



by Maurice Krystal

Hanna Aberin: Life in balance

The one constant on Westminister is change. New businesses are cropping up at an accelerated rate. One such recent venture is *Spa Holistique Ayurveda*. I met the new proprietor, **Hanna Aberin**, in what used to be a long time vet office. We sat in a quiet inner waiting room decorated with a Japanese forest mural.

Hanna told me she grew up in Manila in the Philippines and came to Montreal with her family in 2002 when she was 18. She



attended post secondary school in Asia and studied Business Management (Human Resources) at The John Molson School at Concordia. For seven years she worked in HR and Operations in the high-pressure business management world. And then one day she was struck with nerve dysfunction.

She saw many doctors and did countless therapies but the pain persisted. Desperate she sought out alternative medical treatments and met **Anita and Manu Sharma** who ran *Centre d'Ayurveda Holistique* on Sherbrooke and Regent. After a four-week diet and Ayurvedic lifestyle practices, she noticed improvement and three months later she was pain free.

Not surprisingly Hanna became a convert to Ayurveda. It is the science of life that teaches ways to maintain health and live in balance with the laws of nature. It has two main principles: the body and mind are connected and nothing has more power to heal and transform the body than the mind. She continued to see Anita and Manu, attending classes and going for other treatments.

With her recovery, her aim was to leave business management and go into the food industry. Her grandmother back in the Philippines owed a farm, a small café and a humble grocery store, and the idea of a healthy farm-to-table enterprise appealed to the

new more health conscious Hanna. She participated in pop-ups, food events and did some catering.

But then she was thrown a curve ball when Anita and Manu said they would eventually close the centre to return to India and open an ashram and an orphanage. She was against the closure of the Ayurveda Centre because she believed that there are too many people suffering and the clinic is a source of light for these people. She decided to continue the venture and assumed ownership from Manu and Anita.

continued on page 5

INDEX

Community Centre	15, 19
CRA	7
Guides	13
IODE	3
Horticultural Society	3
Kosher corner	18
Libraries	8-9
News from the pews	18
Réunion du Conseil	17
Rotary	4
Schools	5, 6, 9
Scouts	12
Town Council	16

MW Merchant Association donates to *Meals-on-Wheels*

November 26 the *CP Holiday Train* rolled into the MoWest station and there was a wonderful show put on for hundreds of families that gathered. The *MW Merchant Association* solicited donations for snacks and coffee that were donated by *Pâtisserie de la Gare* and *Les délices Lafrenaie*. All the money (\$500) raised was donated to *Meals-on-Wheels*.

Meals-on-Wheels is a volunteer run program out of the MW United Church. They provide roughly 20 people a hot meal and dessert twice a week. They are in need of volunteers, if you know anyone who might be interested in volunteering for this organization, please contact **Wayne Feeney** at 482-2142.



Wayne Feeney from Meals-on-Wheels, Reda Whaba, Tiffany Blouin, Norbert Bedoucha, Kadeja Lefebvre, Patrick Scheldeman

THE INFORMER

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

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NEXT ISSUE DEADLINE

March 4



What a broken leg taught me about community

by Kate Shingler

When my husband and I moved to Montreal West eight years ago, I was on maternity leave with our second child. Confined to venturing out in between naps and on foot with a double stroller, I found our new neighbourhood dull and isolating. In my post-natal haze, it seemed so residential, with too few coffee shops or places to go. It took me nearly two years to fully appreciate our new home and what I have come to think of as less of a neighbourhood, a destination for shopping trips or lunch dates and more of a community.

The strength and generosity of MoWest and its residents was very apparent to me this winter, when I fell on a patch of ice on the corner of Nelson and Parkside while out for a jog and broke my leg. With nearly three months in a cast and more than half of that time on crutches, I have learned to say yes to the many offers of help. I have grown to treasure what it means to have neighbours willing to pitch in when they see us struggling.

In a near daily stream people from next door, down the street and across the park brought homemade food or stacks of books and magazines. A physio-

therapist neighbour from a few blocks over came by to outline what to expect in the coming months, even dropping off a booklet of range of motion exercises as a follow up. A friend of my husband Brad's from MoWest recreational hockey dropped off a pair of forearm crutches to try out as an alternative to the standard set the hospital provides. Parents from Edinburgh Elementary offered to drive or walk our kids to class and extracurricular activities. A volunteer from the Public Library checked out and delivered two books I had been invited to select online. The woman who leads my twice-weekly running group came over with an exercise routine to do from my bed!

One afternoon, while my 7-year-old daughter pushed me along the sidewalk in a rented wheelchair and together we walked our family dog, a man whom I'd never met stopped us, asked if we needed help, and gave us his address on Percival with an offer to walk the dog himself at any time. What a wonderful lesson, not only to a child, but to an adult as well, of how small gestures and acts of kindness can make us feel less alone, and supported during a painful period.

Living with reduced mobility, especially in the heart of winter, is challenging and I have renewed empathy for the many people whose lives involve a constant struggle to get from point A to point B. But, when I reflect on what we as a family have gained, over what we've lost, I think we feel even more at home here in Montreal West, than ever before. And we also have plenty of ideas of how we will help out when someone else in our community needs it.

Kate Shingler lives with her husband and their three children on Bedbrook Avenue.

Carriers needed!

If you are between the ages of 9 and 16 and would like to earn extra money once per month, an *Informer* carrier is the job for you! Delivery is over a weekend, usually mid-month. If you are interested, call Rhonda at 482-0227 or email her at howardschwartz@videotron.ca to get more details.



Local student, Avah, of Ballantyne Avenue, modelling some of the handknits that will be mailed off to Labrador this year



For many years, chapters and individual members of IODE Canada have “adopted” classrooms and schools in remote areas of Labrador through the IODE Adopted Class Program. IODE members are partnered with specific classes to provide support in the form of school and craft supplies, winter woolens, outerwear and educational resources.

In 2018, a request for support came from a grade 3 class from Sheshatshiu Innu School in Sheshatshiu, Labrador. The teacher had been a student in an Adopted Class and wanted her

IODE Adopted Class Program

students to have the same happy experience.

Moira Bettinville of HMS Victory chapter responded to the request. Since then, Moira keeps in touch by email with the teacher.

The teacher has asked for knitted slippers, winter wear and woolen accessories for her students. Moira knits tirelessly throughout the year to provide high quality, hand knit, wool goods for the entire class. The teacher has sent digital images to show her class wearing their beautiful new mittens, hats and scarves. Support for the class is ongoing and packages are mailed throughout the school year.

The students are very grateful and excited to receive packages from Montreal.

from Nadine Fenton



Montreal West en lumière 2020

Montreal West en lumière 2020, to be held from February 28 to March 1.

The third *Montreal West en lumière / Nuit blanche* art exhibit will be taking place on February 29 and into the early hours of March 1 to highlight the works of Quebec artists under the theme of *The Future is Green*.

An outdoor and indoor event will be held at The Westminster Cultural Arts Centre at 25 Westminster South, directly across from the Cenotaph. The outdoor portion will be themed *Whimsical Tropical Garden* and indoors, the artworks presented will have an environmental perspective, with some of the artists present. A reception will be held between 5 and 7 pm.

“In these cruel times that we’re living in right now,” said **Cynthia Nichols**, “it’s important to enjoy and reflect on all the wonders that are still available to be discovered. Nature is my muse and we have to work together to protect the environment that sustains life on earth.”

For more information on the event, send an email to westminsterarts@teksavvy.com or call Cynthia Nichols at 612-6223.



The man who photographs trees

Award winning Montreal photographer, **Jean Tremblay**, is a founding member of the Montreal chapter of the Canadian Association of Professional Image Creators. Best known for his work in the corporate and advertising world, Jean turned his focus to art photography in 2000 and, in particular, to the photography of trees. He will be bringing his incredibly beautiful and detailed pictures of trees to the next Horticultural Society meeting on Monday, March 16.

Bring a guest as these photos are superb, and this is a rare opportunity to see them on display. Guest admission is \$5 or \$20 for 2020 membership. The meeting will be held in the Music Room at the Town Hall, March 16 at 7:30 pm.

Casablanca

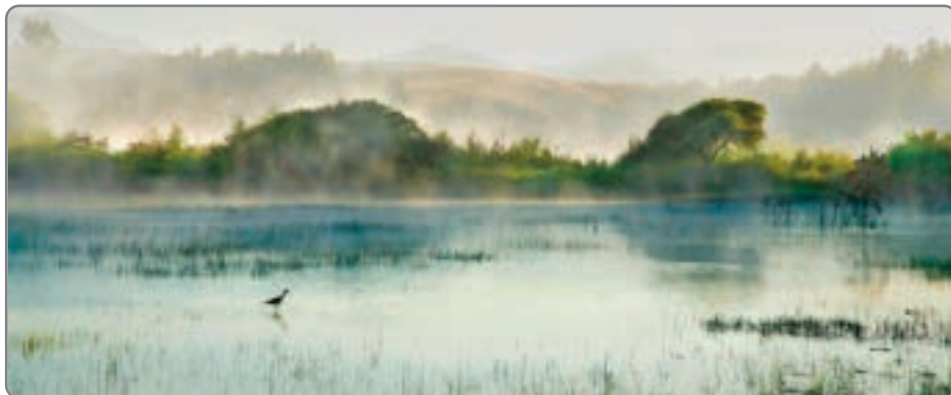


Photo: Jean Tremblay with permission



Advertising manager needed!

The Informer needs an advertising manager to solicit ads from local businesses, visit/call advertisers from time to time to see whether changes are required to the ad. Please call **Heather** at 489-7022.

Upgrading from Win7 to Win10

Richard Eckerlin of *Ultrasoft* was interviewed by **Jon Eakes** on *CJAD*. Richard wrote an interesting article about the upgrade from Win7; it’s available at: joneakes.com/jons-fixit-database/2298-up. If you need help, please call Richard Monday to Saturday from noon to 6 pm at 438-938-6240.

