



Election municipale / Municipal election: voir / see pages : 4, 5, 20

Montreal West Newspaper

October 2021, Vol. 49, No 7.

Sam Ramadori:

Betting that Artificial Intelligence can save the planet

by Maurice Krystal

It started innocently enough. Someone I had previously interviewed for the paper sent me an email saying that she has a neighbour with an interesting story to tell. **Sam Ramadori's** story, in fact, could change one of the planet's biggest environmental concerns.

Sam was born and raised in NDG and attended Loyola HS. His parents owned the well-known *Pasta Casareccia* restaurant on Sherbrooke Street. He and his cousins, aunts and uncles, worked there and probably Sam became



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Romesh Vadivel:

Running from the heart

If you ask **Romesh Vadivel** to go on a beer run for you, he'll gladly accept; but you might have to wait a while. Chances are he'll go to the other end of the island in his running shoes to get it. Romesh is an ultramarathoner: one of those people who thinks running distances of 50 km or more is intriguing.

Romesh started running in March 2013 when his wife **Susan Gaudreau** encouraged him to start getting healthy. He said, "Susan

has been an athlete all her life, touring the world as a professional ballerina, but I had never considered myself an athlete and had not run any distance of note since I was a kid. My first training run with Susan was supposed to be a leisurely 3 km lope around the neighborhood, but I barely made it a block before I had to stop and walk! When I got home, I downloaded a couch-to-5 km training app.

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Former resident wins prestigious Governor General's Gold Medal

by Kate Shingler

Dr. Madeleine Ransom brings her rich life experience to her role as educator and award-winning academic.

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INFORMER

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

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NEXT ISSUE DEADLINE

October 6

Romesh Vadivel

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A month later let my friend convince me to sign up for the Montreal half-marathon that September.”

Obviously, Susan was onto something, adding that Romesh came home that day and “geeked out on running apps, dropped 50 pounds over the course of his training, and hasn’t stopped since.” She is her husband’s number one fan, ardent cheerleader, and reliable mobile aid station chauffeur. It probably doesn’t hurt that these races are long enough for her to enjoy a glass of wine while she waits for him near the finish.

Their daughters have also helped make these events a family affair by giving him the space to do these distances and put in the time. “Seeing **Victoria** or **Christina** at the finish lines of my first races or hearing them talk about how crazy my training is with other young athletes is awesome. I am so fortunate to have their support and encouragement.”

Romesh has been training year-round since that first half-marathon, moving up to the full marathon in 2016 and eventually an ultra in 2020. With Covid derailing the actual event, Romesh decided to run the 50 km distance anyway. Friends and fellow runners joined him on an improvised course from Beaconsfield, over the Champlain, along the South Shore, back over the Jacques Cartier and ending on Mont Royal, some running parts of the course and some acting as race crew. From there, came another 50 km and a 60 km along the north shore of the Island of Montreal. “For that one, I was dressed in a banana costume for the entire epic 6.5 hour run. I wore it because it was ridiculous, but it ended up shielding me from the rain, wind and cold and made me visible to oncoming traffic!”

And then....

In the spring of 2021, after completing another 50 km distance, Romesh started contemplating longer distances. At the

same time, Susan was diagnosed with breast cancer. “My thoughts turned immediately to how I could help her face this challenge, a largely solo fight in which I would very much be relegated to an accompanying role. In that regard, it is a fitting parallel that her treatment journey would be similar to a very long run: alone with your thoughts, overcoming discomfort and pain, waning strength and fatigue, but buoyed by friends and family.” In other words, he would be her support crew.

To help galvanize Susan’s resilience and overcome that somewhat helpless feeling associated with facing cancer treatment, Romesh registered for the *Run for the Cure* on October 3. It happened to coincide with the *P’tit Train du Nord* marathon for which he was already signed up. “I soon dedicated not only that race to my fundraising efforts, but also four more from July to November: an almost ten-hour solo 87 km run around the western perimeter of the island; a 50 km unsupported solo run through the Laurentians (during which he set a personal best); a virtual 78 km “Whole Shebang” challenge as part of the Toronto Marathon series, and a solo 100 km run around the eastern perimeter of the Island.” The last two will be in mid-October and November after the Run for the Cure.

When asked what she thinks of all this, Susan is completely supportive and impressed. “I’m so proud of my husband for taking this on. For taking better care of himself and finding a whole new community of running enthusiasts and friends and now, with my diagnosis and treatments, for putting his energy and his running to bolstering me and a greater cause in the breast cancer community. My husband is my hero.”

Community support and encouragement

One of the biggest take-aways Romesh has gotten from running is that it really is a community that supports and encourages its own, be it up close and personal or from afar. “In this manner, it’s much like the

network of incredible breast cancer survivors who provide such incredible and vital support to the women and families who are dealing with the disease for the first time.” Being active, fit and healthy has surely helped Susan and Romesh face this medical challenge as a strong, united team, and they currently have matching buzz-cuts to prove it. “It takes more than resilience and willpower to carry you to the finish line; knowing you’re not alone in your journey is a key component to being able to overcome obstacles and tap into hidden reserves.”

Fundraising goal

Romesh will be tapping into those reserves as he strives to achieve his fundraising goal of \$10,000 towards cancer research as he takes on his coming ultras. His aim is not only to finish them, but to set new personal bests for either time or distance for each one. He and Susan have found incredible support and encouragement from their circles of friends, colleagues, family and acquaintances. In his words, “it has been a truly humbling experience.”

“Eight years ago, if either Susan or my kids had told me that I’d be running ten-hour races, I wouldn’t have believed them. But then again, I wouldn’t have believed she’d get diagnosed with cancer, either. People think I’m crazy to run the distances that I do or to put in the hours necessary to do it. I tell them I’d be crazy not to, especially now.”

And speaking of crazy, while we were finishing up this article, Romesh let me know that he had done an impromptu “stealth marathon” on September 4, setting a personal best of 4 h 5 m for 42.2 km and bringing his total fundraising goal to 400 km for six events. An hour later he was back out the door to buy school supplies. It’s definitely a family affair: wacky, wonderful, and 100% heart.

If you would like to support Romesh’s fundraising effort you can do so at Montreal: <http://support.cancer.ca/goto/Ru nRomeshRun>.

from Nathalie Grégoire

Dr. Madeleine Ransom: Governor General's Gold Medal

continued from page 1

Dr. Madeleine Ransom (née Thomas) grew up at 76 Brock Avenue North, where her parents **David** and **Maria Thomas** still reside, in a handsome brick cottage, set back from the sidewalk tucked under the shade of two stately trees. Her aunt and uncle, **Barbara** and **Alex Brzezinski**, are MoWesters too.

Ransom is a 2021 recipient of the prestigious Governor General's Gold Medal for achieving the most outstanding academic record in her graduating doctoral class at the University of British Columbia (UBC). The 42-year-old drew on her many travels and experiences while pursuing graduate studies in philosophy and describes the path to her fulfilling career as less straightforward than some.

"Speaking from personal experience, I ignored a lot of advice, which may have been good advice for all I know, to just go to university and figure things out from there," says Ransom. "Instead, I failed spectacularly at a whole bunch of things: trying to make a profit running a small hotel in Brazil, launching an intentional community with friends in South America, working as a musician and a documentary filmmaker. It took me a long time to figure out what I wanted to do. But I had that temperament. I was a wanderer and a seeker.

"When I was younger, I saw myself more as an artist or a writer, and I still do those things as hobbies," adds Ransom, who recently joined UBC Okanagan's Department of Economics, Philosophy and Political Science as an Assistant Professor of Philosophy. "But much of what I love about literature, the way it takes on and explores big questions such as how we should live, or the nature of love and friendship, are also topics of philosophical investigation. Philosophy approaches these questions more directly and methodically, but there is a lot of philosophy in literature."

Ransom credits those years of travelling and immersing herself in foreign cultures with helping

to solidify her own values and perspective at home in Canada.

"I had wrestled with the evils committed by humanity from an early age. My mum used to support Greenpeace and when I was around eight years old, I read in their magazine about how the bodies of beluga whales in the Saint Lawrence were so full of PCBs they had to be disposed of as toxic waste. I was so saddened and shocked that our species had done this. At that point, I really wondered whether the Earth would be better off without us. Travelling made me realize just how many



Madeleine Ransom (left) with her parents, David and Maria Thomas

good, kind, generous people there are in the world. People that will insist you sleep on the only bed in their one room hut. Our species is not terrible, just unaware and disorganized."

Life in MoWest

A graduate of Edinburgh Elementary and Royal West Academy, Ransom remembers her childhood in MoWest as a special time. An era where kids roamed the streets together freely, spending their summer playing outdoors in an unstructured way.

"There were so many kids my age and we all grew up in a sort of loose-knit, fluid community, with groups forming and morphing over the course of a summer," remembers Ransom.

"Some of my fondest memories are of playing impromptu games of kick the can with the other kids on my block, sneaking through other people's backyards in giant games of hide and seek and bicycling home from swim team after morning practices with friends."

Work with Indigenous communities

Ransom, who lived in South America in her 20s, working alongside and learning from Indigenous communities, says she is still struggling to incorporate Indigenous philosophies into her own teaching, and reflecting on what true reconciliation could look like in Canada.

"First and foremost, Indige-

Our society needs to undergo a shift towards the values that our First Nations peoples have struggled to maintain."

Ransom attended McGill University and Columbia University before settling in Vancouver to pursue her studies at UBC.

"I don't think I realized that one could have a career in academia until I was actually well into my undergraduate education, which is funny because my father is a professor at McGill," she notes from her home in Kelowna, where she now lives with her two children. "But since he spent many years as a government scientist prior to becoming an academic and since his focus remained on scientific research, I never realized that a research career in the humanities was possible. I also thought philosophy was largely something from the past. I didn't understand that it is still very much a living discipline."

The Governor General's Gold Medal is given annually to extraordinary graduate students across Canada. Only two UBC graduate students per year receive this distinguished honour – one graduating doctoral student and one graduating Master's student.

"I was very surprised to learn that I had won," says Ransom. "By the time I found out I had defended my dissertation for what felt like an eternity ago, had been working as a postdoctoral researcher at a cognitive science lab at Indiana University Bloomington and was just settling into working as a professor."

The distinction is particularly meaningful for Ransom, whose own father won a Governor General's Gold Medal earlier in his career.

Ransom was also recently awarded a \$90,000 postdoctoral fellowship grant from the Government of Canada's Social Sciences and Humanities Research Council. While Ransom's burgeoning career is undoubtedly a source of pride for her parents and siblings, living a life of the mind in and of itself is hugely satisfying for Ransom, and altogether familiar.

"It kind of feels like carrying on the family torch!"

nous communities must have adequate infrastructure and support to flourish," she says. "But, going beyond those fundamentals, right now I am of the mind that reconciliation ought to involve a complete rethinking of our school curriculum from primary school on, so that students are more connected to the land where they are, learn and practise stewardship from an early age, and build stronger, more supportive communities. The Tsleil-Waututh Nation School in North Vancouver is a good concrete example of this. If we don't prioritize caring for each other and the land I don't see how we will make it through the ever-increasing hardships climate change is putting in front of us.



Bill with his youngest grandchild, Liam

in memoriam

Bill Foster 1943-2021

Montreal West lost a quiet giant this summer. **Bill Foster**, who lived on Strathearn Ave. North for the past 46 years, was well known as a Law Professor and Associate Provost at McGill University.

