

WESTMOUNT INDEPENDENT

Weekly, Vol. 16 No. 11d

We are Westmount

November 22, 2022

85 stopped on bike path after time change Association urges cyclists to use lights to respect others, the law

BY LAUREEN SWEENEY

A total of 85 sets of bicycle lights were handed out to cyclists spotted without any on the de Maisonneuve bike path during an hour-long operation each day November 8 and 9 from 4:30 to 5:30 pm as darkness set in.

“Despite the large number of lights distributed, approximately 75 percent of cyclists did have lights,” said Dan Lambert, president of the Association of Pedestrians and Cyclists of Westmount. “However 25 percent without any is too high.”

The safety campaign is carried out every year by the association when clocks are turned back an hour “and all of a sudden it’s dark” in the afternoon and takes many cyclists by surprise, he explained. “Not only does the Quebec Highway Safety Code require lights at night but it’s a matter of safety and respect for other cyclists, pedestrians *continued on p. 14*

City Xmas tree lightings
 Nov. 30: Prince Albert square
 December 1: City hall
 5 pm both days • See p. GG-1



Mansour #1 in world math contest!

Roslyn School principal Joanna Genovezos, left, and vice-principal Mireille Tehbelian, right joined grade 4 student Oliver Mansour for his photo op. Competing against over 17,000 other students, he placed first in the world in the first round of the online Caribou Cup Mathematics Contest last month. See p. 16 for story.

PHOTO: VERONICA REDGRAVE.

Foot pain?
Heel spur?
Bunions?

— Consult —

Dr. William Constant, podiatrist
 Dr. Jean-Maxime Rocheleau, podiatrist
 Dr. Sur Pio Yip, podiatrist

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Ban on gasoline-fired leaf-blowers to kick in October 1, 2023

BY LAUREEN SWEENEY

The use of gasoline-fired leaf blowers is to be prohibited in Westmount starting October 1 next year, according to an amended version of By-law 1591 on nuisances and public order approved by city council November 7.

A November 1 ban date was what had been sent to the *Independent* by the city clerk’s office after the council meeting on a request for an amended version that

came as “the updated” one.

The discrepancy in the one-month start time was noticed by Councillor Matt Aronson, who had moved the amendment, stating at the time that the start date would depend on the availability of the microchips to operate the eight-hour batteries that would be required. These are now caught up in supply-chain delays.

He said that the need for the amendment at the city council meeting had resulted from “a typo.”

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Molly Lamb Bobak (1920-2014), *Crowded Beach*, oil on canvas, 18 x 24 in (45.7 x 61 cm)

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PSO helps break window then climbs inside for resident

BY LAUREEN SWEENEY

A public safety officer helped a locked-out resident gain entry by breaking a window November 13 and then volunteering to climb inside himself to prevent the resident being injured, Public Security officials said.

The man had called Public Security at 12:53 pm to say the door had locked automatically behind him and that he had already tried to break a double-pane without success. The responding officer then produced a window “punch” used to help drivers access cars when locked out.

The inside window to the house was then unlocked allowing the outer one to be locked for security. The location of the house was not disclosed for security reasons.

Overnight patroller finds garage, inside door open

A public safety officer on overnight patrol discovered a garage door open after midnight November 15, Public Security officials said. The open door led to a car inside and an unlocked door leading inside the house. A resident inside was reached and warned about the importance of taking time on arriving home to secure the house by locking all doors and windows.

Tickets given to 2 contractors for permit violations

A ticket for \$1,308 was issued to a contractor on Lexington November 16 for blocking the sidewalk and street while moving concrete back and forth on the property without a permit to occupy the public domain.

Since the work was already under way when discovered at 9:09 am and could not be stopped, according to Public Security officials, it was allowed to continue but the workers were required to use a flag person to improve security and control traffic, which was reduced to one lane.

The day before, a similar ticket was issued for occupying the public domain in front of 613 Belmont when discovered at 10:40 am. Public Security has been working with the city’s Engineering department to improve safety for traffic and pedestrians as work sites accelerate construction before winter (see also story November 8, p. 3).

Dog owners warned to keep collars on dogs in case of escape

Two dogs found walking alone on Westmount streets in separate incidents November 12 had escaped from open doors or gates but were not wearing collars and therefore no identifying tags, Public Security officials said.

The first dog was described in a call to Public Security as a large white husky-type found by a woman in front of 331 Lansdowne. A responding officer was able to take it to the station, where the owner reported it missing soon after and the tag number was verified.

Another dog was found walking alone on Burton the same day. The SPCA was advised and soon afterward when Public Security placed the dog’s photo on social media, the brother of the owner called to retrieve it. It was a four-month-old puppy that was staying in Westmount with the owner’s brother. The owner was a resident of St. Laurent.

Man found in PJs persuaded to return home

A man was spotted crossing Sherbrooke at Atwater at 3:15 am November 13 wearing pyjamas and no shoes, Public Security officials said. A woman then appeared to be attempting to assist him. Identified as a caregiver, she said he had left home and did not want to return. Described as suffering from Alzheimer’s, he was finally persuaded to get into the patrol car to be driven home nearby.

2 dog owners ticketed after denying previous warnings

Two Westmount dog owners were ticketed \$227 each in separate incidents November 13 for walking their dogs without a leash, Public Security officials report. In both cases they denied having been previously warned or ticketed about the leash law.

A search of the city’s databank, however, revealed that one had been warned in 2017, the other had actually been ticketed in 2020 so both received tickets this time.

Gift Guide

after p. 10

Whiskey sour cocktail recipe, p. GG-4

Green bean casserole recipe, p. GG-5

Sour cream cookie recipe, p. GG-6

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Challah bread recipe, p. GG-11

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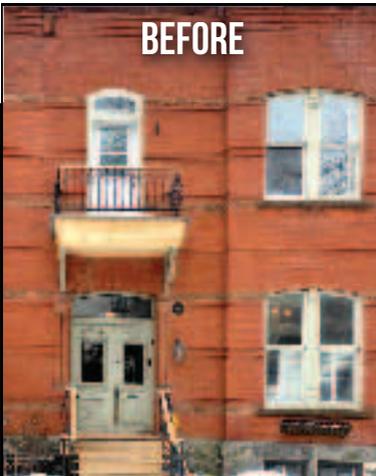


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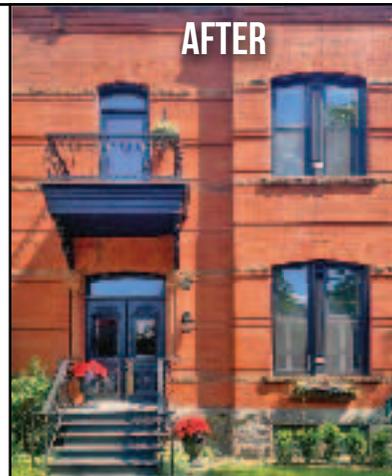
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Comin' Up

Saturday, November 26

St. Matthias' Anglican Church Christmas Fair. Face masks required and bring your own bags. 131 Côte St. Antoine Rd. 10 am to 1 pm.

Saturday, December 3

Rotary Club of Westmount presents People's Gospel Choir. \$25 adults, \$10 children via Eventbrite.ca or cash in person. Victoria Hall. 7:30 pm.

Tuesday, December 20

City's Hanukah celebration and menorah lighting at city hall. 5 pm.