Jorge Pinto: Plan B Investigations



Rotarian **Gene Rabie** introduced **Jorge Pinto** by saying she had heard him on the radio and was so impressed with his talk that she invited him to speak to us. He thanked us for the invitation.

Jorge is 47 years old and has been a private investigator for 30 years. He said he has followed over 10,000 people during this time. As an 18-year-old he wanted to be a policeman and Laval would have hired him; however, he fell out of a tree and hurt his back and could not join the police force. So he became a private investigator.

The last eight years he has owned his own company called *Plan B Investigations*. He suggests that everyone needs or could benefit from a private investigator at some point. He has worked for *Loblaw's*, *Videotron*, big pharmaceutical companies and for private individuals. He does both CSST and insurance claims and has followed sales reps to make sure they were making their quota of sales calls. Lawyers have hired him to make sure non compete clauses are respected. He does a lot of investigative work involving husbands and wives. His last case was locating a daughter for a family concerned with her safety. Demand for his services is huge and he deals with a wide variety of people. He was once a bodyguard for a wealthy Italian family.

Jorge has been married for 22 years and says his occupation guarantees he is never home. The industry is now strictly regulated with clear rules that have to be followed. He is licensed by a government agency and said now you can take a course in college on being a PI. The technology used today is more sophisticated and he only uses video, no pictures. He also said it is so easy today to obtain an individual's private information.



Montreal West and NDG Rotary Club President Ron D'-Souza presenting cheque to Tanya Radhakrishna, Board of Montreal West Public Library

Jorge told a few stories from previous cases and relayed one account of a case that went so badly that he and his family had to move out of their home for a month and leave town. Police will investigate the cases that are criminal and private investigators like him will do the personal files. He ended his talk by saying he usually becomes friends with his clients and tries to go the extra mile for them. He said he typically charges \$50 per hour. Jorge's talk seemed to be right out of a spy novel!

from Doug Yeats

ROTARY YOUTH LEADERSHIP ACADEMY

The *Montreal West and NDG Rotary Club* will sponsor a deserving student (ages 15-17) to attend Rotary Youth Leadership Academy Friday, May 29 to Sunday, May 31 at St Lawrence College, Kingston.

Rotary Youth Leadership Academy (RYLA) is a unique opportunity for high school students to gain insight and knowledge in life and leadership skills. The academy features guest leaders, small group problem solving and self-reflection, which lead to enhanced leadership skills. Based on their academy experience, many graduates change their career objectives or educational plans.

Students mix and mingle with other high school students from Quebec, Ontario and Northern New York State. This provides them with a unique opportunity to learn about different communities and cultures. They also learn about themselves, their values, as well as having fun. Students come away from the experience having developed a program for implementation in their school or community and many new friendships.

The conference takes place at St. Lawrence College in Kingston along the shores of Lake Ontario. All students stay in the College's dorm suites for three days. The program culminates with a graduation and awards ceremony at the college.

As part of choosing a candidate, the *Montreal West and NDG Rotary Club* will ask candidates to speak at a Rotary Thursday Lunch meeting to explain why they would like to attend RYLA.

Please contact **Kathie Montgomery** at KMontgomery@Assante.com if you would like to participate in this event.

from Doug Yeats

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CALL FOR ANY BOOK IN PRINT

Royal West Academy

Famous annual Dessert Concert

Save the date: Friday, March 27. Royal West Academy will be hosting its famous annual



Dessert Concert. The featured ensembles will include the cast of the musical *Hello Dolly*, the A Cappella Choir, the

RWA Winds, the Jazz Band and the Honour Band. Each ensemble will present a few of their favourite pieces.

Come be energized and inspired by the musical talents of the students! This wonderful concert gives the community a true taste of what goes on at the school. All proceeds from the

concert will go towards the RWA Foundation. The Foundation's objective is to raise funds to transform the current auditorium into a state of the art performing center. You can help to make a difference!

Each participant in the concert will bring a dessert. These are not your usual bake sale desserts either. There will be cakes, tarts and an ice cream bar – to name just a few of the delectable options that will be on offer. The cost of admission includes unlimited desserts!

Doors will open at 6:45 pm, with the concert commencing at 7 pm. The cost of tickets for students and seniors is \$10. Adult

tickets will cost \$15. It was a sell out crowd last year. If you wait too long to buy your tickets this year, you may just be disappointed.

Tickets will be available for purchase as of Monday, March

23. Please contact Ms. **Genette Purdy** at gpurdy@emsb.qc.ca to purchase tickets in advance.

*from Christine Downey,
Honor Band Parents'
Committee Chairperson*



Hanna Aberin

continued from page 1

Hanna went to India for two months to take intensive training in Buddhism, yoga and Ayurveda. Back in Montreal, she continued her Ayurvedic studies. Anita and Manu promised to help during the transition period; however, the building they were in was sold and the hunt for a new location began.

Mo West wasn't originally considered. They were looking mainly in NDG, the Plateau, and just east of downtown. One day, while driving west on Sherbrooke, past the Loyola Campus, she happened to see the for rent sign. She liked the Westminster location, and the landlord was very accommodating. The whole process, from first sighting to signing papers took two months. She finds local residents very open-minded and health-conscious.

The first time a client arrives to the spa they are asked to leave their shoes in the vestibule and offered a cup of Indian tea. When called in, a practitioner would examine the eyes, tongue and pulse. Since Ayurveda believes everything originates in the gut, ailments, or out of balance issues, are revealed (partially and initially) in one's eyes and tongue. From this, a client's dosha (energy type) will be determined: both the natural dosha and the imbalanced dosha. It's like a map of the body that's made up of an infinite variety of shapes, behaviours, emotions, and appearances. All living things have ether/space, air, fire, water and earth, but how they appear and in what proportion makes each of us unique. Next is a consultation where one's genetic history, lifestyle,

habits, work, sports/activities, are examined. A nutritional guide, diet and lifestyle practices are given. There is a return visit to see how imbalances are changing and make adjustments to the diet. Finally, there are the treatments that involve massages with herbal infused oils for pain, relaxation, and mind. Other treatments include facials, skin care and weight loss management. Classes on holistic living are also given.

Hanna lives on the South Shore with her husband, **HQ Phan**, who is in the Canadian Army and just recently returned home from the Congo as part of a UN mission. She has a 12-year-old daughter, **Harmony**, who attends College Durocher in Saint Lambert.

For further info contact:

Spa Holistique Ayurveda

Tel: 369-3661

96 Av. Westminster N

Iamhuman.ayurveda@gmail

Spring Garden Supplies

The MW Scouts' Annual Garden Supplies Fundraiser will run the month of March this year. Order forms are included in this issue of *The Informer*. If a member of our Scout Group does not approach you by March 31, please call **Bob King (481-6523)** and we will make sure that your order is picked up. The residents of Montreal West and neighbouring communities have always been very supportive of the MoWest Scout Group. It is much appreciated.

Delivery Day will be Saturday, April 18. If you would like to give a donation in lieu of garden products, we can give you a tax receipt.

Thank you for your support in helping keep our Scout Group vibrant!



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On International Women's Day!

What is pelvic floor re-education?

Common problems
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- Pelvic pain
- Prolapse



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10:30 to noon (90 minutes)

To register, please call us at 514 485-8292 or send an email to montrealwest@actionsportphysio.com

Edinburgh School



Edinburgh: then and now

Given that 2020 is newly upon us, why not take a moment to reflect back on Edinburgh through the decades? Many things have changed, but a surprising number have stayed the same!

Performing arts

Then: For many years, ukulele was the instrument of choice and students were instructed by various music teachers over the years. In addition, for many years in the 1990s, the grade 6 French classes, under the direction of Mme **Denise Nizri**, performed musical plays such as *Oliver Twist* and *Fiddler on the Roof*. Current parent and Edinburgh graduate **Alexandrea Struck** reflects: “Mme Nizri designed the play as a year-long academic event, as well as a creative performance, leading her class through studying language, history, geography, music and dance – plus all things theatre.”

Now: Edinburgh kids today learn music primarily on the recorder, although older students also have the option of playing other instruments in the school band, singing in the choir or joining the djembe

band (a djembe is a hand drum originating in West Africa). In the last few years the school’s music teacher, M. **Radu Covaciu** has organized two spectacular concerts a year – a holiday and a spring concert – and students sing songs in multiple languages. The artwork and lighting add to the magical atmosphere!

After School Program

Then: In the 1990s the “Garderie Edinburgh” had about 70 kids (1/6 of the school population), and was well loved by all. In addition to homework and an array of extra curricular activities, one of the things kids were allowed to do was to play Nintendo and Atari games!

Now: Edinburgh Parent Sponsored Activities (PSA) has an enrolment of 250 kids, representing approximately 2/3 of the school population. There are a variety of after school activities including karate, Irish dancing, videography and of course homework! Edinburgh parent and former student Struck notes “Many of the PSA ladies are mums who were volunteering at the school

when I was a kid. They bring a lovely sense of continuity (plus warmth, discipline and dedication!) to the Edinburgh family.”

Sports activities

Then: Over the years, gym teachers at Edinburgh have organized outings to the annual Halo race in spring and cross-country running events in fall, as well as handball and basketball jamborees at McGill.

Now: Gym teacher **Mr. Cho** brings students to the same Halo and cross-country races and our students continue to be very strong performers! In addition, Mr. Cho spearheaded the construction of a Gagaball pit, which is very popular among students, and the school has held Jump Rope for Heart fundraisers for the *Heart and Stroke Foundation* in the last few years; it is quite a sight to see the schoolyard full of skipping students and teachers!

