

THE INFORMER

Montreal West Viewspaper

December 2022, Vol. 50, No 9

Campagne de financement publique

pour le nouveau centre sportif et récréatif

Lancée en 2021, la campagne silencieuse pour le nouveau centre sportif et récréatif a déjà reçu un soutien important de la part de nombreux partenaires. La campagne de financement a pour objectifs de réduire le fardeau fiscal de ses citoyens, multiplier les sources de financement et créer un sentiment d'appartenance des différents partenaires.

La Ville fait maintenant appel à la générosité de la communauté pour l'aider à atteindre son objectif de collecte de fonds. Grâce à votre soutien, la vision de Montréal-Ouest de bâtir une communauté forte et active se concrétisera!

Comment pouvez-vous contribuer?

Voici les différentes façons dont vous pouvez contribuer :

- Faites un don en ligne au montreal-west.ca/don
- Faites un don en espèces ou par chèque au comptoir de service de l'hôtel de ville
- Participez à nos événements de collecte de fonds

La Ville peut émettre des reçus officiels aux fins d'impôts au nom de l'individu ou de l'organisme qui fait un don de plus de 20\$.



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Gregory Kuiper :

Board certified Consulting Hypnotist



by Maurice Krystal

I had just completed an interview with someone in the building on Westminster and noticed the small sign by the entrance doorway, *Kuiper Hypnosis*. I was intrigued. These commercial buildings house some interesting people and unless we know they are there, we just don't "see" them. Out of sight – out of mind.

A week later, I was in **Gregory Kuiper's** small office with the blinds drawn and two small lamps on, keeping much of the space in subdued light. The neutral colour scheme is intended to convey a relaxed atmosphere.

Gregory is a youthful looking, gregarious individual who has been in this profession for the last five years. He has diplomas on the wall testifying he is certified by the *National Guild of Hypnotists*, founded by **Maurice Kershaw** in 1953. Maurice is the first Canadian to be President of the Association to Advance Ethical Hypnosis (AAEH).

Read more on page 6

Public fundraising campaign

for the new sports and recreation centre

Launched in 2021, the silent fundraising campaign for the new sports and recreation centre has already received important support from a number of partners. The fundraising campaign aims to reduce the tax burden on its citizens, to multiply the sources of financing and to create a sense of belonging among the various partners.

The Town now calls on the community's generosity to help us achieve our fundraising goal.

With your support, Montreal West's vision for building a strong and active community will come to fruition!

How you can help

Here are the different ways you can make a donation:

- Make a donation online at montreal-west.ca/donate
- Make a donation by cash or cheque at the Town Hall service counter (50 Westminster Avenue South, Montreal West, H4X 1Y1)
- Attend our fundraising events

The Town may issue tax receipts to the individual or the organization that has made a donation over \$20.

THE INFORMER

10 Westminster North
Montreal West, Quebec
H4X 1Y9

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

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NEXT ISSUE DEADLINE
January 11



Remembrance Day 2022

Students from Royal West, Edinburgh and Elizabeth Ballantyne were given a deeper glimpse into the lives of members of Montreal West, the roles they played and the sacrifices they made for our country. They had an opportunity to commemorate, reflect and remember while connecting with their local community and the neighborhood.

November 9, bagpipes and the bugle were heard at the Cenotaph. Ms. **Jag Trehin**, the Spiritual Care and Community Involvement Animator for the EMSB schools, Royal West and Edinburgh organized special presentations and ceremonies, “Remembrance with our Community at the Cenotaph.”

Students heard Dr. **Robert Drummond** speak about “Roots and Remembrance” commemorating the young men and women who lived in Montreal West and their sacrifice and service for our country. Cdr **Robert Taylor**, an RWA Alumni (now a Regional Captain / Naval Reserve HQ, Eastern Region / Royal Canadian Navy) shared his experiences in the community as a student.

Following the short ceremonies, representatives from each school laid a wreath. After the second ceremony, students from Edinburgh participated in an interactive guided tour of veteran homes with Dr. Drummond and students from EBS followed the Roots and Remembrance guide.

Thank you to Ms. Jag Trehin for this important and moving initiative, to the speakers Dr.

Drummond and Cdr. Taylor, reader **Private Razavi** (Royal Montreal Regiment), the piper **Sophie Delorme**, the trumpeter **Francis Rey Quiambao** (RWA), **Roy Motton** (sound volunteer), **Mary Tofts** (military family) and to **Marian Scully** (Culture, Seniors and Special Events Coordinator), Town of Montreal West and the many unsung people from the Town and volunteers for supporting this very important opportunity for commemoration, reflection and remembering.

from Tracie Swim

Extra Miles at MWUC, West-end Intergenerational Network (WIN), Member MW Seniors Advisory Committee

Thank you

...to all those involved in the 2022 Remembrance events: *Veterans Affairs Canada, Dr. Robert Drummond, David O'Keefe and Craig Morrison*.

A big thanks to Public Security, Public Works and Recreation Department, the Scouts, the Guides and their leaders, all the volunteers involved to make all these events possible and a special thanks to **Joan Foster** for bringing everyone together.

Private Razavi (Royal Montreal Regiment), Dr. Robert Drummond (Saint Mary's Emergency and MW Roots and Remembrance), Francis Rey Quiambao (RWA and trumpet player), Ms. Fogel (RWA), Jagdeep Trehin (EMSB SCA), Sophie Delorme (formerly with Montreal Pipes and Drums), Captain Robert D.M. Taylor (Navy, RWA Alumni) and Mary Tofts (military family member)





Library raffle quilt

West End Quilters

We have not had a show since 2018; we were planning one in 2021 but postponed it because of COVID. We had made a blue and white group quilt for the show; it was finished, so we displayed it at the Courtepointe Quebec Salon, this past October. We were pleasantly surprised to win the third-place ribbon for guild quilts. We are not planning a show in 2023 but maybe in 2024?

In November, the West End Quilters are having another retreat. This will be held again in Châteauguay, at *Manoir D'Youville*. It is great to be able to get

together and quilt up a storm.

A few years ago, **Sandy Cytrynbaum** gave the guild the pieces of a quilt that she had cut out and begun sewing, but was never going to finish. It languished in our room at the church during COVID. Last year, it was retrieved, the top was completed, a border added, sandwiched with batting, machine quilted and finished with binding by a number of our members. The result was a lovely quilt. We donated this quilt to the Public Library for their Christmas raffle. Hope you bought a ticket.

from Mary Sutherland

Roots and Remembrance Walk

Almost 40 residents met in Strathearn Park for Dr. **Rob Drummond**'s walk. Sunny but cool. We walked and talked from Percival via Strathearn and Westminster to the Community Centre in almost two hours.

He has done so much research, often with the help of the descendants of those memorialized on the lawn placards, but he manages to set the context for his listeners so that each story resonates now and for the next generations.

Several times, the people in the house came outside to hear that history, with very young children, relaying the mutual respect for others and for men and women who may risk their lives to keep democracy alive now to keep us all safe. Most of the young men were in their early 20s, well educated and putting their future on hold.

There is an African proverb: each of us dies three times: once when our physical

SHAVE TO SAVE at *Action Sport Physio*

Breast Cancer Awareness Edition!

On October 26, our wonderful customer care representative **Jennifer Gardner** shaved her head in support of breast cancer awareness. Thanks to the caring community of Montreal West, we raised \$2,268 which is more than double the initial goal! Another big thank you to **Vanessa Boily**, who came to the clinic to shave Jennifer's head.

Jennifer Gardner and Vanessa Boily



body dies, then when the last person who knew us dies, then when our name is spoken for the last time – many of the stars in the Milky Way are actually dead but their light is still reaching us – and Dr. Drummond is

excellent at keeping memories and stories alive to teach us about living and democracy today.

from Janet King



Environmentalism in Action / L'environnementalisme en action

L'élimination des déchets de rénovations

Le Comité d'action environnementale (CAE) a cherché des moyens de réduire les déchets à Montréal Ouest et, étant donné le nombre de rénovations effectuées récemment dans le quartier, il convient de s'intéresser à l'énorme quantité de déchets de construction mis en décharge.

Êtes-vous déjà passé devant une maison en rénovation en vous demandant où aboutissait ce conteneur rempli de déchets ? Ou bien avez-vous effectué des petits projets de rénovation et vous êtes-vous demandé ce que vous alliez faire de ces déchets ? Peut-on les réutiliser d'une manière ou d'une autre ? Le CAE était déterminé à le découvrir. Nous avons rencontré Sébastien Demers à l'Écocentre de LaSalle, l'un des plus grands de Montréal, pour visiter leur site de gestion de déchets. Sébastien nous a fait signe de passer devant la file de voitures et de camions qui attendaient pour entrer dans le centre, et il nous a confié un secret : le centre Côte-des-Neiges a un temps d'attente beaucoup plus court. Voir les deux adresses ci-dessous.

L'objectif premier du centre est d'éviter la mise en décharge des déchets. Il dispose de zones séparées pour le déversement des différents types de déchets de construction (bois, métal, cloisons sèches, béton, briques, etc.). Le déversement se fait à la main, donc un tri préalable adéquat à votre domicile vous permettra de récupérer davantage de matériaux réutilisables. Une fois déchargés, les déchets sont collectés par différentes entreprises, dont beaucoup réutilisent et recyclent les matériaux.

Certains déchets génèrent un revenu pour le centre (électronique, métaux et vêtements en bon état). Mais pour tous les autres, le centre paie pour les faire éliminer, même s'ils ont encore une modeste valeur de revente (comme les palettes de bois qui peuvent être découpées en copeaux ou brûlées pour produire de l'énergie). Le centre continue à chercher de nouvelles méthodes alternatives pour trier efficacement les déchets et faire en sorte que davantage de matériaux soient réutilisés par des entreprises innovantes.

