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## Real estate still hot and steamy

BY LAUREEN SWEENEY

The mercury may not have climbed as high as some might have liked throughout most of July, but activity in the Westmount real estate market was hot and steamy.

By the end of July, the number of residential sales for 2007 had increased 14 per cent over last year, according to the Greater Montreal Real Estate Board. And reports from three major realty companies indicate the local market has not been affected by rising mortgage rates or the U.S. housing slump.

While the 21 sales in July remained relatively unchanged from last year's 22, many agents expressed ..... surprise at the high *continued on page 2*

## New view of Sunnyside Park



*With the rejuvenation of Sunnyside Park almost complete, visitors to a cleaned-up lookout are treated to a clear view of the horizon and the park beneath. See story Page 8.*



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## Two new principals at Westmount schools

Westmount students and parents will find new leaders at two schools when they return to class later this month, as Michael Cristofaro becomes principal of Westmount High School and Tim Peters takes over the helm of the elementary side of St. George's School.

Peters most recently was a teacher at Selwyn House School and, before that, at John F. Kennedy International School in Switzerland.

He cited his grandmothers, both elementary school teachers, as major influences on him. Peters remembered his paternal grandmother saying to him, "It's

nice to be important, but it's more important to be nice."

### The administrator's role

Asked what he looks forward to the most, Peters said, "helping teachers make a positive impact on the students' social and emotional development" and "supporting staff in achieving their goals."

"To me, that is the role of an administrator," he said. "A school is only as good as the program it delivers."

Peters replaces Beatrice Lewis, known to generations of St. .... George's Elementary *continued on page 2*

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# Housing market's spring surge carries into July

*continued from page 1*

number of requests for house showings during the vacation period.

## Very strong market

"The market is very strong," said Diane Ménard, vice-president and general manager of Royal LePage Heritage.

At her Westmount office, sales increased 26 per cent this July over last year, she said, comparing favourably with the

very active markets in 2004 and 2005.

This most likely reflects the economy, political situation and other influencing factors, she explained.

"This spring was extremely active," said André Campeau, co-owner of Re/Max Westmount. "Demand is still very strong in Westmount where the market tends to be less impacted by rises in the interest rate." But, he noted, "less was offered for sale."

This year, the spring surge carried on into July when the market normally slows down, said Sutton's Carmen Berlie.

While inventory is very low in the lower price ranges, she said, this is fairly typical at this time of year before new listings appear in the fall. "I'm very positive about the future."

Between January 1 and July 31 of this year, a total of 175 residential sales in Westmount were recorded by the Greater Montreal Real Estate Board, 21 in July.

This compares with a year-to-date total of 153 last year, of which 22 were in July.

All three realtors agreed that the strong Westmount market augured well for the future.

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# Peters to replace Lewis at St. George's Elementary

*continued from page 1*

students as "Mrs. Lewis." In late spring, more than 340 people paid tribute to Lewis and her distinguished 28-year career as a teacher and director of the elementary school, located at 3685 The Boulevard.

Family, friends, faculty, staff, alumni and parents of current and past students honoured Lewis with a party in the school gym.

## Cristofaro new Westmount High principal

Meanwhile, Cristofaro will replace Claude Dansereau, who for seven years served as principal of Westmount High, at 4350 St. Catherine St. Neither could be reached for comment at press time.

A change principalship is also on tap at Peters' former school, Selwyn House. Longtime headmaster William Mitchell is to step down at the end of the upcoming year.

"It will be effective July 1, 2008," he said. "I will have been here 23 years. It's a good time for the school and it's time for new leadership, new vision." Selwyn House, on Côte St. Antoine Rd., will be marking its 100th anniversary and cele-



Tim Peters goes to St. George's from Selwyn House

brating during the course of two years, starting this fall.

"That's another reason why the timing for my retirement is good," Mitchell said. "I'll do half the celebrations and they (the new principal) will do the other half."

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## Streets getting some work done



Olivier Ave. is undergoing reconstructive surgery. The residential street's lighting, sidewalks and pavement are being redone. Speed bumps will remain in the same location as usual. Other streets to get a facelift include Chesterfield Ave., Aberdeen (north of The Boulevard), Carleton Ave. and Belvedere Place. This major construction is part of the Capital Works Program. For more information, contact Westmount Public Works at 514.989.5273.



# Greene Ave. shoe merchants help with back-to-school

The shoe-buying part of the parental back-to-school shopping ritual is more complicated than one might think, two Greene Ave. shoe-store owners caution. Yes, parents want to be prepared. But not prematurely so, lest children outgrow shoes or walk around in a pair that is too big.

"Parents shouldn't come in too early because kids' feet are constantly growing. You want the shoes to last through the school year," said Rob Fagnoli, whose great-grandfather founded Tony Shoes on Greene Ave. in 1937. The store has been at 1346 Greene Ave. for 68 years. "You get



Naturino, at 1325 Greene Ave., is gearing up for parents buying their children's autumn shoes with an end-of-summer sale.

parents coming in in May when there's four months before school starts and, depending on the child, they could go up a

size, a size and half."

"Sizing is very important," echoed Glenn Neven, who owns Naturino, across the avenue at 1325 Greene.

## Keep podiatric requirements in mind

The solution?

"Generally you want to avoid shopping in places where they don't specialize in shoes. You can buy shoes now in food stores. But no one's there to fit you and you're buying them without knowing if it's the proper shoe or the proper size."

Consider a strong, continuing shoe trend with kids, footwear emblazoned with Spider-Man and Barbie, for boys and girls, respectively.

"Since when has Spider-Man or Barbie been about podiatrically sound footwear? They meet no podiatric requirements whatsoever. They were made so you would lose the argument," said Neven, a father of two who "went into this business because we couldn't find anything for our kids. I saw the Naturino concept and we fell in love with it."

## Judging Westmount



Communities in Bloom judges break their day by breaking bread with Westmount's mayor, city councillors and representatives of Westmount community groups. From left: Chris Andrews of Woodbridge, Ontario, Claudette Savaria, city horticulturalist, Mayor Karin Marks and David Hilton of Kelowna, BC. Results of the national horticultural and environmental competition will be announced on Sept. 22 and 23.

This fall's more foot-friendly kid-shoe fashions include lace-ups and ballerina flats for girls and Merrell slip-ons for boys, said Fagnoli. "Teenage boys still like the Merrells. For girls it changes every year but for guys the trends seem to last a little longer," he said.

Also hot with girls this coming school year is colour, Neven said. "Gold and silver are still big, even though they were (popular) summer colours. Plus a lot of flower patterns are in, and burgundies and browns, too."

Your budding fashionista teen daughter may also be lobbying you for boots with buckles. "Those are in, too," Neven explained. "We're seeing lots of high boots with lots of buckles. Girls like those."

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Kathryn Fagnoli and Rob Fagnoli help customers during the Greene Ave. store's end-of-season sale in anticipation of fall shoe-shopping.

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# The Contrarian

## Bike paths

Everyone is in favour of bike paths. Cycling is healthy and non-polluting. Bike paths make it easier to use a bike more often and for more things. But that doesn't mean that all bike paths are created equal or are well executed.

Consider the bike path on the south side of de Maisonneuve Blvd. Intermittent green posts delineate it from the area intended for cars. I use the word "delineate" intentionally. The posts do not protect cyclists. If anything, the posts give them a false sense of security. They are not numerous or strong enough to completely box out cars.

### What experience tells us

The facts bear this out. How many times have we seen motorists veer into the bike path to get around a double-parked car? It is easy to condemn them, but who among us would sit in our car waiting for a double-parked one to get going again? Who would wait 30 seconds? A full minute? Ten?

Regardless of the answer to that question, a path that sets up a situation where cars can veer into cyclists is unsafe.

### Through the park

On another note, consider the section of the de Maisonneuve bike path that goes through Westmount Park. A resident recently asked (i.e. complained to) city council about residents walking there. Point well taken, but every urban planner should know that pedestrians will take the shortest route between two points – and the bike path is sometimes that route.

Also, who thought up the small forest of evergreens at the western end where the path meets the street coming up from the arena? That area feels like an ambush waiting to happen. At night, it is downright spooky.

