



# WESTMOUNT INDEPENDENT

Weekly. Vol. 16 No. 4a

We are Westmount

April 5, 2022

## Ukraine is local news.



Left, Westmounters gathered on the lawn of city hall March 31 to support Ukraine in its fight against Putin's invasion, in sight of a Ukrainian flag now in place there. See story p. 32. Right, Rabbi Adam Scheier of the Congregation Shaar Hashomayim was in Ukraine last month. See p. 30 for our interview with him. He is pictured here on March 30. Photos: Ralph Thompson (left) and Martin C. Barry.



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## Atwater-to-Wood gathering place coming to one lane of de Maisonneuve

BY LAUREEN SWEENEY

Plans for the summer got off to a start with the council meeting March 21 when a contract was awarded to supply street furniture for a Westmount section of de Maisonneuve. This would stretch west from the Atwater Metro station to Wood.

The plan for this section is to narrow the one-way street to one traffic lane in order to retain the bike path and parking while setting up the street furniture on

what is expected to be the remaining, northern lane similar to what has been done for the past two summers on Greene, according to Councillor Mary Gallery, whose commissionership includes parks.

The resolution awarded the contract to supply the furniture at an amount of \$73,397 including tax credits to Coopérative Le Comité – Générateurs d'événements. The cost was to be financed by the city's appropriated surplus.

Creation of the new *continued on p. 30*



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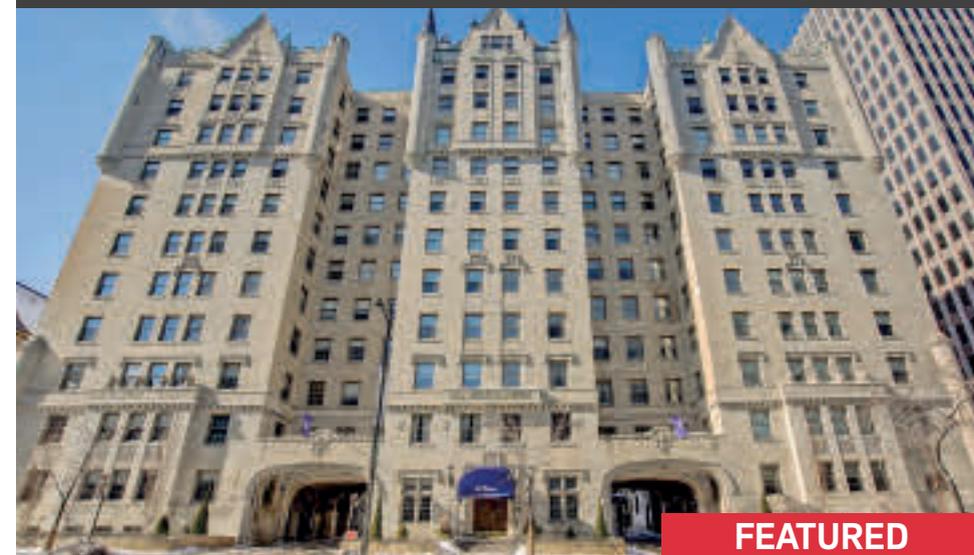


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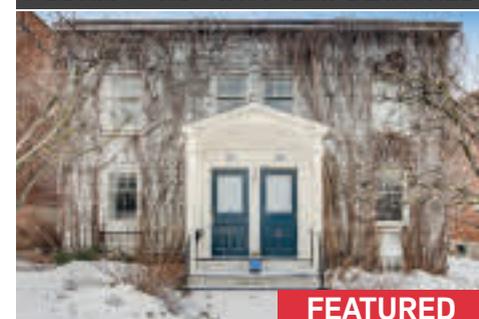
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FEATURED

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### 3 BDRM CONDO IN A SEMI-DETACHED



FEATURED

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### GROUND FLOOR CONDO



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4172 Av. Northcliffe

Wood frames to be worked on individually

# Restoration of city hall's 300 windows awarded for \$2.3M

BY LAUREN SWEENEY

Work on the exterior of city hall is to continue for the fourth summer now that a contract to restore the wooden and leaded glass windows has been awarded by the council at its meeting March 21.

The window work starting this summer is also expected to continue into the following year, according to city director general Hadi Hakim. This follows restoration of masonry in 2019, Phase 1 of the project, and replacing the slate-shingle roof, Phase 2, in 2020 and 2021.

The latest contract for \$2,178,431, including taxes, went to Maçonnerie Rainville & Frères, of which \$1,107,776 is authorized for the 2022 fiscal year.

The only other bidder, St-Denis Thompson Inc. at \$2,273,205, had also submitted a quote for the windows last year at \$2.66 million. At that time, however, it was rejected by the city as being double the estimated amount of \$1.33 million (see story July 13, 2021, p. 3). This is the firm that has been executing the work on the city's heritage greenhouses.

The window restoration requires each of the exterior ones that swing outward as well as the interior ones that swing inward to be handled individually for a total number of 300. The frames are to be repaired and pieces of rotted wood replaced.

"We're leading by example," explained Councillor Conrad Peart, commissioner of urban planning and infrastructure. This is in following the city's own guidelines for Category I heritage-rated buildings by restoring the windows rather than replacing and "relegating them to landfill."



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## Leaf-blower season is here

Residents and their contractors can use leaf blowers until May 1, the city announced on its website late last month. The permitted period began April 1.

Leaf blowers may be used between 8 am and 4 pm from Monday to Saturday.

There is also a fall period when they are allowed.

## IN OUR FASHION, HEALTH & BEAUTY SUPPLEMENT:

Factors that can adversely affect mood, p. 16

How many calories are burned when ... , p. 17

The importance of rest, p. 18

Foods that can positively affect mood, p. 20

The role different vitamins play, p. 22

Essential summer skin care tips, p. 23

The many ways walking benefits your body, p. 24

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Dodge on October real estate transfers, p. 28-9

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Retail Review:

Melanie Duettchen

Hagn fitness, p. 37

InfoWestmount, p. 13



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703 Av. Grosvenor, Westmount  
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115 Av. Sunnyside, Westmount  
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607 Av. Roslyn, Westmount  
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**'Standing room only:' Maislin**

# Hockey regional finals bring all-girl teams to WRC

BY LAUREN SWEENEY

It was the first time that Westmount had hosted hockey finals for the Lac St. Louis region and that it was for girls' hockey made it especially thrilling, according to Andrew Maislin, operations manager for the Westmount recreation centre.

"It was crazy: standing room only," he said after the event Sunday, March 27. "You couldn't even walk through the lobby where parents, grandparents and siblings rotated while accompanying the players from nine hockey levels and included players from all over Montreal and off-island communities.

"I think it accomplished what girls' hockey is all about these days," he added. Previously, hockey was all about the boys "just like back in the days with soccer in which girls are now playing in the same numbers as the boys."

The teams that won their final games in nine age levels (U11 to U21) were to represent Lac St. Louis region at the Dodge



The Westlake Wild was all smiles showing off their Junior B medals and champions banner.

Cup for girls' teams, the equivalent of the Stanley Cup, to be played April 7-10 in four northern Eastern Townships towns.

Among the finalists was Margot Duffar,

who lives in Westmount but played this season at the U13-A level on the all-girl team for Mount Royal-Outremont. She was Westmount's player of the month for January 2020, the first girl chosen for this recognition (see story February 18, 2020, p. 1).

This is the first year that Westmount has had an all-girl hockey team and at the novice (U9) level (see story September 9, p. 5). It was one of three all-girl teams at this starting level that played showcase games at the event.

It was an especially great opportunity for them, Maislin, explained, "because they got to see how these older girls had not been forced into playing on boys' [co-ed] teams."

Since Westmount had just launched its first all-girl inter-city team in the fall with an aim of building up girls' competitive hockey from there, the 17 girls who currently play competitive hockey in Westmount at various levels are co-ed members of the city's older Wings teams.



The Dollard/Pierrefonds Blades were the Junior B runners-up.

PHOTOS: RALPH THOMPSON

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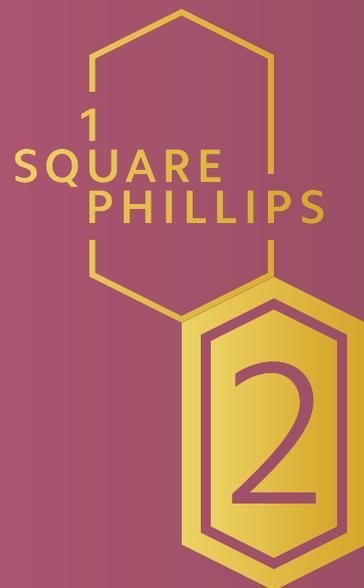
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*'Knot the solution that we need'*



The two chains underneath the highway on Greene northbound from St. Antoine that sometimes hold the warning panel for the upcoming CP rail bridge are now joined, as seen March 27. "Knot the solution that we need," quipped one nearby resident. PHOTO COURTESY OF WILLEM WESTENBERG.



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**City's Public Works hit by unusual winter**

# COVID outbreaks, temperature fluctuations dominate

BY LAUREEN SWEENEY

To say this passing winter had been a challenging one for Public Works could be called an understatement, not only on account of the amount of snow but because of when it fell, wild temperature fluctuations and pandemic outbreaks, according to department director Robert Talarico.

Despite safe distancing measures between teams of workers, a COVID outbreak in December-January reduced the number of blue collar workers (full and part time) from 70 to 35.

"It was a difficult month because with half the numbers working, we still had the skating rinks and toboggan run to care for, the public steps to shovel and the streets and sidewalks to prioritize for safety reasons," he said March 29.

"And it isn't over," he added. "As we speak, we're having another outbreak affecting at least 10 to 12 so far. And we can have another snowfall in April."

"With five snow loading operations undertaken up to March 3, the city had already loaded 3,527 truckloads of snow and carted away 107,111.99 cubic meters of snow to Montreal's Butler snow chute and the LaSalle snow dump," he said. This compares with last winter (2021-2022) when "we loaded 3,086 truckloads and carted away 91,951.43 cubic meters" to the

snow dumps.

Much of this winter's snow also took place over weekends after city crews had already completed their work week.

**Freeze/thaw puddles, potholes**

The fluctuations in temperature that have occurred over the last two or three years were especially challenging, resulting in puddles that then froze over. "We've also had a lot of calls about potholes. A freeze-thaw climate change lasted two to three weeks."

A change in the snow clearing schedule instituted some three years ago has helped, he said. This provided a head start by being able to clear snow at 3 am, which allowed for school and daycare zones to be cleared by the morning rush hour.

Now, he added, the department is starting to be involved in the usual spring clean-up of sidewalks, streets and parks, and preparing benches and picnic tables to be put out. The newly refurbished Somerville tot lot will also be opened after the new play equipment can be inspected when the ground thaws.

"I want to thank residents for paying attention to snow removal signs and moving their cars," Talarico added.

"It improves efficiency and went well this year. I want people to know we appreciate it."

## Filtering sewer water



Filters like this one have been installed under sewer grates near Prince Albert and de Maisonneuve, as seen March 18. Catherine Skinner, assistant to Westmount director general Hadi Hakim, explained that they were put there by the Albert Square developer to keep mud and debris from construction from getting into the sewers, in accordance with CNESST requirements. When it rains, large puddles form where they are in place (inset, March 19).

PHOTOS: INDEPENDENT.

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## LETTERS TO THE EDITOR

## FLAG, SCHOOL BOARD INFO

During the pandemic, some of your readers wrote to speculate about the official flags flying at Westmount's public schools. At Westmount Park elementary, the school was unoccupied for an extended period of time while the heritage building underwent a ground-up restoration. The school re-opened several months ago and its old flags have now been retired. At Roslyn School, some Westmount residents observed that flags were lowered to half-mast during the pandemic. This was in accordance with regular flag codes, which call for lowering when a demonstration of collective sorrow is called for.

Westmount residents should also be aware that public schools are run by elected governing boards that meet regularly in public. Flags and any other issues of community interest can be addressed during the public question period.

JULIEN FELDMAN, WARD 3  
COMMISSIONER, ENGLISH  
MONTREAL SCHOOL BOARD

THE MONTREAL GAZETTE  
IS OKAY BUT....

Two previous issues of the *Westmount Independent* contained letters (one of which was mine) pertaining to the terrible condition and placement of the Canadian and Quebec flags outside the main entrance of Westmount Park elementary school, which had been in that state for more than a year

and were miraculously replaced by new ones just a few days after publication of the first letter in this newspaper.

All this is to say that we must appreciate the importance and value of having a community newspaper.

*Westmount Independent*....I thank you!  
SAM BEITEL, ABBOTT AVE.

