

THE INFORMER

Montreal West Viewspaper

March 2024, Vol. 52, No 2

Désirée McGraw: Pragmatic idealist

by Maurice Krystal

We first met in 2007. **Désirée McGraw** had just moved back to MoWest after a long absence. She was always aware of environmental issues – in fact, as a student in 1992, she attended the UN Conference on Environment and Development in Rio as a Youth Ambassador (where the COP climate conferences were first established). When we spoke, she had just finished serving as a Senior Policy Advisor to Prime Minister **Paul Martin** and was in the midst of co-founding *Climate Reality Canada*, **Al Gore's Climate Leadership Corps** in Canada. She was going to be speaking a few weeks later at the *MoWest Environmental Action Committee*.

Sixteen years later, we meet again, this time not in her home but at her office on Monkland. She now has aides and a buzzer to enter. A lot has changed. Désirée is now the MNA representing the provincial riding of NDG in the Quebec National Assembly. What hasn't changed is the same idealism of so many years earlier. Saving the planet is still her main priority.

In 2006, when her first son was one year old, Désirée and her husband, **Christopher Marilley**, decided to move from Melrose in NDG to MoWest. It

is where she grew up and where her parents still lived. Désirée was hired in 2015 to be President of Pearson College in Victoria B.C. She was told by friends and neighbours that once you live on Vancouver Island, you never leave. However, in 2020, after her tenure at Pearson concluded, the family, which now included three sons and a golden retriever, moved back to our Town in the midst of the Covid pandemic. Her father passed away the year before and they wanted to support her mom who still wanted to live independently on Strathearn. But it was also the lure of MoWest, which she described as a "small town without being small minded."

For Désirée there is no question that we are moving far too slowly when it comes to lowering our dependence on fossil fuels and reaching carbon neutrality. Being carbon neutral means that you, your business, and your national economy emits the same amount of carbon dioxide into the atmosphere that you offset by other means. While people should certainly try to reduce their individual carbon footprints, the lion's share of responsibility falls on governments and industries who should be investing massively in electrification, reforestation and climate adaptation.

While it's true that we are seeing the beginning of a clean energy revolution, our global community is still not on track to fulfill the Paris Agreement and keep global temperatures to a manageable level. We usually think of Quebec's hydro abundance as a greener source of energy than most of North America. However, while Quebec may not be a major pro-

ducer of fossil energy, we are major consumers. As a result, Quebec's carbon reduction between 1990-2021 was half as low at 8% as Ontario's 16%. It is the lack of political will to combat this problem that led Désirée to enter politics.

The Quebec Liberal Party has committed itself to reducing emissions by almost 10% more

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MNA Désirée McGraw; Isabelle Charest, Minister responsible for Sports, Recreation and the Outdoors; Mayor Masella

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Campbell Stuart:

fighting the green fight

Campbell Stuart is familiar to residents; he was the mayor of our town from 2006 to 2009. He is a lawyer known for his environmental activism, devoting his life to protecting green spaces in and around Montreal. Wednesday, March 20 at 7 pm, he will give a presentation at the Community Centre to talk about what residents can do to protect green spaces and specifically his years of work with *Les Amis du parc Meadowbrook*. The talk is being sponsored by the *MW Environmental Action Committee* of which I am a member. I had the chance to lunch and chat with Campbell recently at a Sherbrooke Street eatery near his home.

For how many years have you and the other members of *Friends of Meadowbrook* been fighting to block construction on the golf course?

The fight to save Meadowbrook began in 1989 and since then has engaged generations of community activists. I personally came late to the table, beginning in 2010.

Who owns the land?

The owner is a developer, and the developer has generated some confusion by calling itself "Meadowbrook Group Pacific Inc." in its lawsuit with the City of Montreal and "Meadowbrook GP Inc." in its lawsuit with Côte Saint-Luc.

In 2015 the Friends of Meadowbrook won a great victory when the Montréal Urban Agglomeration zoned the entire golf course "Grand espace vert et récréatif" thus blocking any development. How did your group win that battle?

In a nutshell, we won through relentless, never-say-die activism: we marched, we protested, we attended hearings and presented briefs, we wrote op-eds, we obtained letters of support from every environmental organization on the Island and beyond, we asked questions at municipal council meet-

ings, we submitted petitions, and we pursued every other avenue you can imagine. Perhaps most effective of all was our model Master Plan for Meadowbrook Park. This Master Plan was the result of extensive public consultations at a Charette [planning workshop by assorted experts] coupled with the expertise of a landscape architecture firm, Catalyse Urbaine. As a precise articulation of Meadowbrook as an urban nature heritage park, the Master Plan was a key element in convincing stakeholders and elected officials that the space had to be saved and preserved for the public.

After the rezoning victory many residents (me included) thought that it was the end of the story. Should we still be concerned about development one day?

Yes, as the owners continue to sue the Cities of Montréal and Côte Saint-Luc.

What can you tell me about those lawsuits?

Meadowbrook is half in Montréal (Lachine borough) and half in Côte Saint-Luc, and the developer is suing both cities. The case against Côte Saint-Luc started in 2002, when the owner claimed the city's rezoning to recreation was disguised expro-

priation, demanding over \$30,000,000 in damages plus interest. The case against Montréal challenges the Agglomeration's Schema d'aménagement itself, as well as Lachine's rezoning to recreation enacted in consequence. In this case the owners are demanding over \$50,000,000 plus interest. These cases are currently before the Court of Appeal to determine who, among the entities claiming to represent the owner, actually has legal standing as plaintiff.

Les Amis du Parc Meadowbrook have a complicated relationship with the golfers who use the course. Are golfers friends or foes?

The golfers are objective allies and friends in the cause of preserving Meadowbrook. We agree that the space must remain green.

I am also looking forward to hearing you speak on March 20 about the Legacy Fund for Environment. In a few words, what is the Legacy Fund?

The Legacy Fund for the Environment is a registered Canadian charity established in 2015. Its mission is to help finance and support citizens' groups wishing to pursue legal recourses to protect the environment. In addition to paying for legal services, we help finance biodiversity studies, fiscal analyses and other research which may bear on the issue. We also conduct a public awareness and education program on environmental legislation, and what citizens can do to defend their environment.

Interview by Daniel Boulterice
for the Environmental Action Committee



THE INFORMER

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

Le rôle de l'Informer est de fournir aux gens de Montréal-Ouest de l'information sur leur ville et ses citoyens afin de favoriser l'atmosphère de petite ville et de proximité qui fait de Montréal-Ouest un endroit spécial où vivre.

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NEXT ISSUE DEADLINE

March 6

L'environnementalisme en action

Campbell Stuart:

Le combat vert

Campbell Stuart est bien connu des habitants de Montréal-Ouest. Il a été maire de notre ville de 2006 à 2009. C'est un avocat connu pour son activisme environnemental, qui a consacré sa vie à la protection des espaces verts de Montréal et de ses environs. Le mercredi 20 mars à 19 h, il donnera une présentation au Centre communautaire de Montréal-Ouest pour parler de ce que les résidents peuvent faire pour protéger les espaces verts et plus particulièrement de ses années de travail avec Les Amis du parc Meadowbrook. Cette conférence est parrainée par le Comité d'action environnementale de Montréal-Ouest, dont je suis membre. J'ai eu la chance de déjeuner et de discuter avec Campbell récemment dans un restaurant de la rue Sherbrooke, près de son domicile.



Depuis combien d'années vous et les autres membres des Amis de Meadowbrook vous battez-vous pour empêcher la construction sur le terrain de golf ?

La lutte pour sauver Meadowbrook a commencé en 1989 et, depuis lors, elle a mobilisé des générations d'activistes communautaires. Personnellement, je me suis engagé tardivement, en 2010.

A qui appartient le terrain ?

Le propriétaire est un promoteur, qui a semé la confusion en s'appelant « Meadowbrook Group Pacific Inc. » dans son procès avec la Ville de Montréal et « Meadowbrook GP Inc. » dans son procès avec Côte-Saint-Luc.

En 2015, les Amis de Meadowbrook ont remporté une grande victoire lorsque l'agglomération de Montréal a zoné l'ensemble du terrain de golf « Grand espace vert et récréatif », bloquant ainsi tout développement. Comment votre groupe a-t-il gagné cette bataille ?

En un mot, nous avons gagné grâce à un activisme acharné et sans faille : nous avons marché, nous avons protesté, nous avons assisté à des audiences et présenté

des mémoires, nous avons écrit des articles d'opinion, nous avons obtenu des lettres de soutien de toutes les organisations environnementales de l'île et d'ailleurs, nous avons posé des questions lors des réunions du conseil municipal, nous avons soumis des pétitions et nous avons utilisé tous les autres moyens possibles et imaginables. Notre modèle de plan directeur pour le parc Meadowbrook a sans doute été le plus efficace de tous. Ce plan directeur est le résultat d'une vaste consultation publique lors d'une Charette [atelier de planification par divers experts] associée à l'expertise d'un cabinet d'architecture paysagère, Catalyse Urbaine. En définissant précisément Meadowbrook comme un parc urbain naturel et patrimonial, le plan directeur a été un élément clé pour convaincre les parties prenantes et les élus que l'espace devait être sauvé et préservé pour le public.

Après la victoire du rezonage, de nombreux résidents de Montréal-Ouest (moi y compris) pensaient que c'était la fin de l'histoire. Devrions-nous encore nous préoccuper du développement un jour ?

Oui, car les propriétaires continuent de poursuivre les villes de Montréal et de Côte-Saint-Luc.

Que pouvez-vous me dire au sujet de ces poursuites ?

Meadowbrook est situé à moitié à Montréal (arrondissement de Lachine) et à moitié à Côte Saint-Luc, et le promoteur poursuit les deux villes. Le procès contre Côte Saint-Luc a commencé en 2002, lorsque le propriétaire a prétendu que le rezonage de la ville à des fins récréatives constituait une expropriation déguisée, réclamant plus de 30 millions de dollars de dommages et intérêts. L'affaire contre Montréal met en cause le schéma d'aménagement de l'agglomération lui-même, ainsi que le rezonage de Lachine à des fins récréatives qui en a découlé. Dans cette affaire, les propriétaires réclament plus de 50 000 000 \$ plus les intérêts. Ces affaires sont actuellement devant la Cour d'appel afin de déterminer qui,

parmi les entités qui prétendent représenter le propriétaire, a effectivement qualité pour agir en tant que demandeur.

Les Amis du parc Meadowbrook entretiennent une relation compliquée avec les golfeurs qui fréquentent le parcours. Les golfeurs sont-ils des amis ou des ennemis ?

Les golfeurs sont des alliés et des amis objectifs dans la cause de la préservation de Meadowbrook. Nous sommes d'accord sur le fait que l'espace doit rester vert.

Je me réjouis également de vous entendre parler, le 20 mars, du Fonds d'héritage pour l'environnement. En quelques mots, en quoi consiste le Fonds d'héritage ?

Le Fonds d'héritage pour l'environnement est un organisme de bienfaisance canadien enregistré, créé en 2015. Sa mission est d'aider à financer et à soutenir les groupes de citoyens qui souhaitent exercer des recours juridiques pour protéger l'environnement. En plus de payer les services juridiques, nous aidons à financer des études sur la biodiversité, des analyses fiscales et d'autres recherches qui peuvent porter sur la question. Nous menons également un programme de sensibilisation et d'éducation du public sur la législation environnementale et sur ce que les citoyens peuvent faire pour défendre leur environnement.

Interview de Daniel Boulerice pour le Comité d'action pour l'environnement



MONTREAL QUEST EN LUMIÈRE

February 29-March 2

Features an outdoor environmental display. White Night Seven: Saturday, March 2 and into the early hours of Sunday morning, March 3. Open to all.