### Fixable

Solutions? More and stronger posts could really seal off the bike path and make cyclists safe. And bike and pedestrian paths through Westmount Park that are equally direct and contain no obstructed views would be better.

Altogether, these changes would help keep cars and people off the bike path.

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David Price 514.935.4537

CHIEF REPORTER:  
Laureen Sweeney

LAYOUT:  
Studio Melrose/Ted Sancton

ADVERTISING SALES:  
Sandy Cobrin 514.670.0432  
Annika Melanson 514.223.3567

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We welcome your letters. Please email them to [indie@westmountindependent.com](mailto:indie@westmountindependent.com).

## The Westmount Independent Inquires



Westmount is well known for its tough parking regulations, but this one is an outlier even by Westmount standards. At Wood and St. Catherine St. near the northeast corner you will find this small, no-parking-permitted loading zone. Why is it there? It is far from the main gates of Dawson College and around the corner from the Dawson daycare. The church on the northwest corner can't be cause for much traffic, especially on weekdays – and it is across the street anyway. Why sacrifice two or three parking spaces?

## Letters to the editor

### HOORAY FOR HEATHER BLACK

Give Heather Black a medal for her piece on Afghanistan in issue No. 5. It's an extremely complicated subject and it's good to know someone understands how important it is to stabilize the place. Maybe she could send some easy-to-read material to some of the politicians in Ottawa. But then, if they understood, what would they have to babble about? Don't let go of Heather Black.

D. O. NEWNHAM, METCALFE AVE.

For story,  
see paper archive.

### Corrections

Both the Aug. 18 and the Aug. 19 Repercussion Theatre production of Molière's play *The Schemer* at Westmount Park will be in English. Our Aug. 1 edition erroneously said otherwise.

The best telephone number for Hope in a Bottle, the charity of Lupo Masse Blume, who was covered in our Aug. 1 edition, is 514.312.2325.

## Active hospital volunteer turns 100

# Recalling early life in Westmount

BY LAUREEN SWEENEY

Lucille “Lou” Pacaud remembers vividly the day the horse-drawn fire wagon tore along The Boulevard from the new fire station at Victoria, failed to make the turn

into a big horse-drawn cart and the furnace man came in the middle of the night to stoke up the fires in the coal furnace.

### Reminiscing after work

With the approach of her 100th birthday Aug. 27, Pacaud took time at the end of her regular volunteer shift at the Montreal General Hospital to share some anecdotes of her active life, then and now.

A passionate bridge player, she attributes her long and busy lifestyle to good genes and “learning to do with nothing after having everything.”

“My great grandmother lived to be 105,” she said. “My brother, Ned, died only last year. He would have been 99.”

### Lifestyle change

Growing up with a governess, living for a year in France, becoming a debutante and joining the Junior League, her life changed abruptly in the mid-1930s after a lawsuit against her businessman father led the family into hard times. “We lost the house and I had to earn my own living.”

But her father had taught her to manage the household finances, “and I counted every piece of bread.”

Overcoming the change in lifestyle opened up her world, and “I quickly learned who my real

friends were.”

She worked a few years at the McGill Coffee House, and Jaeger’s, but retired at 65 after many years with Dominion Textiles.

Ever since, she said, she has devoted at least two days a week to an arduous shift (9:30 am to 4:30 pm) at the Montreal General – on her feet most of the day.

She wheels the Hospitality Corner’s

wagon to patient rooms and wards on all 10 floors, selling newspapers, magazines, toiletries, chocolate bars, chewing gum and other items.

### Independence and volunteerism

“I meet so many very interesting people,” she said.

“There used to be two of us offering the service, but now I’m the only one. I still do it because they can’t find anyone else.”

She wonders how much longer she’ll be able to maintain the routine. “I find it hard to add long columns of figures.”

Without any family in the Montreal area, she has been living for the last five years at Fulford Residence – a home run by the Anglican church on Guy St. – “so I can be independent and not bother anybody.”

She takes the bus up Côte des Neiges to the hospital but occasionally rides home in a taxi after a particularly tiring day.

Her week was shaping up to be another busy one. Along with her work, there was a funeral to attend one day and a special luncheon the next day at the Forest and Stream Club in her

*continued on the next page*



“I love my work,” says Lucille Pacaud at the Montreal General.

up Edgehill on the dirt roads and crashed into a street post.

“It was terrible,” she recalled. “There was blood everywhere. And they had to shoot the poor horses.”

It’s one of her many stories of growing up on Roslyn Ave., when land above The Boulevard was forest, snow was shovelled



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.....  
**Volunteer...** *continued from previous page*

honour organized by longtime friend Westmounter Barbara Whitley. “We’ll probably have a game of bridge.”

**Mischievous child**

The only daughter of businessman George Washington Pacaud and “Minette” Panet, Pacaud was a spunky mischievous child who grew up with three brothers.

She was reprimanded “five times” for playing tricks on her teachers and classmates at Trafalgar. But she loved boarding school at King’s Hall, Compton. “I like being with a group of people.”

Her first home was on Dorchester Blvd., just across from Clandeboye Ave. The family lived there, and in England for a year, while their new house was being built at 674 Roslyn.

She was 7 or 8 when they moved in. “There were only a few other homes in the block, the church wasn’t built yet and The Boulevard ended at Victoria.

**Dipping into the buckets**

“Oh, we had wonderful times! My brother and I made a footpath through the forest above The Boulevard and down to Queen Mary Rd. It was just planks then.

“People used to tap the maple trees on the mountain to make syrup. We used to steal some of the sap from the buckets and bring it home for our cook to boil up for us.”

She also remembers the day a streetcar lost its brakes after turning from The Boulevard down Lansdowne. “It went shooting down the hill and straight into a house on Westmount Ave.”

With few houses to obstruct the view from her home “we could see the flames shooting into the sky when the nunnery caught fire.”

This, she said, was during World War I when the Grey Nuns’ operated an orphanage for babies and cared for wounded soldiers.

“During the fire, a soldier without any legs carried two babies down the chute, one in each arm. I don’t know if that’s true or not, but it was the story that went around.”

**Working for the war effort**

One night during World War II, when she had been helping at the Red Cross after work, “we stood on the street corner and watched Marianopolis burn. It was then at the southwest corner of Guy and René Lévesque. It was one big bonfire. A little nun was lost.”

And from a woman who revelled in “trying to do what people always said was impossible,” and who overcame adversity, comes this philosophical advice: “The sun always comes up in the end.”

# Strolling through Sunnyside Park

BY LAUREEN SWEENEY

Looking for something new to do on a warm summer day? How about a stroll through rejuvenated Sunnyside Park?

The new park path down the hill from the lookout echoes the switchbacks and hairpin turns of the nearby mountainside roads.

The rows of wild thimbleberry (resembling an indigenous rose), barberry and other bushes have now taken hold.

Small trees such as cherries will be planted in the fall. These have been chosen to provide shade but not obstruct the view overlooking the city.

**Seeded by hydro-mulching**

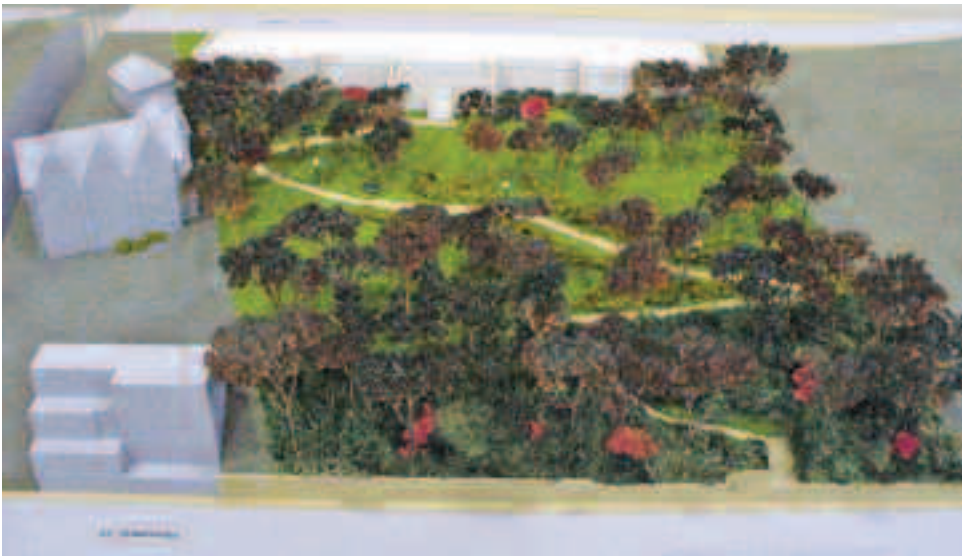
Much of the steep grassy slope was created by hydro-mulching, said city horticulturist Claudette Savaria. This is a process used to spread grass seed mixed with a fibre material using a hose. “It acts as a glue on a rolling grass hill.”

