



Audrey Moroney

Volunteer extraordinaire

Audrey Moroney of Westminster Ave recently retired from coordinating *MoWest Meals on Wheels* for many, many years.

If you have ever attended the Town Volunteer Appreciation Evening held annually pre-pandemic, you will realize just how high a percentage of residents volunteer to make our Town such a special place to live. Volunteering usually starts with a friend approaching you and saying, “We need someone to volunteer for a little while.” Sound familiar? For Audrey the “little while” turned into years and what an amazing job she did.

The *Montreal Volunteer Bureau* coordinates *Meals on Wheels* and they

say they can always count on Montreal West to deliver the best meals to those in need. This is no small feat as there are many positions and volunteers to coordinate.

At a recent lunch held in Audrey’s honour one of the questions asked of her was “What are you now doing with all that time you have since retiring from *MOW*?” With her ever present twinkle in her eye, Audrey answered “Nothing and it is lovely. We all laughed and wish Audrey well as she remains a very important person in our special Town.

from Joan Foster

Naturopathy CrystalCanada moved to **16 Westminster Av. North (438-927-6262)** in July 2022; the company was established in 2018.

Zahra (Afsaneh) Yaghtin is a naturopath practitioner and natural therapist with certifications and diplomas such as Master Reiki from UAP college of London in 2007, aromatherapy certificate and naturopathy diploma from Québec.

She is also a professional member of Canadian Reiki Association (CRA) and Association des Naturopathes Professionnels du Québec (ANPQ) and can provide an insurance receipt for the clients for their therapy.

Zahra is the aromatherapy teacher (natural perfume, soap, hair care products, skin mask, deodorant, lip balm, etc.) at the Naturopathy Institute of Laval and Naturopathy CrystalCanada.

A naturopath can analyze the client’s blood test result and health situation and advises natural health products and herbal medicine to improve the digestive and nervous systems, boosting the immune system against disease. Zahar also offers techniques to control stress or depression, increasing well-being and mood, improving sciatic back pain and joint problems as well.

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Zahra (Afsaneh) Yaghtin

introduces

Naturopathy CrystalCanada



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THE INFORMER

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

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NEXT ISSUE DEADLINE

September 14

Walking to support pulmonary fibrosis

September is *Pulmonary Fibrosis (PF) Awareness Month*. For the first time this year, the Canadian *Pulmonary Fibrosis Foundation (CPFF)* is hosting a charity walk in Parc Angrignon on September 17 at 10 am. Come walk, run, roll or ride to help raise awareness and funds to support patients and families who are dealing with this debilitating and incurable disease.

Todd Georgieff has sat on the Board of *CPFF* since 2019, the year that his father-in-law **Donald Pamerter** passed away from PF.

Pulmonary fibrosis (PF) is a type of lung disease that affects the tissues of the lung. There are many different causes of pulmonary fibrosis, including environmental exposures, medications, chemotherapy or radiation therapy or even autoimmune diseases such as rheumatoid arthritis. In PF, the lung tissue becomes scarred and stiff and loses its ability to transfer oxygen to the blood. Patients suffer from shortness of breath, and other organs can't get enough oxygen to function properly. Many patients end up requiring a lung transplant.

Difficult to diagnose

Unfortunately, PF can be very difficult to diagnose, and many patients wait a year or more before doctors arrive at a clear diagnosis. There are not many effective treatments available, and patients and families often require a lot of support, in-

cluding oxygen, assistance with mobility and their normal activities as well as social and psychological support.

That's where *CPFF* comes in. *CPFF* tries to raise awareness about PF, through its website and social media campaigns. We also support re-

Canada," along with several in-person walks and other fundraisers. We are very excited to be hosting our first walk in Montreal this year.

There's much more information on our website, *CPFF.ca*, or by downloading the *CPFF* app on the App Store and Google



Todd Georgieff, Nadine Fenton and Donald Pamerter

search through grants and by funding research fellows in Canada (respirologists who are doing more extensive research and training on PF).

During September, *CPFF* will be hosting virtual webinars on topics ranging from causes to research and clinical trials for PF. We are also sponsoring a month-long "walk across

Play (Google or Android). You can sign up for events, log the km's you walk during the month of September to support PF, and read stories from other people affected by PF.

from Todd Georgieff



Montreal West Charity Golf Tournament

Only five weeks left until the annual MW Charity Golf Tournament.

The event will be held on September 15 at the Caughnawaga Golf Course followed with drinks and prizes starting at 7 pm at the MW Curling Club

Only 5 foursomes remain available. \$150/person includes round, cart, lunch and prizes with all net proceeds going to local charities and worthy causes.

Reach out to **Nick Mavidis** at nick.mavidis@cibc.com or **944-6314** for more information or sponsorship opportunities.

See you there!

from Nick Mavidis

Artists' Showcase

Fall 2022
Indigenous art

MoWest amateur and professional artists of all ages are invited to display their art on the Town website. The theme for the autumn exhibit is Indigenous art. Application deadline: September 26.

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

Zahra (Afsaneh) Yaghtin

continued from page 1

Body detoxification is another important subject in naturopathy. When the toxins of some foods accumulate in the liver, kidney, blood, lymph and digestive systems, they can cause many serious diseases. So a naturopath can help you to detoxify your organs naturally.

She can help you to make your own diet plan based on your health situation, your age and your activity levels, calculate the amount of protein, fats, carbohydrates, vitamins and minerals that your body needs to manage your weight and improving your health as well.

Natural hair care and skin

care are other services that a naturopath can offer you. Chemical creams, masks, shampoos, soaps, hair colours and aging can damage your skin and hair but you can prevent or slow it down using natural products.

Naturopathy Crystal Canada offers courses that can help your health situation and quality of your life as well.

- How to make your own diet plan includes the techniques of calculation the amount of protein, fats, carbohydrates, vitamins and minerals that your body needs, good and bad food combinations.
- Stress managing techniques and attracting positive energy includes breathing and focusing techniques to improve memory and concentration



- Aromatherapy to make natural perfume, soap, hair care products, skin mask, deodorant, lip balm....
- Décor therapy and Feng shui to remove negative energy from your home or office and attract more positive energy.

Open invitation to celebrate a milestone environmental event

The official opening of the *Bande verte* Saturday, September 17 at 11 am hosted by *Sauvons la falaise*. If you haven't yet discovered the *Bande verte* path, it is a newly created green space by the Ministry of Transport of Québec and is part of the Turcotte project. It is easily accessible from the bottom of Brock Avenue South.

There is a protected, paved bike path with dedicated traffic lights to get you across Blvd Sainte-Anne-de-Bellevue safely to the rest area.

Heading east, there is a multipurpose

path of crushed stone which runs along the bottom of the Falaise Saint-Jacques for 4 km to the MUHC, where it is equally easily accessible from rue Pullman.

Numerous benches, picnic tables and rest areas line the route as well as plantings of indigenous vegetation, that took place this time last year. The 10-15 year calibre trees selected was impressive and greatly appreciated.

You will see groupings of deciduous trees and conifers that serve as food sources or shelters for birds as well as a wind break



while you are skiing or snowshoeing. Several types of clover were seeded along both sides creating a pollinator oasis. The pleasant scent of honey will envelop you. Midway, there is a new access road to the Falaise walking paths. There you will discover a new wetland with iris, cattails and other shoreline species.

Come discover the many innovative connectivity projects developing in the Grand Sud-Ouest and meet the groups working collaboratively in linking valuable urban green-spaces via biodiversity corridors benefiting flora and wildlife, accessible for pedestrians and cyclists. Some of the groups present will be: *Les amis du parc Meadowbrook*, *Les amis du corridor vert d'Hydro-Québec à Montréal Ouest*, *Les amis du parc Angrignon* and many from the NDG, Sud-Ouest, Lachine, LaSalle and Verdun boroughs.

Also on the agenda is the future of the long promised Dalle Parc Bridge, a green pedestrian walk way and bicycle path that will connect CDN-NDG with the Sud-Ouest over Highway 20.

For details of the day's events please visit the host's web site sauvonslafalaise.org.

from Louise Chênevert



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Looking back

The Hump

by Harold Rosenberg

Many people are familiar with the rail bridge on Westminster Avenue North. In its early days it was referred to as the Camel-back Bridge. Nowadays, most know it as The Hump.

The bridge was first built around 1885 to cross the *Canadian Pacific Railway Company* tracks. In those horse-and-buggy days, a narrow structure was all that was needed, with little more than a wooden guardrail separating the vehicular and pedestrian traffic from the 50-foot drop to the tracks below. It was 16 feet wide, with no accommodation for pedestrian traffic.



Pedestrians and vehicles on the original bridge, photo taken March, 1938.

A new bridge

In March, 1938, after lobbying by the municipality of Côte Saint-Luc, a new bridge for modern traffic was proposed. The *Citizen's Association of the Municipality of Côte Saint-Luc* produced a petition stating, in part:

"We hereby go on record as emphatically condemning the *Canadian Pacific Railway* bridge, situated at the north end of Westminster Avenue, Montreal West, the same which carries the traffic into and through our town, but which is immediately outside our boundary.

"We petition upon the following grounds: It is built on an antiquated model intended to carry traffic such as prevailed 40 years ago and is quite inadequate to facilitate modern traffic.

"The steep gradient of ascent and descent combined with its narrow width renders its negotiation a menace to the safety of all vehicular traffic.

