgings (+3.1%) and buildings with 6 lodgings or more (+10.8%). The valuation increase for non-residential properties was 13.8% and 20.4% for vacant lots. With all property types combined, the total assessment roll increased 16.5%.

Across the whole Island of Montreal, assessments increased an average of 13.7%. Among the 15 demerged municipalities, the average valuation increase was 17.8% for all property types combined. These figures indicate a strong real estate market which has heated up substantially since the last assessment roll in 2017 when these same municipalities had average increases in valuation of 3.0%. This is excellent news and means that, on paper anyway, we are all wealthier!

Nevertheless, some residents have expressed concern as to how their increased property valuation will affect their taxes. You can rest assured that a 19% valuation increase does not mean that your property tax will increase by this same amount.

Your property tax is the result of two factors: the "mill" rate (the tax rate charged per \$100 valuation determined by the Town) multiplied by your valuation. When property valuations go up substantially, the mill rate can be adjusted down to help offset the increase.

In accordance with our Strategic Financial Plan, Council has set objectives and has been able to keep property tax increases to the Consumer Price Index (CPI) for the average-priced home over the past several years. We will attempt to meet that goal again this year. However, properties with assessment increases higher than the average can reasonably expect that their tax increases will be somewhat higher than the CPI. Actual tax rates will only be known in December after the 2020 budget has been approved.

If you think that the assessment of your property is incorrect or does not reflect reality, you may contest it by completing an "Application for review of the real estate assessment roll" which is available online or at the Town Hall. You must state the grounds to support your claim and forward the completed application to the DEFVM by **April 30, 2020**. Keep in mind that if you dispute your assessment, it may be increased, decreased or left unchanged.

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



communiqué du CONSEIL



DES SERVICES PARTICULIERS OFFERTS PAR LES TRAVAUX PUBLICS MUNICIPAUX

Le Service des travaux publics gère une gamme d'opérations de construction et d'entretien, y compris le réseau d'aqueduc, le réseau d'égouts, le réseau de rues, le déneigement, l'entretien des bâtiments municipaux, l'éclairage public, les travaux d'horticulture, la gestion des arbres publics (comprenant la vaccination des frênes) et la gestion des déchets. Toutes ces activités sont menées régulièrement par le service. De plus, les travaux publics offrent des services supplémentaires aux résidents qui en font la demande, par exemple :

1. Le service des travaux publics peut vous aider avec la lecture de votre compteur d'eau. Aussi, un nouveau compteur vous sera remis et installé si le compteur est défectueux.
2. Le service fait des collectes spéciales pour ramasser les articles qui sont interdits lors de la collecte d'ordure régulière. Ceci comprend des matériaux de construction, des branches de plus de 2 cm de diamètre et 1 mètre de longueur, ainsi que des accessoires fixes d'une maison (évier, cuvettes de toilette, etc.). Les travaux publics ne ramasseront pas des pneus, de la peinture, du solvant ou tout autre matériel ou produit dangereux ainsi que de la terre, des roches et d'autres débris d'aménagement paysager. Veuillez noter que ceci est un service payant qui est basé sur le type et le volume des matériaux ramassés.
3. Si vos déchets, compost ou recyclage ne sont pas ramassés par les contractants engagés par la Ville, les Travaux publics les ramasseront pour vous. Vous pouvez soit remplir le formulaire sur notre site Web ou bien appeler la réception des travaux publics. Laissez ensuite votre bac en bordure de la rue et le service des travaux publics passera le prendre aussitôt que possible.
4. Les Travaux publics sont responsables de l'élagage, de l'abattage et de la plantation des arbres publics, incluant tous les arbres dans l'emprise municipale devant votre

terrain. Vous devez remplir le formulaire en ligne si vous voulez qu'un arbre de la Ville soit taillé. Votre requête sera placée sur la liste appropriée. Veuillez noter que les urgences qui compromettent les biens publics et/ou la propriété privée (ou les cas visant la sécurité publique) auront toujours priorité sur des questions purement esthétiques. Si vous voulez signaler un arbre malade ou mort qui doit être enlevé selon vous, vous pouvez le faire en remplissant le formulaire en ligne. Le service des travaux publics enverra ensuite un arboriculteur certifié pour évaluer l'arbre et prendra des mesures en fonction du rapport de l'arboriculteur.

5. Bien sûr, nous sommes toujours heureux de savoir que vous aimeriez avoir un arbre public planté sur l'emprise municipale devant votre terrain. Faites une demande en ligne et les Travaux publics évalueront la faisabilité de votre demande.

Pour demander l'un de ces services ou pour toute autre question liée aux travaux publics, veuillez contacter le **514-485-8597** pendant les heures d'ouverture de 8 h 30 à 16 h 30 du lundi au vendredi ou remplissez le formulaire approprié en ligne. Nous sommes ici pour faire avancer les choses!

