

WESTMOUNT INDEPENDENT

Weekly. Vol. 17 No. 9d

We are Westmount

September 26, 2023

Thank you, firefighters!



Krystyna Miskiewicz (white-and-blue sweater), her husband Mark Liszkowski (grey shirt) and their children, from left, Damian, Mila and Lena, were at the Stanton St. fire station to thank, amongst others, firefighters Jean-Philippe Boyer, Pier-Luc Carrier, Geneviève Boucher and Capitaine Claude Romeo. See p. 10 for story.

PHOTO: RALPH THOMPSON.

Westmount's Rashad defeats Canada's #1 golf croquet player!



Club member Hanan Rashad winning the championship flight of the golf croquet event at the Westmount Lawn Bowling and Croquet Club on September 10. "Yes, that was the winning shot," correspondent Andrew de Courcy-Ireland confirmed to the *Independent*. "Her black ball had just gone through the hoop after she hit it from where she was standing." See p. 22 for more details.

PHOTO COURTESY OF ANDREW DE COURCY-IRELAND.

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Maislin 'taken aback' by 56-player increase to 257

Hockey players flock to Sports and Recreation's winter program

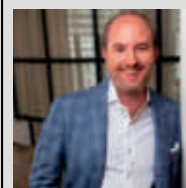
BY LAUREEN SWEENEY

Though many of the tree leaves in Westmount have not started to change colour, the city's hockey season is well under way, said Andrew Maislin, who is organizing it for the Westmount Minor Hockey Association. He is also the operations manager at the city's Sports and Recreation department.

"It's just around the corner," he added, saying that registration for this year's inter-city competitive hockey teams has increased from 201 to 257. "I'm really taken back by the actual number increase. I knew we had increased, but did not expect to see a 50-plus player jump."

This results in part from the creation of a new "junior" level team for ages 18-21 as well as *continued on p. 3*

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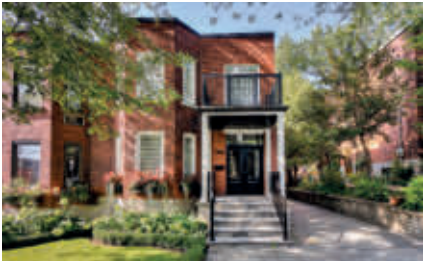


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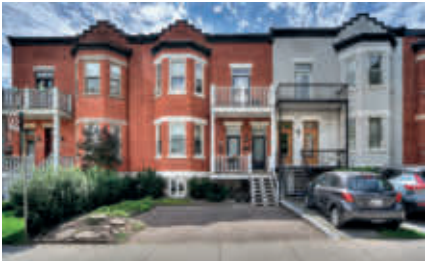
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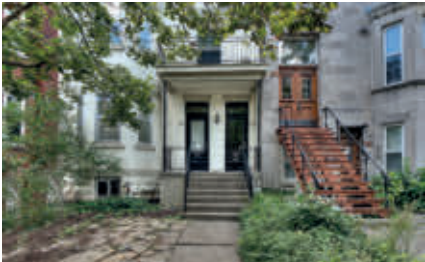
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Hydro Westmount crews work on repairs in area of short circuit

Urinating dog gets shocked by lamppost in Murray Park

BY LAUREEN SWEENEY

Walkers of dogs in King George (Murray) Park are reminded to watch where their canine friends lift a leg to leave their calling card!

At least one lamppost on the path at the top of stone steps “re-paid” a peeing dog with a shock from a short circuit some two weeks ago. The lamp post was number 373, according to the dog’s walker, who called the *Independent* as well as Hydro Westmount.

“The dog jumped away suddenly,” said walker Paul Burke, who operates the dog training business called Dog Life Montreal, who said he recalled other such “peeing” incidents. Oddly enough, he recalled, “the light was on.”

While the *Independent* was awaiting an update last week from Hydro Westmount, Burke said he ran into hydro workers who were working in the area and stated they did find a short. He said the area did not appear to have been taped off.

The issue is not confined to West-

mount, either. According to the Dog Jaunt website: “Stray voltage is a real but relatively unknown hazard for humans and dogs in urban environments. It’s a problem year-round, but it’s especially worrisome when snowy sidewalks are sprinkled with salt, since slush and salt increase the chances,” it states.

Already this year, two dogs were reported to have received electrical shocks in the Vancouver area attributed to short circuits in underground wiring.

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Severe damage reported

3-car accident on Strathcona leaves one driver in shock

BY LAUREEN SWEENEY

An accident involving three cars on Strathcona September 18 caused severe damage and resulted in the driver of one being treated for shock, Public Security officials said. All three vehicles sustained “severe” damage.

Public Security, the first emergency service on the scene around 12:09 pm, secured the scene and blocked the street while await-

ing other services. The impact was reported as occurring when a Volvo SUV was backing up and hit the two other vehicles parked on the west side of the street, explained department director Greg McBain.

The impact was reported to have flipped a Mini Cooper onto its side and pushed a Nissan onto the property at civic number 438. All three had to be towed.

The investigation and other details were left to police.

Yet another fire at Summit Woods

The remains of another deliberate fire was discovered last week by a Summit Woods user. The campfire-style blaze had occurred overnight September 22-23. It is the fourth fire at the 57-acre municipal park that the *Independent* has been alerted to in recent months (see September 19, p. 6, August 22, p. 2 and June 27, p. 6).

It would appear that the site is used habitually.

Hockey, cont'd from p. 1

two other new teams that resulted from splitting off two existing levels. These are to create a new all-girls section for under age 13 (M13) and a new M7 section that splits this age category into two sections: co-ed and girls.

“We’re now in the midst of finalizing the teams, but we’re still looking for more players,” Maislin said. This is to grow the Westmount Minor Hockey Association “even more to compete with our other partners around town.” The regular season is set to start October 14 after team evaluations.

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Illegal use of ‘accessibility’ space costs \$359

City’s parking fines jump to match Montreal’s in last month

By LAUREEN SWEENEY

Taken aback recently by the amount of your parking ticket? Better double check for signs and other deterrents before leaving your vehicle – and then take another look!

On September 1, parking on a Westmount street over the time limit, for

example, will cost \$90. This compares with the previous \$54 but results in large measure to equalize rates and fines with those in adjacent Montreal. This has long been Westmount policy in order to deter people from using Westmount streets for “cheap” parking.

The same general \$90 fee also applies to parking more than 15 cm from the curb

or in a reserved spot without the required permit. It also includes parking in a bus zone, on a pedestrian crosswalk and in seven other cases as listed in the accompanying table.

On the other hand, while most common parking fines jump from \$54 and \$59 to \$90, “unauthorized parking in a reserved accessible parking space” leaps from \$120 to \$351.

In two cases, the Westmount fines remain unchanged at \$120: for blocking a private entrance or double parking (i.e. alongside a stopped or stopped vehicle).

Infraction	Total before	Total now
Parking longer than authorized	\$54	\$90
Parking where signage prohibits it	\$54	\$90
Parking more than 15 cm from the curb	\$54	\$90
Parking in a reserved spot without the required permit	\$54	\$90
Parking in a bus stop zone	\$59	\$90
Parking less than 5 m from a hydrant	\$59	\$90
Unsupervised parking during a snow removal or roadwork operation	\$59	\$90
Parking on or partially on a private lot without authorization	\$59	\$90
Parking in a no stopping zone	\$59	\$90
Parking on a pedestrian crosswalk	\$59	\$90
Parking on or partially on the sidewalk	\$59	\$90
Parking that blocks the passage of pedestrians or other vehicles	\$59	\$90
Unauthorized parking in a reserved accessible parking space	\$120	\$351
Parking in a way that blocks a private entrance	\$120	\$120
Parking along a stopped or parked vehicle	\$120	\$120

Contractor fined \$1,317

A statement of offence for \$1,317 was to be issued to a contractor September 21 when a cement truck was spotted by a patroller around 7:52 am Public Security officials said. It was blocking the southbound lane on Roslyn near civic number 516 north of Sherbrooke. No permit had been obtained for use of the street along with safety measures including the use of a flagman. The contractor was reported to have said he was not aware a permit was required.

Turning car hits motor scooter on de Maisonneuve

A car on de Maisonneuve hit an electric scooter September 20, according to Public Security officials.

The 34-year-old rider sustained pain in the back and neck but it was not confirmed whether or not he was taken to hospital though Urgences Santé, fire and police were also on scene.

The impact occurred around 1:44 pm when the driver of the car turned on its blinkers to go into a parking lot near Dawson, but failed to see the scooter in the blind spot as she turned. The incident was reported to have been captured on security cameras.

