

2019 total has been tabulated

Work permit values soared to all-time high of \$205M

BY LAUREEN SWEENEY

“The value is way up!” That’s how Urban Planning director Tom Flies described the city’s total annual figures from the department for construction and demolition permits issued in 2019.

And what he means by that is that the declared value of \$204.5 million soared from \$60.6 million the previous year and

is far higher than any year on record, at least during the last four decades.

While the total can easily be attributed to three major projects that accounted for a combined \$122 million, the other \$83 million represented “really major additions and renovation projects of more than \$500,000 to 26 single-family dwellings,” Flies said.

“This reflects the new value of the real-estate market and shows the significant value of work people are putting into expensive homes,” he explained. “It also depicts the added work required in inspecting and managing these worksites.”

(On March 31, the *Independent* reported that some 600-800 work sites were dormant at that time resulting mainly from the provincial restriction on construction activity *continued on p. 6*

Robin in our 'hood?



An archer and a spectator were seen April 2 in King George (Murray) Park. “Not sure how safe this was,” commented one Westmounter. PHOTO: RALPH THOMPSON.

Côte St. Antoine, de Maisonneuve and part of Greene narrowed for walkers, see p. 14
Province’s COVID ads, p. 2 & p. 8-9
Council’s message, p. 12-13
Pet adoptions, p. 14
Social Notes (Crowe BGK), p. 10

Meals on Wheels adapts to new working conditions

BY LAUREEN SWEENEY

As of last week, a dwindling number of Meals on Wheels volunteers at St. Matthias’ Church over the COVID-19 epidemic began finding new ways of adapting prevention measures to provide the regular 24 meals a week for 17 people shut in or unable to cook for themselves.

“It’s changing from week to week,” said coordinator Bob Laxton. “We’re down to bare bones.”

To continue with volunteer numbers re-

duced from some 25 to 14, and to adhere to social distancing, the meals are being prepared at the church kitchen by one person working solo on Monday and another on Thursday rather than two each on both days.

As well, the former deliveries on those days have been reduced to one a week on Thursday by adjusting the meal menu to enable freezing those made on Monday. The meals themselves are now hung on the front door handles of recipients without the usual socializing.

“These are emergency times and we really have had to adjust the way we do things to try and keep going,” Laxton explained. “It’s just astonishing to see how in two weeks the world has changed.”

His spirits have been buoyed, however, by how grateful – “more than ever” – recipients are of efforts to provide the meals, he said.

A basic need

For volunteer Diana McNeill, of Prince Albert, *continued on p. 3*

Contactivity needs volunteer shoppers

The Contactivity seniors’ centre is seeking more volunteers to grocery shop for its self-isolating seniors, executive director Mary Stark said last week. Anyone able to help is asked to call the centre at 514.932.2326 or 514.932.3433 and leave a message. While the centre is temporarily closed over the health crisis, staff is working remotely and will answer messages, she said (see also story March 24, p. 14).

Don't forget about mental health while at home!

Information and advice inside.

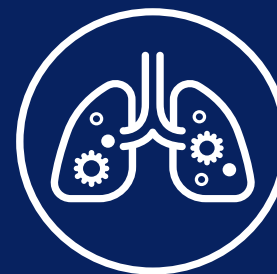
The coronavirus disease (COVID-19) causes a respiratory infection that can involve the following symptoms:



Fever



Cough



Trouble Breathing

Protecting yourself saves lives.



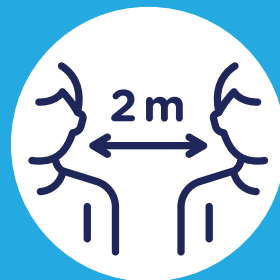
Cough into your sleeves



Throw your used tissues into the trash



Wash your hands



Keep your distance



Stay at home

[Québec.ca/coronavirus](https://quebec.ca/coronavirus)

 514 644-4545

Cllr. Cutler offers suggestions for parents

Online learning taking off with closure of schools

BY LAUREEN SWEENEY

For the past six years, Westmounter Philip Cutler has been in the forefront of online learning. “I’ve been talking about it for six years,” he said last week. “Now everyone is.”

And with the closure of schools across Canada and the United States by the coronavirus pandemic, the need for online learning is coming of age in the same way that other emergencies have spawned new ways of doing things, he explained.

Cutler, who was speaking to the *Independent* as chief executive officer and co-founder of an on-line educational support company called PAPER (rebranded recently from GradeSlam), said it had originally been one of a handful of firms providing online educational support for schools, teachers and students in more technologically forward schools in the US

and then Canada.

Now, some in Westmount are providing online classes quickly developed by teachers to deal with the current crisis as long as their students have the required equipment available or already have a system in place.

“It’s crazy to see how much has changed,” Cutler said, recognizing students’ technical skills.

“They’re more tech-literate than ever before. They have grown up with devices, text messaging and social media. Teachers, too, are technology champions. They are more comfortable than ever in leveraging technology in their classrooms to support students.”

But not all school commissions or governing boards have recognized the need, Cutler said.

He likened the evolving awareness of online educational support to the after-

math of a hurricane hitting Florida and suddenly opening the eyes of homeowners to the need to have replaced a leaking roof before the catastrophe struck.

Cutler has also brought technological solutions to other areas of his life.

As a member of Westmount’s city council and commissioner of infrastructure and innovation, the latter responsibility characterizes his penchant for being on the front line of new ideas. These include the city’s pay-by-plate parking system, which he introduced four years ago, and his recent promotion of the use of e-bikes and e-scooters as the future in active transportation.

An example of how online learning is playing out during the COVID-19 pandemic in Montreal, he said, is Sacred Heart School just over the northeast Westmount border. It is one of those that has been using PAPER’s support system.

“Schools and teachers were already familiar with the platform, which allows them to quickly continue classes in real time.” They found out they can use it when away from school for sickness or snow days and when needing tutorial help. It also allows teachers to recognize what areas a student

is struggling with, he said.

Free tools for parents

So, during this time of closed schools, what tips does Cutler offer to distraught parents whose children’s schools do not have the support of an online learning platform?

“They can explore various tools such as those operated by National Geographic, the Montreal Museum of Fine Arts and Scholastic sites,” he suggested. He also forwarded a free information site for families during the school closures at www.schoolclosures.org.

While these may stimulate young minds or occupy students’ time, they are not linked to a specific school’s curriculum and lack the presence of teachers, transferring that challenge to parents, many who may also be trying to manage their own work. “It’s likely many parents are suddenly realizing that teachers are underpaid!”

So when all the home-schooling and pandemic is over with, it’s likely that online educational support will become a common element in many school systems, he concluded.

Meals on Wheels, cont’d. from p. 1

who has worked with the program for more than 20 years, “Keeping our work going at this time is a challenge but very important. Food is a basic need.”

The reduction in volunteers, many over age 70, who shop, cook, drive and deliver, is a direct outcome of the health crisis since many are self-isolating, Laxton said. Those remaining are doubling up on some tasks.

The other day, when a woman unexpectedly opened the door just after Laxton delivered the meal, “I shook her hand from about 10 feet away,” he said.

Adjusted menus

The meals that can be frozen include meat loaf, shepherd’s pie, beef Stroganoff, stuffed chicken breasts and chicken with rice recipes. Among those not freezable are ham and scalloped potatoes, pork tenderloin and – “the favourite meal by far – sausages!”

Meals cost \$4 each with an extra \$1.25

for desserts that may include apple crisp, blueberry crumb cakes, the favourite butter tarts, squares, cobblers, cake and baked apples.

While the territory served by the St. Matthias’ program extends from Guy St. to Decarie and north and south to roughly the Westmount city limits, most recipients live within Westmount, Laxton said.

