

# THE INFORMER

Montreal West Newspaper

March-April, 2020, Vol. 48, No. 3



## From the Mayor's Office / de la Mairie COVID-19



The situation with COVID-19 (the Coronavirus) has been a challenge to manage. We have had to manage the need to provide services to our residents while balancing the need to provide a safe environment for employees and residents.

Given the number of actors involved, ranging from the federal government, the provincial government, the agglomeration and public health authorities and each providing information that is not always clear or complete, it's been a stressful time for all involved. The Town is continuing to monitor this rapidly changing situation closely.

And while we strive to maintain an information stream and service to residents, we have always chosen to err on the side of abundant caution.

We urge our residents to be vigilant and to stay away from public places if they believe they are experiencing COVID-19 symptoms. At all times, residents may contact the Town by telephone or through the Contact Us form on our website.

We thank our residents for their understanding and cooperation and thank our directors, administration and all of our staff for their diligence in this extremely trying time.

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

La situation entourant la COVID-19 (le coronavirus) a présenté un défi à gérer. Nous avons dû gérer la nécessité d'offrir des services à nos résidents tout en garantissant un environnement sain et sécuritaire à nos employés et résidents.

Ceci est une période stressante pour toutes les parties concernées compte tenu de la quantité d'acteurs impliqués (le gouvernement fédéral, le gouvernement provincial, l'agglomération et les autorités de santé publique) et de l'information fournie par chacun qui n'est pas toujours claire ou complète. La situation évolue très rapidement et la Ville veille à la suivre de près.

Bien que nous nous efforcions de maintenir un flux d'informations régulier et un service aux

résidents, nous avons toujours choisi d'agir avec prudence.

Nous demandons à nos résidents d'être vigilants et de ne pas se présenter aux divers endroits publics s'ils croient avoir des symptômes s'apparentant à la COVID-19. En tout temps, les résidents peuvent contacter la Ville par téléphone ou par le biais du formulaire "Nous joindre" sur notre site web.

Nous remercions nos résidents pour leur compréhension et leur coopération et nous remercions nos directeurs, notre administration et tout notre personnel pour leurs efforts assidus pendant cette période extrêmement éprouvante.

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



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### Empty Bowls / Bols du partage

The Depot Community Food Centre (formerly The NDG Food Depot) will host its 5<sup>th</sup> annual Empty Bowls event! Choose a beautiful, hand-made bowl made and donated by Quebec potters and enjoy soup and bread. It's a lovely spring event that brings people together to raise funds and awareness of poverty and hunger in the community.

- WHY:** Raise funds for healthy food programs
- WHO:** The Depot Community Food Centre
- WHERE:** 6450 Somerled
- WHEN:** Saturday, April 18; 11 am-3 pm
- COST:** \$25/handmade bowl of your choice includes soup/bread
- CONTACT:** Bonnie Soutar at [developpement@depotmtl.org](mailto:developpement@depotmtl.org)
- FACEBOOK:** [facebook.com/depotmtl](https://www.facebook.com/depotmtl)



SAT  
April  
18



MON  
April  
20

### Aquasculpture

David Nanasi's passion for aquariums led him to open an aquarium design company in 1985 which soon expanded to include an array of water projects including fountains, streams and water gardens. His company, *Aquasculpture by Nanasi*, has designed and installed water features for businesses, large and small, as well as for the homeowner. David believes everyone should have a water feature in their garden.

At the monthly meeting of the Horticultural Society he will show his smaller projects and lend his knowledge of aquatic plants and fish to those who might be ready to create a small pond or simply a lovely ceramic water garden with water lilies and other suitable plants. It can be as simple as that!

The meeting takes place Monday, April 20, 7:30 at the Town Hall. Everyone is welcome. Guest admission, \$5.

# THE INFORMER

10 Westminster North  
Montreal West, Quebec  
H4X 1Y9

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

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## NEXT ISSUE DEADLINE

April 8

## Guide for programs and services for seniors

Did you know that the government of Quebec produces an informative guide of programs and services for seniors, updated on a yearly basis in both English and French? The guide can be accessed online or it can be downloaded. The information contained in this guide provides an overview of the government programs or services and is set up to help you determine whether it applies to you. In addition, if you need additional information, it has a clearly identified "How to reach us" section.

According to the website, the PDF version of the guide has a number of advantages: the table of contents gives you direct access to the individual articles; links in the text take you directly to additional information and the layout has been optimized for printing.

The main categories include: Health and Social Services, Home Help, Housing, Transportation, Justice, Tax Credits and other government programs, including Federal programs.

Check out the guide for information on the Tax Credit for



Home-Support Services for Seniors and other programs and services at [quebec.ca/en/family-and-support-for-individuals/seniors/](http://quebec.ca/en/family-and-support-for-individuals/seniors/).

## Online grocery shopping project

New Hope Senior Citizen's Centre, located in the heart of NDG, is presently recruiting volunteers and participants for their online grocery shopping pilot project. This project, developed in response to needs identified this winter, looks to pair a friendly computer savvy volunteer with a senior who may, for any number of reasons, have difficulty getting out to do their grocery shopping.

The volunteer will come to the home of the participant, with a laptop and a wifi key, to teach, support and accompany the participant in placing

an online grocery order.

The objectives of the program are to facilitate online shopping and to break isolation with a monthly friendly support visit from a dedicated volunteer.

If you are interested in knowing more about the program or in volunteering your time and knowledge, please contact **Evita** at **484-0425**.

from *Zelda Freitas and Stephanie Dupont*  
MADA Committee members

## Guide bilingue, d'information sur les programmes et services aux aînés

Saviez-vous que le gouvernement du Québec produit annuellement un guide bilingue, d'information sur les programmes et services aux aînés ?

Ce guide est disponible en ligne et peut facilement être téléchargé. Les informations dans le guide offrent un aperçu des services et programmes offerts aux aînés et est organisé pour vous aider à identifier ce

qui peut vous être utile. De plus, si vous avez besoin de plus amples renseignements, l'onglet « Nous joindre » est clairement indiqué.

Le site Internet du guide présente de nombreux avantages : une table des matières avec lien direct aux articles particuliers; les liens offrent un accès rapide aux informations supplémentaires et la mise en pages est op-

timisée pour l'impression.

Les sujets abordés sont : Santé et services sociaux, Aide à domicile, Habitation, Transport, Justice, Crédits d'impôt et rentes et autres programmes gouvernementaux, incluant des programmes et services du gouvernement du Canada.

Consultez le guide pour des informations en lien avec les crédits d'impôt et le maintien à domicile ainsi que de nombreux autres programmes et services : [quebec.ca/famille-et-soutien-aux-personnes/pour-les-aines/](http://quebec.ca/famille-et-soutien-aux-personnes/pour-les-aines/).

## Projet pilote d'épicerie en ligne

Le *Centre Espoir Nouveau*, situé au cœur de Notre-Dame-de-Grâce et desservant NDG et Montréal-Ouest est présentement à la recherche de bénévoles et participants pour leur projet-pilote d'épicerie en ligne. Ce projet, issu de préoccupations identifiées cet hiver, vise à jumeler un bénévole, connaissant en informatique, avec une personne âgée qui, pour toutes sortes de raisons, aurait de la difficulté à sortir pour faire ses courses.

Le bénévole viendra au domicile de la personne, avec un ordinateur portable et une clé Wi-Fi afin d'enseigner, soutenir et accompagner la

personne pour faire ses achats d'épicerie en ligne.

