



Guiding in the time of Covid to a trapped audience! Barbara guiding to her grandson, Thomas Nixon-Janssen, while making beet salad (hence the plastic gloves). He stopped crying each time she pointed and described something.

Barbara Brzezinski: Guiding at MMFA

Long time MW resident and guide of ten years at the *Montreal Museum of Fine Arts*, Barbara Brzezinski will soon be ending her one-year mandate as president of the Association of Volunteer Guides. We thought it was a good time to talk to her about her experience as a guide and board member, especially in light of Covid.

Let's go back to the beginning and ask how you decided to become a guide?

I had retired in 2009 after 32 years of flying and wanted to learn more about the art world. It was my sister's good friend, a long-time guide at the MMFA, who remarked that I was always asking her about the books she was reading in preparation for the next exhibits. She thought it could be something I would like to do.

Were you already a frequent museum goer, a student of art history or an artist?

I had been a member for quite a few years, but had gone only to see their temporary exhibitions, usually on the vernissage evening when guides were on hand to give tours. I had never stepped into the permanent galleries.

continued on page 7

Gifted student

fosters a passion for science
in a youth program

Johns Hopkins CTY (Center for Talented Youth) awarded Emma Birlean, 13, with High Honors in 2021.

by Hannah Sabourin

Johns Hopkins University is an academic institution in Baltimore, MD. CTY identifies and challenges gifted grade-school students. Their purpose is to help students achieve their intellectual aspirations. Of the 19,000 students who took the

entry test in the 2020-21 school year, less than 28 per cent qualified for CTY.

Quebec's first Covid-19 lockdown prompted **Emma Birlean** to take this test. "Suddenly, I had nothing to do all day. So, I decided to study for the CTY test," she said.

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MoWest student, Emma Birlean, holds a \$2,220 donation cheque outside the Shriners Hospitals for Children October 13, 2021.



Photo: courtesy, Shriners Hospitals for Children

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THE INFORMER

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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

April 6

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VILLAGE VIDEO RENEWED FOR FALL AND WINTER

National Cablevision's Program Director, Barry Moore, recently announced that **Village Video** has successfully completed a summer test phase and will resume its regular schedule on October 5, 1973.

"We found the **Village Video** approach to community TV programming rather refreshing and interesting. What especially appealed to us is the arrangement where different members of the community are responsible for the different programs. This way more people are involved and a much greater spectrum of subjects gets covered. We wish more of our community affairs programs would follow **Village Video's** lead."

Topics covered this past summer included the Board of Education elections, Community Communications, Town Planning, Social and

Recreational Activities, Local Police and Youth, a report on the Catherine Booth Hospital crisis, as well as coverage of various other community organizations. This fall the program will have a new time: 11 PM on Fridays, and will be in colour. Program topics will be concerned with the quality of life in our community. Everyone is invited to suggest subjects, even organize a program. It's not hard and you'll get all the professional help you need. It's rather an interesting way for you to improve community relations through a contemporary medium. The program will continue its policy of featuring community news and information bulletins. For more information call Sheila Rozenblat at 484-1662 during the day and Brian Philcox at 484-3617 evenings.

STATISTICS

A Recreation Department report indicates that over the Summer 30,671 people visited the Montreal West Swimming Pool.

THE LAMPOST CONNECTION

... from Bonnie Buxton

At 8 a.m. one hot August day, I stepped onto the front porch to pick up the morning paper — and froze in horror. Two workmen from the Town of Montreal West were circling suspiciously around the lamppost across the street.

"What are you doing?" I shouted.

They confirmed my suspicions. "We're going to take away this old street light and put up a nice new aluminium one," they yelled back.

"You can't do that!" I shouted like a fishwife.

"That's what all the ladies say," they said grinning, explaining that this lamppost had holes in the base and was dangerous and children could stick their hands in and electrocute themselves.

It may seem a little peculiar to get upset about the loss of an art nouveau lamppost, but it's one of the reasons I fell in love with our house, and our street. It's a street of old brick houses, big trees and old lampposts. On a winter night, the house across the way looks like a Christmas card. A modern lamppost would detract from the charm of the whole block.

continued page 7 (see LAMPPOST)

A WESTMINSTER MALL

from Dick Tobin

The shops along Westminster have lately begun to display their wares on the sidewalks. Perhaps this is a last ditch attempt to present their colours before winter's greyness takes over. These timid attempts should be encouraged. Perhaps we should even permit outdoor stalls, parasols, and street benches. Then maybe the street would assume the character of a shopping mall.

Our annual Christmas lights display only serves to underline in a pathetic way, its present dreariness. Surely the smell of leathers, jasmine, pomegranates and the plants and awnings and other attributes of open markets can only be a welcome influence on Westminster.

PUBLIC WORKS

Public Works is the big spender; here is where most of our local tax dollars are spent (approximately half a million dollars in 1972). Such expenditures include the maintenance of the Town Yard on Bedbrooke Avenue, including offices, staff, trucks and equipment, and so on as necessary for Public Works functions; costs of Snow Removal; costs of Road and Sidewalk Repairs; cost of street cleaning and lighting (including stop lights); cost of Sewers and Water Mains (Montreal West owns its own water mains but buys water from Montreal to resell to its citizens); cost of Garbage Collection (a service which is leased to private operators); cost of Town Properties (including the greenhouse, parks and boulevards, wading pools, the Town Hall, the Fire Station and the building at 112 Westminster Avenue.

The Public Works Commissioner has as his deputy civil servant the Director of Public Works. For many

We are 50!

This year marks the 50th year of publication of *The Informer*, but given the math, it is probably the 49th! Still, we're going to celebrate this year because it's the 50th volume.

Maurice Krystal has written short articles about each of the issues of the first volume. Enjoy reading about what's changed and what hasn't!

LAMPPOST continued from page 5

By 9:00 I had typed up a petition and was setting off to the neighbours. My husband headed for the townhall to protest. At 9:05, two signatures later, he was back, grinning.

At 9:10, a Town truck pulled up, and Mr. Hammond, the man in charge of public works, jumped out. "I know how you feel," he said. "I love this town, and I hate these new lampposts. I've tried all over to find the old-fashioned kind, but nobody's making them any more. I'll give you a month to come up with an alternative... and I'll try to think of something, myself." He jumped in his truck and was gone. I tore up the petition.

Three days later, we phoned with an idea, but he had already solved the case. "A lady phoned me to com-

plain about her lamppost," he said. "It's the only old one on her block and she wants a new one. It's in perfect condition... so it's yours."

We couldn't help contrasting our dealings with cheerful Mr. Hammond with what would have happened if Montreal West had already become part of the City of Montreal. Numerous phone calls to various city departments, never, finding the bureaucrat responsible... and by the time we found him, days later, the shiny new lamppost would have been installed.

"What are you going to do when the City of Montreal takes over in 1974?" we asked.

"I won't be here," said Mr. Hammond.

Issue 3, September 1973

There were no summer issues. The paper is now put together in the basement of the old Imperial Oil building. There was an operating board consisting of **Wavell Cowen, Ned Lanthier, Mary Swetland, Alice Cowen, Kathy Carlin, Harry Goldsmith and James Watt**. There were two technical advisors, **Brian Philips and Paul Rush**. The paper was ad free, but for the first time there is a list of advertising rates ranging from \$10 for 1/12 of a page to \$90 for a full page. The Town had made the commitment to support the paper but *The Informer* board was seeking additional revenue.

This issue maintained the eight-page format with no photos, but a cartoon of the responsibilities of members on the Town Council. The main headline was that the "Citizens' Association Opts for Open Nominations to Town Council." For many years, since the ori-

gins of the Town, the Citizens Association presented a slate. Sometimes labeled an "old boys club" that inevitably became the new Town Council. This was a dramatic shift in the fight for democracy.

Much of the issue was devoted to the role of the mayor and each of the four commissioners, and how to apply to be nominated.

The letter section, called *Beefs & Bouquets*, had five letters. Two, by **Eileen Bedoukian** and **Madge Fullerton**, tackled the issue of dogs, dog runs and irresponsible dog owners. To the present day this issue will continue to be contentious, drawing numerous letters on both sides.

Dick Tobin wrote about beautifying the Westminster business area, another concern that is still with us. A whole bunch of people signed a letter congratulating the swim team and **Donna Horowitz**, their coach. Finally, **Bonnie Buxton** lamented the removal of the quaint old art nouveau lampposts with modern ones.

in memoriam:

Stefan Sotosek

November 22, 1929 – February 24, 2022



Anna Margaret and Stefan Sotosek

It is with profound sadness that we announce the passing of **Stefan Sotosek**. Beloved husband of **Anna Margaret**. Cherished father of **Anita (Harry)**, **Gunther (Jeanne)** and **Evelyn (David)**. He will be dearly missed by his grandchildren **Stephen, Alexander, Andrew, Philip, Leigh** and **Rebecca** and his great-grandchildren.

In 1956, Stefan Sotosek, his wife Anna Margaret, Anita and Gunther immigrated from Austria to Vancouver. They moved to Montreal in 1959, where Evelyn their youngest was born. Stefan and his family moved to Montreal West in 1967 living at 185 Easton Avenue and later at 263 Percival Avenue before moving to St. Catharines, ON and then to Richmond Hill, ON.

He was active in the community refereeing for MoWest soc-

cer and had a positive impact on many children's lives who attended Elizabeth Ballantyne Elementary. He protected them from bullies, talked to them when they needed someone to listen and sometimes even showed them wrestling or soccer. As a jack of all trades, my father would do wood-working, plumbing and helped neighbours with renovations.

I could go on about the man he was. He was definitely loved. My sister Anita, my brother Gunther and I are beyond proud to have been blessed with such a wonderful father. We will miss him deeply.

In lieu of flowers, donations can be made to the Diabetes Canada and the *Canadian Dementia Association*.

from Evelyn Sotosek

Spring Artists' Showcase

Calling all MoWest artists!

It is time to start planning your artwork for next season's Artists' Showcase.

The theme for the spring/summer exhibit will be **People and Pets**.

Please fill out an application online. The online exhibit will be up toward the end of May, the deadline for application is May 13.



