



Jo Ann Goldwater: Not slowing down

Russia in 1912) inspired two of her portraits. This past summer Jo Ann visited Voskresensk (100 km south-east of Moscow) where he is still remembered.

She told me she was a physiotherapist who retired ten years earlier because her hobbies were becoming her all-consuming activity. She not only paints watercolours but also does photography, genealogy research, choir singing, fights for environmental issues and travels.

Her grandfather **Abraham (Abba) Goldwater** came to Montreal in 1893. A few years later he opened a movie theatre in Lachine called the *Empress* and a few years after that a men's clothing store, also in Lachine, called *A. Goldwater*. She remembered that in the 40s and 50s kids were not allowed into the movies and the ticket taker would seat her on a big box in the rear where the ticket stubs were collected so she could watch the screen.

Her father, **William Goldwater**, took over the theatre from his father and married **Ruby Pickering** who also worked in the

movie house. Together they raised three daughters, **Ruth, Rosalie and Jo Ann**.

In 1956 the family moved to a new home on Sheraton Drive. There wasn't even a paved street and in April of that year the

continued on page 3

by Maurice Krystal

We met in the Music Room in the Town Hall where four of her paintings hung. Maintenance men were fixing up the room for a Council meeting that evening and the light was fading. However I could see that **Jo Ann Goldwater's** work captured distinct personalities in her water colour portraits, whether it was defiance, playfulness or thoughtfulness. Old photographs of her great uncle **Abraham Kahn** (a physician, educator and revolutionary who died in

INDEX

Community Centre	4, 21, 23
CRA	7
Budget	10-11
Guides	15
IODE	3
Horticultural Society	3
Kosher corner	22
Libraries	8-9
News from the pews	22
Réunion du Conseil	20
Rotary	4
Schools	5, 6
Scouts	14
Town Council	18

These people helped prepare 275 Christmas dinners

Read the article on page 23

Front row: Marie-Catherine Hall, Eleanor Robertson, Joan Foster, Eileen Motton; second row: Nancy Lepine, Ilse Smejkal, Tony Teiber, Lynda Dickson, Sue Smith, Susan Pahl, Andrea MacDonald, Carolyn Pennell, Margaret Gregory, Joyce Teiber; third row: Ann Soden, Jay Garland, John Preston, Wayne Feeney, Ian Brodie, Allan MacDonald; back Row: Bill Green, Jackie Gilbert Green, Norma Barnes, Beny Masella, Ron Smith, Ruedigar Pahl, John Buckles, John Lepine, Bill Foster, Michael Brodie



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.

ISSN: 084741X

EXECUTIVE BOARD

Cynthia Koomas - *Chair*
Jeanne Ragbir - *Secretary*
Bob King - *Treasurer*
Heather Baylis
Véronique Belzil-Boucher
Jeannette Brooker
René Boucher
Carol Foster
Maurice Krystal
Lise McVey
Julia Ross
Rhonda Schwartz

EDITOR-IN-CHIEF

Heather Baylis
489-7022

LAYOUT DESIGNER

Julia Ross
julia@ross.cd

AD MANAGER

Heather Baylis
489-7022
montrealwestinformer@gmail.com

DISTRIBUTION MANAGER

Rhonda Schwartz 482-0227

RATES

1/6 page: \$50. billed annually or semi-annually. Monthly billing \$60/per insertion.

1/12 page: \$30. billed annually. Monthly billing \$35/insertion.

Flyers: \$50 (non-profit), \$85 (commercial)

Professional card: \$135/year
Subscriptions: \$20

Classifieds: 25-50 words – \$10,
25 words or fewer – \$6

TASK FORCE

René Boucher
Lina Harun
Cynthia Koomas
Maryl Murphy
Jeanne Ragbir
Kate Shingler
Randi Weitzner

The *Informer* is published nine times a year (usually on the second or third weekend of the month) except June, July and December. Typesetting by *Informer* staff, printing by *Les Publicités A. Campeau Ltée*. Extra copies available at Town Hall and both libraries. Funded, in part, by the Town of Montreal West. Articles are printed in French or English, as submitted.

NEXT ISSUE DEADLINE

February 5

Photo: Harold Rosenberg



Thanks for your generosity

Once again, the carollers from the *Montreal West-End Operatic Society* would like to thank the good people of MoWest for supporting us in the Carolling for the Children's 2019 campaign. The kind souls along Ballantyne graciously welcomed us with smiles, chocolate, and other goodies, and made handsome donations to the *Montreal Children's Hospital Foundation*.

PS. Our apologies for having to cancel the Brock Avenue arm of the route due to the cold.

from Shelagh Glover

Meals-on-Wheels says thank you!

Meals-on-Wheels sends its appreciation to all the volunteers who braved the crowds and bar-b smoke on that successful November evening when the *CP Holiday Train* visited MoWest. As well, thanks to all the hungry patrons who supported the cook-out.

Thanks to our pit boss **Mary Mastromonaco** and her crew (**Adeline, Peter and Beverly, Cathy, Sherill, Mark, Mike** and yours truly) for organizing and keeping the bar-b pit working smoothly. Over 200 burgers and hot dogs were cooked, wrapped

and enjoyed that warm evening.

Thanks also to **Barbra Gott** and her enthusiastic trio walking through the crowds soliciting donations while handing out candy canes to all the donors.

A big note of appreciation to **Paula, Marian** and the crew at the Community Centre for their assistance with equipment setup and bar-b essentials.

I hope to see you all again next November.

Wayne Feeney
Treasurer,

MoWest Meals-on-Wheels

Artists' Showcase

Please submit your art by February 1.

MoWest artists are invited to display their art at the Town Hall. The theme for the winter exhibit is *Humans and Nature*. All works on paper, fabric or canvas must be ready for hanging. Three-dimensional pieces, such as jewellery and pottery, must fit in the front hall cabinet.

To find out more about the Artists' Showcase, go to the MW website under "Culture," or call 484-6186.

ART ETC. 2019, an amazing success!

What a weekend! This year's show was an amazing success with lots of visitors and many well received new artisans. The show is such an institution and it is so wonderful to see so many local families come to visit together. We had such a diverse clientele: young families, grandparents, young adults, etc.

As with any activity, it does not happen by itself. The entire *ART ETC.* committee would like to thank the fantastic **Paula Cordeau** for her patience, support and assistance (the show would not happen without her!) and the wonderful **Darrell**

Kimble for his hard work, kindness and assistance as caretaker during the entire weekend. Special thanks to **Joyce Teiber** and the entire MW Horticultural Society and to the Children's Library for their hard work in making the Tea Room such a success over the weekend. The Tea Room and Café are such an integral part of our show and add to the welcoming ambiance. An enormous thank you to **Deborah Marcogliese**, Head Librarian of the MoWest Public Library for providing us with a space to hold our general meeting with the artisans. We'd also

like to thank the community of Montreal West for their continued participation in our show. By visiting and bringing friends and family, you are contributing to the success of the show.

To participate as an artisan in our November 2020 show, please send the committee an email stating your interest in participating and either send photos of your work or links to your website or etsy store to the following email: artetcmontrealwest@gmail.com. The deadline is Friday, February 15.

from Cate Gregory

The *National Theatre School of Canada* (located in Montreal) offers incomparable training to theatre artists of all kinds to create work that matters. It is the premier professional theatre



training institution in the country in acting, directing, production design, technical arts, set and costume design and playwriting.

Since 1960, the *National Theatre School of Canada* has trained artists in English and French in all of the theatre's trades and professions. Many of its 2,200 alumni are among the most active and recognized professionals in Canada and around the world. **Ann-Marie Mac-**

IODE supports The National Theatre School of Canada

Donald OC, Sandra Oh and Colm Feore are among many names that you'll recognize among the alumni.

Student shows for the winter 2020 semester will be unveiled shortly.

Annual *IODE* support consists of two bursaries to assist students. Because of heavy course loads, students are not able to hold part time jobs during the school year. These *IODE* bursaries help sustain



two students with day to day living expenses.

Donations to the *IODE* National Education Fund are gratefully accepted throughout the year.

Would you like to help? Contact **Nadine Fenton, 485-9127.**

Blood Donor Clinic

The MW Scout Group has been sponsoring a Blood Donor Clinic for about 20 years, and appreciates the way that Town residents help by volunteering and donating blood. This past November was no exception.

Unfortunately, the church where the clinic was held had a problem with its heating system. After operating for more than two hours in 15°C temperatures, the nurses were so cold that they could no longer work effectively and so we were forced to close.

Thank you for those who donated their blood and their time. We were able to collect half of our total objective. Apologies to those who came after we had closed.

We hope to see you all next year.

Bob King

Jo Ann Goldwater

continued from page 1

street was still a quagmire of mud. The moving van had to unload on Westluxe the street behind their house and haul their stuff through someone's back yard. This trip through the mud included the family's piano.

Jo Ann attended Montreal West High School and graduated from McGill in 1961. She worked at St. Mary's Hospital and eventually became the acting director of the hospital's physiotherapy department. Later, when she no longer wanted to keep a full time position, she worked at the Julius Richardson Hospital. All these years later, she still lives in the same house on Sheraton Drive.

Jo Ann has always been interested in nature. Her photography and artwork has tended to focus on birds and their habitat. She was involved early in the formation of *Les Amis de Meadowbrook*. The shift in artwork to portraits was due to her interest in genealogy. Some 15 years ago a friend suggested that Jo Ann join her at a meeting at

the *Jewish Genealogical Society of Montreal*. Within a few years she discovered she had an extended family she never knew about. Since then she has travelled to Israel, the Baltic countries and Russia to discover her father's side of the family and Ireland and England to find her mother's roots. As she finds more old photos, it is likely more artwork will follow.

Valentine's Rock'n Roll Dance Party



with *VINTAGE WINE*

Saturday, February
15
at 7:30 pm

Town Hall (Assembly Hall, upstairs)

Tickets:

\$15 in advance available online
or by visiting the Community Centre;

\$20 at the door

Cash bar

Call for more info: **484-6186.**

Do you like to sing?

The *Montreal West-End Operatic Society* is looking for new singers, both novice and experienced, of all voices. We sing opera, Gilbert & Sullivan, Broadway, classical and popular. Rehearsals are Thursday evenings in NDG.

Please email production@mwsos.org.



Become a member!

2020 looks to be an entertaining year for our garden club with presentations of the Chelsea Flower Show and The Man Who Photographs Trees in the first months. To receive detailed information about these events you simply need to be a member.

At each monthly meeting, there is a guest speaker on some topic related to plants, gardens or the environment. While refreshments are served, one has the opportunity to talk with the speaker to ask questions or to share information. Members (not necessarily all gardeners) seem to greatly enjoy the presentations and the camaraderie. Between thirty and forty people show up at the monthly meetings which are organized by a small executive. Our events are also posted on GardenMaking.com.

2020 membership fees will remain at \$20 which can be paid at the next meeting or sent to **Philippa Vikander**, 3495 Trenholme Ave., H4B 1X8. For more information on the horticultural society you can call **Susan Sladen, 489-4696.**

The next meeting is Monday, February 17, 7:30 pm at the Town Hall.



Peter Labelle:

Eradication of the Buruli ulcer in Ghana



Past Rotary District Governor **Bette Miller** introduced our speaker, but before doing so said it was good to be back to visit us again and thanked us for our past support over the years.

Our speaker, **Peter Labelle**, is President of the *Cornwall Sunrise Rotary Club*, a registered nurse and was a Canadian Peacekeeper in Bosnia who spent some of his childhood in Ghana. Peter and Bette came to give us an update on the Buruli ulcer project in Ghana. Peter presented to the *World Health Organization (WHO)* in Geneva and said the amount of material presented over the three days was staggering. He said they took an integrated approach to the project in Ghana because they had a captive audience and it does not cost more to do so. In addition to treating the Buruli ulcer they would also treat leprosy and yaws if they encountered these diseases in the field.

Peter talked about the drug trial they did in 2017, which resulted in the use of a double oral dose to treat the disease. He said there were three categories of the Buruli ulcer and health professionals want to catch and treat it in stage 1 because it can be cured with the proper medicine. The other two stages are more costly because they require surgery and hospitalization. There are still many unanswered questions around the modes of transmission of the disease.

Lessons learned

Peter talked briefly about the challenges and the lessons learned and said the workers in the field are well versed in their job and

when an area is free of the disease they move onto other areas of the country to eradicate it there.

A shipping container?

The last thing Peter showed us was the conversion of the shipping container into a health clinic. Through the power of the matching grant program Peter said that the \$30,000 raised was able to grow to \$154,000. They will be raising more money to continue the project and hope to count on our continued support.

After a few questions, **Dr. Nii** thanked Peter and Bette for their annual pilgrimage to our club and said he is from Ghana and he has not heard of some of these places but did pledge \$1000 for next year's project.

Coming events

Friday, February 14:

Valentine's party

Saturday, March 21:

80th Anniversary dinner with **Joey Elias**

Saturday, May 9:

Rotary District 7040 Foundation Walk,
Downtown Canton, NY

Saturday, June 6:

Lobsterfest

The *Rotary Club of Montreal West and NDG* is always looking to embrace new members. If you want to give back to your community or the world, Rotary is an excellent way. This worldwide organization that provides humanitarian service, encourages high ethical standards and helps build goodwill and peace.

from Doug Yeats

Winter 2020 Children and Youth Programs

Call or sign up online
montreal-west.ca

Red Cross Babysitting Course

Saturday February 8, 9:30 am-4 pm
Ages 11+

Learn the skills required
to carry out babysitting duties.
Cost: R: \$65/NR: \$75

Sunday Fun Science with Captain Catalyst!