Les objectifs du programme sont de faciliter l'achat d'épicerie en ligne et de briser l'isolement avec une visite utile et amicale une fois par mois, par un bénévole dévoué.

Si vous êtes intéressé à contribuer de votre temps et votre expertise par le biais de bénévolat ou à être participant dans ce projet-pilote n'hésitez pas à communiquer avec **Evita** au **484-0425**.

de *Zelda Freitas and Stephanie Dupont*  
membres, Comité MADA



by Maurice Krystal

After decades on Westminster, Rhonda's dress shop closed in November. In its place is *ReFitMTL* run by **Jesse Whyte**. Jesse is the son-in-law of **Rhonda** and her husband, **Jacques**. For close to a year, Jesse was seeing clients in the office space above the store, but now he has a view of the street and his shingle, as it is, is now hung. Jesse Whyte is a certified Athletic Therapist who works with cancer patients at the Ville Marie Med (VMMed) in the Medical Arts Building downtown. Opening this practice in MoWest allows him to also work with non-cancer clients.

Born in Edmonton, his family came to Quebec when he was four. He grew up in Ormstown and moved to Montreal to continue his schooling. He completed his Bachelor's degree at Concordia in Athletic Therapy in 2008 and became the head therapist at the *National Circus School* (2009-13) as well as the *Cirque de Soleil* for a year. In 2013-2015 he worked at the *Mansfield Athletic Club* training and practising athletic therapy at the club's in-house clinic. At the same time Jesse started at Ville Marie. There he works with cancer patients preparing for treatment (surgery, chemo and radiology therapy). He also guides them through life style changes to get them back to work.

While he was studying at Champlain CEGEP, he specialized in computer science. He got hurt while playing for the school rugby team. Jesse was taken with the process of discovering what went wrong in his body and how to solve the problem. It was like working on an intricate puzzle. In Concordia, he switched to the health domain. While in university his dream was to be a trainer for a professional sports team like the *Canadiens* or the *Alouettes*. In fact he did spend a brief stint on the medical staff at the Alouettes' training camp at St. Jean in 2008.

The new space consists of two rooms: a gym area for classes for different age groups and purposes: Kids – to have fun and play games while improving balance and coordination; Active adults – to become more robust no matter what their sport; Seniors – for older participants wanting to stay or get active; Cancer rehabilitation – for those who are currently going through or have completed cancer treatments. The room in back is for quiet treatment sessions, where the emphasis is on posture re-education and building core strength as well as for manual therapy sessions that involve messages for muscle releases and the mobilization of joints. Patients come for a variety of reasons, but mainly because they suffered injury during work or sport.

The first time Jesse sees a patient he assesses which structures are involved in their injury. Then over the course of the session and follow up sessions, he works together with the patient to decrease the level of pain



## Jesse Whyte: Encouraging patients to be active in own rehab

and build up strength to protect the affected area. The process of building up strength serves as an educational component that teaches the patient about themselves, their body, how it works and how to improve the way he uses it.

The location on Westminster for Jesse is ideal. It is just about 1 km from where he lives in CSL near Edinburgh School with his wife **Michele**, who is the Director of GenMTL Philanthropy at *Federation CJA*

(*Combined Jewish Appeal*) and their son **Jonah** (9) and daughter **Kate** (7).

Appointments are arranged on an on call basis.

### **ReFitMTL**

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## Chris Lyons

### McGill's Rare Book Collection



McGill librarian Chris Lyons



Our speaker on February 20 was McGill librarian **Chris Lyons** who joined McGill in 2004. In 2017 he became head of rare books and special collections. This said McGill and *Rotary* have something in common as organisms that both serve the world. His passion is history and he says he has the keys to Fort Knox and he likes leaving the doors open. This said he likes going into the community and showing people what we have. McGill will be celebrating its 200<sup>th</sup> anniversary in 2021. This brought us a three hour power point presentation that he cut to accommodate our 20-minute presentation. The first book he talked about was **John James'** *Audubon Birds of America* a book noted for its detailed illustrations and printed between 1827-1839. The pages are large 39 x 26 inches. Older books are more durable than we think. It is not necessary to wear gloves when we handle them. McGill raised \$1000 in 1860 to buy the book and one was sold at auction last year for \$12.5 million.

The cost of rare books have skyrocketed the last few years. Chris said Dr. **Gerhard Lomer** started the rare book collection at McGill and they have a Summerian tablet from 2000 BC.

He talked next about Sir **William Osler** and, because he did not play hockey, is not well known, but the library of the history of medicine is named after him and he did donate many rare books to his library. The two mentioned were *Die Humani Corers Fabrica* written in 1543 by **Andreas Versalius** that Osler found in a book store in England and paid 10 pounds. The other book was *De*

*Revolutionibus Orbium Coelestium* published in 1539 by Copernicus and fetched \$2.5 million the last time a copy was auctioned.

They have more than books, they have a collection of old glass eyes, the diary from Lincoln's doctor, **Jean Drapeau's** copy of the *Malouf Commission Report* with notes from Drapeau. Chris had to cut his talk off but did say that their latest exhibition is called Bridge Design and History.

*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](mailto:KMontgomery@Assante.com) if you would like to participate in this event.

*from Doug Yeats*





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### Mini outdoor soccer

Starts: Saturday, May 9  
(weather/field permitting)  
Born 2017 (3 years old) 8 am  
Born 2016 (4 years old) 9 am  
**Micro soccer:** born 2014 and 2015  
(5-6 years old)  
Early bird: \$65 (R) / \$85 (NR)

### Boys' and girls' regular outdoor soccer

Starts: Saturday, May 9  
(weather/field permitting)  
Born 2013 + Ages 7-15 (2 x week)  
Registration closes April 16.

### Mandatory soccer evaluations

*Soccerplex Catalogna*  
April 18 (girls) and April 19 (boys)  
Early bird: \$115 (R) / \$135 (NR)

### 18+ Outdoor soccer

Supervised by **Greg Macgregor**, 1 x week  
Women: Mondays, 7:30 pm  
Men: Thursdays, 7 pm  
Early bird: \$90 (R) \$110 (NR)

### Rugby

Ages U6-U12 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  
Starts: Thursday, May 7  
\$115 (R) \$ 135 (NR)

### Mini baseball

Introduction to the game of baseball through games and fun drills coached by *Sportball* instructors

Ages 3-4: 5 pm  
Ages 5-6: 6 pm  
Ages 7-8: 7 pm  
6 weeks, 1 x week  
Early bird: \$125 (R) \$ 145 (NR)

### NEW: Basketball

**Special introductory price: \$20**  
Tuesdays, Elizabeth Ballantyne gym  
6-10 years old: 6:30-7:30 / 7:30-8:30 pm  
Royal West Academy  
11-14 years old: 6:30-7:30 pm  
15+: 7:30-8:30 pm



Midget A Royal Knights – who finished first in the EHL league for the 2019-2020 season. Head coach Ronny Steinberg.

### 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 try-outs, beginning March 30 indoors at Royal West Academy; program will be run by Concordia baseball coaches and players.