When not at McGill, he quietly fought to keep MW High School open, was on the Elizabeth Ballantyne School Committee and a faithful volunteer at the Children's Library. He held many positions at MW United Church, but was probably best known around Town as a Hamburger Flipper at the Canada Day BBQ or a Turkey Slicer at the Community Christmas Outreach Dinner.

Bill loved Montreal West and all the community had to offer his growing family, and this continued into his senior years. He always felt that he owed it to this great neighborhood to give back where possible.

He will be missed.

[The *Informer* staff offer heartfelt condolences to his loving wife **Joan** and his children **Mark (Nicky)**, **Anna (Peter)**, **Sarah (Marc)** and **Rebecca**; Grandad to **Max**, **Frankie**, **Piper**, **Sonja**, **Jackson**, **Dylan** and little **Liam**.]

Bill on Canada Day as seen by Alex Brzezinski



Registration NOW open!

Future Stars Hockey

Ages: children born in 2015-2016-2017
Days: Thursday & Sunday

Judo

Ages: 5-16
Wednesday, Elizabeth Ballantyne

Basketball

Ages: 7+
Boys, Thursday; girls, Friday
Elizabeth Ballantyne

Skating lessons

Wednesday or Sunday

Pre-school skating lessons

Ages 3-5
Wednesday or Sunday

Gym-Tastic!

Ages: 4+
Monday, Elizabeth Ballantyne

Indoor soccer

Ages: 5+
Monday, Thursday, Royal West

Adult indoor soccer

Men and women 18+
Women: Monday, 7:30
Men: Thursday, 7:30

New Program Champions at Play

A 10-week program where children learn new skills every week through games, demonstrations and challenge stations.
Age: 4+
Tuesday, Elizabeth Ballantyne

Follow us on Instagram
or at [mtlwestcra](https://www.instagram.com/mtlwestcra)

As we continue to work from home,
here is all our contact information:
New phone number 968-6272
Email: infocra@mtlwestcra.ca;
Website: mwcra.org

West End Quilters

September 14, we begin our new season of quilting at MW United Church, indoors and socially distanced. We are all double vaccinated and anxious to get back to some semblance of normalcy. We will have Tuesday evening meetings, as well as some Saturday and Sunday, sew days and workshops which will be in person or on Zoom.

If you think you would like to quilt with a group of interesting people, please contact **Mary** at marydogbob@gmail.com or **486-8979**. Not sure what we do? Take a look at our Facebook page: [facebook.com/westendquilters](https://www.facebook.com/westendquilters).

MUNICIPAL ELECTION CANDIDATES

Candidates for Town Council are asked to submit a digital photo (high resolution) and a 250-word (maximum) article describing why they are running for the seat. Please email submissions to montrealwestinformer@gmail.com. **Deadline: October 6.**

Heather Baylis, Editor

CANDIDATS : ÉLECTION MUNICIPALE

Toute personne qui pose sa candidature pour le Conseil municipal est prié de soumettre : une photo digitale (haute résolution) ainsi qu'un article (maximum de 250 mots) qui explique vos raisons de postuler un siège sur le conseil. Veuillez envoyer vos soumissions au montrealwestinformer@gmail.com. **Date limite : 6 octobre.**

Heather Baylis, Éditrice

Environmental Action

Back to school tips and tricks for waste reduction

Lunch-time tips that will cut down on food waste, plastic packaging and help save money: instead of plastic bags, invest in a few reliable containers to hold snacks, sandwiches and more. Buying groceries in bulk and making snack-sized portions will cut down on single-use plastics and will often lead to eating healthier options. Have a plan for snacks and lunches ahead of time so that less food gets wasted.

Not hungry?



If you're not that hungry and don't feel like eating everything in your lunch box, offer your snacks to a friend or bring them back home for later. If your school has compost bins, be sure to use them when disposing of organic material! A reusable water bottle will be helpful at schools where they can be refilled at water fountains.

Clothing

Even with a dress code, we tend to buy many clothes over the years, particularly at the beginning of the school year. To avoid buying from fast fashion brands like *Forever 21* and *H&M* try shopping from vintage and second-hand stores. The EAC recommends hosting a clothing swap with friends and family, allowing you to pass on clothes that no longer fit or suit you while gaining clothes that do!

School supplies

If last year's supplies are still in good condition, give them a second run this year. Gently used supplies that you no longer use can be donated or given to a friend.

Does your school participate in a pen recycling program? If not, try setting up a "Pen recycling box" in your classroom! Felt pens and markers can be brought to *Bureau en Gros* for recycling.

Find out more about your schools' environmental initiatives to get involved!

Hailey Roop,

Montreal West Environment Committee

It's election time again!

Climate change is a hot-button topic. Consider asking our candidates where they stand on this issue. Let them know what matters to you!

Laura Cousineau

Resident of and member of the EAC

Mailbox



We, the residents of Montreal West, formally demand that the Town implement additional traffic calming measures on Ballantyne North.

We are concerned about the volume and speed of traffic on our local street. Children ride their bikes here and play out in front of their homes. We have vulnerable users using the playground and benches at Roy D. Locke Park, or the services of the United Church, including the camp and daycare services.

Many vehicles use our street to bypass Westminster to get to Sherbrooke. Visibility is difficult around the church and the park. A blind corner reduces visibility from the street, and a very long downhill stretch without speed bumps leads to excessive speed.

According to research, "Children are particularly vulnerable to pedestrian injuries because they are exposed to traffic threats that exceed their cognitive, physical, sensory and auditory development...". The city's "Age-friendly policy" also states: "An age-friendly community benefits residents of all ages as it strives to provide a safe and secure neighbourhood..."

The city's website states traffic calming can be considered when there's over 1,000 vehicles per day or over 85% of vehicles are speeding by 10 km/h or more. The chances of a pedestrian surviving a collision dramatically decreases after 30 km/h: 50% die at 40 km/h, and over 80% die at 50 km/h. The city's current standards mean there's no problem unless over 85% of vehicles are travelling at a speed that would kill half of all pedestrians.

This is unacceptable for a local residential street. Therefore:

- We call on the Town to encourage through-traffic to prefer Westminster. This will reduce traffic volumes and reduce the risk to everyone using our street.
- We call on the Town to place curb extensions to increase visibility and better protect users of the local churches and the park. Turning traffic poses an exceptional danger to children and the elderly.
- We call on the Town to add a speed bump next to Roy D. Locke Park. Plastic bollards are easily ignored and aren't enough. The area next to the park is flat, and the rest of the street already has speed bumps, so it's imperative to protect the vulnerable by also placing a speed bump here.
- We call on the Town to implement these changes by 2022.

The focus must no longer be solely on the flow of vehicular traffic. Our streets are for all of us, not just for motor vehicles.

The petition is ongoing. If you are in support or want to add your own traffic comments to the Town, you can email kevin.brothaler@gmail.com or anne.tang@gmail.com.

*Kevin Brothaler and Anne Tang
27 Ballantyne North
Also signed by 19 other
Ballantyne North residents*

Polling of November 7

Employment opportunities

The Returning Officer of the Town is seeking personnel to work for the election to be held on the following days:

- Sunday, October 31, from 9:30 am to 8 pm (advance poll);
- Sunday, November 7, from 9:30 am to 8 pm (polling day).

All members of the electoral personnel will be required to attend evening training sessions.

If you are interested in a position, please fill an application and return it to the Returning Officer no later than October 20. The application forms may be obtained by email and, once completed, returned to: election@montreal-west.ca.

For more information, you may write **Ginette Roy**, Election Clerk using the same address.

*Claude Gilbert
Returning Officer*



Scrutin du 7 Novembre

Offres d'emploi

Le bureau du président d'élection procède présentement au recrutement de personnel pour la tenue d'une élection devant se tenir :

- le dimanche 31 octobre de 9h30 à 20 h (vote par anticipation);
- le dimanche 7 novembre de 9h30 à 20 h (jour du scrutin).

Il est important de noter que les personnes choisies devront assister, en soirée, à des séances de formation avant la tenue de l'élection.

Les formulaires de demande d'emploi peuvent être obtenus et transmis par courrier électronique, au plus tard le 20 octobre, à l'adresse suivante : election@montreal-west.ca.

Pour toute autre information, veuillez communiquer avec Mme **Ginette Roy**, Secrétaire d'élection, à la même adresse.

Claude Gilbert, Président d'élection

Kosher corner

High Holidays

As the High Holiday season comes to a close we are once again inspired by the hundreds of faces from around Montreal West that came together to celebrate the High Holidays at the park, services or at **Jamie and Sandy's!** A big thank you to all those who assisted both in person or financially.

JTEXT is back!

School is back in session and so is JText! A bi-weekly Jewish trivia game for teens. Your teen can join today to win \$15 each game. Simply text CHABADTRIVIA to **438-700-7744**.

Jtext is also the most convenient way for students at Royal West to be updated about Pizza & Parsha.

Shabbat services

Chabad Westminster is excited to restart Friday evening Shabbat services followed by refreshments. Time is subject to change please be in touch with us.

Children's activities

Looking ahead at the winter months we look forward to many activities for children of all ages. Please follow us on Facebook or sign up to our email list at chabadwestminster.com/subscribe to stay updated.

from Rabbi Mendy Marlow

Sam Ramadori

continued from page 1

passionate about the entrepreneurial world from this experience. He graduated from the University of Ottawa with a law degree in 1997 but, two years later, he had what he called an epiphany moment and gave up his law practice and went back to school. He obtained his MBA from University of Western Ontario in 2002. At Western he also met **Kate Archer** who became his wife.

He and Kate moved to Toronto, and Sam worked for various asset management companies. He then returned to Montreal in 2010, purchased a house in MoWest and started his own private equity company. In 2014, the family moved to Italy and stayed for four years, still keeping the house in MoWest. In 2018 the family returned, and Sam, after a short stint at *Walter Capital Partners Inc.*, joined *BrainBox AI* in 2019.

BrainBox AI is the brainchild of engineer **Jean-Simon Venne**, a Montreal native and graduate of the Université de Montréal's École Polytechnique. Seeing how artificial intelligence was the enabler behind the self-driving car, Jean-Simon believed the same

Rotary and IODE



Can you believe how a mini cupcake can be so appreciated by the staff at Bill Durnan Arena on the occasion of the closing of its vaccination centre? Happy celebrants received 400 assorted cupcakes from *Sandrini Confections*. Its owner **Sandrine** was also grateful as she had just started her business when the Covid pandemic hit.

This endeavour would not be possible without the coordinated effort of **Francine**

Levi, Director of Employee Engagement and Recognition Program at the CIUSSS Centre Ouest. Acting as a facilitator, she even helps us match merchants and recipients. We are grateful for her assistance. Next delivery is scheduled for September 14 at the newly opened vaccination centre in Parc Extension.

from *Giuliana Pendenza*
Ron D'Souza

technology could be used to optimize energy use in buildings. The energy consumption in buildings is one of the largest greenhouse contributors on the planet and therefore a critical area of focus for the climate change fight. *BrainBox AI's* technology supports a self-operating building that requires no human intervention. Once the AI learns the needs of the inhabitants and the building's heating and cooling system, it can cut energy costs by 25%-35% and reduce the carbon footprint by 20%-40%.

How it works

A small box is attached to the building's HVAC system and sends the building's data to the Cloud where the AI learns and controls the building. The *BrainBox AI* system is now found in over 70 cities in 16 different countries. It is, in Sam's words, a "Brave New World." Of course, the issue of cyber security is a big concern, but Sam reminded me that the data *BrainBox AI* is not sensitive personal data and the technology can always be disengaged. He also made the point that when a self-driving car causes an accident, it's splashed on the front page of the press, but we forget that hundreds of people

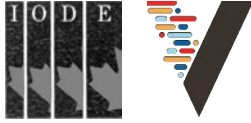
die every day in road accidents due to human error. It is expected that self-driving cars will improve this situation.

