

# THE INFORMER

Montreal West Newspaper

November-December, 2019, Vol. 47, No. 9

**SUN**  
December  
**15**

**Breakfast with Santa**  
Town Hall

Pay in advance online or call the Community Centre.  
Family: \$35 (R)/\$40 (NR)  
Adult: \$10 (R)/\$13 (NR)  
Child: \$9 (R)/\$10 (NR)

**Artists' Showcase and Manga Vernissage**  
Town Hall

Featuring Heroes and Leaders exhibit and Manga art. Artists: Alex Brzezinski, Judy Baylin-Stern, Lynn Cairns, Sheila Caplan, Jo Ann Goldwater, Pat Nicholson, Bianca Roberti-Even, Liz Ulin, Annette Wolfstein-Joseph, Michelle Wyse and Manga artists.

**SUN**  
December  
**19**

**Christmas carolling**

The *Montreal West-End Operatic Society* is continuing its decades-old tradition of singing in the streets of Montreal West to raise money for the *Montreal Children's Hospital Foundation*. Look for us along Brock and Ballantyne Thursday, December 19 in the evening. Email production@mwos.org if you want to sing with us!

**THU**  
December  
**19**

**Vintage Wine Dance**  
Town Hall

Tickets: \$15, available online in December.

**SAT**  
February  
**15**



## Li Chen Benard: Opening minds with music

by Maurice Krystal

I checked my records before going to meet **Li Chen**. It was eleven years ago when I last came to the house on Garden Ave. to visit her husband **Jacques'** sculpture studio in the basement. The garden has some of Jacques' rock carvings amongst the vegetation. This time I climbed up the few stairs and rang the bell. Chen greeted me

with a wide smile and offered me slippers, part of the custom in Chinese homes and hotels.

Missing were the two golden retrievers, **Vicky** and **Snoopy**. They had recently passed away. Over the years I had seen the two dogs and Li Chen and Jacques walking on Westminster towards the *Pâtisserie de la Gare* for their café au lait.

There are two pianos in the living room, a grand piano and

an upright. I learned that the upright was for students starting and the grand piano was for those who were more advanced. There was also a lot of artwork from Jacques and their son, **Charles**. A cultural vibe permeated the room.

Li Chen was born in northern China but studied at a music conservatory in Shanghai. She was one of two Chinese students chosen by the renowned pianist and teacher, **Tatyana Klavetchenko**, and she moved to St. Petersburg in the USSR. From there she moved to Paris to further her studies. To make money she played in a Chinese restaurant called *Le Pavillion Imperial*. Jacques had set up his own studio in Paris in 1990 after studying in Italy. He and his fellow sculptors went often to this restaurant, as it was open late. He heard Li Chen play classical music and was smitten. They married ten months later. She found him creative, communicative and "safe."

They moved from Paris to MoWest in 1994 when Charles was only six months old. They were attracted to the area because of the number of beautiful parks in the neighbourhood. They first settled in a residence on Westminster and three years later moved to Garden Ave.

Both of Li Chen's parents were musicians, and her sister Li Ping is a recently retired music professor. When her parents married they bought a piano, an extravagant expense at the time, but it opened doors for their two daughters.

Li Chen visits China twice a year to see her family, including her father who is in a seniors' residence and has Alzheimer's. The last time she was there, in Shenzhen (near Hong Kong), she was asked to play in a chamber music performance when the original pianist hired was not available.



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# 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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## NEXT ISSUE DEADLINE

January 8

## Why adult ballet rocks

Many people think that ballet is for the young, but the fact is adult ballet rocks. Classical ballet for adults can help you lead a healthier and more comfortable life. If you dream has always been to practise ballet, but you have never dared, then discover everything you can gain with its practice.

The Recreation Department offers a variety of fitness programs for children and adults. New the last year was our adult ballet class given by our wonderful instructor **Ok-Sim**.

Classical dance is an ideal discipline for any adult, the one you can enjoy and learn from it without having “a perfect body” or special physical conditions.

### Health benefits

It is a great way to keep fit. In ballet, every inch of your muscles is actively engaged in movements. No wonder many ballet students find that they shed some fat and have well-toned muscles after having started regular training.

Another benefit is that it does wonders for your posture. As the basic requirement of ballet is to have a neutral stance with the spine straightened and hips “squared” (meaning, parallel on both sides), this posture is

going to have a “spill-over” effect on your day-to-day posture. Besides the beautiful look, a good posture is extremely important in staying healthy.

### Brain exercise

Ballet is a wonderful activity to get you off your chair. You use a lot of “brain power” to remember the steps and to coordinate the different body parts. For example, we exercise the left brain for getting the “mathematical” parts – the logic of the step combinations – correct; the right brain interprets the music and expresses our body in an artistic manner; the upper rear portion of the brain interprets spatial relationships; and the lower part of the brain memorizes the steps.

So, let's put on those slippers! Let's step up to the barre, take our first position and get going! The dance floor is waiting for you. Call **484-6186**.

## Khoi-Khoi



*Zerf Productions*, which celebrates 31 years of serving the community in Montreal, is presenting *Khoi-Khoi*, Saturday, November 30 at Loyola Chapel at 7:30 pm. We invite the public and cultural and community groups to come and enjoy this one and a half hours of music and dance – a perfect beginning to the festive season

The concert will start with the audience singing *Edelweiss*, with the piano player **Geraldine Mendez**. The emcee will be **Johannes Patry**, and **Wilhelmina Fredericks** is the artistic director and producer. Performers include piano player Geraldine Mendez; **Shannon Bouchard**, Montreal opera singer; **Claudia** and friends the dancers; comedians and the *Montreal West-End Operatic Society*. The concert will conclude with *Felice Navidad*.

We are pleased to continue our tradition of promoting emerging and experienced artists while collecting funds for our humanitarian endeavours at home and abroad. This year, we invite you to come and meet the artists and our *Zerf Productions* crew following the presentation as we kick-off our 31<sup>st</sup> year of celebrations and of serving the community.

Admission is by freewill offering for our water well project for orphans in Africa and a non-perishable donation for the *The Depot*.

For more information, please contact *Zerf Productions* at **486-0924**, zerf@sympatico.ca or zerfchallenge2020.com.

from Donna Pinsky

## Li Chen Benard

continued from page 1

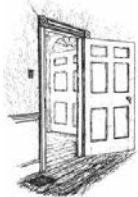
She only had three weeks to practise, something that normally required many months. In spite of migraines it worked out well.

At the moment her teaching schedule is full and those interested would have to go on a waiting list. She prefers to have students who come to her to be like a blank paper. She knows that no two students will play the same way so the teaching techniques vary but Li Chen initially focuses on the importance of enjoying the music and the hours of practice. Once that is established the next stage is putting feelings into the notes. It is like learning a language, but instead of an alphabet, it is only seven notes.

As she described her technique of imparting emotions into the notes, her hands flutter in the air, as if her fingers were playing the piano. She describes that there is a vision to each sound; a smell to the chords, like flowers or the ocean. The sensations are unpredictable. The player has to organize a plan to make the story more interesting. The pianist has to know what the audience wants and not lose them.

Li Chen believes that classical music is still alive today because it constantly evolves. The feelings expressed by each new generation of pianist change and the interpretive texture becomes richer with time. Not only the player has changed but also the piano has evolved, with 88 keys instead of 85, giving a greater range of sound.

Most of her students begin taking lessons when they are 4-5 years old. She takes some of her students each year to perform at Carnegie Hall. Many of her students practise with her to get ready for various musical competitions. She notices that children change as they practise and play music, opening their minds. It opens windows in the ability to see and feel more things. Li Chen is a great believer that everyone is born with musical sensitivity: one of God's gifts to us all.



## Friends of the Library

Given the precarious nature of the library's future, *Friends of the Library* were tasked by the Board to investigate government infrastructure grant opportunities. Good news. There do seem to be interesting possibilities out there, both at the federal and provincial levels. Through *Heritage Canada*, some federal infrastructure money seems to be available. The primary source for library grants, however, is provincial, through the Ministry of Culture's Aid to Libraries, Volet #2. Three subsidy possibilities exist and all three open doors for our library's future.

### Subsidising long-term rents

Quebec offers subsidies to cover up to 70% of the cost of long-term leases. Possibility #1: a private buyer for the currently vacant *Bank of Montreal* building comes forward, with the proviso that the library (backed by the Town) would act as a long-term tenant. Quebec would pay 70% of the annual cost of the lease or, should the Town prefer, 70% of the cost of outright purchase of the building.

### Reconstruction

Possibility #2 is reconstruction that envisions the same 70% of costs being absorbed by

the province should the library (or the Town) embark on a reconstruction project on the existing library lot. One could imagine a public/private venture to develop the site (to include a new and enhanced library, of course) with the Ministry of Culture contributing 70% of the costs of the portion dedicated to the library.

### Remains where it is

Possibility #3 is a variant of #2. In the event that no buyer can be found for the library/John Simms Park land, things would remain. However, there's no reason why the Town should house its library in substandard conditions, as is currently the case. (Consider Côte Saint-Luc, Westmount, NDG,

all the beneficiaries of multi-million dollar renovated premises.) Quebec could contribute 70% of any costs of sorely needed renovations. Nothing would prevent a developer from constructing around the newly renovated library, should the Town wish to continue to pursue that strategy.

### Open meeting

*Friends of the Library* will be presenting these three options to the Board for consideration in the coming days. An open meeting of *The Friends* will take place at the library on Saturday, December 7 between 2 and 3 pm. Tea will be served. All are welcome.

from Keith Henderson

## Artists' Showcase

Winter 2020: Humans and Nature

MoWest artists are invited to display their art at the Town Hall. The theme for the winter exhibit is Humans and Nature. We'll start hanging the show in February. 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. Please submit your art by February 1.

To find out more about the Artists' Showcase or to get an application form, go to the MW website under "Culture," or pick up a form at the Community Centre. For more details, please call 484-6186.



## Christmas presentation

Murray Von Egmond from *Edgewood Florist* will be back for the Christmas meeting, this time to demonstrate how to make a table runner which could also be tweaked to dress a mantle or use as a door swag. The idea is to inspire attendees to make their own holiday decorations, but one lucky individual won't need to if they have purchased raffle tickets and have the winning number. Murray's creation will be raffled and wine and other refreshments will be served. The date to remember is Monday, December 9, 7:30 pm. Admission is \$5 for non-members. Bring money for the raffle! Murray's table decoration will go to a lucky winner.