Home and away games on various days  
Open to MoWest residents only.  
Ages 9+, cost: \$225

### Gymnastics

Spring session: April 6-June 8  
Mondays, Elizabeth Ballantyne gym  
3½-5 years old: 5:45-6:30 pm  
6-10 years old: 6:30-7:30 pm  
\$125 (R) \$145 (NR)

### MWH hockey news

Our youngest players, the Future Stars finished their season with an end of year party on March 15 at Legion Rink. There were cupcakes, pizza and medals for everyone. They ended the season with some half ice games and a parent player matches. We look forward to seeing everyone back on the ice soon.

### Single letter hockey

The 2019-10 season has been another huge success for MWH hockey.  
We are extremely proud to announce that

our Midget A Royal Knights led by head **Ronny Steinberg** finished **FIRST PLACE** in the league.

We also are proud to announce that we have three teams attending the Lac St. Louis Regional Championships. Congratulations to the Midget A Royal Knights, the MG B Royal Knights and the PWA Knights and good luck in your playoffs and at the regionals.

### Double letter hockey

The WestLuc Kings, our elite double letter teams, continue to be a force within the region with our Peeewe BB team finishing #2 in the league!

The Bantam and Atom AA had a challenging season, but both teams are excited heading into playoffs.

Good luck to all our teams in the playoffs!

### IMPORTANT DATES

#### March

Mon 30 Mudhens' baseball registration closes and tryout begin.

#### April

Wed 1 Referees' clinic. RWA. 6:30 pm  
Sat 18 Soccer evaluations U8 to U12 (girls). *Soccerplex Catalogna*. 1-5 pm.

Sun 19 Soccer evaluations U8 – U12 (boys). *Soccerplex Catalogna*. 9 am-2 pm.

Mon 20 Soccer coaches' clinic. RWA. 6:30 pm.

Sat 25 Mudhens' baseball coaches' clinic (Legion Rink)

#### May

Wed 6/7 Soccer and baseball uniform pick up. Legion Rink. 5-7 pm.  
Tue 19 Beginning of soccer (weather permitting)

## SPRING REGISTRATION is now OPEN!

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

Early bird March 1-31.

## Elizabeth Ballantyne School

### Skate-A-Thon

Elizabeth Ballantyne School and the Children's Library keep the *Skate-A-Thon* tradition alive. In order to participate in this wonderful fundraising initiative, the students have been practising their skating since December and the event took place on February 28.

All the funds raised by the students (\$2,397) will go toward the purchase of new books for their library.

A big thank you for everyone who took part in the organization and implementation of this year's *Skate-a-Thon*: **M. Sté-*phane Fortin***, the librarians and the volunteers. Way to go!

### Pink Shirt Day

On February 26, students and staff members wore pink T-shirts to show our support for National Anti-Bullying Day.

Bullying and cyber-bullying can be a major problem in schools, homes and workplaces. Staff members and students are committed to showing that we care for everyone who may be dealing with this and that they are not alone.

Wearing a pink shirt on this day allows people to open up and start a conversation, a step in the right direction towards healing and seeking help. At EBS, we continually reinforce our core values: reminding students that being kind and respectful towards others makes us better world citizens.

### Black history

Throughout February, EBS has been celebrating Black History Month. Students have been working on projects, learning and reading about inspirational black men and women who have played an important role in our society.



Pink Girls from Room 7

The hallways were decorated with creations inspired by black artists – the grade 3 students in room 14 filled their walls with projects that they researched and presented to the class.

The grade 6 students in room 9 wrote and shared raps, poems and songs about black leaders who inspire them every day.

We ended the month with an assembly where Ms. **Roen Higgins**, one of our behaviour technicians, spoke to the students about the origin and importance of Black History Month. She talked about the struggles of people who experience discrimination for any reason – religion, skin colour, etc. Her essential message was pressed home to staff members and students alike – we need to respect and be kind to everyone. She ended the assembly by reciting a poem that she had written and which sent shivers up our spines.

In the words of Martin Luther King, “The time is always right to do what is right.”

### Fun at Plein Air Lanaudia

Grades 5 and 6 students participated in their annual winter trip (February 12-14) to *Plein Air Lanaudia* in Saint-Côme.

They spent three days and two nights participating in various outdoor and indoor activities such as tubing, snowshoeing, survival in the woods, archery, mountain climbing and so much more.

This memorable experience provides the opportunity for to enjoy nature, participate in challenging and fun activities, immerse themselves in a French environment and create bonds with their peers. This trip has been a long time EBS tradition – staff members have always understood that learning does not only occur in the confines of a classroom!



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## YOU ASKED FOR IT

In my last *Council Communiqué* article I mentioned that the Recreation Department is always open to new programming ideas. And this year several new programs have been introduced specifically at the request of residents. Here are some of the highlights.

### Day camp additions

Three years ago, after several parental requests, our day camp started a week-long “ballet stream” pilot project. Budding ballerinas got two hours of dance instruction with Miss Shirley and then spent the rest of the day with our regular group activities. The pilot was such a success that the ballet stream has become part of our regular programming. Totally new at the camp this year will be an extended care program dedicated to **STEM** (Science, Technology, Engineering, Math) program-

ming for kids who want exercise their brains along with their bodies.

### Pool programming

After a successful trial last summer, the pool will be offering a beginner **water polo** program. This activity will run three days a week for ages 10 and under. Also new will be an “**Artistic Swimming**” program (aka: synchronised swimming). In this nine-week program, qualified coaches will teach the basics of this fun and challenging team sport. Our popular **diving**

**lessons** are another example of programming initiated by residents. We now have three different levels for beginner to advanced divers with weekly competitions on Sunday mornings.

Any ideas for new programming or events? We look forward to hearing from you!

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



## THE SCOOP ON SNOW REMOVAL

On an early February morning, after a heavy snow fall, I sat and watched the snow clearing crew remove snow from my street. That day we had received about 40 cms, adding to that challenge was the snow pushed into the street by private contractors. I saw the grader equipment pass by once, pushing the snow off the road to one side. It passed two more times, before the snow blower came along and blew the large pile into a line of waiting trucks. That day there was so much snow it took three full trucks just to clear off a small section of the street.

The crew had to be particularly efficient that day because, not only had we had a major snow fall, we were expecting another 15 cm the next day. You might wonder why we were clearing the current accumulation if we were expecting more snow shortly. The answer is very simple; it's done to maintain safe car and pedestrian circulation, two of the Town's priorities. Furthermore, large and heavy amounts of snow can damage our removal equipment.

That day in February, a couple of streets were used as “snow corridors”, designated by orange no parking signs. Parking (including permit parking) is prohibited on these streets to allow easier and safer circulation for the large equipment and trucks hauling snow to the dump behind the Public Works building. Did you know that during a snow removal operation there are 300 to 400 truckloads of snow transported to the dump in a 12 hour shift? It takes an average of 5 minutes to drive from where the snow is collected to the dump, traffic and train permitting. Delays caused by parked cars on the street can add hours to the operation and thousands of dollars to our annual budget.

One question we are often asked is why we don't blow more snow onto private lawns and parks instead of hauling it to the

dump. There are a few reasons for this, principally that there is no significant savings in doing so. Under normal operations, the snow blower drives alongside a convoy of trucks, and as one truck is filled another immediately replaces it. The pace of the trucks is steady and efficient. Whereas, when the blower targets green areas, the operator must constantly switch the chute back to a waiting truck every time he encounters a pathway, driveway, hydrant, small tree, hydro or light pole. And each time the chute is adjusted there is a delay, which adds time and money to the operation.