Soon after the planting, “we had a little groundhog that ate all the foliage off one side of some of the shrubs,” she said. “But everything seems to have recovered nicely.”

The park project was undertaken over the spring and early summer amid citizen concerns over the removal of trees – some reported to be unsafe, others overgrowing what used to be more cultivated parkland.



*A view of the Sunnyside path.*



*The plan.*



*The reality.*

## Births, deaths and marriages

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## Westmount's arts scene

# Lisa Parker Hyatt Ehrlich: Every image tells a story

BY HEATHER BLACK

Gallery Collins, Lefebvre, Stoneberger is featuring 17 works by Lisa Parker Hyatt Ehrlich, whose work can also be found at New York's Museum of Modern Art.

The Sherbrooke St. gallery is showcasing her oils, charcoals and a photomontage print.

An excellent draftsman and a recipient of the prestigious Art in Public Places Award, she was born in Miami and lives in Washington, DC.

A juxtaposition of planes and curves

unifies her work and reflects a keen sense of design. Her style is both contemporary and nostalgic, realistic and symbolic, representational yet futuristic.

### Architectural details

Leaf motifs in architectural panels reflect her formative years in post-war Miami. In the charcoal "Kamikaze," the dominant and serene leaf panel is accented by a horizontal border comprised, surprisingly, of fighter planes. Diagonal lines slash the image and add to the theme of chaos.

Her oil paintings also contain architectural details. Many animated by a Florida palette of flamingo pink, vivid blues, greens and yellows.

### Symbolic imagery

In "Cross with Egg," a flamingo with an egg is targeted by a red window frame. In "102nd Street," open windows reveal a serene cerulean sea and a green Miami garden, divided by a marble Washington staircase.

The lines and curved shadows of arches, doors and window frames create a strong design which repeat throughout her work.

In "Red," a traditional architectural panel bordered by flying seagulls is mirrored by a geometric pattern and a formation of fighter planes.

This political imagery leads to her most provocative work, "Hirshhorn," a seamless amalgamation of 25 photos.

### Political context

In "Hirshhorn," a pink Greek god and Christ figure face combat soldiers as paper airplanes disrupt the quiet of the museum's draped artwork. It would seem that art stands mute as war – presented with the ideals of heroism and service – is run from bureaucratic environments oblivious to combat and death.

But Parker's art is not mute. In her words: "It is about showing freedom of expression. Notice the figure of a pink Christ

wearing a halo of bullets as he blesses a missile. Today it seems as though religion is used to divide and justify war. To the left, in the images of the toy soldiers, we see the ravages of war."

### Artistic conversion

Thought-provoking, the art of Lisa Parker Hyatt Ehrlich is refreshingly individual and should not be missed.

Through her choice of images, conversation is evoked. And through her interpretation of beauty, senses are stimulated. This is a

rare opportunity to see artistic works that combine the psychological, political and aesthetic.

The exhibit continues until Aug. 27 at Collins, Lefebvre, Stoneberger, 4928 Sherbrooke St.

## Underdog

BY FERN BRESLAW



In every issue we will feature a new animal from the Underdog Club, a new organization that aims to find special owners for hard-to-place homeless dogs. These are often older, handicapped or simply uglier dogs that can't compete with purebreds or puppies and often go unnoticed at local shelters. This week they have added Harley to their collection.



Harley

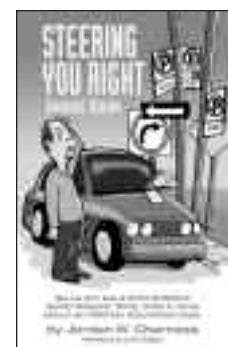
Harley is a deaf, pudgy two-year-old English bulldog who was found wandering a construction site just outside Toronto.

She was put up for adoption at the local shelter where she was mislabeled as a pitbull terrier, a breed that many people shy away from.

Due to the mix-up, Harley wound up on death row awaiting euthanasia. She was rescued and placed in temporary foster care.

But because she's deaf, Harley must seem like damaged goods to some, since nobody seems to want her. She is a very well-behaved girl and is great with cats, dogs and kids.

To find out more about adopting Harley, contact [sophiesdogadoption@hotmail.com](mailto:sophiesdogadoption@hotmail.com) or 514.523.5052.



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"Hirshhorn"



"Cross with Egg"



"Kamikaze"

## Westmount Profile: Ngaire Metcalf

# Retirement closes 37-year Metcalf chapter at MGH

BY LAUREEN SWEENEY

Every good book has a final chapter. And the Metcalf saga comes to a close at the Montreal General Hospital at the end of this month.

That's when Ngaire Metcalf signs off as the manager of the auxiliary's Hospitality Corner, the well-known coffee and gift shop where she has been a pivotal figure since 1980.

Ngaire's departure leaves the \$2-million business, its 200 volunteers and 30 paid staff with a gap that will take two recently hired full-time professional managers to fill.

It also leaves the General without a Metcalf on staff for the first time since 1970. That's when her husband – retired chief of anesthesiology Dr. Ian Metcalf – joined the staff.

"I need some downtime," says Ngaire, who plans to snowbird with her husband in her native New Zealand this winter.

### Years devoted to Scouting

A nurse by profession, Ngaire – whose name rhymes with "diary" – was initially recruited to Hospitality Corner as a volunteer while taking time out from her career to raise her two children, Sara and David.

These were the years she also devoted to Guiding and District Scouting in Westmount, which equipped her with the leadership training and understanding of volunteers she would later use at Hospitality Corner.

"It made all the difference in me," she says. "It gave me confidence and self-worth, and an understanding of various personalities."

In fact, Ngaire's work at Hospitality Corner has required a combination of her own medical background and her volunteer experiences.

### So much joy

Known for her sense of humour and

cheery smile, she says the job requires an understanding of people's needs and conditions.

"Our volunteers serve much more than food. They offer compassion and understanding. They get so much joy out of meeting people."

Doctors and visitors under stress often frequent the coffee shop as a refuge or oasis.

"It's a whole different environment from any other retail establishment," she explains.

And like Ngaire, many of the 200 volunteers are Westmount residents, working in two shifts of 30 a day.

Interestingly, Ngaire met Ian in the operating room of the Royal Perth Hospital in Australia, where she was taking post-graduate training as an operating room nurse.

"We were at opposite ends of table," she says, smiling at the memory.

### From a New Zealand farm to Westmount

Ngaire traces her ability to stand her ground while managing to get along with everyone to growing up with six sisters on a farm in New Zealand.

Five of the girls went to the Taumarunui School of Nursing in a community hospital.

"It was a smaller hospital without many resources," Ngaire recalls, "so as senior students we performed the role of a medical resident."

On graduation, she received an RN plus a maternity diploma before heading off to Perth where she and Ian continued to work after their marriage.

"In those days, almost everyone in medicine went off to do a stint in England," Ngaire says. "Ian chose Sweden."

### Falling in love with Montreal

Their daughter was only three months old when they moved so far away. "We were very brave," Ngaire points out.

Nine months after their son was born,



Ngaire Metcalf, right, discusses the latest gift shop purchases with volunteer Ginny Heward.

the family moved to Finland. And when they came to Montreal in 1970, it was only supposed to be an interlude on their way home. "We had even bought a car with a right-hand drive!" Ngaire says.

"But we fell in love with Canada and Montreal."

Living initially on Nuns' Island, Ngaire helped Ian open a Cub Pack there so their son could become a Cub.

"I always felt very, very strongly about being at home to raise my children," she says.