WHY BLOCK PARTS OF  
DE MAISONNEUVE?

de Maisonneuve Blvd. between Atwater and Wood is a disgrace. What is going on? After waiting two and a half years, and many millions of dollars later, the mayor of Westmount is keeping one lane and the parking lane blocked off with orange cones. Our tax dollars paid for that and what gives her the right to block those lanes? There are far too many orange cones in Montreal and there is no need for them on this street. It's a new street and we can't park! There isn't a problem from Wood to Greene so please remove the cones.

It looks awful!

BRUCE EADIE, DOWNTOWN

CLLR. ARONSON, IF YOU  
'LOVED THE DESIGN,' WHY  
NOT VOTE FOR IT?

*Open letter to city councillor Matt Aronson*

Reading your statement on your vote on March 21 against the city plan to re-configure Lexington was profoundly disappoint-

ing as your constituent in District 7. It flies directly against the values and statements you presented during your campaign in the last election.

We voted for you on the basis that you would be championing urban planning that supports sustainability during an era of dangerous climate change and improving Westmount's walkability.

"Loved the design, not the process," does not bar you from voting on your ethical and moral beliefs, on doing what you believe is right, for our city, our community and our planet. Your statement appeared to be, at least to me and a few others, as a politician toeing the line for fear of jeopardizing their political position\*. We voted for you because of your authenticity, hence why your statement was deeply disappointing. It puts into question our ability to trust you in future traffic-calming projects that may occur in District 7 that we sorely need. Will you also vote against such projects, claiming that you love the design but not the process?

Councillor Conrad Peart got it right when he stated that the re-design meets today's needs in reducing speeding and creating a safer and more enjoyable street. Mayor Christina Smith also understood the need for the re-design. Lexington's width is extremely absurd for a residential street, and even if the process wasn't perfect, it doesn't reduce the need for the said re-design. I have passed through Lexington, and with the number of driveways and empty parking spaces, it doesn't seem like the street is experiencing parking shortages. It makes no sense that removing a couple of parking spots will drastically change anything.

I hope you can consider that many of your constituents are for calming Westmount's streets, especially in District 7. I can personally present to you signatures from many neighbours that attest to my statement. I hope we can have a constructive discussion about this, as reading the morning paper has left me sorely disappointed and surprised that you voted against the motion. I did not expect you to be on the "nay" side.

HUSSAM SHABI & HAILEY ELLBOGEN,  
METCALFE AVE.

\**Editor's question:* Wouldn't voting with the majority (and mayor's preference) be "toeing the line"? – DP.

STOP THE RECONSTRUCTION  
OF LEXINGTON, DEVON!

A letter and a link to a full-colour website were sent to [some] residents of District 1 in Westmount. The Lexington Ave. planning document there described the

"beautification" and serious changes to Lexington Ave., and mentioned – buried in the document – that we would be subjected to a *special real estate assessment* as a result!

Many homeowners have expressed views that "if it ain't broke, why fix it?" In other words, why pay for so-called "improvements" that 85 percent of the residents never wanted?

A neighbourly attorney from a prominent Montreal firm commented that the city is "communicating and imposing," rather than dedicating itself to "collaborating and consulting" with the homeowners involved.

It's not too late to effect changes to the planned re-construction of Lexington although the city rushed to vote on the re-construction on March 21 just prior to a planned meeting in person with the homeowners that never took place. The vote from the eight city councillors was 5-3 in favour of reconstruction.

I have lived peacefully and happily on Lexington for 44 years. I have studied the planned changes and renderings and discussed them with my immediate neighbours.

Here are some of the issues:

- Sidewalks will be increased from 54" to 72" thereby reducing the roadway so that parking on the east side of the street will be permanently removed. Lexington today is a beautiful wide grand avenue!
- The strip of "green-space" flanking the new planned east-side sidewalk already looks like a "weed garden" in the full-colour renderings! Many residents are aware that despite good intentions, the city will neglect proper planting and maintenance of that strip, and it will become a catch-all for not only weeds but used water bottles, beer cans and doggy-poo bags, etc. Snow removal may be impaired. Many residents are not in agreement about adding that green-space strip.
- In 44 years of residency, I cannot remember even a single vehicle or vehicle/pedestrian accident on the street. Has the use of a speed-bump been explored consistent with many other streets? Also, hardly anyone who has examined the rendering has noticed that the new traditional light-standards are planned to be "re-planted" in that green space flanking the sidewalk, where they will shine in the eyes of drivers.
- Residents should take note that "green-space strip" and its 20 trees will "shade and hide" the front-lawn landscaping on Lexington that residents have gone to

## WESTMOUNT INDEPENDENT

*We are Westmount*

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LETTERS: We welcome your letters but reserve the right to choose and edit them. Please limit them 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.

Please include your name and street for publication (or borough or municipality if you do not live in Westmount), but not your address (unless you want it published).

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## LETTERS TO THE EDITOR

great expense and care to create!

• None of the residents of Lexington seem to want “bump-outs.” Again, the planting thereof is ultimately neglected and snow removal becomes difficult. Speak to the residents of Westmount Ave. who vehemently hate their bump-outs.

We love our street. Most homeowners feel that we should just re-pave the roadway with quality paving materials, use quality concrete for the new sidewalks, improve the lighting with traditional light standards and leave the rest alone.

It would be beneficial to all residents of Westmount if the city would re-direct all costs designated for the reconstruction of Lexington/Devon avenues toward focusing on cleaning up the woods on Devon and Summit, maintaining the city’s green spaces, repair the roads, sidewalks and lighting *all over Westmount!*

The time has come to collaborate and consult!

MAIDY TEITELBAUM, LEXINGTON AVE.

### CITY HALL, PLEASE LISTEN TO US

Westmount residents have just witnessed a serious protest of city governance, triggered by the imposed re-design of Lexington and Devon streets (see story March 29, p. 1). Three newly elected councillors had the courage of their convictions and voted against the proposal. Residents also expressed their outrage in this paper. This protest is a blunt indictment that city hall has dropped the ball. The city must have realized that the timeline was too short for this year to integrate resident views into the design. It could have easily paused this project and shifted effort to a simpler Westmount street. It did not.

At the March 21 council meeting, Councillor Conrad Peart acknowledged that residents were “upset about the development process.” He added that it was “work in process for us as well” and that they will “refine our process for consultation.”

We have heard that before.

Councillor Peart had expressed the same sentiment at the January 14, 2019 council meeting where he introduced Arnstein’s eight-step Ladder of Citizen Participation. It ranks the influence citizens have over matters that directly impact them, from zero at the bottom then to the middle rungs where, under the guise of consultation, a city asks for opinions only to dismiss them. Sound familiar? As one continues to climb the ladder, citizens have increased power to decide directly on what they desire in their city.

That evening, Councillor Peart recognized Westmount’s failings, stating “We can do better. We want to climb the eight rungs. We want to make change.”

But nothing has changed. Residents look at what the city does, not what it says. Westmount remains buried near the bottom rung, offering no genuine collaboration to its residents. The design fiasco is a glaring example.

Westmount is indeed a “heritage” city. But why do the mayor and council run the city in an outmoded way? The world has moved on. We want a modern, progressive city that fits today’s needs and fully engages its citizens. We pay the money to operate the city.

We ask first that we be heard.

DENIS BIRO, BURTON AVE.

### MORE PHOTO RADAR – FEWER BRIDGE STRIKES, PLEASE

Appreciation to council for adopting a resolution asking Transport Quebec (MTQ) to install photo radar “on the stretch between Atwater and Hallowell” (March 15, p. 1). However, that controlled “stretch” should be extended considerably further west. The intolerable level of noise created by drag-racing motorcycles and muscle cars is most evident as it accumulates the length of the Westmount Athletic Grounds (WAG) and assaults every user therein. The following article is also of interest:

[www.theguardian.com/world/2022/feb/15/noise-radar-in-paris-will-catch-raucous-cars-and-motorbikes](http://www.theguardian.com/world/2022/feb/15/noise-radar-in-paris-will-catch-raucous-cars-and-motorbikes).

Speed controls would be a welcome, long-overdue but only a partial sound-level mitigation, noting that the MTQ has erected sound barriers almost everywhere, except along the north side of this highway ..... not to mention netting a pile of loot for the public coffers.

In addition, one would think that a solution could be found for the almost weekly truck-roof peel-off at the Greene Ave. railway underpass (e.g. March 15, p. 4).

Surely an infrared system, similar to a garage-door opening device could be mounted atop two discrete opposing poles. An offending too-high truck box would interrupt a beam and activate warning lights positioned just south of the Selby east-west laneway, thus averting impending disaster. (See tapconet.com, then “Products,” then “Driver awareness,” then “View more,” then “Overheight warning” for one such system.)

If this system were installed at the bottom of Greene, trucks could use the lane to circle back behind the block and return westward on St. Antoine without the need to back up down Greene.

There is presently no height warning

bar, only two chains dangling in the breeze! Who is the responsible authority here, Westmount, MTQ, CP rail, anybody?

MICHAEL HANNEN, HALLOWELL ST.

**Editor’s note:** In my opinion, the net effect of the relevant institutions’ answers to the *Independent’s* past questions about this warning panel is that no one is in charge of it (see October 26, 2021 p. 10).

I have urged the city of Westmount to “adopt” this “orphan” sign (January 11, p. 7). To the best of my knowledge, no one (politician, unelected employee, resident) has commented on that argument in any way.

In conversation, someone did bring up another possible bad-case scenario: what if a truck’s liquid, flammable or explosive cargo is let loose by a bridge strike?

I like the idea of a laser beam-activated warning, but here is another, low-tech idea for any entity that steps up: have more than one warning panel under the 720/136 bridge so that a driver with a truck that is too high will hear several bangs before reaching the rail bridge, not just one. Also, a panel for southbound traffic (which contributed two of 10 recent, known strikes) could be hung from the lamppost in front of Centre Greene. – DP.

### IN MEMORIAM – Rocco Stallone

Rocco Stallone, known as Rick or “Rocs” to many, suddenly passed away on March 2 while on vacation in Palm Springs.

Rick was an established professional hairstylist for over 40 years. His work places with colleague Thierry Champion included Coiffure Illusions, Benjamin Robin Studio, Atelier Blow and, most recently, Spa Westmount.

Having worked in Westmount for much of his career, he was well known in the neighbourhood and had a loyal following. Rick was talented, professional and respected in his trade.

He spent much of the last decade working in the film and TV industry, which brought him exciting experiences, opportunities for international travel and chances to meet peers in his field.

Rick was full of life, had magnetic charm and an easy-going personality, and was kind to all those who crossed his path. He will leave a void and will be deeply missed by his family, friends and clients.

Rick, we will miss your smile, your positive outlook on life and the way you made us laugh with your incredible storytelling. While we won’t be able to sit in your chair anymore, your memory will always make us smile.

Your dear friend, ROSEMARY NIRO



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## Unexpected turnout from Districts 4 & 5 residents

# 'Relaxed' meeting provides 'constructive feedback'

BY LAUREEN SWEENEY

An in-person city meeting for residents of Districts 4 and 5 March 22 generated what was described as an unexpectedly full attendance at the relatively small Gallery space attached to Victoria Hall.

"We had no idea how many might show up but certainly not 60," said Mayor Christina Smith, who was joined by councillors Anitra Bostock of District 5 (the Victoria village area) and Conrad Peart of District 4, just to the north.

"It was great to hear constructive feedback in a relaxed atmosphere," Mayor Smith said. It was one of the first in-person sessions held by the city since the recent easing of pandemic restrictions, though masks were still required.

"It was nice to see different faces from those we have usually seen at council meet-

ings," Bostock explained last week. "It's part of our effort to reach out to people. We were able to answer questions in groups and also one on one. We felt we were connecting with our community in a way we haven't been able to do during COVID."

Comments voiced to the *Independent* echoed this when several residents who don't usually attend council meetings said that they, too, enjoyed being able to speak in a relaxed environment to their representatives as well as to three senior members of the city staff.

"It was nice to hear from residents," Public Works director Robert Talarico said. One person asked why there were sometimes snow banks at bus stops, he explained. The answer was that sometimes when snow continues to fall after bus stops are cleared, a plow passes by and creates a new snow bank. Also on hand were Michel

Larue, director of Urban Planning and assistant director general for sustainable development, as well as Engineering director Elisa Gaetano.

### Questions reported

Among many questions relating to her District 5, Bostock said, were the city's plans for electrical charging stations for houses that do not have parking aprons. For this, she answered that shared public stations would be installed whenever streets are reconstructed.

