

WESTMOUNT INDEPENDENT

Weekly Vol. 18 No. 9d

We are Westmount

September 24, 2024

City awards engineering contract for Upper Roslyn/Roslyn Ave. steps

BY LAUREEN SWEENEY

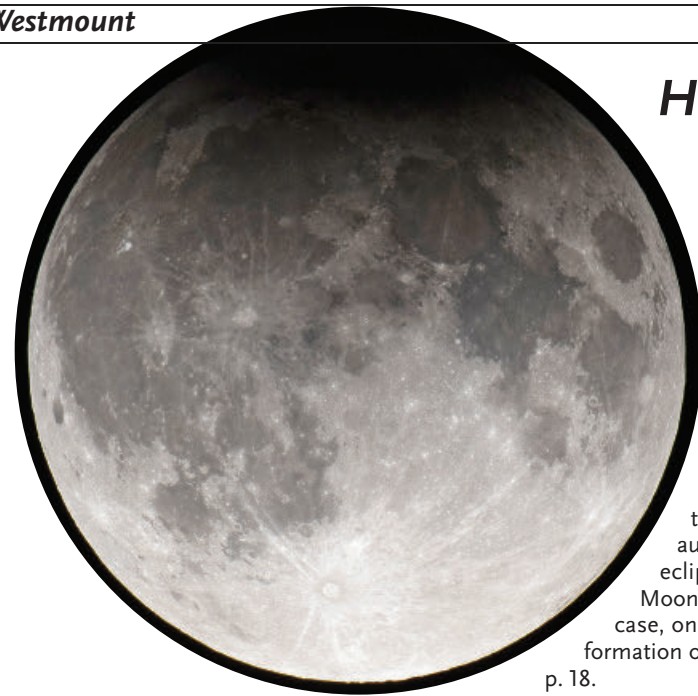
It's been a long time coming: Restoration of the Roslyn staircase. These are the concrete steps rising north from The Boulevard at the top of Roslyn Ave. that lead to the Roslyn lookout and Upper Roslyn. Their repair has been discussed for several years after the "cliff" through which the staircase rises was re-landscaped with low shrubs.

Now, on September 9, council authorized a total amount of \$143,144 including taxes for services related to the restoration of the staircase based on a system of bid weighting. This was awarded to FNX-INNOV Inc. The contract is for professional fees only. The construction contract

would be tendered at a future date. The mandate includes surveys, geotechnical studies and the development of concepts. It includes the preparation of tender documents and services during actual construction.

This winning bidder is the engineering firm contracted by the city in 2022 in relation to the supervision of asbestos and lead removal involving the restoration of some 300 windows at city hall (see story June 14, 2022, p. 19).

The condition of the steps has been deteriorating quickly through April and May as chronicled by the *Independent* in several photos (see May 7, p. 6, May 21, p. 5 and June 4, p. 9.)



Harvest moon, Westmount-style

As seen September 17 at 10:44 pm: a rare heavenly event occurred. This photo captures a celestial trifecta. It was a "supermoon" because the Moon was within 90 percent of its closest point to the earth. It was a harvest moon because it's the closest full moon to the autumn equinox. It was a partial eclipse because a part of the Moon was in Earth's shadow, in this case, only eight percent. For more information on what can be seen here, see p. 18.

PHOTO: RALPH THOMPSON.

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Council adds to contracted amount

Costs rise to \$2.8M to re-pave eastbound Dorchester Blvd.

BY LAUREEN SWEENEY

A contract for re-paving work on Dorchester eastbound between St. Catherine and Greene awarded in May was increased by \$139,200 by city council September 9. This brings the total amount to \$2,766,316 including taxes.

"These are big numbers, to re-pave, not to re-build" what is relatively a short

amount of street, stated Councillor Conrad Peart, whose commissionership includes infrastructure. "This is just an example" of the costs involved in carrying out work needed on city streets, he explained.

In this case, it also turns out that additional work on the concrete base will be required, he said. The total cost also includes repair of sidewalk and road segments, and *continued on p. 4*

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Public Security keeps watch, catches thief

BY LAUREEN SWEENEY

Public safety officers who spotted a suspicious looking man peeking through backyard bushes into a property on Surrey Gardens September 12 at 1:30 pm received contradictory answers when questioning him, department officials said.

This led to police being called and the man being arrested but released reportedly on a lack of sufficient criminal evidence. Public safety officers stayed in the area, however, and maintained surveillance.

Eventually they spotted him again, this time at Sunnyside and Upper Lansdowne. He carried a black bag and an Amazon parcel with which he had not previously been seen. Police were called again. This time, the resident to whom the parcel was addressed provided video footage of the parcel's theft.

The man was described as a 22-year-old from East End Montreal.

Cyclist falls at Lansdowne & de Maisonneuve

A cyclist fell at Lansdowne and de Maisonneuve September 13 at 5:05 pm while looking back at his daughter cycling behind, Public Security officials said. He was described as having hit a pole and was lying on the ground, cared for by his daughter and a medically trained Westmounter.

The man, who was not wearing a helmet, was reported to have sustained a broken collar bone. He was described as in considerable pain but did not lose consciousness. His wife arrived on the scene while he waited until 7:24 pm for the arrival of Urgences Santé. The victim's and daughter's bikes were taken to the Public Security station at 12 Stanton.

Two injured in car accident at Atwater and de Mais.

On September 17 at 4:09 pm, a patroling officer came across an accident at Atwater and de Maisonneuve between a Buick and a taxi for handicap transport, Public Security officials said. Urgences

Santé was called when two men in the taxi complained of pain, the driver and a passenger. One of the vehicles had been making a left turn.

RIP Albert Sévigny

Well-known local reporter Pierre Albert Sévigny died September 7 after a battle with cancer. He was 73. He is survived by his wife, April Defalco, their two children, Corrine and Pierre-Louis, and two children from his first marriage, Catherine Marcus and Christina Spelman, as well as three grandchildren and many other family members. He worked for many years at *The Suburban* newspaper, during which time he covered many events in Westmount or with a Westmount connection.

He also became a Westmount news-maker himself when he and other volunteers found a trove of late 19th century photographs at the Hurtubise House, Westmount's oldest, at 561 Côte St. Antoine (see November 7, 2023, p. 26). He curated the resulting exhibition.

"Although he worked for a different newspaper, Al was unfailingly friendly towards me, from the first time that I met him. Indeed, he acted like we were old friends. He always had some hot local-politics news item to share, along with his theory about it. I frequently had no idea whom he was talking about (his beat covered the whole island of Montreal), but I loved his enthusiasm, humour and positivity," said *Independent* editor David Price. "He was a colourful character who will be missed. My condolences to his family and friends."

According to his official obituary, a mass is to be held at the St. Léon de Westmount Church (4311 de Maisonneuve Blvd.) at 12 noon on Friday, September 27 and "a good old-fashioned wake" at Honey Martin's Pub (5916 Sherbrooke St. West in NDG) from 1:30 to 4:30 pm. "All are welcome to attend."