Evening reception at 5 pm, March 2, there will be munchables and an indoor exhibit highlighting Canadian artists under the theme Celestial Gardens.

The Westminster Cultural Arts Center is located at: 25 Westminster South, directly across from the Cenotaph.

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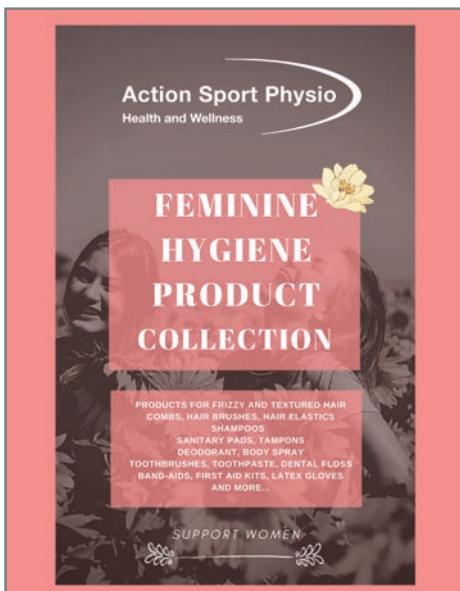
Action Sport Physio

Feminine hygiene product collection

Let's make a difference together by collecting feminine hygiene products for those in need. Every small contribution counts! Drop off your donations at the *Action Sport Physio* clinic or spread the word to raise awareness. Together, we can ensure everyone has access to essential care. We will be donating to *Chez Doris*, a women's shelter.

Here are some items they need: products for frizzy and textured hair, combs, hair brushes, hair elastics, shampoos, sanitary pads, tampons, deodorant, body spray, toothbrushes, toothpaste, dental floss, adhesive bandages, first aid kits, latex gloves.

Thank you for your generosity!



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L'environnementalisme en action

Moyens écoconscients de suivre le changement climatique en hiver

Si le fait d'avoir quatre saisons est l'une des raisons pour lesquelles beaucoup d'entre nous aiment vivre ici, cela signifie aussi qu'il faut constamment s'adapter au changement de température. Cela est d'autant plus vrai aujourd'hui que les changements climatiques affectent de plus en plus nos hivers. Par exemple, alors que les jours consécutifs de temps plus froid que la moyenne ont diminué depuis les années 1970, la quantité de neige qui tombe pendant une tempête augmente parce qu'une planète plus chaude dégage plus d'eau dans l'atmosphère. En outre, les changements de température soudains et radicaux sont plus fréquents, ce qui donne un coup de fouet à nos systèmes de chauffage domestique.

Glace et neige

L'une des conséquences de ces sautes d'humeur météorologiques est que le réchauffement des températures fait fondre la neige et la glace, qui règlementent souvent lorsque les températures chutent à nouveau, souvent pendant la nuit. Cela nous amène à utiliser davantage de sel sur les trottoirs et les rues. Le sel de déneigement peut être dangereux pour les animaux domestiques et les autres animaux sauvages, et peut favoriser l'érosion des sols.

Les alternatives écologiques comprennent le jus de betterave, le sable, le marc de café, la sciure de bois et les cendres de cheminée. Si vous devez utiliser du sel, lisez attentivement les instructions sur l'emballage et n'utilisez que la quantité néces-

saire. Nous pouvons réduire la quantité utilisée en pelletant la neige avant qu'elle ne se transforme en glace, ce qui est également la méthode la plus sûre.

Chaudage et thermostats

Il est courant pour les Canadiens de devoir constamment réajuster leur système de chauffage en fonction d'une liste de facteurs : si la température a décidé de chuter ou de grimper soudainement, si le soleil a choisi de briller ou de se cacher, si nous quittons la maison pour un certain temps, etc. Bien sûr, il est bon de baisser ou d'éteindre notre chauffage lorsque nous n'en avons pas besoin, par exemple si nous partons en voyage ou si nous pouvons simplement porter une couche supplémentaire de vêtements.

Mais avant tout, il est important de s'assurer que votre système central fonctionne aussi efficacement que possible et que l'air chaud n'est pas gaspillé. En 2017, le chauffage représentait environ 34 % de la consommation annuelle de services publics. C'est en partie ce qui fait qu'une maison moyenne émet deux fois plus d'émissions de dioxyde de carbone qu'un véhicule.

Pour économiser de l'énergie et de l'argent, vérifiez vos conduits et colmatez les fuites !

Quelques initiatives

Il ne s'agit là que de quelques initiatives qui vous permettront de passer un hiver plus respectueux de l'environnement. Vous pouvez également envisager de ne pas laisser tourner votre voiture trop longtemps lorsque ce n'est pas nécessaire, d'acheter des vêtements d'hiver fabriqués à partir de matériaux recyclés (de nombreux produits polaires sont fabriqués à partir de bouteilles de soda en plastique recyclées !) et d'utiliser des produits de déneigement électriques ou manuels plutôt que des produits à essence (car ils n'émettent pas de gaz à effet de serre).

Même si tout cela n'est pas immédiatement réalisable pour tout le monde, si vous gardez à l'esprit les bons gestes environnementaux et que vous faites ce que vous pouvez, vous faites votre part !

Haley Clarke-Cousineau
 du comité d'action pour l'environnement



Désirée McGraw

continued from page 1

by 2030 than the present CAQ government. The focus would be on giving incentives to make transportation, the largest emitter, smaller and electric.

This commitment is critical because, as Désirée explains, this decade (2020-2030) is the “defining decade.” We are at the point of no return, and it is necessary for governments to make the bold changes that are required to avoid climate catastrophe. The signs are all there: more extreme and unpredictable weather patterns; raging forest fires; rain and thunderstorms in January in Montreal; and reaching record temperatures in each season.

Special sense of community

Désirée is struck by the special sense of community in the NDG riding. Each area has its own specific needs, especially when it comes to health, education and housing requirements. She sees her job as to listen to citizens, consider community proposals as they are presented and advocate for those that meet the needs and aspirations of her constituents. Compared to other ridings, we are perceived as one of privilege. The riding is thought of as being affluent, but the reality is that 25% of the population live below the poverty line. It is the most vulnerable and underserved that she seeks to serve. Sometimes it's frustrating. It took three levels of government years to put a patch of grass at the Westhaven community centre so kids don't get run over while playing.

Two roles

As a politician, she sees herself playing two roles, one as a community champion, promoting institutions, rights and freedoms. This role comes naturally to her. Her second role is as a legislator in the National Assem-



bly and this role is more complex and challenging. Being in opposition generally means that you cannot initiate policy. She believes that the CAQ government has deliberately fractured Quebec society. While not overtly a separatist party, they practise a divisive brand of nationalism. Désirée often says: they have failed to divide Quebec from Canada and now their attention is focussed on dividing Quebec within itself – francophones vs anglophones and allophones, Montreal vs regions, de souche vs newcomers. They have created a group of second-class citizens. Her role is to hold fast to liberal values and fight for citizens' rights.

And MoWest

Focussing on MoWest, she says she understood the opposition by some to the new sports and recreation centre. She knows first-hand that the Town already pays the highest taxes in the province and many are seniors on fixed incomes. The plan was not

ideal, but did benefit from extensive consultations and Council support. She would have preferred to see the inclusion of a community centre that would house a library amongst other cultural spaces. This is what she experienced in Victoria and recognized its value. However, the \$16 million public grant was for sports and recreation and it was a “use it or lose it” proposition. There were serious health and safety concerns with the Legion Rink and when Désirée invited **Isabelle Charest**, Minister responsible for Sports, Recreation and the Outdoors, to see the situation, an additional \$3.77 million was granted by the government of Quebec. She believes it will be much better than what the town had, and ultimately that it's an investment in current and future generations.

The family includes her husband **Chris**, her three boys **Jack** (18), **Michael** (13) and **Kevin** (3) and their golden retriever **Cooper**.

To contact Désirée, her email is:
Désirée.McGraw.NDG@assnat.qc.ca

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— A sixth grader's perspective —

My Christmas vacation in the sun

As we walked out of the airport, I immediately felt the hot air on my skin. It was a big difference from the cold, grey skies of Montreal.

When we finished settling into our hotel, we went down to the pool to cool down with a swim. This was a very different Christmas than the one I am used to. This year we spent the holidays in Puerto Rico and Tortola.

The next day, Christmas Eve, was even hotter than the day before, so we decided to go to the beach. The waves were huge and very powerful. My brother and sister and I played in them for hours. There were even people selling fresh coconut water on the beach.

After opening our presents on Christmas morning, my brother and I went down to get a huge breakfast from the buffet to bring up to our family. We brought coffee for our parents, waffles for the kids and a big fruit plate.

We went into Old San Juan and saw a lot of people selling

bracelets and cool jewellery from little tables along the side-walks. We ate out at a popular restaurant in the old town, where the food was "authentic," according to my mom (it wasn't very good.)

A few days later, my dad flew back to Canada and then my siblings and my mom and I traveled to Tortola, in the British Virgin Islands, for a friend's wedding. In Cane Garden Bay, where we were staying, we went snorkeling. We saw colourful fish, huge conch shells and sand dollars. It was fun!

It was finally the day of the wedding, and my sister and I and our friend **Isabelle** were getting ready together. We had matching dresses and my sister and I had braids in our hair. The bride, **Fenna**, looked so wonderful in her white dress.

The next day, we returned home to Canada, but I'll never forget this Christmas vacation.

from Violet Connell



Violet Connell with her siblings Jack and Fiona in Puerto Rico on Christmas Day



Basil Bonanza!

The Green Team grew basil plants from seed in the school's aeroponic *Nutritowers*. The students learned how to grow the plants and maintain them, using this system. The towers are an effective and efficient way to grow plants indoor during the cold winters. Once the basil was ready, the students then gifted the plants as a show of appreciation to the entire EBS staff. Thank you from the Green Team – Bon appétit!

Learning and helping

Room 1 students had a blast in Math class while completing an inventory of school supplies that we had gratefully received as a donation. During the lesson, they practised skip counting and grouping in an interactive way, and collected all the data. Once that was done, they organized all the supplies to make them easily accessible to all classrooms!



IODE



Time:

How was it spent?

Was it worth it?

Did we do something useful with it?



Time is such a fleeting and temporary thing. We all find ourselves chasing it and seeing it pass in the blink of an eye. Then all at once, something causes us to stop and think about it. How was it spent? Was it worth it? Did we do something useful with it?

At the *IODE* H.M.S. Victory Chapter, here are some of our answers to those questions.

In 2023, our team of nine women spent over 8,170 hours of volunteer time. These hours work out to 908 hours per person spent supporting others, sharing their generosity and talent to contribute to their community and, in a nutshell, making our little piece of the world a better place.

Whether it is laying a wreath at the local cenotaph to honour our veterans; hand knitting 46 pairs of socks, toques, mittens and slippers for our two adopted grade three classes in Labrador; creating 210 homemade greeting cards; delivering turkeys for Thanksgiving to a community centre; assembling 30+ grooming bags and 85 gift bags for a women's shelter; involvement with our arts community or a myriad of other activities, this team has genuinely made a difference in the lives of many – often anonymously. In addition, there are monthly meetings inspiring the creation of new projects, creatively participating in community activities and drawing on our collective wisdom to share and support each other through laughter, joy and tears. It doesn't get much better than that!

We look forward to a 2024 filled with many moments of giving, sharing and enjoying. If you want to learn more about what we do and how you can be a part of it, don't hesitate to contact us at iodehmssvictory@gmail.com.

As our motto says, **Inclusive, Organized, Dedicated, Enthusiastic** – we certainly try to live up to it! We would love to have you join us.

from Diane Ellison

Kosher corner

Purim!