Registration camp outs

Then: An article in the 1990 *Informer* told the story of parents sleeping outside in front of the school to ensure a spot for their kids. Struck says her parents also camped out in the 80s: “At the time, this school was one of the few immersion ones, and our forward-thinking parents were trying to give us the best futures possible.”

Now: On the weekend before registration in February 2020, parents were yet again camped out in front of Edinburgh. As reported in the *Montreal Gazette* article on February 3, they stayed connected through WhatsApp, took turns taking shifts outside the school and enjoyed getting to know each other.

Parent involvement

Then: Parent volunteers contributed to the library, organized teacher appreciation lunches, an annual Spring Fair fundraiser and community outreach activities such as the winter clothing drive, among many others.

Now: Edinburgh parents continue to be very involved in the life of the school through the Home and School Association. They still do all the activities listed above, as well as organizing fundraisers such as pizza lunches, yogurt days and a school supply sale, as well as lunchtime activities such as chess. Money raised from fundraisers supports enrichment activities including special outings and activities for students.

The combination of dedicated and creative teachers, administrative staff, a welcoming after school program, as well as committed parent volunteers are all cornerstones upon which Edinburgh was built, and these same elements will continue to drive Edinburgh forward for decades to come!

from Joanna Duy

MWH hockey news: The KNIGHTS are shining!

As we approach the end of the 2019-2020 season the MWH Knights are shining at all levels and bringing home multiple banners.

We had two teams participate in the 13th annual Best Buy Cup with 96 teams ranging from all levels of hockey. This is an outdoor tournament that takes place in Laval every year. Our Atom A team was a force to be reckoned with and made it all the way to the championship finals, playing a tight game and finishing second in the tournament.

Our Peeewe A Knights also won their division and made it to the championship game. It was a close game with many nail-biting moments, but our Knights came up on top and brought home the Cup!

Congratulations to everyone!

We are fast approaching the end of the hockey season with playoffs and regional playoffs starting soon. We will be hosting four levels of hockey at Legion rink this year: Atom C, PWA, ATC and PWC. We invite everyone to come by any night to cheer on the KNIGHTS!

NEW: Basketball

Spring drop-in program coached by **David Steiner**.

- CRA membership required
- Program cost \$20
- Registration now open, limited spots

- 6-10 years old: EBS gym, Tuesdays starting March 10
- 11-17 years old: RWA gym, Fridays starting March 13 (dates subject to school availability)

Please visit our website or call the CRA office for more details: amilia.com/store/en/montreal-west-cra-arc/shop or **485-8598**.

SPRING REGISTRATION OPENS MARCH 1

Outdoor mini soccer

- Starts Saturday, May 9 (weather/field conditions permitting)
- Little Strikers: born 2016 and 2017 (3-4 years old)
- Micro soccer: born 2014 and 2015 (5-6 years old)

Outdoor soccer boys and girls

- Starts May 9 (weather/field conditions permitting)
- Born 2013 + Ages 7-15 (2 x week, one game one practice)
- Mandatory soccer evaluations at Soccerplexe Catalogna. Girls: April 18 (9-1) Boys: April 19 (9-2)

Women's outdoor soccer

- Women 18+, coached by **Greg Macgregor** (1 x week)

Men's outdoor soccer

- Men 18+, coached by Greg Macgregor (1 x week)



Peeewe A Knights winning the championship at the Best Buy Cup

Rugby

Ages U7-U13 players learn basic rugby knowledge and skills from Coach **Susy Binstock**. This program is non-contact for U7-U10. Practice 1 x week and jamborees.

Intercommunity baseball

The Intercommunity Baseball league features home and away games against other local communities.

Players receive full uniforms and qualified coaches teach players all aspects of the game.

Children must attend tryouts, beginning April 1 indoors at Royal West Academy and will be run by Concordia baseball coaches and players.

- Home and away games on various days.

- Open to MW residents only.
- Ages 9+

Mini baseball

Players learn the basics of baseball and how to throw, run bases, hit, catch and field.

- Coached by Sportball instructors.
- Ages: 3-4, 5-6, 7-8
- 6 weeks: 1 x
- Location: Percival Field

Gymnastics

- Spring session starts April 6 and lasts until May 25
- Mondays
- Location: EBS gym
- 3½-5 years old, 5:45-6:30 pm
- 6-10 years old, 6:30-7:30 pm



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News from the MoWest libraries!

We have a new joint initiative from your MoWest libraries. Too busy to get to both libraries and need to return books to both? Good news! Now you can drop off your books (or other loaned items) at either library.

Both the children's and the public library will now accept item returns from either library, a way to streamline their offerings. Look for more joint initiatives throughout the year.

News from the public library

We are having a busy winter here at the library. We started with our fundraiser this year, which was a Scotch tasting seminar,

Raise a Glass to the Library. It was a huge success thanks to **Luc Lefebvre** who was the host and master Scotch taster, **Scott Mackenzie** as our master Robbie Burns interpreter and the wonderful piper, **Greg Hamilton**.

In January and February we saw jazz musicians drop in for a Monday evening jazz session, **Bonnie Sandler** spoke to us on finding housing, we had a dietician speak to us at the cookbook club and we had coffee with the cops.

Events and programs

Please note: Reservation is required as seating is limited. Please email mwlib.request@gmail.com or call **481-7441**.

We will kick-off our events and programs with Tea and Books March 11 at 2 pm where we will be continuing our discussion on Canada Reads nominees and winners. Light refreshments will be served.

We have pulled together a large collection of past and present contenders. Come listen to what others have read and pick up a few titles to add to your reading list.

We will be continuing our Caring for Aging Family Members series with proactive discussions: End of Life Care with **Joan Foster** on Thursday, March 26, 7pm. Reservations are required as we have limited seating. The next seminar in

the series will be Assembling Your Care Team on Thursday, April 30, at 7pm with speaker **Zelda Freitas**.

As we continue our transformation to a 21st century library, we are introducing some new services.

Have you ever wanted an eBook but did not want to buy it? Did you know that the Grande Bibliothèque or BANQ loans ebooks and is free for Quebec residents?

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Tech help @ the library

More good news! We have been able to keep **Dane** on Saturdays from 2 to 3 pm for tech help. Bring your device, laptop or just ask a question. He will be at our library every Saturday throughout the spring.

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Greg Hamilton who led the haggis into the room as part of the "Address to a Haggis"

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Children's Library

March Break activities

The March school break is just around the corner, and we are ready to offer activities every day of the week. March 2, 4 and 6, children can watch a movie and then participate in a craft activity inspired by it. **Monday**, we will show *Captain Underpants* (English), **Wednesday** – *A Wrinkle in Time* (English) and **Friday** – *BFG* (French). The movies start at 2 pm, and the craft activity will follow.

All the movies are based on books and, if you have read them, you can answer a few questions and enter a draw to win a book. You can participate in the draw all throughout the month of March. The winner will be chosen March 31.

Tuesday, March 3 at 11 am, we call all budding scientist (7-year-olds and up) to try their hand at making and testing a coin battery.

Thursday, March 5 at 11 am, we will paint on glass to make nice glass candle holders.

All the activities during the March break are free of charge. Registration is required.

The Lego Club is buzzing with activity. The next session starts on March 9.



Elizabeth Ballantyne School



Junglesport and more!

The long winter months haven't stopped EBS students from being active. If you can't go outside to play on a jungle gym, then why not take the jungle gym inside?

This week, students were amazed to see their gym transformed into a gigantic climbing structure. According to the company *Junglesport Inc.*, climbing is an important part of the physical education program. With the help of two instructors, the students were challenged to climb, crawl, swing and balance on the various apparatus that were set up. Students were able to face some of their fears and challenge themselves, while in a safe environment. Whether they were hanging upside down or zip lining across the room, all the students really enjoyed themselves and will remem-

ber this activity. We take every chance we can to remind our EBS family about the importance of physical activity in education.

Wacky Hat Day

The students at EBS were invited to make the craziest hat possible for Wacky Hat Day. The school was filled with excitement as they complimented each other on their crazy hats. Not only did this event promote school spirit, it also showed how creative a lot of students can be.

Congratulations to our winners **Francis Mace** (grade 3), **Mackenzie Bode** (grade 4) and **Aiden Leroux** (grade 6). We love to see that kind of imagination at work!

Skating at the arena

Once again this year, our students have been fortunate enough to skate at the Legion Memorial Rink on Friday mornings. With their skates tied and their helmets on, the students enjoyed yet another activity that promotes physical fitness and a sense of community. It is exhilarating to see younger children on the ice with the older ones, spending time together and helping each other. Skating will continue in the month of February in the anticipation of EBS' annual Skate-A-Thon on February 21 – all funds raised will benefit the children's library.

A busy day on February 5

The students in Miss Jody's grade 2 class celebrated *Global School Play Day*, an event created by educators in 2015 to celebrate the importance and benefit of unstructured play for young children. It was also *World Read Aloud Day* – the title explains it all.


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MONTREAL WEST TOWN HALL



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MAYOR'S REPORT



The typical week of a small-town mayor

I'm often asked by people in Town how I manage to be the Mayor of Montreal West and continue to work full-time as a pharmacist. My first reflex always is to answer that, day-to-day, the Town is in the very capable hands of our Director General and our team of senior managers. Then I'm inevitably asked how many hours I spend being the Mayor. I answer that it usually varies between 10 and 40 hours a week. So, since I didn't have much else to share with you this month, I thought I'd share my typical week.

Every morning and evening, Monday to Friday (sometimes on weekends, though I try to not make that a habit!) I answer my emails and return phone calls from residents. And every Wednesday morning at 7:30 am, I meet with our Director General. We spend over an hour together discussing Town files. She and I are also in contact via phone and email, throughout almost every weekday, for ongoing updates.