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Before travel comes work



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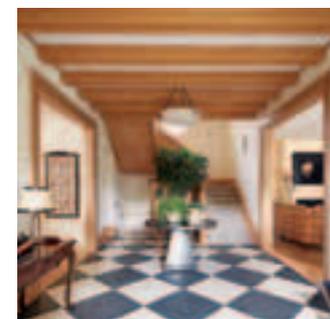
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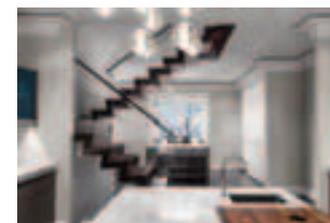
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Presented at residents' meeting Nov. 9

Mount Pleasant rebuild focusses on safety, greenery

BY LAUREEN SWEENEY

The city's planned reconstruction this summer of Mount Pleasant (Rosemount Crescent to Sherbrooke) was presented November 9 featuring proposals to mitigate the flow and speed of traffic coming down the hill, collect the run-off of rain and melting snow, and improve pedestrian safety.

It also calls for lining both sides of the street with "defining" granite, adding greenery and suggests three options for possible locations of charging stations for electric cars.

Attracting some 25 residents, the information meeting detailing the plans had been postponed from this past summer. The proposals were designed to include many of the issues identified by residents of the area in a survey whose deadline was January 14, explained the District 3 councillor Jeff Shamie. "It's a big change based on safety," he said.

As a result, no sidewalks as such will be added to the west side because of all the garage and driveway entries from homes on Rosemount Ave. There are none of these features on the east side. As well, nar-

rowed and raised pedestrian crossings and bump-outs at Holton as well as Rosemount Crescent are to encourage pedestrians to use the east side.

A continuous granite curb will run north to Holton from Sherbrooke. "Quebec granite is much harder than concrete, will last well over 100 years and will be less apt to break during snow removal," Shamie said.

Continuity with Greene

The use of granite on both sides will also provide visual continuity with that used on Greene (see story May 3, p. 7). While the lack of granite postponed the work earlier this year, it has already been put aside for the work, he said.

A call for tenders for the project is scheduled for January in order to start the work in mid-June, to last 18 weeks.

Parking will remain as it is now on the east side only and just north of Sherbrooke where a suggestion is made for locating street furniture.

To prepare for the current phase, Hydro-Westmount work took place in 2019 while rehabilitation of the water network occurred in 2020.



Presented November 9, this rendering of the proposed reconstruction of Mount Pleasant looking south from Rosemount Crescent shows the intersection of Holton at centre left.

Open House Sun. Nov 27 2-4 pm



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Police Report

Police attend to workplace accident on Côte St. Antoine

BY MARTIN C. BARRY

Police answered a call November 14 related to a construction injury at the Goode House, 178 Côte St. Antoine Rd., a spokesman for Station 12 said. The heritage house is currently undergoing renovations (see October 11, p. 1).

“The police went there because somebody had an injury while doing work, manual labour,” said Station 12 community relations officer Adalbert Pimentel, explaining that officers from the station were summoned around 8:20 am.

“There was a sergeant there on the scene, who saw there was an injury,” he said.

Cst. Pimentel said he was unable to furnish additional information on the incident because the report is now in the hands of the CNESST (Commission des normes, de l'équité, de la santé et de la sécurité du travail), which oversees the implementation of labour laws across the

province.

According to Pimentel, the sergeant contacted Urgences-Santé to send an ambulance, while also informing the CNESST.

City assistant director general Michel Larue in his position as substitute director general confirmed that the resulting closure of the work site was “temporary,” due to “a work accident and not related to the construction project.” Public Security also responded but left the incident in the hands of police.

Toyota pick-up stolen

Two automobile thefts recently in Westmount serve as stark reminder that car owners should be taking precautions to minimize the possibility of becoming the next victims.

In the first incident, sometime between 2 am and 9 am on November 12, a Toyota pick-up truck was stolen from a parking space on the street near the corner of Melville Ave. and Sherbrooke St.

In an incident report filed with police at Station 12, the owner said he had parked around 2 am, and upon returning at 9 am found that the vehicle was missing.

The investigators confirmed that the vehicle hadn't been towed, while also determining that the owner had the ignition key and a duplicate in his possession.

.....
continued on p. 14

Correction

In a photo of Leni Tisch accompanying the story of soccer player Julian Hughes in the November 15 edition (p. 10), she is incorrectly identified as his sister. The photo was taken November 12, 2019 when they were asking city council for an artificial turf playing field. – DP.

GUEST COLUMN

Provincial government's simplistic math leaves many without a family doctor

BY DR. MARK ROPER

The Quebec government divides the province into RLSs (*réseaux locaux de service*). One sub-region, Faubourgs-Plateau Mont Royal-St. Louis du Parc (RLS #632), shows the weaknesses of the government's system for allocating doctors. It is a unique medical region in Quebec, with the worst rate of registration with a family doctor in the province – at 60 percent.

With a total population of 166,866 inhabitants, 67,012 citizens are “orphans.” This is far from the Québécois average of 79 percent and the best sub-region, Charlevoix, has 92 percent.

Despite this serious situation, the Ministère de la Santé et des Services sociaux (MSSS) calculates that there is a surplus of front-line family doctors in the territory of 21 full-time doctors.

But their calculations are simplistic. One family doctor on the front line for every 1,500 inhabitants translates into an alleged need for only 111 doctors, and there are 132 in place.

Calculations exclude non-residents

But absent from the calculation is the effect of portability. Doctors in the territory have registered 67,004 Quebecers who do not live in it!

It is surprising that businessmen like Mr. Legault and Mr. Dubé chose to follow the simplistic calculations of the MSSS.

Mr. Legault goes farther and considers that the doctors of the region do not work hard. His minister, Mr. Dubé, follows the same logic and transfers doctors to the “450” (telephone area code) regions.

Westmount is part of the de la Montagne subregion, which also includes west downtown, Côte des Neiges and Park Extension. Only 60.3 percent of its population of 198,584 has a family doctor, leaving 78,838 orphan patients. It is estimated by the MSSS to lack only three family doctors in primary care. However they fail to take into account 149,508 citizens from outside the region inscribed with local doctors.

Speaking of the large regions, the population of Montreal has the worst registration rate with a family doctor in Quebec at 68 percent – far from the best region, Lac St.

Jean, at 92 percent. There are more than 600,000 “orphan” Montrealers.

Despite this situation, 382,954 patients from other regions are registered with family doctors in Montreal. If Montreal's family doctors only saw residents of Montreal, there would be an 86-percent enrolment rate.

At present, the percentage of “orphans” in Montreal and several sub-regions is increasing. Montrealers without a family doctor

(and doctors about to retire) are stuck with three options:

- Do without a family doctor and see an occasional walk-in clinic – but this does little to address the complex needs of primary care and has poorer outcomes;
- Go into the rapidly growing private sector – but the current rate is \$3,000-5,000 per year for three visits and a blood test, and that's hard to swallow when your tax dollars are spent to provide health care to your fellow citizens in the 22 regions where enrollment rates are over 90 percent;
- Stop healthcare portability – but this is a challenge because it is a core tenet of our health care system, it encroaches on the doctor-patient relationship and there has been no effort made by the government or surrounding areas to repatriate these “travelling” patients despite the allocation of doctors for them in the area where they live.

Are we witnessing the end of Medicare, starting in Montreal?