## Introducing

## The Legacy Fund for the Environment

*The Legacy Fund for the Environment/ Fonds d'héritage pour l'environnement* was incorporated as a non-profit in 2015 and obtained charitable status in 2018. Our mission is to provide funding for legal action taken in defence of the environment in Canada. We look to environmental and community groups and individuals to propose cases for our consideration and, if a case has merit and we have the resources, we will fund it. Unlike other organizations, we do not use our own lawyers. Rather, we work with outside lawyers chosen for each case. This allows us to concentrate on raising and allocating funds for environmental defence, a focus that can be scaled up far beyond anything we could manage to do in-house.

The goal is to increase the cost of destroying the environment. The destroyers, be they private or public actors, are in it for the money and we intend on taking the profit out their equation. With this in mind, we are not afraid of losing cases. Winning is important,

of course, but winning is not everything. Deterrence is the goal and we think we have found a way to achieve it.

To make this work we will need to take on many cases – and find a great deal of money to fund them. The *Legacy Fund* is still in its infancy, having only taken on four injunctions so far. The next case to be heard is to stop the "development" of the Technoparc wetland in St-Laurent. This wetland hosts a huge variety of migratory and other bird species and we hope the **Plante administration** will abandon the development before we go to court in February.

If you are interested in knowing more about the *Legacy Fund* and would like to help or to donate to the cause, please contact the undersigned at 927-7802 or [cstuart@colby-monet.com](mailto:cstuart@colby-monet.com). Donors will receive charitable tax receipts.

from Campbell Stuart

### The Chelsea Flower Show

Several members of our *Horticultural Society* "did" the *Royal Horticultural Society* Chelsea Flower Show last May. They did not mix with members of the Royal Family, but got to enjoy the most wonderful flower displays imaginable, not to mention high tea served on Wedgewood china by white-gloved servers and with a harpist to entertain.

On Monday, January 20 they will be presenting their take on this most prestigious flower and garden show in the world. Once again, admission is \$5 for non-members or \$20 for a 2020 membership.



## Joan Foster and Zelda Freitas: Conversations around Life and Death



MoWest resident **Joan Foster** and **Zelda Freitas**, who is a social worker at the CLSC and on the McGill Council for Palliative Care, spoke to our club recently. Modern scientific capability has profoundly altered the course of human life and people are living longer and in better health than at any other time in history. Joan recommended the book *Being Mortal* by **Atul Gawande**.

Doctors must practise shared decision making by telling us what is wrong, what are the treatment options and what options are best for us. We also have to tell our doctor what we understand, what are our concerns, what trade offs we are willing to make, who will make the decisions for us when we cannot speak and what we want this person to say. The ultimate goal is not

to have a good death, but to have a good life all the way to the end.

We need to be in control of our lives until the end. Joan and Zelda outlined the five steps to advanced care planning.

**Step 1:** Think about your values and beliefs, also think about your health and your end of life plan.

**Step 2:** Learn.

**Step 3:** Substitute decision makers (Find someone to make the decisions for you).

**Step 4:** Have a legal mandate prepared.

**Step 5:** Review and revise (This should be done at least once a year).

It's all about conversations and all about wishes. Joan ended her talk by saying to talk to your better half about this and you will be surprised with the results. It is very important to know who will be making these decisions for you.



### Coming events

**Thursday, November 21, 12:30 pm**

**Peter Labelle** – Update on Ghana Beruli Ulcer project with *World Health Organization*

**Thursday, November 28, 12:30 pm**

Sanyu orphanage in Kampala Uganda – fighting kidnapping of children for sacrifice. Project of First EClub

L'orphelinat Sanyu de Kampala Uganda pour lutter contre les kidnapping d'enfants pour sacrifices. Projet du EClub premier

**Tuesday, December 3, 7:30 pm**

*Humanity and Inclusion (HI)* will be holding a dance spectacle at the Verdun Cultural Centre, \$30. *HI* is a Nobel Peace Prize winner for its work in helping victims of armed conflict. Tickets at: [hi-canada.org/en/corps-et-graphies](http://hi-canada.org/en/corps-et-graphies)

**Friday, December 6, 6:30 pm**

Me **Frank Catalano**, Notary – Medical Assistance in Dying in Canada and Quebec – Recent Developments. Hot buffet dinner, salad, dessert, wine: \$25

**Saturday, December 14, 7 pm**

Rotary Christmas party

**Saturday, March 21**

80<sup>th</sup> anniversary dinner with **Joey Elias**

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.

*from Doug Yeats*





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## For your movement and interaction needs

The *Agatsu Montreal Gym*, down the hill on Ronald drive, is trying to bring a new approach to health and fitness. While most gyms focus on the aesthetic, *Agatsu Montreal* is more concerned with function and what exercise can provide to your life as well as how you feel inside your body. They embolden a style of training that seeks to enhance your life, building you up instead of breaking you down.

Their method is centered around two concepts: community and results-based training. A century ago, people did not need to think about exercising as their way of life satisfied their body's need for movement. People lived in close-knit communities with frequent opportunities to socialize and bond. Most people these days spend hours day isolated at desks with little interaction with others, much of their day spent in front of screens. This does little to satisfy our human need for movement or desire to interact with others.

The moment you walk into the *Agatsu* gym you realize that it is a very special place. You won't find any treadmills or big bulky machines. What differentiates the training at *Agatsu* is the focus on movement and mobility. The coaches incorporate mobility exercises into every class, reclaiming the freedom of effortless movement without pain or restriction. The tools that the *Agatsu* gym incorporates like kettlebells, maces, Indian clubs, atlas stones and gymnastic rings are designed to challenge the body in a way that will help improve your balance, stability and strength. The focus is on training for life, preparing the body to meet life's challenges and to keep you moving pain free for years and decades to come. The gym launches a new challenge every eight weeks so members can see their progress and results firsthand.

Community is at the heart of what the gym does and the importance of being able to provide a place where people can come together, forget their stresses and better themselves as individuals is key. The gym-

nasium is a centuries-old place where the human connection can be forged. Not only does this allow friendships to form, but the added motivation that comes with working out with others keeps you coming back for more. The gym plans lots of fun activities for members outside of the gym as well with fun things like bowling nights, movie nights and fun outdoor activities.

*Agatsu* offers both small group classes and private training. Every session is led by a qualified coach to motivate and ensure you are safely and effectively performing each exercise. The small class size ensures a lot of trainer attention and the gym prides itself on being able to adapt an exercise to meet your needs. If your knee is bugging you or if it is your first class, the coaches will be able to modify the workout to ensure that you are both challenged and progressing safely. To find out more or join in on the fun check out [agatsumontreal.com](http://agatsumontreal.com).

*from Patrick Burkhard  
Class Director, Agatsu Montreal*



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## Royal West Academy

### Don't miss these concerts!

The music program at Royal West Academy has grown and the music department proudly presents two concerts for your enjoyment.

**Thursday, December 5** is the annual holiday concert under the musical direction of **Ms. Macleod, Ms. Purdy and Mr. Van Alphen**. Come and enjoy the musical talents of the RWA Winds, A Capella Choir, RWA Jazz Band and Honour Band as they help put you into the holiday spirit with their wonderful melodies.

For the first time, the winter concert is being offered over two nights: **Wednesday, January 15** and **Thursday, January 16**. It will feature the grade 8 and 9 bands, the Senior Music Class Chamber Ensembles and the Honour Band.

Doors open at 6:30 pm; concert starts at 7 pm. Tickets: \$10 for adults; \$8 for seniors and students. Proceeds from the concert will go to support the music programs.

For more information, please contact [rwa.hbcommunication@gmail.com](mailto:rwa.hbcommunication@gmail.com) or [gpurdy@emsb.qc.ca](mailto:gpurdy@emsb.qc.ca).

MON-THU  
December  
16-18

### The musical *Hello Dolly*

Royal West Academy will be performing the full-scale musical *Hello Dolly* in the auditorium of the school.

Monday, December 16, Tuesday, December 17, Wednesday, December 18 at 7:30 pm. Tickets: \$15 adults, \$10 seniors, \$5 students.

Thursday, December 18 is a wine and cheese night: wine and cheese at 6:45, performance at 7:30pm. Tickets: \$20 adults and seniors, \$15 students.

Ever wonder how many species of bacteria can be found in your home? Or how music affects your mood? Maybe you've heard that chewing gum can increase your concentration levels... but is it true?

Royal West Academy students will answer these and many other interesting ques-

tions at the 30<sup>th</sup> annual Science Fair, happening on February 14 in the new gym.

In the morning, almost 400 students from Grades 8-11 will present their projects to judges from both the academic and professional worlds. The RWA Science Fair will be open to the public from 11:30 am-12:30 pm and again in the evening from 7-8 pm. Students look forward to presenting their projects during this time as the pressure of official judging will be over.

The day ends with the awards ceremony. Science Fair participants, family, friends and judges are all welcome to attend. Hope to see you there! For more information, contact **Jennifer Pevac** at [rwasciencefair-coordinator@gmail.com](mailto:rwasciencefair-coordinator@gmail.com).



### Knights

The Knights are back in action with 16 single letter teams (A, B, C) on the ice ranging in age from 7-16 years old. Hockey Director **Eric Rayment** has been hard at work organising tryouts, scheduling games, practices and tournaments. Everyone is welcome to come and cheer on our Knights.

### Kings

We have three teams playing under the Westluc Kings banner. Big congratulations to the Kings Atom AA team who won silver at the *Bob Gainey Classic* November 11.

### Future Stars Hockey

Our youngest player's on the ice are learning the basics of hockey through a variety of drills focusing on skating techniques, puck handling and mini scrimmages. There are over 60 kids registered. This program taught by hockey director **Eric Rayment** Thursday and Sundays.

### Figure skating

Welcome back **Anne and Heather Smith** for another season of spins and step sequences. The Friday afternoon program teaches basic to more advanced figure skating skills.

### Skating lessons

This program shows these newest skaters how to make it snow with their skates and to get up off the ice in less than 5 seconds, twirl, balance and control. Classes run Wednesdays and Sundays.

### GYM-TASTIC!

Led by coach **Tamara**, kids go through equipment circuits, balance on beams, hang from rings and learn their gymstop. Open to 3½-5 and 6-12 years old.

Registration for the winter session is now open.