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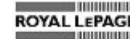


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Council grants ice time to SWAT for charity tournament

BY LAUREEN SWEENEY

City council September 9 approved free ice time for the SWAT Hockey Team Charity Tournament Association for use at the Westmount recreation centre (WRC).

This involves practice and tournament time subject to several conditions.

These include 70 minutes a week for 28 weeks from September through April, and 19 hours divided between Friday to Saturday along with the Sunday of the first week of December for the annual tournament.

Among other conditions cited in the council resolution are that the three-year agreement cover three seasons "2024-2025, 2025-2026 and 2026-2027" for as long as the association remains a non-profit organization and that amounts paid to the foundations involved are reported.

The 2023 finals of what was the 32nd annual Westmount Old Timers Hockey Tournament took place at the WRC December 3 of last year to raise funds for pediatric brain cancer research and neuro-surgical equipment at the children's hospitals of the MUHC and CHUM (see story

December 12, 2023, p. 24).

While some donations went directly to the hospitals, others were generated by a silent auction "but last year we raised over \$60,000," reported organizer Howard Hoppenheim. This was generated by hundreds of people and volunteers, including the city donating ice and employees' time, he said.

The fundraiser was inspired by the late Nicolas W. Matossian (1969-1987), a Westmount resident and patient at the Montreal Children's Hospital diagnosed with terminal brain cancer who wanted to "make a difference."

Along with his friends, he organized two golf tournaments that, in his remaining lifetime, raised over \$50,000. Matossian's father, Nicholas, served as a Westmount city councillor from 1991 through 2001, and is a perennial volunteer and organizer of the charity hockey tournament.

Olimpico open

The new branch of the Olimpico café on Victoria Ave. near Somerville was open when the *Independent* went by Sept. 23.

Let it snow!

City rents tractor/loaders and operators

BY LAUREEN SWEENEY

As some fallen leaves were already being cleaned up last week despite unseasonably warm weather, city council continued awarding contracts for the approaching 2024-2025 winter. This latest contract was approved for the rental of five tractor/loaders with operators.

At a cost of \$60,630 and a maximum of \$66,398 including taxes, the contract went to Ventec Construction, which also won an increase to its contract for re-paving part of Dorchester eastbound (see separate story, p. 1).

The tractor/loader contract was based on a renewal option designated in last year's contract. While no number of vehicles with operators was specified for last year at this time (see story Nov. 21, 2023, p. 17), the maximum total for the remnant of 2023 at that time was listed at \$61,365 including tax credits, with the total contract (November to April) being a maximum of \$624,027.

At this year's August 5 council meeting, several other winter contracts were ap-

proved for the coming year (see story September 3, p. 1).

Trellises gone

The two wooden trellises put up outside the greenhouse and library this fall (see September 3, p. 24) had been taken down as of late last week.

Dorchester, cont'd from p. 1

re-construction of Hydro Westmount's distribution.

The increased amount modified the original contract to Ventec Construction and, added Mayor Christina Smith, "the contractor is offering to work on Saturdays" though this had also been previously explained.

Meanwhile, "residents have had to use a laneway and put up with inconvenience," Councillor Kathleen Kez said. "I'm pleased this is being done, though. It's long overdue." The westbound portion had been done in 2022, she recalled.

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As seen on de Maisonneuve near Claremont Ave. September 9.

PHOTO: INDEPENDENT.

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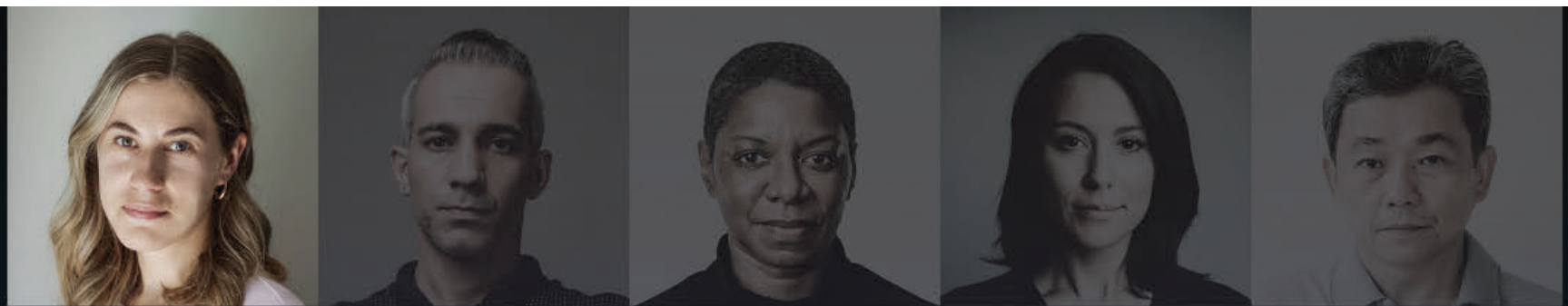
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LETTERS TO THE EDITOR

THANKS FOR THE SUMMIT WOODS IMPROVEMENTS

Living adjacent to the Summit Woods, I would like to take this opportunity to commend the city council and the city employees for the expeditious manner in which the woods' accesses have been re-configured and for the preservation of a natural design. Certainly this is the beginning of the renovations and re-invigoration of the woods, and their fauna and flora.

Hopefully, once complete and the new city by-laws are enforced, it will remain so next year. Failing which, if next year we see degradation recur, we must re-visit and have an inspection to confirm the cause and remedy it.

So far, so good. Let's hope the improvements endure. To be re-visited on spring of 2025....just before the next city election.

Thank you to the city for this good work.

JOSEPH YERMUS, OAKLAND AVE.

WHY NOT LIMIT PROTESTS TO CONSULATE'S BUSINESS HOURS?

As a resident, I can assure everyone that the demonstrations and protests in front of Westmount Square have been a major disruption to our lives at 1 Wood.

These demonstrations have even taken place as late as 11 pm. They included noisy fireworks. Access into, and out of, our building is usually impossible. Lately, there have been warnings of demonstrations and then they do not take place. This tactic has people changing their plans in anticipation.

The cost of these demonstrations must be considerable: policing and the loss of business on St Catherine, where restaurants cannot operate properly on busy weekend nights [when there are protests or warnings of protests].

There are safety issues as well, and luckily no tragedy has yet occurred.

A perfect solution may be difficult to achieve at this point, but I have an idea for a first step. Permits to demonstrate should be limited to the hours that the Israeli consulate is open. This is the target of the demonstrators, and is within the reasons for granting a permit to demonstrate.

It would also eliminate the extra stress on Jewish residents when the protests occur on Jewish holidays [because the consulate is closed then].

One can only hope that there can be some consideration of the blameless victims, as there is for the rights of the demonstrators.

BERNARD SHUSTER, WOOD AVE.

PLEASE ASK US WHAT WE WANT

I have lived in Westmount for almost 20 years – not as many as some but long enough to note some changes in the city. Don't get me wrong – it is still a privilege to live here and I hope to do so for a long time. That said, I read a letter published recently from another resident that made me realize that indeed some things seemed to have slipped. I know that cities all over North America are struggling with infrastructure maintenance or replace-

ment, contractor costs are up and the ability to raise taxes is limited, so pressure comes from all angles.