Finally, now that it's March, let's celebrate the fact that most (if not all) of our snow removal operations are behind us. It won't be long before we see Public Works patching damaged green spaces and filling pot holes. And that means that spring is truly here!!

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





# communiqué du CONSEIL



## VOUS L'AVEZ DEMANDÉ

Dans mon dernier *Communiqué*, j'ai mentionné que le département des loisirs est toujours ouvert aux nouvelles idées de programmation. Et cette année, plusieurs nouveaux programmes ont été ajoutés spécifiquement à la demande des résidents. Voici quelques-uns des points saillants.

### Nouveautés du camp de jour

Il y a trois ans, après plusieurs demandes de parents, notre camp de jour a offert une option ballet comme projet pilote d'une semaine. Les ballerines en herbe ont reçu deux heures de cours de danse avec Mlle Shirley et ont ensuite profité de nos activités de groupe habituelles le reste de la journée. Le projet pilote a connu un tel succès que l'option ballet est devenue partie intégrante de notre programmation régulière. Nouveauté cette année, le camp proposera un programme d'heures prolongées consacré aux disciplines **STIM** (science, technologie, ingénierie, mathéma-

tiques) pour les enfants qui veulent faire travailler leur cerveau ainsi que leur corps.

### Activités aquatiques

Après un essai réussi l'été dernier, la piscine proposera dorénavant un programme de **waterpolo** pour débutants. Cette activité se déroulera trois jours par semaine pour les enfants de 10 ans et moins. Une autre nouveauté cet été sera le programme de **natation artistique**. Lors de ce programme de neuf semaines, des entraîneurs qualifiés enseigneront les bases de ce sport d'équipe amusant et stimulant. Nos populaires **cours de**

**plongeon** sont un autre exemple de programme initié par les résidents. Nous avons maintenant trois niveaux différents pour les plongeurs débutants à avancés avec des compétitions hebdomadaires le dimanche matin.

Vous avez des idées pour de nouveaux programmes ou événements ? Il nous fera plaisir de vous entendre !

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

## MIEUX COMPRENDRE LES OPÉRATIONS DE DÉNEIGEMENT



Un matin de février, après une forte chute de neige, je suis restée assise à regarder l'équipe de déneigement déneiger ma rue. Ce jour-là, nous avons reçu environ 40 cm, en plus de la neige poussée dans la rue par des entrepreneurs privés. J'ai vu passer une fois la grappe à neige, poussant la neige sur un côté de la rue. Il a fallu qu'elle passe encore deux autres fois, avant que la souffleuse souffle le tas de neige dans une file de camions de transport. Il y avait tellement de neige ce jour-là qu'il a fallu trois camions pleins pour déneiger une petite section de la rue.

L'équipe devait être très efficace, car non seulement nous avons reçu une chute de neige importante, mais nous attendions 15 autres cm le lendemain. Vous vous demandez peut-être pourquoi nous procédons au déneigement lorsque nous attendons une nouvelle chute de neige dans un avenir aussi proche. La réponse est très simple : il s'agit d'assurer la sécurité des piétons et des automobilistes, deux des priorités de la Ville. De plus, de grandes et lourdes quantités de neige peuvent endommager notre équipement de déneigement.

Ce jour-là, en février, quelques rues ont été utilisées comme « corridors de neige », identifiés par des panneaux orange interdisant le stationnement. Le stationnement (y compris le stationnement avec permis) est alors interdit dans ces rues afin de permettre une circulation plus facile et plus sécuritaire pour les gros équipements et les camions transportant la neige vers le dépôt situé derrière le garage municipal. Saviez-vous que lors d'une opération de déneigement, 300 à 400 chargements de neige sont transportés au dépôt à neige par quart de travail de 12 heures ? Il faut compter en moyenne 5 minutes pour se rendre de l'endroit où la neige est chargée jusqu'au dépôt, sans compter les retards possibles causés par la circulation et le train. Les retards causés par les voitures garées dans la rue peuvent ajouter des heures à l'opération et des milliers de dollars à notre budget annuel.

On nous demande souvent pourquoi nous ne soufflons pas plus de neige sur les terrains privés et les parcs au lieu de la transporter jusqu'au dépôt. Il y a plusieurs raisons à cela, principalement le fait que cela ne permet pas de réaliser des économies importantes. Lors d'opérations de déneigement habituelles, la souffleuse à neige roule le long d'un convoi de camions, et lorsqu'un camion est rempli, un autre le remplace immédiatement. Le rythme des camions est régulier et efficace. Lorsque la souffleuse cible des espaces verts, l'opérateur doit constamment replacer la chute vers un camion en attente lorsqu'il rencontre un sentier, une allée, une borne-fontaine, un petit arbre, un poteau électrique ou un lampadaire. L'ajustement de la chute amène un retard qui ajoute du temps et de l'argent à l'opération.

Enfin, maintenant que nous sommes en mars, célébrons le fait que la plupart (sinon la totalité) de nos opérations de déneigement sont derrière nous. Dans peu de temps, nous verrons le Service des travaux publics réparer les espaces verts endommagés et remplir les nids de poule. Cela signifie que le printemps est vraiment arrivé !

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

# Transported into space for an evening



When **Brian Ewenson** was four years old, he and his twin brother travelled from their family home in LaSalle to the Kennedy Space Centre in Florida; this family trip ignited a lifelong passion for space travel. And while his brother went on to become an *Air Canada* pilot, Brian, who was always competitive with his twin, jokes that he wanted to “fly higher, faster, be on time and never lose the luggage,” which is why he wanted to work for *NASA*.

On March 10 at Edinburgh Elementary, Ewenson, an aerospace engineer and former astronaut trainer with the *Canadian Space Agency* and *NASA*, spoke to the Beavers, Cubs, Scouts, Rovers and their families and regaled them with stories of life at *NASA* and in space. He told the youngsters that for many astronauts, some of the first badges they earn are in organizations like Scouts and Guides. He is a certified Boy Scouts of America Badge Counsellor for Space Exploration and Astronomy in his current home of Wisconsin.

## What are astronauts?

He described astronauts as being “specialized generalists” – their combination of knowledge about many different subject areas such as history, earth science, geography, technology, engineering, biology and math help equip them with problem-solving skills. Having a few languages under your belt doesn’t hurt either, as the language of a mission will be based on the nationality of whoever is commander at the time (the last mission’s commander was Italian). Ewenson speaks English, French, Italian, Spanish and is attempting to learn Russian.



Aerospace engineer and former astronaut trainer (and LaSalle native) Brian Ewenson demonstrates the use of a special space glove to Beavers, Cubs, Scouts, Rovers and parents

He noted that after becoming an astronaut, one has to do seven more years of training before actually going into space.

## Canada’s role

Ewenson talked about Canada’s role in the space program and how our contribution of the Canadarm robotic arm was critical to becoming part of the space program. “The Canadarm3 is being constructed right now in St. Anne de Bellevue” and will ultimately be on the space station that will orbit the moon in approximately 2024. Astronauts will train on the moon, and the world will see the first woman walk on the moon at that time. Time spent on the moon will help astronauts prepare for eventually going to Mars, currently scheduled for 2035.

## Challenges of life in space

During his presentation, Ewenson talked about the challenges of life in space, starting with the launch aboard the tiny Russian *Soyuz* space capsule that has been the only way to get to the International Space Station in recent years.