Sundays, 10-11:30 am
Ages: 4-6

Manga Drawing Class Level 1

Fridays, 4:30-6 pm
Ages 9+

Hip Hop

Wednesdays, 6:15-7 pm
Town Hall
Ages: 7-8

Come get that hip hop flavour through the techniques of hip hop bounce, rock and groove and leave the class really knowing how to move with **Jesse!**

Call for more info: 484-6186
montreal-west.ca





RE/MAX ACTION INC.
AGENCE IMMOBILIÈRE
Franchise indépendante et autonome de RE/MAX Québec Inc.

Marie-Antoinette Del Peschio
Courtier Immobilier | Real Estate Broker

C 514.894.9929
F 514.483.9929

1314 Av. Greene,
Westmount, QC H3Z 2B1
T (514) 933.6781

remax@tonidelpeschio.com
www.tonidelpeschio.com




Edinburgh School

Edinburgh's amazing modular classrooms!



Ann Marie Matheson, Director General and Pela Nickoletopoulos, Regional Director West Sector, were given cards handmade by students whose homerooms are in the modulares, accompanied by new Edinburgh Principal Chantal Juhasz.

In December, Edinburgh Elementary School's Governing Board hosted the senior management of the English Montreal School Board (EMSB) for a ribbon-cutting ceremony to celebrate its new modular classrooms. Many parents may remember the "add on" buildings from their youth as cold, cramped and disconnected from the main part of the school. Edinburgh's new modulares, however, are stunning in their airy brightness and in how seamlessly they flow with the rest of the school.

The modulares, which have been in use by students since October 2019, contain four new classrooms which house both a grade 3 and a grade 4 class, a fitness room and a resource room. In addition, the main school building now has room to house a science lab and to reinstate its library to its full size, areas that had disappeared at Edinburgh due to school overcrowding.

"We now have enough space to deliver our educational project the way it was intended," explains **Michael Rodger**, Edinburgh Governing Board Chair. "It's made a huge difference for our students and for our teachers."

Edinburgh's Governing Board worked with then school principal, **Mauro Zampini**, as well as the EMSB, to get the modulares built, thus offering a solution to the perennial issue of overcrowding. The resulting modular classrooms provide a light-filled, spacious environment for learning. "The modular classrooms have more than exceeded our expectations" says Mr. Rodger. "We really appreciate the EMSB's investment in our children's education." The EMSB's Director General, **Ann Marie Matheson**, praised the collaboration between s parents, teachers, administrators and the Board, and noted that this was the first time that modulares had been used by the EMSB.

Top Beauté

Ongles, Coiffure, Esthétique

- Pedicure, Manicure, Waxing,
- Nail Gel, Acrylic Nails,
- Hand Paint Design,
- Eyelash Extensions, Make up, Unisex
- Hair Styling, Colouring, Highlights,
- Perm,
- Hair Straightening,
- Hair Up Do's

Monday - Saturday
55 avenue Westminster Nord
484-0118

from Joanna Duy

Les Immeubles
IMAGINE
Realties Inc.
AGENCE IMMOBILIÈRE
REAL ESTATE AGENCY

Catherine Gardner
Real estate broker - Courtier immobilier

(514) 793-5608



151 BROCK S | MLS# 18612551



55 EASTON | MLS# 17672412



ANDREW BLUNDELL

Residential real estate broker
Courtier immobilier résidentiel

(514) 772-0008

PROFUSION IMMOBILIER
AGENCE IMMOBILIÈRE - REAL ESTATE AGENCY

CHRISTIE'S
INTERNATIONAL REAL ESTATE

Elizabeth Ballantyne School

Making Christmas special

Once again this year, our students, families and staff members took on the challenge of collecting non-perishable food items, toys and clothing for *CTV's Spirit of Giving Campaign*. The students were encouraged to bring in contributions; they were told that their donations would fuel the magical transformation of our gymnasium. As always, our EBS families gave generously. The *CTV* news crew loved this idea, so they visited us and we were featured on the evening news!

The gym was indeed transformed (by our creative and talented EBS elves) into a beautiful sparkling winter wonderland. Students and staff members joined together, while enjoying a snack of milk and cookies to kick off the holiday season.

We are truly grateful for our families who consistently show kindness to those less fortunate.

A honey of a workshop by *Alvéole*

The kindergarten and grade 3 students were treated to a workshop, given by *Alvéole* – urban beekeepers.

We have had a beehive on our roof for many years now, and the students are always curious and asking questions about the bees.

They were thrilled when an expert beekeeper was able to share his knowledge with them.

During the workshop, the students learned how to uncap honeycomb cells, hand spin honeycombs in the centrifugal extractor and filter the raw honey before jarring it.

The grade 3 students really enjoyed sampling the honey and



were thrilled when they received a jar of honey to take home. The hive has now been winterized and we are all look-

ing forward to uncovering it in the spring.

from Kate Marien

Royal West Academy

RWA's 30th Science Fair: To Infinity and Beyond!

With this year's annual Royal West Academy Science Fair being only a few weeks away, students are already preparing their projects! Each student gets to pick a field of interest and present it to a wide audience of parents, teachers, students, and even the occasional scientist.

Students cannot let this opportunity pass them by. A few of us have gone on to the Regional, Provincial and Canada-Wide Science Fairs to present our ideas. We have certainly brought back our fair share of medals and scholarships.

The school Science Fair is an annual signature event at Royal West Academy coordinated by Ms. **Jennifer Pevec** and Ms. **Andrea Dillon**. It is open to students from grades 8 to 11 and we all must participate at least once during high school. This is the time to discuss our passion and get excellent feedback. It's

a fun way to channel our inner scientist and go outside of the typical classroom teaching experience.

Going all the way to the national level means rubbing elbows with all the other bright and motivated young scientists from across Canada. And, it's not all science and no play as there is a lot of time devoted to sightseeing, banquets, and out of province trips. From personal experience, it was the most exciting and eye-opening experience of my life. I was able to present my project, do radio and print interviews and even meet Prime Minister **Justin Trudeau** as well as the Honourable **Kirsty Duncan**.

The RWA Science Fair is a great way to expand young minds and see how science matters in the real world. Surely, many students will pursue a life devoted to saving the planet, advancing medicine or creating



RWA student Allison Engo presenting her gold medal project "How Fly Are Antioxidants?" to Prime Minister Justin Trudeau and Honourable Kirsty Duncan at the Prime Minister's Science Fair

the next engineering breakthrough.

Our Science Fair is dependent on generous donations from the community. It is an annual event that is not only important to the students, but also serves as a bridge to the public who can drop in, out of curiosity, and

talk to these eager scientists.

Get inspired and come visit this year's Science Fair February 13 during the public viewing from 11:30 am-12:30 pm and 7-8 pm!

*from Allison Engo,
Grade 11*

2019 ended with players who took part in indoor soccer, judo, gymnastics, learn to skate, preschool skate, Future Stars and hockey all taking a well-deserved break.

The New Year is off to a great start with all programs back in action.

Indoor soccer still has space for our U6 and U8 groups. This class is run out of RWA on Mondays, 6:30-7:30 pm.

Judo has an end of year event in the works for April; keep your eyes open for more information.



Skating lessons and figure skating are getting ready for the end of year show March 22.

Future Stars program has seen continued growth success with over 50 players registered and a waiting list for All Stars who are playing games on Saturdays.

Knights Hockey teams are in full swing, playing league games and tournaments. Currently 75% of our teams are in position to make the 2019-2020 LSL Regional Championships.

Kings Double letter hockey is working hard in preparation for the playoffs. Once more, our ATBB won their last game again against Braves, and PWBB has advanced in the TOM tournament to the quarter finals.

Save the date

The CRA annual Ice Show is March 22, 2:30-4 pm. Come on out to the Legion Rink to see our figure skaters perform their numbers choreographed by **Heather Smith** and

to see the participants from our skating classes as they perform numbers choreographed by **Mackenzie Bullet**.

Spring registration

Opens mid-March online at mwcrasports.ca

- Intro to Baseball
- T-Ball
- Intercommunity baseball
- Gym-tastic
- Little Strikers soccer
- Micro soccer
- Outdoor soccer
- Women's outdoor soccer
- Rugby
- Sportball
- New: basketball

Important dates

Soccer evaluations for outdoor soccer will be April 25 and 26 at the Soccerplexe Catalogna.

Judo program with Sensei Steve Morrissette. U6 indoor soccer group with coach Aleya. BTBB Kings.



COIFFURE LOUIS ROBERT

BEAUHARNOIS - CHATEAUGUAY - MONTREAL WEST - ST-CONSTANT - ST-LAMBERT



122 Westminster N.
Montreal West
514-488-0628



Opening hours:

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

visit us on



Visit us on the web

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



**LIBRAIRIE BONDER INC.
BONDER BOOKSTORE INC.**

52 Westminister Avenue N.
Montreal West, Quebec
H4X 1Z2

Tel: (514) 484-7131

Fax: (514) 484-3745

E-mail: bonder@bonder.com

CALL FOR ANY BOOK IN PRINT

Bibliothèque publique de Montréal-Ouest



481-7441

Reservations/requests:
mwlib.requests@gmail.com

Head Librarian:
mwlib@videotron.ca

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

OPENING HOURS

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

A new strategic plan

Happy New Year from the MoWest Public Library. We hope you had a good one with plenty of rest, relaxation and good cheer. The holidays have come and gone and we are back at work here at the library.

This year, behind the scenes, the Library Board and employees have decided to embark on preparing a strategic plan. You may have noticed a few surveys going out last year and are wondering what we are doing with the information.

Well, we are using that feedback to help us develop future programs, collections and services. Over the next few months, we will also be contacting residents and members for more information. All of this effort is to gather feedback to help develop the strategic plan. Stay tuned for updates as we get further into the process.

So what exactly is a strategic plan? It is

an activity that the Library Board undertakes that is used to set priorities and ensure that employees and other stakeholders are working toward common goals. Who are our stakeholders? The stakeholders are the Library's Board of Directors, the Town Council, and the residents of MoWest. Why should we do this? Well, for a number of key reasons:

- 1 With our physical location in flux it is important to know what the community wants in its library.
- 2 The library needs a clear vision of its priorities. With the library budget being limited, it is important to be able to prioritize based on the community's needs and wants.

Back to the present... in the library

We have plenty of activities lined up for the new year. In January we had the first lecture in the series Caring for Aging Family Members, café avec un policier, a cookbook club meeting, a book club meeting, and tech help with **Dane**. In the next few months look for the French conversation classes to resume. If you have any questions about these programs or events please do not hesitate to contact us at mwlib.request@gmail.com or at **481-7441**.

January 25 at 7:30 pm: the library will be holding a very special fundraiser on Robbie Burns Day – we will be hosting 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. Only 3 tickets are left so get yours now!

This year, the Public Library is hosting a series of four lectures on **Caring for Aging Family Members** – the first one was held on January 16. The lectures are free

and open to all! We do ask that you sign up for each lecture in advance by email: mwlib.requests@gmail.com or phone: 481-7441.

Here are the remaining topics and times of the lectures:

Housing: Finding the Best Fit: Thursday, February 20, 7 pm; Speaker: **Bonnie Sandler**

Proactive Discussions: End of Life Care: Thursday, March 26, 7pm; Speaker: **Joan Foster**

Assembling Your Care Team: Thursday, April 30, 7 pm; Speaker: **Zelda Freitas**

Friends of the Library



The Montreal West Public Library risks being cast out of its current location by the Town Council, to make room for a new development whose criteria have yet to be defined.

Given that suitable library locations are scarce in our town, concerned citizens and our *Friends of the Library* group have been actively engaged in finding solutions.

Thanks to the detailed and diligent work of **Keith Henderson** in identifying government funding of up to 70 per cent there is now hope along with new proposals of locations from concerned citizens.

Friends of the Library and its supporters now need a commitment from our Town Council to endorse and support our initiative to obtain the kind of government funding that has helped other libraries and cultural centres in Quebec. The question for the Town Council is – Why not MontrealWest?

from Norbert Bedoucha
nabedoucha@gmail.com

Tom Mallon
Engineering Technologist

Home Maintenance & Repairs

22 Brynmor
Montreal West, Qc
H4X 2A9

NEQ: 2264576507

514 651 4955
tpmalco@hotmail.com



Dr. Mark Santaguída, O.D.
docteur en optométrie / optometrist

- examen de la vue
- lunettes
- verres de contact
- consultation laser
- eye exams
- glasses
- contact lenses
- laser consultation

514 481-4791

43a av. Westminster Ave. N. Mtl West, QC H4X 1Y8

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

You might be feeling:

- broken hearted
- alone
- confused
- misunderstood
- or stuck in your grief

You don't have to grieve alone!

With the right tools and support you can:

- ease the pain in your heart
- reconnect with yourself and your life
- feel alive and find meaning in life again

NICOLE KEEFLER

Grief Recovery &
Life Coaching



Traversée du Deuil et
Coaching de Vie



Call me for a free 1/2 hour consultation

514 770 6295

www.nicolekeefer.com
18 Ave. Westminster N., #110
Montreal Ouest H4X 1Y9

Children's Library

La lecture en cadeau

Encore cette année notre collecte de livres neufs a été fructueuse !