Council normally has a caucus meeting every two weeks where we spend 3-4 hours going over Town business. If it corresponds to a week when we have a Council meeting, our caucus takes place in the hours before that. As well, mid-month, we will have a Special Council meeting, most often to handle Planning Advisory Committee (PAC) files so residents applying for renovation permits can get on with their work, if approved. After these Special meetings, Council usually stays on for an additional caucus meeting to discuss current files. I also take the time on the Thursday morning before our Public Council meeting to host Coffee with the Mayor where residents can chat with me in-person about any issues of concern.

On Thursday or Friday mornings at 7:30 am, I generally meet with the Executive Director of the Association of Suburban Municipalities (ASM) to discuss ASM and Agglomeration Council (Agglo) files. On the weeks when we have an Agglo meeting downtown, we will start with an ASM Executive Committee meeting around 2:30 pm, segue into an ASM Caucus meeting and then Agglo at 5 pm. The ASM

also meets again mid-month to plan our activities and interventions.

Depending on the week, I may also need to add in a bi-monthly meeting of the Executive Committee of the Communauté métropolitaine de Montréal and a bi-monthly meeting of the Executive Committee of the Union des municipalités de Québec.

And finally, there are the ad hoc meetings that creep up weekly. Meetings with residents, fellow mayors, the Mayor of Montreal, an MNA or Minister, and the occasional MP are all part of my typical schedule. By the time I list all these commitments to the person who's enquired, their head is usually spinning and they ask how I manage working another job full-time. I always answer the same way: If you need something done, give it to a busy person. And, just as important, I need a good calendar program on my phone!

You can only do it all when you're fully committed and enjoy doing the work. I've been a pharmacist for 33 years and a mayor for close to 11 years. I honestly love both my vocations – that's why I can make it work.

Coffee with the Mayor

The Coffee with the Mayor will take place on **Thursday, March 26**, from 7:30 to 8:30 am in the Community Centre.

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



SORTING CENTRES IN MONTREAL

Following recent news about recycling company RSC ceasing operations in Montreal sorting plants, many residents have contacted the Town inquiring about how the Groupe RSC decision will affect Montreal West.

Let me start by giving a brief summary of how the process works (or should work). The first step: gathering household recyclable materials and placing them in the blue bin. These materials are taken to a sorting plant, the Centre de tri, where they are sorted, first manually and then via a system of conveyor belts, magnets and air jets. Glass, paper, metal and various plastics are separated and packaged into tight bales which are intended to be sold to companies around the world who will ultimately use the recycled goods to produce new products.

All this sounds very good – in theory. In reality, the financial feasibility of sorting plants depends on the demand for recyclable materials. Presently, supply of recycled goods, especially paper which accounts for 65% of collected materials, is far higher than the demand. This imbalance is cited as the main reason for sorting plants' ongoing financial difficulties.

What does this mean for MW?

Hopefully, the ceasing of operations by Groupe RSC will not affect MoWest. Recyclable goods collected here go to a sorting centre in Lachine owned by the City of Montreal, but operated by Groupe RSC. Montreal Mayor, Plante, has assured us that, the centre will find a solution and continue its operations. Should we receive any news to the contrary, residents will be immediately informed.

But no matter what happens with our recycling system, I would like to remind everyone of the three R's: **Reduce, Reuse and Recycle**. We may have to lean more heavily on the first two now. I recommend the Recyc-Quebec website recyc-quebec.gouv.qc.ca/citoyens/mieux-consommer/reduire-a-la-source where you'll find very useful tips on how to reduce your generation of all waste and thus minimize the need to recycle or send anything to landfill.

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





STAY AND PLAY LOCAL

It's no surprise that participation in recreational activities and use of city parks has been shown to strongly improve our physical health. Specifically, being active this way reduces obesity, diminishes the risk of disease, enhances our immune systems and actually increases our life expectancy. And our mental health is positively impacted too: reducing depression, stress, anxiety and increasing overall self-esteem.

One thing that's not often considered, however, is the particular benefits we get from engaging in local recreation. Going to a gym, wherever it is, will undoubtedly improve your fitness and health. Sending your child to camp, wherever you decide to enrol, will likely make for a fun-filled summer. But choosing to do these activities locally has a host of additional "shadow" benefits that come from staying and playing near-by. I'm calling these "shadow" benefits because they follow us around even when the activities have finished. For instance, we'll later see our fellow participants on the street, at a park event, in a community meeting. There will be someone we know to help shovel us out of a snow bank, feed the cat when we're away, or just offer a friendly hello on a gray day. And these social ties contribute to our

physical and mental health in a powerful way long after our activities have ended.

For the larger society, local recreation is key to creating overall social cohesion and lively communities. Studies show that robust local participation encourages cleaner, even safer neighborhoods. In fact, high rates of local recreation and park use can actually reduce crime rates. Local programming provides positive lifestyle choices for youth at risk and contributes to independent living among seniors. And by promoting social bonds, local recreation helps unite families, builds cultural tolerance and supports individuals with disabilities.

Besides the health and societal benefits, it's far better for the environment to choose a recreational program that you

or your kids can walk to. And that's no small consideration.

In MoWest we're extremely fortunate to have a five star recreation team. As a consequence our local participation rate is exceptionally high. It's one of the most common reasons people give for moving here in the first place. And the department is always open to new programming ideas. So is there something you'd like to see offered here? Art classes? Specialised children's programs? Theatre or music activities? We can't promise everything suggested will get off the ground, but if there's significant demand for it, we'll give it a try.

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



POTENTIAL GRANT FOR SENIORS

In accordance with a Revenue Quebec program, senior citizens who have been living in their home for a number of years and then face a significant tax hike as a result of an increase in the valuation of their property, may be eligible for a grant to partially offset the property tax payable.

A significant increase in valuation is considered to be one which is 7.5% higher than the average valuation increase for the municipality for that assessment role. For the 2020-2022 assessment role deposited by the Valuation Department of the City of Montreal, the average increase in valuation for Montreal West residential properties consisting of only one dwelling was 18.98%. Therefore, to be considered for a grant, the increase in valuation would have to exceed 26.48% not including any re-assessment of the property due to renovations. The amount in excess of this 26.48% multiplied by the 2020 tax rate would be the applicable grant, should all the other criteria be met.

Example:

2019 Valuation	\$700,000
2019 + 26.48%	\$885,360
Actual 2020 valuation	\$920,000
Amount in excess	\$34,640
x tax rate 1.1135/\$100k	\$385.72
	=amount of potential grant

To be eligible, the home owner must be aged 65 or over; a resident of Quebec, who has owned their residence (which is their principal residence) for at least 15 years, and whose family in-

come does not exceed \$52,600 for the 2019 taxation year. Further details on the grant and eligibility criteria are available on the Revenue Quebec website.

If the assessed value on a residential dwelling unit increased by more than 26.48%, the Town of MoWest will be mailing out forms to the owners of these properties by the end of February, indicating the amount of the subsidy (maximum \$500) to which they could be entitled, assuming that they meet the other criteria of the program. This form will have to be attached to the grant application. Those who receive this form should verify that they meet the other criteria as set out by the government of Quebec before applying for the grant when filing their tax return.

Any questions related to the form should be addressed to the Tax Department of Montreal West at 514-481-8125.

Application for the grant is made by completing the information required (line 462) when filing your 2019 tax return. The grant is paid by the government of Quebec, and not by the municipality.

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

communiqué du CONSEIL

RAPPORT DU MAIRE



La semaine typique d'un maire de petite ville

Les citoyens de la ville me demandent souvent comment je fais pour être maire de Montréal-Ouest tout en continuant à travailler comme pharmacien à temps plein. Mon premier réflexe est toujours de répondre que la Ville est entre les mains très compétentes de notre directrice générale et de notre équipe de cadres sur une base quotidienne. Ensuite, on me demande inévitablement combien d'heures je passe à remplir mes fonctions de maire. Je réponds que cela varie généralement entre 10 et 40 heures par semaine. Comme je n'avais pas grand-chose d'autre à vous partager ce mois-ci, j'ai pensé partager ma semaine type.

Chaque matin et chaque soir, du lundi au vendredi (parfois aussi le week-end, bien que j'essaie de ne pas en faire une habitude !), je réponds à mes courriels et je rappelle les résidents. Je rencontre notre directrice générale tous les mercredis matin à 7 h 30. Nous passons plus d'une heure ensemble à discuter des dossiers de la Ville. Elle et moi sommes en contact par téléphone et par courriel tout au long de la journée, presque tous les jours de la semaine, pour des mises à jour continues.

Le conseil municipal se réunit normalement toutes les deux semaines alors que nous passons 3 à 4 heures à examiner les dossiers de la Ville. Dans les cas où cela correspond à une semaine où nous avons une séance du Conseil, notre caucus a lieu dans les heures précédant la séance. De plus, nous tenons une réunion spéciale du Conseil au milieu du mois, lors de laquelle nous traitons les dossiers du Comité consultatif d'urbanisme (CCU) afin que les résidents qui demandent un permis de rénovation puissent débiter leurs travaux si la demande est approuvée. Après ces séances spéciales, le Conseil reste généralement pour une réunion du caucus supplémentaire afin de discuter des dossiers en cours. Je prends également le temps, le jeudi matin avant la séance de Conseil, de tenir un *Café avec le maire* lors duquel les résidents peuvent discuter en personne avec moi de tout sujet qui les préoccupe.

Le jeudi ou le vendredi matin à 7 h 30, je rencontre habituellement le directeur exécutif de l'Association des municipalités de banlieue (AMB) pour discuter des dossiers de l'AMB et du Conseil d'agglomération (Agglo). Les semaines où nous avons une réunion de l'Agglo au centre-ville, nous commençons par un

comité exécutif de l'AMB vers 14 h 30, puis nous passons à la réunion du caucus de l'AMB et enfin à l'Agglo à 17 h. L'AMB se réunit également en milieu de mois pour planifier nos activités et nos interventions.