But no one says it is supposed to be easy.

What disappoints me is that the city seems to take decisions somewhat arbitrarily and seemingly with limited transparency. And, at no time since I have lived here can I recall ever being asked what is most important to me, a property owner and taxpayer.

So, my request and/or suggestion to city council is this: why not survey the residents to see what we most want, like and need? With all the tools available, it would not be at all difficult or expensive to do.

If you do that in an open and honest and transparent fashion – and actually listen and act on the outcomes – you may go a long way in dealing with what seems to be increasing frustration with Westmount's administration.

TOM ROBITAILE, GROSVENOR AVE.

WASTE MISMANAGEMENT

Canada ranks a poor 26th in global recycling rates, recycling only 24 percent of municipal waste, incinerating 4 percent, and sending 72 percent to landfills.

Germany, in contrast, excels with a 65 percent recycling rate, using a system of clearly labelled bins: blue for paper, yellow for plastic, brown for organic waste, black for non-recyclables, and one for glass. This system ensures effective waste management by educating and equipping citizens to sort their waste correctly, making it virtually impossible to ignore recycling.

The recent decision by Westmount to cut garbage collection from weekly to every other week is short-sighted. This move does not address the intricacies of effective waste management and recycling, and fails to consider the broader implications for the community. Effective waste management isn't about slashing services; it requires a comprehensive approach that addresses the complexities of recycling and waste reduction.

When questioned about savings from reduced pick-ups, the city could not provide concrete figures and only cited vague concerns about future costs. This lack of transparency highlights the administration's mismanagement.

Meanwhile, the city wastes resources on poorly designed projects, such as the 2023 light structure at the library entrance and the 2024 wooden structures [in the same place], rather than focusing on effective waste management.

Westmount needs to adopt a smarter approach to waste management, taking cues from successful models like Germany, rather than resorting to ineffective

and superficial measures that neglect the community's well-being and environmental responsibility.

DIANA HERNANDEZ, ST. CATHERINE ST.

Editor's thought: I agree that sorting should take place at the household or office level, and that getting rid of such sorting (see February 10-11, 2009, p. 1) was a major step backwards. In my experience, forest products and plastics are the two most voluminous pieces of the recycling puzzle. Why not pick these items up in alternating weeks, with metal and glass (if they even make sense) in segregated bags, also in alternating weeks? Sorting done, in advance, for "free." It is my guess that the next rational step would be to root out incorrectly included items, which often spoil the load in question, via so called "wish-cycling." Next step? Require that packaging be easily identifiable as belonging in a given stream and be recyclable in that stream. Next step after that? Increase recuperation rates, or look at abandoning trying to recycle certain items. Don't get me wrong. I am not optimistic or naïve. Our governments are frequently irrational, propelled into power by irrational voters – and I include *all governments* in Canada in this assessment, including the many, many levels that weigh in on recycling. We can try, however, to make them better by asking for rational measures. – DP.

DARK DAYS, DESPITE WESTMOUNT HYDRO

In the 2021 election, Westmount had record low voter turnout. The mayor and three councillors did not receive a single vote. Yes, they won by acclamation. If you are the only one to run, you get the job. This is not synonymous with unwavering support or being elected in the true sense of the word. Yes, council is legally sitting, that is not the question.

So when the mayor says "We were elected to," this is somewhat misleading. Following poor voter turnout, the mayor supposedly made voter engagement a priority and put Councillor Aronson in charge. The Westmount postal code has many of the most educated successful professionals and businesspeople in the country but yet when we ask questions, we are almost treated with contempt as if only the administration knows best.

To increase voter engagement, most would think that means increased communications with the electorate, not less. But the administration – confronted with a frustrated somewhat angry, disenfranchised electorate – seems desperate to strictly control the message and in essence disengage. What do they have to hide?

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LETTERS TO THE EDITOR

So council in their supposed desire to increase “voter engagement” has reduced council meetings to once a month, the one forum where residents can ask questions, albeit in a highly controlled manner, and if you ask questions that make council uncomfortable the mayor threatens to escort you out (very Putin-like and Russian-esque – see Mr. Breslaw’s letter April 16, p. 7). The online question forum limits your question to 150 words, limiting context and the administration reserves the right to not answer questions it deems not relevant. (Is any question that makes them uncomfortable now deemed not relevant?)

Is that democracy and transparency out in full force? We can all agree Westmount does nothing in the name of national security. It is not running the Pentagon nor CSIS but simply a very privileged enclave by an administration that struggles with most basic of municipal activities.

The most basic questions are treated as state secrets. So perhaps the Smith administration’s definition of voter engagement is to print a series of brochures, infoWestmount, in the age of the internet to tell you they are going to invest in their people, make our roads safe (they aren’t and no one seems to know how) or provide you with a social calendar.

Where is the “ESG committee” (Environmental Social and Governance Committee) on this wasteful activity? There were 17,000 brochures so far on this latest mailing, which no doubt have found their way into the recycling bin. Another committee in name only? When one asks questions, answers are vague and not meaningful. A nod of the head and we’ll get back to you. They never do.

The most innocuous request such as the cost of the latest brochure extravaganza is [met with the reply of make] a request under the access to inform act. Really? And when they do consult you, such as the renewal of Westmount Park, an all-out fight with petitions ensued in order to get rid of a poor design, or [in the case of] Lexington they tell you: “This is the way.”

Westmount, a bastion of liberal and democratic thinking, finds itself with an administration desperate to control the message, and does not engage (see Heather Black’s article on the lighting in the pond, June 4, p. 9, no reply*).

It is truly a dark day (Westmount Hydro notwithstanding) to see such disrespect for the democratic process.

JANIS KRAUT, THE BOULEVARD

**Editor’s note:* In a sense, the city did reply. It removed the lights, very quickly. – DP.



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Westmount's Terry Fox run outruns its fundraising goal

BY JENNIFER BALL

Even while donations are still coming in, Westmount's Terry Fox run has outdistanced its fundraising goal.

Marina Carricaburu Ortiz managed the September 15 event, which took place at the Westmount Athletic Grounds (WAG) between Hallowell Ave. and Hillside Lane.

She said she was very happy about how the charity run went. Carricaburu Ortiz took on the event's management with only a month's notice, and volunteers have raised a little over \$5,000, while their goal was \$3,000. (The official Terry Fox site said \$3,336 last week but it does not reflect pledges on the day or tee-shirt sales.)

"Today was like a roller coaster and just like the first time I rode a roller coaster, I want to go on it again," she said.

A Westmount resident, Carricaburu Ortiz works at the Metro grocery store, which is found on Victoria Ave. at Sherbrooke. "My boss, Gajan Rajasingam from Metro Westmount, has my biggest gratitude. He contributed towards the organization of the run..."