These will also depend on the capacity of both Hydro Westmount and Hydro Quebec as Quebec moves toward phasing out gasoline-fired engines by 2035, she said.

Residents also wanted to know when the restored greenhouses would re-open (probably by May when the need for plants

is added in, Bostock said) as well as opening of the rejuvenated Somerville tot lot. The latter requires inspection of the new playground equipment after the ground thaws.

Among some concerns from District 4 were dust emanating from masonry repair at the 500 Claremont worksite at Windsor. Another related to the condition of a row of trees at the south side of the site whose roots have been eroded along a Hydro Westmount right-of-way, explained one resident. These provide a natural barrier between what will be many windows on the project's south wall and houses on Claremont.

People who signed in on arrival at the meeting with email addresses – about 30 – were sent follow-up surveys enabling them to ask additional questions, Bostock said.



Westmount  
A-dog-tions

LYSANNE FOWLER

Here is wonderful Ruby, a delightful young fellow who is in need of a new family in our neighbourhood.

He is a soulful mini-pinscher with all the great qualities of the breed: high intelligence, excellent companionship, great bonding. He is a gentle soul, getting along very well with other dogs big and small. He is most friendly, ready to greet all and play fun games.

Ruby is four years old, up to date with his inoculations, microchipped and neutered. If you would like additional information on him and more great photographs, please contact marc.missonnier@gmail.com.

Your neighbour, Lysanne

## Mini Ruby



## Blue under the radar



9 Lives

LYSANNE FOWLER

Humm, I was so certain that when I presented Blue a few weeks ago that he

would be adopted by now. Quite a shock to see that for some obscure reason, he had not been noticed that week ....

So let me present young Blue to everyone again, such a stunning handsome grey shorthair at two years of age, healthy and sweet as can be. He is energetic, playful and companionable.

He is in a foster family for the grassroots volunteer animal rescue Gerdy's Rescues & Adoptions and they report that the normal shyness of new arrival has given way to an affectionate assurance when cuddling, playing and getting treats.

He loves to be held and petted, truly a very affectionate fellow. He is also friendly to other cats and would share his life with a feline friend.

Blue is very healthy, up to date with his inoculations, neutered and microchipped. Please do not hesitate to contact the volunteers at Gerdy's Rescues and Adoptions, by referring to their website at [www.gerdysrescue.org](http://www.gerdysrescue.org) and contacting them at their email [info@gerdysrescue.org](mailto:info@gerdysrescue.org).

Your neighbour,  
Lysanne



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and we now offer grooming services too!**

**Peluche**  
Westmount

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# infoWESTMOUNT

2022.04.05 • Vol. 3/07

Publié par la Ville de Westmount  
Published by the City of Westmount**NOUVELLES**PROCHAINE SÉANCE  
DU CONSEIL**Lundi 2 mai****Collecte de résidus dangereux  
le samedi 23 avril**

Entre 9 h et 17 h dans le stationnement de la Bibliothèque. Apportez vos piles, vos restants de peinture, de solvants, etc. Apportez vos déchets électroniques la même journée. [westmount.org](http://westmount.org)

**Concerts d'été : appel aux musiciens et musiciennes**

Les ensembles de musique sont invités à soumettre leur candidature pour participer à la série de concerts d'été 2022 au parc Westmount. Date limite : 29 avril. [westmount.org](http://westmount.org).

**Appel aux artistes de Westmount**

Galerie du Victoria Hall : la date limite pour soumettre votre candidature pour la prochaine saison est le 15 avril 2022. [westmount.org](http://westmount.org).

**Hausse des tarifs d'électricité à partir du 1<sup>er</sup> avril**

Les tarifs d'électricité augmenteront de 2,6 % à partir du 1<sup>er</sup> avril 2022 conformément à la législation provinciale. [westmount.org](http://westmount.org)

**Entretien des rues dès le 1<sup>er</sup> avril**

Assurez-vous de vérifier la signalisation avant de stationner votre véhicule. [westmount.org](http://westmount.org)

**Souffleuse à feuilles autorisées à partir du 1<sup>er</sup> avril**

Les souffleuses à feuilles sont autorisées du 1<sup>er</sup> avril au 1 mai, du lundi au samedi, de 8 h à 16 h. [westmount.org](http://westmount.org)

**Patrouille verte à Westmount : on recrute!**

Si vous avez entre 15 et 30 ans et voulez contribuer à la cause environnementale, postulez avant le 2 mai. [westmount.org](http://westmount.org).

**Sports et loisirs : activités de printemps**

Les inscriptions sont en cours. [westmount.org](http://westmount.org)

**NEWS**NEXT COUNCIL  
MEETING**Monday, May 2****Hazardous Waste Collection  
Saturday, April 23**

Between 9 a.m. and 5 p.m. in the Library parking lot. Bring your batteries, leftover paint, solvents, etc. Electronic waste will be collected the same day. [westmount.org](http://westmount.org)

**Summer concerts: call for musicians**

The City invites small jazz, classical, folk and pop groups to submit their candidacy for the 2022 concert series in Westmount Park on or before April 29. [westmount.org](http://westmount.org).

**Invitation to Westmount artists**

Gallery at Victoria Hall: the deadline for submitting a proposal for the next season is April 15, 2022. [westmount.org](http://westmount.org).

**Electricity rates increase as of April 1**

Electricity rates will increase by 2.6% effective April 1, 2022, in accordance with provincial legislation. [westmount.org](http://westmount.org).

**Street Maintenance begins April 1**

Pay attention to the signage before you park. The street cleaning schedule will be in effect starting April 1. [westmount.org](http://westmount.org)

**Leaf blowers permitted as of April 1**

Leaf blowers are permitted from April 1 to May 1, Monday to Saturday, 8 a.m. to 4 p.m. [westmount.org](http://westmount.org)

**Recruiting for Westmount's Green Patrol**

If you are between 15 and 30 years old and want to help raise environmental awareness, apply before May 2. [westmount.org](http://westmount.org).

**Sports & Recreation: spring activities**

Registration for spring activities is now underway. [westmount.org](http://westmount.org)

**BIBLIOTHÈQUE****Bibliothèque ouverte au public**

La Bibliothèque est ouverte. Un service de cueillette en libre-service est en place à l'intérieur. Avant de vous déplacer, informez-vous des exigences et conditions. [westlib.org](http://westlib.org)

**Nouveau sac réutilisable BPW!**

Joli, durable et 100% biodégradable : votre sac ♥ BPW vous attend. 12 \$, argent comptant seulement. Quantité limitée. [westlib.org](http://westlib.org)

**L'heure de conte en ligne**

La Bibliothèque des enfants vous propose des contes à [westlib.org](http://westlib.org) et sur sa chaîne YouTube.

**Trousses de bricolages pour enfants**

Participez à un atelier de bricolage à faire chez toi! 4 avril : Averses d'avril. 18 avril : Jour de la Terre. [westlib.org](http://westlib.org)

**Conférence : Do You Hear Well?**

**Mercredi 6 avril, 19 h**, Victoria Hall. Avec Michel Nadeau, auteur du livre *Entendez-vous bien?* En anglais. Inscrivez-vous à [westlib.org](http://westlib.org).

**Vente de livres des Amis de la Bibliothèque**

**Samedi 9 avril et dimanche 10 avril, 10 h à 16 h**, Victoria Hall.

**Jour de la Terre**

**Mardi 19 avril, 14 h**, Victoria Hall. Projection du documentaire *Beauty on the Wing: Life Story of the Monarch Butterfly* (2020), suivi d'une période de questions avec la réalisatrice Kim Smith. Inscription requise. [westlib.org](http://westlib.org).

**La Journée du cinéma canadien**

**Mercredi 20 avril, 14 h**, Victoria Hall. Projection du film *Beans* (2020), réalisé par Tracey Deer. Inscription requise. [westlib.org](http://westlib.org).

**Parlons opéra!**

**Dimanche 1<sup>er</sup> mai, 14 h**, Victoria Hall. *La Flûte enchantée* - Mozart. Animée par le musicologue Pierre Vachon, en compagnie de chanteurs et d'un pianiste. En collaboration avec l'Opéra de Montréal. Inscription requise. [westlib.org](http://westlib.org).

**LIBRARY****Library open to the public**

We are pleased to welcome visitors back! A self-serve pickup system is now in place inside. Learn about the requirements and conditions before you arrive. [westlib.org](http://westlib.org)

**New WPL tote bag!**

Adorable, sustainable and 100% biodegradable: your ♥ WPL bag awaits. \$12, cash only. Limited run. [westlib.org](http://westlib.org)

**Storytime online**

The library staff offers storytime at [westlib.org](http://westlib.org) and on the Library's YouTube channel.

**Take and Make Craft Kits for Kids**

Sign up for a fun craft kit to do at home! April 4: April Showers; April 18: Earth Day. [westlib.org](http://westlib.org)

**Lecture: Do You Hear Well?**

**Wednesday, April 6, 7 p.m.**, Victoria Hall. With Michel Nadeau, author of *Entendez-vous bien?* Register at [westlib.org](http://westlib.org).

**Friends of the Library Book Sale**

Saturday & Sunday, April 9 & 10, 10 a.m. to 4 p.m., Victoria Hall.

**Earth Day**

**Tuesday, April 19, 2 p.m.**, Victoria Hall. A screening of the documentary *Beauty on the Wing: Life Story of the Monarch Butterfly* (2020), followed by a Q&A with film director Kim Smith. Register required. [westlib.org](http://westlib.org).

**National Canadian Film Day**

**Wednesday, April 20, 2 p.m.**, Victoria Hall. Join us for a screening of *Beans* (2020), directed by Tracey Deer. Register required. [westlib.org](http://westlib.org).

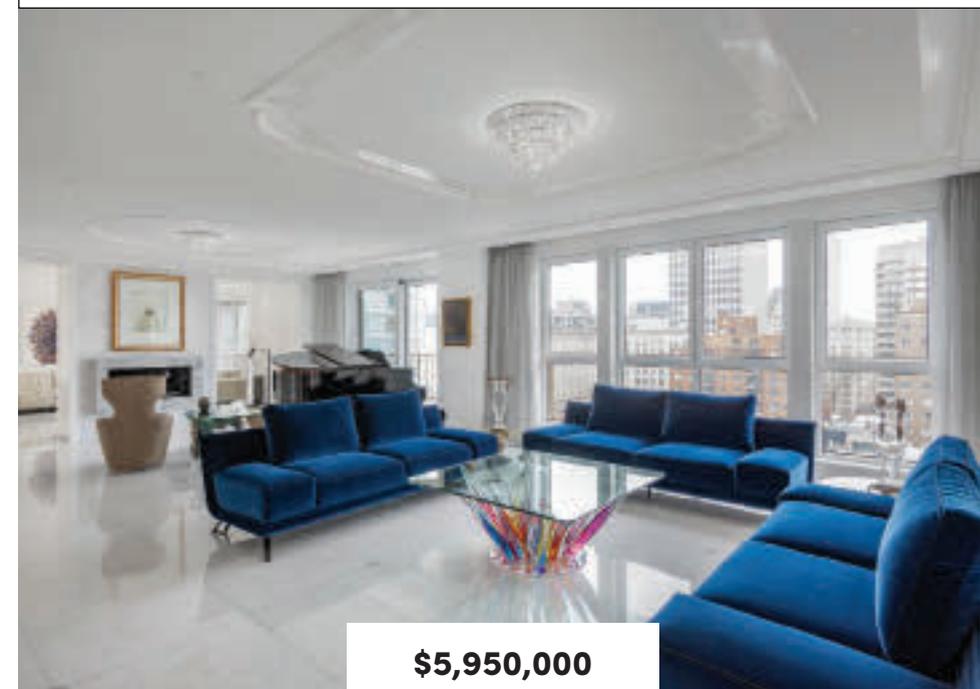
**Let's Talk Opera!**

**Sunday, May 1, 2 p.m.**, Victoria Hall. *The Magic Flute* - Mozart. Hosted by musicologist Pierre Vachon. In collaboration with l'Opéra de Montréal. Register required. [westlib.org](http://westlib.org).