"The lack of sidewalk or sidewalks for pedestrians constitutes a grave danger to all foot passengers."

They also felt that the bridge was a hin-



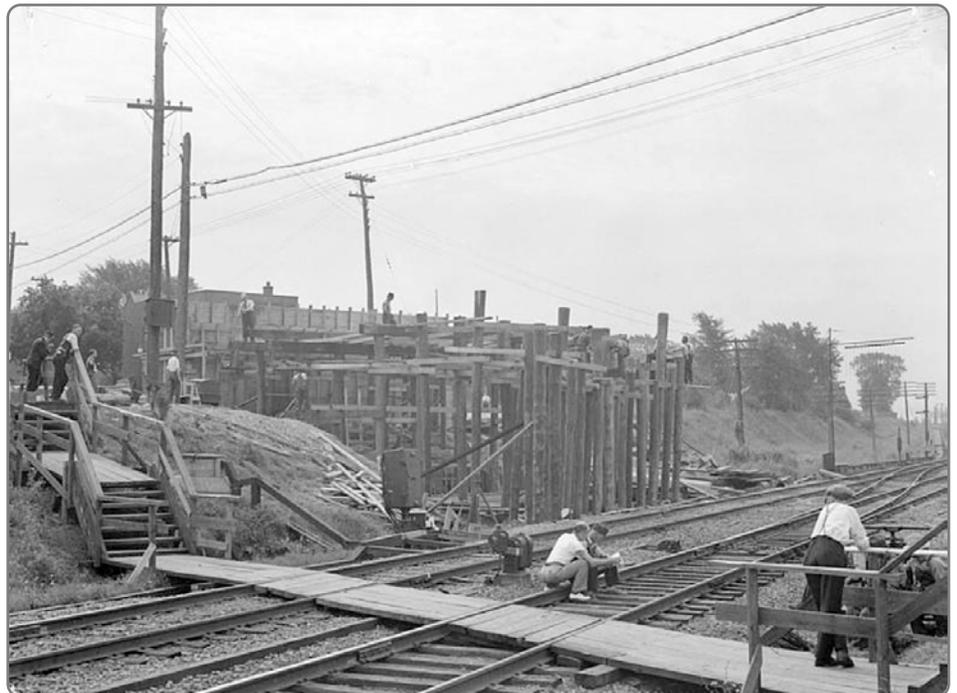
Original bridge, side view, 1938

drance to the future growth and progress of Côte Saint-Luc, due to its inadequacy to facilitate bus and tramway traffic.

The cost

A month later, the federal government, the *CPR*, and the two towns involved reached an agreement to share the \$50,000 cost of replacing the bridge. The government paid 50 per cent and the railroad 28 per cent, while Montreal West bore 17 per cent of the cost, and Côte Saint-Luc five per cent.

Construction work on the replacement bridge, summer 1938.



New bridge, looking south on Westminster Avenue, November, 1938.

When the bridge officially opened on November 1, 1938, it was 36-1/2 feet wide and included a road and two sidewalks. Maintenance of the road surface, sidewalks and lighting was the responsibility of Montreal West, while the *CPR* maintained the bridge structure.

Rebuilt again

In 1985, the bridge structure was once again determined to be insufficient for modern truck and bus traffic. Reconstruction was started soon after. Two military-style portable Bailey bridges were erected nearby to allow traffic to cross the tracks while the work was done. The current bridge was opened in June 1988.

Thanks to David Watson, MW Town historian, for help in preparing this article. All photos by BANQ Fonds Conrad Poirier.

Mailbox

Sports and recreation centre: a financial albatross?



In May 2021, our Town Council announced with much celebration and fan fare that it had obtained slightly in excess of \$12.5 million in grants from both the federal and provincial governments towards the construction of a new sports and recreation centre for which it had lobbied for several years.

Citizens were advised that the projected cost of this mega project would be \$22.5 million and that the Town would establish a fundraising campaign to alleviate the impact on tax payers, which was originally projected to represent an "approximate increase of only \$100 per average household."

In the May *Informer*, it was reported that \$700,000 had been raised during a campaign aiming to collect 2.5 million dollars from our residents.

Significantly, in subsequent reports we were assured that the inevitable tax increase to be assumed by our residents would be "minimum" and "reasonable;" equivocal terms to be sure.

We have had several virtual and on-line surveys enquiring as to the design of the building, parking issues and the nature of the activities to be offered by this new centre, be it pickleball, volleyball or badminton.

I do not recall however any member of Council ever questioning the financial viability of this multi-million-dollar project, particularly in view of the serious economic crises occasioned by the global pandemic, our burgeoning rate of inflation and the sobering reality that Montreal West has the unenviable distinction of being amongst, if not, the highest taxed municipality on the Island of Montreal due to its low commercial base.

It is noteworthy that the online survey held in May 2022, in which only 356 residents participated, indicated that 63% of respondents expressed concerns over the financial impact this project would have upon our taxes.

During the previous virtual public consultation, a paltry number of 48 residents participated; hardly a valid reflection of our local population.

I fully appreciate our mayor's excitement when the grants were extended as I, as a former Town commissioner, am only too well aware that our Town is in desperate need of a completely revamped recreation facility to service our residents.

However, I am seriously concerned that our Town simply does not have the funds necessary to finance such a mega project which will almost certainly exceed the estimated cost of \$22.5 million. I have expressed to Council, both publicly and privately, my abiding fear that this project, as admirable as it may be, will unfortunately transform into a financial albatross to be borne upon the backs of our citizens, many of whom are seniors, for years to come.

When I served on Council some 30 years ago, we would either hold a referendum or at least solicit the views of citizens prior to undertaking initiatives such as a dog run, one-way streets or even speed bumps. I fail to understand therefore why our Council, notwithstanding the government grants, has not deemed it appropriate to hold such a serious public consultation before embarking upon what is likely the largest project in the history of our Town?

from Howard Barza

Dandelions vs flowers



On page 3 of the June 2022 edition of *The Informer* is an article titled *Replacing the lawn* submitted by *Les Amis du parc Meadowbrook*. I respect this organization, but I take a somewhat different view on the issue of dandelions.

These weeds are not attractive and, if not dealt with in an environmentally safe way, will quickly spread to neighbouring areas. Many MoWesters, like me, take pride in having lush lawns and colourful flowers. The colourful flowers provide nutrients to bees. Bees are vital to the pollination of plants.



Years ago, I made a presentation to Town Council on the control of dandelions without the use of chemicals. This is hard work, especially during the initial phases, but after a few years the results are visible. When I walk through the Town, I admire the efforts many gardeners take to make their property attractive. Unfortunately, too many place little restriction on the spread of dandelions and other weeds.

An article like *Replacing the lawn* gives some support to them. Some of the statements in the article may be true, but, where are the scientific studies reported in reputable journals to back the claim of bees benefitting from dandelions in contrast to colourful flowers neatly planted and tastefully arranged.

from David Superstein





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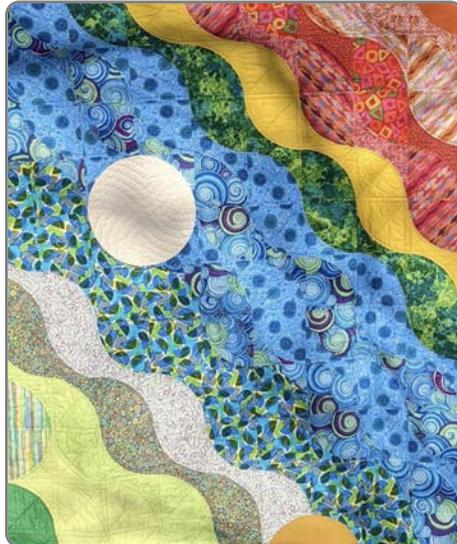
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Pillows by Penny a new quilter: they don't all have to cover a bed

West End Quilters

The *West End Quilters* have had a great summer with maybe even a little quilting along the way. We had a table at Art in the Park with some newer members displaying their work. Our June season-ending event, a pizza dinner, had many members attending. All summer, Tuesday evenings meant zoom get-togethers. Sometimes there were only a couple of quilters, maybe even from beside a lake, but a way to stay in touch. We had one in-person meeting in July. **Barbara**



Flow by Jean: given to a friend in exchange for a painting of her cottage

invited us to her garden where strips of fabric were cut for a future community project. What will it be? We are now looking forward to a new season of quilting.

from Mary Sutherland

Ragweed

Ragweed is rampant in MoWest this year! It's the number one seasonal allergen so should be pulled out immediately before it blooms. Check your lawns and "boulevards" (the grassy area between the sidewalk and the street).

Not only is that the neighbourly thing to do, but it also respects the Town bylaw which prohibits this vegetation and may subject the homeowner to a fine.



L'herbe à poux

L'herbe à poux est répandue à Montréal-Ouest cette année ! L'une des principales responsables d'allergie saisonnière, il faut l'arracher rapidement avant qu'elle ne fleurisse. Vérifiez vos pelouses et saillies (la zone gazonnée entre le trottoir et la rue).

Retirer l'herbe à poux est non seulement un acte de bon voisinage, mais cela respecte également le règlement municipal qui interdit cette végétation et qui peut exposer les propriétaires à une amende.