He then held up an adult diaper used by astronauts (called a Disposable Absorption Contaminant Trunk or DACT – one of 23,000 acronyms that astronauts need to learn in their training!) when they are on the *Soyuz*, that was met with many chuckles by young and old alike in the audience.

He also recounted the challenges of toileting on the zero-gravity International Space Station, not to mention the physical challenges met by astronauts when they return to earth after a long spell of zero gravity. Real samples of toothpaste-tube borscht served on the *Soyuz* capsule, “astronaut sippy cups,” an astronaut pillow and sleeping bag rounded out the presentation and gave everyone present a sense of life on board a space station.

When he showed a photo of Montreal taken from 325 km above earth, young audience members were able to identify the island they call home, along with its major landmarks such as Mount Royal and the Lachine rapids.

At the end of the presentation, questions were asked by young audience members who were eager to find out more about life in space and particularly what happens if you get trapped in a black hole! Kids and parents alike were fascinated by Ewenson’s tales of space exploration and enjoyed being transported into space for an evening.



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## Guiding



### Sparks

The Sparks were busy this month finishing their Being Well badges. They learned a bit about mental health and the importance of support from good friends and family and loved the activity of creating their very own "Hug Scarf." They all traced their hands at the ends of a long swatch of fabric and designed the scarf themselves. They all went home with a hug they could give to anyone they wanted.

### Thinking Day

February 22 is an important day in the Guiding and Scouting communities. It represents the birthdays of Lord and Lady Baden-Powell. Lord Baden-Powell founded Guiding in England 110 years ago. Every year in late February, we celebrate the international Guiding community which is active in 150 countries with over 10 million girls and women as members. This year the theme for Thinking Day was Living Threads. A single thread is not very strong, and can easily break. When many threads are woven together, it becomes much stronger. Guiding is much like a living thread. Each indi-

vidual is unique and valuable. When we come together, or are woven together with one objective, we are stronger and can enact change. To help the Sparks and Guides understand this concept, games of team building and problem-solving were played. The older girls held discussions on the concepts of diversity, inclusion and equity as well. At the end of the meetings, all the girls had a bracelet which represented their uniqueness and the strength in their joint efforts.

### Brownies

This past month the Brownies have been continuing with the Japan Olympia challenge, celebrating Guiding's international connections and including our families in our activities. We tried origami and making our own karuta card games. We learned about space frame construction by building with straws. Clara and her mom taught us an Israeli dance. **Alex** and **Emma's** moms helped us with our Paper Bag Princess meeting. We went on an Olympic torch walk around the neighbourhood with the Spark's and, along the way, stopped at the homes of four Brownies looking for some of Brown Owl's "lost" treasures from her



Guides with their three-D art creations

travels around the world. Our walk ended at Brown Owl's house where we returned her treasures and, at the following meeting, she told us the stories of her travels.

### Guides

The Guides have also been encouraging the girls to explore their inner artist. They gave the girls an opportunity to pick pieces of paper out of a jar. With the words written on the papers,

the girls created a unique drawing, depicting the joint words. The girls had a chance to express themselves through three dimensional artwork – with the help of tissue paper. The final creations were done through the girls arranging tape on a piece of paper and then painting within the sections. Once the paint was dry, the girls removed the tape to reveal stained glassed like artwork. At the end of the meeting, their parents were invited to the vernissage. The parents were most impressed with the creations.

### Cookies!

The traditional Girl Guide cookies arrive March 20. These are the boxes contain one row of vanilla sandwich cookies and one of chocolate. Still available for \$5 each. There is a very limited supply of mint cookies available as well.

When you purchase a box of Girl Guide cookies, you are supporting an amazing international organization which empowers girls and young women to become the best they can possibly be. If you want to purchase a box of cookies, but do not know of anyone in Guiding, please feel free to contact the provincial office at **933-5839**; they will put you in touch with a Guiding unit near your home.

Sparks and Brownies together after they hiked in the community looking for Brown Owl's lost treasures



## Call for applications

### Planning Advisory Committee

The Town is looking for residents interested in participating on the Planning Advisory Committee (PAC). PAC reviews and makes recommendations to Council on requests related to urban planning and development including site planning and architectural integration programs, minor exemptions, zoning amendments and periodic urban planning and building by-law review. This committee holds meetings twice a month on Wednesdays at 6:30 pm and, occasionally, holds extra meetings. The Committee has seven regular and four alternate members, with renewable two-year terms.

Candidates for this position should:

- be a resident of Montreal West;
- be bilingual;
- be available for evening meetings;
- have expertise, training or an interest in urban planning, architecture, engineering, development, heritage, construction or landscape design.

Vacant position: alternate member

To apply for this volunteer position, please send your résumé and a cover letter explaining your reasons for applying to:

**Vlad Florea-Archir**

Urban Planning Manager /  
Building Inspector

[vflorearchir@montreal-west.ca](mailto:vflorearchir@montreal-west.ca)

**Deadline to apply: April 24**

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

## NATIONAL VOLUNTEER WEEK

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## Council meeting: February

by Carol Foster



The planned merger of police stations 11 in Notre-Dame-de-Grâce and 9 was the topic of Mayor Masella's report. His first reaction was one of approval because of the possibility of improved services. He then learned that some of his colleagues had reservations about this plan and he intends to attend the information session that is being organized.

As there were no questions during the first question period, the meeting moved on to another item on the agenda which involved news from the Urban Planning Department. Following the usual list of permits approved, put on hold, or denied by PAC, it was announced that a review of a number of the Town's bylaws has been completed. The first draft of a bylaw consolidating the zoning bylaw of the Town and modifying various other provisions has been approved and is now subject to public consultation at a meeting to be held on March 12 at 7 pm at the Town Hall. A complete document of the proposed amendments and corrections was distributed at the beginning of the meeting. The information included such things as an update to regulations around private swimming pools, signage, patios and garden sheds as well as modifications to the size of driveways.

A second draft bylaw, amending the current urban planning program enacted in one of the bylaws, was also passed. This revision was to assign a new floor area ratio to six existing lots. This amendment will also be included in the public consultation meeting.

### Councillors' reports

Property tax bills, the year-end audit and income tax reporting are all activities occupying the staff in the Town Hall. Councillor Feeney's report included the usual update on the Town's budget expenditures during the past month. Of the \$1.1 million spent, 25% went to deductions at source. Other big items included over \$180,000 spent on snow removal and deicing. Bills were paid for the recent work done on Percival, the purchase of a new sidewalk tractor and the replacement of some lighting in the north end of the Town.

The Urban Planning Committee concentrated on amendments to the bylaws and MADA has received a \$12,000 grant to assist with more public consultations in the spring and publications.

The Public Works staff dealt with clearing the recent 80 cm of snow, as well as removing all the discarded Christmas trees, maintaining the ice rinks and replacing some street lights which were deemed to be

too bright.

The staff has also been filling some of the potholes that are beginning to appear and ask that residents report others requiring attention.

Councillor Mazzone reported that 170 parking tickets were handed out by the PSOs, as well as 160 notices to residents near the entrance of the golf course regarding the planned *Hydro-Québec* power outages due to maintenance of the area around the power lines.

Councillor Mazzone warned that the no parking indicators on a street must be respected during a snow removal process even if the street has already been cleared. These signs have not been forgotten but rather are meant to stay in place on designated snow corridors to allow room for trucks carrying the snow to the removal sites. He pointed out that there is a fine of \$153 for ignoring these no parking signs.