The only other Meals on Wheels program in Westmount operates out of Shaar Hashomayim synagogue, which prepares hot kosher meals for seniors. It is now closed temporarily because of the health epidemic and recipients served by “Shaar Cares” (see story below). Previous local programs were discontinued some time ago at Mountainside United Church and Centre Greene.

The St. Matthias’ program is considered to be the first one established in Quebec, according to a report on the celebration of its 50th anniversary (see story December 16, 2015, p. 12).

Shaar’s Meals on Wheels closed over crisis, replaced by ‘Shaar Cares’

The Meals on Wheels program at Shaar Hashomayim synagogue has been shut down temporarily since March 12 over the pandemic, coordinator Rhonda Herman said last week. It provided 24 deliveries a week to people in a large territory including Westmount but mainly in Côte des Neiges.

Most of those recipients, she said, are now being served by a special “Shaar Cares” complementary program offered to housebound members of the congregation in need. It has been providing more than 100 deliveries a week from a kosher caterer.

The program, funded by donations, is coordinated by Robyn Bennett under the auspices of Rabbi Adam Scheier.

The coming days and weeks will no doubt bring challenges, calling on us to be adaptable, patient and understanding.

Be careful,
be attentive,
be safe!

— Bunny Berke



Bunny Berke

REAL ESTATE BROKER

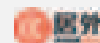
bberkeprofusion@gmail.com

514.347.1928

PROFUSION
IMMOBILIER

CHRISTIE'S
INTERNATIONAL REAL ESTATE

PROFUSION REALTY INC. - REAL ESTATE AGENCY



LETTERS TO THE EDITOR

COVID ON OUR MINDS

LIFE IS STRONG

In these extraordinary and anxiety-filled days, I thought that your readers would appreciate this message that I sent to our church network on March 27.

The story of the survivor trees of Hiroshima, Japan tells that in the first days after the devastation of the World War II bombing, people gathered at the few trees that remained upright for shelter and mutual care. Weeks later, to their surprise and delight, they saw leaves break out as the first signs of new life in the devastation around them.

Life would go on.

At Westmount Park United Church, we received seeds of two survivor ginkgo biloba trees, thanks to the Green Legacy Hiroshima project (UNITAR sponsored) in 2018 and 2019.

Four communities shared in planting trees in 2018.

The second set of seeds was planted in the late summer 2019 and went into dormancy. Would they have enough strength to come back to life? Were the growing conditions and care sufficient?

Today, the first green shoot showed on one seedling.

In these anxious times, I give thanks for the strength of life, taking the hope of awful days in Japan, for our trials and uncertainties. The power of life is real, beside us, beyond us, within us.

REV. NEIL WHITEHOUSE,
WESTMOUNT PARK UNITED CHURCH

WE WILL GET THROUGH THIS

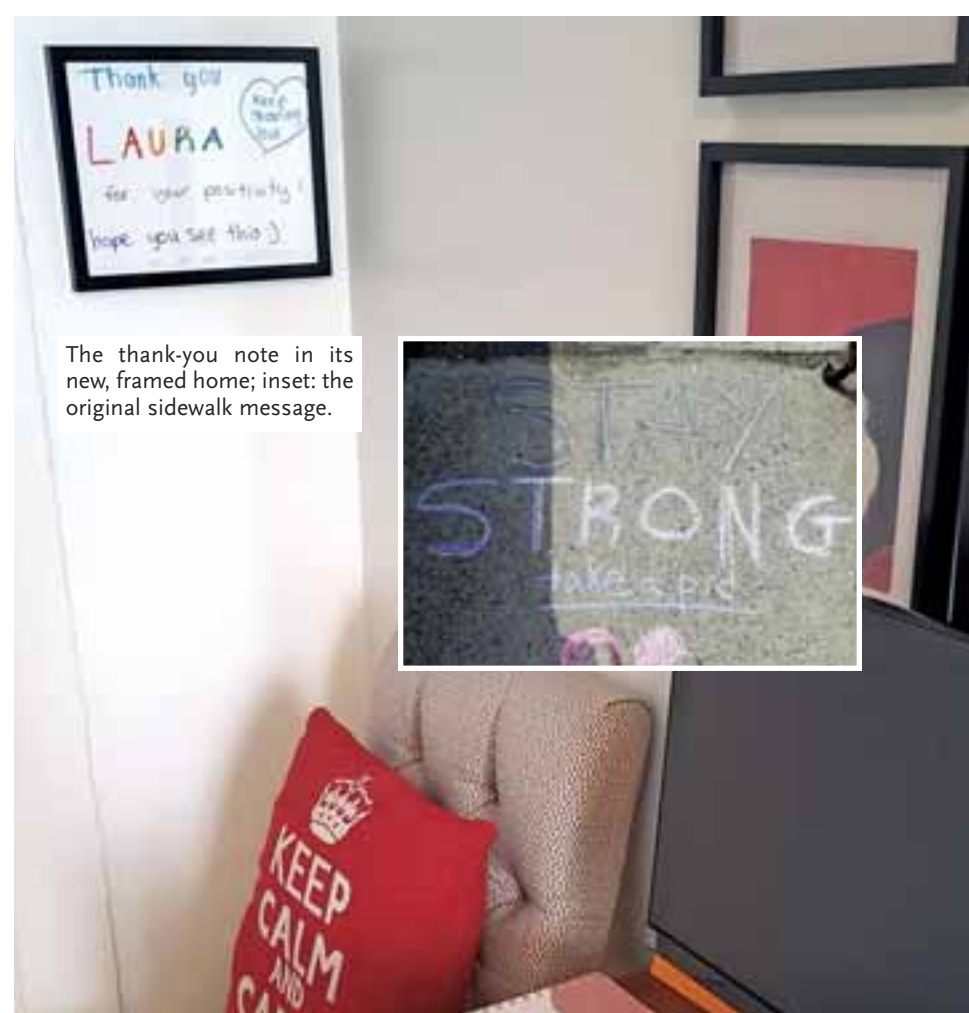
I would like to share with you a heart-warming story that I think your readers would like (and that we all need in these trying times!).

This past week, while walking my dog, I noticed a house that had rainbow artwork all over the windows and a sign on the door that said to keep calm and carry on. On the sidewalk, the children had drawn rainbows and a message that said “stay strong” and indicated that people could take a picture of their creation.

I promptly did, not noticing that the children were sitting on their stoop. When they saw me, they began to cheer and clap. It brought such a smile to my face. The next morning, I noticed even more artwork in the window and thought “I should send them a note thanking them for their positivity and kindness in this time.” It is something we rarely saw, but it is popping up more and more now – one of the upsides of the COVID-19 crisis – and I felt I wanted to do my part to encourage these young kids in their endeavours.

I left the note later that day taped to their door (not wanting to make contact because of social distancing). When I went for my nightly walk with my dog, I was surprised and delighted to see that I had a response. Taped to the door was a note that read: “Thank you, Laura, for your positivity! Hope you see this! Keep sharing love. You can take this paper :)”

I have rarely been so touched by any-



The thank-you note in its new, framed home; inset: the original sidewalk message.

thing in my life! I thought: “Now here is what’s going to change the world! Positivity and kindness towards strangers in times of need!”

I framed their work and hung it in my home office to remind myself to stay strong even in hard times.

So a message to those children: you brightened my day and certainly that of many others as well! Thank you.

And a message to all Westmounters: together we will get through this!

LAURA HUGHES, CLAREMONT AVE.

APPRECIATING THE CITY’S CALL

Earlier this week we received a phone call from a cataloguer at the Westmount public library (I wish I could remember her name).

Like the rest of us, she was working from home and with the other library staff members were calling on behalf of the city of Westmount to see how we were keeping

and if we needed help with anything.

She offered advice on shopping, keeping busy and coping with the isolation. It was a kind, friendly chat, which was most welcome in these difficult times, and was much appreciated.