Kosher corner

Summer at Chabad Westminster

Summer at Chabad Westminster was great fun! Many new families were welcomed to Town, enjoyed Mommy and Me, gathered for first Friday Shabbat services and much more.

We are excited to share that once again all event details will be printed in the calendar that will be delivered to your door before the High Holidays. Look out for yours!

Chabad Westminster's big project for the fall is the opening of the MW Chabad Hebrew School! Catering to ages Pre K through grade 3, Wednesday afternoons 4:30-6 pm. Reach out to register your child!

High Holidays

Of course, High Holidays are on our minds.

We are excited to announce that once again Chabad Westminster will be hosting local and welcoming High Holiday services for Rosh Hashana (September 25-27) and Yom Kippur (October 4-5), accompanied with English explanations and insights. In addition, Chabad Westminster will be hosting numerous holiday dinners, Tashlich and the now famous shofar in the park (September 26 and 27) 4:30 pm.

In addition to High Holidays, we look forward to celebrating Sukkot here in MoWest with a community BBQ in the sukka and Joyous Simchat Torah dancing.

Please reach out for the detailed High Holiday schedule, or if you would like help ordering a lulav or a sukkah.

The dates for Yizkor are October 5 and October 17.

from Rabbi Mendy Marlowe

Sandra Roscanu:

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IODE

Pleasant afternoon meeting and tea



IODE HMS Victory had a very pleasant meeting and afternoon at the house of one of our senior members in the West Island. Wishing to continue her membership in the organization, **Clara McCormick** transferred to our chapter when IODE de Gaspé closed. Impressed by the charity work, she joined 20 years ago when she attended a meeting with her cousin, another IODE member.

We enjoyed hearing about her life as an active and engaged person and about her returning to school to get a certificate in nurs-

ing care. Clara is holding one of **Heather Ferguson's** Good Grooming bags, destined for the *Auberge Transition*.

A sincere thank you to her daughter, a nurse who received us for a special English tea with sweets and savories.

We all thoroughly enjoyed the social side of the Inclusive, Organized, Dedicated, Enthusiastic women's organization to which we belong.

Next meeting: Tuesday, September 13 at the Community Centre.

from Janet King



Clara McCormick

MADA

Certification MADA Accreditation

La Ville de Montréal-Ouest est fière d'annoncer qu'elle a reçu sa certification *Municipalité amie des aînés (MADA)* en juin 2022 ! Cette reconnaissance du ministère de la Santé et des services sociaux confirme notre engagement à faire de notre ville une ville meilleure, plus sécuritaire et plus humaine pour les résidents de tous âges.

Ceci conclut le processus d'accréditation, qui s'est étalé sur 2,5 ans et a inclus de multiples rencontres avec le comité de pilotage MADA, des consultations publiques avec les résidents, ainsi que la rédaction et la mise en œuvre d'une politique et d'un plan d'action qui peuvent être consultés sur notre site web.

Le travail sur l'établissement des priorités et la mise en œuvre du plan se poursuit. Ceci comprend également des mises à jour régulières pour les résidents. Cette nouvelle accréditation permettra également à la Ville de demander des subventions provinciales offertes uniquement aux municipalités amies des aînés.

Je tiens à remercier les bénévoles dévoués qui ont siégé au comité de pilotage avec moi pour leur travail acharné : **Fred Braman, Paula Cordeau, Karen Derouaux, Stéphanie Dupont, Joan Foster, Zelda**

Freitas, Dr Shannon Hebblethwaite, Megan Joy, Rosalind Knitter, Joanne MacPhail, Sheri McLeod, Marian Scully, Ron Smith, Tracie Swim et Raffaella Di Stasio.

Colleen Feeney, Président Comité de pilotage MADA

The Town of Montreal West is proud to announce that it received its Age-Friendly Town (*Municipalité amie des aînés – MADA*) certification in June 2022! This recognition by the *Ministère de la santé et des services sociaux* confirms our commitment towards making our Town a better, safer and more caring town for residents of all ages.

This concludes the accreditation process, which spanned 2.5 years and included multiple meetings of the MADA Steering Committee, public consultations with residents and the drafting and implementation of a policy and action plan that can be found on the website montreal-west.ca.

Work will continue on the prioritization and implementation of the plan and will include regular updates for residents. This new accreditation will also allow the Town to apply for spe-

cific provincial grants open only to MADA municipalities.

I would like to thank the dedicated volunteers who sat on the Steering Committee with me for their hard work: **Fred Braman, Paula Cordeau, Karen Derouaux, Stéphanie Dupont, Joan Foster, Zelda Freitas,**

Dr. Shannon Hebblethwaite, Megan Joy, Rosalind Knitter, Joanne MacPhail, Sheri McLeod, Marian Scully, Ron Smith, Tracie Swim, Raffaella Di Stasio.

Colleen Feeney, Chair MADA Steering Committee





As seen on an early morning dog walk on Brock. Little critter looks rather sated after raiding a nearby garden?

from Kathy Machnik and family



Threads of Memory: Screening

On Tuesday, June 28, the Public Library, had its opening screening of the Threads of Memory project. About 25 people met in the library's back garden and enjoyed a 5 à 7 soirée on a lovely summer evening. After some wine, cheese, cold cuts and wraps, we watched a video compiled from the segments of the many interviews we did.

This new library program, initiated by a *New Horizons* grant for seniors program, includes eight people on the interview team and **Eric Craven**, our Tech Advisor. Under Eric's direction and guidance, we interviewed seniors who live in MoWest, were residents in the past or worked for our Town. After the interviews were recorded and edited, they were posted on our official website: threadsofmemory.ca

Please visit our website to see interesting videos on the Oral History of Montreal West. We are looking for more people to join our project. Please contact **Deborah Marcogliese**, email mwpl.librarin@gmail.com, or **Eric Craven**, email communityprojects514@gmail.com.

from Bronia Zaks

Montreal West Scout Group

Scouts

It's the start of a new year of Scouting for the MoWest Troop. At the end of last year, we had a games day on Hodgson's Field and enjoyed a BBQ prepared by **Karen** and **Tom Johnstone** with the help of multiple volunteers, followed by an awards ceremony.

Awards

Our Troop leader, Nathan Held, was a firm hand at the tiller throughout the year. Nathan presented multiple awards. The Indecisive Coyotes, led by **James Ruffolo** and **Sebastian Fitzgerald**, were the patrol of the year in recognition of how much fun they had together, their team spirit and their attendance. The Scout of the year was **Ivan Stedl**, and a close runner up was **Kai Taylor**. They both exemplified the spirit of scouting throughout the year. A special presentation was made to Scouter **Andy Chapman** by Group Commissioner, **Karen Johnstone**. Scouter Andy received the medal for Good Service in recognition of his dedication to the MW Scout Group. Congratulations all!

The Canada Day parade was a highlight of the summer, that was followed by festivities in Strathearn Park. The Troop looks forward to the coming year, a fall sleep-away camp and to welcoming new members.

Rovers

Most of our Rovers are students or have started working full time, but a few find the time to take part in team competitions. Rover, **Arnaud Chrun Tremblay** recruited his buddy **Francois-Mathieu Mariaud de Serre** and together they competed in the Mago Team Duathlon on Saturday, July 16. They came in third. Francois-Mathieu



Arnaud Chrun Tremblay and Francois-Mathieu Mariaud de Serre

ran two legs: 10 km and 5 km, while Arnaud cycled 40 km. Good job gentlemen!

Registration

We are so pleased that we will be able to return to regular meetings in the school gyms in September. The exact dates have not been set, but if your child is registered the, Scouters will contact you after Labour Day weekend. As usual we will plan to start with outdoor meetings in local parks and school yards, weather permitting, following any Covid protocols that remain.

Scouts Canada has changed the registration year to the calendar year, so our new payment year does not start until January 2023. Returning members are fully registered until the end of December. Any new members will receive September to the end of December for free; you will be registered until the end of December 2023.

New members may register online at Scouts.ca, MyScouts as of September 1. For more information, please call **Karen Johnstone** at **717-5696** or email at karenmansfieldjohnstone@gmail.com.

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Guiding



Variety of camps

This past summer saw the Guiding community returning to more non-COVID type activities than during the past two years. Wa-Thik-Ane, the provincial Girl Guide camp in Morin Heights was operational this summer. A variety of camps were offered for different lengths of time.

Some of the camping activities included three-day "Wee camp together," where a significant female adult camped with her Spark or Brownie. A wonderful opportunity for the younger girls to experience all the fantastic opportunities the camp has to offer with the comfort of having a mother figure with her.

Week-long camps were offered for Brownie-aged girls up to Rangers. The campers had opportunities to go hiking, canoeing and boating, swimming in the lake, nature studies, cooking, campfires and participating in camp challenges. Some of the camp challenges included: the long lake swim, short lake swim, camping under the stars and camp tour.



Sunrise hike

Girls who are Pathfinder-aged (grade seven and up) and older were able to participate in the sunrise hike to the bluff. They awoken about 40 minutes prior to sunrise; in the dark, they hike up to the bluff and watch the sunrise. It is quite a spectacular sight!

There was also a week where the girls

had the chance to enjoy activities at the camp or to also go off on day excursions to participate in rock climbing at Tyroparc in Ste-Agathe and a canoeing/biking expedition in Val David.

It was an exciting summer at the camp this year! We are hoping to be able to camp at WA-Thik-Ane this fall with our units.