*

To find the situation in your territory, go to where-is-my-doctor.com

Dr. Mark Roper is an assistant professor of family medicine at McGill University, the director of the division of primary care in the department of family medicine at the McGill University Health Center and the director of the Queen Elizabeth Family Medicine Group.



The Roper Clinic is looking for a doctor (see November 5, p. 5), as seen November 11, and so are many Quebecers, especially in Montreal. The two searches are not unrelated.

PHOTO & CAPTION: INDEPENDENT.

WESTMOUNT INDEPENDENT

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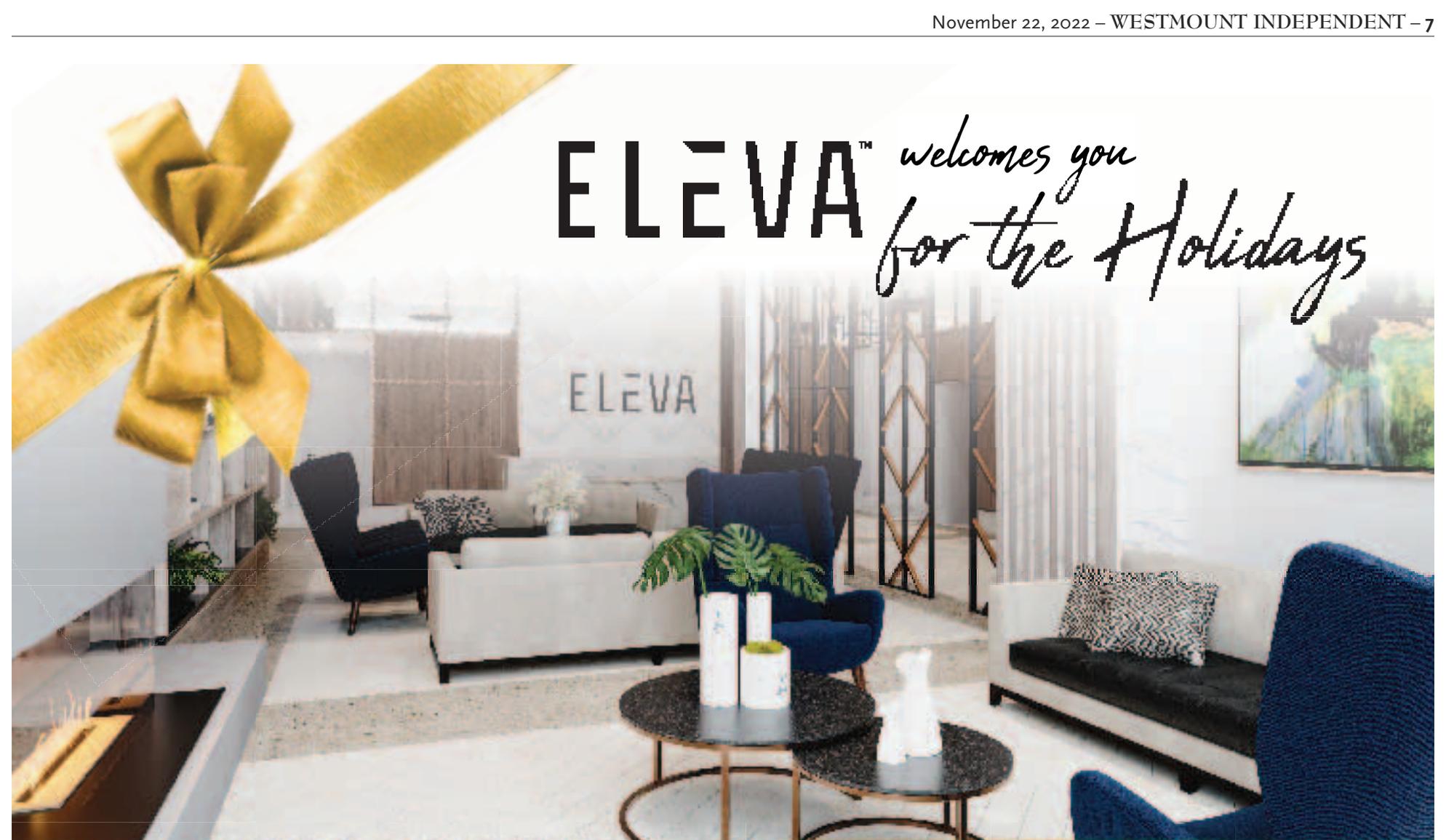
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Launched at Artisans Westmount

Public Security's food drive starts with \$1,675 & five bins

BY LAUREEN SWEENEY

Public Security's holiday food drive got off to a good start with \$1,675 and five recycling bins of non-perishable food and other products collected at the Artisans Westmount sale November 12 and 13, said assistant director Kimberley Colquhoun.

"Food costs and demand are up so much that we don't expect a list of families from the local CLSC Metro until December 1," she said last week. "We expect little change in the names of families, however, since in the last 15 years, at least, we have come to know their various allergies and other needs."

Other collection times

Coming up in the immediate future are collections taking place outside the Metro grocery store on Victoria on Giving Tuesday, November 29, from 10 am to 7 pm, and the next day at the same time on Greene in front of Les 5 Saisons. On both days, a patrol vehicle will be stationed outside the store.

"This helps us provide convenience to shoppers in picking up what they choose



First pick-up of the season? PSO Troy Graggs demonstrates how Public Security will collect items for the department's holiday food drive December 4 by calling 514.989.5367 in advance or and calling 514.989.5222 on the day.

to buy for donations that respect the best-before/expiry dates," Colquhoun said. "Residents wishing to contribute to the doorstep pick-up on December 4 can call 514.989.5367 to register in advance or 514.989.5222 the day of."

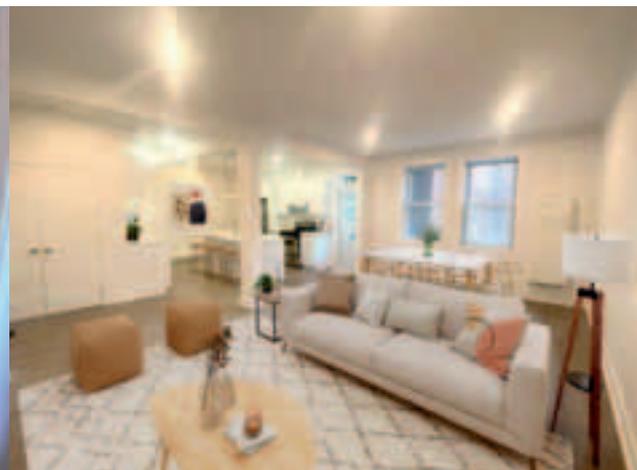
There are also collection bins in municipal buildings.

Among donation items suggested are nut butters, jam, cereals, tooth paste, toilet paper, toothbrushes, gluten-free items, cooking oils, coffee, maple syrup, canned

fruit, oatmeal and grocery or pharmacy gift cards. Though diapers are usually on the list, she said that pharmacy cards are usually safest for these and for feminine hygiene items since sizes and types vary so much.