Dog off leash in Summit Woods while owner talks on phone

A statement of offence for \$230 was issued to a Westmount resident September 18 for a dog seen wandering off leash in Summit Woods at 2:23 pm, Public Security officials said. The black-and-white dog continued to walk ahead of a patroller while the owner spoke on his phone with a leash wrapped around his hand. The infraction occurred around 2:23 pm until the man finished his conversation.



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EDITORIAL

Free print media makes sense locally – Help us tell others

There have been two large recent bankruptcies in the newspaper world recently: the similarly named Metroland Media Group and Métro Media. The first meant the end of 70 weekly newspapers in Ontario and the second led to the demise of 16 here in Quebec.

It seems like as good a time as any to let our readers – who have always been our steadfast and appreciated allies as we work to find (and keep) paying advertising clients – how we are doing.

The answer is fine, but we could use your support. Why? Because *the perception* of printed newspapers being outdated or destined to fail is the greatest (only?) threat to well-run, well-distributed newspapers with lots of original reporting, which we aspire to be.

Granted, not all newspapers are good. For instance, large, impersonal mega-corps have a hard time, in my view, creating interesting local content. Running local newspapers is an artisanal, not an industrial, activity. But any failures taint us all.

Why printed paper? Why not web-only?

So why does print still work? Firstly, it is important to differentiate free newspapers from subscription-based ones. The *Independent* has many challenges, but finding subscribers is not one of them. We're free and we aim to be ubi-

quitous in Westmount. Furthermore, being free to the reader dovetails well with a particular nuance regarding municipal and other micro coverage: People don't think that they care about local news. Because of this fact, many won't seek it out, but if it is presented to them, they read it. I can't tell you how many times that people – who could easily have said nothing – have commented on tiny stories two thirds of the way into an issue of the paper. They didn't get there by accident. They were reading the whole thing!

Why aren't we all digital-only already?

This same nuance means that all the talk of "going digital" is silly, at least locally. If local newspapers could have gotten rid of two of their main expenses (i.e. printing and distribution) by "doing digital," they would have done so years ago.

Similarly, note that no one is talking about brand-new, web-only publications springing up to cover the areas where these 86 now defunct newspapers were functioning.

Remember also that the internet is *old*. The IPO of Netscape was in 1995, almost three decades ago! If we were all going to be all-web, it would have happened years ago.

Print, especially free print and especially

free print distributed door to door (like us), has a real business purpose: to find the reader. It is not used by businesspeople for its quaintness or nostalgic value. And it can find a member of Gen Y or Gen Z as easily as it can find a Baby Boomer or Silent Generation member. On the other hand, the web and all its many siblings, children and cousins (Facebook etc...) do not find readers. The readers have to find them. But many people won't do any searching or subscribing or logging in, or won't do it for certain topics, including local news.

Local news may not be cool, or world shaking, but people actually do care about it *once they start reading*, especially as they enter certain demographics (e.g. become parents, homeowners, retirees). And many

then discover that local news affects them more than the international (or federal or provincial or metropolitan) *cause du jour* and they definitely have more influence over it than such issues.

Please write to us with support

All this to say, if you like what we're doing and that we are here, it would be very helpful if you could write in (for publication) and say so. (If you don't like what we're doing, feel free to write in too.)

This party could go on for a long time, and your support can help make that happen.

David Price is the editor of the Independent.

LETTERS TO THE EDITOR

SUMMIT WOODS NEEDS FRIENDS – AND YOU

To the friends of Summit Woods, Hello everyone! *Bonjour à tous!* We haven't spoken in a while and here we are at a crisis point.

Neglect has taken a toll on every glade and pathway at the Summit...Added to the slippery-when-wet gully trail, the "aggressive" aegopodium spreading at the southwest entrance, the lack of maintenance and patrolling, we now have dangerous campfires (see September 19, p. 6).

We must speak up. Some tree felling and narrowing of trails has been announced, but it's piecemeal. There's no real action plan for Summit Woods, in spite of lengthy dialogue we have had with the mayor and council.

Our Public Works department is wonderful. The person heading up the fall summit program is brimming with enthusiasm and very knowledgeable, and Public Security is truly dedicated to protecting the Summit.

So where lies the problem? Summit Woods never gets a priority, financially or otherwise. Parks/Public Works are given directives but the allocated funding is not adequate to undertake a much-needed action plan.

During the 2006-2008 period, forestry engineers at Mount Royal initiated a reclamation project of the forest, neglected like ours. They used natural techniques to harmonize trail repair, close redundant pathways, keep foot traffic away from replanting, *et cetera* – from the Belvedere to the cross. And it was beautiful!

We have also petitioned for a ranger at the Summit from April to November. (This initiative in the 1960s led to our present-day Public Security). A ranger would be familiar with visitors. And be better prepared to intervene as required. Ticket revenue would help cover expenses.

So!! Please take a moment to address concerns and email a letter to *Westmount Independent* at editor@westmountindependent.com.

Let's not lose everything we like about the Summit.

JOHN FRETZ, LANSDOWNE AVE.

WE NEED 'LES AMIS DU SUMMIT'

All spring, summer and fall, my wife and I walk the principal paths of Summit Woods. While walking along, I drag fallen branches to the edges of the paths to discourage people from straying into the woods, trampling the wildflowers, and making new paths everywhere. While walking along the escarpment path, I drag branches to block the many irregular paths between the escarpment path and Summit Circle.

I also speak to the many dog walkers with their animals off leash when this is forbidden, explaining that this is to protect birds, flowers and the wild beauty of the Woods.

I agree 100 percent with John Fretz's comments above. We need action from the city, we need a plan, we need to invest in the Woods to protect their natural beauty for generations to come, and we need to do this now.

Perhaps we need something like Mount Royal's continued on p. 9

WESTMOUNT INDEPENDENT

We are Westmount

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LETTERS TO THE EDITOR

Les Amis de la Montagne.

GORDON AND SOREL COHEN,
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MP GAINNEY WAFFLES ON C-13

New MP Anna Gainney waffled through her recent interview with Andrew Carter on CJAD 800. Carter reflected on the demotion of Anthony Housefather for his defence of the English-speaking community in Quebec in opposing Bill C-13. Housefather was moved to the back bench and had his position of parliamentary secretary for the minister of Public Services and Procurement stripped from him.

Carter asked Gainney clearly if she would have voted for C-13. She replied that she didn't know if she would or would not have, and that she was too busy running her campaign at the time to have really studied it. This was a non-answer in order to thread the needle to support Trudeau and yet pretend to care about her constituents.

Clearly Gainney only cares about herself and her job, which is very common of today's politician because if one is brave and takes a position, they very often find themselves in the wilderness.

When I met Gainney during her campaign and asked her how she could support Justin Trudeau, who has suffered so many scandals, she replied that "Leaders come and go, but I am here for my riding, my constituents." It appears that this isn't even true!

CRAIG CORMACK, NDG

Editor's note: Cormack has sold articles to the *Independent*. – DP.

WHAT ABOUT THE COMMERCIAL FIREPLACES?

Dear Mayor Smith and Councillor Aronson, responsible for sustainability and climate change:

Mayor Smith, in July 2019, I presented you with Montreal *Gazette* articles deploring the continuing usage of commercial wood-burning ovens, with resulting poor air quality and associated health risks to seniors and children.

We spoke briefly by phone, and you then assuring me that the situation would be discussed by council. That was the last I heard and in the years since, you've done nothing.

Let's be clear, along with "perc," perchloroethylene from "dry" cleaners and heavy diesel fumes of emergency generator testing, the PM 2.5 particles produced by commercial wood-burning ovens are some of the most toxic poisons to put into the air that we breathe.

Noxious smoke fumes are easily and fre-

quently apparent from Clarke Ave. to beyond Greene Ave. and along St. Catherine St., Dorchester and Olivier, especially troubling for many seniors who live nearby. The new by-law (August 29, p. 1) restricting residential fireplaces is good but late in coming; however, home fireplaces, used very infrequently, are a drop in a very large bucket when compared to the output of the wood-burning ovens of bagel and pizza businesses, typically burning cords of wood up to 10 hours, every day that the business is open.

Apart from the wastage of trees that are also carbon sinks, what is particularly sad is that there is no acceptable reason for this situation to exist. Business owners have known for decades of the harms caused to individuals and the planet, yet selfishly close their eyes, aided by similar minded clients. There are clean, safe cooking alternatives available and to not embrace them seems to me to be reckless.

I've had this discussion before with former [Urban Planning] directors Joanne Poirier and Tom Flies and current chief inspector Chris Rodgers, all to no avail. Whether it's banning commercial wood-burning ovens, replacing perc with safe wet cleaning or severely limiting heavy diesel testing, sadly, Westmount, my home, has always been a laggard rather than a leader.