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

RAPPORT DU MAIRE

Quartier commercial de Westminster



Je tenais à prendre le temps de féliciter l'Association des Marchands de M-O. pour leur apport à l'occasion de la première foire de rue sur Westminster le 15 septembre dernier. De 11h à 17h, la rue Westminster était fermée et il s'est organisé une fête de quartier à l'ancienne. La plupart des marchands ont participé à l'événement et ce fut un succès sans précédent. Félicitations à Kadeja et Reda et aux autres membres de l'association. Ils ont travaillé avec diligence avec notre administration et ensemble, nous avons organisé un grand événement pour soutenir nos marchands et notre ville.

Train de fêtes du CP

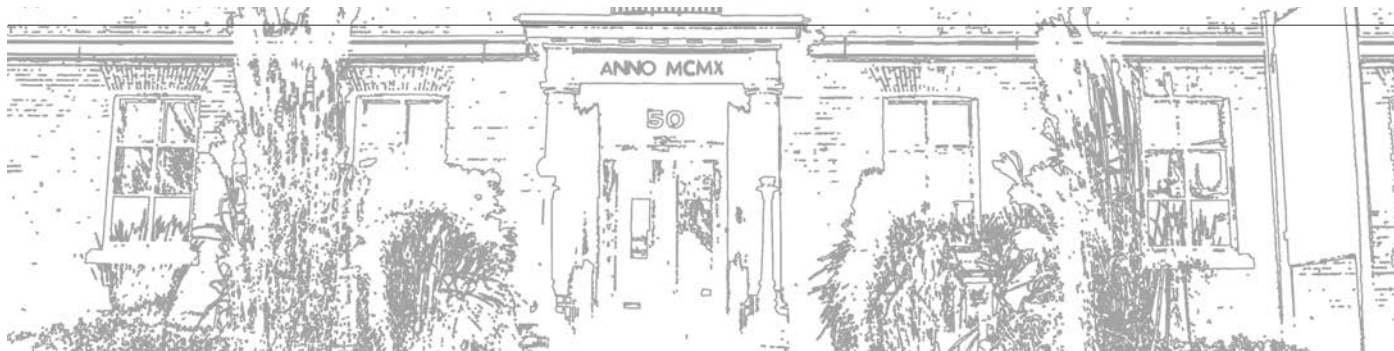
Je suis très heureux d'annoncer le retour du Train des Fêtes du CP qui effectuera sa sixième escale à Montréal-Ouest cette année **le mardi 26 novembre** prochain. À cette occasion, le CP fait de généreux dons à *Le Dépôt* centre communautaire d'alimentation (anciennement NDG Food Depot). De plus, nous recueillons également des dons alimentaires et monétaires sur place ce soir-là. Toutes les denrées alimentaires recueillies vont à *Le Dépôt* et l'argent récolté sur place est partagé entre *Le Dépôt* et notre popote roulante. Je vous invite à noter la date sur votre calendrier. Cet événement est plus grand et meilleur chaque année et c'est un plaisir d'organiser à nouveau l'arrêt à M-O. Et avec la nouvelle Association de marchands active, j'ai hâte de voir leur implication dans l'événement.

Café avec le maire

Le prochain café avec le maire aura lieu **le jeudi 24 octobre** de 7h30 à 8h30 au centre communautaire.

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





NOUVEAU RÔLE D'ÉVALUATION FONCIÈRE

Un nouveau rôle d'évaluation foncière triennal a été déposé par la Direction de l'évaluation foncière de la Ville de Montréal (DEFVM) en septembre.

Le nouveau rôle entre en vigueur le 1^{er} janvier 2020 et servira de base à vos comptes de taxes pour 2020, 2021 et 2022. Vous pouvez chercher la nouvelle évaluation de votre propriété en consultant le site web du DEFVM à <https://beta.montreal.ca/demarches/consulter-le-role-devaluation-fonciere>.

Lors de l'évaluation de la valeur d'une propriété donnée, la DEFVM tente de déterminer la valeur marchande de cette propriété au 1^{er} juillet 2018, à partir des ventes comparables dans le quartier. Des rénovations ou améliorations majeures à votre propriété augmenteront également l'évaluation.

L'augmentation moyenne de la valeur des propriétés résidentielles à Montréal-Ouest avec ce rôle a été de 16,8 %. Cela comprend les maisons unifamiliales (+19,1 %), les condos (+6,4 %), les immeubles de deux à cinq logements (+3,1 %) et les immeubles de six logements ou plus (+10,8 %). La hausse de la valeur des propriétés non résidentielles a été de 13,8 % et de 20,4 % pour les terrains vacants. Tous types de propriétés confondus, le rôle d'évaluation total a augmenté de 16,5 %.

Dans l'ensemble de l'île de Montréal, les évaluations ont augmenté en moyenne de 13,7 %. Parmi les 15 villes liées, l'augmentation moyenne de la valeur a été de 17,8 % pour l'ensemble des types de propriétés. Ces chiffres indiquent un marché immobilier vigoureux qui s'est intensifié considérablement depuis le dernier rôle d'évaluation de 2017, alors que ces mêmes villes affichaient des hausses moyennes d'une valeur de 3 %. C'est une excellente nouvelle et cela signifie que nous sommes tous plus riches, du moins sur papier !