Sam became the President of *BrainBox AI* last year and the company has grown from 45 employees to over 100. They are mostly a young tech-savvy crowd and he feels like one of the "old guys." In 2020, the company was mentioned in *Time Magazine's* top 100 inventions for that year. Earlier this year, the *World Economic Forum* (headquartered in Geneva) accepted *BrainBox AI* into its Global Innovator program due to the game changing potential of its technology. There is no doubt that with Biden in the White House and governments worldwide looking for solutions to saving the environment, *BrainBox AI* is just getting started.

Sam Ramadori has come a long way from cleaning dishes and serving customers at *Pasta Casareccia*. Now his stage is the entire planet, and he lives in our small Town with his wife, Kate and their four children: **Rocco** (15), **Liliana** (13), **Dante** (11) and **Cassandra** (9).

For more info,
visit the web site at brainboxai.com.

IODE



IODE HMS Victory chapter has reconnected with the original mandate of IODE: to support veterans by supplementing what the government provides. At this time, we decided to use some of our capital funds towards the *Veterans Transition Program* for women veterans who are struggling as they transition from military to civilian life.

At a five-day retreat in the Saguenay, the program aimed to help women veterans to manage tensions at home, which could be exponential in the current COVID circumstances, to improve their self-confidence and their relationships with family and friends as well as to set future goals. There will be several video follow-up conferences to offer additional support and to help them put into action the skills that they have learnt. Statistically this program has been a success in helping female veterans to deal with the emotional, psychological and sometimes physical burdens that they have had to carry since leaving the Canadian Armed Forces.

In addition to collaborating with the *Quebec Veterans Foundation*, we continue to redistribute wool and sewing supplies to Ullivik (Inuktitut for “a place to stay between destinations”), to make and deliver birthday cards to *St. Andrew Residential Centre* and support *Auberge Transition*.

We meet on the second Tuesday of the month in the afternoons. For more information, please contact **Janet King (481-6523)** or **Moira Bettinville (484-1523)**.

from Janet King

Rotary



Zeina Khawan



Zeina said she would do some myth busting on food and weight loss. She also talked about intuitive eating for your overall well-being and your relationship with food.

Zeina started with the bad news so we would not hate her at the end of her talk. We still do not know much about weight loss; 99% of the people who come to see her at Action Sport Physio come for weight loss advice and 95% of people who go on a diet regain the weight. She talked about set point theory, where basically your body is biologically and genetically determined to weigh within a certain weight range of 10-20 pounds.

Intuitive eating is being present in the eating experience in a non-judgmental way. Zeina said there are ten points of intuitive eating and due to time constraints, she was able only to cover the first one “Reject diet mentality.” She will come back again soon to cover the other intuitive eating points.

1. Reject the diet mentality
2. Honour your hunger
3. Make peace with food
4. Challenge the food police
5. Discover the satisfaction factor

Zeina Khawan: Intuitive eating

Recently our speaker was Zeina Khawan, a nutritionist with *Action Sport Physio* and member of our *Rotary Club*.

Everyone’s relationship with food has changed during Covid. We are bored, so we eat. We are stressed, so we eat. We are happy, so we eat.

6. Feel your fullness
7. Cope with your emotions with kindness
8. Respect your body
9. Movement – feel the difference
10. Honour your health – gentle nutrition

She said to reject the diet mentality. Most people associate dieting to some kind of program.

Dieting mentality

Do I deserve it?

If I eat something heavy, I try to find a way to make up for it.

I feel guilty when I eat heavy foods.

I describe a day/week of eating as either good or bad.

I view food as the enemy or my weakness.

Non-diet mentality

Am I hungry?

Will I be deprived if I don’t eat it?

Will it be satisfying?

Does it taste good?

I deserve to enjoy eating without guilt.

Zeina says will power does not work as well with food as it does with other things in our life. She showed us a trick before eating a snack and told us to ask ourselves four questions: Am I hungry? Will this food make me feel good while eating it? Will I feel good 30 minutes after eating it? Will I feel good tomorrow, in two days, in a week from now?

If you answer yes to all four, then go for it. If you answer no to any of them, you have to ask yourself why am I eating this and is there something else I could be doing. You want to be in control of the food and not the food being in control of you.

Zeina gave us a quick recap of her talk by saying intuitive eating is not about letting yourself go, it’s letting yourself be. It is not about eating whatever, whenever. Rather it’s regaining control over food instead of food having control over you. Intuitive eating is a proven way to improve wellbeing.

from Doug Yeats



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Blood donor clinic



Once again, the MW Scout Group will be sponsoring a *Héma-Québec* blood donor clinic.

It will take place Monday, October 25 from 1:30 to 7:30 pm in the church hall of St. Philip's Church (entrance on Sherbrooke Street between Brock and Connaught).

Some people may be reluctant to participate because of the pandemic, but sanitary measures are extremely stringent (even more so than usual), and donations of blood are needed as much as ever. The procedure takes just over an hour.

It is necessary to book an appointment in advance. To do so, go online to the *Héma-Québec* website at hema-quebec.qc.ca or telephone **1-800-343-7264**. If you are unsure as to whether you are eligible to donate, information is available on the website.

Thank you for considering this important public service. We hope to see you!

from Bob King

Cubs

The First Montreal West Cub Pack is proud to report that two of our Cubs successfully earned their Seeonee Awards during the

summer! This is the highest award that a Cub Scout can earn, so congratulations to **Daegan Thun** and **Rosa Gardner** for their achievements!

Daegan's community service project for his Seeonee had him visiting the Côte Saint-Luc Police-poste quartier 9 and MoWest firehouse, where he discerned any food allergies for the members there. He then planned the shopping and baking of muffins and bars, and with the help of his family and other members of the pack, he delivered 270 baked goods to these first-responders in appreciation of their service to our communities.

Rosa's community service project had her advertising locally for a book drive to donate books to the Children's Hospital. After collecting more than 150 books, she discovered that the hospital would accept only new books because of Covid-19 protocols. Undeterred, she canvassed the neighborhood for pre-schools who were willing to accept children's book, and then donated the few teenage-themed books to a charity reseller. Both service projects illustrate the ways that our Cub Pack is working to improve our communities; well done, Daegan and Rosa!



Daegan Thun dropping off treats for the Côte Saint-Luc Police Department staff as part of his Seeonee project

In-person meetings!

We are also happy to report that in-person meetings for our Cub Pack will be returning this autumn! We will be meeting at Davies Park near Royal West Academy on Wednesdays 6:30-8, with our first meeting on September 22.

Covid-19 safety protocols, approved by Scouts Canada, will be followed. Cub leaders will be fully vaccinated, per Quebec's Vaccine Passport rules, but since all Cubs are under age 12, no passport is required for the kids. Masks will be required for anyone going inside a building, but will not be

required for our outdoor meetings. However, if any parent wants their child to stay in a mask outdoors, we will fully support and enforce that for the child.

If you know of a boy or girl in 3rd, 4th or 5th grade who might be interested in Cubs, please come to some meetings to discover whether they're interested in joining our Pack. The first few meetings are free and being a member of Cub Scouts is a fantastic way to experience the outdoors, become more community-minded, and make some great friends.

from Todd Stedl

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Guiding

In-person meeting!



The MoWest Spark/Brownie and Guide units started their first in-person meeting since March 2020 the week of September 15. It was wonderful to see new and familiar faces in person again! Our meetings are currently taking place outdoors, given the current restrictions. The units are excited to have so many outdoor meetings planned.

All the units started with get-to-know-you games. The Sparks and Brownies then shared the history behind the Guiding and Scouting movements. It is an important part of the tradition of Guiding that the girls have the chance to learn before they are officially enrolled as members of the organization.

Given the timing of our federal election, the Guides seized the opportunity to share with the girls the importance of expressing your right to vote. They also shared with the girls various different voting methods. This ranged from a show of hands all the way to secret ballots.

Cookies

This fall there will be a traditional cookie campaign. These are the sandwich cookies. As of the writing of this article, there will be a very limited supply. Knowing how popular these cookies are in our community, the leaders will do their best to secure more cases for you!



Rylee with the last few earned badges before she moves away

Goodbye, but not forever

One of our very active members, Rylee, moved to the Ottawa area. We were terribly sad to see her leave, but happy she and her family have new adventures awaiting them. When the final order for the badges was placed in the spring, not everything was available. We're happy to say we had an opportunity to make sure she received all of badges she had earned before moving.

The nice thing about Guiding: there are always opportunities to reconnect down the road! We meet in inter-provincial connection happening between her old and new units.

from the Guiders of Montreal West



St. Pierre River to be buried

A 200-metre stretch of the St. Pierre River that crosses the Meadowbrook golf course will soon disappear, following a ruling of the Quebec Court of Appeal ordering the City of Montreal to stop allowing water to flow into the creek. The Agglomeration Council of the City of Montreal has awarded a \$1.5- million contract to carry out the work, scheduled to begin in November. Once completed, this project will decrease the river's watershed by 96%.

The river once flowed from the slopes of Mount Royal, through Côte Saint-Luc and into a lake at the bottom of the Saint-Jacques escarpment, entering the St. Lawrence River in Verdun. As city roads and houses were built, the river was diverted underground into the storm sewer system. The only large stretch of water remaining open to the sky is this creek, flowing from the Toe Blake storm sewer collector on one side of the golf course and back into a sewer on the other side. Improperly attached pipes from some buildings in Montreal West and Côte Saint-Luc have allowed raw sewage to get into the system, polluting the creek water.

Groupe Pacific, owner of the Meadowbrook property, took the issue to court. In January, the Quebec Court of Appeal ordered the City of Montreal to prevent all water, both polluted and clean, from entering the golf course. City officials say their hands are tied and they risk being charged with contempt of court if they do not follow the ruling.

At a virtual public meeting in mid-August, a Montreal city official explained that workers will dig across the golf course along an existing servitude and install an underground pipe, extending from the Toe Blake collector to the far side of the property. Members of *Les amis du parc Meadowbrook*, and other citizens, worked hard to find a way to prevent this outcome, and 125 people, including eight environmental groups, have signed a declaration making themselves legal guardians of the river. They hope that the stream can one day be revived.

In August, the Eleanor London Library in Côte Saint-Luc organized a talk on the history of the Saint-Pierre River. A recording of this presentation is on the library's YouTube channel.

*from Janice Hamilton,
Les amis du parc Meadowbrook*





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COUNCIL communiqué



MAYOR'S REPORT

Update on the Sports and Recreation Centre

Though there may not have been much public information to share, rest assured that things are still on track. We are in the process of issuing a call for tenders for the professional services to design the Centre. The professional will then embark on the design process that will happen in conjunction with consultations with different focus groups and users of the facility. And, with that design will come updated cost estimates. In parallel, Scott MacKenzie and his team are developing the fundraising program that will be a key component of the financing structure of this project. As I have stated, we are committed to achieving our goal of a tax increase of \$100 for the average valued home in Town.

ASM News

I have the honour of presiding over the Association of Suburban Municipalities (ASM). The ASM is the organization representing the demerged municipalities on the island of Montreal. The demerged Towns sit at the Agglomeration Council with Montreal and discuss shared services like public security (police and fire), public transportation, potable water, etc. We have been pushing back against Montreal trying to get a fairer way to share the costs for these shared services. Unfortunately, we have not had any concrete success at the negotiating table with Montreal. It is pointless to have negotiations

when one party is making propositions and the other party is sitting there simply refuting our position without advancing any of their own. We have been in constant contact with the Minister of Municipal Affairs to help move this process along to a more equitable solution.