## A SELECTION OF OUR LUXURIOUS CONDOS

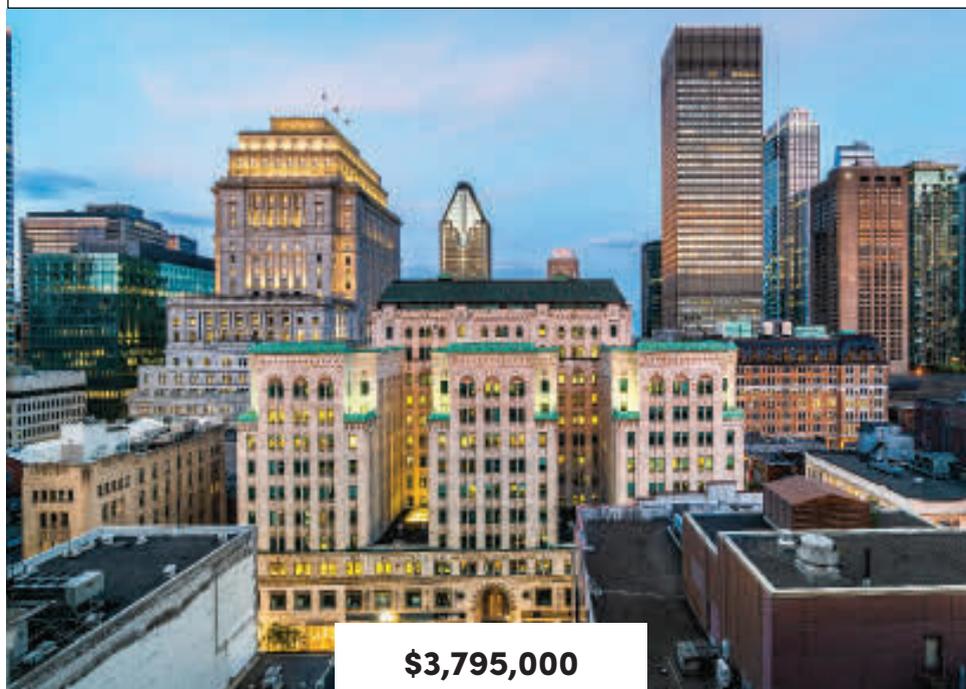
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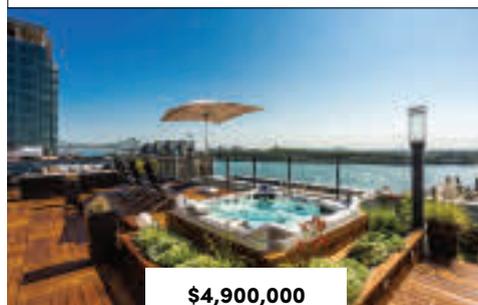
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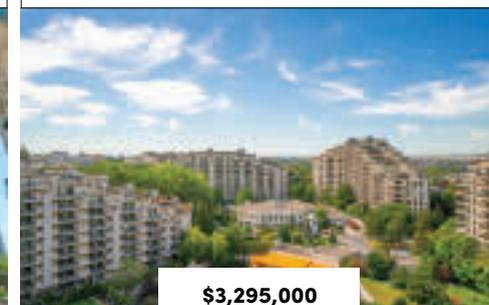
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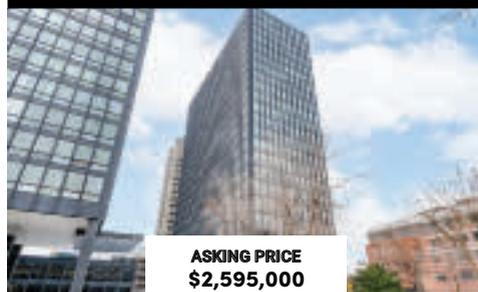
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**"WESTMOUNT SQUARE", WESTMOUNT**

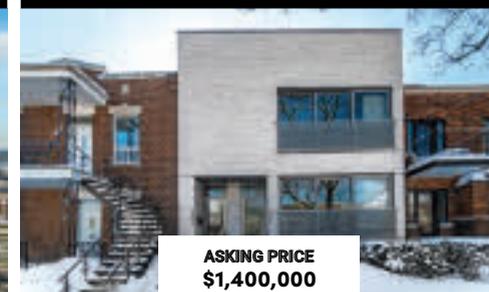
**ACCEPTED OFFER**



**ASKING PRICE  
\$2,298,000**

**"TOM CONDOS", DOWNTOWN**

**ACCEPTED OFFER**



**ASKING PRICE  
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**AV. DES ÉRABLES, ROSEMONT**

April 5, 2022

A Special Supplement to the WESTMOUNT INDEPENDENT with articles by Metro Creative Graphics, Inc. (MCG)

# SPRING: **Fashion,** **Health** & *Beauty*





DR. CLAUDIA GIAMBATTISTINI

DR. JONATHAN WERBITT



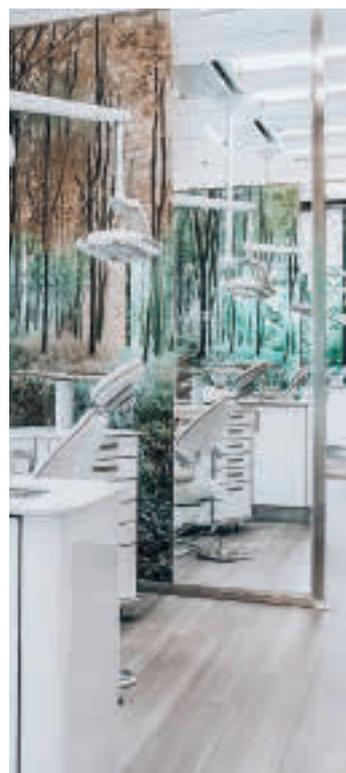
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## Factors that can adversely affect mood

No one is immune to the occasional bad mood. A bad mood can make a difficult day feel even more so, and multiple-person households can become uncomfortable places to be if one person's mood is less than welcoming.

Bad moods can be easy to shrug off, and that may not inspire people to wonder why their generally upbeat outlooks can suddenly take a turn for the worse. Each person is different, so what triggers a mood swing in some individuals may not necessarily do so in others.

- **Lack of physical activity:** A 2019 study from the Harvard T.H. Chan School of Public Health found that running for 15 minutes a day or walking for an hour reduces the risk of major depression. That link is likely connected to the release of endorphins triggered by exercise. Endorphins are hormones that studies have shown contribute to a general feeling of well-being, which explains why a lack of physical activity can adversely affect mood.
- **Chronic stress:** Chronic stress has long been linked to a host of health problems. According to the Mayo Clinic, chronic stress puts individuals at increased risk for heart disease and weight gain but also issues that affect

mood, including anxiety and depression. Identifying the source of stress and speaking with a health care professional about how to reduce and manage it may lead to improvements in mood.

- **Hunger:** A 2018 study from researchers at the University of Guelph in Ontario found evidence that a change in glucose levels can have a lasting effect on mood. The study, published in the journal *Psychopharmacology*, found that rats injected with a glucose metabolism blocker experienced stress and depressed mood due to the resultant hypoglycemia. The study lends credence to the notion that many people have about feeling moody when they don't eat.
- **Weather:** Seasonal Affective Disorder is a type of depression that adversely affects certain individuals' moods during winter. In addition, a 2013 study published in the journal *Social Indicators Research* found that individuals report greater life satisfaction on exceptionally sunny days than they did on days with ordinary weather.

Bad moods come and go for most people. Identifying common triggers for bad moods can help individuals prepare for potential mood swings and navigate them in healthy ways.

elleApriori

**formerly PROMENADE GREENE**

WELCOME  
*Spring*

Dear Clients

This is a reminder that Elle Apriori, previously Promenade Greene, has moved to a new location right across the street from our previous address, **now at 1347 Greene Ave**, to better serve you. We invite you to come for a visit and enjoy our spring summer collections. For the coming of spring summer 2022 we are offering an exciting variety of merchandise, beautiful colors and must-have pieces for your comfort and lifestyle.

*I appreciate all my **clients**. Every single one! Thank you for supporting my business.*

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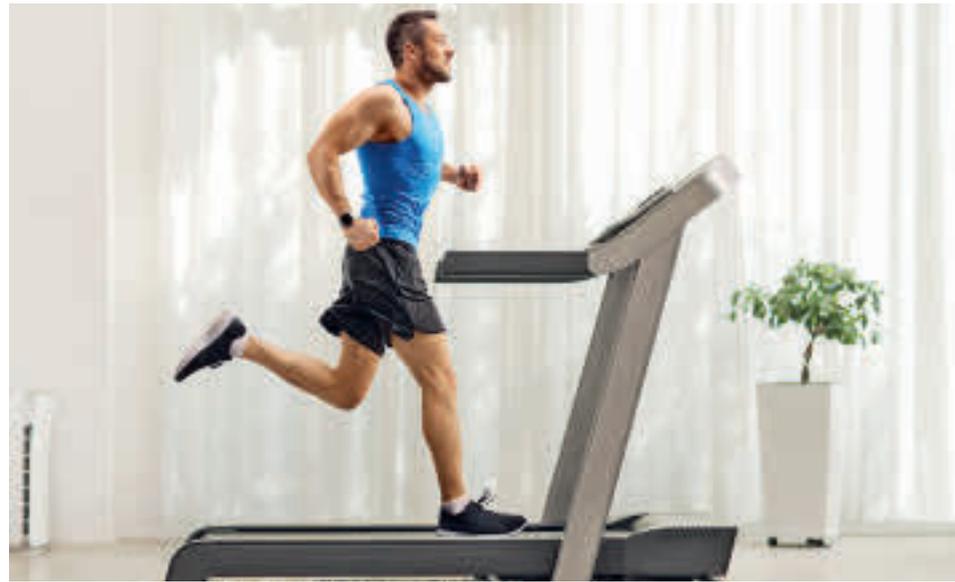


# How many calories are burned during popular physical activities

Burning calories is often a focal point of weight loss efforts. People go to great lengths to burn more calories, but they might be surprised to learn how many they can burn performing relatively routine physical activities.

Men and women also may be surprised to learn that they burn calories differently from one another. According to the Mayo Clinic, men usually have less body fat and more muscle than women of the same age and weight. As a result, men typically burn more calories than women, though body size and composition also affects how many calories a person will burn while performing a given activity. For example, a man who is larger and has more muscle than another man his age will burn more calories, even if both men perform the same activity with the same level of intensity.

The U.S. Department of Agriculture cites the following calorie-burning figures for a 154-pound, 5'10" man who performs certain physical activities. Women likely won't burn as many calories performing these activities, but each activity can still be an effective way for men and women to burn more



calories.

**Walking (3.5 miles per hour):** In 30 minutes, a man can expect to burn 140 calories. A man who walks 4.5 miles per hour will burn approximately 230 calories. The online health resource Healthline.com notes that a 125-pound person may burn roughly 150 calories walking for 30 minutes at 4.5 miles per hour.

**Hiking:** A man will burn roughly 185 calories in 30 minutes of moderate-intensity hiking. Women won't burn as many calories, but both moderate and vigorous hiking are great ways to burn calories regardless of a person's gender.

**Light gardening/yard work:** A man will burn approximately 165 calories in 30 minutes performing light gardening/yard work, while he will burn roughly

220 calories performing more physically taxing yard work like chopping wood. A 125-pound person will burn roughly 135 calories after 30 minutes of light gardening.

**Cycling:** Men can burn roughly 145 calories cycling at 10 miles per hour or less for 30 minutes. That figure jumps to 295 calories when men ride at 10 miles per hour or faster. Healthline notes that a 125-pound person can burn roughly 210 calories in 30 minutes when riding between 12 and 13.9 miles per hour.

**Playing with children:** Play sessions with the kids can help both moms and dads burn calories. Healthline notes that a 155-pound person may burn 149 calories in 30 minutes of playing with kids at moderate intensity, while a 125-pound person will burn roughly 120 calories in the same time.

No two individuals are the same, so it can be hard for men and women to pinpoint just how many calories they burn performing popular physical activities. But there's no denying that many of the activities adults engage in every day afford them ample opportunities to burn calories.