Les livres recueillis ont pris le chemin de la *Fondation pour l'alphabétisation*, où une équipe préparera les envois destinés à plus de 550 établissements voués à l'éducation des enfants. En mai 2020, des groupes d'enfants recevront leurs livres en cadeau dans les écoles, CPE et autres établissements participants. *La Fondation* rapporte que la campagne 2019 a permis d'offrir des livres à 100 191 enfants provenant de milieux défavorisés. Depuis 1999, plus d'un demi-million d'enfants de 0 à 12 ans ont bénéficié du programme *La lecture en cadeau*. Il importe de souligner qu'un grand nombre des enfants visés par ce programme reçoivent un livre neuf pour la toute première fois de leur vie!

Grâce à votre générosité, nous sommes heureux de participer à ce mouvement de solidarité et de promotion de l'alphabétisation. Merci de contribuer à changer le monde, un livre à la fois !



Lego Robotics

We are glad to pair up with Peek-A-Boo activity centre who will animate Lego Robotics activity at the library on Saturday, February 15. This workshop introduces children to automation. Using Lego Education tools, they will learn basic mechanical principles by creating simple mechanisms. Using basic programming children give life to their creations and are invited to use and improve them. They learn to program and control their robots as well as using sensors, gears and other wonders of our time. The activity is aimed at children aged 6 years old and up, and the cost is \$5 per child. From 11 am to 12:30 pm.



Milan Clottes-Mendy, avec son hélicoptère bâti avec le K'Nex jeu de construction

Book making workshops

We, book lovers, appreciate good stories. At the same time, the pleasure is double if the book we hold in our hands looks nice and feels good to the touch. Have you wondered how books are made? Now you have the opportunity to learn how to make books using different techniques for folding pages. You can also make book covers with various materials, and experiment with making pop-up books, books that smell and others.

We will meet once a month, on Saturdays: February 1, March 14, April 4, May 9. The program is aimed at children 7 years old and up, and the cost is \$5.

Family movies

We have an entertaining lineup of movies for the coming season. We will show: *Leo Da Vinci* (French) on February 9, *Ugly Dolls* (English) on March 22 *Les aventures de Rémi* (French) on April 5.

Montreal West Dentistry

Dr. Drummond · Dr. Afshin · Dr. Craig · Dr. Diamandis

Nous acceptons de nouveaux patients We are accepting new patients

“ It's a family atmosphere here and the staff are all warm and friendly and **truly care** about you. Top notch! – Joe F. ”

514.484.0521

📍 12, ave. Brock Nord, Montréal-Ouest, QC
 📧 reception@montrealwestdentistry.com
 🌐 www.montrealwestdentistry.com

ÉCOLE DE CONDUITE
ATLANTIQUE
 DRIVING SCHOOL

Cours théoriques le samedi Theory classes on Saturday

- 15 heures de conduite sur route avec un moniteur
- 15 hours driving with an instructor
- 24 heures de théorie
- 24 hours of theory

18 Westminster – bureau / suite 10 Tél. : 514 482-3636
atlantique.drivingschoolmtl@gmail.com | atlantiddrivingschool.ca



HAN CHUN WU, Ac
 Acupuncture
 Médecine traditionnelle chinoise
www.acupuncturewu.ca

514-369-1198

14-B Milner
 CSST • SAAQ

Montréal-Ouest
 H4X 1J1

Budget Commentary

On December 16, Council adopted its operating budget for 2020. As in prior years, our objectives were keeping the tax increase for the average-valued home to less than the rate of inflation while maintaining the level of service and continuing the renewal of our infrastructure.

As noted on the accompanying Budget 2020 document, tax revenues will decrease by \$19,000 from 2019, while revenues from non-tax sources will increase by \$129,000, due to higher anticipated revenue from recreation programs, permits, bank interest and government grants. Thus total revenues are expected to increase \$110,000.

Operating expenses are forecast to increase in Public Works, due mainly to costs associated with snow removal and fuel, and in Recreation, due to costs associated with the chalet and arena, and additional staff for day camp and pool. An additional \$40,000 has also been allocated for Capital Expenditures out of Operating to cover equipment and the continuation of the Westminster beautification project. Although net debt is expected to decrease slightly as of December 31, 2019, the debt servicing budget has increased \$12,000 to account for potential rate increases and new infrastructure borrowing.

However, these increases will be offset by cuts in several departments including Council, Administration and Environmental Health, where we anticipate decreased costs for water breaks, hydrant repairs and the purchase of water from Montreal. There will also be a small decrease of \$11,000 in our share of Agglo costs. In total, expenses are expected to increase \$110,000 or 0.68% from 2019.

This translates into a 1.95% increase in the tax bill of the average-valued home (\$728,419) for 2020.

It should be noted however, that there is a new three-year property valuation role which was deposited by the City of Montreal last September. The average increase in valuation for single-family homes was 19.1%. Depending on your new valuation, your change in property tax may be higher or lower than that of the average-valued home.

Over the past five years, property tax increases for the average home have been 1.95% (2020), 1.88% (2019), 1.66% (2018) -0.43% (2017) 1.24% (2016), for an annual average of 1.26%. Council remains committed to monitoring expenses to optimize tax dollars and keep tax increases as low as possible.

Council also adopted a three-year capital expenditure program which includes anticipated spending of approximately \$1.65 million in 2020. Plans include road resurfacing on Avon, the permanent installation of traffic lights at the corner of Westminster

BUDGET 2020

Revenus /Revenues

	2020 \$	2019 \$	% total taxes
Taxes			
Résidentiel / Residential	12,213,609	12,227,784	75.13
Lots vacants / Vacant Lots	39,342	40,261	0.24
Non résidentiel / Non-residential	1,322,930	1,341,183	8.14
Taxe d'eau / Water Tax	447,000	447,000	2.75
CMM / MMC	108,730	104,310	0.67
Droits de mutation / Duties on transfer	550,000	500,000	3.38
Tenant lieu de taxes			
Payment in lieu of taxes	<u>\$234,148</u>	<u>\$273,853</u>	<u>1.44</u>
	\$14,915,759	\$14,934,391	91.75
Autres/ Other			
Loisirs et Culture / Recreation and Culture	\$664,500	\$640,000	4.09
Contraventions / Tickets	\$125,000	\$120,000	0.77
Stationnement et permis / Parking and permits	\$117,000	\$89,500	0.72
Intérêts / Interest	\$134,250	\$110,000	0.83
Intérêts à recevoir sur subvention			
Interest receivable on grants	\$242,343	\$197,628	1.49
Autres / Others	<u>\$58,800</u>	<u>\$55,645</u>	<u>0.36</u>
	\$1,341,893	\$1,212,773	8.25
REVENUS TOTAUX			
TOTAL REVENUES	16,257,652	\$16,147,164	100

Dépenses / Expenses

	2020 \$	2019 \$	% total
Par service / By department			
Conseil / Council	187,756	214,529	1.15
Administration	1,530,006	1,542,968	9.41
Sécurité publique / Public security	513,609	499,209	3.16
Travaux publics / Public works	3,008,229	2,962,169	18.50
Hygiène du milieu / Environmental health	890,101	958,441	5.47
Inspection et permis / Building inspection	145,126	146,091	0.89
Loisirs, culture et parcs			
Recreation, culture and parks	2,641,135	2,523,544	16.25
Dépenses en capital à même les revenus			
Capital expenditures out of revenues	40,000	0	0.25
Service de la dette / Debt charges	<u>1,543,990</u>	<u>1,531,832</u>	<u>9.50</u>
	\$10,499,952	\$10,378,783	64.58%
Quote part Agglomération\			
Agglomeration remittance	<u>\$5,757,700</u>	<u>\$5,768,381</u>	<u>35.42%</u>
DÉPENSES TOTALES			
TOTAL EXPENSES	\$16,257,652	\$16,147,164	100

and Avon, improvements to Davies Park, Town buildings and our fleet of vehicles. Capital programs for future years are wish lists at this point and will be reviewed and reconsidered next year in light of government grants and available funds.

To see how the 2020 budget lines up with the Town's Strategic Financial Plan,

please see my article in the Council Communiqué section of this Informer.

Colleen Feeney
Councillor for Finance, Administration,
Human Resources and Urban Planning

Commentaire sur le budget

Le 16 décembre dernier, le Conseil a adopté son budget de fonctionnement pour 2020. Comme les années précédentes, nos objectifs budgétaires incluaient garder l'augmentation de taxes pour la résidence de valeur moyenne sous le taux d'inflation tout en maintenant les niveaux de service et poursuivant le renouvellement de nos infrastructures.

Comme indiqué dans le budget 2020, les revenus fiscaux diminueront de 19 000 \$ par rapport à 2019 alors que les autres revenus augmenteront de 129 000 \$ en raison d'une hausse anticipée des revenus des programmes de loisirs, des permis, des intérêts bancaires et des subventions gouvernementales. Nous prévoyons donc une hausse totale des revenus de 110 000 \$.

Nous prévoyons une hausse des dépenses opérationnelles du Service des travaux publics en raison du déneigement et de l'essence et du Service des loisirs en raison des coûts associés au chalet et à l'aréna et au personnel supplémentaire pour le camp de jour et la piscine. Un 40 000 \$ supplémentaire a été alloué aux dépenses en immobilisations à même le budget opérationnel pour couvrir de l'équipement et l'embellissement continu de l'avenue Westminster. Bien que la dette nette devrait diminuer légèrement au 31 décembre 2019, le budget du service de la dette a augmenté de 12 000 \$ pour tenir compte d'éventuelles hausses de taux.

Ces hausses ont été compensées par des coupures dans plusieurs services, notamment le Conseil, l'administration et la santé environnementale, où nous anticipons une baisse des coûts liés aux bris d'eau, aux réparations des bornes-fontaines et à l'achat de l'eau de la Ville de Montréal. De plus, notre part des coûts d'Agglo a diminué de 11 000 \$. Nos dépenses totales devraient augmenter de 110 000 \$ (0,68 %) par rapport à 2019.

Cela se traduit par une augmentation de 1,95 % des impôts fonciers de la maison de valeur moyenne (728 419 \$) de Montréal-Ouest pour 2020. Il est important de noter que la Ville de Montréal a déposé un nouveau rôle d'évaluation foncière en septembre dernier. L'augmentation moyenne de l'évaluation foncière des maisons unifamiliales est de 19,1 %. L'évolution de vos impôts fonciers peut être supérieure ou inférieure à celle de la résidence de valeur moyenne, selon la nouvelle évaluation de votre propriété.

Lors des cinq dernières années, les hausses des taxes foncières pour la maison moyenne ont été de 1,95 % (2020), 1,88 % (2019), 1,66 % (2018) -0,43 % (2017) 1,24 % (2016), ce qui représente

Programme triennal d'immobilisations Three-year Capital Program

Catégorie / Category	2020 \$	2021 \$	2022 \$
Infrastructures / Infrastructure	1,250,000	1,000,000	1,000,000
Bâtiments / Buildings	75,000	75,000	75,000
Véhicules / Vehicles	280,000	245,000	250,000
Équipements / Equipment	<u>10,000</u>	<u>15,000</u>	<u>25,000</u>
	\$1,615,000	\$1,335,000	\$1,350,000

Comparaison du compte de taxe Taxation comparison

Résidence valeur moyenne / Average value residence
Rôle 2020 - 2022 Roll: \$728,419

	2020	2019
Valeur imposable / Taxable value	\$728,419	\$610,173
Taxes locales + Agglo		
Local Taxes + Agglo	\$8,041.75	\$7,891.73
CMM / MMC	<u>\$69.20</u>	<u>\$64.37</u>
	\$8,110.95	\$7,956.11
Augmentation relative à 2019 Increase over 2019:		\$154.84
% augmentation / % increase:		1.95%

Taux de taxes/100\$ d'évaluation Tax Rates/ \$100 valuation

	2020		2019	
	<u>Local</u>	<u>Agglo</u>	<u>Local</u>	<u>Agglo</u>
Taxe foncière générale General property tax	0.6466	0.4574	0.7593	0.5341
Immeuble 6 logements + 6 Units or more	0.7312	0.5174	0.7972	0.5608
Immeubles non résidentiels Non-residential buildings	1.6801	1.3429	1.9013	1.5121
Lots vacants / Vacant lots	1.2931	0.9149	1.5186	1.0682
CMM / MMC	0.0095		0.0106	

une moyenne annuelle de 1,26 %. Le Conseil reste déterminé à surveiller les dépenses pour optimiser les taxes des citoyens et à garder l'augmentation des taxes foncières aussi basse que possible.

Le Conseil a adopté un programme triennal d'immobilisations qui inclut des dépenses anticipées d'environ 1,65 million de dollars en 2020. Les projets prévus sont la réfection du chemin Avon, l'installation permanente de feux de circulation à l'angle de Westminster et d'Avon et des améliorations apportées au parc Davies, aux édifices municipaux et au parc automobile. Les pro-

grammes d'immobilisations pour les années à venir sont des souhaits à ce stade et seront réévalués l'an prochain à la lumière des subventions gouvernementales et des fonds disponibles.

Pour comprendre comment le budget 2020 respecte le Plan financier stratégique de la Ville, veuillez consulter mon article dans la section Communiqué du journal.