As well, the ASM will be presenting a brief to the National Assembly during the committee hearings studying Bill 96. Though that bill is fraught with so many points that can negatively affect the English-speaking community in Quebec, the ASM will focus just on the issues that affect municipalities. Mayor Julie Brisebois and I will be presenting to those hearings at the end of the month.

On a personal note...

I missed our Council meeting in June due to some health issues that seemed to come back again at the beginning of August and again at the beginning of September. Hopefully, by now, all of this will just be a bad memory. Luckily, I am in the excellent care of some physicians and nurses that happen to be Montreal West residents. To them, I offer my thanks publicly. I think we should all be proud of having such extremely gifted and caring people as our neighbours. Thanks to them, I feel in great shape and 100% recovered.

Stay safe and stay healthy.

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



OUR CENOTAPH'S 100TH ANNIVERSARY

This October marks the 100th anniversary of Montreal West's cenotaph. To honour this occasion Veterans Affairs Canada awarded the Town funding of \$4,751 to assist with the restoration of the monument and the Wall of Remembrance behind it.

If you haven't had a chance to visit the refurbished site, I urge you to do so. The meticulous stone work cleaning was done by Granite Nadon, a company specializing in monument restoration, and it now looks as fresh as it was 100 years ago.

The memorial and wall highlight the names of the many MoWest and area residents who gave their lives in the first and second World wars. We were so pleased to be able to undertake this restoration as it helps maintain an important visual reminder of our collective history.

It's interesting to note that the bronze statue of a Canadian soldier atop the monument was sculpted by George William Hill, now considered one of the most important Canadian sculptors of the early 20th century. He was

particularly well known for his public monuments and war memorials. The National Gallery of Canada, the Musée du Québec and the Montreal Museum of Fine Arts all have artwork by him in their collections. So we're very fortunate to have one of his pieces right here in town.

In addition to the restoration work, our Town gardener, Bruce Thicke, did a spectacular job with the surrounding plantings this year. The gardens have provided a splash of beauty, which has been especially welcome in these difficult times.

When you visit the site you might also notice the little oak tree planted nearby. This tree is a direct descendant of a "Vimy Oak", a species only found around Vimy Ridge. The story goes that a Canadian soldier

brought back some acorns from this site and planted them in Canada. Descendants of those trees are now distributed across Canada to stand alongside many of our cenotaphs. Our local chapter of IODE arranged for this living memorial in 2018 which will now grow here for 300+ years.

And finally, our Artist Showcase project is commemorating the 100th anniversary by exhibiting work around the theme "Remembrance".

While the memorial exhibits the names of veterans who perished, it's also important to keep their individual stories alive where possible. Who were these men? What was their connection to this community? These personal stories have been well researched by Dr. Robert Drummond who gives a walking tour every November focusing on their lives. I strongly recommend you attend this **Walk to Remember** on **Sunday November 7**. More details of the walk will be provided online and in the next *Informer*. The walk is exceptionally touching and informative, and connects you to our historic heritage in a unique and profound way.

This year our **Remembrance Day** ceremony will be held **Saturday, November 6**. I'll be pleased to see you then at our newly refurbished cenotaph.

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

Cenotaph work being done. Summer 2021.





ZONING BY-LAW CHANGES - THE PROCESS

The Zoning and Planning by-laws of a municipality are a major element in Urban Planning. Zoning by-laws stipulate the set-up and categorization of various zones within the municipality and specify the types of structures and activities that can take place within those zones. They also regulate things such as: the size of buildings, driveways, decks, fences, etc.; the required set-backs of these structures; regulations related to various other structures such as swimming pools, hedges, equipment, etc. They are a major piece of legislation in a town, and the regulations regarding amendments to these by-laws are extremely strict.

For example, before a change is approved for a zoning by-law, the following must take place:

- First there is the tabling of a notice of motion at a public Council meeting. This informs citizens that Council intends to amend the by-law, and briefly outlines the intent.
- Next, a draft by-law is presented by Council and a date for a public consultation is set. This is done at the same or subsequent public meeting.
- Then, a notice is sent to the local newspaper (*The Suburban*) announcing the change and the date of the consultation. This notice is also posted on our website.
- Additionally, in Montreal West, when major changes are proposed, we publish an e-bulletin announcing the proposed amendments and place this on our website as well. When the timeline permits, we also strive to put this information in *The Informer*.
- After the public consultation, changes can be made to the draft by-law based on the input from Council and the public.
- The second notice is then sent to the local newspaper (*The Suburban*) and posted on our website notifying residents that they can sign a register to protest the amendments.
- Additionally, in Montreal West, we publish an e-bulletin announcing the amendments and informing residents of the possibility of signing the register.
- If 12 or more residents sign a register, preparation for a referendum must take place unless the protested provisions are withdrawn from the by-law.
- If there is no referendum, the amendments may be adopted without changes at a public meeting.
- The entire process takes a minimum of about 6 weeks, or more if a referendum is held.

The process is a lengthy one, and one in which the input from citizens is possible at many stages and is critical. That is why, after hearing the concerns raised on one aspect of the pro-

posed Zoning by-law amendment, and being unable to hold a public consultation in person due to Covid restrictions, Council decided that we would put the zoning changes on hold until such time as we can consult residents in person, allowing for a fuller discussion of the issues and concerns.

The changes proposed in August stemmed mainly from a desire to increase the Town's overall tax base, which is one of the goals of the Strategic Financial Plan adopted in 2017. One of the strategies outlined therein was to "review particular zones for the possibility of increased density." Accordingly, we hired a consultant to evaluate undeveloped Town land (mainly parking lots), and to "identify areas for potential future development." This was also a goal of the 2020 MADA Age-Friendly policy adopted by Council after numerous consultations with citizens.

As the Mayor reiterated in his Council report on August 30, the proposals contemplated were meant for discussion and review, and no decision would have or could have been made that evening. He confirmed that the Town does not have any proposed buyers or developers interested at the moment. Nevertheless, we do believe that we should be exploring ways to expand our tax base, and provide a greater range of housing options.

The proposed amendments are summarized on the Town website, and have been put into layman's terms to facilitate their understanding. They will be further explained at the future public consultation.

We encourage you to take a look at the proposed changes. <https://montreal-west.ca/en/modifications-au-plan-durbanisme/> Council is most interested in your input and looks forward to discussing these important issues with you in person at a public consultation in the future.

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



WHAT'S YOUR TREE DOING FOR YOU?

I recently received a wonderful short video from Public Works, Tree of All Trades, made by the Halifax Regional Municipality. You can view it at: <https://www.youtube.com/watch?v=kyXDjOamDj8>. It explains all the amazing benefits one tree provides us, let alone the incredible benefits afforded by thousand of trees that form our urban forest.

For instance, among their many “trades” is their amazing role as air purifiers. Trees sequester and store carbon dioxide and trap air pollutants. They are also excellent coolers and have been proven to reduce the urban heat island effect by providing shade through evapotranspiration. This occurs when the sun hits the leaves of a tree causing water to evaporate, thus cooling down the air. According to the US Environmental Protection Agency, a combination of shading and evapotranspiration can reduce air temperature by 1 to 5 degrees. And we certainly needed that this summer! Trees are also great allies when it comes to storm water management. Their roots absorb runoff water and, in the process, filter it. By limiting runoff water, the roots help stabilize the ground where the tree is planted. And trees also reduce street and sidewalk maintenance, as shade can slow down pavement deterioration.

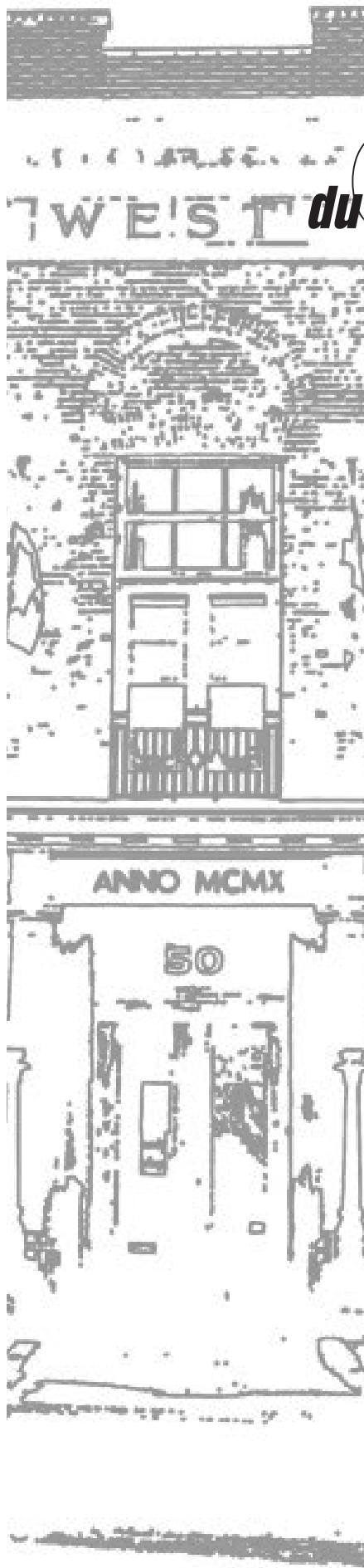
Other benefits they provide you personally include: adding aesthetic value to your property, enhancing your health and well-being, increasing the value of your home, reducing stress, noise pollution, road rage and even crime rates!

In Montreal West, every year during the spring and fall, the Town plants between 60 and 80 trees on the public right of way in front of private properties. First, Public Works and the Environment Department identify available spaces. These are spaces without trees or where there is a considerable gap between trees. Then the selection of “the right tree for the right spot” begins. This selection takes into account many factors such as the lot size, surrounding infrastructure (Hydro lines and poles, gas or water pipes, private infrastructure, etc.), the suitable tree species (diversity is of utmost importance), the size of the tree at maturity, etc. Residents are then given the opportunity to choose from among three appropriate tree species.

When your turn comes, you will receive a letter from Public Works notifying you that a tree will be planted in the front of your property. Please choose one of the three being offered, and let them know your preference as soon as possible. A few weeks later the tree will be planted.

We hope that you will appreciate the wide range of economic, health and environmental benefits that trees have to offer. And planting them now ensures that the next generation of Montreal Westers enjoy the same quality of urban environment we are so fortunate to have today.

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



communiqué du CONSEIL



RAPPORT DU MAIRE

Mise à jour sur le centre sportif et récréatif

Bien qu'il n'y ait pas eu beaucoup d'informations publiques à partager, soyez assurés que les choses sont toujours en cours. Nous sommes en train de lancer un appel d'offres pour les services professionnels de conception du centre. Le professionnel s'engagera alors dans le processus de conception qui se déroulera en conjonction avec des consultations avec différents groupes cibles et utilisateurs de l'installation. Cette conception s'accompagnera d'une mise à jour des estimations de coûts. Parallèlement, Scott MacKenzie et son équipe élaborent le programme de collecte de fonds qui sera un élément clé de la structure de financement de ce projet. Comme je l'ai dit, nous sommes déterminés à atteindre notre objectif d'une augmentation d'impôt de 100 \$ pour la valeur moyenne des maisons de la ville.