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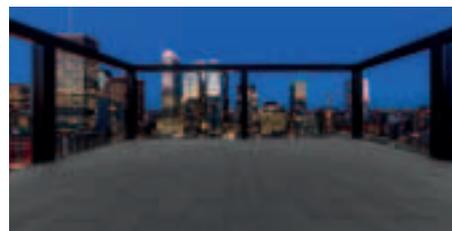


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LUXURY PROPERTIES

Pull-out section

Holiday Gift Guide 2022

Time changed for Prince Albert tree lighting Nov. 30

City hall tree to be lighted Dec. 1, featuring jazz trio & 2 choirs

BY LAUREN SWEENEY

The city is holding its usual two tree-lighting events one day after the other this year.

The tree at Prince Albert square will be lighted Thursday, November 30 at 5 pm. “This is an hour earlier than what had previously been announced,” said Donna Lach, assistant director of the library and Community Events.

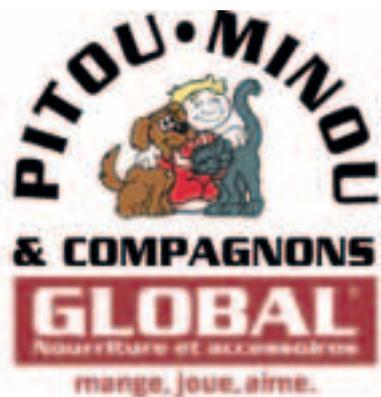
The tree outside city hall will be lighted the following day, December 1, also at 5 pm.

The Prince Albert event will feature singer Gary White, who will lead a sing-along from caroling books that will be dis-

tributed. Hot chocolate and cookies will also be served. This event is taking place in co-operation with the Victoria Village Merchants’ Association.

The lighting of the city hall tree will feature a jazz trio from McGill, a choir of grade 7 to 11 girls from The Study and members of two programs from the city’s Sports and Recreation department performing “Jingle Bells.” These participants will come from the “Drama for Fun” and “Musical Theatre.”

Refreshments will also be served, but outside, since the event has “outgrown” the earlier tradition of moving into the Lawn Bowling Clubhouse after the tree lighting, Lach explained.



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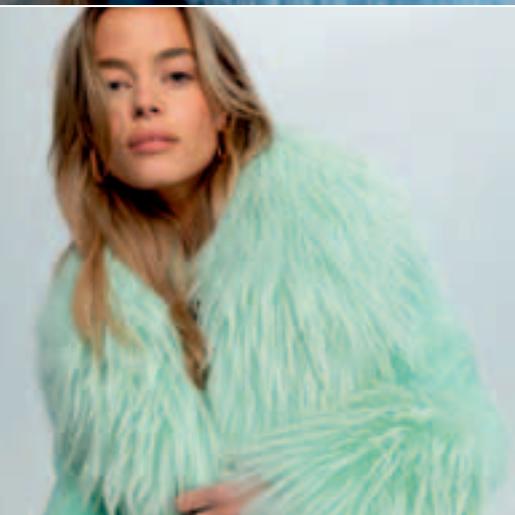
PHOTOS COURTESY OF COMMUNITY EVENTS.

Over 900 people attended Artisans Westmount November 12 and 13 at Victoria Hall, according to Donna Lach assistant director of the Westmount Public Library and the city's Community Events division, which organized the event.

The event is not just about buying goods. "I am so proud to say that the generosity of Westmounters enabled us to collect \$1,675 and five bins of non-perishable foods for Public Security's holiday food baskets," she added. – DP



Melissa Denis-Daigneault, Rachel Conover and Emily Gamble of the city's Community Events office.



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A classic cocktail toasts the season with a twist

People indulge just a little bit more when the holidays arrive. That may translate into enjoying an extra meal at a favourite neighbourhood restaurant, buying one or two additional gifts to stash under the tree or hosting a gathering with close friends that stretches into the wee hours of the morning.

Some choose to indulge by sipping a cocktail while watching the snowflakes fall. A whiskey sour is a classic that can be given a makeover with some ingredients that are tailor-made for the holiday season. In this recipe for “rosemary cranberry whiskey sour,” courtesy of the editors of *American Lifestyle*, fragrant and flavourful fruit and herbs blend well with the tartness of the drink.



Rosemary cranberry whiskey sour

Makes 4

Rosemary simple syrup:

¼ cup sugar

¼ cup water

2 tablespoons fresh rosemary

Cocktail:

6 ounces whiskey

3 ounces sour mix

16 ounces cranberry juice

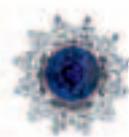
Cranberries, for garnish

Rosemary sprigs, for garnish

1. In a small pot over medium heat, whisk together the sugar, water and rosemary. Simmer for 2 to 3 minutes, creating a syrup. Remove from the heat, strain to remove the rosemary, and refrigerate.

2. Fill a shaker with ice, and pour in the whiskey, sour mix, simple syrup, and cranberry juice. Shake, and pour into ice-filled glasses. Garnish with cranberries and rosemary before serving.

Tip: This recipe is great without the whiskey, as a classy, adult “zero proof” drink. You can make a big batch as a lovely punch – leave some cranberries and rosemary on the side for garnish.



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A can't-miss holiday side dish

Side dishes are just as important to a holiday meal as the main course. It's perfectly acceptable to offer a few new and unique dishes on your holiday table, but guests likely will be expecting some tried-and-true classics as well.

Green bean casserole is a staple of many holiday dining tables. Alongside mashed potatoes and candied sweet potatoes, green bean casserole is a beloved holiday recipe – and it's easy to make as well. This recipe for traditional "Green Bean Casserole," courtesy of Campbell's, can hit the right tone for guests who want a taste of holidays past this year.

Green bean casserole

Makes 6

1 can (10½ ounces) Condensed Cream of Mushroom soup or 98% Fat Free Cream of Mushroom soup or Condensed Unsalted Cream of Mushroom Soup
½ cup milk
1 teaspoon soy sauce
4 cups cooked cut green beans
1⅓ cups fried onions (divided)

Heat the oven to 350°F. Stir the soup, milk, soy sauce, beans and ⅔ cup onions in a 1½-quart casserole. Season the

mixture with salt and pepper.

Bake for 25 minutes or until hot. Stir the bean mixture. Sprinkle with the remaining ⅔ cup onions.

Bake for another 5 minutes or until the onions are golden brown.

Variations: This recipe can be customized as one sees fit. Double up the amount of condensed soup if you desire a wetter casserole, or change the flavour by selecting a different flavour soup variety, such as Cream of Asparagus. You can add grated Parmesan cheese or shredded cheddar if you want a cheesy option. Some people prefer to use French-style green beans instead of the thicker cut variety.

Alternate cooking method: The traditional recipe has you cooking the casserole in the oven. However, if you have a large enough toaster oven, you can cook it in there to free up oven space; otherwise, prepare the casserole as directed in a slow cooker and cook on low for around 3 to 4 hours, until tender. Then add the remaining onions and transfer the casserole to the oven to crisp up for 5 minutes. (Check that the slow cooker crock is oven-safe; otherwise, spoon the mixture into an oven-safe dish for the final baking and serving.)