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<http://www.bonder.com/>



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## Edinburgh School

# Terry Fox Run

Edinburgh hosted another successful *Terry Fox Run* in September, with all students in grades K-6 participating and having a great time running as many 1 km laps as they could. \$4355 was raised!

Students in grades 4-6 participated in the annual *GMAA Cross Country Running* competition October 10 on Mount Royal. The Edinburgh girls' team placed first, and the boys' team placed second. In addition, **William Woodruff** (grade 5) placed first out of 157 boys at the race while **Finlay Klein** (grade 5) placed second out of 126 runners for the girls. Congratulations to all students who took part!

A huge thank you to gym teacher Mr. **William Cho** for coordinating Edinburgh's participation as well as the parent volunteers for supporting our team!

### Fundraising campaign

You may remember that in 2017-2018, Edinburgh spearheaded a fundraising campaign for major improvements to the school's outside play area. A recent article in the *Journal de Montréal* and *Journal de Québec* compared schoolyards in Montreal, Laval, Longueuil, Quebec City and Lévis; Edinburgh's schoolyard tied for 14<sup>th</sup> out of several hundred schools and 4<sup>th</sup> in the English Montreal School Board!

A huge thank you to all the local merchants and organizations who contributed to our fundraisers and helped make the project a success. We couldn't have done it without you!

*from Joanna Duy*



## Elizabeth Ballantyne School

# Kindness Week at EBS



Staff members from *The Food Depot Community Centre* collecting donations made by EBS students, staff members and families.

In collaboration with International Peace Day and the *Institute of Social and Emotional Education*, EBS launched Kindness Week during their first house assembly on September 26. **Miss Nana**, a Masters student from Denmark, shared her "kindness" experiences, which eventually took her to India to meet the Dalai Lama! Students participated in many kindness activities throughout the week; they were reminded daily by the "Kindness Fairy" to be kind. Through different activities, the students also learned that kindness comes from within. They also learned that a random act

of kindness makes everyone feel good – the person performing the act as well as the person benefitting from it.

### Ways of showing kindness

EBS students have shown kindness this month by participating in the following activities:

**Terry Fox Run:** We held our annual *Terry Fox Run* on September 26, and raised \$2914.90 to support the *Terry Fox Foundation*.

**Orange Shirt Day:** September 30, rooms 7 and 9 joined together to honour the indigenous children who were sent away from their homes to attend residential schools. "ALL KIDS MATTER."

**Climate Change Initiatives:** Cycle 1 students sorted hundreds of markers to be recycled. We instituted Wednesday Wasteless Lunches, and there was a major clean-up of the Cycle 2 schoolyard. We had our own Climate Change March around Montreal West

**We Scare Hunger:** Many families from the EBS community donated food in support of families in need. We managed to collect almost 700 cans and boxes of non-perishable food items to be donated to *The Depot Food Community Centre*.

**"Fred" Halloween Campaign:** Students collected money for the 2019 Halloween Campaign of the *Fondation Ressources pour les enfants diabétiques*.

*from Kate Marien*

## Plans for the holiday season

It is almost the holiday season and we have been very busy planning for our end of year activities and the New Year. In November, you may have seen us at the *ART ETC.* Our holiday raffle is becoming a successful annual event with the first prize being a holiday tea. One lucky winner gets to invite seven friends to the library where we treat them to a lovely afternoon tea consisting of home baked goods and specialties. These fundraisers help us to continue our transformation into a 21<sup>st</sup> century library that the community can continue to be proud of.

So, what exactly have we planned? Well, we have finalized one new fundraiser, a book signing by a local author, a visit by a local celebrity chef, a new lecture series and a new program for high school children. We are still continuing our Tea and Books, our Cookbook Club and the Writer's Group. For more information on any of these clubs please contact the library.

## New this month!

Starting November 18 and running until December 17 the Public Library in collaboration with *Art Education in Motion* will be offering coding classes for high schoolers. For more information please email [Oberon@ArtEducationInMotion.com](mailto:Oberon@ArtEducationInMotion.com) or call 438-763-9137.



Just in time for the holidays we are extremely excited to have the illustrious chef and author, **Frederic Morin** of *Joe Beef* Monday, December 2 at 7 pm. The event is open to the public, but a donation of either cash or canned fish for *The Depot* is required. There is limited seating, so please reserve now!



Saturday, December 7, noon-3 pm, MoWester, **Jack Kowalski**, will have a book signing. His book, which details the history of his jet boating tours, *Saute Moutons thru the Lachine Rapids* was just published. The book is available in both French and English. The first ten visitors will receive a free book and there will be drawing for a pass for two to ride the rapids next summer.

Last month, we had a successful *Death Comes to the Library* event with **Joan Foster**, **Mary Bianchini** and **Deborah Marcogliese**. The library would like to extend a huge thank you to both Joan and Mary taking time out of their busy work day to come and visit with us. With over 20 people in attendance that afternoon, we have decided to continue a similar topic with a new

## WHAT I RECENTLY READ...

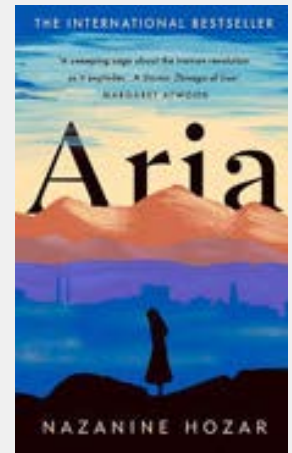
by Marlene Cousins

### Aria

by **Nazanine Hozar**

*This moving debut novel by Vancouver author Nazanine Hozar is hailed by Margaret Atwood as "A Doctor Zhivago of Iran" and by John Irving as "a feminist odyssey."*

*Set in Iran, from the early 1950s before the US-backed coup to life under the Shah, through the Revolution to the Islamic Republic in the 1980s, the story follows Aria, abandoned as a newborn in a Tehran gutter, cursed and blessed with three very different mothers: "a mother who left her, a mother who beat her and a mother who loved her but couldn't say so." Aria remains resilient throughout her quest for belonging. Readers are able to appreciate complex characters through a cross section of social classes as well as experience life inside Iran during these sweeping times..*



series of lectures called "Caring for Aging Family Members: A Proactive Approach."

Our first event will be "A Financial and Legal Primer for Caregivers of Aging Family Members" held on Thursday, January 16 at 7 pm. To register, please email us at [mwlib.requests@gmail.com](mailto:mwlib.requests@gmail.com).



January 25 at 7:30 pm the library will be holding a very special fundraiser on Robbie Burns Day – a Scotch tasting! Various Scotches will be tasted and the intricacies of the drink will be explained. Tickets are \$150 and a tax receipt of \$100 will be given. There is a limit of 20 tickets, so please reserve you seats now!

## Dans la bibliothèque / In the library

Savez-vous que nous avons reçu trois nouveaux journaux ? Bien sûr, nous avons reçu « Les Affaires Plus », « L'Actualité » and « Ricardo ». Si vous avez d'autres suggestions contactez-nous! Nous avons aussi reçu les nouveaux livres :

- « Robert Bourassa » par Julien Brault
- « Musique au château du ciel : Un portrait de Jean-Sébastien Bach » par John Eliot Gardiner
- « Comment se dire adieu ? » par Laurie Colwin
- « La Terre » par Sylvie Drapeau
- « Ghost in love ...un roman » par Marc Levy
- « L'Homme de Constantinople » par José Rodrigues Santos

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## Public Library

### Relocation update

November 6, 2019

While the library continues to wait for a decision from the Town with regards to the status of its current location, the Board is working hard to develop a long-term vision. We have recently formed a committee to develop a strategic plan and we are preparing to launch a capital fundraising campaign. Our goal is to prepare for the future, knowing that the physical location of the library may change, but the services provided to the community will continue.

Les « Friends of the Library » supportent les efforts du Conseil en examinant les subventions gouvernementales, tant fédérales que provinciales, offertes aux bibliothèques pour des projets d'infrastructure. Il y a des nouvelles positives (voir l'article des « Friends ») et le Conseil travaillera en collaboration avec les « Friends » et la ville de Montréal-Ouest au cours des prochains mois afin d'élaborer la meilleure approche pour tirer parti des possibilités de financement disponibles.

The Board, staff and volunteers of the library wish you all a safe and happy holiday season. Come by and stock up on some reading material or DVDs for those cold winter nights!

from Tanya Radhakrishna  
on behalf of the Board of  
the MWPL

## Children's Library

### Holiday activities



Children will have plenty to do at the library in preparation for the holiday season. The Art and Maker club session on Saturday, December 8, from 1 to 2.30 pm, will be dedicated to the making of wrapping paper using a special technique, followed by a course on wrapping gifts. The little elves will learn how to wrap gifts of almost any shape and size and make sure they use this new skill at home. If you pass by the library between December 1 and 22, you will help us decorate it with a holiday wish. Join us for the movie *Nicolas Noël* (in French), on December 14, 1 to 3 pm.

### La lecture en cadeau

Pour une deuxième année de suite, nous sommes heureux de faire partie de l'initiative La lecture en cadeau. *La Fondation pour l'alphabétisation* a établi l'initiative en 1999, et depuis sa fondation, La lecture en cadeau a permis de rejoindre plus d'un demi-million d'enfants de 0 à 12 ans et leurs parents. La 20<sup>e</sup> édition de *La lecture en cadeau* a été marquée par une grande générosité : 100 191 enfants vivant en milieux défavorisés ont reçu un livre en cadeau de la part des donateurs. Comment faire? Achetez un livre neuf,



Halloween at the library

visitez la bibliothèque du 15 novembre au 21 décembre, et le déposer dans la boîte mise à cette fin. Vous pouvez écrire un message sur la carte fournie, qui sera lu par l'enfant qui recevra votre cadeau. Les livres collectés seront distribués au mois de mai 2020.

### New at the library

As of December 1, you will be able to receive the membership cards of your child(ren), and use them to access the accounts in the on-line library system. This feature will help you manage the accounts by renewing the loans, making reservations, etc. Please ask at the circulation desk for your card(s), and you will receive detailed instructions on how to proceed.

### Library closure

The library will be closed from December 22 to January 5 for the holiday season. Joyeuses fêtes!