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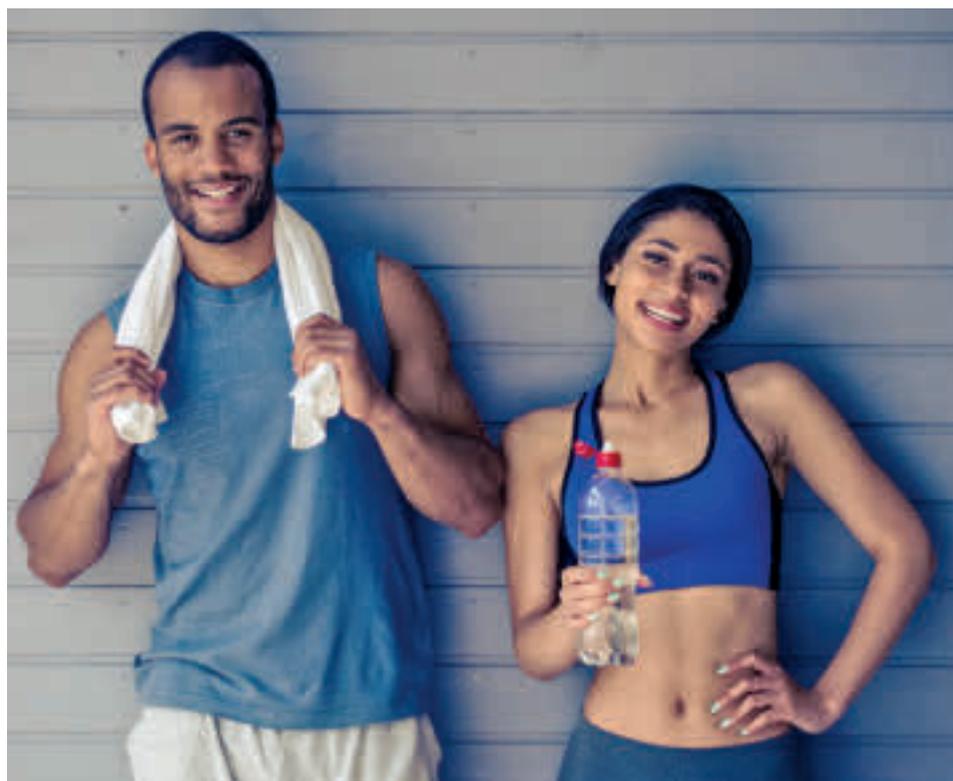
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# The importance of rest

Regular exercise has been linked to a host of health benefits. People who exercise regularly can lower their risk for chronic diseases like heart disease and diabetes, and routine exercise can improve mood and potentially delay the onset of cognitive decline.

As vital as physical activity is to a healthy lifestyle, there is such a thing as too much exercise. According to the U.S. National Library of Medicine, rest is an important part of training. Without ample rest, the body does not have time to recover before the next workout. That lack of rest not only adversely affects performance, but also increases a person's risk for health problems, including injuries that can sideline athletes for lengthy periods of time.

Committed athletes may have a hard time recognizing when they are pushing themselves too hard, and the line between perseverance and overdoing it can be thin. Many athletes credit their ability to push themselves mentally and physically with helping them achieve their fitness goals and thrive as competitors. But it's vital that athletes learn to recognize the signs that suggest they're exercising too much. The



USNLM notes that the following are some signs of overdoing it with an exercise routine:

- An inability to perform at your established level,
- Requiring longer periods of rest

- between workout sessions,
- Feeling tired,
- Feeling depressed,
- Experiencing mood swings or irritability,
- Difficulty sleeping,
- Feeling sore muscles or heavy limbs,
- Suffering overuse injuries such as runner's knee, achilles tendinitis, shin splints, and plantar fasciitis,
- Loss of motivation,
- Getting more colds,
- Unintended weight loss,
- Feelings of anxiety.

The USNLM urges anyone experiencing these symptoms to rest completely for between one and two weeks. After that period of rest, the body should be fully recovered. However, if any of these issues linger after two weeks, seek the advice of a health care provider. A health care provider may recommend additional rest and/or conduct a series of tests to determine if an underlying issue is causing any of the aforementioned symptoms.

Rest is as vital to an effective exercise regimen as proper technique, ensuring the body has ample time to recover and reducing the risk of overuse injuries.

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# Foods that can positively affect mood

No one is immune to the occasional bad mood. Whether it's the weather, waking up on the wrong side of the bed or another variable, various factors can have an adverse affect on a person's mood.

Food is one factor that can have a positive effect on mood. Certain foods have been found to positively affect mood, so incorporating them into your diet may help you stay positive even on those days when you get up on the wrong side of the bed.

**Fatty fish:** A study from British researchers published in the Archives of General Psychiatry found that a daily dose of an omega-3 fatty acid called eicosapentaenoic acid, or EPA, helped patients with depression significantly reduce their feelings of sadness and pessimism.

Hackensack Meridian Health notes that salmon, albacore tuna, sardines, trout, and anchovies are rich in omega-3 fatty acids.

**Nuts and seeds:** The minerals selenium, copper, magnesium,



manganese and zinc have all been linked to mental health, and nuts are rich in each of those minerals. Hackensack Meridian Health notes that almonds, sunflower seeds, pumpkin seeds,

walnuts, and peanuts are particularly good sources of the immune system-boosting minerals zinc and magnesium.

**Dark, leafy greens:** Dark, leafy greens like kale, spinach and collards are rich in

iron and magnesium, both of which can increase serotonin levels and help reduce feelings of anxiety. Dark, leafy greens also help the body fight inflammation, which can have a positive effect on mood. A 2015 study published in the journal JAMA Psychiatry found that brain inflammation contributed to certain behaviours, including low mood, that appear during major depressive episodes.

**Dark chocolate:** Chocolate lovers may be happy to learn that dark chocolate can improve mood. A 2009 study published in the Journal of Proteome Research found that dark chocolate helped to reduce levels of the hormone cortisol, which has been linked to stress. Hackensack Meridian Health notes that, when consumed in moderation, dark chocolate made of at least 70 percent cocoa can help people relax.

Various foods can have a beneficial effect on mood, potentially helping people to stay positive when doing so proves challenging.

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# The role different vitamins play

A nutritious diet is a vital component of a healthy lifestyle. When it's part of a health regimen that includes routine exercise, a healthy diet that's rich in fruits and vegetables can help people reduce their risk for various illnesses, including chronic diseases like heart disease, cancer and diabetes.

Many adults have known about the value of fruits and vegetables since they were youngsters and their parents repeatedly told them how important it was to eat healthy foods. Despite those early lessons, the Centers for Disease Control and Prevention reports that less than 10 percent of adults and adolescents eat enough fruits and vegetables. That's unfortunate, as fruits and vegetables are loaded with vitamins that benefit the body in myriad ways.

The U.S. National Library of Medicine notes that vitamin deficiency occurs when people do not get enough of certain vitamins. Recognizing the many functions vitamins serve may compel adults and adolescents to include more fruits and vegetables in their diets.

**Vitamin A:** The USNLM notes that vitamin A helps form and maintain healthy teeth, bones, soft tissue, mucous membranes and skin. According to the World Health Organization, vitamin A deficiency is the leading cause of preventable blindness in children and increases the risk of disease and death from severe infections.

**Vitamin B6:** Vitamin B6 helps form red blood cells and maintain brain function. Though the National Institutes of Health notes that isolated vitamin B6 deficiency is uncommon, a deficiency has been associated with various conditions, including a weakened immune system and dermatitis cheilitis, a condition marked by scaling on the lips and cracks at the corners of the mouth.

**Vitamin C:** Vitamin C is an antioxidant that promotes healthy teeth and gums, helps the body absorb iron and maintains healthy tissue. In addition, vitamin C plays an integral role in helping wounds heal. Vitamin C deficiency impairs bone function, and Merck notes that in children that impairment can cause bone lesions and

contribute to poor bone growth.

**Vitamin D:** The USNLM notes that 10 to 15 minutes of sunshine three times per week is enough to produce the body's vitamin D requirement for people at most latitudes. It's hard to rely on food to supply ample vitamin D, which helps the body absorb calcium that is necessary for the development and maintenance of healthy teeth and bones.

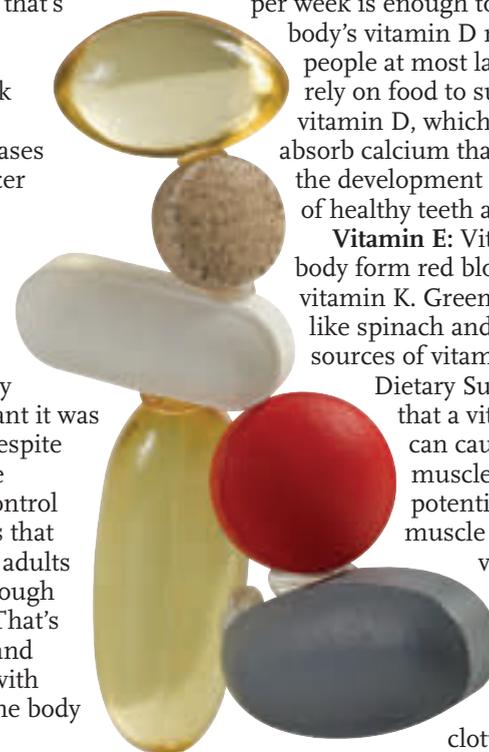
**Vitamin E:** Vitamin E helps the body form red blood cells and utilize vitamin K. Green, leafy vegetables like spinach and broccoli are good sources of vitamin E. The Office of

Dietary Supplements notes that a vitamin E deficiency can cause nerve and muscle damage, potentially leading to muscle weakness and vision problems.

**Vitamin K:** Vitamin K helps to make certain proteins that are needed for blood clotting and the

building of bones. The T.H. Chan School of Public Health at Harvard notes that the main type of vitamin K is found in green leafy vegetables like collard greens, kale and spinach. Vitamin K deficiency is rare, but it can lead to bleeding, hemorrhaging or osteoporosis.

Vitamins are crucial to human beings' overall health. Eating ample amounts of fruits and vegetables is a great and delicious way to avoid vitamin deficiency.



## Essential summer skin care tips

Protecting and caring for skin should be part of people's year-round health care regimens. Such an approach can help people look their best and also uncover any minor issues before they escalate into something more significant.

Skin care is not seasonal, though efforts to protect the skin may need to be stepped up during the summer. The American Academy of Dermatology says one in five Americans will develop some form of skin cancer in their lifetimes. In the summer, ultraviolet radiation levels are elevated and people often wear less clothing that exposes more of their skin. According to Dr. Ron Shelton, a board-certified dermatologist and assistant professor of dermatology at Mount Sinai Medical Center in New York, the bulk of sun damage to the skin happens in the summer. These skin wellness tips can help protect the skin and keep it looking its best when the mercury rises.

**Lighten up:** Choose lightweight products for summer usage. This includes cleansers, make-up and oil cleansers. For instance, rather than an oil cleanser, choose a gentle, foaming option. Thicker products mixed with increased perspiration and humidity may lead to clogged pores and inflammation.

**Lather on sunscreen:** Sunscreen with an SPF of 30 or more is recommended to protect the skin from UV damage. But it's easy to forget to apply sunscreen.

However, using a lightweight moisturizer with SPF built in reduces product usage and time spent caring for skin.

**Utilize vitamin C serums:** Hyperpigmentation can occur in summer. According to Omer Ibrahim, a board-certified dermatologist and co-director of clinical research at Chicago Cosmetic Surgery and Dermatology, vitamin C serum can improve the appearance of fine lines, help with collagen production and also prevent hyperpigmentation.

**Drink more water:** Higher temperatures and increased perspiration can lead to dehydration. That may cause headaches, dry skin and even lightheadedness. Drink at least eight 8-ounce glasses of water every day.

**Stay in the shade:** In addition to using sunscreen daily, try to stay out of the sun as much as possible when UV rays are at their strongest, which is between 10 am and 2 pm. In addition, wear clothing that offers sunscreen protection.

It's important to care for the skin daily, but especially so during the summer.

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# The many ways walking benefits your body

Life changed dramatically in 2020. When the World Health Organization declared a COVID-19 pandemic in March 2020, hundreds of millions of people across the globe were forced to change how they go about their daily lives, including how they exercise.

Health-conscious adults accustomed to exercising at local gyms had to find new ways to exercise in the wake of the pandemic. Many gyms were forced to close in areas hit hard by COVID-19, and that left many people without access to fitness equipment like weights and cardiovascular machines. Resilient men and women soon found ways to exercise, and many of them embraced walking.

Though walking might not provide the same level of intensity that fitness enthusiasts are accustomed to, the Arthritis Foundation notes the various ways walking benefits the body.

**Walking protects against heart disease and stroke.** Walking strengthens the heart and protects it against heart disease. The AF also notes that walking lowers blood pressure. In fact, post-menopausal women who walk just one to two miles per day can lower their blood pressure by nearly 11 points in 24



weeks, while women who walk for 30 minutes a day can reduce their risk of stroke by 20 percent.

**Walking strengthens the bones.** New York-based Plancher Orthopedics and Sports Medicine notes that walking can stop the loss of bone mass for people with osteoporosis. In addition, post-menopausal women who incorporate 30

minutes of walking into their daily fitness regimens can reduce their risk of hip fractures by 40 percent.

**Walking can extend your life.** The AF notes that one study linked walking to longer life expectancy, finding that people who exercise regularly in their fifties and sixties were 35 percent less likely to die over the next eight years

than people who never walked.

