

THE INFORMER

Montreal West Newspaper

May 2024, Vol. 52, No. 4

by Maurice Krystal

Zhara Jones: Aim above average

Sometimes you find something off the beaten path. I had parked in the Town parking lot on Milner and was returning library books. I saw the sign, *Entraînement Personnel / Aim Above Average*, and realized, hey, that's new. It is a small gym that opened in August and is located between *Pâtisserie de la Gare*, and my favorite local

acupuncturist, who I interviewed years ago, **Han Chun Wu**. I went to meet the owner of the new establishment on a rainy early November morning. Almost everything in the

space is black and white, and the effect is quite unique. Something about it reminds me of a referee's uniform. The place is very clean and all the equipment looks new. We spoke for an hour as her mother filmed us talking. (Also, a first!)

I could sense **Zhara Jones'** zest for everything she does. She tried to be cool, but it was like watching raw energy trying to be controlled. I wasn't surprised when the first thing she told me was that she was always competitive, pushing herself to do better from an early age. She played basketball in school and competed with boys in soccer. She always had to "prove herself." Her childhood idols included Serena Williams and Issa Rae. She is also actively involved in Hip Hop and Caribbean style dancing. She grew up in LaSalle within a tightly knit family whose origins are from Trinidad and Tobago. How a person moves towards an occupation is often quite a round about trek, but Zhara's was quite dramatic.

In 2016, Zhara's mother was in a car accident with a truck. Her legs were crushed. Zhara was planning to attend York University to study psychology. After a series of operations, which involved pins, steel plates and rods, Zhara's mom had to learn to walk again. Zhara can-

celled her move to York and helped her mother recover. She watched the physio and added small exercises that her mother could do. It was both a physical and mental step-by-step road to recovery. The steady progress made the eventual discharge from the hospital sooner than expected. The incident brought the family closer together.

Her mother, who easily walked up and down steps in the gym, admitted that it's almost a miracle that she is walking. She was sure she would have to spend the rest of her life in a wheelchair. It was primarily due to this woman, that her daughter came to this location. She knew the area well, baby-sitting **Katie Paradis** on Percival. She knew that the town was very family oriented and that most people were very health conscious.

Her father also played a role. He attended all her games and pushed her to always try to do better. He was her motivation to never be satisfied because there was always room for improvement. Zhara has a sister, who witnessed her mother's accident, and two brothers. For some reason I would not be surprised that they are equally highly motivated.

In 2018, Zhara was certified to be a fitness coach by *canfit-pro* (*Canadian Fitness Professionals Inc.*) and obtained her entrepreneur licence the following year.

I told her I have interviewed over the years four fitness enterprises in MoWest and asked what made hers different.

continued on page 3



INDEX

| | | | | | |
|------------------------|----|---------------------|------|--------------------------|----|
| Club 50+ Club | 16 | Environnement | 12 | News from the pews | 15 |
| Community Centre | 19 | IODE | 5 | Réunion du Conseil | 18 |
| Council Meeting | 17 | Guides | 11 | Rotary | 5 |
| CRA | 14 | Kosher corner | 15 | Schools | 13 |
| | | Libraries | 6, 7 | Scouts | 10 |
| | | MADA | 4 | West End Quilters | 4 |



Citizen science on the *Hydro* corridor An endangered species has been protected!

Did you know that there are biodiversity studies going on along the *Hydro* corridor?

At first glance, it may appear to be wasteland and may not give the impression of a valuable ecosystem especially on the CP side; however, *Bird Protection Québec* has carried out bird counts for decades here. The birds find rich sustenance from the numerous indigenous fruit bearing bushes.

The little brown snake aka the de kay's

Over a decade ago, I began hearing of the little brown snake – *Storeria dekayi* (see photo). I first saw one in my garden behind Roxton Crescent. I saw them in a neighbour's garden. The more I took note the more frequently I saw them. I then heard about the *Atlas des amphibiens et des reptiles du Québec (AARQ)* launched by a biologist at the EcoMuseum. The citizen science site is much like eBird and iNaturalist. I began to record the sightings: photos, dates and locations based on Google maps. I sent a 5-year report to the museum. The biologist was so impressed that he

came for a visit and declared that it was an ideal habitat for the species.

On May 15, 2023, during the *Hydro-Québec* open house, I found out that my report had been sent to *Hydro-Québec*, who then sent it to le Ministère de l'Environnement who has put this snake on the list of endangered species, ranked S2. The data was then processed by Centre de données sur le patrimoine naturel du Québec and then placed on their interactive map. There is now a blue bubble over the entire *Hydro* corridor on the Montreal West territory (see diagram). That was a very proud moment! My work made a difference!

Gardeners' friend

This snake is smaller than the garter and is clay colored and thus camouflaged on the path. It is harmless as it has neither teeth nor venom. It feeds on slugs, worms and snails. Gardeners, they are your friends! They will protect your leafy greens. If you see empty snail shells it is an indication of its presence. The greater Montréal region is its native range. If its habitat continues to be en-

croached upon it may become extirpated.

If you would like to help this beneficial creature and to contribute to its preservation, when you see one, note the day, time and GPS location and a photo if you have the chance. Then go to the *Atlas des amphibiens et des reptiles du Québec (AARQ)* website and report your observations. This data will help keep a pulse on the population. The more frequent areas will be protected during the upcoming power line upgrade work.

Coming events on the *Hydro-Québec* corridor:

- Clean up – Saturday, April 27 at 10 am (rain date Sunday the 28th) at the eastern gate. Watch for signs posted on the gates.
- Jane's Walk: Discover the biodiversity in the *Hydro* corridor of Montreal West through Advocacy, Stewardship and Citizen Science. Saturday, May 4 at 10 am. Please register promenadesdejane.com/, enter Montreal West in "sort by district."

For more information, contact **Louise Chênevert**, founder and spokesperson for the *Friends of the Hydro Corridor*, at Mw.hq.greencorridorvert2019@gmail.com

from Louise Chênevert

THE INFORMER

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

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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René Boucher, Sheila Ettinger, Cynthia Koomas, Mia Massicotte, Lise McVey, Jeanne Ragbir

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NEXT ISSUE DEADLINE

May 8

The 2024 Steve and Rob Michelin Hockey Tournament



Photo: Chris Kearney

Last spring, the *Steve and Rob Michelin Memorial Hockey Tournament* bid a big goodbye to our beloved Legion Rink. This spring, April 6, the tournament was held up the road, at Côte Saint-Luc's Samuel Moscovitch Arena and was once again a tremendous success.

Almost 80 players, young and not-so-young, were divided into six teams who each played three spirited games in a round-robin format. This year's winner was Team Wing who ran the table, winning all three of their games. Second place was claimed by Team Barrett, who had two

wins and a tie. Regardless of who won and who lost, everyone had fun, playing in what has become a very special Montreal West event.

The tournament, on break during Covid, has been running since 2001 and has raised more than \$250,000 for local charities. The funds raised last year and this year are committed to our new recreation centre and arena. This year, the tournament, the Pub Night, and generous donations from residents raised approximately \$30,000 for our new centre. Not bad for one day's work!

Thanks very much to **Chris Kearney** who, as always, was flawless in pulling the event together.

from Andrew Michelin



Zhara Jones

continued from page 1

Holistic approach

Her approach is more holistic, looking for a total transformation. She believes that 10% is physical training and 90% changing one's mindset. Serving only women creates a safe space where they aren't judged or made to feel guilty about certain habits. She stresses what women's bodies are capable of doing and building self-confidence. She lays everything out on the table and lets the client decide which route to take. This way the client learns to hold themselves accountable. The end goal is to continue the work after they leave the gym. It's more an aid rather than a crutch.

Most men have the aim to be "bigger" and more muscular. Women tend to aim for tone and shape. Most of her clients are in the 40-60 age group. By coming in, they have taken the first step: to make some time for themselves. Most are very busy with work, homes, and their families. When a client comes for the first consultation, every conversation is unique. They talk about goals and weaknesses they want to improve. They feel less guilty about taking this time for themselves when they know who they are.

Her company name, *Aim Above Average*, is meant to motivate. It stresses, "Do better than you did yesterday."

(438)-345-6122

Info@weaimaboveaverage.com
Weaimaboveaverage.com



Congratulations!

MoWest has a new resident: **James Brian Castellarin** who was born on March 13.

Proud parents are **John Castellarin** and **Aylish Hunter** and equally proud grandparents are **Glenn and Patricia Castellarin** and **Mike and Sue Hunter**.

We haven't heard what James' older brother, **Charles** thinks of the new arrival!

Trust everyone manages to get enough sleep!



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514 485-9292

14-A, avenue Westminster Nord

Caring Neighbourhood Day

In an effort to support our older neighbours, the *Seniors' Advisory Committee* of Montreal West is organizing a Caring Neighbourhood Day Saturday, May 25.

Thanks to a collaboration with neighbouring Loyola High School, students will be dispatched around Town to help older or disabled neighbours who need assistance with their outdoor spring chores e.g., raking, bagging of leaves. If you are someone in need of assistance or would like

more information on registering, please call the Community Centre at 484-6186 or email recreation@montreal-west.ca by May 12.

This is a pilot program, and we do hope to have a good number of student helpers. However, we may be limited in the number of people we can assist and cannot guarantee that all requests will be granted. We are excited about this initiative and, if successful, we hope to expand and organize more in the future.

*Seniors' Advisory Committee
MADA*



Journée du Voisinage Bienveillant

Afin de soutenir nos voisins plus âgés, le Comité consultatif des aînés (CCA) de Montréal-Ouest organise une journée d'entraide le samedi 25 mai.