WILFRID DE FREITAS AND SUSAN RAVDIN,
KITCHENER AVE.

WINDOW RAINBOWS OF WESTMOUNT

Thank you for keeping the *Independent* going. It is so much appreciated. Here are some recently sighted Westmount window rainbows. If you want more, I can send!

Stay well.

SARA COLBY, SHERBROOKE ST.



WESTMOUNT INDEPENDENT

We are Westmount

Given COVID cutbacks at most of our advertising clients, the INDEPENDENT is running on a skeleton staff.

Advertising, accounting, stories – one contact, one email (but please be patient).

DAVID PRICE, editor

Best method:

editor@westmountindependent.com

For voicemails:

514-935-4537 – I will get back to you

Chief reporter

Laureen Sweeney

Graphics

Ted Sancton

Classified ads

www.westendclassifieds.com

PRESSTIME: Monday at 10:30 am
(except before long weekends, Friday at 10:30 am).

LETTERS & COMMENTS: We welcome your letters but reserve the right to choose and edit them. Please limit to 300 words and submit before Friday 10 am to be considered for publication the following week. Please check your letter carefully as we may be unable to make subsequently submitted changes. Letter writers should not expect to be published in every issue, or in back-to-back issues, or repeatedly in the same season or on the same topic.

13,500+ physical copies DW, plus low-resolution email and web versions
Distribution: Tuesday to Friday (longer when interrupted by postal holidays)

OWNED AND PUBLISHED BY:

Sherbrooke-Valois Inc., 310 Victoria Ave., #105, Westmount, QC H3Z 2M9



LETTERS TO THE EDITOR

MUNICIPAL POLITICS

NO PLASTIC, RUBBER AT WAG, PLEASE

In the *Westmount Independent* of March 17, Laureen Sweeney reported that city director general Benoit Hurtubise has been given the job of assessing advice about the installation of artificial fields at the Westmount Athletic Grounds (WAG) behind Westmount High. To do so, the DG is speaking with a specialist about fillers that may be used. According to Sweeney's report, the DG has explained that "the filler is what holds the green plastic grass fibres in place on top of a rubber mat."

It is mindboggling that the city is considering installing plastic over rubber when all Westmounters know that this surface produces a heat-island effect. It is also important for the public to know the name of the specialist consulted and his exact expertise. From the report, it appears that council's consideration of an artificial surface is in fact already a *fait accompli*.

Of course, this council would like to please the soccer lobby. However, the precautionary principle is all important here. We are in the midst of a massive attempt to dampen the curve of the coronavirus. We are taking that precaution for the general health of the population.

Real environmental concern, like public health, involves serious precaution. We should obviously take climate change seriously and avoid raising the ambient temperature over any local field. That is why we should not put in artificial turf, because of the heat-island effect and the materials used in contemporary fillers. To replace grass with this type of synthetic is clearly anti-environmental.

Keeping natural grass at the WAG would obviously be good for the environment and therefore for Westmounters as a whole. We need real environmental precaution in this municipality unless we want to be complete hypocrites.

MARILYNN GILLIES & PATRICK BARNARD,
MELVILLE AVE

FIX/MAINTAIN, DON'T CHANGE, WESTMOUNT PARK

The Stantec report released March 2 on the survey and participative workshops regarding Westmount Park confirmed that a strong majority of residents are happy with Westmount Park in its current design. The report provided numbers that clearly support this conclusion, while its summary appears not to recognize it. Calculating the percentages from the coloured line charts, one is able to estimate that, of the survey respondents and workshop atten-

dees, approximately:

- 70 percent are either very satisfied or satisfied with the park paths,
- 80 percent with the bike paths,
- 80 percent with respect to both the landscape of the park and the pond.

In the areas of the children's play area and paddling pool, 65 percent are pleased.

Of course, some residents were not satisfied.

What were their major complaints? Absolutely no surprise here.

The deterioration of park paths was the biggest item in the report, highlighted by 26 percent of the unsatisfied group. Conflicts with bikes on the paths and overall safety and accessibility were also important items. In the landscape category, maintaining lawns and enhancing natural characteristics were cited. While most people are pleased with what has been provided for kids, modernization, expansion and additional swings were key requests. One of the biggest complaints in the responses concerned the endlessly debated park benches, picnic tables, trash cans and such. All easy to fix.

Westmount residents have made their priorities crystal clear.

Modest design improvements are acceptable, but we are asking council to first proceed with a thorough restoration of Westmount Park and the budgets to maintain it. We have discussed this long enough.

DENIS BIRO, BURTON AVE.

REPLACE LAWN WITH FOOD

After a few weeks of living in the time of COVID-19, it occurred to me, on one of my walks around Westmount, that this is a perfect time for the city to revisit its master plan. Specifically, while passing the spacious grounds in front of city hall, I thought: this entire, sun-saturated lawn should be turned into a permanent municipal vegetable garden, managed by the city and citizen gardeners.

Actions to generate additional food security would be more beneficial than continuing to maintain the grass, which, while lovely to see, has little utility (aside from countering "heat island" a little bit).

SUSAN KAZENEL, KENSINGTON AVE.

We welcome your letters

We welcome your letters but reserve the right to choose and edit them. Please limit to 300 words and submit before Friday 10 am to be considered for publication the following week.

email us at:
editor@westmountindependent.com

'The feedback would make you cry' – mayor

City reaches out to more than 575 residents aged 70+

BY LAUREEN SWEENEY

A city phone blitz was launched April 1 to reach out to some 575 known Westmount residents of 70 years and over, city officials announced the next day. The list was accumulated from a number of sources but could change daily, they said.

By noon the next day, almost everyone on the phone list was reported to have been called by personnel from Public Security or the 25 staff members from Westmount Public Library and Community Events who are now working from home. In cases of no response, messages were left.

"It was a great team effort," explained Public Security director Greg McBain, who was coordinating the project.

"Many citizens were very pleased to hear from us, and we were equally happy to talk to them," said Caroline Proctor, executive secretary for the library who was compiling results from its callers.

The undertaking, a city initiative that included Contactivity Centre, asked people how they were feeling, did they have family or friends providing assistance if needed and whether someone was checking in on them from time to time.

"A few people told us they needed help with groceries and we made seven deliveries as a result, McBain said.

Mayor Christina Smith said that since the outbreak of COVID-19, "a constant worry" had been the isolation of people such as those on Public Security's Vulnerable Persons Registry, which led to the addition of so many other residents "known through different activities."

"The feedback would make you cry," she said.

Feedback indicated, however, that the

Melbourne car 'proowler' gets 2 tickets

Two tickets were issued March 18 to a man observed trying to open car doors on Melbourne at 2:52 am, Public Security officials said. He had been noticed initially on Lansdowne by patrollers who recognized him for "previous infractions." He was again observed on Melbourne walking in the middle of the street as well private property, trying door handles of parked vehicles. He was issued one ticket for \$151 for prowling and another for \$39 for walking in the middle of a street that had sidewalks.

majority of those contacted do have assistance from friends/family or the residence they are living in (e.g. Manoir Westmount, Place Kensington), Proctor said. "Some did not need the offered assistance from the PSOs but would still like a call back to just check in."

This latest initiative adds to Public Security's "Good Morning Westmount" program and Contactivity's outreach program.

Reminded to stay home

Callers also reminded those phoned of Quebec government recommendations to stay home, ask younger friends or family to help out with groceries or pharmaceuticals and, if returning from travel outside Quebec or displaying symptoms, to self-isolate for 14 days.

While undoubtedly the names of many residents in the 70+ age category were not on the list, privacy reasons prevented the city from consulting the electoral list, said interim library director Mai Jay. "It would be great if anyone not contacted would like to be added on the list for future calls."

