

WESTMOUNT INDEPENDENT

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We are Westmount

July 7-8, 2009

A 'more-for-less' proposal

Cllr. Martin: Save \$8 million, build new rinks at the WAG

BY LAUREEN SWEENEY

A new proposal has emerged from a Westmount city councillor to build some of the city's proposed new sporting facilities at the Westmount Athletic Grounds (WAG), the *Independent* learned last week.

The alternative plan "to do more for less" was presented June 23 to council colleagues by Councillor Patrick Martin, an engineer and project planner by profession. It calls for two full-size rinks and possibly an indoor running track at the southwest corner of the grounds behind Westmount High, bordering the railway tracks.

A new outdoor swimming area could be situated at the current pool site. Once the new rinks are up and running at the WAG, the old arena could be used as a gym until an indoor swimming facility could be built in its place.

"I'm convinced this arrangement would provide better facilities at reduced cost, be less disruptive to the community and have greater potential for the future," Martin said. "We would also be able to continue our hockey and swimming programs during the building period."

According to Martin, the plan could shave as much as \$8 million off the \$35 million *continued on p. 2*

Spreading the wealth of fresh produce



Sharyn Katsos standing by her tomato plants that will be given to Meals on Wheels clients who will be able to grow their own tomatoes. For full story, see p. 3.

Olympic torch coming to Westmount, volunteers sought

The Olympic torch will come through Westmount on its way to Vancouver's 2010 Olympics. It is expected to arrive around December 10.

Westmount's Sports and Recreation department is organizing a welcoming committee of volunteers. Interested residents should apply through the city's website, www.westmount.org. This committee has nothing to do with choosing torch runners.

The torch will be lit in Olympia, Greece. Once it gets to Canada, its route will take it to all three coasts as 12,000 Canadians carry the torch over a 100-day period and a 27,000-mile route.

The goal is to make the relay the longest to be contained within a host country. The run will culminate at BC Place on February 12, 2010 with the lighting of the Olympic cauldron.

See our listings p. 7

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HSBC opens branch in old Forum



From left: Carlos Uranga, the first client of the new HSBC branch in the Westmount area, with branch manager Anthony Salvaggio and employees Magdalena Geneste and Lina Azara.

HSBC opened a new branch on June 29 in the old Forum, within sight of Westmount's eastern border. Anthony Salvaggio, who until recently ran the Westmount location of a major Canadian bank, is the branch manager.

One of the notable features of the new outlet is a dedicated space and counter area for Premier clients, who must meet an asset/credit product limit lower than traditional "private banking" thresholds. Although the branch has all the services

of a regular chartered bank, Salvaggio underlines the bank's international scope, "A typical client would be a 'Mr. Smith' from Westmount whose daughter is going to school in France. We can set up all the accounts right here that she will use over there."

Salvaggio is keen to reconnect with Westmount via the Rotary Club of Westmount, of which he was a member for five years when he was posted in Westmount.

Martin: Plan now for indoor pool

continued from p. 1

that he estimates the current project will cost given the slope of the land and other site constraints. "That's a big saving that could eventually be applied to an indoor pool." Previous estimates put it at \$30 million.

Martin said he expects the city to look into the legality of building on the WAG site and other related considerations.

He said he was resurrecting an idea he had put forward a year ago "given the escalating costs of the current plan, which still doesn't meet the original program of two full-size (200-foot) rinks or provide for long-term needs." It is understood that architects at work on the city's official plan are relocating the outdoor pool area to the site of the junior tennis courts.

"The design options we've been looking at would overload the site for a lot of money, and the loss of two hockey seasons and one summer of swimming," he said.

By comparison, a double rink at the WAG would take up less than one-quarter of that site. Interestingly, Westmount's Sports and Recreation Department was originally based at the WAG after the city purchased the grounds from the Montreal Amateur Athletic Association in 1936.

With government infrastructure grants

still uncertain, Martin explained, phasing in the building of the new facility at the two sites makes sense financially and practically. Underground parking and an elevator (at a cost of \$4 million) would no longer be needed.

The slope and composition of the land at the St. Catherine St. site, he said, would require the deep driving of 266 pilings to support the new rinks along with a lot of associated disruption, which would not be anticipated at the WAG.

Comparing the costs of other rinks "If LCC can build its new full-size arena, with other facilities, for \$8 million, and Upper Canada College in Toronto can build a facility with two rinks for \$17.5 million, we should be able to target a similar range of costs if we build on a more appropriate site."

The upgrading of the current pool areas would probably add another \$3 or \$4 million, he said.

Asked about the cost of building an indoor pool, Martin noted that the current budget for indoor pools – with an underground gymnasium – at Benny Farm in NDG is \$15 million. "And that includes a green roof, which generally is expensive."

Safeguard homes while away, say PSOs and police

BY LAUREEN SWEENEY

Westmounters leaving for vacation may arrange with Westmount's Public Security Unit to have patrollers check out the exterior of their homes while they are away.

The program of Special Passing Attention (SPA) is being offered again this year so that officers can alert homeowners or their in-town contacts of any items requiring urgent attention.

To register, residents should call the dispatcher at 514.989.5222, and provide the required information. This includes contact information and the names of people authorized to be on the property, such as gardeners or other workers.

Meanwhile, Montreal police from local station 12 are asking residents to take special precautions when leaving on holiday.

"Following these simple steps not only reduces your chance of being a victim of a

break and entry, but it will give you some peace of mind regarding your home while you are away," said community relations officer Adalbert Pimentel.