Shortly after they moved to Cedar Ave., just outside Westmount, they began working in Westmount: Ian with St. Andrew's Scouting and Ngaire in Girl Guides at St. Matthias' Church, and then with Scouting.

Moving to Kensington Ave., Ngaire went on to become District Commissioner.

While Ngaire has also potted at the Visual Arts Centre, she says her many responsibilities have left little time for such pursuits. And that's already starting to change.

She and Ian have recently taken up golf.

And, with Scouting always under the skin, Ngaire is part of a committee plan-

ning a fundraiser in to be held Nov. 24 at Shaar Hashomayim Synagogue.

### Volunteering in all capacities

Ngaire initially joined the hospital auxiliary's board as assistant treasurer but was seconded to Hospitality Corner as a volunteer, where she served in almost all capacities.

She was subsequently hired as Gift Shop Manager and then Coordinator of Hospitality Corner, its overall manager.

The business, which also operates a food and gift wagon on patient floors, has expanded under Ngaire's leadership to include a separate café near the Cedar Ave. door, which will soon include a sandwich counter. Another café is opening at Pine Ave.

Many of the volunteers, she says, are CEGEP students completing community service requirements.

"Dealing with anyone – volunteers and staff – amounts to thanks-yous and appreciation," she explains. As a result, one of Ngaire's initiatives has been to hold an annual appreciation evening.

Now, says volunteer Ginny Heward on Ngaire's retirement, it's the turn of others to thank her for her many years of service.





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**Downtown** Imposing stone townhouse in historic Shaughnessy Village. Spacious entry, etched & stained glass, open plan. Pleasant outdoor space, soundproof basement with red oak floors and beamed ceiling – ideal for musicians. **Asking \$690,000**

Virtual tour: [www.mcguiganpepin.com/317](http://www.mcguiganpepin.com/317)



**Westmount** Duplex in lower Westmount, walking distance to Greene Ave. Both units have 3 bdrs w/finished bsmts, independent parking, and each has some outdoor area and balconies. Upper unit has been upgraded. **Asking \$720,000**



**Westmount** Beautifully renovated stone townhouse across the street from Westmount Park. Finished basement is complete with playroom, bedroom and bath. 2-car parking in rear off lane. Enjoy quiet back deck, patio, central air, and a friendly neighbourhood. **Asking \$799,000**

Virtual tour: [www.mcguiganpepin.com/571643](http://www.mcguiganpepin.com/571643)



**Westmount** Victoria Village beauty! Lrg 3- bedroom + den w/fp. Woodwork, architectural treasures. Exposed brick and decorative fireplace in living room. Planned kitchen, pantry, adj. mudroom. Deck, garage. **Asking \$695,000**

Virtual tour: [www.mcguiganpepin.com/571575](http://www.mcguiganpepin.com/571575)



**Westmount adj.** Wonderful, well-maintained and updated detached duplex with bachelor is situated on tree-lined street. Offers 2 exterior parking spaces, and 2 revenues. Occupancy in the upper for the new owner. **Asking \$699,000**

Virtual tour: [www.mcguiganpepin.com/128](http://www.mcguiganpepin.com/128)



**Lachine Canal** Great one bedroom corner loft-style condo in the Corticelli. Just off the bike path, this location is ideal for sports enthusiasts or people commuting downtown by bike. High ceilings, large windows, views, exposed brick walls are just a taste of the features. Garage, gym, locker. **Asking \$310,000**



**Downtown** Quiet, hassle-free living across from Mount Royal. Perfect one bedroom pied à terre in a prestigious and elegant building. Parking, doorman and security. **Asking \$232,000**

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**NDG** Three-bedroom condo on the 2nd floor in hand-some stone front 6-unit building. Well managed. Close to Monkland Village, Villa Maria metro, buses, tennis courts. Approx. 1,500 sf. Master bedroom ensuite. **Asking \$325,000**

Virtual tour: [www.mcguiganpepin.com/296](http://www.mcguiganpepin.com/296)



**Westmount** Prime Victoria Village location. 4+1 beds, 2 bath, fin. bsmt. With private entrance. Spacious entry and rooms, stained glass, high ceilings, skylight, garden, 3 balconies, sticker parking. **Asking \$535,000**

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*The Westmount Gardener*

# Compost happens... with your help

BY STUART ROBERTSON

If you've been putting stuff on a compost pile or in a special compost bin you got from the City of Westmount, that's great. But don't just leave it there to rot, so to speak. It needs a little bit of attention now and then to make sure that it turns itself into nice, useable compost.

Let's hope that what you've been adding is four-inch layers of kitchen and garden waste (no fat or grease, please) alternated with two-inch layers of soil or manure, which add the necessary microbes and worms who do all the work in the pile.

***Stir it up***

After you've added three or four layers of each of these things, it's time to "turn" or stir up the pile a little.

You'll need a garden fork or pitchfork to turn the pile. Use it to scoop up the edges of the pile and dump them in the centre. Then take some of the partly decomposed stuff from the bottom of the pile and put it on top. Spread the centre of the pile around until it's flat again.

Do this a couple of times until you feel you've stirred things up a bit.

What this does is allow lots of oxygen into the pile, which is essential to encourage fast decomposition. The more often

you stir the pile (once a week, for example) the sooner everything will decompose to compost.

Finished compost looks like dark brown crumbly earth, perhaps with a few bits of recognizable things in it such as tea bags or woody plant stems.

Any time you have a reasonable quantity of finished compost coming out of the bottom of your pile, save it in a heavy plastic bag. You can use it this fall or next spring or whenever you need it.

***Solutions to problems***

Some piles have problems, usually caused by us.

If a pile is too wet, usually from too much wet kitchen waste, it won't rot properly and it will smell. Add dry stuff like shredded leaves, dried grass clippings or even peat moss as a last resort, and turn the pile to mix it in.

If a pile is too dry, very little rotting will occur. Soak it with a gallon of water from your watering can. You can even add some fertilizer to the water to speed up the process. Add more water if it's still too dry.

If a pile has a rotten smell, it's too wet. See above.

A compost pile should be as damp as a squeezed sponge. As Goldilocks said, not too wet, not too dry, but just right.

*Westmount Today, Yesterday and Before*

# All about the Conservatory

BY DOREEN LINDSAY

**Question:** When was the Westmount Conservatory built? For answer see p. 12.



## The cycling guide to the city of Montreal



# Colourfully Yours: Greta dishes out advice on livening those dark Westmount halls and more

BY AURELIEN GUILLORY & GRETA



Well hello again, my darlings. Just back from the Charlevoix region. My, do I get chauvinist about my adopted country. The scenery! The art! The *cuisine de terroir*! But anyway, back to you, my devoted readers.

Thanks for your words of interest and encouragement. Do let me know your needs. Perhaps Aurelien and I can find things for you.

First, a few words about those long dark Westmount halls. What to do to take off the curse? I promised, some solutions. So. First, remember that you don't have to read the paper or do your tax returns in

the hall. It's for passage from one of your lovely rooms to another.

***Don't be tedious***

You must never hang your art in long compulsive rows with precise spacing between. That's tedious and boring. Instead, hang things at the start, centre and end of the hall where it turns or starts to go upstairs or down. That's where you normally slow down and have a bit of time to look, rather than pay attention to climbing stairs or turning the corner.

Another thing, my darlings (you would not believe the horrors that Aurel and I have seen). Don't hang a mirror at the end – your hall will seem even longer – and you will not like to see how your knees look as you walk.

Also, use a warm paint or wallpaper to

visually shorten the length. Yellow, ochre, reds or rust will make the walk seem shorter, tho' the steps will be the same.

***Rescuing a hall***

Aurelien once helped one of my aesthetically challenged bridge partners with her disastrous hall. He covered the "cottage cheese" plaster with forest green wool felt (six feet wide) and had his electrician install small brass painting lights at the side of each room door. We framed some super colourful prints under each light.

The effect was superb. Each light bounced onto the floor the colours from the prints and the moody lighting, with the ceiling painted to match the green. You couldn't see how narrow the hall was and the pools of light and colour really

took the curse off her hall.