**Walking can improve mood.** One study from researchers at California State University, Long Beach, found that the more steps people taking during the day, the better their moods were.

**Walking can lower risk for cognitive decline.** Walking also has been linked to a lower risk for age-related cognitive decline. A study from the University of Virginia Health System found that men between the ages of 71 and 93 who walked more than a quarter of a mile per day had half the incidence of dementia and Alzheimer's disease compared to men who walked less. In addition, a study from researchers at the University of California, San Francisco, found that age-related memory decline was lower among women ages 65 and older who walked 2.5 miles per day than it was among women who walked less than half a mile per week.

Foot traffic increased as people were forced to find new ways to exercise during the COVID-19 pandemic. Walking is a great way to stay in shape and even provides some lesser known benefits for people who walk each day.

## ***Jimnies: Training for the 50 to 70 Year Young***

Just off the Decarie expressway, tucked between several industrial blocks, sits Jimnies Training Centre: a new, friendly and welcoming gym specifically designed for the 50 to 70 year young. That's right - no millennials allowed! Founded by kinesiologist and former Westmounter Ali Le Pierrès, Jimnies offers specialized training that is tailored to the needs and lifestyles of boomer clientele.

Founded in 2020, Jimnies set up online training classes for clients throughout lockdowns, and is now back up and running with in-person private sessions and group classes. And the space is impressive! Walking into Jimnies feels like going to your favourite coffee shop, with a well-lit lounge area for post-workout smoothies and spotless locker rooms where clients have access to toiletries, towels and hot showers. Just beyond the lounge area is a pristine, full-service gym equipped with every kind of weight, a pull-up rack, Swiss

balls, cardio equipment you've probably never seen before and a fun track for warm-ups and stretching.

The idea of working out at a gym can be intimidating. And the truth is - long walks just don't cut it! In a post-pandemic world, we know now, more than ever, that long-term health requires investing in your physical well-being at every stage of life. At Jimnies, the goal is to offer the most effective, appropriate and safe workout for clients, so they can enjoy quality of life and autonomy for years to come.

Clients can enjoy supervised training either in a class setting, or in semi-private sessions. There is no membership fee; rather, you buy individual or packages of sessions as you go that can be used over the course of the year, allowing you to travel or escape to the country without losing out on sessions.

Ali and her team are dedicated to improving the lives of their clients



with functional training that develops strength, power and mobility that is seamlessly transferred to everyday movements. Jimnies' clients are already feeling the many benefits - and

Ali prides herself on keeping her clientele feeling good.

*For more information or to book a free trial, visit Jimnies online or give them a call!*

[www.jimmies.ca](http://www.jimmies.ca)

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# How to overcome mental fatigue

Fatigue and exhaustion are often discussed in terms that characterize the physical effects that they have on the body. However, mental fatigue can be just as draining as physical exhaustion, even if its symptoms are not as evident as achy muscles or tired feet.

The online medical resource WebMD notes that mental fatigue typically arises when individuals focus on mentally challenging tasks for extended periods of time. Many individuals also experienced mental fatigue during the pandemic. Pandemic-related restrictions forced individuals across the globe to confront a number of unforeseen, unexpected challenges. That upheaval contributed to prolonged mental fatigue for many individuals.

Much like athletes need routine breaks from exercise to let their muscles recover, individuals need to look for ways to give their overworked minds a chance to recuperate from fatigue. Each person is different, but these strategies can help people overcome mental fatigue.

• **Take breaks from the news.** Overconsumption of news is one potential contributor to mental fatigue. The Johns Hopkins Women's Mood Dis-

orders Center notes that limiting news consumption during stressful times can be an effective way to reduce symptoms of stress, including mental fatigue.

- **Schedule time to relax.** The pressure to feel as if you should always be doing something, whether it's working, taking care of your family or tackling a to-do list around the house, can contribute to mental fatigue. Avoid using scheduled relaxation time to work on household chores or check work emails. Instead, use this time to do something you find genuinely relaxing, even if that activity feels like you're doing "nothing."
- **Spot the signs of mental fatigue.** Another way to overcome mental fatigue is to learn to recognize its symptoms, such as mood-related issues like increased irritability or anger; difficulty concentrating that makes it hard to finish tasks; zoning out; difficulty sleeping; and engaging in unhealthy behaviours, including overconsumption of alcohol.

The signs of mental fatigue may not be as recognizable as the symptoms of physical exhaustion. But mental fatigue can be just as dangerous as physical tiredness if left unchecked.



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# Answering questions about added sugars

Thanks to the internet, the average consumer now has access to more information than ever before. In the days before the internet, trust factored heavily into the consumer-business relationship. Though trust still has a place in that relationship, consumers can now access product reviews on seemingly anything, removing much of the risk associated with buying a product or service. However, many consumers are not making the most of that access, particularly when it comes to buying food.

When buying food, individuals can rely on product labels to determine nutritional value. A quick glance at food labels reveals the amounts of various ingredients, including sodium and fibre, that are present in a given product. Customers may know to check for sodium content, but added sugars have long slipped under the radar. That's unfortunate, as high amounts of added sugars pose a significant threat to consumers' overall health.

## What are added sugars?

The Mayo Clinic notes that added sugars are the syrups and sugars that are added to foods during processing.

## What distinguishes sugar from added sugars?

Many foods, including fruits and vegetables, naturally contain sugar, but there's a difference between natural sugars and added sugars. Natural sugars, like those found in fruits and vegetables, contain calories and nutrients, while added sugars contain all the calories without the nutritional value.

## So why is sugar added to foods and beverages?

Manufacturers add sugars for many reasons. According to the Mayo Clinic, added sugars can provide additional flavour, serve as a preservative or a bulking agent, and balance the acidity of certain foods, such as those that contain vinegar and tomatoes.

## If added sugars are so commonplace, how harmful can they be?

The Centers for Disease Control and Prevention notes that overconsumption of added sugars can contribute to an assortment of health problems, including obesity, type 2 diabetes and heart disease. That's especially troubling when considering just how much added sugars the average person consumes. The U.S. Departments of Agriculture

and Health and Human Services update their Dietary Guidelines for Americans at least once every five years. In 2020, those guidelines recommended that individuals over the age of two limit their added sugar consumption to less than 10 percent of their

calories per day, and that children two and under consume no added sugars. For individuals two and older, that translates to no more than 12 teaspoons of added sugars each day. The American Heart Association is even more cautious, urging women to consume no more than six teaspoons of added sugars per day while recommending that men limit their intake to nine or fewer teaspoons per day. Unfortunately, data from the USDA released in 2020 indicates that the average male between the ages of two and 19 consumed 18 teaspoons per day, while the average female in that age group consumed 15 teaspoons per day (adults age 20 and over consumed

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Serving Size 1/4 cup (38g / 1.3 oz)	
Servings Per Container about 6	
Amount Per Serving	Mix Baker
Calories	150
Calories from Fat	40
	% Daily
	7

roughly the same amount of added sugars each day as young people).

## What can consumers do to avoid overconsumption of added sugars?

The easiest thing to do to limit added sugar intake is to read product labels and avoid products with especially high amounts of added sugars. Such products may include beverages like fruit juice, soda or sports drinks; certain breakfast cereals; and baked goods and desserts like cookies, pie and ice cream.

Added sugars pose a significant threat to public health. But informed consumers can do much to eliminate this threat entirely.

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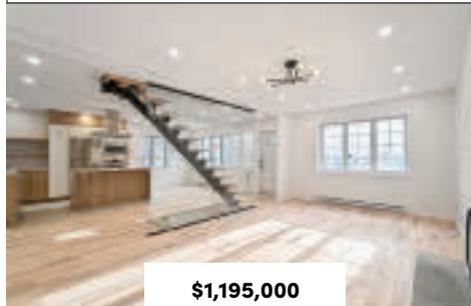
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# Bought & Sold – real estate transfers in October 2021

ADDRESS	VENDOR	PRICE	2020 VAL	RATIO (%)
3274 Cedar	Vladimir (Walter) Dankiw & Susane M. Havelka	\$7,936,200	\$6,460,100	22.8%
28 Devon	Benjamin Cohen	\$8,000,000	\$5,563,300	43.8%
32 Edgehill	Christopher Oldland & Elin Stilwell	\$3,800,000	\$2,407,500	57.8%
333 Metcalfe	Julie Elizabeth Linzmaier	\$2,900,000	\$1,752,700	65.5%
4309 Montrose	Andrew J. Parsons & Denise Suzanne Beaudet	\$3,725,000	\$2,580,600	44.3%
4323 Montrose	Alexander Spektor, Yakov Spektor, Qin Ping Le	\$1,525,000	\$1,261,100	20.9%
536 Mount Pleasant	Teresa Calcina Howson	\$2,800,000	\$1,990,600	40.7%
417 Mount Stephen	Jocelyn Mercky & Isabelle Mousseau	\$2,090,000	\$1,426,400	46.5%
41 Rosemount	Pen-Jan Holdings Ltd.	\$4,900,000	\$3,191,800	53.5%
552 Roslyn	Fang Peng	\$2,200,000	\$1,500,300	46.6%
3236 The Boulevard	Dalius Briedis & Patricia Sheppard	\$2,160,000	\$1,646,300	31.2%
805 Upper Belmont	Julie Tataryn	\$3,100,000	\$2,693,500	15.1%
556 Victoria	Philippe Tomic	\$1,900,000	\$1,162,600	63.4%
<b>CONDOMINIUMS</b>				
4700 St. Catherine #506	Miriam (Mimi) Pascal	\$1,829,000	\$1,308,000	39.8%
<b>OTHER (December 2020 sale)</b>				
3555 St. Antoine	SelbyCampus Inc.	\$18,091,907	\$2,440,700	641.3%
<b>MORE SEPTEMBER TRANSFERS</b>				
4331 Montrose	Richard Jung Munz & Diane Logie	\$1,320,000	\$1,210,900	9.0%
2 Ramezay	Maria Lorenzo & Etienne Veilleux	\$5,250,000	\$4,097,800	28.1%
1-3 Parkman Place, 40%	Marco Mezzaluna	\$1,445,000	\$542,440 <sup>1</sup>	166.4%

<sup>1</sup>Valuation is 40 percent of \$1,356,100



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# October transfers: Record-high average; only two below \$2M

## Real Estate

ANDY DODGE

in fact that price, paid for 28 Devon Rd., a huge stone house built in 2014, barely nudged out 3274 Cedar Ave. for the highest price among the October sales.

One more just missed the \$5-million mark and three others cleared \$3 million, bringing the raw average price for the month to \$3,618,169, almost \$1 million above the average for September and clearly the highest average in Westmount's history; in February there were 14 sales averaging \$3,195,807, the only other time the average has been above \$3 million, and that was boosted by the \$11,700,000 price-tag for 100 Summit Circle.

The Devon Rd. and Cedar Ave. prices become the second- and third-highest prices in Westmount last year through October, though all three sales will be topped by the \$18,500,000 transfer of 12-14 Sunnyside Ave., which was registered in November. The lowest price in October, for 4323 Montrose Ave., brought its owner \$1,525,000. That house is now being extensively renovated.

Average mark-up over valuation in October was 39.8 percent, down slightly from the 42.9 percent average mark-up in September but still well above the 30.3-percent average for the year to date. The highest individual mark-up in October involved 333 Metcalfe Ave., which sold some 65 percent above municipal tax value, while the lowest percentage saw 805 Upper Belmont Ave. go for 15 percent above valuation, the first time in the past two years that the lowest mark-up recorded double digits.

The only condominium sale registered in October was a unit at Westmount Park Towers, 4700 St. Catherine Street, which sold for a cool \$1,829,000, almost 40 per-



4323 Montrose on March 28.

cent above municipal valuation. This despite the fact that we had reported a strong interest in the condominium market among buyers in the fourth quarter of 2021 (see January 25, p. 19).

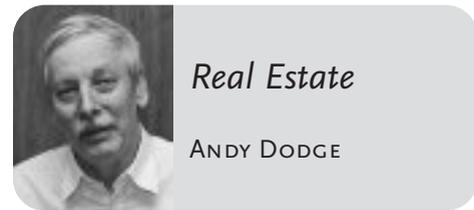
In publishing the transfer tax information in city council minutes, the city revealed information on two more houses that had sold in September, including the lowest price for that month at \$1,320,000 and the second-highest sale price in September, at \$5,250,000.

On December 31, 2021, the city issued a transfer tax bill to the buyer of a portion of the building at 350 Selby St., a former campus of Dawson College. This portion was sold to a company called "3555 Saint-Antoine Ouest Inc." in December 2020 for slightly more than \$18 million. The tax bill

was \$357,701.14.