Ensure the house appears occupied by having someone mow the lawn, collect mail or newspapers, and keep the driveway and sidewalk clean. Asking a neighbour to park in the driveway is also a good idea. Timers for lights and radios are also effective and inexpensive theft prevention

devices to make your home look lived in.

Other prevention ideas include installing outdoor motion detector lights and trimming trees and shrubs so the house can be clearly seen from the street.

When leaving, remember to close and lock all windows and doors and have a neighbour or family member carry out regular check-ups. They should have a number to reach you in case an incident arises.



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May be calling at your door, too



Alex Bertrand, left, and Olivier Sehari began Westmount's summer smoke detector inspections in private homes June 25. Spotted on Somerville Ave. the next day, the Public Security cadets were handing out batteries where needed. The fire academy graduates will be checking homes south of Sherbrooke until the end of August.

Looking for crossing guards

While schools have just shut down for the summer, police are already gearing up for the return to classes with a plea for crossing guards in Westmount.

"We're looking for a few good citizens to help us in our cause for road safety," said local community relations officer Adalbert Pimentel. School guards play an important prevention role in society while interacting with children and working in

an outdoor environment.

Candidates need to be available for the part-time work on call and do not require related experience. A police department communiqué states: "Welcome to new arrivals and retirees!" The job pays \$11.79 an hour. CVs should be submitted before July 24 by fax at 514.280.3690 or emailed to frederic.berthiaume@spvm.qc.ca.

Giving people a chance to grow their own food Adopt-a-tomato program started here on Lansdowne

BY ASHLEY KARP

Thanks to Sharyn Katsof's success in indoor cultivation, a number of Meals on Wheels recipients are now the proud parents of their very own tomato plants.

Katsof (see photo, p. 1) has taken advantage of a greenhouse that abuts the west side of her Lansdowne Ave. home to start her growing season. With an operational greenhouse, Katsof can start plants earlier in the season and grow them in a controlled environment.

In past years, Katsof, a nutritionist, has been known to give friends a variety of seedlings to grow in their own yards. This year, however, she wanted to make a contribution to those who do not have easy access to proper nutrition and fresh produce.

At the suggestion of a colleague at the Volunteer Bureau of Montreal, Katsof recently founded the Adopt-A-Tomato project. She agreed to pilot a project of 75 tomato plants and within days, some shut-in clients of Meals on Wheels claimed them all.

"The nutritional needs of older adults are very important," said Katsof.

As a nutritionist, her gardening interests have always been more about growing food than ornamentals. By no means a

professional horticulturist, Katsof says she learns from experience and plans to work on future projects involving plants that are both "foolproof" as well as nutritionally beneficial.

Along with her work at the volunteer bureau, Katsof has been active at Share the Warmth and assisted in the establishment of several community-supported agriculture depots in Westmount. She enjoys having a connection to nutrition, which she feels has been dulled by the rise in popularity of processed food.



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Travaux de réfection

Remplacement de la conduite d'eau principale

Rue Sherbrooke, entre les avenues Victoria et Claremont

Veuillez noter que les travaux de remplacement de la conduite d'eau principale sous la rue Sherbrooke se poursuivront jusqu'au mi-août, dans le cadre du programme municipal visant à renouveler le réseau d'aqueduc de la Ville de Westmount.

La rue reste ouverte à la circulation, cependant une partie du stationnement sur le côté nord de la rue Sherbrooke est présentement non disponible. En contrepartie, les périodes de stationnement permises sur les rues contigües sont exceptionnellement prolongées de 1 à 4 heures.

Les trottoirs des deux côtés de la rue Sherbrooke restent accessibles aux piétons en tout temps.



Infrastructure Renewal

Replacement of the Water Main

Sherbrooke Street, from Victoria Avenue to Claremont Avenue

As part of the City's ongoing effort to renew the municipal water distribution network, work is currently underway to replace the water main on Sherbrooke Street, and will continue until mid-August.

While the street remains open to traffic, some parking spaces on the North side of Sherbrooke Street are currently unavailable. Allowed parking times on adjoining streets have been temporarily extended from 1 to 4 hours to compensate for this disruption.

Sidewalks on both sides of Sherbrooke Street remain accessible to pedestrians at all times.

Message from the mayor

Welcome new Westmounters!

BY MAYOR KARIN MARKS



On July 1 every year, 800 to 1,000 new residents move into Westmount. Of course, that means that about the same number leave our community. To the new residents, I wish you a sincere welcome and hope that you will find in Westmount what so many others have: a diverse, active, involved and beautiful community.

While we are definitely not perfect in the way we serve our citizens, we do try to be responsive and fix issues, and solve problems, large or small. We have eight

councillors representing districts of our community and a mayor, and we all like to have direct contact with our constituents.

The strength of Westmount, however, is the sense of community that is built in many ways, including through a wide variety of traditions and events as well as courses, sports teams and book clubs.

The more you participate, the more you will make this your city. Please check our website, www.westmount.org and get involved.

You have picked a great place to live that offers the benefits of a suburb in a separate mountainside city – within walking distance of downtown Montreal. Enjoy it all.

Order of Canada recognizes Jeanne Wolfe

Westmounter Jeanne Wolfe was appointed to the "member" category of the Order of Canada on July 1, Governor General Michaëlle Jean announced. Wolfe was recognized "for her contributions as a

leading scholar and mentor in the field of urban planning in Canada and abroad."

She was one of 60 new appointees, and one of 37 new members of the Order of Canada.

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New to Westmount?