Jeff Pennefather, Lauren Pennefather, Avah Pennefather, Darrell Fox and Wilma O'Connell (Jeff's mom and Avah's grandmother)

#FIFTYFORFOX... PLUS ONE!

We have all experienced a COVID birthday or two over the course of the pandemic. Last year was a milestone birthday for me, as I turned fifty and as such, I was inspired to do better and be better by establishing my next half century goals. If you are a devoted reader of *The Informer* like I am, you may be aware that the *Terry Fox Foundation* is very near and dear to my heart. I have organized the *MoWest Terry Fox Run* for the last 10 years, and I have never missed a *Terry Fox Run* in over 24 years. Terry is my hero. Thinking about his courage, dedication and resiliency, has got me through some of my darkest days of loss. This year will mark 30 and 13 years respectively that I lost my mom and dad to cancer. It has taken me a long time to reconcile the loss and grow from my experience. The alchemy of mourning is a very personal and complex journey.

Although it did not roll out as originally planned, I am pleased to officially launch the first leg of my #FiftyForFox Canadian Tour, in support of the *Terry Fox Foundation*, coming to a province near you! As per

my original plan, I will run 10 km in every province across Canada, once per month, with a goal of raising \$50K for the Foundation. Starting in Montreal on March 24, followed by Halifax, Nova Scotia at the beginning of April, Ottawa, Ontario in May on Mother's Day, followed by Calgary, Alberta in June. The remaining provinces will be scheduled later this year. To give myself a bit of flexibility, my goal is to complete my #FiftyForFox circuit in a little over a year. My final province will be in Vancouver, B.C. of course, this time wrapping up with a marathon, just like Terry! I will have the opportunity to run with Terry's younger brother **Darrell**. I have been blessed to have forged a special kinship with Darrell over the last decade, with a shared goal to eradicate cancer. Donations for my FiftyForFox can be made at terryfox.ca/FiftyForFox. Thank you!

"Dreams are made possible if you try."

– Terry Fox

#tryliketerry

from Lauren Pennefather

Mailbox

Remembering Skittles, a true MoWest cat



Every spring, like clockwork, **Skittles** would make the rounds of different households on the streets surrounding Strathearn Park and beyond. This would go on through the summer and into the beginning of October. People would open their homes to him and he would gladly oblige.

He sat on or under people's porches, on their cars and outdoor furniture. Kids at Strathearn Park knew him by name.

He was a true MoWest cat. He had a chill disposition and was extremely loving.

We are saddened to say that our loving Skittles passed away on February 17, of cancer. He was 16 years old.

We would like to thank everyone who opened their hearts and homes to Skittles. A special thanks to **Dr. Bernier** for his care and kindness.

Love you always Skittles.

The Chiovitti Family



Kosher corner

Purim round up!

Purim was marked in MoWest with Hamantash bakes, parties, Megillah readings and mishloach manot deliveries. Great turnouts and great spirits as usual!

Passover

The eight-day Jewish holiday of Passover is celebrated in the early spring, from the 15th through the 22nd of the Hebrew month of Nissan, this year Friday evening April 15-April 23.

Passover (Pesach) commemorates the emancipation of the Israelites from slavery in ancient Egypt. Pesach is observed by avoiding leaven, eating matzah and retelling the story of the Exodus.

A great way to ensure your home is chametz-free is to transfer of ownership at chabadwestminster.com/chametz, this online form only takes a minute and is strongly encouraged!



On the first two nights of Passover, we hold a Seder. After candles have been lit, we enjoy a ritual-rich 15-step feast, which centres around telling the story of the Exodus.

For a wealth of resources on holding a seder, including a printable Hagadah and Mah Nishtana trainer, visit chabadwestminster.com/passover!

Yizkor

The last day of Passover (April 23), we traditionally say the Yizkor remembrance prayer for loved ones who have departed. For a copy of the Yizkor prayer or a Yizkor candle, please call Rabbi **Mendy Marlow** at **563-9649**.

from Rabbi Mendy Marlow

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Rotary



Susan Campbell Fournel: Tower Gardens

Our recent speaker was **Susan Campbell Fournel**, a school psychologist who holds a Masters in Educational Psychology from McGill. She is also a certified lean health instructor and education coach. She is very interested in nutrition and its impact on performance. She has consulted for Fortune 500 companies with an emphasis on exercise nutrition. Susan presented **Helen** and **Tracey** who have been working with her for about four years and it has been a great collaboration.

Aeroponic growing system

The *Tower Garden* is an aeroponic growing system that can be used either indoors or outdoors. This technology was developed at the *EPCOT Centre* for NASA. It is a unique growing system with a reservoir. A short video was shown on how the garden works and how it is different from other growing systems. It is made of high-grade material and uses less water than other systems. Susan said two things that set it apart are how efficient it is and the quality of the

produce. It has a 30% higher yield than other systems. It takes 1/3 less time to grow.

They sell two different units the big one has a 20-gallon reservoir and the smaller unit a 13-gallon reservoir. Susan said there are a few add-ons to the garden such as wheels, lights and support cages for heavy plants. Helen said the garden is very easy to start and once you start growing you just have to check the water and the PH level every couple of weeks. She showed what a typical *Tower Garden* will produce in six months versus what it would cost to buy.

More benefits than just food

Susan asked Tracey to talk to us of the benefits that the *Tower Garden* provides to the community centre in Collingwood, Ontario. Tracey said she was always happy to talk about the *Tower Garden*. She works with people with disabilities, emotional, physical and intellectual. She noticed that the *Tower Garden* has helped the people with autism. The *Gardens* (they have four) are in the quiet room and are very soothing

and are able to calm the people. The food grown is an added bonus and helps low income families. Tracey said the mental health benefits of the *Tower Garden* should not be over looked. You can find all of the information at towergarden.ca.

If you are someone who wants to give back to your community, city, country or the world, *Rotary* is an excellent way.

Future speakers April

- 1: Donor appreciation evening with a special guest speaker, in person at the Town Hall
- 6: Conversation with novelist **Ken Radu**, with readings from a collection of short stories entitled *Networth* via Zoom
- 13: ER Challenges during COVID-19 with **Tania Pellizzari**, Head Nurse emergency room at Lakeshore General Hospital via Zoom
- 20: April is national poetry month. **Greg Santos** will lead an exercise on erasure poetry. Participants will bring a clipping from a newspaper to "black out words" and create their own poetry via Zoom

from Doug Yeats

IODE

Honouring members and friends of IODE



At a special tea party on April 19, we plan to recognize **Janet King's** 25 years of be-

longing to *IODE* HMS Victory chapter. She joined in 1997, following the example of her mother-in-law, **Katherine King**, who had received a 50-year badge for membership in *IODE*.

At one point in time, there were many *IODE* chapters in Quebec. The Founder, **Margaret Polson Murray** was very active in this province and is buried on Mount Royal.

In the last 25 years Janet has served as Regent, President, Secretary, Education, Membership and Services Officer. She is also a member of the *IODE* Na-

tional Advisory Committee, as representative of Quebec.

We will also be honouring **Ron D'Souza**, Rotarian, for his collaboration with our President **Giuliana Pendenza** on the Meals on Angels' Wings project, which has been delivering so much TLC to health care workers during COVID-19 challenges.

The *Rotary* has excellent fundraising capacity, and Giuliana has seemingly boundless ideas and energy, so this partnership has been fulfilling the vision of both *Rotary* and *IODE* to help those in need.

Photo:
Cafe 92 in NDG supplied this luncheon for Lakeshore General Hospital emergency nurses.



Gifted student

continued from page 1

She received high scores on both the English and mathematics tests. As a result, Emma qualified for the advanced program. She is now enrolled in a university-level course. Students admitted to the advanced program function four years above their age category.

So, in addition to the advanced high school classes that Emma takes at Royal West Academy, an alternative high school for advanced learners, she also takes an AP (Advanced Placement) Biology course.

"At first, it was tough to manage my stress," Emma said as she reflected on her first weeks in the program. "I started the college biology course during an extremely busy week at school." That week, she had 20 assignments due on top of her college work. "There was no break," she said. She went to class, took five tests in a day, studied until midnight, and did it all over again the next day.

Despite the stress that accompanies accelerated learning, Emma loves her coursework. "I have a lot of fun doing my biology course," she said. "It involves a lot of what I enjoy doing [which is] math and science."

Even when she does have time to meet with friends outside of school, she often prefers to bury her nose in her studies.

Through this college course, Emma realized that she would like to pursue a vocation in neuroscience.

On the importance of challenging advanced students

The goal of this program is to "help families find courses that meet students at the

level at which they are operating," said **Virginia Roach**, the executive director of the Johns Hopkins University CTY. She explained that if gifted students are left unchallenged by a teacher, "they can end up mentally dropping out of school or underperforming."

For this reason, Roach believes it is important to alter academic content for both students with advanced skills and students with learning disabilities. Virginia said that the gifted student is not always the one who "sits in the front row with their hands on their desk." "It can just easily be the student in the back of the room who stares out the window because they are bored with the class content."

Gifted from an early age

Before Emma entered preschool, her mother, Dr. **Camelia Birlean**, noticed her aptitude for language and math.

"Emma has been identified as a gifted child early in her life. She had a full psychoeducational assessment done when she was five," said Camelia, an education professor at McGill.

Her daughter started to read at the age of three. By the time she enrolled in kindergarten, she could read novels like *Charlie and the Chocolate Factory* (1964) and *Fantastic Mr. Fox* (1968) by Roald Dahl. She could also read books from J.K. Rowling's *Harry Potter series* (1997-2007). At five years old, Emma functioned as a grade four student.

In the book entitled, *The Development of the High Ability Child*, Camelia, her daughter, and Dr. **Bruce M. Shore** define giftedness. They write that gifted students score high on IQ tests. They are also inquisitive and passionate about the subjects they

study. So, a gifted child, for example, is likely to ask more questions than what is typical for children in their age group.

Camelia recognizes that her daughter is bright. But she also believes her parenting style helped foster Emma's intellectual curiosity. "I remember, at one point, Emma took an interest in earthworms," said Camelia. So, together, they filled a jar with worms and started experiments. They studied them under a microscope. Then, they evaluated their cognitive function.

