



Montreal West blooms in August

THE INFORMER

Montreal West Newspaper

August-September, 2020, Vol. 48, No. 6

Petrina Lee Poy: Fighting for human rights

by Maurice Krystal

Writing these articles, I am often surprised to discover that some of our unassuming neighbours in our small town have such a powerful influence on our planet, whether it's the study of the ocean currents, innovations to improve the health of children or studying the effects of global warming.

One such person is **Petrina Lee Poy**. She comes to the library often and her smile is contagious. Her name has come up many times with people saying she would be a great candidate to be interviewed. For many years she wasn't ready to do so.

She lives with her husband, **John**, in an older house across the street from the Ballantyne mansion. In fact, rumour has it that the Ballantynes lived in their house as the mansion was being built and later their house was given to one of his daughters.

Petrina's parents came to Canada from Trinidad in the late 50s to attend Sir George Williams University. Her mom was a teacher and her dad was an accountant. She grew up in LaSalle and remembered an incident in grade two that had a profound effect on her. She was transferred to a French school to be with her younger brother. The new teacher would translate what she said to the class in English for Petrina. The principal reprimanded the teacher, saying she would never learn French that way. She went mute for the rest of the year. Today experts suggest without the vocabulary this sudden switch can traumatize a youth.

She returned to the English sector in high school (Sacred Heart), then attended Mount Holyoke College and Columbia University for a Masters of Public Health. She had an internship at the *International Planned Parent-*

hood Federation which then became a full-time job. She helped to organize family planning clinics in the Caribbean. In the late 80s they had very stringent regulations on who could obtain contraception. Progress was too slow and she returned to Montreal in 1988.

Petrina went back to school and obtained a PhD from the U de M in demography, the study of human population (birth/death/migration). This led to a job that focused on family planning in Haiti. Women wanted it for health and economic reasons, but she had to battle male machismo.

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THE INFORMER

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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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September 9



Petrina in Africa

Petrina Lee Poy

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One man told her that using a condom was “like having sex with a sock on!”

This led to work at the *United Nations Population Fund* (UNFPA). Petrina was particularly concerned with the issue of safe motherhood. In Canada, statistics show that for every 100,000 births, 7 women can be expected to die while delivering a child. In Haiti the number is 551 and in Niger, West Africa, 834.

Petrina has worked in over 25 countries in the past 25 years, mainly focusing on West Africa. She travels to remote villages and makes assessments to improve prenatal and obstetric care at the community level, noting what form of transportation to a hospital/clinic is available and if the hospital/clinic has the ability to undertake emergency surgery. While much of her time involves working in the trenches, she still has to work with each government’s Ministry of Health.

One example typifies the kind of obstacles she had to go through. In 1994 she was in a

remote village in the Sahara in Mauritania. She was told by the men that she couldn’t see the women because it was Ramadan and they had to prepare the evening feast. She was woken in her tent at 1 am by a woman who said the men were asleep and they were ready to meet. In the outskirts she found 50 women by a campfire who wanted to talk about family planning.

Later, while in Haiti, she met her future husband, who was also on assignment. His “claim to fame” is that he told the Chinese government that with the changes that flowed from the economic reforms in the 1980s they didn’t need the one-child policy to meet their population goals.

They moved to Montreal West in 2006 and they were specifically looking for a house that was at least a century old, because they were well built and had character. The house they moved into also reminded John of the house he grew up in Utah.

Today Petrina is still with the UNFPA, but now focuses on

harmful traditional practices. The focus is on female genital mutilation and child marriage. The initiation for change in these areas must come from within the community rather than judged from outside. Questions raised are what is the practice’s purpose and who benefits? Even in Canada girls are taken back home in the summer to undergo these practices. There is evidence that some of these practices occur from time to time in Canada itself despite rules against them. In West and Central Africa one aim is to convince parents that it is worthwhile to keep girls in school until age 18. In Niger 75% of girls are married before 18. Some are married as early as 8-9. It is not uncommon to hear women say their husband raised them. It is not surprising that progress takes decades.

There are frequent travels to Africa but this does not mean that Petrina is too busy to be involved locally. She has been very active in the Children’s Library and has been the chairperson for the last six years. Her daughter **Hannah**, is a student at her old alma mater, Sacred Heart, and her son, **Matthias**, is a student at Fordham University, studying Global Business and Finance.



Once upon a time on Northview

West End Quilters

The West End Quilters plan to get together in a couple of weeks in an outdoor meeting with another possibly in September, weather permitting. We all have projects that we want to share with each other and we miss the critiques and compliments.

We are trying to see if we can meet this fall in a larger room to allow for social distancing.

It is maybe not the best time to join a group, but if you are interested in quilting please contact us and we will see what can be done. Email Mary at marysdogbob@gmail.com. We also have a Facebook page where some of our quilts are posted: [facebook.com/westendquilters](https://www.facebook.com/westendquilters).

from Mary Sutherland

St. James Literary Society



Coming to you online
Beginning in September
stjamesliterarysociety.com

ART ETC. 2020 cancelled

The ART ETC. committee regrets to advise that the show, scheduled for November, has been cancelled. This decision was not made lightly and all committee members felt it was in the best interests of public safety for both artisans and guests. We hope to see everyone in November 2021!

from Cate Gregory

Artists' Showcase

Fall 2020:

Ça va bien aller

Montreal West amateur and professional artists of all ages are invited to display their works at the Town Hall. The theme for the autumn exhibit is *Ça va bien aller*. We'll start hanging the autumn show in October. Application deadline: September 25.

Please keep in mind all works on paper, fabric or canvas must be ready for hanging and three-dimensional pieces, such as jewelry and pottery, must fit in the front hall cabinet.

To find out more about the Artists' Showcase or to get an application form, go to the MoWest website under "Culture," or pick up a form at the Community Centre. For more details, you may contact Recreation and Cultural Services at **484-6186**.



No meetings

The Horticultural Society, in spite of having a stellar line-up of speakers for the 2020/21 season, will not be meeting again in 2020. Plans for 2021 are up in the air.

In any case, as has been well documented, there has been a huge increase in gardening interest. This increased interest is quite evident on daily walks, and if we're lucky, by June 2021 we may be able to have an exceptional garden tour.

The writer of this article had a raised bed for vegetables installed by Urban Seedling and is now enjoying tomatoes, cucumbers, beans, onions, lettuce and all the herbs. I'm also receiving a Friday GardenMaking newsletter (gardenmaking.com) which is interesting and informative and I took advantage of a free three-part seminar on cutting, caring for and arranging flowers (floretflowers.com/). There is no end to what is available on the internet.

Many of our members have made a point of trying to keep our local florists in business. Both *Marché de fleurs Westminster* and *Edgewood Florist* delivered spring flowers in March and April when we so desperately needed a lift. They continue to go above and beyond to keep gardeners and non-gardeners happy with both plants for the garden and flowers for the home.

Most of our readers, and members, can agree that we are very fortunate to live where we do under the circumstances we find ourselves in. Stay well, wash your hands and wear a mask!

from Sue Sladen



Sue Sladen from Easton Avenue sent this photo of her vegetable garden. She said "Tomatoes, cukes, onions, lettuce, peppers, beans and all the herbs. Not everything has been successful, but, live and learn..."



Care and kindness at the COVID-19 epicentre

Partnering with like-minded, local organizations in time of crisis can produce the best of allies. The *IODE* HMS Victory Chapter and the *Rotary Club of Montreal West and NDG* are both service-oriented, non-profit organizations. Together they initiated Meals on Angels' Wings, a project that recognized the extraordinary efforts of our frontline healthcare workers by providing lunches prepared by local merchants.

The *IODE* celebrated its 75th anniversary last year and the *Rotary Club of Montreal West and NDG* its 80th this year – decades of goodwill and charitable work accomplished entirely by volunteers with a solid reputation in our community. The credo of the *Rotary* is "service above self," an idea incumbent on each generation of volunteers both to practise and to embody.

An outstanding feature of such charitable organizations is that they are 100% service-based: all donations go directly to those in need without any overhead costs.

During COVID-19, our Meals on Angels' Wings project received \$25,000 from individual and corporate donors, the latter especially intrigued by our 100% service-based approach. Encouraged by our outreach to smaller hospitals and seniors' residences, *CN* provided \$5,000 and even suggested that we continue our work post pandemic which we fully intend to do. Last year *Rotary* donated \$7,500 to the *Native Women's Shelter of Montreal* and plans to do so again. This year a *MoWest Rotarian* anonymously gave \$6,500 while *Morris and Rosalind Goodman Family Foundation* gave \$2,000 and \$1,250 from *MNA Kathleen Weil's* office.