***Consider softening the noise***

Oh, and the padding helped with the noisy clatter, as she doesn't like carpeting. He and I have often recommended that wall upholstery is the elegant solution for noisy dinner parties. Padded walls cover lots of bad plaster cracks that come back after the famous "spring heavens." Often carpets in dining rooms do get tangled up with chair legs, so walls that soak up noise do soothe you after a very long day out in the noisy world.

That's all for now my loves, see you next time with some goodies from the Italian connections here in our fair city.

Kisses, your Greta.

Aurelien (and Greta) can be reached at: aurelien@colorsbyaurelien.com





SPORTS ET LOISIRS

Répertoire des activités

Avez-vous reçu votre copie du répertoire des activités culturelles, sportives et de loisirs? Sinon, des exemplaires sont disponibles DÈS AUJOURD’HUI dans tous les édifices municipaux. Vous pouvez également consulter notre site Web - www.westmount.org - pour accéder à la liste complète des activités offertes. Info : 514 989-5353.

Inscriptions automne/hiver

Les inscriptions pour les activités de loisirs se tiendront les 21 et 22 août au Victoria Hall, 4626, rue Sherbrooke O., de 18 h à 20 h :

- le mardi 21 août  
hockey et patinage seulement
- le mercredi 22 août  
tous les programmes

Veuillez noter que toute inscription après le 22 août doit absolument s’effectuer à l’Aréna de Westmount, 4675, rue Sainte-Catherine O. Les inscriptions pour les non-résidents débiteront le 5 septembre à 9 h à l’Aréna. Info : 514 989-5353.

Horaire de la piscine

Veuillez noter que l’horaire des périodes de natation libre à la piscine municipale changera le lundi 20 août. Pour connaître le nouvel horaire, communiquez avec le Service des sports et loisirs ou consultez notre site Web. Info : 514 989-5353. 🌿



SÉCURITÉ PUBLIQUE

Couvre-feu dans les parcs

En raison de l’augmentation spectaculaire des rapports de vandalisme, de graffiti et d’infraction relative à la toxicomanie dans les parcs municipaux, la Ville de Westmount instaure un couvre-feu dans tous ses parcs. Les parcs sont maintenant fermés au public tous les soirs, de minuit à 5 h. Les contrevenants sont passibles d’une amende minimum de 37 \$. 🌿



BIBLIOTHÈQUE

Inscription - activités pour enfants

Les inscriptions pour les activités pour enfants débiteront aujourd’hui (le 15 août) à la Section des enfants de la Bibliothèque. Participation est gratuite. Info : 514 989-5229. 🌿

DATES À RETENIR

À compter du 15 août

Inscription - Activités pour enfants  
Bibliothèque de Westmount

Jusqu’au 18 août

Proche de nous  
La galerie du Victoria Hall

Le 18 et 19 août - 19 h

Théâtre en plein air  
Scapin the Schemer!  
Parc Westmount

Le 21 et 22 août - 18 h

Inscriptions pour les activités de loisirs  
Victoria Hall

Le 27 août - 20 h

Séance générale du conseil  
Hôtel de ville



ÉVÉNEMENTS COMMUNAUTAIRES

La galerie du Victoria Hall

La galerie du Victoria Hall est fière de présenter l’exposition de groupe *Proche de nous* jusqu’au 18 août. Dix artistes westmountais participent à cette exposition. Info : 514 989-5226.

Théâtre en plein air

La troupe Repercussion Theatre présentera la pièce *Scapin the Schemer!* de Molière les samedi 18 août et dimanche 19 août à 19 h au parc Westmount. Entrée gratuite. N’oubliez pas d’apporter vos chaises. Info : 514 989-5226 ou www.repercussiontheatre.com.

Poésie en plein air  
au parc Westmount

Venez entendre des interprétations de poésie le mercredi 22 août à 19 h au parc Westmount, près de l’étang. En cas de pluie, l’événement aura lieu le lendemain, jeudi 23 août à la même heure et au même endroit. Advenant deux soirs de pluie, l’événement se tiendra le jeudi au Victoria Hall, 4626, rue Sherbrooke O. Info : 514-989-5226. 🌿



SPORTS & RECREATION

Recreation Activities Guide

Have you received your copy of the Activities Guide? If not, pick up a copy of the *Culture, Sports and Recreation Activities Guide* TODAY at any municipal building. You can also consult our Web site - www.westmount.org - for a complete list of the recreation activities available to you. Info: 514 989-5353.

Fall/Winter Registration

Registration for fall and winter sports and recreation activities will take place on August 21 and 22 at Victoria Hall (4626 Sherbrooke Street W.) from 6 p.m. to 8 p.m., as follows:

- Tuesday, August 21  
Hockey and skating only
- Wednesday, August 22  
All activities

Please note that after August 22, registration must be done at the Westmount Arena, 4675 St. Catherine Street W. Registration for non-residents begins September 5 at 9 a.m. at the Arena. Info: 514 989-5353.

Pool Schedule

Please note that the schedule for free swim times at the Westmount Pool will change on Monday, August 20. To find out the new schedule, please contact the Sports and Recreation office or consult our Web site. Info: 514 989-5353. 🌿



PUBLIC SECURITY

Park Curfew

Due to a dramatic increase in reports of vandalism, graffiti and substance abuse infractions in municipal parks, the City of Westmount is instituting a curfew in all parks. All parks in Westmount are now closed to the public nightly from 12 a.m. to 5 a.m. Violators will be subject to a minimum fine of \$37. 🌿



LIBRARY

Registration for Children's Activities

Registration for fall activities for children begins today (August 15) at the Library's Children's Desk. Participation is free. Info: 514 989-5229. 🌿

Vol. 1/6  
Publié par Westmount • Published by Westmount

DATEBOOK

Beginning August 15

Registration - Children's Activities  
Westmount Library

Until August 18

Close to Home  
Gallery at Victoria Hall

August 18 & 19 - 7 p.m.

Theatre in the Park  
Scapin the Schemer!  
Westmount Park

August 21 & 22 - 6 p.m.

Registration for Recreation Activities  
Victoria Hall

August 27 - 8 p.m.

General Council Meeting  
City Hall



COMMUNITY EVENTS

Gallery at Victoria Hall

The Gallery at Victoria Hall is proud to present *Close to Home*, a group exhibition featuring ten Westmount artists. The exhibition will run until August 18. Info: 514 989-5226.

Theatre in the Park

This summer, Repercussion Theatre will be presenting Molière's *Scapin the Schemer!* Saturday, August 18 and Sunday, August 19 at 7 p.m. in Westmount Park. Admission is free. Bring a lawn chair. Info: 514 989-5226 or www.repercussiontheatre.com.

Poetry in the Park

Hear local poets at this spoken word event on Wednesday, August 22 at 7 p.m. in Westmount Park near the lagoon. Rain date: Thursday, August 23, same time and place. In case of rain on both evenings, the event will be moved to Victoria Hall, 4626 Sherbrooke St. W. on the Thursday. Info: 514 989-5226. 🌿

# THE WESTMOUNT LAURENTIDER

## There's still plenty of summer in the Laurentians

BY ROGER HAUGHEY

The summer season is starting to wind down but there are still plenty of great things to do in the Laurentians. For those of you who are looking for a musical getaway, Morin Heights hosts the **Wild Roots Music and Arts Festival** (Aug. 25), which features a weekend of outstanding live music from The Stills, Tim's Myth and Swift Years, plus local artists, artisans and community organizations, children's activities and more. Call 514.790.1245 or see [www.wildroots.ca](http://www.wildroots.ca) for more information.

In the village of St. Sauveur, the Loto-Quebec **Concerts ça me dit** series continues on Saturdays and Sundays until Labour Day and features performers from a wide range of styles: world music, classical, jazz, folk and Québécois. These free concerts are a wonderful way to finish off a day in the village of St. Sauveur. Phone 877.528.2553 for specific artists and times. **Les Estivales Canadian Tire**, an outdoor festival featuring music, theatre, children's events and historical exhibits in St. Jerome, runs until Aug. 25 offering loads of fun, free activities for the whole family. Call 450.436.1512 for details.

And if that's not enough, the town of St. Adolphe d'Howard's **Three Seasons Festival** combines the small-town charm of the St. Adolphe village with a variety of interesting activities including open-air

movies, live music, and wine-tasting events. The festival continues until Aug. 19. More information is available by phoning 819.327.2044. So if you're looking for a quick getaway to cap off your summer, the Laurentians offer an excellent variety of special events set in its beautiful mountains and valleys.