Néanmoins, certains résidents ont exprimé des inquiétudes quant à l'incidence de l'augmentation de l'évaluation foncière sur leurs taxes foncières. Vous pouvez être assuré qu'une augmentation d'évaluation de 19 % ne signifie pas que votre taxe foncière augmentera du même montant. Vos taxes fon-

cières sont le résultat de deux facteurs : le taux par mille (le taux de taxe est approuvé par la Ville pour chaque 100 \$ d'évaluation) multiplié par votre évaluation. Lorsque les évaluations foncières augmentent considérablement, le taux de taxe peut être rajusté à la baisse pour aider à contrebalancer l'augmentation.

Conformément à notre Plan financier stratégique, le Conseil s'est fixé des objectifs et a été en mesure de maintenir les hausses de la taxe foncière à l'indice des prix à la consommation (IPC) pour la maison à prix moyen au cours des dernières années. Nous tenterons d'atteindre cet objectif encore une fois cette année. Toutefois, les propriétés dont l'augmentation d'évaluation est supérieure à la moyenne peuvent raisonnablement s'attendre à ce que l'augmentation de leur taxe foncière soit légèrement supérieure à celle de l'IPC. Les taux d'imposition réels ne seront connus qu'en décembre, après l'approbation du budget 2020.

Si vous pensez que l'évaluation de votre propriété est incorrecte ou ne reflète pas la réalité, vous pouvez la contester en remplissant une "Demande de révision du rôle d'évaluation foncière" qui est disponible en ligne ou à l'hôtel de ville. Vous devez justifier votre demande et la faire parvenir à la DEFVM au plus tard **le 30 avril 2020**. N'oubliez pas que votre évaluation peut être augmentée, diminuée ou demeurer la même lorsque vous la contestez.

*Colleen Feeney, conseillère
Finances, Administration,
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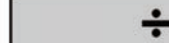
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Montreal West Scout Group



Planning and discovering

As a Pack, Cub Scouts plan adventures like hikes, weekend camps and water activities (like canoeing and kayaking), winter activities (like snowshoeing, skiing and survival skills) discovering their unique capabilities and personal progression along the way. They take part in community service such as food drives, march in the Remembrance Day parade and clean up the local parks and school yards. Cub Scouts gain valuable self-confidence while learning to problem solve, plan activities, practise leadership skills and work as a team, keeping safety at the forefront of any activity.

In Cub Scouts youth can sleep beneath the stars, hike with gear on their backs, eat gooey marshmallows on a stick or see an otter splashing in a stream just a few feet away.

Program

Our Leadership team endeavours to help develop well-rounded youth, better pre-

pared 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 do elsewhere.

Through our Plan-Do-Review method, Cub Scouts are empowered to learn by doing. With 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.

What is Cub Scouts all about?

With the Cub motto "Do Your Best", girls and boys aged 8-10 (grades 3/4/5) take on new challenges with their Cub Pack, embarking on outdoor adventures and exploring a variety of fun activities like STEM projects and cultural experiences.

Before and after all activities, the youth are asked what they liked, disliked and what would they like to try in the future.

Cub 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 Cub Scouts meet new friends, learn teamwork, and develop self-confidence.

More information

For further information about MW Cubs, call our Group Commissioner, **Karen Johnstone**, at 717-5696.

Meetings are held at Royal West Academy (Ainslie entrance), Wednesday evenings, 6:30-8 pm.

Annual food drive

Once again this October, as part of our service to the community, the MW Scouts along with the MW Guides will be collecting non-perishable food for the *The Depot*. The collection will take place the evenings of Tuesday and Wednesday, October 15/16.

We may not be able to reach every home in MoWest during the time available, so if we do not ring your doorbell, we apologize. You can leave your contribution in the front porch of 131 Wolseley Ave. N. during or after the collection days or call **Karen** at 717-5696 to arrange to have it picked up.



Guiding

New leader



The Brownies are thrilled to welcome a new leader to their unit. **Nicole**, who will have an Owl name soon, is known as Snowy Owl with her unit in Whistler, BC. Her studies have brought her to Montreal. Once she settled into her new routine at Concordia, she sought out a Guiding unit in our area where she could help. With our Brownie unit near capacity, her energy and enthusiasm is warmly welcomed!

September 28, the MoWest Sparks, Brownies and Guides all participated in the traditional Fall Fun Day at our provincial camp in Morin Heights. Wa-Thik-Ane has been a place where the Girls Guides have camped for the past 93 years. As usual, the camping event reached capacity well before the deadline. We all had a chance to meet other Guiding members from across the province. It was a chance to make new friends and to reconnect with old ones! Although it rained for much of the day, it did not dampen the campers' spirits in the least!

Each patrol was given a passport listing all the activities available for them. As with the new Girl Guide program, where the girls are encouraged to make the Guiding experience truly their own, the day was outlined by the choices the girls made. Some of the activities available included: learning about the five senses, exploring the Fairy Forest, learning knots, learning about fire safety, building a shelter, drawing or writing a story based on story stones or starter sentences pulled at random; hiking and singing.