Grâce à une collaboration avec l'école secondaire Loyola, des étudiants seront répartis dans la ville pour aider les voisins âgés ou à mobilité réduite qui ont besoin d'aide pour leurs tâches printanières extérieures, comme le ratissage et l'ensachage des feuilles. Si vous êtes une personne qui a besoin d'aide ou si vous souhaitez obtenir plus d'information sur l'inscription, veuillez appeler le Centre com-

munaire au 484-6186 ou envoyer un courriel à recreation@montreal-ouest.ca d'ici le 12 mai.

Il s'agit d'un programme pilote et nous espérons avoir un bon nombre d'étudiants pour nous aider. Cependant, il se peut que nous soyons limités dans le nombre de personnes que nous pouvons aider et nous ne pouvons pas garantir que toutes les demandes seront réalisées. Nous sommes ravis de cette initiative et, si elle est couronnée de succès, nous espérons l'étendre et en organiser d'autres à l'avenir.

*Comité consultatif des aînés
MADA*



Walking group takes off!

The inaugural Active Walking Group event was held Tuesday, April 9 under a brilliant sky. Those who had answered the call either in *The Informer* or in the 50+ Club newsletter met at the Community Centre, boarded the small bus, and the group of eight headed to Mount Royal Park.

There was much excitement on the bus as this walking group project had been in the works since the *MADA* Senior Round Table Consultation in October 2023.

A short quiz was handed out to those who were interested in learning while exploring the Park, with answers provided on the ride home. The highlight was standing at the base of the famous Mount Royal cross. A close second was the beautiful view at the lookout.

Hope to see some of you on May 7 for our next walk. Don't forget to sign up!

*from Barbara Brzezinski
Seniors Advisory
Committee/MADA*

Le groupe de marche

C'est sous un ciel radieux que s'est déroulée, le mardi 9 avril, la première activité du Groupe de marche active. Les huit personnes qui avaient répondu à l'appel lancé dans *The Informer* ou dans le bulletin du Club des 50+ se sont réunies au Centre communautaire, sont montées à bord d'un petit autobus et en route vers le parc du Mont-Royal.

Il y avait beaucoup d'excitation dans l'autobus, car ce projet de groupe de marche était en préparation depuis la consultation de la Table ronde des aînés *MADA* d'octobre 2023.

Un petit questionnaire a été distribué à ceux qui souhaitaient apprendre tout en explorant le parc, et les réponses ont été données sur le chemin du retour. Le point culminant a été de se tenir

au pied de la célèbre croix du Mont-Royal, suivi de près par la vue magnifique du belvédère.

Nous espérons vous voir lors de notre prochaine promenade le 7 mai. N'oubliez pas de vous inscrire !

*de Barbara Brzezinski
Comité consultatif des aînés
MADA*



West End Quilters



Fun and relaxing retreat

The *West End Quilters* recently had another fun and relaxing retreat. They had to drive to Manoir D'Youville in Chateauguy in an April snow storm, but that was perfect weather for quilting. Looking forward to another retreat in the fall.

Our season is coming to an end and that means a time to show off our challenges. We will have a big reveal when we find out what we are all obsessed about and how we portray our obsession in a quilted item. Then, all Iffi's (I finally finished it) must be finished or the money pledged will go to the guild. Some people are working hard to finish such as **Monique**, while others have given up and will just bring their money.

from Mary Sutherland

Left: One of Monique's quilts donated to a charity.

Program supported by IODE H.M.S. Victory



Changing Lives. Shaping Tomorrow.

Greetings from the IODE HMS Victory team! Continuing our series on our program-specific articles, we will focus on support for nurses this month. It has been in place for decades and continues to adjust and respond to a changing environment.

National Nursing Week is May 6-12. This year's theme is Changing Lives. Shaping Tomorrow.

During the month of May, the IODE HMS Victory Chapter will continue to honour and support nurses through a fundraising campaign. You will be seeing an IODE HMS Victory SPA Campaign. Treat yourself to a lovely spa experience while helping such a wonderful cause. We thank you in advance for your support.

Keep your eye out for our poster and make sure you have the "winning tickets." Good luck!

IODE Bursaries to Nurses at Montreal Children's Hospital

A bit of history.

To mark the International Year of the Child in 1979, The Municipal Chapter of Montreal established the Nurses' Bursary Fund so nurses from the Montreal Children's Hospital could attend seminars and conferences to update their skills.

The IODE is proud to have awarded bursaries to assist deserving individuals at the Montreal Children's.

A real-life example of how these bursaries make a difference

Julie Brouillard attended the annual Multidisciplinary Symposium on Childhood Cancer national conference in November, 2022 with support through this fund.

As the clinical nursing specialist in pediatric neurosurgery and neuro-oncology at the Montreal Children's Hospital, Julie navigates the entire medical journey with families dealing with childhood cancer. At this conference, she focussed on central nervous system (CNS) tumors.

In addition, at the conference, Julie was able to begin the reflection and collaboration necessary to develop a follow-up program for young adult brain tumour survivors at Montreal Children's Hospital.

Table of Treasures!

We also look forward to seeing you Sunday, May 26 (Davies Park, 10 am-3 pm). Do check out some of the lovely treasures we will have on sale. In the meantime, if you find some gently used treasures you want to donate during your spring cleaning, call us and we will be glad to help you. Please see contacts below.

How you can be involved

- Purchase your tickets to win wonderful SPA treats during our Spa Fund raiser.
- Come to our booth at the Pop-Up event on May 26 to check out our Table of Treasures.
- Donate. Contact us through the email below for information on how to do this.
- Please contact us with any ideas about how we could continue raising funds for this initiative. See the email below.
- To donate items to our Table of Treasures at the Pop-Up event or to purchase SPA Raffle tickets, please call **Moira Bettinville** at **586-0836** or **Giuliana Penzenza** at **943-9310**

For further information, please contact us at iodehmsvictory@gmail.com.

In May, we celebrate Moms and motherly figures. Not all mothers have a biological connection to their children. The definition of a mother varies from culture to culture or in certain situations. Let us not forget to acknowledge them.

from Diane Ellison

Celebrating Irish Heritage Month

Rotary Club of Montreal West and NDG turned green on March 8. Not with envy, but with Irish shenanigans for St. Patrick's Day.

March is officially Irish Heritage Month in Canada and at the Town Hall over 60 people gathered to enjoy food for the body, mind and soul. After feasting on a delicious Irish-themed buffet meal, they listened to a talk on Irish literary superstar, James Joyce, focusing on the worldwide celebration called Bloomsday, named in honour of Leopold Bloom, the hero of Joyce's most famous work, *Ulysses*, given by *Festival Bloomsday Montreal* president, **Kevin Wright**, and then tapped their toes and sang along to the lively music of Irish band, *Gráinne* (pronounced "GRAWN-yeh") with **Esmé Cavanaugh**, **Ben Paquette** and **Darragh Mondoux**. A good time was had by all.

Gráinne perform at *Honey Martin's Pub* the last Saturday of every month. Check them out on Instagram (@grainne.mtl) and Facebook (@Gráinne).

Festival Bloomsday Montreal organizes a series of events mid-June, year long reading groups and pop-up entertainment events throughout the year.

bloomsdaymontreal.com.

Club de Montréal-Ouest & NDG



Club of Montreal West & NDG

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Children's library

Canadian Children's Book Week

Katherine Batterby is the acclaimed author and illustrator of 14 children's books, including the popular *Cranky Chicken* series. Her books have received glowing reviews and have been named CBC Children's Choice books. She is a passionate advocate for literacy and the arts.

You are invited to join Katherine for a fun and interactive session about the process of making her books. Find out where she gets her ideas and how they develop into characters. Get an insight into how she makes her textured artwork and discover how she combines words and images to create her playful stories. Kids will enjoy several interactive book readings and live illustration activities. This activity is part of the *Canadian Children's Books Week* – the most anticipated event for children's books in Canada, organised by the *Canadian Children's Book Centre*. No registration is required – just come to the library on Sunday, April 28, 11 am for a one-hour session with Katherine. The activities are aimed at children aged 5-9. You can also check out Katherine's books which are part of our collection.

Festilou

Festilou est un événement à ne pas manquer! Depuis 2010, chaque printemps, le festival de



We held a craft workshop to make solar eclipse projector boxes to help us observe the phenomenon in safe way

contes pour la jeunesse Festilou offre de l'art du conte pour la jeunesse, fait la promotion d'artistes professionnels des arts de la parole, et valorise la diversité culturelle par la littérature orale. Nous recevons à la bibliothèque des conteurs qui émerveillent les enfants avec leur histoires et contes. Cette année, Festilou aura lieu le dimanche, 12 mai, 10h30-11h15. Nous sommes heureux d'accueillir le *Montreal Storytellers Guild*. L'inscription n'est pas obligatoire, rendez-vous à la bibliothèque pour écouter les histoires captivantes.

Read-a-Thon Elizabeth Ballantyne School

Elizabeth Ballantyne School students accomplished the im-

pressive task of reading 22,920 pages in one week! This achievement was part of the Read-a-Thon that ran at the end of March. The Read-a-Thon this year was organised as a replacement for the traditional Skate-a-Thon that took place for over 30 years as a fundraising initiative for the library.

Elizabeth Ballantyne students raised close to \$1000 this year by participating in the Read-a-Thon.

They were then rightfully rewarded with the traditional hot chocolate and cookies during their library class visits the following week.

Our special thanks to teachers **Jessica Doubt** and **Alison Lydinia** for their support and for organising the Read-a-Thon.

We are deeply grateful to the

students who committed to the cause, and to the parents who rewarded their children by donating to the library exclusively for the purchase of new books.