Canoeing

Registration

Visit the website at girlguides.ca and follow the prompts to sign your daughter up! If you are not sure this is an activity for your daughter, she can try two meetings before she will need to register. Just let the leaders know in advance. Feel free to call **Pearl** at **483-3303** if you need information or have questions about Guiding in MoWest. We are eagerly awaiting the start of the new Guiding year!



The best place to be

Cookie blitz

A mini cookie blitz was held during the summer as well. A small group of girls and leaders knocked on doors.

We had a wonderful response from the community. Thank you for supporting the Girl Guides. MoWesters are always there to encourage Guiding in our community!

Canada Day parade

The Guides were honoured to be part of the colour party for the MoWest Canada Day parade. A long-standing tradition returned this summer. The girls who were able to participate had so much fun. They had an opportunity to meet both the Honourable **Marc Garneau** and **Kathleen Weil**.

from Christine Downey



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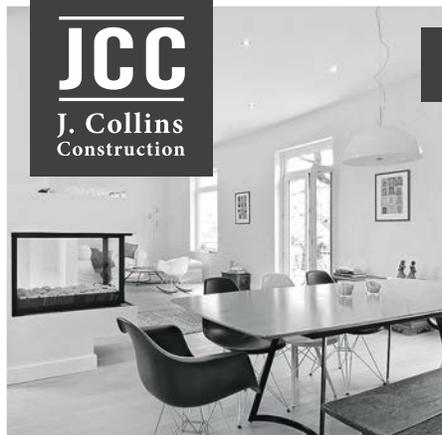
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Photos by Robert Ganz, layout by Julia Ross



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For your calendar

August 29

At noon, MoWest Reads Online presents **Darlene Madott** who is a writer who practised law in Toronto for more than three decades. She will be reading from her latest work *Dying Times*. Please join us for an interesting time and lively discussions.

Registration required; please email mwlib.requests@gmail.com.

September 6

At 1pm, Tea and TRC, First Tuesday of every month; everyone is welcome; email mwlib.requests@gmail.com for more information.

September 13

At 6 pm at the Benny Library: **Roksana Bahramitash**, a reading jointly sponsored by MoWest Public Library and the Benny Library and made possible through funding by the *Writers' Union of Canada*.

Roksana Bahramitash is an Iranian-born Canadian sociologist, author and professor. Her work focuses on women, employment and the informal economy in the Middle East and North Africa, as well as gender segregation in Islam and microeconomics. She will be reading from her memoirs.

September 17

Book sale!

September 21

At 2 pm: Tea and Books. See mwpl.ca for more information.

October 13

At 7 pm, we will be hosting along with The Montreal Island Suburban Libraries, an author meeting with **Marc Levy** on Zoom. This is a free activity presented for Public Libraries Week in collaboration with the libraries of the suburbs of the Island of Montreal. This virtual interview will be broadcast at the library and it will also be possible to receive a link for the broadcast. Advance registration is required. The number of places is limited. This event will be in French.

October 22

As a joint venture with the children's library, we will be hosting a reading with **Monique Polak**, a children's author, freelance journalist and CEGEP teacher. She is the author of 29 books for young adults. This reading is also sponsored by the *Writers' Union of Canada*.

News from the library

Welcome back everyone! We hope you had a relaxing and happy summer. We have been busy planning our fall activities and we have lots of news to share with you.

I hope you are all now aware of our opening hours, Monday, Tuesday, Thursday, Friday, and Saturday from noon to 6 pm and Wednesdays from noon to 8 pm. With careful planning and scheduling, we have been able to extend our hours for your convenience. Please let us know what you think.

You may have noticed a new face behind the circulation desk, one you may have recognized as a volunteer, **India Ciambriano**. She joined us this summer and she will be working with us through the autumn. Please help us in welcoming her as a great addition to the staff.

Although our summer was quiet, we had a very busy spring. In case you missed some of the events here is a recap of June.

June 11, as part of our Young Adult programming, we held our first board game night. We look forward to hosting more this fall.

June 14, we attended the Community Night. It was heart-warming to be back in person and see old friends and make new ones; it was great to be part of this day. We thank the Department of Recreation and

Threads of Memory



Culture for organizing it.

Then June 15, on Zoom, we met with **Robert Hough**, author of the *The Marriage of Rose Camilleri*. It was a lively and interesting discussion. Two of his books are available at the library.

June 18, we had a plant and book sale.

June 21, to celebrate National Indigenous Peoples Day, we showed the film *Beans* by **Tracey Deer**. *Beans* is a heart breaking, and yet affirming, coming of age story of a young girl growing up in Kane-satake during the Oka crisis. It is available on DVD at the library. It is recommended for at least 12 years and older as it deals with very adult subject matter.

And finally, June 28, we held the first of many viewings of our Threads of Memory project. See **Bronia Zak's** piece (on page 8) for a full description of the event.

June was quite busy for our small library. If you were not able to attend in any of these events, we hope you can participate in coming events. This fall, we will not only be continuing with our established clubs and programs (chess club, drama club, Threads of Memory project, Tea and Books and Tea and TRC), but we will be hosting some special events too. Keep reading to see what's coming up!

New workshop

We are also very excited to announce a new workshop called Sweater Mittens led by **Ann Smith**. These workshops will show members how to upcycle an old sweater into a pair of mittens (think Bernie Sanders at Joe Biden's inauguration) with added decorative embellishment. The workshop will start in October. Details to follow.

Children's Library

TD Summer Reading Club Closing party

As this is being written, our *TD Summer Reading* is in program is in full swing. Since June 14, children have been able to sign up and complete different reading challenges, as well as games, tests, quizzes and other activities in the library. We have been greatly satisfied with the turnout, and with the action that our space has seen.



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La Bibliothèque sera fermée
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Fête du travail.

The library will be closed
September 5, Labor Day.



Left: Participants in the *TD Summer Reading Club* launch party read along *I am Terrible* by Elise Gravel, the Story Walk of the summer. Right: Having completed the first lot of 10 book read through the *TD Summer Program*, Joey and Lily Ricci are excited to choose their awards.



If your child is part of the program, make sure to have them declare their books and obtain the prizes or enter the draw, no later than August 31.

As usual, the program closes with a big party where games are played, followed by an award ceremony recognizing the achievements of the young readers during the summer. The best readers will receive prizes. Draws for surprise gifts will also be held for the various challenges the children have completed.

The closing party will take place on Thursday, September 1, 4.30-6 pm, in Strathearn

park. Registration by August 27 is mandatory.

Vente de livres

Une vente de livres usagers aura lieu le samedi et dimanche, 24 et 25 septembre, de 10 h à 15 h devant la bibliothèque. Nous avons une grande quantité de livres en français et en anglais, des périodiques, des DVDs, qui font faire le bonheur des enfants. On vous attend en grand nombre!

Collaboration

The Story Walk installations that we offer in front of the

Children's Library are being appreciated not only by the MoWest community; they have been noticed by residents from other communities, too. We have been approached by *Les Colibris de Bois Franc* daycare in St-Laurent with the request to assist them in installing a Story Walk in front of the daycare for passers-by to enjoy. Two different stories will be offered to their community. The first one, « La gentillesse », c'est..., by Pat Zietlow Miller and Jen Hill is already available for everyone to read. If you happen to be in Saint Laurent, take stroll and have a look.



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A few reasons to support Westminster's small businesses

As many establishments have come and go in MoWest over the years, one opinion that has remained popular among residents is that Westminster is a street for small businesses.



Perks include access to fresh produce, unique and diverse restaurants, great customer service and a charming main street for the Town. Additionally, shopping at small, local businesses can be very beneficial to the environment. For example, it means reducing travel emissions for both customers and the businesses they support; local businesses tend to make more local purchases.

One sustainable business that's hard to beat is *Henri's Market*. Located in the outdoor parking lot next to *Mini-Cout*, **Henri** sells "fresh produce in season direct from local farmers" in Quebec and Ontario. Buying local means encouraging sustainable agriculture and reducing greenhouse gas emissions, as the produce doesn't

need to travel far. Moreover, strict regulations regarding additives, pesticides and herbicides ensure that food grown in Canada is safer – and so are our pollinators! Like most outdoor farmer's markets, *Henri's* uses less energy and less single-use packaging than other businesses. If you enjoy shopping outdoors and supporting local businesses, consider attending the street fair on September 17!

Many Westminster vendors are well-known by at least half of Montreal West; it's clear they value their shoppers, going out of their way to provide top-tier customer service. Because of this, customers have a louder voice than they would among larger corporations. While small businesses are often already more sustainable than most oth-

ers, there is almost always room for improvement, particularly when it comes to packaging, waste disposal and energy usage. Have you noticed that your favourite restaurant doesn't compost or recycle? That their takeout containers are Styrofoam? Consider talking about it with the owners. And if you have any tips or tricks on how to create a more sustainable Town, please feel free to share them with Council or the EAC.

*Haley Clarke-Cousineau
for the Environmental Action
Committee*



Quelques raisons de soutenir les petites entreprises de la rue Westminster

Alors que de nombreux établissements se sont succédés à Montréal-Ouest au fil des ans, une opinion qui reste populaire parmi les Mowesters est que Westminster est une rue pour les petites entreprises. Les avantages de la fréquenter comprennent l'accès à des produits frais, des restaurants uniques et diversifiés, un excellent service à la clientèle et une charmante rue principale pour la ville. De plus, le fait de faire ses courses dans des petites entreprises locales peut être très bénéfique pour l'environnement. Par exemple, cela permet de réduire les émissions dues aux déplacements, tant pour les clients que pour les entreprises qu'ils soutiennent ; les entreprises locales ont tendance à faire davantage d'achats locaux.