Nouvelles de l'AMB

J'ai l'honneur de présider l'Association des municipalités de banlieue (AMB). L'AMB est l'organisme qui représente les municipalités liées de l'île de Montréal. Les villes liées siègent au conseil d'agglomération avec Montréal et discutent des services partagés comme la sécurité publique (police et incendie), le transport public, l'eau potable, etc. Nous avons fait pression sur Montréal pour tenter d'obtenir une façon plus équitable de partager les coûts de ces services partagés. Malheureusement, nous n'avons pas eu de succès concret à la table de négociation avec Montréal. Il est inutile d'avoir des négociations

lorsqu'une partie fait des propositions et que l'autre partie reste assise à réfuter notre position sans avancer la sienne. Nous sommes en contact permanent avec le ministre des Affaires municipales pour faire avancer ce processus vers une solution plus équitable.

De plus, l'AMB présentera un mémoire à l'Assemblée nationale lors des audiences du comité étudiant le projet de loi 96. Bien que ce projet de loi comporte de nombreux points qui peuvent avoir un effet négatif sur la communauté anglophone du Québec, l'AMB se concentrera uniquement sur les questions qui touchent les municipalités. La mairesse Julie Brisebois et moi-même ferons une présentation lors de ces audiences à la fin du mois.

Sur une note personnelle...

J'ai manqué notre séance du conseil en juin en raison de certains problèmes de santé qui semblent être revenus au début du mois d'août, puis au début du mois de septembre. J'espère qu'à présent, tout cela ne sera plus qu'un mauvais souvenir. Heureusement, je suis sous les excellents soins de certains médecins et infirmières qui se trouvent être des résidents de Montréal-Ouest. Je leur adresse publiquement mes remerciements. Je pense que nous devrions tous être fiers d'avoir pour voisins des personnes aussi douées et attentionnées. Grâce à eux, je me sens en pleine forme et à 100% rétabli.

Restez en sécurité et en bonne santé.

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



LE 100^E ANNIVERSAIRE DE NOTRE CÉNOTAPHE

Le mois d'octobre prochain marque le 100^e anniversaire du cénotaphe de Montréal-Ouest. Pour souligner cette occasion, Anciens Combattants Canada a accordé à la Ville une subvention de 4 751 \$ pour l'aider à restaurer le monument et le Mur du Souvenir situé derrière.

Si vous n'avez pas eu l'occasion de visiter le site remis à neuf, je vous invite à le faire. Le nettoyage méticuleux de la pierre a été effectué par Granite Nadon, une entreprise spécialisée dans la restauration de monuments, et le site semble maintenant aussi frais qu'il y a 100 ans.

Le mémorial et le mur mettent en évidence les noms des nombreux habitants de Mo-Ouest et de la région qui ont donné leur vie pendant la Première et la Deuxième Guerre mondiale. Nous sommes très heureux d'avoir pu entreprendre cette restauration, car elle permet de conserver un important rappel visuel de notre histoire collective.

Il est intéressant de noter que la statue en bronze d'un soldat canadien au sommet du monument a été réalisée par George William Hill, considéré aujourd'hui comme l'un des plus importants sculpteurs canadiens du début du XX^e siècle. Il était particulièrement connu pour ses monuments publics et ses mémoriaux de guerre. Le Musée des beaux-arts du Canada, le Musée du Québec et le Musée des beaux-arts de Montréal possèdent tous des œuvres de Hill dans leurs collections. Nous avons donc la chance d'avoir une de ses œuvres ici même en ville.

En plus des travaux de restauration, notre jardinier municipal, Bruce Thicke, a fait un travail spectaculaire avec les plantations environnantes cette année. Les jardins ont apporté une touche de beauté, qui a été particulièrement appréciée en ces temps difficiles.

Lorsque vous visiterez le site, vous remarquerez peut-être aussi le petit chêne planté à proximité. Cet arbre est un descendant direct d'un « chêne de Vimy » une espèce que l'on ne trouve que sur la crête de Vimy. L'histoire raconte qu'un soldat canadien a ramené des glands de ce site et les a plantés au

Canada. Les descendants de ces arbres sont aujourd'hui répartis dans tout le Canada et côtoient nombre de nos cénotaphes. Notre section locale de l'IODE a organisé ce mémorial vivant en 2018, qui va maintenant pousser ici pendant plus de 300 ans.

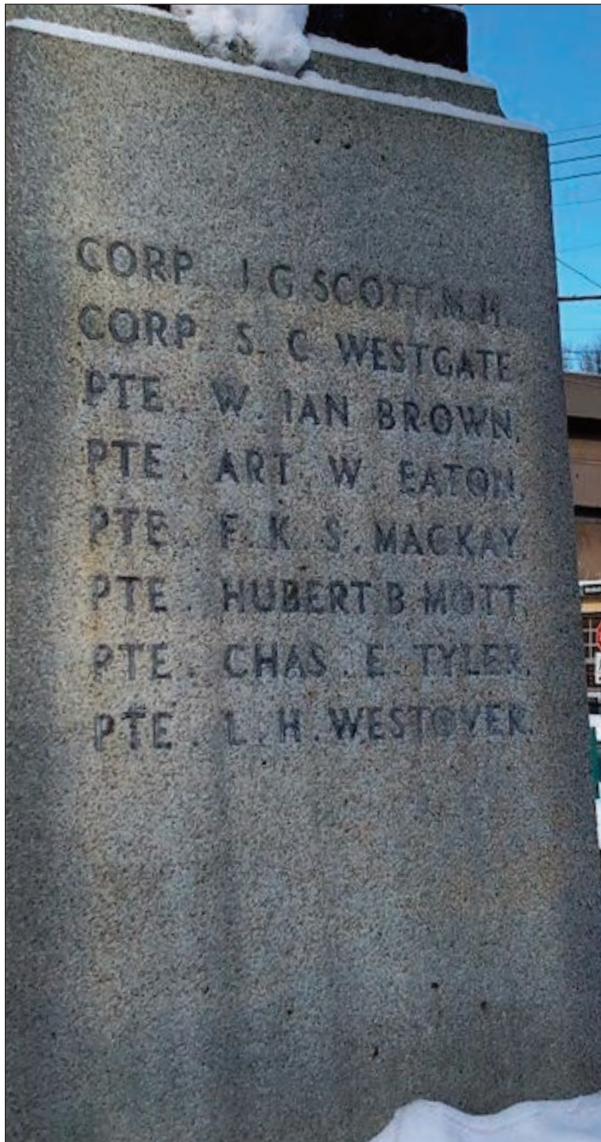
Enfin, notre projet de vitrine artistique commémore le 100^e anniversaire en exposant des œuvres autour du thème du « Souvenir ».

Bien que le mémorial expose les noms des vétérans qui ont péri, il est également important de garder vivante leur histoire individuelle lorsque cela est possible. Qui étaient ces hommes? Quel était leur lien avec cette communauté? Ces histoires personnelles ont fait l'objet de recherches approfondies de la part du Dr Robert Drummond qui, chaque année en novembre, propose une visite à pied axée sur leur vie. Je vous recommande vivement de participer à cette **marche du souvenir le dimanche 7 novembre**. Vous trouverez plus de détails sur la marche en ligne et dans le prochain Informer. Cette promenade est exceptionnellement touchante et instructive, et vous relie à notre patrimoine historique d'une manière unique et profonde.

Cette année, notre cérémonie du **jour du Souvenir** aura lieu **le samedi 6 novembre**. Je serai heureuse de vous voir à ce moment-là à notre cénotaphe nouvellement rénové.

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

L'autre côté du Mur du Souvenir, janvier 2021





MODIFICATIONS DES RÈGLEMENTS DE ZONAGE - LE PROCESSUS

Les règlements de zonage et d'urbanisme d'une municipalité sont un élément majeur de l'urbanisme. Les règlements de zonage stipulent la mise en place et la catégorisation de diverses zones au sein de la municipalité, et précisent les types de structures et d'activités qui peuvent s'y dérouler. Ils réglementent également des éléments tels que: la taille des bâtiments, des allées, des terrasses, des clôtures, etc. ; les marges de recul requises pour ces structures; les réglementations relatives à diverses autres structures telles que les piscines, les haies, les équipements, etc. Ils constituent un élément majeur de la législation d'une ville, et les réglementations concernant les modifications de ces arrêtés sont extrêmement strictes.

Par exemple, avant qu'un changement soit approuvé pour un règlement de zonage, les étapes suivantes doivent avoir lieu :

- Il y a d'abord le dépôt d'un avis de motion lors d'une séance publique du conseil. Cet avis informe les citoyens que le conseil a l'intention de modifier le règlement et décrit brièvement l'intention.
- Ensuite, le Conseil présente un projet de règlement et fixe une date pour une consultation publique. Cette consultation a lieu lors de la même séance publique ou lors d'une séance publique ultérieure.
- Enfin, un avis est envoyé au journal local (*The Suburban*) pour annoncer le changement et la date de la consultation. Cet avis est également publié sur notre site web.
- De plus, à Montréal-Ouest, lorsque des changements majeurs sont proposés, nous publions un bulletin électronique annonçant les modifications proposées et nous le plaçons également sur notre site web. Lorsque le calendrier le permet, nous nous efforçons également de publier ces informations dans *The Informer*.
- Après la consultation publique, des modifications peuvent être apportées au projet de règlement en fonction des commentaires du conseil et du public.
- Un deuxième avis est alors envoyé au journal local (*The Suburban*) et publié sur notre site web pour informer les résidents qu'ils peuvent signer un registre pour protester contre les modifications.
- De plus, à Montréal-Ouest, nous publions un bulletin électronique annonçant les modifications et informant les résidents de la possibilité de signer le registre.
- Si 12 résidents ou plus signent un registre, la préparation d'un référendum doit avoir lieu à moins que les dispositions contestées ne soient retirées du règlement.
- S'il n'y a pas de référendum, les modifications peuvent être adoptées sans changement lors d'une réunion publique.
- L'ensemble du processus prend un minimum d'environ 6 semaines, ou plus si un référendum est organisé.

Le processus est long et l'apport des citoyens est possible à de nombreuses étapes, et il est essentiel. C'est pourquoi, après avoir entendu les préoccupations soulevées sur un aspect de la modification proposée du règlement de zonage,

et après avoir été dans l'impossibilité de tenir une consultation publique en personne en raison des restrictions imposées par la Covid, le conseil a décidé de mettre les changements de zonage en suspens jusqu'à ce que nous puissions consulter les résidents en personne, ce qui permettra une discussion plus approfondie des questions et des préoccupations.

Les changements proposés en août découlaient principalement d'un désir d'augmenter l'assiette fiscale globale de la ville, ce qui est l'un des objectifs du plan financier stratégique adopté en 2017. L'une des stratégies qui y est décrite consiste à « examiner des zones particulières pour la possibilité d'une densité accrue ». En conséquence, nous avons engagé un consultant pour évaluer les terrains non développés de la ville (principalement des stationnements) et pour "identifier les zones de développement potentiel". Il s'agissait également d'un objectif de la politique MADA 2020 en faveur des personnes âgées, adoptée par le conseil après de nombreuses consultations avec les citoyens.

Comme le Maire l'a répété dans son rapport au conseil du 30 août, les propositions envisagées étaient destinées à être discutées et examinées, et aucune décision n'aurait été ou n'aurait pu être prise ce soir-là. Il a confirmé que la ville n'a pas de propositions d'acheteurs ou de promoteurs intéressés pour le moment. Néanmoins, nous pensons que nous devrions explorer les moyens d'élargir notre assiette fiscale et d'offrir un plus grand choix de logements.