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

La bibliothèque sera fermée les
19 et 20 mai,
Journée des patriotes

The library will be closed
May 19 and 20 – Victoria Day



Auntie Elaine's

in your home

DOG SITTING SERVICE

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References available

Elaine Rioux • Elaine@ermr.net • 514.758.0854

Juliette LORD

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Montreal West Public Library

481-7522

41 Westminister N.

Reservations/requests:
info@mwpl.ca

Visit us online: mwpl.ca



OPENING HOURS

Monday to Saturday:
noon-6 pm

April at the library

April is bustling with activity at the library, featuring engaging events and initiatives for the community.

Every year in April, there is one week set aside to celebrate volunteers and volunteering. This year National Volunteer Week runs from April 14 to 20 with the theme "Every Moment Matters." This highlights the importance of every volunteer and each contribution they make at a moment when the library needs their support more than ever. The sharing of time, skills, empathy and creativity is vital to the inclusivity, strength and well-being of our library and our community.

But... this year, we kicked off our volunteer appreciation early with an eclipse viewing party. Volunteers enjoyed the event with eclipse glasses and plenty of treats, making it a memorable occasion for everyone involved.

New and coming events B/OLD 2024 series

This year, the library is proud to participate in the B/OLD 2024 series of free events. B/OLD: Let's Age Together! is a curated series aimed at delving into the complexities of aging in our rapidly evolving society. Through engaging discussions, topics such as caregiving, age-friendly cities, elder mistreatment and the impact of digital technology are discussed.

Forever young

May 9 at 2 pm the *Forever Young* podcast will be recording live. It is created by three long-time residents and library members: **Bronia Zaks**, **Sharon Rozen** and **Kathy Minorgan**. They speak with intergenerational network builders, social activists and individuals who think outside the box to address challenges that emerge with aging. The *Forever Young* team interviews **Kim Sawchuk**, professor of communication studies, as they examine the intersection of care and digital technologies. This event will be in person at Concordia's 4th Space and hybrid. For more details contact info@mwpl.ca.

What Are You Reading Now?

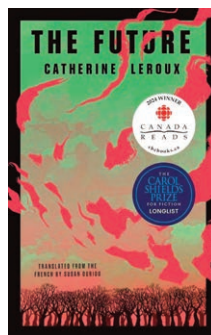
The Future

by Catherine Leroux

from Kathleen Adamson

The winner of this year's Canada Reads debate series is *The Future* (*L'avenir* in the original French) by **Catherine Leroux**. **Susan Ouroui** is the translator.

The novel takes place in a future in which the Detroit/Rouge River area was never surrendered by the United States. Leroux's approach to this world allows the reader to rise above the specifics of Canadian history and ponder the larger ideas at play when a small community attempts to strengthen itself in a harsh environment.



Food plays a subtle but important role in the book's imagery as well. Isolated characters consider the dusty, canned selections at the local grocery, while fresh tomatoes are shared between friends, nourishing the relationships literally and figuratively. While environmental catastrophe and dark family histories are major forces in the plot, the friendships between characters – especially the women and children – provide a stabilizing light.

In this vision of the future, healing happens when people overcome their fears, accept help and learn to trust each other. Fans of **Barbara Kingsolver's** *Demon Copperhead* may find it interesting to contrast Kingsolver's world with Leroux's – there are many similarities and differences that make for interesting reading.

The Future is available at the library in English and French.

Who am AI Book Club

The Who am AI Book Club has met twice here in MoWest and each time the audience has grown. With the support of Concordia University's enAGE, Concordia University's Applied AI Institute and your very own Public Library, we are very excited to announce that **Sean Michaels**, prize winning author, will be reading and discussing his latest work *Do you remember being born?* We will be hosting this special event as part of the B/OLD conference in the 4th Space. For more information, please contact info@mwpl.ca

But hold on that's not all! There will be another local meeting of the Who am I? book club in June. Email info@mwpl.ca for more information.

Do you like to sing?

If you answered yes then come and join us at the iconic *Wheel Club* for a Karaoke library fundraiser that will put the fun back into fundraiser. Karaoke For a Cause: Support Your Local Library! Tickets are \$25 and are available online. For more information email info@mwpl.ca or visit our website at mwpl.ca. All proceeds go towards the MW Public Library.

Montreal West Book Club @ montrealwestbookclub@gmail.com

Exciting news for residents! We're thrilled to announce the arrival of a new book club in Town, spearheaded by the knowledgeable **Gabrielle Kathleen Machnik-Kekesi**. Gabrielle, a MoWest native,

brings a wealth of academic prowess, holding degrees from Concordia (BA, MA) and McGill University's Information Studies/Library Studies program. Currently pursuing her doctorate at the University of Galway, Gabrielle is a passionate advocate for literature and learning.

In addition to her scholarly pursuits, Gabrielle enjoys a diverse range of interests, including honing her Irish language skills, embroidery, drawing, running and culinary adventures. You might even catch her strolling with her family dog, **Frankie**, alongside her parents **Zsolt** and **Kathy**.

Mark your calendars for July 4 at 2 pm, as the inaugural meeting of this vibrant book club takes place at the library. Our first selection, *Yellowface* by **R.F. Kuang**, promises to ignite stimulating discussions and insights. Plus, all registered members will receive a book club kit to enhance their reading experience. Don't miss out on this enriching literary journey!



Ongoing activities

Mending with Ann meets on Thursdays afternoon from 3 to 5 pm. Bring in your item that needs mending and Ann can help show you how you can fix it. Please RSVP by emailing info@mwpl.ca.

Knit and Natter meets on Thursdays from 3 to 5 pm. Everyone is welcome including beginners.

Tea and Books will be meeting on May 15 at 2 pm.



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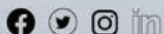
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Scouts



Top patrol of the year, Sebastian Fitzgerald with Chief Scout Award and Beavers amazed by magician



Family banquet

Sunday, April 14 we held our annual family banquet at the Town Hall. It was well attended by over 110 scouts and their families.

Everyone pitched in to set up tables and chairs; cook turkeys and hams; prepare salads and desserts and clean up at the end. "Many hands make light work." Special thanks to **David Urminsky**, **Tom Johnstone** and **Sylvia Gervais** for cooking the meat; **David and Rosa Gardner**, **Chuck**,

Emmett and Ella Kraft for set up on Friday. The final touch ups were completed by **Jenny Fitzgerald**, **Charlotte Taylor**, **Jenny Chopra**, **Jen Watchorn** and **Henry Rosenberg** on Sunday. Many thanks to the Town for the use of the hall along with the tables, chairs and staff for set up.

As people were arriving, Rosa and Ella did some facepainting and magician **Blair Marshall** made balloon animals for the younger Scouts. Between courses the young people came to the front of the room and were entertained by Magician Blair. Some

of the Scouts thought that they had his slights of hand all figured out, but they sure puzzled and amazed me!

Many awards were handed out: the whole **Beaver Colony** earned their Emergency Badge level 1, the Scout Patrol of the year was the "**Cougars**," Best Scout attendance was earned by **Kai Taylor** and Scout of the year was shared by **Daegan Thun** and **Ari Semergian**.

The Top award, Chief Scout, was given to **Sebastian Fitzgerald**. Sebastian had worked on this award for several years. Not only did he master many Scouting and camping skills but he had to plan and organize an event that benefited the community. For the past two years Sebastian and his Troop have prepared sandwiches to be distributed by the community group *Bread and Beyond*. This work was greatly appreciated by the recipients, and I hope that we can continue this as an annual event.

Our leadership team was not forgotten: **Jenepher Chopra** was given her 30-year certificate, **Lee-Ann Simpson** 10 years, **Bruce Kahn** and **Peter Semergian** 5 years. All four of these Scouters have gone above and beyond to help keep the Montreal West Scout Group alive and well. There are several more Scouters who deserve mention for their dedication to our Group: **Robert King**, **Jon Wiersma**, **Lesley Coles**, **Micky Thun** and **Todd Stedl**. Welcome to our new Scouters: **Kim Wiener**, **Charles Rocke**, **Ola Siebert** and **Sunny Kumar** – you are the future!

Our banquet may be over, but we still have several more meetings and activities to come: Beaver Buggy Rally, Kub Kar Rally, Scout camp, Cub/Beaver camp, a Beaveree and summer camp for Cubs.

from Karen Mansfield-Johnstone

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Guides



Guides are sad about the garbage they found (photo by Elizabeth Barnes) and Sparks and Embers listening to *The Girl with the Big Voice* (photo by Christine Downey)

The Girl with the Big Voice



The Sparks and Embers have been working hard on various badges in their programs. They were delighted to have **Veronica Santaguida**, first time published author, and mother to a Spark and an Ember, come to our meeting to read her book: *The Girl with the Big Voice*. They were enthralled with the story. You could hear a pin drop when she was reading. Veronica led a Q&A session both before and after the reading. She also animated a craft activity for the girls. They made megaphones and practised using their "big voice." The theme tied in nicely with the girls exploring their leadership styles and working toward their Building Skills program area.

We've had new girls join the Sparks and Ember unit since the start of this calendar year. We held our second enrollment for our eight new girls. The older girls were happy to be given a leadership roll in the ceremony. The girls are divided into smaller working groups where they usually at the start of the meeting. An Ember from each patrol assisted with the enrollment of the new Sparks in her patrol and the new Embers as well. You could see them bursting with pride as they helped with a ceremony, they themselves were once a part of... not that long ago.