We are excited to once again celebrate the Purim season together as a community. We hope to see you at some - or hopefully all - of the following events!

First Friday Shabbat

First Friday Shabbat service March 1 at 6:15 pm, followed by Kiddush and refreshments!

Rosh Chodesh Women's Society

Class five of the "One WOW Moment" Wednesday, March 13 at 7:45 pm. Learn about Queen Esther from the Purim story and how her decision shaped the way we are as a Jewish nation today.

Jewish Women's Circle

Enjoy an evening baking Hamantaschen! Wednesday, March 20.

Purim!

Look out for the email on how to participate in this year's Montreal West Mishloach Manot initiative.

Children's pre-Purim fun Tuesday, March 19, 4:30- 6 pm.

This year we celebrate Purim Saturday night March 23-Sunday, March 24. Chabad Westminster will hold numerous Megillah readings to ensure everyone can join at their convenience.

Please join us for a community Purim brunch, Sunday, March 24 at 11 am. Full brunch, Megillah reading; costumes encouraged!

HaPpY PuRiM!

from Rabbi Marlow

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The clematis and the rose

The clematis and rose have a long and complicated history in cultivation and can be perfect partners in the garden. **Christie Lovat** will talk about the development of these two groups of plants – and their care requirements – in her presentation. Best of all, she will let us know how to integrate the two species together into the garden.

Professor Lovat lectures in the Bieler School of the Environment at McGill University. Her talk will take place Monday, March 18, 7:30 pm at the Town Hall. Everyone is welcome. The fee is \$5 for non-members.

Membership to the garden club is \$25 for the 2024 calendar year and will keep you informed of coming events. Membership can be paid at the March meeting or can be sent to Andrea Macdonald, 34 Westland Drive, Montreal West, H4X 1M2.

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March
18

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Left: Michael Yeates accepting his award for the top scorer in the tournament with 14 goals. Photo courtesy: TOM Tournament. Right: Friends and teammates Michael Yeates, Bennett Dankoff and Yoni Rossdeutscher posing for a picture with the championship cup. Photo courtesy: MWH Knights.



The team kept their momentum going during the elimination games. In the quarter finals, they faced the Centre-Sud Blackhawks for a second time; however, by game four, the Knights hit their stride and came out victorious with a 4-1 win. The semi-final game was decisively won ending in a 4-0 shutout against the H.M.R.P.P. Ambassadeurs and earning them a spot in the finals. In the finals, the Knights won the tournament with a 5-2 victory over the UQTR 2 Patriotes.

All the Knights' players had strong contributions and they played some of their best hockey of the year. **Michael Yeates** was awarded the top scorer in the tournament with 14 goals. The U13 Knights are looking forward to hanging



Hockey Knights

The MWH Minor Hockey Association has been having an exhilarating season full of games and various tournaments. The players are showcasing their skills on the ice, fostering a sense of community and sportsmanship. As they continue to lace up their skates and hit the rink, the MWH Knights continuously prove their passion for the sport and the enduring strength of community bonds.

The Knights have had a successful start to the year with not just one, but TWO Championship banners! Congratulations to the M13B Knights for winning the TOM tournament

and the M11A Knights for winning the Verdun tournament.

Follow us on Instagram at [MWHHOCKEY](#).

MWH Knights

The M13 Montreal West/ Hampstead Knights were victorious at the 50th annual Tournoi Olympique de Montréal (TOM) in Rosemont-La Petite-Patrie this past January. The Knights faced some very competitive teams in the round robin games. In game one, the Knights got off to a strong start winning against the Dragons of St-Donat/R.D.P. by 5-1. Game two was against the Centre-Sud Blackhawks where from start to finish, the game remained neck-and-neck, keeping fans on the edge of their seats. Down by one goal and with 26 seconds left in the

third period, the Knights tied the game on a power play. The final score was 5-5. Game three against the Ahuntsic Braves was another nail biter that ended in a 6-4 victory for the Knights.

Front row from left: Yoni Rossdeutscher, Bennett Dankoff, Evan Hayatian, William Douglas and Michael Yeates. Top row from left: Sam De Toni, Levi Cooperman, Ethan Leckner, Asher Reeves, Archie Robbins, Benjamin Cernovitch and Nathan Heisler. Photo courtesy: MWH Knights



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CRA

their championship banner in the new recreation centre once construction is complete.

Thank you to all the players, coaches, managers and families for a successful tournament!

North Stars du EHL

 Our seven double letter North Stars teams continue to dominate as we head to the playoffs. Congratulations to our M11BB team who made it the finals at the Verdun tournament. Our JRAA team participated in their first away tournament in Quebec City. The boys played well and had a great time both on and off the ice.

Go North Stars, go!

To see the schedule, visit our website at northstarsduehl.com or follow us on Instagram at [northstarsduehl](https://www.instagram.com/northstarsduehl/)

Skating show

Our end of year skating show is fast approaching. Mark it in your calendars, March 24 in the morning at Ed Meagher Arena (Concordia). Our skaters from pre-school skate, learn to skate and figure skating programs will be demonstrating their skills on ice for everyone to see.

Spring registration

Opens online March 1 at mwcrasports.ca for residents and March 15 for non-residents.

M11A Knights win gold in the Verdun tournament

For the second year in a row, the M11A Montreal-West Knights brought home the gold medal from the Verdun hockey tournament, or as the players like to call it, The Chocolate Milk Tournament. The Knights remained undefeated, displaying some amazing hockey skills and teamwork. All the players have been working hard at practice and it showed with a 9-0 win in their first game.

Plays were executed to perfection, like the incredible pass from **William Woo** to **Isaac Casarotto** resulting in a beautiful goal. And everybody is still talking about the toe save by goalie **Benjamin Casault** who almost did a complete split in the 3rd period of the finals which took the game to overtime. And with only 7 seconds into the OT, **Julian Forlini** won the face-off and skated with such determination towards the goal to net an absolute beauty that sealed the game 4-3.

The amazing managing and coaching staff (**Franco Forlini**, **Mike Coughlin**, **Matt Schnarch**, **Jennifer MacMillan**, **Melissa Lomanno** and player-supporter **Ben MacMahon**) guided the players throughout the tournament.

Goalie **Logan Beech-Schnarch** came back from an

injury to lead his team to the finals; forwards **Rory Coughlin** and **Tobyn Coughlin** got the fans off their seats with some fabulous shots and goals; defensemen **Jacob Deich**, **Ciaran Donlan**, **Dante Forlini** and **Lucas Leckner** included so many offensive plays and goals, avoiding with ease the opponent's defensive line, while successfully preventing the rival teams from shooting on net.

And we can't go without mentioning forwards **Tagan**

Hilf, **Nico Lajoie**, **Joey Rubin** and **Nico Violini-Heisler** who kept the pressure on their opponents with non-stop shots on net and plays that should be on a highlight reel.

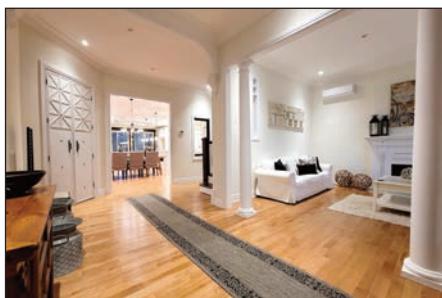
After some well-deserved celebrations including team mascot Baptiste touring the ice inside the trophy and some delicious *Mr. Puffs*, the players are back at work, aiming to bring the league's trophy home to Legion.

Go Knights, go!

To see the schedule, visit our website at www.mwhhockey.ca



The 2024 TOM Tournament champion U13B MWH Knights: Asher Reeves, Evan Hayatian. Bottom row from left: Yoni Rossdeutscher, Nathan Heisler, Archie Robbins, Ethan Leckner, Benjamin Cernovitch, Levi Cooperman, William Douglas. Middle row from left: Mikaela Hadid, Sam De Toni, Michael Yeates, Bennett Dankoff, Jordan Stutman. Top row from left: JD Reeves (Assistant Coach), Jamie Douglas (Assistant Coach), Shawn Robbins (Head Coach), Tom The Mascot and Santino De Toni (Assistant Coach). Photo courtesy: TOM Tournament



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Children's Library

March Break Activities

What is in store at the Children's Library during the March Break? We have put in place an exciting array of activities to keep our young visitors busy and engaged.

Tuesday March 5, we will show the movie *Lyle, Lyle, Crocodile*; Wednesday, join us for a craft workshop; Thursday there will be a chess tournament – please register so we can prepare the draw; Friday, a cooking class will teach children how to prepare spring rolls – we provide the ingredients and the recipe, and the spring rolls can be tasted for lunch! Registration is required for all activities except for the movie screening. Don't forget to contact us for registration. More details can be found on our website.

Mon, Wed, Thu, Fri /
lun, mer, jeu, ven :

10 am-6 pm

Tue / mar :

10 am-8 pm

Sat, Sun / sam, dim :

10 am-3 pm

484-7194

www.mwcl.ca mwcl@mwcl.ca



Bill Foster Writing Contest

The annual *Bill Foster Writing Contest* is back for its fourth edition in 2024. This year, we ask the budding authors to write on the theme of "Imagination."

Your text can be written in English or French and you can submit a poem, short story, graphic novel or an illustrated story. All formats are accepted: handwritten or printed. Submissions are accepted until April 15. Two categories will be awarded: 6 to 8 years and 9 to 12 years.

Please pass by the library to pick up an envelope in which to submit your text.

The jury this year will be composed of author **Dara Murphy**, journalist/writer **Marlee Kostiner** and teacher from Elizabeth Ballantyne school **Kate Marien**.

Parent-child book club

The parent-child book club's numbers are growing, and the talks and discussions we have are most enjoyable. Do you know that we read two titles per month? – one aimed at children 6 to 8 years of age and one for an older audience. Even if the titles for the year have been voted on at the beginning of the season (September) it is never too late to join and be part of our passionate reading circle. Check the web site for the



In January, we held a quilling workshop. Sophia is happy to show a picture of Fluffy, made with her newly acquired quilling technique. Great fun was had by all participants – children and parents alike.

latest titles and call to reserve a copy of one or both books.

Environmentalism in action

Eco-conscious ways to keep up with climate change in winter

While having four seasons is one of the reasons many of us love living where we do, it also means constantly needing to adapt to the changing weather. This is particularly prevalent now as climate change is increasingly affecting our winters. For example, while consecutive days of colder-than-average temperatures have gotten shorter since the 1970s, the amount of snow that falls during a storm is increasing because a warmer planet evaporates more water into the atmosphere. Additionally, sudden and drastic changes in temperature are more common, giving our home heating systems whiplash.

Coping with ice

One result of these meteorological mood swings is that warming temperatures melt snow and ice, which will often re-freeze when temperatures drop again, often overnight. This leads us to use more salt on sidewalks and driveways. Road salt can be

hazardous to pets and other wildlife and can increase soil erosion. Eco-friendly alternatives include beet juice, sand, coffee grounds, sawdust and fireplace ash. If you must use salt, read package directions carefully and use only as much as needed. We can decrease the amount we use by shoveling snow before it turns into ice, which is also the safest method.

Heating systems and thermostats

It is common for Canadians to find themselves constantly readjusting their heating systems based on a list of factors: whether the temperature suddenly dropped or spiked, whether the sun is shining or hiding away, whether we're leaving the house, etc. Of course, it's a good idea to lower or turn off our heat when we don't need it, for example if we're on a trip or when at home we can simply put on an extra layer. But first, it's important to ensure that your central

system is working as efficiently as possible, and that warm air is not being wasted. As of 2017, heating accounted for about 34% of all annual utility usage. It's part of what makes an average home twice the emitter of carbon dioxide emissions as a vehicle. So, in order to save energy – and money – check your ducts and wrap any leaks!

