

Kitchen waste gets big buy-in, city closer to Quebec goal

BY LAUREN SWEENEY

By May 1, the first full year of the curbside kitchen waste pickup throughout Westmount, more than 600 tonnes of table scraps and other wet material were diverted from landfill, city officials revealed last week. This is comparable to the weight of some 120 African elephants.

"That's a lot of greenhouse gases that we're keeping out of landfill," said city environmental coordinator Marina Peter in providing the results to the *Independent*.

"Westmounters who are participating in the program can feel they're really making a difference. It's also an incentive to others to join in."

Recovery of the kitchen waste, when added to the collection of leaves and garden waste, has boosted the city's total amount of composted material ever closer to the target set by Quebec for municipalities to achieve by 2015.

This is to compost 60 percent of all

compostable material. Westmount has now reached 50 percent, from 25 percent at the end of 2008, Peter said.

Apartment pickup on hold

While Westmount's weekly green bin program is provided for all single family dwellings and apartments having eight units or less, plans to extend it to larger buildings and restaurants are on hold, Peter said. This is pending a Montreal agglomeration moratorium on expanding such programs until new treatment centres can be built.

"Hopefully, we've seen a shift in people's habits with less organic waste going to landfill but we mustn't get complacent," she said. *continued on p. 3*

General construction strike averted

Greene Ave. work on time – for now

BY LAUREN SWEENEY

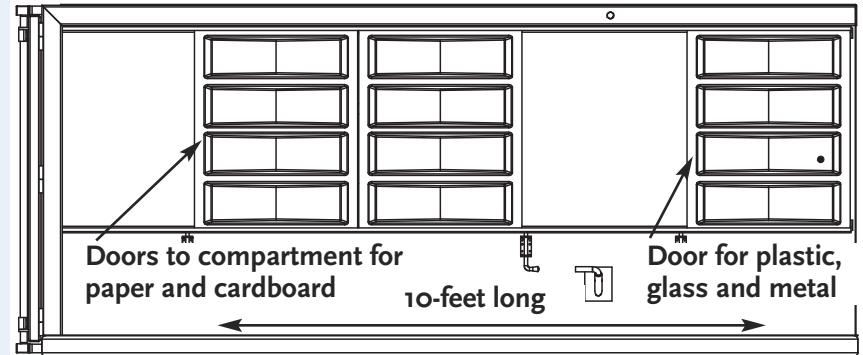
With the repaving of the municipal parking lot planned for early this week, the reconstruction of Greene Ave. is proceeding on schedule, Public Works officials report.

Underground electrical installations have been completed along both sides of the street between Sherbrooke and St. Catherine, and crews are now preparing sidewalk wells for the planting of trees at certain spots.

The threat of an unlimited general construction strike, which could have delayed the project, was averted Friday.

Though few problems were encoun-

Mobile recycling close for merchants



Side view of mobile recycling unit designed to sit on a trailer.

The above design for the city's mobile commercial recycling unit is container painted "bluebox blue". See story p. 3.

Courtesy: Westmount Public Works

INSIDE

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tered while Hydro Westmount installed its conduits, Bell Canada contractors were only recently on-site making repairs to their underground network – an unexpected "glitch" and inconvenience, she explained.

Merchants are being updated regularly on Facebook (westmountgreeneavenue), and parking is permitted on both sides of Olivier during the work.

The city's contractor, Les Entreprises Canbec Construction, has been very accommodating, Zalzal said.

Once the granite for cross walks and curbs arrives, the new sidewalks will be installed and the street repaved. Work is expected to be completed in October.

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New private pool regulations affect residents

BY LAUREEN SWEENEY

Westmount residents planning to install pools in smaller yards may be faced with completely dividing off their gardens in the wake of Quebec's new pool safety regulations.

These require new pools and those still in process by November 1 to be entirely fenced off from the house, according to Urban Planning director Joanne Poirier. The law is not retroactive.

In smaller yards, this could call for some ingenuity while in typical long, narrow Westmount lots, this might mean running a fence directly across the pool portion of the yard, she explained.

Currently, Westmount requires pools to be fenced off for safety purposes but not necessarily to prohibit direct access from the house.

"We'll be sending out a letter to everyone who has pool work in progress to warn them it must be finished by November 1," Poirier said. Thereafter, city inspectors will be visiting those properties to enforce the law.

While the city has no statistics on the number of in-ground swimming pools in Westmount, five permits were issued in 2009 and another six have followed so far this year. The city does not allow above-ground pools.

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Mobile commercial recycling starts soon

Giant blue box available for small shops

BY LAUREEN SWEENEY

It should be easy enough to spot. The long-awaited mobile recycling unit for Westmount's commercial areas resembles a giant blue box. It will rest on a trailer that can be hauled from block to block.

The design – a container with sliding doors on the side – was revealed last week by Public Works director Marianne Zalzal, who expects it to hit the street the week of September 20.

"It's an experiment, a pilot project to enable our smaller shops to recycle," she explained. Larger stores, such as Metro, Hogg, Pier 1 and the SAQ, hire their own private recycling contractors.

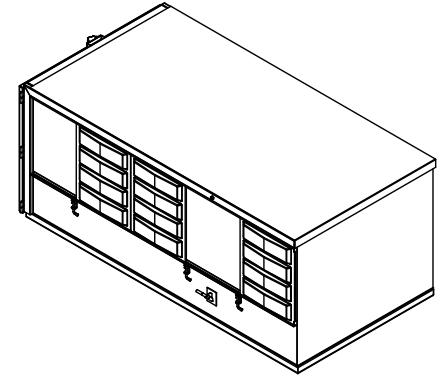
Measuring 10 feet long, the model unit

has been custom-made to fit into one parking space. Divided into two sections, the container has a double-size opening to accommodate the large pieces of cardboard, as well as paper, expected to come from shops.

The other section will be used for plastic, glass and metal.

The plan is for the container, when full, to be hitched to a city pickup truck and emptied at the Cascades facility in Lachine, which is primarily interested in obtaining the cardboard and paper. This is why the compartments are separated.

The facility will, however, arrange for the recycling of the other material. The project has been undertaken by the city in conjunction with Cascades.



A view of the mobile recycling unit.

Courtesy: Westmount Public Works

Focus now on waste reduction

continued from p. 1

"We need to look at our overall waste in order to reduce our ecological footprint. With society's growing trend toward the use of disposable items, it is increasingly important to reduce consumption," she explained.

This can be achieved by re-using items, buying better quality products that last longer or those that have been "gently used" – even renting seldom-used equipment. She suggests sharing with neighbours items such as an occasionally used wheelbarrow.

The city's kitchen waste program was launched in May 2008 in a small sector, followed by a second phase in November of the same year.

Embraced program

The amount of kitchen waste rose

sharply after the start of the third and last phase in May 2009. This comprised the entire western half of the city, "which really embraced the program," Peter explained.

The monthly amount of recovered kitchen waste seems to fluctuate monthly, she said. In the first six months of 2010, for example, green bin totals accelerated monthly from 34 tonnes in January to 64 in June, for a six-month total amount of 294.

While this waste is collected by the city's contractor, it is taken to a privately owned composting site in north-shore Berthierville, with which the agglomeration has a contract.

Leaves and garden debris, however, are composted at the city's treatment plant in St. Michel.

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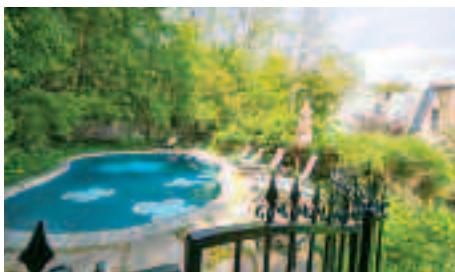
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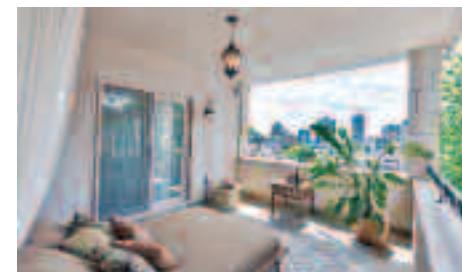
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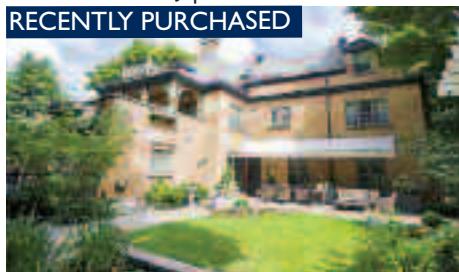
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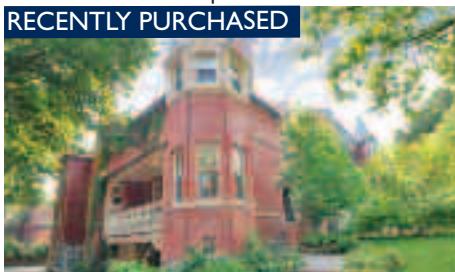
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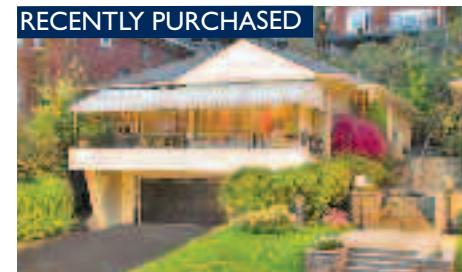
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LETTERS TO THE EDITOR

INDEPENDENT HAS SHAMED A CIVIC TEN

If it were not serious, last week's p. 1 article in the *Independent* – “Last hurdle’: No referendum for arena loan by-law” – would seem a comic, amateurish parody of New England's 17th century shaming rituals. The featured piece singles out 10 names for publication from the 114 signatories of the August 17 by-law register on the arena/pool project.