Every year, at the meeting which falls on Good Friday, the Guides hold their meeting outside of their regular meeting space. This year, they collected garbage within our community. They were quite surprised to see the amount of litter. The girls sorted the garbage they collected into recyclable items and garbage and disposed of in the best way for our environment. They, and our planet

would be much happier if people were more mindful of disposing of things they no longer wanted.

Lady Baden Powell award

We have a Guide who is working hard toward her Lady Baden Powell award. This is the highest award a Guide can earn. She needs to attend meetings on a regular basis. Take initiative and do some work on her own. Last month, **Corina** wrote and submitted the Guiding article for *The Informer*.

A few weeks ago, she led the Guide meeting. She planned the topic, information to share and all the activities. Her theme was Inspirational Women. There were four stations about women she found to be very inspirational. Amelia Earhart; Therese Casgrain; Josephine Baker and Frida Kahlo. She had the girls drawing, computer pro-

gramming and even designing paper airplanes, to name a few of the activities. Her fellow Guides were very receptive to everything she presented.

The cookies are here!

A cookie blitz was held the weekend of April 20 outside of the library. The library is always eager to offer a helping hand with anything the Guiding members do. We can not thank them and you, the MoWest community for your continued support. If you missed picking your cookies up, and do not know a member of Guiding, please feel free to reach out to **Pearl** at **483-3303** or pearl.barnow12@gmail.com We currently have both the chocolaty mint and the traditional sandwich cookies available.

from the Guiders of MoWest





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Environmentalism in action

Spring clothing swap

Happy spring, Mowesters! We're over our last surprise snowstorm of the year (hopefully!) and the sun is shining. The time has come to shed the warm layers and prepare for warmer weather. You know what that means: it's just about time for the *Environmental Action Committee's (EAC)* annual clothing swap! This year, the highly-anticipated swap will be May 19, 1-4pm.

Looking to clean out your closet? Want a green way to add some nice "new" items to your wardrobe? Join us at the Town Hall to exchange your unwanted clothes for items you'll love. Here's how it works:

- The swap will begin at 1 pm and end at 4 pm. You have the option to drop off clothes as of noon and we'll get them sorted.

- There's a \$5 entrance fee (kids 12 and under get in for free) which will help fund a green project organized by the *EAC*.
- The number of bags of clothes you bring in is the number you can take home. If you want to buy additional items, you can bring extra bags to fill (for an additional \$3-5 depending on the bag size). So even if you have nothing to bring, you might find yourself leaving with some stylish new gems!
- Make sure all clothes, shoes and accessories you bring are clean and wearable (with no stains or tears).
- Enjoy treats and tea from our bake sale (which will include vegan options). If you bring your own cup, the tea is free!
- All items left at the end of the swap will be donated.

Still need more reasons to participate? Swapping as an alternative to shopping vastly reduces water consumption, prevents toxic waste from ending up in our waters, and reduces waste in landfills. Moreso, re-

cycling clothing acts against the fast fashion industry's exploitation of human beings. There's plenty of quality clothing out there already, waiting to be found by the right wearer. So come with family and friends and swap till you drop!

Free rewilding workshop

Also, don't forget about our free rewilding workshop at the Town Hall April 28 at 10 am, where you can learn how to transform a portion of your lawn into a vibrant ecosystem with native and pollinator-friendly plants. This is part of the *EAC's Inch by Inch, Yard by Yard* campaign to create vital habitats for local wildlife and to support biodiversity. More information on the *Yard by Yard* campaign can be found in the E-Bulletin and on the Town Webpage. Keep an eye open!



from Haley
Clarke-Cousineau

L'environnementalisme en action

Échange de vêtements de printemps

Joyeux printemps, chers citoyens de Mo-Ouest ! Nous avons surmonté notre dernière tempête de neige surprise de l'année (espérons-le !) et le soleil brille. Il est temps de se débarrasser des couches chaudes et de se préparer à un temps plus chaud. Vous savez ce que cela signifie : c'est bientôt l'heure de l'échange annuel de vêtements du *CAE* ! Cette année, l'échange très attendu aura lieu le 19 mai, de 13 h à 16 h.

Vous souhaitez faire le ménage de votre armoire ? Vous voulez ajouter de nouveaux articles à votre garde-robe de façon écologique ? Rejoignez-nous à l'hôtel de ville pour échanger vos vêtements superflus contre des articles que vous aimerez. Voici comment cela se passe :

- L'échange commencera à 13 heures et se terminera à 16 heures. Vous avez la possibilité de déposer vos vêtements à partir de 12h et nous les trierons.
- Il y a un droit d'entrée de 5 \$ (gratuit pour les enfants de 12 ans et moins) qui servira à financer un projet vert organisé par le Comité d'Action Environnementale.
- Le nombre de sacs de vêtements que vous apportez correspond au nombre de vêtements que vous pouvez rapporter à la maison. Si vous souhaitez acheter des articles supplémentaires, vous pouvez apporter des sacs supplémentaires à remplir (pour

un supplément de 3 à 5 \$ selon la taille du sac). Ainsi, même si vous n'avez rien à apporter, vous repartirez peut-être avec de nouvelles perles stylées !

- Assurez-vous que tous les vêtements, chaussures et accessoires que vous apportez sont propres et portables (sans taches ni déchirures).
- Savourez les friandises et le thé de notre vente de pâtisseries (qui comprendra des options végétaliennes). Si vous apportez votre propre tasse, le thé est gratuit
- Tous les articles restants à la fin de l'échange seront donnés.

Vous avez encore besoin de raisons pour participer ? L'échange comme alternative au magasinage réduit considérablement la consommation d'eau, empêche les déchets toxiques de se retrouver dans nos eaux et réduit les déchets dans les décharges. De plus, le recyclage des vêtements prévient l'exploitation des êtres humains par l'industrie de la mode rapide. Il existe déjà de nombreux vêtements de qualité qui n'attendent qu'à être trouvés par la bonne personne. Venez donc avec votre famille et vos amis et échangez jusqu'à ce que vous tombiez !

Atelier gratuit

N'oubliez pas non plus notre atelier gratuit de ré-ensauvagement à l'hôtel de ville le 28 avril à 10 heures, où vous pourrez apprendre à transformer une partie de votre pelouse en un écosystème vivant avec des plantes indigènes et favorables aux pollinisateurs. Cet atelier s'inscrit dans le cadre de la campagne « Inch by Inch, Yard

by Yard » du *Comité d'action environnementale*, qui vise à créer des habitats vitaux pour la faune locale et à soutenir la biodiversité. Vous trouverez de plus amples informations sur cette campagne dans le prochain bulletin électronique et sur la page Web de la ville. Gardez l'œil ouvert !



de Haley Clarke-Cousineau
traduction par Daniel Boulterice

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Edinburgh Elementary

— A sixth grader's perspective —

Building connections, navigating change

There are many ways to describe what this year has been like, but if I had to summarize it in three words, I would say stressful, exciting and enjoyable. As I was applying to high schools, I was terrified and if I am being honest, I am still scared, even though I know the high school that I will be going to! Leaving the comforting place and people I have grown to know and love, and starting out in a bigger and unfamiliar place are all factors that will make this transition challenging.

This year stood out to me for a variety of reasons. For example, I got the chance to meet people from different schools who will be going to the same high school as me. I also developed friendships with students in my grade who will be going to the same high school as me, including people I might not have gotten to know in previous years. This year might have been stressful, but it brought new relationships and more friends.

For next year, I am really looking forward to trying many of the new, extra curriculars that are offered. High school will be a tremendous change. However, I am excited to be in a new environment, to learn new things, to build on friendships and to start new relationships.

from Gaby Labib

Photo: Cousins Sienna and Pria Vozza with Grade 6 Edinburgh student Gaby Labib and her sister Eva Labib



Elizabeth Ballantyne School

Lettuce donate!

The Grade 6 students in Room 8 planted lettuce seeds and grew them in a Nutritower in their classroom. This was one of three towers set up throughout the school. After the lettuce was harvested, it was donated to

Basil and tiny lettuces



The Depot Community Food Centre in NDG, as a contribution to their community kitchen. **Ryan Oxley**, green projects facilitator at B.A.S.E. Daycare, was responsible for guiding our students through this process. He worked with other schools as well, and the *Depot* received lots of healthy lettuce to distribute!

“Grandpals”

Over the course of 8 weeks, our Grade 6 students will be participating in a program called “GrandPals,” an initiative of the *WIN Intergenerational Network* introduced to us by co-founder and EBS alumna and former EBS parent, **Tracie Swim**. The students will meet weekly with a group of older adults in order to share stories, build empathy and develop friendships. We know from past experience that our students LOVE the visits with their “senior” friends, and the feeling is mutual. Some of the “grand-



Kindergarten class preparing for the eclipse

pals” are residents of Montreal West; the group even includes an EBS alumnus!

Eclipse for K and Pre-K

All our friends in Rooms 5 and 6 worked hard to create

these models of the earth, the sun and the moon. Then they learned what happens during an eclipse. When they returned to school the day after the eclipse, they had fun sharing their stories with their teachers and friends!

Hockey Knights Single Letter Hockey



Knights hockey is alive and well this season with our M7 and M9 teams finishing their season with a parent-player game followed by a pizza party and medals. Thank you to all the players and parents who participated. We are so lucky to have the best parent coaches and volunteers at this level. The future of our MWH hockey program is looking amazing!

The rest of the MWH teams are currently in playoffs with our M13B and M11C going to the Lac St Louis Regionals April 13 and 14.

Exciting news

This year, Montreal West/Hampstead hockey and CSL merged to make one team at M11 for girls only. This team had a legendary season earning a spot in the provincial championships held Sunday, April 14. A total of seven players on that

JRAA champions



team are from MoWest. Congratulations to our MWH players: **Audrey Robbins, Eleanor Cunningham-Moring, Madeline Paterson, Naomi Benedik, Olivia Forlini and Rebacca Salama**, who were finalists in the 2023-2024 provincial championships.