The whole building had been bought by SelbyCampus Inc, a company represented by Roland Hakim, back in 2000. After trying various methods of renovating and re-using the building over the years, Hakim divided the property into commercial condominiums. SelbyCampus Inc. still owns a portion of the building.

Another deed registered in late September, from Gerard Abitbol Investments Inc. to a numbered company controlled by Gerard Abitbol, involved the property including 4840 and 4846-4848 Sherbrooke St. – the Metro supermarket, the old Laurentian Bank building and the Metro parking lot off Victoria Ave. Because Gerard Abitbol is the owner of both companies, there is no transfer tax charged by the city.



*Note: The following article relates to the registration of deeds of sale for Westmount property in October 2021, gleaned from city sources. A list of sales can be found on p. 28.*

Exactly two out of a total 13 residential transfers in Westmount registered last October had sale prices less than \$2 million, and even the one condominium sale closed in October was almost at the \$2-million level.

Prices ranged as high as \$8 million and



333 Metcalfe on March 28.



28 Devon on March 28.



805 Belmont on March 28.

# Rabbi Scheier says Ukraine trip was an opportunity to help refugees

BY MARTIN C. BARRY

Congregation Shaar Hashomayim's Rabbi Adam Scheier says a recent trip he took to the Poland/Ukraine border was important because of the Jewish community's historical connection to this frequently war-torn region of eastern Europe.

He said the four-day excursion, taken with Rabbi Reuben Poupko of Congregation Beth Israel Beth Aron in Côte St. Luc and Rabbi Mark Fishman of Congregation Beth Tikvah in Dollard des Ormeaux, was filled with activity and emotion.

"Part of that was just this immense feeling that there was so much to do and that every moment was an opportunity to help someone," Scheier said.

"Wherever you looked, there were refugees from Ukraine. We were just in one small corner of Poland, but at different border crossings and wherever we looked there were people who were in need, people who were experiencing the worst days of their lives."



Rabbi Reuben Poupko (second from left) of Congregation Beth Israel Beth Aron, Rabbi Mark Fishman (third from left) of Congregation Beth Tikvah, and Rabbi Adam Scheier (fourth from right) of Congregation Shaar Hashomayim are seen here with members of Rescuers Without Borders while recently near the Poland/Ukraine border to assist with Ukrainian war refugees.

PHOTO COURTESY OF A. SCHEIER.

Scheier said they went on the journey with a sense of humility, realizing that

what they might accomplish might be limited. "Of course, we went to witness what's happening and see first-hand the suffering.

"We went to help a few individuals with whatever we could do in the time we had there with the resources which were available. I hope that for the individuals we encountered that we made a small difference and brought a little bit of light to their dark times."

### Scene of earlier suffering

Historically, Poland and Ukraine have been the scene of a great deal of turmoil and suffering for Jews all over the world. "A Jew can't talk about Poland and Ukraine without thinking of two parts of our history," Scheier said.

"One is the tragedy of the Holocaust, and the other is the richness of the history that existed before the Holocaust." He said some little towns in Poland may seem meaningless to most people, "but to us,

with our Jewish history, many of these were major centres of Jewish life."

He said they stayed at a hotel in a town where at one time the majority of the residents were Jewish, although not a single Jew lives there today.

Yet, he insisted, they didn't go to pursue a historical agenda, or to dwell on "what was," but rather to focus on how they could help.

"Personally, my ancestors were refugees from Ukraine. They came first to the United States, and then came to Canada. But I know that when they left Ukraine over a century ago, there was no one waiting on the other side of the border to help them, feed them, to give them clothes."

He said it was especially inspiring and an "extraordinary opportunity" to be able to assist Ukrainian refugees who now face many of the same challenges, although with the prospect of freedom and salvation rather than death.

See also photo on p. 1.

### de Maisonneuve, cont'd from p. 1

"gathering" space, being called an "ephemeral place," because of its seasonal use, has been discussed for some two years while work on the roof of the Atwater Metro station was undertaken and negotiations with the city of Montreal took place regarding proposals for Westmount's project. One was to make the section a year-round car-free zone (see story June 9, 2020, p. 16).

Another idea that was explored last year by interim director general Duncan Campbell was to change the direction of de Maisonneuve, Gallery told the *Independent*. This would have required an *entente* with the city of Montreal, which manages the traffic light at the intersection of Atwater, which is in its territory.

The idea of creating a public place was originally suggested at a council meeting June 1, 2020 as a traffic-reduction measure

by Dan Lambert, president of the Association of Pedestrians and Cyclists of Westmount (see story June 9, 2020, p. 16).

It had been met by enthusiastic response from Mayor Christina Smith, who said it was "a great idea, worthy of exploring further." Thousands of students cross de Maisonneuve between Dawson and Alexis Nihon, she noted.

At that time, then-councillor Cynthia Lulham also explained the idea had been under consideration as part of a "way-finding" practice to bring people from the Metro station to Greene Ave. as part of the city's revitalization of commercial sectors.

Last summer, the city also explored whether there might be café-terrasses and some type of attraction as seen in many public places around the world (see story April 6, 2021).

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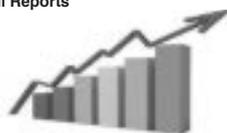
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*It's not all fun and games for toy retailers*

# Staff shortages, online competition? Here – Costs up? Coming soon

BY JENNIFER BALL

Nearly everyone loves toys, but underneath all the fun are businesses that need to meet costs, appeal to consumers and adapt to unhappy world events.

On February 24, Russia invaded Ukraine and already-rising oil prices have since skyrocketed to over US\$114 per barrel, as US-led sanctions start to bite into energy trade. None of these developments is music to the ears of toy boutiques in Westmount, already trying to rebound from forced closures, online shopping surges at other enterprises and lack of staff. Their merchandise, after all, often comes from China – a 9,000+ kilometer flight,

with sea freight usually taking 29 to 33 days. Wait-time in a port? Who can even say these days?

The *Independent* spoke with Vicky Papazoglou, who is the manager and a buyer for Surprise Enfants on Greene Ave. and Tom Forestell, whose family is the owner of Westmount Stationery on Sherbrooke St.

Forestell is no newbie when it comes to understanding the vagaries of running a retail business.

The business was incorporated 27 years ago, where the second floor is dedicated to toys and the ground floor to stationery, balloons and of course COVID masks.

“One of the issues facing retail in West-

mount is staff shortages,” Forestell said on a phone call as he worked solo, waiting for a staff member to join him in the store. This was evident considering Papeterie Westmount’s “we are hiring sign” is almost as prominent as the one advertising sale discounts.

Surprise Enfants opened on November 1 last year: a time when lights were turned off in several Westmount stores for the very last time.

Papazoglou’s boss, Sam Tahan, is the owner of Surprise Enfants and Boutique Surprise in Westmount Square and like the Forestell family, he has weathered spikes and dips in retail during his 35+ year career.

“We started selling toys at [Boutique Surprise in Westmount Square] and we started off really small with a few puzzles and it just went boom,” Papazoglou said, miming an explosion. “In Westmount Square, you have a lot of people who live in the building who are older and who want to buy things for their grandchildren. Right there, we knew we had a good thing going.”

Although Surprise Enfants has only been open for five months, Papazoglou is aware that inflation is on the cusp of really impacting their business. “We started doing our purchases for spring and summer and just recently I have been getting some emails ‘that going forward there will be price increases due to fuel and transport.’”

She felt it was likely too that they lost sales to online giants. “A lot of people did turn to online shopping when retail stores were closed, especially at the beginning of the pandemic. But once we opened up, everybody came back.”

That one-on-one service they offer is appreciated by the recurrent Greene Ave. shopper, Papazoglou feels. They also stock items that you may not find in other shops.



Westmount Stationery on March 25. It is located on Sherbrooke near Prince Albert.

“We try to keep it interesting. I tend to try to buy a lot of things that are educational. Then there is our product knowledge: all the staff know [all the merchandise] super well. Customers come back. We are so, so lucky!”

The *Independent* requested interviews from Oink Oink on Greene Ave in late March, but the requests were declined.



Vicky Papazoglou, manager of Greene Ave.'s Enfants Surprise, on March 25.

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## Police Report

# Three suspects arrested for Sherbrooke St. break-in and graffiti

BY MARTIN C. BARRY

Officers from the Montreal police department's Station 12 on Stanton St. arrested three suspects during the evening of March 27 after they broke into the city of Westmount's greenhouse on Sherbrooke St. for the purposes of vandalizing the premises with graffiti.

The suspects are believed to have forced their way into the building through a weak entry point – a window located near a portion of exterior fencing. Community relations officer Adalbert Pimentel said the window through which the suspects entered was broken before their arrival.

A security camera system that had previously been set up as a deterrent was active at the time, and relayed images of the intruders back to Westmount Public Security, who dispatched PSOs to the scene (see story at right).

"They found that there were three individuals inside the building," said Pimentel, adding that the suspects were detained on suspicion of forcible entry into a vacant but secured property.

He said the police were summoned to the scene, after which the three adult suspects were placed under arrest. They now face charges of unlawful entry, as well as mischief with damages estimated at less

than \$5,000.

### *Boulevard break-in interrupted*

Station 12 officers responded to just one other local break-and-enter incident last week – although this time at an upper Westmount residence.

An alarm signal originating from a house near the corner of The Boulevard and Belvedere Rd. at 8:16 pm on March 27 alerted police that at least one window at the rear of the house had been broken and an intrusion was in progress.

Pimentel said officers found upon arrival that two windows at the back of the building had been broken. However, even though an entrance doorway had been forced, the police were unable to enter the building through there.

While pursuing their crime scene investigation, they found footprints, although no suspects. They were able to contact the owner so that the premises could be properly secured.

### *Driver leaves the scene*

A motorist who drove off after lightly damaging another vehicle while parking near the corner of Atwater Ave. and St. Catherine St. may soon learn that leaving the scene after even minor collisions can still have serious consequences.

Although it was well after dark at 10 pm on March 19 when the driver was trying to parallel park and backed into the other vehicle, a witness saw the driver get out to survey the damage, after which he left the scene.

The owner of the damaged car returned to find that the witness had left a note behind on his windshield, describing the incident and with contact information.

Since the incident took place outside a retail business, police investigators are looking into whether security cameras may have captured peripheral images.

Pimentel said another reason for not leaving the scene is that the security systems in some vehicles are now programmed to automatically record video whenever there is a collision.

He said that when the other driver isn't around following a minor collision, the normal procedure is to wait for a reasonable time, leave a note behind and advise the police at 9-1-1 or at the local police station.

The Montreal police dept. says on its website that "not following these rules is a violation liable for a fine of between \$200 to \$600 depending on the case, plus 9 demerit points on your driving record."

As well, the driver may also be criminally charged if he or she leaves the scene of an accident without declaring they were

*Spotted on surveillance camera*

## Public Security nabs suspects

BY LAUREN SWEENEY

A Public Security sergeant was in the department's dispatch area viewing a surveillance camera Sunday, March 27, when she spotted three men behind the greenhouse area, department officials said. As she watched, one was seen trying to climb onto a glass roof while another scribbled on a window.

She alerted patrollers and headed down there herself, arriving at 6:01 pm. The trio was discovered inside the employees' work area at the back of the complex and were detained. They were handed over to police, who arrived at 6:44 pm.

All three were charged by police with break-and-enter as well as mischief for the graffiti caused by use of a thick black marker.

Two were identified as Montreal residents aged 24 and 21. A third was a 23-year-old from Beloeil.

driving without a licence, they were in an unregistered vehicle, that they were under the influence of alcohol or drugs at the time, or they caused death or serious injuries.

# Westmount's municipal government supports Ukraine

BY RALPH THOMPSON

The city of Westmount organized a public demonstration of solidarity with the Ukrainian people outside city hall March 31 at 5 pm. Mayor Christina Smith, along with councillors Kathleen Kez, Jeff Shamie and Mary Gallery and director general Hadi Hakim, welcomed a small group outside city hall under a solemn grey sky. A Ukrainian flag had been raised from the flag pole in front of city hall. The mayor expressed the council's support for the Ukrainian people and all those affected by the conflict worldwide. Kez and Shamie expressed their backing and several people in the gathering added their support.

Former councillor Cynthia Lulham expressed her initial feeling of helplessness, but also of the positive effect that her street's displays of Ukrainian flags had had online, and encouraged people to donate money and goods. Mayor Smith stated that the Red Cross is considered a good organization for donations.