There was even a photo bingo challenge that the Guides successfully completed. They were complimented on the originality of their photos. Well done girls!

The girls had fun building a shelter. Given the rain, it was very easy to see if it was built correctly to offer protection from the elements!

Sparks decided they wanted to visit the Fairy Forest the very first thing in the morning and again in the afternoon. They also wanted to make their own s'mores. They felt it was important to roast their marshmallows to perfection over a campfire, instead of having the ones which were baked in an oven. This had some of the older girls wondering how many other ways can s'mores be made... hmmm... something to explore at our next camp?

Special guest

This year, there was a special guest. **Monique Polak**, the author of *A Taste of Rain*. She led two sessions on writing tips for the girls. All the budding authors were

Fun-filled fall with a Fairy Forest and s'mores!

The Guiding year is off to a great start! The Brownie and Guide units have both grown in numbers. The Spark's unit is holding at its maximum.

thrilled to listen to her hints! Her recently released historical novel was available for purchase. The line up to receive her autograph was quite impressive. She took a moment to chat with each of the girls as she signed their book.

Her novel tells of a story of a 13-year-old girl, Gwen, who, in 1945, was held in the Weihsien Internment Camp in Northern China. One of Gwen's teachers decided to have the girls follow the Girl Guide principles. It is this frame of mind that gave Gwen the courage to face the difficult situation of the camp. Ms. Polack has very kindly do-

nated a portion of the proceeds from the books she sold at camp to the Girl Guides.

Mint cookies are here!

The mint Girl Guide cookies have arrived! Make sure you don't miss out on the minty goodness! You can contact any of our leaders if a girl does not find you at home when she goes out selling door to door. Or, if you are not sure who the leaders are, feel free to contact the Provincial Office at **933-5839**. They will put you in contact with a unit near your home.

from MW Guiders



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October

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



November

- 6** Trip to IMAX 3D films: *Superpower Dogs* and *Great Bear Rainforest*
- 8** Cuba trip info session (January 15-29)
- 13** Bridge
- 22** Holiday lunch
- 26** Bridge

Tuesday bridge:
New players are always welcome.

December 3-4

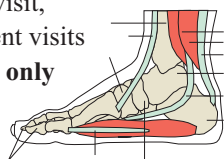
Enjoy the magic of the holiday season! Christmas trip from Montreal to Magog: Christmas market, Christmas-themed dinner and entertainment, 1 night (4 star) hotel and Orford Express Holiday Train ride.

For more information, please call
Marian Scully at 484-6186.

Foot clinics

November 6
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"Senior STEAM" Teapot Chats: What keeps your engine running?

This afternoon series of public creative science conversations will highlight older adults' passion and ingenuity that help navigate challenges of aging in Quebec.

The series will highlight the creative projects and inventions supported by the arts, sciences and community-building that older adults are involved in and that support day-to-day personal and community health and well-being.

Join us at tea time to share what's working about growing older through short talks and long conversations. All ages are welcome to hear from our older adults in the community and join in the discussion.

Wednesdays (dates to be determined), 2-3:30 pm at Concordia Loyola Art Hive CC408, The Guadagni Lounge.

As an older adult, what are your practices that brings well-being to you or your community? Your experience is valuable and we invite you to participate. If you or someone you know would like to sign up to briefly introduce the inspiration for one of the teapot chats this fall or for details about coming conversations kindly contact:

Lindsay Clarke: lindsayjennclarke@gmail.com
or

Tracie Swim: extramiles.senior@gmail.com

from Tracie Swim
Extra Miles senior visiting program
Coordinator

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presents

Public Opinion Polling Key Learnings from the 2019 Canadian Federal Election

Tuesday, November 19, 7:30 pm
Community Centre

Sébastien Dallaire is General Manager of Ipsos Quebec.

Public opinion polling has evolved rapidly in light of changes in telecommunications. Not only have data collection modes changed, but so has voter behaviour. During this presentation, Sébastien Dallaire will outline key learnings from recent electoral cycles, focusing mainly on the latest polling and voting results from the 2019 federal election.

Non-members: \$12. For reservations, please call 484-0146.

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Council meeting: September

by Carol Foster



With as many councillors as attendees present, **Mayor Massella** opened the September Council meeting with a few very short remarks. He congratulated the Town merchants for all their hard work in making the Westminster Street Fair such a big success. He was also appreciative of the joint effort made between the merchants and the Town in order to hold this first-time event.

The Mayor then announced the planned arrival of the *CP Holiday Train* on November 26. This has been proven to be another very successful event in the Town.

First question period

An Easton resident was the only one to raise a question during the time allotted to the first question period. Because he has a very large lot he wants to take down his present building in order to build more than one residence on the property.

The Mayor clearly defined the procedure required to accomplish this goal. First, the Building Inspector would have to be consulted in order to apply for a demotion permit. This permit would then have to be approved by Council and, if approved, the future construction plans must be approved by PAC.