North Stars Double Letter Hockey

Year two for the North Stars has been another incredible success. There are seven teams competing in the Lac St. Louis Double Letter hockey program and what a remarkable season it was with 6 of our 7 teams, M11BB, M13AA (also regular season champions), M13BB, M15AA, M18AA and JRAA all making it to the Lac St. Louis regional finals. Both The M18AA and JRAA teams won their finals, are the 2023-2024 LSL CHAMPIONS and have advanced to the Provincial Championships April 18-21.

North Stars tryouts for the



M18AA

2024-2025 season start this April. We are looking forward to meeting new players and welcoming back returning players for an exciting season to come.

North Stars spring AAA

New this season, the North Stars du EHL is offering a six-week spring development program focusing on our single letter players. Teams are playing in two tournaments starting in April, with additional 20 hours of training. Good luck to our Spring AAA players!

Winter programs end

With a last storm in early April, we have closed out the winter session of our indoor program: soccer, judo, gymnastics and basketball.

The gymnastics class held a demonstration during the last class for the parents to show off some of the skills they learned.

They did a great job performing bridges and back walk-overs for the crowd.

Basketball was another popular program with a season of fun and great games. It was impressive to see how far all the players have come since the beginning of season. It was impressive to watch the games on the last day. Looking forward to seeing everyone out on the courts this summer.

The indoor soccer classes at Royal West finished with lots of fun games. The players are ready for the spring session that starts early May on the fields.

Spring programming starts May 4

(...weather permitting!) with soccer, mini soccer, baseball and rugby.

Contact the CRA at infocra@mtlwestcra.ca if you have any questions.



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News from the pews

St. Philip's

Thank you to all who joined us for our Holy Week and Easter services. The music was wonderful, and it was good to see visitors, both local and from as far away as Sudbury. Worship continues Sundays at 10 am, with activities for children as well.

Spring fair

Our spring fair takes place Saturday, May 11. Do not miss the bake table with its delicious goodies. There will also be an extensive book table, along with a media centre (CDs and DVDs, games and puzzles), a plant table (if you admire our pollinator garden, we are splitting some of the perennials, as well as some perennial herbs) and the ever-popular attic treasures. There is something for everyone. Doors open at 10 am, and the sale continues until 2 pm.

Speaking of the garden, the early spring saw our gardeners hard at work in April. We have replaced the original raised bed, and plans for planting are under way.

from Fr. Pratt

MW United

...the brick one

May the fourth be with you – if you like bookth, that ith...

Our Book Browse Plus is happening Saturday May 4, 9:30 am-3 pm. Some of you dropped off books, CDs, puzzles, games, movies, cookbooks, kids' books, etc. that you were finished with and now have oceans of space on your shelves. So come by and browse to your heart's content, then go home with a new batch until next year, when we do it all again. This is neighbourhood re-cycling at its friendliest. Prices are good too. Good place to shop for Mother's Day, cottage fare and to find some favs you want to re-read. Bring your neighbours....

A labour of love

Ohiatonhseratokénti: the first complete translation of the Bible in Mohawk has been accomplished. A young **Harvey Satewas Gabriel** asked his mother why the Bible was mostly read only in English. A big project she told him. She encouraged him to use his language; however, when she died, he lost his chance to speak it. He taught himself to read and write it, deciding to translate the Bible when he retired.

While the four Gospels had been translated previously by a **Chief Onosakenrat** of Kanasatake, Harvey Gabriel began in 1999 to translate the balance. With the help of a team of four others and translation di-

rection from the *Canadian Bible Society (CBS)*, they completed this work in 2014, supported largely by the CBS, the *Mohawk Council of Kanasatake* and the *United Church of Canada*. In August 2023, the Bible in Mohawk was published.

Our copy will be dedicated on May 19 during our worship service. A milestone has been reached, but an opening of huge proportions is now available to many more.

Easy spiritual chats – no strings attached

Ever wish you could discuss current issues that challenge your values? Or maybe Bible stories you never got? We have two venues that offer those chances. Wednesdays at 2 pm in-person or at 7 pm on Zoom, both with **Rev. Mark**. Then there's Spirit is with Us discussion group after a Sunday service each month. May's gathering is May 19. No reservation necessary, and all who arrive are welcome to both informal chats.

Final indoor Labyrinth Walk of the season

Tuesday, May 21, 7-9 pm will be our final Labyrinth Walk until the fall. We will have the gentle atmosphere set up for your individual walking meditation. Hard to say what is happening with our outdoor Labyrinth at this time. If you have an opinion, let us know by leaving me a message at 482-3210. Thanks.

Contact us at 482-3210 or at mwuoffice@gmail.com. Rev. **Mark Hammond**, **Merrie Hammond** (Sunday school) and **Vicky** (office) welcome your contact. And we are there every Sunday at 10 am. Keep well....

from Susan Upham

Kosher corner

First Friday Shabbat

Please note: first Friday Shabbat service will be moved to Friday, May 10, 7:30 pm.

Decisions of Fate

New four-part course starting Thursday May 16! Decisions of Fate will cover topics in medical ethics according to Jewish law and values.

Ever wonder what Judaism's response to today's toughest medical dilemmas is? Decisions of Fate is your ultimate guide to the Jewish perspective on modern medical ethics. Discover Judaism's stance on issues like abortion, extending life and end-of-life care.

Gain real answers on how to handle life's toughest decisions. Unlock a new perspective on the true meaning of life. Sign up at chabadwestminster.com/DOF.

Babka Bake

Jewish Women's Circle Babka Bake Wednesday, May 22!



RCS lesson

Lesson 6/7 of the One WOW Moment course will be held May 8. Enjoy an evening with local women as we learn about the impact of Queen Esther!

Hebrew school ceremony

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from Rabbi Marlow

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montreal-west.ca

April 30

Bridge/cards

Call to reserve your table.

Cost: \$5 per player.

Community Centre. 1 pm.

May 9

(New date!)

**Marvelous Martinique:
The Island Paradise!**

Presenter: **Frederic Hore**,
freelance photojournalist, writer and
instructor. Cost: \$10 / \$15.

Community Centre. 1 pm.

**Ottawa Tulip Festival Day Trip
Tuesday, May 14 (all included)**

7:30 am departure

(Commissioners Park, Major's Hill Park,
along the Rideau Canal), buffet lunch,
Canadian Museum of History.

Stop at the Byward Market for a snack be-
fore heading back to Montreal West.

Cost: \$169 / \$179

**Upper Canada Playhouse
Wednesday, June 19**

Perfect Wedding by **Robin Hawdon**.

When the groom awakes to find a strange
girl in bed beside him, hysterical chaos
ensues for the wedding party.

Cost: \$105 / \$115

**MADA Tea and Talk
Wednesday, May 15**

Free lecture

Community Centre, 1 pm

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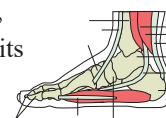
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Town Council meeting: March



by Carol Foster

The mayor congratulated the Town residents, **Gabrielle Bell** and **Yaniv Benadiva** who participated in the *Jeux du Québec*

He then gave a quick update about the Association of Suburban Municipalities' resolve to start taking a firmer position with the City of Montréal concerning the shared expenses dictated in the budget of the Agglomeration Council. He reiterated their resolve to vote against every expenditure which does not benefit the demerged towns.

To ensure they can never be perceived as being uncooperative, along with the mayor of Senneville, he will be meeting with the new president of the City of Montreal's Executive Committee as a last-ditch effort to resolve this long standing issue. Although Masella has trouble maintaining his optimism, he stated that "by the end of this meeting, they will know that the status quo is not an option."

Councillors' reports

With the changing of the seasons, **Councillor Ulin** reported that Public Works staff are starting to focus on patching up the streets, cleaning up the parks and implementing the Town's tree programs. One of the current activities of the Environmental Committee is the organization of a public field trip to the recycling plant.

In reviewing the Town's expenditures of a little over six million dollars in the past month, **Councillor Feeney** explained that 65 percent of this amount went for one half of the Town's annual Agglomeration share.

Although the Easter bunny had to hide the eggs in the snow this year, all the tickets were sold out for the annual Cottontail party. While mentioning the many events and activities being organized by the Town, she gave special thanks to the City of Côte Saint-Luc for their cooperation in allowing the use of their pool to permit the swimming programs to be offered this summer.

The "Solar Eclipse" and "Stay or Move" will be topics of talks soon available to the 50 + Club members.

Councillor Torres reported the number of permits was beginning to pick up and 33 were issued during the past month. Notices of infractions were sent out for the maintenance of a building, non-compliant work and a commercial sign without a permit. In addition, one fine was issued for work which was non-compliant with the permit. Torres encouraged residents to take advantage of the opportunities the Town offers for trees to be planted on their property.

Councillor Small-Pennefather said that the Community Safety Committee has been looking at methods of fraud prevention,

continuing to monitor reports of thefts from cars and conducting two traffic studies following complaints of speeding. The time limits imposed on parking in the Towns' parking lots are also being discussed.

Following the theft of wallets and phones from two unattended purses recently, in a Westminster restaurant, the need for vigilance of personal belongings in crowded areas was emphasized. Small-Pennefather ended her report with a number of tips for ensuring valuables are kept safe.

First question period

Having learned of a possible "tax revolt" against decisions made by the Agglomeration Council by some municipalities, the mayor was asked if Montreal West would participate in this type of action. The mayor replied that given that deciding not to pay the agglomeration tax means that the government would step in and take over, there could be better ways to protest. However, he emphasized that he is not closing the door on any action.