They should call Kim Colquhoun, assistant director of Public Security, at 514.989.5367 or 514.989.5222.

McEntyre writing competition delays deadline

The city of Westmount's McEntyre student writing competition has delayed its deadline to Friday, April 17, chief judge Rosalind Davis told the *Independent* April 2.

"We have been truly inspired by the youth who have already submitted their 2020 McEntyre writing competition entries during this very difficult and stressful time. With the students in mind, we have decided to forge ahead with the writing competition and extend the deadline," she said by email.

"This year's theme of freedom seems particularly pertinent and meaningful at this time, as we reflect on how we have surrendered some of our freedoms."

All entries should be submitted electronically to mcentyre@westmount.org. Full details about the competition can be found at bit.ly/mcentyre, or on the Westmount library website.

Council approves 10 building permits March 2

The following 10 requests for demolition, exterior construction, alteration or renovation were approved at the March 2 meeting of the city council on the recommendation of the Planning Advisory Committee (PAC). There were no refusals.

Approved

15 Winchester: to replace a front balcony door;
4780 Sherbrooke: to replace signs;
521 Victoria: to replace windows;
572 Roslyn: to replace a window;

621 Belmont: landscaping in the back yard;
464 Strathcona: to replace windows;
481 Roslyn: to replace windows;
1308 Greene: to install a retractable awning on the store front;

386 Roslyn: to replace windows;
1100 Atwater: to install two louvres on the rear (west façade);

Council approves 14 more building permits March 16

The following 14 requests for demolition, exterior construction, alteration or

renovation were approved at the March 16 meeting of the city council on the recommendation of the Planning Advisory Committee (PAC). There were no refusals.

Approved

3193 The Boulevard: to add a mostly underground garage linked to the principal building and a terrace on the front façade provided the pavers for the driveway are a lighter grey colour to diminish the heat island effect; and to approve an exception to the siting of the said garage, as per article 5.2.4. of the Zoning Bylaw #1303, by reason of the location of the existing garages on both adjacent lots;

434 Elm: at a Category I house, to do landscaping in the front and rear yards and rebuild the front stairs;

1308 Greene: to install a retractable awning on the storefront as per the previous proposal;

448 Mount Stephen: to do landscaping work at the rear including rebuilding the rear deck in a new configuration and building a patio at grade;

637 Victoria: to modify a window on the side façade and add a window and modify a door on the rear façade;

115 Redfern: to do landscaping work at the rear, including building a new stone patio;

4383 Westmount: to change two dormer windows on the front façade;

241 Clarke: at a Category I house, to change two windows on the side and rear façades provided they be wood and match the color of those existing;

589 Lansdowne: to do landscaping work at the rear, including extending a patio;

599 Lansdowne: to modify openings on the back façade;

512 Argyle: to change a door on the front façade;

310 Roslyn: to replace rear windows;

66 York: to change two windows and a door on the front façade;

417 Claremont: to replace and side door.



Arthur Younanian Notaire - Notary

4635 Sherbrooke West
Westmount, QC H3Z 1G2

Tel.: 514 931-2531
info@aynotary.ca
www.aynotary.ca

Redfern condo

The Redfern, Luxury condominiums, built in 2015. Totally renovated. 1,400 sq ft, 2 bedrooms, 2½ bathroom, on 4th floor, \$5,000/month, available now.

438-502-9602

We welcome your letters

We welcome your letters but reserve the right to choose and edit them. Please limit to 300 words and submit before Friday 10 am to be considered for publication the following week.

email us at:

editor@westmountindependent.com

Permits, cont'd. from p. 1
over the coronavirus epidemic).

Three major sites

The three major permits that con-

Noisy get-together generates \$151 ticket

When public safety officers answered a noise complaint at an apartment at 4215 de Maisonneuve March 16 at 12:55 am, they heard loud voices. The tenant was asked to lower the sound level. But when a second complaint was received at 1:26 am, they heard loud music this time and ended up issuing a ticket to the resident for \$151.

tributed to the 2019 declared values were: work at the Westmount portion of the former Montreal Children's site at a declared cost of \$97 million; work on the STM's Atwater Metro station underneath de Maisonneuve at \$15 million and \$10 million for the reconstruction of a mixed use building at 4014 St. Catherine just west of Atwater, which is now under demolition.

The declared values are based on what was reported when construction and

demolition permits were picked up rather than what "is evident" to the department, Flies explained.

In the case of the tower being built at 1111 Atwater, for example, while only nine storeys involve the portion in Westmount, a large amount of underground digging was involved, he said.

The actual number of permits issued in 2019 of 1,615 was down by five over 2018 and lower than the 1,765 in 2017, whose declared value was \$92.8 million.

PERMITS AND DECLARED VALUES

	2015	2016	2017	2018	2019
Permits and licences issued	1,591	1,522	1,765	1,620	1,615
Declared value of work	\$63.3M	\$49.8M	\$92.8M	\$60.6M	\$204.9M

WOOD FINISHING DOORS • FURNITURE • WOODWORK

ON-SITE SERVICE
• Specializing in
ENTRANCE DOORS

- also -

- Touch-Ups & Repairs
- Kitchen Cabinets
- Fine Furniture
- Stripping & Staining

HENRY CORNBLIT, professional craftsman
FREE ESTIMATE **514.369.0295**
www.woodfinishingmontreal.com



Bininn ROOFING

SPECIALIZING IN ROOF
SHINGLES + REPAIRS
since 2000

- Quality materials
- 10 Year Labour Warranty
- Lifetime Shingle Warranty, BP or IKO

CALL FOR A FREE, NO OBLIGATION ESTIMATE.

514-638-8282
info@bininnroofing.ca
www.bininnroofing.ca

RBQ 5716-6514-01

Painting • Decoration & Finishing



**STUART
DEARLOVE**
www.stuartdearlove.com

- Standard & Restorative Painting
- Plaster
- Stripping, Wood finishing
- Interior & Exterior

Licensed - Bonded - Insured - References

514 482-5267

stuartpaints@sympatico.ca

RBQ 8328 8514 09

OVER 20 YEARS PAINTING EXPERIENCE

EDITOR'S NOTE

Good wishes, and advertising, in the time of COVID

Best wishes to all of our readers, and non-readers, in this terrible time.

I would like to thank the clients that advertised in the last two issues, and so made them possible, especially for the greatly increased purchases by the province of Quebec and the city of Westmount. The larger-than-usual ads from our federal and provincial representatives, Marc Garneau and Jennifer Maccarone, and the appearance at this time of full-page regulars Alan Klinkhoff Gallery and realtor Marie Scotte, were also very much appreciated.

In the same vein, thank you to recent advertisers Cedars Cancer Foundation, Le Charlebois development in Pointe Claire, the Contactivity seniors' centre, realtor Bunny Berke, Hogg Hardware, Henry Cornblit wood finishing, Binning Roofing, Redfern Condo, Stuart Dearlove painting and notary Arthur Younanian.

We also look forward to executing all the orders that we already have in hand for the weeks to come. Thank you in advance.

We may have been declared an essential service, but without ads to make it happen, there is no paper.

Of course and as ever, thank you also to

all of our clients over the newspaper's lifetime, without whom we would not be here for anybody, advertiser or reader.

For those clients taking a break as COVID rages, we will be happy to see you back, whenever.

I understand the tough decisions that business people are facing. It was with great sadness that I laid off (temporarily!) our in-house staff due to the radical downturn in purchases by our private-sector clients. I will work hard at, and strive to make good decisions for, the newspaper to prepare for their return, which I hope is soon.

The pitch

As we work to make publishing issues viable through this period, please forgive a little salesmanship.

We are open, with no change to our service to clients, except for about 1,000 fewer copies being left at "drop sites" because many such sites are themselves closed (e.g. city buildings).