Could these figures be our “Westmount Ten”? Hardly likely, since their distinguishing marks, according to the article, are not scarlet letters, but, that they “either live close by, are critics of the project, or are known to have been involved in other city issues.” *Quelle honte!*

I, for one, am proud to be part of this group, who may share little in common, save for civic involvement, attending council meetings, and expressing intelligent criticism of some of city council's actions.

This article, to me, is one more sign of the malaise that continues to haunt this project: the persistent insistence on doubling ice capacity in a small, compact place, with no alteration allowed of that obsessive idea. An extra hockey surface elsewhere? A year-round, covered pool? These realisable goals have been excluded from the beginning.

I find myself thinking of Don Wedge's prophetic last comment in this newspaper

– that this project will indeed be a “missed opportunity.”

PATRICK BARNARD, MELVILLE AVE.

Publisher's reply: “Shaming ritual” is great invective, but we had no such intent, nor will the majority of readers, I think, see it that way.

How is it “shaming” for a newspaper to associate you with a position you have publicly endorsed for over a year?

I have never been to journalism school, but I've been told that aspiring journalists are taught to answer the five Ws in every article: Who? What? When? Where? Why? That has always made sense to me. If we hadn't talked about *who* had signed the registry (which information was in the public domain), we would have failed to report properly on it.

In doing so, no one was “singled out.” A large part of writing news articles is choosing which facts to present. The actions of, say, a previously unknown person are less interesting than those of a prominent actor.

Like it or not, you are prominent on the Westmount municipal scene. You were the architect of artificial turf's defeat and have been notable, if less visible, in your opposition to the arena project, which tradition you continue in the above letter. As such, we judged that our readers would be more interested in learning that your name was on the list than most, or all, of the other 113 people.

An in-depth analysis of where all the signatories lived, with a map and table, and why each of them signed, complete with quotations, might have been more complete, but we judged that our readers would be more interested in a synopsis, and/or were unable to devote the reporting resources and/or page “acreage” to such a census-like exposition.

Photo and caption: *Westmount Independent*

We summarized that “Close to half the 114 residents who signed the city hall register” either lived “close by, are critics of the project or are known to have been involved in other city issues.” This is accurate, and we judged that it would be interesting to our readers as a summary. There is no pejorative term used, and – contrary to your statement – it did not specifically apply to you (your name is three paragraphs later).

You seem to infer that it is negative to belong to a small group, but there is also a romance to being in the minority. Who's to judge? We leave that to the reader.

The project may indeed be a missed opportunity, but by the rules of Quebec municipal law and of Westmount city council (not mine!), it is going ahead, so we'll just have to discover its strengths and weaknesses “live” in the years ahead. At that time, you may be hailed as a Cassandra (a romantic member of a minority, in her case a minority of one) or derided as a false prophet. Best wishes to you either way. – DP

INDEPENDENT'S DISINGENUOUS OR DEFAMATORY SHAMING

With respect to your article entitled “Last hurdle’: No referendum for arena loan by-law” (*Independent*, August 24, 2010), we wish to express our profound

disappointment at the “naming and shaming” approach used therein.

In a democracy, the right to express one's opinion in private is a basic tenet of civil society. Whilst the register contents are public, public interest is not served by selecting 10 people out of 114 in such a manner so as to discredit their opinions. All of those named signed the register for their own personal reasons and exercised their democratic right in doing so.

The manner in which you named people is a very underhanded tactic that discourages citizens from actively participating in civic life. One would not expect such an approach from a fair and balanced organization that is subject to Quebec Press Council ethical standards.

The article was written with the insinuation that we're simply either NIMBYs or dissenters, with the further implication that, by association, we were involved in trying to improperly influence the signing of the register. This is disingenuous at best, defamatory at worst. Your article was biased and without merit.

PAUL MARRIOTT, GROSVENOR AVE.,
PATRICK BARNARD, MELVILLE AVE.,
MARILYNN GILLIES, MELVILLE AVE.,
PETER WELDON, ACADEMY RD., WILLEM
WESTENBERG, STAYNER ST., TRUDY ASCH,
LANDSDOWNE AVE., DAVID PARSONS,
ACADEMY RD., JEFFREY FREDMAN,
ACADEMY RD.

Publisher's reply: You do a great job of implying wrongdoing by appropriating the apple-pie-and-motherhood truism: “In a democracy, the right to express one's opinion in private is a basic tenet of civil society.”

But you then immediately contradict your argument by admitting that “the register contents are public.” Either something is private (like a ballot box) or it's not. The register wasn't. So platitudes about democratic privacy are irrelevant.

It is strange to claim someone is being “underhanded” by naming people on p. 1 of a newspaper. How more upfront can one be? And focusing on certain actors for a news story is an unremarkable practice.

Most news articles would be unwritable without limiting their purview. Consider the headlines “Obama's stimulus bill passes” or “Harper goes north”. In reality, hundreds, if not thousands, of people had something to do with those stories, but the press will always focus on the leaders, or the most outspoken, or the best known.

The same is true in the municipal sphere. Your group of eight founders and leaders of municipal groups, letter writers and *continued on p. 7*

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More letters...

continued from p. 6

public-meeting speakers can be surprised if the press focuses on its actions, but not many other people will be.

I don't know what the Quebec Press Council might have to say about this dispute (although you imply that it would side with you) and it is irrelevant. According to its own website, the council "has no regulative jurisdiction and no judicial, legislative or coercive power" – and we are not even members!

When it comes to your claims about "insinuations" of NIMBYism, you are reading things into the article that aren't there. Firstly, NIMBYism – even if charged – is hardly slander. And your names are mentioned in paragraph #4 – while *half* of the signatories are summarized in *paragraph #1* as people who fall into one of *three* categories: namely people who "live close by, are critics of the project or are known to have been involved in other city issues."

The fact that you signed the register was reported unadorned, without attributing motives or being pejorative: "Among the arena/pool signatories who have spoken out publicly over the years against the project's size, cost or impact were..." There is no "discredit" in being publicly identified with a cause that you yourself have publicly endorsed already.

Even worse is your claim of "insinuations" of improper influence: *one* uninformed and anonymous signatory is mentioned in paragraph #11 (which is even on another page of the paper) – with no connecting of your names with her.

– DP

NEW SPORTS & REC. REGISTRATION IS SMOOTH

I am sending this quick note to give a "thank you" shout-out to the staff at the Westmount arena. I was there the night of August 25 for the new "no-stress" autumn sports registration process, with the kids, and I couldn't imagine a more agreeable service experience. We were taken care of by Claude and Bruce, and Anitra, David and Sue were there and a few others. There was a steady stream of people coming in and submitting their forms, etc., and you know what? It was great. Prompt, efficient, personalized service, friendly banter. They knew us, and the kids got their sports requests submitted. It was really a good neighbourhood experience, and I express my thanks to them for it, and for their usual ongoing contribution throughout the year that helps make Westmount a great place to live. Thank you to

the whole Sports and Recreation team and thank you for this much-improved registration process!

WILLEM WESTENBERG, STAYNER ST.

ADULT SWIM IS NOT INTOLERANCE

This is in response to the letter signed by M. Elvir, N. Palmer, L. and P. Commier, M. Popova, A. Lopez, A. Caricote, J. Andres Pedroza Torres, C. Hernandez and A. Monty published in the July 13 issue of the *Independent* ("Let the kids swim", p. 4).