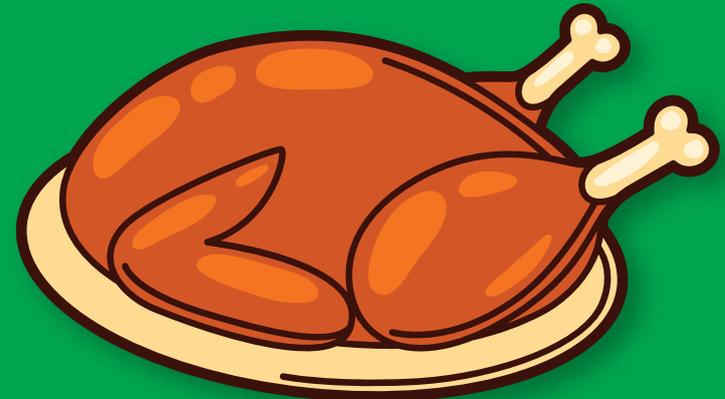
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Bake up a sweet holiday treat

Entertaining is a big part of the holiday season. Calendars are packed this time of year with gatherings with friends, family and professional colleagues. Entertaining requires keeping plenty of refreshments on hand to ensure guests maintain their holiday spirit. Dessert is no stranger to the season, with office break rooms, dining tables and buffet stations brimming with sweet treats to tempt celebrants' palates. Everyone should have a go-to dessert to bring along to a holiday party or to offer guests when hosting their own fêtes.

Cookies are a standard due to their versatility and portability.

Festive "sour cream cookies" provide all of the holiday feels and can be customized in colour to reflect celebrations of Christmas, Hanukah or New Year's. Bake up a batch, courtesy of "Live Well Bake Cookies" (Rock Point) by Danielle Rye.

Sour cream cookies

Makes 22 cookies
1½ cups all-purpose flour, spooned and leveled

1 teaspoon baking powder
¼ teaspoon salt
½ cup (1 stick) unsalted butter, softened
¾ cup granulated sugar
1 large egg, at room temperature
1½ teaspoons pure vanilla extract
½ cup sour cream, at room temperature

Vanilla buttercream frosting

½ cup (1 stick) unsalted butter, softened
1½ cups powdered sugar
1 tablespoon heavy whipping cream or milk
1 teaspoon pure vanilla extract
Gel food colouring (optional)

1. To make the cookies: Preheat the oven to 350°F. Line two large baking sheets with parchment paper or silicone baking mats and set aside.

2. In a large mixing bowl, whisk together the flour, baking powder and salt until well combined. Set aside.

3. In the bowl of a stand mixer fitted with the paddle attachment or in a large mixing bowl using a handheld mixer, beat the butter and granulated sugar together for 1 to 2 minutes, or until well combined.

4. Mix in the egg and vanilla extract until fully combined, making sure to stop and scrape down the sides of the bowl as needed.

5. Mix in the dry ingredients in two

additions, alternating with the sour cream. Make sure to mix in each addition until just combined, and be careful not to overmix the batter.

6. Using a 1½-tablespoon cookie scoop, scoop the cookie dough onto the prepared baking sheets, making sure to leave a little room between each one.

7. Bake for 14 to 16 minutes, or until the tops of the cookies are set and spring back when touched lightly. Remove from the oven, and allow to cool on the baking sheets for 10 minutes, then carefully transfer the cookies to a wire rack to cool completely.

8. To make the vanilla buttercream frosting: In the bowl of a stand mixer fitted with the whisk attachment or in a large mixing bowl using a handheld mixer, beat the butter for 1 to 2 minutes, or until smooth. Add the powdered sugar, ½ cup at a time, mixing in each addition until well combined.

9. Add the heavy whipping cream, vanilla extract, and gel food colouring (if using), and continue mixing until fully combined.

10. Once the cookies have cooled completely, spread the frosting on top of the cookies.

11. Store the cookies in an airtight container at room temperature or in the refrigerator for up to 4 days.

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Savour the holidays with a special roast

Roasts are customary during the holiday season because they often feed a crowd and look impressive on serving platters. Some people opt for a roast beef while others prefer to roast a turkey. However, chicken just as easily can be turned into a Christmas dinner. In addition, the cooking time for a roasted chicken is much shorter than it is with other roasted dishes.

This recipe for “roast chicken with whole roasted garlic” from “Rachael Ray 50: Memories and Meals from a Sweet and Savory Life” provides the basis for a tasty holiday meal. Simply multiply the recipe as needed depending on the number of guests.

Roast chicken with whole roasted garlic

Serves 4
 1 4-pound chicken
 Kosher salt
 2 lemons, one pierced several times with the tines of a fork and one halved
 Few sprigs each of thyme and rosemary
 4 large bulbs garlic, 1 per person or portion, ends cut to expose the cloves (keep the hairy root end intact)
 EVOO (extra-virgin olive oil) for drizzling
 Freshly ground black pepper
 3 tablespoons butter

1 cup white wine
 Warm, crusty bread

Place the chicken in a shallow baking dish. Salt the chicken inside and out and place uncovered in the fridge overnight.

Preheat the oven to 450°F.

Pat the chicken dry and fill with the pierced whole lemon, thyme and rosemary. Tie the legs up. Dress the bulbs of garlic with EVOO; season with salt and pepper. Arrange the garlic in the baking dish around the chicken. Rub the chicken with butter and season with pepper. Pour the wine into the dish.

Roast the chicken for 1 hour or until an instant-read thermometer inserted into the thickest part of the dark meat reads 165°F. Let the chicken stand for a few minutes on a carving board until just cool enough to handle. Carve the chicken, dividing the white and dark parts and slicing the breast meat on the bias. Arrange the chicken on plates or a platter and top with drippings, juices and the juice from the remaining halved lemon. The garlic may get dark but it won't be charred. Serve in the skins or squeeze the paste from the skins with your knife and pass with a spoon to eat with the chicken or to slather on the warm chunks of bread.

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Entertaining options to accommodate late arrivals

In a perfect entertaining scenario, all guests arrive on time and food comes out of the oven at the ideal temperature. Even though holiday hosts can hope for the best, it's a good idea to plan for instances when guests take liberties in regard to when they show up to dinner.

People have their own interpretations of what qualifies as "on time." For example, for an event that begins at 4 pm, some guests may turn up at exactly 4 pm, while others may arrive an hour or more later. According to etiquette expert Miss Manners, ordinarily it is understood that dinner is served roughly a half hour after the stated invitation time. While it's frustrating for hosts doing a culinary balancing act when guests do not heed etiquette and show up on time, there are some ways to plan ahead for late arrivals.

• **Know your audience.** If you have perpetual late arrivals, you likely know who the culprits will be. Adjust their invitations so that their proposed arrival times are one hour earlier than the rest of the invitees.

• **Shift accountability.** On the invitation, clearly state your desires with something such as, "Arrive at 3, dinner will be



served at 5." This gives guests a window of flexibility. Plus, you'll be largely off the hook if the meal is already on the table when late comers arrive. Simply say, "We knew you wouldn't want us to wait for you." Plus, if guests know exactly when food will be served, they can fortify themselves with snacks if they

must be late.

• **Plan make-ahead dishes.** Some meals taste even better when they've been allowed to sit and the flavours meld. These include quiches, layered pasta dishes, casseroles, and even stews. Incorporate them into holiday entertaining plans, and then you can reheat as

needed prior to dinner being served.

• **Use the oven as a warmer.** Even something like a roast or turkey can be kept warm for some time without compromising on quality. Foods can typically be kept hot in a preheated oven set to 200°F to 250°F. Even lower temperatures between 160°F and 170°F will keep food safe at an internal temperature of 140°F without it actually being cooked more. If it goes above 140°F, turn off the oven and then back on as needed.