Les modifications proposées sont résumées sur le site web de la ville, et ont été formulées en termes simples pour faciliter leur compréhension. Elles seront expliquées plus en détail lors de la future consultation publique.

Nous vous encourageons à prendre connaissance des modifications proposées : <https://montreal-west.ca/fr/modifications-au-plan-durbanisme/>. Le conseil municipal est très intéressé par vos commentaires et se réjouit de pouvoir discuter de ces questions importantes avec vous en personne lors d'une consultation publique à venir.

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



QUE FAIT VOTRE ARBRE POUR VOUS?

J'ai récemment reçu une courte vidéo de la part des travaux publics intitulée *Tree of All Trades*, réalisée par la municipalité régionale de Halifax. Vous pouvez la visionner à l'adresse suivante : www.youtube.com/watch?v=kyXDjOamDj8 (vidéo en anglais). Elle explique tous les avantages incroyables que nous procure un seul arbre, sans parler des avantages incroyables que procurent les milliers d'arbres qui forment notre forêt urbaine.

Par exemple, parmi leurs nombreux « métiers », on peut citer leur rôle étonnant de purificateur d'air. Les arbres séquestrent et stockent le dioxyde de carbone et piègent les polluants atmosphériques. Ils sont également d'excellents rafraîchisseurs et il a été prouvé qu'ils réduisent l'effet d'îlot de chaleur urbain en fournissant de l'ombre par évapotranspiration. Ce phénomène se produit lorsque le soleil frappe les feuilles d'un arbre et provoque l'évaporation de l'eau, ce qui refroidit l'air. Selon l'Agence américaine de protection de l'environnement, la combinaison de l'ombrage et de l'évapotranspiration peut réduire la température de l'air de 1 à 5 degrés. Et nous en avons bien besoin cet été!

Les arbres sont également de grands alliés en matière de gestion des eaux pluviales. Leurs racines absorbent l'eau de ruissellement et, ce faisant, la filtrent. En limitant les eaux de ruissellement, les racines contribuent à stabiliser le sol où l'arbre est planté. Enfin, les arbres réduisent également l'entretien des rues et des trottoirs, car l'ombre peut ralentir la détérioration de la chaussée.

Parmi les autres avantages qu'ils vous apportent personnellement, citons : l'ajout d'une valeur esthétique à votre propriété, l'amélioration de votre

santé et de votre bien-être, l'augmentation de la valeur de votre maison, la réduction du stress, de la pollution sonore, de l'agressivité au volant et même du taux de criminalité!

À Montréal-Ouest, chaque année, au printemps et à l'automne, la Ville plante entre 60 et 80 arbres sur l'emprise publique devant les propriétés privées. Dans un premier temps, les travaux publics et le Service de l'environnement identifient les espaces disponibles. Il s'agit d'espaces dépourvus d'arbres ou dans lesquels il y a un écart considérable entre les arbres. Ensuite, la sélection du « bon arbre pour le bon endroit » commence. Cette sélection tient compte de nombreux facteurs tels que la taille du terrain, les infrastructures environnantes (lignes et poteaux électriques, conduites de gaz ou d'eau, infrastructures privées, etc.), l'espèce d'arbre appropriée (la diversité est de la plus haute importance), la taille de l'arbre à maturité, etc. Les résidents ont ensuite la possibilité de choisir parmi trois espèces d'arbres appropriées.

Lorsque votre tour viendra, vous recevrez une lettre des travaux publics vous informant qu'un arbre sera planté à l'avant de votre propriété. Veuillez choisir l'un des trois arbres proposés et leur faire part de votre préférence dès que possible. Quelques semaines plus tard, l'arbre sera planté.

Nous espérons que vous apprécierez le large éventail d'avantages économiques, sanitaires et environnementaux que les arbres ont à offrir. Et en les plantant maintenant, vous vous assurez que la prochaine génération de Montréalais de l'Ouest jouira de la même qualité d'environnement urbain que nous avons la chance d'avoir aujourd'hui.

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



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Elizabeth Ballantyne School

Welcome back to all students and staff members!



Welcome to our new principal

Staff members and students are also excited to welcome Ms. **Christina Chillelli**, our new principal. She has served as a principal for the last eight years, and has worked in the field of education for a total of 22. She enjoys spending time with her family and proudly shares stories about her 7-year-old son, who is in second grade (see photo below). She can be seen walking the halls and visiting students in their classes. Ms. Chillelli is excited to be part of our community and looks forward to getting to know all of the members and inspiring our students to reach their full potential.

We anticipate a wonderful year, filled with many great adventures, and look forward to learning in a fun and creative manner!

from Kate Marien



Edinburgh School

Return to school

Edinburgh students and staff returned to school on August 31 with a number of pandemic restrictions still in place. This time, however, staff and students had a year's worth of Covid experience under their belts, to make the transition a little more familiar.

As per recommendations from Santé publique, students in Grades 1 to 6 still have to wear masks at all times when indoors, though they are allowed to remove them when they are eating. Procedural masks are provided for each child. Kindergarten students are encouraged to wear masks as well, but it is not required.

Class bubbles have been replaced by grade bubbles, meaning that children in the same grade can play together at recess. Frequent handwashing, social distancing and cleaning of high-touch surfaces will continue to be the norm again this year, as will daily evaluation of students' health.

Another difference from last year is that students are able to travel to specialist classrooms, such as science and music. The library will be opening again this year although, for the time being, the librarian will continue to travel between classrooms.

Home and School is hoping to be able to bring back some popular fundraisers this year in an effort to support enrichment activities for students. Parent volunteers from the Home and School Association were present at kindergarten orientation activities and hosted a snack table for parents at the first day kindergarten drop off. We will all be watching the Santé publique guidelines closely to evaluate what is possible and safe going forward.

The classrooms are cheerfully decorated, and the staff members at EBS are excited to see the students back at school, ready to learn in a positive environment. The halls are buzzing with excitement – students are happy to see each other again and to make new friends.

The students are able to mingle between classes, as we are no longer required to form “bubbles.” The planning of various activities has started to make this a terrific year, despite the pandemic. For the beginning of the school year, we are planning a fun play day filled with carnival games, animated by *Dynamix* – a perennial favourite.

No Covid restrictions for bees!

Edinburgh's bee population is thriving on the roof of one of the school's kindergarten classrooms! The beekeeper from *Alvéole* who inspected our bee hive in August reported that she spotted the queen, lots of brood (eggs, larvae and pupae) and that the top boxes were heavy with honey. The honey was harvested on September 1 and should be available for sale later in the fall to members of Edinburgh's community.

from Joanna Duy

Edinburgh roof top bee hive on August 25



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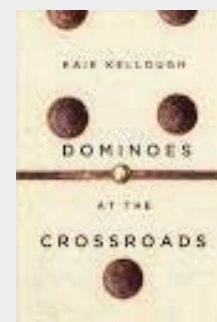
Fall is upon us once again. The children are back in school full time and we are all trying to get back to normal or the new normal or something in between. By the time you read this, the federal election will be over and we may or may not have a new government and Canada has had its first National Day for Truth and Reconciliation.

Here at the library, we are just trying to keep up with the evolving changes and the new normal. With the new normal in mind, we are running our programs either outside or on Zoom or with a few people inside the library (respecting distances, wearing masks and in very limited numbers).

What I have been reading lately...

submitted by Jody Mason

Kaie Kellough,
Dominoes at the Crossroads
(Montreal: Véhicule Press, 2020);
Petits marronages, trans. Madeleine Stratford
(Montréal: Boréal, 2021)



Author of one previous collection of short stories, a novel and two poetry collections, and a well-known sound poet and performer, Kaie Kellough experienced a remarkable 2020: *Magnetic Equator*, a poetry collection published by McClelland & Stewart, earned him the Griffin Prize, and *Dominoes at the Crossroads* (translated as *Petits marronages*), a short-story collection, garnered a spot on the Scotiabank Giller long list and took home the Quebec Writers' Federation Hugh MacLennan Prize for Fiction.

As much of his highly autobiographical writing tells us, Kellough was raised in Calgary, yet most of the stories in *Dominoes at the Crossroads* are set in Montreal, where Kellough has lived since 1998, or in Georgetown, Guyana, where Kellough locates part of his ancestry. Alive with the down-at-the-heels flavour of "contrary" post-1995-referendum Montreal and the "heat and compressed cacophony" of Georgetown, the interlinked stories of the collection animate the connections between these two points but rupture the journey between them with detours that render the temporality of the collection magnificently non-linear.

Paralleling Kellough's interest in disjunctive temporality is an experimentation with genre. In *Dominoes* we find the personal essay and memoir, as well as short fiction. Across these collected texts, Kellough conjures alternative ways of thinking about time, insisting that an occluded past, which includes figures such as Marie-Joseph Angélique, an enslaved black woman who was tortured after being convicted of lighting a fire that destroyed part of what is now Montreal's old port in 1734, will "emerge to shape the future."

Rippling with allusions to writers who work in all varieties of French, English, and Creole from across the Black Atlantic (Aimée Césaire, Patrick Chamoiseau, Maryse Condé, Afua Cooper, Édouard Glissant and Alex Haley) and locating its rhythms in reggae, soca, Nigerian dub and Congolese rumba, *Dominoes* insists on Montreal's importance to a larger Afro-diasporic sensibility.

The Threads of Memory

As more and more of our social lives move online, have you ever felt that you are having difficulty keeping up with the technology? This is what our project The Threads of Memory is all about. Telling your story all while learning how to use and feel comfortable with new technology. Digital photographs, sound recordings and even editing movies – we are doing it all – while telling our stories, the stories we want to share. Keep looking on our website as we announce workshops coming soon or, better yet, sign up and tell us your story!

Indigenous authors

You may have noticed our display on Indigenous authors, that has been in the window since June 21, National Indigenous Peoples Day, and will continue until September 30, National Day of Truth and Reconciliation. In this small step we are trying

to highlight the depth, the talent and the stories of our Indigenous brothers and sisters. Many have said that reading fiction builds empathy; in this way we hope that highlighting these stories may help us understand some of the issues facing us today. We feel that it is very important for us to learn, realize and acknowledge what has happened and happens to our Indigenous brothers and sisters, not just on September 30 but throughout the year. If you would like to join us in this conversation as it evolves, please reach out to us at the library. #everychildmatters #whatcanwedotohelp?

Tech help

We still have tech help available for all patrons, so if you are having trouble with a printer, computer or tablet send **Dane** an email at mwpl.techhelp@gmail.com to book an appointment. Dane's hours are Tuesday through Friday from noon to 6 pm.



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Children's Library



Left photo: Author Sarah Brunel announcing the winners of the writing contest. Right photo: TD Summer Reading Program closing party games of Angry Birds

Children's writing contest winners

Introduced in April and intended for every member of the library, the writing contest engaged children to exercise their writing skills and use their imagination. The 15 stories we received were all magical. We would like to thank the jury – MoWest author **Sarah Brunel**, editor **Isabella Byrne** and **Linda Wishart**, former Head Librarian of the Children's Library – for their impartial and professional work on the submitted texts. The writing contest will be back in 2022 to give another opportunity to the young ones.

And here are the winners of the 2021 writing contest: first place goes to the story *The Great Stuffed Animal Escape* by **Simon Kuchinsky**; second, to *Momma Bears are Useful* by **Clara Chapman** and third, to *The Toy Fox* by **Autumn Watson**. Two honorary mentions have been selected by the jury for the stories *The Great Stuffy Rescue* by **Felix Kuchinsky** and *The Enchanted Palace* by **Mia Secko**.