### Hours/Horaire

Mon/Tue/Wed/Fri –  
Sun/mar/mer/ven :  
9:00-18:00  
Thu/jeu : 9:00-20:00  
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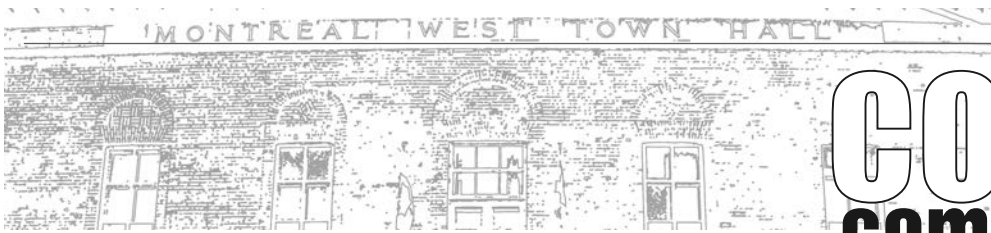
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# COUNCIL communiqué

## MAYOR'S REPORT



### Town budget

At this time of year, our teams have been working diligently on our budget for 2020. They have been using directives established by Town Council. However, about 1/3 of our budget is a charge from the Agglomeration Council for shared services and that portion is out of our control.

The Association of Suburban Mayors has been pressuring Montreal to keep the expenses and amounts that are passed onto the Towns to reasonable amounts.

The 2020 budget will be presented **Monday, December 16 at 7:30 pm** BEFORE our regular Council meeting at 8 pm.

### CP Holiday Train

Just a reminder 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. 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 the date on your calendar.

### Winter reminders

No matter how much we hoped otherwise, winter has returned. Here are a few quick reminders to help you get through to spring a bit more easily – and many of these are the results of questions we receive annually:

In general, the highest priority areas for snow clearing are the commercial district, the schools and the bus stops.

Though Public Works uses a rule of thumb when they initiate snow removal operations, they must consider other mitigating circumstances, namely coming weather patterns. For example, even if we received a snow fall on a Monday that normally would trigger a snow removal operation, but the weather forecast calls for more snow on Tuesday night, they may decide to delay snow removal until after the second snow fall.

Our Public Works team does an excellent job with our sidewalks; however, please do be careful as you walk around Town. Be especially careful at driveway entrances. Though they are relatively gentle slopes, any ice underneath becomes treacherous as the sidewalk dips. And that's compounded whenever the sidewalks are covered with just a dusting of snow.

In terms of snow removal, although our goal is to minimize the instances we blow the snow onto lawns in favour of carting

the snow to our own snow-dump, there may be times when the dump is not available (snow-dump is full or not accessible because of lack of space or soft ground). In those instances, we will blow snow onto the lawns. This has been the directive for the past 5-10 years.

Please be mindful of temporary no-parking signs that the teams put out in preparation for snow removal operations. Cars parked on the street during snow removal seriously slow down the operation.

Understandably, it's frustrating to work to clear the front of your driveway only to have the Town snow-plow drive by and undo your hard work. Unfortunately, there is not much that can be done to alleviate this. We must keep the roads clear for public security and safety.

The sidewalks and road between the barriers at the level crossing are the responsibility of CP Rail and Exo. In fact, we are not allowed to intervene at all on their property.

### Coffee with the Mayor

There is no Coffee with the Mayor in December. The next session will take place **Thursday, January 23, from 7:30 to 8:30 am** at the Community Centre.

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



## WHAT IS THE ROLE OF THE TOWN CLERK?

Have you ever wondered what the role of the Town Clerk is in Montreal West? Although I was aware of some of the responsibilities of this position, I sat down with our Town Clerk, Maître Claude Gilbert, recently to find out exactly what the job entails. The list of duties is impressive.

First and foremost, the office of the Town Clerk is responsible for all legal matters of the municipality in accordance with the Cities and Towns Act.

As such, the Town Clerk also provides advice to Council and the Director Gen-

eral on legal and procedural matters.

The Town Clerk is present at every public Council meeting and by-law consultation and is responsible for the Council agendas and minutes, resolutions, all municipal by-laws and the publication of

public notices. M<sup>e</sup> Gilbert prepares and oversees the procedures related to public tenders, contracts, property and liability insurance, purchase agreements and property auctions. The Town Clerk is also

*continued on the next page*



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the custodian of the municipal archives and is responsible for the management and preservation of all documents that are the property of the Town.

Residents may meet M<sup>e</sup> Gilbert if they request access to information, file an insurance claim or require the services of a Commissioner of Oaths for proof of residence or other documents. You will also see him when exercising your democratic right to vote, as it is the Town Clerk who is responsible for organizing and supervising all municipal elections, by-elections and referenda, including preparing notices, hiring personnel and supervising results.

Despite all the responsibilities outlined, the Town Clerk is a department of one in Montreal West. Rather than working in isolation, however, M<sup>e</sup> Gilbert will sometimes confer with his colleagues in other municipalities on matters of mutual concern. This summer we were

pleased to benefit from the services of a young lawyer doing his Work Placement as an assistant to the Town Clerk.

M<sup>e</sup> Gilbert obtained his law degree in Civil Law from Université Laval. Prior to coming to Montreal West in 2006, he was the Town Clerk for the City of Gaspé. He arrived in our Town shortly after the de-

M<sup>e</sup> Claude Gilbert



merger and has seen and overseen many undertakings and changes since that time. When asked what he liked about our community, M<sup>e</sup> Gilbert responded: "Montreal West as it stands today is witness to the power of municipal autonomy. As soon as you step outside its borders, you immediately see the difference in landscape and it shows the permanence of a local culture resulting from long-held policies that express the values of its residents. This being said, my job is really much more tied to daily operations."

And in those daily operations, he has proven himself to be an invaluable asset to our Town. Merci, Claude!

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



## **SUSTAINABILITY WORKSHOP: LET'S TALK GREEN**

I'm pleased to report on the participatory workshop, Let's Talk Green, that took place Sunday, November 3 at the Town Hall. Twenty-one residents took part, eager to share their ideas and opinions on potential MoWest environmental initiatives.

Round table discussions were held on how our community could better support biodiversity and ensure more effective waste management. The need for more public education about waste reduction, proper recycling, smart garbage, alternatives to single use plastic, the benefits of trees and pollinator gardens were all discussed.

Participants also kicked around the idea of having dedicated spaces in Town for permaculture and community gardens. Using a map of the MoWest, they identified specific zones where this might work best if the Town adopted the initiative.

Drilling down a bit more on the waste management issue, many participants suggested switching to a pay-as-you-throw garbage collection system to encourage residents to use their compost and recycling more. Other ideas included encouraging businesses to switch to alternative packaging, adding an extra collection day for household hazardous waste and offering drop off points in Town for residents to dispose of items like electronics, etc.

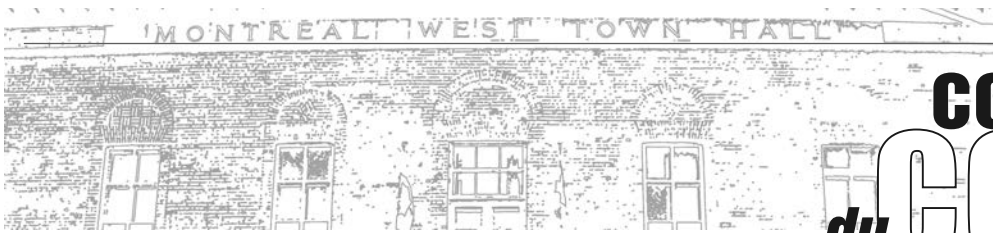
To wrap up the workshop, participants made four actionable recommendations for the community based on the issues of highest concern. They included:

- Planting more public trees on the municipal right-of-way. This program has already been accelerated this year and will continue.

- Switching to weight-based pricing for our garbage removal. This "smart garbage" system is used in other municipalities, where each household pays for the specific amount of garbage it sends to landfill.
- Offering selective waste collection and drop-off centres. This would allow residents to responsibly dispose of many items (like electronics and Styrofoam) that are currently going to landfill.
- Banning single-use plastic in Town restaurants and groceries. Working with merchants, this measure can be discussed by Council to gauge its effectiveness. It has already been announced in other Island municipalities.

I'd like to thank all the residents who came to the workshop, taking time out to help our community better face the climate crisis that we're all just beginning to deal with. We hope to have other such workshops in future. Please keep an eye out for them.

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



# communiqué du CONSEIL

## RAPPORT DU MAIRE



### Budget de la Ville

C'est le temps de l'année où nos équipes travaillent avec diligence sur notre budget pour 2020. Les directives de travail établies par le Conseil ont guidé leur travail. Cependant, environ 1/3 de notre budget sont des frais du conseil d'agglomération pour les services partagés et cette portion est hors de notre contrôle.

Les maires de l'Association des municipalités de banlieue font pression sur Montréal pour que les dépenses et les montants transférés aux villes demeurent raisonnables.

Le budget 2020 sera présenté **le lundi 16 décembre à 19 h 30 AVANT** la séance ordinaire du Conseil à 20 h.

### Train des Fêtes du CP

Un rappel que le Train des Fêtes du CP fera son sixième arrêt annuel à Montréal-Ouest **le mardi 26 novembre**. CP Rail fait un généreux don au Dépôt centre communautaire d'alimentation (anciennement Dépôt alimentaire NDG). Nous recueillons aussi de la nourriture et des dons en argent sur place ce soir-là. Les dons de nourriture sont remis au Dépôt et l'argent amassé sur le site est séparé entre le Dépôt et notre propre programme de la Popote roulante. Inscrivez cette date à votre calendrier.

### Rappels pour l'hiver

Même si nous l'espérons peut-être autrement, l'hiver est de retour. Voici

quelques petits rappels pour vous aider à passer au travers de l'hiver plus facilement - et bon nombre d'entre eux répondent à des questions que nous recevons chaque année :

En général, les zones prioritaires pour le déneigement sont l'artère commerciale, les écoles et les arrêts d'autobus.

Bien que les travaux publics aient des règles générales lorsqu'ils entreprennent des opérations de déneigement, ils doivent aussi tenir compte d'autres circonstances atténuantes, notamment des conditions météorologiques à venir. Par exemple, même si un lundi nous recevons une chute de neige qui déclencherait normalement une opération de déneigement, mais que les prévisions météorologiques prévoient plus de neige le mardi soir, ils peuvent décider de retarder le déneigement jusqu'après la deuxième chute de neige.

Notre équipe des travaux publics fait un excellent travail avec nos trottoirs, par contre il est toujours important de faire attention lorsque vous vous promenez en Ville. Soyez particulièrement prudent avec les entrées de garage. Bien qu'il s'agisse de pentes relativement douces, toute glace en dessous devient dangereuse à l'endroit où le trottoir creuse. Et c'est d'autant plus vrai lorsque les trottoirs sont saupoudrés de neige.