Devriez-vous donc apporter vos déchets de rénovation à un écocentre ? Oui ! Bien que le système ne soit pas encore parfait, l'Écocentre est une bien meilleure solution que de mettre ces déchets à la poubelle, qui sont envoyés à la décharge. Et si vous commencez un grand projet de construction, pensez à engager un entrepreneur connu pour ses méthodes de construction et d'élimination écologiques. N'ayez pas peur de le demander lorsque vous recueillez les offres ! Car sinon, votre conteneur rempli de matériaux de construction finira probablement à la décharge.

Outre les matériaux de construction, les écocentres acceptent de nombreux autres articles qui ne doivent pas être mis à la poubelle : appareils électroménagers, appareils électriques, pneus, déchets ménagers dangereux, mousse de polystyrène, etc. Consultez la liste complète en ligne :

montreal.ca/en/how-to/take-items-to-ecocentre-agglomeration-residents

de Katherine Lund
pour le Comité d'action environnementale

Disposing of reno rubbish

The Environmental Action Committee (EAC) has been searching for ways to reduce waste in MoWest and, given the number of renovations happening lately, it's worth focusing on the enormous amount of construction waste going to landfill.

Have you ever walked past a house under renovation and wondered where that container full of waste ends up? Or have you done some smaller reno projects and wondered what to do with the waste? Can it be reused somehow? The EAC was determined to find out. We met with Sébastien Demers at the Écocentre LaSalle, one of Montreal's largest, to get an introduction to their operations. Sébastien waved us past the lineup of cars and trucks waiting to enter the centre and he let us in on a secret: the Côte-des-Neiges centre has a much shorter wait time. See both addresses below.

The centre's primary goal is to keep waste out of landfill. It has separate areas for discharging different types of construction waste, (i.e., wood, metal, drywall, concrete, bricks, etc.) Discharging is done by hand, so proper pre-sorting at your home will help salvage more reusable materials. Once discharged, the waste is collected by different companies, many of whom reuse and recycle the materials.

Some waste generates an income for the centre (electronics, metals and clothing in good condition). But for all other waste, the centre pays to have it disposed of, even if it still has some modest resale value (such as wood pallets that can be cut into chips or burned to produce energy). The centre continues to look for new, alternate ways to efficiently sort and triage the waste and to get more material reused by innovative companies.

So, should you take your reno waste to an ecocentre? Yes! While the system isn't perfect yet, the ecocentre is a much better solution than putting it in the garbage that's sent to the dump. And if you are starting a large construction project, consider hiring a contractor who is known for eco-friendly building and disposal. Don't be afraid to ask when you're collecting bids! Because otherwise your container full of construction material will likely end up as landfill.

Besides construction material, the eco-centres will accept many other items that should not be put in the garbage: household appliances, electronics, tires, hazardous household waste, Styrofoam, etc. (note: Styrofoam in Lasalle only). Check the whole list online: montreal.ca/en/how-to/take-items-to-ecocentre-agglomeration-residents

from Katherine Lund
for the Environmental Action Committee

Bijouterie **XO** Jewelry

Custom work - Jewelry cleaning and polishing - Ring sizing
Watch repair and batteries - Jewelry claw retipping
Pearl and bead restringing - We buy gold

51 D Westminster N.
Montreal West, H4X 1Y8
514-419-6787

3rd generation jeweler - Jewelry service and repair
Any kind of jewelry repair on premises

Emma's nine years of giving

"Emma Birlean is not an ordinary girl. She isn't one of our patients either."

Emma came by the hospital this week to deliver her birthday fundraising proceeds for the NINTH year! She was just a young girl when she set out on this endeavour, and each year we are so proud to welcome her back at our Board of Governors. Thank you, Emma for your incredible generosity!"

The Shriners Hospitals for Children, Montreal, October 28, 2022

Emma was asked about her fundraising initiative and what she gained or learned from the experience?

"Since 2014, through my birthday celebrations, I raised a total of \$7700 for the young patients in need at *The Shriners Hospitals for Children* and I wish to continue this birthday tradition throughout my life. These yearly experiences humble me and remind me how fortunate I am to be in good health while also empowering me to raise awareness and continue helping those who need the help to heal and get better. Over the years, except for the two COVID years, I was offered guided tours of Montreal's *Shriners Hospital*, which allowed me to learn about and interact with children affected by chronic or congenital bone disorders, and for whom Montreal's Shriners Hospital represents their home away from

home. It is my ambition to enroll in community service at the Shriners Hospitals as soon as COVID restrictions are lifted and perhaps one day to work as a practitioner in the hospital.



The most relevant outcome of my small gesture is that I inspired others on this journey to lead a similar initiative so that collectively and with deliberate effort, we can make this world a better place. Finally, I HOPE, I can inspire your readers to do the same."

from Emma Birlean

Emma is a Grade 11 Honour Roll student at Royal West Academy and a High Honour Roll Student at CTY/ Johns Hopkins University.

MoWest computer store: good news!

Richard Eckerlin of the local computer store has bounced-back by making an arrangement with the *Randy's Bistro* (45 Westminster). They are allowing him to sit (Tuesdays to Saturday from 1-3 pm) at a table in the back where he can meet his friends, clients and supporters.

Whatever work he cannot perform on the spot, he takes home and brings back the next day, and after 3 pm he still performs house calls.

He just asks people to call him, before they drop by, at his same number: **438-938-6240**.



Andrew Blundell

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in memoriam

Eileen Grace Motton Née Reid

Eileen was a proud member of IODE for 77 years and was happily married to **Fred** for over 68 years. Moving speeches were given by their sons **Eric, Roy** and **GK** at the celebration of her 94 years of life.

IODE HMS Victory chapter is already missing her wisdom and experience and is starting to archive years of her papers and mementoes of *IODE* (until 1994 The Imperial Order Daughters of the Empire).

She was a founding member of HMS Victory chapter as a teenager living at 152 Wolseley Avenue North with her future mother-in-law in 1945.

One good memory was when Fred organized, behind her back, a trip to Newfoundland for the 2016 *IODE* Canada annual general meeting where she was given a 73-year membership certificate.

She was a long-time employee of the *CBC*, an active and well-loved volunteer at the MW United Church, in the bridge clubs and the curling club, with Fred and model trains at the *Montreal Live Steamers*, and most of all a great mother, grandmother and great-grandmother.

Eileen Grace Motton



Edinburgh Elementary School



by Simon Kuchinsky

So far this school year is flying by. I have already been in school for over two months, but it feels like a month hasn't even past yet. Grade six has been different from other years.

The first difference was that I was extra busy in September with Open Houses and writing entrance exams. The Open Houses were interesting, I was able to learn about the high school I might go to. Leading up the entrance exams was stressful, but once the exam started, I felt okay. I couldn't worry anymore I just had to do it.

Another difference is that this year I finally get to be in the Edinburgh Band. Every Tuesday and Friday we practice at

— A sixth grader's perspective —

School year flying by!

lunch with our music teacher **Mr. Radu**. We eat our lunch and then start practicing. We are working on two songs; one is *Let it Be* by the Beatles and I am pretty sure Mr. Radu composed the other one. It feels so good to be part of the band. I've wanted to be in the band ever since I saw them play when I was in grade two.

The third new thing I am doing this year is I am singing in the EMSB Chorale. Last year Mr. Radu told all choir members that we could audition for the EMSB Chorale. I auditioned last June and got in. The Junior Chorale practices on Saturdays at Royal Vale. We just had our first Mini Concert a few weeks ago. It was fun to show our families all we had learned in the past few months.

Lastly another new project I am a part of is *Youth Fusion*. It is the first year Edinburgh is working with *Youth Fusion*.

With *Youth Fusion* the grade six students are planning a special project to build at the school.

We had a vote with all grade six students on all the ideas we came up with and the project that won is to build an outdoor classroom/hang-out space. I am excited because it will be really fun for all the students to be able to learn outdoors instead of just in the regular classroom. It will also be a really great place to hang out at recess. We still have a lot of planning to do and we will only be building it in the last few months of school.

I am happy about this project because it will mean my graduating class will be leaving our legacy at Edinburgh.

Grade six has been awesome so far and I can't wait to see what else happens this year!

Gregory Kuiper

continued from page 1

Gregory retired from the software industry when he turned 55. Before that, he was a professional photographer and in the cinema industry. Each time he switched professions, he paid for personal mentoring from an expert to learn the ropes in the most condensed environment rather than in a classroom setting. When he retired, he returned to the classroom but couldn't see spending another four or more years getting a PhD.

Why the interest in hypnosis?

His wife is a doctor and his brother a psychologist. Even though Gregory's degree is in engineering, he was influenced by his brother and wife's dedication to healing.

Then there was the trip to Las Vegas and seeing a hypnotist on stage. Ever the sceptic, he was convinced the people who were called up were paid performers. He went back, saw there were different people and a completely different show. He wanted to learn more about it. He found **Ariel Sherker**, who gives hypnoses certification courses and workshops. After a mentoring program with her, he became certified and for the next few years worked in her office.

The process

He tells me the first step is to find out the cause, rather than the symptom. Once that is known, we can proceed. Then, there is hypnosis, to go back to the subconscious. It often means going back to the first seven years of one's life. His technique is not what we see on stage or in the movies; there is no watch on a chain swinging back and forth. It is more getting into a trance, and we do that daily. For example, as we drive home in the car, our mind wanders to other thoughts and another part of the brain brings us safely home. The same is true of riding a bike. When we first start, we are conscious of our balance and surroundings, but as we get more comfortable, we are no longer focusing on our balance and the mechanics of moving and stopping. This period is a relaxed trance-like stage. Everyone can reach this state, though some clients reach it easier than others.