Our door-to-door distribution by Canada Post, with a newspaper being delivered to every door in Westmount (house,

duplex, condo unit, apartment unit, business), is unchanged.

It is *my guess* that our paper is being even more keenly read than ever. People are stuck at home looking for things to do. People are interested, more than ever, in what is going outside their front doors. People are looking for a bit of distraction from the worst news on the television, internet or radio.

(We won't whitewash our local struggle with COVID-19, but if we can find some other news, we will publish it.)

So, to institutions and business people with possible advertising messages, I say this:

- If you are closed, and working on your survival, do not advertise. You have other priorities. And I wish you the best of luck.
- If you are closed now, but able to foresee a time when this period is over (or part one of this period is over), advertising now could make sense for you. Advertising is not just about the purchase – *right away* – of products or services. It is about awareness. It is about being "top of

mind." It is about market share, and mental market share, and the perception of market share. It is about a repeated, constant message. And through the miracles of the telephone and email, you can be in contact with clients *right now* about work or products to be delivered in the future.

- If you are partially open, advertising could help explain to actual or potential clients what you can and can't do at present, on which days and at what times of day, and what special rules apply.
- If you are open without restrictions, it is business as usual and all the normal reasons to advertise apply. Why not with us?

As ever, we will work hard to bring readers to your ads.

* * *

Courage. Prudence. Patience. This too will pass.

David Price is the editor of the Independent.

editor@westmountindependent.com
514.935.4537

MES MEILLEURS
VOEUX POUR
PÂQUES ET PESSAH
WISHING YOU A
HAPPY EASTER AND
PASSOVER



JENNIFER MACCARONE

MNA | DÉPUTÉE, WESTMOUNT—SAINT-LOUIS

(514) 395-2929

@MaccaroneWSL @JMaccarone @JMaccarone JENNIFER.MACCARONE.WSL@ASSNAT.QC.CA

Centre universitaire de santé McGill McGill University Health Centre

Centre du cancer des Cèdres
Cedars Cancer Centre

La Fondation du cancer des Cèdres remercie tous les professionnels de la santé, médecins, infirmières et professionnels paramédicaux qui prennent soin de nos patients atteints de cancer au Centre de cancer des Cèdres et à travers le CUSM pendant ces temps difficiles.

Cedars Cancer Foundation salutes and thanks all the healthcare providers, doctors, nurses and all allied health professionals caring for our cancer patients at the Cedars Cancer Centre and throughout the MUHC during these difficult times.

Joyeux Pessah et Joyeuses Pâques
Happy Passover and Happy Easter

CEDARS.CA 514-656-6662

Centre universitaire de santé McGill McGill University Health Centre

FONDATION DU
CANCER DES
CÈDRES
CEDARS
CANCER
FOUNDATION

MEMBRE DU / MEMBER OF
Réseau de
cancérologie
Rossy
Cancer
Network

GUIDE #2

Don't forget about mental health while at home!

Do you need to deal with the new reality of staying at home? The following advice and tips will help make the experience of this time of isolation due to the COVID-19 epidemic in Québec more pleasant.

The current coronavirus (COVID-19) pandemic and related unprecedented preventive measures have created a different reality, one that can be particularly difficult to adjust to. For some, the measures can make an already difficult situation more fragile for family, financial and/or social reasons. Adjusting and adapting to the new situation requires great resilience.

Many people feel compelled by the situation to experience a period of isolation, while others need to be creative when reconciling telework and family life.

While an event of this magnitude can affect your physical health, it can also have consequences for your mental health by causing stress, anxiety or depression. But there are things you can do to improve how you manage these types of reactions.

Votre
gouvernement



Take care of your psychological health

- ✓ **INDULGE YOURSELF.** Give yourself the time you need to adapt. By relying on your personal strengths and the strategies you used in the past to lower your stress or overcome an ordeal, you can get through this difficult time in better ways.
- ✓ **VERBALIZE WHAT YOU FEEL.** Are you experiencing loneliness or worry? Share your inner thoughts with someone you trust while abiding by recommended physical distancing measures.
- ✓ **ASK FOR HELP WHEN YOU FEEL OVERWHELMED.** It's not weakness but rather a sign of strength.
- ✓ **SUPPORT OTHERS** while abiding by physical distancing. Helping others in difficult times is as beneficial to the giver as to the receiver.
- ✓ **AVOID ADAPTATION STRATEGIES THAT DON'T WORK** such as tobacco, alcohol or drugs. In the end, they will only impair your mental and physical state of health.
- ✓ **Staying well informed is important, but TRY TO LIMIT THE TIME YOU SPEND LOOKING FOR INFORMATION ON COVID-19.** Information overload can raise your stress level and increase your anxiety and/or depression. Always use on reliable resources of information such as the official Government of Québec website: [Québec.ca/coronavirus](https://quebec.ca/coronavirus)



Letting yourself feel joy is so important

During your period of isolation, it is important to follow a healthy diet, drink lots of water, stay active and get enough rest and sleep. Use this time to discover new passions and focus on yourself and your family.

There are so many activities that can fill up at-home days and entertain you. Make them part of your daily routine by writing a list that you can refer to for ideas on how to stay active at home. Consider posting the list in the house in a place where you can easily consult it. Here are a few ideas to feed your thoughts and help you to remain active:

Indoor physical activities: Ride an exercise bicycle; practice yoga or Pilates; dance; do aerobics and/or weight training, etc.

Creative leisure activities: Draw, colour, paint, write, sing, take photos, do origami, knit, etc.

Games: Play board games, cards, do jigsaw puzzles, crosswords, Sudoku and hidden word games, etc.

Entertainment: Listen to music, podcasts, TV series, movies, concerts, etc.

Relaxation: Take a warm bath, meditate, read a book, etc.

Educational activities: Learn a new language, visit virtual museums, etc.

Other: Cook, sew, tidy up, do housework, sort photos, etc.



Are you teleworking?

- ✓ **SET UP A COMFORTABLE WORK SPACE.** Make sure that the space is only used for your professional activity. This will ensure boundaries between your work and your private life. As much as possible, keep your home office comfortable, clean, nicely set up and airy.
- ✓ **LET YOUR FAMILY CIRCLE MEMBERS KNOW YOUR WORK SCHEDULE.** Explain your expectations to them and listen to what they expect from you. Ensure that they know your work schedule (times when you do not want to be disturbed) and also the times when you are available for them.
- ✓ **SHARE RESPONSIBILITY FOR YOUR CHILDREN.** If both parents are self-isolating at home, divide responsibility for the daily schedule. For example, one parent can be fully in charge of the children's needs in the morning and the other one can take over in the afternoon.
- ✓ **PLAN WORK TIME EFFICIENTLY.** Take advantage of nap time to speak with your workmates by phone. Invite the children to “work play” by drawing, reading or doing educational activities. Ask the older kids to supervise the younger ones when they play.



Staying in contact with your family circle virtually is a great way to overcome isolation

Communicating regularly with your friends and family while practising physical distancing can help improve your well-being during your period of isolation.

Nowadays there are so many ways for you to communicate with your family and friends, workmates and acquaintances: telephone, email, chat, video calls, the Web, etc.

Resources

Stress, anxiety and depression can affect people physically, psychologically, emotionally and behaviourally during times of home isolation. While most succeed in adapting to the situation, it remains important to pay attention to your needs. Never feel ashamed at doing what is needed and take care of yourself.

The following telephone hotlines are always available when you feel stress, anxiety or depression related to the current epidemic in Québec: 418 644-4545, 514 644-4545, 450 644-4545, 819 644-4545 and 1 877 644-4545 (toll-free elsewhere in Québec). You will receive information and be directed to psychosocial health professionals who can provide support and advice that meet your needs.

Deaf and hard-of-hearing persons should dial 1 800 361-9596 (toll-free).