I cannot speak for Mrs. Turner ("Protect adult swim time", July 6, p. 4) as I don't know her, but this group letter seems to imply that we are both intolerant of the needs of the children of Westmount.

I, for one, have been a volunteer with children ages 8 to 18 for 12 years. When considering the adult swims, it is not intolerance to children, it is an understanding that adults deserve time of their own.

The noon-hour adult swim consists mostly of seniors and the popular evening swim caters mainly to those who work all

day and who may or may not have children. Both accommodate far more than "a few adults."

The authors of the letter mentioned above fail to take into account that during activities such as morning swim lessons and the daily Dolphins' practices, other swimmers are required to leave the pool area.

As to the remark of the "intolerance towards children seemingly supported by council," need I remind you of council's efforts to push forward with the two full-sized hockey rinks and the new soccer field? Both decisions were put into effect primarily for the benefit of the children of Westmount. The Recreation department strives to ensure that any child who wishes to participate in any recreation program will not be turned away.

For those who would like some "peace and quiet," they point out that there is the "library and park." When the weather is nice, I personally do not want to be sitting inside a library. We have so few really nice days. As for the park, I am sure you would agree that there are limitations for swimming laps in the pond. The water is not

deep enough and the city would likely frown on it.

On another note, I was pleased that the Recreation department opened the pool to everyone all day long during the extreme heat wave. Now that is sharing.

BELINDA BOWES, ACADEMY RD.

GREENE COULD USE A ROUNDAABOUT

Greene Ave. regulars in Westmount now experience how life without a traffic light at Greene and de Maisonneuve benefits everyone – no more waiting around when the path is clear, no more rapid stops and starts, and, most importantly, folks begin to interact politely taking turns when two or more are ready to cross the intersection at the same time.

The big winners are walkers (think of really cold windy days) as vehicles must now yield to them (yep, an opportunity to educate the bicycle violators!).

Sets of traffic light signals are going to the dump for recycling about three times



Greene and de Maisonneuve, August 30. Does this temporary two-way stop point to a permanent solution?

Photo and caption: Westmount Independent

a day now in North America as roundabouts replace signals. At Greene and de Maisonneuve, the stop signs could easily be replaced by an inexpensive mini-roundabout thereby reducing even more the congestion and enabling cars to more easily see and accommodate bicycle movements.

Mini-roundabouts also improve safety for all users.

TONY REDINGTON, SHERBROOKE ST.

WESTENBERG CUTS THROUGH NEW ARENA FOG

Bravo to Willem Westenberg for seeing through the fog surrounding the

arena/pool project.

Going ahead with this is worse than buying a fixer-upper with hidden defects. There are ongoing costs to running a multi-rink establishment with coffee and pro shops, and they're being blissfully ignored. All Westmounters will pay higher taxes even though a minority of residents and many, many non-resident players and private school students, will be the main beneficiaries.

Why are fees for actual users not structured to substantially cover the real costs?

BARBARA HOUGHTON,

CÔTE ST. ANTOINE RD.

CHAGNON LISTENED

In 2006, my son was involved in a serious motorcycle accident. He was driving east on Île Perrot just before the Galipeault bridge, when a careless driver travelling west suddenly turned left across the oncoming traffic. Alas, my son had no time to stop. Although he was wearing a helmet, his head hit the car with such force that he suffered a severe traumatic brain injury with multiple haemorrhages as well as many broken bones. If not for two doctors driving in the car directly behind him, he would not be alive today. No words can express our gratitude to them.

But the reason for this letter is to thank publicly our MNA, Jacques Chagnon. After the accident, the officer at the scene told us that that particular section of road was known to be highly dangerous.

I contacted Mr. Chagnon to see if there was any way to change the design of the road to avoid future accidents. A year later, once my son was well enough, Mr. Chagnon drove him to the site to discuss what could be done. I was skeptical that only one voice could make a difference, but after seeing what our MNA achieved, I am in awe that the system can and does work. During the past few months, the eastbound lanes of the Galipeault bridge were rebuilt. Most importantly, the section of road leading to the bridge where my son's accident occurred has been reconfigured to stop drivers from cutting left across the on-ramp of Highway 20. What a relief to know that no one else will suffer the same fate as my son.

Thank you, Mr. Chagnon, from the bottom of my heart, for listening and acting.

KATHRYN STEPHENSON,

CÔTE ST. ANTOINE RD.

LOOKING FOR A LIVE HUMAN

A few months ago, a multinational company I deal with from time to time junked its automated
phone-answering irri- continued on p. 10

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Retail Watch

BY ERIN STROPES



DAVIDsTEA signage is up at 4859 Sherbrooke St.

DAVIDsTEA getting ready to open

After a summer of construction work, DAVIDsTEA on Sherbrooke just west of Victoria was set to open on Friday, August 27, according to the Montreal-based chain's monthly newsletter. The retailer was founded in 2008 by Montrealer David Segal, and is known for carrying over 130 varieties of tea from around the world, from traditional favourites like Earl Grey and jasmine to fanciful

mixes like the "tea martini kit."

The Westmount store is the latest of more than 30 DAVIDsTEA stores to open across Canada.

Movieland moves over

Video rental store Movieland has relocated to 4142 St. Catherine St., just a few doors down from its previous location. "It's all about the rent," said owner Frank Massa, who decided the large storefront at 4154 St. Catherine that Movieland had inhabited for over 20 years was no longer a good investment.

Long-time employee Yanick Renault said the smaller space, which has been open since August 5, is still drawing the same diverse crowd of families, seniors, and students that it always has. "We have movies you can't find online, we're family-friendly, and you'll always get service with a smile."



Movieland is now across the hall from the London Bus Café, inside 4142 St. Catherine St.

R.E.A.L. Bagel expands

Family-owned deli R.E.A.L. Bagel (4160 St. Catherine St.) has done a lot of growing since April, when it acquired next-door neighbour Hairtown and expanded into the former salon's space, effectively doubling its size. Further additions are on the way, but owner Moti Mahtani says he's already getting positive feedback from customers about the store's new offerings.



Moti Mahtani (left), with son Amit and wife Aruna of R.E.A.L. Bagel.

An expanded menu and larger variety of beverage options are among the changes patrons will notice. Employees are also enjoying some extra elbow room in the back, where the kitchen and work areas have been expanded.

An avid cook, Mahtani has created most of the deli's sandwiches, salads, and side dishes himself, many based on family recipes or customer suggestions. While fresh bagels still form a substantial part of R.E.A.L. Bagel's offerings, Mahtani says that since he acquired the store from its previous owners in November 2004, he has focused on adding variety to the menu to satisfy the range of clientele who come in for business lunches or after-school snacks.

A coffee, smoothie and salad bar are all slated to appear over the next few months.

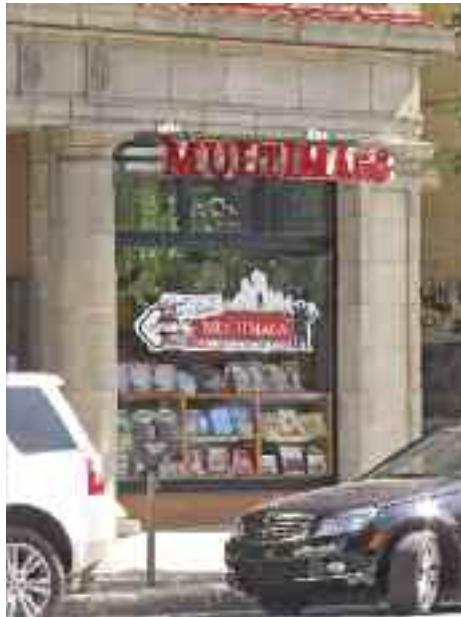
The content in Retail Watch is researched and written by the Independent. Businesses that appear do not pay for or approve what is written.

Multimag's to relocate

Magazine, card and gift shop Multimag will be moving into its new space at 4932 Sherbrooke during the first half of September.

The new, larger storefront is only a block east of Multimag's current location, but store manager Laura Tunis told the *Independent* that the "better atmosphere" a little further into Westmount is enough to make the move worth it. "Even just walking down the street," she said, "you can feel the difference."

Multimag has been at its current location for over eight years, according to staff.



Multimag's in its current location just west of Westmount city limits.

Harvest time looms in community-supported agriculture program

BY MARTIN C. BARRY

For the second year, Westmounters have been participating in a community-supported agriculture program, which will continue to put fresh organic fruits and vegetables on their tables until the end of harvest season in October.

Every week since June, subscribers who've paid the share price (ranging from \$338 to \$507 depending on the mode of delivery and the size of the order) for participating in the 18-week program have been picking up their produce at the Westmount arena and at the Westmount Athletic Grounds.