The first meeting is two hours and clients say there are positive results after just one session. He does not book future sessions. If a client wants a second meeting, they must take the initiative. He is not a therapist so he cannot offer the client advice, instead, he is a guide and the process is a collaboration.

When I asked why he set up shop in MoWest he said he lives in Hampstead but there isn't a commercial centre like Westminster. The downtown office was fine, but

he got tired of the traffic and the lack of parking (and so did his clients) so in 2021 he relocated. Now he can get to work in about ten minutes, and his clients love it, the office space is inexpensive, there is ample free parking, parks to enjoy during his breaks; what more could you ask for?

While hypnosis is used to alleviate classical issues like: fear, relaxation, eating disorders, alcoholism, smoking and stammering, the newest fields also include: motion sickness, allergies and chronic pain.

The latest workshops Gregory has attended (never through learning!) is the use of hypnosis to manage pain. The mind can both increase and decrease pain. In McGill's medical school an open-heart surgery patient can be hypnotised instead of using an anesthetic, so the doctor is able to converse with the patient during the operation. Similarly, dentists are using this technique to manage pain during drilling and extractions. What does the future hold? It seems boundless.

"There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy."

Kuiper Hypnosis

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Elizabeth Ballantyne School



Go green!

Ryan Oxley, Green Projects Facilitator at B.A.S.E. Daycare, spends a lot of time with our students. During one of his visits in October, he helped the grade 2 (room 4) students plant tulip bulbs in front of the school. We are looking forward to seeing them bloom next spring!



BREAD and BEYOND

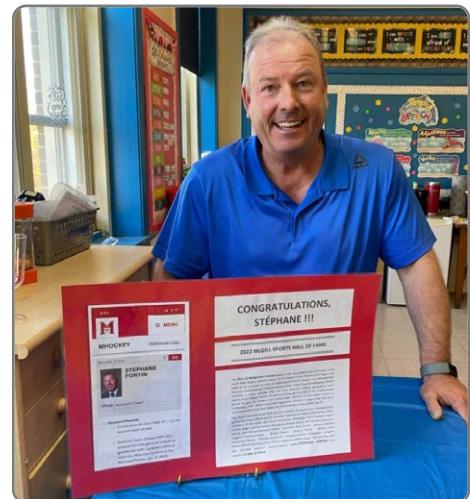
Last week the EBS staff members got together at the end of their pedagogical day and participated in a fun and productive event that gave back to people experiencing homelessness in our city. By making, labeling and packing over 200 sandwiches for NDG-based charity *BREAD and BEYOND*; the teachers turned caring into action.

BREAD and BEYOND (breadandbeyond.ca) is a registered charity that works to connect communities to the reality and needs of people experiencing homelessness and hunger, with the aim of helping to meet the shelter's basic needs, while stimulating a change in perceptions and promoting advocacy to address the causes of homelessness. These sandwiches were delivered to three Montreal shelters.

Congratulations, M. Fortin!

Our beloved Phys Ed/Health teacher, M. Stéphane Fortin, was recently named to the McGill Sports Hall of Fame.

In his capacity as Assistant Coach of the McGill Men's Hockey Team, he helped to capture the National Championship in Fredericton in 2012!

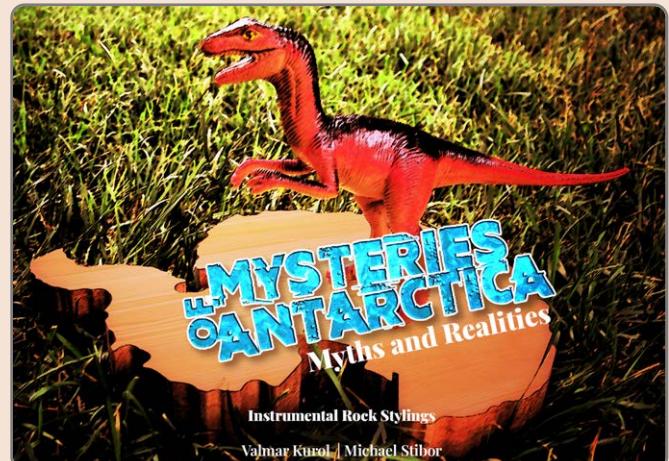


New CD by local artist

Valmar Kurol, a resident of Courtney Drive, has recently released a new CD, *Mysteries of Antarctica: Myths and Realities*, his fifth CD of Antarctic-themed music. A collaboration with Michael Stibor of Dorval, this instrumental work was inspired by Valmar's travels to Antarctica over 30 years.

The ten tracks are about the nature of Antarctica from tropical times and some of the colourful myths that have evolved over the years.

This music is largely instrumental rock, in various musical styles to illustrate the numerous themes. The music will be available digitally on iTunes, Spotify, Amazon.ca or on CD at www.mysteriesofantarctica.com.



Montreal West Scouts



Bob King and the flag bearers

Beavers

Our Beaver Colony has returned to Edinburgh School on Tuesday nights from 6 until 7:00pm. We are presently a small, but active group. We have learned our Motto, Promise and Law for our Investiture.

Part of our promise is to "help take care of the world" so we discussed reduce, re-use and recycle. **Rainbow** taught us how to make paper liners for our compost bins and we picked up garbage in the school yard.

Hawkeye discussed the origins of Remembrance Day and **Wren** helped us make poppies to wear in the Remembrance Day parade.

Our Scouts came to help us

build and paint bird feeders that we will hang in the winter. We are also planning to make seasonal cards and crafts to hand out with *Meals on Wheels*.

Please call **Karen Johnstone (717-5696)** if you are interested in enrolling your child for our new session in January 2023.

Scouts

Part of Scouting is the development of leadership skills, and the planning of activities by the Scouts themselves. Scouts range in age from 11 to 14 years old and, as they progress in the program, they take on more leadership roles. The Troop itself is led by the Troop Leader, who is a youth who is elected each year by the Troop and, this year, **Tom Chapman** was elected. The Troop is divided into Patrols of seven Scouts each. The Patrols recently chose their names and elected their Patrol Leaders and Assistant Patrol Leaders. This year, the Courageous Cardinals are led by **Ari Semergian** with **Nicholas Dansereau-Derome**, the Indecisive Coyotes are led by **Daegan Thun** with **Sebastian Fitzgerald** and the Lizard Lads are led by **William Dines** with both **Theo Taylor** and **Liam Ottenwaelder**.

Our recent weekend camp has been a highlight of the year so far, and we are looking forward to a meeting focussing on falconry, an evening of sharing cultures, and a hike on Mount Royal with the Cubs. As part of their community service, several Scouts have been helping with the Beaver Colony. The younger children love having the older youth present at their meetings.

Blood donor clinic

The Scout Group held its annual blood donor clinic on behalf of *Héma-Québec* October 24. It was a beautiful day, and we were quite excited that 84 people had already contacted *Héma-Québec* to make an appointment to donate. Unfortunately, several people failed to keep their appointment, but we still had 69 donors registered to give (just one short of our objective).

We had a good turnout of volunteers – Scouters, family members of current and former Scouts, as well as people with no formal connection with the movement. While the actual donation procedure is handled by professionals, volunteers are important in making sure that the donors move smoothly and comfortably through the process.

The Group expresses its sincere thanks to the volunteers, to St. Philip's Church for allowing us to use their hall and, especially those who came to "roll up their sleeve."



Cubs making spiders for Halloween

Please mark your calendar for Monday, October 23, 2023 (the probable date for next year's clinic) – we hope to see you there!

Remembrance Day parade

Mother Nature threatened a rainy day for the MoWest parade on November 6, but it was actually warm and we had only a sprinkling of rain. Scouts, **Nicolas, Sebastian** and **James** along with Cub **Lucas** carried the flags for the colour party. Scouts **Daegan** and **Tom** along with Scouter **Micky** lowered and raised the large Canadian flag during the ceremony. Thanks to all the Scouts, Scouters and families who attended.



IODE

Gifts for women in vulnerable situations



The picture shows some members of *IODE* HMS Victory wrapping gifts for *Auberge Transition*: a grand total of 77, most in pretty little cloth bags made by **Heather**, others wrapped in sparkly paper. They were all amassed from donations and will be delivered before the holiday party at the Auberge for current and past residents in early December.

The *Auberge* has also been given 21 good grooming bags this month, specially collated for women in vulnerable situations; contents are travel toiletries, many donated by people at the MW United Church, and other necessary items such as notepads, pens, deodorant. Thanks to all who have contributed to this ongoing cause.

IODE HMS Victory is mourning the deaths of two members, both in their 90s, who were devoted to the mission of *IODE* over many years: **Eileen Motton** and **Clara Brunt**; we miss their perseverance, their wisdom and their contributions, and we offer our condolences to their families.

from Janet King
Secretary, IODE HMS Victory

Guides



Although the Sparks and Brownies meet on a Wednesday evening and the Guides meet on a Friday evening, the units did things in parallel this past month. All the units held their enrollment ceremonies and between the three units 17 new girls were enrolled!

Following the enrollment ceremonies, each of the units had a badge sewing party. Many in the Guiding community have large containers of badges that are waiting patiently to be sewn onto a sash or a camp blanket. The leaders thought that teaching the girls how to do the sewing themselves would do them a huge service by not giving them a collection of badges that are waiting for a place to be secured. *Pearl* brought in her camp blanket for the girls who did not have something to sew the badges onto. With Pearl's badges in hand, the girls sewed badges onto her blanket where they thought they would look the best. The girls had a great time and were filled with a great sense of satisfaction at seeing their completed handiwork.