It was pointed out that there appears to be a very small setback from the sidewalk to the Easton building which will not allow space for the greenery shown in the original plans. The mayor explained that the plans for that area will not be finalized until the work is completed and an engineering consultant will advise on the final configuration of that area.

The mayor repeated his response that any money being saved from the limited need for snow clearing operations this winter is not presently being designated for any special purpose but will go into the general surplus fund.

The temporary closing of the small park by the tennis courts was due to safety concerns because of the truck traffic used by the construction crew. This situation will be reviewed.

The bylaw concerning illegal views is controlled by the City of Montréal. These regulations were followed when a permit was issued to a homeowner who changed only the type of his windows but not the distance from the neighbouring house. However, the Town will remind this resident that he is responsible for ensuring this change does not result in an illegal view.

A resident described the problems he encountered in installing a new garage door which PAC felt was not "aesthetically pleasing" because it had colonial panels instead of flat panels. After consulting an architect and observing that many surrounding houses had doors similar to the one he had installed, he asked for an exemption, but was refused. Councillor Torres explained that once PAC issued a permit with recom-

mendations, it is legally binding and cannot be reversed.

Feeling that there is an overwhelming consensus in the Town that there seems to be a lack of PAC being in touch with residents concerning the permit process which can often be exhausting and frustrating, he asked if the Town is open to conducting a survey which will address the citizens degree of satisfaction with PAC's permit process.

The mayor replied that, although this question has never been asked before, it can be taken back to Council for discussion to see if there's a way to get a feedback from people to improve the process.

Another resident, who had his house completely destroyed by fire, was also unhappy with the way his situation was handled. Having never had any experience with this kind of problem, he felt, if mistakes were made in asking for permits, the Town did nothing to help guide him through the process. During the proceedings, he found that communication with the Planning Department was extremely difficult.

He was asked to put up \$260,000 as a guarantee that the house would be reconstructed. He gave Council credit for subsequently amending this amount to \$50,000 when he presented his difficulties with that obligation.

Councillor Torres explained that the Town had a responsibility to ensure the house gets rebuilt and that it's not just taken down and left that way. She agreed that this situation has been very difficult for the resident and has resulted in a learning experience for the Town as they have never had to deal with this issue before. Mistakes and misunderstandings have been experienced on both sides, but she hopes everyone has learned from the mistakes and, should it, unfortunately, happen again, it won't be as hard on the next person.

Parking permits in the Town's parking lots were the next bone of contention.

Two merchants, who have businesses on Westminster, took issue with the recent fines being incurred when the two-hour time limit for parking in the lot at Milner and Strathearn was exceeded. They explained that it is difficult to leave their businesses every two hours in order to move their cars in that lot when the alternative lot is often full.

Councillor Small-Pennefather said that a parking ticket cannot be cancelled once it is issued, but she agreed that the time limits in the Town's parking lots, which are meant to be available for shoppers as well as merchants, will be looked into.

No questions were asked during the second question period and the meeting was adjourned.

Réunion du Conseil : mars



Par Carol Foster
traduction par René Boucher

Le maire a félicité les résidents **Gabrielle Bell** et **Yaniv Benadiva** qui ont participé aux Jeux du Québec

Il fait ensuite le point rapidement sur la détermination de l'Association des municipalités de banlieue à adopter une position plus ferme avec la Ville de Montréal concernant les dépenses partagées dictées dans le budget du Conseil d'agglomération. Il a réitéré la volonté des maires de voter contre toute dépense qui ne profiterait pas aux villes reconstituées.

Pour s'assurer qu'ils ne seront jamais perçus comme étant peu coopératifs, il rencontrera le nouveau président du comité exécutif de la Ville de Montréal en compagnie du maire de Senneville, ce qui constituera un dernier effort pour résoudre ce problème de longue date. Bien que Masella ait du mal à maintenir son optimisme, il a déclaré que « d'ici la fin de cette réunion, ils sauront que le statu quo n'est pas une option ».

Rapport des conseillères

Avec le changement des saisons, la **conseillère Ulin** a signalé que le personnel de Travaux publics commence à se concentrer sur la réparation des rues, le nettoyage des parcs et la mise en œuvre des programmes arboricoles de la Ville. L'une des activités actuelles du Comité de l'environnement est l'organisation d'une visite publique à l'usine de recyclage.

En révisant les dépenses de la Ville d'un peu plus de six millions de dollars au cours du dernier mois, la **conseillère Feeney** a expliqué que 65 pour cent de ce montant avait été consacré à la moitié de la part annuelle de la Ville dans l'agglomération.

Bien que le lapin de Pâques ait dû cacher les œufs dans la neige cette année, tous les billets ont été vendus pour la fête annuelle du Lapin. Alors qu'elle mentionnait les nombreux événements et activités organisés par la Ville, elle a remercié tout particulièrement la Ville de Côte Saint-Luc pour sa collaboration qui a permis l'utilisation de sa piscine afin que les programmes de natation puissent être offerts cet été.

Les thèmes « Éclipse solaire » et « Je reste ou je déménage » seront bientôt des sujets abordés pour les membres du Club 50+.

La **conseillère Torres** a indiqué que le nombre de permis commençait à augmenter et que 33 ont été délivrés au cours du dernier mois. Des avis d'infraction ont été envoyés pour l'entretien d'un bâtiment, pour des travaux non conformes et pour une affiche commerciale sans permis. En outre, une amende a été infligée pour travaux non conformes au permis. Mme Torres a encouragé les résidents à profiter des possibilités offertes par la Ville pour planter des arbres sur leur propriété.

La **conseillère Small-Pennefather** a déclaré que le Comité de sécurité communautaire s'est penché sur les méthodes de prévention de la fraude, qu'il a continué à surveiller les signalements de vols de voitures et qu'il a réalisé deux analyses de circulation à la suite de plaintes pour excès de vitesse. Les limites de temps imposées pour le stationnement dans les parcs de stationnement municipaux sont également discutées.

À la suite des vols récents de portefeuilles et de téléphones de deux sacs à main laissés sans surveillance dans un restaurant sur Westminister, la nécessité de faire preuve de vigilance à l'égard des effets personnels dans les zones achalandées a été soulignée. Small-Pennefather a terminé son

rapport avec un certain nombre de conseils pour s'assurer que les objets de valeur sont gardés en sécurité.

Première période de questions

Ayant appris l'existence d'une possible « révolte fiscale » de certaines municipalités contre les décisions prises par le Conseil d'agglomération, on a demandé au maire si Montréal-Ouest participerait à ce genre d'action. Le maire a répondu qu'étant donné que la décision de ne pas payer la taxe d'agglomération entraînerait l'intervention du gouvernement qui prendrait le relais, il pourrait y avoir de meilleurs moyens de protester. Toutefois, il a souligné qu'aucune action n'était écartée.

On a souligné qu'il semble que la marge de recul à l'avant de l'immeuble Easton est très petite, ce qui ne laissera pas de place à la végétation illustrée dans les plans originaux. Le maire a expliqué que les plans pour ce secteur ne seront finalisés qu'à la fin des travaux et qu'un expert-conseil en génie fournira des conseils sur la configuration finale de la zone.

Le maire a répété que tout l'argent économisé découlant des opérations limitées de déneigement cet hiver n'est pas destiné à des fins spéciales, mais sera versé au fonds général excédentaire.

La fermeture temporaire du petit parc de jeu près des courts de tennis était due à des préoccupations de sécurité en raison de la circulation de camions utilisés par l'équipe de construction. Cette situation sera réexaminée.

Le règlement concernant les vues illégales est contrôlé par la Ville de Montréal. Ce règlement a été respecté lorsqu'un permis a été délivré à un propriétaire qui n'a changé que le type de ses fenêtres, mais pas la distance par rapport à la maison voisine. Cepen-

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Réunion du Conseil : mars

dant, la Ville rappellera à ce résident qu'il est responsable de s'assurer que ce changement ne constitue pas une vue illégale.

Un résident a décrit les problèmes qu'il a rencontrés lors de l'installation d'une nouvelle porte de garage qui, selon le CCU, n'était pas «esthétiquement plaisante» parce qu'elle avait des panneaux de style colonial au lieu de panneaux plats. Après avoir consulté un architecte et constaté que plusieurs maisons avoisinantes avaient des portes semblables à celle qu'il avait installée, il a demandé une exemption, mais celle-ci lui a été refusée. La conseillère Torres a expliqué qu'une fois que le CCU a délivré un permis assorti de recommandations, celui-ci est juridiquement contraignant et ne peut être annulé.

Estimant qu'il y a un consensus écrasant dans la ville selon lequel il semble y avoir un manque de communication entre le CCU et les résidents au sujet du processus de délivrance de permis, ce qui peut souvent être épuisant et frustrant, il demande si la Ville est ouverte à la réalisation d'un sondage portant sur le degré de satisfaction des citoyens à l'égard du processus de délivrance de permis du CCU.

Le maire a répondu que, bien que cette

question n'ait jamais été posée auparavant, elle peut être renvoyée au Conseil pour discussion afin de voir s'il y a un moyen d'obtenir une rétroaction des gens pour améliorer le processus.

Un autre habitant, dont la maison a été complètement détruite par le feu, était également mécontent de la façon dont sa situation a été gérée. N'ayant jamais connu ce genre de problème, il estimait que si des erreurs étaient commises dans la demande de permis, la Ville ne faisait rien pour l'aider à s'y retrouver dans le processus. Au cours de la procédure, il a constaté que la communication avec le Département d'urbanisme était extrêmement difficile.