Councillor's reports

Councillor Mazzone explained that because of revisions to the law, it is now necessary for a resident to first inform the neighbour of a problem being caused by any overhanging branches of trees and request action. If no action is taken, the property owner can escalate the situation by legal means.

Councillor Mazzone described the communication process by which the Town can

alert and explain necessary measures to be taken by residents in the case of an emergency. This process was recently used to inform residents of the testing of safety measures being taken by *Parmalat*. Several fines have been handed out for garbage infractions as well as the illegal storage of construction material in a back yard. And rush-hour traffic was disrupted for about an hour due to a vehicle hitting one of the railroad barriers causing electrical damage which had to be repaired before the crossing reopened.

Councillor Ulin announced that fall programs are now in session as well as events using the rink. She emphasized the fact that some of the programs organized for young children are "bursting at the seams." Welcome baskets, with contributions from merchants and community organizations, have been distributed to new residents and two surveys are in the works. The one on satisfaction with this summer's pool activities, will be available shortly. The other will be a survey on environmental issues and will be available in November.

Work on the preparation of the Town's budget for 2020 is in progress and the information collected from water meter readings is being processed. This year, according to **Councillor Feeney**, 357 people sent in their readings by photograph.

A new property assessment roll for 2020-2022 has been released by the City of Montreal and the average increase for single family homes in MoWest is 19.1%. However, Council has set the objective of keeping property tax increases to the CPI for average-priced homes for several years and will attempt to continue this practice.

The infrastructure work on Wolseley is almost completed and Sheraton Park is in the process of being cleaned up were reassurances offered by **Councillor Torres**.

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She added that *Hydro-Québec* will be holding an open house information session on October 23 in the Town Hall to explain the creation of a "green corridor" (a portion of which will pass through MoWest). This initiative is part of a plan to upgrade their transmission system between LaSalle and Saint-Laurent.

Second question period

A Westminster South resident, concerned about possible damage occurring due to the large amount of infrastructure work being carried out in the Town, wondered if a scientific study could be obtained which would alleviate these concerns. The Mayor stated that the unprecedented amount of work being done was long overdue and, among other things, has reduced the number of water breaks in the Town. He further offered the reassurance that the Town is required, every three years, to provide an updated report that must be approved by the government, in order to obtain grants for the work.

The requirement to include a photo the water meter reading when using the online reporting form was questioned by another speaker. Councillor Feeney responded that a photo ensured accuracy of the reading.

The meeting was then adjourned.



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Réunion du Conseil : septembre

par Carol Foster
traduction par René Boucher



Devant autant de membres du Conseil que de citoyens dans la salle, le **maire Masella** a ouvert la réunion de septembre avec quelques courts commentaires. Il a félicité les commerçants de leur bon travail pour faire de la foire commerciale de Westminster un tel succès. Il a aussi souligné la collaboration entre les commerçants et la Ville pour la tenue de ce premier événement.

Le maire a annoncé la venue du *Train des Fêtes du CP*, le 26 novembre. Cet événement s'est avéré un franc succès par le passé.

Première période de questions

Seul un résident d'Easton a soulevé une question pendant le temps alloué à cette première période de questions. Étant propriétaire d'un très grand terrain, il souhaite démolir le bâtiment actuel pour ériger plus d'une résidence sur la propriété.

Le maire a clairement énoncé la procédure à cette fin. D'abord, on doit consulter l'inspecteur en bâtiment pour demander un permis de démolition, lequel nécessitera l'approbation du Conseil; s'il y a ratification, le CCU devra ensuite approuver les plans des nouvelles constructions.

Rapports des membres du Conseil

Le **conseiller Mazzone** a expliqué qu'en raison d'amendements à la loi, il est dorénavant requis d'abord d'informer le voisin du problème causé par les branches d'arbres en surplomb et de lui demander correction. Si aucune action n'est entreprise, le propriétaire peut recourir à des moyens juridiques.

Le conseiller a décrit le processus de communication qu'utilise la Ville pour alerter ses citoyens et leur expliquer les mesures nécessaires à prendre en cas d'urgence. Ce moyen fut récemment utilisé pour informer les résidents du test de mesures de sécurité réalisé par *Parmalat*. Plusieurs amendes ont été imposées pour des infractions concernant les déchets ainsi que pour le stockage illégal de matériaux de construction dans une cour arrière. Finalement, la circulation en heure de pointe a été perturbée pendant environ une heure lorsqu'un véhicule a heurté les barrières du chemin de fer causant des dommages au système électrique qu'on a dû réparer avant la réouverture du passage à niveau.

La **conseillère Ulin** a annoncé que les activités d'automne ont débuté ainsi que celles de la patinoire. Elle a insisté sur le fait que certains programmes pour bambins sont pleins à craquer. Des paniers de bienvenue, avec contributions des commerçants et d'organismes communautaires, ont été distribués aux nouveaux résidents et deux sondages

sont en préparation. Un, disponible sous peu, visera la satisfaction des participants aux activités de la piscine l'été dernier et l'autre, portant sur des questions environnementales, sortira en novembre.