Remembrance Day

The MoWest community has a long tradition of honouring those who have served our country during times of conflict and as peacekeepers. In preparation for the ceremony on November 6, the Guides held a



dress rehearsal at their meeting prior to the ceremony. With the girls carrying the flags, they walked along the sidewalk from the MW United Church to the Cenotaph. During the service the girls performed very impressively! Their families and leaders could not have been more proud of them!

In preparation for the Sunday ceremony, the Sparks and Brownies learned about John McCrae's poem, *In Flanders Fields*, and did watercolour paintings of poppies. Discussions came up about how the military medical staff would sometimes need to place an arm in a sling to help stabilize the injured limb so it could heal. The girls also learned how to put a

sling on someone and tie it with a wreath knot – the same knot they use to tie their scarves. They were all eager to be both medical staff and patients!

Thank you!

We are very thankful to former members of the MoWest Guiding units who came back to offer a helping hand with the Remembrance Day ceremony.

from the MoWest Guiders

Photos: (from top, clockwise):
Dress rehearsal the Guides held during their meeting just prior to the Remembrance Day ceremony.
Clara happily sewing her badges.
Catherine congratulating Inbar on her achievements.
Guides practise sewing skills.



Photo: Catherine Barnes

Photos: Cynthia Taylor

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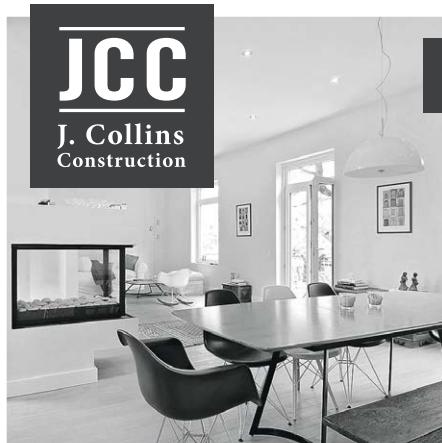
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Getting ready for December

After a busy fall for us here in the library, we wrap up our current programs, we are getting ready for a festive December.

Sweater mittens,

Our first craft workshop, sweater mittens, came to a close in November and it was a huge success. We are grateful to all those who participated and we are happy with the high level of interest in this project. We had so many registrants that we needed to open a second set of workshops!



Making felted fabric

Our members learned about felt and how to make their own felted fabric out of an old wool sweater, using nothing more than a washing machine and dryer. They were taught how to cut and assemble the mitten pieces by hand with various cuff treatments. They also learned how to embroider designs on the backs of the mittens.

Even those who were absolute beginners came up with their own designs and applied them beautifully. Some members used bits of other sweaters or elements that they had crocheted as appliquéd designs. The

result was a gorgeous, one-of-a-kind pair of mittens for each participant, and the knowledge needed to make more mittens in the future for themselves or for others. We saved a lot of holey sweaters from going into the landfill and gave them a second life as something useful and beautiful.

Since we had so much fun with the sweater mitten workshop we are very pleased to be able to offer another workshop starting January. The workshop will start on Thursday, January 19 and will run for five weeks. Please sign up at the library or email mwlib.requests@gmail.com.

DECEMBER EVENTS

Holiday ornament workshop

We thought we would like to add some festive holiday crafts and since we have some extra sweaters, we thought we would continue crafting with felted sweaters. Sweater ornaments will be a two-hour workshop run by **Ann Smith**, where she will teach how to make beautiful things out of scraps of old sweaters! The workshop will be held on Thursday, December 8 at 2 pm. Sign up at the library or email mwlib.requests@gmail.com.

Youth Board Games Night

Join us for the last Board Game Night of the year on December 9 at 7 pm. Bring a friend, come make some new ones and play some of your favourite board games.



Holiday Tea and Books

Come celebrate the holidays with Tea and Books on Wednesday, December 21 at 2 pm. Tea and Books is a different kind of book club where we discuss what we are reading or have recently read. Everyone is welcome. We usually meet online but since it is the holidays, we thought maybe we could meet in-person and online.

Holiday story time

On Thursday, December 22, **Dane Oberon** will give a dynamic reading of selected tales from the library's collection of holiday classic stories. Gathering around the fireplace, we will embrace the holiday spirit with communal merriment.

The reading will take place from 4-6 pm and is suitable for all ages. Tea and refreshments will be served. Our holiday books and DVDs will be on display so you can keep the spirit of the event going by taking something home to enjoy after-

wards. The event will be held in-person and streamed online. Space is limited, so please register at the library, mwpl.ca or by emailing mwpl.requests@gmail.com.

Christmas closure

Please note that the library will be closed from December 24 to January 10, so make sure to stock up on our books and DVDs to keep yourself entertained throughout the break.



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Gift wrapping 101

Gifts are a hallmark of the season of giving. Does your child know how to present a gift by making a beautiful item out of the gift and the wrapping? We will be offering a great opportunity for children to learn how to wrap gifts at the library; we will teach young ones how to wrap almost any shape so they can have hands-on experience and be ready for the holidays. Call to register for this activity taking place Saturday, December 3 from 1:30-2:30 pm.

Holiday tales

Get into the mood for Christmas, Chanukah and Kwanzaa by listening to stories about the holidays and making a related winter craft. A surprise visit awaits at the end of the activity!

Saturday, December 10 from 11 am to noon.

Book Club

The Parent-Child Book Club has begun, but we are always happy to welcome new members. The club is aimed at children as young as seven. We read and discuss two titles: one easy chapter book and one longer chapter book, thus allowing for a choice and giving the opportunity to children between 7 and 12 years to participate.

On December 2, at the library and on Zoom, we will talk about *The Isle of Misfits* by Jamie Mae and *Noah's Gold* by Francis Cottrell-Boyce. Contact us for more details and for registration.

La lecture en cadeau

La collecte de livres jeunesse dans le cadre du programme «La lecture en cadeau» est en cours jusqu'au 22 décembre. Ce programme de la Fondation pour l'alphabétisation s'adresse aux enfants de 0 à 12 ans des milieux défavorisés partout au Québec, et vise à prévenir les difficultés de lecture qui peuvent mener au décrochage scolaire. Vous êtes invités à déposer un livre neuf dans la boîte de collecte à la bibliothèque. Les livres seront transmis à la fondation pour être distribués en 2023. Merci de votre générosité !



Moments from the Halloween party, as well as from the Lego Challenge. Lily Nettleship had the tallest tower. Congratulations to everyone for your creativity!



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News from the pews

St. Philip's

The annual Festival of Nine Lessons and Carols takes place Sunday, December 11 at 5 pm, with music by organist **Peter Butler** and the choir. A wine and cheese reception will follow.

For Christmas, we return to our usual selection of services. Our interactive children's service (for children of all ages) will take place Christmas Eve at 5 pm. As in the past, the children will assist in telling the Christmas story and placing the figurines in the crèche. Following at 9 pm will be our Christmas Eve Holy Eucharist (please note the change in time). Christmas morning, there will be another service of Holy Communion with organ and carols.

All services will be live on Zoom (web and phone-in) as well. Please call **481-4871** or email office@stphilipschurchmontreal.ca for the Zoom link.

Refugee families

We are pleased to announce that our second sponsored refugee family is now re-united. The family consists of a widow of the Rwandan genocide and her adult son. Due to a problem with his papers, the son was not able to travel with his mother. The problem was finally resolved, and he arrived on November 3. Our third sponsorship, an Afghan family of five, is approved and awaiting their exit visa from the Pakistani government, delayed because of the severe flooding in that country.

Our rehabilitation of the Memorial Hall continues. Thanks to some generous donations, we have a new stage curtain on the way. The old one served us well for over 60 years, but it was starting to fall apart. For the new year, the Hall will be ready once again to warmly welcome community events.

from Fr. Pratt

St. Ignatius

The season of Advent is upon us! Advent starts on Sunday, November 27 and continues for the following four Sundays. You're invited to come and enjoy this beautiful time of anticipation and preparation as we look forward to celebrating Christmas. Please visit stig.ca/christmas to learn more about the community initiatives, events and other activities that we have in store.

To help prepare for Christmas, enjoy an evening of live music, prayer and time with Jesus on December 14 at 7 pm. The Sacrament of Reconciliation will also be offered, as well as refreshments, from 8:30-9 pm.

There will be plenty of activities for kids

during Advent at our Sunday: Catch the Wave program, as well as a Christmas party for families. For more details, please visit stig.ca/kids/.

Finally, we couldn't be more excited to finally be back in person this year for our Christmas Masses and we look forward to welcoming you!

December 24: Two Christmas Eve Masses will be offered; one in the late afternoon (livestream: stig.ca/live-stream) and another in the evening. Please visit stig.ca/christmas for Mass times.

December 25: Christmas Day Mass at 10 am. (livestream: stig.ca/live-stream)

December 31: Holy Day Vigil Mass at 4:30 pm.

January 1: Solemnity of Mary, the Holy Mother of God at 10 am. (livestream: stig.ca/live-stream)

from Shawna Rose

MW United ...the brick one

November news!

Choir director **Samantha Borgal** and videographer **Kevin Laramee** have given birth to a big, healthy boy, **Arthur Pierre**, two weeks earlier than expected! All are thriving.

Also, we are blessed to welcome **Christopher Ducasse** into the director's role, who is taking his Master's in Choral Conducting at McGill. A composer as well, it promises to be an interesting time until Samantha's return. **Samuel Lee** continues to accompany us happily.