Resources on how to incorporate healthy living habits into your daily life:

- defisante.ca (French)
- force4.tv (French)

Resources for better management of family time:

- ecoleouverte.ca
- alloprof.qc.ca (French)
- teteamodeler.com (French)
- viedeparents.ca (French)
- naitreetgrandir.com (French)
- vifamagazine.ca (French)

Telephone hotlines for people in psychological distress:

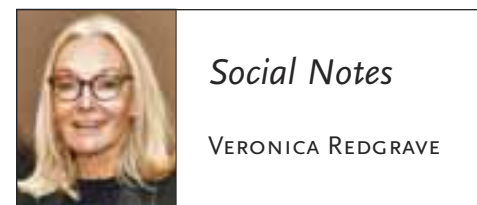
- Regroupement des services d'intervention de crise du Québec
24/7 services for distressed people (French):
centredecrise.ca/listecentres
- Tel-Aide
Listening centre that provides help 24/7 to people suffering from solitude, distress or who need to have someone listen: 514 935-1101
- Écoute Entraide
Community organization that supports people who are emotionally suffering: 514 278-2130 or 1 855 EN LIGNE (365-4463)
- Telephone assistance service
1 866 APPELLE (277-3553)

Québec.ca/coronavirus

📞 1 877 644-4545

Québec    

Crowe BGK Foundation hosts beautiful brunch



Social Notes

VERONICA REDGRAVE



Daniel Blumer, Vina Dao Le, Bruno Cioffi, Suzanne Grant, Isabelle Nadeau and Brian Kreisman.

Gare Viger was the site of the Crowe BGK Foundation's Stand Up to Cancer, Sit Down to Brunch fundraiser on February 6. With its European-style chandeliers shedding luster on gleaming overhead industrial pipes, the massive event space was urbanly perfect for the sold-out morning.

Following the loss of friend and partner Michael B. McCrann, the Westmount-based Crowe BGK accounting firm created the foundation to support cancer research and raise awareness in the community.

In attendance were McCrann's sons **Brendan** and **Riley McCrann** and his widow **Sophie Larente**.

Hosted by the foundation, the brunch offered an opportunity for people to share meaningful stories and hear from researchers specializing in cancer research. Committee members were **Daniel Blumer**, **Vina Dao Le**, **Bruno Cioffi** and **Suzanne Grant**.

Committee co-chairs were Crowe BGK's **Brian Kreisman**, local res and managing partner, and **Isabelle Nadeau**, partner.

Dr. Lawrence Rosenberg, CEO, CIUSSS, and **Michelle Brisebois**, executive director, Institut du cancer de Montréal, stressed the importance of research, noting that one in two Canadians will be diagnosed with

cancer in their lifetime.

Ongoing research studies were presented by doctors **Sonia del Rincon**, assistant professor oncology, McGill University, and **Réjean Lapointe**, principal scientist, CHUM Research Centre, and full professor, University of Montreal department of

medicine.

Cancer survivor **Marie-Hélène Laramée** spoke about her fight against cancer. She was first diagnosed with skin cancer at only 33 years old. The audience was greatly moved by her explanation of how new advances in cancer research helped her fight

this disease, especially when it came back in a new form.

Guests sipped spring-like mimosas before enjoying a squash and ricotta-filled ravioli with cream of porcini and parmigiano shavings. Everyone raved over dessert: mini *continued on p. 14*



Sophie Larente, Brendan and Riley McCrann.



Michelle Brisebois and Dr. Lawrence Rosenberg.



Marie-Hélène Laramée.



Réjean Lapointe.

Cracked walls close off area in front of Olives en Folie

BY LAUREEN SWEENEY

When a passer-by called Public Security March 30 at 9:07 am to report some crumbling debris on the ground outside Olives en Folie at 386 Victoria, responding officers discovered a crack in the front façade of the building, Public Security officials said.

They called the fire department, which responded with four vehicles and an inspection unit while public safety officers

cordoned off the area in front, carried out crowd control and blocked traffic heading south on Victoria except for delivery trucks to the Metro grocery store.

City inspectors and Public Works also were called.

The crack was described as appearing to extend to the roof and along the south wall of the building. The building owner was called. He is reported to have stated that the wall would be removed.



Looking north on Victoria Ave. at the southern wall of Olives en Folie on April 2.

PHOTO: INDEPENDENT.

Beauty meets function



This Carleton Ave. compost bin was photographed on March 31. Did the resident want to cheer up the collection workers? Passers-by?

PHOTO: RALPH THOMPSON.

COVID-19 TOGETHER WE CAN HELP!

Contactivity CENTRE Contactivité

514.932.2326

@contactivity@bellnet.ca

contactivitycentre.org

Who Are We?



We are a non-profit seniors community centre located in Westmount since 1972. Normally we offer many group activities that promote well-being, but under the present circumstances we have now focused our efforts on individual assistance and support of seniors.

Groceries



Running low on food?

We're providing a grocery delivery service for at risk and isolated seniors in the Westmount area. A volunteer will do the shopping for you and deliver the items right to your door! If you'd be interested in receiving a delivery, send us an email at volunteer.contactivity@gmail.com or call us at **514.932.2326**

Social Support



Social distancing giving you the blues?

Stay connected during isolation with our friendly call program. Match up with a member or volunteer to chat, joke, or share.

Outreach Services



Need information about resources and services?

Contactivity's Outreach worker (ITMAV Program) can be reached at fsmithcontactivity@gmail.com to **438.920.3460** to refer seniors to the resources and services available to them.

INTERESTED IN VOLUNTEERING?

There are various opportunities where you can give back to help our members and other seniors in the community.

CALL OR EMAIL US!

514.932.2326

volunteer.contactivity@gmail.com





COVID-19: MESSAGE FROM THE MAYOR AND COUNCIL- APRIL 7, 2020

As we enter our fourth week of preventative restrictions to address the COVID-19 pandemic, I want to update you on new measures implemented by the City of Westmount to help slow the spread of this virus. I also wish to reiterate that we are counting on you to do your part by staying at home and self-isolating, and when outside, by keeping a distance of 2 metres between yourself and anyone outside of your immediate family.

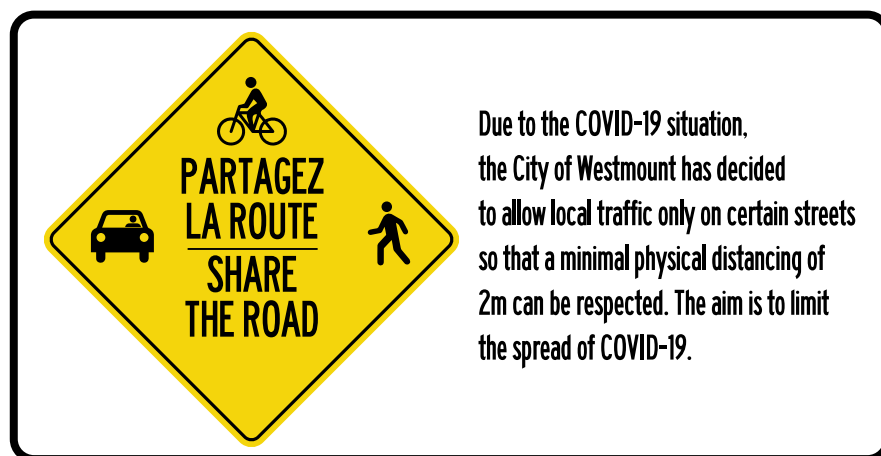
As the days get longer and warmer this will be an increasing challenge. We have seen groups gathering in the parks and at the Summit and this must stop. If it does not, public health authorities will close them. You will see a greater police presence in all of our parks and they will be handing out fines which will start at \$1000.