It's the 21st century and as I recall, Westmounters, just as other Montrealers, cheered Greta Thunberg when she visited – it's time to take action, rather than constantly posturing and pretending that we care and are improving as we go. Madam Mayor, the choice is yours – to do something significant now where it matters, or to do nothing at all.

STEPHEN COHEN,
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Tom Flies returns to city to fill new position of senior director

By LAUREEN SWEENEY

The position of "senior director" for a new "Project Office and Territory Management" department was created by city council September 18 to expedite and develop major projects. This is to be filled by Tom Flies (pronounced "Fleeze"), the city's former Urban Planning director, who had left the city in 2020.

The return of Flies is "very welcome news," Mayor Christina Smith said. "His new role is not to deal with routine urban planning projects, but to undertake all those major projects such as the southeast development and the train station that he is very knowledgeable in."

It is the first time the city will have a "senior" director. "It's a new department that will play a strategic role in managing, co-ordinating and being accountable for major projects involving urban planning, public works, engineering and the environment," said city director general Julie Man-deville.

"We're really pleased he's returning," she added. "He's a perfect candidate." Flies

will report directly to her.

In effect Oct. 30

In moving the resolution for the new position of a senior director of the "Project Office And Territory Management department," Councillor Antonio D'Amico, finance commissioner, said it would take effect October 30.

Councillor Conrad Peart, who seconded the motion as commissioner of infrastructure and urban planning, had previously worked with Flies and added that he was looking forward to having Flies back on board as "a very valuable member of the team."

In his five years in Westmount, Flies had earned a reputation as being approachable, forthright and understanding of the concerns of residents regarding new projects. These included organizing and leading public consultation meetings.

Flies left after five years to take on a land-use development role in Outremont as "chef de division" in urban planning, just after the onset of the pandemic. This left dang- *continued on p. 26*

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Recent heat wave hits Westmount High hard

By ALICE MYERS

"At the best of times, teaching is exhausting," political and social sciences teacher Robert Green told the *Independent* over the phone on September 10, "but [the early September heat wave] was one of the most brutal weeks of teaching in my career."

The Westmount High teacher, who has been working for 18 years, described his experience as "exhausting." With classroom temperatures reaching around 40°C in unairconditioned schools such as Westmount High, Green says he was "standing in front of [his] class dripping in sweat," teaching in "conditions that students cannot be learning in."

Westmount High, one of 77 English Montreal School Board (EMSB) schools, was told by the school board to "drink lots of water" and "take it easy." What he didn't hear from the board, the minister of Education or even his union was that "what we experienced [during the heat wave] is part of a new normal...because of this climate emergency."

EMSB marketing and communications manager Michael Cohen, with whom the *Independent* communicated by email on September 8, states, "We have had heat waves before. They are unpleasant, but we manage through them."

The EMSB has certainly tried its best to manage. The CBC reports that in 2020, the school board spent \$1.75 million on air purifiers, expecting to be reimbursed by the provincial government. Cohen says

that the provincial government "[has] never given money for air conditioning...we did not even get money for [the] air purifiers."

Green describes the situation as a "health issue" for students, with provincial representative Jennifer Maccarone agreeing with his statement, saying that "[air conditioning] is clearly not a priority for [the provincial government]."

During the heat wave, several schools in Gatineau were shut down due to extreme temperatures. When asked whether Westmount High should have done the same, Green says that "it's not right to ask human beings to endure [those] types of conditions...students can't learn; teachers can't accomplish." He sees it as an "equity issue," with public school students taking qualifying tests in hot conditions and competing against private school kids taking those same tests in well-ventilated, air-conditioned environments to get into CEGEP.

Green says that "our government does not care enough to make [investments in improving school conditions]," and Maccarone agrees that the provincial government needs to "put its money where its mouth is." She states that the government "is not prioritizing" these issues, and as a result, "[the schools] are only as good as the budget [they] receive."

As a former Green Party candidate in the NDG-Westmount riding, Green has been aware of these issues for years, but his recent experience teaching in Westmount High makes him ask, "Is everyone asleep at the wheel here?"

August 30 lightning caused fire at Bellevue house

Miskiewicz-Liszkowski family thanks firefighters in person

By RALPH THOMPSON

Krystyna Miskiewicz, her husband Mark Liszkowski and their children Damian, Mila and Lena, made a (semi) surprise visit to Fire Station 76 on Stanton St. September 22 to thank the firefighters who had attended a fire at their home.

Miskiewicz had a heads-up that the crew that had so quickly responded to the fire at their home on Bellevue August 30 (see September 5, p. 1) would be on duty that evening. Lightning struck their house, causing the fire.

The family came to show their gratitude and deep appreciation for the fast response

to a potentially catastrophic situation with a large basket of goodies (not shown), two framed canvases they'd created from photographs taken at the fire scene and a large thank-you card.

"I was so impressed by the speed at which they arrived, the methodical way they tackled the fire and how they gathered afterwards and de-briefed. I'm a doctor and I know the importance of a lessons-learned discussions" said Miskiewicz.

Capitaine Claude Romeo said fires caused by lightning strikes on houses are very rare.

See photo on p. 1.

After traditional 'off-site'

Council sets goals for second half of term

BY LAUREEN SWEENEY

Half way through its four-year term before the municipal election in November 2025, city council held its traditional day-long off-site meeting September 7. This usually sets the goals going forward that the mayor and each council member may be hoping to achieve.

Mayor Christina Smith said after this

session that these include creating an advisory committee on sustainability/environment and developing a master plan for the southeast that includes the city's Tupper parking lots.

A key component is also "moving away" from the complete reconstruction of streets in order to focus on the repair of pavement to improve the drive-ability of streets and the walkability of sidewalks (see story September 12, p. 10).

With the creation last week of a special department to address some of these outstanding projects such as the southeast development, the city last week announced the return of former Urban Planning director Tom Flies to head a new department in charge of major projects (see story p. 1).

Among the coming goals, however, no mention was made of the feasibility of an indoor pool, continuing the start on a 2040 master plan for the city, refurbishing certain aspects of Westmount Park or the proposed plan to install a soccer field of artificial turf at Marianopolis.



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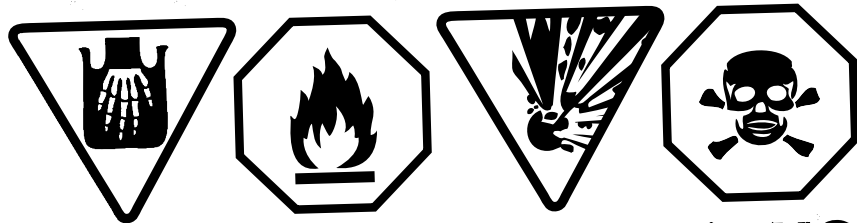


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Police Report

Female suspect arrested after St. Catherine car break-in

BY MARTIN C. BARRY

The owner of a car parked on St. Catherine St. near Olivier Ave. was so incensed after discovering it had been broken into and robbed while the perpetrator was simply walking away that he detained the female suspect long enough for the police to arrive and make an arrest.

Around 3:30 pm on September 19, the owner was returning to his car after having parked around 15 minutes earlier.

According to the Montreal police dept.'s Station 12 community relations officer Cst. Mike Yigit, the owner had just pressed the door unlock command on his key fob when the passenger-side door opened.

He saw the suspect get out and begin to walk off with a handbag that the owner recognized as his property. "So, then he ran across the street, detained the suspect and then he called 9-1-1," said Yigit.

Within five minutes, he added, Westmount Public Security and the Montreal police turned up. Although the suspect was formally placed under arrest, she was processed by police at the scene, then freed

based on a promise to appear at a later date for arraignment in court.

Second car break-in

A second car break-in was reported on September 18.

The owner of the vehicle had parked around 10:45 pm on the northwest side of de Maisonneuve Blvd. near the corner of Wood Ave. while he went for a workout at a nearby gym.

When he returned about an hour later, he found the vehicle unlocked, while a number of items stored in the car were lying scattered on the passenger-side seat.

He then realized that the glove compartment was empty, although all that appeared to have been stolen was a pair of sunglasses.

School safety campaign over

While Cst. Yigit noted that an annual school zone safety campaign came to a close last Friday, the police will still be vigilant while enforcing stops near school buses whose lights are flashing, as well as 30 km/h limits in school zones.

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Myths and facts about acne

Putting one's best face forward involves being conscious of conditions that can affect the skin, which is the human body's largest organ. The skin's primary purpose is to provide protection against bacteria, chemicals, temperature, and other external factors, according to MedlinePlus. At times, however, the skin can be vulnerable to various conditions, including acne, that can produce a number of different symptoms.