Some things you might want to know

Tip 1: Westmount residents can buy a "W" parking sticker from Public Security (21 Stanton St., 514.989.5222) that allows them to park in certain resident-restricted areas around town. The cost is \$5 and there is a limit of one per household.

Tip 2: Overnight parking is prohibited in Westmount, but if you need temporary access for you or a friend, you can register with Public Security (514.989.5222 or, coming soon, online applications at www.westmount.org) to avoid getting a ticket.

Tip 3: Residents without parking facilities can apply for a "G" permit to park on the street, which start at an annual fee of \$120 for the first car.

Tip 4: There are two libraries in Westmount: the Westmount Public Library at 4574 Sherbrooke St. (www.westlib.org) and the private Atwater Library at 1200 Atwater St. (yearly fee: \$20 to \$35, www.atwaterlibrary.ca).

Tip 5: There are three Metro stations near Westmount: Atwater (at de Maisonneuve); Vendôme (at de Maisonneuve), which is great for accessing the new Forum and Old Montreal on the orange line; and, just past the northwest corner of

the city, the Villa Maria station at Monkland and Décarie.

Tip 6: There are at least four community centres in Westmount: Victoria Hall (4626 Sherbrooke St.), the Westmount Y (4585 Sherbrooke St., 514.931.6770), Centre Greene (1090 Greene Ave., 514.931.6202) and Contactivity (4695 de Maisonneuve, 514.932.2326). Contactivity is for senior citizens.

Tip 7: There are a number of groups in Westmount to join, including the Westmount Municipal Association (civic issues, www.wma-amw.org), the Westmount Historical Association (www.westmounthistorical.org), the Westmount Horticultural Society (www.whsociety.com), the Sherlock Holmes Society (which meets at the Westmount Public Library) and the Healthy City Project (environmental, health and community safety issues).

There are also book clubs, choirs, a dog owners' association and a theatre group. To learn about these and others, visit the city website (www.westmount.org), click on "About Westmount" and then on "Community Groups."

Gerald Glass: I'm not running

Former mayoral candidate Gerald Glass has announced that he won't be running for mayor in November.



In 2005, he ran against current mayor Karin Marks in order to provide "a real choice." Although he remains interested in municipal affairs, he is more interested in the international scene, including Iran.

The German-born, Polish-originated 79-year-old lived in Nazi-dominated Europe during World War II, including time under a different name to

hide his background. He came to Montreal (via England) after the war and founded the Academic and General Book Shop, which he ran for 40 years.

Prince Albert's Hill



This temporary asphalt hillock protects a water pipe on Prince Albert just south of Sherbrooke, which will provide water to buildings when work begins next week on the water main between Claremont and Victoria.

Letters to the Editor, p. 6

Civic Alert

Time to end the ‘disappearing’ garbage

BY DON WEDGE



It used to be so easy – put the rubbish into a garbage can, and twice weekly the city would have someone drop by, and it would disappear forever.

Then, in the seventies, the early conservation campaigners convinced themselves and a few others that this wastefulness could not continue. The 3Rs – reduce, reuse, recycle – emerged and nearly four decades later we are armed with a multitude of options and initiatives: blue boxes, green bins for kitchen scraps, and special programs for garden waste, autumn leaves, batteries, e-waste, left-over paint, fluorescent lamps and other hazardous materials. Construction debris has a world of its own.

Last fall’s local innovation was an offer of a second life for unused bikes in Third World countries.

All these facilities have been developed to make the remaining garbage that “disappears” as small as possible. But much remains to be done – compost collection in Westmount’s apartments and commercial sector, for instance.

Big Montreal is responsible for disposing all of the island’s wastes, while municipalities organize their collection in ways that best suit residents. Montreal city councillor Alan DeSousa, the executive committee member in charge, has just published a “final” plan to achieve the government’s reduction targets. This replaces the 2007 proposals that were much criticized, not least by Mayor Karin Marks on behalf of the demerged suburbs.

Centralizing is still the Big Idea. Some of the other measures can be applauded and, in fact, have been part of Westmount’s informal plans for more than a decade.

Plan to ban grass clippings

DeSousa anticipates legislation to ban grass clippings, hazardous wastes and construction materials from garbage. This should be done immediately as alternative disposal methods are already available.

Unlike Westmount, Côte St. Luc, Verdun and a few other places, Montreal has yet to begin kitchen waste collection. DeSousa says it is because the government has been slow to provide funds. However, Quebec City promised \$500 million in this year’s budget to build municipal composting plants and in return Montreal is promising to build facilities to compost the

entire island’s putrescible waste within five years.

The much smaller city of Halifax has composted its waste since 1998, but it is an ambitious target for DeSousa to promise that Montreal can go from almost zero composting so quickly. Of course, as an island-wide resource, it will be paid by agglom taxpayers.

No doubt, compost has the biggest role to play in turning the “disappeared” into something useful. According to Montreal’s statistics, only about eight percent of potential composting was diverted from landfill in 2008.

Decisions made centrally for disposal can impact us at the domestic level, as we saw earlier in the year when Rebuts Solides began to process our recyclables. We were no longer required to separate paper from plastics, glass and cans, something which Westmounters had become rather good at since 1990.

Another Montreal-based decision is sweeping the island, although not affecting Westmount. Blue boxes are being replaced by wheeled containers in one town after another. Côte St. Luc distributed them in June, and Hampstead is a more recent convert. The bins encourage larger recycling collections and their lids stop material escaping. Residents can choose whether they want 360-, 240- or 120-litre sizes. (As a reference, Westmount’s wheeled kitchen waste containers are 43.5 litres.)