"Dairy Queen, Dagwoods, Copoli Restaurant and Leonidas made donations in kind for our raffle to thank the partici-



Terry Fox run organizer Marina Carricaburu Ortiz, right, with her husband, Ron Saad, on September 15 at the Westmount Athletic Grounds (WAG).

pants."

A personal story

Carricaburu Ortiz did not tell the participants her personal story when she

made a speech by the starting line, but her husband Ron Saad alerted the *Independent* to the fact that she went through an excruciating ordeal with her own father's cancer.

Carricaburu Ortiz confirmed the story and shared some details: "My father passed 11 years ago. He was told he had two months to live when he was diagnosed, but he kept kicking for five years, met all three of his grandchildren (Henrik is the youngest) and left everything in order for my mom to be well after his passing."

Carricaburu Ortiz's son, Henrik Carricaburu-Saad, was by her side on the day, and he has been raising money for the Terry Fox foundation by selling greeting cards in the Metro grocery store for years (see August 27, 2024, p. 10).

Steve Beckett was at the event with his wife and said "Obviously, it is for a tremendous cause..."

"The reason I'm out here today is be-



Henrik Carricaburu-Saad, Marina Carricaburu Ortiz's son, at the event.

cause we know somebody personally and we thought we would make the effort..."

"We know Marina, we know the community, and so we thought we'd come out and enjoy a wonderful day and have a bit of a fun run."

More personal stories

Like other runners and walkers, Beckett wore a sticker with the name of an individual who inspired him to participate. His sticker read "Judy" - "someone who is dealing with cancer right now," he said.

There were also stickers that read "Norma," "Penelope" and "Dad."

Carricaburu Ortiz said that she felt very happy and grateful to the people who showed up but stressed that there is still more work to do.

"...The run may be over, but the fight is not." The link to donate is run.terryfox.ca/69779.

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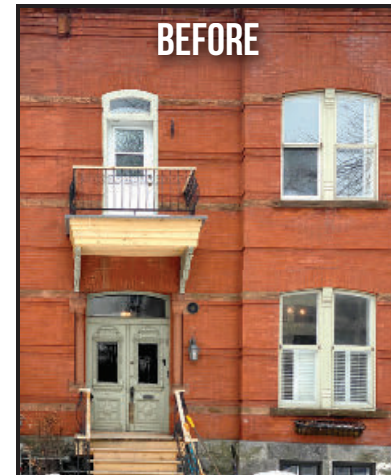
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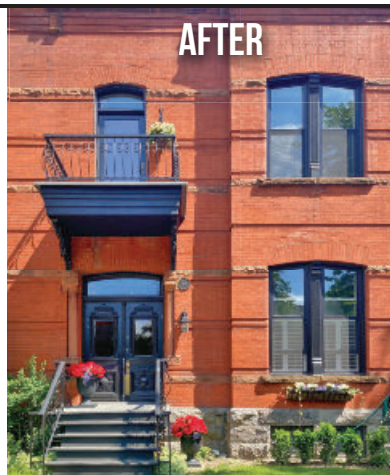
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'Claremont triangle' opponents present petition to city



Concerned about the city of Westmount's "Claremont triangle" pilot project, a group of nearly a dozen Westmounters submitted a petition at city hall on the morning of September 20, expressing their opposing views. The city is currently testing the elimination of a route from NDG Ave. to Westmount Ave. in front of Marianopolis College. Seen presenting the petition to Tom Flies (right), Westmount's senior director for the city's Project Office and Territory Management, is Claremont Ave. resident Thomas Rolain. There were 625 signatures, according to organizers.

PHOTO: MARTIN C. BARRY.

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Geodesic nursery to be re-used Dawson releases 150+ painted-lady butterflies from student-built dome

BY JENNIFER BALL

A student-designed and constructed geodesic dome being used as a butterfly nursery was home to hundreds of butterflies before they were released into Dawson College's Peace Garden the week of September 16.

The *Independent* was invited by the CEGEP's office of sustainability to witness *vanessa cardui* or painted-lady butterflies at the last stage of their metamorphoses on September 16. Dawson's main entrance is on de Maisonneuve Blvd. at Atwater Ave.

The painted-lady butterfly graces nearly every continent with its vibrant wings and swift flight. It plays a vital role in various ecosystems as it is a pollinator, and these ones will most likely migrate as far away as Florida.

Jennifer De Vera, in program development at Dawson's office of sustainability, oversaw the distribution of over 50 small butterfly tents containing five caterpillars to staff members.

The recipient-volunteers then had to hang every single chrysalis on a string and affix them with paper towel and a black binder clip, which was painstaking work given their fragility.

Press present at birth

The *Independent* witnessed the transformation as some butterflies emerged from their chrysalis and then shook their wings and waited for them to dry before attempting flight.

This initiative is one of many at the CEGEP that creates hundreds of hallway conversations and genuine enthrallment, all of which are an important part of Dawson's implementation of its over-arching project: well-being for all.

Kim Webb from the industrial design department at Dawson said that the multidisciplinary project will have a transformation of its own.

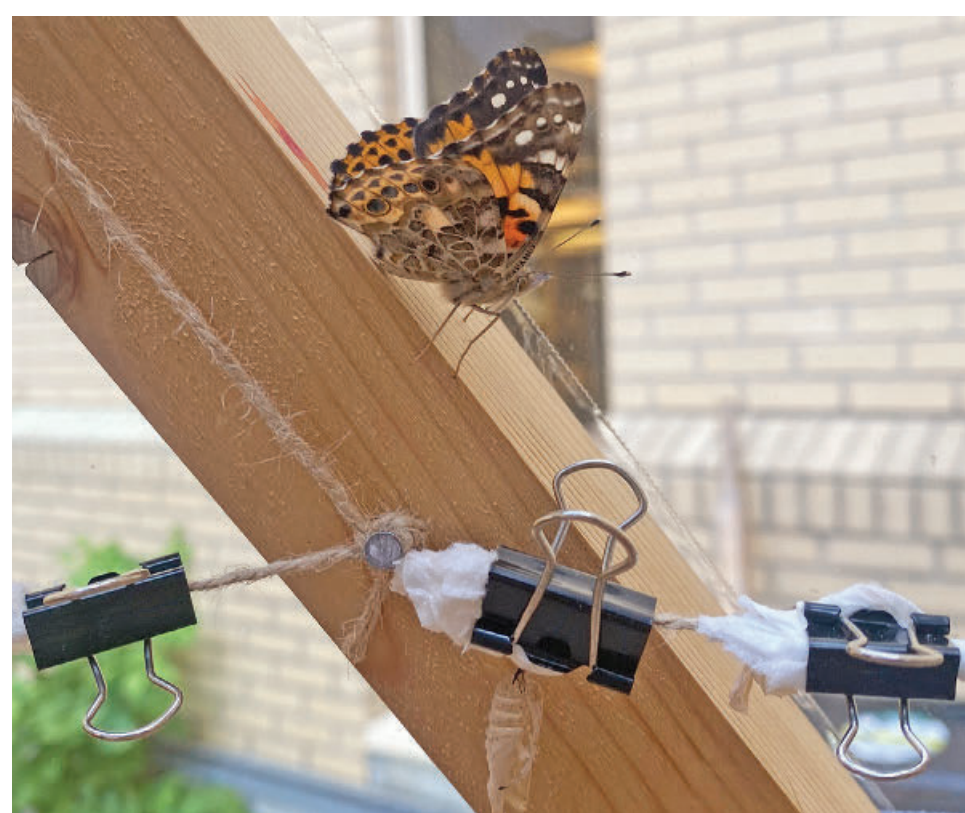
"The dream was: not only would this help us to take care of these butterflies – the span of which is only a couple of weeks – but it would be nice for us to have a three-season greenhouse..."