Acne can affect both the face and body. Learning more about it, which can entail dispelling some notable myths about the condition, can help individuals get the treatment that is right for their particular situation.

Myth: Acne is the same thing as having pimples.

Fact: The terms acne and pimples are not interchangeable. Acne is a disease and pimples are one of its complications, according to Healthline.

Myth: Acne is caused by poor hygiene.
Fact: Acne occurs when hair follicles become plugged with oil and dead skin cells. This causes whiteheads, blackheads and other lesions. Everyone produces sebum, an oil that keeps skin from drying out. Acne is actually an inflammatory disorder that happens when the oil glands that connect to the hair follicles gum up and do not shed properly, states the Mayo Clinic. Lack of cleanliness is not necessarily a cause.

Myth: Acne only occurs in teenagers.

Fact: While for most people acne tends to go away by the time they reach their thirties, some people experience acne into their forties and fifties, according to the National Institute of Arthritis and Musculoskeletal and Skin Diseases.

Myth: Men get acne more often.

Fact: Adolescent males experience acne at higher rates than adolescent females. However, acne cases that persist into adulthood are more common among women, indicates NIAMS.

Myth: Eating chocolate causes acne to form.

Fact: Hormonal changes related to puberty, menstrual periods, stress, or pregnancy; greasy or oily cosmetic products; certain drugs; heavy sweating; and excessively touching or rubbing the skin can cause acne. Research does not indicate that eating chocolate, nuts and greasy foods contributes to acne, although there is some evidence that diets high in refined sugars may be related to acne, advises Penn Medicine.

Myth: There is only one type of acne.

Fact: According to the Cleveland Clinic, doctors may diagnose fungal acne, cystic acne, hormonal acne, or nodular acne. Cystic and nodular acne can lead to permanent skin damage in the form of scarring, so it's best to seek help from a health provider early on to determine the best treatments.

Myth: Scrubbing one's face clears up acne.

Fact: Aggressive scrubbing or popping pimples can exacerbate acne. Mount Sinai recommends gentle washing twice a day. Doctors may prescribe oral or topical medications to help reduce inflammation and treat the yeast or bacteria that is leading to the acne. Salicylic acid also may be advised as it helps remove the top layer of skin and dissolves dead skin cells to prevent hair follicles from clogging.

Acne can affect anyone, but it is more common in teenagers and young adults.

– MCG



Fall and winter skincare tips

As summer transitions to fall, many changes take place. In addition to changing landscapes, men and women may need to adapt their health and wellness habits to ensure that they stay healthy and happy. Part of that daily regimen includes how to care for skin as the seasons change.

Just as skin requires certain protection from the sun and heat in the summer, skin has special needs in the

fall and winter. Fall and winter are often characterized by cold, dry weather, which can make these times of year particularly challenging for people with dry or sensitive skin. These tips can help people maintain their skin's appearance and health.

- Don't skip the sunscreen. Sunscreen is not a summer-only requirement. UV rays can damage the skin any time of year, even if the rays are not as strong as during the summer. UV radiation accelerates and increases the risk of skin cancer. It also can lead to premature aging. Utilize a sunscreen with an SPF of 30 or higher every day.
- Invest in a humidifier. Dry, cold temperatures can rob the skin of essential moisture, even indoors. Dermatologists suggest using a humidifier at home to boost the amount of moisture in the air. This can make skin more comfortable and can have other health benefits as well.
- Skip hot showers. It can be tempting to sit under a hot stream of water to warm up. However, hot water dries out the skin by depleting its stores of natural oils, says Glacier Med Spa. Take warm showers instead and don't

stay in for longer than 15 minutes.

- Limit exfoliation. While exfoliation can remove dead skin, overdoing it can make already sensitive skin more raw. Increase the time between exfoliation treatments. Consult with a dermatologist for more advice about dealing with flaky skin.
- Don't forget your lips. Using a thicker moisturizer on the body and face can

help add and retain moisture. But pay attention to your lips and eyes as well. Something as simple as petroleum jelly on the lips can help prevent chapping. Invest in a quality eye cream to help the delicate skin around the eyes as well.

Modifications must be made to skincare routines in anticipation of seasonal weather changes. – MCG

Did you know?

Scars can develop if an injury is not treated properly or you didn't think a cut was deep enough to necessitate treatment. Scars also may develop after surgery or another medical procedure. Scars may be dark marks, which are pink, red or brown patches that result from post-inflammatory hyperpigmentation. Cuts, burns and other injuries to the skin, including acne, can contribute to hyperpigmentation. Certain scars may fade and become less noticeable on their own, but there are other ways to speed the process along. Dark scars can be made less visible after the application of topical treatments,

such as those with salicylic acid or glycolic acid peels, which help promote cell turnover, advises the beauty experts at Good Housekeeping. At-home topical brightening ingredients are another option that can be discussed with a dermatologist. In terms of textured scars, which may be depressed or raised areas on the skin, microneedling or dermaroller treatments may help to diminish these scars at home. Individuals with deep, dark scars may need to seek the help of a dermatologist, who may recommend therapies that can use light, peels and fills to make scars less visible. – MCG



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Answering common questions about handwashing

Prior to 2020, people may never have imagined they would devote so much of their focus to handwashing. But handwashing took centre stage in 2020, as organizations such as the World Health Organization and the Centers for Disease Control and Prevention touted it as an important safety measure against the COVID-19 virus.

It's understandable to question if something as simple as handwashing can really help combat potentially deadly viruses like COVID-19. But the CDC notes that handwashing is one of the best ways people can protect themselves and their families from getting sick. Understanding just how handwashing works may help people better understand how this simple gesture can potentially save so many lives.

How does handwashing remove germs?

The CDC notes that soap and water worked into a lather trap and remove germs and chemicals from hands. Water is a vital component of handwashing, especially when it's applied to hands before soap. Water helps develop a better lather than people will get when applying soap to dry hands. That's important because a good lather forms pockets



known as micelles that trap and remove germs from hands.

Why is it important to wash hands for 20 seconds?

Prior to the pandemic, many people likely had no idea that proper handwashing calls for washing hands for 20 seconds. So why so long? The CDC notes that studies have found that hands need to be scrubbed for 20 seconds in order to remove harmful germs. Washing for anything less than 20 seconds runs the risk of leaving germs

on your hands.

Should I use antibacterial hand soap?

It might surprise some to learn that the CDC says antibacterial hand soap is not necessary for anyone outside of professional health care settings. Studies have found no added health benefit of using antibacterial soap as opposed to plain soap and water. So consumers should not fret if they can't find any antibacterial hand soap on their next trip to the grocery store.

Should I use warm or cold water?

According to the CDC, when combined with soap, water removes the same amount of germs whether it's warm or cold. Water's role in handwashing is to help create a lather, and lathers can be created with hot or cold water.

When should I wash my hands?

Hands should be washed any time they are visibly dirty or greasy. The CDC also recommends washing hands:

- before, during and after preparing food,
- before eating,
- before and after caring for someone at home who is sick with vomiting or diarrhea,
- before and after treating a cut or wound,
- after using the toilet,
- after changing diapers or cleaning up a child who has used the toilet,
- after touching an animal, animal feed or animal waste,
- after handling pet food or pet treats,
- after touching garbage.

Handwashing is as effective as public health officials insist it is, which is why it should be a vital component of everyone's daily health care routine. – MCG

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What dental hygiene does for overall health

Brushing and flossing your teeth may save you extra sessions in the dentist's chair each year, but the benefits of dental hygiene do not end with pearly whites. In fact, there's a direct correlation between oral hygiene and overall health.

Oral health offers clues about overall health, advises the Mayo Clinic. When a dentist or hygienist checks a person's mouth, he or she is getting a window into that person's overall wellness – including if something is amiss.

Dental hygiene matters because, without proper brushing and flossing, bacteria in the mouth can grow unchecked. Over time, that bacteria can infiltrate and break down the soft tissues in the gums and teeth, eventually leading to decay and gum disease. Greenwood Dental Care in Illinois states that the bacteria from the mouth could travel into the bloodstream and elsewhere, causing a host of issues.

There's a high correlation between an unhealthy mouth and systemic diseases. The United Kingdom-based dental group Fulham Road Dental indicates that gum disease is linked to heart problems, kidney diseases and certain types of cancer. Dentists who notice problems in



their patients' mouths may be able to predict potential illnesses elsewhere in the body, advising those patients to seek consultations with other healthcare providers.