Advent comes apace

Advent I arrives on November 27 when we begin our preparation for Christmas and

the spiritual journey that comes with it. The sanctuary is adorned for the occasion, the Advent wreath is armed and ready. One new candle is lit each Advent Sunday until the Christ Candle in the centre comes to life Christmas Eve.

Advent III on December 11 the choir will lead the service with words and music of the season. On Advent IV, December 18 the Sunday school will play a major part.

Tea and mini-bazaar

Sunday, December 4, 3:30-5 pm: all are invited to enjoy tea and seasonal goodies while shopping for hand-made and homemade items and baking. Perhaps there will be some caroling. Come and bring a friend or neighbour. Easing back into it... hooray.

Online broadcasting

While we will be continuing our broadcasts, there will be a break in the proceedings. Christmas Eve will be our last service available online until January 15 when our regular worship services resume. Previous services can always be revisited at any time, however, so binge away.

Indoor Labyrinth Walks

Hopefully we can re-institute these walking meditations in January. Hard to predict just when, but will put out posters when we know. Previously, we held monthly walks, alternating between Sunday afternoons and Tuesday evenings. Tuesdays may become Wednesday evenings, due to the use of the building. Just a heads up....

As we move into winter with its joys and challenges, we wish you the very best now and into 2023. Know that you are welcome any time.

from Susan Upham

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Kosher corner

First Friday Shabbat services

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Children's programming

Join us at Mommy and Me every Thursday morning at 11:30. Enjoy coffee and cake and meet with local moms and babies.

Our first year of Hebrew school is off to a great start. The students come every Wednesday afternoon, enjoy a nutritious dinner, learn about our religion, traditions and, of course, to read and speak Hebrew.

Women's events

We are thrilled to bring *Rosh Chodesh Society* to MoWest. It is an educational experience for women, by women. Each lesson is rich with fascinating, relevant and meaningful insights gleaned from the Torah's teachings and is accompanied by elegant refreshments and a vibrant bond with Jewish sisters. Treat yourself to a ladies' night out that nourishes body and soul!

Jewish Women's Circle is another nice way to get together periodically. Shmooze and use our crafty, creative talent. Next up is Menorah and Martinis on December 12!

Chanukah is coming!

We look forward to bringing the community together in celebrating Chanukah. Among the activities planned is the annual grand Menorah lighting at Jaime and Sandy's Lighthouse Sunday, December 25 at 6 pm. Get your Chanukah decorations ready as prizes will be awarded for our favourites!

Stay connected with Chabad Westminster for other exciting Chanukah events.

from Rabbi Marlow



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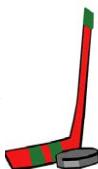
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**Sunday,
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During the *CP* event, there will be no food collection. *The Depot* will be on location accepting cash donations.

Le train arrêtera à 18h45.

Spectacles en direct gratuits par la chanteuse country *Tenille Townes* et *Aysanabee*, musicien autochtone folk/soul.

Les dons de denrées ne seront pas recueillis durant cet événement, mais la banque alimentaire *Le Dépôt* sera sur place pour amasser des dons en argent.

50+ Club 50+

November

29 Bridge / jeu de cartes



December

8 Senior Discovery Tours

Rails and Sails

14 Upper Canada Playhouse:
A Christmas Carol

17 Christmas dinner / Souper de Noël
20 Bridge / jeu de cartes

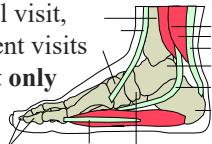
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Centre communautaire / Community Centre

Halloween contest winners: Congratulations! Félicitations à tous les gagnants!

We would like to thank everyone who participated in Montreal West's first ever "Trash to Art" Halloween competition! The entries we received were all very unique and we appreciated everyone's efforts in creatively turning their trash to artwork! It was a very tough decision but we are excited to announce that this year's winners are the **Bergeron Family** and the **Helfield Family**. Here is a picture of their masterpieces, along with some other runner-ups. We hope everyone had a Happy Halloween and we look forward to seeing more of your trash to art submissions next year.



La famille Bergeron family



La famille Helfield family

Holiday contests Concours des fêtes

3 Catégories :

- Mon beau sapin / Holiday tree
- Portrait d'animaux / Pet portrait
- Maison pain d'épices/ gingerbread house

Participez en ligne/ submit on line

www.montreal-ouest.ca

Date limite : 16 décembre
Deadline: December 16

Merci à tous ceux qui ont participé au tout premier concours d'Halloween L'art à partir de déchets de Mo-Ouest ! Les candidatures que nous avons reçues étaient toutes très uniques et nous avons apprécié les efforts de chacun pour transformer ses déchets en œuvres d'art de manière créative! Ce fut une décision très difficile, mais nous sommes ravis d'annoncer les gagnants de cette année : la **famille Bergeron** et la **famille Helfield**. Vous trouverez ci-dessous des photos de leurs chefs-d'œuvre, ainsi que celles des finalistes. Nous espérons que tout le monde a passé une joyeuse Halloween et avons hâte de voir vos œuvres l'année prochaine.



Anonyme / Anonymous - Josephine Cornell born / née October 17 octobre 2022

Les inscriptions pour l'hiver sont ouvertes

Les programmes débutent la semaine du 9 janvier.

Pour plus de détails, visitez le site de la ville ouappelez au centre communautaire **484-6186**.

Inscrivez-vous au e-bulletin pour rester à l'affût des nouvelles de la Ville.

Winter registration is open

Winter registration has started for the children's and adult classes on Amilia. Children's programs offered are **Captain Catalyst**, ballet with **Miss Shirley**, babysitting courses to name a few. For the adults, we have Essentrics, ballet, barre, pilates, stretch, bootcamp, older adult balance, meditation and fitness.

Programs begin the week of January 9. All dates and times are on our Amilia page.

To be up to date on information: call the Community Centre **484-6186**, visit the Town's website or Facebook page.

Sign up for the Town Ebulletin to receive updates by email.

Pickleball... is coming to Town!

The Recreation Department will be offering pickleball at Edinburgh School Monday and Friday nights from 6:30-9:30 pm with one-hour slots to play starting Monday, January 16. There will be two courts available; registration on Amilia will start Tuesday, January 10 and is required in order to play.

Dr. Michael J. Wexel *Chiropractor*

Low Back Pain
Muscle Pain
Numbness & Tingling
Nutritional Counseling
CSST & SAAQ



Neck Pain
Headaches & Migraines
Stiffness
Sports Related Injuries
Wellness & Preventative Care

773-7246

18 Westminster N., Suite 110

Call For An Appointment Today So You Can Feel Better Tomorrow.

Town Council meeting: October



by Carol Foster

Mayor Masella reviewed the effects that can be expected from the new property assessments that will take effect in 2023. He repeated that although the average property values in Montreal West have increased by 41 percent, property taxes will not go up by the same amount. Property taxes are based on the amount of money needed to run the Town plus the money required by the Agglomeration Council for shared expenses. The Town has always managed to trim costs and keep overall expenses reasonable although the same cannot be said for the Agglomeration. That is the challenge continually faced by the Town's administrators.

The mayor went on to announce some good news. The *CP Holiday Train* will once again be making a stop in Montreal West. This colourful event will take place on November 27 at 6:45 pm and will provide entertainment for all as well as an opportunity to help support a local food bank.

Councillors' reports

Councillor Small-Pennefather reminded that this year, leaf blowing will be allowed during the entire month of November. The Code Red alert system was successfully used to warn residents of the annual *Parmalat* siren testing. The PSOs will be involved in helping to ensure the safety of children during Halloween and they are preparing a security detail for the *CP Holiday Train*'s visit. The number of thefts from automobiles is increasing in this community as well as in many others and constant caution is always advised.

Several waste and education activities have been launched in the Town in both the residential and business sections. **Councillor**

Ulin explained that the goal is to reduce the amount of waste going into landfill. As part of the restructuring of garbage collection, a recycling service for small electronics is now available. An *Electrobac* smart bin has been installed at the entrance to the arena where items such as cellphones, headphones, MP3 players, ink cartridges and chargers can be deposited. A bulletin, containing details about the Town's water filter rebate program for households that may have a small amount of lead in their water, is presently available on the Town's website.

Councillor Feeney's monthly review of the Town's expenditures indicates that the budget will end the year breaking even or possibly have a small surplus.

Many events are scheduled for the next few months including Halloween activities, Remembrance Day memorials and the visit by the *CP Holiday Train*. Santa's Breakfast, another popular holiday tradition, will be held in December. The arena is now open and the temporary dog run in Hodgson's field is expected to be ready by the end of October. Residents living near Sheraton Park have received a survey regarding their wishes for that park so that plans can be included in the budget for next year.

Forty-three permits have been issued during the past month and four notices have been delivered. Two of the notices pertained to sanitation and maintenance and two, for work being done without permits. **Councillor Torres** said she is dismayed at how many times she hears of the bylaws regarding permits being ignored. She wants to ensure that the consequences are clearly understood because they can be very financially significant as well as very time-consuming. The information is readily available on the Town's website and all questions can be answered by contacting the Building In-

spector's office before any work is started.

With the leaves beginning to fall, the problem of how to properly dispose of them was an issue for several residents. Councillor Ulin answered these questions very clearly. Leaves can be raked or blown between November 1 and November 30 this year. In November 2023, no gas-powered leaf blowers will be allowed. Leaves are not permitted, in any situation, to be deposited on the street. All raked or blown leaves must be put into only paper bags or garbage bins to be picked up by the compost trucks on Tuesdays. No plastic bags are acceptable. Using a lawn mower to mulch the leaves and leaving them on the lawn is an environmentally friendly method of dealing with them. Mulching leaves simply recycle a natural resource and will leave your yard with richer soil at no cost.