"This is why it was designed in a specific way so that it could be turned into a greenhouse when it is not housing [the butterflies] ..."

This is another examples of "...[Dawson] students designing real projects for the real world."

Top, A painted-lady butterfly inside Dawson's butterfly dome and its empty chrysalis on September 16. Volunteers placed every single chrysalis on a string affixed by paper towel and a black binder clip.

► The octagonal butterfly dome at Dawson College. Since the butterflies have gone, it will now be used for other purposes.



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Team wins regular season for first time, loses play-off

Westmount Soccer Club's U-16 girls triumph



U16-F Concordia League Champions 2024 on August 23.

PHOTO COURTESY OF WESTMOUNT SOCCER CLUB.

BY JENNIFER BALL

The Westmount Soccer Club's U-16 girls won first place in the regular season of the Concordia Regional Soccer Association (ARSC) this year for the first time in the club's history.

The Westmount Soccer Club is an inter-city club that has existed since 2009 and is independent of the city's Sports and Recreation department. The Concordia league, which consists of Montreal Centre, St. Leonard (which has two teams) and Salaberry, is not linked to Concordia University although the players occasionally have their practices there.

How league works

Marwan Alkhateb, who is the technical director in the management and technique

department of Westmount Soccer Club, spoke with the *Independent* on September 12. He explained that in a typical season the players compete in 10 games.

"In the Concordia league, you have the regular season, where you play against other teams and you collect points. The team who gained the most points [over the season] wins the league," Alkhateb said.

Then there is a play-off game between the two best clubs.

Westmount was the winner of the regular season – having earned the most points – but they lost 1-0 in the play-off to Montreal Centre.

The *Independent* wondered what was the 'X-factor' in this winning side this season? Strikers, tactics, defence, goaltending?

It was all of the above plus some, Alk-

hateb affirmed.

"This year, we have new coaches: Amanda McCue and Anna Greig. These two girls did a great job with the girls, and they brought them together..."

"They both have different personalities, which helped the girls grow and develop..."

Alkhateb also credits three parent volunteers at the administration level of the club. "We have three amazing managers: Simone Garneau, Andrea Martin and Danielle Chahine."

The main component was of course the girls themselves and their determination to compete. Making the victory sweeter for the club this year is the fact that girls' soccer in Westmount and in other regions is facing a true calamity in terms of player attrition.

Alkhateb said, "Overall, we had 86 girls this summer out of 420 players, which makes their percentage just 20.4 per cent...At this age, soccer in Quebec, in general, is losing a lot of girls and a lot of teams..."

"We were very lucky to keep these girls this year in Westmount because we already lost the U-17 and U-18 teams..."

"Girls have different interests at this age." (See previous coverage by the *Independent* on this question: March 22, 2022, p.1 and 10.)

The ARSC is a non-profit corporation created in April 1978, with over 13,000 members. It is recognized by the city of Montreal as a preferred partner and by the Quebec Soccer Federation as the governing body for the Montreal-Concordia sports territory.

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

FALL: Fashion, Beauty & Health



Six ways to kick bad breath to the curb

Halitosis, which is characterized primarily by bad breath, can be an embarrassing condition. For some people, it is an occasional occurrence after eating a particular food. But for others, bad breath can be a persistent problem.

Getting to the root of bad breath can help people have a fresher mouth and avoid feelings of embarrassment. According to the Cleveland Clinic, halitosis affects one in four people across the globe. It may occur due to poor oral hygiene, but it also may be linked to dry mouth, heartburn, diseases elsewhere in the body, or eating foods like garlic and onions.

While some cases of bad breath may require specialized treatment, these six strategies may help people with more mild cases of the condition.

1. Get routine dental cleanings at the dentist's office. Brushing and flossing alone may not be enough to clear bacteria or properly clean plaque and tartar from teeth.
2. Saliva helps to wash out the mouth, and if the body isn't making enough, it can lead to bad breath. Rewetting mouthwashes and drops may help.
3. Quit smoking, which can cause dry



mouth and increase risk for gum disease.

4. Avoid certain foods, notably garlic and onions, and spices that may contribute to halitosis. After such foods are digested, they enter the bloodstream and are carried to the lungs, ultimately affecting breath, says the Mayo Clinic. Consuming these foods in moderation may alleviate bad breath.
5. See a dentist if you suspect you have an infection. Infections in the mouth may lead to bad breath. These can occur from tooth decay, gum disease, mouth sores, or even surgical wounds. Getting infections under control will have a positive impact on breath.
6. Use decongestants and saline rinses when necessary. Upper respiratory conditions like allergies and colds could lead to post-nasal drip or infections in the throat that can contribute to bad breath.

Bad breath affects people for a variety of reasons. But it is typically preventable and treatable. Speak with a doctor if bad breath does not clear up with at-home remedies.

– MCG



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Peaches are tasty and good for the body as well. Peaches are related to apricots, cherries, almonds and plums. They're known as stone fruit because their flesh surrounds a shell with an edible seed. Peaches are packed with beneficial plant compounds, minerals and vitamins. Peaches contain about two grams of fiber in one medium-sized peach. Fiber helps to move food through the

digestive system and reduce the likelihood of constipation, offers Healthline. Peaches also contain Vitamin A, an antioxidant that helps the immune system fight infection. They also have vitamin C, which the body needs to fight off infection. Peaches are good sources of potassium, which the body needs to regulate heart rate and blood pressure. Foods high in potassium also can help lower blood pressure, says WebMD. Vitamin K, which helps heal wounds, also is found in peaches.

Research says that peaches may help to prevent cancer as well. One study indicated that consuming peach peels offers the highest level of anticancer phytochemicals, which assist in protecting cells from free radical damage that can lead to cancer.