To do so, they built a maze with two environments. One environment was hospitable for worms, and the other was inhospitable. The point of this exercise was to determine whether worms could avoid uninhabitable spaces from memory. It turns out that the earthworms could remember directions to hospitable conditions. Likewise, because of experiences like these, Emma remembers the thrill of learning new things.

Upon reflecting on the unique educational experiences that her parents provided, Emma said, "Kids have a lot of questions when they are young. And parents must try to answer and explore those questions." "When Emma comes to me with questions, I never hesitate to say: I don't know but, let's find out," her mother said.

Even though Camelia is proud of her daughter's academic success, she is especially proud of her generosity. On her birthday, Emma asks for monetary donations for the Shriners Hospital for Children. She asks her friends to donate to the hospital in place of giving her presents. "I asked Emma if she would rather receive presents from her friends," said Camelia. But every year, she chooses to raise money for the hospital. As of 2021, she has raised over \$6,000. "I think this says a lot about who she is," said Camelia.



West End Quilters

Our March 22 meeting will be special: we will be back in person at the MoWest United Church. The alternate weeks with no planned programs will still be on Zoom so we can sew and chat with our out-of-area quilters.

We have another retreat coming up in April, again at Manoir d'Youville on l'Île Saint-Bernard in Châteauguay. After always hearing how much fun is had at a retreat, some first-time retreaters are planning to attend.

International Quilt Day is March 19 and again this year quilters will not gather but *Courtepointe Québec* is organizing an online day of talks and various presentations in French and English. The *West End Quilters* will use zoom for a special sew day on Sunday.

We have some new members who are beginner quilters and they can be motivated by this quilt made by **Janice Hamilton** who is fairly new to quilting. Her quilt was inspired by the colours in a bog near her cottage in the Townships.

*from Mary Sutherland
marysdogbob@gmail.com*



Barbara giving a tour of 2018 Face to Face Picasso exhibition

Barbara Brzezinski

continued from page 1

What did you have to do to become a guide?

We had to take a full-year course which was arduous to say the least! In the fall, we learned about art history, four thousand years crammed into 13 weeks! The winter semester focused on the museum's permanent collection where we had to choose 10 works that would be our tour. Having access to the museum archives, we became detectives hoping to uncover some unusual fact about the artist or artwork in our tour. We all had serious doubts about why we were putting ourselves through this for a volunteer job when we had to present works to each other! But our teacher and our fellow classmates (14 in all) were very supportive.

What has been most memorable so far?

As I was one of the first amongst my flight attendant friends to retire, they would always ask me, "So do you miss flying?" Of course, I missed having coffee in Paris each week, but did I miss flying? No. But my first time on the floor of the museum, wearing my badge ready to give a tour, I suddenly realized that I had really missed being with the public. Those unexpected stories from strangers, those unpredictable interactions that would give insight into the human character! Guiding was now giving me that again on a much richer level! And I even gave a tour to Eleanor Wachtel!

How did you become interested in joining the executive?

I have always been interested in how organizations work. That and my father's corny motto of always leaving a place better than you found it. I had joined one of the committees early on – it's a very active association with around 10 committees – so the organization had interested me right from the start.

How were you selected to be the VP?

There is a nominating committee who interviews potential candidates and puts their name forward to be elected at the annual general meeting. I have to be honest and say that the guides have not been breaking the doors down to become the vice-president. There is more work than one would expect, probably around 3-4 hours each weekday but the term of VP is one year, and you move on to the presidency which is another year term. The whole experience is very rewarding, and it is a finite period. I see a trend with many newer guides interested in the workings of the association and possibly ready to take on more responsibilities.

How did Covid affect your ability to accomplish your mandate?

The board concentrated on two big areas. In guiding, we first reinvented ourselves to give virtual tours which are available on the museum's website and last summer, as we could engage in physical guiding, we began our very successful outdoor architectural tours along with our existing sculpture garden tours.

Our second area of focus was with respect to information collection and processing, where I was able to tap into the strengths of my guide friends

who had come from a back-ground in IT.

What do you look forward to after your mandate?

I look forward to being a guide again! There are weekly lectures just for us given by the museum's curators, top academic researchers and professors, as well as artists in preparation for our tours. There is a Basquiat as well as a Diane Arbus exhibition coming to the MMFA. Both interest me although I am not sure if I will guide them as they are awarded randomly due to the high demand from the guides.

Of course, I regret that at no point in my term could I just mix with the guides and hear from them in person.

Any comments to the readers?

It's not easy to meet a dynamic group of like-minded people once we retire. We all have a love of learning; we obviously like being with people; and we love art! Our annual trips organized by the travel committee (at our expense of course), where we have been known to visit three museums in one day, are a perfect sign of our devotion.

If you are interested in becoming a volunteer guide, please contact **Linda Goossens** (Educational Programs Officer-volunteer guides) at education@mbamtl.org.

Barbara touring with her niece Eve Thomas and her sister-in-law Maria Thomas (back to the camera)



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 Men – Thursdays

Rugby

Ages U6-U14 players learn basic rugby knowledge and skills from Coach **Susy Binstock**. This program is non-contact for U7-U10.

Practice 1 x week and jamborees

Intercommunity baseball

The intercommunity baseball league features home and away games against other local communities. Players must attend try-outs and spring training, beginning mid-April, run by Concordia baseball.

Home and away games on various days; practices on various days.

Open to MoWest residents only, ages 9+.

Mini baseball

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

Ages 5-8, 6 weeks, 1 x week

Sportball

Kids will be participating outdoors in five popular sports (hockey, football, baseball, basketball, golf and tennis) through games and fun drills coached by Sportball instructors.

Ages 2-8, 6 weeks, 1 x week



Susy Binstock playing for TMR Rugby Club

COACHES CORNER**Meet Susy Binstock**

Susy has lived in Montreal West with her partner Dr. **Karl Cernovitch** and kids **Juliette**, **Sebastien** and **Benjamin** for 13 action-packed years.

Her passion for sports began at a young age and, by the time she was in high school, she was already playing soccer, basketball and tennis among other sports. Her passion for rugby was so strong that she founded the girls' rugby program at her high school, Royal West Academy in 1993, which is still running to this day.

As she continued to shine as a rugby player, Susy was committed to her training as a high-level athlete and earned her place on the Canadian National Rugby Team in 2017.

Susy's love for sports is also seen in her professional life as she is part owner of *Visceral Performance* a new sporting goods company that manufactures sporting products right here in Montreal.

Naturally, when her three children began playing sports in MoWest, Susy stepped into the

role of volunteer coach. She began, like many of us, at mini soccer and in the years that followed she joined forces with **Graham McGravie** who was running the MW rugby program. When Graham decided to hang up his cleats, Susy volunteered to step in as the MW Rugby Program Director. Since

then, with the help of her partner Karl, brother **Jesse** and good friend **Patrick Ghattas** they have grown the rugby program to include players from U6 to U14, who practise once a week and attend mini jamborees throughout Montreal.

In the spring months, on the days when the whistle from the soccer field can be heard, you will find Susy and her assistant coach Karl on the pitch, volunteer coaching one, two and sometimes three teams at a time. You can hear her cheers from the sidelines or watch her handing out freebies before jumping on her bike to get to the next game.

When the snow starts falling and the smell of hockey is in the air, look to find Susy with her assistant coaches by her side behind the bench at Legion rink for any of the three MWH Knights hockey teams her kids play on. Continuing to volunteer her time as coach and team manager to her teams, picking up players from across town to get them to a game on time, or rushing to a player's home to pick up forgotten skates. She is always there for her team.

Susy strongly believes that children should play multiple sports. Her coaching philosophy encompasses the whole player: "I recognize everyone has something to offer the team and, as a coach, it is my job to find out what that is and bring it out in that player."

Susy Binstock, Karl Cernovitch, Juliette, Sebastien and Benjamin



Guiding



In mid-February we held our second in person multi branch meeting. Unlike our first wintery outdoor meeting, the weather was not as pleasant. The night before we had received one of our larger snow storms. It was wonderful for the girls to play in!

They started off with sculpting snow and used food colouring in spray bottles to enhance their creations; they are quite talented! Next, the girls were paired up to play frisbee golf. The branch they were in determined their starting point. The older girls needed to toss the frisbee the width of the field. The youngest girls only needed to do half the distance. It was quite the challenge given how windy a day it was. There were times the frisbee would be carried backwards farther than the remaining distance to the "hole". The girls did not give up!! Once they reached their "hole," they needed to perform a task.

Some of the tasks included listening to the sounds of nature for two minutes and sharing with the leaders what they observed. Other tasks ranged from making snow angels to doing yoga poses in the snow, seeing how long they could hula hoop (not so easy with winter clothing on.), dancing all out for two minutes and a toboggan run.

We ended our meeting with a campfire. (Not a real one, just the type where you gather together and sing songs.) We are currently not permitted to sing songs indoors, so we take advantage of spacing the girls safely outdoors and give them an opportunity to sing traditional Girl Guide camp songs. Given how chilly it was, the girls chose songs with a lot of movement and jumping around to help them stay warm!

Sparks and Brownies

The Sparks and Brownies continued to enjoy virtual meetings until after March Break and to learn about Guiding around the world. Over the course of two months, they visited 11 different countries. When visiting England, the girls learned the

World Centre located in London is called Pax Lodge. Using origami paper, each of the girls made their own peace dove, writing on each of the wings a wish to help bring more peace to the world.

Near International Women's Day, the units visited New Zealand. The girls felt it was very fitting, given the strong role model the Prime Minister, Jacinda Ardern is.

The girls learned the promise and law for all the countries visited. The wording was not always exactly the same as the Canadian versions; however, the girls always came to the conclusion that the meaning was the same. It helped to plant the seed that we are not all that different from one another! At the last virtual meeting, one of the girls commented on how much fun she was having and she did not want the virtual meetings to end. It was wonderful to be back in person though.

Guides

The Guides have been very busy and productive since the last article was published! The girls had a meeting where the

focus was on sustainability. They learned how bees are being negatively impacted.