En ce qui concerne le déneigement, bien que notre objectif soit de minimiser les cas où nous soufflons la neige sur les terrains avant au lieu de la transporter à notre propre dépotoir à neige, il peut arriver que le dépotoir ne soit pas

disponible (le dépotoir à neige est plein ou est inaccessible par manque d'espace ou parce que le sol est trop mou). Dans ces cas-là, et suivant la directive des 5 à 10 dernières années, nous soufflerons sur les terrains avant.

N'oubliez pas les panneaux d'interdiction de stationnement temporaires que les équipes installent en prévision des opérations de déneigement. Les voitures garées dans la rue pendant le déneigement ralentissent sérieusement l'opération.

Évidemment, c'est frustrant de travailler pour dégager l'avant de votre entrée avant de voir le chasse-neige de la Ville passer et défaire votre travail. Malheureusement, il n'y a pas grand-chose à faire pour remédier à cette situation puisque nous devons garder les routes dégagées pour la sécurité de tous.

Les trottoirs et la route entre les barrières du passage à niveau sont la responsabilité du CP Rail et d'exo. Dans les faits, nous ne sommes pas autorisés à intervenir sur leur propriété.

### Café avec le maire

Il n'y aura pas de Café avec le maire en décembre. Le prochain Café avec le maire aura donc lieu **le jeudi 23 janvier de 7 h 30 à 8 h 30** au Centre communautaire.

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



## QUEL EST LE RÔLE DU GREFFIER ?

Vous êtes-vous déjà demandé quel est le rôle du greffier à Montréal-Ouest ? Bien que je connaisse déjà certaines des responsabilités de ce poste, je me suis récemment entretenu avec notre greffier, M<sup>e</sup> Claude Gilbert, pour savoir exactement en quoi consiste ce travail. La liste de ses tâches est impressionnante.

D'abord et avant tout, le bureau du greffe est responsable de toutes les questions juridiques de la municipalité conformément à la Loi sur les cités et villes.

À ce titre, le greffier conseille le conseil municipal et le directeur général sur les

questions juridiques et procédurales.

Le greffier est présent à toutes les séances du conseil et consultations publiques sur les règlements municipaux. Il est responsable des ordres du jour et des procès-verbaux du conseil, des réso-

lutions, de tous les règlements municipaux et de la publication des avis publics. M<sup>e</sup> Gilbert prépare et supervise les procédures relatives aux appels d'offres

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*continué de la page précédente*

publics, aux contrats, à l'assurance de biens et de responsabilité, aux contrats d'approvisionnement et à la vente aux enchères d'immeubles. Le greffier assure également la gestion des archives municipales et la préservation de tous les documents qui sont la propriété de la Ville.

Les résidents peuvent rencontrer M<sup>e</sup> Gilbert s'ils font une demande d'accès à l'information, déposent une réclamation d'assurance ou ont besoin des services d'un commissaire à l'assermentation pour obtenir une preuve de résidence ou autres documents. Vous le verrez également lorsque vous exercerez votre droit de vote, car c'est le greffier qui est responsable de l'organisation et de la supervision des élections municipales, élections partielles et référendums, y compris la préparation des avis, l'embauche du personnel et la supervision des résultats.

Malgré toutes les responsabilités décrites ci-haut le Service du greffe de Montréal-Ouest consiste d'un seul employé. Plu-

tôt que de travailler de façon solitaire, M<sup>e</sup> Gilbert discute parfois de questions d'intérêt commun avec ses collègues d'autres municipalités. Cet été, nous avons eu l'honneur de bénéficier des services d'un jeune avocat qui effectuait son stage comme assistant greffier.

M<sup>e</sup> Gilbert a obtenu son baccalauréat en droit civil de l'Université Laval. Il a travail-

M<sup>e</sup> Claude Gilbert



lé comme greffier à la Ville de Gaspé avant son arrivée à Montréal-Ouest en 2006. Arrivé peu de temps après la défusion municipale, il a travaillé sur de nombreux projets et changements. Lorsqu'on lui a demandé ce qu'il aimait de notre Ville, M<sup>e</sup> Gilbert a répondu : « Montréal-Ouest, telle qu'elle se présente aujourd'hui, témoigne du pouvoir de l'autonomie municipale. Vous voyez immédiatement une différence dès que vous sortez de son territoire, démontrant la pérennité d'une culture locale résultant de politiques de longue date qui reflète les valeurs de ses habitants. Ceci étant dit, mon travail est surtout lié aux opérations quotidiennes. »

Et dans ces opérations quotidiennes, il est un atout inestimable pour notre Ville. Merci Claude !

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



## ATELIER SUR LE DÉVELOPPEMENT DURABLE : PARLONS VERT

Je suis heureuse de revenir sur Parlons vert, l'atelier participatif qui a eu lieu le dimanche 3 novembre à l'hôtel de ville. Vingt et un résidents enthousiastes ont partagé leurs idées et leurs opinions sur les initiatives environnementales possibles à Montréal-Ouest.

Des tables rondes ont eu lieu sur la façon dont notre communauté pourrait soutenir davantage la biodiversité et assurer une gestion plus efficace des déchets. Le besoin d'éduquer davantage le public sur divers sujets comme la réduction à la source, le recyclage, la collecte intelligente des matières résiduelles, les solutions de rechange au plastique à usage unique ainsi que les bienfaits des arbres et des jardins pollinisateurs ont tous été discutés.

Les participants ont également réfléchi sur l'ajout d'espaces dédiés à la permaculture et aux jardins communautaires dans la ville. Chaque table avait une carte du territoire qui pouvait être utilisée par les participants pour identifier des zones précises où ils envisageaient ces espaces si la Ville allait de l'avant avec ses initiatives.

Quant à la question de la gestion des déchets, de nombreux participants ont suggéré de passer à un système de collecte basé sur le principe d'utilisateur-payeur pour encourager les résidents à mieux utiliser leur compost et leur recyclage. D'autres idées ont été proposées, notamment encourager les commerces à opter pour des emballages zéro-déchet, ajouter une journée de collecte supplémentaire pour les résidus domestiques dangereux et offrir des points de collecte en Ville pour les résidents qui veulent se débarrasser d'articles ménagers comme les appareils électroniques, etc.

Pour conclure l'atelier, les participants ont proposé quatre recommandations pratiques et locales en fonction des sujets identifiés comme prioritaires plus tôt dans l'atelier. Ceux-ci comprenaient :

- Planter un plus grand nombre d'arbres publics sur l'emprise municipale. Ce programme a déjà grandement progressé cette année et continuera dans les années à suivre.
- Passer à une tarification variable des collectes d'ordures. La collecte intelligente repose sur le principe d'utilisateur – payeur, chaque ménage paie pour la quantité d'ordures envoyées au dépotoir.
- Offrir la collecte sélective et des points de dépôt. Ceci permettrait aux résidents de se débarrasser de façon responsable de nombreux articles (comme les appareils électroniques et le polystyrène) qui sont actuellement envoyés dans les sites d'enfouissement.
- Interdire le plastique à usage unique dans les restaurants et les épiceries de la Ville. En travaillant de pair avec les commerçants, le conseil municipal pourrait considérer l'efficacité de cette mesure. Elle a déjà été annoncée dans d'autres municipalités sur l'Île.

J'aimerais remercier tous les résidents qui sont venus à l'atelier et qui ont pris de leur temps pour aider notre collectivité à faire face à la crise climatique, crise à laquelle nous commençons tout juste à réagir. Nous espérons avoir d'autres ateliers de ce genre dans l'avenir. Restez attentifs !

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

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## Montreal West Scout Group



Scouts warm up by the campfire at Lake Lovering



Jeremy Nashen and Jesse Perlis with food for *The Depot*



### Beavers

Since meetings began September 10, new Beavers (nearly half the group) have learned their Motto, Promise and Law and were invested: from starting out as “kits,” they were welcomed as full-fledged Beavers, ready to begin their path around the Pond. During their journey over three years, they learn about active and healthy living, beliefs and values, citizenship, environment and the outdoors, leadership as well as outdoor adventure skills.

Learning through fun equals meetings based on STEM science experiments; campfires where communication and creative expression come to the fore; community service evenings spent going door to door collecting canned goods for *The Depot* and more to come.

Fall camp at Cap-St-Jacques crowned this season the weekend of October 26-27, when Beavers hiked, climbed, explored nature, worked as teams to problem-solve and of course had fun all day. Thanks to parent volunteers, the colony ate well. Saturday evening, everyone shared original jokes and

riddles around the campfire, followed by lights out – to begin all over again the next day! Some Beavers pointed out that their schools had a Ped Day Monday so wouldn't it have been great to stay over an extra night?

*from Jessica Lonardi*

### Cubs

The 2019 season of Cubs has had a wonderful start. The majority of our new Cubs were invested into the Pack at the beginning of October in a beautiful outdoor ceremony and more new Cubs continue to join the Pack and become invested after they learn the Cub Promise, Law and Motto, and tell us about a good turn they performed recently.

The end of October saw the Cubs go to fall camp at Lake Lovering, where they learned how to build a fire, played *Capture the Flag* against the Scouts and had their minds blown by going on a hike before breakfast! We ended the month with a Halloween party, with the Cubs and their siblings dressed in costume, playing games and getting an early start on candy and snacks.

November saw the Pack preparing for the Remembrance Day parade, and December will bring Christmas carolling and the beginning preparations for winter camp!

*from Todd Stedl*

### Scouts

This has been a great fall for the Scouts! Many of the oldest cubs from last year have continued on to Scouts, and the size of the troop has grown considerably to 19 members.

Many outdoor activity skills including camping are developed when the youth are Cub Scouts, and they learn to apply these skills more and more independently as Scouts when they are 11-14 years old. Scouts play an active role in planning camp activities, organizing the gear needed and shopping for food supplies. This active involvement fosters independence in the Scouts, instills leadership

skills and gives them confidence to pursue adventures outdoors.