– MCG

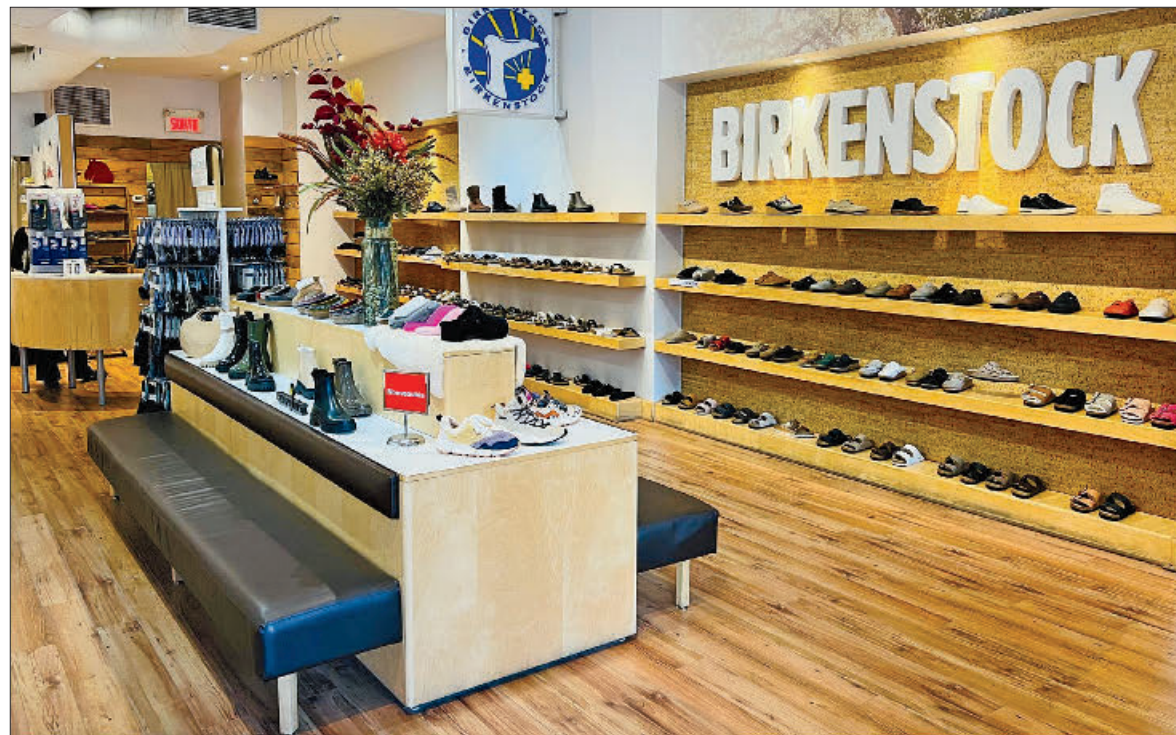


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Remedies for common skin issues

The skin is one of the most visible parts of the human body. Skin is the body's largest organ and helps to retain water and protect internal organs. The average adult has about 22 square feet of skin, which weighs around eight pounds, according to National Geographic.

The skin can be affected by any number of conditions. While many are not overly harmful, certain conditions can affect appearance. This, in turn, may impact a person's self-confidence. Therefore, many people prefer to address skin issues promptly and effectively. Here are some common conditions and how to address them.

Acne

Acne can occur on the shoulders, face, neck and upper back. Breakouts may include whiteheads, red pimples, blackheads and deep cysts. If left untreated, acne can cause scarring. Clogged pores cause acne, according to Healthline. This may occur from bacteria, hormones, dead skin cells and excessive oil production. Non-inflammatory acne can be addressed by using salicylic acid, which



naturally exfoliates the skin. It is found in cleansers and toners. Inflammatory acne can cause infection deep beneath the skin's surface. Products containing benzoyl-peroxide may help reduce bacteria and swelling.

Large pores

Large pores tend to go hand in hand with oily skin. They are extremely

common. The American Academy of Dermatology recommends being gentle with the skin to help minimize the appearance of pores. In addition, cleansing and exfoliating the skin can help. The AAD says retinol, which is a derivative of vitamin A, can unclog pores and restore the skin's natural appearance.

Redness

Skin redness may occur for a variety of reasons. These include sunburns, allergic reactions, dry skin, acne and irritations. Identifying its root can help make a plan for avoiding it going forward. Long-term redness often is linked to seborrheic dermatitis or rosacea. Certain medications and skincare products may be recommended by a dermatologist to address these issues. Colour-correcting make-up can help camouflage redness, says L'Oreal.

Eczema

Eczema, also known as atopic dermatitis, is a common skin condition that produces red, itchy, dry and irritated skin. It tends to start in early childhood, and doctors believe an overactive immune system may trigger symptoms. A dermatologist usually treats eczema with over-the-counter antihistamines and

OTC or prescription steroid creams.

Psoriasis

Psoriasis is an autoimmune condition that results in the excessive shedding of skin cells. Psoriasis causes scaly, silvery defined patches on the skin and usually occurs on the scalp, elbows, knees and lower back. Healthline says plaque psoriasis is the most common form of the condition. Light therapy, moisturizers, topical retinoids, and biologics may be prescribed to manage psoriasis.

Scars

Scars are a natural result of the healing process from an injury to the skin. Many scars fade over time, but deep scars can be permanent and visible. Dermatologists may recommend application of vitamin E, silicone gel or other creams or oils to help minimize scarring after a surgery or injury. A prescription retinoid can be helpful when it comes to acne scarring. Steroid injections and laser treatments also can be used to reduce the appearance of scars, according to the experts at Medical Dermatology and Cosmetic Surgery.

Common skin conditions can be a nuisance, but various over-the-counter and prescription remedies can help.

– MCG

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Avoid infection with proper contact lens care

Contact lenses provide a convenient means to improving vision. Although contact lenses may seem like a recent invention, they've been in the works for centuries. Leonardo da Vinci produced the first known sketches in 1508 that suggested the optics of the human eye could be altered by placing the cornea directly in contact with water. The ideas of da Vinci led to the development of the first contact lenses nearly 350 years later.

The first contact lenses covered all of the eye (the white [sclera] and the iris) and were made of heavy glass. Contacts have evolved over the years and most worn today are soft lenses largely made from silicone hydrogel.

As contacts sit directly on the eyes, it is important to avoid the introduction of foreign matter to the eye with careful hygiene and other practices. WebMD reports that those who wear contacts have a higher risk for keratitis, an infection of the cornea caused by viruses, bacteria, fungi and rare parasites. It's also easier to catch conjunctivitis. Contact wearers can follow these guidelines:

- Wash hands before handling contacts. Avoid transferring microorganisms

from your fingers to the lenses.

- Rub the lenses while cleaning. The American Optometric Association says doing this while cleaning them loosens the protein and bacteria that builds up. Even if the solution advertises "no rub," you should do it anyway.
- Always use fresh solution. Wash and store contacts in fresh, store-bought solution. Do not re-use solution, and never make homemade saline solution, which may not be sterile.
- Consider daily lenses. This is one way to cut down on the build-up of bacteria. These are individually packaged and are worn for one day then discarded.
- Rest your eyes. Whenever possible, give your eyes a chance to "breathe," so to speak. Skip the contacts if you are at home. When utilizing contacts, do not wear them longer than is prescribed for that type of lens. Do not sleep in contacts unless they are designed for overnight wear.

Care must be given to contact lenses to avoid eye infections and other harmful conditions.

– MCG



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Issues that can arise from poor dental hygiene

The importance of maintaining dental hygiene is emphasized from the time most people are small children. Indeed, parents start early by cleaning kids' teeth the moment the first one pushes its way through a baby's gums, and that

hopefully kick-starts a lifelong devotion to dental care.