*Colleen Feeney, conseillère
Finances, Administration,
Ressources humaines et Urbanisme*

RC Assurances R.C. Coull Inc.

Stephen Coull B. Comm.

Courtier en Assurances de Dommages
Broker in Damage Insurance
68 Westminister Ave. N.

514-481-1134

www.rccoull.com

Jocelyne Dorion

Psychologue clinicienne Clinical Psychologist

Pour un rendez-vous For an appointment

Tél : 514 663-6457

jo.dorion@videotron.ca

101 av Ballantyne S. Montréal-Ouest, H4X 2B4

DR. BEVERLY LAI
Dentist • Dentiste

73 WESTMINSTER N.
MONTREAL WEST
H4X 1Y8

514-486-4411

Bijouterie XO Jewelry

WE BUY GOLD



- WORKSHOP ON PREMISES
- FINE GOLD AND SILVER JEWELRY
- JEWELRY AND WATCH REPAIRS
- WATCH BANDS AND BATTERIES
- CUSTOM DESIGN

51D Westminister North, Montreal West, Qc H4X 1Y8

Tel. 514.419.6787

Dr. Michael J. Wexel

Chiropractor

Low Back Pain
Muscle Pain
Numbness & Tingling
Nutritional Counseling
CSST & SAAQ



Neck Pain
Headaches & Migraines
Stiffness
Sports Related Injuries
Wellness & Preventative Care

773-7246

18 Westminister N., Suite 110

Call For An Appointment Today So *You* Can Feel Better Tomorrow.



WE MAKE IT, YOU BAKE IT!

"The best pizza in Montreal,"

— says a satisfied customer

See selections available and
place your order online at

pizzamamasofia.com

Mama Sofia now has a menu of

100% VEGAN pizzas
made with

cashew cream cheese.
They are unique and delicious!

6705 Sherbrooke West
(514) 486-7672



HAN CHUN WU, Ac
Acupuncture
Médecine traditionnelle chinoise
www.acupuncturewu.ca

514-369-1198

14-B Milner
CSST • SAAQ

Montréal-Ouest
H4X 1J1

The Little Red Playhouse
Inspiring Young Minds to Soar Since 1983



LA FONDATION PLACE COCO
COCO'S PLACE FOUNDATION

Teaching
Young Minds
to SOAR

Bilingual Preschool

Offering a wonderful program to get
children ready for Kindergarten.

- HAND WRITING WITHOUT TEARS[®]
- Science, Gym, Art and Music daily
- 8:30 a.m. to 1 p.m., with an afternoon program until 4 p.m.

263 Percival St., Montreal West, H4X 1T8

*"Qualified and dynamic teaching team
championing your child's development"*

Visit www.thelittleredplayhouse.com or call 514.486.4032

\$90 Flat-fee Virus Removal Service

Ultrasoft/Richard Eckerlin
30+ years experience

MACs and PCs

We recycle all electronics for MoWest.
16 Westminister North, 438-938-6240
Suite 100B (basement)
canadanotebook@live.com
Monday-Saturday, noon-6 pm

Strategic Financial Plan and the 2020 Budget



The 2020 budget is now the third budget approved under the Town's 2018-2022 Strategic Financial Plan (SFP). The SFP has been an invaluable resource as a tool to help the Town in its short- and long-term planning. The following checklist provides a report card on how the budget measured up against the SFP objectives.

1) Limit property tax increases

- The 1.95% tax increase for residential properties is less than the projected CPI of 2.2%
- More revenue is being generated from non-tax sources; less from taxes
- There is a healthy balance in the unappropriated surplus to allow for unforeseen expenditures, so the operating budget in vulnerable areas did not have to increase. A lower operating budget increase means a lower tax increase.

2) Continue investing in infrastructure renewal

- Infrastructure work is planned for Avon Road in 2020
- Preparations are underway to apply for a new grant for a multi-generational recreational centre
- Work continues on the development of our capital asset management program

3) Manage the debt level

- Net debt at year end 2019 is estimated to decrease slightly from the prior year
- Debt servicing for 2020 is 14.7%, well below the maximum 18% recommended in the SFP
- Special projects and capital expenditures, such as the Avon street lights, the renewal of our vehicle fleet and building repairs are being funded through the accumulated surplus and Working Fund to avoid incurring additional debt
- The operating budget is being used to fund less costly capital expenditures such as Westminster beautification and equipment

4) Increase the overall tax base

- Plans are continuing for the development of the library lot
- Funds are being allocated for the continuation of the Westminster beautification project with a goal of encouraging business growth and increasing the value of the properties

5) Provide high-quality, cost-effective services

- Funds have been allocated to maintain and renew the Town's equipment, parks and tree canopy
- Budgets have increased for snow removal operations and for improvements to the Town Hall and Davies Park Chalet

6) Improve preparedness for external agglomeration costs

- As President of the Association Suburban Municipalities (ASM), the Mayor continues to forge alliances with municipal and provincial leaders to discuss potential changes to the Agglo funding formula which would make it more equitable for the ASM municipalities

The Town continues to work on other long-term strategies, but the 2020 budget has hit the mark on several key objectives of the SFP. The full SFP can be found on the MW website under Finance and Administration.

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



COUNCIL communiqué

MAYOR'S REPORT



New grant application for our Recreation Centre

The provincial government has announced a new program for funding of recreational facilities. Our Town has already filed its intent to apply for this grant. The application must be filed by mid-February. The administration has been working diligently to provide a much more complete funding application for this program including a more precise estimate of construction and operational costs. As well, we are working on expanding and formalizing our agreements with our current partners in the use of the arena – a point we were told in the past that we needed to reinforce. As the application nears completion, I will happily provide more details.

Association of Suburban Municipalities

At our last meeting in December, I was re-elected (by acclamation) to another 2-year term as president of the Association of Suburban Municipalities. Unfortunately, our relationship with Montreal has become more strained as we ratchet up our prominence in the media explaining the inherent problems with the current Agglo funding model. Montreal has now resorted to threatening the demerged towns with a marked decrease in cooperation if we don't "go along." I've never been a proponent of going along to get along, so we'll continue along the path we've chosen.

Coffee with the Mayor

The Coffee with the Mayor will take place on **Thursday, February 20th**, from 7:30 to 8:30 am in the Community Centre.

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



Demolition permit request



As many of you may know, there was a demolition permit request made for 74 Easton Avenue in the fall of 2019. The new owner of that property wanted to demolish the century-old home in order to divide the lot and build

three new single family homes there. The lot at 74 Easton is an exceptionally large corner lot and the proposed redevelopment plans did, in fact, meet the Town's zoning bylaws. In order to get a permit to demolish, however, the request was subject to a special process and ultimately a decision by Council.

During this process, some residents appeared scandalised that such a demolition permit request could even be considered. But there was nothing scandalous about it. The property owner had every right to make the request, and Council had every right to grant or deny it. The prescribed process was lengthy and complex, but designed to ensure that the public interest was given the utmost consideration. Here's how:

Our demolition bylaw stipulates that a notice of the demolition application be posted at the property in question and easily visible to passers-by. It must also be published. This was done with two large signs erected at the property, notices published on our website, in the e-bulletin and in *The Suburban*. Over and above the bylaw requirement, the notice was distributed door-to-door in the immediate neighbourhood of the request.

As prescribed in the bylaw, those objecting to the request were given ten days to make their opinions known in writing. Dozens of these objections were received along with a petition.

Also set out in the bylaw, a public meeting was held allowing residents and other interested parties to voice their opinions. This meeting was held in December with a standing-room-only crowd speaking, nearly unanimously, against the request.

Shortly after this public meeting, the property owner withdrew his request. But had the process proceeded, Council would have had to consider other factors such as whether the property in question was in an "advanced state of deterioration"; if the

property had heritage value; whether the proposed redevelopment plans were acceptable, and what the effect of redevelopment (and additional tax revenues) would have on the larger tax base.

In evaluating these other components, Council would have the right to consult experts to help form its decision. For instance, in this case, the Town's Planning Advisory Committee (PAC) was consulted and of the opinion that the home did have significant heritage value (objecting to the demolition), but found the redevelopment concept was basically acceptable. Had the application proceeded, Council would have asked that an independent evaluator assess the home's state of disrepair. The evaluation provided by the applicant would not have been sufficient on its own.

Our demolition bylaw along with provincial law provides several safeguards to ensure that the public interest is paramount in making decisions of this kind. That being said, it is always worth looking at how our processes can be improved. It was made clear by this example that public sentiment around local heritage is very strong. And that's extremely positive! For many years, Town policy has favoured architectural preservation. In fact, anyone whose renovation project has come before the PAC will know (perhaps to their chagrin) that the Town's Site Planning and Architectural Integration Program (SPAIP) guidelines on the protection of architectural heritage are very stringent! And here we have an example of how important this is to the wider MoWest public.

Council reviews its urban planning bylaws on a regular basis, using departmental input, past experience, and the ideas expressed in our public consultations. Thank you to all who took the time to make your voices heard.

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

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

Montreal West's public buildings



Let's start the year with a subject I seldom talk about, but one that cannot be neglected since it's an integral part of our Town - the well-being of our public buildings.

Montreal West has a total of ten public buildings and structures: the Town Hall, the Public Library, the Community Centre, the Chalet at Davies Park, the Block Tower, the Fire Station, the Legion Memorial Rink, the Chalet at Hodgson Field, the Public Works building and yard and the Broughton Water Pump Station. As it currently stands, Public Works performs a lot of the daily maintenance on these buildings, and together with the Town Administration and the Recreation Department, they make sure the buildings are in the best condition possible. However, our buildings, like all other infrastructure in our Town, are aging and in need of attention. Water infiltrations, roofs that need to be replaced, walls that need to be plastered and fresh coats of paint are just some of the updates required.

Last year, Montreal West received a grant from the Federation of Canadian Municipalities (FCM) for the "Municipal Asset Management program". This program grants funds, training and resources to municipalities, such as ours, to help us to better manage our municipal assets.

Under this program Montreal West will undertake two main activities. First, an assessment of the municipal buildings will be completed to determine their current state and the extent of the work required (maintenance, replacements and repairs). Second, this program will help the Town to establish and implement a management framework for the public buildings, with the ultimate goal to ensure that Montreal West can deliver the services that our residents need at a cost we can afford.

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

Le plan financier stratégique et le budget 2020



Le budget 2020 est le troisième budget approuvé sous le nouveau Plan financier stratégique (PFS). Le PFS a été un outil précieux pour aider la Ville dans sa planification à court et à long terme. La liste de contrôle qui suit donne une fiche de rendement du budget par rapport aux objectifs du PFS.

1) Restreindre les hausses d'impôts fonciers

- La hausse de taxes de 1,95 % pour les propriétés résidentielles est moindre que l'IPC prévu de 2,2 %.
- Les revenus sont surtout générés par les recettes non fiscales et non par les impôts fonciers.
- La bonne santé financière de notre surplus non affecté nous permet de couvrir des dépenses imprévues, de sorte que le budget de fonctionnement dans les secteurs vulnérables n'a pas eu à augmenter. Une augmentation moindre du budget de fonctionnement signifie une augmentation moindre des impôts.

2) Poursuivre les investissements pour le renouvellement des infrastructures

- Des travaux d'infrastructure sont prévus sur le chemin Avon. Les préparatifs sont en cours pour compléter la demande de nouvelles subventions pour le centre de loisirs multigénérationnel.
- Le programme de gestion des immobilisations continue à avancer.

3) Gérer le niveau de la dette

- Une légère baisse dans la dette nette à la fin de l'exercice 2019 est prévue par rapport à l'année précédente.
- Le service de la dette est à 14,7 % en 2020, bien en dessous du maximum de 18 % recommandé dans le PFS.
- Les projets spéciaux et les dépenses en immobilisations, comme les feux de circulation sur Avon, le renouvellement du parc automobile et des réparations aux édifices sont financés par l'excédent accumulé et le fonds de caisse afin d'éviter de contracter de dette supplémentaire.
- Le budget de fonctionnement est utilisé pour financer des dépenses d'immobilisations moins coûteuses comme l'embellissement de Westminster et de l'équipement.

4) Élargir l'assiette fiscale

- Les plans pour le développement du terrain de la bibliothèque progressent.
- Des fonds sont alloués pour l'embellissement continu de l'avenue Westminster dans le but d'encourager un développement commercial et une augmentation de la valeur de nos propriétés.

5) S'engager à fournir des services de grande qualité avec efficience

- Des fonds ont été alloués pour l'entretien et le renouvellement de l'équipement de la Ville, des parcs et du couvert forestier.
- Nous avons une hausse des budgets pour le déneigement et pour des travaux d'amélioration à l'hôtel de ville et au chalet du parc Davies ont augmenté.

6) Améliorer nos prévisions des coûts externes de l'agglomération

- En tant que président de l'Association des municipalités de banlieue (AMB), le maire continue à former des alliances avec des dirigeants municipaux et provinciaux pour discuter de changements éventuels à au calcul de la quote-part à l'Agglo afin de la rendre plus équitable pour les municipalités de l'AMB.

Alors que la Ville continue à travailler sur d'autres stratégies à long terme, le budget 2020 a atteint la cible de plusieurs objectifs-clés du PFS. Le PFS peut être consulté en son intégralité sur le site Web de Montréal-Ouest sous l'onglet Finance et administration.