As an activity to help cement this idea for them, the girls were divided into teams. All the members of the teams were blindfolded. They needed to use their communication skills to help build a square out of a length of rope. To add a little twist, every minute, one of the teammates fell silent. The leaders would tap a girl on the shoulder, indicating she no longer had the ability to speak. They persevered! They managed to complete their task!

The girls also made individual promises to the earth. They were encouraged to make one that could be completed by the end of this Guiding year and, a second one, that had a larger impact and would take a longer time to complete.

At the end of the year, the leaders will check in with the girls to see how they are doing and if they were able to meet their shorter term goal.

Cookies!!!

The traditional chocolate and vanilla sandwich cookies have

arrived in MoWest! This is a wonderful way to support girl-centered programming.

Unlike most things, the price of these little gems has not increased! They are still \$5/box or \$60/case. Brown Owl has cookies in her front porch for purchase. Or, if you do not have a member in Guiding living near you, please feel free to call **Pearl** at **483-3303** to make arrangements for cookies to be brought to you!

The mint cookies are expected to return in the fall.

Want to volunteer?

The Montreal West units can always benefit from new volunteers. You do not need to have previously been a member of Guiding nor have a daughter in the unit, but, if you do, that is a bonus! Training and mentorship are provided. It is a wonderful way to help the young ladies of our community unleash their potential through exploring new opportunities and learning valuable life skills.

Feel free to call **Pearl** at **483-3303** if you are interested in seeing how your talents can be put to use.

Guides using their communication skills. While everyone in the group is blindfolded, they need to communicate with one another to make a square out of a length of rope. After a minute would pass, a member of each team would be tapped on the shoulder to let them know they no longer had the ability to speak. As time passed, the challenge became more and more difficult. The girls managed to succeed though!



Photo: Catherine Barnes



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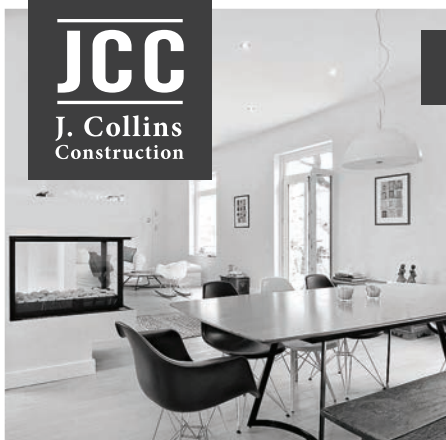
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Public Library - Bibliothèque publique

New Horizons for Seniors

We are very pleased to announce that we have once again received a grant from the New Horizons for Seniors program from the Government of Canada. The New Horizons Project Committee received a phone call from the Rt. Honorable **Marc Garneau** telling us the great news! Our MP has been incredibly supportive of our library.

We wish to thank all our partners: the *IODE*, West-end Intergenerational Network and the *Rotary Club of Montreal West and NDG*. Without their support this grant would not have been possible.

As our program, Threads of Memory, is winding down, we will be able to start the second project, Community Memories for All Generations. With this new endeavour we will be looking at preserving important stories using creative storytelling strategies. The creation of these digital pieces and events will make possible many opportunities to strengthen the connection between people in the neighborhood. Look for more information in the coming weeks as we begin to kick-off this new and exciting project.

Kimberley Foundation and young adults

The public library acknowledges the support of the *Kimberley Foundation* in helping us with our new, young adult focus. This will allow the library to develop specialized programming aimed at the young adults and allows us to build a strong and relevant young adult collection. Expect to see more clubs and more events aimed at the youth of our community.

Anyone between the ages of 13 and 25 who wants to help us please email us at mwlib.requests@gmail.com. Tell us what you're looking for in terms of movies, manga, books, and board games. Suggest events and activities that you want, and we will work with you to make it a reality!

MWPL clubs

What to try something different? Why don't you try one of our clubs that are hosted by the public library? We have a few different clubs that are being offered online

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New programs!

Spring is here – or at least the change to daylight savings. Spring always arrives with new and exciting challenges; this one has proven to be no different. With the loosening of restrictions, we see more and more people in to browse, read, use our computers and become members. Yes, our little library has been experiencing continued membership growth! The library is pleased to announce that we have received funding for two new programs!

on a weekly or monthly basis. You must be a member of the library to participate.

Drama club

Take a break to have fun with a play! The library's drama club has been a fantastic social outlet throughout the pandemic, and is still going strong. Participants enjoy the chance to gather with each other and step out of their usual lives. Laughing merrily as we engage with the characters, we take turns reading lines and discussing the scripts. New members are welcome to join any time. We are currently reading Wilde's *Importance of Being Earnest*, meeting weekly on Zoom, Thursday evenings from 6:45-7:45. Please email mwlib.requests@gmail.com to join.

Chess club

Challenge your brain and make some friends at the library chess club. This classic game has enduring appeal to all ages, and our club is open to veterans and newcomers alike. New members are always welcome! This group meets weekly for friendly matches of chess, on Wednesdays at 4:45. You can ask for more information or sign up by emailing us.

Tea and Books

Tea and Books is a club where readers share their past reads, sometimes based on a certain theme sometime something that they loved so much they couldn't wait to share. We meet the third Wednesday of every month at 2 pm. Email to register.

Tea and TRC

As part of the public library's truth and reconciliation journey, we are holding a lunch time gathering where we are discussing the Truth and Reconciliation Commission's Report. To date we have discussed the introduction and have begun the history section of the document. The history of Canada's Indigenous people is complicated. With many treaties signed and some not, this section clearly illustrates the effects of colonization. It is not always an easy discussion, but it is an important one. It is also a safe place for all to express their thoughts and opinions.

We meet the first Tuesday of every month and all are welcome.



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Edinburgh School

— Sixth graders' perspectives —

Embracing sixth grade... despite the pandemic:

by Elizabeth Chai

Hi, my name is Elizabeth and I'm a 6th grader at Edinburgh Elementary School. Ever since Covid-19 started, things at school have been different. We had to wear masks everywhere and now we still do in some instances, including during gym. Last year, we had to eat our lunch in our classes. There were scheduled times when we were allowed to use the bathroom. We could also only have contact with the people in our class. I could not hold my birthday party for two years in a row! All these changes are hard for us, but I am grateful and glad that my school stayed open even during the most difficult part of the pandemic.

This year, things got better. Now that kids under the age of 12 are allowed to take the vaccine, everyone in my class has already had their second dose. So far, there aren't as many covid cases at my school as before, and I hope that we keep it that way! I was relieved when we heard that we won't need to wear our masks in class after returning from spring break.

Even though Covid-19 has been hard for everyone includ-

ing us kids in school, there are many people who are suffering a lot more than us. For example, homeless people don't have access to food and shelter, and Covid is making it worse for them. In our after-school program, we made more than 300 sandwiches to give to the homeless shelters. We also thought about how the kids staying at the Children's Hospital are feeling during the pandemic, so we recorded a little dance for them for Valentine's Day.

This is my last year at Edinburgh and most of my friends are going to different high schools. Even if Covid changed several rules and made school feel different than before, I still had a lot of fun. I'm also really excited to attend the graduation at the end of the year! Everyone in 6th grade raised money for the graduation dance by selling raffle tickets to people in the Montreal West community, who were all so supportive and generous. I will miss everyone at Edinburgh, it's an awesome school with passionate people. I'm excited to learn new things though and meet new people at the high school I will be going to! Hopefully, Covid will get a lot better by then. Stay safe everyone!

My experience at Mackay Centre School

by Clara Chapman

Hey, MoWesters! My name is Clara and I am in grade 6 at Edinburgh. Today, I will be telling you guys my experiences from the past two years or so.



For my grade five year, I went to the Mackay Centre School. Mackay is a school for kids with disabilities and it has a program called Reverse Integration (RI for short) which has been around since 1973. Wherever I was at Mackay I was known as an "RI." The cool thing about being an RI is that you can go to Mackay for a year and get the experience of being with kids that have special needs and then go right back to your old school. Something that I learned from Mackay was how to be comfortable going to a new school. I wasn't too scared of going to Mackay – everyone I know who has been there loved it. And on the first day, I loved my teacher. I was also so happy when I learned that I only had French for an hour a day. My French teacher also taught us a bit of sign language.

I went to Mackay in the 2020-2021 school year. At Mackay, unlike most schools that year, we went online for

two days and only because of a teachers' strike. Covid couldn't get into our school – Mackay was literally a fortress. Part of the reason Covid couldn't get in was because there was so much positivity in the air but also because it was a brand-

new building. Plus, the ventilation was great – some kids had very sensitive immune systems, so the air needed to be super clean. Another factor might be that there were only seven kids in my English class and three in my French and math classes.

Mackay was the best experience that I ever had because I learned that people with disabilities aren't all that different from me. Plus, the teachers were really nice and my math

grades really skyrocketed. I think that it was because I had a really awesome math teacher. I strongly suggest that you try the Reverse Integration program, but keep in mind that you have to be an elementary student or in Pre-K to apply.

Now I'm back to good old Edinburgh and while I was at Mackay, I forgot just what an amazing school Edinburgh is. It was a huge adjustment – way more kids, more French and, this January, more online school. Although I loved Mackay, I had absolutely no trouble going back to Edinburgh. I would totally want to relive my experience at Mackay.

Thank you for your time and have a nice day!!

If you are an Edinburgh Elementary student and would like to submit an entry for the Perspectives of a Sixth Grader column, please contact Kate Shingler, at kateshingler@gmail.com.



Children's Library



Reopening

We are pleased to announce that the library is gradually reopening even more. A sitting arrangement allows visitors to enjoy a quiet time while choosing books. A desk is at the disposal of tutors and their students. Please note that masks are still mandatory for every visitor aged 3 years old and up. We are also resuming some in-person programming.

Scratch Programming course

The first Scratch Programming course session, in the library, is under way! A new session will run from April 26 to May 31. The Scratch programming language teaches children as young as 7 years old how to code by using the user-friendly graphic interface with blocks. Contact us for more information and to register your child. Cost: \$25/session/child.