Appearance may be the main reason why many people prioritize dental hygiene, and few things make as strong an impression as a set of pearly whites.

The connection between appearance and self-esteem

Body image is defined as how people feel about the way they look. The Office on Women's Health says a healthy body image makes a person feels comfortable in his or her body, while a negative body image can put a person at higher risk of depression and eating disorders. Mental health experts say that thoughts about his or her appearance can affect how that person feels about themselves, which can affect self-esteem. A positive body image can result in high levels of self-esteem, fostering confidence and inspiring an individual to prioritize self-care. Conversely, a negative body image can result in lower self-esteem. Harsh criticism of oneself may lead to antisocial behaviour or even disregard for one's

personal health. Fostering a positive body image and increasing self-esteem can involve a few strategies. InnerBody Research, a home health company, offers these tips:

- Avoid comparisons to social media and magazine images.
- Focus on the positive of yourself, but learn to love every part of your body.
- Maintain a healthy routine, promoting physical and mental well-being.
- Set realistic expectations.
- Participate in activities you enjoy and surround yourself with supportive people.

Working with a therapist also can help improve body image and self-esteem.

– MCG

But health is another notable reason to make dental hygiene a priority. It goes without saying that dental health is adversely affected by poor dental hygiene habits, but the rest of the body also can suffer when individuals don't take time to care for their teeth.

- **Cardiovascular disease:** The American Academy for Oral & Systemic Health reports that poor dental hygiene and inflammation of the arteries are directly linked. That's because bacteria from the mouth enters the bloodstream and causes the arteries to harden, thus increasing a person's risk for stroke or heart attack. The AAOSH also notes that poor oral health has been linked to high blood pressure and elevated levels of "bad" cholesterol, each of which pose a threat to cardiovascular health.
- **Diabetes:** The American Diabetes Association notes that periodontal disease causes inflammation in the gums. That's a notable link, as the ADA points out that inflammation in the body can cause high blood sugar levels, which is a known risk factor for diabetes. Simple oral hygiene practices like daily brushing and

flossing can protect against gum disease that can increase the risk for diabetes.

- **High-risk pregnancy:** Women should know that taking care of their teeth could be a notable way to protect their unborn children. A 2021 study published in the journal BMC Pregnancy and Childbirth found that periodontal disease is strongly associated with premature birth. Authors of the study note that premature birth is associated with a host of negative outcomes, including perinatal mortality, immature lung development, reduced feeding ability, and inferior weight gain.
- **Respiratory issues:** The mouth is vulnerable to bacteria growth, which is one reason why daily measures like brushing and flossing are so important. The AAOSH notes that once bacteria reaches the lungs, an individual's risk for infections, bronchitis, pneumonia, and other respiratory issues increases.

Dental hygiene practices like brushing and flossing are simple measures, but they can have a profound effect on individuals' overall health.

– MCG

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Variables that could elevate your risk for stroke

The World Stroke Organization notes that more than 12.2 million individuals experience stroke each year across the globe. Perhaps even more telling, the WSO reports that, globally, one in four people over age 25 will have a stroke in their lifetime.

Stroke is indeed a threat to public health. However, despite the prevalence of stroke, individuals are not helpless against it. Various risk factors for stroke are within individuals' control, and it's never too early for adults to prioritize stroke prevention. With that in mind, the following are some of the most common risk factors for stroke, courtesy of the WSO.

- **Elevated systolic blood pressure:** The American Heart Association notes that an elevated systolic blood pressure means the upper number on a blood pressure reading is between 120 and 129. Systolic blood pressure measures the pressure your blood is pushing against the artery walls each time the heart beats. Individuals diagnosed with elevated systolic blood pressure are urged to discuss the ways to lower that number, as the American Stroke Association notes high blood pressure is the most significant controllable risk



factor for stroke.

- **High body mass index:** A 2022 study published in the journal PLOS One found that body mass index was associated with stroke risk among diabetes patients. The study found that the risk of ischemic stroke, which occurs when a blood clot or fatty plaque blocks a blood vessel in the brain, was higher among obese patients compared to patients who are

overweight or normal-weight.

- **Smoking:** The WSO reports that someone who smokes 20 cigarettes a day is six times more likely to have a stroke compared to a non-smoker. One of the links between smoking and stroke risk surrounds carbon monoxide and nicotine. Smoke from cigarettes contains both carbon monoxide, which reduces the amount of oxygen in a smoker's blood, and

nicotine, which makes a smoker's heart beat faster. Those variables combine to raise blood pressure, which has already been noted as a significant risk factor for stroke.

- **Alcohol consumption:** A 2022 study published in the journal Neurology examined the link between alcohol consumption and stroke. The study found that high levels of alcohol consumption are associated with a higher risk for all types of stroke, and even moderate intake, defined as between seven to 14 drinks per week for women and seven to 21 drinks per week for men, was associated with higher risk for all types of stroke.

These are not the only common risk factors for stroke. In fact, the WSO reports high fasting glucose, air pollution, low physical activity, poor diet, high LDL (i.e., "bad") cholesterol, and kidney dysfunction are some additional common risk factors for stroke.

Though stroke affects more than 12 million individuals across the globe each year, many of its more common risk factors are manageable. More information about stroke is available at stroke.org.

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NOUVELLES

PROCHAINE SÉANCE
DU CONSEIL

Lundi 7 octobre

NEWS

NEXT COUNCIL
MEETING

Monday, October 7



Changements à la collecte des ordures dès le mois d'octobre

La collecte des ordures se fera aux 2 semaines à partir du mois d'octobre pour les maisons unifamiliales et les immeubles de 1 à 8 unités.

westmount.org/ordures

Inscription pour la collecte des encombrants le mercredi 2 octobre

La dernière collecte des encombrants aura lieu le mercredi 2 octobre. L'inscription est obligatoire et l'inscription doit être faite avant midi la veille de la collecte. westmount.org/encombrants

Collecte des résidus domestiques dangereux

La collecte des résidus domestiques dangereux aura lieu le **samedi 28 septembre** prochain entre 9 h et 16 h 30 dans le stationnement de la Bibliothèque publique de Westmount. westmount.org/rdd

Célébration du 150e anniversaire de Westmount

Le **9 octobre** au Victoria Hall, soyez des nôtres pour une soirée élégante et festive ! Célébrez la Ville en honorant les personnes et lieux qui ont façonné notre communauté. westmount.org

13 lampadaires DEL installés sur l'avenue Grosvenor

Dans le cadre de son engagement envers un développement durable, la Ville a installé 13 nouveaux lampadaires DEL le long de l'avenue Grosvenor, entre l'avenue Westmount et The Boulevard. westmount.org



Changes to garbage collection starting in October

Garbage collection will be done every 2 weeks starting in October for single-family homes and buildings with 1 to 8 units.

westmount.org/garbage

Registration for the collection of bulky items on Wednesday, October 2

The last collection of bulky items will take place on Wednesday October 2. Registration is mandatory and it must be done before noon the day before the collection. westmount.org/bulkyitems