Here's a deeper look at some of the correlations between oral health and overall health, courtesy of the Mayo Clinic.

- Endocarditis: When bacteria or other

germs from the mouth or another part of the body spread through the bloodstream, they can attach to certain areas of the heart. This causes an infection in the inner lining of the heart chambers or valves.

- Pregnancy and birth complications: Periodontitis has been linked to low birth weight and premature birth.
- Cardiovascular disease: While it's not fully understood why, clogged arteries, stroke and heart disease may be linked to inflammation and infection caused by oral bacteria.
- Pneumonia: Bacteria in the mouth may be pulled into the lungs, where it can lead to respiratory illness, such as pneumonia.

It's a two-way street with health and the mouth. Certain diseases can lead to issues in the mouth. HIV/AIDS may cause mucosal lesions in the mouth; those with osteoporosis may have weakened periodontal bone and tooth loss; and research has shown that diabetes puts gum health at risk.

Individuals should make oral health a priority, as it has a significant effect on their overall health and well-being.

– MCG



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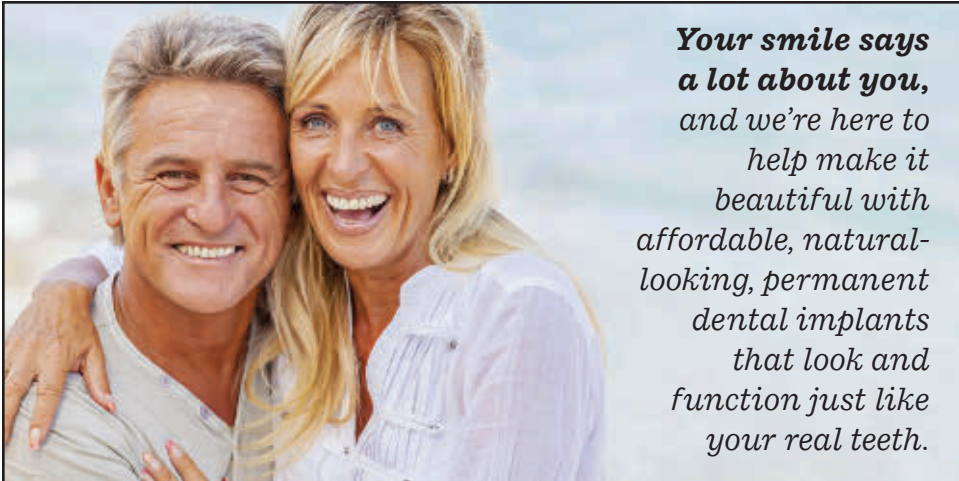
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Tips for winter safety

Winter begins on December 21, 2023, and extends to March 20, 2024, in the northern hemisphere. Those three months can be both beautiful to behold and difficult to endure.

Winter has its share of safety hazards, and extra effort may be required to protect one's health and well-being when the chill creeps in. In recognition of that, the US National Safety Council and the Centers for Disease Control and Prevention offer these winter safety tips.

1. Winterize your home to keep interior temperatures comfortable and prevent weather-related damage. Winterizing includes insulating water lines that run along exterior walls, cleaning out gutters, installing weather stripping, and replenishing insulation.
2. Exercise in cold temperatures can put many people at risk of heart attack – especially those who are typically inactive. If you must exercise in cold weather, remember to stretch beforehand. Take breaks when shovelling or ask for help.
3. Check carbon monoxide alarms to see if they are working properly.
4. Prepare a winter emergency kit and keep it in your car in case you are

stranded in inclement weather. The kit can include food, water, blankets, first-aid supplies, flares, and booster cables, among other items.

5. Wear appropriate clothing for the temperature and precipitation. Layers can be added or removed as needed.
6. Sprinkle sand or cat litter on icy walkways to improve traction. They are easier on the environment than some chemical ice melt products.
7. Consider a whole-house generator as an emergency backup if the power goes out in winter. Generators can keep the heat running and the refrigerator humming along.
8. Exercise caution with space heaters and other supplemental heating devices. Turn them off when you leave the room, and do not leave them on overnight while you are sleeping.
9. Slow down when driving in the snow. Black ice patches can be difficult to see, and snow itself can reduce tire traction. Leave extra time to get where you need to be.
10. Consider switching from gloves to mittens. With fingers touching each other inside mittens, they help generate more body heat.

– MCG



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5 fruits and vegetables associated with reducing cancer risk

The prevalence of cancer is widely known. Affecting people of every ethnicity and across the socioeconomic spectrum, cancer poses a threat to people in all corners of the globe. And that threat could be more significant in the immediate future. Estimates from the International Agency for Research on Cancer indicate that the global population boom and the growth of the world's aging population could result in more than 16 million cancer deaths each year by 2040.

The statistics surrounding global incidence rates for cancer are startling, which can give the impression that cancer is an inevitability for hundreds of millions of people across the globe. However, there's much individuals can do to reduce their cancer risk.

According to the MD Anderson Cancer Center, a healthy diet can help reduce cancer risk. A diet that focuses on plants and emphasizes healthy choices may not eliminate the threat of cancer, but it can be an integral component of a preventive health care regimen. With that in mind, the following are five fruits and vegetables associated with reducing cancer risk, courtesy of the MDACC.



1. Berries: Berries contain antioxidants, which protect the body from cell damage that can contribute to various cancers, including skin cancer, lung cancer and breast cancer, among others. Blueberries, raspberries and strawberries make wonderful additions to anyone's diet.
2. Cruciferous vegetables: Cruciferous vegetables include broccoli, bok choy, cabbage, and brussel sprouts, among

others. The MDACC notes that studies have indicated that special plant compounds in cruciferous vegetables may protect the body from stomach cancer and cancers of the mouth, pharynx, larynx, and esophagus.

3. Garlic: The experts at Mount Sinai note that garlic is often linked with reduced risk for heart disease, notably the prevention of atherosclerosis,

which affects the arteries through the deposition of plaques of fatty acids along the arterial walls. However, antioxidant-rich garlic also helps the body fight off harmful free radicals that can contribute to cancer.

4. Spinach: The Centers for Disease Control and Prevention notes that colorectal cancer is one of the leading causes of cancer deaths in the United States. Studies have found that spinach inhibits the growth of colon polyps that can develop into colorectal cancer.
5. Tomatoes: Lycopene is an antioxidant that gives tomatoes their bright red colour. According to the National Cancer Institute, though human studies have produced inconsistent results, various in vitro and animal studies have indicated that lycopene may have chemopreventive effects for cancers of the prostate, skin, breast, lung, and liver.

Eating these five fruits and vegetables is not the only way to use diet in the fight against cancer. Individuals are urged to speak with their physicians to learn about the many ways to utilize food in cancer prevention.

– MCG

Healthy habits that could help women reduce their breast cancer risk

Cancer is a formidable disease that the World Health Organization reports is the leading cause of death worldwide. Figures vary, but organizations such as the WHO and the American Cancer Society estimate that around 9.5 million people die from cancer every year.

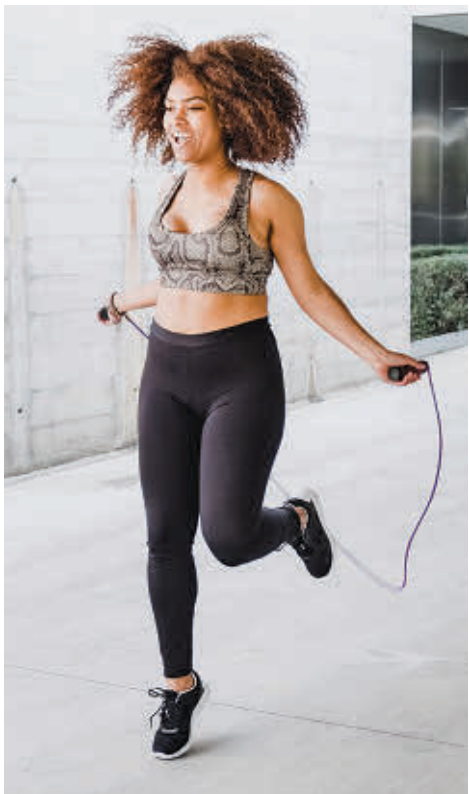
No type of cancer causes more deaths in women across the globe than breast cancer. Though the five-year survival rate for breast cancer patients has increased by a significant margin in recent decades, a 2019 study published in *The Asian Pacific Journal of Cancer Prevention* reported a significant increase in breast cancer mortality rate in the 25-year period preceding the study. The researchers behind the study theorized that the spike in mortality rate could be due to an increase in incidence and prevalence of breast cancer.