Concours d'écriture Bill Foster

Le concours d'écriture Bill Foster se déroule du 15 février au 15 avril. Des détails sont disponibles sur notre site Web. Si votre enfant est intéressé à y participer, venez chercher une enveloppe pour la soumission du texte.

March Break in pictures

During March Break, we were sending out daily messages – four challenges and three quizzes – to our membership, and received an overwhelming response! Here are the pictures of some of the participants and their accomplishments.



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les 15, 16, 17 et 18 avril
pour Pâques.

The library will be closed
April 15, 16, 17 and 18
for Easter.



Photos:

Jaden Riven shows the flag of his own country
Simon and Felix Kuchinsky read in the outside fort they built
Amelie and Rachel Ifrah reading in their fort
Autumn and Sienna Watson with their marshmallow and spaghetti structures



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News from the pews

MW United

... the brick one

PJ's vs people...

Now that we are back to in-person services, folk are faced with a choice of if, and when to return to church for services. After the comfort of being able to stay home to watch how and when you want, it may be difficult to pry oneself out of bed on a Sunday morning and get off to church. Frankly, those who do come can testify to the atmosphere that being together brings. There is a certain intangible that leaves one feeling more in tune, fuller and more content. Watching a service at home is one thing, but it doesn't have the same carry over that connecting with others can bring. We will however continue live broadcasting for those who have no choice.

As Desmond Tutu said, "My Humanity is bound up in yours, for we can only be human together."

Tunes to tulips

Palm Sunday, April 10, our choir will be taking the morning service with word and music of this hugely inspirational season. Good Friday, April 15 is an evening service (7 pm) – simple and reflective – a favorite of some.

Easter Sunday, April 17 will be filled with potted plants, with grand music and with a marvelous message. This service is the peak of the Christian calendar with good reason – the source of our hope.

Sunday school is back in the building. Merrie has been using all manner of creative activities to the delight of our young people. They start out in the Sanctuary at 10 am with their families, then head off to Gibson Hall for time with Merrie. So good to have the children welcomed back.

Stay tuned – your intrepid reporter has heard that there may be an indoor Labyrinth Walk one of these days....
Keep well.

from Susan Upham

St. Philip's

We are back to worshipping in the church Sundays at 10 am, and a quartet from our choir is singing on selected Sundays. Pre-registration is no longer required, but we do require everyone to wear masks. For those not comfortable being out in large groups, the service is also available to join on Zoom. Please call the office for instructions on how to join.

Holy Week and Easter

Our Holy Week and Easter schedule this year will be somewhat of a return to normal. We kick off Holy Week with Palm Sunday, April 10. There will be one service at 10. Wednesday, April 13, we will have Tenebrae (Service of Darkness) at 7:30 pm, on Zoom only. For Good Friday, April 15, the traditional service will take place at noon. And finally, we will have one service on Easter Sunday, at 10 am.

Community garden

As spring approaches, thoughts turn to gardening. Our plans for our community garden this year include construction of a herb spiral, and some improvements to manage rainwater (keeping water out of our basement, and using it to reduce our use of city water to water the garden). To those ends, we are collaborating with *Incredible Edibles*, *The Depot* and *P3 Permaculture* to host a workshop on Hands-On Eco-gardening, to be held May 28 and 29. More infor-

mation will be in next month's *Informer* or call the church office at 481-4871.

Bake sale/spring fair

Some people have asked us whether we are having our annual bake sale/spring fair this year. We have been hesitant to plan anything too far in advance. But we are hoping we can have some sort of sale, most likely outdoors. Stay tuned for more news next month.

from Fr. Pratt

St. Ignatius of Loyola

Come celebrate Easter at St. Ignatius!

Our team and volunteers have been working hard to make Holy Week and Easter a beautiful and blessed experience for all. Given the easing of restrictions, we're grateful to be able to welcome more people inside our church this year to celebrate the most joyful day of our Christian calendar!

Schedule for Holy Week

- Palm Sunday, April 10: Mass at 10 am
- Holy Thursday, April 14: Mass at 8 pm
- Good Friday, April 15: Service at 3 pm (priests will be available for confessions from noon-8 pm)
- Easter Vigil, April 16: Mass at 8 pm
- Easter Sunday, April 17: Masses at 10 am and 5 pm (5 pm to be confirmed, please check stig.ca)


All of Holy Week will also be available on our livestream at: stig.ca/live-stream/

May this Lenten season be a time of profound spiritual renewal. We look forward to welcoming you soon.

from Shawna Rose

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Community Centre

SPRING

To sign up:
484-6186 or montreal-west.ca.
Begins early April (in person)

Baby & Me

Music with **Jennifer Gasoi**

Ballet and pre-ballet

Pre-ballet 3½- to 4-year-olds
Ballet 5-6, 7-8, 9+

Captain Catalyst

Fun Science for 4- to 6-year-olds

Red Cross class: Babysitting

When: Saturday, April 9; 9 am-5 pm

Ages: 11+

Cost: resident: \$85/non-resident: \$95

Learn the skills required to carry out babysitting duties.

Red Cross class: Stay Safe!

When: Sunday, April 10; 9 am-3 pm

Ages: 9-13 years

Cost: resident: \$75/non-resident: \$85

Real-world scenarios often call on children to respond to challenges. The Stay Safe! program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve his or her own safety.

Adults

Barre, Essentrics, Stretching, TRX, Zumba, Older Adult Balance, 65+ Fitness, Belly Dancing, Zumba, Yoga for Stiff Men, Yogalates, Reach

Emergency first aid and CPR

When: Saturday, April 30 at 9 am

Cost: resident: \$100 + taxes,
non-resident: \$110 + taxes

Outdoor Warrior class (12+)

Ready for a challenge?

Skip the screen and get outside!

Enjoy the outdoors and get your heart pumping with a children's Outdoor Warrior class.

Program will focus on inspiration, motivation and fun!

Class starts Saturday, May 7 at 10:30 am at George Booth Park.

Register on Amilia! Space is limited.

Adult Outdoor Warrior Class

Begins again May 2 with **Sule**; Monday and Wednesday at 7 pm at George Booth Park. Join Sule for a high intensity and easy to follow outdoor exercises rain or shine.

Bring the benefits of outdoor fitness to your everyday fitness regime.

Register on Amilia or call the Community Centre at 484-6186 for additional information.

SUMMER

Registration is OPEN! Spaces are available, but some programs are filling up quickly. 484-61-86 or recreation@montreal-west.ca

Community summer programs

3- to 11-year-olds

½ day options am and pm
8 weeks: June 27-August 19

- Little Buddies: 3-4 years
- Les Amis: 5-6 years
- Kidz Klub Jr: 7-8 years
- Kidz Klub Sr: 9-11 year

Day Camp

5- to 12-year-olds

- 8 weeks: June 27-August 19
- 4 weeks 1-4: June 27-July 22
- 4 weeks 5-8: July 25-August 19

Tennis Camp ages

5- to 12-year-olds

Registration is per week.
Weeks currently available:

- week 4: July 18-22
- week 5: July 25-29
- week 6: August 1-5
- week 8: August 15-19

50+ Club

Activities are slowly starting up again in person. Call to reserve a spot!

Bridge

March 29 and April 26:

12:30 pm,

\$3 per player



April

- 14** Central Chile: Exploring Vineyards, Volcanoes and Hot Springs! Speaker: **Frederic Hore**. 1 pm
- 21** Welcome back tea party, noon

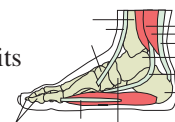
For information, call **Tammy** at 484-6186 or email recreation@montreal-west.ca.

Foot clinics

April 6 and May 4

484-6186

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



Andrew Blundell

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Town Council meeting: February



by Carol Foster

The 2022 Winter Olympics participants included several athletes with ties to Montreal West. **Mayor Masella** thanked the *Dufour-Lapointe sisters* and **Max Noreau** for the work they did in representing Canada and expressed pride in having so many Olympians from the Town.

Montreal West is also the home of many Ukrainian families and the mayor gave assurances that thoughts and prayers are with all of the Ukrainian people as they are presently going through such terrible times.

Councillors' Reports

Councillor Feeney, in reviewing the Town's expenditures during the past month, stated that the cost of removing snow and keeping roads and sidewalks safe always takes up a significant portion of the total amount of Public Works' expenses at this time of year. Almost \$69,000 was spent on snow removal and \$27,000 on stones and salt.

While Public Works staff are busy removing the snow, many residents are enjoying the opportunity for the outdoor activities it provides. Free snowshoeing events have been held in Strathearn Park and a contest is in progress for the most creative snowman. But the snow never lasts forever. The popular Cottontail Party will be held in April and registration for pool membership as well as applications for the summer day camp are available online. Applications for summer jobs at the pool and the day camp are also available on the website.

More than 80 people have signed up to participate in the consultation process on the recreation centre being organized by the Town, to provide an opportunity for residents to discuss sports and recreational activities, universal access and community life. The process will include focus group participation as well as a survey for all residents to complete.

Another indication that the cold weather never lasts forever could be found in **Councillor Torres's** report. Recent permit applications, which were approved by PAC, included one for a swimming pool. Council-

lor Torres reminded residents that the application for permits as well as all the information concerning them is always available on the Town's website. She thanked the people who have responded to the request for volunteers on this committee and said that interviews will begin in the next few weeks.

The staff in the Public Security office have continued to assist the snow removal crews. Eighteen more tickets were issued for blocking or hindering snow removal operations and 10 cars had to be towed. Contractors' permits are being checked and some residents, as well as contractors, have been illegally dumping snow on the streets. With more snow coming, **Councillor Small-Pennefather** urged everyone to work together to comply with those regulations. She reminded residents to clean up after their pets and deposit their waste in the black portion of the Town's waste bins.

Due to **Councillor Ulin's** absence, there was no report from the Public Works and the Environment portfolios.

Question period

In reply to the first question, the mayor said that the lowest bid received for the architectural contract for the new sports and recreation centre (\$1,928,593 plus taxes) was submitted by *Blouin Tardif Architecture* and this company was awarded the contract. Access to this public document can be obtained by filing an Access to information request with the Town Clerk's office.