Un commerce durable difficile à battre est le *marché d'Henri*. Situé dans le stationnement extérieur à côté de *Mini-Cout*, **Henri** vend des « produits frais en saison provenant directement des agriculteurs locaux » du Québec et de l'Ontario. Acheter local, c'est

encourager l'agriculture durable et réduire les émissions de gaz à effet de serre, car les produits n'ont pas besoin de voyager loin. De plus, des réglementations strictes concernant les additifs, les pesticides et les herbicides garantissent que les aliments cultivés au Canada sont plus sûrs, pour nos pollinisateurs également ! Comme la plupart des marchés de producteurs en plein air, le marché Henri utilise moins d'énergie et moins d'emballages à usage unique que les autres entreprises. Si vous aimez faire des courses en plein air et soutenir les entreprises locales, envisagez de participer à la foire de rue de Montréal-Ouest le 17 septembre!

De nombreux vendeurs de Westminster sont connus d'au moins la moitié de Montréal-Ouest; il est clair qu'ils apprécient leurs clients et qu'ils font tout leur possible pour leur offrir un service de première qualité. De ce fait, leurs clients ont une voix plus forte que dans les grandes entreprises. Bien que les petites entreprises soient

souvent déjà plus environnementales que la plupart des autres, il est presque toujours possible de les améliorer, notamment en ce qui concerne l'emballage, l'élimination des déchets et la consommation d'énergie. Avez-vous remarqué que votre restaurant préféré ne fait pas de compost ou ne recycle pas ? Que leurs récipients à emporter sont en polystyrène ? Pensez à en parler avec les propriétaires. Et si vous avez des

conseils ou des astuces pour créer une ville plus durable, n'hésitez pas à les partager avec le Conseil de Montréal-Ouest ou le CCE.

*Haley Clarke-Cousineau
pour le Comité
d'action environnementale*

*traduction par
Daniel Boulerice*



News from the pews

MW United

Look for us after Labour Day

Our Sabbath rest lasts into September, with our first worship service of the new season Sunday, September 11. Until then, phone messages continue to be answered, the outdoor Labyrinth remains in place on the Ballantyne lawn, and prayer requests continue to be honoured.

Off and running? More like crawling....

We are venturing a little further, so with masks and with care we plan to revive some of our former activities and events. There may be adaptations but the spirit is there, all things being equal.

For September, as we feel our way, things will be much as usual with regular church and Sunday school happening. As folk return, we can get some things planned for October and onward, if Covid behaves itself. One exciting thing will be a baby shower for our Music Director, **Samantha Borgal** and her husband, **Kevin Laramee**. Kevin will be continuing as our videographer despite the arrival of the baby, but Samantha will take maternity leave beginning November. If you are interested in the shower, call the office for details.

So, stay tuned. Our minister, Rev. **Mark Hammond** would love to meet you, as would **Merrie Hammond** who inspires the Sunday school. Both begin at 10 am together in the sanctuary, with the children going off with Merrie after the children's time. We all come together again for Fellowship time in Wadsworth Hall after the service.

You can always catch the service on YouTube; search for Montreal West United Church. We look forward to being in touch.

Keep well and keep wise.

from Susan Upham

St. Philip's

With September upon us and a new program year, we cautiously anticipate getting back to "normal" operations. For September, Sunday worship will continue to be one service only, at 10 am, with webcast on Zoom. As many people came to re-familiarize themselves with Morning Prayer during our long period of online only worship, we offer Morning Prayer or Choral Mattins on the last Sunday of the month, with Holy Eucharist on the other Sundays.

Our Children's Corner in the back of the church has re-opened. This offers children some activities based on the day's Bible readings, which they can participate in either there or while sitting in the pew with their parents.

For older youth, a Confirmation class, much delayed because of the uncertainty of the last two years, will finally get under way. Contact **Fr. Pratt** for details. Since the pandemic started, groups from St Philip's have joined Montreal Diocesan Theological College's open online courses, with our own Zoom discussion following the lectures. This will continue. As of press time, the College has not announced this fall's course schedule, but we hope to continue these educational offerings.

Community garden

Our community garden continues to grow and flourish, despite a few challenges. The squirrels ate more strawberries than humans did, and the squash borers and other insects decimated the zucchini and kale. The snow peas, dill (very popular), lettuces, Asian greens and green beans have done well. We have a new herb spiral (constructed as part of an ecogardening workshop in May) where oregano, thyme, basil, sage and other herbs are thriving. With a donation of red currant cuttings, we are planting an "edible hedge" along Sherbrooke Street. On the Connaught side, the pear trees planted last year had a few pears. All the food is for anyone who needs it, whether just a sprig or two of dill or two handfuls of beans. Come by and check it out.

Yard sale!

Finally, after two and a half years without a bazaar or spring fair, we are (barring a resurgence of Covid) having a yard sale on Saturday, September 10. We have built up quite an inventory of books and "attic treasures," and we will be selling them on the lawn. We hope to be able to resume our Christmas bazaar in November, but no decision has yet been made. Stay tuned for more on that.

from Fr. Pratt

St. Ignatius of Loyola

Since 2016, St. Ignatius has been on a parish renewal journey that has transformed our church. In recent years, our parish has seen significant growth in key parish vitality metrics such as financial giving, number of volunteer leaders and, most importantly, number of lives transformed by Jesus Christ. Given this growth, our team has been busy working towards a major milestone in our renewal journey: launching our very first missionary partnership with another Montreal parish in serious decline.

This September, over 20 of our parishioners will leave St. Ignatius to be sent out on mission to become parishioners at St.

Willibrord Parish in Verdun. With the support and guidance of Fr. **Michael Leclerc** from St. Ignatius and Fr. **Robert Assaly** from St. Willibrord, these volunteer leaders, who have decided on their own accord to leave, will impart with the St. Willibrord community their missional culture and parish renewal experience in order to help raise up new leaders in Verdun.

As we go about this process, it is our prayer that St. Willibrord, which at one time was one Canada's largest English-speaking parishes, will be transformed into the vibrant parish that it once was.

To learn more about this initiative, you're welcome to view a recording of our initial info night at youtu.be/s4IxTy07NFO.

Alpha course

The transformation that St. Ignatius has undergone is in large part due to the Alpha course that has provided numerous members of our community with the opportunity to explore their faith. Our 14th Alpha course will begin September 24, and we're excited to share that we'll be back to meeting in-person, while still providing an online option. To learn more or to reserve your spot, please visit stig.ca/alpha.

Children's ministry

Last but not least, our children's ministry will be relaunching this September as well! With over 50 children participating every Sunday, our team has lots of fun activities in store to wrap up this year. Be sure to check out stig.ca/ctw for details on how to register and for more information on all upcoming events.

from Shawna Rose

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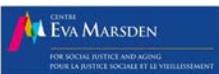
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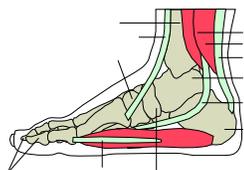
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by appointment only



Fall, winter recreation programs

Check our website: montreal-west.ca and our Facebook page: facebook.com/montrealwest.ca.

Registration is now available online for resident for all Town programs on Amilia.com.

Early Bird prices

Residents: August 22-September 4.

CSL and Hampstead non-residents: August 24-September 4.

All other non-residents: August 29-September 4.

Some programs are not eligible for discounts. Programs begin mid-September.

- **Captain Catalyst** science fun and brain challenges on Saturdays, 9:30 am: 4-6 years; 10:45: am 7-9 years
- **Ballet and Pre-Ballet:** 3 to 9 years; Tuesday, Thursday or Saturday
- **Red Cross Babysitting course:** October 22
- **Red Cross Stay Safe Program:** October 29

NEW

- **Mom & Baby fitness:** Tuesday and/or Thursday
- **Parent & Baby drop-in:** Wednesdays @ community center
- **Yoga parent & child:** Saturdays (5- to 11-year-old children)
- **Teens Only** (11-16 years) 4 x 1 hour sessions: meditation, yoga, hip hop dancing and manga drawing

Registration for fall adult programs

New this fall is meditation, Pilates, dance fit, warrior class (out side weather permitting) and TRX flexibility and mobility as well as all our other programs.

Registration can be done online through [Amilia](http://Amilia.com) or call **Tammy** at **484-6186** for additional information.

Community Centre

Big Canada Day thank you!

Community Services would like to thank all the volunteers and participants who helped make our Canada Day a success. Big heartfelt thank you to **Tanya, Christine and Julian** who organized the parade' **Barbara** and her BBQ group who stepped up to replace many of the old guard and took on the role magnificently, ticket booth volunteers led by **Karen** and

friends and the **Senderak family** who gave out all the refreshments. Without all of these volunteers this event could never happen.

Thank you to *Heritage Canada* and our local merchants for their contribution to the event and. of course. the Town PW, Public Security and Recreation departments.