There was a serious accident involving a car which went airborne and crashed into the front of a house near the intersection of Fielding and Brock North. Considerable damage was done to the building but three children who had been playing in the yard were thankfully not harmed. This intersection is considered dangerous and measures will be taken to try and make it safer.

### Second question period

One resident was concerned about this accident report and wondered what precautions could be taken. She suggested that perhaps deterrents such as a metal barrier or a cement post would offer protection. Councillor Mazzone assured her that safety at that intersection will be looked into but, in his opinion, speeding and disregard for stop signs by drivers is a very big problem in the Town which barriers will not address.

The final question came from an Easton resident who wanted to know what prompted the amendment to the size of floor area ratios. The Mayor replied that it was just an adjustment between the French and the English wording in the bylaw and Councillor Feeney added that all questions such as these will be covered in the consultation meeting in March.

The meeting was then adjourned.

### Catherine Eustace

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## Réunions du Conseil : février



par Carol Foster  
traduction par René Boucher

Le projet de fusion des postes de quartier 11 de Notre-Dame-de-Grâce et 9 dans Côte Saint-Luc était le sujet du rapport du maire. Sa première réaction avait été positive en raison de la possibilité d'amélioration de services. Il a ensuite appris que certains de ses collègues exprimaient des réserves quant à ce plan et il a l'intention d'assister à la séance d'information à venir.

La première période de questions n'ayant généré aucune question, la réunion s'est poursuivie avec un point relié au service de l'Urbanisme. Après la liste des permis accordés, en suspens ou refusés par le CCU, on a annoncé avoir terminé la révision de certains règlements municipaux. Le premier jet d'un règlement refondant le règlement de zonage de la Ville et modifiant quelques autres dispositions a été approuvé et est maintenant sujet à consultation publique lors d'une rencontre qui se tiendra le 12 mars à 19 h à l'hôtel de ville. Un document complet des amendements et corrections proposés avait été distribué au début de la réunion, contenant une mise à jour de la réglementation concernant les piscines, la signalisation, les terrasses et les remises de jardin ainsi que des amendements aux dimensions des voies d'accès pour autos.

Un deuxième projet de règlement modifiant le programme actuel d'urbanisme promulgué dans un des règlements a aussi été déposé, visant à attribuer un nouveau rapport de somme des surfaces de plancher à six terrains existants. Cet amendement sera aussi inclus lors de la séance de consultation publique.

### Rapports des membres du Conseil

Les comptes d'impôt foncier, l'audit de fin d'année et les rapports déclarations de revenus font partie des activités occupant le personnel de la Mairie. Le rapport de la conseillère Feeney comprenait la mise à jour habituelle des dépenses budgétaires de la Ville pour le mois précédent. Les retenues à la source ont accaparé 25 % des 1,1 M\$ déboursés. D'autres grosses dépenses incluaient plus de 180 000 \$ pour le déneigement et le sel de déglaceage. Des factures ont été payées pour les travaux récents sur Percival, l'achat d'un nouveau tracteur de trottoir et le remplacement d'éclairage dans le nord de la ville.

Le Comité consultatif d'urbanisme s'est concentré sur les amendements à des règlements et MADA a reçu un octroi de 12 000 \$ pour d'autres consultations publiques et des publications ce printemps.

Le personnel des Travaux publics s'est affairé à l'enlèvement des récents 80 cm de neige et des arbres de Noël mis de côté, à l'entretien des patinoires et au remplacement d'éclairage de rue jugé trop éclatant.

On a aussi bouché des nids-de-poule qui commencent à apparaître et demandé aux citoyens de rapporter ceux qui nécessitent de l'attention.

Le conseiller **Mazzone** a rapporté que les ASP ont dressé quelque 170 contraventions et remis 160 avis aux résidents près de l'entrée du terrain de golf, concernant les coupures de courant planifiées par *Hydro-Québec* pour de l'entretien dans le secteur des lignes à haute tension.

Le conseiller **Mazzone** a prévenu que l'on doit respecter les panneaux d'interdiction de stationner pendant les opérations de déneigement, même après que la rue a été déblayée. Ces panneaux n'ont pas été oubliés, mais doivent rester en place dans les « corridors de neige » pour permettre le passage des camions transportant la neige vers le site de neige usée. Il a fait remarquer que l'amende pour non-respect de ces affiches se chiffre à 153 \$.

Un grave accident impliquant une voiture qui s'est envolée et a percuté la façade d'une maison est survenu près de l'intersection de Fielding et Brock Nord. La bâtisse a subi des dommages considérables, mais les trois enfants qui jouaient dans le terrain n'ont heureusement pas été blessés. Cette intersection est considérée comme dangereuse et des mesures seront entreprises pour tenter de la rendre plus sécuritaire.

### Deuxième période de questions

Une citoyenne préoccupée par le rapport de l'accident susmentionné se demandait quelles précautions pourraient être prises. Elle a suggéré que des moyens de dissuasion comme une barrière métallique ou des piliers de béton pourraient faire l'affaire. Le conseiller **Mazzone** l'a assurée que la sécurité à cette intersection sera étudiée, mais selon lui, la vitesse et le non-respect des arrêts obligatoires par les automobilistes représentent un problème majeur dans la ville, que des barrières ne régleront pas.

La dernière question est venue d'un résident de l'avenue Easton qui voulait savoir ce qui a amené l'amendement du rapport de somme des surfaces de plancher. Le maire a indiqué qu'il s'agissait en fait d'un ajustement entre la formulation des versions française et anglaise du règlement et la conseillère Feeney a ajouté que toutes ces questions trouveront réponse lors de la réunion de consultation en mars.

Sur ce, la séance était levée.

## Appels de candidatures

### Comité Consultation D'urbanisme

La Ville de Montréal-Ouest recherche des résidents souhaitant siéger au Comité consultatif d'urbanisme (CCU). Le CCU étudie des demandes relatives à l'urbanisme et à l'aménagement, incluant les Plans d'implantation et d'intégration architecturale, les dérogations mineures, les amendements de zonage et la révision périodique des règlements d'urbanisme et de construction et fait ses recommandations au Conseil. Ce comité se réunit deux fois par mois, les mercredis à 18 h 30 et occasionnellement, plus souvent. Le comité se compose de sept membres ordinaires et de quatre remplaçants, avec des mandats renouvelables de deux ans.

Les candidats à ce poste doivent

- résider à Montréal-Ouest;
- être bilingues;
- être libres pour des rencontres en soirée;
- avoir de l'expertise, de la formation, ou un intérêt en urbanisme, architecture, génie, aménagement, patrimoine, construction ou architecture paysagère.

Poste vacant : membre remplaçant

Pour vous porter candidat à ce poste bénévole, transmettez votre curriculum vitae et une lettre de présentation énonçant les raisons de votre candidature à :

**Vlad Florea-Archir**

Responsable de l'urbanisme / Inspecteur en bâtiment

[vfloreaarchir@montreal-west.ca](mailto:vfloreaarchir@montreal-west.ca)

**Date limite pour postuler : Le 24 avril**

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



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## News from the pews

### St Philip's

Holy Week and Easter are upon us. We will be following the pattern of worship established for the past few years, with only one change. On Palm Sunday, April 5, the 10 am service will be the usual Procession and Eucharist, except that the choir will chant the St. Matthew Passion, in place of the customary dramatic reading.