The service is being provided by two organic farms, Ferme Mange-Tout and Ar-

lington Gardens, which are both located in the Eastern Townships. According to Joshua Wolfe, sustainable development coordinator for the city of Westmount, the number of Westmounters who took part in 2010 doubled since last season. Forty people signed up this year.

While there is a tendency among some city dwellers to associate harvest time with the end of summer, that is a myth that Wolfe feels should be corrected. "People in the city are so out of touch with agriculture," he said. "Harvest continues until October, November. I would say that we're just about to be in the prime of the season." Even so, participants have been enjoying organic sweet corn since July, as well as field-grown tomatoes.



Alain Cheong (centre) and his son pick up their weekly supply of organic vegetables from Ferme Mange-Tout volunteer Matthew Pierrot at the Westmount Athletic Grounds on August 19.

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And even more letters...

continued from p. 7

tant and installed a human being to take the calls and direct them to appropriate departments, saving much customer time and annoyance and gaining a fortune in



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Meanwhile, back in Westmount at about the same time, an unknown genius decided to spend some public money on an Internet Protocol (IP) answering system, removing staff from direct contact with the people they are there to “serve.” Now the citizens are told to leave name, number and a brief message.

Why? Is any employee time saved? They have to answer sooner or later – possibly. But maybe the citizen has an urgent problem that needs an answer right away. Nothing is achieved but frustration for the caller. Incredibly, Public Security was included in the IP system until a couple of months ago when a live dispatcher was put back into service – and one has to suspect Councillor Gary Ikeman, who has the Public Security file, was responsible for applying the intelligence that changed that irrational condition.

Where are the other councillors? Apart from the time-wasting inconvenience of the IP system, what’s the cost? Whatever it is, it’s too much when council is rumoured to be looking for ways to reduce expenses after the last administration’s crazy \$70,000 back door to city hall and the St. James’ Park-style black iron fence

around – of all things – the soccer field, and all the other waste.

We’re overdue for a Tea Party movement. Overdue, but if public behaviour till now is an indicator, we couldn’t recruit enough people to drink a pot-ful. Of tea. Public apathy drifts on and on unless the issue is a dog run or which group’s getting more pool time than the other.

D. O. NEWNHAM, METCALFE AVE.

WESTMOUNT: WHY NOT FREecycle?

Olga Feiguina is right to be upset because some Westmounters allow good stuff to go to waste. I only get rid of objects when I have somebody to pass them on to. Westmount, in keeping with its deepening environmental awareness, should have a drop-off depot where useful objects can be left for others to pick up. In no time, they will either find a home or be picked up by needy or enterprising people to resell at a nominal cost.

But please make this depot pedestrian friendly. The clothes recycling bin is inconveniently located beyond the Bethune tunnel, a long and hazardous trek in summer or winter. It was apparently moved

there because some residents wanted it out of sight. But remember: out of sight, out of the recycler’s mind!

MAYA KHANKHOJE, KENSINGTON AVE.

SQUARE CLEANED UP ... FINALLY

Finally, at the end of the summer, something is being done to the square in front of the greenhouse. How sad it was to see the utter neglect of that space. The staff of our wonderful greenhouse – the pride and joy of Westmount – must have been embarrassed that their visitors had to pass through this mess to reach their door.

Weeds were everywhere, the grass had died, the flower beds were neglected and bare in spots. What about the people that attend the receptions in The Gallery at Victoria Hall? They surely must have wondered how the city could let this happen.

Why does Hydro Westmount not repair the lights? They would be very welcome now that the trees have matured and fall is approaching.

BRIGITTA BRITAIN, GROSVENOR AVE.

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Camp-out marks finale to Scouts' centennial celebrations

PHOTOS: MARTIN C. BARRY



Some of the Beavers, Cubs, Scouts, Venturers and others who participated in the August 27 night campout in Westmount Park took a moment to pose for the Independent.



Cub leader Andrew Macdougall lends a helping hand in a friendly tug o' war during the campout.

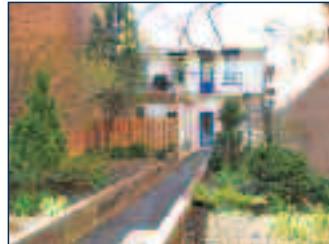
For the last of their centennial celebrations, Beavers, Cubs, Scouts and other sections of the local Scouts Canada movement spent the night August 27 camping out in Westmount Park.

Sleeping in tents set up in a clearing next to the stream, the young campers (Beavers were accompanied by their parents) spent the early evening playing games like tug o' war. As darkness fell, a small campfire was lit, and participants joined in song and skits. In the morning, a pancake breakfast was served.



Beaver leader Marcus Peterli explains to Beaver Thomas Drugge how to properly secure tent lines.

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<p>WESTMOUNT</p> <p>SOLD</p>  <p>305-307 ELM ————— \$649,000/\$795,000</p>	<p>WESTMOUNT ADJ</p> <p>SOLD</p>  <p>3982 COTE DES NEIGES #A44 ————— \$679,000</p>	<p>WESTMOUNT ADJ</p>  <p>3036 BOULEVARD ————— RENTAL \$3600/MTH \$649,000</p>	<p>PLATEAU</p>  <p>5292 CLARK ————— \$499,000</p>	<p>DOWNTOWN</p>  <p>3450 REDPATH #6 ————— \$454,000</p>

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BUILDING PERMITS What's permitted

The following permits for exterior construction, alterations and renovation were approved at the August 23 meeting of city council.

473 Clarke: at a Category 1* house, to rebuild the kitchen bay window on the south façade and increase its width to 14 feet 6 inches;

3606 The Boulevard: to build a rear deck;

77 Sunnyside: at a Category 1 house, to replace windows and doors and modify some openings;

65 Prospect: at a Category 1 house, to enclose the rear balconies;

530 Mount Pleasant: to build a new rear ground-level balcony and make two new basement openings;

85 Church Hill: at a Category 1 house, to modify rear window and service door;

4374 de Maisonneuve: to install a gas fireplace vented to the side wall;

3186 The Boulevard: to replace part of the roof with copper;

446 Argyle: at a Category 1 house, to rebuild front steps;

95 Côte St. Antoine: at Selwyn House School, a Category 1 building, to create a

new window opening on the west side;

716 Victoria: at a Category 1 house, to replace front door;

598 Victoria: to rebuild front porches;

666 Grosvenor: to enlarge a rear door opening;

457 Mount Pleasant: at a Category 1 house, to replace front door;

627 Victoria: to replace a basement window;

629 Victoria: to replace front windows and one at the rear;

21 Renfrew: to replace veneer of the front canopy roof;

25 Renfrew: to replace veneer of the front canopy roof;

458 Claremont: to erect a fence along rear property line;

348-352 Grosvenor: to rebuild front steps;

107 Blenheim Place: at a Category 1 house, to replace five windows and a balcony door;

68 Summit Circle: to landscape front and rear yards and install a new swimming pool;

637 Victoria: to landscape front and side yards, make a new basement entrance

at the side by modifying the window opening, install a new side gate and renovate the balcony;

722 Victoria: to replace windows and some doors as well as window sills;

770 Upper Lansdowne: to re-landscape the front yard making a walkway between the driveway and front door, and to resurface the driveway;

430-432 Mount Stephen: to replace some front and side windows of the apartment buildings;

20 Sunnyside: to replace three front windows;

10 Renfrew: to replace rear patio door.

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Bought & Sold: Real estate transferred since June 18, 2010