At fall camp on October 25 to 27 at Lac Lovering Scout Reserve (near Magog), the Scouts were all sleeping in tents. We arrived in the dark, under a moonless sky, it was a substantial accomplishment for the troop to set up the kitchen, pitch tarps and set up all the tents with a bit of starlight and our flashlights. Nights were chilly, but there was perfect fall weather during the day on Saturday. The Scouts were trained in the safe use of stoves and lanterns, learned how to hang food well away from the camp area to protect it from animals and learned the utility of the bowline knot. Running games were a highlight, and Scouts played *Capture the Flag* with the Cubs (it was a tie) and *Lantern on the Hill* after the sun went down.

We were expecting rain at 10 am on Sunday, but awoke to what sounded like a downpour on the rainflaps of the tents at 6:30. We worked together to make pancakes, pack-up gear and the tents and we were off to the bus by 2 pm. We never hope for rainfall when camping, but the Scouts still had a great time because of the strong interpersonal bonds that they have developed while working together as a group.

*from Andy Chapman*

### Food Drive

On October 15-16, members of Scouting and Guiding groups rang doorbells in many parts of our Town, collecting food for *The Depot Community Food Centre*. In total, 2034.5 lbs of food (as well as some cash donations) were collected; this was about 50% more than last year! Many, many thanks to all who gave – it is very much appreciated by *The Depot*. And thanks to all Beavers, Cubs, Scouts, Sparks, Brownies and Guides who did the collecting and the adults who helped them.

*from Bob King*

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## Guiding



The MW Guiding units have been growing: we have close to 35 new members! Last month each unit held its enrollment ceremony.

### Food drive

Normally our first community service takes place in December. This year, the Scouts invited us to join forces in their annual collection of food for *The Depot*. October is a time of year when their stores are low. This food drive helped bridge the time before the holidays are upon us. In mid-October, the Guiding and Scouting community collected a record 2,034.5 lbs of food for the food bank. This is a nice tradition we will keep for years to come!

### Keeping remembrance alive

One of the main principles of Guiding and Scouting is to provide service to others. One way we do this is to keep the act of remembrance alive for our Veterans.

The Sparks invited **Master Seaman Hamilton** of Her Majesty's Canadian Ship *Donnacona* to speak to them of her service with the Navy. Ms. Hamilton talked with them about who Veterans are, and why it is so important to remember them. She told them a story about WWII soldiers helping a young girl in the Netherlands. The Sparks were enthralled and attentive to her every word!

When it came time for our active game, Ms. Hamilton was chosen as the captain of our ship as we played "Ships Ahoy!" At the end of our meeting, all hands were on deck as we prepared poppies for the wreath laid during the Remembrance Day ceremony.

At a meeting in early November, the Sparks, put their sewing skills to the test when they all made their own felt poppies that they wore during the ceremony. The girls learned the story of the Vimy Oaks and were quite surprised to know we have a sapling planted near the cenotaph.

### Brownies

The Brownies also made poppies to decorate the wreath by cutting out the felt using a template. By the end of the meeting, there were 30 more poppies lovingly created.

In early November, the Brownies went on an excursion to the *Canadian Space Agency*. The girls were very excited to have this unique opportunity to explore Canada's contribution to space exploration.

### Guides

The Guides held several meetings where remembrance was the theme. When the moment of silence took place during the ceremony, they certainly had a lot to remember and be thankful for. To start, they took the poppies the Sparks had made for the wreath and, using thread, gathered them a bit to help the felt flowers take shape; they wrote postcards for the Veterans and did the MoWest Remembrance Walk. The girls found it quite interesting to learn about our local heroes! But it was not just the men who served in the wars. The Guides learned more of the role women played through their work on the Woman of Valour Challenge, a challenge

that was put together by the *Girl Guides of Canada, Alberta Council*.

The Guides not only participated in the MoWest Remembrance Day ceremony, but they also attended the NDG ceremony that took place the last Sunday in October. Following the NDG service, the girls visited the Legion, where they were warmly received and had a chance to visit with a WWII Veteran. He was a spry 94-year-old, happy to share his wartime stories. The girls gave him several postcards they had written. The Women's Auxiliary of the Legion offered to take the remaining postcards to Veterans living at the Ste-Anne-de-Bellevue Hospital.

They also visited with **Brian Ewenson**, an aerospace educator, consultant and former astronaut trainer with the *Canadian Space Agency* and *NASA*. The girls were enthralled to learn what it takes to train astronauts. Did you know the language spoken on the International Space Station will change? It will depend upon the mother tongue of the commander at the time: if the commander is Russian, that is the language everyone on board the Space Station will speak.

*from MW Guiders*

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## MADA update

The Steering Committee for the *Municipalité amie des aînés (MADA)* met twice this fall and is in the process of drafting a Plan of Action based on results from our public consultations, focus groups and survey. We are setting concrete objectives and actions to help the Town become more senior-friendly. Although we are seeking accreditation as a senior-friendly municipality, many of these recommendations will work to improve our community for all age groups.

### Seniors' webpage

We are already making progress on the seniors' webpage on the MoWest website. In collaboration with the Communications Department and inspired by input from the website co-design workshop with residents, we have assembled a wealth of information and resources to help seniors and those who interface with them. We are hoping that the webpage will go live by the end of this year or early next year, and an announcement will be made to all residents at that time.

### Grocery shopping

One such resource concerns grocery shopping. Did you know that there is currently a program whereby seniors can be transported to a local grocery store to do their shopping?

The CSSS Cavendish, *New Hope Community Centre* and *Provigo* (corner of Cavendish and Sherbrooke) offer a group grocery shopping program the first Tuesday of each month. A bus provides seniors with a free round trip from their home to Provigo. Groceries are delivered free of charge later in the day. To register or for further information, please call **484-7878**, ext. 61364 or **484-0425**, ext. 225.

In addition, several grocery chains give you the option to order online or by telephone. Many also provide delivery services at a reasonable cost for seniors or sometimes free with a minimum order. With winter on the horizon making travel more challenging, it is comforting to know that these options are available.

We wish you all happy holidays and look forward to continuing our journey to become a certified age-friendly town in 2020.

*Colleen Feeney*  
Chair, MADA Steering Committee

**Tom Mallon**  
Engineering Technologist

**Home Maintenance & Repairs**

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## Nouvelles de MADA

Le Comité de pilotage de la *Municipalité amie des aînés (MADA)* s'est réuni deux fois cet automne et est en train de rédiger un plan d'action basé sur les résultats de ses consultations publiques, groupes de discussion et sondage. Nous établissons des objectifs et des mesures concrètes pour aider la Ville à devenir plus conviviale à l'égard des aînés. Bien que nous travaillions vers une certification de municipalité amie des aînés, il vaut la peine de noter que bon nombre de nos recommandations permettront d'améliorer notre collectivité pour tous les groupes d'âge.

### Page web dédiée aux personnes âgées

Nous faisons déjà des progrès sur la création d'une page web dédiée aux aînés sur le site web de Mo-O. En collaboration avec le Service des communications de la Ville, et inspirés par les commentaires recueillis lors de l'atelier de co-design avec des résidents, nous avons rassemblé une mine de renseignements et de ressources pour aider les aînés ainsi que les personnes aidantes. Nous visons à ce que la page web soit mise en ligne d'ici la fin de l'année ou au début de l'année prochaine. Une annonce sera faite à tous les résidents à ce moment-là.

### De l'aide pour faire l'épicerie

Une telle ressource disponible est l'aide pour faire l'épicerie. Saviez-vous qu'il existe actuellement un programme qui permet aux personnes âgées de bénéficier de transport gratuit vers une épicerie locale pour faire leurs courses ?

Le CSSS Cavendish, le *Centre communautaire New Hope* et *Provigo* (coin Cavendish et Sherbrooke) offrent un programme d'épicerie de groupe le premier mardi de chaque mois. Un autobus permet aux personnes âgées d'effectuer un aller-retour gratuit entre leur domicile et *Provigo*. L'épicerie est livrée gratuitement plus tard dans la journée. Pour vous inscrire ou pour de plus amples renseignements, veuillez composer le **484-7878** poste 61364 ou le **484-0425** poste 225.

De plus, plusieurs épiceries vous offrent la possibilité de commander en ligne ou par téléphone. Bon nombre d'entre eux offrent également des services de livraison à un coût raisonnable pour les aînés et parfois même gratuit lors d'un achat minimum. Avec l'hiver qui arrive et qui complique les déplacements, il est rassurant de savoir que ces options sont disponibles.

Nous vous souhaitons à tous de joyeuses fêtes et nous nous réjouissons à l'idée de continuer notre démarche pour devenir une municipalité certifiée amie des aînés en 2020.

*Colleen Feeney*  
Présidente du comité de pilotage de MADA

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## Council meeting: October



by Carol Foster

The Mayor opened the October meeting by offering Council's condolences upon the death of **Ruth Kovac**, a long-time member of the Côte Saint-Luc Council.

He reminded everyone of the Remembrance Day commemoration taking place on November 10, as well as the *CN Holiday Train* visit scheduled for November 26.

### First question period

The first questioner asked to have access to the evaluation report prepared for the Town in relation to the intended sale of the Town's lot at the corner of Westminster and Avon Road. The Mayor directed him to file his request with the Town clerk.

A Wolseley resident felt left in the dark after several attempts to report damage to his property caused by the recent construction on his street. He was informed that an assessment of damages is being made and he should remind **Idle Allen**, the Assistant Public Works Director, of his claim.

A representative from the Merchant's Association gave Council a hearty "thank you" for the Town's assistance in the organization of the Westminster Street Fair. She, in turn, was thanked by the Mayor for the participation of many of the merchants. Both agreed that the event had been a great success.

The association was eager to get involved in other events held in the Town and would like to know how it could share in the *CN Holiday Train* festivities. The Mayor welcomed the initiative and suggested she seek more information from the Director of the Community Centre.

It was agreed that a meeting would be held in January, that would give the merchants the opportunity to present ideas concerning the review of some of the bylaws.

A question came from a home owner on Easton who felt he was being caught in a catch-22 situation in his efforts to obtain a demolition permit being at a loss to how to satisfy what appeared to be conflicting requirements among all parties involved. **Councillor Feeney** asked him to send her all his information to help sort out the problems.

What happens to all the recycling picked up in the Town was on several residents'

minds. There was a concern that a portion of it might be used as landfill rather than actually recycled. These questions prompted a discussion about the many problems currently being faced in the recycling industry. One resident stated that he would like to see an audit which showed how many tons were being picked up versus how many tons were actually being directed to landfills.