More suggestions

These are just a couple of initiatives that will lead to a more eco-friendly winter. You can also consider not leaving your car running too long when it's not necessary, purchasing winter clothes made of recycled materials (many fleece products are made from recycled plastic soda bottles!) and using electric or manual snow removal tools (which don't emit greenhouse gases) instead of gasoline-powered ones. While not all of this is instantly achievable for everyone, if you're keeping it in mind and doing what you can, you're doing your part!

Haley Clarke-Cousineau
for Environmental Action Committee



Montreal West Public Library

481-7522

41 Westminster N.

Reservations/requests:

info@mwpl.ca

Visit us online: mwpl.ca

OPENING HOURS

Monday to Saturday:
noon-6 pm



Spring is coming!

Spring is on its way, and you might have already spotted the seedlings sprouting in the window of our library. These seedlings are a wonderful showcase for the seeds available in our seed bank, accessible to all residents and members. Our seed library is generously supported by *West Coast Seeds*, who graciously provide us with seeds at no cost. If you'd like to lend a hand in our gardening efforts, please let us know!

In addition to our green endeavours, we have a lineup of engaging events centred around literature this March. Our first event dives into Canada Reads, where our staff will passionately defend their chosen novels to determine the ultimate "one book to carry us forward." Join us on March 7 at 2 pm to witness our community's spirited debate and discover which novel emerges victorious.

If you're more inclined towards leisurely discussions over a cup of tea, mark your calendars for March 20 at 2 pm for our Tea and Books gathering. No reading required! This book club is the perfect platform to share your recent literary discoveries and hear why others enjoyed their latest reads.

Following Tea and Books, our AI book club reconvenes on March 26 at 7 pm. We will be discussing **Martha Wells' All Systems Red**. Whether you're a seasoned aficionado or just curious, everyone is welcome to join the conversation. Simply sign up at the library, either in person or via email, to secure your spot. (email: info@mwpl.ca).

MWPL annual general meeting

The Montreal West Public Library will be holding its annual general meeting on Wednesday, March 20 at 7 pm. This year the meeting will be in person. To attend, you must be a member of the library.

Why attend another meeting? The library is run by a volunteer board of directors that oversee the library operations and strategic direction. At the AGM, there will be an election of five members to fill board positions coming vacant. If you are interested in learning more, please email Deborah at deborah@mwpl.ca or come in and see us in the library.



West End Quilters



A quilted Valentine postcard.

During our regular quilting meetings, members have a chance to show off what they have made. In addition, we have demonstrations of techniques and discussions. But rarely do we do any actual sewing in our meetings. Most of our quilting is done in our homes, alone.

Still, we do enjoy sewing together, which is why our twice-yearly retreats are always popular. This year we have also had several sew days with the *Loose Threads* guild from Côte Saint-Luc. In December we made Folded Star Hot Pads with **Moishe**. In January, **Debby** showed us how to make hanging wall pockets for storing all sorts of little things. On other days, quilters come to sew their own project. In this way, those who can't get away for long weekends can still have the camaraderie of a group. At a recent meeting, **Vivian** showed us how to make quilted valentine postcards which can be sent through the mail. Next time, **Mary** will demonstrate Kawandi quilting. This slow, relaxing hand stitching originated in India and is a great use of fabric scraps.

from Mary Sutherland

Kawandi quilting

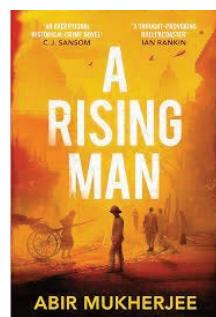


What Are You Reading Now?

A Rising Man

by Abir Mukherjee
from Trish Hewat

A Rising Man is one of the best mysteries I have read in a long time. It is a beautifully constructed, fast-paced story set in post World War I colonial India. Captain Sam Wyndham from Scotland Yard is newly arrived in Calcutta, having been recruited to join the Imperial Police Force by its Commissioner of Police who he'd worked under in military intelligence during the war. No sooner has he arrived than he is tasked with solving the murder of a high-ranking British official found with his throat cut outside a whorehouse in the native quarter. The evidence seems to point to a discontented Indian revolutionary seeking to end the oppression of British rule. There has been an attempted robbery of a train thought to be carrying large amounts of money, enough to buy a significant quantity of arms for a rebel group. Is there revolution



in the air? Can Wyndham solve this murder in time to prevent violence in the streets?

An Irish salesman living in the same boarding house as Wyndham gives him insight into the dynamics of British/Indian relations. How, he asks Wyndham, do 150,000 British manage to control 3 million Indians? "Moral superiority," is his answer. "For such a small number to rule over so many, the rulers need to project an aura of superiority over the ruled...and their subjects must in turn believe themselves to be inferior."

But the revolutionary has been converted to Gandhi's non-violent movement: "I realized that violence only served to justify your repression. I came to see the only way to end British rule in India... is through non-violent, non-co-operation. Only when you see you lack the moral high ground will you understand that you have to leave." And the violence, when it comes, is not from Indian rebels but from a British general ordering his troops to mow down a peaceful meeting of Bengali men, women and children in an enclosed stadium. So, if the revolutionaries aren't the murderers, who are?

Scouts



Beavers

It was a long stretch from our last meeting in December at the bowling alley until Beavers started again in January. We have welcomed three new Beavers to our Colony and we have three parents who are becoming Beaver Scouters. We are on a roll! We have learned how to use a compass for basic N, S, E and W and our new Scouter **Rocky** has taught us a few basic knots, like the reef knot. We practised skits, songs and cheers at a pretend campfire to prepare for winter camp.

from Scouter Rainbow (Karen)

Cubs

The Cubs have not been back long since their winter vacations, but already things are ramping up to a frenzied pace. It was wonderful to see the Cubs getting together at the first meeting back and to see how important it was to them to be able to interact with their peers. So many missed these opportunities during the break with no school or meetings.

"Bear" in the wood



Beavers making souvenirs

In preparation for our annual winter weekend camp, we have been reviewing winter skills including ice rescue, first aid, celestial navigation and especially the proper methods to dress and take care of ourselves in the winter environment. We also had a quick demonstration and an explanation of the mechanics of how snowshoes work in preparation for our snowshoe hike in the woods.

from Scouter Chil (Bruce)

Scouts

The month of January began with a couple of visits from a certified first aid instructor, **George Smith**. The Scouts learned basic CPR skills (chest compressions) using Red Cross practice dummies. The following week, they learned about frostbite, hypothermia and building an emergency shelter. These activities helped to prepare the group for the highlight of February, the annual winter camp.

from Scouter Peter

Winter camp

Camp Kinkora in St. Adolphe d'Howard has become our annual winter camp spot. Participants from all levels of Scouts attended: Beaver, Cubs, Scouts, Venturers and Rovers. The Rovers are the eldest age group, 18 to 26.



Cubs, Noa, Andrew, James, Noah, building a fire

Rovers **Anais**, **Billy**, **Jonathan**, **Liam** and **Tomi** did all the cooking for the camp. They were assisted by Cub Mother **Daphne**. They made homemade pizza, soups, spaghetti and, of course, smore's! We all ate very well! Thank you all for your help and dedication to the group.

Despite the higher than usual winter temperatures, the group was pleasantly surprised by the amount of snow up north. It rained only overnight Friday and didn't freeze so we were able to participate in all the planned winter camp activities such as tobogganing, snowshoeing and building forts. The highlight of the weekend for all sections was a snowshoe hike. The Scouts took a scenic route to the top of a small mountain where there was a panoramic view of the entire region. The Cubs stopped along their route to build fires and toast marshmallows. The Beavers searched for the "Bear" in the woods. On Sunday, the Scouts also made a campfire to boil water for chai tea. A wonderful weekend!



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Guides



 The Sparks, Embers and Guides started the new year off with a special project for Brown Owl. Brown Owl is also known in the wider community as **Janet King**. She retired from being a Guider volunteering at weekly meetings in December 2023. Through her 35+ years as an active Guider, she always encouraged the girls to think of others in our community. Often cards or crafts would be made for the recipients of the *Meals on Wheels* program. Birthday cards would be made for the residents of *St. Andrew's Residential Centre*.

With this in mind, the girls undertook a project to bring Brown Owl a little joy. They and their leaders all became rather crafty and created a painting or drawing for Brown Owl with the intent of bringing her joy. All the artwork was compiled into a book for Brown Owl to have easy access to view all of the creations. The book was delivered to her in early February. She was so delighted to see familiar names and learn of the new girls who have joined the units.

Sparks and Embers

The Sparks and Embers started the new year off with experiments. They created art through learning about chromatography. First, they decorated coffee filters with water-based markers; then they dipped the filters into a bit of water and watched with excitement to see how the different colours separated and what beautiful works of art were created. They also painted using different techniques. For example, they drew pictures with a white crayon and then coloured over them with water colours. They also created original works of art using just prime colours and explored how to create different colours. Finally, they made paintings in a jar. They lined a container with a piece of paper, chose objects of different weights that they dipped into paint. They put these objects into the jar and closed the lid. After doing a little

dance while shaking the jar as much as they could, the objects were removed and the paper was laid out to dry. It was a bit of a messy adventure, but they had a lot of fun!

The younger girls also learned how to make art through binary coding. They were teamed up – one Spark with one Ember – and one girl would write out a binary code for either a 6 x 6 or a 7 x 7 grid. The other young lady would then attempt to decipher the code while shading in the appropriate squares. There were the occasional incidents of a “bug” getting into the works, but they figured out where modifications were needed.

We have had five new girls join our Spark and Ember units since the start of January. The older girls will help teach the newer girls all they need to know to be enrolled. It is always exciting to celebrate the growth of the unit through an enrollment ceremony!

Guides

The Guides have a tradition of starting off the new year by playing the “Game of Life”. They do not use a board game, no... why would you do that when the girls themselves can be the game pieces and the meeting space becomes the game board! One member of the leadership team is the banker, another is the registrar, keeping track of graduations, marriages, home purchases, births and deaths. Another leader presents the girls with their “chance cards.”

These were challenges for the teams to complete. Some were skill related, others artistic and some were just luck. The girls had a great time learning what their career would be; if they’d marry or not; the type of home they would live in and how many children they would have; how long their retirement was before they passed on. One year there was a couple who were doctors living in a trailer park. They ended their game with so much money, they asked if they could pay

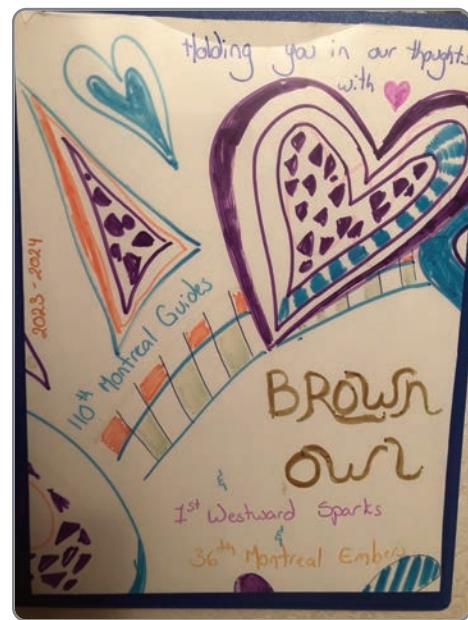
off the debt of all the other players. If only life were really that way! The girls look forward to this meeting every year!