The use of bicycles has become a recurring topic at Council meetings. The province as well as the Town has regulations prohibiting bikes from being ridden on sidewalks for the safety of pedestrians. As the Mayor stated, while the creation of bike paths within the Town has been considered several times, he still feels that a larger and wider amount of consultation and coordination is desirable before the best plan for Montreal West can be developed.

Problems observed in the southern part of the Town included trucks on Avon, a trailer parked at the corner of Easton and Westminster and the significantly slow progress on the Easton project.

A truck route is still awaiting Lachine's approval before the police can enforce any more restrictions on the traffic on Avon. Reassurances were given by the mayor that the Town is adequately protected against any possibility if the Easton project does not go forward as expected. The trailer will be moved to a side street off Easton.

In reply to a suggestion that dogs should be allowed to run off leash in the parks during hours when they are not being used by other residents, Councillor Small-Pennefather explained that to avoid any risks to both dogs and people, dogs must be controlled at all times. The Town has made a significant investment in the dog run by the Town Hall and allows for a temporary run on Hodgson's Field from the end of October until March when other activities are not being held there.

Councillor Feeney will notify the Recreation Department of a request to bring back the "Haunted House" tradition enjoyed by many during past Halloweens.

Following several other items on the agenda, the second question period was announced. Since the one question asked concerning leaf blowers had already been answered, the meeting was then adjourned.

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Réunion du Conseil : Octobre



par Carol Foster
traduction par René Boucher

Le maire Masella a révisé les effets que l'on peut attendre de la nouvelle évaluation des propriétés qui prendra effet en 2023. Il a répété que, bien que la valeur moyenne des propriétés de Montréal-Ouest se soit accrue de 41 %, les impôts fonciers n'augmenteront pas d'autant. Les taxes municipales sont basées sur la somme dont la Ville a besoin pour son fonctionnement à laquelle s'ajoutent les fonds exigés par le Conseil d'agglomération pour les dépenses partagées. Montréal-Ouest a toujours réussi à réduire ses coûts et à maintenir des dépenses globales raisonnables, bien que l'on ne puisse pas en dire autant de l'agglomération. C'est le défi auquel sont continuellement confrontés les administrateurs de la Ville.

Le maire a ensuite annoncé de bonnes nouvelles. Le *Train des Fêtes du CP* fera une fois de plus escale à Montréal-Ouest. Cet événement coloré aura lieu le 27 novembre à 18 h 45 et offrira des divertissements pour tous ainsi qu'une occasion d'aider à soutenir une banque alimentaire locale.

Rapports des conseillères

La **conseillère Small-Pennefather** a rappelé que cette année, le soufflage des feuilles sera permis pendant tout le mois de novembre. Le système d'alerte Code Red a été utilisé avec succès pour avertir les résidents du test annuel des sirènes de *Par malat*. Les ASP participeront à assurer la sécurité des enfants à l'Halloween et préparent un service de sécurité pour la visite du *Train des Fêtes du CP*. Le nombre de vols dans des voitures augmente dans notre communauté ainsi que dans beaucoup d'autres et une prudence constante est toujours conseillée.

Plusieurs activités reliées aux déchets et à l'éducation ont été lancées dans la ville dans les secteurs résidentiels et commercial. La **conseillère Ulin** a expliqué que l'objectif est de réduire la quantité de déchets envoyés aux sites d'enfouissement. Dans le cadre de la restructuration du ramassage des rebuts, un service de recyclage pour petits appareils électroniques est maintenant disponible. Un bac intelligent *Electrobac* a été installé à l'entrée de l'aréna au 220 Bedbrook où des objets tels que téléphones cellulaires, écouteurs, lecteurs MP3, cartouches d'encre et chargeurs peuvent être déposés. Un bulletin, qui contient des détails sur le programme de remboursement des filtres à eau de la Ville pour les ménages qui peuvent avoir une petite quantité de plomb dans leur eau, est actuellement disponible sur le site Web de la Ville.

Dans son examen mensuel des décaisse-

ments de la Ville, la **conseillère Feeney** a indiqué qu'elle s'attendait à ce que le budget actuel soit respecté ou même dégage un léger excédent.

De nombreux événements sont prévus pour les prochains mois, dont des activités d'Halloween, des commémorations du jour du Souvenir et la visite du *Train des Fêtes du CP*. Le Déjeuner du père Noël, autre tradition populaire des fêtes, aura lieu en décembre. L'aréna est maintenant ouvert et le parc canin temporaire du terrain Hodgson devrait être prêt d'ici la fin-octobre. Les résidents qui habitent près du parc Sheraton ont reçu un sondage sur leurs souhaits pour ce parc afin que les plans puissent être inclus dans le budget de l'année prochaine.

Quarante-trois permis ont été délivrés au cours du dernier mois et quatre avis ont été remis. Deux des avis portaient sur l'assainissement et l'entretien et deux sur des travaux effectués sans permis. La **conseillère Torres** s'est dite consternée par le nombre de fois où elle entend parler du non-respect des règlements sur les permis. Elle veut s'assurer que les conséquences sont clairement comprises parce qu'elles peuvent être très importantes sur le plan financier et prennent aussi beaucoup de temps. *L'Information* est facilement accessible sur le site Web de la Ville et toutes les questions peuvent être traitées en communiquant avec le bureau de l'inspecteur en bâtiments avant le début des travaux.

Avec la chute des feuilles, savoir comment s'en débarrasser correctement a présenté problème pour plusieurs citoyens. La **conseillère Ulin** a répondu très clairement à ces questions. Les feuilles peuvent être râtelées ou soufflées entre le 1er et le 30 novembre 2022. En novembre 2023, aucun souffleur de feuilles à essence ne sera autorisé. On ne peut en aucun cas déposer les feuilles dans la rue. Toutes les feuilles râtelées ou soufflées doivent être placées seulement dans des sacs en papier ou des poubelles pour être ramassées par les camions de compost le mardi. Aucun sac en plastique n'est acceptable. L'utilisation d'une tondeuse à gazon pour transformer les feuilles en paillis et les laisser sur la pelouse est une méthode écologique de les traiter. Le paillis recycle simplement une ressource naturelle et enrichit le sol sans frais.

Comme déjà signalé, l'utilisation de bicyclettes est devenue un sujet récurrent lors des réunions du Conseil. La province et la Ville ont adopté des règlements interdisant l'utilisation des vélos sur les trottoirs pour la sécurité des piétons. Et comme l'a dit le maire, bien que la création de pistes cyclables à Montréal-Ouest ait été envisagée à plusieurs reprises, il estime toujours qu'une consultation et une coordination plus vastes sont souhaitables avant que le

meilleur plan pour Montréal-Ouest puisse être élaboré.

Parmi les problèmes observés dans la partie sud de la ville, mentionnons les camions sur Avon, une remorque garée à l'angle Easton et Westminster et la progression très lente du projet Easton.

Un itinéraire pour camions attend toujours l'approbation de Lachine avant que la police ne puisse imposer d'autres restrictions à la circulation sur Avon. Le maire a donné l'assurance que la Ville est adéquatement protégée contre toute possibilité si le projet Easton ne se poursuit pas comme prévu. La remorque sera déplacée dans une rue secondaire.

En réponse à une suggestion voulant que les chiens soient autorisés à courir sans laisse dans les parcs pendant les heures où ceux-ci ne sont pas utilisés par d'autres résidents, la **conseillère Small-Pennefather** a expliqué que, pour minimiser les risques, tant pour les chiens que les personnes, les chiens doivent être contrôlés en tout temps. La Ville a fait un investissement important dans le parc canin près de la mairie et permet un parc à chiens temporaire sur le terrain Hodgson de la fin-octobre à mars lorsque d'autres activités n'y sont pas organisées.

L'absence d'un banc à l'ombre durant la saison estivale dans le parc Davies a été soulevée comme un problème auquel les Travaux publics devront remédier.

La **conseillère Feeney** transmettra au service des Loisirs une demande de raviver la tradition de la «Maison hantée» dont beaucoup ont profité à l'Halloween par le passé.

Après plusieurs autres points à l'ordre du jour, la deuxième période de questions est annoncée. La seule question posée au sujet des souffleurs à feuilles ayant déjà reçu réponse, la séance a alors été levée.

Catherine Eustace
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Membre APCHQ

COMING EVENTS À VENIR

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

Next deadline: January 11

Nov

Sun 27 CP Holiday Train. 6:45 pm.

Mon 28 Town Council meeting. In person and virtually on the Town's YouTube channel. Town Hall. 8 pm.

Dec

Sun 4 Tea and mini-bazaar. All welcome. MW United. 3:30-5 pm.

Thu 8 Holiday ornament workshop. Sign up. Public Library. 2 pm.

Fri 9 Board game night. Public Library. 7 pm.

Sun 11 Choral service. MW United. 10 am.

Breakfast with Santa / Le déjeuner du Père Noël. Billets sont disponibles en ligne / Tickets are available on Amilia. 8 h-12 h.

Wed 14 Live music, Sacrament of Reconciliation and Adoration of the Blessed Sacrament. St. Ignatius. 7 pm.

Sun 18 Christmas pageant. MW United. 10 am.

Holiday Skate / Patin libre en fêtes. Aréna. 13 h-14 h 30

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

Wed 21 Tea and Books. Public Library. 2 pm.

Thu 22 Holiday story time (suitable for all ages). 4-6 pm.

Sat 24 Christmas Eve Communion service. MW United. 7pm.

Christmas Eve Masses. Late afternoon (livestream available: stig.ca/live-stream) and evening. Visit stig.ca/christmas for Mass times. St. Ignatius.