The relationship of trust between donor and donee is a special one that needs to be cultivated and treasured.

With Montreal as the epicentre of the pandemic in Quebec, our mission of providing meals for the homeless and the exhausted healthcare workers continues. On Labour Day with a van full of food and toiletries, we



Sam Schuette of *Resilience Montreal* and Ron D'Souza, *President of the Rotary Club of Montreal West and NDG*

will again return to *Resilience Montreal* in collaboration with *Native Women's Shelter* and *Nazareth Community*.

Anyone wishing to help by donating toiletries or making a monetary contribution, kindly contact (for *IODE*) **Janet King** at janetking131@gmail.com or

(for *Rotary*) **Kathie Montgomery**: KMontgomery@assante.com. Tax receipts will be provided.

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Rotary

Mariella Carroga: mental wellness workshop



Mariella Carroga attended Jönköping University in Sweden and then McGill and is an occupational therapist. She has been working at *Action Sport Physio* for three years, out of their West Island clinic, and is an expert on mental health. Mariella presented a workshop on mental wellness. She explained anxiety and stress and said it is a mental-physical reaction to something we perceive as a threat. Its purpose is to protect us from danger; however, prolonged stress and severe stress can have a negative impact on our health and wellness.

Common symptoms

Some of the common symptoms are: general feeling of being worried, difficulty concentrating, nervousness, increased heart rate, difficulty sleeping, upset stomach or muscle tension.

Mariella mentioned the healthy versus unhealthy ways to handle stress. Some of the less desirable ways are anger/lashing out, excessive alcohol use, inaction and excessive eating.

Some of the more desirable ways are to create healthy habits: sleeping, exercising, eating and having some fun, developing your social support, connecting with others, being proactive, following your interest, attend regular Rotary Zoom meetings (she did not actually say this but I know she meant to!) and having emotional wellness by becoming self aware, being willing to change and focusing on what you can control.

Improving sleep

Mariella next gave us some tips to improve our sleep. Keep a regular bedtime routine, wake up at the same time every morning, avoid napping during the day, avoid caffeine in the evening, make sure your bed is comfortable and that your bedroom is conducive to sleep.

Staying active

Do an activity you enjoy and it won't feel like a chore, do something outside, do something with the family, actively plan to exercise and set a routine.

Relax and unwind

How to relax and unwind: meditate, read, do something creative, accept that your needs are as important as anyone else's and remember to keep up with self care even when life gets busy.



It is important to maintain your social connections and nurture your relationships. It is important to talk to others about your feelings and ask for help when needed. To expand your support network, you have to cast a wide net and be proactive. Take advantage of the technology available and follow your interests. Seek out peer support if you need it.

When it comes to emotional wellness, Mariella said that stress can trigger many emotions such as anxiety, self doubt and anger. When we ignore those feelings they can increase our stress levels even more. Managing our emotions is not about eliminating them. It is about dealing with them in a healthy way. We have to become mindful of our emotions and be willing to change; we also have to tune into our feelings and focus on what we can control. It is not one size fits all; you do not need a huge number of friends, but you cannot get it from just one person either. Mariella ended her workshop with a quote from Oprah "Doing your best at this moment puts you in the best place for the next moment".

The Rotary Club of Montreal West and NDG is always looking to embrace new members. If you are someone who wants to give back to your community, city, country or the world, Rotary is an excellent way. Rotary is a worldwide organization that provides humanitarian service, encourages high ethical standards and helps build goodwill and peace. There are 1.2 million Rotarians across the globe and that number is growing.

from Doug Yeats

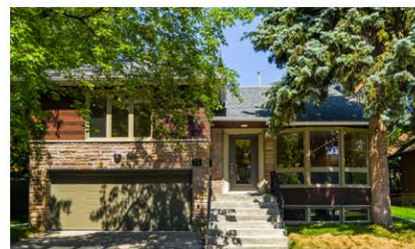


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These are unprecedented times living in a COVID-19 world. This year, the *Terry Fox Foundation* had to make a very difficult decision to cancel the physical *Terry Fox Run* and associated events. Although we cannot congregate to celebrate the 40th *Terry Fox Run* this year, we can still maintain the tradition of the day. A series of virtual events have been planned throughout the months of August and September to provide opportunities for Terry Fox supporters to participate in fundraising efforts across the country. August 15 will be the **Terry Fox Trek**, August 22 is the **Terry Fox Ride of Hope** and September 20 will mark the **Terry Fox Run Day**.

It was 40 summers ago that a young man from British Columbia captivated a nation with his determination to find a cure for cancer. Since Terry's *Marathon of Hope* in 1980, the *Terry Fox Foundation* has raised over \$800 million for cancer research.

This year also marks a significant milestone for our participation in the run as a



Triumph! Making it to Repeater Ridge on Mount Terry Fox in 2016! An 11-hour, 18KM, 6500 foot elevation round trip.

The *Terry Fox Run* goes virtual!

family. This is the eighth year that we have hosted the MoWest *Terry Fox Run*, raising in excess of \$50K for the foundation! Personally never missing a run in 21 years, participating in the *Terry Fox Trek* in Valemount, B.C. in 2016, and **Avah** never missing a run in her 11 years, this is how we honour the lives of our loved ones who we have lost to cancer and celebrate those who continue to triumph. I even purchased a limited-edition pair of *Adidas*, just like the ones Terry wore when he dipped his prosthetic leg in the Atlantic Ocean to start the flag-

ship *Marathon of Hope*. 100% of the net proceeds from sales of limited-edition *Adidas* merchandise will be donated to *The Terry Fox Foundation* to support cancer research.

The run continues to be a grass roots, non-competitive event. Like all run days across the country, the **Virtual MoWest Terry Fox Run** will take place on September 20, so mark your calendars! Whether, running, walking, biking or trekking, feel free to choose your mode of supporting a virtual Terry Fox event in your community.

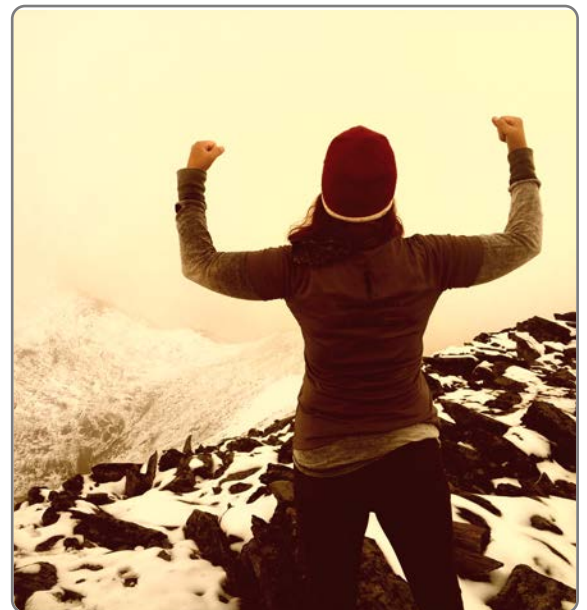
Fundraising and registrations are positively trending, higher than normal (year to date) and that is encouraging news! To purchase Terry Fox merchandise, or to register for an event, try out the new *Terry Fox Foundation App*, or visit

We look forward to seeing you back next year on September 19, 2021!

I want to set an example that will never be forgotten – Terry Fox **#tryliketerry**.

The Pennefather Family

Left: Avah just before her first birthday at her first *Terry Fox Run* with mom and Aunt Debbie Pennefather in 2008. She already had one down in utero just before she was born! Right: Lauren in Valemount, BC preparing to climb Mount Terry Fox



École des Amis-du-Monde

Rentrée scolaire

À l'école des Amis-du-Monde on se prépare à accueillir nos parents et nos élèves. Une rentrée scolaire empreinte de bienveillance.

Un retour de confinement qui tiendra compte de plusieurs dimensions. Tout d'abord, assurer un sentiment de sécurité à l'école pour tous. Parents, enfants et membres du personnel doivent se sentir en confiance à l'école. C'est pourquoi nous avons une équipe qui travaille présentement à l'arrimage du quotidien de l'école avec les nouvelles directives de la Santé publique. Les professionnelles de l'école seront présentes pour assurer un soutien à différents niveaux. Lorsque l'on se sent bien, on apprend bien!