Like all cancers, breast cancer cannot be prevented. However, various healthy habits could help women reduce their risk for the disease.

- Avoid alcohol. The ACS reports that alcohol consumption is a clear risk factor for breast cancer. Risk increases with the amount of alcohol a woman

consumes. For example, a woman who consumes one alcoholic drink per day has a 7 to 10 percent higher risk of getting breast cancer than a woman who abstains from alcohol. Drinking two to three drinks per day could increase risk by around 20 percent.

- Establish and maintain a healthy weight. Being overweight or obese increases breast cancer risk, particularly among postmenopausal women. According to the ACS, after menopause women get most of their estrogen from fat tissue. Fat tissue increases estrogen levels in the body, which in turn increases a woman's risk for breast cancer. Elevated levels of insulin in the body, which is common among individuals who are overweight, also has been linked to higher breast cancer risk. Establishing and maintaining a healthy weight cannot prevent breast cancer, but it can help women reduce their risk for the disease.
- Maintain a physically active lifestyle. A sedentary lifestyle increases a person's risk for various conditions and diseases. Women who live such a



A physically active lifestyle can help women reduce their risk for breast cancer.

lifestyle are at elevated risk for breast cancer. The ACS notes that sedentary behavior such as sitting, lying down, watching television, or engaging with screen-based forms of entertainment that do not require physical activity can increase breast cancer risk, especially for women who spend most of their work day sitting down. A more physically active lifestyle that includes routine exercise can help women reduce their breast cancer risk.

- Adopt a nutritious diet. Eating right is another way for women to reduce their breast cancer risk. Vegetables, fiber-rich legumes such as beans and peas, fruits across the colour spectrum, and whole grains are some components of a healthy, nutrient-rich diet that can help lower breast cancer risk. Women also can avoid certain foods, such as red and processed meats and refined grains, to lower their breast cancer risk.

Though there's no guaranteed way to prevent breast cancer, women can embrace various healthy habits to lower their risk for the disease.

– MCG

Tabagie Westmount Square closed last week



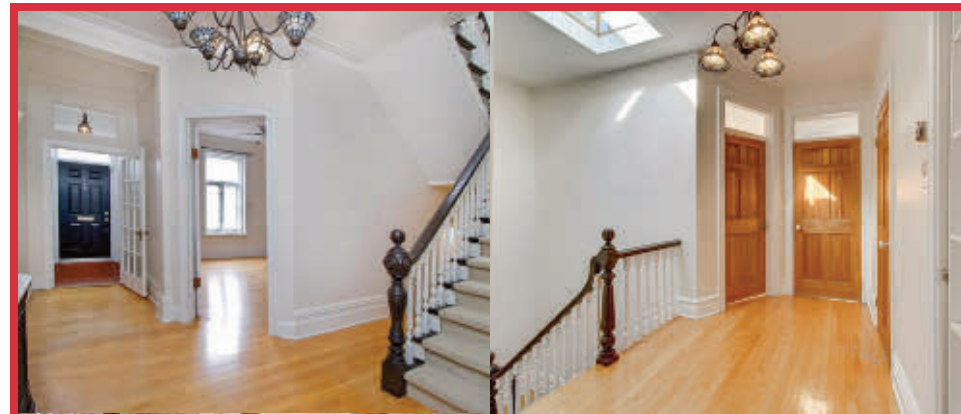
The Tabagie Westmount Square space in Westmount Square on September 20. PHOTO: INDEPENDENT.

Tabagie Westmount Square, located in its eponymous shopping plaza at the foot of the stairs leading to its western entrance,

appears to have closed about two weeks ago. No one was answering the phone when the *Independent* called last week, nor were messages being recorded.

In addition to lottery tickets and snacks, it was known as a sales outlet for many print publications, including foreign ones. "Owner Samantha Sourati was a very early partner of the *Independent*. When the previous management of Westmount Square became hostile to our newspaper rack in their space about 15 years ago, we did a deal with her, and our little blue rack has been wheeled in and out of her shop every day from then until now.

"At a time when we were just starting out, it was an important distribution point to have and I wish her the best in her future endeavours," said the newspaper's editor David Price.



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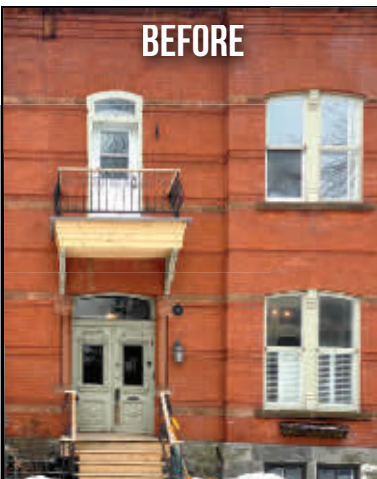
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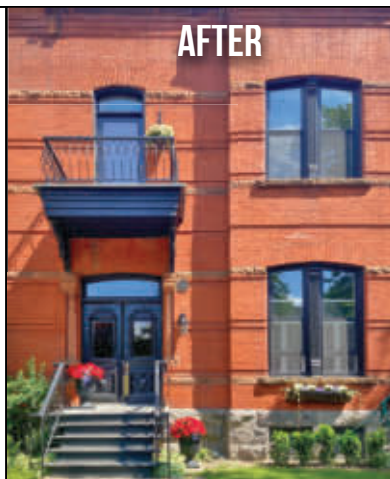
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First female team from club in a final

Westmount Soccer Club's U14/15 girls take home league silver



The Westmount Soccer Club's U14/15 girls' team.

PHOTO COURTESY OF A. MARTIN.

Earlier this month, the U14/15 female team of the Westmount Soccer Club became the first girls' team from the organization to play in a league playoff tournament. "They are the first female team of the Westmount Soccer Club to ever make it to

the finals! Westmount athletes making history!!" enthused self-identified "proud mom" Andrea Martin. The team faced off September 16 at the Stade de Soccer Montréal against the Braves of Ahuntsic, a U16

team. They lost in a squeaker: 1-0. "We are extremely proud of the team, their commitment to their training and dedication to improving their game, not to mention their perseverance," concluded

Martin. The Westmount Soccer Club is a separate entity from the soccer program of the city's Sports and Recreation department.

Westmount Lawn Bowling hosts 27th annual Quebec Open

BY ANDEW DE COURCY-IRELAND,
TOURNAMENT DIRECTOR
& GUEST CONTRIBUTOR

The 27th Quebec Open Croquet Championships were played September 9-10 on the lawn bowling greens of Westmount and the Town of Mount Royal. The tournament drew a strong contingent of players from Ontario, the USA and the UK, who enjoyed a long weekend of stiff competition on the court and social activities off. The winner of the association croquet event was Stuart Lawrence of Lenox, MA, who defeated seven-time Quebec Open

champion Brian Cumming of Elora, ON. There was a four-way tie for third place after rain-soaked courts prevented the completion of knock-out matches Sunday morning.

Golf croquet

The golf croquet event was divided into two flights. The winner of the championship flight was Westmount Lawn Bowling & Croquet member Hanan Rashad, who defeated Canada's #1 ranked player and last year's champion, John Richardson of Toronto.

Westmount member Mohammed

Leheta tied for third place with Amr Hamdy of Oakville, ON. The second flight of golf croquet was won by Westmounter Ian MacLaren, who defeated his wife and fellow club member Maggie in the final match. Westmounter Rod de Courcy-Ireland finished in second place in the bowl draw after losing to Elizabeth Randell of Toronto. The Quebec Open Croquet Championships has been contested annually in Westmount and the Town of Mount Royal since 1994. See photo on p. 1.

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infoWESTMOUNT

2023.09.26 • Vol. 4/17

Publié par la Ville de Westmount
Published by the City of Westmount**NOUVELLES**PROCHAINE SÉANCE
DU CONSEIL**Lundi 2 octobre****NEWS**NEXT COUNCIL
MEETING**Monday, October 2**

Collecte de résidus dangereux
Samedi 30 septembre, 9 h à 16 h 30, Bibliothèque. Apportez vos restants de peinture, de solvants, etc., ainsi que vos appareils électroniques usagés. Visitez **westmount.org/rdd** pour consulter la liste de matières acceptées.



Hazardous waste collection
Saturday, September 30, 9 a.m. to 4:30 p.m., Library. Bring your leftover paint, solvents, etc., as well as your used electronic appliances. Visit **westmount.org/hhw** to consult the list of accepted materials.

Récolte des Incroyables comestibles

Nous vous invitons à récolter les légumes qui ont été plantés dans les plates-bandes ornementales de la Ville **d'ici le 5 octobre**. Découvrez les plantes et leurs emplacements à **westmount.org**.