New program: MEDITATION with Mary

Benefits of meditation

In the past, when we thought about meditation, we imagined orange robed monks or half-naked gurus on top of a mountain sitting for hours and hours in lotus position. This is no longer the case. Meditation is suddenly this approachable everyday life experience that many of us engage in. Athletes meditate to perform better. Pregnant women meditate to have an easier experience of labour. Stressed office workers meditate to feel calmer. People meditate to seek inspiration and meaning in life. Meditation has become an experience that many different people engage in for many different purposes.

The main reason meditation has become so popular and so widely used is science. During the last 20 years there have been numerous studies proving the benefits of meditation. Physiologically, meditation can help our cardiovascular system by lowering blood pressure, it lowers cortisol levels in the blood and it helps to manage pain. Besides physiological benefits, there are psychological benefits as well. Meditation improves concentration and attention, increases our faculty of memory, improves our quality of sleep and reduces anxiety and stress. Studies also show people who meditate report greater levels of inner peace, empathy and greater joy and inspiration.

There are many good reasons to meditate but these benefits are a result of a consistent practise. It's not about going to a retreat one weekend and expecting positive change. It requires patience and regular practise and then we can see these wonderful benefits in our lives.

Join Mary on Monday morning or Thursday night and explore the world of meditation and all it offers.

Thanks to Town merchants!

The Community Centre would like to thank the Town merchants for participating in our special events by offering residents a BBQ during the event. This year, we had *Mini-Cout* and *Burger de Ville* offer their services at two events each. We would also like to thank *Action Physio* for their contribution (bag) given to each participant in our duathlon held in July. We also thank all the residents who supported the merchants by purchasing food during the events.

Events

See the website for coming events and sign up for the e-bulletin: montreal-west.ca.

Town Council meeting: May, June



by Carol Foster

May Council meeting

The mayor began the meeting by announcing that he will soon be organizing a meeting with a group of residents on Bedbrook as part of the consultations taking place concerning the new sports and recreation centre. "Because they are in the direct line of fire during construction," he said he wants to ensure they have "a direct channel to express their concerns and opinions."

He went on to say that although he regards Bill 96 as "an extremely ugly law of the land," the Town will continue to do what the law allows it to do. However, since there remains a lack of clarity in some of the applications, directives from the government will have to be followed closely as more clarity is provided.

Councillors' reports

Councillor Small-Pennefather's report contained a number of reminders which included:

- dogs are not allowed off leash in any public space, including parks,
- vigilance regarding "porch theft" is encouraged and any reports should be made to the police,
- basketball nets must be put back on private property when not in use,
- the 60-minute parking on Westminster ordinance must be respected,
- the requirement for building permits must not be ignored.

In closing, she mentioned that two small fires had recently occurred in the Town. One was on Hudson and one at Royal West. The PSOs and the fire department acted very quickly in both cases.

Priority work on streets and sidewalks continues with cones located in areas to be focused on were **Councillor Ulin's** first remarks. Flowers have been planted around the Town including a butterfly garden in the park at Sherbrooke and Ballantyne. She also announced that Public Works staff have planted 41 trees on the Town's property and the \$10 Tree Giveaway program set a record this year with 44 trees delivered to residents to be planted on their own properties.

The Town spent \$713,000 in the past month with approximately a third going to the usual payroll deductions at source and benefits as well as utilities, according to **Councillor Feeney**. The next biggest expense was for Public Works of which the majority was required for the collection of garbage, recycling and compost.

The seniors' group is now enjoying in-person events. Outdoor exercise classes, day camp, the skate park and the pool will

all be accessible in June. Community Night in the park will also be held in early June and will be followed by celebrations for Fête nationale and Canada Day as well as the Queen's Platinum Jubilee.

The schedule for the pool and registration for summer activities continue to be available on the Town's website.

Councillor Torres reported that applications for permits continue to pour into PAC. While an average of 12 requests per month has been the norm, a record was broken last month with the issuing of 94 permits. Once again, patience is being asked for as the Planning Committee is working hard to keep up with the demand.

Question period

The mayor said that he feels that Bill 96 will have a profound effect on many aspects of people's daily lives. However, many of the practical applications have not yet been clearly defined, so the Town will continue to monitor the directives as they come down and will do what the law allows it to do.

In replies to questions raised concerning repairs needed to both Brock and Percival, **Councillor Ulin** repeated what has been explained many times in council meetings. Government grants are required in order to help finance major repairs to the streets in the Town and the government sets the standards for which streets should be prioritized according to their above and below ground conditions.

She acknowledged that the condition of Percival places it high on this priority list but no streets will be repaired or have its infrastructure redone this summer. As she had announced in the April Council meeting, the Town's focus will be on doing the preliminary work on the section of Avon between Westminster and NDG in preparation for the major reconstruction of the whole eastern area of that street which will be coordinated with the city of Montreal in the following year.

Other residents pointed out a number of situations they felt required attention from the Town.

- It was suggested a sign was needed indicating that dogs are not allowed to run free in the Town as some outsiders may be unaware of this regulation.
- A broken swing in Davies Park is in need of repair.
- A damaged bench at the corner of Parkside and Westminster should be repaired or replaced.
- A garbage can is needed at the corner of Westminster and Nelson as trash is frequently strewn at the bus stop there.
- The backyard of a house on Ronald Drive is not being maintained and weeds are encroaching onto a neighbour's property.

- The level crossing on Westminster is not level and can damage the underpinnings of cars.

It was promised that these comments would all be passed on to the appropriate department or authority.

One resident felt the bylaw prohibiting the washing of cars and the changing of tires in the street was unfair to those who had no driveways in which to accomplish these tasks. Another resident requested a modification of the bylaw governing leaf blowers to allow some types of blowers to still be used. In both cases, the answer was that the present bylaws can be reviewed to determine if any modifications should be made to them.

Another resident asked for a clarification of the tree cutting procedure. The mayor explained that a report on the condition of the tree from a tree engineer or arborist must first be presented to the Town and can then be used to request a permit. The actual cutting down of the tree becomes an independent interaction between the homeowner and whomever has been hired to do the job.

How will the rising rate of inflation affect the formula used to determine homeowners' tax bills was the next question.

According to **Councillor Feeney**, part of the Town's strategic financial plan that is used to try and keep property taxes at, or below, the CPI is not the only factor used. Limiting local expenses is another means considered in trying to keep them at a reasonable rate.

Other items of note in the agenda included the fact that the Town is joining 11 other municipalities to apply for a grant from the newly announced federal government's 2 Billion Trees program. It has been agreed that **Andrew Duffield**, from Beaconsfield's Sustainable Development Department, will lead the drafting of this proposal.

Elizabeth Ballantyne School is celebrating its centennial this year. To help in this celebration, the Town has agreed to provide equipment and manpower to unearth the time capsule planted there 25 years ago.

The meeting was then adjourned.

June Council meeting

As required, by the Cities and Towns Act, **Mayor Massella** tabled his yearly report on the state of the budget.

Observing that it was a beautiful evening outside, which some people might like to take advantage of, he promised to keep his report short. He mentioned how pleased he was to see life in the Town returning to normal with people enjoying the many summer events happening in the neighbourhoods. He also mentioned that this year the big July

Town Council meeting: May, June

1 party celebrating Canada Day will once again be in Strathearn Park. This time, the party will also commemorate Indigenous People's Day. Although he announced his regrets about not being able to attend, he wished everyone a very happy event.

Councillors' reports

The annual tree maintenance contract has begun and this outsourcing will enable the Town to get through a long list of necessary tree maintenance for public safety concerns. Potential hazards will be handled first and minor trimming will follow.

Following this announcement, **Councillor Ulin** went on to explain that the new Waste Management Action Plan, prepared by the Environmental Committee, has been adopted by Council. This plan contains the many initiatives the Town will take to reduce the waste going to landfill. It will include changing the way garbage and compost are collected and informing both citizens and businesses on how to help reduce their own waste.

Councillor Ulin continued her report by addressing a familiar topic that comes up at almost every Council meeting: the condition of some of the streets and sidewalks in the Town. She explained that the Town copes with some large infrastructure renewal projects every year, redoing entire streets and sidewalks. However, the Town is still left with a lot of "vintage" roads and sidewalks and the Public Works staff spends a large portion of every summer working on repairs to potholes, sidewalks, manhole and catch basin repairs, tree safety maintenance, cleaning of public buildings and setting up of public events. The size of the blue-collar team is limited and they are everywhere, all the time, doing all kinds of essential jobs, many of which aren't even seen. Although outsourcing projects like streets and sidewalks is sometimes done, repairs are extremely expensive so the Town has to undertake as many of these jobs as possible in order to keep overall costs low for residents which means a balancing act is always required.

Councillor Feeney was proud to announce that the Town has now received its official *MADA* recognition as a "Senior Friendly Town." This new designation will allow the Town to apply for specific grants for which it was not eligible in the past, and a lot of ambitious objectives are being planned.

The first Community Night in the Park was held on a lovely evening in June and drew a large crowd. The opportunity to meet the camp counsellors was an added attraction. Many summer programs are still being offered on the web. As a special enticement

to one of these activities, Councillor Feeney reported, from personal experience, that the pool heaters are maintaining the pool at a constant 78° Fahrenheit.

Two notices were given out for unkempt properties and 38 permits were issued during the past month. These permits included permission for fences, decks, driveways and general renovations to properties in the Town according to **Councillor Torres**.