Les travaux préparatoires pour le budget 2020 de la Ville vont bon train et les données de lecture des compteurs d'eau sont en traitement. Cette année, selon la conseillère Feeney, 357 personnes ont transmis des photos de leurs compteurs.

La Ville de Montréal a déposé un nouveau rôle d'évaluation foncière pour 2020-2022 qui comporte une augmentation moyenne pour les maisons unifamiliales à Mo-Ouest de 19,1 %. Cependant, depuis plusieurs années, le Conseil a établi l'objectif de limiter la hausse des taxes foncières au niveau de l'IPC pour la maison de prix moyen et s'efforcera de continuer cette pratique.

Les travaux d'infrastructure sur Wolseley sont presque terminés et le parc Sheraton est en voie d'être nettoyé. Voilà les annonces qu'a offertes la **conseillère Torres**.

Elle a ajouté qu'*Hydro-Québec* tiendra une séance d'information le 23 octobre à l'hôtel de ville, pour expliquer la création d'un «corridor vert» qui passera par Mo-Ouest. Cette initiative s'inscrit dans le cadre d'un projet de modernisation de son système de transmission entre LaSalle et Saint-Laurent.

Seconde période de questions

Une résidente de Westminster Sud préoccupée par la possibilité de dommages en raison du grand nombre de travaux d'infrastructure dans la ville, se demandait si une étude scientifique pourrait être obtenue afin de calmer ces appréhensions. Le maire a indiqué que le nombre sans précédent de travaux aurait dû être réalisé depuis longtemps et a, entre autres, réduit le nombre de bris d'aqueduc. De plus, il l'a assurée que la Ville doit produire un rapport à jour tous les trois ans, lequel doit recevoir l'aval du gouvernement afin d'obtenir des subventions pour ces travaux.

Une autre intervenante a remis en question l'obligation d'inclure une photo du compteur d'eau pour utiliser le formulaire de rapport en ligne. La conseillère Feeney a répondu qu'une photo garantissait l'exactitude de la lecture.

La séance fut ensuite levée.

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MTElles

Vous êtes invités à participer à un atelier participatif sur le thème de l'environnement !

Le 3 novembre, la Ville tiendra un atelier participatif sur le thème de l'environnement. Ouvert à tous ses résidents, cet événement se veut une opportunité pour vous de partager vos idées et opinions sur des initiatives locales liées à la biodiversité et la gestion des déchets. Le programme sera composé d'une présentation interactive, de discussions et d'exercices en groupe. Ce projet est mené dans le cadre des projets d'expérimentations de *MTElles*, portée par *CMTL*, la *CMTQ* et *Relais-femmes*.



Activités pour les enfants

Venez en famille! Une halte-garderie sera offerte gratuitement sur place afin de permettre aux parents de participer à l'activité sans tracas. Des activités sur le thème de l'environnement, du bricolage et des jeux seront au rendez-vous.

Inscription

Rendez-vous au montreal-west.ca/atelier-participatif pour vous inscrire à l'activité. Inscrivez-vous rapidement, les places sont limitées et seront traitées sur une base de premier arrivé, premier servi. Indiquez dans le formulaire d'inscription si vos enfants participeront aux activités pour jeunes.

Sondage sur vos habitudes de vie

De plus, nous aimerions en apprendre plus sur vos habitudes de vie au quotidien en lien avec la gestion des déchets. Un court questionnaire ouvert à tous les résidents sera disponible sur le site web de la Ville. Vos réponses au questionnaire serviront à dresser un portrait des habitudes de nos résidents, ce qui pourrait aider la Ville à prioriser ses actions futures en matière de développement durable.

Détails de l'événement

Quoi : un atelier participatif sur le thème de l'environnement

Quand : dimanche 3 novembre de 13 h à 16 h

Où : Hôtel de ville

Coût : gratuit / places limitées

Pour plus d'informations :
montreal-west.ca/atelier-participatif

Kosher corner



Sukkot

The Holiday of Sukkot (huts) AKA the “Festival of Joy” follows the solemn holiday of Yom Kippur by four days. Two of the main customs of the holiday are to eat in the sukka (holiday hut) and to shake the lulav (a closed frond of the date palm) and etrog (the yellow citron or *Citrus medica*).

The lulav and etrog can be purchased locally. Rabbi **Mendy Marlow** will be happy to assist you in purchasing a set.

Pizza and Parsha

Is your high school student looking for a way to fit study about Judaism into their schedule?

Chabad Westminster has once again launched Pizza and Parsha a weekly “lunch and learn” conveniently located across the street from Royal West Academy! Students are able to walk there during lunch break for some body and soul nutrition.

This program is possible thanks to **Joanne Elkaim** of *Joanne Elkaim Real Estate Broker* who has graciously agreed to host these lessons.