Pen pals

In the fall, the Guide leaders submitted a request to be paired up with another unit to become pen pals. They were lucky enough to be paired with two different units. A francophone unit from Orleans, Ontario and an anglophone unit from Sylvan Lake, Alberta. The girls were busy writing their first set of letters to the Ontario unit, giving them a chance to embrace their French writing skills. They are anxiously awaiting the arrival of letters from Alberta.

Girl Guide cookies

Traditional Girl Guide cookies will be available as of March 23. At that time, the girls will have both the traditional and mint cookies for purchase.



Community Centre communitaire



Tournament fundraiser

April 6, 2-8 pm

The Steve & Rob Michelin fundraising hockey tournament will take place at Samuel Moskovitch Arena.

For almost 20 years the tournament has taken place at the Legion rink over the Christmas holidays and hopes to return there once the new facility is complete.

Beer league and amateur players interested in playing in the tournament, can email crk.kearney@gmail.com for full details.

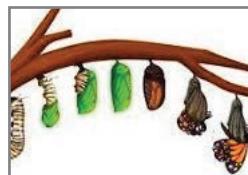
Spring Artists' Showcase

Theme: Metamorphosis

deadline: April 19

Montreal West artists are invited to display their art on the website for the online exhibition and the Town Hall.

To find out more about the Artists' Showcase, or to get an application form, go to the Montreal West website under "Culture" or call 484-6186.



Assemblée générale annuelle et élections du Comité des usagers de Cavendish Conférencier invité : Me Paul Brunet, Conseil pour la protection des malades

Vous êtes invités à participer à l'Assemblée générale annuelle du Comité des usagers de Cavendish du CIUSSS du Centre-Ouest-de-l'Île-de-Montréal qui desservent les usagers de:

Centre d'hébergement Father-Dowd
Centre d'hébergement Henri-Bradet
Centre d'hébergement Saint-Andrew
Centre d'hébergement Saint-Margaret

Le rapport annuel et les élections des candidats au Comité des usagers de Cavendish seront présentés mercredi le 28 février à 12h00 via Zoom. Veuillez confirmer votre présence par téléphone au 514-484-7878, poste 61728 ou par courriel à userscommittee.cavendish@ssss.gouv.qc.ca.



Pour plus d'informations sur le rôle du comité et l'élection de ses membres, n'hésitez pas à nous contacter.

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Spring Programs

Call 484-6186 or sign up on AMILIA (online registration)

The spring session begins in early April! Try a new class or sign up for one you are already enjoying!

For adults

Barre, Gentle Yoga, TRX, Yogalates, Stretch, Yoga for Stiff Men, Essentrics, Warrior Workout, Reach, Meditation, Pilates, Adult Ballet

For kids

Tap dancing, Fun Science with Captain Catalyst, Ballet and Pre-Ballet, Parent-Child Yoga, Baby & Me Workout, Dungeons & Dragons

American Mah Jongg workshop

Begins Tuesday, April 2, 10:30 am-12:30 pm for 6 weeks. Location: Community Centre.

Summer Programs

Space still available for our camp, community centre and tennis programs. Visit the Town website for full details!



Job Postings

Deadline is March 18 for camp counsellors and specialized counsellors

Please visit montreal-west.ca/en/our-town/town-management/employment/ to apply.

Community Centre communiaire : 484-6186

Cottontail Party

Fundraising event for the new sports and recreation centre

Sunday, March 24, 2 pm
Town Hall

Egg hunt, crafts and show by *Les Folies de Danys*.

Tickets for children: \$15 for residents / \$20 for non-residents (price of a ticket includes access for one adult).

Additional tickets for adults: \$5



Meditation workshop

Embark on a journey within

Saturday, March 23

9-noon

John A. Simms Community Centre

Unlock tranquility and inner peace with our meditation workshop. Join us for a transformative experience where ancient wisdom meets modern mindfulness.

What to expect:

- guided meditation sessions
- practical techniques for daily life
- stress reduction and relaxation
- mind-body connection exploration
- welcoming community atmosphere

Cost: \$50 residents, \$60 non-residents

Limited spaces available! To register, sign up on Amilia or call **484-6186**.



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Pub Night: *The Other Side of Cool*

Fundraising event for the new sports and recreation centre

Saturday, April 6

Town Hall (Assembly Hall, 2nd floor)
Doors open at 8 pm

Join us for a great musical performance by *The Other Side of Cool*. There will be snacks and drinks for sale.

Buy your tickets in advance on Amilia for \$30.



MADA Tea and Talk

March is Fraud Prevention Month

Fraud Prevention Lecture (FREE)

Wednesday, March 20, 1 pm
Community Centre

Presented by SPVM.



Red Cross Babysitting Course

Saturday, February 17
9:30 am-4 pm
Community Centre



Ages 11-15

Cost: res.: \$85/non-res.: \$95

The Canadian Red Cross Babysitting Course covers everything from managing difficult behaviors to essential content on leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. This updated curriculum, complete with new science, also provides improved learning when it comes to giving the appropriate care in the event of an emergency.

Red Cross Stay Safe! Course

Sunday, April 27
9 am-2:30 pm
Community Centre

Ages: 9-13 years

Cost: res.: \$80/non-res.: \$90

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

Emergency First Aid and CPR

Saturday, May 4
9 am-4:30 pm
Community Centre

Ages: 16+

Cost: res.: \$100/non-res.: \$110

Basic one-day course offering lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines.

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Tuesday: 9 to 6

Wednesday: 9 to 8

Thursday: 9 to 8

Friday: 9 to 8

Saturday: 8 to 5

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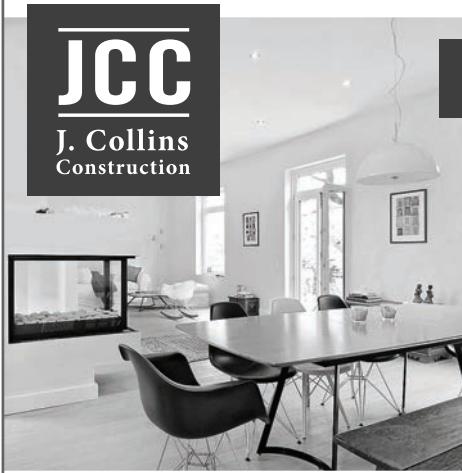
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News from the pews

St. Ignatius of Loyola

Alpha starts March 20

Back in 2017, St. Ignatius launched its first Alpha to give people an outlet to explore questions related to life, faith and the meaning of it all. Since then, close to 1000 participants from all walks of life have gathered in our basement over great meals to have open and honest discussions on just about everything. If taking a break for a couple of hours a week for a couple of months to escape the busyness of life and reflect on life's big questions sounds enticing, then join us starting March 20! We'd love to accompany you on your Alpha journey. Sign up for free at stig.ca/alpha

Lent and Easter

This Lent, you're invited to join us every Tuesday evening leading up to Easter from 7 to 8 pm for adoration of the blessed sacrament. Take this time to pray, read or simply take some quiet time to meditate. For a more guided time of prayer, you're welcome each Saturday at 3 pm for the stations of the cross. This is a 40-minute prayer journey to walk with Jesus, reflecting on his saving sacrifice on the cross.

Our team is already busy preparing to welcome the community to our parish this Easter. You're invited to celebrate Easter Sunday with us on Sunday, March 31 at 10 am. Should you be interested in experiencing the Easter Triduum, please join us on Holy Thursday March 28 at 8 pm, Good Friday March 29 at 3 pm and the Saturday Easter Vigil on March 30 8 pm. We look forward to welcoming you!

Homilies on Spotify and Apple podcasts

We're not your typical Catholic church. Check out stig.ca/homily to find out why St. Ignatius has experienced unprecedented renewal in recent years!

from Shawna Rose

MW United

...the brick one

Marching towards Easter

March gives us a chance to re-jig some things in our own minds before the arrival of Easter. If you have been hankering for a chance to discuss some issues of humanity, power struggles or love, you may wish to consider these opportunities:

Wednesday afternoons at 2 pm in the minister's study, or again at 7 pm on Zoom, Rev. Mark is keen to discuss the coming week's scripture reading with all those interested and available. A candid exchange with whomever is present on any given day gives a chance to think outside of boxes, prompted by other curious folk. For details and links, call **Vicky at 482-3210**.

The Spirit is With Us discussion circle meets one Sunday a month (after service) in the comfortable Bill Foster Board Room upstairs. As above, there is no fixed membership as it remains open to any who might happen by. Check with the office for the next meeting.

Also in March, Confirmation classes for young people (aged 12-16) will begin. The class can be taken by those interested in becoming members of the United Church or by those just interested in the big questions. As Rev. Mark says, "Come and discover that you aren't the only one with big questions." Please contact the church office for times and dates. mwuoffice@gmail.com, or call 482-3210.

Ponder on the pathway...

Evening Labyrinth Walk Wednesday, March 20 between 7-9 pm, Wadsworth Hall – socks or slippers, svp.

Holy Week begins with Palm Sunday, March, 24 when the choir, under **Christopher Ducasse**, will present timely words and music that speak to the spirit.

March 29, Good Friday service will be held at 7 pm, with a chance to sit in contemplative silence afterwards.

March 31, Easter Sunday morning will

burst forth in all its glory at 10 am. Don't miss it.

Can't pack much more into March so we'll stop there.

from Susan Upham

St. Philip's

Sunday, March 10 at 11:15 am, our Mid-Lent pancake brunch returns after a four-year absence. Pancake, scrambled eggs, and ham, all for \$10 (\$5 for children). Please call **481-4871** by Thursday, March 7 to reserve tickets.

Holy Week and Easter come early this year.

We begin with Palm Sunday, March 24, with the blessing of palms and procession at 10 am.

Wednesday, March 27, at 7:30 pm, we have the service of Tenebrae (Shadows). Taking place in darkness, the service of readings and psalms sung to Gregorian chant is an extended meditation on the Passion and death of Jesus.

Maundy Thursday, we gather at St. Thomas' Church on Somerled for a pot-luck meal and Eucharist in commemoration of the Last Supper at 6 pm.

Then Good Friday, we celebrate the Solemn Liturgy at noon, with a reading of the Passion according to St. John, meditation on the Cross and communion.

Easter Sunday, the celebration of the Resurrection takes place at 10 am, with special music.

from Fr. Pratt

Annual General Assembly and elections of the Cavendish Users' Committee Guest Speaker: Me Paul Brunet, Conseil pour la protection des malades

You are invited to attend the Annual General Meeting of the Cavendish Users' Committee of the CIUSSS West-Central Montreal serving the users of:

Father Dowd Residential Centre

CLSC Benny Farm

Henri Bradet Residential Centre

CLSC René-Cassin

Saint Andrew Residential Centre

Catherine Booth Hospital

Saint Margaret Residential Centre

Richardson Hospital

The Annual report and elections of candidates to the Cavendish Users' Committee will be presented on Wednesday, February 28, at 12:00 pm via Zoom. Please RSVP at 514-484-7878 x 61728 or email us at userscommittee.cavendish@ssss.gouv.qc.ca.



For more information on the role of the committee and the election of its members, please do not hesitate to contact us.

Centre intégré universitaire de santé et de services sociaux du Centre-Ouest-de-l'Île-de-Montréal

Québec 

Town Council meeting: January



by Carol Foster

Councillors' reports

There was no report from the mayor. **Councillor Torres** was the first member of Council to give her report. The first three months of the year are always slow for permit applications, and 2024 has been no different: only six applications for permits were received. However, this slow period allowed the Inspector of Urban Planning to catch up with the inspections of work already completed. It is also a good time for residents who may be planning to do work on their property to ask questions of the Urban Planning Department and consult the Town's website for all the necessary information regarding applying for a permit.