### EVENTS:

Summer Concours Hippique du Parc, Blainville Equestrian Park, Aug. 18-19, 450.434.5261. An equestrian show jumping competition in the beautiful Blainville equestrian facility.

Les Moulins de Saint-Eustache: a story about water and life, until Labour Day, 450.974.5170. An exhibition and tour which high-

lights the early history of the Seigneurie des Mille-Iles, which later became St. Eustache.

### THEATRE:

Théâtre-en-plein-air of the Laurentians, St. Adèle and Morin Heights, until Aug. 19, 514.916.7275. This year's production is *The Schemer* by Molière.

Château St. Sauveur, until Aug. 25, 450.224.0433. This venerable theatre presents three shows featuring the finest comedians from Quebec.

Lionel Groulx Theatre, St. Thérèse, until Sept. 3, 450.434.4006. An 800-seat theatre which features works by contemporary Quebec playwrights.

### MUSIC:

Nostalgia Nights, Parc de la famille, St. Adèle, Aug. 25, 450.229.9605. The last installment of the free outdoor concerts featuring soul and jazz from the 50's, 60's and 70's.

Rhythmes Tremblant, Mont Tremblant Resort, weekends until Aug. 26, 819.681-3000. A nice selection of world music artists, and the atmosphere of the Mont Tremblant resort.

### ARTS AND CRAFTS:

Les Jardins du Precambrien 2007, symposium and exhibition, Val David, until Sept. 3, 819.322.7167. Established in 1995, Fondation Derouin is a non-profit organization whose mission is to hold artistic



Two performers at Clown'Art, the largest gathering of clowns in Quebec, one of the events at Les Estivales Canadian Tire in St. Jerome.

## History quiz: A well-built home for Westmount plants, plant lovers

Question from p. 10: When was the Westmount Flower Conservatory built?

Answer: 1927.

Our Westmount Flower Conservatory was built in 1927 by the well-known company Lord & Burnham.

The cascade or double-arched dome shape creates a wonderful magical home for the city's plants, which are grown in the greenhouses situated behind this viewing conservatory and its small neighbour conservatory built to accommodate a large fish pond.

The steel and cast iron construction of the main building, which holds the curved glass panels, was set on a brick and concrete block foundation.

### Restoring a community jewel

Over the years conservatories deteriorate and by 2004 Westmount decided to commission the architectural firm Beau-pré & Michaud to restore ours.

The central water pool now has an Italian marble waterfall, the floor is slate and the heating elements are hidden behind the grills of the elevated flower tables.

The fish pond is lined with marble and ceramic mosaics and has a new bronze statue in the middle.

The much-needed renovated conservatory opened on March 31, 2005 and is enjoyed by everyone.

If you want a souvenir, you may purchase a Westmount Historical Association photographic card in the Library.

## ON THE SHELVES

Among the many new arrivals at Westmount Public Library singled out this week for special interest by the library staff are:

### Magazines

*Dogs in Canada*, Aug. 2007, "Is your dog jealous?"

*The Perfect Vision*, Aug. 2007, "Tech to go: cool gear for hot summer fun"

*Ulysse, juillet-août 2007*, "Chine: un autre regard"

### Fiction

*Peony in Love* by Lisa See, an unforgettable journey of love and destiny in 17th century China.

*Robert Ludlum's Bourne Betrayal* by Eric Lustbader, continues the saga of ex-CIA operative Jason Bourne.

*Le rajah Bourban* by Michel de Grèce, the story of Jean de Bourbon, who gave up the throne of France to become a rajah in the 16th century.

### Non-fiction

*Twinkie, deconstructed* by Steve Ettlinger, insightful, entertaining exploration of

the modern food industry.

*Répertoire des lieux de marche au Québec: de la promenade à la longue randonnée*, showcases 597 locales, illustrated with 300 colour photos.

### Children's

*365 pingouins* by Jean-Luc Fromental.

*Library Lion* by Michelle Knudsen.

### Books on CD

*The bastard of Istanbul* by Elif Shafak, in which the Turkish author confronts her country's violent past in a vivid and colourful tale about the tangled histories of two families.

*The good husband of Zebra Drive* by Alexander McCall Smith, once again combining a loving depiction of ordinary life in modern Botswana with memorable characters and an engaging mystery in the eighth installment in the beloved No. 1 Ladies Detective series.

### Reference

*Canoe Atlas of the Little North.*

*1500 pièges du français parlé et écrit.*

gatherings on various topics, with particular emphasis on socially integrated art and relations with the public. These unique installations are created by local and visiting artists, then opened to the public.

Signature Laurentians art exhibit, Centre d'exposition de Val David, until Aug. 19, 819.322.7474. Over 40 of the region's

best artists grouped together in a multimedia show.

Farandole des arts visuels, St. Marguerite du Lac Masson, Aug. 17 through 19, 450.228.3673. An outdoor art symposium with the works of more than 50 artists on display. The public is also encouraged to participate in a collective painting inspired by the work of Jean-Paul Lemieux.



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## Love to knit? This picnic's for you

The Knit 'n' Natters will be hosting their first annual "Pic Knit" at noon Saturday Aug. 18 at Westmount Park. Everyone is invited to bring a lunch, a chair or blanket and their knitting, of course. The group will meet at the corner of de Maisonneuve and Lansdowne Ave. and then find a spot in the park to have lunch, chat and knit. For those interesting in joining the group's regular meetings, sessions will resume on the second Wednesday of September, after summer hiatus.

Westmounter Arlene Lund started the

Knit 'n' Natter group for knitters of all ages and levels in October 2006. The group meets twice a month on the second and fourth Wednesday from 7 pm to 9 pm at Westmount Park United Church. There is no charge to become a member and the group is always looking for new people who love to knit, share knitting tips and discuss shopping for yarn and patterns. For more information, please contact Lund at 514.989.8758 or arlenelund@gmail.com.

*People are always getting engaged!*

*Finally, the perfect gift for future newly weds*



## Dolphins swim to victory at Westmount pool



Ready, set, go! A group of young swimmers jump from the starting line as parent volunteers look on.

BY BENJAMIN SHINGLER

The Westmount Dolphins swim team continued its unbeaten season with a convincing win at the Association of Lakeshore Pools (ALPS) sectional finals in Westmount last Saturday.

The Dolphins beat out a strong showing by the team from Valois for top spot in the standings.

More than a hundred young swimmers and their parents from across the west end of the island gathered at Westmount pool for a day of swimming, socializing, food and prizes.

The area in front of the pool was closed off for the day. Volunteers sold hot dogs, hamburgers, baked goods and raffle tickets at kiosks lining the street.

"This is the best thing in the summer in Westmount," said Diane Charlton, a volunteer at the baked goods table. She has two kids on the swim team, and enjoys coming out to the events to watch and help out.

"It's a real community sport. You get to see your neighbours," she said.

All proceeds from sales go back into supporting the Dolphins.

Zach Glassman and his sister Leah head up a group of eight coaches, all paid for through fundraising and parental sup-

port.

"We wouldn't even have a swim team if it weren't for the parents," said Dave Lapointe, Westmount Sports and Recreation Administrator.

"The parents do so much work."

Dolphin swim team members make a big commitment too. 140 swimmers meet for practice from 8-9 am, Monday to Friday during the summer. They also meet for competitions on Wednesday nights in pools throughout the west end.

"I'm pretty used to it and I get up early anyways," said Matthew Loewen, a 10-year-old who swims for the Dolphins. Loewen finished first in his heats this week and will get a chance to compete at the ALPS finals next weekend in Pointe Claire.

Ross Fraser, along with Nancy Nelson, is a main organizer for the Dolphins.

Fraser estimates there were between 70-80 volunteers working at the race on Saturday.

"We have good coaches, and the kids come regularly and try hard, and they just keep getting better year after year," said Fraser.

The Dolphins' greatest challenge is yet to come. The ALPS finals are scheduled for next Saturday Aug. 18. The competition begins at 9 am at Lakeside Pool in Pointe Claire.