She explained that when a notice is received for work done without a permit, the resident has a ten-day delay in which to apply for a permit. If an application is not received, an infraction ticket will be issued. If the work has already been done, or is being done at the moment, and is not compliant with the bylaws, the resident will be asked to correct the work at his own expense.

PSOs from Montreal West, Côte Saint-Luc and Hampstead were invited by the SPVM to attend a presentation on their new street check policies. **Councillor Small-Pennefather** explained that these new policies are meant to prevent enforced or discriminatory police checks. She reminded everyone that bikes are not allowed to be ridden on sidewalks and may only be walked if necessary. The theft of catalytic converters remains a problem.

First question period

Since no one was attending this meeting in person, all questions came from those submitted online.

One resident felt that a pub would be a very welcome addition in town as Westminster looks like a ghost town past 9 pm. Although he firmly agreed with the idea, the mayor replied that the Town cannot go out and solicit businesses and the Town is not in charge of issuing liquor permits. However, if an initiative comes forward "all ears are open," he added.

The next questioner wanted to know when the Town would be banning fossil fuels for heating houses so that homeowners can be prepared in advance. The reply was that the Town was going to start looking into this situation in order to be in sync with governmental mandates when they are released. The mayor expects a phased-in approach with plenty of notice given in advance.

It was pointed out, by another resident, that the Town is not presently a friendly town for many disabled persons.

Councillor Feeney replied that with the *MADA* accreditation, there are grants to be had that can help rectify this situation and studies will take place to see how the best advantage can be taken of them.

Explanations were also given to a variety of other questions:

- The Amilia platform is not configured to allow for the payment of Town taxes.
- It is premature to determine how much the cost of the new arena will be affected by current economic fluctuations
- The sinking roadbed, due to several water main breaks on a section of Percival, will be brought to the attention of Public Works. But, as previously noted, major work required on Percival is already on the Town's priority list for when grants become available.
- The plea to celebrate National Indigenous People's Day has been heard and will be acknowledged along with the celebration of Canada Day this year.

Councillor Feeney mentioned that the public library has already taken the initiative of creating an ongoing series of events to promote the history of many aspects of indigenous life in Canada. Books, displays, movies, and discussion groups are all available and the public is welcome to take part.

As no questions were received for the second question period, the mayor wished everyone an enjoyable summer and the meeting was adjourned.



jubilee tea

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

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par Carol Foster
traduction par René Boucher

Réunion de mai

Le maire a amorcé la réunion avec l'annonce qu'il organisera bientôt une rencontre avec un groupe de résidents de Bedbrook comme partie de la consultation concernant le nouveau centre sportif et récréatif. « Parce qu'ils sont dans la ligne directe pendant la construction, » il voulait s'assurer qu'ils ont « un canal direct pour exprimer leurs préoccupations et leurs opinions. »

Il a poursuivi en disant que, bien qu'il considère la loi 96 comme « une loi extrêmement laide du pays », la Ville continuera de faire ce que la loi lui permet. Cependant, comme il existe toujours un manque de clarté pour certaines applications, on devra surveiller étroitement les directives gouvernementales qui apporteront des précisions.

Rapports des conseillères

Le rapport de la **conseillère Small-Pennefather** comprenait de nombreux rappels dont :

- les chiens doivent toujours être tenus en laisse dans tous les endroits publics, dont les parcs;
- la vigilance est de mise concernant les vols sur les porches et tout incident doit être rapporté à la police;
- on doit ranger les filets de basketball sur la propriété privée quand ils ne sont pas utilisés;
- la restriction de stationnement à 60 minutes sur Westminster doit être respectée;
- on ne doit pas ignorer l'exigence du permis de construction.

En conclusion, elle a mentionné deux incendies mineurs récents dans la ville, un sur Hudson et l'autre à Royal West. Les ASP et le service des Incendies ont réagi rapidement dans les deux cas.

La **conseillère Ulin** a commencé ses remarques en mentionnant que les travaux prioritaires sur les rues et trottoirs se poursuivent avec des cônes déployés aux endroits en ayant besoin. Des fleurs ont été plantées un peu partout en ville, incluant un jardin pour papillons au parc à l'angle Sherbrooke et Ballantyne. Elle a aussi indiqué que les Travaux publics ont mis 41 arbres publics en terre et que le programme des Arbres à 10 \$ avait établi un record cette année avec 44 arbres livrés à des citoyens qui les planteront sur leurs propriétés.

Selon la **conseillère Feeney**, le mois précédent la Ville a dépensé 713 000 \$, dont

environ le tiers pour les retenues salariales à la source et les avantages sociaux ainsi que les services. Les Travaux publics ont constitué la seconde dépense en importance, principalement pour la collecte des ordures, du recyclage et des matières organiques.

Le groupe des aînés tient maintenant ses activités en présentiel. Les cours d'exercice, le camp de jour, le planchodrome et la piscine seront accessibles en juin. La Soirée communautaire dans le parc se tiendra en début juin, suivie des célébrations de la Fête nationale et de la fête du Canada ainsi que du jubilé de platine de la Reine.

L'horaire de la piscine et l'inscription aux activités estivales sont toujours offerts sur le site Web de la Ville.

La **conseillère Torres** a rapporté que les demandes de permis continuent d'affluer au CCU. Alors qu'en moyenne, la norme mensuelle est de 12 demandes, le mois dernier on a établi un record en délivrant 94 permis. Encore une fois, la patience est de mise tandis que le Comité d'urbanisme travaille d'arrache-pied pour répondre à la demande.

Période de questions

Le maire a déclaré croire que la Loi 96 aura un effet profond sur plusieurs aspects de la vie des gens. Cependant, de nombreuses applications pratiques n'ont pas encore été définies clairement et, conséquemment, la Ville continuera à surveiller les directives et agira selon ce que lui permet la loi.

En réponse à des questions soulevées concernant des réparations nécessaires sur Brock et Percival, la conseillère Ulin a réitéré ce qui a déjà été expliqué maintes fois lors de réunions du Conseil. Nous avons besoin de subventions gouvernementales pour financer les réparations majeures aux rues de la ville et le gouvernement établit les normes dictant quelles rues auront priorité, selon leur état au-dessus et en dessous du niveau du sol.

Elle a reconnu que la condition de Percival la place en haut de la liste des priorités, mais aucune rue ne sera réparée ou ne verra ses infrastructures refaites cet été. Comme elle l'a annoncé à la réunion d'avril, la Ville mettra l'accent sur les travaux préliminaires dans la portion d'Avon entre Westminster et NDG en préparation pour la reconstruction de toute la partie est de cette rue qui sera coordonnée avec la Ville de Montréal dans l'année qui suivra.

D'autres résidents ont soulevé certaines situations qui selon eux méritent l'attention de la Ville.

- On a suggéré qu'une affiche indiquant que les chiens doivent être tenus en laisse dans la ville; certaines gens de l'extérieur

pourraient ne pas être au courant de ce règlement.

- Une balançoire du parc Davies a besoin de réparations.
- Un banc à l'angle Westminster et Parkside devrait être réparé ou remplacé.
- Une poubelle s'impose au coin de Westminster et Nelson; on retrouve souvent des déchets à l'arrêt de bus.
- La cour arrière d'une maison sur la promenade Ronald n'est pas entretenue et les mauvaises herbes débordent sur la propriété voisine.
- Le passage à niveau sur Westminster n'est pas à niveau et pourrait endommager le dessous des voitures.

Tous ces points seront acheminés aux services et autorités compétents.

Un citoyen croit que le règlement interdisant de laver sa voiture ou de changer les pneus dans la rue est inéquitable pour ceux qui n'ont pas d'allée d'auto où le faire. Un autre a demandé la modification du règlement gouvernant l'utilisation des souffleurs à feuilles pour permettre l'usage de certains types. Dans les deux cas, les règlements peuvent être revisités pour déterminer si l'on devrait les amender.

Un autre résident a demandé une clarification de la procédure pour l'abattage d'un arbre. Le maire a expliqué que l'on doit d'abord présenter à la Ville le rapport d'un ingénieur arboricole ou d'un arboriculteur, lequel servira à demander le permis adéquat. L'abattage comme tel constitue un contrat privé entre le propriétaire et l'entrepreneur retenu pour faire le travail.

La question suivante demandait comment le taux d'inflation galopante affectera la formule utilisée pour déterminer la facture d'impôt foncier.

Selon la conseillère Feeney, la partie du plan stratégique financier de la Ville utilisée pour essayer de garder les taxes foncières au niveau de l'IPC, ou plus bas, n'est pas le seul facteur considéré. Limiter les dépenses locales est un autre moyen pour tenter de les conserver à un taux raisonnable.

Parmi les autres points à l'ordre du jour, on notait que la Ville se joint à 11 autres municipalités pour demander une subvention dans le cadre du programme 2 milliards d'arbres récemment annoncé par le gouvernement fédéral. Il a été convenu de désigner M. **Andrew Duffield** du service du Développement durable de Beaconsfield pour piloter la rédaction de cette proposition.

L'école Elizabeth Ballantyne célèbre son centenaire cette année. Pour participer à cette commémoration, la Ville a convenu de fournir l'équipement et la main-d'œuvre pour déterrer la capsule temporelle enfouie il y a 25 ans.

On a alors levé la séance.