Address	Price	Evaluation	Buyer	Seller	Date
3274 Cedar Ave.	\$4,700,000	\$4,000,000	Vladimir Dackiw & Susane Havelka	Skuli Mogensen	July 9
3218 Cedar Ave.	\$3,150,000	\$1,917,500	Beverly Poisson & Nabil Tabet	Deborah MacLeod	July 6
1326 – 1330 Greene Ave.	\$3,000,000	\$2,180,000	7511655 Canada Inc.	Westmount Heritage Properties Ltd.	June 23
3258 The Boulevard	\$2,575,000	\$1,500,000	Perry Catellier & Deborah Del Torto	Helena Grimaldi	July 29
215 Edgehill Rd.	\$2,100,000	\$1,429,400	Helena Grimaldi	Liliane Waid	June 30
420 Côte St. Antoine Rd.	\$2,080,000	\$1,809,200	François Lecavalier & Senia Rapisarda	Vincent Salvati & Susan Smith	July 30
7 Edgehill Rd.	\$1,900,000	\$1,431,400	Albert Cohen & Karen Levine	Kevin O'Keefe & Maria Verhoeven	June 25
422 Roslyn Ave.	\$1,765,000	\$1,178,900	Helen Olesker	Stuart Cobbett	June 21
414 Roslyn Ave.	\$1,685,000	\$1,025,000	Alain Elbaz	Marc Coulombe & Petra Carlsson	Aug 3
128 Arlington Ave.	\$1,650,000	\$1,163,300	Stuart Lubarsky & Renée Schiff	Beverly Poisson	Aug 20
25 Oakland Ave.	\$1,600,000	\$1,665,200	Oakland Trust	Lubo Lopovic & Milica Novak	July 14
673 Grosvenor Ave.	\$1,450,000	\$850,000	The Stephen O'Brien Trust	Louise Tanguay	Aug 2
443 Elm Ave.	\$1,425,000	\$725,000	Michel Lagueux & Michele Fearon	Martin Gauthier & Robin Patriquin	July 19
561 Grosvenor Ave.	\$1,339,000	\$966,500	Hartley Stern	4435036 Canada Inc.	Aug 3
579 Grosvenor Ave.	\$1,300,000	\$1,100,000	Teanoosh Zadeh	Olivier Grout de Beaufort	July 14
1 Wood, Apt 801 & parking space	\$1,285,000	\$1,278,900	Michael Zuneshine	Deane Nesbitt	July 21
35 Church Hill Ave.	\$1,270,000	\$1,490,100	Nancy Cummings	Olymbec Development (2004) inc et al	Aug 9
448 Mount Stephen Ave.	\$1,110,000	\$708,800	Maurice Aucoin & Chantal Aucoin	Michael Kuzmicki & Angele Martineau	Aug 11
667 Belmont Ave.	\$1,090,579	\$1,056,200	Henia El Mamouni	Naomi Lyon	Aug 18
30 Thornhill Ave.	\$1,050,000	\$775,000	Caren Olivier & Gregory Francis	Virginia Nelles & Robert Tétrault	July 2
87 Summit Cresc.	\$1,010,000	\$1,701,800	9112-8975 Quebec Inc.	9116-2198 Quebec Inc.	July 15
560 Claremont Ave.	\$980,000	\$750,700	Hugues Léger	Simon Knowles & Danièle Lefort	July 2
419 Mount Stephen Ave.	\$965,000	\$865,400	Alain Royer & Michèle Bergevin	Lorraine Briscoe	July 30
14 Arlington Ave.	\$960,000	\$525,200	D. Ince-Cushman & M. Hildebrand	Susan Kirby & Hugh Jones	July 20
431 Mount Pleasant Ave.	\$919,000	\$679,400	David Douek	Susan Blanchard	Aug 18
484 Argyle Ave.	\$912,000	\$625,000	Tracy Satov & Carole Pockrass	Rafi Wunsh & Michal Cotler	July 28
126 Clandeboye Ave.	\$890,000	\$650,000	Nina Silverstone	Judith Levine & Richard Conrad	July 27
15 Lansdowne Ridge	\$875,000	\$1,253,700	Astrid Coulombe	Beverley Pearson	July 16
664 Grosvenor Ave.	\$850,000	\$553,300	François Agi & Alan Spatz	Eric Moynier	July 29
9 Lorraine Ave.	\$825,000	\$590,100	Carl Ruscica & Joanne Pasquin	Michel Simard & Margaret Bentham	July 14
3778 The Boulevard	\$783,000	\$741,000	Mojtaba Youssefi & Nina Salehabadi	Estate of Claire Fichaud	Aug 18
533 Lansdowne Ave.	\$774,000	\$456,400	Virginia Mylander & David Swift	Cynthia Owens	Aug 3
244 Redfern Ave.	\$750,000	\$468,300	Ari Van Assche & Simona Bignami	Yianne Skrobik	July 16
477 Victoria Ave.	\$689,000	\$508,900	Alan Belkin	Peter Denis	June 18
432 – 434 Prince Albert Ave.	\$660,000	\$764,800	Aida Serrano Diaz	Jean-Pierre Valla	July 23
4700 St. Catherine St. Apt # 106	\$655,000	\$528,600	Michel Simard & Margaret Bentham	Starpro Rentals Inc.	July 7
5 Parkman Place	\$630,000	\$420,000	Liane Schinasi & Marco Palma Izaguirre	Craig Park	June 28
4925 de Maisonneuve Blvd.	\$615,000	\$540,300	Vivian Miller	Marion McLachlan	July 16
37 Burton Ave.	\$610,000	\$502,200	P. Houston & S. Linden-Andersen	Eleanore McNaughton	Aug 10
15 – 17 Parkman Place	\$587,500	\$507,100	Peter Tilden	Estate of Robert Amos	June 29
506 – 508 Prince Albert Ave.	\$559,000	\$525,000	Norma D'Alesio	Mojtaba Youssefi & Nina Salehabadi	Aug 13
15, 15A & 17 York St.	\$525,000	\$625,100	Patrice Giroux	Christine Anderson	July 16
6 Burton Ave.	\$512,500	\$444,700	Violanine Gomar & Laurent Bensussan	Joé Harvey & Francois Blouin	Aug 6

.....
continued on p. 21

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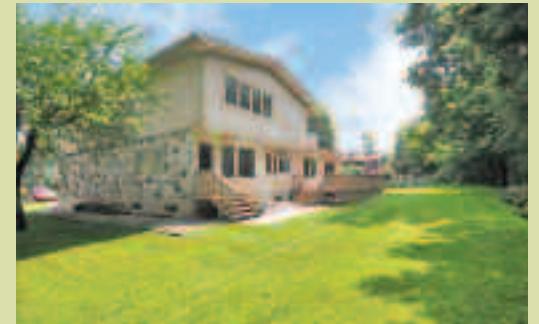
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Westmounter chairs sold-out Old Brewery Mission fundraiser



Social Notes from Westmount and Beyond

VERONICA REDGRAVE

On May 31, the Old Brewery Mission sold-out fundraiser raised almost half a million dollars (\$470,000) for the Mission's Patricia Mackenzie Pavilion. On a perfectly lovely eve, guests were greeted by **Carolyn and Richard Renaud**, the event's honoured guests, along with Westmounters event chair **Andrée Beaulieu** (one of our *quartier's* always stylish ladies) and **Morrie Cohen**, vice president of the Mission and the Mission Foundation; along with **Ron Lawless**, chairman Mission Foundation, **Matthew Pearce**, director general, **Eric Maldoff**, president and chairman of the board, and **Heidi Coleman**, executive director of the Foundation.

Held at the Corona Theatre, the evening featured renowned singers **Natalie Choquette** and her daughter **Florence K.** Elegant Westmounters noted enjoying Joe Beef's oyster bar included **Diane Cohen**, **Suzanne Brillant-Fluehler**, **Lilliana**

Simpson, **Yolande Charbonneau**, **Diana** and **Sam Scalia**, **Jill** and **Xeno Martis**, **Andréa Wolff**, **Ian Soutar**, **Marcia** and **Brian Bronfman**, **Danièle Corey**, Quebec singer-songwriter **Diane Juster** and **France Hétu**.

Cohen and **Renaud** gave speeches and presented highlights from the new **Lise Watier Pavilion**. **Lise Watier** attended with her husband **Serge Rocheleau**.



Westmounters **Diane Juster** and **Andrée Beaulieu**.

Although one often thinks of itinerant men when talking about homelessness, there is a growing number of women in need.

For over 10 years, the **Patricia Mackenzie Pavilion**, the largest shelter for home-

less women in Canada, has dedicated itself to assisting women living on the streets. The numbers tell the story. In 2008-2009, the pavilion offered shelter to 655 women, hosted 16,609 overnight stays and served 34,707 meals. The pavilion also offers support programs and re-integration services.



Matthew Pearce, **Ron Lawless** and **Eric Maldoff**.



Westmounter **Morrie Cohen**, **Carolyn** and **Richard Renaud**, honoured guests.

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In Other Words

103-year-old Pacaud retires

Former Westmounter Lucille Pacaud retired from volunteering at the Montreal General Hospital last week, according to the *Gazette* on August 26. She turned 103

on August 27. Pacaud was profiled just before her 100th birthday by the *Independent* (“Recalling early life in Westmount”, August 15, 2007, p. 5). She now lives at Fulford House downtown, and she will

continue to organize bridge and bingo.

Wright estate sued

The family of Meriem Maza is suing the estate of former city councillor Jim Wright, reported the *Gazette* on August 27. His widow, Nancy, and insurers are also named in the suit. Maza and Wright died September 1, 2007 when an explosion occurred at the Wrights’ Laurentians cottage.

Nancy Wright was injured at the same time, but survived (see “A tower in the community”, September 6, 2007, p. 5).