Plusieurs parents peuvent s'inquiéter des apprentissages que l'enfant a faits pendant la période de confinement. Les enseignants ont déjà prévu une structure où il sera facile d'assurer une continuité et de travailler les notions manquantes. Dans les premières semaines, il y aura plusieurs activités d'enseignement des comportements attendus à l'école autour du vivre ensemble dans un contexte COVID-19 : comme les déplacements à l'école, l'hygiène, le respect de la

distanciation. Toutes ces activités sont essentielles pour assurer un sentiment de sécurité chez les jeunes et les adultes.

Pendant le confinement, les enseignants ont exploité plusieurs plateformes de travail numérique, certaines maisons d'édition de cahiers d'exercices ont apporté des ajustements au matériel pédagogique. Nous avons donc prévu notre matériel pour faire face à toutes les éventualités. Ainsi, advenant le cas où une classe, ou l'école, revient au confinement, il sera facile pour l'élève et l'enseignant de poursuivre les apprentissages prévus au programme avec le matériel de classe. Nous avons mis de côté l'agenda papier. Les enseignants et l'école communiqueront avec les parents en utilisant le portail parent Mosaik.

Quelques réponses à vos questions

Inscriptions à l'école : Vous devez communiquer avec l'organisation scolaire du centre de services scolaires **Marguerite Bourgeoys** : **855-4500**.

Rentrée scolaire : 1^{re} à 6^e années

Nous attendons les élèves le jeudi 27 août à compter de 8 h 45. Veuillez prendre note que le jeudi 27 août et le vendredi 28 août les classes se terminent à 11 h 30. Dans le cas où votre enfant devrait rester au service de garde, vous devez l'inscrire avant le 24 août.

Préscolaire

Les élèves se présentent sur invitation. Pour les premières journées, nous allons organiser des petits groupes.

Les informations seront transmises aux parents à compter du 18 août par courriel. Veuillez prendre note qu'aucun parent ne pourra entrer dans la cour d'école ou dans l'école.

Nous avons prévu des postes d'information à l'extérieur pour répondre aux questions des parents. La secrétaire et un membre du service de garde seront à ces postes.

Primaire : devant l'entrée principale

Préscolaire : entrée côté rue Blossom

Pour toute information sur les listes d'effets scolaires ou autres : site Web de l'école : desamisdumonde.ecoleouestmtl.com/

Une belle année scolaire qui s'annonce, faire autrement pour assurer la réussite éducative de tous nos élèves dans un milieu de vie sain et sécuritaire.

Lina Fortin,
directrice

Presentation of the draft for MW Age-Friendliness Plan of Action 2020-2025

The Age-Friendliness draft Plan of Action is now available for consultation online. This is the culmination of two years of work by the MADA (Municipalité amie des aînés) Steering Committee. The objectives and actions comprise the main part of the full Plan of Action 2020-2025 report which will be submitted to the government for MADA certification shortly.

Prior to finalizing the plan and submitting it for graphic design, we are again asking residents to take a look at this draft version and provide any final comments by Monday, August 24.

Consult the document at: montreal-west.ca/age-friendliness-plan-of-action/

Colleen Feeney, Councillor
Chair, MADA Steering Committee

Présentation de l'ébauche du Plan d'action municipalité amie des aînés 2020-2025 de M-O

L'ébauche du Plan d'action municipalité amie des aînés est disponible pour consultation en ligne. Ce plan est l'aboutissement de deux années de travail du Comité de pilotage MADA (Municipalité amie des aînés). Les objectifs et les actions constituent l'essentiel du rapport complet du Plan d'action 2020-2025 qui sera bientôt soumis au gouvernement pour obtenir notre certification MADA.

Avant de finaliser le plan et de le soumettre pour la conception graphique, nous demandons aux résidents de jeter un dernier coup d'œil à cette version préliminaire et de nous faire part de leurs commentaires finaux d'ici le lundi 24 août en remplissant le formulaire ci-bas.

Consultez le document au : montreal-west.ca/ebauche-plan-d'action-mada

Colleen Feeney, Conseillère
Présidente du comité de pilotage
MADA



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15 av Fenwick Centris # 14985953



37 av Brock N Centris # 11156083

Montreal West Scout Group



Scouting

Restrictions associated with social distancing disrupted a lot of planned activities for the spring and summer, but Scouts have had several online Zoom meetings to stay connected. Some Scouts have also been doing activities at home. The Troop had an online meeting in June where they reviewed their favourite activities during the year, and the Scouts thought about how they had personally progressed. We also reviewed the badges that the Scouts have earned over the year.

A really fun activity that we had online was the Campfire Dessert meeting. Scouts made cinnamon baked apples in foil to-

gether and each scout cooked their creation either in an oven or on a BBQ at home.

At a future meeting, Scouts will practise an important but overlooked skill: sewing! Scouts earn badges that need to be attached to their uniforms, but this task often falls to parents. At our meeting we will review the basics of sewing, so that Scouts can put on a button or do minor repairs to their clothes and also display their badges on their uniforms.

Starting in September, we are looking at having outdoor meetings keeping social distancing, weather permitting!

from Andy Chapman

Group Committee

Registration: Due to the months lost because of the virus, Scouts Canada has extended the 2019/2020 season until the end of December. Any current members will pay nothing until January.

At this point in time we are unsure of our status with the EMSB for use of their gyms, so we will have meetings outdoors until this is resolved.

Any new members interested in registering for the new season starting in September 2020 should call our Group Commissioner **Karen Johnstone** at **717-5696** for updated information or email at karenmansfield-johnstone@gmail.com.

Remembering all the things we were doing last year and dreaming of getting back to normal!



Guiding

Staying connected!



Guiding will not look like it usually does come this fall. What will not change though, is our desire to keep the girls connected.

The Guiders are working hard behind the scenes to be prepared for the 2020-2021 Guiding year. They are planning for whatever scenario will permit them to stay linked with the girls in their unit.

Since the pandemic closed regular activities in March, the MoWest Guiders have provided the girls with the ability to connect

A MoWest Guide making the "tallest paper tower" and using her resources VERY wisely!



Photo: Christine Downey

in various ways. Come the fall, we will continue to provide them with this opportunity. By doing so, it will provide the girls with stability, structure and predictability. This can help ease a person's anxiety and provide a reliable connection to others in a safe and welcoming space.

Virtual Guiding

Once we have permission from the local public health officials and Girl Guides of Canada, we will be able to meet in person once again. Until that time comes, we will continue with the "Anytime Guiding" blended in with "Virtual Guiding." The Anytime Guiding will help families stay connected through e-mails from their daughter's Guider, home deliveries of supplies and suggested activities the girls can do on their own or with their family. This past spring, one of the activities provided to the 36th Montreal Brownies, was everything they needed to grow lima beans. Some of the girls were quite successful!

Virtual Guiding has been taking place since March, so the Guiders have had quite a bit of experience with it. We have offered opportunities for girls to participate in virtual camps, where they have had a chance to interact with girls from across the province.

Virtual meetings have offered the girls a chance to connect on a weekly basis. At the writing of this article, there are two girls who join us from their cottages. We even had one girl join in from her car, when she was on her way home from a family outing. She was all prepared for our camping-themed meeting! The leaders



were so impressed with her and her family's dedication!

We are not following our well-known and familiar paths right now. Together, the Guiders and girls are moving forward, discovering new trails to travel, new connections to forge and making memories which will last a lifetime!

Registration is open now. Follow the link: register.girlguides.ca.

from the Guiders of Montreal West



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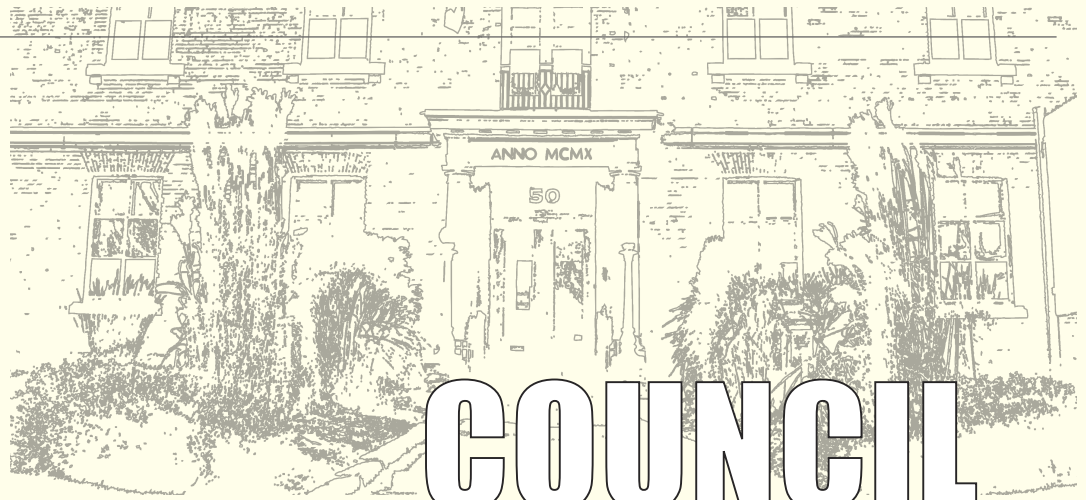
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COUNCIL communiqué

MAYOR'S REPORT

Pandemic update



Honestly, I have stopped counting the weeks....