Congratulations to the winners and the participants!

Parent-Child Book Club

The Book Club will resume its meetings on September 24, 6.30 pm on Zoom. That date, we will gather and select the titles

the group will read during the forthcoming season. We have made a selection of engaging and amusing stories to revel in, but you are more than welcome to bring over your recently discovered titles, convince everyone to vote for them and make sure they will be part of our reading list. Please contact us to register and be ready to join!

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vente de livres les samedi et dimanche, le 25 et le 26 septembre, 10 h-15 h.




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St. Philip's

Have you walked by St Philip's, looked up, and seen an anemometer spinning on a pole atop the tower? For the next year or so, we have a weather station on the tower. A research group at Concordia University is studying the long-term effects of weather and solar radiation on church buildings, with the goal of designing retrofits that would make churches and similar buildings more energy-efficient. The Stewardship of the Environment Committee of the Anglican Diocese of Montreal is assisting with the project, as part of a broad effort to make churches greener.

A pocket forest?

Another green initiative at St Philip's is a demonstration pocket forest. Together with *Incredible Edibles*, *The Depot Community Food Centre* and *P3 Permaculture*, we are hosting a workshop on October 23 and 24 entitled Climate Action Pocket Forest: Dig into the Solution. Saturday will be learning about the science behind creating a pocket forest (a small, biodiverse, woodland ecosystem in an urban area). Sunday will be hands-on creating the pocket forest on a small strip on the Connaught Avenue side of the Memorial Hall. For more information or to register to attend, go to tinyurl.com/7jxv7z5u.

With rising Covid case numbers as of early September, we are slow-walking our re-opening plans. Worship continues online every Sunday at 10 am, and a livestream will continue once in-person services resume. The link is on our Facebook page. We do hope to be back in the church for Harvest Sunday, October 10.

from Fr. Pratt

MW United

...the brick one

Harvesting what we've learned

By the time you read this, you will already know if we are able to open our church to in-person services again. It is our hope that this is possible. But we will go at it with typical United Church cautious optimism. So likely we are still wearing masks, washing hands and distancing. Instead of congregational singing, there is much humming accompanying the soloist(s). We will be using a screen instead of a printed bulletin or hymn books. And we are no doubt finding a way to record the service to be broadcast later in the week for those who prefer not to take any chances.

Sunday school needs some creative approaches too. Outdoors is good, weather permitting. So much depends on the fourth wave and how it unfolds.

Labyrinth Walks held hostage

Until we have a greater degree of comfort, the outdoor Labyrinth is our best bet. Soon that won't be visible though, so rest assured, we are taking a close look at what might be possible. It could be that we need walkers to register and make appointments. All is being considered so stay tuned.

Bazaars and things

If we can find a way, we will try to hold something that will be safe, fun and serve the purpose. Watch for pop-up messages.

Missing you all.... It's hard to type with your fingers crossed, but if it works.... So take good care and we hope our paths cross, if distantly.

from Susan Upham

St. Ignatius of Loyola

Our team has been busy planning Alpha 12 that started September 22! Although we'd initially hoped to be able to offer an in-person option alongside our online course this session, after careful consideration, Alpha 12 will remain online only, as the health and safety of our community continues to be our priority.

If you or someone you know is looking to explore life's big questions in a friendly and open environment, then consider giving Alpha a try. Join us for an opportunity to connect with others from around the world (we've had past Alpha guests from as far away as Australia!), and listen to talks that are designed to engage people from all walks of life and inspire conversation. Alpha is no cost, and you're welcome to try out the first evening or two to see if it's for you. To learn more, to refer a family member or friend, or to save your spot, head over to stig.ca/alpha.

We continue to be open to the public seven days a week, so be sure to check out our schedule below. You're also always invited to attend either of our weekend masses by registering at stig.ca/mass, or join our live stream Mass Sundays at 10 am: stig.ca/live-stream.

Parish schedule

Private prayer

Monday-Friday, 8 am-5 pm

Weekday Mass

Tuesday, 6:30 pm; Wednesday, 9 am;
Thursday, 9 am

Weekend Mass

Saturday, 4:30 pm; Sunday, 10 am

Reconciliation

Saturday 3:45-4:15 pm



We're back and ready to welcome you!

Come join us in a safe and thoughtful place that's full of activities including art, science, music, drama and games.

Our Children and Youth Ministry is a vibrant part of our church community, and we love to welcome new families.

For more information, please contact Vicky at the Montreal West United Church office **514.482.3210**.

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50+ Club



For our latest activities go to the Town website: montreal-west.ca or call for more info: **484-6186**.

Cards in the Park

September 28 and October 12.
Call to reserve your table.

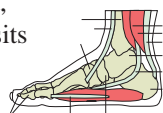
Lecture

September 23. Holy Saints! by **Bruno Stenson**.

Foot clinics

October 6
484-6186

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



ZOOM event

Saturday, October 2, 10 am
Around the World: Vietnam
with **Margot and Alex**
Register on AMILIA.

Dancing in Davies Park!



Veils of Bollywood presented *Mandala* in Davies Park. September 12.

The 30-minute performance featured: **Rameez Karim** (choreography), **Sofia El Iraki**, **Simmi Sunshine**, **Diego Cervantes** and **Chanel Cheiban**.

Afterwards, there was a 30-minute workshop to get the spectators moving.

The event was made possible thanks to the support from *Conseil des Arts en tournée* through their program *Quand l'art prend l'air*.

Thanks to all those who attended and joined the dancing!

Special thanks to **Robert Ganz** for his generosity in taking such wonderful photos! There are two photos on pages 18 and 19.

Community Centre

Fall and winter programs

Check our website: montreal-west.ca or Facebook page: facebook.com/montrealwest.ca.
Registration is now online on amilia.com for all Town programs.
For more information, please contact the John A. Simms Community Centre at **484-6186** or email us at recreation@montreal-west.ca.

Children's programs

Red Cross
babysitting course

October 23

Red Cross
Stay Safe Program

October 24

Fitness

TRX, Stretch, Barre,
Essentrics/Aging Backwards,
Yogalates, Yoga for Stiff Men,
Gentle Yoga, Zumba, Adult Ballet.

New Programs

Outdoor Warrior Workout,
Belly Dancing
70+ Fitness

Tuesday and Thursday

Older Adult Balance
Monday and Wednesday

Step by Step Mo West

Meet at the Community Centre every Monday at 9:30 am for a 45-minute walk, followed by refreshments. Rain or shine.
Fall: \$5 for the 6-week session (residents), \$10 for 50+ club members.

Halloweek October 24-31

Have some skele-fun participating in our contests!

House decorating

Gather up the family and get to decorating! Let's get into the Halloween spirit and make our houses look fang-tastic.

Pet costumes

Let's not forget about our furry friends! Dress them up in your most fa-boo-lous costumes.

Pumpkin decorations

Last but certainly not least, what's Halloween without Jack-o'-lanterns! Decorate the best you can and give your neighbors pumpkin to talk about!

Submit your photos on the website!

See the website for coming events and sign up for the e-bulletin.

Passeport vaccinal

Dernière mise-à-jour : 9 septembre

Conformément aux directives gouvernementales, le passeport vaccinal COVID-19 sera requis pour participer aux cours en salle pour toutes les personnes âgées de 13 ans et plus.

Cette preuve peut être présentée de trois façons :

- Sous un format papier;
- Sous un format PDF sur votre appareil mobile;
- À partir de l'application VaxiCode.

Une pièce d'identité avec photo est demandée pour les personnes de 16 ans et plus ou une preuve d'identité sans photo pour les personnes de 75 ans et plus.

Si vous avez besoin d'aide pour télécharger votre code QR, veuillez contacter le Service des loisirs au **484-6186**.

Pour plus d'informations sur le passeport vaccinal, consultez le site [Web www.quebec.ca](http://www.quebec.ca).

Vaccination passport

Last updated: September 9

In compliance with government guidelines, the COVID-19 vaccination passport will be required to participate in indoor classes for everyone age 13 and older.

You can show proof of vaccination in one of three ways:

- On paper
- In a PDF on your mobile device
- On the VaxiCode application

Photo ID will be required for all persons age 16 and over or ID without photo for people 75 and over.

Should you require assistance downloading your QR code, please contact Recreation at **484-6186**.

For more information on the vaccination passport, visit www.quebec.ca.

Town Council meeting: August



by Carol Foster

In response to the many questions raised by the proposed zoning changes presented to Council, **Mayor Masella** explained that these proposals were part of an overall plan, by Council, to evaluate possible ways to expand its tax base by looking at Town land. It was determined that the only available undeveloped land were the parking lots and they were mandated to be evaluated. The first to be evaluated was the Strathearn-Milner parking lot. The mayor made it very clear that no decision had been made regarding any possible zoning changes. The zoning changes were proposed by professionals and Council's job is now to consult with the residents. Because of all the concerns raised, it was determined that in order for this consultation to be effective, it would have to be postponed until it can take place in person rather than by some virtual system.

Councillors' reports

Councillor Torres emphasized the need for the ongoing tree planting project. Another 31 homeowners are being notified that trees will be planted on the public portion of their front yards. The past two inventories revealed a large number of old trees nearing the end of their life cycle and a deficit in young trees that could replace them. The mission now is to increase the Town's tree canopy from 26 percent to 40 percent in order to offset serious issues such as climate change.

Councillor Mazzone reminded residents that with the return to school, the need

Mandala presented by Veils of Bollywood, Davies Park, September 12.



Photo: Robert Ganz

for safety is especially important and traffic and parking regulations will be closely monitored.

He reported the theft of two cars during the month of July. One was a Honda CR-V and the other a Jeep Cherokee, both being very popular models among car thieves.

Many more programs were made available during this second "COVID summer" and all were very popular. Although the Canada Day and Fête nationale celebrations were not what they used to be, a number of creative activities were offered instead. Councillor Ulin announced that unless further COVID restrictions are put in place, the plan is to open the arena for hockey and ice skating at the end of September.

The water tax reading cards are now being sent out and must be returned by September 24. The tax bills will be distributed on October 25 with a due date of November 25. The readings can be submitted using the online form, by phone or by returning the card. In cases where the information has not been returned, the amount will be estimated and accompanied by a \$50 charge. Councillor Feeney added to the mayor's comments by pointing out that identifying areas for future development was part of the Town's Strategic Financial Plan.

First question period

Concerns about environmental issues topped the list during this question period.

To the oft-asked question about where the recycled material picked up in the Town actually goes, the mayor replied that the recycling trucks are often mistaken for garbage trucks, but they serve two separate functions. The Town's contract with the recycling company states that the items picked up by them go to a recycling plant.

Another repeated question concerned what the Town is doing to rectify the sewerage problem affecting the little Saint-Pierre River in Meadowbrook. Although many of the problems have already been rectified, the Town is working with a contractor to determine what remains to be done.

The Town's flower beds are kept flourishing as a result of frequent watering done by several students. A suggested irrigation system would be impractical due to the distances between the locations of the gardens.

Not only are damaged or missing compost and recycling bins replaced by Public Works staff, but those still salvageable are also repaired and reused.

The old cars left rusting on a property on Strathearn North, the location of some of the industrial equipment owned by *Par-malat/Lactalis* and suspicious activity observed around the grow op on Ronald Drive were all questioned by various residents.

The issue of the cars is being dealt with,

but is presently complicated by having to deal with the past and present owners of the property. Although the Town has no jurisdiction over the property owned by *Par-malat/Lactalis*, the Building Inspector will be asked to reach out to his counterpart in CDN-NDG to discuss this issue and the grow op is properly licensed and legitimate.