Réunion du Conseil : mai, juin

Réunion de juin

Comme le veut la Loi sur les cités et villes, le **maire Masella** a déposé son rapport annuel sur l'état du budget.

Notant le beau temps qui régnait et que de nombreux citoyens voudraient en profiter, il a promis un rapport bref. Il a mentionné combien il était heureux de voir la vie reprendre son cours normal dans la ville et que les gens jouissent des nombreux événements estivaux qui se déroulent dans les voisinages. Il a aussi indiqué que la grande fête pour célébrer le Canada aura lieu à nouveau au parc Strathearn. Cette fois, la fête commémorera également la Journée nationale des peuples autochtones. Il a dit regretter ne pas pouvoir y assister et a souhaité à tous une très joyeuse fête.

Rapport des conseillères

Le contrat annuel d'entretien des arbres a commencé et cette sous-traitance permettra à la Ville de passer à travers une longue liste d'entretien nécessité par un souci de sécurité publique. Les risques potentiels seront traités en premier et les entretiens mineurs suivront.

À la suite de cette annonce, la **conseillère Ulin** a expliqué que le Conseil avait adopté le nouveau Plan d'action pour la gestion des déchets, préparé par le Comité de l'environnement. Ce plan contient les nombreuses initiatives que la Ville entreprendra pour réduire l'enfouissement. Il s'agira notamment de modifier la façon dont les déchets et le compost sont ramassés et d'informer les citoyens et les entreprises sur la manière de réduire leurs ordures.

La conseillère Ulin a poursuivi son rapport en abordant un sujet familier qui revient à presque chaque réunion du Conseil : l'état de certaines rues et certains trottoirs dans la ville. Elle a expliqué que la Ville fait face à différents grands projets de renouvellement des infrastructures chaque année, reconstruisant des rues et des trottoirs entiers. Cependant, beaucoup de rues et trottoirs « vintage » demeurent et le personnel des Travaux publics consacre une grande partie de chaque été à la réparation de nids de poule, de trottoirs, de trous d'homme et de bassins de retenue, à l'entretien des arbres, au nettoyage des bâtiments publics et à la mise en place d'événements publics. La taille de l'équipe de cols bleus est limitée et ils sont partout, tout le temps, faisant toutes sortes de travaux essentiels, dont beaucoup ne sont même pas vus. Bien que des projets comme les rues et les trottoirs soient parfois donnés en sous-traitance, les réparations sont extrêmement coûteuses, de sorte que la Ville doit entreprendre le plus grand nombre possible de ces travaux

afin de maintenir bas les coûts globaux pour les résidents, ce qui signifie qu'un exercice d'équilibre est toujours nécessaire.

La **conseillère Feeney** était fière d'annoncer que la Ville a maintenant reçu sa reconnaissance officielle à titre de « Municipalité amie des aînés ». Cette nouvelle désignation lui permettra de demander des subventions spécifiques pour lesquelles elle n'était pas admissible dans le passé, et de nombreux objectifs ambitieux sont en cours de planification.

La première Soirée communautaire dans le parc a eu lieu par un beau soir de juin et a attiré une grande foule. L'occasion de rencontrer les moniteurs du camp était un attrait supplémentaire. De nombreux programmes d'été sont encore offerts sur le Web. Pour attirer l'attention sur l'une de ces activités, Mme Feeney a indiqué, selon son expérience personnelle, que le chauffage de la piscine maintient l'eau à une température constante de 78°Fahrenheit.

Deux avertissements ont été émis pour des propriétés non entretenues et 38 permis ont été livrés au cours du dernier mois, comprenant des autorisations pour des clôtures, des terrasses, des allées et des rénovations générales sur des propriétés dans la ville, selon la **conseillère Torres**.

Elle a expliqué que lorsqu'un avertissement est reçu pour un travail effectué sans permis, le résident a un délai de dix jours pour demander un permis. Si aucune demande n'est reçue, une contravention suivra. Si le travail a déjà été fait, ou est en cours d'exécution, et n'est pas conforme aux règlements, le résident devra corriger le travail à ses propres frais.

Le SPVM a invité les ASP de Montréal-Ouest, Côte Saint-Luc et Hampstead à assister à une présentation sur leurs nouvelles politiques de vérification de rue. La **conseillère Small-Pennfather** a expliqué que ces nouvelles politiques visent à prévenir les contrôles policiers obligatoires ou discriminatoires. Elle a rappelé qu'il est interdit de circuler à vélo sur les trottoirs et qu'ils ne peuvent qu'y être poussés si nécessaire. Le vol de catalyseurs demeure un problème.

Première période de questions

Comme personne n'assistait à cette réunion en personne, toutes les questions provenaient de celles soumises en ligne.

Une résidente a estimé qu'un pub serait un ajout très bienvenu dans la ville considérant que Westminster devient fantomatique après 21 heures. Bien qu'il se dise fermement en accord avec l'idée, le maire a répondu que la Ville ne peut pas solliciter des entreprises et qu'elle n'a pas le mandat de délivrer des permis d'alcool. Cependant, si une initiative est présentée, « toutes les o-

reilles sont ouvertes », a-t-il ajouté.

L'intervenant suivant voulait savoir quand la Ville interdirait les combustibles fossiles pour le chauffage des maisons afin que les propriétaires puissent se préparer. La réponse fut que la Ville amorcerait l'examen de cette situation afin d'être en phase avec les mandats gouvernementaux quand ils seront livrés. Le maire s'attend à une approche progressive avec beaucoup de préavis.

Une autre citoyenne a fait remarquer que la ville n'est pas actuellement une ville accueillante pour plusieurs personnes handicapées.

La conseillère Feeney a répondu que l'accréditation *MADA* ouvre l'accès à des subventions qui peuvent aider à rectifier cette situation et des études seront menées pour voir comment en tirer le meilleur parti.

Des explications ont également été données en réponse à diverses autres questions :

- La plateforme Amilia n'est pas configurée pour le paiement des taxes municipales.
- Il est prématuré de déterminer dans quelle mesure les fluctuations économiques actuelles auront une incidence sur le coût du nouvel aréna.
- Le lit de la route qui s'enfoncé en raison de nombreux bris d'aqueduc sur une section de Percival, sera porté à l'attention de Travaux publics. Toutefois, comme déjà mentionné, les travaux importants requis pour Percival figurent déjà sur la liste des priorités de la Ville pour la période où des subventions seront disponibles.
- Le plaidoyer pour célébrer la Journée nationale des peuples autochtones a été entendu et elle sera reconnue en même temps que la célébration de la fête du Canada cette année.

La conseillère Feeney mentionne que la bibliothèque publique a déjà pris l'initiative de créer une série d'événements pour promouvoir l'histoire de nombreux aspects de la vie autochtone au Canada. Des livres, des expositions, des films et des groupes de discussion sont tous disponibles et le public est invité à participer.

Comme aucune question n'a été reçue pour la deuxième période de questions, le maire a souhaité à tous un agréable été et la séance a été ajournée.

LUNDI 26 SEPTEMBRE :

Échéance pour la lecture des compteurs d'eau

COMING EVENTS À VENIR

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

Next deadline: September 14

Aug

Mon 29 Montreal West Reads Online presents: Darlene Madott. Noon.
Town Council meeting. In person and virtually on the Town's YouTube channel. Town Hall. 8 pm.

Sep

Tue 6 Tea and TRC. First Tuesday of every month. everyone is welcome. email mwlib.requests@gmail.com for more information. Public Library. 1 pm.

Tue 7 Jardin d'enfants Curzon Preschool welcomes children for its 64th school year. Limited spaces still available. Please contact our registrar today: curzonpreschool.com.

Sat 10 Community yard sale. Vente communautaire. Books and lots of other articles. Livres et beaucoup d'autres choses. St. Philip's. 9 am-3 pm.

Sun 11 Worship returns to MW United. 10 am.

Tue 13 IODE HMS Victory meeting. Community Centre. 1-3 pm.
Roksana Bahramitash will be reading from her memoirs. Benny Library. 6 pm.

Thu 15 MoWest Charity Golf Tournament. Contact Nick Mavidis at 944-6314.

Sat 17 Opening of Bande verte. Please see page 3. 11 am.

Book sale! Public Library.

Street festival. Music by Diogo Ramos and Archtype-Trad. 11 am-4 pm.

Mon 19 Town Council meeting. In person and virtually on the Town's YouTube channel. Town Hall. 8 pm.

Wed 21 Tea and Books. See mwpl.ca for information. Public Library. 2 pm.

Mon 26 Deadline to return water meter readings to the Town
Échéance pour la lecture des compteurs d'eau



Je suis résidente de Montréal-Ouest et j'ai vu ses deux grands pics sur la rue Sunnybrooke le 28 mai.
Voilà!

de Léa Beaudin

Classifieds

WANTED TO RENT/SIT/BORROW: Due to renovations, a retired couple wish to relocate temporarily to a home (preferably in MoWest) for the months of September and October. If you are interested, please call **488-2913** and speak to Susan or Michael.

FOUND: A stroller outside the Legion Rink on Bedbrooke. If yours, please call **945-7853** to claim it.



Our great volunteers of the Canada Day Barbecue reunited after three years! This photo was taken just before the onslaught of the many happy Mowesters and their family and friends. A big thank you to all of the volunteers, both the veterans and the newbies! We needed each one of you!

Photo: Alex Brezezinski