There is no end in sight just yet, but we seem to

be settling into a groove. We've been dealing with this since mid-March and we may have thought it was going to last a few weeks, a few months, and maybe a few years. But with each new directive, either restricting or loosening the rules guiding our daily response to the COVID-19 virus, as a community, we have adapted, and we continue to live our lives.

When I walk into the shops and restaurants in Town and everywhere else, people are going about their lives as well as possible. Patrons are wearing masks, social distancing comes without a second thought, business owners are

making the changes they need to survive, and we carry on. I think many of us have become more aware of supporting local enterprises, we've adopted smaller footprints on this earth and we carry on. We're more conscious of our leaders, our front-line workers, all the people doing the jobs to keep our lives rolling along. We take the time to thank them and we carry on.

So, fellow MoWesters, continue to live your lives. Continue preparing for a return to your offices, to your schools, to see your friends. Continue to be safe, to follow the directives that help keep all of us safe and carry on....

Town update

As we're adapting and carrying on, so is your Town. What's going on? What is our Town leadership working on?

Our Directors are consulting with their teams about their budgetary requirements for

next year. They are feeding this information to our Town Treasurer who is working on the 2021 Town Budget.

The Recreation Department is working on programming for the fall and winter – taking into account the requirements for the safety of staff, instructors and participants.

The Administration is developing plans on how to start receiving residents at Town Hall for services and for Council meetings.

Public Works is overseeing the painting and plastering of the Assembly Hall on the second floor of Town Hall. As well, they are developing the plans for the eventual re-pavement of Avon and finalizing the Intervention Plan to decide which road will be reconstructed next spring.

Council is meeting regularly to provide the priorities, guidelines and feedback our Town Director General needs to implement these plans.

And I'm continuing what I do: working closely with our DG (speaking multiple times per day and meeting weekly), working with the Executive Director of the Association of Suburban Municipalities (speaking daily) and the Mayors of the demerged Towns (meeting monthly) to advance files that affect all demerged Towns. Most importantly, I'm continuing to push Mayor Plante and Benoit Dorais and their teams at the Ville de Montréal to meet with us and negotiate a fairer deal for the ASM Towns. I'm continuing to correspond with the Minister of Municipal Affairs, I've met with the Liberal party Municipal Affairs critic and the public relations firm guiding us to help reach our goals.

And I'm continuing my work as a full-time pharmacist. Business as usual, and we carry on.

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

FIVE MONTHS IN: HOW ARE WE DOING?



It's hard to believe it's been five months since COVID-19 came crashing into Town. As you know, in MoWest recreation, we saw everything slam shut, then open up a crack this summer with modified pool scheduling, Stay and Play kids' activities and adult fitness classes held outdoors.

After a steep spring learning curve, these activities have all played out quite smoothly and, thankfully, the number of local COVID-19 cases has remained extremely low here. In fact, the MoWest numbers were often omitted in the official weekly Montreal Island case count report because they were deemed "insignificant." Never has there been a better time to be deemed "insignificant!" This allowed us to continue with our revised programming and even add some special events and extra pool activities.

The pool, in particular, has offered a really important respite for residents throughout our many blistering heat waves. On a typical day we've had between 180 and 200 visitors with a total (as of August 6)

of over 7000 visits. This year we'll be keeping the pool open through September 13 (with a revised late-summer schedule) to allow residents to enjoy the facility as long as possible. The Stay and Play kids activities and adult fitness classes have also been much appreciated by people looking for safe summer alternatives here in Town.

But what's in store for the fall?

Given that we could only have a small modified Canada Day celebration on July 1, our very clever Director of Recreation, Paula Cordeau, has planned a "part two" for this occasion (thanks to a flexible Heritage Canada grant). This second celebration will be Canadian Heritage Day on September 13 (replacing our usual fall fair). As of July 1, there will be pop-up entertainment throughout the Town such as acrobats, musicians and dancers. Why pop-ups? They offer loads of fun without drawing big crowds (a COVID-19 condition). Other things to watch out for that day will include a children's theatre performance, a family duathlon and many activities on Westminster in conjunction with our Merchants Association (all with distancing).

For those looking to resume their fitness routine indoors, the Rec Department has been measuring and marking up each of our facilities to determine how many participants each venue can safely handle per class. As with our summer programs, we're committed to using only safe spaces and ensuring physical distancing and proper cleanliness. We will always err on the side of caution even if that means severely limiting attendance. Those who participate must be and feel safe.

It's unclear, at this time, how many classes we will be able to run given the government's strict criteria and residents' comfort level with indoor spaces. This is understandable. It continues to be a work in progress. 2020 may have several memorable mantras (most of them depressing), but at MoWest Recreation our mantra is definitely, "In the worst of times, we're doing our best." Please let us know if there's anything more we can do to make this time easier for you and your family.

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

APPLYING FOR BUILDING PERMITS DURING COVID-19



Although some activities may have slowed down during COVID-19, it appears that home renovations in Montreal West have not.

After an initial drop in permit applications due to the government shutdown of the residential construction sector, there has been a surge in requests since it reopened in May. Since the end of April, our Urban Planning Department has issued over 100 permits. The majority of these have been for home renovations (windows, doors or other internal and external modifications), but there have also been numerous requests for redoing walkways, driveways, decks, porches and adding tool sheds. And, not surprisingly, we will have a few new swimming pools in Town by the end of the summer. So, residents are continuing to improve their properties. In fact, with so many residents stuck at home due to the pandemic, this may have spurred a few new renovation ideas!

Although the Town Hall offices have been closed to the public since mid-March, our management team and staff have continued to work hard to provide services to residents, most working from home and picking up phone messages, email or website contacts remotely. This is true of the Urban Planning department where Vlad Florea-Archir, Manager of Urban Planning and his assistant, Agata Palarchio, are ensuring that the work of the department continues as seamlessly as possible.

There is a change in process however. Since the shutdown, the department only accepts permit applications online through the website. The new process is described in the following link: montreal-west.ca/en/resident-services/urban-planning/permits-authorizations/building-permit-request/.

Some residents have mentioned to me that downloading the required documents for a permit application, can be a bit tricky. If you find you are having difficulty with this, please contact Agata at 514-481-4858 or click on "Contact Us" on the bottom left-hand side of the webpage and leave a message. Someone will get back to you during regular office hours to guide you through it. Depending on the type of request, the file may then have to be reviewed by the Planning Advisory Committee (PAC) and ultimately sent to Council for approval. PAC has continued to meet via Zoom twice a month, and Council has scheduled special Zoom Council meetings to review the PAC recommendations so residents can proceed with their projects in a timely manner. At the PAC meeting of August 5, the committee reviewed what may have been a record-breaking 22 files!

We welcome your comments or suggestions on the online system, and we thank residents for adapting to the new way of operating during these exceptional times.

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

OUR WASTE MANAGEMENT STRATEGIC PLAN



Did you know that in 2019, approximately 2,274 tonnes of household waste was generated in Montreal West? Of that, garbage sent to landfill accounted for 58%, 22% was sent to be recycled, and 20% was composted. It is imperative that we do better. For our health, the health of the environment and all future generations, we need to manage our waste more responsibly. And we have to do it soon!

To address this issue, the Environment Department, now a division of Public Works, together with the Waste Management Committee have been developing a Waste Management Strategic Plan. Today, I am very pleased to announce, that the first draft was recently presented to Council.