Wednesday evening, April 8, the choir will lead Tenebrae at 7:30 pm. This stark yet beautiful service of readings, responses and Gregorian chant takes place in near-darkness, and is an extended meditation on the Passion, and attendees can join in or simply sit and soak it all in.

Maundy Thursday, April 9, we join with St Thomas' Church on Somerled at 6 pm for a pot-luck commemoration of the Last Supper, with Communion.

Our traditional Good Friday service takes place at noon April 10, and **Peter Butler** and the choir are preparing some special music for meditation before the Cross.

Easter Sunday, April 12, sees our usual services at 8 am and 10 am, with special music at 10.

Easter Eve (April 11) at 7 pm marks the official launch of our new ministry for children and families. Weather permitting, we will gather in front of the church for the lighting of the New Fire and then bring the light into the dark church, where we will have interactive readings, songs and maybe a craft, before proclaiming "Christ is risen!" with bells.

Our spring fair will return on Saturday, May 9, starting at 9 am. The bake table will have all sorts of home-baked cakes, cookies, squares, breads, muffins and other goodies. We will have the usual broad selection of books and music. Artisans and craftspersons will be selling their artwork, jewellery, knitwear, soaps, and much more. Outside on the lawn you will be able to find just about anything at the community yard sale, and **Fr. Jim** will be cooking up hot dogs. If you would like to rent a yard sale table, we have plenty of space available; please call the church office at **481-4871** to reserve. It's the perfect way to clean out your attic, basement or garage, and get some cash at the same time.

### MW United

*...the brick one*

#### Still searching, musically speaking

Our quest for a music director continues. In the meantime however, we have the dynamic duo of **Samantha Borgal** – our soprano lead – directing the choir, with **Owen Spicer** – a McGill organ student – accompanying us. We are having a great time with them both and singing is always improved by smiling. So our Palm Sunday tradition continues with the choir presenting Word and Song on April 5 at 10 am. Easter will also have musical highlights.

#### Walking the Labyrinth continues

Our coming Labyrinth walks are planned for Tuesday, March 31 between 7 and 9 pm, and Sunday, April 26 between 2 and 4. Whether you are celebrating spring, anticipating Easter, Passover, Ramadan or nothing in particular, this individual walking meditation may hold something for you besides the peace that comes from following the single meandering pathway in and then out of the big circle. No cost, no experience necessary, but please plan to walk in socks or slippers.

#### Good Friday—why bother?

Our Good Friday service 7 pm April 10 is one of the richest services of the year. The music and the message of this date dig deep

to lend understanding to the events of this day when things were at their darkest. Life has many dark moments so there is much to be gained by delving into the Good Friday message. Supporting each other in dark times matters.

#### Easter bounty

Sunday April 12 will be bursting with blossoms, extravagant with enthusiasm, miraculous with message and music – you get the picture. After all, our belief is based on the joy that is epitomized by Easter. Come see for yourself.

#### Book Browse Plus – Heads up

Time to start divesting your shelves of those extra books, CDs, DVDs, records, games, etc. as the Book Browse will be Saturday, May 2. You can leave boxes and bags of books, etc. inside the church doors any weekday and they will be stored until the day. All donations gratefully received and happily recycled.

Worship is Sundays at 10 am with Rev. **Mark Hammond**. **Merrie Hammond** leads the Sunday school, and the rest of us join in to welcome all who come. Join us at the Brick one...

*from Susan Upham*



*Catherine Gardner*

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## Bibliothèque publique

### Some notes from our events

February 20 the library hosted Housing: *Finding the Best Fit*, part of the lecture series entitled *Caring for Aging Family Members*. People came to listen to **Bonnie Sandler**, a graduate of the McGill University School of Social Work and a licensed Residential Real Estate Broker in Montreal, speak on housing for seniors. Bonnie shared her knowledge of the different types of public and private housing options for seniors with different care needs.

The cookbook club come together to discuss recipes, meals and cookbook authors. We kicked off the season with discussing our favourite cookbooks, moved in to Thai cooking and then *Joe Beef* cookbooks.

In December, we even had **Fred Morin** visit us to discuss, well, almost everything! In January, we had a visit from **Sandra Grant, R.D., P.Dt, Registered Nutritionist** to discuss different diets from Keto to Mediterranean. We also reviewed a selection of vegetarian cookbooks where we learnt how to make chocolate mousse from chick pea water (and yes it was delicious). Our last selection is **Ottolenghi** cookbooks.

Look us for us in September when we will begin our new season and new cookbooks. FYI, no cooking required!

### What to expect

We continue with Tea and Books April 8 at 2 pm when we will be discussing novels where hockey has a featured role. **Deborah** will be reviewing *Indian Horse* by **Richard Wagamese**. Other novels and selections will be displayed. Come listen to what others have read and pick up a few titles to add to your reading list. Light refreshments will be served. Register by at **481-7441** or [mwlib.request@gmail.com](mailto:mwlib.request@gmail.com).

April 18 at 1 pm will a book launch. **Paul Logothetis**; the author of *Toe Blake, Winning is Everything*; will sign copies of his latest work.

### Tech Help @ the library

**Dane** is available for all your tech questions on Saturdays from 2 to 3. Please remember to bring your device, laptop or just ask a question.

**Majorie Fullerton**, a founder of the Montreal West Public Library died January 12. Not only was Majorie one of our founders and our librarian she also served on the Board of Directors of the Children's Library.

The library would like to offer condolences to her family and friends. Without people like Majorie, we would not be here today.

## Children's Library



L'activité de Lego Robotique à la bibliothèque, animée par le Centre d'activités Peek-A-Boo.



### Lego Robots

On February 15, we had a very exciting day at the library. *Peek-A-Boo Activity*

*Center* brought all the material needed for the Lego Robots activity. This workshop introduced children to automation.

Using Lego Education tools, they learned basic mechanical principles by creating simple mechanisms. Using basic programming, children gave life to their creations and were invited to use and improve them. They learned to program and control their robots as well as using sensors, gears and other wonders of our time. Everyone had a great time!

### Books and Movies quiz

All through March, children are invited to participate in our Books and Movies quiz. The three movies we showed during the spring break were based on books – *Captain Underpants*, *A Wrinkle in Time*, *BFG*. If you have read one or all the books, you can answer a few questions and enter a draw to win a prize. You can participate in the draw all through March. The draw will take place March 31 and the winners will be announced and contacted that very day.

### Bibliothèque fermée

La bibliothèque sera fermée le 10, 11, 12 et 13 avril pour les vacances de Pâques.



### Hours/Horaire

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

Thu/jeu : 9:00-20:00

Sat/Sun – sam/dim : 10:00-15:00

[mwcl@videotron.ca](mailto:mwcl@videotron.ca) mwcl.ca

**484-7194**



## Kosher corner

### Purim 2020

Purim in MoWest was celebrated with FIVE Megillah reading parties! The company was great and the atmosphere was beautiful. A big Thank you to **Melanie** and **Steven Schwartz** and family, **Samara** and **Joe Brier** and **Joey Zukran** and family for opening their homes to host the parties, allowing the community to celebrate the joyous holiday together.

### Passover

Passover is approaching quickly starting with the first Seder April 8 until the last day April 22. Please reach out to **Rabbi Mendy** or **Chaya Marlow** ASAP if you are looking to join a Seder, or for any of your Passover needs. For everything you need to know about Passover, please visit [chabadwestminster.com/Passover](http://chabadwestminster.com/Passover).