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



communiqué du CONSEIL

RAPPORT DU MAIRE



Nouvelle demande de subvention pour notre Centre récréatif

Le gouvernement provincial a annoncé un nouveau programme de soutien aux installations de loisirs. Notre Ville a déjà déposé son intention de demander cette subvention.

La demande doit être déposée d'ici la mi-février. L'administration travaille assidûment à préparer une demande de financement beaucoup plus complète pour ce programme qui comprend une estimation plus précise des coûts de construction et des coûts opérationnels. De plus, nous travaillons à élargir et à officialiser nos ententes avec nos partenaires actuels en ce qui concerne l'utilisation de l'arène - un point qu'on nous a dit de renforcer par le passé. Je me ferai un plaisir de vous fournir plus de détails alors que le processus avance.

Association des municipalités de banlieues

Lors de notre dernière réunion en décembre, j'ai été réélu (par acclamation) pour un autre mandat de deux ans à titre de président de l'Association des municipalités de banlieue. Malheureusement, nos relations avec Montréal sont devenues plus tendues alors que nous sommes plus présents dans les médias pour discuter des problèmes inhérents au modèle de financement actuel de l'Agglo. Montréal a même menacé les villes liées de limiter notre collaboration si nous ne "jouons pas leur jeu". Je n'ai jamais été partisan de l'idée de suivre que pour s'entendre, alors nous allons continuer dans la direction que nous avons choisie.

Café avec le maire

Le prochain **Café avec le maire** aura lieu le **jeudi 20 février** de 7 h 30 à 8 h 30 au Centre communautaire.

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



Demande de permis de démolition



Comme beaucoup d'entre vous le savent déjà, une demande de permis de démolition a été faite pour le 74 Easton Avenue à l'automne 2019. Le nouveau propriétaire de cette propriété voulait démolir la maison centenaire

existante afin de diviser le terrain et d'y construire trois nouvelles maisons unifamiliales. Le terrain du 74 Easton est un terrain de coin exceptionnellement grand et les plans de réaménagement proposés respectaient les règlements de zonage de la Ville. Toutefois, pour obtenir un permis de démolition, la demande devait faire l'objet d'un processus spécial et ultimement d'une décision du Conseil.

Au cours de ce processus, certains résidents ont semblé scandalisés qu'une telle demande de permis de démolition puisse même être envisagée. Mais il n'y avait rien de scandaleux dans tout cela. Le propriétaire avait parfaitement le droit de faire cette demande et le Conseil avait tous les droits de l'accorder ou de la refuser. Le processus prescrit est long et complexe, mais il est conçu pour garantir que l'intérêt public soit pris pleinement en considération. Voici comment :

Notre règlement sur la démolition stipule qu'un avis de demande de démolition doit être affiché sur la propriété en question et être bien visible par les passants. Il doit également être publié. Pour ce faire, deux grandes enseignes ont été installées sur la propriété, des avis ont été publiés sur notre site Web, dans le bulletin électronique et dans le journal « The Suburban ». Allant même plus loin que le règlement, un avis a été livré aux domiciles dans le voisinage immédiat de la demande.

Comme le prévoit le règlement, les personnes qui s'opposaient à la demande avaient dix jours pour faire connaître leur opinion par écrit. Des dizaines de ces objections ainsi qu'une pétition ont été reçues.

Également prévue au règlement, une assemblée publique a été tenue pour permettre aux résidents et aux autres parties intéressées de faire connaître leur opinion. Cette assemblée a eu lieu en décembre, et une foule de personnes s'est prononcée, presque à l'unanimité, contre la demande.

Le propriétaire a retiré sa demande peu de temps après cette assemblée publique. Mais si le processus s'était poursuivi, le

Conseil aurait dû tenir compte d'autres facteurs, comme le fait de savoir si la propriété en question était dans un état de détérioration avancé; si la propriété avait une valeur patrimoniale, si les plans de réaménagement proposés étaient acceptables, et l'effet du réaménagement (et des recettes fiscales supplémentaires) sur l'assiette fiscale plus large.

En évaluant ces autres éléments, le Conseil aurait le droit de consulter des experts pour l'aider à prendre sa décision. Par exemple, dans le cas présent, le Comité consultatif d'urbanisme (CCU) de la Ville a été consulté et a estimé que la maison avait effectivement une valeur patrimoniale importante (s'opposant à la démolition), mais a jugé que le concept de réaménagement était fondamentalement acceptable. Si la demande avait été acceptée, le Conseil aurait demandé qu'un évaluateur indépendant évalue l'état de détérioration de la maison. L'évaluation fournie par le demandeur n'aurait pas suffi à elle seule.

Notre règlement sur la démolition ainsi que la loi provinciale prévoient plusieurs mesures de protection pour s'assurer que l'intérêt public est primordial dans la prise de telles décisions. Cela étant dit, il vaut toujours la peine d'examiner comment nos processus peuvent être améliorés. Cet exemple montre clairement que le sentiment du public à l'égard du patrimoine local est très fort. Et c'est extrêmement positif ! Depuis de nombreuses années, la politique de la ville favorise la préservation de l'architecture. D'ailleurs, toute personne dont le projet de rénovation a été soumis au CCU sait (peut-être à son grand chagrin) que les directives du Plan d'implantation et d'intégration architecturale (PIIA) de la Ville en matière de protection du patrimoine architectural sont très strictes ! Voici un exemple de l'importance que porte le grand public de Montréal-Ouest à ce sujet.

Le Conseil municipal revoit régulièrement ses règlements d'urbanisme en tenant compte des commentaires des ministères, de l'expérience passée et des idées exprimées lors de nos consultations publiques. Merci à tous ceux qui ont pris le temps de se faire entendre.

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

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

Les édifices publics de Montréal-Ouest



Commençons l'année avec un sujet dont je parle rarement, mais qui ne peut être négligé puisqu'il fait partie intégrante de notre Ville – l'état de nos édifices publics.

Montréal-Ouest compte un total de dix édifices et structures publics : l'hôtel de ville, la bibliothèque pour adultes, le centre communautaire, le chalet du parc Davies, le musée de la tour, la caserne de pompiers, l'aréna de la Légion, le chalet du terrain Hodgson, le bâtiment et le garage des Travaux publics et la station de pompage d'eau sur Broughton. En ce moment, le Service des travaux publics s'occupe en grande partie de l'entretien quotidien de ces bâtiments. De concert avec l'administration municipale et le Service des loisirs, ils travaillent à garder les bâtiments dans le meilleur état possible. Nos bâtiments, comme toutes les autres infrastructures de notre Ville, sont vieillissants et ont besoin d'attention. Des infiltrations d'eau, des remplacements de toitures,

du plâtrage et de la peinture des murs ne sont que quelques-uns des travaux nécessaires.

L'an dernier, Montréal-Ouest a reçu une subvention de la Fédération canadienne des municipalités (FCM) pour le « Programme de gestion des actifs municipaux ». Ce programme offre du financement, de la formation et des ressources aux municipalités, comme la nôtre, pour nous aider à mieux gérer nos actifs municipaux.

Dans le cadre de ce programme, Montréal-Ouest entreprendra deux projets principaux. D'abord, une évaluation des bâtiments municipaux sera effectuée afin de déterminer leur état actuel et l'ampleur des travaux requis (entretien, remplacement et réparations). Deuxièmement, ce programme aidera la Ville à établir et à mettre en œuvre un plan de gestion des édifices publics, dans le but ultime de s'assurer que Montréal-Ouest puisse offrir les services nécessaires à ses résidents à un coût abordable.

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

DR. HEATHER FOX B.Sc., D.D.S.

Dentist

18 Westminster N. #120

Tel: 487-4577

Fax: 487-8376

Labrosse & Michaëls

rénovation • entretien • réparations

Michel Labrosse

514 239 5432

labrossemichaels@videotron.ca

Licence RBQ : 8305-0898-53

Membre APCHQ



ARTIST

514 - 488 - 3200

annette.art@sympatico.ca

FENÊTRE DÉCO

www.fenetredeco.com

WINDOW COVERINGS

- Drapery
- Shutters
- Blinds and Shades

- Shop at home and after sales service
- Quality products
- Ultrasonic cleaning and repairs

Etienne (Steve) Veys

Tel.: (514) 364-2020

Fax: (514) 364-7481

÷

Our tutors teach Elementary, High School and Cegep students.

π

Individualized programs that find the gaps and target areas of difficulty.

±

Our tutors have deep knowledge of the Quebec mathematics curriculum.

Step up to success with PDec!

Mathematics Tutoring Centre



www.pdec.ca

514-903-3165 | ewisenthalmilech@gmail.com

67 Westminster North, Montreal West, QC

JCC

J. Collins Construction



General Contractor

Quality. Value. Style.

Contact us for all of your renovation and home restoration projects

514-554-6042

info@jccmontreal.ca

jccmontreal.ca

RBQ 5625-7694-01



Integrative Health Centre

Discover the source of your well-being

SINCE 2006

Kadeja Lefebvre B.Sc. ND

Member of the Canadian Association of Naturopathic Doctors

André Lalonde M.Sc.S, ND, LMT

Naturopathic Clinician
Licensed Massage Therapist

Jennifer Brennan, M.Sc., CNS

Nutrition Practitioner

Tiffany Bukacheski M.A., OPQ

Licensed Psychologist

An integrative and interdisciplinary approach to wellness.

Come see us to learn more about our services
www.ihcmontreal.com • 514 485 6789

Sutton

DAVID DOUBT

RESULTS... it's what matters most
RÉSULTATS... c'est ce qui compte le plus

514 220 6298

ddoubt@sutton.com

Real Estate Broker / Courtier immobilier
Groupe Sutton Centre Ouest



Montreal West Scout Group



Scouts at fall camp



Beavers

Did you know that Beaver leaders go by Scouting names inspired by nature? In MoWest we are lucky to have leaders like Rainbow, Tic-Tac, Lightning, Bubbles, Acorn, Echo, Belle-Hibou and Wren. Also part of the leadership team are KeeOs, older children who have swum up to Cubs but come back to help out at Beavers: here is a shout out to our KeeOs **Nathaniel, Finn, Liam!**

In November and December the MW Beavers continued to learn while having fun! **Acorn** organized indoor climbing in Lasalle to work on vertical skills; **Lightning** used balloons and skits to explore good sportsmanship. Families enjoyed the passage of the *CP Holiday Train* while sharing food donations for *Le Dépôt* (formerly NDG Food Depot); **Rainbow's** relay games and making holiday cards (which were mailed to Canadian service people far from home) brought out more holiday spirit.

The year finished up with **Bubbles'** ever-popular bowling party, with some respectably high scores, snacks and smiles! First meeting back will be on January 14, when Acorn has a Chinese New Year meeting planned.

Jessica Lonardi

Cubs

Our Cub Pack has had a fantastic end to 2019. We attended the MW Remembrance Day parade, as usual, along with the rest of

our Scouting groups. It is nice to see that our Cubs understand how to tone down their energy levels when it's appropriate to be quiet and still during such a solemn ceremony.

Through the rest of November, the Pack worked on obtaining their Year-Round Fitness Badge, where they discussed better eating habits and created simple activities to keep themselves fit and healthy throughout the year. The Pack's **Akela** also issued a special jump-rope challenge to the Cubs. The best jumpers started with fewer than 30

Tom Chapman, James Ruffolo, Hon. J. Michel Doyon, Ivan Stedl



jumps before tripping up, but we've already seen some of the Cubs improve to do more than 80 jumps in a row! Before summer arrives we'll probably have a few who can break the 100 mark, and all of them have been challenged to do at least 10 in a row.

December brought the Cubs carolling once again for the seniors at the *Montclair Residence*, an activity we all look forward to each season. Now, with the holidays behind us, the Cubs will focus their energies in January on planning their next adventures, which will include sledding, broomball, winter camping, hiking and more.

Our Cub Pack is open to all boys and girls who are in grades 3, 4, and 5 (generally ages 8-10). Everyone is welcome and new kids can join at any time. If you know someone who might be interested, have them contact the Pack Akela at nefarious-phd@gmail.com.

Todd Stedl

Awards ceremony

November 23 was a special day for three of the Cubs who moved to Scouts this year. That afternoon, the Honourable **J. Michel Doyon**, Lieutenant Governor of Quebec, officially presented **Tom Chapman, James Ruffolo** and **Ivan Stedl** with recognition for their Seenee Award, which is the highest award that Cubs can achieve in Scouts Canada. We're very proud of the hard work these boys put into earning this award — congratulations!

Scouting

What is Scouts?

Scouts is a special organization with a lot of tradition behind it. It is both a lot of fun

Scout Group

for the kids, and a positive influence on their development. Scouts are girls and boys from 11 to 14 years old, and during this time Scouts encourages active and healthy living, values and citizenship, respect for the environment and creative expression. Scouts get the opportunity to develop their leadership and planning skills. The whole troop is divided into three patrols that each have a leader and assistant leader, and all Scouts contribute to the planning of activities.

At our weekly meetings, the kids organize themselves into intense running games, and we then do a variety of activities, usually focused on developing skills for outdoor activities. In the fall, the Scouts prepared for the investiture of a large cohort of new Scouts that joined the troop this year and helped out at the United Church Fall Bazaar. We also focused on training in first aid and emergency skills and worked on learning knots that come in handy in the field.