Blue boxes to stay here

Our hills and many staircases do not lend themselves to big containers, so we will continue with blue boxes at 53 or 64 litres. The city provides two or even more per home if there is a need. Larger ones can be bought in some stores, and next year Westmount is considering supplying an even larger version.

Blue recycling boxes have long been an international symbol of basic environmental action. But it will be our ability to deal with compost and other putrescibles that will mark our maturity as an environmentally-responsible community.

The easiest test will be the committed use of the separate kitchen waste collection. As a guide, in most cases the end-of-week garbage collection should be smaller than the beginning of the week’s compost.

If there is a need for encouragement, think of those who live near the great landfills in Lachenaie and St. Sophie, where Westmount’s remaining garbage goes to “disap... *continued on p. 10*

Local RBC supports local Y



Richard Legare (left), regional vice president of Montreal-Centre for RBC and Sue Lapenna, branch manager of the Sherbrooke and Victoria branch (right) present a cheque, June 26, to Gary White, executive director of the Westmount Y. The bank’s staff raised a total of \$1,000 through a silent auction. The money was directed to the Westmount Y’s Strong Kids Campaign, which helps families unable to pay the full cost of Y programs for kids and teens, after-school programs or shadows for kids with special needs.

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Letters to the Editor

WEDGE'S GOOD SLEUTHING

Don Wedge's columns on the Westmount arena-pool reconstruction project must represent a great deal of reading and digging on his part. What we, the readers, get seems so informed and necessary to know about this project. All aspects come to light in his column. Westmounters must be grateful for his expertise.

P.S. What would we find out if he put his prodigious sleuthing talents to the new hospital and its many delays?

JOAN GRAHAM, OLIVIER AVE.

NEW ARENA OUTSIDE OF WESTMOUNT?

I've been following the coverage of the arena, mostly from the point of view of a parent of a swimmer, but also as a parent of skaters, and also as a taxpayer. The size of the bills for various proposals has been a concern to me, but also the compromises asked of swimmers and skaters alike. I fear that for more money than we want to spend, Westmount may get an arena that satisfies no one. Naturally, I have a proposal, backed by no relevant training or experience. I apologize in advance to people who have worked on these issues for years.

The cornerstone of the proposal is to relocate the skating facilities and associated parking.

One of the main constraints on the services we can build is the available area at the current location. Full-sized rinks become mini-rinks. Pools lose surrounding deck areas. Dogs run on treadmills. Okay,

that last one is a joke, but the others are not, and they are not funny.

I'm guessing that few people walk to the current arena for skating. We are a driving society and, combined with the fact that skating equipment is bulky and heavy, driving is preferable (so much so, that underground parking was added to the current plan).

If people are driving to the arena for skating, then driving to a different location may be just as convenient. I do not know if alternate locations exist in Westmount (areas under the 720 might be suitable), but perhaps areas outside Westmount could be considered because land nearby might be more plentiful and affordable (there appears to be undeveloped land around the train tracks running across de Courcelle). Two full-sized rinks could be built on less valuable and less restricted land, with ample street-level parking.

If skating is no longer in Westmount Park, the existing space could be used to expand the current outdoor pool and add a year-round swimming facility that could support other activities. Swimming is an activity that people can and do walk to, as well as ride bicycles, so no additional parking would be necessary, although there might be space to expand existing spaces.

Again, I stress that I do not know about the constraints that would be faced by moving skating facilities outside the box of Westmount Park, but I thought I would suggest it nonetheless.

GARY PERLMAN, WESTMOUNT AVE.

RECKLESS ON THE BIKE PATH

Three cheers for Councillor Kathleen Duncan and city officials for trying to find solutions to the hazards created by the bike path through Westmount Park. However, the bike path hazards are more ex-

tensive than just the portion traversing the park.

The path running along de Maisonneuve to Greene and beyond has created dangerous situations for pedestrians and motorists alike. Part of the problem is that cyclists ignore stop signs, signal lights, common safety sense, basic courtesy and, when they feel like it, often ride on the sidewalks.

All of this is done with an incredible sense of "cyclist green entitlement." Adding to this is the "cultural lag" in the rules of the road governing cyclists. Did you realize, for example, that it is actually *not* illegal to cycle on the bike path talking on your cell phone? Given this, one assumes the agile cyclist could also text message while hurtling down de Maisonneuve through stop signs, red lights and crosswalks.

And then there is the problem of existing by-laws not being enforced. Have you ever seen a cyclist being stopped and/or ticketed by the police? I have not.

Ironically, the city has signs along the bike path indicating that bike helmets are obligatory. This clearly is not being enforced, adding to the impression that whatever the rules governing cyclists are, the city of Westmount will not/cannot enforce them.

I would urge Councillor Duncan and city officials to extend their efforts to find solutions to the entire bike path in Westmount. If solutions cannot be found in a timely fashion, we will be reading about more tragic and even fatal accidents involving cyclists and pedestrians/motorists in these pages.

All citizens deserve to have safety issues given top priority in our community. At present, in and around the bike paths, that has not been the case.

BRIAN WEBB, DE MAISONNEUVE BLVD.

Editor's note: Brian Webb also sent his letter to city councillor Kathleen Duncan. The following is a letter she sent to the Independent.

Thank you, Mr. Webb, for taking the

time to write about this issue. I agree, the problem extends beyond the park limits. I am a cyclist myself and know how we tend to take liberties, albeit, I make every effort to respect cycling regulations.