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- Business & Professional Workshops
- Hobbies

Registration is ongoing and continues until two weeks before the scheduled start date of the course. Please note that LifeSkills courses have many different start dates. For more information:

514-744-7000 or check our site: [www.vaniercollege.qc.ca/conted](http://www.vaniercollege.qc.ca/conted)



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# The Westmount Parent

## From sweets to exercise classes

ANNIKA MELANSON



The most heavenly aromas of baked goods engulf me every time I walk down Victoria Ave. and past Le Fournil (364 Victoria Ave., 514 485.6647). I am usually able to resist temptation but succumbed last weekend at a child's birthday party. Instead of a birthday cake, colourfully iced cupcakes were offered to the children: pink, yellow, green and blue. They were delicious. I could taste the pure butter in the thick frosting and savoured every morsel. I just had to follow up and got the chance to chat with Tawn, one of the three Friedman sisters who own and run the bakery. She informed me that only fresh ingredients are used (no preservatives or additives) and that my palate was right: pure butter is used as opposed to shortening. Individual cupcakes are a great idea for little ones as they eliminate grimy fingers dipping into the icing on the communal cake. The verdict: the cupcakes were a hit. Cupcakes are \$2.75 each and must be ordered 24 hours in advance. Business

hours are 7 am to 7 pm Monday to Friday, 7 am to 6 pm on Saturday and open for catering pick-up on Sundays.

### Retail therapy for mums

Looking ahead to kids' winter fashion, LMNOP (4919A Sherbrooke St., 514.486.4572) will be the only independent children's boutique to carry Burton and Spyder ski and snowboarding wear. I know that we are all still knee-deep in sunscreen and swim goggles, but when the time comes to outfit your little ski-bunnies you'll know what's hot before heading for the hills.

Known as Phlox by those with a green thumb, Moss Pink is a strong flowering moss with white, pink and violet blooms. Westmounter Celina Bailey, the owner of Moss Pink boutique (1368 Greene Ave., 514.933.1087, [www.mosspink.biz](http://www.mosspink.biz)) decided to adopt the name for her shop. Bailey opened Moss Pink in May 2006.

She carries clothing lines for girls in the "tweens" (ages 6 to 14) and will start carrying boys' lines in the fall, focusing on ages 4 to 12. Collections include Harajuku (Gwen Stefani's line for kids), Juicy Couture, True Religion, Kiko Kids, Miss Sixty, Ella Moss and Gsus. Bailey also designs and makes her own clothing line, Lila B, in her workshop at the back of the store and takes requests. Her creations are made of recycled and vintage fabrics.

### Great baby shower gifts

If you are searching for an original baby shower gift, Pom'Canelle now carries the Juicy Couture baby onesies which come in a heart-shaped box and contain three baby bodysuits for girls in sizes three, six and nine months for \$92. If hand-knit baby sweaters and booties are more up your alley, Westmounter Arlene Lund (514.



Cupcakes, a delicious and convenient alternative to birthday cake, are made by Le Fournil's Friedman sisters on Victoria Ave., left to right, Tawn and Robin (Chelsea not pictured).

989.8758) knits funky sweaters, hats, mitts and frilly booties for babies.

### Blooming marvelous ideas for new mums

For breastfeeding mothers trying to keep track of which side you last nursed from, then you must go to Bloom Maternity (4937 Sherbrooke St., 514.481.5151, [www.bloommaternity.com](http://www.bloommaternity.com)) and check out Milk Bands. These bracelets will not only remind you which side to feed from next but will also keep track of what time you last breastfed your baby and for how long. You will literally be wearing your nursing log on your sleeve. The bands are made of 100 percent silicone, they're one size fits all and cost \$6. And to think that I used to use old hair elastic that cut off the circulation in my wrist.

Are you pregnant and at that in-between stage where you are not big enough for maternity clothes but too ample for your pre-pregnancy threads? Bella Band to the rescue. What is a Bella Band, you ask? It's a stretchy fabric band that fits over your unbuttoned trousers so that you can continue to wear your favourite jeans a little longer. And once you get to the "very" pregnant stage, this contraption can be used for extra tummy support. We mere mortals who can't fit into our pre-baby jeans for a while after delivery, can continue to get good use from the Bella Band postpartum. For \$45 it's a good investment.

### Registration, new dance classes

By now you should have received the Westmount Sports and Recreation Activities book in the mail. This is a reminder that registration for skating and hockey is Aug. 21 and for all other programs, Aug. 22 from 6 pm to 8 pm. As always, it's a good idea to arrive early to ensure reserving a spot in the class of your choice (I am usually there by 4 pm and many arrive even earlier). It's usually such a long wait that my neighbour and I take turns every year waiting in line. For additional information, contact Sports and Recreation at 514.989.5353.

If you are looking for a new class to enroll your little ones in this fall, here's something new. Having returned to her native Montreal after living in Toronto, Melanie Fefergrad has started a new company called Bouge d'Art, where children between the ages of two and 10 participate in a dance class "in a story set to movement or in a creative dance exercise that is then blended into a multi-media art piece." The classes are designed as after-school activities or for private parties, enrichment programs, day-cares centres and preschools. Classes will be offered at Bebessimo this fall (6056 Monkland Ave., 514.572.7260, [www.bebessimo.com](http://www.bebessimo.com)). If you would like to have Fefergrad come to your home or day-care centre to give your kids a class or to have a Bouge d'Art birthday party, give her a call at 514.924.1528.

### Party time

The ninth annual Fête des Enfants will be held at Parc Jean Drapeau on Aug. 18 and 19. An array of activities and games will be offered for families free of charge. Stations will be set up to make the fes-

continued on the next page

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## Wine: What's In Store... Off the beaten path

BY CAROLA PRICE



This month I've chosen wines that were not necessarily on people's radar because I think wine drinkers should constantly experiment, as I have done for so many years. My picks give the old standbys of Chardonnay and Cabernet Sauvignon a rest. They can also be much too heavy for summer sipping. So cheers to lounging on the terrace and enjoy.

### Bagueri Goriska Brda, Slovenia

This merlot is a gentle, fruity red with loads of pepper, plum and vanilla in the mouth. Its finish is extremely clean and medium bodied overall. Slovenia produces great oak barrels and yet this house chose French and American oak, quite odd. Try this with pork, grilled chicken and duck with red fruit sauce. (Ignoring what I just wrote above, try the Chardonnay as it won a medal at the Chardonnay competition in France this year.)

**Code SAQ: 10703771 \$20.60** Available at the Pepsi Forum and facing the Atwater Market.

### Casa Filgueira canelones, Uruguay

This tannat is a blockbuster. Not only is the price right but the wine inside will do roasted and BBQ meat justice. Full in the mouth from beginning to end with cassis, some violet, blackcurrant and caramel with an overall tar flavour (a good thing). Pair it with grilled beef, ribs, lamb and meaty veggies in balsamic glaze.

**Code SAQ: 10299481 \$12.05** Available at the Pepsi Forum and facing the Atwater Market.

### Lamberti Santepietre bardolino, Chiaretto, Italy

While you may drink Italian rosé this is what Valpolicella tastes like when lighter and blends perfectly with salads, vegetables, roasted veal, pork or grilled chicken with lemon and herbs. Strawberry, red cherry, minerals and citrus peel in the mouth and medium bodied overall. It stands up well to fragrant cheeses with a medium body.

**SAQ code: 00396572 \$13.25** Available at the Pepsi Forum, Victoria and Sherbrooke and facing the Atwater Market.

## What's cooking in Westmount?

## Now's the time to stock up on versatile basil

BY ANTHEA DAWSON

Summer is in full bloom in Westmount, and so is the wonderful Quebec produce now front and centre at the local markets and grocery stores. Fresh herbs have been flourishing since June, but the season of basil, summer's most fragrant herb, is now reaching its prime.

Nothing screams summer like the smell of fresh basil and now is the time to be building up your supply to get you through the year. Fresh herb prices go through the roof come winter so if you take some time this August to stock up, you won't regret it. These days you can find fresh basil plants everywhere you turn around, in huge bushels at the Jean Talon and Atwater markets (and Bourrassa up north in the Laurentians), that would make enough pesto to feed an army, or in more reasonably sized amounts here in Westmount at all of the neighbourhood markets. A four-inch potted plant with small leaves (perfect for planting) was selling at Fruiterie Mont-Victoria on Sherbrooke for \$1.49 and a bigger, full-bloom plant at Victoria Avenue's Metro for \$3.49.