Scouts go to overnight camps in each of the four seasons. These are major highlights for them. In January, our first meetings will be focused on planning for winter camp at Camp Kinkora from January 31 to February 2. This will be another opportunity for the kids to experience a variety of outdoor adventures, and to build confidence and independence. New members can join in January.

Andrew Chapman

Rovers

Group Commissioner **Karen Johnstone** (aka **Rainbow**), presented the following service awards:

Rovers: **Arnaud Chrun-Tremblay** and **Slater Covenden** both received the Medal for Good Service (for good service to Scouting). Advisor **Lesley Coles** received the Bar to the Medal of Good Service (for continued good service to Scouting) and Advisor **Jon Wiersma** (aka **Rusty**) received the Bar to the Medal of Merit (for continued especially good service to Scouting) and 30 years of service to Scouting certificate and pin.

Interested in joining our Rover Crew? Rovers are young adults between the ages of 18 and 26. Our Crew is co-ed. We do not meet weekly, as most of our Crew members are in University, have jobs, sports and other volunteer commitments. A couple of our members volunteer as Scouters, in junior sections. Our Crew enjoys sports nights, getting outdoors and volunteering in the community. For more information on Rovers, contact Rusty at jon-wiersma1968@gmail.com.

Jon Wiersma

Guiding



All of the Guiding units ended the 2019 calendar year involved with service projects. The Sparks and Brownies teamed up for their annual *Meals-on-Wheels* Christmas project. Every December, the Sparks and Brownies join forces to make special packages for the 24 *Meals-On-Wheels* recipients in the MoWest region. Together the Sparks and Brownies made Christmas cards and cut out snowflakes. They decorated paper bags for each of the recipients. Each bag was filled with hot chocolate, a candy cane, some chocolates and some homemade treats made by the Brownies, a Christmas card and a snowflake. The bags were all overflowing! Every year, the special gifts are warmly received. It is nice for the girls to know they were able to brighten someone's day.

The Guides were surveyed in late November as to what service project they would like to do. After great discussions,

they decided to help the local *SPCA*. The girls made dog toys out of recycled fabrics and homemade pet treats. Although the animals were not in a loving home for the holidays, some love was sent to them.

All the units had a bit of a break during the holidays. They started up fresh and ready for the new year in early January. The Guides were getting ready for a winter camp at our beloved camp Wa-Thik-Ane, in Morin Heights. Over the summer the main building was winterized. This is the first year members of Girl Guides can use the camp all year round. The Guides will be joining other girls from our district for this winter camp. The MW girls make up one third of the campers. They had a meeting in early January to remind the girls how to make a bedroll. Some of the girls will be camping outside for one night. A discussion was held as to what special equipment would be necessary in order to sleep outside in the Laurentians. A summer sleeping bag will not do!

The Sparks started off the year learning how to keep themselves healthy. Who has not had a cold or worse over the holidays? It was a wonderful opportunity to help the girls learn how to keep germs at bay. The unit has a special non-toxic solution called *Glo Germ* which, when exposed to ultraviolet light, will glow. A small amount is spread on the girls' hands. They are shown how their hands glow in the dark and then they wash their hands normally. They are always quite surprised at how much of the solution is left on their hands after they thought they had washed their hands very well. It helps them realize just how many places can easily be missed when washing your hands. They continued to learn about other healthy habits during the month of January.



Extra Miles Senior Visiting Program



Intergenerational Days

From November 27 to 28, *Extra Miles Senior Visiting Program* hosted Intergenerational Days at MoWest United Church. The guests included grade six classes from Elizabeth Ballantyne School as well as the Sassy Seniors and Second Family groups from the *NDG Senior Citizens' Council*.

The Intergenerational Days brought the students and seniors together to learn from one another as well as form relationships built with purpose, respect and value.

The students and seniors participated in ice breaker activities to warm up the conversation and the students helped the seniors with their coats, elevator use, making name tags and serving refreshments. Activities included: speed dating between the seniors and students at various tables to promote open discussions about life experiences and to form connections as well as cupcake and fruit kebab decorating to spark creativity and fun. A delicious lunch was also shared by all.

At the end of each day, friendship kits were exchanged among all participants as a gesture of appreciation for the intergenerational connections made. Words such as friend, grateful, thankful, appreciative, happy, respect, value, purposeful, history and community were used by participants to describe the two Intergenerational Days.

Intergenerational programs, linking seniors and young people in any number of ways, have immense benefits in enhancing the quality of life across multiple areas: cognitively, health wise and civically, including the reduction of isolation and an improved sense of belonging, of community and responsibility.

*from Carly McAskill,
Research Assistant,
Concordia University's enAGE Living Lab*

*Tracie Swim,
Coordinator,
MWUC Extra Miles Senior Visiting Program
and Member of MW MADA committee*



Le Jardin d'enfants
Curzon
Creative Preschool



A parent cooperative
in Montreal-west

Providing a strong, bilingual
education for children
aged 2-5 years
since
1959



www.curzonpreschool.com



Dr. Michael J. Wexel
Chiropractor / Chiropraticien
Tel: 773-7246
E-mail: drmjwexel@videotron.ca

18 Westminster N., Suite 110
Montreal West, QC H4X 1Y8

JANE F. LEE, B.Sc., D.D.S.
Chirurgien Dentiste - Dental Surgeon

63 WESTMINSTER N
MONTREAL WEST
H4X 1Y8

369-0255

AUTO EVOLUTION 95 inc

Raybestos FEDERAL MOGUL WALKER MONROE TENNECO Automotive

PPG WIX FILTERS DAYCO MOOG

GENERAL MECHANICS

- Brakes
- Suspension
- Tune up
- Tires
- Air conditioning
- Electronic



BODY REPAIR

- Collision & Body repair
- Painting
- Insurance claims
- Free estimation
- Courtesy cars



514-485-8101

11 WESTMINSTER SUD
(south of Sherbrooke)



BUDNING PHARMACY

BIG ENOUGH TO SERVE YOU -
SMALL ENOUGH TO KNOW YOU

40 Westminster North
Montreal West
(514) 481-5665

www.groupeproxim.ca

MON TO FRI: 8:30 am - 6:00 pm
SAT: 9:00 am - 5:00 pm

Proxim

- FULL SERVICE POST OFFICE
- PRESCRIPTION SERVICES
- FREE DELIVERY
- PERSONALIZED SERVICE
- GREETING CARDS & FAXING
- PET HEALTH SECTION

EXCLUSIVELY USING ECO-FRIENDLY SOLVON K4

- Biodegradable
- Dermatologically safe
- Non-toxic
- Odourless
- Organic
- 100% Green

all at no extra cost

Nettoyeurs • Cleaners Tél: (514) 488-6220
WESTMINSTER
94 Westminster N., Mtl West H4X 1Z2

Les Immeubles
IMAGINE
Realties Inc.
AGENCE IMMOBILIERE
REAL ESTATE AGENCY



Catherine Gardner

Real estate broker - Courtier immobilier
cgardnerimagine@gmail.com

(514) 793-5608

Pasteizza

Bar and Grill

Pizza Pasta Paradise

Real Italian and
Mediterranean goodness

Go to website for pizza
and Combo specials:

www.pasteizza.com

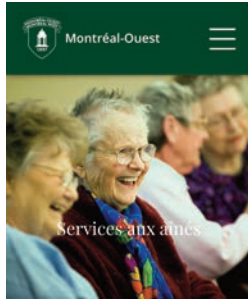
Open 7 days a week
for lunch and dinner
11 am-10 pm

Delivery free:
minimum \$10 before taxes

514 481 7731

45 Westminster N.

Une nouvelle page web pour les aînés



La nouvelle section du site web de la Ville conçue pour les aînés est maintenant en ligne !

Cette section a été développée en collaboration avec le Service des communications de la Ville et inspirée par les commentaires des participants de l'atelier de co-design et du comité de pilotage MADA (*Municipalité amie des aînés*). L'objectif est de présenter de l'information d'intérêt et d'importance pour les aînés par le biais d'une page centrale facile d'accès. En plus de fournir de l'information sur notre démarche pour devenir une municipalité amie des aînés, cette page vous informe sur les sujets suivants :

- services de santé
- fraude et sécurité
- loisirs et activités
- services du gouvernement
- transport
- bénévolat
- habitation
- renseignements juridiques
- ressources et services communautaires

Consultez le site au montreal-west.ca/aines. Comme pour tout site web, il s'agit d'un document évolutif qui sera modifié au fil du temps en fonction de nouveaux besoins et des mises à jour.

J'aimerais remercier les résidents qui ont participé à l'atelier de co-design ainsi qu'aux experts qui nous ont partagé leurs commentaires relatifs à leur domaine d'expertise. J'aimerais surtout remercier Elisabeth Roy, notre responsable des communications, pour ses nombreuses heures de consultation et de travail acharné dans la réalisation de cette page. Résultat d'une analyse de comparables et d'un travail collaboratif, je crois que le site présente une liste complète des ressources disponibles aux personnes aînées et qu'il sera très utile à toute notre population : les personnes aînées, les personnes vieillissantes, les aidants naturels, etc.

Toutefois, la meilleure mesure de l'efficacité de ce nouveau site est de le consulter et de nous faire part de vos impressions. Veuillez nous faire parvenir vos commentaires à communications@montreal-ouest.ca.

Colleen Feeney,
Présidente du Comité de pilotage MADA

Council meetings:

by Carol Foster



November Council Meeting

Mayor Masella began his report by expressing his continuing frustration with the way the demerged suburbs payments to the Agglomeration Council are calculated. This has been a long-standing bone of contention, and protests have constantly fallen upon deaf ears. The Association of Suburban Municipalities has asked the Quebec government to provide a mediator to help negotiate a new way to calculate payments as early as June 2020 but, at the moment, everything is in limbo.

This item was followed by better news as he announced that the property at the corner of Westminster and Northview, which has defied some by-laws for several years, will finally be returned to its proper conditions, also by June 2020.

The Mayor concluded his report by reminding residents of all the cautions and regulations that accompany the arrival of winter.

First question period

The first questioner wanted to know if the municipal pipes are lead-free. The Mayor explained that it is only some of the service entries that are questionable and the Town is accumulating statistics on how many lead pipes still exist.

Information is also still being gathered to determine where the remaining cross-connected drains may exist, but many of these problems have been corrected with the rebuilding of the streets.

Councillors' reports

Councillor Feeney reported that of the \$950,000 spent by the Town during the past month, 50% went to infrastructure work.

With the number of permit requests now slowing down, PAC is turning its attention to looking at possible major by-law revisions including the use of PVC materials. The merchants' involvement in this process is continuing. The seniors' spot on the website is developing quickly with the help of Communications Supervisor Elisabeth Roy.

The first snowfall of the season accompanied by freezing rain, falling trees and power outages as well as the installation of hockey boards and holiday decorations all kept the Public Works crew occupied. In addition, Councillor Torres added, they managed to plant 38 new trees in the Town.

The PSOs were also kept busy during the past month, according to Councillor Mazzone. Thirty-five homes, left without power for two days, were checked. Preparations for the visit by the *CP Holiday Train* and assistance with snow removal were also provided by these officers. Four tickets were issued including one for a pit bull with a leash but no licence.

Councillor Ulin described the many activities, both past and future, taking place in the Town. The list included the flu clinic, Remembrance Day ceremonies, *ART ETC.*, the *CP Holiday Train*, Santa's Breakfast and the preparation of the outdoor rinks in anticipation of colder weather settling in. Ulin added that there will be a temporary dog run on Hodgson's Field until mid-April.

Second question period

The existence of the Town's \$1.5 million working fund was questioned by a resident who felt it was too large considering the size of the Town's debt. Councillor Feeney explained that the working fund is to be used for unexpected expenses and incurs no interest charges.

The next questioner was concerned about how residents will be made aware of items pertaining to by-laws previously published in *The Suburban* with the Town's new communication policy which reduces the need for that method of publication. She was assured that accurate information will still be available both internally as well as externally.

The last question pertained to the crime reports received by the Town. Councillor Mazzone explained monthly reports are still available but the comparative reports have been held up and may become available again by next month.

The meeting was then adjourned.

December Council meeting

December 16 was an unusually busy evening in the Town Hall's Music Room. The regular monthly Council meeting began after a standing room only gathering of residents had a chance to voice their opinions about the demolition request made by the owner of a property at 74 Easton Avenue. [Ed. note: the demolition request was subsequently withdrawn by the owner. See Council Communiqué.] This was followed by the presentation of the 2020 Budget for the Town.

At 8:15, Mayor Masella opened the very last Council meeting for 2019 in which he thanked everyone who helped make the *CP Holiday Train's* visit and the seniors'

November and December

Christmas dinner as well as Breakfast with Santa such successes.

He noted that the 1.95% increase in taxes for the average home in the Town, announced in the budget, would be consistent with the objective of limiting the annual increase to the CPI.

The Mayor also announced that the Town is taking advantage of a new opportunity to apply for a provincial grant for the construction costs of a Community Centre.

First question period

The Mayor was thanked for the resounding success of the Breakfast with Santa event by the first speaker in this question period. He was also asked about the reports in the news about amounts of lead being measured in drinking water. The Mayor responded that 70% of the water service lines on the public side are lead-free and the Town is continuing to replace lead pipes in all future infrastructure work. Water tests are continually shared with the province and residents are kept up to date with detailed information by the e-bulletins and on the Town's website.