Sun 25 Christmas Day Mass (livestream available: stig.ca/live-stream). **No service.** MW United.

Sat 31 Holy Day Vigil. St. Ignatius. 4:30 pm.

Jan

Sun 1 Solemnity of Mary, the Holy Mother of God (livestream: stig.ca/live-stream). St. Ignatius. 10 am.

No service. MW United.

Sun 8 Informal service. MW United. 10 am.

Tue 30 Town Council meeting. In person and virtually on the Town's YouTube channel. Town Hall. 8 pm.

Halloween contest winners

Congratulations!
Félicitations à tous les gagnants!
House decorating /
décoration de résidence



Ballantyne North – la famille Bure Family



Brock South/sud - Audrey



Strathearn Ave - Roger Lemoyne and Indrani Lakheeram



Food Collection / Collecte de denrées

December 1 - 15 décembre

La ville vous invite à amener vos dons à un de nos trois lieux de collecte :
The Town invites you to bring your non-perishable donations to one of
the three drop off locations:

- L'hôtel de Ville, 50 Westminster sud
- Le centre communautaire, 8 Westminster sud
- L'aréna, 220 Bedbrook





WHAT A DIFFERENCE A YEAR MAKES!

As I reflect on the first year of my mandate as Councillor for the Town, I am reminded of the powerful role that municipalities play to address global challenges from a grassroots level.

Whether it be the Circular Economy, committed to waste reduction and sustainable living in the fight against climate change, upholding the foundational pillars of democracy, for equal access to health services, education and legal rights under Bill 96, to advancing the Truth and Reconciliation Commission Calls to Action, by raising awareness about Indigenous history and the Residential School System, we are making a difference!

My role as Councillor responsible for Public Security and the application of by-laws is to provide a legal framework in how we operate as a Town and to share information to create awareness of responsibilities for all residents.

Your Council and Town administration continue to work together as a team, to provide a high standard of service, improving the quality of life for all residents. Our greatest collective un-

COUNCIL communiqué

dertaking, continues to be the recreation centre project. We are working diligently to review and assess all viable and responsible options.

Many people have asked me if I am happy with the decision I made last November to run as a municipal candidate. I am the best version of myself when I learn and contribute and I remain inspired.

Thank you for your continued support and as 2022 comes to a close, with gratitude, I wish you and those you hold near and dear, a safe, healthy and happy holiday season.

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



MAYOR'S REPORT

Support to merchants

On Tuesday, November 15, Montreal West hosted a meeting for our merchants. The meeting, held in conjunction with PME-MTL Centre-Ouest, provided information to our merchants about two programs.

The first program, funded by Montreal West, provides grants to our merchants as part of the Westminster commercial revitalization program. The program applies to three areas: improving their store facades (up to \$15,000 per applicant), improving their outdoor store signage (up to \$2,500 per applicant) or increasing accessibility (up to \$2,500 per applicant). The total program is funded for \$50,000 and the funds are available on a first come, first served basis.

The second program is funded by PME-MTL Centre-Ouest. That organization provides funding, expertise and assistance to merchants in our area and can address, among other things, work in-

side their establishments, online presence, equipment purchase, etc. Funding can amount to 25% of the work to be undertaken. There are other criteria to be respected as well. PME-MTL Centre-Ouest is one of six PME-MTL's on the island of Montreal and receives most of its funding from the Agglomeration.

The merchants were very pleased with the new programs available to them.

Launch of our public fundraising campaign

On Sunday, November 20, we officially launched the public portion of our fundraising campaign at an event held at the Legion Arena. While there are fundraising activities planned by our Recreation Department, we have had a request from some residents of Montreal West to form a citizen's committee of volunteers to help organize, in collaboration with the Town, other fundraising activities.

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

From Julie Ducharme and Derek Elliott:

Fellow citizens of MoWest – have you been following the proposals surrounding our new sports and recreation centre 2.0? Are you excited to see it come to life? Would you like to get involved in ensuring its success? If so, we are recruiting volunteers to contribute to its public fundraising campaign. We would like to mobilize a group of energized citizens to get involved in coordinating a few meaningful fundraising events as well as capital campaigns to encourage support from our community. This is an initiative that is for the citizens by the citizens.

If you are an event planner, have fundraising experience, have time to help coordinate, are passionate about our pool/arena/gym or want to see our Town rejuvenated with this new facility, please indicate your interest at this survey link or write to MW.Recreation.Center@gmail.com to request more information.

Survey link:
<https://forms.gle/chHiDgwrNFmUhpV3A>





A STRONG SENSE OF COMMUNITY, THEN AND NOW

I felt a real sense of pride on November 12 when I opened the *Globe and Mail* and saw the article entitled: "*Putting faces and stories to cenotaph names in Montreal West*". The article described our Walk to Remember; a project developed and narrated by resident Dr. Robert Drummond to honour Montreal West Second World War veterans. You can read the article on our website under Roots & Remembrance.

In addition to the huge debt of gratitude we owe Dr. Drummond for his incredible work and the debt we owe our veterans, it got me thinking about another important concept, that of community.

As Dr. Drummond pointed out, even back to WWI, Montreal West had an extremely high number of residents who enlisted, based on the size of our community. Neighbours knew and helped one other, and answered the call to duty.

As he led us on our walk through Town, neighbours on the next block were busy bagging leaves, trimming bushes and doing an overall yard clean-

up for a senior resident. We are a community of people who lend a hand to those in need, who help out at Town events, who coach our kids' sports teams, who volunteer at the libraries, who sit on committees, who fundraise for the swim team, etc.

That is the way it is in Montreal West, and as we heard from Dr. Drummond, that is the way it was 100 years ago. We truly are a community, and it is one of the things we love most about Montreal West. But we cannot take this for granted. This community spirit will thrive if we continue this tradition of compassion and volunteerism. I encourage you to find a way to get in-

volved in our small Town. I believe you will reap benefits.

As I look back on our history with pride, I also look forward to our future with anticipation. We are working on many ambitious projects. Whether they are related to the environment, our seniors or our new recreation centre, there are many opportunities for residents young and old to work side by side, play together and enjoy cultural activities. Together we will keep our community strong.

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



NEW GARBAGE BY-LAW 2023

Did you know that Canadians send more garbage to landfill per capita than any other country in the world!? We may be environmentally friendly on certain clean energy metrics but when it comes to waste reduction, we're failing big-time. And at the municipal level we need to take more responsibility for the trash we send to the dump. So, like many municipalities across the Island, Montreal West will be instituting a new waste management protocol.

Why worry so much about garbage?

As garbage decomposes in a landfill, it releases methane into the atmosphere greatly contributing to the climate crisis. This is especially true of organic matter. When we send organic materials to be composted they emit a fraction of those harmful gasses. So it's extremely important to divert kitchen scraps and green waste to compost rather than tossing it in the garbage.

So, what are the new regulations?

Starting January 1, 2023 each single family household will be permitted to put out one 240 litre bin (maximum). Duplexes and triplexes will be allowed two 240 litre bins and apartments of 4 to 8 units three 240 liter bins. Businesses will be allowed three 360 litre bins. No additional garbage bags, boxes or loose items may be set out for pick up. All items must fit into the bins. Of

course, you can have a smaller bin if you like, just nothing exceeding the sizes listed.

How will these new restrictions impact me?

If your family currently recycles and composts, the new protocol won't likely affect you at all. And, for everyone, there are many other options to divert your waste such as: hazardous waste collection, the new "electrobac" at the arena for disposal of electronics, and the bulk pick up service Public Works offers by appointment. In addition, there are countless locations for disposing of non-recyclable, non-compostable items. The Ecocentre is the key waste diversion destination. They take everything from old appliances to hazardous waste to construction material and more. The closest one to us is on St. Patrick in Lasalle. And of

course there are also a multitude of private businesses that will take our cast offs such as Renaissance, Reno Depot, Home Depot, etc. MoWest also has a thriving Buy Nothing Facebook group that "re-homes" unwanted items of all descriptions.

To be frank, it will mean more recycling, composting and regular visits to the Ecocentre. It may mean reducing, reusing, rethinking and even refusing some of the items we've become accustomed to purchasing. It will be a challenge, but by no means an insurmountable one. In the age of this existential climate crisis, we've no other choice. We'll provide more details on this new protocol in the coming days.

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



UNE ANNÉE FAIT TOUTE LA DIFFÉRENCE!

En réfléchissant à la première année de mon mandat comme conseillère municipale, je remarque le rôle important que jouent les municipalités à relever des enjeux globaux au niveau local.

Qu'il s'agisse de l'économie circulaire et de l'engagement à réduire les déchets et à adopter un mode de vie durable dans la lutte contre le changement climatique, de la défense des piliers fondamentaux de la démocratie, de l'égalité d'accès aux services de santé, à l'éducation et à la justice en vertu de la loi 96, ou de donner suite aux appels à l'action de la Commission de vérité et réconciliation en sensibilisant les gens à l'histoire des Autochtones et au système

des pensionnats, nous faisons une différence !

Mon rôle, en tant que conseillère responsable de la sécurité publique et de l'application des règlements municipaux, est de fournir un cadre réglementaire à la façon dont nous fonctionnons en tant que ville, et d'assurer un partage de l'information afin de sensibiliser tous les résidents à leurs responsabilités.

Votre conseil municipal et l'administration de la ville continuent de travailler en

communiqué du CONSEIL

équipe pour offrir un service de haute qualité et améliorer la qualité de vie de tous les résidents. Notre plus grande entreprise collective demeure le projet de centre récréatif. Nous travaillons avec diligence pour examiner et évaluer toutes les options viables et responsables.