Another environmental issue was raised by two residents concerning *Hydro-Québec's* plan to build a "green corridor" as a part of the upgrade to their transmission system, a portion of which runs through the Town. They questioned the amount of public consultation taken into account as these plans were developed. **Councillor Torres** explained that various information and consultation sessions have taken place and some citizen input was being considered. However, she added, the land in question belongs to *Hydro-Québec* and that ultimately it is the one to make the decisions which it will have to report to the Ministry of the Environment.

### Councillors' reports

The Royal West Honour Band will play at this year's *CN Holiday Train* event, was **Councillor Ulin's** first announcement. The Remembrance Walk, the Remembrance Day celebration, the annual flu injection day as well as Santa's Breakfast are all other events to look forward to before the year ends.

A bench has been placed near the cenotaph in memory of **Fred Motton** who was a well-known MoWest citizen and a veteran of the Second World War.

Looking backwards and forwards at the same time, some administrative staff in the Town Hall are preparing the year's end report as well as the Town's budget for 2020. **Councillor Feeney** reported that, with three quarters of the year already over, all budget

items are either at or under budget. The hugely successful Day Camp brought in \$133,000 over 2019 budgeted revenues.

PAC is reviewing the zoning and building bylaws. Public consultations will be taking place in some cases. **Councillor Feeney** ended her report with the news that the Town's website will soon include a seniors' page.

Once again, staff in the Public Works Department are preparing for the winter season as well as carrying out their regular duties. **Councillor Torres** mentioned, in response to a question asked during the first question period, that there are still two weeks left in the season in which asphaltting can be done.

**Councillor Mazzone's** report included the news that a traffic study is being carried out at the corner of Avon and Westminster. Unresolved garbage issues on Westminster as well as the illegal storage of construction materials in a backyard continue despite tickets being issued. Excessive noise was a problem at a recent party at the Presbyterian Church and the Councillor warned that there is zero tolerance for excessive noise in the Town. His last warning was to advise everyone, that although leaf blowers are presently permitted until November 15, no leaves put in plastic bags will be picked up.

### Second question period

**Councillor Torres** was asked what solutions the Town will be employing this winter to try to reduce the amount of salt used to combat ice on streets and sidewalks. **Torres** explained that a new product, that can be mixed with the salt and will reduce the amount of salt needed by approximately 30 percent, will be tried again this winter. An attempted trial of this product took place last winter but was hampered by the unusual weather conditions.

The meeting was then adjourned.



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## Réunion du Conseil : octobre

par Carol Foster  
traduction par René Boucher



Le maire a ouvert la séance d'octobre en offrant les condoléances du Conseil à l'occasion du décès de **Ruth Kovac**, membre de longue date du conseil municipal de Côte Saint-Luc

Il a rappelé que la commémoration du jour du Souvenir aurait lieu le 10 novembre et que le *Train des Fêtes CN* nous visitera le 26 novembre.

### Première période de questions

Le premier intervenant a demandé à avoir accès au rapport d'évaluation préparé pour la Ville relativement à l'intention de vendre le terrain à l'angle Westminster et chemin Avon. Le maire lui a recommandé d'adresser sa demande au greffier.

Un résident de Wolseley se dit dans le noir après de nombreuses tentatives de rapporter des dommages à sa propriété par suite des récents travaux de construction sur sa rue. On l'a informé qu'une évaluation des dommages était en cours et qu'il devrait remémorer sa réclamation au directeur adjoint des Travaux publics, **Idle Allen**.

Une représentante de l'*Association des marchands* a transmis ses remerciements chaleureux pour l'aide de la Ville lors de la récente foire sur la rue Westminster. À son tour, le maire l'a remerciée pour la participation de nombreux commerçants. Les deux ont qualifié l'événement de franc succès.

Elle a signifié l'enthousiasme de l'Association de participer à d'autres événements dans la ville et voulait savoir comment elle pourrait s'associer aux festivités du *Train des Fêtes CN*. Le maire a accueilli favorablement cette initiative et suggéré qu'elle contacte la directrice au Centre communautaire.

Il a été convenu qu'une réunion serait tenue en janvier donnant aux marchands l'occasion de présenter leurs vues sur la révision de certains règlements.

La question suivante provenait d'un propriétaire sur Easton qui se dit dans une situation inextricable dans ses efforts pour obtenir un permis de démolition de la Ville. Il ne sait pas comment satisfaire aux demandes, en apparence contradictoires, de ses différents interlocuteurs. La **conseillère Feeney** lui a demandé de lui transmettre ses données afin de pouvoir dissiper le malentendu.

Plusieurs citoyens se demandent ce qu'il advient de toutes les matières recyclables collectées dans la ville, craignant qu'une partie ne soit enfouie plutôt qu'effectivement recyclée. Ces questions ont suscité une discussion concernant les nombreux problèmes auxquels fait face l'industrie du recyclage. Un résident a indiqué qu'il

souhaiterait voir un audit démontrant le nombre de tonnes collectées et le nombre de tonnes acheminées à l'enfouissement.

Deux résidents ont soulevé une autre question environnementale quant aux plans d'*Hydro-Québec* pour la construction d'un «corridor vert» lors de la mise à niveau de son système de transmission dont une partie passe par Montréal-Ouest. Ils se questionnent sur la prise en compte de l'opinion publique dans l'élaboration de ces plans. La **conseillère Torres** a expliqué que diverses séances d'information et de consultation ont été tenues et que des apports citoyens sont considérés. Cependant, elle ajouta que les terrains en question appartiennent à *Hydro-Québec* et qu'ultimement, les décisions lui appartiennent et qu'il devra les soumettre au ministère de l'Environnement.

### Rapports des membres du Conseil

En ouverture, la **conseillère Ulin** a annoncé que la fanfare de Royal West se produira lors de l'événement du *Train des Fêtes CN* cette année. La Promenade du souvenir, la commémoration du jour du Souvenir, la journée annuelle d'incubation contre la grippe et le Déjeuner avec le père Noël sont tous au programme d'ici la fin de l'année.

Un banc a été installé près du cénotaphe en mémoire de **Fred Motton**, citoyen bien connu de Montréal-Ouest et vétéran de la Seconde Guerre mondiale.

Regardant à la fois en arrière et vers l'avant, des membres du personnel de l'Hôtel de Ville préparent le rapport de fin d'année ainsi que le budget 2020. La conseillère Feeney a rapporté qu'avec les trois quarts de l'année déjà écoulés, tous les postes budgétaires sont ou conformes au budget ou en deçà. Le très réussi Camp de jour a généré des revenus de 133 000 \$ au-delà des projections.

Le CCU est à réviser les règlements de zonage et de construction; des séances de consultation publique auront lieu dans certains cas. En conclusion, madame Feeney a indiqué que le site Web de la Ville comprendrait bientôt une page pour les aînés.

À nouveau, le personnel des Travaux publics se prépare à la saison hivernale et veille à ses tâches normales dans la ville. En réponse à un point soulevé lors de la première période de questions, la conseillère Torres a mentionné qu'il restait encore deux semaines à la saison d'asphaltage.

Dans le rapport du **conseiller Mazzone**, on apprendit qu'une étude de circulation se déroule à l'intersection Avon et Westminster. Des problèmes d'ordures sur Westminster et d'entreposage illégal de matériaux de construction dans une cour arrière perdurent malgré l'émission de constats d'infraction. Le bruit excessif lors d'une fête récente à l'église presbytérienne a causé problème et M. Mazzone a averti que c'est tolérance zéro pour le bruit excessif dans la ville. Son dernier avertissement voulait que, bien que les souffleurs à feuilles soient permis jusqu'au 15, les feuilles mises dans des sacs de plastique ne seront pas ramassées.

### Seconde période de questions

On a demandé à la conseillère Torres quelles solutions la Ville mettrait en œuvre cet hiver pour tenter de réduire la quantité de sel utilisée pour déglacer les rues et trottoirs. Elle a expliqué qu'un nouveau produit qui peut se mélanger au sel et réduire le volume de sel requis d'environ 30 pour cent sera à nouveau mis à l'essai. Une tentative de test de ce produit a eu lieu l'hiver dernier, mais les conditions climatiques inhabituelles ont entravé l'expérience.

La séance a alors été levée.



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## MW United

...the brick one

### Where did autumn go?

Feels like we were just watering the garden and here come the Holidays. The count-down is officially on!

**December 1** – Advent I Communion. Fireside dinner that evening for those who reserved a place.

**December 8** will be the Sunday school Christmas pageant at 10 am, with costumes and a neat story. Even if you've heard it before, come to see how our children bring it to life this time. It is always unique and spontaneous. Hot dogs to follow....

**December 15** – The choir tells the story with words and music. **Robert Sigmund** is pulling out his favourites as he is retiring after this Christmas. Come to hear what this versatile music director can do with our motley crew while he is still with us.

**December 22** – This service has extra Christmas carols packed in, so hopefully some favourites of yours will be included.

**December 24** – 5:30 is the family-style service with children in mind. 9 pm is the Christmas Eve Communion service.

**December 25** – 11-ish in the morning. Pick-up time for Christmas dinner deliveries with bells on!

**December 29** – Informal worship service at 10 am.

**January 5** – Welcome 2020 and regular services resume at 10 am.

### How do you say Good-bye?

After 15 years, our Music Director, **Robert Sigmund** is choosing to retire. He has entranced us with his gifts of improvisation, his wide variety of musical choices and his good spirit for all this time. Whether you came upon him leading us in an a cappella

version of early music or found him playing from the Charlie Brown Christmas book, you have to agree he is both gifted at producing music and at knowing what will move people.

We will surely miss him, but wish him and Nicole good health in their shared retirement for travel and everything else.

### January again, eh?

And the New Year moves us forward, bringing familiar comforting routines with some new twists. For now though, we continue to do well by the old twists found in the Chartres Cathedral Labyrinth design that we place on the floor of Wadsworth Hall. Tuesday, January 21 between 7 and 9 pm, it will be laid for your walking meditative pleasure. Not a maze to be solved, but a single pathway to be followed; let your mind rest, lay down what bothers you on the walk in. In the centre, decide which you want to deal with first and retrieve only those on your way out. In this way, the Labyrinth can offer you a chance to sort, select and be more effective with your time and talents. Consider giving it a try. Free, but please walk in socks or slippers.

Best wishes for the holidays. May Peace come closer....

from Susan Upham

## St. Philip's

December is our busy season for outreach. Saturday, December 7, St. Philip's will be the primary collection and sorting centre for *The Depot's* annual food drive. Having been doing it for eight years, we have the sorting and packing process down pat, and it becomes a time of fun and fellowship rather than just work! White Gift Sunday is the following day, December 8,

where we play Santa and provide gifts for children at the *Mile End Mission*.