Maza was a journalism student who met the Wrights when she was a Sauvé Foundation scholar in 2003-4. Wright was the group’s director. The lawsuit is for \$785,000.



Bon Appétit

BY ETTY B.

Like most tomato lovers, I anticipate the Quebec red tomatoes that are currently at the markets.

A truly good tomato should have a perfect sweet-acid balance – which the local ones have. Never store them in the fridge. They really hate the cold and it masks their flavour.

Bocconcini are snowy balls of fresh mozzarella that are stored in whey or water. Traditionally they are made from buffalo milk, but more often than not they are made from cow’s milk. At their best, they have a gentle milky flavour that is absolutely delicious.

This is such an easy and beautiful salad to serve at any summer meal.

Bocconcini summer salad

Ingredients

6 bocconcini, sliced
6 ripe tomatoes, sliced
1 large red pepper, roasted and cut into strips (or a roasted pepper from a jar)
1 small red onion, halved and very thinly sliced
Handful of small black olives
Extra virgin olive oil for drizzling
Balsamic or red wine vinegar to taste
Sea salt to taste
Freshly ground black pepper to taste
Basil leaves

Directions

Overlap slices of bocconcini and tomato in a wide shallow bowl, building up the layers as you go. Scatter the pepper strips, onion and olives over layers.

Drizzle a generous amount of olive oil, then sprinkle on a little vinegar, salt and pepper to taste.

Scatter with a few fresh basil leaves (or snip them with scissors) and you have the quintessential summer salad.

Serves 8 to 10.



Some Quebec red tomatoes growing in the Eastern Townships, August 29.

Photo: Westmount Independent



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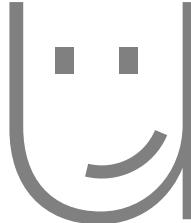
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What says “luxury”?



Colourfully Yours

GRETA VON SCHMEDLAPP,
 MUSE TO AURÉLIEN GUILLORY

Well, well, my dears, what an eventful and culture-filled time Aurel and I have had!

Between the ancient art-filled piazzas of Rome and the quiet country hills of the townships, your Greta has experienced art and culture overload! I have plenty of anecdotes to illustrate my design obsessions in the weeks to come.

I've been thinking of my readers lately, since I mentioned Aurel's search for the real luxuries of our lives a few columns ago. We have been surprised with what people have to say on the matter, and we'd like to share with you some brilliant entries.

- Luxury is time. Time for you, to remember your self.
- Luxury is removing your watch when arriving at the cottage. Or, as you arrive to start your holiday.
- Luxury is swimming *au naturel* in your private pond, while plucking wild blackberries from the hanging branches.
- Luxury is a salad made from your own garden's produce, picked minutes before lunch time...

- Luxury is a large glass of icy cold water from your certified well.
- Luxury is the perfect afternoon English tea: bone china, Darjeeling, Earl Grey, cucumber sandwiches, scones, strawberry jam, and Devon cream.
- Luxury is a cone of Bilboquet's own *pamplemousse sorbet* – unequalled in Rome.
- Luxury is two weeks in French Polynesia, first class on Swiss Air!
- Luxury is seeing Caravaggio's 400th anniversary celebration exhibit in Rome.
- Luxury is freshly made linguini with Grandmother's sauce and some grand old Grana Padano to shower on top!
- Luxury is a cozy time in your own bed, with your favourite “other,” dreaming afterward on silken Pima sheets – with no clock beside you.
- Luxury is writing on the cottage deck with a Macbook's backlit keyboard at twilight and a perfect martini waiting!

So, my fellow design friends and fiends, the contest is on. Towards the end of 2010, we will publish “the best of the best luxuries.”

I am waiting with the proverbial baited breath to read your emails. May the muse be with you all. Aurel and I will decide on prizes later.

We are looking for your contributions.
Colourfully yours, Greta.

Please do send your special luxuries to your Greta von Schmedlapp, care of Aurel, to aurelien@colorsbyaurelien.com.

Access to Bethune tunnel still limited



The Bethune tunnel to the city's corporation yard, August 27. The tunnel continues to be useable, but is closed weekdays from 3 to 11:30 pm until September 17 for work to its walls. Photo: Independent

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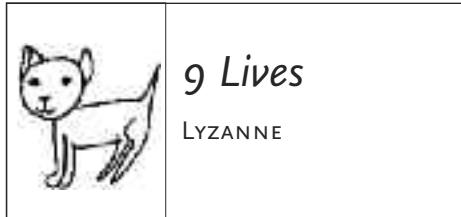
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More Bought & Sold

continued from p. 16

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102 Irvine Ave.	\$480,000	\$375,700	W. Brown, C. Guidry & M. Johnson	Ming Shyr	July 15
466 Grosvenor Ave.	\$479,000	\$355,000	Marie -Christine Guiot	Steve Gruber & Kristine Lorentzsen	July 6
399 Clarke Ave. Apt 5E	\$430,000	\$380,600	Judith Levine	Marie-Louise Laroche-Gardère	Aug 13
33% of 442 – 446 Claremont Ave.	\$375,000	\$588,700 (100%)	Eleanore McNaughton	Elizabeth Bastin	Aug 13
Parking space 10 York St.	\$26,500	\$27,000	Susan Hope-Johnston	Louis Caouette S.A. Investments	June 29
4175 St. Catherine St. Apt # 1503	\$1	\$1,056,700	Philip Khazzam	Rhona Berg	July 29

A visit to the SPCA Montérégie cattery is a must



We are featuring two cats from the SPCA Montérégie shelter for adoption in our neighbourhood. For more information on them, you may contact Cindy at 514.386.5960 or email info@spcamonteregie.com. Even better, please consider dropping by the shelter at 178 chemin du Vide in St. Angèle de Monnoir (exit 37 on Highway 10). Adoption or visiting hours for cats are Tuesdays and Saturday, from 2 pm to 4:30 pm.

The cattery section of this no-kill shelter is truly progressive, and it is worth the visit.

Cadeau was a little kitten “gift” for her family five years ago.

Due to the development of allergies by a family member, she was brought to the



Cadeau

shelter. She is truly a beautiful and loving 5-year-old shorthaired tabby – very healthy, spayed, with all her shots. She was declawed, which makes her an indoor-only cat.

Cécile is a tiny 3-year old marmalade female shorthair, quite affectionate and endearing. She is adorable and hilarious when she goes into play mode, still a bit of



Cécile

a kitten at heart. She is healthy, spayed, with all her shots as well.

As many of my readers know, my young doberman Emma Rose (Frieda at the time) came to me in the late winter through SPCA Montérégie. They took wonderful care of her when she was initially brought to them, having been found abandoned and starving on the road.

She is the most loving and intelligent dog we could dream of having. On the same basis, I hope you can give Cadeau and Cécile a chance at a home, the way we did when we adopted Emma Rose.

Your neighbour, Lyzanne

Building with a grin



Former West-mounter Jonathan Giacomelli is the host and contractor in the new television series, “Grin and Build It,” which première September 9 at 10 pm on

the W Network. The reality show challenges couples inexperienced with renovation to improve their home on their own with expert advice and up to \$20,000 in materials.

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lululemon braved renovation



Greene Ave.'s lululemon offers advice on how to survive a renovation, August 20.

Photo: Erin Stropes

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Family film afternoon for ages 6 and up at the Westmount Public Library, 4 pm. Free. For info on film, contact the Adult Circulation Desk at 514.989.5299.

THURSDAY, SEPTEMBER 2

George Wall gives a presentation on the **Shakespeare plays** on the 2011 Stratford Festival playbill, Atwater Library at 12:30 pm. Info: beth@atwaterlibrary.ca or 514.935.7344.

FRIDAY, SEPTEMBER 3

Chess and Scrabble Club meets in the Westmount Room of the Westmount Public Library from 4 pm to 9 pm. All welcome.

SATURDAY, SEPTEMBER 4

Selichot program and service: "A Serious Man" by the **Coen Brothers** – "Do the Coen Brothers need to Repent?" Film and discussion with Rabbi Leigh Lerner, 8 pm; service at 10 pm at Temple Emanu-El-Beth Sholom. All welcome. Info: 514.937.3575 ext. 201.

TUESDAY, SEPTEMBER 7

• **Council meeting** at city hall, 8 pm.

• **Moms & Tots** resumes at Temple Emanu-El-Beth Sholom. Every Tuesday from 9:30 to 11 am for children under 3 with a parent or guardian. No fees, no registration. All welcome. Info: Anita 514.937.3575 ext. 212

• **ArtNow** speakers: painter and sculptor Hannah Franklin, and consultant Christa Fairchild on "Make Networking Work for You." Westmount Library, 7 pm, free.