Selon la semaine, il se peut que je doive ajouter une réunion bimensuelle du comité exécutif de la Communauté métropolitaine de Montréal et une réunion bimensuelle du comité exécutif de l'Union des municipalités de Québec.

Et enfin, il y a les réunions ad hoc qui se multiplient chaque semaine. Des rencontres avec les citoyens, mes collègues maires, la mairesse de Montréal, un député ou un ministre font partie de mon horaire type. Lorsque j'énumère tous ces engagements, les gens ont généralement la tête qui tourne et me demandent comment je fais pour occuper un autre emploi à temps plein. Je réponds toujours la même chose: si vous voulez que les choses soient faites, donnez-les à une personne occupée. Et, tout aussi important, j'ai besoin d'un bon logiciel de calendrier sur mon téléphone !

C'est seulement possible de tout faire en étant pleinement engagé et en prenant plaisir à faire le travail. Je suis pharmacien depuis 33 ans et maire depuis près de 11 ans. J'aime sincèrement mes deux vocations - c'est pourquoi j'arrive à faire en sorte que ça marche.

Café avec le maire

Le prochain Café avec le maire aura lieu **le jeudi 26 mars** de 7 h 30 à 8 h 30 au Centre communautaire.

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



LES CENTRES DE TRI DE MONTRÉAL

À la suite de l'annonce récente de la cessation des activités de l'entreprise de recyclage RSC dans les centres de tri de Montréal, de nombreux résidents ont contacté la Ville pour s'informer des conséquences de la décision sur Montréal-Ouest.

Permettez-moi de commencer par vous donner un aperçu du fonctionnement de ce processus. La première étape : la collecte des matières recyclables domestiques qui sont déposées dans le bac bleu. Ces matières sont ensuite acheminées vers un centre de tri, où elles sont triées, d'abord manuellement, puis par un système de bandes transporteuses, d'aimants et de jets d'air. Le verre, le papier, le métal et divers plastiques sont ensuite séparés et emballés en ballots serrés destinés à être vendus à des entreprises du monde entier qui, à terme, utiliseront les produits recyclés pour fabriquer de nouveaux produits.

Tout cela semble très bien. En réalité, la faisabilité financière des centres de tri dépend de la demande de matériaux recyclables. Actuellement, l'offre de produits recyclés, en particulier le papier qui représente 65% des matériaux collectés, est bien supérieure à la demande. Ce déséquilibre est cité comme la principale raison des difficultés financières actuelles des centres de tri.

Qu'est-ce que cela signifie pour M-O ?

Nous espérons que la cessation des activités du groupe RSC n'affectera pas M-O. Les produits recyclables collectés ici sont acheminés vers un centre de tri à Lachine. Le centre appartient à la Ville de Montréal, mais est exploité par le Groupe RSC. La mairesse de Montréal, Mme Plante, nous a assuré que le centre trouvera une solution et poursuivra ses activités malgré les dernières nouvelles. Nous vous informerons immédiatement s'il y avait des changements.

Mais quoi qu'il arrive avec notre système de recyclage, j'aimerais rappeler les trois R : **réduire, réutiliser et recycler**. Nous devons nous appuyer davantage sur les deux premiers. Je vous recommande le site web de Recyc-Québec recyc-quebec.gouv.qc.ca/citoyens/mieux-consommer/le-reduce-a-la-source où vous trouverez des conseils très utiles.

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





PARTICIPEZ AUX ACTIVITÉS LOCALES

Il n'est pas surprenant que la participation à des activités de loisirs et l'utilisation des parcs urbains se soient révélées très bénéfiques pour notre santé physique. Plus précisément, le fait d'être actif de cette manière réduit l'obésité, diminue le risque de maladie, renforce notre système immunitaire et augmente même notre espérance de vie. Notre santé mentale est également influencée positivement réduisant les risques de dépression, le stress, l'anxiété et augmentant l'estime de soi en général.

Une chose qui n'est pas souvent prise en compte, cependant, est le bénéfice particulier que nous retirons des activités locales. Aller au gymnase, où qu'il se trouve, améliorera sans aucun doute votre forme physique et votre santé. Envoyer votre enfant au camp de jour, quel que soit l'endroit où vous décidez de l'inscrire, leur permettra certainement de passer un été agréable. Mais choisir de faire ces activités au niveau local présente une foule d'autres avantages « fantômes » qui découlent du fait de participer à des activités de quartier. Je les appelle des avantages « fantômes » parce qu'ils nous suivent partout, même lorsque les activités sont terminées. Par exemple, nous croiserons les autres participants de classe dans la rue, lors d'un événement dans un parc, lors d'une assemblée communautaire. Il y aura quelqu'un que nous connaissons pour nous aider à sortir d'un banc de neige, pour nourrir le chat quand nous sommes absents, ou simplement pour nous saluer lors d'une

journée maussade. Ces liens sociaux contribuent grandement à notre santé physique et mentale bien après la fin de nos activités.

D'un point de vue sociétal, les loisirs de quartier sont essentiels à la création d'une cohésion sociale et d'une communauté dynamique. Des études montrent qu'une haute participation locale favorise des quartiers plus propres, voire plus sécuritaires. En fait, des taux élevés de participation aux activités locales et d'utilisation des parcs peuvent même réduire le taux de criminalité. Les activités locales offrent des choix de vie positifs aux jeunes à risque et contribuent à l'autonomie des personnes âgées. Les loisirs locaux favorisent les liens sociaux en réunissant les familles, en renforçant la tolérance culturelle et en soutenant les personnes handicapées.

Outre les avantages pour la santé et la société, il est préférable pour l'environnement de choisir un programme de

loisirs auquel vous et vos enfants pourrez vous rendre à pied. Et ceci n'est pas une mince affaire.

Au sein de Mo-Ouest, nous avons la chance d'avoir une équipe de loisirs cinq étoiles. De ce fait, notre taux de participation locale est exceptionnellement élevé. C'est l'une des raisons les plus souvent invoquées par les gens qui s'installent ici. De plus, le Service des loisirs est toujours ouvert à de nouvelles suggestions d'activités. Est-ce qu'il y a une activité que vous aimeriez voir à la ville ? Des cours d'art ? Des programmes spécialisés pour les enfants ? Des activités de théâtre ou de musique ? Nous ne pouvons pas vous promettre que tout ce qui est proposé sera mis en place, mais nous ferons notre possible s'il y a une demande importante.

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



SUBVENTION POSSIBLE POUR LES PERSONNES ÂNÉES

Conformément à un programme offert par Revenu Québec, les personnes âgées qui demeurent dans leur maison depuis un certain nombre d'années et se retrouvent avec une importante hausse de taxes découlant d'une forte augmentation de l'évaluation de leur propriété peuvent être admissibles à une subvention pour compenser partiellement l'impôt foncier.

On considère comme une forte hausse d'évaluation celle qui se situe à 7,5 % de plus que l'augmentation moyenne pour la municipalité pour ce rôle foncier. Pour le rôle 2020–2022 déposé par le Service de l'Évaluation foncière de la Ville de Montréal, l'augmentation moyenne de l'évaluation des résidences unifamiliales de Mo-Ouest était de 18,98 %. Ainsi, pour être admissible à une subvention, la hausse devrait excéder 26,48 %, excluant toute réévaluation de la propriété suite à des rénovations. Le montant supérieur à ce 26,48 % multiplié par le taux de taxation de 2020 représenterait le subside applicable, advenant que tous les autres critères soient satisfaits.

Exemple:

Évaluation 2019	700 000 \$
2019 + 26.48%	885 360 \$
Évaluation 2020 réelle	920 000 \$
Somme excédentaire	34 640 \$
x taux de taxe 1.1135/100 k\$	385,72 \$ = subside potentiel

Pour être admissible, le propriétaire doit avoir 65 ans ou plus, résider au Québec, avoir été propriétaire de la résidence (qui est sa résidence principale) depuis au moins 15 ans et avoir un revenu familial ne dépassant pas 52 600 \$ pour l'année d'imposition 2019.

Consultez le site web de Revenu Québec pour de plus amples renseignements sur la subvention et les critères d'admissibilité.

Dans les cas où la valeur foncière d'un logement résidentiel a augmenté de plus de 26,48 %, la Ville de Mo-Ouest enverra des formulaires aux propriétaires de ces logements en février, indiquant le montant de la subvention (maximum 500 \$) auquel ils pourraient avoir droit, en supposant qu'ils répondent aux autres critères du programme. Ce formulaire devra être joint à la demande de subvention. Il est de la responsabilité des propriétaires qui reçoivent ce formulaire de vérifier s'ils satisfont aux autres critères fixés par le gouvernement du Québec, avant de faire la demande de subvention au moment de produire leur déclaration de revenus.

Toute question relative au formulaire devrait être présentée au Service des finances de Mo-Ouest au 514-485-8941.

Faites une demande de subvention en inscrivant l'information requise à la ligne 462 de la déclaration de revenus 2019. La subvention est payée par le gouvernement du Québec, non pas par la municipalité.

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

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Montreal West Scout Group



On the first weekend in February, MW Beavers, Cubs, Scouts and Rovers all headed up to Camp Kinkora in Saint-Adolphe-d'Howard for a weekend of fun outdoor winter activities.

Beavers

The Beavers took full advantage of the mild weather and beautiful sunshine. Friday night began with a calm and relaxing evening coupled with chicken soup, crackers and cheese. The Beavers read books and played games before bedtime and were ready for a day of winter fun on Saturday. The theme of the weekend was dinosaurs and our colony built prehistoric snow forts, sledded, played broomball, curled, snow hoed and learned how to stay safe and keep warm during the winter months. The children enjoyed delicious meals prepared by Chef Skip (**Richard Labelle**) and played board games, read magazines and relaxed by the warm fire. Beavers created and presented a variety of skits and cheers in front of the Cubs, Scouts, Rovers and Scouters. The Beavers also created dinosaur-inspired nightlights on Saturday night and dragono-saurus masks on Sunday. On Sunday morning, **Scouter Echo** and Beaver **Ben Lortie** were invested. All in all the Beavers enjoyed a fun filled weekend of sharing, sharing, sharing and they look forward to another camping experience during their spring camp.