Our annual Festival of Nine Lessons and Carols is Sunday, December 15 at 5 pm. **Peter Butler** and the choir will present music of John Rutter and Peter Warlock.

Christmas services will follow our usual schedule. At 5 pm on Christmas Eve, we have our Children's Service, quite popular with children of all ages. As we tell the familiar Christmas story, the children create the manger scene and everyone joins in the familiar carols. At 11 pm, we have the traditional Christmas Eve communion. On Christmas morning we have a communion service at 10 am with organ and carols, but less formal than the evening service.

Thank you to all who came out for our annual Christmas bazaar. A good time was had by all!

Sunday, January 19, our guest preacher will be the Rev. Dr. **Jesse Zink**, Principal of the Montreal Diocesan Theological College and author of several books, including *Backpacking through the Anglican Communion*.

## St. Ignatius

### Christmas schedule

St. Ignatius welcomes everyone to celebrate the season of Advent which starts on Sunday, December 1 and continues for four Sundays as the community prepares for the celebration of Christ's birth at Christmas. Children are welcome to sign up for "Catch the Wave," an interactive kid-friendly session that takes place at the 11 am mass each week. More info can be found at [www.stig.ca](http://www.stig.ca), click on "Kids." A special Christmas party for children and parents will take place on Sunday, December 8 after the 11 am mass.

A night of prayer, praise and worship, and celebration of the Sacrament of Reconciliation is happening at St. Ignatius Thursday, December 12 at 7 pm. Come enjoy the spirit of joy as we prepare our hearts for Christmas.

We want to be sure everyone is aware that this year's Christmas mass schedule is different from previous years:

- Christmas Eve: 4:30 pm and 8:30 pm
- Christmas Day: 10:30 am
- December 31: 4:30 pm (Holy Day Vigil)
- January 1: 10:30 am (Solemnity of Mary, the Holy Mother of God (Holy Day of Obligation))

All are welcome to get ready for Christmas to Christmas by celebrating the four Sundays of Advent, starting December 1. Come enjoy this beautiful time of anticipation and preparation!



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Happy Holidays...!! Joyeuse fêtes...!!

**Kosher corner****Thank you!**

High Holiday services in MoWest was a beautiful experience. A cozy atmosphere and meaningful prayers created by the family-like community here was the best possible way to celebrate the holiest days of the year. We thank everyone who joined, sponsored, volunteered and contributed to the magic. We hope to see you next year!

**Moving on to Chanukah!**

We look forward to celebrating (our 4<sup>th</sup>!) Chanukah together!

Please mark on your calendar: Sunday, December 22, 3:45-4:45 pm in the chalet at Davies Park for a kids' Chanukah Fun House with crafts, games, food and entertainment!

**Followed by...**

Sunday, December 22, 5 pm at Davies Park for our annual Community Menorah Lighting with music and treats. We invite and encourage the community to attend!

Chanukah party for seniors: TBA.

Lots of volunteer and sponsorship opportunities available, please reach out to Rabbi Mendy or Chaya Marlow.

**First Shabbat experience**

First Friday Shabbat services will be held on December 6 and January 3.

*from Rabbi Mendy Marlow*

**Community Centre****Winter registration**

Sign up online, at the Community Centre or call **484-6186**.

Programs include:

**Parent & Tot:** Baby Boogie, Music and Movement and Parent and Baby exercise;  
**Toddlers:** Bilingual Discovery Playgroup (drop off program);  
**Youth:** Captain Catalyst, Chess with **Steve**, Hip Hop, Pre-Ballet and Ballet, Manga Drawing I and II with **April**. Red Cross Babysitting Course February 8.

**Bilingual Discover Playgroup**

Starts January 6  
2 to 4 years old

**Monday to Friday from 9 am to noon**

Children will experience a fun and playful atmosphere with exciting and educational activities including arts and crafts, story time, drama play and much more. Small class sizes provide a more interactive and personalized service focusing on socializing, learning problem-solving and gross motor skills. 2 to 5 days available For more information, please contact us at the John A. Simms Community Centre **484-6186** or by email [recreation@montreal-west.ca](mailto:recreation@montreal-west.ca).

**March Break Madness**

A week of fun for children aged 5-12  
Location: Community Centre

This year's schedule available mid-December, stay tuned! March 2-6 (early bird prices until February 2).

**50+ Club****December**

- 4 Bridge
- 11 Upper Canada Playhouse presents: *Ethan Claymour's Christmas* by Norm Foster
- 12 Christmas dinner
- 17 Bridge
- 19 Speaker **Bruno Stenson:** The Music of New France
- 26 Bridge

**January**

- 10 Movie matinée: *A Dog's Journey*
- 15 Bridge
- 24 Robbie Burns luncheon
- 12 Christmas dinner
- 29 Bridge

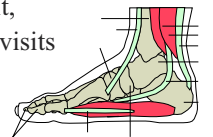
Tuesday bridge:  
New players are always welcome.  
**Trip to Shaw Festival in the spring**

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

**Foot clinics**

December 11 and January 8  
484-6186

\$40 for the first visit,  
\$35 for subsequent visits  
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# COMING EVENTS

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

Next deadline: January 8, delivery begins January 24

## NOV

Fri 30 **Khoi-Khoi.** Please see page 2. Loyola Chapel. 7:30 pm.

## DEC

Mon 2 **Montreal West Talks** presents Frederic Morin. Registration (481-7441). Please see page 8 for details. Public Library. 7 pm.

Thu 5 **Royal West Academy's music department's annual holiday concert.** Please see page 6. 7 pm.

Sat 7 **Jack Kowalski book signing.** Public Library. Noon-3 pm.  
**Open meeting of *The Friends of the Library*.** All welcome. Public Library. 2-3 pm.

Sun 8 **MW Recreation Department showcases fitness classes.** Town Hall and Davies Chalet.

**Choral Service.** MW United. 10 am.

Mon 9 **MW Horticultural Society presents Murray Von Egmond of *Edgewood Florist*.** Town Hall, 7:30 pm.

Tue 10 **IODE meeting.** Community Centre. 2 pm.

Wed 11 **Tea and Books.** Free registration: 481-7441. Public Library. 2-3 pm.

Thu 12 **Sacrament of Reconciliation.** St. Ignatius. 7 pm.

Sun 15 **Breakfast with Santa.** Call Community Centre at 484-6186.  
**Sunday school pageant.** Hots dogs follow. MW United. 10 am.  
**Festival of Nine Lessons and Carols.** St. Philip's. 5 pm.

Mon 16 **Royal West Academy performs the musical *Hello Dolly*.** Please see page 6. RWA auditorium. 7:30 pm.

**Town Council meeting.** Town Hall. 8 pm.

Thu 19 **Artists' Showcase and Manga Vernissage.** Town Hall. 5 pm.  
**Christmas Carolling** by *Montreal West-End Operatic Society*. Brock and Ballantyne in the evening.

Sun 22 **Carol service.** MW United. 10 am.  
**Kids' Chanukah fun house.** Chalet. 3:45-4:45 pm. The whole community is invited to the **Menorah Lighting.** Davies Park. 5 pm.

Tue 24 **Christmas Eve Mass.** St. Ignatius. 4:30 pm and 8:30 pm.  
**Children's Christmas Eve Service.** 5 pm. **Festival Holy Eucharist (Midnight Mass).** St. Philip's. 11 pm.  
**Family Christmas Eve service.** 5:30 pm. **Christmas Eve Communion.** MW United. 9 pm

Wed 25 **Christmas Day Mass.** St. Ignatius. 10:30 am.  
**Christmas Communion with carols.** St. Philip's. 10 am.

Tue 31 **Holy Day Vigil.** St. Ignatius. 4:30 pm.

## JAN

Wed 1 **Solemnity of Mary,** the Holy Mother of God (Holy Day of Obligation). St. Ignatius. 10:30 am.

Wed 15 **Royal West Academy's winter concert.** Please see page 6. 7 pm.

Thu 16 **A Financial and Legal Primer for Caregivers of Aging Family Members.** Free registration: 481-7441. Public Library. 7 pm.

Mon 20 **MW Horticultural Society.** Please see page 3. Town Hall. 7:30 pm.

Tue 21 **Evening Labyrinth Walk,** Wadsworth Hall. MW United. 7-9 pm.

Thu 16 **A Financial and Legal Primer for Caregivers of Aging Family Members.** Free registration: 481-7441. Public Library. 7 pm.

Thu 23 **Coffee with the Mayor.** Community Centre. 7:30-8:30 am.

Sat 25 **Scotch tasting fundraiser.** \$150/ticket. Only 20 tickets available. Registration: 481-7441. Public Library. 7:30 pm.

Mon 27 **Town Council meeting.** Town Hall. 8 pm.

## Classifieds

**IS FOOD A PROBLEM FOR YOU?** Overeaters Anonymous may have the answer. We are a 12-step recovery group for compulsive overeaters, anorexics and bulimics. No weigh-ins, dues or fees. Tuesday nights, 7:30 pm. MW United, 88 Ballantyne North. Info: **488-1812.**

### Pickup hockey and free skate

December 23

3:30-5 pm: Novice/Atom

5-6:30 pm: PW/BT

6:30-8 pm: Free skate

8-9:30 pm: Midget +

December 26, 27, 28, 29, 30

January 2, 3

10:30-11:30 am: Free Skate

11:30 am-1 pm: Novice/Atom

1-2:30 pm: PW/BT

2:30-4 pm: Midget

4-5:30 pm: Free skate

**NOTE: Pickup hockey requires a helmet with full face mask, neck guard and gloves.**

### Fitness open house

The Recreation Department will be showcasing some of their fitness classes on Sunday, December 8 at the Town Hall and Davies Chalet. If you want to see what a class is all about, this is the day you can do it.

The schedule is as follows:

- 9:15 am: Essentrics
- 9:30 am: Zumba
- 9:30 am: TRX (Davies Chalet) Only 8 spaces available; must call **484-6186.**
- 10 am: Adult Ballet
- 10:15 am: Strong by Zumba (not a dance class)
- 11:15 am: Yoga

Some classes have limited space and will be on a first come first serve basis. If you would like any additional information please call the Community Centre at **484-6186.**

So let's get MOVING!!!

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