The goal of this Strategic Plan is to “design a framework and create policy incentives that foster a Town-wide culture of waste diversion and reduction.” In the past, the

Town of Montreal West has implemented various initiatives to reduce and divert solid waste from ending up in landfill. For example, the Town instituted door-to-door recycling many years ago and, in 2010, added a community composting drop off program. Subsequently, in 2013, a curbside composting program was introduced. Another incentive to divert waste was begun in 2014, reducing the curbside garbage collection from bi-weekly to weekly pickups. Although the compost and recycling collections had some effect on waste diversion, it wasn't until the garbage pickups were reduced to once-a-week that we saw a significant uptick in waste diversion. Sadly, however, since this last waste management initiative in 2014, the amount of garbage sent to the landfill has remained stagnant. For the Town to do better, it will be necessary to take further measures, thus, the need for a Waste Management Strategic Plan.

The Plan outlines potential waste reduction options and makes recommendations

for policies and educational strategies to sensitise the public. Prior to the Plan's official adoption, the public will be consulted via information sessions and focus groups.

In the meantime, we would like to encourage all of you to find ways to reduce waste at home, school and work. Be creative and find ways to repurpose items you already have, continue recycling and give kitchen composting a try if you haven't already. It makes an important difference! For other alternatives, please consult the Town's website, including the [Recycle, Reduce and Reuse](#) section for tips about what you can do with your unwanted belongings before simply sending them to landfill.

If you have suggestions or ideas in this matter, I would like to hear from you. Please, do not hesitate to contact me.

Be safe, stay healthy!

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

JUSTICE DEPARTMENT PHONE SCAM



Over the past few years, many Canadians have received unsolicited automated telephone calls (robocalls) from scammers looking to defraud or steal the identities of their intended victims.

These scammers will often impersonate various governmental agencies and even go as far as “spoofing” legitimate phone numbers belonging to the actual government agencies that they are pretending to represent.

Lately, many MoWest residents have been receiving some alarming robocalls claiming to be from the “Justice Department”. In an automated message, the intended victims are informed that a crime has been committed with their social insurance numbers and that they must press “1” to speak with an “officer”. They're told if they don't cooperate, they could face the possibility of

being arrested, having their bank accounts and assets seized or some other phony penalty. However, if someone does press “1,” the thieves will quickly answer and try to coerce their intended victims into making some form of payment. In some cases, the scammers will also attempt to have their victims relinquish personal information such as social insurance numbers or other information that can be used for fraudulent purposes. The scammers will frequently place pressure on their victims by imposing some form of fake urgency requiring that a fine or any taxes owing must immediately be paid — otherwise an arrest warrant will be issued. They will then request payment via unconventional methods such as an e-transfer, bit coin, pre-paid gift cards (Amazon, I-Tunes, etc.) and even come collect it in person, in some cases.

The best thing to do in such circumstances is to simply hang up and remember to never disclose any of your personal infor-

mation for any unsolicited phone calls. Please note that legitimate government agencies such as the Canada Revenue Agency (CRA) or Revenu Québec will never use aggressive or threatening language towards a citizen even if they have actual balances owing.

If you believe you have been the victim of this type of fraud, you can contact our local Montreal Police station (SPVM 9) at 514-280-0109, the Sûreté du Québec at 514-310-4141 or the Canadian Anti-Fraud Centre at 1-888-495-8501.

For more information on the types of current frauds or for tips on how to protect yourself, please visit: the **Canadian Anti-Fraud Centre's** website.

Dino Mazzone, *Councillor*,
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communiqué du CONSEIL

RAPPORT DU MAIRE

Mise à jour sur la pandémie



Honnêtement, j'ai arrêté de compter les semaines....

Il n'y a pas encore de fin en vue,

mais nous semblons tous nous installer dans une certaine routine. Nous sommes dans cette situation depuis la mi-mars et nous pensions peut-être que cela allait durer quelques semaines, quelques mois, voire quelques années. Mais avec chaque nouvelle directive, qu'elle restreigne ou assouplisse les règles qui guident notre réaction quotidienne à la COVID-19, nous nous sommes adaptés en tant que communauté.

Je vois que les gens continuent à vivre leur vie le mieux possible lorsque je suis dans les magasins et les restaurants de la ville et partout ailleurs. Les clients portent des masques, la distanciation physique se fait sans hésitation, les commerçants apportent les changements nécessaires à leur survie, et nous continuons

tous à vivre. Je pense que beaucoup d'entre nous sont devenus plus conscients de l'importance de soutenir les entreprises locales et favorisent de plus petites empreintes écologiques. Nous sommes plus conscients de nos dirigeants, des travailleurs de première ligne, de toutes les personnes qui font le travail permettant que la vie continue. Nous prenons le temps de les remercier et nous poursuivons notre chemin.

Alors, chers gens de Montréal-Ouest, continuez à vivre votre vie. Continuez à vous préparer à retourner dans vos bureaux, dans vos écoles, à voir vos amis. Continuez à être en sécurité et à suivre les directives qui contribuent à notre sécurité à tous.

Mise à jour sur la Ville

Alors que nous nous adaptons tous, il en va de même pour la Ville. Que se passe-t-il ? Sur quoi travaille la direction de notre Ville ?

Nos directeurs consultent leurs équipes sur leurs besoins budgétaires pour l'année prochaine. Ils transmettent ces in-

formations à notre trésorière municipale qui travaille sur le budget de la Ville pour 2021.

Le Service des loisirs travaille sur la programmation pour l'automne et l'hiver en tenant compte des directives de la santé publique pour assurer la sécurité du personnel, des instructeurs et des participants. L'Administration élabore des plans nous permettant de commencer à recevoir les résidents à l'hôtel de ville pour certains services et les séances du Conseil.

Le Service des travaux publics supervise le plâtrage et la peinture de la salle de réunion au deuxième étage de l'hôtel de ville. De plus, ils élaborent les plans pour le réaménagement éventuel de la rue Avon et finalisent le plan d'intervention pour décider quelles routes seront reconstruites au printemps prochain.

Le Conseil se réunit régulièrement pour fournir les priorités et les lignes directrices afin de permettre à la directrice générale de mettre en œuvre ces plans.

Je continue à travailler en étroite collaboration avec notre

DG (discussions quotidiennes et rencontres hebdomadaires), à travailler avec le directeur exécutif de l'Association des municipalités de banlieue (discussions quotidiennes) et les maires des villes défusionnées (rencontres mensuelles) pour faire avancer les dossiers qui concernent les villes liées. De plus, je continue de pousser la mairesse Plante, Benoît Dorais et leurs équipes de la Ville de Montréal à nous rencontrer et à négocier un accord plus équitable pour les villes de l'AMB. Je continue de correspondre avec la ministre des Affaires municipales et j'ai rencontré la porte-parole libérale en matière d'affaires municipales et la firme de relations publiques qui nous guide pour nous aider à atteindre nos objectifs.

Je poursuis aussi mon travail de pharmacien à plein temps. Les affaires avancent comme d'habitude, et nous continuons d'aller de l'avant.

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

OÙ EN SOMMES-NOUS APRÈS CINQ MOIS?



Il est difficile de croire que cela fait cinq mois que la COVID-19 nous a frappés de plein fouet. Tout s'est rapidement arrêté au sein du Service des loisirs de Mo-Ouest. Nous avons graduellement procédé à la relance de certaines activités cet été en offrant un horaire de piscine modifié, les activités « Viens jouer » pour les enfants et les cours de mise en forme pour adultes tenus en plein air.

Ce printemps était une période d'apprentissage pour nous et nous sommes ravis que ces activités se soient toutes déroulées sans problème. De plus, le nombre de cas confirmés est resté extrêmement faible à Mo-Ouest. En fait, les chiffres de la Ville ont souvent été omis dans le rapport hebdomadaire officiel sur le nombre de cas sur l'île de Montréal parce qu'il a été jugé « insignifiant ». Il n'y a jamais eu de meilleur moment pour être considéré comme « insignifiant » ! Cela nous a permis de poursuivre notre programmation adaptée et même d'ajouter quelques événements spéciaux et des activités supplémentaires à la piscine.

La piscine, en particulier, a offert un répit important aux résidents lors de nos nombreux épisodes de chaleur accablante. Au cours d'une journée typique, nous avons eu entre 180 et 200 visiteurs, avec un total

(au 6 août) de plus de 7000 visites. Cette année, nous garderons la piscine ouverte jusqu'au 13 septembre (avec un horaire de fin d'été modifié) pour permettre aux résidents de profiter de la piscine le plus longtemps possible. Les activités « Viens jouer » pour les enfants et les cours pour adultes ont été très appréciés par les personnes à la recherche d'activités alternatives locales offertes en toute sécurité.

Mais que nous réserve l'automne ?