Cubs

Eighteen Cubs worked in teams, each led by a Howler, to build sleds out of cardboard boxes and duct tape. They named their sleds, gave a presentation of their construction and decided on criteria for the winner: speed, distance travelled and ability

to stay in one piece. Then there was a competition down a small hill. Some fell apart right away... sometimes the Cubs slid down but the sled stayed behind!

The team led by **Jagger Pawsey** created the sled that stayed together the longest. Other activities: curling with plastic bottles filled with coloured water, broomball, skits around the campfire and a snowshoe hike.

Scouts

The Scouts activities at camp focused on snowshoeing, learning skills to stay safe and having fun in winter, and the ability to construct emergency winter shelters, including a three-person snow trench protected with a tarp. Different aspects of the weekend stood out for everyone.

When asked, "What was your favourite part of camp?" Scouts responded with these comments: "Being with friends and not doing everyday activities" (**James**), "Snowshoeing, and sleeping" (**Sophia**), "Making big designs on the lake in snowshoes" (**Alex**), "Playing capture-the-flag" (**Ian**), "Playing lantern-on-the-hill" (**Sophie**), "Playing cards" (**William**), "The awesome facilities at Kinkora" (**Pranav**), "Playing outside in the snow" (**Ivan**), "Sleeping outside and learning how cold that is" (**Tom**), "Sleeping outside, and I enjoyed the food a lot" (**Jason**), "Jumping across the snow trench with everyone" (**Lucille**), "Trying new things you can't do in the city" (Scouter-in-Training **Liam**), "The new experience of Troop leadership" (Troop Leader **Michael**), "Building a fort with all the scouts" (Scouter **Laura**), "The food, and all the staff and leaders that organized the meals and snacks" (Scouter **Andy**), "The snowshoe hike and watching scouts make designs in the snow" (Scouter **William**).



Isaac Million-Lovett, Liam Massey, Jonathan Halliday

Rovers

The Rovers arrived at Kinkora Friday night to set up tables and were on kitchen duty, preparing snacks for the younger group when they arrived. Saturday, they snowshoed out across the lake and worked their way back through the trees and around the lake, following deer tracks until they came to an established trail. Saturday was a sunny and mild day, and fresh snow made it all the better for snowshoeing. A good part of Saturday afternoon was spent playing Trivial Pursuit (the original version from the 1980s) and this was quite a challenge for Rovers not even born in that century! Early Sunday morning the Rovers packed up and headed to Mont Tremblant. After a great day of skiing, they headed home in time to catch the Super Bowl parties.

A great weekend was had by all with fantastic winter weather. A big thank you to all the leaders and parent volunteers who made the trip a success!

from Nancy Sculnik, Lee-Ann Simpson, Andrew Chapman and Lesley Coles



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Guiding



Photos: Christine Downey



Guiding has its roots in the British military tradition. Girls no longer earn the Commonwealth or Home Defence badges; however, they are taught of the great sacrifices military men and women make for our country. Every year, the girls make Valentine's cards to let the men and women know how much they are appreciated. The girls love sharing their creative gifts with veterans. The cards were collected and hand delivered to the Sainte-Anne-de-Belleuve Hospital. The veterans who live there truly appreciate this kind gesture.

The Brownies are each busy working towards a Discovery badge related to a skill or hobby they are particularly interested in. The

Discovery badges are new this year to Guiding. They replace the old interest badges.

The Guides have wanted to improve their knot tying skills. They held a meeting where they refreshed their techniques. If they were able to demonstrate successfully tying the named knot behind their back, they were given a bonus point. Many girls were determined to rise to the challenge. With about 20 minutes left in the meeting, their points were all added up. Each team was given a Popsicle stick based on the number of points for their group. With their renewed knot tying talents, they were asked to make a bridge which would then be tested to see how many books it could support before collapsing. The laughs and surprises over how their creations fared were quite funny! The girls loved this meeting so much, they asked for another one just to work on the bridge building skills. We have a group of future engineers in the making!

Each unit in MoWest is working on the Japan Olympia Challenge. The Sparks and Brownie units have sisters who are very excited to be sharing their Japanese culture with their units. This Challenge celebrates the 100th anniversary of Girl Scouts of Japan and the Tokyo Olympic games. Girl Guides can earn the Olympia badge around the world. Guiders did the French translation here in Montreal at the request of Tawny Owl's friend from her time working at Pax Lodge in London, who now works for Girl Scouts of Japan.

By happy coincidence in April it will be 100 years since the first Brownie unit opened in Canada. Do you have any stories, photos or memorabilia from your time as a Brownie? We would love to hear from you! Feel free to reach out to any of the Brownie Guiders if you do!



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MoWest receives a \$12,000 grant for seniors

The provincial government announced a \$12,000 investment in Montreal West to encourage senior participation in their community's development and to adapt their living environment to better suit their needs. This is part of the financial aid program for the *Municipalité amie des aînés (MADA)* initiative.

In Montreal West, seniors comprise 16.9% of the population. Given this growing demographic, we need to be proactive in adapting our policies, services, housing and infrastructure to the needs of the aging population. A *MADA* recognition opens up the door to other grants established specifically to help communities become more senior-friendly.

The Town of Montreal West began the *MADA* process in October 2018 with the creation of a *MADA* Steering Committee. This committee has been working diligently and has distributed and analyzed the results of a survey answered by the Town's seniors

and held two public consultations and several focus groups, among other things. The committee is actively working on the development of an action plan that will set concrete objectives and steps to help the Town become more senior-friendly. The action plan is the final step in obtaining the official accreditation as an Age-Friendly Town.

"The *MADA* Steering Committee is most grateful for this government grant. We have been working diligently for the past two years to complete our Age-Friendly Plan of Action. Among other things, the funding will help with the elaboration and printing of our plan and its distribution to all Montreal West households."

Follow the *MADA* accreditation process on our website at montreal-west.ca/seniors/

Colleen Feeney
Chair, *MADA* Steering Committee



Front row: Rosalind Knitter, Colleen Feeney, Marian Scully, Zeldia Freitas; back row: Ron Smith, Tracie Swim, Joanne MacPhail, Joan Foster; Missing: Fred Braman, Paula Cordeau, Karin Derouaux, Stephanie Dupont, Shannon Hebblethwaite, Meghan Joy, Sheri McLeod

M-O reçoit une aide financière de 12 000 \$ pour les aînés

Le gouvernement du Québec a annoncé qu'il investira une somme de 12 000 \$ à Montréal-Ouest pour encourager la participation des aînés au développement de leur communauté et adapter les milieux de vie à leurs besoins. Ceci s'inscrit dans le cadre du programme de soutien à la démarche *Municipalité amie des aînés (MADA)*.

À Montréal-Ouest, les aînés représentent 16,9 % de la population. Considérant la croissance de ce segment démographique, nous devons être proactifs et adapter nos politiques, services, logements et infrastructures aux besoins de la population vieillissante. Une reconnaissance *MADA* ouvre la porte à d'autres subventions spécifiquement conçues pour aider les collectivités à devenir plus accueillantes pour les aînés.

Rappelons que M-O. a entrepris la démarche *MADA* en octobre 2018 et a alors formé un comité de pilotage *MADA*. Ce comité travaille à vive allure, ayant notamment

analysé et distribué les résultats d'un sondage mené auprès des aînés de la ville, tenu deux consultations publiques et plusieurs groupes de discussion. Le comité s'affaire activement à élaborer un plan d'action qui établira des objectifs et des mesures concrètes pour aider la ville à devenir plus conviviale envers les aînés. Le plan d'action est le dernier pas pour l'obtention de la désignation officielle de *Municipalité amie des aînés*.

«Le Comité de pilotage *MADA* est très reconnaissant pour cette subvention gouvernementale. Nous avons travaillé avec diligence ces deux dernières années pour mettre au point notre plan d'action pour les personnes aînées. Cette aide financière aidera entre autres à l'élaboration et à l'impression de notre plan et à sa distribution dans tous les foyers de M-O.»

Colleen Feeney
Présidente du Comité de pilotage *MADA*

50+ Club

February

- 25 Bridge: 1 pm
- 28 Leap year tea party



March

- 13 St Patrick's luncheon
- 18 Bridge: noon
- 20 The Ones We Met: Inuit Traditional Knowledge and the Franklin Expedition at *Château de Ramezay*
- 26 Upper Canada Playhouse: *Sweet Dreams: A Tribute to Patsy Cline*
- 31 Bridge: 1 pm

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Council meeting: January

by Carol Foster



Councillor Feeney was presiding over the January Council meeting, because **Mayor Massella** was ill. She explained that the Council Communiqué in the January-February issue of *The Informer* summarized what would have been the Mayor's report.

First question period

The first speaker, a member of the *Friends of the Library*, asked Council why his repeated inquiries regarding the decision to put the public library lot up for sale have consistently been thwarted. He wanted to know whether this information would ever be made public.

Councillor Feeney replied that when the lot is sold, details will be discussed at a public meeting. She added that the Council maintains contact with library board members, who are aware that a further meeting is imminent.

Council was then asked if they were aware of the substantial government grants that might be available to help solve the problem of how to house the library properly. The reply was that the Mayor is aware of this information.