Councillors' reports

Councillor Torres congratulated **Giovanni D'Amico** who has been promoted to foreman in the Public Works Department. She announced that there will be another *Hydro-Québec* information meeting in March 2020 concerning its proposed "Green Corridor" project.

A fine will be issued to the Presbyterian Church following a complaint about contin-

uing excessive noise, overnight parking regulations during the holiday season have been modified and no major crimes have been reported during the past month according to **Councillor Mazzone**. The annual "holiday watch" of temporarily vacated homes during the holidays will be carried out by the PSOs and safety tips for these home owners were reviewed.

This was the sixth year of a visit by the *CP Holiday Train* and it was the most successful one yet, the first item in **Councillor Ulin's** report. Many organizations participated and lots of money was raised. Santa's Breakfast was so popular that four seatings were required.

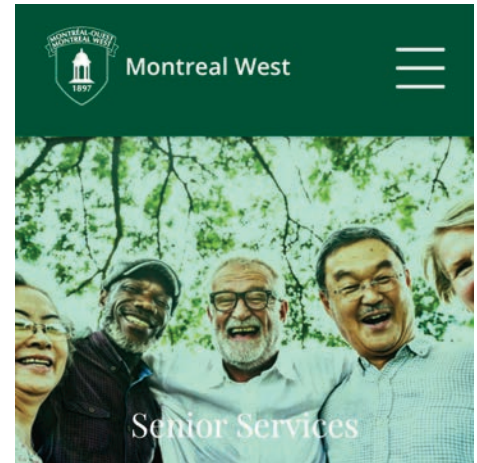
Councillor Feeney was pleased to announce that the Town has managed to keep its promise regarding the rate of residential tax increases for the fifth year in a row. Tax bills for 2020 will be distributed by January 21 and due on February 2 and May 21. A law student, **Mathieu Boissonneault**, was hired in the Town's Clerk's office, completed his internship and was sworn in as a member of the Quebec Bar December 20, along with other law students. Feeney completed her report by noting that PAC had reviewed 177 files during 2019.

Second question period

The Mayor was asked how residents could help in the quest for a grant to build a Community Centre. Masella's reply was that the Town had to first apply for the grant and is doing so with assistance in the wording of this application. Help will be welcomed once it can be determined it is needed.

The meeting was then adjourned.

Seniors' Webpage



The new seniors' webpage on the MW website is now live!

It was developed in collaboration with the Communications Department of the Town and inspired by input from the co-design workshop with residents and the *Municipalité Amie des Aînés (MADA)* Steering Committee. The goal is to provide information of interest and importance to seniors on one central easy-to-access page. In addition to providing information on our quest to become an age-friendly municipality, the topics include:

- Health Services
- Fraud and Safety
- Recreation and Activities
- Government Services
- Transportation
- Volunteering
- Housing
- Legal Information
- Community Resources and Services

The webpage can be found on the MoWest website montreal-west.ca/seniors. As with any website, this is a living document which can change over time as new needs and updates arise.

I would like to thank the residents who participated in the co-design workshop and those who provided input related to their area of expertise. I would especially like to thank **Elisabeth Roy**, our Communications Supervisor, for her many hours of consultation and hard work in putting this page together. With all the comparative research and collaboration that has gone into this page, I believe it is an exceptionally comprehensive list of the resources available to seniors and that it will be of great benefit to all our population: seniors, about to be seniors, caregivers, etc.

However, the best test as to the effectiveness of this new webpage is to check it out and let us know what you think. Please send any comments to communications@montreal-west.ca.

Colleen Feeney
Chair, MADA Steering Committee



Courtiers Excellence
Excellence Brokers



Banny Bar

Courtier Immobilier
Real-Estate Broker

(514) 967-1900

Norbert Bedoucha

Courtier Immobilier agréé
Chartered Real-Estate Broker

(514) 781-6562

For all your real estate & business needs
Pour tous vos besoins immobiliers et affaires

Excellence is priceless - L'excellence n'a pas de prix

www.courtiersexcellence.com



Réunions du Conseil : novembre et décembre

par Carol Foster
traduction par René Boucher



Réunion du Conseil novembre

Le **maire Masella** amorça son rapport par l'expression de sa frustration qui n'a de cesse quant au calcul des paiements des banlieues reconstituées au conseil d'agglomération. C'est là une pomme de discorde depuis toujours et les protestations demeurent sans écho. L'Association des municipalités de banlieue a demandé au gouvernement québécois de nommer un médiateur pour aider à négocier une nouvelle méthode de calcul à compter de juin 2020, mais pour le moment, tout est dans les limbes.

Par la suite, M. Masella a annoncé que la propriété à l'angle Westminster et Northview qui contrevient à plusieurs règlements devra finalement être rendue conforme, aussi d'ici juin 2020.

Le maire a clos son rapport en rappelant aux citoyens les précautions à prendre et règlements à respecter avec l'arrivée de l'hiver.

Première période de questions

Le premier intervenant voulait savoir si les tuyaux de la municipalité étaient sans plomb. Le maire a expliqué que seules quelques entrées de service sont douteuses et la Ville collecte des données sur le nombre de tuyaux en plomb encore existant.

On recueille aussi des renseignements pour déterminer où seraient les égouts interconnectés restants, la reconstruction des rues ayant déjà corrigé bon nombre de ces problèmes.

Rapports des membres du Conseil

La **conseillère Feeney** a rapporté que, des 950 000 \$ déboursés par la Ville au cours du mois précédent, les travaux d'infrastructure en avaient accaparé 50 %.

Le nombre de demandes de permis diminuant, le CCU peut maintenant porter son attention sur la possibilité de révisions majeures de règlements, dont l'utilisation de matériaux de PVC. L'engagement des commerçants dans ce processus se poursuit. La page des aînés du site Web est en développement avec l'aide de la directrice des Communications.

La première bordée de neige de la saison accompagnée de pluie verglaçante, d'arbres brisés et de pannes de courant, l'installation des bandes pour le hockey et des décorations des fêtes ont occupé le personnel des Travaux publics. La **conseillère Torres** a ajouté que l'on a quand même réussi à planter 38 nouveaux arbres dans la ville.

Selon le **conseiller Mazzone**, les ASP ont aussi eu leur part au cours du mois précédent. Ils ont vérifié 35 résidences sans électricité pendant deux jours. Ils ont également préparé la visite du *Train des Fêtes du CP*, prêt assistance lors du déneigement et délivré quatre constats d'infraction, dont un pour un chien (pitbull) en laisse, mais sans licence.

La **conseillère Ulin** a décrit les nombreuses activités, passées et à venir, à se dérouler dans la ville. La liste comprend la clinique antigrippe, le jour du Souvenir, *ART ETC.*, le *Train des Fêtes*, le déjeuner avec le père Noël et la préparation des patinoires extérieures en prévision du temps froid. Elle a ajouté qu'il y aura un parc canin temporaire au terrain Hodgson jusqu'à la mi-avril.

Seconde période de questions

Un résident se questionne sur le fonds de caisse de 1,5 M\$ de la Ville; il croit qu'il est trop important compte tenu de la taille de la Ville. La conseillère Feeney a expliqué que ce fonds sert à des dépenses imprévues et n'encourt aucuns frais d'intérêt.

L'intervenante suivante se disait préoccupée par la nouvelle politique de communication de la Ville qui réduit le besoin de publication dans « The Suburban ». Elle se demandait comment les résidents seraient informés des règlements. On l'a rassurée que les renseignements précis demeureront disponibles tant en interne qu'en externe.

La dernière question portait sur les rapports de crimes que reçoit la Ville. Le conseiller Mazzone expliqua que les rapports mensuels étaient toujours disponibles, mais que le rapport comparatif avait été retenu et pourrait redevenir accessible le mois prochain.

Sur ce, la séance fut levée.

Réunion du Conseil décembre

La salle de musique de l'hôtel de ville était exceptionnellement occupée le soir du 16 décembre. La réunion ordinaire du conseil municipal débuta après un rassemblement, avec places debout seulement, où les citoyens purent s'exprimer concernant la demande de démolition présentée par le propriétaire du 74 avenue Easton. [NDLR Le propriétaire a par la suite retiré sa demande de démolition. Voir Communiqué du conseil.] La présentation du budget 2020 de la Ville a suivi.

À 20 h 15, le **maire Masella** ouvrait la dernière réunion du Conseil pour 2019 en remerciant tous ceux et celles qui ont con-



Little Bear Pet Supplies

Est. 1996

- Friendly and Knowledgeable staff
- Specializing in:
Raw, Natural, Holistic, and Organic diets
- Many locally sourced treats available
- Free Delivery to Montreal-West
(some restrictions apply)
- PETS ARE ALWAYS WELCOME

514-935-3425

info@littlebearonline.ca

FOR YOUR DOG! FOR YOUR CAT! FOR YOU!

4152 St. Catherine W (corner Greene) Westmount, QC H3Z 1P4

Sandra Roscanu:

You're Home Now!



RE/MAX
ACTION INC.

Your Local Broker

(514) 679-6669

sandr@remax-action.ca

Réunions du Conseil

tribué au succès de l'arrêt du *Train des Fêtes du CP*, du repas de Noël des aînés et du déjeuner avec le père Noël.

Il a fait remarquer que l'augmentation de 1,95 % des taxes pour la résidence moyenne dans la ville annoncée dans le budget satisfaisait à l'objectif de limiter la hausse annuelle à l'IPC.

Le maire a aussi fait savoir que la Ville profitait d'une nouvelle occasion pour demander un subside provincial pour la construction d'un centre communautaire.

Première période de questions

Le premier intervenant a remercié le maire pour l'immense succès du déjeuner avec le père Noël. Il s'est aussi enquis des rapports dans les médias concernant les quantités de plomb dans l'eau potable. Le maire a répondu que 70 % des entrées d'eau dans le domaine public sont sans plomb et que la Ville poursuivra le remplacement des conduites en plomb lors des futurs travaux d'infrastructure. Les analyses d'eau sont toujours partagées avec les autorités provinciales et les résidents sont tenus au courant des détails par le bulletin électronique et le site Web de la Ville.

Rapports des membres du Conseil

La **conseillère Torres** a félicité **Giovanni D'Amico** pour sa promotion au rang de contremaître au service des Travaux publics. Elle a annoncé qu'*Hydro-Québec* tiendra une nouvelle rencontre d'information en mars 2020 sur son projet de «Corridor vert».

Le **conseiller Mazzone** a fait savoir que l'église presbytérienne recevra un constat d'infraction par suite d'une plainte pour bruit excessif continu, que les règles de sta-

tionnement avaient été modifiées pour la période des fêtes et qu'aucun crime majeur n'avait été rapporté au cours du dernier mois. Les ASP offriront le service de surveillance des maisons temporairement vacantes au cours de la période des fêtes; M. Mazzone a ensuite passé en revue des conseils de sécurité pour ces propriétaires.

Le *Train des Fêtes du CP* en était à sa sixième visite et la conseillère Ulin l'a qualifiée de plus grand succès à ce jour. De nombreuses organisations y ont participé et on a recueilli beaucoup d'argent. Le déjeuner avec le père Noël a connu un tel succès que quatre services se sont avérés nécessaires.

La **conseillère Feeney** s'est complu à annoncer que la Ville avait respecté son engagement concernant le taux d'augmentation des taxes résidentielles pour une cinquième année de suite. Les comptes d'impôts fonciers de 2020 seront distribués d'ici le 21 janvier et payables le 2 février et le 21 mai. **Mathieu Boissonneault**, étudiant en droit embauché au greffe de la Ville, a complété son stage et prêté serment comme membre du Barreau du Québec le 20 décembre dernier, aux côtés d'autres étudiants. Mme Feeney a terminé son rapport en notant que le CCU avait examiné 177 dossiers en 2019.

Seconde période de questions

On a demandé au maire comment les citoyens pouvaient aider la recherche de subside pour construire un centre communautaire. Il répondit que la ville devait d'abord demander une subvention, ce qu'elle fait avec de l'assistance pour la formulation. De l'aide sera accueillie favorablement lorsque jugée nécessaire.

La séance fut alors levée.

50+ Club

January

- 28 Bridge 1 pm
- 29 Imagine Van Gogh: The Immersive Exhibition



February

- 5 Planetarium: The Secrets of Gravity and Passport to the Universe
- 6 Movie matinée: *Southside with You*
- 19 Bridge at noon
- 25 Bridge at 1 pm
- 28 Leap Year Tea Party

April 29

Fiddler on the Roof musical
Place des Arts, 8 pm performance

Overnight Trip
Shaw Festival, May 12-15,
deposit due February 28

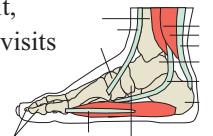
For more information, please call
Marian Scully at 484-6186.