• **Choose foods that cook quickly.** If you prefer to cook to order for guests, then have appetizers on hand to keep early guests satisfied. Then when everyone has arrived you can rely on fast-cooking items like steaks, chops and cutlets. Thin cuts of meats and poultry will take much less time to cook than briskets and roasts. Give them a holiday makeover with innovative flavours and impressive garnishes.

• **Consider catering.** Catering companies are masters at keeping food at the ready for guests. A buffet service will keep food hot in chafing dishes, which is perfect for a holiday party with an open door policy on arrival time.

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MARIE JO

8 easy holiday centrepiece ideas

The holiday season is a great time to make any home a bit more merry and bright. Most individuals let their personalities show through their home decor, and holiday decorating is just as personal as decorating throughout the rest of the year.

The main living areas of a home get the most decorating attention, with a Christmas tree or menorah taking a prominent position in the front window. Garlands, candles and other accoutrements also may dress up spaces. However, when it comes to holiday hosting, attention also should be given to the dining table – which can benefit from a festive centrepiece.

Premade centrepieces are undeniably attractive, but adding a homespun touch can be a fun creative pursuit and become a family tradition. Explore these eight simple ideas to dress up your holiday table.

1. Frosted pine cones – Take advantage of a crisp winter's day to venture into a forest or park that is rich with evergreen trees. Gather pine cones from the forest floor and, if possible, a few evergreen boughs. Give the pine cones a touch of winter whimsy with a

little faux snow in a can or even white paint. Nestle the boughs and pine cones into a wide-mouthed vase or bowl in the centre of the table. Individual pine cones can later be turned into place cards for seating guests.

2. Holiday thanks – Cut many strips of paper roughly 6 inches in length from various coloured pieces of paper to match the holiday theme. When guests arrive, ask them to write a favourite holiday memory or two, or what they're thankful for. Twirl the paper strips around a pencil to curl them, and then place the curlicues into a decorative bowl in the centre of the table. Later in the evening, the host or hostess can read some of the sentiments.

3. Magical forest – Use green and silver conical party hats to turn a table or sideboard into a veritable evergreen forest. Arrange them on a blanket of faux snow or white confetti.

4. Freshly cut – Select attractive flowers in vibrant holiday hues from a florist or even the supermarket floral section. Cut the stems and place them into an unusual display container, such as holiday themed mugs or a punch bowl.



5. Glass baubles – Who says ornaments should be exclusive to the tree? A crystal or glass cake stand can be transformed into an icy delight when topped with silver and clear glass ornaments.

6. Birch wood – The crisp white colouring of birch bark is right at home with holiday decor. Go stark with pieces of the cut wood in varying heights intermingled with white candles that mimic the shapes and scale of the wood.

7. Fruit and vegetables – If guests are coming over and the race is on for a fast centrepiece, look no further than the

kitchen. Lemons, artichokes, pears, or pomegranates look festive in a bowl interspersed with some greenery and baby's breath.

8. Cornucopia – The horn of plenty can be customized to any holiday. Purchase a horn in wicker or woven grapevine and fill with flowers, fruit and greenery, or even painted gourds or miniature pumpkins.

Holiday hosts and hostesses should not neglect the dining table when they decorate. Festive centrepieces can be handmade without much effort on the part of hosts.

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Put the finishing touch on Hanukkah celebrations

Challah is a special bread within Jewish households that is cooked to herald the Sabbath and celebrate various holidays. Jewish scholars indicate that the history of challah can be traced to the scripture story of manna, or bread, that God sent to the Israelites in the wilderness. Also, during the days of the Temple in Jerusalem, Jews presented dough as an offering to priests, who used it to bake their own bread.

Challah can be sweet or savoury, and leftovers can make for a delicious French toast base for breakfasts and brunches. Anyone can learn how to make challah for their holiday celebrations. Traditional challah is made with eggs and a shiny egg wash, but this plant-based version uses potato water starch in the recipe. Bake up a loaf or two with this recipe, courtesy of “Plant-Based Gourmet: Vegan Cuisine for the Home Chef” (Apollo Publishers) by chef Suzi Gerber.

Challah

Makes 2 loaves

3 Yukon Gold potatoes or other butter potatoes (about 1½ pounds), peeled and cubed

⅓ cup safflower oil or avocado oil

⅓ cup sugar
5 cups all-purpose flour or gluten-free all-purpose flour
1 tablespoon cornstarch
1 teaspoon kala namak (Indian black salt)
1 teaspoon turmeric powder
1 teaspoon sea salt
1 packet active instant dry yeast (approximately ¼ ounce)
½ cup butter, softened and cut into cubes
⅓ cup oat milk

1. To make “potato water,” combine the potatoes with 3½ cups cold water in a large pot, bring to a boil, and keep at a boil for 20 minutes, uncovered. The liquid level should reduce to about 2 cups.

2. Drain the potatoes, and reserve the liquid.

3. Combine 1½ cups of the potato water with the safflower oil and sugar in a mixing bowl or a large measuring cup with a pour spout (reserve the remaining potato water). Whisk until sugar is completely dissolved.

4. Combine the flour, cornstarch, kala namak, turmeric, and sea salt in a stand mixer and whisk to combine. Make sure there are no salt clusters for the yeast to

come in contact with, then slowly add the yeast.

5. Change the mixer attachment to a dough hook, and slowly add the potato-water mixture to the dry ingredients while mixing. This slow pour should take about a minute.

6. Add in the softened butter, 1 cube at a time, until fully incorporated.

7. Knead the dough hook on medium-high (number 6 on standard home machines) for 10 minutes, keeping an eye on the elasticity of the dough. Pinch and pull the dough to check its elasticity: When ready, it should stretch like a rubber band and reach about 10 inches without breaking.

8. Let the dough rise, covered, for 45 minutes at room temperature. It should double in size.

9. Portion the dough into 2 equal blocks. Divide each block into thirds to form a traditional straight braid, or into 4 sections to form a round braid. Roll the pieces into equal-sized ribbons that are at least 18 inches long. Line a baking sheet with parchment paper and braid the ribbons directly on the parchment, tucking the ends under and pinching them together.

10. Cover again and let rise a second time, for 30 to 45 minutes. The dough should dramatically increase in size, eliminating any gaps in the braid.

11. Preheat the oven to 375 F.

12. While the bread rises, combine the remaining potato water (about ½ cup) with the cornstarch in a small saucepan. Bring to a simmer, whisk often until a thick gel forms, and then remove from the heat.

13. Slowly add the oat milk to the gel, whisking until the gel is thin enough to paint.

14. Brush a generous and even amount of the starch-and-oat-milk wash onto the risen bread right before placing in the oven.

15. Bake for 40 to 45 minutes, rotating once halfway through. Remove once the crust is smooth and dark and the bottom is strong. When you thump the bottom with your finger, it should sound hollow. The internal temperature should be 190 to 200 F.

16. Paint the loaves again with more of the wash and let cool. Store in zip-top bags. Keep for 3 to 5 days (if they last you that long!) at room temperature, or up to 6 months if frozen.

17. If you over-proof or let the finished loaves sit out uncovered or past 5 days and they get hard, it’s French toast time.