The next questioner was concerned about the increased operating expenses for Public Works in the 2020 budget. She believed that decreased spending on fuel should be an environmental goal. Councillor Feeney replied that the amount budgeted for fuel has remained constant for the past five years, despite rising prices. Feeney added that, although snow removal always consumes a major portion of the budget, the cost of the regular maintenance of equipment also places a large demand on the Public Works budget.

Next, the president of the *Royal West Academy Foundation* spoke passionately about the need, on the 75th anniversary of the liberation of Auschwitz, for continued education about the Holocaust. He wondered what the Town as well as the school could do to ensure this happens. He also updated Council on the school's auditorium renovation project and asked for the Town's support, pointing out that it will be beneficial for the Town as well as the school.

Councillor Feeney promised to inform PAC of the desire for co-operation as the project continues.

A Westminster Avenue resident was upset because a neighbour's contractor had piled a large amount of snow on her property. She was told that since the Town does not involve itself in private property disputes, she should try to settle the matter directly with the other party.

The next item on the agenda, pertaining to administration and finance, was an announcement that the Agglomeration of Montréal has designated \$4.8 million to help municipalities deal with cannabis legalization. This funding will include expenses such as signage, by-law revisions, and personnel training. Montreal West's share will be \$7,976.

Councillors' reports

Mo West Public Security continues to assist in the snow removal operations by checking up on contractors and ticketing cars that obstruct the process. The PSOs participated, with the police, in a Safety Awareness exercise in the area of the train crossing. Students, pedestrians and drivers, were all observed and reminded to heed the safety precautions required at this busy Westminster intersection. At the exercise's conclusion, 24 tickets had been issued to

drivers who ignored the train crossing signals or crosswalk indications, while those who had respected the rules were congratulated.

Councillor Mazzone ended his report by promising exciting news to follow a two-year silence concerning the fundraising portion of his portfolio.

Councillor Ulin reviewed the ongoing recreational projects. She was happy to announce that the outdoor rinks are now up and ready; however, their status depends upon fluctuating temperatures and can be checked online. And as usual at this time of year, Councillor Ulin mentioned that summer job applications are now being accepted, reminding us that January's frigid temperatures will eventually be a thing of the past.

The three-year property evaluations, which accompanied this year's residential tax bills, included contestation information. Councillor Feeney reminded residents that the bills can be paid online. She announced that the 2020 budget is now available online and noted that the interest rate on the Town's \$6.8 million debt has decreased from 2.91% to 2.47%.

As reported in the last *Informer*, although the demolition request made for 74 Easton has been withdrawn, the process of considering this rare request would have been lengthy. However, both the Town's demolition bylaw and provincial law provide legal safeguards to ensure public interest is paramount in making a decision.

The seniors' page on the Town website is now up and running, but the MADA project is still open for comment.

As well as itemizing the many regular seasonal duties carried out by the Public Works department, **Councillor Torres** made special mention of the citywide problems disposing of recycling properly, due to Montreal's recycling plant operator's planned shutdown of all Canadian operations. However, she urged residents to continue collecting their recycling that will be picked up as usual.

Second question period

One resident pointed out that his complaint was not always picked up even though he had complied with all regulations. He was told he should notify Public Works whenever this happens.

Another resident cautioned that because serious mould infestations can occur in old homes, demolition requests should be considered cautiously.

She added that the Town's *Merchant Association* was very happy to participate in the *CP Holiday Train* celebrations and was proud to announce that they raised \$500 for *Meals-on-Wheels* that evening.

The meeting was then adjourned.



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Réunions du Conseil : janvier



par Carol Foster
traduction par René Boucher

En l'absence du **maire Masella**, malade, la **conseillère Feeney** présidait la séance du Conseil. Elle a expliqué que le Communiqué du Conseil du numéro de janvier-février de l'*Informateur* résume le rapport du maire.

Première période de questions

Le premier intervenant, un membre des *Amis de la bibliothèque*, a demandé au Conseil pourquoi ses demandes répétées concernant la décision de mettre en vente le terrain de la bibliothèque sont toujours restées sans réponse. Il voulait savoir si ces renseignements deviendraient publics un jour.

La conseillère Feeney a indiqué que les détails seront discutés lors d'une rencontre publique au moment de la vente du terrain, et que le Conseil maintient le contact avec les membres du conseil de la bibliothèque qui sont au fait qu'une réunion est imminente.

On a ensuite demandé si le Conseil était au courant que des subventions gouvernementales substantielles pourraient être disponibles pour aider à solutionner le problème de la bibliothèque. Oui, le maire connaît cette information.

L'intervenante suivante était préoccupée par l'augmentation des dépenses de fonctionnement des Travaux publics dans le budget 2020. Elle croyait que la réduction des coûts de carburant devrait être un enjeu environnemental. Mme Feeney a répliqué que le montant alloué au carburant est demeuré constant au cours des cinq dernières années, malgré la hausse des prix. Elle ajouta que, bien que le déneigement accapare toujours une part importante du budget, l'entretien normal des équipements exerce aussi une forte demande sur les finances de ce service.

Ensuite, le président de la *Royal West Academy Foundation* a parlé avec passion du besoin, en ce 75^e anniversaire de la libération d'Auschwitz, d'éducation permanente concernant l'Holocauste et se demandait ce que la Ville et l'école pourraient faire en ce sens. Il a aussi fait une mise à jour sur le projet de rénovation de l'auditorium et a demandé l'appui de la Ville, faisant remarquer que tant la Ville que l'école en bénéficieraient.

La conseillère Feeney a promis d'informer le CCU du désir de collaboration dans la poursuite de cette entreprise.

Une résidente de l'avenue Westminster était contrariée du fait que le déneigeur de son voisin avait empilé beaucoup de neige sur sa propriété. On lui a répondu que,

puisque la Ville ne se mêle pas des chicanes de voisins, elle devrait tenter de régler l'affaire directement avec son voisin.

Le point suivant à l'ordre du jour, du domaine des finances et de l'administration, fut l'annonce que l'agglomération montréalaise avait alloué 4,8 M\$ en aide aux municipalités en lien avec la légalisation du cannabis. Ce financement couvre des dépenses comme la signalisation, la révision des règlements et la formation du personnel. La part de Montréal-Ouest se chiffre à 7976 \$.

Rapports des membres du Conseil

La Sécurité publique de Montréal-Ouest continue à aider au déneigement en surveillant les entrepreneurs et verbalisant les véhicules qui entravent le travail. Les ASP ont participé à un exercice de conscientisation à la sécurité au passage à niveau. Étudiants, piétons et automobilistes ont été observés et on leur a rappelé les mesures de sécurité nécessaires à cette intersection achalandée de Westminster. À la conclusion de l'exercice, 24 automobilistes avaient reçu des constats d'infraction pour non-respect de la signalisation relative au passage à niveau ou aux passages piétonniers alors que ceux qui observaient les règles étaient félicités.

Le **conseiller Mazzone** a conclu son rapport en promettant de bonnes nouvelles pour faire suite à deux ans de silence concernant son mandat de collecte de fonds.

La **conseillère Ulin** a passé en revue les projets de loisirs courants. Elle était heureuse d'annoncer que les patinoires extérieures étaient prêtes, notant cependant que leur état, vérifiable en ligne, dépend des fluctuations de la température. Et, comme d'habitude à ce temps-ci de l'année, la conseillère a mentionné que les candidatures pour emplois estivaux étaient actuellement acceptées et que les températures froides de janvier seraient bientôt chose du passé.

Les avis d'évaluation foncière triennale qui accompagnaient les comptes d'impôt foncier annuels contiennent des renseignements pour contester. La conseillère Feeney a rappelé que l'on peut acquitter les comptes en ligne et a souligné la réduction du taux d'intérêt de la dette municipale de 6,8 M\$, de 2,91 % à 2,47 %.

Comme rapporté dans le dernier *Informateur*, la requête de démolition du 74 Easton a été retirée, mais l'examen de cette demande rare aurait été très long. Cependant, tant le règlement municipal sur la démolition que la loi provinciale offrent des garanties pour assurer que l'intérêt public est la considération suprême dans cette décision.

La page Services aux aînés du site Web de la Ville est en fonction et le projet

MADA est toujours ouvert aux commentaires.

En plus de dresser la liste des tâches saisonnières effectuées par les Travaux publics, la **conseillère Torres** a mentionné les problèmes, à la grandeur de la ville, concernant le recyclage en raison de la cessation prévue des opérations canadiennes du gestionnaire des centres de tri. Elle a cependant incité les citoyens à continuer la collecte des matières recyclables qui seront ramassées comme d'habitude.

Seconde période de questions

Un résident a fait remarquer que son compostage n'était pas toujours ramassé, même s'il respecte toutes les règles. On lui a indiqué d'aviser les Travaux publics lorsque cela se produit.

Une autre résidente a fait une mise en garde : en raison des moisissures qui peuvent envahir les vieilles constructions, les demandes de démolition devraient faire l'objet d'examen prudent.

Elle a ajouté que l'*Association des marchands* avait été très heureuse de participer aux célébrations du *Train des Fêtes du CP* et a annoncé la remise de 500 \$ à la Popote roulante ce soir-là.

Sur ce, la séance était levée.





Catherine Gardner

Real estate broker - Courtier immobilier
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News from the pews

St. Philip's

We are pleased to announce a new addition to the staff at St. Philip's. **Madden-Jay Watts** is our new Family Ministry Coordinator and will be developing programs for children and families alongside a team of volunteers. Madden is a student in Peace, Gender and Religious Studies at Dawson College and has been a camp counsellor at Frontier Lodge and a volunteer at various diocesan youth events. We will have an official program launch at our Children's Easter Vigil on Saturday, April 11 (watch this space for more info), but Madden will be around on Sunday mornings to meet parents and children beginning in March.

Lent begins with Ash Wednesday, February 26. Our service of communion with imposition of ashes is at 7:30 pm. On Sunday, March 1, the 10 am Eucharist will begin with the Great Litany chanted in procession.