THURSDAY, SEPTEMBER 9

Registration of new students for "**Faith First**," an ongoing six-year catechetical-program starts at Ascension of our Lord Parish, 4 to 7 pm in the Parish Room. 375 Kitchener.

Info: www.ascensionofourlord.ca

MONDAY, SEPTEMBER 13

• Community theatre troupe, **Dramatis Personae**, is welcoming new members until the end of September for late November production. 8 pm in the Lodge Room, Victoria Hall. Male actors are particularly welcome. Info: dramatis.personae07@gmail.com, 514.486.7423 or www.theatrewestmount.com.

• **ECKANKAR** invites you to a community **HU song**, 7 pm to 7:30 pm at Atwater Library. Free.

WEDNESDAY, SEPTEMBER 15

Mary Soderstrom discusses *The Flying Troutmans* by Miriam Toews, 7:30 pm, 1200 Atwater. All welcome, free. Info: 514.935.7344.

Always On

Centre Greene after-school program resumed on August 31. A school bus from Roslyn delivers the children to the centre daily. Full-time, part-time and pedagogical day programs available. Info: www.centre-greene.org or 514.931.6202.

Tipline

Rewards of \$250 will be awarded for tips regarding crime, mischief or intended crimes in Westmount that lead to arrests, until the fund is exhausted.

Please contact the *Independent* with your information.

See story "\$1,000 donated for crime-fighting fund," March 30, p. 6, for details.

Tipline will run any reward-for-information notices being offered by residents, whether as part of the fund mentioned above or directly.

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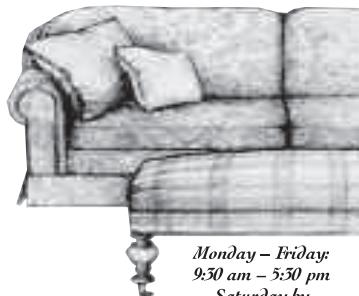
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Long live the climbing tree!



The climbing tree, Westmount Park lagoon, August 11. The city arranged parts of Westmount Park's most famous willow into seating, climbing and "enthroning" areas. The set-up has since been simplified somewhat. The tree was cut down August 4 due to cracking and rot. See August 10, p. 1 for story.

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My Toolbox September 2010 session:**MUHC Chronic Disease Self-management Program.**

Last chance to register for the fall session of the highly successful 'My Toolbox' the MUHC chronic disease self-management program begins **September 7, 2010**. My Toolbox is a series of workshops designed to help people learn the skills they need to live well with chronic health conditions including asthma, arthritis, chronic pain, diabetes, heart disease, multiple sclerosis, cancer, etc. The workshops emphasize strategies to help people cope with everyday life situations and learn practical skills such as: how to manage symptoms, work and communicate effectively with the health care team, reduce pain and fatigue, manage negative emotions such as fear, anxiety, frustration and depression, and how to get started with exercise and healthy eating. More than 700 people have registered for the evidence-based 6 week program since its inception at the MUHC in 2007.

Workshops are held free of charge, in **English and French** at **various times**: morning, afternoon, evening and week-end. This session we will be offering workshops in the **downtown area** and in **Pointe-Claire** and **Dollard-des-Ormeaux**. Registration is now open to anyone living with a chronic health condition.

For more information or to register on-line please visit our website at mytoolbox.mcgill.ca or contact us at 934-1934 ext 71585



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Mercury blues



*Health
round-up*

BARRY NASHEN

I asked my friend if he had heard about the Japanese man who had eaten sushi twice a day for two decades before dying of mercury poisoning. His priceless response: "At least he got to enjoy sushi twice a day for two decades."

This short exchange illustrates the trade-offs we face every day as we aspire to preserve our good health.

Joking aside, should we be concerned with mercury and its baneful effect on our health?

What is mercury anyway?

There are three chemical forms of mercury: elemental, inorganic, and organic, notably, methyl mercury. Exposure of the general population is primarily to methyl mercury and occurs through the consumption of fish and seafood.

To a much lesser extent, the general population is exposed to inorganic mercury through dental amalgams. Studies have shown that this form of mercury comprises less than a quarter of total blood mercury. Thus, a measurement of total blood mercury consists primarily of methyl mercury.

Chronic exposure to methyl mercury may cause numbness and tingling in the extremities, blurred vision, deafness, lack of muscle coordination and intellectual impairment, as well as adverse effects on the cardiovascular, gastrointestinal and reproductive systems.

Prenatal exposure may interfere with fetal development of the central nervous system and cause neurological and developmental delays. Women who are exposed to methyl mercury and breastfeed may also expose the child through the milk.

Preliminary results from the Canadian Health Measures Survey taken in 2008/09 show that the geometric mean blood mercury level of Canadians aged 20 to 79 is 0.91g/L. Fewer than 1 percent of Canadians have total mercury concentrations above the current Health Canada blood guidance value of 20g/L established for the general adult population.

However, there is some controversy as to how these maximum tolerable levels are established. Because mercury can be toxic at any concentration, some experts maintain that the blood guidance value should be ten times lower, or 2 g/L. If this were

the case, more than 10 percent of Canadians suffer today from potentially toxic levels of mercury.

How does mercury end up in our bodies and what can we do to avoid it?

Mercury that is released into the environment may be deposited into water where microorganisms can convert it to methyl mercury, a highly toxic form of mercury that can build up, or bioaccumulate, in living tissue. Small organisms and plants take up mercury as they feed and this mercury tends to accumulate in their tissues. As larger animals, higher up the food chain, consume these plants and organisms, methyl mercury is bioaccumulated at a more concentrated level. The process continues as you move up the food chain, with levels of mercury increasing in larger predatory species. This process is known as biomagnification.

It's not all bad news, however. The liver can and does detoxify our system from this and other metals, so long as we do not load our bodies too much. Many studies have been made measuring the amount of mercury found in different species of fish. There are many kinds of fish that are very low in this harmful metal and can be eaten and enjoyed several times a week without risk of bioaccumulation, namely flounder, haddock, ocean perch, salmon, sardine, scallop, shrimp, sole and tilapia. This list is not exhaustive. If you don't see your favourite, I recommend that you look it up and confirm how often you can safely eat it. In this way, you can be sure that your natural detoxification system is eliminating this toxic metal faster than you may be ingesting it.

Handle fluorescent lights with care

One last comment: Mercury vapours are extremely toxic. If you accidentally break a fluorescent light (or a CFL), you must leave the area immediately and ventilate the room for about 15 minutes. Only then will it be safe to return to clean up the mess. Do not touch the broken pieces. Simply sweep everything into a thick garbage bag and dispose at a hazardous waste centre.

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 should be discussed with a doctor or appropriate health professional. For comments: barry@nashen.com, or <http://goodhealthguru.blogspot.com/>



Ville de Westmount
City of Westmount

Heures d'affaires et services municipaux : Fête du travail / Fin de l'horaire d'été

Veuillez noter que tous les bureaux administratifs de la Ville de Westmount, soit l'Hôtel de ville, le Victoria Hall, Hydro Westmount, et les Services de la sécurité publique, des sports et des loisirs et des travaux publics seront fermés **le lundi 6 septembre** en raison de la Fête du travail. De plus, la Bibliothèque publique de Westmount sera fermée **les dimanche 5 septembre** et **lundi 6 septembre**.

Les heures normales d'ouverture dans les édifices municipaux, soit du lundi au vendredi de 8 h 30 à 16 h 30, reprendront **le lundi 13 septembre**. Veuillez noter que l'horaire estivale reste en vigueur jusqu'à cette date.

Prenez note également qu'il n'y a aucun changement quant aux collectes des ordures et des résidus alimentaires qui s'effectueront selon l'horaire normal.

Business Hours and Municipal Services: Fête du travail / Fin de l'horaire d'été

Please be advised that all administrative offices of the City of Westmount (City Hall, Victoria Hall, Hydro Westmount, Public Works, Public Security and Recreation) will be closed on **Monday, September 6** for the Labour Day holiday. Westmount Public Library will be closed on **Sunday, September 5** and **Monday, September 6**.

Regular office hours resume on **Monday, September 13** according to our regular schedule (Monday to Friday, 8:30 a.m. to 4:30 p.m.). Please note that summer hours are still in effect until that date.

Please note also that garbage/kitchen waste collection is unaffected, and will take place according to the regular schedule.

Please write to us!

For consideration, letters to the editor must identify them as "for publication" and have authors' customary first and last names, and street names, all of which will be published. Please also include contact information (for follow-up purposes only). We do not publish letters regarding consumer complaints or inter-neighbour disputes. Letters will be edited for length, content and style. Please check your letter carefully. We may be unable to make subsequently submitted changes. If you do make amendments, please "redline" them instead of resending the whole letter.