Fermeture complète de la rue Saint-Antoine entre Atwater et Brewster

La Ville de Montréal effectue des travaux sur la rue Saint-Antoine, nécessitant sa fermeture complète à la circulation entre les avenues Atwater et Brewster pour une période d'environ cinq semaines. **westmount.org**

Inscription d'automne en cours

Inscrivez-vous maintenant à vos activités préférées de sports et de loisirs. **westmount.org**

Sports et loisirs — on recrute !

Plusieurs postes à temps partiel d'arbitres, de chronomètres, de moniteurs et de préposés sont disponibles aux Service des sports et loisirs. Envoyez votre CV à **recreation@westmount.org**.

Fermeture complète de Claremont entre Sherbrooke et De Maisonneuve

La Ville effectue des travaux majeurs sur l'av. Claremont jusqu'à la mi-octobre. Pour plus de détails, visitez **westmount.org/travauxroutiers**.

Collecte d'items encombrants

Semaine du 2 octobre (dernière collecte cette année). Placez vos items en bordure de rue avant 7 h le jour de collecte pour votre secteur. Plus d'informations : **westmount.org/encombrants**.

Incredible Edibles harvest

We invite residents to harvest some of the vegetables that were planted in the City's ornamental flower beds **between now and October 5**. Find out about the plants and their locations at **westmount.org**.

Complete closure of Rue Saint-Antoine between Atwater and Brewster

The Ville de Montréal is carrying out major work on Rue Saint-Antoine, requiring its complete closure to traffic between Av. Atwater and Av. Brewster for about five weeks. **westmount.org**

Fall registration underway

Sign up now for your favourite sports and recreation activities. **westmount.org**

Sports & Recreation — we're hiring!

The Sports & Recreation Department is recruiting referees, instructors, timekeepers and pass attendants. Send your resume to **recreation@westmount.org**.

Complete closure of Claremont between Sherbrooke and De Maisonneuve

The City is carrying out major work on Av. Claremont until mid-October. For more details, visit **westmount.org/roadwork**.

Bulky item collection

Week of October 2. (last collection for this year). Place your items at the curbside by 7 a.m. on the collection day for your sector. For more information: **westmount.org/bulkyitems**.

BIBLIOTHÈQUE ET ÉVÉNEMENTS COMMUNAUTAIRES**Galerie du Victoria Hall : exposition**

Jusqu'au 30 septembre. Œuvres de Nathalie Guez et Irma Alvarez.

Les heures de conte à la Bibliothèque
Du 27 septembre au 30 novembre.

- **Bébé comptines (6 à 18 mois)**
Les mercredis, 10 h 10 à 10 h 30 - en anglais
- **Les « tout-petits » contes (18 mois à 3 ans)**
Les mercredis, 10 h 40 à 11 h - en anglais
- **Conte et bricolage (4 à 6 ans)**
Les mercredis, 16 h à 16 h 45 - en anglais
- **Conte et bricolage avec Didi (2 à 4 ans)**
Les jeudis, 10 h 30 à 11 h - en français

Musique à la Galerie

Samedi 30 septembre, 14 h et 15 h. Avec Steven Cowan, guitariste. Présenté dans le cadre des Journées de la Culture.

Club de films documentaires

Mercredi 27 septembre, 19 h, Bibliothèque. *To a Safer Place* (1987) de la réalisatrice primée Beverly Shaffer. Inscrivez-vous à **westlib.org**.

WestmountLittéraire

Samedi 30 septembre, 19 h, Bibliothèque. Avec Jonathan Kaplansky, Linda Leith, Chantal Ringuet et Caroline Vu. En partenariat avec les Journées de la culture. Inscrivez-vous à **westlib.org**.

Atelier pour parents : Dyslexia Awareness

Mercredi 4 octobre, 19 h, Bibliothèque. En collaboration avec le Centre de la fluidité verbale de Montréal à Westmount. En anglais. Inscrivez-vous à **westlib.org**.

LIBRARY AND COMMUNITY EVENTS**Gallery at Victoria Hall: exhibition**

Until September 30. Works by Nathalie Guez and Irma Alvarez.

Storytime at the Library

September 27 to November 30.

- **Books for babies (6 to 18 months)**
Wednesdays, 10:10 to 10:30 a.m.
- **Tales for Toddlers (18 months to 3 yrs)**
Wednesdays, 10:40 to 11 a.m.
- **Storytime & Craft (4 to 6 yr olds)**
Wednesdays, 4 to 4:45 p.m.
- **Storytime & Craft with Didi (2 to 4 yr olds)**
Thursdays, 10:30 to 11 a.m. - in French

**Music at the Gallery**

Saturday, September 30, 2 p.m. & 3 p.m., With guitarist Steven Cowan. Presented in partnership with les Journées de la Culture.

Documentary Film Club

Wednesday, September 27, 7 p.m., Library. *To a Safer Place* (1987) by award-winning director Beverly Shaffer. Register at **westlib.org**.

WestmountLit

Saturday, September 30, 7 p.m., Library. With Jonathan Kaplansky, Linda Leith, Chantal Ringuet and Caroline Vu. In partnership with les Journées de la culture. Register at **westlib.org**.

Workshop for parents:**Dyslexia Awareness**

Wednesday, October 4, 7 p.m., Library. In collaboration with the Montreal Fluency Centre in Westmount. Register at **westlib.org**.



Hilarious Agave, fun and sweet



9 Lives

LYSANNE FOWLER

This handsome grey English shorthair-type is very attractive and funny. A character, truly!

Agave is at the Montreal SPCA cattery, a playful two-year-old who is ready for adoption now. He is very healthy, up to date with his inoculations, neutered and micro-

chipped.

By going to the Montreal SPCA website at www.sPCA.com and referring to his information page through his identification number, 52873838, you can then drop by the shelter any day of the week as of 10 am to visit the adoption coordinators to discuss Agave joining your family.

The SPCA is located at 5215 Jean Talon St. West in Côte des Neiges H4P 1X4. They have an accessories boutique onsite if you would need to obtain a carrier and different items for settling him into your home.

Your neighbour,
Lysanne



Westmount
A-dog-tions

LYSANNE FOWLER

Friendly and companionable, Kimmo has a joyous yorkie way about him and a stunning caramel coat. Very handsome and sweet, he is a good buddy for walks



and play.

Kimmo is presently at the Montreal SPCA kennel, in need of a quiet home with a loving family as soon as possible. He is a very healthy six-year-old, up to date with his inoculations, neutered and micro-chipped.

He is a good little fellow, he is finding the kennel experience different and he withdraws into his space, which he enjoys.

Please go to the Montreal SPCA website at www.sPCA.com, scroll for Kimmo's information page under his identification

Adorable Kimmo

number, 2000007163, and plan a visit to the shelter as it is open every day from 10 am.

They are located at 5215 Jean Talon St. West in Côte des Neiges H4P 1X4. Please plan to bring Kimmo into your family and meet the adoption counsellors at the SPCA to discuss adopting him.

Your neighbour,
Lysanne

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Big Brother – or someone – is listening, without permission



Devices on Sherbrooke at Victoria Ave. and at Prince Albert September 19, and at Redfern on September 21.

PHOTOS: RALPH THOMPSON.

These devices attached to some of Westmount's traffic poles are somewhat mysteriously labelled "Anonymous Traffic Study Equipment" and "Miovision Scout," so the *Independent* went searching for their ultimate user.

They don't belong to the city of Westmount: "While they should have advised us, they did not," emailed back Catherine Skinner, executive assistant to the municipality's director general, on September 21. She suspected they might belong to the Société de transport de Montréal (STM).

But they don't. "This equipment does not seem to belong to the STM," replied spokesperson Amélie Regis in French to the *Independent's* email queries the next day.

Sherbrooke St. has a double identity as the province's Route 138, but the poles are not provincial either, confirmed Ministère des Transports spokesperson Sarah Bensadoun the same day.

So who's listening? Or watching? Or both?

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From left, these cones were seen September 14 on Grosvenor near St. Catherine (for no obvious purpose – another island of Montreal tradition), at 310 Victoria Ave. and at 4300 de Maisonneuve. The yellow cone was “posed” by the *Independent*.

PHOTOS: INDEPENDENT.

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Tom Flies, cont'd from p.9

ling many Westmount projects with which he had been involved. Among them were the “Imagine Westmount 2040” master plan, the southeast development and several other major projects.

Flies initially joined the city as assistant Urban Planning director (see story April 14, 2015, p. 5). He succeeded Joanne Poirier as director on her retirement (February 14, 2017, p. 3). He has worked on the National Capital Commission in Ottawa as well as in other positions.