On lui a demandé de verser 260 000 \$ pour garantir que la maison serait reconstruite. Il a reconnu au Conseil le mérite d'avoir par la suite ramené ce montant à 50 000 \$ lorsqu'il a fait part de ses difficultés avec cette obligation.

La conseillère Torres a expliqué que la Ville avait la responsabilité de veiller à ce que la maison soit reconstruite et qu'elle ne soit pas simplement démolie et laissée ainsi. Elle a convenu que cette situation a été très difficile pour le résident et a donné lieu à une expérience d'apprentissage pour la

Ville, car elle n'avait jamais eu à faire face à ce problème auparavant. Des erreurs et des malentendus ont été vécus des deux côtés, mais elle espère que tout le monde a appris de ses erreurs et, si malheureusement cela devait se reproduire, ce ne serait pas aussi laborieux pour la prochaine personne.

Les permis de stationnement dans les parcs de stationnement municipaux ont été le prochain point litigieux.

Deux commerçants, qui ont des entreprises sur Westminster, ont contesté les récentes amendes encourues lorsque la période de deux heures de stationnement permise pour le terrain de Milner et Strathearn a été dépassée. Ils ont expliqué la difficulté de quitter leur entreprise toutes les deux heures pour déplacer leurs voitures lorsque le terrain primaire est souvent plein.

La conseillère Small-Pennefather a déclaré qu'une contravention de stationnement ne peut être annulée une fois qu'elle est émise, mais elle a convenu que les limites de temps dans les stationnements de la Ville, qui sont censés être accessibles aux acheteurs ainsi qu'aux commerçants, seront examinées.

Aucune question n'a été posée pendant la deuxième période des questions et la séance a été levée.

Community Centre communautaire : 484-6186

MoWest Pop-UP Event

Fundraising event for
the new sports and recreation centre

Sunday, May 26
10 am-3 pm
Davies Park

Live music by *Just Costa*

Reserve your table now. Cost: \$25 for residents or merchants / \$35 for non-residents

Événement éphémère de Mo-Ouest

Levée de fonds pour
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Dimanche 26 mai
10 h à 15 h
au parc Davies

Musique par le duo *Just Costa*

Tables à louer, réserver en ligne 25\$ pour les résidents et marchands

Music and circus performance

Tuesday, June 11, 6 pm
Davies Park

Music by *The Hellbound Heccats* and circus performance: *La crinoline aux Chapeaux* par *Marguerite à bicyclette* (presented in collaboration with *Conseil des Arts de Montréal*)



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- Pool programs: Aquafit, Swim Team, Guppies Swim Team, Diving, Masters, Life Saving Courses (Bronze Cross & Bronze Medallion)

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COMING EVENTS / À VENIR

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

Next deadline: May 8

April

- Sat 27 Whiskey and Wisdom** – Scotch tasting fundraiser for the library. Public Library. 7:30 pm.
- Sun 28 Yard by Yard Rewilding workshop** with *Jardin Buzz*. Please see page 12. Town Hall. 10 am.

May

- Sat 4 Book Browse Plus.** All welcome. MW United. 9:30 am-3 pm.
- Thu 9 Forever Young Podcast recording** – event in English and hybrid. Concordia University's 4th Space. Free. 2-3 pm.
- Sat 11 Spring Fair.** St Philip's. 10 am-2 pm.
- Mon 13 Who am I? Book Club** with special guest Sean Michaels. Concordia University's 4th Space. Free. 2-3 pm.
- Wed 15 Tea and Books.** Public Library. 2 pm.
- Sun 19 Dedication of the Bible in Mohawk.** MW United. 10 am.
Revamp your wardrobe at the clothing swap! Please see page 12. Admission: \$5. Town Hall. 1-4 pm.
- Thu 23 Municipal taxes due (second installment) Échéance: taxes municipales (deuxième versement)**
Karaoke for a cause: support your local library! \$25; tickets available in advance. The Montreal West Public Library at the *Wheel Club*. 6:30 pm.
- Sun 26 IODE HMS Victory pop-up event: Table of Treasures.** Davies Park. 10 am-3 pm.
MoWest Pop-UP Event / Évènement éphémère de Montréal-O. Fundraising event for the new sports and recreation centre. *Levée de fonds pour le nouveau centre sportif et récréatif.* See page 19. Parc Davies Park. 10 h à 15 h.
- Mon 27 Town Council meeting.** In person and virtually (Town's YouTube channel). Town Hall. 8 pm.

NEW!

Parents' Night Off

FOUR hours to yourself! A well-deserved break.

No parents allowed! Kid's only! (ages: 4-10 years old)

Friday, May 10 and May 31
5-9 pm, Community Centre

\$25 per child for residents / \$35 for non-residents. Children get to come and play! Includes: pizza, juice, crafts, games and a movie. By signing up your children, you are also helping new babysitters (individuals who recently passed their Red Cross babysitting course) gain experience. Online registration: AMILIA.



Katherine O'Neill, Patricia Lowe, Andrea MacDonald and Josephine Fiore watching the eclipse April 8, 2024

Montreal 10,000 years ago

Ever wonder what Montreal could have been like throughout the centuries? *Les amis du parc Meadowbrook* and *Sauvons la Falaise!* have teamed for this year's edition of *Jane's Walks* to explore the natural heritage of Montreal with the St. Pierre River, the falaise Saint-Jacques and the ancient lac à la Loutre.

Stops along the way: the Bande verte, at the foot of falaise Saint-Jacques, the Falaise with its spring flowers, Bird Valley and an encounter with the Falaisosaurus.

Two departures

May 3 and 5, 11 am from the pavilion at the entrance to the Bande verte on Ste-Anne-de-Bellevue Boulevard. Registration is mandatory. Go to promenadesdejane.com and enter "Cotes-des-neiges-Notre-dame-de-Grace." The tour is "Montreal's natural heritage: the Saint-Pierre River and the Saint-Jacques Cliff."

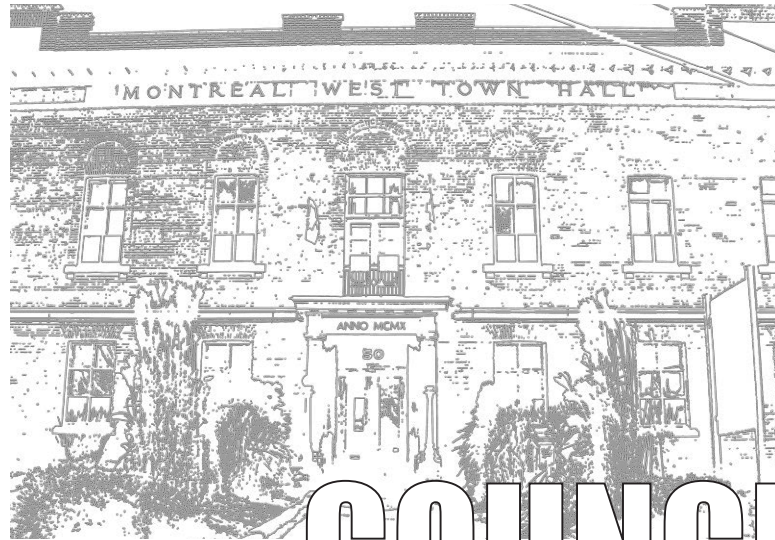
from Deanne Delaney

The Bande verte, at the foot of Falaise Saint-Jacques



Classifieds

PAINTER WANTED: Scrape and paint wooden front stairs and outside trim on front porch. Between now and the fall. All welcome: students, retirees. Contact: Judethepod1@gmail.com.



COUNCIL communiqué



THE FUN SIDE OF SUSTAINABLE LIVING

One of the best ways to live sustainably is to extend the life of the items we've purchased to avoid creating unnecessary waste. MoWest has three events this spring to help you do just that.

Once again, the Environmental Action Committee (EAC) is holding a huge **clothing swap** at the Town Hall on Sunday May 19 at 1pm (see the EAC article in this issue). If you've never been to one of these events, please just come with a bag of giveaway clothes and see what it's all about. The clothes should be clean and in good condition. Your hand-me-downs will be made available to others at the swap and you can fill your bag with new-to-you outfits. It's a great way to recycle and reuse, and avoid the allure of cheap fast fashion.

Next up, back by popular demand, is the EAC's second annual town-wide **Garage Sale/Garage Band Fest** on June 1 (rain date: June 2). Like last year, there will be an interactive online map

noting each garage sale and concert location. So, any household that wants to hold a sale can register online and be placed on the map. In keeping with the theme of sustainability the EAC urges all garage sale participants to consider donating a portion of their proceeds to an environmental cause close to their heart. Bands that want to play can contact organizers for info. Keep an eye out for more details in a coming Town e-bulletin.

Following garage sale weekend there's **Free For All Day** (June 8 and 9) where all those items you didn't sell (and more) can be set out on the curb for neighbours to take away for free. It's an easy way to lighten your load and ensure your formally treasured goods have the longest serviceable life.

Finally, it's worth mentioning an ongoing reuse initiative: the very active **Montreal West Buy Nothing Facebook group** where all manner of items are given (for free) to other members. Everything from reading glasses to kids' toys, cabinets, vacuum cleaners, etc. are posted there to give away. And you have to be quick to claim your prize! This is probably the most active local social media site in Town. Kudos to the organizers of this terrific sustainability initiative!

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



NOW YOU SEE ME, NOW YOU DON'T

We have all done it before... gone out to a restaurant feeling relaxed, talking with family and friends, looking forward to a great meal. You put your jacket or purse behind your chair and when it's time to pay, something is wrong, your wallet is gone!