Je suis souvent demandée si je suis heureuse de ma décision de novembre dernier de me présenter comme candidate municipale. Je suis

la meilleure version de moi-même lorsque j'apprends et je contribue, et je continue à être inspirée. Je vous remercie de votre soutien continu. Alors que l'année 2022 touche à sa fin, je vous souhaite, ainsi qu'à ceux qui vous sont chers, un temps des fêtes heureux et en sécurité.

Lauren Small-Pennefather,
conseillère
Sécurité publique
Ismall-pennefather@montreal-ouest.ca



RAPPORT DU MAIRE

Soutien aux commerçants

Le mardi 15 novembre, Mo-Ouest a organisé une séance d'information pour les commerçants sur Westminster. La réunion, tenue conjointement avec PME-MTL Centre-Ouest, a permis d'informer nos commerçants sur deux programmes.

Le premier programme, financé par Mo-Ouest, offre une aide financière à nos commerçants sur Westminster dans le cadre du programme de revitalisation de l'artère commerciale. Cette aide s'applique à des travaux d'amélioration de la façade de leur commerce (jusqu'à 15 000 \$ par demandeur), de la signalisation extérieure de leur magasin (jusqu'à 2 500 \$ par demandeur) ou de l'accessibilité (jusqu'à 2 500 \$ par demandeur). Un fonds de 50 000\$ a été réservé à ce programme et les fonds sont disponibles sur la base du premier arrivé, premier servi.

Le deuxième programme est financé par PME-MTL Centre-Ouest. Cet organisme offre du financement, de l'expertise et de l'aide aux commerçants de notre territoire et peut s'oc-

cuper, entre autres, des travaux à l'intérieur de leurs établissements, de la présence en ligne, de l'achat d'équipement, etc. Le financement peut s'élever à 25% des travaux à entreprendre. D'autres critères sont également à respecter. PME-MTL Centre-Ouest est l'une des 6 PME-MTL de l'île de Montréal et reçoit la majeure partie de son financement de l'Agglomération.

Les commerçants ont été très satisfaits des nouveaux programmes.

Lancement de la campagne de financement public

Le dimanche 20 novembre, nous avons officiellement lancé le volet public de notre campagne de financement lors d'un événement tenu à l'aréna de la Légion. Bien que des activités de financement soient prévues par notre Service des loisirs, nous avons reçu une demande de certains résidents de Mo-Ouest pour former un comité de citoyens bénévoles afin d'aider à organiser, en collaboration avec la Ville, d'autres activités de collecte de fonds.

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

Un message de Julie Ducharme et Derek Elliott :

Chers citoyens de Mo-Ouest – avez-vous suivi les propositions autour de notre Centre sportif et récréatif 2,0 ? Êtes-vous impatient de le voir réalisé? Vous souhaitez vous impliquer pour assurer son ébauche ? Si oui, nous recrutons des bénévoles pour contribuer à sa campagne de financement public. Nous aimerais mobiliser un groupe de citoyens engagés pour s'impliquer dans la coordination de quelques événements de collecte de fonds ainsi que des campagnes de financement pour encourager le soutien par notre communauté. C'est une initiative qui est pour les citoyens par les citoyens.

Si vous êtes en gestion d'événements, avez de l'expertise en collecte de fonds, avez le temps d'aider à la coordination, êtes passionné(e) par notre piscine/aréna/gymnases ou souhaitez voir notre ville modernisée avec cette nouvelle installation, veuillez indiquer votre intérêt à notre sondage ou écrivez à *MW.Recreation.Center@gmail.com* pour de l'information supplémentaire.

Lien vers le sondage:
<https://forms.gle/sbSCUVzWqo7DqYGJ7>





UN FORT SENTIMENT DE COMMUNAUTÉ, D'HIER À AUJOURD'HUI

J'ai ressenti un réel sentiment de fierté le 12 novembre lorsque j'ai ouvert le *Globe and Mail* et que j'ai vu l'article intitulé : « *Putting faces and stories to cenotaph names in Montreal West* ». L'article décrivait notre marche du Souvenir, un projet élaboré et mené par le Dr Robert Drummond, résident de Montréal-Ouest, pour rendre hommage aux anciens combattants de la Seconde Guerre mondiale. Nous avons mis un lien vers l'article sur la page Nos racines, notre patrimoine de notre site web.

Outre l'immense gratitude envers le Dr Drummond pour son incroyable travail, et la dette que nous avons envers nos anciens combattants, cet article m'a fait réfléchir à un autre sujet important, celui de la communauté.

Comme l'a souligné le Dr Drummond, Mo-Ouest comptait un nombre extrêmement élevé de résidents qui se sont enrôlés lors de la Première Guerre mondiale considérant la taille de notre communauté. Les voisins se connaissaient et s'entraidaient, et ont répondu à l'appel du devoir.

Alors qu'il nous guidait à travers la ville, nous pouvions voir des voisins à proximité ramasser les feuilles, tailler les buissons et faire le ménage de la cour pour un résident âgé. Nous sommes

une communauté de gens qui donnent un coup de main à ceux qui en ont besoin, qui aident lors d'événements municipaux, qui entraînent les équipes sportives de nos enfants, qui font du bénévolat à la bibliothèque, qui siègent à des comités, qui collectent des fonds pour l'équipe de natation, etc.

C'est typique de Mo-Ouest, et comme l'a dit le Dr Drummond, c'était pareil il y a 100 ans. Nous avons un fort sentiment de communauté, et c'est l'une des choses que nous aimons le plus à Mo-Ouest. Mais nous ne pouvons pas tenir cela pour acquis. Cet esprit communautaire se développera seulement si nous poursuivons cette tradition de compassion et de bénévolat. Je vous encourage à trouver un moyen de vous impliquer

dans notre petite ville. Je crois que vous en retirerez des avantages.

Si je regarde notre passé avec fierté, j'envisage également notre avenir avec enthousiasme. Nous travaillons sur de nombreux projets ambitieux. Qu'ils soient liés à l'environnement, à nos aînés ou à notre nouveau centre sportif et récréatif, il existe de nombreuses possibilités pour les résidents, jeunes et moins jeunes, de travailler ensemble et de profiter d'activités culturelles et récréatives. C'est ensemble que nous garderons notre important sentiment de communauté.

Colleen Feeney, conseillère Finances, MADA, Loisirs et Culture
cfeeney@montreal-ouest.ca



NOUVEAU RÈGLEMENT SUR LES DÉCHETS EN 2023

Saviez-vous que les Canadiens envoient plus de déchets dans les sites d'enfouissement par personne que tout autre pays du monde ? Bien que nous sommes écoresponsables en ce qui concerne certaines mesures d'énergie propre, nous échouons complètement lorsqu'il s'agit de réduire nos déchets. Et au niveau municipal, nous devons assumer une plus grande responsabilité pour les déchets que nous envoyons au site d'enfouissement. Ainsi, à l'instar de nombreuses municipalités de l'île, Montréal-Ouest mettra en place un nouveau protocole de gestion des matières résiduelles.

Pourquoi s'inquiéter autant des déchets ?

Lorsque les déchets se décomposent dans un site d'enfouissement, ils libèrent du méthane dans l'atmosphère, ce qui contribue grandement à la crise climatique. Cela est particulièrement vrai pour les matières organiques. Lorsque nous compostons des matières organiques, elles n'émettent qu'une fraction de ces gaz nocifs. Il est donc extrêmement important de détourner les déchets alimentaires et les déchets organiques vers le compost plutôt que de les jeter à la poubelle.

Que-ce qu'il comprend ?

À partir du 1er janvier 2023, chaque ménage unifamilial sera autorisé à utiliser un bac d'une largeur maximale de 240 litres. Les duplex et triplex auront droit à deux bacs de 240 litres et les appartements de 4 à 8 logements à trois bacs de 240 litres. Les entreprises auront droit à trois bacs de 360 litres. Tout doit rentrer dans les bacs,

aucun sac à ordures, boîte ou article ne sera permis à côté du bac lors de la collecte. Vous pouvez évidemment avoir une poubelle plus petite si vous le souhaitez.

Quel sera l'impact sur moi ?

Si votre famille recycle et composte déjà, le nouveau règlement ne vous affectera pas vraiment. Il existe de nombreuses autres options pour détourner vos déchets, comme la collecte des résidus domestiques dangereux, le nouveau Electrobac à l'aréna pour le recyclage des appareils électriques, et le service de collecte spéciale par les Travaux publics. Il existe une multitude d'endroits pour se débarrasser des articles non recyclables et non compostables. L'Écocentre est l'endroit principal pour vous défaire de presque tout, que ce soit des vieux appareils électriques, des produits toxiques, des matériaux de construction, et plus encore. L'Écocentre le plus près de

nous est situé à LaSalle sur Saint-Patrick. Il est aussi possible de se débarrasser d'articles non désirés dans des entreprises privées comme Renaissance, Réno Dépot, Home Depot, etc. Montréal-Ouest a un groupe actif sur Facebook pour donner une deuxième vie à nos choses : "Buy Nothing".

Il est certain que cela demandera un meilleur tri des déchets demandant plus de recyclage, de compost et de visites régulières à l'Écocentre. Il faudra aussi réduire, réutiliser, repenser et même refuser certains des articles que nous avons pris l'habitude d'acheter. Ce sera un défi, mais à l'ère de cette crise climatique existentielle, nous n'avons pas d'autre choix. Nous vous fournirons plus de détails sur ce nouveau règlement prochainement.

Elizabeth Ulin, conseillère Travaux publics, Environnement et Communications
eulin@montreal-ouest.ca