Great ways to put your abundance of basil to good use? Pesto, one of the easiest

and most flavourful sauces to whip together and, most importantly, a great one to freeze. Just pulse together two cups freshly picked (and washed), packed basil leaves, two cloves of garlic, a quarter cup freshly grated parmesan cheese, a quarter cup toasted pine nuts and half a cup extra-virgin olive oil in a food processor. Once it's seasoned to your taste, package it up in Zip-Lock bags or individual containers in half-cups and freeze – and when your winter pasta sauce needs an extra hit of flavour you will be so thankful for your frozen stash of pesto.

Fresh basil enhances any salad you throw it in, especially sliced tomatoes drizzled with good quality balsamic vinegar and olive oil. It is also packed full of vitamins and minerals and is calorie-free.

If pesto seems like too much work, another great way to store your basil is to chop it up, place in an ice-cube tray and drizzle with olive oil until just covered and freeze. Once the cubes are set pop them into a Zip-Lock and just pull one out as needed (one cube is equivalent to about one tablespoon). They're a great seasoning for soup, not to mention a great addition to any salad dressing.

## Westmount merchants donate prizes to Hadassah fund-raiser

The Montreal centre of Canadian Hadassah-WIZO (CHW) is in full swing preparing for its 17th annual gala dinner and fashion show on Aug. 20 at Centre Mont-Royal (2200 Mansfield). In keeping with this year's theme of "Wearing Westmount," all the clothes on the catwalk will come from Westmount retailers and the raffle and door prizes are being donated by local merchants.

"This will be a fabulous evening while benefiting a worthy cause," said executive director Jill Shpritsler-Ray.

The evening will kick off with cocktails at 6 pm, followed by a gala dinner at 6:45 pm and an 8 pm fashion show featuring professional models who are donating their time to the charity. A dance perform-

ance choreographed by Dale King will follow the fashion show.

Local media personality Orla Johannes will host the event.

Prizes to be raffled off include a Givenchy spa day, a piece of artwork by Westmounter Eve Shpritsler, and his and her sunglasses from Harry Toulch.

All proceeds will go to CHW, Canada's largest women's Zionist organization. The non-profit volunteer group supports women and children in Israel through the development of schools, shelters, counseling and child-care centres.

Tickets start at \$100 and door tickets will be available. To reserve a ticket or to donate to CHW, contact Shpritsler-Ray at 514.933.8461.

## The Westmount Parent... continued from previous page

tival family friendly: a breastfeeding tent, a diaper change area, a bottle-heating and microwave station, three stroller parking areas and picnic tables and coolers for those who would like to pack a lunch. For more information call 514.872.0060 or see [www.fetedesenfants.ca](http://www.fetedesenfants.ca).

### May I please see some ID?

Back to school means back to labeling clothes, shoes, smocks and everything else that your child will be toting to school. Mabels Labels (866.30.MABEL, [www.mabel.ca](http://www.mabel.ca)) is a great place to order your labels. They are having a seasonal special, the Ultimate Back to School Combo, which includes sticky labels (resistant to dishwasher cycles and microwaves), shoe labels, tag mates (for clothing) and bag tags (metal dog tags for bags, lunch boxes, purses, etc.). The combo costs \$39 plus tax and is mailed to your home. Also available are allergy labels, which are red with white

text and which alert people of your child's allergy. Great for sticking on lunchboxes and Tupperware. I've ordered labels from Mabel in the past and can attest that they are built to last.



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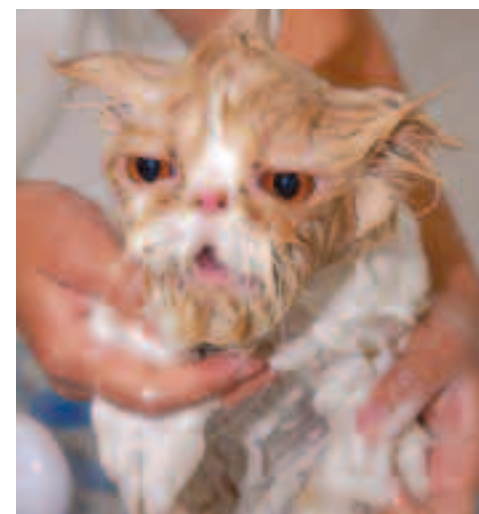
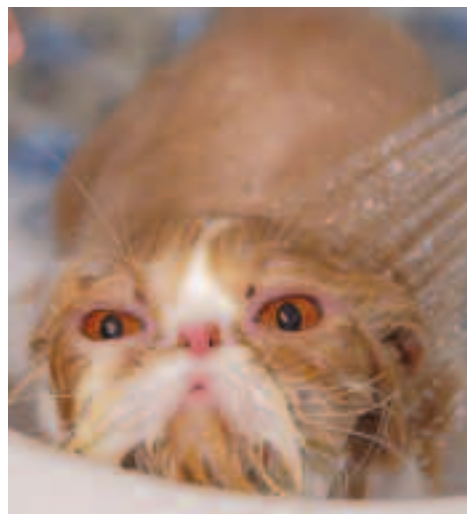
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## The cat days of summer



TEXT AND PHOTOS BY  
ROBERT J. GALBRAITH

Oliver the Persian cat got star treatment at Pampered Pets of Westmount, after she went missing two weekends ago for 24 hours. Oliver's owner, Lysanne Fowler, would like to thank all Westmount residents, and especially the members of Westmount Public Security and Anna Maria Ranieri of Pampered Pets of West-

mount, for their concern and kindness in participating in the search. Apparently, Oliver snuck out of the apartment and wandered into the lower basement of the building, where she hid in an old coal hatch close to the furnace. "The hatch had not been used in decades," said Fowler. "It was a great community effort in finding Oliver. The spirit of this community was incredible, and I thank all of you so much."

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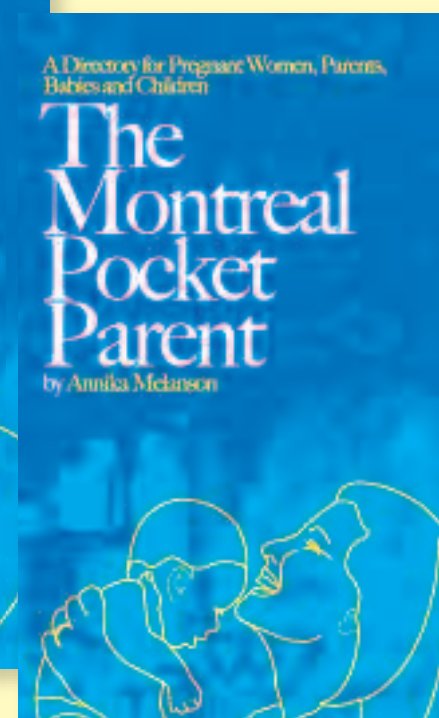
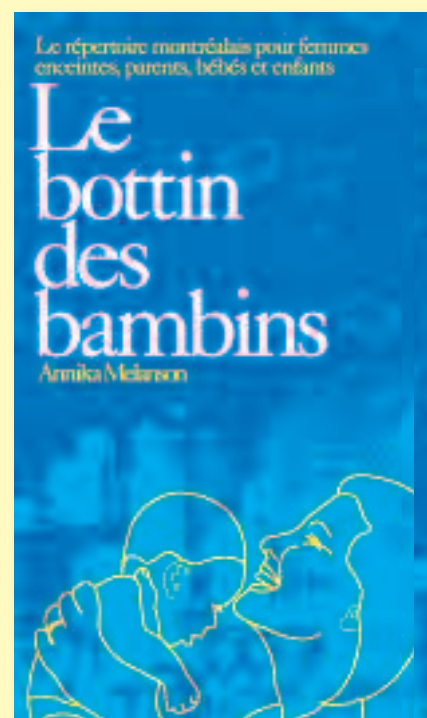
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Many thanks to everyone for their encouragement  
and contributions.

David Price, Editor

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