On March 3, two patrons were dining on Westminster, when their purses and phones were stolen by two individuals sitting at the table next to them, wearing medical face masks "waiting for friends". They were swift and knew what they were doing, before the two patrons discovered that they were victims of a crime. A police report was filed, but what ensued following the theft, was even more concerning. One of the individuals was contacted at home by someone who was impersonating the bank, to obtain personal information. You guessed it, it was one of the individuals associated with the theft of the wallets that occurred earlier! Already being victimized, the individual divulged some personal information before they realized what was happening to them.

To keep your valuables safe, here are a few tips to follow:

- Keep your purse/backpack in view at all times and do not leave wallets or valuables when placing your jacket on the back of your chair, especially in crowded establishments.

- Always carry your purse or backpack close to the front of your body, making sure all of the pockets are completely closed.
- Keep your cash in a hard-to-reach place, separate from your credit cards.
- Prepare your money in advance before you get on the bus or enter the metro, to avoid opening your purse or wallet in public.
- Carry only the documents you need with you (for example, if you won't be driving, don't bring your driver's licence)

If you are a victim of a crime, please report it to 911, as well as Public Security. Stay Safe!

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



VOLUNTEERING: A WIN-WIN SITUATION

National Volunteer Week is April 14-20, so we would like to take this opportunity to thank our current volunteers and to encourage those of you who may be looking for a new activity to consider volunteering.

In Montreal West, there are many volunteer opportunities. You can help out at Town events, such as Canada Day, Remembrance Day, Breakfast with Santa, where there are a range of tasks from manning a BBQ to selling tickets, to helping serve. You can sit on one of our committees, such as the Planning Advisory (PAC), Community Safety, Environmental Action or Seniors' Advisory Committee, where your perspective can assist Council in our decision-making. Volunteer help is also required in many organizations associated with the Town such as the libraries, CRA, Meals on Wheels and The *Informer*.

If you are looking for volunteer opportunities, please check out our website under either Community Life or Seniors. Here you will find a volunteer registration form as well as links to the various organizations. You can also contact the Recreation and Culture department at 514 484-6186.

Research has shown that volunteering offers significant health benefits, particularly for those over 50. According to the Mayo Clinic, volunteering: improves physical and mental health; provides a sense of purpose and teaches valuable skills; and nurtures new and existing relationships. So, by helping others, you

are helping yourself. It's a win-win!

In addition to the valuable work they do, our volunteers also foster community spirit. In Montreal West we are very fortunate to have well over 200 people volunteering annually in a variety of ways. Volunteering matters, and this small Town would not be the same without our wonderful volunteers. A huge THANK YOU to all of you. Un grand MERCI!

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Communiqué du CONSEIL



LE CÔTÉ LUDIQUE DE LA VIE DURABLE

L'une des meilleures façons de vivre de manière durable est de prolonger la durée de vie des articles que nous avons achetés afin d'éviter de créer des déchets inutiles. Mo-Ouest organise trois événements au printemps pour vous aider à y parvenir.

Le Comité d'action environnementale (CAE) organise encore cette année un grand **échange de vêtements** à l'hôtel de ville le dimanche 19 mai à 13 h (voir l'article du CAE dans ce numéro). Si vous n'avez jamais participé à l'un de ces événements, il vous suffit d'apporter un sac de vêtements à donner et voyez de quoi il s'agit. Les vêtements doivent être propres et en bon état. Vos vêtements d'occasion seront mis à la disposition des autres participants à l'échange et vous pourrez remplir votre sac de tenues qui seront nouvelles pour vous. C'est un excellent moyen de recycler et de réutiliser, tout en évitant l'attrait de la mode rapide et bon marché.

Le prochain événement, qui revient à la demande générale, est la deuxième **Garages et Guitares**, la vente de garage annuelle du CAE, qui aura lieu le 1er juin (le 2 juin en cas de pluie). Comme l'année dernière, une carte in-

teractive en ligne indiquera l'emplacement de chaque vente de garage et de chaque concert. Ainsi, tout ménage souhaitant organiser une vente peut s'inscrire en ligne et figurer sur la carte. Conformément au thème de la durabilité, le CAE invite tous ceux qui organisent une vente de garage à envisager de reverser une partie de leurs revenus à une cause environnementale qui leur tient à cœur. Les groupes qui souhaitent jouer peuvent contacter les organisateurs pour obtenir des informations. De plus amples informations seront publiées dans le bulletin de la Ville.

Après la fin de semaine des ventes de garage, il y a la **Journée Bon débarras** (8 et 9 juin) où tous les articles que vous n'avez pas vendus (et bien d'autres) peuvent être déposés en bordure de rue pour que les voisins puissent les emporter gratuitement. C'est un moyen facile d'alléger votre charge

et de faire en sorte que vos biens les plus précieux aient la plus longue durée de vie possible.

Enfin, il faut mentionner une initiative de réutilisation en cours : le groupe Facebook **MoWest Buy Nothing Group**, où toutes sortes d'articles sont donnés (gratuitement) à d'autres membres. Des lunettes de lecture, des jouets pour enfants, les armoires et les aspirateurs, vous trouverez tout dans ce groupe et tout est à donner. Mais, il faut être rapide pour réclamer l'article ! Il s'agit probablement du site de médias sociaux le plus actif de la ville. Bravo aux organisateurs de cette formidable initiative de développement durable !

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D'UN INSTANT À L'AUTRE, IL DISPARAÎT

Nous l'avons tous déjà fait... sortir au resto en se sentant détendu, jasant avec la famille et les amis, hâte d'un bon repas. Vous mettez votre veste ou votre sac à main derrière votre chaise et, au moment de payer, quelque chose ne va pas : votre portefeuille a disparu !

Le 3 mars 2024, deux clients dînaient sur la rue Westminster, quand leurs sacs à main et téléphones ont été volés par deux individus assis à la table à côté d'eux, portant des masques médicaux "en attendant des amis." Ils étaient rapides et savaient ce qu'ils faisaient, avant que les deux clients réalisent qu'ils étaient victimes d'un crime. Un rapport de police a été déposé, mais ce qui s'est passé après le vol est encore plus inquiétant. L'une des personnes a été contactée à son domicile par quelqu'un qui se faisait passer pour la banque afin d'obtenir des informations personnelles. Vous l'avez deviné, il s'agissait de l'un des individus associés au vol des portefeuilles survenu plus tôt ! Déjà victime, la personne a divulgué quelques informations personnelles avant de réaliser ce qui lui arrivait.

Pour garder vos objets de valeur en sécurité, voici quelques conseils à suivre :

- Gardez votre sac à main/sac à dos en vue à tout moment et ne laissez pas votre portefeuille ou vos objets de valeur dans votre sac lorsque vous placez votre veste sur le dossier de votre chaise, surtout dans les endroits bondés.

- Portez toujours votre sac à main ou votre sac à dos près de votre corps, en veillant à ce que toutes les poches soient complètement fermées.
- Conservez votre argent dans un endroit difficile d'accès, séparé de vos cartes de crédit.
- Préparez votre argent à l'avance, avant de monter dans l'autobus ou de prendre le métro, pour éviter d'ouvrir votre sac à main ou votre portefeuille en public.
- N'emportez que les documents dont vous avez besoin (par exemple, si vous ne conduisez pas, n'emportez pas votre permis de conduire).

Si vous êtes victime d'un acte criminel, signalez-le au 911, ainsi qu'à la Sécurité publique.

Restez en sécurité !

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LE BÉNÉVOLAT : UNE SITUATION GAGNANTE

La Semaine de l'action bénévole se déroule du 14 au 20 avril. Nous aimerions donc profiter de cette occasion pour remercier nos bénévoles et encourager ceux d'entre vous qui sont à la recherche d'une nouvelle activité à envisager de faire du bénévolat.

À Montréal-Ouest, les possibilités de bénévolat sont nombreuses. Vous pouvez aider lors d'événements, tels que la Fête du Canada, le Jour du Souvenir, le Déjeuner avec le Père Noël, où les tâches comprennent faire du BBQ, vendre des billets, ou l'aide au service de nourriture, par exemple. Vous pouvez siéger à l'un de nos comités, tels que le Comité consultatif d'urbanisme (CCU), le Comité de circulation et de sécurité, le Comité d'action environnementale ou le Comité consultatif des aînés, où votre point de vue peut aider le Conseil à prendre des décisions. De nombreux organismes associés à la ville, tels que les bibliothèques, l'ARC, la popote roulante et *The Informer*, ont également besoin de bénévoles.

Si vous êtes à la recherche de possibilités de bénévolat, veuillez consulter notre site Web sous les rubriques Services aux aînés ou Vie communautaire. Vous y trouverez un formulaire d'inscription au bénévolat ainsi que des liens vers les différentes organisations. Vous pouvez également communiquer avec le Service des loisirs et culture au 514 484-6186.

La recherche a montré que le bénévolat offre des avantages significatifs pour la santé, particulièrement pour les personnes de plus de 50 ans. Selon la Mayo Clinic, le bénévolat améliore la santé physique et mentale, donne un sens à l'action et permet d'acquérir des compétences précieuses, tout en favorisant des relations nouvelles et

existantes. En aidant les autres, vous vous aidez vous-même. C'est gagnant-gagnant !

En plus du travail précieux qu'ils accomplissent, nos bénévoles renforcent également l'esprit communautaire. À Montréal-Ouest, nous avons la chance d'avoir chaque année plus de 200 personnes qui font du bénévolat de diverses manières. Le bénévolat compte, et cette petite ville ne serait pas la même sans nos merveilleux bénévoles. Un grand MERCI à vous tous!

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