Shabbat services

First Friday community Shabbat services resumes after the Holidays.

from Rabbi Mendy Marlow

News from the pews

St. Ignatius

Worship Night

Endless Alleluia! Take a moment to simply be in God’s presence. Worship Nights are opportunities for us to draw closer to God through an experience of music, prayer and fellowship. Join us on October 12 at 7 pm in the St. Ignatius lounge. The event is free and open to all!

Take a break!

Did you know that our beautiful, sunny church is open 8 am-4 pm, Monday to Friday? Come by for a quiet space to pray, meditate or simply find some respite from the craziness of life.

The Overview

Our weekly newsletter (short and sweet!) is now distributed by email each Friday. Get on the list by scrolling to the bottom of our webpage, stig.ca, and filling out the quick sign-up form.



MW United

...the brick one

Autumnal greetings

As our lives move into another season, familiar folk and events return. For example, Friday, October 18 at 7 pm, our October Games/Whist night will happen. Dessert buffet first, then we settle down to some fun. Bring a table of four or come on your own. Please reserve ahead for an individual spot or a table (\$8 per person) by calling **482-3210** or email **Barbara**, mwucoffice@gmail.com. All proceeds for the Sunday school program. Oh, and there may be door prizes....just sayin’....

from Susan Upham

Tired of turkey?

On the heels of Thanksgiving weekend when cottages close, we have a welcoming Sunday lunch following the October 20 service. Traditionally soup ’n sandwiches, it is a delicious way to catch up with each other and our cottagers as we shift gears. All welcome.

Meditating by moonlight – well, candlelight...

Next Labyrinth Walk is Tuesday, October 29 in Wadsworth Hall between 7 and 9 pm. As the evenings lengthen, the Labyrinth reflects the flickering candlelight to create a special peaceful atmosphere for your walking meditation. Come join us to tread the ancient pathway that leads you inward then back outward, the calm allowing your intuition to surface. You may find solutions, directions or a way to re-frame some issue. At the very least you will find Peace. Please walk in socks or slippers. No experience necessary. Open to all.

Bazaar! Bazaar! Bazaar!

Our annual Family Bazaar happens Saturday, November 2 between 10 and 2-ish. Always fun, come to shop for baking; jams and pickles; kids’ games, toys, crafts; crafts; *Muir’s Scottish Bakery* imports and more. Enjoy a homemade lunch while you consider your bids at the silent auction – baskets, tickets, services, special one-of-a-kind stuff, etc. Not to be missed! Call 482-3210 or mwuc.org. All welcome.

Join us any Sunday at 10 am for worship and Sunday school. Nursery service is also available for active toddlers while infants may stay with their parents in the “Whisper Zone” where there is floor space to accommodate them more easily.

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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 pm).

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

- **Bilingual Discovery:** morning pre-school drop-off program (2-4 years old) 9 am-noon
- **Fitness classes** including: Barre, Reach, new STRONG by Zumba® with **Florina**, TRX, Stretch, Yoga, Essentrics, Yoga for Stiff Men, Fit Interval with **Beth**, ballet for adults, 65+ Fitness (Tuesday, Thursday, Friday), Older Adult Balance
- **Youth activities** including ballet, **Captain Catalyst**, Hip Hop (5-9 years old)
- **MANGA Drawing** with **April** for anyone 9+
- **NEW DATE Red Cross Babysitting Course:** Saturday, November 2 (11 years +)

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SPECIAL EVENTS

Halloween on Ice

Sunday, October 27
1-2:20 pm

Lace up your skates and come dressed up for a Spooky Skate! Join us at the Legion Memorial Rink for a fun time with friends and family during free skate from 1 to 2:20 pm. Face painting and prizes!

A Walk to Remember

Saturday, November 9
1 pm at the Cenotaph

Led by Dr. Robert Drummond.



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.

Canadian Pacific Holiday Train

Tuesday, November 26

Stay tuned for more details in the next Infomer or on our facebook page facebook.com/montrealwest/. Fundraiser for the *MW Meals-on-Wheels* and *The Depot* (formerly the *NDG Food Depot*).



MTElles

You're invited to take part in a participatory workshop on the theme of the environment!

The Town will hold the workshop on November 3. Open to all its residents, this event is an opportunity for you to share your ideas and opinions on local initiatives related to biodiversity and waste management. The workshop will consist of an interactive presentation and group discussions and exercises. This activity is held as part of *MTElles'* experimental projects, led by *CMTL*, *CMTQ* and *Relais-femmes*.



Activities for the kids

Come with your family! A free drop-in daycare will be offered on site to allow parents to participate in the activity. Environmental activities, arts and crafts and games will be on the agenda.

Registration

Visit montreal-west.ca/participatory-workshop to register for the event. Don't wait to register as spaces are limited and are on a first-come, first-served basis. Please let us know if you have children who will be participating in the youth activities.

Survey on your habits

We would like to learn more about your everyday habits when it comes to waste management. A short questionnaire is open to all residents and will be available on the Town's website. Your answers will be used to draw a portrait of the habits of our residents, which could help the Town prioritize its future actions in terms of sustainable development.