Following two cases of break-ins and the discovery of a stolen car on town property, **Councillor Small-Pennefather** once again emphasized the importance of ensuring that all front doors, garages and cars are kept locked. She also cautioned residents to respect the orange signs prohibiting parking during snow removal operations. Thirteen automobiles had to be towed recently, slowing down snow removal operations and incurring hefty fines for the vehicles' owners.

Councillor Ulin repeated the need to respect all parking signage, especially for the temporary orange No Parking signs. She added that it is critical that residents park in their driveways if possible, rather than on the street, to allow crews to clear the side-

walks and roadways efficiently. It is also very important to ensure all snow removed from driveways is kept clear of sidewalks.

The amendments to the Waste Disposal by-law to be passed tonight will allow only one 240-litre garbage bin per family household. Garbage bags left outside of the bins will not be permitted. These regulations will be enforced beginning May 1.

Councillor Feeney announced that property tax bills will be sent out on January 25. The first instalment will be due on February 22 and the second one on May 23. Parking and dog licences are now due for renewal; forms are available online.

After reviewing the expenses of \$837,000 spent during the past month, she mentioned some of the coming fundraising events for the new sports and recreation centre, which will include a Jam Night at the Town Hall. Registration for the annual Cottontail party and March Break Camp is on Amilia.

The Town's summer camp will be held from June 25 until August 16. The camp is expected to take place at Royal West Academy with swimming at the Côte Saint-Luc pool, but final details are still being worked out. Registration will begin on February 12.

Activities for seniors will include a Valentine's Day brunch as well as several health-related presentations.

walks, is one of the areas that will be looked into according to Councillor Small-Pennefather.

An adjustment of the angle of one of the traffic lights on the northeastern side of the intersection of Westminster and Avon has been made. This situation will be monitored to ensure that the problem is corrected. Contractors working on the new sports and recreation centre will be advised to ensure that the lighting presently being used on the work site does not cause problems for residents in the area.

Water leaks observed in the area between the Town Hall and the Easton project are being caused by a temporary pipe providing water to the new building; the situation is expected to last approximately one week.

Although Montreal now has regulations regarding the use of wood-burning fireplaces, Montreal West has not yet tackled this issue.

Following a complaint about the lack of attention the Town appears to be paying to maintaining streets and sidewalks, a resident asked if the Town is actually earmarking funds for repairs or just waiting for funds to come in.

Councillor Ulin replied that the Town is constantly looking for grants and has been spending about \$1.5 million every year over the past ten years in addition to the grant money that has been received for these repairs. This year alone, there is \$125,000 in the budget for sidewalk repairs.

Councillor Feeney echoed **Councillor Ulin**'s remarks regarding the Town's ongoing search for grant money and pointed out that it makes the best use of the taxpayers' dollars because a grant can cover anywhere from 30 to 60 percent of the cost of this work. She added that tens of millions of dollars have been invested in the Town's infrastructure over the past 10 to 15 years and a grant of \$2.4 million has already been received to be used over the next three years. However, although the search for grants will continue, they seem to be less available, perhaps because both the provincial and federal governments have a lot of debt and fiscal commitments. The pace of repairs may therefore become slower as it makes sense to do the work when it can be substantially subsidized.

Second question period

In reply to a question asked about the completion date for the Easton project, the mayor replied that the only news that he had came from a neighbour whose parents, having bought a unit in the building, had been told it would become available in the middle of April.

The meeting was then adjourned.



Kadeja Lefebvre B.Sc. ND
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of Naturopathic Doctors

André Lalonde M.Sc.S, ND, LMT
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SINCE 2006

Réunions du Conseil : janvier



par Carol Foster
traduction par René Boucher

Rapports des membres du Conseil

Il n'y a pas eu de rapport du maire. La **conseillère Torres** a été la première membre du Conseil à présenter son rapport. Les trois premiers mois de l'année sont toujours lents quant aux demandes de permis et 2024 n'y échappe pas : on a reçu seulement six demandes de permis. Toutefois, cette lenteur a permis à l'inspecteur de l'urbanisme de rattraper les inspections de travaux déjà achevés. C'est aussi un bon moment pour les citoyens qui envisagent d'effectuer des travaux sur leur propriété de poser des questions au service d'urbanisme et de consulter le site Web de la Ville pour obtenir toutes les informations nécessaires concernant la demande de permis.

Par suite de deux cambriolages et de la découverte d'une voiture volée sur une propriété municipale, la **conseillère Small-Pennefather** a de nouveau souligné l'importance de veiller à ce que toutes les portes d'entrée, tous les garages et toutes les voitures soient verrouillés. Elle a également averti les résidents de respecter les panneaux orange interdisant de stationner pendant le déneigement. Treize automobiles ont dû être remorquées récemment, ralentissant le déneigement et entraînant de lourdes amendes pour les propriétaires des véhicules.

La **conseillère Ulin** a répété la nécessité de respecter toutes les affiches de stationnement, surtout pour les affiches temporaires orange « Stationnement interdit ». Elle a ajouté qu'il est essentiel que les résidents se garent dans leur allée si possible, plutôt que dans la rue, pour permettre aux équipes de dégager efficacement rues et trottoirs. Il est également très important de s'assurer que toute la neige retirée des allées est gardée loin des trottoirs.

Les modifications au Règlement sur l'élimination des déchets qui seront adoptées ce soir ne permettront qu'une seule poubelle de 240 litres par ménage familial. Aucun sac à ordures à l'extérieur des poubelles ne sera permis. Ces règlements entreront en vigueur le 1^{er} mai.

La **conseillère Feeney** a annoncé que les factures d'impôt foncier seront postées le 25 janvier. Le premier versement sera dû le 22 février et le deuxième le 23 mai. Les permis de stationnement et de chiens doivent maintenant être renouvelés; les formulaires sont disponibles en ligne.

Après avoir passé en revue les dépenses de 837 000 \$ engagées au cours du dernier mois, elle a mentionné certaines des activités de financement à venir pour le nouveau centre sportif et récréatif, qui

comprendra une soirée Jam à l'hôtel de ville. L'inscription à la fête annuelle du Lapin et au camp de relâche de mars se fait sur Amilia.

Le camp d'été de la Ville aura lieu du 25 juin au 16 août. Le camp devrait avoir lieu à l'école Royal West Academy avec baignade à la piscine de Côte Saint-Luc, mais les derniers détails sont encore en cours d'élaboration. Les inscriptions commenceront le 12 février.

Les activités pour les aînés comprendront un brunch de la Saint-Valentin ainsi que plusieurs présentations liées à la santé.

Première période de questions

Plusieurs questions de sécurité dans la ville ont été abordées lors de cette période de questions. Une concernait les conditions dangereuses pour les piétons dues au déneigement et au déglaçage déficients sur le passage à niveau de Westminster. La conseillère Ulin a reconnu le problème, mais le CP ne permet pas à la Ville de toucher la zone entre les barrières. Des plaintes sont continuellement envoyées au CP et parfois quelqu'un est envoyé pour s'occuper du problème, parfois on ne tient pas compte de ces plaintes.

Une autre préoccupation concernait la nécessité d'accroître la sécurité en raison de la récente circulation exceptionnellement lourde et dangereuse pendant l'heure de ramassage de l'après-midi autour de l'école Edinburgh. La conseillère Small-Pennefather a expliqué que cette zone est souvent congestionnée, mais qu'en raison de la grève des autobus scolaires, elle est devenue particulièrement mauvaise. Les ASP et le SPVM collaborent pour contrôler l'augmentation de la circulation automobile.

Les problèmes posés par la visibilité limitée pour les automobilistes et les piétons du côté est de l'intersection de Westminster et Milner constituent un autre problème de sécurité. Rendre Westminster plus sécuritaire pour les piétons est un objectif du Comité de sécurité communautaire et cette intersection, qui comprend deux passages piétonniers, est l'un des points qui seront examinés selon la conseillère Small-Pennefather.

Un ajustement de l'angle d'un des feux de circulation du côté nord-est de l'intersection de Westminster et d'Avon a été effectué. Cette situation sera surveillée pour s'assurer que le problème est corrigé. Les entrepreneurs qui travaillent au nouveau centre sportif et récréatif seront avisés de s'assurer que l'éclairage actuellement utilisé sur le chantier ne cause pas de problèmes aux résidents du secteur.

Les fuites d'eau observées dans la zone située entre l'hôtel de ville et le chantier Easton sont causées par une canalisation

temporaire alimentant le nouveau bâtiment en eau; la situation devrait durer environ une semaine.

Bien que Montréal dispose maintenant d'une réglementation concernant l'utilisation des foyers à bois, Montréal-Ouest n'a pas encore abordé cette question.

À la suite d'une plainte concernant le manque d'attention que la Ville semble accorder à l'entretien des rues et des trottoirs, un résident a demandé si la Ville affectait des fonds pour des réparations ou attendait simplement que des fonds lui soient versés.

La conseillère Ulin a répondu que la Ville est constamment à la recherche de subventions et qu'elle a dépensé environ 1,5 million de dollars par année au cours des dix dernières années en plus des subventions reçues pour ces réparations. Cette année seulement, le budget prévoit 125 000 \$ pour la réparation des trottoirs.

La conseillère Feeney s'est fait l'écho des propos de la conseillère Ulin concernant la recherche continue de subventions par la Ville et a souligné qu'elle fait le meilleur usage de l'argent des contribuables parce qu'une subvention peut couvrir de 30 à 60 pour cent du coût de ces travaux. Elle a ajouté que des dizaines de millions de dollars ont été investis dans les infrastructures de la ville au cours des 10 à 15 dernières années et qu'une subvention de 2,4 millions de dollars a déjà été reçue pour être utilisée au cours des trois prochaines années. Cependant, même si la recherche de subventions se poursuit, elles semblent moins disponibles, peut-être parce que les gouvernements provincial et fédéral ont beaucoup de dettes et d'engagements financiers. Le rythme des réparations peut donc ralentir, car il est logique de faire les travaux lorsqu'ils peuvent être subventionnés de façon substantielle.

Deuxième période de questions

En réponse à une question sur la date d'achèvement du projet Easton, le maire a répondu que la seule nouvelle qu'il avait reçue venait d'un voisin dont les parents, ayant acheté une unité dans l'immeuble, avaient appris qu'elle serait disponible à la mi-avril.

La séance était ensuite levée.

Juliette LORD

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COMING EVENTS / À VENIR

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

Next deadline: March 6

February

Mon 26 Town Council meeting. In person and virtually (Town's YouTube channel). Town Hall. 8 pm.

March

- Fri 1** **The seed bank** is available for withdrawals and deposits. Continues. Public Library.
- Thu 7** **Canada Reads.** All welcome. Public Library. 2 pm.
- Fri 8** **An evening of Irish music with Irish trio, Grainne.** Buffet dinner, speaker and sing along, \$30. RSVP mowest.ndg.rotary@gmail.com. Town Hall. 7 pm.
- Sun 10** **Pancake Brunch.** Reservations 481-4871. St. Philip's. 11:15 am.
- Wed 15** **Open House.** Jardin d'enfants Curzon Creative Playschool. 10 am-noon.
- Mon 18** **Prof. Christie Lovat discusses the clematis and the rose.** Town Hall. 7:30 pm. Everyone welcome. \$5 unless a member.
- Wed 20** **Tea and Books** on ZOOM and in person. Public Library. 2 pm.
- Wed 20** **MWPL's AGM.** All members welcome. Public Library. 7 pm.
- Wed 20** **Meadowbrook and protecting green spaces.** Lecture by former MoWest mayor Campbell Stuart. Community Centre. 7 pm.
- Wed 20** **Evening Labyrinth Walk.** All welcome. MW United.
- Sun 24** **Palm Sunday choral service.** All welcome. MW United. 10 am.
- Sun 24** **Palm Sunday.** St. Philip's. 10 am.
- Sun 24** **Cottontail Party.** Fundraising event for the new sports and recreation centre. See page 15. Town Hall. 2 pm.
- Mon 25** **Town Council meeting.** In person and virtually (Town's YouTube channel). Town Hall. 8 pm.
- Wed 27** **Tenebrae** (Service of Shadows). St. Philip's. 7:30 pm.
- Wed 26** **Who am AI?** Book club meeting – discussing Martha Wells' *All Systems Red*. Please reserve. Public Library. 7 pm.
- Thu 28** **Easter Triduum.** St. Ignatius. 8 pm.
- Fri 29** **Solemn Liturgy of Good Friday.** St. Philip's. Noon.
- Fri 29** **Good Friday.** St. Ignatius. 3 pm.
- Sat 30** **Easter Vigil.** St. Ignatius. 8 pm.
- Sun 31** **Easter.** St. Ignatius. 10 am.
- Sun 31** **Easter service.** All welcome. MW United. 10 am.
- Sun 31** **Easter Holy Eucharist.** St. Philip's. 10 am.