Nick's marks 90 year with souvenir mugs for cancer research



Chez Nick's owner Rob Callard with waitress Jen outside the venerable Greene Ave. eating establishment.

Local Running Room manager runs to kicks off new store opening at Place Ville Marie



Linda Eden (third from right), manager of the Running Room jogging gear store on Sherbrooke St. in Westmount, prepares to lead off a 2.5-kilometre run through downtown Montreal to mark the official opening on August 26 of one of the company's latest Quebec outlets at Place Ville Marie. Second from right, Running Room founder John Stanton, and Canadian Olympic speed skating gold medalist Mathieu Giroux, who participated in the opening.

Photo: Martin C. Barry



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Ron Edwards Sr. & Ron Edwards Jr.
Serving Westmount for 50 years

BY MARTIN C. BARRY

Nick's, which at 90 years old, is probably Westmount's most venerable eating establishment, is celebrating the occasion in a unique way – with a fundraiser for the benefit of cancer research.

Rob Callard, who is only the third owner in the long history of the Greene Ave. eatery, decided he wanted to mark the start of Nick's ninth decade by expressing his gratitude to those who helped him and others when they needed it most.

The proceeds from the sale of Chez Nick anniversary re-usable shopping bags and gift mugs are being donated to the Segal Cancer Centre and the Montreal Children's Hospital Foundation for cancer research.

"We aren't doing any kind of big party, but we're celebrating throughout the year in this way," said Callard, who was treated last year for non-Hodgkins lymphoma, a type of blood cancer.

"I had some health issues, and I was treated at the Segal Cancer Centre. So I figured what better way to give back than to tie in a benefit for them with our anniversary?"

The items are being sold at prices ranging from \$5 for a shopping bag, to \$6.95 for a single anniversary mug, and \$8.95 for a mug that comes gift-wrapped with packets of herbal teas. "People are being extremely generous in helping the cause," Callard said. The bags and mugs will continue to be on sale into the fall.

Nick's was named after its founder, Nick Alevissatos. Two years after arriving in Montreal from Greece in 1920, Alevissatos purchased Maryland Sweets, which was the business at 1377 Greene Ave. prior to its becoming Nick's. He also bought the building at 1345 Greene Ave.

Alevissatos and his family lived there for more than four decades. By the time he

died in 1977, Nick's Restaurant and Mr. Nick (as he was known) had become familiar fixtures to virtually all Westmounters.

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Locals win former PSO Léger's original paintings



From left, Westmounters Sabrina Tremblay and Margaret Sheremata hold paintings they received as the winners of a contest held during an art exhibition in July in the Gallery at Victoria Hall. The artworks were created by employees of the city, including retired Westmount Public Security officer Louis Léger, who decided to award paintings to the persons who came up with the best name for a large work he was exhibiting. Tremblay's winning title was "The Crazy Aquarium", while Sheremata came up with "Whimsical in Flight." The winners collected their paintings on August 26. Photo: Martin C. Barry

West Island lacrosse defeats Westmount



The Westmount Lynx lacrosse team lost 10-4 in a match played against the West Island Shamrocks during the 5th annual Westmount Lacrosse Showcase on August 28 in Westmount Park. The day-long tournament also featured an exhibition game between the McGill University varsity Redmen and the Concordia University club, and a free youth field lacrosse clinic.

According to McGill men's varsity lacrosse head coach Tim Murdoch, who coached the Westmount team, the Lynx knew the odds were stacked against them before they played. While the Lynx are classified as U-14, the U-16 Shamrocks had an age and size advantage. Also, the Shamrocks usually play the more physically challenging "box" lacrosse, which gave them another advantage.

Photos: Martin C. Barry

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 FR 11 a.m. - 5 p.m.
 SA 11 a.m. - 5 p.m.
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ON THE SHELVES

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

Adult non-fiction

Cheesemonger: A Life on the Wedge by Gordon Edgar – More punk than pretentious, Edgar takes us on an often hilarious tour of his life as a cheesemonger at a large, cooperative, artisanal grocery store in San Francisco. This isn't a cheese guide, *per se*, though there are recommendations at the end of each chapter.

Culinary Careers: How to Get Your Dream Job in Food by Rick Smilow – If you're interested in a career in food but not necessarily in a restaurant kitchen, this book offers a range of ideas for working in the industry. Smilow, the president and CEO of the Institute of Culinary Education, and a host of interviewees give you a taste of what these options are really like, along with ideas for getting a foot in the door.

Adult French – The plot thickens

Le chuchoteur by Donato Carrisi – This first novel by a criminologist is a best-seller in Europe. A team of law enforcement officials investigate a series of horrific crimes. The severed arms of five young girls have been found in five small pits dug in a clearing.

Sous surveillance by Chrystine Brouillet – In this latest installment of the Maud Graham detective series, a man tries to find the perfect woman. When he finds her, he will have her, whether she wants it or not...even if he has to kill.

Magazines

“Buzz Kill: Bees are disappearing, putting a third of our food supply at risk. Inside the \$15-billion race to save one of nature's hardest workers” by Rachel Mendleson in *Canadian Business*, Sept. 13, 2010, p. 24.

“War over Ground Zero: a proposed mosque tests the limits of American tolerance” by Lisa Miller in *Newsweek*, Aug. 16, 2010, p. 27.

“La vie en solo: au 21e siècle, vivre seul n'est plus une calamité. Au contraire, c'est un mode de vie auquel adhèrent de plus en plus de gens. Et les Québécois en sont les champions canadiens! Analyse d'un phénomène” by Dominique Forget, in *L'Actualité*, Sept. 1, 2010, p. 24.

Reference

Oxford Companion to English Literature 2011 College Handbook

L'unique répertoire des entreprises qui recrutent: Ge, le guide pour trouver mon emploi

Children's books – Animals

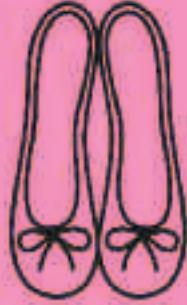
Kakapo Rescue: Saving the World's Strangest Parrot by Sy Montgomery – At one time, millions of kakapo parrots lived all over New Zealand but today only 91 of these flightless birds can be found in one place: on Codfish Island. This book presents a fascinating portrait of these unusual birds and the people dedicated to restoring their population.

Dinosaures: le livre de tous les secrets by Rupert Matthews – The colourful illustrations and photographs of actual fossils give children a new way of looking at dinosaurs through the lens of a paleontologist.

DVDs

Owl and the Sparrow – On the bustling streets of Saigon, three very different people all seeking connection are about to collide. A beautiful flight attendant looking for love, a zookeeper hiding within his animal kingdom to nurse a broken heart, and the young flower-selling runaway who brings them together.

Imagine This – This inspiring, original musical is a personal journey through one



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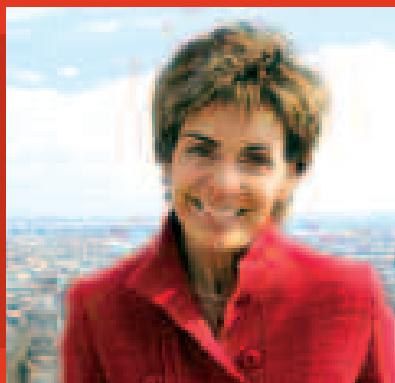
Online Resources

Oxford Dictionaries Online – Using your library card, you can now access an online version from home. Visit the Databases page in the Reference and Research sec-

tion of the library website (www.westlib.org).

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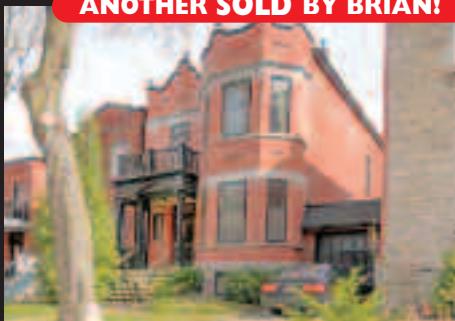
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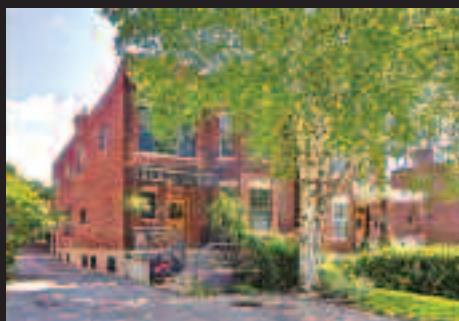
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