A feeling of safety after dark is being hindered by inadequate lighting on Brock South was a problem raised by the next speaker.

The mayor explained that a study is in progress to evaluate the all lighting solutions in the Town and it will be a useful guide to remedy situations such as this one. However, additional lamp posts can only be added when a street is undergoing reconstruction.

Another concern for a resident living on Brock South was the rising incidence of gun violence in Montreal. She reported often hearing loud bangs at night and was left wondering if the noise was coming from fireworks or gunshots. Having learned that a surveillance camera to combat gun violence has been set up in Lachine in an area close to Montreal West, she asked what steps have been taken to prevent any gun violence from spilling over onto the Town's streets.

Councillor Small-Pennefather gave assurances that the Town is very concerned with the rising incidence of gun violence across the country including the city of Montréal. She added that Montreal has allocated a budget to address this issue with the SPVM and a number of youth organiza-

tions. Councillor Small-Pennefather will speak with the Commandants at Stations 9 and 8 as well as the Town's PSOs to try and determine the origin of these noises.

It is also her understanding that there are a significant number of fireworks being set off regardless of any official celebratory occasion.

Why is the Town considering a ban on wood-burning fireplaces when they are attractive, contribute a minimal amount of air pollution and are needed in the event of power outages was the next question?

Instituting a ban is under discussion because, while fireplaces are attractive and useful, they also contribute to urban smog which is not good for the environment and can also cause health problems for those with respiratory issues was Councillor Torres' reply. Both the pros and the cons will be will be considered in the wording of the final bylaw.

The combination of the traffic and the trains in the area of the train crossing endangers pedestrians who use the three pedestrian crossing points between Sherbrooke and Milner.

Both *Exo* and the Traffic and Safety Committee (TSC) are aware of this situation and are looking at ways to address it.

Would the Town consider creating a zoned parking area on Westminster North where parking can be extremely difficult due to the number of residents with vehicles living there?

The TSC will be asked to consider this suggestion.

An update on the Town's plans for a pollinator garden as well as a promise to publish the Mayor's Monarch Pledge on the Town's website were requested.

The mayor agreed to see that his pledge was included in the website. He explained that the Town workers have already included many pollinator-friendly species of flowers in the existing gardens but he is not sure if there is a schedule for the establishment of a separate garden.

In recognition of Earth Hour 2022, Council has resolved to turn off all nonessential municipal lighting for one hour on March 26 at 8:30 pm. Residents' participation was encouraged.

Another item on the agenda included the awarding of a new contract for the separate collection of recyclable materials because the Town was unable to exercise the renewal options of the previous contract. *WM Québec Inc.* was the lowest bidder for this contract which, due to present market conditions, will cost the Town an extra \$40,000 annually.

There being no questions received for the second question period, the meeting was adjourned.

JULIETTE LORD

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Réunions du Conseil : février



par Carol Foster
traduction par René Boucher

Plusieurs athlètes ayant des liens avec Montréal-Ouest ont participé aux Jeux olympiques d'hiver 2022. Le maire Masella a remercié les sœurs **Dufour-Lapointe** et **Max Noreau** pour leur prestation comme représentants du Canada et a exprimé sa fierté d'avoir autant d'Olympiens de notre ville.

De nombreuses familles ukrainiennes ont fait de Montréal-Ouest leur chez-soi et le maire a donné l'assurance que nos pensées et nos prières accompagnent l'Ukraine qui vit actuellement des moments horribles.

Rapports des conseillères

Passant en revue les dépenses de la Ville du mois précédent, la **conseillère Feeney** a indiqué que l'enlèvement de la neige et l'entretien des rues et trottoirs représentent toujours une importante part des déboursés des Travaux publics à ce temps de l'année. On a versé près de 69 000 \$ pour le déneigement et 27 000 \$ pour de la pierre et du sel.

Alors que le personnel des Travaux publics s'affaire au déneigement, bon nombre de résidents profitent de l'occasion pour jouer dehors. L'on pouvait faire de la raquette gratuitement au parc Strathearn et un concours se tient présentement pour le bonhomme de neige le plus créatif. Mais la neige n'est pas éternelle; la populaire fête du Lapin se tiendra en avril et le site Web offre déjà l'inscription à la piscine et au camp de jour estival. De plus, on y trouve aussi les offres d'emplois d'été pour le camp de jour et la piscine.

Plus de 80 personnes se sont inscrites au processus de consultation sur le centre récréatif que la Ville met sur pied pour offrir l'occasion aux citoyens de se prononcer sur les activités sportives et de loisirs, sur l'accès universel et la vie communautaire. La consultation comprendra des groupes de discussion ainsi qu'un sondage pour tous les résidents.

Un autre indice que le temps froid ne dure pas toujours se trouvait dans le rapport de la **conseillère Torres**. Parmi les demandes de permis récentes approuvées par le CCU s'en trouvait une pour une piscine. Torres a rappelé aux citoyens que les demandes de permis et toute l'information les concernant se retrouvent sur le site Web de la Ville. Elle a remercié les gens qui ont répondu à l'appel de bénévoles pour le CCU et indiqué que les entrevues débuteraient dans les prochaines semaines.

La Sécurité publique a continué son appui aux équipes de déneigement. On a remis 18 constats d'infraction pour avoir bloqué ou entravé les opérations d'enlèvement de la neige et dû remorquer 10 véhicules. Les permis d'entrepreneurs sont

vérifiés et certains résidents, ainsi que des entrepreneurs, ont illégalement déposé de la neige dans les rues. Étant donné qu'encore d'autre neige reste à venir, la **conseillère Small-Pennefather** a exhorté les citoyens à collaborer en respectant les règlements. Elle a aussi rappelé que l'on doit ramasser les excréments de nos compagnons à quatre pattes et les déposer dans les poubelles publiques noires.

Vu l'absence de la **conseillère Ulin**, il n'y a pas eu de rapport des portefeuilles des Travaux publics et de l'Environnement.

Période de questions

Répondant à la première question, le maire a déclaré que *Blouin Tardif architecture* avait présenté la plus basse soumission pour le contrat d'architecture du nouveau centre sportif et récréatif, à 1 928 593 \$ plus taxes, et que le contrat lui était accordé. On peut consulter ce document public en présentant une demande d'accès à l'information au greffier de la Ville.

L'intervenante suivante a soulevé le problème de l'éclairage inadéquat sur Brock Sud qui gêne son sentiment de sécurité.

Le maire a expliqué qu'une analyse est en cours pour évaluer toutes les solutions d'éclairage dans la ville et que cela sera un guide utile pour remédier à des situations comme celle-ci. Cependant, on ne peut ajouter des lampadaires que lors de la reconstruction de la rue.

L'incidence grandissante de la violence par armes à feu à Montréal constitue une préoccupation pour une autre résidente de Brock Sud. Elle a rapporté entendre souvent des bruits forts le soir et se demande s'il s'agit de feux d'artifice ou d'armes à feu. Ayant appris que Lachine avait installé une caméra de surveillance à proximité de Montréal-Ouest pour contrer la violence par armes à feu elle demande quelles mesures ont été prises pour prévenir le débordement de la violence armée dans les rues de la ville.

La **conseillère Small-Pennefather** a donné l'assurance que la Ville se sentait très concernée par la fréquence croissante de la violence par armes à feu au pays, incluant la ville de Montréal. Elle ajouta que Montréal avait consenti un budget au SPVM et à certains organismes de jeunes visant cette problématique. Elle s'entretiendra avec les commandants des postes 9 et 8 ainsi qu'avec nos ASP pour tenter de déterminer la provenance de ces bruits.

Elle croit également comprendre que de nombreux feux d'artifice sont allumés, peu importe l'occasion officielle de célébrer.

Pourquoi la Ville envisage-t-elle d'interdire les foyers au bois alors qu'ils sont attrayants, contribuent minimalement à la pollution atmosphérique et sont nécessaires en cas de panne de courant ?

L'interdiction est en discussion, car, bien qu'attrayants et utiles, les foyers contribuent également au smog urbain, nuisible à l'environnement, et peut également causer des problèmes de santé pour ceux qui ont des problèmes respiratoires, a répondu la **conseillère Torres**. Les avantages et les inconvénients seront examinés dans le libellé du règlement final.

La combinaison circulation-trains dans le secteur du passage à niveau met en danger les piétons qui utilisent actuellement les trois passages piétonniers entre Sherbrooke et Milner.

Tant *Exo* que le Comité de la circulation et de la sécurité (CCS) sont conscients de cette situation et cherchent à y remédier.

La Ville envisagerait-elle de créer une zone de stationnement réservé sur Westminster Nord où il peut être extrêmement difficile de se garer en raison du nombre de résidents avec véhicules qui y vivent ?

Le CCS sera invité à examiner cette suggestion.

Une mise à jour sur les plans de la Ville pour un jardin de pollinisateurs ainsi qu'une promesse de publier le Serment du monarque du maire sur le site Web de la Ville ont été demandées.

Le maire a accepté que sa promesse soit versée au site Web. Il a expliqué que les travailleurs de la Ville ont déjà inclus plusieurs espèces de fleurs favorables aux pollinisateurs dans les jardins existants, mais il n'est pas sûr de l'existence d'un calendrier pour l'établissement d'un jardin distinct.

En reconnaissance de l'Heure pour la Terre 2022, le Conseil a décidé d'éteindre tout éclairage municipal non essentiel pendant une heure, le 26 mars à 20 h 30. La participation des résidents a été encouragée.

Un autre point à l'ordre du jour comprenait l'attribution d'un nouveau contrat pour la collecte séparée de matières recyclables, la Ville n'ayant pas pu exercer les options de renouvellement du contrat précédent. *WM Québec Inc.* était le plus bas soumissionnaire pour ce contrat qui, en raison des conditions actuelles du marché, coûtera quelque 40 000 \$ de plus annuellement à la Ville.

N'ayant reçu aucune question pour la deuxième période de questions, la séance a été levée.