Club 50+

Info: 484-6186
or/ou par courriel: email recreation@montreal-west.ca

March

- 15** St. Patrick's luncheon (Live music and Irish stew)
- 28** Bridge/cards
Call to reserve your table.

April

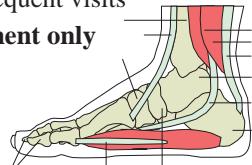
- 15** Soup's on! Here Comes the Sun by **Bruno Stenson.** Community Centre. Noon.

Foot clinic

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March 13 & April 10

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MAYOR'S REPORT



Quick update on the progress in the construction of the new sports and recreation centre. As of the end of January, some of the tasks undertaken:

- Restarting the work after the holidays.
- Formwork, installing rebar and pouring of footings and foundations.
- Installation of waterproofing membranes.
- Backfilling of foundations.

The same tasks will continue through February. Other activities related to the new sports and recreation centre are also being undertaken:

- Fundraising activities – our sincerest thanks again to our volunteer fundraisers and to our current donors.
- Artwork project integration committee – anytime there is a provincial grant for the construction of a new building, a certain budget must be attributed to the inclusion of a piece of artwork created by a Quebec artist. Thanks to the residents volunteering on this committee.
- Preparation of promotional package for rental space such as the restaurant.
- Analysis and creation of sponsorship opportunities.

From the ASM, we have taken a firmer position with the City of Montreal. Faced with the failure of our efforts to reach a new agreement on the sharing of the expenses of the Montreal agglomeration, we, the mayors of the Association of Suburban Municipalities (ASM) must now take a firm position. From now on, we will systematically oppose any expenditure or financial measure pro-

posed by the Agglomeration, unless a direct, tangible and equitable benefit is clearly established for one, several, or all the demerged municipalities. This decision, taken unanimously by the mayors of the ASM, is in line with the opposition already expressed last December regarding the adoption of the Agglomeration's 2024 budget.

Therefore, at our last Aggo meeting, the mayors of the ASM unanimously expressed their opposition to nine (9) objects of expenditure deemed inequitable, representing more than \$63M. For us, the situation is even more unacceptable considering that, in the fall of 2023, the City of Montreal itself acknowledged, through its Executive Committee Chair, that the current expense distribution system and the resulting municipal shares had reached their limits.

As I was quoted in our press release: "The decision to systematically oppose any expenditure or financial measure reflects the determination of the elected officials of the ASM to defend the interests of their fellow citizens and to promote fair financial management within the Agglomeration. For several years, we have been advocating for a review of the expense distribution system to ensure a fair outcome for all municipalities of the agglomeration. Status quo is no longer an option!"

Please continue to take care of yourselves and of each other.

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





REIMAGINING SUICIDE PREVENTION IN CANADA

Warning as this article contains mentions of suicide

In November 2023, a national suicide hotline was launched across the country. Similar to 911 for accessing fire, police and emergency services, 988 will give people access to 24/7 suicide prevention services free of charge. Calls and texts to 988, are directed to professional responders in communities across the country, to support individuals experiencing a mental health crisis with suicidal ideation. This is a federally funded initiative with services available in both French and English. For people who are hearing impaired, ASL/LSQ can be accessed.

According to *Statistics Canada*, 4,500 people die by suicide every year. This is equivalent to 12 people taking their own lives every day. Destigmatizing mental health and opening the conver-

sation to create a safe space for support and healing is essential. With food insecurity, a housing crisis and the lack of a living wage for many, managing high levels of stress and anxiety can be overwhelming.

Youth Mental Health Canada states that suicide is the second leading cause of death for people between the ages of 15-24 and that Canada's suicide rate is the third highest in the industrial world. First Nations youth die by suicide about 5 to 6 times more often than non-Indigenous youth. Suicide rates for Inuit youth are among the highest in the world, at 11 times the national average.

Children, teens and Indigenous people can choose to access services specifically tailored for them when calling

988. Children and young adults can also contact Kids Help Phone for mental health support by texting CONNECT to 686 868 from anywhere in Canada. First Nations, Inuit and Métis will also be able to reach the Hope for Wellness Helpline. Responders are specifically trained in cultural humility and are available by calling 1-855-242-3310. Services in Cree, Ojibway (Anishinaabemowin) and Inuktitut are provided upon request.

If you or someone you know is in crisis, please call 988; you are not alone.

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RULES OF 'BEING A GOOD NEIGHBOUR' ACCORDING TO THE CIVIL CODE.

From time to time, the Urban Planning department is asked to intervene in issues involving neighbours. For example, a resident complained that a shared hedge was cut down by his neighbour without authorization or there was a case where a neighbour refused to maintain his portion of a fence built on the dividing property line. Issues such as these, are not under the purview of the town's by-laws but rather under Quebec's Civil Code.

Quebec's Civil Code has defined the rules of behaviour that would ensure good relations between neighbours. A summary of these rules are published by the Ministry of Justice at www.justice.gouv.qc.ca, under the heading 'Being a Good Neighbour'.

Issues covered in this document are those which take place solely on private domains, where actions of one neighbour can potentially affect another one. The Civil Code states, explains and gives options to the following issues:

Property limits and boundary determinations, Access to your property, Encroachment on your land, Direct Views, Right of Way, Water Runoffs (from roofs), Fences (including hedges, ditches, walls and barriers), Tree planting and maintenance, Noise, and finally, solving disagreements between neighbours.

If you are having issues regarding any of the topics highlighted above, the best practice of 'Being a Good Neighbour' is to communicate with your neighbour and try to solve the problem in an amicable fashion. You should keep your neighbors informed of any projects, construction or special events that might affect them. Prevention and communication may well save you aggravation, time and in some cases, money. In addition, I encourage you to consult the above-mentioned document to learn about your rights and options.

Thank you for reading!

Maria Torres, Councillor
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NEW GARBAGE REGULATIONS

On May 1 new provisions of our garbage regulations will come into force that will restrict the size and number of garbage bins you can put out. With some exceptions, each single-family home will be allowed **a maximum of one 240L bin** (smaller sizes also acceptable). And plastic garbage bags placed at the curb outside the bin or on their own will no longer be permitted. You may put out over-sized items for collection if they won't fit in the bin (furniture, etc.), but all other items must fit into your bin. These are the regulations for each type of dwelling.

Dwelling	Acceptable containers
Single Family Home	1 acceptable container of 240 litres or less
Duplex	2 acceptable containers of 240 litres or less or 1 acceptable container of 360 litres.
Building with 3 – 8 dwelling units	1 acceptable container of 240 litres or less per dwelling unit, or 1 acceptable container of 360 litres per 3 dwelling units
Building with 9 or more dwelling units	1 or more (up to a maximum of 0.3 m ³ per dwelling unit) closed waterproof containers made of steel of a maximum capacity of 6.12 m ³ and designed to be mechanically emptied by the back loader of a garbage truck, or 1 acceptable container of 360 litres per 3 dwelling units

Why can't you use plastic garbage bags alone?

Plastic garbage bags outside of bins are easy fodder for critters who scatter the unsanitary contents. They also get torn open and caught up in snow clearing equipment.

What's the size of your current bin?

Check on the top of the lid for details or measure your bin. A 360L bin tends to be closer to 34 inches in length while a 240L bin is around 27 inches in length. In the coming weeks, the Town will be displaying different sized sample bins around Town so you can compare your bin size to those.

What can you do with your non-compliant 360L bin?

You may keep it for other purposes or sell it, but if you want to have it recycled, the Town will make information available about bin suppliers who will recycle your old bin when you purchase a new bin through them.

Take advantage of the new bin rebate

For those who must replace their 360L bin with a smaller one, the Town is offering a \$50 rebate to help with the transition. Proof of residence and bin purchase will be required. Details, conditions, and the application form will be on the website.

Why these new restrictions?

Like most municipalities across Canada, MoWest has the ambition to reduce the waste we send to landfill. And the more we divert our waste via composting and recycling the more we get in provincial government rebates. Last year, for instance, we received over \$70K based on our diversion rate. But the pressure is on to improve this result. To achieve this, Council had a few options. 1) Reduce garbage pick ups to once every two weeks. 2) "Pay as You Throw": measuring the amount of garbage each address produces and billing the address accordingly—a fair but extremely expensive system, and 3) The protocol described above. By selecting option #3 MoWest is joining several other municipalities (i.e. CSL, Senneville, L'ile-Perrot, St-Lazare, Winnipeg, etc) that have limited bin size to help motivate waste diversion towards recycling and composting.

More information as well as the rebate application form, will soon be available on the Town's website.

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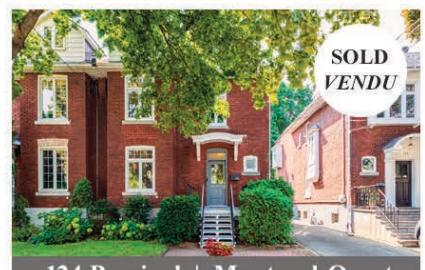
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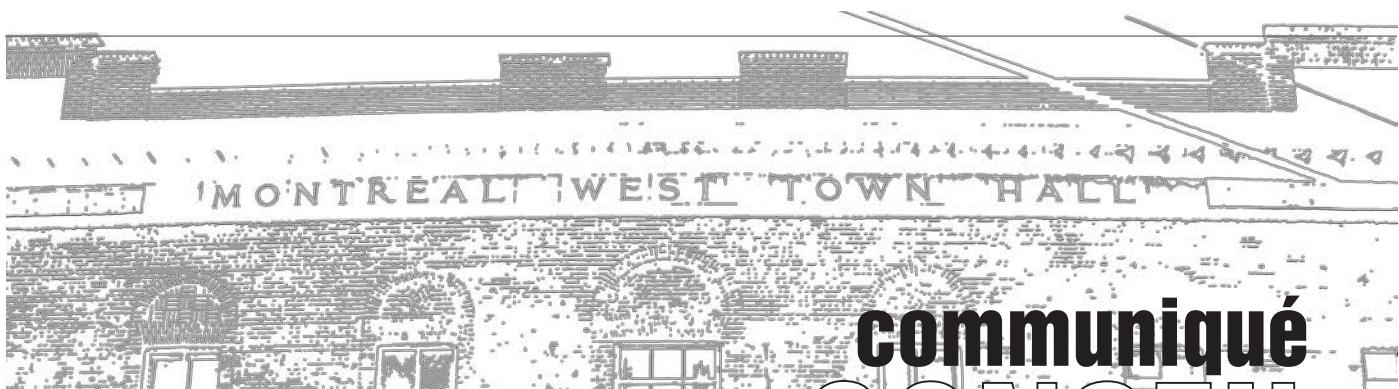
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communiqué du CONSEIL



RAPPORT DU MAIRE

Une brève mise à jour sur l'avancement de la construction du nouveau Centre sportif et récréatif. Voici une liste des tâches qui ont été entreprises à la fin du mois de janvier :

- La reprise des travaux après les vacances;
- Le coffrage, l'armature et coulée des fosses, les radiers et semelles de fondations;
- L'installation des membranes d'étanchéité;
- Le remblai des fondations.