The park is a priority at the moment because of the sheer volume of pedestrian and other forms of traffic indiscriminantly crossing the bike path along its entire length.

Unfortunately, compliance with signage, either in the park or on the street, is minimal, to say the least. Regarding your query of ticketing cyclists, police were stationed at the intersection of Melville and de Maisonneuve this past week to ensure people respected the stop sign. Not surprisingly, all but two complied, and they were ticketed.

There is no question that regulations governing cycling need to be part of an educational process geared towards the public, followed up with legal enforcement. Clearly, the level of bicycle traffic on the Westmount segment of the path has increased exponentially due to the link with Montreal and ideally, it would be in everyone's interests to work in tandem with Montreal to find comprehensive solutions.

For the time being, council will continue to work with Westmount city officials to see what measures can be adopted to render the whole path safer for everyone.

KATHLEEN DUNCAN, WESTMOUNT CITY COUNCILLOR

LET'S STOP DEMONIZING CYCLISTS

As someone who bikes instead of drives through Westmount from NDG to downtown everyday, I think I (and hundreds of others) deserve a little less hostility in the media and a little more civility on city streets.

Unlike car drivers, I am not depleting the natural resources of our planet; I am not polluting our air; and I am not incessantly leaning on my horn. And I am forced to navigate a number of risks every time I get on my bike.

Every day I am cut off by cars that run red lights, turn in front of me without signaling or open a door without looking. Each day, pedestrians step off a curb or walk into a bike lane without looking – creating a hazard for me and themselves. For the most part, I am happy to navigate these risks – although sometimes I shout a nasty word or two.

I also admit to taking a few liberties with stop signs and red lights. I am not perfect, but I daresay I am living more responsibly than the thousands of people who are needlessly driving an otherwise empty 2,000-pound steel box.

continued on p. 15

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Comin' Up...

TUESDAY, JULY 7

Michael Radulescu at Mountainside United Church (4000 The Boulevard), 8 pm Part of the 2009 edition of the McGill Summer Organ Academy from July 6 to 16. The festival marks the 200th anniversary of Mendelssohn's birth and the 50th anniversary of Canada's first Beckerath organ. Tickets: \$10, \$15. Info: 514.398.1252.

WEDNESDAY, JULY 8

Westmount **home swim meet** ("A" class division) at 6:30 pm at the Westmount pool. Other home swim meets are on July 15 and July 22 at the same time.

THURSDAY, JULY 9

Group exhibition "**Details, Details**" at The Gallery at Victoria Hall (4626 Sherbrooke St.) Mona Agia, Ann Cecil, Marina Etingin, Douglas Fales, Lindsey Fryett, Christine Henderson, Pierre Lessard and Beth McAdams will be showcasing their work. Gallery hours: Mon-Fri, 10 am to 9 pm; Sat. 10 am to 5 pm.

SATURDAY, JULY 11

• Westmount Historical Association invites guild curator Diana Perera to speak on the history of the **Canadian Guild of Crafts** at

10:15 am at 1460 Sherbrooke St., followed by a one-hour visit of the permanent collection of Inuit and Amerindian sculptures and artifacts, and Canadian crafts. Reserve: Ruth Allan-Rigby at 514.483.5269.

- **Home rugby game** at Westmount Park main field at 3 pm. Also on July 25 at the same time.

SUNDAY, JULY 12

Mike Gauthier/Lorrie Goodman Organization play at the Westmount Park lagoon, as part of the **Summer Concerts in the Park**. 2 pm. Rain location: Victoria Hall.

WEDNESDAY, JULY 15

Irish legends and fairy tales by Harald Juengst in the Storytelling Garden of the Westmount Public Library. 4 pm. Info: Community Events Division 514.989-5265.

ONGOING

A selection of twelve photos from Westmount Historical Association's archival collection are on display until the end of September in the architectural department in the basement of the Westmount city hall (4333 Sherbrooke St.) Free admission and open during office hours.

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NEWS YOU CAN USE

How Summer Container Plants Will Help Sell Your House

Container plants are an easy way to give immediate visual impact to your home, creating that important curb appeal – the "wow" factor as potential buyers pull up outside. Here are some important tips to make sure you use containers effectively.

Use big containers – Don't be afraid of using big, bold containers. They will have much more impact and will be easier to care for because they won't dry out so easily. Smaller containers tend to get lost in the landscaping, so you'll lose the visual impact you're trying to achieve.

Use quality containers – Avoid plastic containers, as these can look cheap. Terracotta, wrought iron, or zinc containers look great. Choose a container that complements your house and the rest of your landscaping. For example, if you have iron detailing, find a matching container; if you have brick paving, a terracotta pot might look good next to it.

Fill them with plants – For immediate results, fill your containers with more plants than you normally would. Otherwise, you will be forced to wait for the plants to grow before your container will look lush and healthy.

Feed your plants – Make sure you keep your containers well maintained by watering and feeding the plants regularly. You want buyers to think the containers are always there, not just a quick fix.

New! You can now blog us your ideas at MontrealHomeBlog.com
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ON THE SHELVES

Among the new arrivals at the Westmount Public Library singled out by staff are:

Magazines

"Amazon's next revolution: CEO Jeff Bezos used the web to reinvent the book business. Now he's at it again. Can he make the Kindle the iPod of print?" by Jeffrey M. O'Brien in *Fortune*, June 8, 2009, p. 68.

"Stranger song: how I (finally) met Leonard Cohen" by Ann Diamond in *Geist*, spring 2009, p. 32.