The familiar problem of the safety for both vehicles and pedestrians at the Sherbrooke and Westminster intersection was also revisited. Although the installation of traffic lights has been reviewed and dismissed, the present crosswalk will be upgraded and then repainted appropriately with the familiar horizontal lines of a protected crosswalk.

Specific action is now being taken by Councillor Mazzone to address the problems of bikes on sidewalks. "No Bike Riding" pictograms will be painted on the sidewalk ramps on Westminster in the centre of the Town and an awareness campaign will be starting soon. Police will be asked to ticket individuals who ignore the signs since this is a Quebec Highway Safety Code infraction. Anyone injured by a bike is urged to fill out an online traffic-related report with SPVM station 9.

Positive news for cyclists is that although the Agglomeration's plan for island-wide bike paths, some of which would be going through Montreal West, was put on hold during the pandemic, once talks can resume, there are several routes that can be considered.

In reply to several questions about what the possible rezoning plans could mean for the Strathearn parking lot, the mayor repeated his reassurance that, at present, there are no plans whatsoever presently in place. Questions can be raised at the public consultation session once one can be established and until then he advised people to contact either a councillor or himself with their concerns rather than relying on what is being heard on social media.

Councillor Feeney agreed with the several suggestions made to simplify and clarify the language used in the zoning communiqués and to have them published in *The Informer* when possible.

Second question period

Feeling that his first question had not been adequately answered, a homeowner asked for further clarification concerning the possible impact Parmalat's movement of some of their large industrial machinery closer to Montreal West could have upon Montreal West residents.

The mayor replied that further information is required before this question can be answered.

The meeting was then adjourned.

Réunion du Conseil : août



par Carol Foster
traduction par René Boucher

En réponse aux nombreuses questions soulevées par les modifications de zonage suggérées au Conseil, le maire a expliqué que ces propositions font partie d'un plan global du Conseil pour évaluer des moyens possibles d'ajouter à son assiette fiscale en examinant les terrains appartenant à la Ville. Il a été établi que seuls les terrains de stationnement constituent des espaces non bâtis disponibles; un mandat d'évaluation a été donné et Strathearn-Milner est le premier terrain évalué. Le maire a affirmé très clairement qu'aucune décision n'a été arrêtée. Les spécialistes ont proposé des changements de zonage et le Conseil doit maintenant consulter les citoyens. En raison des préoccupations formulées, il a été décidé que, dans un but d'efficacité, ce processus devra être reporté jusqu'à ce qu'il puisse se dérouler en personne plutôt que par quelque moyen virtuel.

Rapport des membres du Conseil

La **conseillère Torres** a souligné la nécessité du projet continu de plantation d'arbres. Trente-et-un autres propriétaires ont été informés que des arbres seraient mis en terre sur la partie publique de leurs cours avant. Les deux derniers relevés ont révélé de nombreux vieux arbres en fin de leur cycle de vie et un déficit de jeunes arbres pour les remplacer. La mission actuelle est d'accroître le couvert forestier de la ville de 26 % à 40 % afin de compenser des effets néfastes comme les changements climatiques.

Le **conseiller Mazzone** a rappelé aux résidents que la sécurité est particulièrement importante avec le retour en classe et que le stationnement serait surveillé de près.

Il a rapporté deux vols de véhicules en juillet, un Honda CR-V et un Jeep Cherokee, deux modèles prisés des voleurs d'autos.

Nombre d'autres programmes étaient disponibles en ce deuxième « été COVID », tous très populaires. Les célébrations de la fête du Canada et de la Fête nationale n'ont pas été ce qu'elles ont déjà été, on a cependant offert plusieurs activités créatives. La conseillère Ulin a annoncé qu'à moins de nouvelles restrictions COVID, les plans veulent l'ouverture de l'aréna pour le hockey et le patinage à la fin-septembre.

Les cartes pour relever la consommation d'eau sont en cours d'envoi et doivent être retournées pour le 24 septembre. Les factures seront postées le 25 octobre et seront payables le 25 novembre. On peut soumettre la lecture des compteurs d'eau à l'aide du formulaire en ligne, par téléphone ou en retournant la carte. À défaut de soumettre l'information avant la date limite, le compte

sera estimé et des frais supplémentaires de 50 \$ s'ajouteront. La **conseillère Feeney** a ajouté aux commentaires du maire, faisant remarquer que l'identification de zones pour développement futur fait partie du Plan financier stratégique de la Ville.

Première période de questions

Les préoccupations environnementales venaient en tête de liste de cette période de questions

À la question souvent posée concernant l'acheminement réel des matières recyclables ramassées à Mo-Ouest, le maire a répondu que l'on confond souvent les camions de recyclage pour des camions d'ordures; ils servent deux fonctions distinctes. Le contrat de la Ville avec la compagnie de recyclage stipule que ce qui est recueilli doit aller à un centre de recyclage.

Une autre question souvent répétée visait ce que la Ville fait pour rectifier le problème des égouts affectant la rivière Saint-Pierre à Meadowbrook. Plusieurs des problèmes sont déjà réglés, mais la Ville travaille toujours avec un entrepreneur pour identifier ce qui reste à faire.

Les plates-bandes de fleurs sont gardées florissantes par les arrosages fréquents que font plusieurs étudiants. Un système d'irrigation suggéré serait peu faisable en raison de la distance qui sépare les jardins.

Les bacs de compostage et de recyclage endommagés sont non seulement remplacés par les Travaux publics, mais ceux qui sont récupérables sont réparés et réutilisés.

Des citoyens se questionnent quant aux vieilles voitures qui rouillent sur une propriété privée de Strathearn Nord, quant à l'emplacement de certains équipements industriels de *Parmalat/Lactalis* et quant aux activités suspectes observées près d'un site de culture de marijuana sur la promenade Ronald

La question des voitures est en traitement, mais complexe, devant faire affaire avec les propriétaires actuel et précédent. Bien que Montréal-Ouest n'ait aucune compétence sur la propriété de *Parmalat/Lactalis*, on demandera à l'inspecteur en bâtiments de contacter son vis-à-vis de CDN-NDG pour en discuter. Le site de culture de marijuana est légitime et possède les permis nécessaires.

Le problème de la sécurité des piétons et des véhicules à l'intersection Sherbrooke et Westminster a à nouveau fait surface. L'installation de feux de circulation a été étudiée et rejetée; le passage piétonnier sera mis à niveau et repeint adéquatement avec les bandes horizontales d'un passage protégé.

Le conseiller Mazzone agit pour contrer le problème des bicyclettes sur les trottoirs. Des pictogrammes « Accés interdit aux bicyclettes » seront peints sur les rampes de trot-

toirs sur Westminster dans le centre-ville et une campagne de sensibilisation sera bientôt lancée. On demandera aux policiers de remettre des contraventions aux contrevenants puisque le non-respect de ces pictogrammes constitue une infraction au Code de la route du Québec. Quiconque a été blessé par une bicyclette devrait remplir un rapport concernant la circulation auprès du poste 9 du SPVM.

Nouvelle positive pour les cyclistes : bien que le plan de l'agglomération pour des pistes cyclables à la grandeur de l'île, dont certaines traverseraient Montréal-Ouest, ait été mis sur pause durant la pandémie, dès que les discussions reprendront, plusieurs parcours pourront être considérés.

En réponse à plusieurs questions concernant ce que les possibles changements de zonage pourraient signifier pour le terrain de stationnement Strathearn, le maire a répété qu'à ce stade-ci, il n'y a aucun plan à cet effet. Les citoyens pourront poser leurs questions lors de la séance de consultation qui sera organisée dès que possible; d'ici là, il a conseillé aux gens de discuter de leurs préoccupations avec un membre du Conseil plutôt que de se fier aux réseaux sociaux.

La conseillère Feeney s'est dite en accord avec les suggestions formulées pour simplifier et clarifier le langage utilisé dans les communiqués concernant le zonage et de les publier dans *l'Informer* lorsque possible.

Seconde période de questions

Sa première question n'ayant pas obtenu de réponse adéquate à son avis, un propriétaire a demandé plus de clarification sur l'effet possible sur les citoyens de Montréal-Ouest du déplacement de certaines grosses machines industrielles plus près de Mo-Ouest.

Le maire a rétorqué avoir besoin de plus amples informations avant de pouvoir répondre à cette question.

La séance a ensuite été levée.

Mandala présentée par *Veils of Bollywood*, Parc Davies, le 12 septembre.



Photo: Robert Ganz

COMING EVENTS / À VENIR

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

Next deadline: October 6

September

- Tue 28 The Threads of Memory:** MoWest seniors connecting through stories. Email mwpl.librarian@gmail.com. *Every Tuesday.* 3 pm.
- Wed 29 Chess Club.** All welcome. Public Library. *Every Wednesday.* 4:45 pm.
- Thu 30 Drama Club.** All welcome. Public Library. *Every Thursday.* 4:45 pm.

October

- Fri 1 Legion Rink opens.** See the Town website: recreation/facilities-parks/arena-outdoor-rinks/ for hockey and free skate schedule.
- Fri 1 Last day to file nomination papers /
Dernier jour pour produire une déclaration de candidature**
- Wed 6 Electoral list will be tabled and made public /
Dépôt officiel public de la liste électorale**
- Wed 13 Board of revisors** (application for entry, striking off or correction of the electoral list). Town Hall. 7-10 pm. / **Commission de révision** (demandes d'inscription, de correction ou de radiation à la liste électorale). Hôtel de ville. 19 h-22 h.
- Mon 18 Board of revisors.** Town Hall. 10 am-1 pm and 2:30-5:30 pm. / **Commission de révision.** Hôtel de ville. 10 h-13 h et 14 h 30-17 h 30.
- Wed 20 Tea and Books** (Zoom). Everyone welcome, email mwpl.librain@gmail.com to register. 2 pm.
- Wed 27 Meet the candidates.** Town Hall. 7 pm. / **Rencontrez les candidats.** Hôtel de ville. 19 h.
- Sun 31 Advance poll.** Elizabeth Ballantyne School. 9:30 am-8 pm. / **Vote par anticipation.** École Elizabeth Ballantyne. 9 h 30 à 20 h.

November

- Sun 7 Polling day.** Royal West Academy and Edinburgh School. 9:30 am-8 pm. / **Jour du scrutin.** Académie Royal West et École Edinburgh. 9 h 30 à 20 h.
- Thu 25 Water tax due / Échéance des taxes d'eau**



Lucas Malik Wilbur Werner, born in July. Mom Alyssa Wilbur, the City Councillor for Environment and

Eva Maria Florea-Archir, born in September. Dad is Vlad Florea-Archir, the Urban Planning Manager



Baby boom in MoWest!

Thomas Feiter, born in October. Mom Elisabeth Feiter, the Town's Manager of Community

Municipal election

NEW
in 2021

- Voting by mail is an option for electors aged 70 (on or before November 7) or more. Requests may be made in writing or verbally, but must be received no later than October 27.

For more information :

montreal-west.ca/our-town/municipal-election-2021/

Élections municipales

NOUVEAUTÉS
en 2021

- Toute personne âgée de 70 ans ou plus (le ou avant le 7 novembre) et inscrite sur la liste électorale pourra voter par correspondance si elle en fait la demande, qui peut être verbale ou écrite mais doit être reçue au plus tard le 27 octobre.

Pour plus d'informations :

montreal-west.ca/fr/notre-ville/election-municipale-2021/