Details of the event

What: a participatory workshop on the environment
When: Sunday, November 3, 1-4 pm
Where: Town Hall
Cost: free / spaces are limited

For more information:
montreal-west.ca/participatory-workshop



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COMING EVENTS

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

Next deadline: November 6, delivery begins November 22

OCT

- Tue 15 Annual Food Drive for *The Depot*.** Continues Wednesday. MW Scouts and Guides join forces to cover more of the Town. Please have non-perishables ready for the youth to pick up.
- Wed 16 Tea and Books: *Death Comes to the Library*** with Joan Foster and Mary Bianchini. Public Library. 2 pm.
- Fri 18 Games/Whist Night.** Reserve: 482-3210. MW United. 7 pm.
- Sun 20 Harvest Festival, Holy Eucharist and community lunch.** St. Philip's. 10 am.
Welcoming Luncheon following 10 am worship. MW United.
- Mon 21 Horticultural Society** presents Mark Reynold on the history, usage and implications of Cannabis and its recent legislation. Non-members \$5 or \$20 for membership. Town Hall. 7:30 pm.
- Wed 23 Friends of the Library: brainstorming and tea.** Public Library. 2-4 pm.
MoWest Talks with Scott Macleod and his film *First Contact*. Public Library. 7 pm.
Hyrdo-Québec's open house: green corridor/portes ouvertes : creation d'un corridor vert. Town Hall. 3-8 pm.
- Thu 24 Coffee with the Mayor.** Community Centre. 7:30-8:30 am.
- Mon 28 Royal West Academy's Bardolators** presents some of the best scenes from Shakespeare's comedies and tragedies in a performance entitled *Shake Up, Shake Down* October 28, 29, 30 at 7 pm. Tickets: \$10 adults, \$7 seniors and \$5 students. Gala wine and cheese November 1: wine and cheese at 6:15, performance at 7 pm. Tickets: \$15 adults and seniors and \$10 students.
Town Council meeting. Town Hall. 8 pm.
- Tue 29 Evening Labyrinth Walk,** Wadsworth Hall. MW United. 7-9 pm.

NOV

- Fri 1 Rotary's Oysterfest.** \$60. Town Hall. 6:30 pm.
- Sat 2 Family Christmas Bazaar.** Wheelchair accessible. Silent auction, baked goods, jams, crafts, Christmas decorations, nearly new toys and a treasure trove. Luncheon available. MW United. 10 am-2 pm.
- Sun 3 Participatory workshop on the environment.** Town Hall. 1 pm.
Atelier participatif sur le thème de l'environnement. Hôtel de ville. 13 h.
- Sat 9 Christmas Bazaar and lunch.** Home baking, used books, knitted items, animal kingdom, linens, collectibles, home furnishings, jams and preserves, jewellery, candy, attic treasures, potpourri, CDs, games and DVDs. Delicious lunch served. St Philip's. 10 am-2 pm.
A Walk to Remember led by Dr. Robert Drummond. Meet at 1 pm at the Cenotaph.
- Sun 10 Remembrance Day worship service.** MW United. 10 am.
Remembrance Day ceremony. Procession (Curzon and Westminster): 12:15 pm; ceremony: 12:30 pm at the Cenotaph.
- Mon 11 MW Scout Group's annual Blood Donor Clinic.** St. Philip's. 1-8 pm.
- Tue 12 IODE meeting.** Community Centre 2 pm.
- Thu 14 National Youth Orchestra free concert.** Basilica Notre Dame, Montreal. 7:30 pm.
- Tue 19 Flu vaccination.** Town Hall. 10 am-3 pm.
St. James Literary Society: Key Learnings from 2019 Canadian Federal Election. Non-members: \$12. For reservations, please call 484-0146. Community Centre. 7:30 pm.
- Thu 21 Coffee with the Mayor.** Community Centre. 7:30-8:30 am.
Water taxes due / Échéance taxes d'eau
- Sat 23 Curzon Creative Preschool's 17th annual Auction and Fundraiser.** MW United. 7-11 pm.



Photo: Julia Ross

Classifieds

NEED A BABYSITTER? 14-year-old certified babysitter, available Friday to Sunday until 10:30 pm. Lives in MoWest, loves kids, very responsible. Contact Abby at 892-7847.

Take time to remember

Sunday November 10
12:30 pm



Remembrance Week 2019 – November 5-11 – will have a special emphasis on the 75th anniversary of the Italian Campaign of World War II (July 1943-February 1945), the Battle of the Scheldt in Belgium and the Netherlands in Autumn 1944. The Canada Remembers Program of Veterans Affairs Canada is filled with age appropriate tools to learn more about Canada's role in the Second World War: veterans.gc.ca.

Here in MoWest we honour our Veterans, past and present, with a ceremony at our Cenotaph on Westminster South every year. This year, the ceremony will be Sunday, November 10 at 12:30 pm. Canadians continue to help defend the belief in freedom and fundamental human rights for all people at home and around the world.

Please be present November 10 to remember all who have and are serving Canadians in the cause of peace and freedom.

from Joan Foster

Sandra Roscanu:

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