"Ignatieff et l'énigme du Québec" by Jean-Herman Guay in *Options Politiques*, May 2009, p. 26.

Books on CD

Still Alice by Lisa Genova – Alice Howland is a celebrated Harvard professor at the height of her career when she notices a forgetfulness creeping into her life. As confusion starts to cloud her thinking and her memory begins to fail her, she receives a devastating diagnosis: early onset of Alzheimer's disease.

Handle with Care by Jodi Picoult – After her daughter contracts a fatal disease, Charlotte O'Keefe must confront some serious questions that ultimately lead to one final epiphany: what constitutes a valuable life.

New in the Arts and Crafts section (North Findlay room)

Betty Goodwin – A bilingual catalogue of the exhibition now on at Montreal's Museum of Contemporary Art. Forty of the works owned by the museum are included.

The Eloquence of the Everyday by Gabor Szilasi – The catalogue of the photography exhibition now at the Musée d'art de Joliette.

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ette until September 8 and later in the fall at the Canadian Museum of Contemporary Photography in Ottawa. This is a major retrospective of this photographer and Westmount resident.

The Cultivated Life: Artistic, Literary and Decorating Dramas written and illustrated by Jean-Philippe Delhomme. "Satiric musings on First World problems" – for all fans of New Yorker cartoons especially. Don't miss this.

Urban adventures

Flore urbaine by Roger Latour – The author argues that there is a great biodiversity in urban areas, and that it is a myth that there are no interesting wild plants in our cities. More than 200 kinds of plants are described and Latour also shows how they naturally propagate themselves, sometimes with the unknowing help of humans.

Marcher à Montréal et ses environs by Yves Séguin – More than 90 sites and parks where walking trails are available are presented in this book. Sites on the island of Montreal are described, but also on the North and South shores and all destinations are accessible by public transit.

Non-fiction for children

50 réalisations avec bâtons et bouts de ficelle by Benoît Delalandre – Instructions are provided for 50 projects that kids can make this summer: a tree house, a rope ladder, kites, and more.

Consumable Goods by World Book – This guide provides practical advice for children who want to live a more environmentally-friendly lifestyle.

Reference

2009 State of the World: Into a Warming World by Worldwatch Institute.

TRENDSETTER

BY VERONICA REDGRAVE

MARIE-JOSÉE BONALDO

Marie-Josée Bonaldo (yes, that wonderful Italian heritage!) was “discovered” at Serge & Réal boutique on Greene Ave., where she works.

STYLE

How would you describe your personal style?

Casual chic.

What is your favourite way of dressing?

Dressing with an edge. I love to add crazy shoes or a special bag. But day-to-day at Serge & Réal, I wear their classics and tone down my accessories.

On week-ends, what is your style?

It depends on what I am doing. I have a crazy wardrobe! Jeans are an important look today. But they have to fit correctly!

How would you describe Serge & Réal?

Casual chic. Although they have clients who order haute couture, the Prêt-à-porter collection is very important: casual yet elegant.

AT HOME

What is the style of your home?

I love colours! For example, I have chocolate brown and purple in one room and the same brown with accent of reds, blues and yellows in another. It is eclectic.

If you had a choice, where would you live in the world (money no object)?

Wow. I would love to live in Italy BUT a little house in the Caribbean would also be ideal. I love the warmth and lushness of those isles. And, of course, the wind – my favourite element.

The wind “floats” chiffon dresses, so I would wear long flowing skirts in my “second home,” and they would blow in the wind like my curtains do in Montreal.

Do you have flowers in your home?

No. I hate fresh flowers because they



Marie-Josée Bonaldo

die. But, because I love life, I have lots of plants.

Who would you invite to a dinner party if you could have anyone in the world, and from any era.

Audrey Hepburn, for sure! Yves Saint Laurent, Catherine Deneuve, Paul Poiret, Katharine Hepburn, Karl Lagerfeld and Johnny Depp.

FASHION

What do you think of today's fashions?

I think people dress down too much. I hear a lot of our clients complaining that there is “no more elegance” and that no one “dresses up anymore.” Fashion etiquette, in fact etiquette on all levels, seems to have disappeared.

I agree.

Who is your favourite designer?

Yves Saint Laurent. In fact, Serge and Réal work like Yves. They understand the cut of couture, finished by the atelier’s *petites-mains*.

(These are the talented women who bead and sew exquisitely in European couture houses.) Later, I noted Marie-Josée walking (beautifully, of course) on Greene Ave. In an era when one sometimes sees skirts and blouses at a black tie gala, it is lovely to see a Parisian-style elegance in Westmount.



Joyce Faughnan

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Can't-rain Canada Day



Despite the weatherman's prediction, the sun shone on Westmount's Canada Day celebrations next to the pool. "God must be a Canadian – or at least loves Westmount," said one participant. From left (foreground), city employees Suzie Chapman and Claude Danis pose with volunteer Stacy Maislin, while in the background a large cast of city staff prepare food and refreshments.

Let's be good neighbours, reduce!

continued from p. 5

pear." The government has just issued each a permit for more than a million tonnes a year for five more years, although one promoter asked for 25.

Those living nearby are still unhappy and are complaining bitterly, as we would. However, we can do more about it than they can – by using all those avoidance services as fully as possible.

Citizen activist Don Wedge's email address is dwedge@sympatico.ca.

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Health Round-Up

Looking for a good night's sleep?

By BARRY NASHEN

A new study was recently presented at an international sleep conference in Seattle. It was reported that men and women who slept six or fewer hours a night were about four times more likely to die over the course of 14 years of follow-up than those who slept more than six hours per night.