In addition to English and French, he speaks and writes German, Dutch and Luxembourgish.



Tom Flies on January 29, 2020 at a “Westmount 2040” consultation at Victoria Hall.



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On the island of Montreal, we love cones so much ... we stack 'em



Lansdowne above Sherbrooke on May 18, 2022; and Sherbrooke near Metcalfe on September 11 and Lansdowne near St. Catherine St. on September 15 of this year.

PHOTOS: INDEPENDENT.

Terre des Enfants celebrates back-to-school

Back to school needs to be celebrated! Especially when you're young. So Terre des Enfants at Westmount's Greene Centre did just that. The afternoon event was full of joy, with bright balloon bouquets and streamers welcoming one and all.

Eager and *über*-cheerful little ones (18 months to five years old) were accompanied by parents picking them up after "school" at the end of the day. A table of snacks included juices and home-made cookies as well as fresh-cut fruit and cheese.

Budding artists made their mark with stickers and crayons on "wallpaper" attached at their eye level.

Parents who spent the day Scotch-taping and pumpkin-scene setting were **Bianca Lia Farinacci** and **Julien Nolin** (whose daughter Sofia is in the Teddy Bear group; **Tomoko Canel** (son Takeo is an Owl); **Marissa de Miguel** (daughter Charlotte is a Jellybean); **Lynn Despieg** (daughter Beatrice is an Explorer); and **Sharifa Van Gelderen** (son Levi is a Jellybean).

Van Gelderen, originally from the

Netherlands, initiated a fun Dutch tradition: *koekhappen* – bobbing for cookies.

But the ice-cone machine was the hit of the day. Everyone caught the exuberant mood of the children's excited energy.

Flora Neville is director of Terre des Enfants. This was its first inaugural Back to School Carnival welcoming parents to the centre. The nursery school, located at 1090 Greene, is a CPE. Its mission is to provide a nurturing, respectful and inclusive atmosphere through a child-centered, global development approach based on learning through play. – VR



Julien Nolin, Bianca Lia Farinacci, Tomoko Canel and Marissa de Miguel.



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Kussner honoured & fêted – \$7.4M in funds raised announced



Social Notes
VERONICA REDGRAVE

I first met Sheila Kussner a great many years ago. I joined Sheila and Marvyn Kussner along with Senator **Leo Kolber** and his wife **Sandra** at Orchidée de Chine. Then, Sheila struck me as an intelligent and *uber-witty* woman. Not to mention empathetic.

Fast forward. Today, Sheila’s empathy is internationally renowned. The book about her, *Repairing the World: Sheila Kussner and the Power of Empathy* by Douglas Hunter, lauds her nurturing nature that connects with one and all.

She is, and always has been, a stellar force in discreetly powerful charitable fund-raising. (A far cry from celebrity philanthropy.)

Recently, Sheila hosted *Soirée Papillon* to honour her supporters and donors. Co-chairs were **Marlene** and **Joel King**. Dinner co-chairs **Nan Lassner** and **Annette Goldman** worked

continued on p. 29



David Johnston.



From left, back row: Carolyn, Justin and John Leopold; front row: Joanne Kussner Leopold, Sheila Kussner and Janice Kussner.



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Social notes, cont'd from p. 28

with event planner **Marsha Brumer** (MB Events).

The cocktail dinatoire was held under a massive white tent, enhanced by gorgeous floral bouquets by **Kevin Camara**. There, alluding to Hope & Cope's symbol of hope – the butterfly – a flutter of *papillons* was let free.

Among the many guests noted were Sheila's family: daughters **Janice Kussner** and **Joanne Kussner** with her husband **John Leopold** and their children **Carolyn** and **Justin Leopold**.

Sheila's good friend **David Johnston**, former governor general of Canada, gave a moving tribute speech. From McGill University were principal and vice-chancellor **Deep Saini** and **Marc Weinstein**, vp university advancement.

Doctors enjoying the night included **Richard Margolese**, **Rubin Becker**, **Manish Khanna**, **David Mulder**, **Gerald Batist**, **Richard Creuss**, **Abe Fuks** and **Marcia Gillman**.

Noted in the elegant crowd were **Jean Charest** and his wife **Michèle Dionne**, **Irwin** and **Ariela Cotler**, **Costas Spiliadis** (of Milos fame) and his wife **Dina**, **Diane Proulx Guerrera** and **Sal Guerrera**, **Lillian** and **Morris Goodman**,
Nadia Saputo and **Patrice** *continued on p. 30*



Deep Saini and Marc Weinstein.



Herbert Black and Véronique Saint-Pierre.



Maria and Jonathan Birks.



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Social notes, cont'd from p. 29

Brisebois, Véronique Saint-Pierre and Herbert Black, Irving Ludmer, Rosemary and Frank Niro, Mirella and Lino Saputo, Evelyn and Ralph Schachter, Susan and Barry Pascal, Dale and Nick Tedeschi, and Brenda and Sam Gewurz.

Also noted were Jewel and Paul Lowenstein, Heather and Joseph Paperman, Vivian and Howard Stotland, Charlene and Reg Weiser, Maria and Jonathan Birks, Rhoda and Robert Vineberg, Susan Wener, Carmen Loiselle, Bunny Berke and Larry Lusko, Karen and Clarence Epstein, Alison Silcoff, Carol and Myer Bick, Alta and Harvey Levenson, Heleena and Eddy Wiltzer, and Suzanne and Michael O'Brien.

The standing ovations were a moving acknowledgement of the esteem for this legendary personality. Indeed, the evening was memorable for so many Sheila Kussner reasons. But perhaps the best was the announcement that \$7,430,000 had been raised for her legacy total.



Morris and Lillian Goodman.



Nan Lassner, Sheila Kussner and Annette Goldman.

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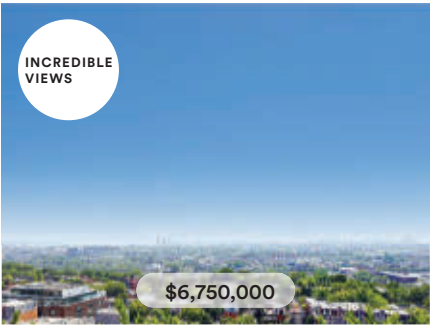
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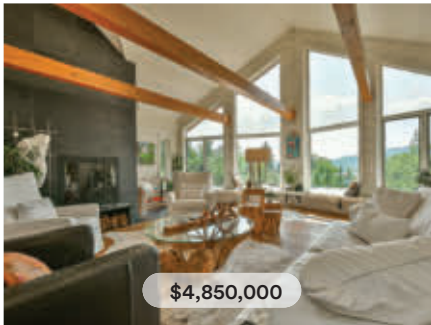
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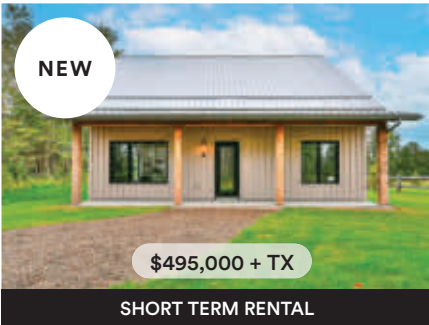
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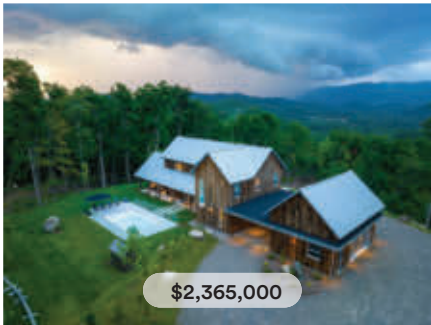
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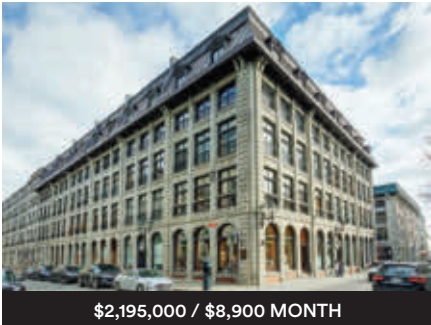
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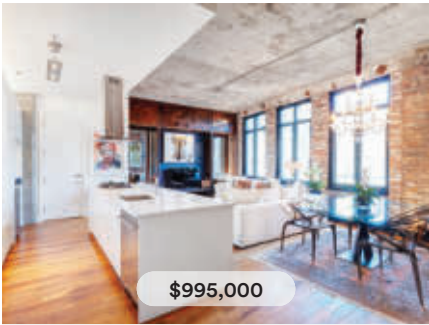
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