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

63 WESTMINSTER N
MONTREAL WEST
H4X 1Y8

369-0255

COMING EVENTS À VENIR

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

Next deadline: April 6

April

- Tue 5 Tea and TRC Circle Meeting.**
Email for information. Public Library. 1 pm.
- Wed 6 Chess Club. Every Wednesday.**
Email to register. Public Library. 4:45 pm.
- Thu 7 Drama Club. Every Thursday. Email to register. Pub-
lic Library. 4:45 pm.**
- Sun 10 Choral service. MW United Church. 10 am.**
Palm Sunday. Mass. St. Ignatius. 10 am.
- Tue 12 IODE meeting. All welcome. Community
Centre. 1:30 pm.**
- Thu 14 Holy Thursday. Mass. St. Ignatius. 8 pm.**
- Fri 15 Good Friday service. St. Philip's. Noon.**
Good Friday. Service. St. Ignatius. 3 pm.
Good Friday service. MW United Church. 7 pm.
- Sat 16 Easter Vigil. Mass. St. Ignatius. 8 pm.**
- Sun 17 Easter service. MW United Church. 10 am.**
Easter service. St. Philip's. 10am.
**Easter Sunday. Masses. St. Ignatius. 10 am and 5
pm. (5 pm to be confirmed; please check stig.ca)**
- Wed 20 Tea and Books (Zoom).**
Email for information. Public library. 2 pm.
- Tue 26 Town Council meeting. Town Hall, virtually on the
Town's YouTube channel and at facebook.com/montre-
alwest. 8 pm.**

Please register for library activities at mwlib.requests@gmail.com

VILLE DE MONTRÉAL-OUEST



TOWN OF MONTREAL WEST

Fête du Lapin Cotton Tail Party

LE 3 AVRIL 2022 | APRIL 3, 2022

14H | 2 PM

HÔTEL DE VILLE | TOWN HALL

50 AVE. WESTMINSTER SUD | 50 WESTMINSTER SOUTH

prix par enfant

12\$ résident

15\$ non-résident

20\$ à la porte

cost per child

\$12 résident

\$15 non-résident

\$20 at the door

maquillage - bricolage - chasse aux oeufs
face painting - crafts - egg hunt

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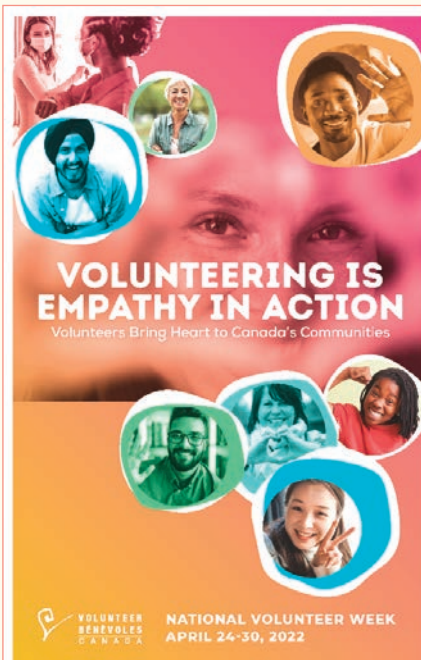
Snowman winner: Lorenzo and David Bluma

National Volunteer Week April 24-30

Volunteering is
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Volunteers bring heart to
Canada's Communities.

La Semaine de l'action bénévole 24 au 30 avril

Le bénévolat est
l'empathie en action.
Les bénévoles
mettent du cœur
dans leurs collectivités.



Classifieds

HIRING FOR THE SPRING SEASON AND THE 2023 HOCKEY SEASON. We are hiring for the spring season and the 2023 hockey season. Need referees, umpires, gymnastic coaches, soccer coaches and assistant coaches, scorekeepers for hockey, soccer and baseball. Also looking for office help. If interested, email CV to Samantha at infocra@mtlwestcra.ca.



MAYOR'S REPORT: SPORTS AND RECREATION CENTRE

On Friday, March 4, I gave a speech to our Rotary Club of Montreal West and NDG bringing them up to date on the Sports and Recreation Centre. The event was very well attended, and I answered many questions from their guests and members about our project. I was able to publicly thank the Federal and Provincial governments for their grant as the Honourable Marc Garneau was in attendance as well as a representative from Kathleen Weil's office.

Many things are in the planning stages. The fundraising committee is continuing its work in the silent fundraising stage, we are working with the architects on refining the functional planning program, and we have finalized the consultation plan.

The first phase of the fundraising efforts is **the silent phase**. In this phase, the committee works on securing major

donations from key donors. This base of donations will help drive the subsequent **public phase** that will allow a broader cross-section of people the ability to participate in the capital campaign.

Together with the architects and our Recreation department, we are refining the functional planning program for the building that will serve as a space allocation document that drives the size of the building and eventually a more precise budget.

We have also developed **the consultation plan**. The consultations were divided into phases and target groups. We will set up consultations with the various sports organizations that will use the facility. Another phase is a round table that brings together the various non-profit organizations who serve our residents and who may wish to use the building. There is a phase where we consult with experts from Habilitas and Altergo to ensure we are making this building fully accessible and

open to use by the community they serve. We have set up two consultation sessions with our public. These consultations were open to all residents and the invitations were published on our website and via our e-bulletin. More than 80 people registered. A report outlining the highlights of these meetings will be published at a later date. And finally, there will be a **general online survey** that will help expand the reach of the people we have consulted.

The next major step after the consultations is a more definitive set of sketches for the complex that can then be translated to building plans, costs and estimates. That in turn generates the budget and our business plan.

Stay tuned – this is an exciting time for our community!

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



SUSTAINABLE SPRING UPDATES

I'm happy to announce we've launched a **PPE recovery program** to collect your single-use masks (i.e., blue or black surgical masks), gloves, visors and glasses. There are now drop off bins located at Town Hall, the Community Centre, the Legion Memorial Rink, and the Public Works building. These bins are designed to decrease the amount of waste we send to landfill. So please dispose off your PPE in those boxes whenever possible. Every bit helps.

As always, **tree planting** continues to be a high priority for the Town. With this in mind, MoWest, in partnership

with other Island municipalities, has recently joined the "2 Billion Trees Commitment." This federal program aims to support new tree planting projects all over Canada. By joining this initiative, we'll be eligible to apply for a piece of the \$3.2 billion in federal funding dedicated to this ambitious tree planting project.

And speaking of trees, **the annual \$10 tree giveaway** will be back this spring! From April 11 to 20 we'll be accepting orders, offering you a choice of 3-5 species to plant on your property. Supplies of trees will be limited so I suggest you order quickly to secure your first choice. Once ordered, the tree will be delivered to your door in

May. Keep an eye out for the e-bulletin announcement for more details.

Another spring project – new this year – will be our special "**monarch butterfly garden**" most likely located in Roy D. Locke Park (on the corner of Sherbrooke and Ballantyne). This initiative, launched by the Environmental Action Committee last year, will be a garden specifically dedicated to "butterfly friendly" plant species. It will serve to educate and inspire residents to plant their own such gardens to help fight the disappearance of these essential pollinators.

Elizabeth Ulin, Councillor
Public Works, Environment and Communication
eulin@montreal-west.ca



A THANK YOU TO OUR MANY VOLUNTEERS

National Volunteer Week takes place from April 24 - 30. Under normal circumstances, the Town would be hosting a

party to thank the many volunteers who give of their time for the Town and its various organizations. However, since so many volunteer opportunities were put on hold for the past two years due to Covid-19, and many residents are still not comfortable with gathering in crowds, we will wait until next year to honour you in person.

We would like to take this opportunity however to let you know how grateful we are for your participation and assistance in community events. Montreal West is known for its community spirit, with over 300 people volunteering for our Town annually, in pre-Covid times. We appreciate everything our volunteers do to make our community what it is. Whether you are volunteering for the CRA, helping out in the library, manning a BBQ on Canada Day, or sitting on one of our many Town Committees, your contribution is invaluable.

Our residents also excel at helping each other. During the pandemic, when we reached out for volunteers to

make calls or deliver groceries to our more vulnerable seniors, residents of all ages answered the call, and we had more volunteers than we could use. Many of the seniors we helped were the same ones who themselves have given their time and effort to the Town. As we discovered when we conducted our MADA survey, almost half of our seniors volunteer on a weekly basis. This is truly laudable; there is no retirement age in volunteering.

Studies have shown that not only is volunteering helpful for the organizations who benefit, but it is also very beneficial for those who volunteer, increasing their sense of belonging, empathy, self-worth, social engagement, etc. If you are new to the community, we encourage you to seek out opportunities to volunteer in an area of interest to you. It's a great way to get to know the Town and its residents.

So, thank you, dear volunteers. You make our Town a stronger and more caring one. We have missed many of you over the past two years, and look forward to seeing you back again soon.

Colleen Feeney, *Councillor Finance, MADA, Recreation and Culture*
cfeeney@montreal-west.ca



GIVE A HOOT, PICK UP YOUR DOG'S POOP!

As we jump forward into spring, please remember to pick up

after your pets. There have been complaints from residents regarding dog waste that has been left on both public and private property in the Town.

We ask that you be a good neighbour and dispose of your waste appropriately in either Town bins in the grey portion indicating "déchets" or in your own waste bin at home. Do not use bins belonging to private residents to dispose of your waste. We all know when the spring thaw occurs, there will be plenty of pick up to "doo."

I would also like to take this opportunity to thank some of our citizens who voluntarily pick up after others along their walks. As a dog owner and lover myself, we need to continue to set an example by being responsible and courteous to others. Thank you for your cooperation.

Lauren Small-Pennefather, *Councillor Public Security*
lsmall-pennefather@montreal-west.ca



PLANNING ADVISORY COMMITTEE

Last January, the Urban Planning Department posted a call for submissions for residents interested in becoming

members of the Planning Advisory Committee (PAC). We were very pleased and encouraged by the interest shown by residents.

Shortly, Council will pass a resolution naming the members of this permanent committee. It has been a difficult selection, given the quality of the candidates however, we only had two new

positions available. To all of the applicants, I offer a heartfelt thanks.