Foot clinics

February 19

484-6186

\$40 for the first visit,
\$35 for subsequent visits
by appointment only



Comforting Solutions for In-Home Care™



**Garde Confort -
Comfort Keepers™**

- ♥ Transportation
- ♥ Personal Care
- ♥ Housekeeping
- ♥ Nursing
- ♥ Companionship

FIRST & ONLY PRIVATE COMPANY
ACCREDITED BY
COA CONSEIL QUÉBÉCOIS
D'AGRÈMENT
ACCREDITATION DES ORGANISATIONS
POUR LES SERVICES À DOMICILE DE LA QUÉBEC
PROVINCE OF QUEBEC ACCREDITED HOME CARE ORGANIZATION



Call for a Free In-Home Assessment

(514) 419-9636



outremont@comfortkeepers.ca www.gardeconfort.ca



HONORABLE
MARC GARNEAU
DÉPUTÉ / MP
NOTRE-DAME-DE-GRÂCE - WESTMOUNT



House of Commons
Chambre des communes
CANADA

FAITES ENTENDRE VOS OPINIONS ET LES ENJEUX QUI VOUS TOUCHENT

VISIT OR WRITE US TO MAKE YOUR OPINIONS AND CONCERNS HEARD

BUREAU DE CIRCONSCRIPTION
CONSTITUENCY OFFICE
340-4060 St-Catherine Ouest/West
Montréal, Québec H3Z 2Z3
514-283-2013
marc.gameau@parl.gc.ca

Comforting Solutions for In-Home Care™

soins à domicile • non médical

**Garde Confort -
Comfort Keepers™**

- ♥ Transportation
- ♥ Personal Care
- ♥ Housekeeping
- ♥ Nursing
- ♥ Companionship

FIRST & ONLY PRIVATE COMPANY
ACCREDITED BY
COA CONSEIL QUÉBÉCOIS
D'AGRÈMENT
ACCREDITATION DES ORGANISATIONS
POUR LES SERVICES À DOMICILE DE LA QUÉBEC
PROVINCE OF QUEBEC ACCREDITED HOME CARE ORGANIZATION

Call for a Free In-Home Assessment

(514) 419-9636

outremont@comfortkeepers.ca www.gardeconfort.ca

News from the pews

St. Philip's Church

Thank you to all our neighbours who joined us for Lessons and Carols and our Christmas services. It was wonderful to see you!

We are awaiting word on our second refugee sponsorship, a widow and teenage son who fled Rwanda. We have been notified that the file has been sent to the consulate, the next step is for consular officials to set up an interview. While we wait, our committee (jointly with St. Thomas' Church) has been sharing its expertise with two families hoping to sponsor relatives in refugee camps. This allows us to continue to have an impact without needing to raise a lot of money.

Ash Wednesday is February 26. Our service of Communion with imposition of ashes is at 7:30 pm.

MW United

... the brick one

The tally for Christmas dinners delivered to our housebound neighbours on December 25 was a record 275! Wow. **Joan** and **Bill Foster** have seen this grow from the original 20 meals some years ago. Hats off to all involved!

Bye-bye Bob...

We have now bid adieu to **Robert Sigmond**, our Director of Music for the last 15 years. He and **Nicole** have been duly feted, and we hope that they can enjoy some shared retirement time — well-deserved. He gave us everything from Palestrina to Charlie Brown with sensitivity and good humour. Be well Robert. You are missed already. Stay tuned for the next chapter in our Ministry of Music....

What's a second Hour?

Sometimes after church, we get our tea/coffee/goodie and head into Ross Hall for a brief presentation on a non-profit group of interest to us. For example, we are arranging to have someone come from *The Depot* (formerly *NDG Food Depot*). A very forward-thinking organization, their approach involves more than handing out food. If you know a non-profit organization that may be of interest to our community, consider calling the church (481-3210) and ask to speak to the Outreach Chairperson.

What's a music café?

Sometimes after church, we have some folks in Wadsworth Hall who make spontaneous music. Any who wish to can wander in and out of this group. It's a good feeling when you hear a familiar tune to saunter over and join in. Song suggestions and additional instruments are all welcome.

What's a Labyrinth Walk?

You probably know that it is not a maze or a puzzle. Instead it is a single pathway to the centre and back out – a walking meditation that one does for a sense of peace, possibly for some answers or even insight. We prepare Wadsworth Hall with the Chartres Cathedral design laid on the floor. We try to create a calm environment so that you can allow your inner wisdom and intuition to inform your thoughts. No experience is necessary, no cost, just come prepared to walk in socks or slippers. Next walk, Sunday, February 23, between 2 and 4 pm.

We would love to see you any Sunday at 10 am. Rev. **Mark Hammond** holds our attention and sparks some good thinking. **Merrie Hammond** leads the Sunday school, **Barbara Holman** runs the office through the week. And we all await a new Director of Music. For info, call 482-3210. Or drop into 'the brick one'....

from Susan Upham

St. Ignatius of Loyola

New year, new life!

At St. Ignatius of Loyola Church we know a good thing when we find it. Our seventh round of Alpha begins February 1 (Saturday morning groups, with childcare) and February 5 (Wednesday evening groups).

Alpha is open to anyone who has big questions about life. It's not so much a course, but an experience! Over the past three years, more than 300 people have been touched by our Alpha offerings. Our doors are open to all in the neighborhood and beyond.

There is no cost to participate, and brunch or dinner is provided. You can read more and sign up at stig.ca/alpha.

Kosher corner

Chanukah



Chanukah 2019 in Montreal West began with a bang! Over one hundred residents gathered together in Davies Park to light the first candle on the giant Menorah. Traditional Chanukah doughnuts and warm cups of cocoa were enjoyed by all. The children were in for a real surprise when they realized the giant present box contained gifts for each and every child to take home!

At the Chanukah fun-house, the children learned about fire and light with Mad Science Presentation. We made glow in the dark slime, homemade fireworks and wore magical glasses to see the rainbow in the light. Art and crafts was a highlight, as children of all ages proudly took home their Chanuka projects.

Chabad Westminster organized Chanukah celebrations for seniors at nearby retirement homes each night of Chanuka – 12 parties in total!

A large donation of brand new toys was also brought to the fire station to be distributed to underprivileged children over the holiday season.

Shabbat services

Monthly Shabbat services for February will be held on Friday, February 7, 5:30 pm.

Challah bake


Join us February 6 at the next challah bake! Once a month, we women join together to shmooze, learn and perform the beautiful Mitzva of baking challah.

from Rabbi Mendy Marlow



ANDREW BLUNDELL
(514) 772.0008
ablundell@profusion.global

Residential Real Estate Broker - Courtier Immobilier Résidentiel
PROFUSION Realty Inc. - WESTMOUNT, Qc.



PROFUSION
IMMOBILIER

CHRISTIE'S
INTERNATIONAL REAL ESTATE

Local knowledge, international network.

Community Centre

Fitness classes for YOU!

The Community Centre offers a variety of fitness classes throughout the year. We have stretching, dance, Essentrics, yoga and the intense fitness class STRONG™.

STRONG™ is a great workout for fitness enthusiasts looking for a more challenging, high intensity interval training workout. The music in STRONG™ was crafted to drive the intensity in a challenging progression that provides a total body workout. This class will push you past your plateaus to help you reach your fitness goals faster. Using your own body weight, you will gain muscular endurance, tone, and definition and you will experience an increased after burn.

Zumba® is your ultimate workout dance party featuring easy-to-follow moves coupled with amazing, motivating rhythms. It gives you an interval style workout: fast rhythms to get your heart pumping, combined with slower songs to maintain your heart rate. Great for all levels.

Essentrics simultaneously combines dynamic stretching and muscle strengthening to increase your overall strength and flexibility. Based on eccentric strengthening, which stretches the muscles and strengthens them in the elongated position, Essentrics will make your entire body strong, flexible and agile. Tone 45-minute version and 60-minute format.

These are just a few of the classes we offer. If you are interested in any of these classes dates and times or want to know about others, please call the Community Centre at **484-6186** or go online at montreal-west.ca.

from Paula Cordeau

MoWest Birthday Parties at Davis Chalet

Celebrate your children's next birthday party with us.

We offer a variety of themes and activities including:

- Animation by one dynamic animator including all materials for one hour (your choice of crafts, beading, games, face painting etc.)
- Your choice of theme: super hero, fairy, unicorns, dinosaurs, Lego etc.
- Access to the Davies Chalet for 3 hours
- Tables and chairs set up

The cost for residents is \$210 for a party for 8-10 children (age dependant).

For more information, please contact the John A. Simms Community Centre **484-6186** / recreation@montreal-west.ca.

Bilingual Discovery Playgroup

The Bilingual Discovery drop off playgroup meets Monday to Friday morning from 9 am to noon at the John A. Simms Community Centre for fun-filled interactive play.

Our dynamic and energetic animators include park outings, arts and crafts, music and drama, cooking, themed days and much more in their daily and weekly lesson plans. Cost varies.

Please contact the John A. Simms Community Centre at **484-6186**, email at recreation@montreal-west.ca for more information or you can register online.

FAMILY LAW SOLUTIONS		
Bilingual Services		
Mediation	Drafting of Cohabitation Contracts	
Litigation	Contracts	
Coaching	Representation of Children	
Joint Applications for Divorce	Parental Coordination	
	Unbundling of Legal Services	
514.866.4666	La solution en droit de la famille	McConomy Collard Eustace INC.
mceavocats.com		

March Break Madness

5- to 12-year-olds
March 2 - March 6,
8:30 am-4 pm

Ensure that your kids stay active during March break by signing them up for a week of fun filled activities that include crafts, games, animation and outings.

Early bird prices until February 3:

Full week: \$195 R / \$205 NR

Daily fee: \$50 R / \$60 NR

After February 3:

Full week: \$220 R / \$230 NR

Daily fee: \$55 R / \$65 NR

MONDAY: Creative Monday

TUESDAY: World Wildlife Day and *Educazoo*

WEDNESDAY: Trip to the Lasalle Aquadôme

THURSDAY: Master Chef, visit *Burger de Ville*, baking and a film

FRIDAY: *Everblast Play Company*

Extended care available until 5:30 pm.

Call for more info: **484-6186**,

montreal-west.ca

MoWest: A Compassionate Community

The *World Health Organization* says that social isolation is the greatest risk for health and respect and that social inclusion should be one of the eight pillars of an age-friendly town. MoWest United Church and many, many neighbours and friends proved once again that we care about our isolated and frail seniors.

From December 18-25 over 75 volunteers and 35 families worked with the local CLSC to identify those in our community who could use a friendly face, a hot turkey meal with all the trimmings and maybe even a carol or two.

Twenty-two turkeys were cooked in peoples homes to be carved at the December 24 Slice-'n-Dice; 120 pounds of potatoes were prepared under the supervision of **Joyce Teiber** (with the **Mayor Masella's** watchful eye) 20 loaves of bread were turned into stuffing by volunteers under the culinary skills of **Andrea MacDonald** and 275 dessert boxes were filled under the creative leadership of **Ella Beck**, **Allison Coull** and **Caroline Berard**, **Kathleen Coull's** mother, daughter and niece.

Early December 25, the kitchen crew got to work mashing potatoes and preparing the meals – **Tracie Swim** and **Peter Goulet**, **Russell** and **Evan** made sure all was working smoothly.

December 25, once Santa's gifts were opened, 35 families came to deliver 275 meals to homes in NDG and Montreal West to people who were housebound, alone or too weak to sit at someone's table. The oldest recipient was 103 years old and was so touched that she was not alone for a small part of the day.

This event is now 30 plus years old and so enjoyed by the givers and the receivers. Hard often to tell who receives more from this outreach. A huge thank you to all who have a part in the success of this event.

Montreal West is great at reaching out – keep the momentum going especially over the cold winter months – reach out to your older neighbours and help them over the winter months. You would be surprised what rewards you will reap.

from Joan and Bill Foster

COMING EVENTS

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

Next deadline:
February 5

delivery begins
February 21

JANUARY

- Thu 23 Coffee with the Mayor.** Community Centre. 7:30-8:30 am.
- Sat 25 Scotch tasting fundraiser.** \$150/ticket. Only 3 tickets available. Registration: 481-7441. Public Library. 7:30 pm.
- Mon27 Town Council meeting.** Town Hall. 8 pm.

FEBRUARY

- Tue 11 IODE meeting.** Community Centre. 2 pm.
- Thu 13 RWA's 30th Science Fair.** Public viewing: 11:30 am-12:30 pm, 7-8 pm.
- Sat 15 Valentine's Rock'n Roll Dance Party with Vintage Wine.** Town Hall. 7:30 pm.
- Mon17 MW Horticultural Society meeting.** Guest fee: \$5 or \$20 annual membership. Town Hall, 7:30 pm.
- Thu 20 Coffee with the Mayor.** Community Centre. 7:30-8:30 am.
- Thu 20 Caring for Aging Family Members: Housing: Finding the Best Fit.** Speaker: Bonnie Sandler. Registration: mwlib.requests@gmail.com or 481-7441. Public library. 7 pm.
- Thu 20 Municipal taxes due (first installment) Échéance: taxes municipales (premier versement)**



Breakfast with Santa

The Town held its annual Breakfast with Santa December 15, where volunteers served up a hot, hearty breakfast throughout the morning and children had the chance to meet Santa and share their Christmas wish list with him. Families also enjoyed holiday themed activities including sleigh rides, face painting and arts and crafts.

Thanks to all those who joined us and a special thanks to Mayor **Beny Masella**, his wife **Janet Masella**, **Bob Barnes** and all of the volunteers involved!

Mayor Beny Masella, Marian Scully and Sabrina Haboucha



CP Holiday Train

The Town of Montreal West was in fine form over the holidays. The *CP Holiday Train* signaled the beginning of the festive period for many residents. Hundreds of families and neighbours came out to see the 21st annual *CP Holiday Train* stop in Montreal West on November 26. Many enjoyed the toe-tapping music and brightly lit cars as they strolled along or set up camp on either the north or south side of the tracks.