Étant donné que nous ne pouvions organiser qu'une petite fête du Canada le 1^{er} juillet, notre superbe directrice des loisirs, Paula Cordeau, a prévu un "deuxième volet" pour cette occasion (grâce à une subvention flexible de Patrimoine Canada). Cette deuxième célébration sera la Fête du patrimoine canadien, tenue le 13 septembre (en remplacement de notre festival d'automne habituel). Comme le 1^{er} juillet, il y aura du divertissement « pop-up » tels que des acrobates, des musiciens et des danseurs éparpillés dans la ville. Pourquoi des « pop-ups » ? Ce type de divertissement offre beaucoup de plaisir sans attirer de grandes foules, respectant ainsi les directives de santé publique. Parmi les autres choses à surveiller ce jour-là, il y aura un spectacle de théâtre pour enfants, un duathlon familial et de nombreuses activités sur Westminster en collaboration avec l'association des marchands de Mo-

Ouest (toutes les activités assureront la distanciation physique).

Pour ceux qui souhaitent reprendre leurs cours d'activité physique à l'intérieur, le Service des loisirs a mesuré chacune de nos installations afin de déterminer combien de participants chaque lieu peut accueillir en toute sécurité. Comme pour nos programmes d'été, nous nous sommes engagés à n'utiliser que des espaces sécuritaires et à assurer une distanciation physique et un niveau de propreté élevé. Nous préférons toujours demeurer prudents, même si cela signifie limiter grandement la taille des classes. Ceux qui participent doivent être, et se sentir, en sécurité.

Nous ne sommes pas encore certains combien de cours nous pourrions offrir compte tenu des restrictions gouvernementales en place et du niveau de confort des résidents dans les espaces intérieurs. C'est normal, il s'agit toujours d'un travail en cours. L'année 2020 sera marquée de plusieurs mantras mémorables (la plupart d'entre eux déprimants), mais au Service des loisirs, notre mantra est sans aucun doute : « Dans les pires moments, nous faisons de notre mieux ». N'hésitez pas à nous faire savoir si nous pouvons faire quelque chose de plus pour faciliter cette période pour vous et votre famille.

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

DEMANDES DE PERMIS DE CONSTRUCTION PENDANT LA COVID-19



Bien que certaines activités aient pu être ralenties par la COVID-19, cela ne semble pas être le cas avec les rénovations de maisons à Mo-Ouest.

Après une baisse initiale des demandes de permis suite à la fermeture du secteur de la construction résidentielle par le gouvernement, nous avons observé une augmentation des demandes depuis sa réouverture en mai. Depuis la fin du mois d'avril, notre Service d'urbanisme a délivré plus de 100 permis. La majorité de ces permis ont été délivrés pour des rénovations de maisons (fenêtres, portes ou autres modifications intérieures et extérieures), mais il y a également eu de nombreuses demandes pour la rénovation de passerelles, d'allées, de terrasses, de balcons et l'ajout de cabanons. Et, sans surprise, nous aurons quelques nouvelles piscines en ville d'ici la fin de l'été. Les résidents continuent donc d'améliorer leurs propriétés. En fait, avec autant de résidents coincés à la maison en raison de la pandémie, plusieurs semblent avoir eu de nouvelles idées de rénovation !

Bien que les bureaux de l'hôtel de ville soient fermés au public depuis la mi-mars, nos directeurs et notre personnel ont continué à travailler fort pour fournir des services aux résidents, la plupart d'entre eux travaillant à domicile et prennent leurs messages téléphoniques et leurs courriels à distance. C'est le cas du Service de l'urbanisme où Vlad Florea-Archir, responsable de l'urbanisme et son assistante, Agata Palarchio, veillent à ce que le travail du Service se poursuive aussi rondement que possible.

Il y a cependant un changement au processus. Depuis la fermeture, le Service n'accepte plus que les demandes de permis en ligne via le site Web. Le nouveau processus est décrit dans le lien suivant : <https://montreal-west.ca/fr/services-aux-residents/urbanisme/permis-et-autorisations/demande-de-permis-de-construction/>.

Certains résidents m'ont dit que le téléversement des documents requis pour une demande de permis est parfois difficile. Si vous rencontrez des difficultés à cet égard, veuillez contacter Agata au 514-481-4858 ou cliquez sur "Nous joindre" en bas à gauche de la page web et écrivez-nous. Quelqu'un vous rappellera pendant les heures de bureau pour vous guider au travers du processus.

Selon le type de demande, il se peut que le dossier doive ensuite être analysé par le Comité consultatif d'urbanisme (CCU) et finalement envoyé au Conseil pour approbation. Le CCU a continué à se réunir via Zoom deux fois par mois. Le Conseil a prévu des séances spéciales via Zoom pour examiner les recommandations du CCU afin que les résidents puissent réaliser leurs projets rapidement. Lors de la réunion du CCU du 5 août, le comité a analysé 22 dossiers, un nouveau record !

Vos commentaires ou suggestions sur le système en ligne sont les bienvenus, et nous vous remercions de vous être adaptés à la nouvelle façon de fonctionner pendant ces temps exceptionnels.

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

NOTRE PLAN STRATÉGIQUE DE GESTION DES MATIÈRES RÉSIDUELLES



Saviez-vous qu'en 2019, environ 2 274 tonnes d'ordures ménagères ont été produites à Montréal-Ouest ? De ce nombre, les déchets envoyés à l'enfouissement représentaient 58 %, 22 % étaient envoyés au recyclage et 20 % étaient compostés. Il est impératif que nous fassions mieux. Pour notre santé, la santé de l'environnement et celle de toutes les générations futures, nous devons gérer nos déchets de manière plus responsable. Et nous devons le faire rapidement !

Pour résoudre ce problème, le Service de l'environnement, qui est maintenant une division des Travaux publics, a élaboré un plan stratégique de gestion des matières résiduelles en collaboration avec le comité de gestion des matières résiduelles. Je suis heureuse d'annoncer que la première version du plan a récemment été présentée au Conseil.

L'objectif de ce plan stratégique est de concevoir un cadre et de mettre en place des mesures incitatives qui favorisent une culture de détournement et de réduction

des déchets à l'échelle de la ville. Dans le passé, la Ville de Montréal-Ouest a mis en œuvre diverses initiatives visant à réduire et à détourner les déchets solides de l'enfouissement. Par exemple, la ville a mis en place la collecte de recyclage à domicile il y a de nombreuses années et, en 2010, elle a ajouté un point de collecte pour le compost. Par la suite, en 2013, la collecte du compost à domicile a été implantée. Une autre mesure incitative au détournement des déchets a été lancée en 2014 en réduisant la collecte des ordures de deux fois par semaine à une fois par semaine.

Bien que les collectes de compost et de recyclage aient eu un certain effet sur le détournement des déchets de l'enfouissement, ce n'est que lorsque les collectes de déchets ont été réduites à une fois par semaine que nous avons constaté une augmentation significative du détournement des déchets. Malheureusement, depuis cette dernière initiative de gestion des déchets en 2014, la quantité d'ordures envoyées à l'enfouissement est restée la même. Il faudra prendre d'autres mesures pour que la Ville puisse faire mieux, d'où le besoin d'avoir un plan stratégique de gestion des matières résiduelles.

Ce plan présente différentes options possibles afin de réduire nos déchets et propose des recommandations de politiques et de stratégies éducatives pour sensibiliser le public. Le public sera consulté par le biais de séances d'information et de groupes de discussion avant l'adoption officielle du plan stratégique.

En attendant, nous aimerions vous encourager à trouver des moyens de réduire vos déchets à la maison, à l'école et au travail. Faites preuve de créativité et trouvez des moyens de réutiliser les objets que vous avez déjà, continuez à recycler et compostez dans la cuisine si ce n'est pas déjà fait. Cela fait une différence importante ! Pour d'autres solutions, veuillez consulter le site Web de la Ville, notamment la section *Recycler, réduire et récupérer*, qui donne des conseils sur ce que vous pouvez faire de vos objets non désirés avant de les envoyer tout simplement à l'enfouissement.

Si vous avez des suggestions ou des idées à ce sujet, n'hésitez pas à m'en faire part! Soyez en sécurité, et restez en santé.

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

FRAUDE TÉLÉPHONIQUE DU MINISTÈRE DE LA JUSTICE



Au cours des dernières années, de nombreux Canadiens ont reçu des appels téléphoniques automatisés non sollicités de la part de fraudeurs cherchant à frauder ou à voler l'identité de leurs victimes. Ces escrocs se font souvent passer pour différents organismes gouvernementaux et vont même jusqu'à "usurper" des numéros de téléphone légitimes appartenant aux véritables organismes gouvernementaux qu'ils prétendent représenter.