We have put in measures to allow more space for pedestrians to circulate on our streets:

- De Maisonneuve is reserved for local vehicular traffic only. This means you will be able to drive on it if you live on or are making a delivery on this street.
- On Cote St. Antoine we have removed parking to add more space for pedestrians.
- On Greene Ave between Sherbrooke and de Maisonneuve, one lane of traffic and parking is now reserved for pedestrians.
- The access to Summit Circle is limited to local traffic only and we are looking at other measures to spread out the groups of people up there. The Summit is an oasis in our City but we must adhere to social distancing if we want to be able to continue to enjoy it.

Soon, you will see a list and map on our website of businesses that are open, such as grocery stores, pharmacies, depanneurs, restaurants offering take-out, and businesses offering e-commerce. If you wish to add a business to this map, please fill out the online form at westmount.org/businesslist. We need to support our local merchants as much as we can right now. I would like to thank all those who work in grocery stores and pharmacies for continuing to serve and support our residents.

For those who celebrate Easter or Passover, I know the coming days will be difficult not to spend these holidays with your extended families and loved ones. We may be physically apart but we are able to still be connected. This will be the first Easter of my life that I will not spend with my parents. We will be staying home not only to protect ourselves, but to protect the most vulnerable in our community, as well as all the healthcare workers who are working tirelessly caring for patients.



Due to the COVID-19 situation, the City of Westmount has decided to allow local traffic only on certain streets so that a minimal physical distancing of 2m can be respected. The aim is to limit the spread of COVID-19.



Le Panier Bleu, an initiative supported by the Quebec government to boost local business.

lepanierbleu.ca

Mayor Christina M. Smith
and city councillors



COVID-19 : MESSAGE DE LA MAIRESSE ET DU CONSEIL- LE 7 AVRIL 2020

Alors que nous entamons une quatrième semaine de restrictions préventives pour faire face à la pandémie de la COVID-19, je souhaite vous informer des nouvelles mesures prises par la Ville de Westmount pour ralentir la propagation de ce virus. Je tiens également à rappeler que nous comptons sur vous. En effet, chacun d'entre vous doit faire sa part en restant à la maison, en vous isolant, et en gardant une distance de deux mètres entre vous et toute personne qui n'est pas un membre de votre famille immédiate, lorsque vous êtes à l'extérieur.

Avec la venue du beau temps et la hausse des températures, il pourrait être de plus en plus difficile de s'astreindre à ces restrictions. Des rassemblements de personnes ont été aperçus dans les parcs et au Bois Summit. Cela doit cesser, faute de quoi les autorités de la Santé publique exigeront la fermeture de ces lieux. Vous constaterez dorénavant une plus grande présence policière dans nos parcs et des amendes de 1 000 dollars et plus pourraient être remises aux contrevenants.

Nous avons pris des mesures pour laisser plus d'espace aux piétons dans nos rues :

- Le boulevard De Maisonneuve O. est maintenant réservé à la circulation locale uniquement. Cela signifie que vous pourrez y circuler en voiture seulement si vous y habitez ou y effectuez une livraison.
- Sur le chemin de la Côte-Saint-Antoine, nous avons supprimé le stationnement afin d'ajouter plus d'espace pour les piétons.
- Sur l'avenue Greene, une voie de circulation et de stationnement est maintenant réservée aux piétons entre la rue Sherbrooke et le boulevard De Maisonneuve.
- L'accès à rue Summit Circle est limité à la circulation locale uniquement et nous envisageons d'autres mesures pour y limiter les attroupements. Le Bois Summit est une oasis dans notre ville, mais nous devons respecter les mesures de distanciation sociale dans ce lieu si nous voulons continuer à en profiter.

Vous verrez bientôt sur notre site Web une liste et une carte géographique des commerces ouverts, tels que les épicerie, les pharmacies, les dépanneurs, les restaurants proposant des plats à emporter, et les entreprises offrant des services en ligne. Veuillez remplir le formulaire à westmount.org/listedescommercants si vous souhaitez ajouter une entreprise à cette carte. Nous devons faire tout notre possible pour soutenir nos entreprises et nos commerces locaux. Pour leur service et leur soutien à nos résidents, je tiens à remercier tous ceux et celles qui travaillent dans les épicerie et les pharmacies.

Pour ceux qui célébreront la fête chrétienne de Pâques ou la Pâque juive dans les prochains jours, je sais qu'il sera difficile de ne pas pouvoir vous retrouver avec votre famille élargie et vos proches. Nous sommes peut-être séparés physiquement, mais nous pouvons encore être connectés. Pour la première fois de ma vie, je ne passerai pas cette fête de Pâques avec mes parents. Nous resterons à la maison pour nous protéger et pour protéger les plus vulnérables dans notre communauté, ainsi que tous les travailleurs de la santé qui travaillent sans relâche pour prendre soin des patients.



En raison de la situation de COVID-19, la Ville de Westmount a décidé de permettre la circulation locale seulement, sur certaines rues, afin que la distanciation physique minimale de 2m soit respectée. Le but est de limiter la propagation de COVID-19.



Le Panier Bleu, une initiative soutenue par le gouvernement du Québec, pour dynamiser le commerce local.

lepanierbleu.ca

Mayor Christina M. Smith
and city councillors



Sonia del Rincon.

Social notes, cont'd. from p. 10

blueberry and cream cheese grilled waffle sandwiches and fresh stuffed cannoli. Key sponsors of the event were: Madison Group, RBC, TD Commercial Banking, Kelson Financial, Spiegel Sohmer, Shiller Group, Redbourne Group and the Mireille and Murray Steinberg Family Foundation.

The foundation raised \$200,000 for cancer research, surpassing the initial objective. The funds will be split equally between the partner institutions: The Jewish General Hospital Foundation and the Institut de cancer de Montréal.



Due to the present situation, we are doing our utmost to ensure the safety of our staff and customers.

We have closed our doors to the public, but are open for deliveries.

We are taking orders by phone or email, or via our website, www.homehardware.ca, to be shipped to the store for pick-up or for delivery.

Hours to call or email orders in are:

**Mon-Sat 9 am-5 pm,
Sun 12 pm-5 pm.**

4855 Sherbrooke St. W. H3Z 1G9

514-934-4644

westmount@hogghardware.com



Affectionate Melichat



Melichat is so precious. She is one of a number of cats and kittens who are in urgent need of adoption from the Montreal SPCA cattery.

Melichat is four years old, an orange tabby, so beguiling with her huge kittenish eyes. She has a lot of affection to give and a sweet disposition that is heartwarming. She has received all her inoculations and treatments, and is spayed and microchipped.

Melichat is at the Montreal SPCA cattery and her identification number is 45099578. Please refer to its website at www.sPCA.com and complete the simple online application for Bella's adoption. You will be contacted within 24 hours for a telephone interview, followed by a visit by appointment at the SPCA.

Your neighbour, Lysanne



This tiny sweetheart needs a family as soon as possible. Pierrot is a four-month black-and-tan coloured Yorkie mix who can easily fit into a family routine with affection and joy for all. He is at the Montreal SPCA kennel and his identification number is 44079889.

Petit Pierrot is a healthy pup, on track with his inoculations and treatments for his age, neutered and microchipped. Please refer to the Montreal SPCA website at www.sPCA.com and fill out the easy online application form for his adoption. You will be contacted within 24 hours for a telephone interview, followed by a visit by appointment at the SPCA.

Bella's chemo

After two veterinary clinics failed to diagnose Bella's cancer and, as she got weak-

The ducks are back!



These two ducks were seen in the meltwaters of the lagoon in Westmount Park on March 29. A sure sign of spring...

PHOTO: RALPH THOMPSON.

Creating more walking room

3 streets blocked to all but local traffic

Three widely used streets have been limited to local traffic only to create more space for walking during the COVID-19 pandemic, city director general Benoit Hurtubise said April 2. These are de Maisonneuve, Côte St. Antoine and Greene between Sherbrooke and de Maisonneuve.