For all of you who are planning to have work done at your home, it is vitally important that you consult the Town's website for information about what type of work requires permits and authorizations (i.e., home renovation, building extensions, demolition, cutting down trees, etc.); and which works needs a recommendation from PAC and subsequent approval from Council. You'll also find a great deal of important information such as application deadlines to submit your projects to

PAC, list of required documents when applying for a permit, as well as the Urban Planning bylaws, including the Site Planning and Integration Program (SPAIP).

Finally, as I start this new portfolio, I would like to ask if any of you would like to share your overall experience with me, about the process of applying for permits as well as receiving feedback from PAC.

Maria Torres, *councillor Urban Planning*
mtorres@montreal-west.ca



RAPPORT DU MAIRE: CENTRE SPORTIF ET RÉCRÉATIF

Le vendredi 4 mars, j'ai fait une présentation devant le Club Rotary de Mo-Ouest et NDG pour faire le point sur le projet du centre sportif et récréatif. L'événement a attiré beaucoup de monde et j'ai répondu à de nombreuses questions des membres et des invités sur notre projet. J'ai pu remercier publiquement les gouvernements fédéral et provincial pour leur subvention, car l'honorable Marc Garneau était présent ainsi qu'un représentant du bureau de Kathleen Weil.

Plusieurs dossiers sont en cours de planification. Le comité de collecte de fonds poursuit son travail dans la phase silencieuse de la campagne de financement, nous travaillons avec les architectes pour peaufiner le programme fonctionnel et technique, et nous avons finalisé le plan de consultation.

La première phase de la campagne de financement est la **phase silencieuse**. Au cours de cette phase, le comité s'ef-

force d'obtenir des dons importants de la part de donateurs clés. Cette base de dons contribuera à la **phase publique** qui permettra à un plus large nombre de personnes de participer à la campagne de financement.

En collaboration avec les architectes et notre Service des loisirs, nous peaufinons le programme fonctionnel et technique du bâtiment. Ce document qui identifie la répartition des espaces déterminera les dimensions du bâtiment et, éventuellement, un budget plus précis.

Nous avons également élaboré le **plan de consultation**. Les consultations sont divisées en phases et en publics cibles. Nous organiserons des consultations avec les diverses associations sportives qui utiliseront l'installation. Dans une autre phase, nous tiendrons une table de concertation qui réunit les organismes à but non lucratif qui desservent notre territoire et qui pourraient souhaiter utiliser le bâtiment. Nous consulterons aussi des experts d'Habilitas et d'Altergo pour

nous assurer que ce bâtiment soit entièrement accessible pour la communauté qu'ils servent. Nous tiendrons deux activités de consultation avec notre public. Ces consultations étaient ouvertes à tous les résidents et les invitations étaient publiées sur notre site web et via notre e-bulletin. Plus de 80 personnes se sont inscrites. Un rapport présentant les faits saillants de ces rencontres sera publié ultérieurement. Enfin, un **sondage général en ligne** permettra d'élargir la portée des gens que nous voulons consulter.

La prochaine étape majeure après les consultations est l'élaboration d'une série d'esquisses plus définitives pour le centre qui déterminera les plans de construction, coûts et prévisions. C'est ainsi que nous pourrions établir le budget et notre plan d'affaires.

Restez à l'écoute – c'est un moment excitant pour notre communauté !

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DES NOUVELLES PRINTANIÈRES SUR L'ENVIRONNEMENT

J'ai le plaisir de vous partager que la Ville a lancé un programme de **recyclage des équipements de protection individuelle** pour la collecte des masques de procédure bleus ou noirs, des gants, des visières et des lunettes. Des boîtes de collecte sont dorénavant disponibles à l'hôtel de ville, au centre communautaire, à l'aréna de la Légion, et au garage municipal. Ces bacs visent à réduire la quantité de déchets que nous envoyons au centre d'enfouissement. Veuillez jeter vos EPI dans ces boîtes chaque fois que possible. Chaque geste compte.

Comme toujours, la **plantation d'arbres** reste une priorité pour la Ville. Dans cette optique, MoWest, en parte-

nariat avec d'autres municipalités de l'île, s'est récemment joint à l'engagement de 2 milliards d'arbres. Ce programme fédéral vise à soutenir de nouveaux projets de plantation d'arbres partout au Canada. En adhérant à cette initiative, nous pourrions faire une demande d'aide financière pour une partie des 3,2 milliards de dollars de financement fédéral consacrés à cet ambitieux projet de plantation d'arbres.

La **distribution annuelle d'arbres à 10 \$** sera de retour ce printemps ! Nous accepterons les commandes du 11 au 20 avril. Vous aurez un choix de 3 à 5 espèces à planter sur votre propriété. Les inventaires d'arbres seront limités, je vous suggère donc de commander rapidement pour vous assurer votre premier choix. Une fois com-

mandé, l'arbre sera livré à votre porte en mai. Surveillez l'annonce dans le e-bulletin pour plus de détails.

Un autre projet printanier – nouveau cette année – sera notre **jardin pour les papillons monarques**, probablement situé dans le parc Roy D. Locke (à l'angle des rues Sherbrooke et Ballantyne). Cette initiative, lancée par le Comité d'action environnementale l'année dernière, sera un jardin composé spécifiquement de végétation "amie des papillons". Il servira à éduquer et à inspirer les résidents à planter leurs propres jardins de ce type pour aider à lutter contre la disparition de ces pollinisateurs essentiels.

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UN GRAND MERCI À NOS NOMBREUX BÉNÉVOLES

La Semaine de l'action bénévole a lieu du 24 au 30 avril. En temps normal, la Ville organiserait un événement pour remercier les nombreux bénévoles qui donnent de leur temps pour la Ville et ses divers organismes. Toutefois, étant donné que les opportunités de bénévolat étaient limitées au cours des deux dernières années en raison de la Covid-19, et que de nombreux résidents ne sont toujours pas à l'aise avec les grands rassemblements, nous attendrons l'an prochain pour vous honorer en personne.

Nous aimerions profiter de cette occasion pour vous faire savoir à quel point nous sommes reconnaissants de votre participation et de votre aide lors des activités communautaires. Montréal-Ouest est reconnue pour son esprit communautaire. En effet nous comptons plus de 300 bénévoles annuellement avant la pandémie. Nous apprécions tout le travail de nos bénévoles qui contribue à la beauté de notre communauté. Que vous soyez bénévole à l'ARC, que vous aidiez à la bibliothèque, que vous soyez en charge du barbecue à la fête du Canada ou que vous siégiez sur l'un de nos comités municipaux, votre contribution est précieuse.

Nos résidents excellent également dans l'entraide. Pendant la pandémie, lorsque nous avons demandé à des bénévoles de faire des appels ou de

livrer des produits alimentaires à nos aînés les plus vulnérables, des résidents de tous âges ont répondu à l'appel, et nous avons eu plus de bénévoles que nous ne pouvions en utiliser. Bon nombre des personnes âgées que nous avons aidées étaient elles-mêmes d'anciens bénévoles qui ont donné de leur temps et de leurs efforts à la Ville. Comme nous l'avions appris lors de notre sondage MADA, près de la moitié de nos aînés font du bénévolat sur une base hebdomadaire. C'est vraiment louable, il n'y a pas d'âge de la retraite dans le monde du bénévolat.

Des études montrent que le bénévolat est non seulement utile pour les organisations qui en bénéficient, mais qu'il est également très bénéfique pour ceux qui le font, car il accroît leur sentiment d'appartenance, leur empathie, leur estime de soi, leur engagement social, etc. Si vous êtes nouveau dans la communauté, nous vous encourageons à rechercher des possibilités de bénévolat dans un domaine qui vous intéresse. C'est une excellente façon d'apprendre à connaître la Ville et ses habitants.

Un gros merci à vous, chers bénévoles. Notre Ville est plus forte et solidaire grâce à vous. Vous nous avez manqué au cours des deux dernières années et nous espérons vous revoir bientôt.

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PENSEZ AUX AUTRES ET RAMASSEZ VOS CROTTES DE CHIEN

À l'approche du printemps, n'oubliez pas de ramasser les crottes de vos animaux de compagnie. La Ville a reçu des plaintes de résidents concernant des excréments canins qui sont laissés sur les propriétés publiques et privées.

Nous vous demandons d'être un bon voisin et de bien jeter vos déchets soit dans les poubelles de la Ville (dans la partie grise indiquant déchets) ou dans votre propre poubelle à la maison. N'utilisez pas les poubelles privées appartenant à des résidents. Nous savons tous qu'il y aura beaucoup de déchets à ramasser lorsque le dégel du printemps surviendra.

J'aimerais également profiter de cette occasion pour remercier certains de nos citoyens qui ramassent volontairement les crottes d'autres chiens pendant leurs promenades. Étant moi-même quelqu'un qui aime et qui est propriétaire d'un chien, nous nous devons de continuer à donner l'exemple en étant responsables et courtois envers les autres. Merci de votre coopération.

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COMITÉ CONSULTATIF D'URBANISME

En janvier dernier, le Service de l'urbanisme a lancé un appel aux candidatures pour les résidents souhaitant devenir membres du Comité consultatif d'urbanisme (CCU). Nous étions ravis de voir l'intérêt des résidents de Montréal-Ouest.

Le Conseil adoptera bientôt une résolution nommant les membres de ce comité permanent. Notre choix fût difficile en raison des candidatures de qualité que nous avons reçues, cependant, nous n'avions que deux nou-

veaux postes à pourvoir. J'offre mes plus sincères remerciements à tous les candidats.

Pour tous ceux qui prévoient effectuer des travaux à la maison, je vous rappelle qu'il est essentiel de consulter le site web de la Ville pour savoir quels types de travaux nécessitent des permis et des autorisations (par ex. des rénovations, un agrandissement, une démolition, un abattage d'arbres, etc.). Vous trouverez également de nombreux renseignements pertinents tels que les dates limites pour soumettre vos projets au CCU, la liste des docu-

ments requis lors d'une demande de permis, ainsi que les règlements d'urbanisme, dont le Plan d'implantation et d'intégration architecturale (PIIA).

Alors que j'apprivoise ce nouveau portefeuille, je souhaite savoir si certains d'entre vous aimeraient me partager leur expérience globale concernant le processus de demande de permis ainsi que vos échanges avec le CCU.

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