Récemment, de nombreux résidents de MoWest ont reçu des appels téléphoniques alarmants prétendant provenir du "ministère de la Justice". Dans un message automatique, les victimes sont informées qu'un crime a été commis avec leur numéro d'assurance sociale et qu'elles doivent appuyer sur le "1" pour parler à un "officier". On leur dit que si elles ne coopèrent pas, elles risquent d'être arrêtées, de voir leurs comptes bancaires et

leurs biens saisis, ou de se voir infliger une autre fausse peine. Cependant, si quelqu'un appuie sur le "1", les voleurs répondront rapidement et tenteront de forcer leurs victimes à effectuer un paiement quelconque. Dans certains cas, les arnaqueurs tenteront également de faire en sorte que leurs victimes fournissent des informations personnelles telles que leur numéro d'assurance sociale ou d'autres informations pouvant être utilisées à des fins frauduleuses. Les arnaqueurs exercent souvent des pressions sur leurs victimes en leur imposant une forme d'urgence fictive exigeant le paiement immédiat d'une amende ou de tout autre impôt, faute de quoi un mandat d'arrêt sera délivré. Ils demanderont ensuite le paiement par des méthodes non conventionnelles telles qu'un transfert électronique, des bitcoins, des cartes-cadeaux prépayées (Amazon, iTunes, etc.) et viendront même le réclamer en personne, dans certains cas.

La meilleure chose à faire dans de telles circonstances est de raccrocher et de ne jamais divulguer aucune de vos informa-

tions personnelles lors de tout appel téléphonique non sollicité. Veuillez noter que les organismes gouvernementaux légitimes tels que l'Agence du revenu du Canada (ARC) ou Revenu Québec n'utiliseront jamais un langage agressif ou menaçant envers un citoyen, même si ce dernier leur doit vraiment de l'argent.

Si vous croyez avoir été victime de ce type de fraude, vous pouvez contacter le poste de police de Montréal (SPVM 9) au 514-280-0109, la Sûreté du Québec au 514-310-4141 ou le Centre antifraude du Canada au 1-888-495-8501.

Pour plus d'informations sur les types de fraudes actuelles ou pour des conseils sur la façon de vous protéger, veuillez consulter le site web du **Centre antifraude du Canada**.

Dino Mazzone, *conseiller Sécurité publique et Financement de projets spéciaux*
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Serving throughout the pandemic

Free membership!

Last month we announced that the MW Public Library can finally offer free memberships to all MoWest residents. For non-residents there is a small annual fee of \$40.

And there's an online form for new people to use so you don't even have to visit the library to become a member. Go to the home page at and click where it says "Free membership / Adhésion gratuite" and, in seven easy steps, you're in the system. You can browse among the new items listed on the main page, click on "How to..." to find tutorials that will help you navigate our site, offer suggestions for future acquisitions or leave reviews of what you've borrowed and read. You can also offer



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suggestions for our Tea and Books/MoWest Reads series. And you can find all of our Newsletters and Informer articles. In fact, all library information published through The Informer, our Newsletter and on Facebook can be found here.

With the emphasis on keeping our members, staff and dedicated volunteers safe, we continue to make home deliveries and pickups of books, talking books, DVDs and current periodicals. Returned items are not recirculated for seven days. Members can reserve online and there are no late fees. New books are always on order. Magazines arrive every week. We have a strong collection of series television and theatrical films across many genres. In July, 240 items were delivered to 74 library patrons. Another seven households were registered.

As we try to operate and respect all safety guidelines, our COVID-19 office hours are Monday-Thursday, 12-6 pm. Members can drop-off or pick up reserved items but, for now, there can be no free browsing among the stacks.

Free technical help

If you are setting up a new PC, iPad or phone and need some help or if you need help with reserving books, our tech support person, **Dane Oberon**, can troubleshoot any technical issues you might encounter. Members can reach Dane from the Home Page (look below the calendar) at mwpl.tech-help@gmail.com..

Annual general meeting

September 9, 7 pm



At this pivotal time for our small, but essential, public library, your participation is crucial. Join us at our annual general meeting on September 9 at 7 pm to help us plan for the future. Originally scheduled for March, this meeting elects a board of directors for a period of two years. Nominations are welcome in advance, and you can nominate yourself for a spot on the board. Depending on social distancing rules and the weather, the meeting will happen either outside or by video conference. If you wish to attend, email Deborah at mwpl.librarian@gmail.com. More details will be available this month on our website.

MoWest Reads

Our first Tea and Books/MoWest Reads session featured McGill University profes-

Bravo to Deb

A truly heartfelt thanks to **Deb Marcogliese**. As soon as the MoWest Public Library had to close down over COVID-19 concerns, she organized a request-and-drop-off system for books and DVDs. At first it was to be a one-time-only event, but clearly there was a need, and she responded in spades, developing it into a weekly lifeline for members.

Her initiative allowed book groups and individuals to stay functional and connected in a way that means a great deal to us. Even the darkest days of our very chilly spring were brightened by steady contact with great authors, filmmakers and actors.

And now, another great initiative. Deb has managed to get free library membership for ALL MoWesters. She worked on both fundraising and obtaining the grants necessary to achieve her goal. Now everyone can share Montreal West's Best-Kept Secret. Be sure to pass the word to library-less friends.

Deb, you're a wonderful head librarian for this Town. Thanks also to **Carol, Sarah, Sam and Dane** for their work while the library was "closed."

from Ellen Moore

sor of architecture **Avi Friedman**, who discussed an essay from *A View from the Porch*, collected essays on community design.

Re: Relocation

It's hard to make predictions. Within the next year or so, the library will move to a new, we hope temporary, location.

Plans exist to return the library to its current location, albeit in a new building. That building has yet to break ground. The library board has affirmed its intention to become a tenant in the building to be built. The gears of government and the building trades grind slowly. COVID-19 has thrown sand on those gears.

We at the library remain optimistic. Our librarian and staff, ten volunteers and library board members toil, in concert with Town Council, to see the effort through. So, we need you – to become members, to volunteer, to show up for the interesting, fun cultural events that Deborah works so hard to arrange. And just to borrow books!

from Steve Mohn

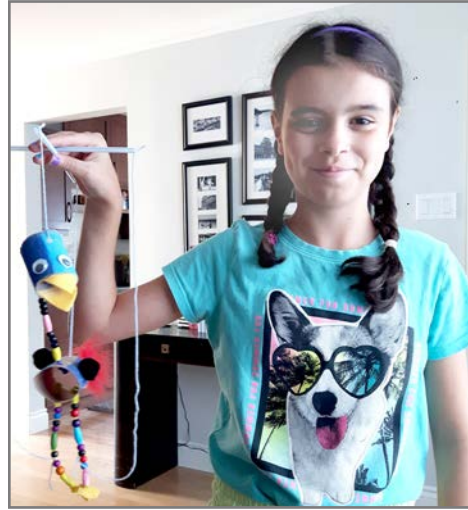
Children's Library

The library is re-opening

We are very happy to announce that our library will open its doors again on September 2. We are currently working on securing the space to allow safe visits and use of the resources. We will maintain the "Books in a Bag" service – patrons can either come and choose their documents themselves or ask us to prepare a bag for pick-up as in the past few months. There will be certain restrictions that will be put in place to assure hygiene measures and directives are observed. It will be possible for one family at a time to be inside the library, and we will monitor that the visit is no longer than 20 minutes to allow for another family. Please wear a mask or a face-cover.

TD Summer Reading Program

The online content of this year's program has been very engaging and stimulating, developed especially in response to the current situation. At the library, we have introduced a few programs, fewer than in past years, but with a huge turn-out. Mother



Zoe and Avery Di Francesco with the string puppets they made at home for Take and Make craft

Goose in the Park was attended weekly by more than 30 children and a daycare group.

Take and Make saw the creation of beautiful craft projects. Even if you have missed the deadline for collecting the craft supplies, the instructions videos are uploaded to our website. You can find your own supplies and put together the project at your convenience.

Library catalogue

Almost all members have already received their library cards and instructions on how to manage the accounts online. If you have lost the instructions card, you can check out the catalogue and read the appropriate tab. Don't forget you can, at any time, check due dates, renew and reserve items. We have made sure the catalogue is user-friendly to allow for an easier search and selection of documents children would enjoy reading.