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Jessica Lombard* 514.476.9700



RENOVATED UNIT \$650,000
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Saguy Elbaz* 514.892.7653

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BEDS: 2 BATHS: 2 | MLS 18663939

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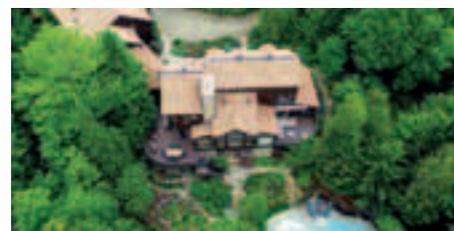
GRAND LAC SINCLAIR \$18,945,000^{***TXS}
2216 route 323 Nord, Amherst
2,639 ACRES | MLS 11947219

Herbert Ratsch^{††} 514.884.8269



WATERFRONT - LAKE BROMPTON \$4,997,000
206 chemin J.-A.-Bombardier, Racine
BEDS: 3 BATHS: 4+2 | MLS 24784856

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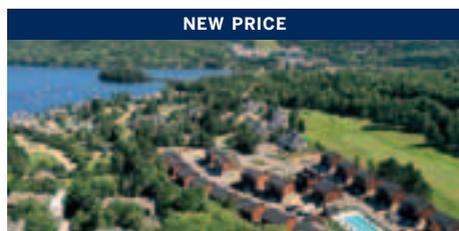
EXCEPTIONAL NATURE PROPERTY \$3,488,000
455 chemin de Chertsey, Estérel
BEDS: 9 BATHS: 5+1 | MLS 21536790

Monica Genest^{*} 514.400.0280
Victoria Marinacci^{*}



WATERFRONT ON LAC OUIMET \$1,949,000
1050 chemin de Ste-Anne-des-Lacs, Sainte-Anne-des-Lacs
BEDS: 3 BATHS: 3+1 | MLS 28133580

Melanie Clarke^{*} 450.694.0678



NEW PRICE

ON LE GÉANT GOLF COURSE \$1,799,000
1095 Allée du Géant, Mont-Tremblant
BEDS: 4 BATHS: 3+1 | MLS 26898134

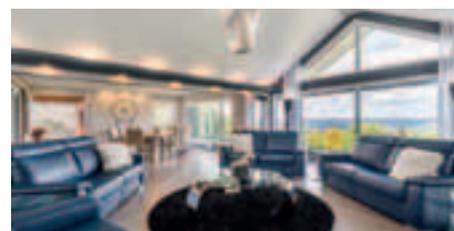
Rachelle Demers^{*} 514.378.8630



INTRODUCING

GORGEOUS NEW-BUILD \$1,498,220^{***TXS}
865 rue de Fribourg, Sainte-Adèle
BEDS: 2 BATHS: 1+1 | MLS 9670784

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LAND: 6,533.69 FT² | MLS 19636932

Patrick Vaillant^{**} 514.774.6917



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BEDS: 4 BATHS: 2+1 | MLS 24681478

Cody Ratcliffe^Δ 819.429.1834
Marsha Hanna^{*} 819.425.0619



NEW PRICE

ACCESS TO LAC GÉLINAS \$895,000
148 chemin Bréard, Mont-Tremblant
BEDS: 3 BATHS: 2+1 | MLS 28775687

Marsha Hanna^{*} 819.425.0619



LUXURIOUS LOG CABIN \$774 900^{***TXS}
149 rue du Lac-Walfred Sud, Sainte-Marguerite-du-Lac-Masson
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Chantal Tardif^{*} 514.532.0632



LAND IN LAC SUPÉRIEUR \$495,000
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LAND: 56 ACRES | MLS 21433070

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Work completed on 'Le 4469' St. Catherine St. apartments

BY MARTIN C. BARRY

A new five-storey residential building featuring high-end rental apartments has finally been completed on St. Catherine St. near the corner of Metcalfe Ave. on the site of two former retail landmarks.

"Le 4469," as the developers have called the building, takes its name from the address of the Westmount BBQ (formerly known as the St. Urbain BBQ), which had to be demolished after a fire on November 28, 1991.

An adjoining building at 4471 St. Catherine containing a Perrette's convenience store, that had also sustained damage in the fire, was demolished in 1995, leaving two narrow, separately-owned properties that looked like one lot.

While Le 4469's developer had bought the Perrette property in 1993, it was too small to build on. It was not until the 4469 address was acquired in 2018 that the two vacant lots could be legally amalgamated into an enlarged one, allowing for the apartment project to proceed.

The five available luxury apartment units are protected by a sprinkler system, and feature heated bathroom floors, their own central air conditioning, hot water



Seen here on November 4 outside Le 4469, Evelyn Wajcer developed the high-end apartment project with her husband Lawrence Vatch.

tank, granite counters and plenty of cupboard space.

The project was developed by a subsidiary of Evelyn Wajcer Holdings Inc., which owns the property as well as the KIDS Daycare next door. A ground-floor unit of 900 square feet has one bedroom and comes with its own attached private garage.

"This would be ideal for a single woman or somebody who's looking for a worry-free lifestyle," said Evelyn Wajcer, who led the project along with her husband Lawrence Vatch.

Each of the second- and third-floor levels has two two-bedroom, two-bathroom units of 1,100 sq. ft. each, while single units take up the fourth floor and the smaller, recessed fifth floor.

Although Wajcer and Vatch have lived on Kensington Ave. for decades, they are moving into Le 4469's top two floors.

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Akiva launches Hoppenheim early learning centre



From left, Rosemary Hoppenheim (cutting ribbon), her daughter Jenny Hoppenheim and Matthew Pekofsky with their children, and her daughter Caroline Hoppenheim with her spouse Jake Leibner and their baby.

PHOTO: MARTIN C. BARRY

Relatives of the late Montreal film production entrepreneur Mel Hoppenheim, who passed away in July, were on hand at Akiva School on Kensington Ave. on November 8 for a ribbon cutting to officially open the new Rosemary and Mel Hoppenheim Learning Centre.

The centre, which is home to the Akiva

kindergarten and junior kindergarten, was completely renovated and designed specifically for Akiva's youngest students, thanks to a donation from the Hoppenheims.

The date of the opening on the Hebrew calendar was meaningful, as it would have been Mel Hoppenheim's 85th birthday.

Police report, cont'd from p. 6

According to the report, there were no signs of forced entry such as broken window glass on the ground where the vehicle had been parked.

Although an anti-theft alarm didn't deter the perpetrators, it is hoped the GPS tracking system may help locate the vehicle.

Land Rover stolen, recovered in Kirkland

In a second car theft incident, which

took place during the night from November 14–15, a Land Rover SUV parked near the corner of Sherbrooke and Metcalfe was stolen, then recovered in Kirkland on the West Island.

"The vehicle was parked, and then the owners noticed that on the 15th at 9 in the morning it was missing," said Cst. Pimentel. In this case, he noted, the on-board GPS system was crucial to its recovery.

He said that not long after the owners advised 9-1-1 of the theft, the 9-1-1 service operator managed to locate it and informed them. He said the investigators may have some video evidence of the incident, leading possibly to the identity of the thieves.

Box your car keys

As techniques for stealing cars are evolving with new technology – one of the latest being to electronically hack signals from wireless key fobs kept in homes – CAA-Quebec is currently recommending car owners keep their keys in a storage box or pouch designed to act as a shield, while also storing them somewhere far from the house entrance.



Two cyclists, at far left and right, were among those given sets of bicycle lights November 9 at 5 pm at de Maisonneuve and Greene. Working on the safety campaign wearing yellow vests were Séverine Renard and Dan Lambert, president of the Association of Cyclists and Pedestrians of Westmount.

PHOTO COURTESY OF THE ASSOCIATION OF PEDESTRIANS AND CYCLISTS OF WESTMOUNT.