Westmounter Donna-Lynn Kovic asked about the status of refugees and when they would be arriving in Canada. Mayor Smith



Former city councillor Cynthia Lulham speaks while flanked by, from left, city councillors Kathleen Kez and Jeff Shamie, Mayor Christina Smith and her daughter Isabel, city director-general Hadi Hakim and Councillor Mary Gallery.

stated that she has been in contact with the NDG-Westmount member of parliament,

Marc Garneau, who will keep her apprised of developments in this regard.

*See p. 1 for additional photo.*

# LCC students put on Clue Colonel Mustard in the conservatory with a candlestick...

High school students at Lower Canada College put on a live performance of *Clue* March 23. "It's not just a game, it's a play!" according to the school's press release. "All the familiar characters, weapons and rooms will be on stage."

The production was open to the community and donations were solicited at the door for the Geordie Theatre School Bursary Fund. "I'm proud to say that we raised a total of \$1,100 in ticket-sale donations," Nancy Essebag-Christie, communications and digital marketing specialist for the school, told the *Independent* later by email.

► From left, Ana Cantera as Miss Scarlet, Westmouter Caroline Weber as Mrs. White, Zoey Sommerhalder as Mr. Green, Levi D'Isep as Professor Plum, Kahsennonkwas Deer-Toelle as Wadsworth, Lillian Dumbrille as Mrs. Peacock and Westmouter Mason Winter as Colonel Mustard.

PHOTO COURTESY OF LCC.



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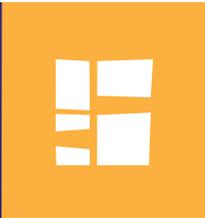
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## Akiva brings 'Monsters' to life



Grades 3 to 6 students from Akiva School put on the play *Monster Mash* March 23, 24 and 27 at the Segal Centre of Performing Arts. It was written, directed, and produced by parent volunteers from the school and featured performances by two full casts of students and parents. "The play focused of messages of kindness, friendship and inclusivity and, in the spirit of Akiva School, allowed students ... to shine onstage in a hands-on educational project beyond the traditional classroom," assistant head of school Cindy Warren told the *Independent* by email. PHOTOS COURTESY OF AKIVA SCHOOL.



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*Lucy Tyson*

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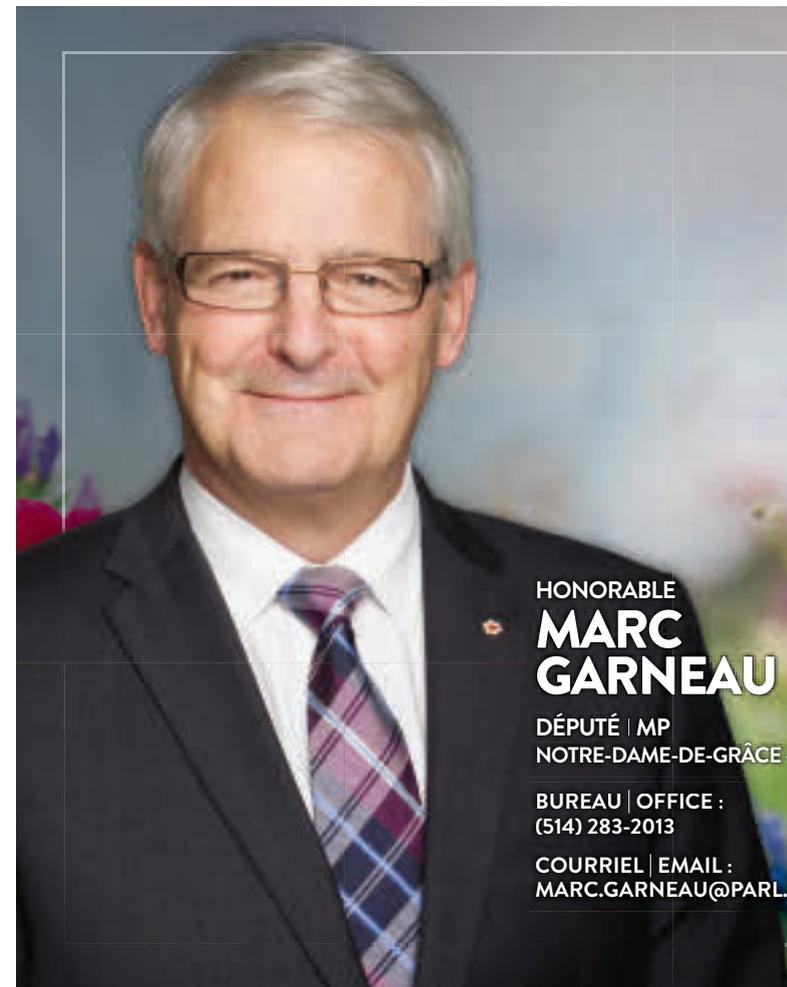
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*Marc Garneau*



## City Views

VERONICA REDGRAVE

# Postcard from Rome #2



Having taken virtual tours with guides on HeyGo.com, I felt I had “seen” the Forum ruins, Trajan’s column and the Diocletian baths. But nothing prepares one for the real thing.

It’s totally awe-inspiring.

One is overwhelmed by the architectural and engineering prowess. I mean, just how did Trajan’s column arrive in Rome?

Amidst the splendour of imperial power is a charming sign: “Forbidden to feed the cats.” Apparently, there is a charitable foundation fulfilling this role. Devoted women take care of the felines: hundreds roam freely amidst the elegiac ruins.

The huge garbage bins may be overflowing and the streets may have detritus blowing in the wind, but one thing in Rome continues constantly: tree pruning. Entire streets are shut down. Ergo, your taxi, bus or tram will take 15 minutes to simply go around the block. Be prepared to be late.

### Fashion: Not spring yet

Fashion in Rome? Easy to spot the Italian women. Most wear an unlined coat (to mid-thigh) and monochromatic tones. A scarf is the “must” accessory and one still sees Hermès silks but less than in Paris.

Shops show hopeful spring-bright colours: tiger-lily orange, daffodil yellow, leafy greens. But I see none on the sidewalks.

I do, however, see pale blue on the hospital gown-clad teams in tents all over the city. They attend to those needing a COVID test. There are huge lines everywhere as Romans need the Green Pass (like our VaxiCode) to enter most places.

It is wise to pre-book online for such

world-renowned sites as the Vatican and Galleria Borghese. VaxiCode with three jabs required.

The Pantheon has free entrance but the day I went the line-up of 300 just to show their Green Pass was enough to dissuade me.

Also free is the spectacular art in the churches. Michelangelo’s Moses sits in San Pietro in Vincoli, where the chains of St. Peter can be viewed in a reliquary under the main altar. One is struck by the profound power of belief of centuries ago. The cult of the relic and the idea of “purchasing” salvation through indulgences and patronage was part of the social fabric.

Recalling times past, the fabulous facial expressions – grins and grimaces – in Leonardo’s drawings can be noted at the Olympic village market held every Friday.

### All goods sold

Wrinkled-faced farmers yell and sell fresh produce in stalls side by side with coats, shoes, household goods and designer clothing, including a long rack labelled Zara. Garments still held their Zara price tag.

Markets are far, so buses come in handy. Furthermore, you get to see the real Rome. But again: be prepared. There are strikes, buses break down, and some arrive late. Others are fabulous. With gas prices soaring, there is not only less traffic, but lots of electric scooters and bikes.

Crossing main streets? There are white “pedestrian” lines. Traffic has to halt. Italians walk insouciantly across chatting on their *telefoninos*. Tourists pause.

“He who hesitates is lost,” said Cato (perhaps), but it’s preferable to be careful in the chaos.

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## Retail Review

VERONICA REDGRAVE

# From kickboxing to mommy-and-me



Melanie Duettchen Hagn

What a good idea! Another entrepreneurial Westmouter has found a niche in which to launch a business. Melanie Duettchen Hagn (yes, spelt correctly) is a personal and group fitness trainer certified with NASM (North American Sports Medicine).

She is also a busy mother. She found that “fitness helped me out of a dark hole after having my babies, and I want to be able to offer the same to other moms.”

Today, she offers mommy-and-me fitness classes to mothers who are delighted not only to get out of the house but also to meet others and share the challenges – and the joys.

The ladies work out with their babies, making it a fun experience. As well as offering workout movements, Melanie also works on “engaging the pelvic floor” post-natal.

Although the pandemic is easing up, during the more difficult times, her customers enjoyed having the moment to socially distanced stretch. Melanie also offers a kettlebell kickboxing class, and is the only

certified trainer in Quebec for this unique program.

In her spacious sun-lit studio on the third floor at popular Vic Park, there are weights and kettlebells, and room for widely spaced exercise mats.

“It’s really convenient. Mothers can bring their strollers up in the elevator and leave them here,” she adds.

So far, her services have grown through neighbourhood word of mouth. For now, she only offers one class a week on Mondays at 11 am, but “hopes to expand soon.”

Surely, in a few months time, a cluster of COVID babies will appear!

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*'Major fundraiser' – 'great believer in Rotary'*

## Andy Durso remembered as notary and dedicated Rotarian

BY MARTIN C. BARRY

Former Sherbrooke St. notary Andy Durso is being remembered by Westmount's Rotarians as one of their longest-serving supporters, while other Westmounters may also be remembering Durso as one of the area's most enduring providers of notarial services.

Durso, who passed away on March 23 at the age of 85, had been a familiar presence in his suite of offices near the corner of Arlington Ave. for many decades.

According to his son, Frédéric, Andy first opened a notarial office in 1961 and retired at age 77 in 2014, after which notary Arthur Younanian took over the practice.

"He did deeds and wills for many generations of Westmounters," said long-time Westmount Rotarian Jim Griffin. Being a notary, Andy had a great deal of legal knowledge that came in handy when the Rotarians were organizing their projects, Griffin added.

Over the years, Andy was involved in a great number of Westmount Rotary projects, including the groundwork to establish Manoir Westmount, the seniors' retirement home that opened in 1979 at the



corner of Lansdowne Ave. and Sherbrooke St.

In addition, said Griffin, Andy was for years involved in organizing the Rotarians' annual garage sale event.

"He would do the pick-ups," said Griffin. "For six months before every garage sale, he would be in charge of the furniture department. He was also a major fundraiser, but worked especially hard on the garage sales.

"He did so many things, it's hard to mention everything he did. He wore many hats. He also brought in numerous new members to join the club. He was a great believer in Rotary and what it was accomplishing around the world."

Frédéric Durso said the family will be welcoming guests on Thursday, April 14 at the Centre funéraire Côte des Neiges. A memorial service will be taking place the following day.

◀ Andy Durso, brush in hand at Westmount High in November 2006, while taking part in one of the Rotarians' many community-improvement projects.

▶ Andy Durso working as a volunteer model at a Rotary fashion-show fundraiser in the mid-1980s. PHOTOS COURTESY OF THE ROTARY CLUB OF WESTMOUNT.



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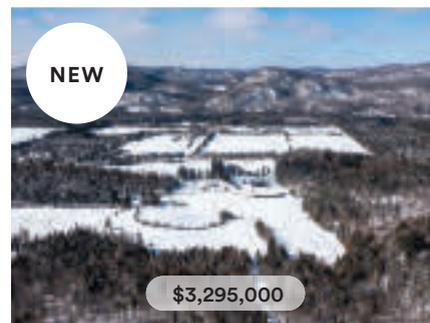
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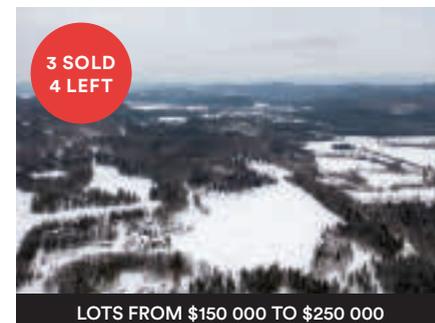
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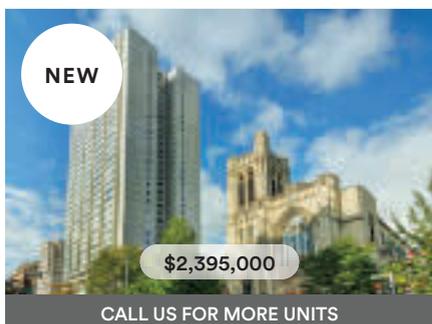
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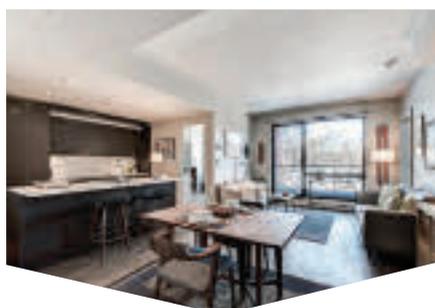
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