Parent and Child Book Club

The pandemic stopped short our book club meetings but we are ready to offer them again, virtually for the time being. Our first meeting will take place online in September. We will evaluate the situation and decide if we can organize in-person meetings during the year. As the tradition goes, this first meeting is dedicated to forming the group and to choosing the books that will be discussed throughout the year. However, new members are welcome at any time during the year. The club is intended for children 9-12 years old and an accompanying parent. You can contact us if you are interested, by September 18.

Fermeture de la bibliothèque

La Bibliothèque sera fermée à l'occasion de la Fête du travail les 6 et 7 septembre.

Hours/Horaire

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MW United

...the brick one

So, what will be happening at “the brick one” come September?

It’s hard to say as yet. We have a task force dealing with the government guidelines as well as those laid out by the United Church of Canada. All groups plus our own congregation need to shape how things evolve as we move into a new church season. As well as a place to worship, our church is about connections and fellowship. That is harder to accomplish within the restrictions. While the province would allow us to re-open for services, the worship format of many religious groups doesn’t fit with these rules.

Where do you start?

There are two sides to all coins – plus the edge. Whom do you welcome back first? Is it the less vulnerable, i.e. the under sixties? who have been getting out for walks, shopping, seeing friends at a distance? maybe going to restaurant terraces or theatres? Or do you begin with those who have been the most isolated during all these months? This includes those of an age to keep them from shopping for themselves, from taking a bus anywhere, from seeing extended family, from spending time with friends, who may not be online and therefore not receiving all kinds of stimulation from the Internet. You can see the dilemma. Stay tuned.

YouTube and beyond

Since before Easter, MW United has been posting virtual services on YouTube and Facebook. Then from July to Labour

Day, we shared services on Zoom with four other United Churches. Always interesting to see how much we are all the same and how much we are all distinct. All of these services have been archived onto our Facebook page which has given us a much broader exposure than we ever thought possible. While it doesn’t replace being together, it does keep us in touch somewhat while giving us much needed perspective. Many folk who cannot attend in person are benefitting from these broadcasts.

So whatever else happens this September, we plan to continue the on-line presence for now. Stay tuned.

And what about those groups that use our building? These each have to be approached on a case-by-case basis. As the lifting of the restrictions is a fluid thing, it is difficult to forecast what will or will not be facilitated. At the time of writing, our task force is drafting plans to help us get specific about the immediate future – rather like herding cats.

In the meantime, our outdoor Labyrinth continues to be available for your walking meditation. And yes, a case is being proposed for returning to the indoor one in due course. Stay tuned.

Rev. **Mark Hammond** is back September 1 from vacation. We will keep you posted about our re-opening plans. Stayed tuned, and do stay as well as possible.

from Susan Upham

St. Philip’s

As of press deadline, our timeline for re-opening is still being worked out. The Diocese of Montreal is allowing churches to

open on or after September 6. However, we are taking it slowly and will probably not reopen until later in September. We have many members who are elderly and vulnerable; and in order to maintain proper distancing, capacity will only be about 45 persons. Please check our Facebook page: facebook.com/StPhilipMontrealWest, for up-to-date information, as service times may change as well. Until we reopen, our online service at 10 am on Sundays will continue.

Our Family Ministry Coordinator, **Madden Watts**, is putting together a program for children and families for the fall. Activities will be partly on-line, and partly in person, as health and safety guidelines permit. Again, please check our Facebook page for the most up-to-date information.

Our community garden is thriving. Drop by and check out the tomatoes, cucumbers, greens, herbs, beans, peppers and other vegetables. Thanks to the great team of volunteers – church members and neighbours – who have been keeping it watered during dry spells. More trees and berry bushes will be planted in October.

Finally, because of the difficulty of putting together a big event in this uncertain climate, our annual Christmas bazaar will not take place in 2020. We may, however, be selling some items, like the ever-popular jams and jellies, online. “Like” our Facebook page to be able to receive updates.

from Fr. Jim Pratt

St. Ignatius of Loyola

St. Ignatius is happy to share the news that we are continuing the process of gradually reopening our church building. In addition to our online live stream on Sundays at 10 am, we also have mass on Saturday at 4:30 and Sunday at 10 am in the church. We follow guidelines regarding the wearing of masks, and seating is limited. Please use our website (stig.ca) to reserve a place at one of the masses, or call the office for assistance: 481-7768. You can also sign up on the website to receive our online newsletter to stay in the loop regarding additional news about re-opening.

In addition, we’re starting another round of Alpha in September! Alpha is a series of interactive sessions that offer an opportunity for anyone who has big questions about life to explore Christianity. This fall, it will be completely online. For more info: stig.ca/alpha.

from Rebecca Malone



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50+ Club



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For more information on our activities, please call:
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65+Fitness

Tuesday, Thursday, Friday

Older Adult Balance

Monday, Wednesday

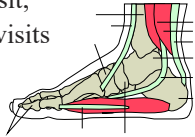
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by appointment
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Kosher corner

High Holidays 2020

Chabad Westminster is excited to provide its fifth year of local High Holiday services!

Please note that in order to ensure the safety of all participants, reservations must be made directly with **Rabbi Mendy** or **Chaya Marlow**. This will ensure that all services will be in compliance with COVID-19 safety guidelines and recommendations. Thank you for understanding.

Mommy and Me

Sunday, August 23 was the final session of Mommy and Me summer edition. We had so much fun learning about mitzvot that we can do with each of our five senses! Please contact Chaya Marlow to join the next Mommy and Me winter edition! For children three and under.

Shabbat services

Outdoor and physically distanced Shabbat services; every Friday at 7 pm.

Community Centre

Fall and winter programs

For all fall and winter programs check our website: montreal-west.ca or Facebook page: facebook.com/montrealwest.ca.

Registration

Registration is now online for all Town programs on amelia.com. August 24-31 for MoWest residents only; August 31 for all. Early bird prices until September 4.

Adult fitness classes

Adult fitness classes will be offered live and/or virtual for the fall. There are limited spaces available in the classes(live) in order to keep within the government guidelines. If you cannot register to attend physically or prefer to do the class in your home this option will be available for you.

Classes available will be yogalates, gentle yoga, stretch, ballet for adults, fit interval, Strong Nation, barre, Zumba, Essentrics, Aging Backwards, Reach, Yoga for Stiff Men and TRX.

Please see the website for the times and days of the classes. Please note times may have changed from previous years in order to comply with guidelines and as guidelines change, we will adjust to them. See montreal-west.ca.

New course!

The world has undergone many drastic changes over the past few months. However, the Torah predicts a time in the near future where the world will reach a state of perfection!

Learn all about the incredible era of Mashiach and the redemption with five stand-alone online classes beginning Wednesday, August 26 at 7:45 pm (for five Wednesdays).

The discussions on this topic will include: Is there a process to the redemption? Will there be any wars? What is the role of Elijah the Prophet? and What will be served at the celebration?

Hope to see you there!

Jewish daycare option

A great opportunity is available for parents who wish to send their children to a Jewish daycare located in MoWest. Starting this fall! Limited space available. Please contact for more details.

from Rabbi Mendy Marlow

Stay & Play

2 to 4 years old

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from 9:15-11:45 am.

Children will experience a fun and playful atmosphere with exciting and educational activities including arts and crafts, story time, drama play and much more.

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Parent and Tot and Youth Programs

- **Baby and Me: Music 1**
(6-18months)
Mondays
- **Baby and Me: Music 2**
(18-36 months)
Saturdays
- **Captain Catalyst science fun and brain challenges**
Sundays 10-11:30 am
- **Ballet and Pre-Ballet**
ages 3 to 9 years
- **Red Cross babysitting courses:**
October 24
- **MANGA Level I and II drawing**
ages: 12 years +
Thursday 4:30 pm and 6:15 pm
- **NEW**
Girls Empowerment Workshop through Dance.
Workshops specialising in B-girling.
November 14, 21, 28 and
December 5.
- **Zumbini Sundays**

Canada HeritageDay

Sunday, September 13:

Sign up on Amilia for the family duathlon (free for residents).

There will be virtual activities (for families and children to participate in) and pop-up entertainment all around Town. Please see the website or facebook for additional information.





COMING EVENTS / À VENIR

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

Next deadline: September 9

— PLEASE CHECK WITH THE VENUE FOR POSSIBLE CANCELLATIONS —

AUGUST

Mon 31 Town Council meeting.

SEPTEMBER

Wed 9 Public Library's annual general meeting.

All members are welcome. 7 pm.

Sun 13 **More fun around Town!** Entertainment, challenges, contests.

Divertissement, aventures, concours.

Sun 20 **Virtual MoWest Terry Fox Run**