Cyclists, cont'd from p. 1

and motorists.

"When we stop cyclists to give out the lights, we take the opportunity to remind them of the children, seniors and pedestrians who go through Westmount Park and may not be easily seen alongside the bike path, especially when wearing dark clothing. Please, always slow down."

Range of excuses

Many cyclists, he said, do not know the lights – red for the rear and white for the front – along with reflectors on the wheels are legally required and that without them, police can issue \$130 tickets.

He said it was interesting to note "the

range of excuses" from those stopped. Some claimed they had lights at home but they weren't working or needed new batteries or didn't know they were needed.

"The basic message for cyclists," he said, "is that lights protect you and show respect for other drivers as well as pedestrians. Pedestrians always have the right of way."

The association funds the purchase of the free light sets partially with revenue received from giving cycling education courses to children in May each year at the Westmount recreation centre. "In those courses, we stress repeatedly the importance of respect for others."



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9 Lives

LYSANNE FOWLER

and 51520624 for Peter.

Once there, click on the red “Book a visit” rectangle on the upper right-hand side of the page to be linked to the adoption coordinators. From that point, you can schedule a family visit at the shelter for an adoption meeting. Please do not forget a carrier, but if you do not have one, you can purchase them at the cat accessories and food section of the SPCA building.

Your neighbour,
Lysanne

Little orange tabbies, darling kittens, these almost identical brothers are smoochable and ready for adoption from the Montreal SPCA cattery.

All three little rascals are very healthy, up to date on their kitten inoculation program, neutered and microchipped.

Please refer to the Montreal SPCA website quickly. They are too cute to be there long. Do not hesitate to search under www.spcacom, scroll to the kitten-information pages from their identification numbers: 51520629 for Orion, 51520625 for Parker



Westmount
A-dog-tions

LYSANNE FOWLER

This is such a precious photograph of Willow, a beautiful Bouvier des Flandres, as a loving and sporting girlie. She is sweet, friendly, playful and affectionate.

Willow is four years old, very healthy, up to date with her inoculations, spayed and microchipped. As a herding breed, Bouvier dogs are quite intelligent and protective, very good at activities and outings for on-leash walks, or off leash.

Willow is a tribute to her breed, not only beautiful but bright and hardy. Changes in her owner's family situation make it important to find a new family for Willow, and it would be perfect if she were adopted in our neighbourhood. She is used to a house and backyard, parks and the Summit, so Westmount would be ideal for her.

She also enjoys play with dogs, so if there is another large-breed, active friend in the home, that could also be great.

Stunning Willow

For more information on adopting Willow, please do not hesitate to contact the Gerdy's Rescues & Adoptions' volunteers at their email info@gerdysrescue.org and consult their website at www.gerdysrescue.org.

Your neighbour,
Lysanne



City Views

Roslyn's Mansour places first in math contest

BY VERONICA REDGRAVE

What a pleasure it was to visit Roslyn School. On the front lawn an extensive garden showed signs of diligent digging and an inviting seating area beckoned.

I was there to chat with a winner: Oliver Mansour, grade 4, who scored first in the world in the first round of the online Caribou Cup Mathematics Contest this October.

The math enrichment contest is being held monthly from October 2022 to May 2023 and features interactive quizzes and mathematical puzzles designed for young math talents. Winners are judged based on

their top five out of six rounds.

In this first round, Oliver competed against peers in his level: 12,909 students internationally, 5,793 students nationally, 70 students in Quebec, and 53 in the English Montreal School Board.

‘Excited to continue’

“I feel happy because I got first place, and I’m excited to continue. My other favourite subjects are French, art and technology,” said Mansour.

Based on rigorous criteria, Roslyn students are invited to join the International Caribou Cup as part of the school's enrichment programs, which are led by Dr.

Camelia Birlean, a consultant for gifted and exceptional learners at the EMSB. She also teaches the gifted and talented course at McGill University.

Last year, Roslyn introduced its comprehensive enrichment program featuring Math, STEM and English Language Arts, including debating, public speaking, and Battle of the Books.

Results are impressive. In Canada's STEM “Let's Talk Science Program,” the Roslyn grade 6 team won second place out of 186,000 students. And the Roslyn senior debate team won the final challenge against another EMSB school.

See photo on p. 1

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Andrew Hops, Linda Smith and Warren Greenstone.

Social Notes

VERONICA REDGRAVE

Milos was recently the site of a fashion-, fun- and food-fuelled event.

The food? The Best. Of course: It's Milos! The international foodie hotspot lived up to its delicious reputation.

Fashion? Runaway runway styles. Sky-scraper stiletto Louboutins. Ankle boots. Mini minis (who sits down anyway these days?). Thigh-high boots. Bare backs. Black. More black. Leopard. Swarovski-style sparkle everywhere. But the over the top twinkle – the best bling ever! – was the entertainer Marco Mr. Tam Tam, whose bongo drum was “diamond”-studded, matching his glittering glasses. He played beats for the sensationally-scantily clad belly dancers, fabulous in feathers, and more glam gleam.

The fun? A packed disco dance floor helped work off Milos' baklava and Madame Munchy's inimitable chocolate brownies.

Organized by co-chairs *continued on p. 18*

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Social notes, cont'd from p. 17

Mose Persico, Heidi Small, Joanne Maislin, Lysa Lash Hornstein.

Phyllis and Ted Tessier, and Dr. Terry Smith.

Linda Smith and Andrew Hops, the eagerly-awaited sold-out *My Big Fat Greek Funraiser # 3* supported Rescue Dogs and the Miriam Foundation, represented by CEO Warren Greenstone.

The organization supports those with autism-spectrum disorders and intellectual disabilities.

Vanessa Sicotte (there with husband Jonathan) spoke over the chatting crowd, expressing her appreciation for the foundation's help with their child. Assisting the cause was a silent auction handled by local res Mose Persico, on his way to LA to interview Jonathan Pryce on his role in *The Crown*.

Inadvertently carrying on the royal theme, one of the pieces donated was the famous patrician profile of Queen Elizabeth: "Liz" by artist Isabelle Landrie.

An abstract work by Philippe Van Eetvelt also sold quickly, both at \$5,000, thanks to Persico's energetic encouragement of bids.

Noted arriving were Rosemary and Frank Niro, Francine and Richard Wiseman, Terry Smith, Andrew Lufty and his son Alex Lufty, Tatiana Londono and husband David Alter, Heidi Small, Abraham Wexler, Ron Dobrin, Lysa Lash Hornstein, Julian Malka, Therese Brownstein, Phyllis and Ted Tessier, Yasmine and Nick Niro, Lindsay Hart, Stacey Keller, Jordan Schachter, Julia Brownstein Ouaknine, Claude and Irwin Lande, Yolanda and Michael Page, Annie Cohen, Jennifer and Dominic Ferst, Valerie Azoulay Benchetrit, Nadine Cohen, Anna and John Broccolini, artist Heidi Spector, Joy and Jeff Bultz, Rozlyn Druckman, Alfee Kaufman and Geoff Garbarino, Susan Lonn and her mother Honey Greenbaum, and Linda Shaw, a stand-out in white, there with her daughter Alexandra Debruyn.

Please send your event info to veronica@redgravepr.com.



Tatiana Londono and David Alter.



Alex and Andrew Lufty.



Rozlyn Druckman, Linda Shaw and Alexandra Debruyn.



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