Ces tâches se poursuivront jusqu'en février. D'autres activités liées au nouveau centre sportif et récréatif sont également en cours :

- Les activités de collecte de fonds - nos remerciements les plus sincères à nos collecteurs de fonds bénévoles et à nos donateurs actuels.
- Le comité d'intégration du projet d'œuvre d'art - chaque fois qu'il y a une subvention provinciale pour la construction d'un nouveau projet, un certain budget doit être attribué à l'inclusion d'une œuvre d'art créée par un artiste québécois. Merci aux résidents qui participent bénévolement à ce comité.
- La préparation d'un dossier promotionnelle pour la location des locaux tels que le restaurant.
- L'analyse d'opportunités de commandite.

De la part de l'AMB, nous avons adopté une position plus ferme avec la Ville de Montréal. Face à l'échec de nos efforts pour conclure une nouvelle entente sur le partage des dépenses de l'agglomération de Montréal, nous, les maires de l'Association des municipalités de banlieue (AMB), devons maintenant prendre une position ferme. Dorénavant, nous nous opposerons systématique-

ment à toute dépense ou mesure financière proposée par l'Agglomération, à moins qu'un bénéfice direct, tangible et équitable ne soit clairement établi pour l'une, plusieurs, ou l'ensemble des villes liées. Cette décision, prise à l'unanimité des maires de l'AMB, s'inscrit dans la continuité de l'opposition déjà exprimée en décembre dernier quant à l'adoption du budget 2024 de l'Agglomération.

Ainsi, lors de notre dernière rencontre d'Agglo, les maires de l'AMB ont unanimement exprimé leur opposition à neuf (9) objets de dépenses jugés inéquitables et représentant plus de 63M\$. Pour nous, la situation est d'autant plus inacceptable que, à l'automne 2023, la Ville de Montréal a elle-même reconnu, par la voix de la présidente de son comité exécutif, que le système actuel de partage des dépenses et les quotes-parts municipales qui en découlent avaient atteint leurs limites.

Comme je suis cité dans notre communiqué de presse : « La décision de s'opposer systématiquement à toute dépense ou mesure financière reflète la détermination des élus de l'AMB de défendre les intérêts de leurs concitoyens et à promouvoir une gestion financière équitable au sein de l'Agglomération. Depuis plusieurs années, nous revendiquons une révision du système de partage des dépenses afin de garantir un arrangement qui soit juste pour toutes les municipalités de l'Agglomération. Le statu quo n'est plus envisageable! »

Continuez à prendre soin de vous et des autres.

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RÉIMAGINER LA PRÉVENTION DU SUICIDE AU CANADA

Avertissement : cet article contient des références au suicide

En novembre 2023, une ligne téléphonique nationale d'assistance au suicide a été mise en place dans tout le pays. Semblable au 911, qui permet d'accéder aux services d'incendie, de police et d'urgence, le **988** permettra aux gens d'accéder gratuitement à des services de prévention du suicide 24 heures sur 24, 7 jours sur 7, dans tout le pays. Les appels et les textos au 988 sont dirigés vers des intervenants professionnels dans les communautés à travers le pays, pour soutenir les personnes en crise de santé mentale avec des idées suicidaires. Il s'agit d'une initiative financée par le gouvernement fédéral, dont les services sont disponibles en français et en anglais. Pour les personnes malentendantes, il est possible d'accéder à l'ASL/LSQ.

Selon *Statistique Canada*, 4 500 personnes meurent par suicide chaque année. Cela équivaut à 12 personnes qui attendent à leur vie chaque jour. Il est es-

sentiel de déstigmatiser la santé mentale et d'ouvrir la conversation afin de créer un espace sûr pour le soutien et la guérison. Avec l'insécurité alimentaire, la crise du logement et l'absence d'un salaire de subsistance pour de nombreuses personnes, la gestion du stress et de l'anxiété élevé peut s'avérer insurmontable.

Youth Mental Health Canada affirme que le suicide est la deuxième cause de décès chez les personnes âgées de 15 à 24 ans et que le taux de suicide au Canada est le troisième plus élevé dans le monde industrialisé. Les jeunes des Premières nations se suicident 5 à 6 fois plus souvent que les jeunes non autochtones. Le taux de suicide des jeunes Inuits est l'un des plus élevés au monde, 11 fois supérieur à la moyenne nationale.

Les enfants, les adolescents et les populations autochtones peuvent choisir d'accéder à des services spécifie-

ment adaptés à leurs besoins en appelant le 988. Les enfants et les jeunes adultes peuvent également contacter Jeunesse, J'écoute pour obtenir un soutien en matière de santé mentale en envoyant le message CONNECT au 686 868 depuis n'importe quel endroit au Canada. Les Premières nations, les Inuits et les Métis pourront également joindre la Ligne d'écoute d'espérance pour le mieux-être. Les intervenants sont spécialement formés à la sensibilité culturelle et sont disponibles en appelant le 1-855-242-3310. Des services en cri, en ojibway (Anishinaabemowin) et en inuktitut sont disponibles sur demande.

Si vous ou une personne de votre entourage êtes en situation de crise, n'hésitez pas à appeler le 988 ; vous n'êtes pas seul.

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LES RÈGLES DU BON VOISINAGE SELON LE CODE CIVIL

De temps en temps, le service d'urbanisme est sollicité pour intervenir dans des problèmes impliquant des voisins. Par exemple, un résident s'est plaint qu'une haie partagée avait été coupée par son voisin sans son autorisation. Dans un autre cas, un voisin a refusé d'entretenir sa partie d'une clôture construite sur la limite de propriété divisant les deux terrains. Des problèmes comme ceux-ci ne relèvent pas des règlements municipaux, mais plutôt du Code civil du Québec.

Le Code civil du Québec a défini les règles de comportement permettant d'assurer de bonnes relations entre voisins. Un résumé de ces règles est publié par le ministère de la Justice à l'adresse www.justice.gouv.qc.ca, sous le titre Rapports de voisinage.

Les questions abordées dans ce document concernent uniquement les activités qui se déroulent sur des propriétés privées où les actions d'un voisin peuvent potentiellement en affecter un autre. Le code civil explique et donne des options sur les sujets suivants :

Limites de propriété et bornage; l'accès temporaire à la propriété d'autrui; l'empiétement; les vues et l'aménagement des fenêtres; le droit de passage; l'écoulement des eaux (des toits); les clôtures (y compris les haies, les fossés, les murs et les barrières); les branches et les arbres encombrants; les règles pour le bruit; et la résolution des désaccords entre voisins.

Si vous avez des problèmes concernant l'un des sujets mentionnés ci-dessus, la meilleure pratique pour le bon voisinage est de communiquer avec votre voisin et d'essayer de résoudre le problème à l'amiable. Vous devez tenir vos voisins informés de tout projet, construction ou événement spécial susceptible de les affecter. La prévention et la communication peuvent vous faire gagner du temps et, dans certains cas, de l'argent. En outre, je vous encourage à consulter le document susmentionné pour connaître vos droits et vos options.

Je vous remercie de votre lecture !

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NOUVELLES RÈGLES POUR LA GESTION DES MATIÈRES RÉSIDUELLES

Le 1er mai, de nouvelles dispositions de notre règlement sur les déchets entreront en vigueur et limiteront la taille et le nombre de bacs à ordures admissibles. Sauf quelques exceptions, chaque maison unifamiliale aura droit à **un maximum d'une poubelle de 240 litres** (les poubelles de plus petite taille sont également admissibles). Les sacs à ordures en plastique placés sur le trottoir à l'extérieur du bac ou seuls ne seront plus autorisés. Il est possible de déposer à la collecte des objets de grande taille qui ne rentrent pas dans le bac (meubles, etc.), mais tous les autres objets doivent être mis dans le bac. Voici les types de contenants acceptés pour les différents types de logements.

Logement	Contenant accepté
Maison unifamiliale	1 contenant accepté de 240 litres ou moins
Duplex	2 contenants acceptés de 240 litres ou 1 contenant accepté de 360 litres
Bâtiment de 3 à 8 unités de logement	1 contenant accepté de 240 litres ou moins par unité de logement; ou 1 contenant accepté de 360 litres par 3 unités de logement.
Bâtiment multifamiliale (9 unités de logement ou plus)	1 contenant ou plus (pour un maximum de 0,3 m ³ par unité de logement) imperméable et fermé, fabriqué en acier, dont la capacité n'excède pas 6,12 m ³ et conçu pour être vidé mécaniquement par chargement arrière dans un véhicule d'enlèvement des déchets ou 1 contenant accepté de 360 litres par 3 unités de logement.

Pourquoi ne pas utiliser uniquement des sacs à ordures en plastique ?

Les rongeurs peuvent facilement pénétrer dans les sacs à ordures et y épargiller leur contenu insalubre. Les sacs sont également déchirés et happés par les déneigeuses.

Quelle est la taille de votre poubelle actuelle ?

Vérifiez sur le dessus du couvercle pour plus de détails ou mesurez votre poubelle. Un bac de 360 litres a généralement une longueur de 34 pouces, tandis qu'un bac de 240 litres a une longueur d'environ 27 pouces. Dans les semaines à venir, la Ville exposera également des bacs d'échantillons de différentes tailles à différents endroits dans la ville afin que vous puissiez comparer la taille de votre bac.

Que pouvez-vous faire de votre bac non conforme de 360 litres ?

Vous pouvez le conserver à d'autres fins ou le vendre, mais si vous souhaitez le faire recycler, la Ville mettra à votre disposition des informations sur les fournisseurs de bacs qui recycleront votre ancien bac lorsque vous en achèterez un nouveau par leur intermédiaire.

Profitez du programme de remise sur les nouveaux bacs

Pour ceux qui doivent remplacer leur bac de 360 L par un plus petit, la Ville offrira un rabais de 50 \$ pour faciliter la transition. Une preuve de résidence et d'achat du bac sera requise. Les détails et conditions, ainsi que le formulaire de demande seront disponibles sur le site Web.

Pourquoi ces nouvelles restrictions ?

Comme la plupart des municipalités du Canada, Mo-Ouest a l'ambition de réduire la quantité de matières résiduelles que nous envoyons à la décharge. Le plus que nous détournons nos déchets grâce au compostage et au recyclage, le plus nous recevons de compensations du gouvernement provincial. L'année dernière, par exemple, nous avons reçu plus de 70 000 \$ sur la base de notre taux de détournement. Mais nous devons améliorer ce résultat. Pour ce faire, le conseil municipal disposait de plusieurs options. 1. Réduire la fréquence de ramassage des ordures à une fois toutes les deux semaines. 2. Mesurer la quantité d'ordures produite par chaque adresse et facturer l'adresse en conséquence - un système équitable mais extrêmement coûteux, et 3) Le protocole décrit ci-dessus. En choisissant l'option 3, Mo-Ouest se joint à plusieurs autres municipalités (CSL, Senneville, L'Île-Perrot, St-Lazare, Winnipeg, etc.) qui ont limité la taille des poubelles afin d'encourager le détournement des déchets vers le recyclage et le compostage.

De plus amples informations et le formulaire de remise seront bientôt disponibles sur le site Web de la Ville.

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