The annual mid-Lent pancake brunch is Sunday, March 22, immediately following the 10 am service. The men of the parish prepare a delicious meal of pancakes, ham and eggs. Tickets are available at the door, or call the church office at **481-4871** to reserve.

St. Ignatius of Loyola

The season of Lent is a special time in Christian churches when people are invited to take extra steps in prayer and action to get ready for the celebration of Easter. Lent lasts 40 days, and we'd like to call your attention to two moments that are especially welcoming to anyone, even those just beginning a journey of faith. The first is Ash Wednesday, February 26, with services at 9 am and 7 pm. The second is "Surrender," a night of upbeat praise and worship music, Saturday, March 14 at 7 pm. Please spread the word and let others know that our doors are open and all are welcome.

MW United

...the brick one

How can I keep from singing?

It takes more than a change of music directors to stop the music at MWUC. With the help of our talented leads, we haven't missed a beat and continue to raise our voices in song. Things are gelling and we hope soon to report the successful results of our search ...keep humming....

Confirmation classes begin...

Rev. **Mark Hammond** is pleased to announce that confirmation classes will begin on Sunday, February 23 after church. Any young person wishing to explore joining the

United Church can call the office (**482-3210**) to leave their name and phone number. Meetings will be twice a month from 11:30 am-1 pm, so come and bring a lunch. At the end of the series of meetings, one can make an informed decision about joining.

Crafty or would like to be?

Our ladies' arts and craft group meets Tuesdays at 10 am between September and May. Generally each person works on whatever appeals to them, with a view to preparing things for the November bazaar. If you like to make things or to assist others, and enjoy doing so in good company, please consider dropping in some Tuesday at 10. Bring a lunch because that's how their mornings end. They are either in Room 2 or 6. You'll be able to find them – just listen for their laughter.

March 31 Labyrinth Walk

Yes, our March Labyrinth Walk on Tuesday, March 31 between 7 and 9 will launch our 19th year of these walking meditations. When you consider Labyrinths have been around for at least 4,000 years, 19 years doesn't seem like much, but it is. Come see what it might hold for you. Bound to get some peace and calm out of the experience – and maybe more. Socks or slippers please for walking. No cost. All welcome.

Big storm? Icy streets?

Hopefully the weather is easing up now, however in the event of bad weather on a Sunday, call the office, 482-3210 after 8 am and listen for the minister's message. No message from Rev. Mark means he is on his way for 10 am worship and will see you at 88 Ballantyne N.

from Susan Upham

Kosher corner

Women's Circle

The *JWC (Jewish Women's Circle)* marked Tu B'Shvat with a social evening of wine and painting. It was a wonderful turnout and a great time was had by all! The *JWC* are extremely appreciative to **Samara Perez** for graciously hosting such a lovely event.

Bake challah!

The next opportunity to bake challah with Chaya will be Thursday, March 5. Please reach out to **Chaya Marlow** to join!

Purim

Purim is an exciting holiday, celebrated with costumes, drinks, treats and much more! Purim begins at sunset March 9 and ends at sunset March 10. Chabad Westminster will be organizing multiple events catering to different age groups. Please reach out for details.

First Friday

Our next Friday Shabbat service will be held March 6 at 6 pm.

from Rabbi Mendy Marlow

Jocelyne Dorion

Psychologue clinicienne

Clinical Psychologist


Pour un rendez-vous

For an appointment

Tél : 514 663-6457


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Opération Respect des piétons à Montréal-Ouest

Entre 7 h et 9 h, plus de 900 élèves et des dizaines de citoyens empruntent les passages piétonniers aux abords de la gare de Montréal-Ouest. Tous les jours, un policier du PDQ 9 assure la sécurité des piétons aux heures de pointe du matin et de l'après-midi.

Le 15 janvier, les agents du PDQ 9 en collaboration avec la Sécurité publique ont effectué une opération sur le respect des piétons et des passages piétonniers afin d'assurer leur sécurité. Cette opération a été réalisée en réponse à une demande reçue lors de notre consultation citoyenne en décembre.

Vingt-quatre contraventions ont été remises aux conducteurs de véhicules s'immobilisant sur les passages piétonniers ou ne cédant pas le passage aux passants. Nous avons également remis des feuillets « La sécurité aux abords des écoles » aux automobilistes qui attendaient le passage du train, tout en les remerciant pour leur bonne conduite.

L'émission de contraventions est la façon la plus efficace de diminuer le nombre d'accidents. Des opérations de sensibilisation sont effectuées mensuellement dans le secteur de la gare. Nous remettons des avis de courtoisie aux conducteurs tout au long de l'année scolaire, et ce, afin de rendre l'endroit plus sécuritaire.

Exemple de constats remis en vertu du Code de sécurité routière :

Art. 386 4° : Sauf en cas de nécessité ou lorsqu'une autre disposition du présent code le permet, nul ne peut immobiliser un véhicule routier aux endroits suivants : dans une intersection, sur un passage pour piétons ou pour cyclistes identifié par une signalisation appropriée et sur un passage à niveau ni à moins de 5 m de ceux-ci;

Art. 410 : Lorsqu'un piéton s'engage ou manifeste clairement son intention de s'engager dans un passage pour piétons, le conducteur d'un véhicule routier doit immobiliser son véhicule pour lui permettre de traverser....

Amende : 100 \$ + frais = 171 \$

de Marie Christine Nobert
Agent sociocommunautaire

DR. BEVERLY LAI
Dentist • Dentiste

73 WESTMINSTER N.
MONTREAL WEST
H4X 1Y8

514-486-4411

Community Centre

Cotton Tail Party La fête du lapin

Sunday, March 29
2-4 pm, Town Hall

Egg hunt, crafts, face painting followed by a **Circus Show: Monsieur Gazon**.

Cost: \$10 per child/ \$12 for non-residents/ \$15 at the door. Tickets available online or by calling the Community Centre **484-6186**.

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.

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 Fun Company*

Extended care available until 5:30 pm.
Call for more info: **484-6186**,
montreal-west.ca

Spring and summer registration

Activities for parent & tots, preschool, children, youth, adults fitness, day camp, tennis, ballet and water polo streams.

Early Bird Discounts

- **Spring** programs: until **March 1**
- **Summer** programs: until **April 2**

Community Centre and fitness programs:
\$10 off

Camp: 8-week program: \$25 off

Camp: 4-week program: \$15 off

Pool membership: \$10 off

Registration is ongoing at the John A. Simms Community Centre: Monday to Friday from 8:30 am to 4:30 pm or online at montreal-west.ca.

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** or recreation@montreal-west.ca.





House of Commons
Chambre des communes
CANADA

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



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Montréal, Québec H3Z 2Z3
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COMING EVENTS

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

Next deadline: March 4, delivery begins March 20

FEB

- Sun 23** Confirmation Classes begin. MW United. 11:30 am-1 pm.
Sun 23 Afternoon Labyrinth Walk. MW United. 2-4 pm.
Mon 24 Town Council meeting. Town Hall. 8 pm.
Wed 26 Ash Wednesday Communion with imposition of ashes. St. Philip's . 7:30 pm.
Wed 26 Ash Wednesday Communion with imposition of ashes. St. Ignatius of Loyola. 7:30 pm.

MAR

- Sun 1** Eucharist with the Great Litany. St. Ignatius of Loyola. 10 am.
Tue 10 How to join the Grande Bibliothèque (BAnQ). Register at 481-7441. Public Library. 2 pm.
Wed 11 Tea and Books. Register at 481-7441. Public Library. 2 pm.
Mon 16 *MW Horticultural Society* presents Jean Tremblay, The Man Who Photographs Trees. Everyone welcome; fee for non-members, \$5. Town Hall. 7:30 pm.
Sun 22 Pancake Brunch. St. Philip's. 11:30 am.
Mon 23 *Curzon Creative Preschool's Open House*. 88 Ballantyne N. 9-11:30 am.
Tue 24 How to Join the Grande Bibliothèque (BAnQ). Register at 481-7441. Public Library. 2 pm.
Thu 26 Coffee with the Mayor. Community Centre. 7:30-8:30 am.
Thu 26 Caring for Aging Family Members series with proactive discussions: **End of Life Care** with Joan Foster. Register at 481-7441. Public Library. 7 pm.
Fri 27 Royal West Academy's famous annual Dessert Concert. Please see page 5.
Mon 30 Town Council meeting. Town Hall. 8 pm.



The snow day of February 7. The winter is finally here! Photos by Julian Hung, a Strathearn resident.

Classifieds

FOR RENT: Lovely stone and wood ski chalet. Sleeps 8; 3 bathrooms, fireplace, sauna, wifi, great view. Available by the week or weekend. CC ski and snow shoe trails nearby, close to Morin Heights and St-Sauveur. Call **816-1946** or email edsult1@gmail.com.

MONTREAL WEST-END OPERATIC SOCIETY IS SEEKING A MUSICAL DIRECTOR. Ideal position for a retired music teacher or student looking to gain experience. We sing a wide gamut of music, both classical and popular. Rehearsals Thursday evenings in NDG. Volunteer position, but a donation receipt for services rendered is possible. **575-6400.**

FREE SKATE SHOW

Sunday, April 5, 2 pm, Legion Memorial Arena
Threshold by *Le Patin Libre*

Threshold is, in every way possible, a transformative experience for contemporary dance. The original artistic team: skating artists **Pascale Jodoin, Jasmine Boivin, Taylor Dilley, Samory Ba** and **Alexandre Hamel**, accompanied by playwright **Ruth Little**, bring forth a new show that is both hypnotic and adrenaline-charged with athletic virtuosity.

Threshold is a moving poem about danger, change, misguidance, and memory.

Free skating with the *Threshold* skaters will follow the show. **Bring your skates!**