Barriers and signage effectively narrow the entrances to these one-way streets by one lane on a trial basis.

"We encourage cyclists, pedestrians and motorists to share the road at these locations," he explained. "These measures were put in place to respect a minimum physical distancing of two meters to prevent the spread of the virus."

More streets could follow after monitoring of the situation and the outcome of this trial, he added. One dog walker told the *Independent* he has noticed how many now step out into the street to give him and his "non-scary" dog a wide berth.

Pierrot at 4 months

er and weaker, she was admitted to DMV for diagnosis and urgent care. Thankfully, she is now starting chemotherapy. Newly arrived to our neighbourhood and having depleted savings on huge clinic bills for no results, Bella's owner is reaching out for support in these difficult times to ensure young Bella continues to receive her chemotherapy as urgent treatment. With our thoughts of the dogs we saved at DMV, please reach out to Oceane for Bella.

www.gofundme.com/f/aider-nous-svp-a-sauver-notre-chienne-bella.



Bella

Algerian driver's licence no longer valid

A poorly parked car was spotted by public safety officers March 1 at 9:53 pm at the southwest corner of The Boulevard and Lansdowne, Public Security officials said. It was also straddling private property. When officers went to investigate, they found a man appearing to be asleep behind the wheel. After three or four knocks on the window, he responded but seemed disoriented rather than impaired by alcohol or drugs. Police were called. He was given a ticket for driving with a permit from Algeria issued more than six months ago. The car was towed and a friend picked the man up. He was a resident of Montreal.



IL EST OBLIGATOIRE DE VOUS METTRE EN ISOLEMENT POUR **14 JOURS** LORSQUE VOUS REVENEZ DE VOYAGE

IT IS MANDATORY TO REMAIN IN ISOLATION FOR **14 DAYS** WHEN YOU RETURN FROM YOUR TRIP



RESTEZ À LA MAISON
STAY AT HOME



LAVEZ-VOUS LES MAINS SOUVENT

WASH YOUR HANDS OFTEN



ÉVITEZ D'ENTRER EN CONTACT AVEC DES PERSONNES ÂGÉES

AVOID CONTACT WITH ELDERLY PEOPLE

INFORMATIONS SUR LA COVID-19 INFORMATION ON COVID-19

CONCERNANT LES CANADIENS À L'ÉTRANGER

- Nous continuons à travailler avec les compagnies aériennes pour ramener plus de Canadiens.
- Inscrivez-vous à Affaires mondiales Canada: www.voyage.gc.ca
- Rentrez le plus rapidement possible et renseignez-vous sur les vols commerciaux qui sont disponibles pour vous ramener au Canada.
- Prêt d'urgence jusqu'à 5000\$ est disponible pour vous aider à rentrer au Canada.

Programme de prêt d'urgence:
can.finances.cv19@international.gc.ca

CONCERNING CANADIANS ABROAD

- We continue to work with the airlines to bring more Canadians back home.
- Sign up at Foreign Affairs Canada: www.travel.gc.ca
- Get home as soon as possible and find out what commercial flights are available to bring you back to Canada.
- Emergency loan up to \$5000 is available to help you return to Canada.

Emergency Loan Program:
can.finances.cv19@international.gc.ca

AIDER LES CANADIENS PENDANT CETTE CRISE

- Notre gouvernement a instauré la Prestation canadienne d'urgence pour les travailleurs qui doivent cesser de travailler en raison de la COVID-19 et qui n'ont pas accès à un congé payé ou à une autre forme de soutien du revenu.
- Pour aider les entreprises à garder leur employés au travail, nous avons mis sur pied diverses mesures tel que une subventions salariale et en offrant des prêts garantis.

HELPING CANADIANS THROUGH THIS TOUGH TIME

- Our government introduced the new Canada emergency benefit for workers who have to stop working due to COVID 19 and do not have access to paid leave or other income support.
- To help employers weather COVID-19, and keep their employees our Government is taking significant action by subsidizing wages.

POUR PLUS DE DÉTAILS SUR LES MESURES PRISES ET LES PLUS RÉCENTES MISES À JOUR, VISITEZ :

CANADA.CA/LE-CORONAVIRUS

FOR MORE DETAILS ON THE MEASURES TAKEN AND THE LATEST UPDATES, VISIT:

CANADA.CA/CORONAVIRUS



HONORABLE
MARC GARNEAU

DÉPUTÉ | MP
NOTRE-DAME-DE-GRÂCE – WESTMOUNT

Mon bureau de circonscription et moi sommes là pour vous.
My constituency office and I are here for you.

BUREAU | OFFICE: (514) 283-2013
COURRIEL | EMAIL : MARC.GARNEAU@PARL.GC.CA



MARIE SICOTTE

REAL ESTATE BROKER

WELCOME TO THE *right* ADDRESS



514 953 9808

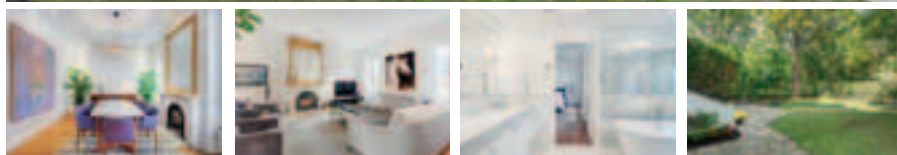
mariesicotte.com



GRUPE SUTTON CENTRE OUEST INC

**SICOTTE
& CO**

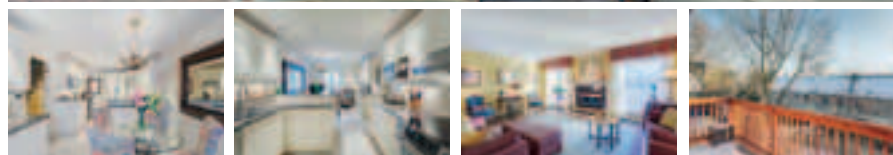
IDEAL STREET



WESTMOUNT | 52 ROSEMOUNT AV.
Stunning historical home, best location on the flats!

\$2,490,000

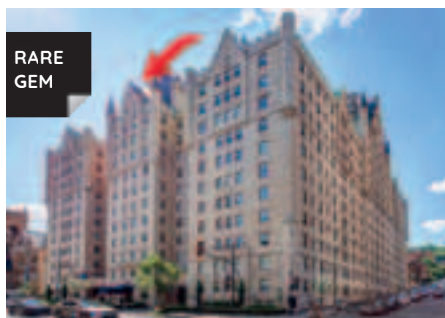
EXCLUSIVE



VILLE-MARIE | 2691 HILL PARK CIRCLE
Beautiful 3 bdr townhouse only steps to Beaver Lake

\$1,725,000

RARE GEM



LE CHÂTEAU | GOLDEN SQUARE MILE
Fully renovated PH w/ unique terrace + 360° views

EXCLUSIVE



ORO | VILLE-MARIE
2 bdr condo w/ large deck + Mountain views

\$1,895,000

61 ACRE ESTATE



LA CONCEPTION
Equestrian estate with private beach

\$1,395,000

NEW



GOLDEN SQUARE MILE
2 bdr condo in Le Château, in the heart of the city

\$995,000

NEW



WESTMOUNT SQUARE
Fully renovated, open concept, 1bdr + garage 920ft²

\$795,000

NEW



WESTMOUNT SQUARE
Mountain views, 1bdr, 760ft² + garage

\$740,000

PRIME LOCATION



VILLE-MARIE
Renovated, sunny 2 bdr facing park w/ large balcony

\$575,000

FOR RENT



12 WINDSOR | WESTMOUNT
Magnificent property in Victoria Village w/ garden

\$5,800/MO