Furthermore, the National Sleep Foundation recently reported that 20 percent of Americans, up from 13 percent just eight years ago, sleep fewer than six hours a night. It said the lucky few who sleep a full eight hours or more dropped to 28 percent from 38 percent.

There is no reason to believe that Canadians are any different from Americans when it comes to our sleep habits. Is this news really important to you and me? Are we walking zombies during the day, crav-

ing a mid-day snooze?

Here's my take: Would you believe scientists aren't yet really certain why we need sleep at all? One recent and controversial conclusion is that our immune system is being recharged while we sleep. If this were true, it is reason enough why a good night's sleep, however elusive, is most important to maintaining good health.

But we all agree what happens when we do not get enough sleep: low energy, lack of motivation, concentration problems, daytime drowsiness, headaches and/or mood changes.

What are the causes of sleeplessness or insomnia? Some of the more frequent causes are anxiety, depression, various diseases, excitement, grief, stress and stimulants such as alcohol, nicotine, caffeine and some foods.

So, what can we do to ensure that we

sleep deeply and wake up refreshed and rested every day? Eliminating the root cause of the problem is a good start. But in the meantime, I have some ideas for you that have proven successful for others:

- Avoid stressful situations before bedtime.

- Exercise regularly, but not in the last three hours before going to bed.

- Relax by reading, taking a bath, or listening to soothing music before going to bed.
- Remove your TV or computer from your bedroom. Otherwise, your brain becomes used to the stimulation and starts to expect it when you are there. This makes it harder for you to fall asleep.

- Establish a regular bedtime, but do not go to bed if you feel wide awake.

- Avoid using alcohol in the evening.

- Avoid caffeine for at least four hours before bedtime. Give up smoking, because nicotine is a stimulant.

If you can't fall asleep after 20 minutes, get out of bed and do a quiet activity such as reading or listening to music. When you feel sleepy, get back in bed and try again. If not successful in 20 minutes, re-

peat.

If you wake up in the middle of the night, do not let that worry you. Some sleep researchers feel that waking up in the middle of the night is normal, even expected.

You can decide to read or have a glass of milk to become sleepy again. Milk? Yes, that old trick of drinking a glass of milk to help you sleep has some scientific merit after all. Milk contains a natural sleep inducer called L-tryptophan. This may help explain why babies sleep so much.

Tonight would be a good time to begin reading that book you've been meaning to start, so relax, enjoy the slower pace before bedtime, and you, too, should be able to "sleep like a baby"!

Barry Nashen is a Westmount IT consultant who is interested in health issues and shares his personal experiences in this column. He is not a health professional and his comments should be read in that light.

Medical problems or remedies should be discussed with a doctor or appropriate health professional.

Bon Appetit

Simple summer recipe: Korean beefsteak

By ETTY B.

Summer offers plenty of reasons to fire up the grill and entertain guests on the patio.

This simple steak recipe is delicious. Serve with a side of pasta or rice, grilled vegetables and/or a salad. For dessert, berries in a pie or with a dollop of whipped cream.

Serves 4-6 as a main course.

1/3 cup dark soy sauce
3 tablespoons brown sugar
4 cloves garlic mashed
2 pound boneless sirloin steak (1½ in. thick)

2 green onions sliced thin
3 tablespoons toasted sesame seeds

Mix together well soy sauce, sugar and garlic. Pour over steak in a pan or plastic bag. Marinate from 6 to 24 hours, turning occasionally.

Remove steak from marinade and grill 4 minutes per side for rare, 6 minutes per side for medium.

Let rest 5 minutes, then cut in thin slices against the grain. Sprinkle with green onions and sesame seeds.

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The Westmount Gardener

Container gardening

BY STUART ROBERTSON



When we first plant up our window boxes and containers, we have a tendency to jam them full of small plants to fill them up and leave no bare spots.

Then time takes over and as it passes, the plants have this interesting tendency to grow. And grow. And grow.

By now, many of the rather short plants have become much longer, and the small ones have become quite full. We are finally getting the look that we wanted immediately at planting time.

This is fine, but if things go on as planned, these containerized plants are soon going to get too big for their boots, and that could become a problem. They may choke each other out, and even affect the growth and flowering abilities of their neighbours.

Don't be afraid to cut back

The answer is something that doesn't always come easily to gardeners. You have to cut them back, pinch them off, and generally thin them out a bit. (Blame it on whoever planted so many plants so close to each other!)

BUILDING PERMITS

What's permitted

The following permits for exterior construction, alterations and renovation were approved at the city council meeting June 17 (continued from the *Independent*, June 30, p. 13):

564 Lansdowne: to landscape at the front, side and rear;

5 Côte St. Antoine: to build a new back fence;

4697 Westmount: to replace windows and doors and reopen a previous opening;

350 Kensington: to replace a rear window on the roof;

49 Stayner: to build a new back fence;

53 Oakland: to modify rear balcony and

stairs, replace railings on the terraces and patio doors;

330 Wood: to build two new back fences;

582 Lansdowne: to replace garage door;

355 Olivier: to replace rear ground floor windows;

440 Lansdowne: to landscape at the rear.

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9 Lives Allergies mean Layla has to go

By LYZZANNE



Layla has been in a caring home, but the family's young daughter has developed asthma and a severe allergy to cats. So, they are hoping that someone trustworthy and loving, looking for a faithful companion, will make Layla part of their



Layla

family.