Equally as important as the mitzvah of eating matzah during Passover, there is also a prohibition of eating or having any leaven bread or cakes (chametz) in your possession. An easy way to avoid this prohibition is to transfer ownership of any of the leaven in your home for the duration of Passover. For more about this interesting tradition please visit [chabadwestminster.com/Chametz](http://chabadwestminster.com/Chametz).

### Monthly events

The next monthly Shabbat service will take place April 3.

The monthly challah bakes will resume after Passover.

### Lag Ba'omer

Stay tuned for an exciting Lag Ba'omer event for Tuesday, May 12.

Happy Passover!

from Rabbi Mendy Marlow

## Community Centre

### Red Cross Babysitting

Saturday, May 2; 9:30 am-4 pm  
Community Centre; 11 years+

Learn the skills required to carry out babysitting duties.

Cost: Residents: \$65/Non-Residents: \$75

### Two documentary films FREE

Friday, April 17, Community Centre

*Ôténaw* and *You Are on Indian Land*  
Thanks to *Cinema Politica* and *Le Conseil des Arts de Montreal*

Start time: 1 pm (96 min total), followed by a discussion with **Rose Stiffarm**

### Spring-summer Artists' Showcase and Art in the Park 2020

Calling all MoWest artists! It's time to start planning your art work for next season's **Artists' Showcase**. The theme for the spring/summer exhibit will be "Progress." Please fill out an application online or at the Community Centre. We'll start hanging this show toward the end of May the deadline for application is **May 17**. Please keep in mind all works on paper, fabric or canvas must be ready for hanging and three-dimensional pieces, such as jewellery and pottery, must fit in the front hall cabinet.

**Art in the Park 2020** will be held Tuesday, June 2 with Community Night at Davies Park. Application deadline: **May 17**.

To find out more about the Artists' Showcase or Art in the Park, go to the MoWest website under "culture," or pick up a form at the Community Centre.

## 50+ Club

Check with the Community Centre to see whether activities are taking place: 484-6186

### April

- 2 Soup's On: All in the Family: Human Evolution. Speaker: **Bruno Stenson**
- 8 Loose leaf tea talk – FREE. Speaker: **Neil Baldrey** from *Might Leaf Tea*
- 15 Bridge: noon
- 28 Bridge: 1 pm
- 29 *Fiddler on the Roof*, Place des Arts



### May

- 8 Celebrating mothers luncheon; music by **Greg Innis**

### Overnight Trip

**Shaw Festival**, May 12-15,  
Plays: *Gypsy*, *The Devil's Disciple*,  
*Charley's Aunt*

**Final payment due March 27**

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

## Foot clinics

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# COMING EVENTS

Please call the editor:  
Heather at 489-7022

or e-mail: montrealwestinformer@gmail.com

**Next deadline: April 8; delivery begins April 24**

— PLEASE CHECK WITH THE VENUE FOR POSSIBLE CANCELLATIONS —

## MAR

- Thu 26** **Coffee with the Mayor.** Community Centre. 7:30-8:30 am.  
**Mon 30** **Town Council meeting.** Town Hall. 8 pm.  
**Mon 30** **CRA Mudhens' baseball registration closes and tryout begin.**  
**Tue 31** **Evening Labyrinth Walk.** Wadsworth Hall. MW United. 7-9 pm.

## APR

- Wed 1** **CRA referees' clinic.** RWA. 6:30 pm.  
**Thu 2** **Reconciliation Night.** St. Ignatius. 7 pm.  
**Sun 5** **Palm Sunday.** St. Ignatius. 9 am and 11 am.  
**Sun 5** **Choral worship service.** MW United. 10 am.  
**Wed 8** **Tea and Books.** Review of *Indian Horse* by Richard Wagamese. Register at 481-7441. Public Library. 1 pm.  
**Wed 8** **Tenebrae (Service of Darkness).** St. Philip's. 7:30 pm.  
**Thu 9** **Mass of the Lord's Supper.** St. Ignatius. 8 pm.  
**Fri 10** **Good Friday Liturgy.** St. Philip's. Noon.  
**Fri 10** **Good Friday service.** St. Ignatius. 3 pm.  
**Sat 11** **Children's Easter Vigil.** St. Philip's. 7 pm.  
**Fri 10** **Good Friday service.** MW United. 7 pm.  
**Sat 11** **Easter Vigil.** St. Ignatius. 8 pm.  
**Sun 12** **Easter Communion.** St. Philip's. 8 am and 10 am.  
**Sun 12** **Easter Masses.** St. Ignatius. 9 am and 11 am.  
**Sun 12** **Easter Sunday service.** WM United. 10 am.  
**Sat 18** **Book launch.** Paul Logothetis will launch his latest work *Toe Blake, Winning is Everything*. Register at 481-7441. Public Library. 1 pm.  
**Sat 18** **Empty Bowls sponsored by The Depot.** 6450 Somerled. 11 am-3 pm.  
**Sat 18** **CRA soccer evaluations U8-U12 (girls).** Soccerplexe Catalogna. 1-5 pm.  
**Sun 19** **CRA soccer evaluations U8-U12 (boys).** Soccerplexe Catalogna. 9 am-2 pm.  
**Mon 20** **CRA soccer coaches' clinic.** RWA. 6:30 pm.  
**Mon 20** **MW Horticultural Society hosts David Nanasi** on all things aquatic in the garden. Admission \$5 for non-members. Town Hall. 7:30 pm.  
**Sat 25** **CRA Mudhens baseball coaches' clinic.** Legion Rink.  
**Sun 26** **Afternoon Labyrinth walk.** Wadsworth Hall. MW United. 2-4 pm.  
**Mon 27** **Curzon Creative Preschool's Open House.** 88 Ballantyne N. 9-11:30 am.  
**Tue 28** **Royal West Academy's Bardolators present Shakespeare's Othello.** 7 pm. Tickets: \$10 adults, \$7 seniors, \$5 students. Continues Wednesday and Thursday April 29, 30. There will be a wine and cheese fundraiser on Friday, May 1: wine and cheese at 6:15, performance at 7 pm; tickets: \$15 adults and seniors and \$10 students. In the auditorium (189 Easton Avenue).

## Classifieds

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**COLLECTIVE GARDEN.** Would you like to grow organic fruits and vegetables in a collective garden? Let's start planning for the growing season. Please write to mw.hq.greencorridorvert2019@gmail.com.

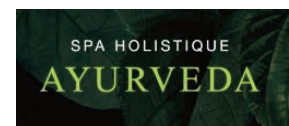
## Program suggestions?

The Recreation Department is always looking to improve and expand programming for residents. If there are any programs you would like to see offered, please do not hesitate to give us suggestions and we will try our best to offer them. Please call **484-6186** or send us an email at recreation@montreal-west.ca.

## ¿Hablas español?

MWUC's *Extra Miles Senior Visiting Program* ensures frail isolated seniors feel valued and connected to their community with weekly friendly visits and intergenerational programming.

*Extra Miles* is looking for two Spanish-speaking friendly visiting volunteers. If you are interested in going the *Extra Miles* and would like more information, please contact **Tracie Swim** at **482-3210** or extramiles-senior@gmail.com.



The phone number for *le Spa Ayurveda* listed in the previous *Informer* was incorrect. This is the correct number:

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