Layla is a grey 7-year-old female domestic shorthair with white mitts, socks, bib and trefoil over her muzzle. She's pretty, and she knows it! Yet, she did not have a great start in life: she was found abandoned, pregnant and feral at 6 months old and was rescued by Gerdy. She was placed in a loving home, but the allergies now make it impossible for her to stay.

Layla is affectionate, loves to cuddle, and is in excellent health. She is spayed and her vaccinations are up-to-date. If you would like more information, please call Gerdy at Gerdy's Rescues on her pager at 514.203.9180 or email her at info@gerdysrescue.org.

As a faithful reader of the 9 Lives column, please don't hesitate to mention Layla to your friends and neighbours. You never know who might be interested in adopting.

Your neighbour,
Lyzanne

Artwork by Laura S. Cohendet



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Stutman on her way through



Mark Weinberg (left) and Westmounter Beth Stutman (far right) with cancer patient Alexandra Sornberger Tétrault, June 21 at a media event at Angrignon shopping centre on their way to the east coast. Stutman and Weinberg were members of the 36 cyclists who participated in the Sears National Kids Cancer Ride which departed Vancouver on June 13 and arrived in Halifax on June 24. They each raised over \$25,000 to support pediatric hospitals in Quebec.

Image courtesy of CP, Sears Canada



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Westmount's Pee Wee A inter-city baseball team defeated Côte St. Luc to win the league banner at the Westmount Athletic Grounds (WAG) on June 19.

After a challenging 2008 season, the players (who have only two years as Pee Wees) finished the season in second place behind Côte St. Luc. In a sudden-death match, they defeated their semi-final opponents (Montreal West) in extra innings, a rare event in the league.

The three-game final started against Côte St. Luc at their park. Westmount won 19-11.

The second game was scheduled for a Friday evening at the lightless WAG. The venue and time of day brought into play all sorts of strategy

concerns: when night fell, the game would be postponed until the next day, and pitchers' maximum pitch counts (put in place for health reasons) would start at zero again the next day.

Strategy went out the window, though, when the umpires decided to play the final inning – the score tied – despite what some coaches saw as darkness. Both teams scored to keep the tie in place and necessitate an extra inning, which the umps again decided to play right away. Westmount scored for a final scoreboard of 14-13.

"You cannot imagine how often these kids found themselves trailing this year," coach William Rosenberg told the *Independent*, "but they never lost hope. Regardless of the score,



From left (top row), William Rosenberg (head coach), Gino Conforti (assistant coach), Justin Zipkin, Patrick Richards, Ulysses Pamel, Marc Langlois (assistant coach); (middle row) Jeremy Epstein, James Kastner, Devin Kreuzer; (bottom row) Samuel Mashaal, David Rosenberg, Jaclyn Levy, Jacob Meltzer, Devin Langlois. Absent from photo: Steven Nikidis.

they knew that they were not out of the game. I have never seen kids more jubilant than after the final win."

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Social Notes from Westmount and beyond

Westmounters design divine dining

BY VERONICA REDGRAVE



Year after year, Westmount's Shaar Hashomayim continues to present its Elegant Table Settings event. This year on May 8, the Shaar did not disappoint.

The theme was "Generations" which inspired mothers and daughters, sisters-in-law and mothers-in-law to create some of the best settings ever at this annual fundraiser.

The tables, all 23, were beautifully set with antiques, inherited dishes, polished silverware – and love. Many tables boasted magnificent flowers and some had herbaceous hedges, lending an elegance extraordinaire to the main hall of the Shaar, as it is affectionately called.

Co-chaired by Westmounter Karen Etingin and her sister-in-law Milene Etingin, a new element was added this

year with an Alley of Art, profiling artists whose work was for sale to raise further funds.

Co-presidents were Westmounters Tina Abbey, Stephanie Oboler and Carole Zuckerman. The event raises funds for the Meals-on-Wheels program of the Sisterhood of the Shaar, which delivers about 4,000 kosher, home-cooked meals each year to senior shut-ins.

The opening night cocktail saw a standing room-only crowd of chic-suited ladies, eagerly donning stilettos to celebrate warm days. Westmounters who created table settings included Dana Bell, Hainya Wiseman, Karen Etingin (with Kiki Etingin), Beverly Rudolph (with Pierre Laramée), Debra Raicek Mayers (with Sally Raicek), Bunny Lechter (with Catherine and Karen Lechter), Milly Lande, Amy and Sarah Kornik, Shawna Goodman Sone (with Rosalind Goodman), and Diane Cohen (with Robyn Alter Cohen).



Dana Bell and her table setting "The Wedding Table"



"Shavuot Ladies Luncheon" table setting by Rosalind Goodman and Shawna Goodman Sone.



"Cues from Our Past Create Our Future" table setting by Kiki and Karen Etingin.

Letters to the editor cont'd

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continued from p. 6

Drivers who speed through the streets because they are late, in a bad mood, or are busy playing with the a/c, radio, or talking on their cell phone, cause accidents every day. Bikers rarely do.

We should be figuring out how to get more people on bikes (or walking or taking the bus), rather than fixating on the few incidents of biker-pedestrian mishaps – which are as often as not the fault of the pedestrian.

To contextualize the conversation: the way people drive cars is infinitely more dangerous (to other people and to the environment) than the way people ride bikes.

ANDREW CHURCHILL,
GRAND BLVD., NDG



Milly Lande and her table setting "Tea for Two"



Committee members, from left: Milene Etingin, Karen Etingin, Tina Abbey and Stephanie Oboler.



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