Household Hazardous Waste Collection

The household hazardous waste collection will take place on **Saturday, September 28** between 9 a.m. and 4:30 p.m. in the parking lot of the Westmount Public Library. westmount.org/hhw

Celebrate Westmount's 150th anniversary

October 9 at Victoria Hall, be part of an elegant and festive evening! Celebrate the City and honour the people and places that have shaped our community. westmount.org

13 LED Streetlights Installed on Avenue Grosvenor

As part of its commitment to sustainable development, the City installed 13 new LED streetlights along Avenue Grosvenor, between Avenue Westmount and The Boulevard. westmount.org

BIBLIOTHÈQUE ET ÉVÉNEMENTS COMMUNAUTAIRES

Appel de candidatures : Comité de la Bibliothèque publique

Le conseil municipal cherche à combler deux postes au sein du Comité de la Bibliothèque publique. Veuillez soumettre une lettre de motivation par écrit avant le vendredi **4 octobre 2024** à l'attention de Lauren MacLean, directrice par intérim. Info : 514 989-5429, Imaclean@westmount.org

Conférence - Virginia Woolf's Poetry

25 septembre, 19 h, Bibliothèque publique. En anglais. Avec Dre Emily Kopley, Université McGill, auteure de *Virginia Woolf and Poetry*. Emily Kopley décrira l'histoire et le contenu de la bibliothèque de Virginia Woolf, puis se penchera sur les titres de poésie qui s'y trouvaient. westlib.org

Rencontre d'auteur — Remembering the Montreal Expos with Terry Mosher

29 septembre, 14 h, Victoria Hall. En anglais. Terry Mosher, auteur de *Aislin's Montreal Expos: A Cartoonist's Love Affair*. Avec des invité(e)s de marque et une exposition de souvenirs des Expos. westmount.org

Club de Scrabble (10 à 16 ans)

Les mardis du 8 octobre au 26 novembre, 16 h, Salle Westmount. Ce club, avec Christine Cardinal vous permettra de perfectionner vos compétences, de découvrir des stratégies gagnantes et de maîtriser l'art du jeu de mots. westlib.org

LIBRARY AND COMMUNITY EVENTS



Lecture – Virginia Woolf's Poetry

September 25, 7 p.m., Public Library. With Dr. Emily Kopley, McGill University, author of *Virginia Woolf and Poetry*. In this talk, Dr. Emily Kopley will describe the history and contents of Woolf's library and then focus on its poetry titles. westlib.org

Author Event — Remembering the Montreal Expos with Terry Mosher

September 29, 2 p.m., Victoria Hall. On the 20th anniversary of the last Expos game in Montreal, political cartoonist Terry Mosher reminisces on the team's legacy. Featuring special guests and a display of Expos artifacts. westmount.org

Call for candidates:

Public Library Committee

City Council is looking to fill two positions within the Public Library Committee. Please submit a letter of interest by **Friday, October 4, 2024**, to the attention of Lauren MacLean, Interim Director. Info: 514 989-5429, Imaclean@westmount.org

Film Club: Perfect Days (2023)

September 24, 2 p.m., Victoria Hall. In Japanese with English subtitles. Join our Film Club where we will watch a film on the big screen, in a relaxed atmosphere. westmount.org

Scrabble Club (10 to 16-years-old)

Tuesdays, October 8 to November 26, 4 p.m., Westmount Room. This club, with Christine Cardinal will help you hone your skills, and master the art of wordplay. westlib.org



Ciné-club: Perfect Days (2023)

24 septembre, 14 h, Victoria Hall. En japonais avec sous-titres en anglais. Joignez-vous à notre Ciné-club où nous regarderons un film sur grand écran, dans une ambiance décontractée. westmount.org



VILLE DE | CITY OF
WESTMOUNT



Avis de réception d'une demande de projet particulier de construction, de modification ou d'occupation d'un immeuble (P.P.C.M.O.I.)

La Ville de Westmount désire informer toutes les personnes intéressées du dépôt d'une demande en vertu du règlement 1489 « Règlement sur les projets particuliers de construction, de modification ou d'occupation d'un immeuble (P.P.C.M.O.I.) ». La demande vise l'obtention de dérogations ayant déjà fait l'objet d'une autorisation par résolution par le Conseil municipal le 16 janvier 2023, mais dont le délai de validité a été dépassé, en vertu de la réglementation en vigueur. Une nouvelle demande a donc été déposée en vue de la réalisation du projet, lequel consiste en la construction d'un nouveau bâtiment résidentiel multifamilial de 5 étages. Il s'agit du même projet qui a été autorisé en 2023.

Adresse de l'immeuble : **4216, boulevard Dorchester Ouest
Westmount, QC H3Z 1V2**

Demandeur : **11144995 CANADA INC.
605, boulevard Laird
Mont-Royal, H3R 1Y5**

Toute personne peut consulter les documents fournis dans le cadre de la demande en utilisant le lien suivant : westmount.org/ppcmoi, ou au comptoir du Service de l'aménagement urbain à l'hôtel de ville, situé au 4333, rue Sherbrooke Ouest, à Westmount, pendant les heures d'ouverture, soit du lundi au vendredi de 8 h 30 à 16 h 30.

De plus, en vertu de l'article 2.7 du règlement 1489, le projet sera présenté au Comité consultatif d'urbanisme lors d'une réunion publique, en mode virtuel, qui aura lieu le jeudi 3 octobre 2024, à 11 h 30. Le lien pour se connecter à la réunion en ligne est le suivant : westmount.org/ccu-septembre2024

Des commentaires sur le projet pourront être émis lors de la présentation publique.

Notice of receipt of an application for a Specific Construction, Alteration or Occupancy Proposal for an Immovable (S.C.A.O.P.I.)

The City of Westmount wishes to inform all interested persons of the reception of an application under by-law 1489 "By-law concerning Specific Construction, Alteration or Occupancy Proposals for an Immovable (S.C.A.O.P.I.)". The purpose of the application is to obtain derogations that had already been authorised by resolution of the Municipal Council on January 16, 2023, but for which the validity period had expired, in accordance with current regulations. A new application has therefore been submitted for the construction of a new 5-storey multi-family residential building.

Building Address: **4216 Boulevard Dorchester Ouest
Westmount, QC H3Z 1V2**

Applicant: **11144995 CANADA INC.
605 Boulevard Laird
Mont-Royal, H3R 1Y5**

Any person may consult the provided application documents on the City website at the following link: westmount.org/scaopi, or at the counter of the Urban Planning Department at City Hall, located at 4333 Rue Sherbrooke Ouest, in Westmount, during regular business hours, from Monday to Friday, 8:30 a.m. to 4:30 p.m.

Likewise, in accordance with article 2.7 of by-law 1489, the proposal will be presented to the Planning Advisory Committee at a public meeting, in virtual mode, on Thursday, October 3, 2024, at 11:30 a.m. The link to connect to the virtual meeting is: westmount.org/ccu-septembre2024

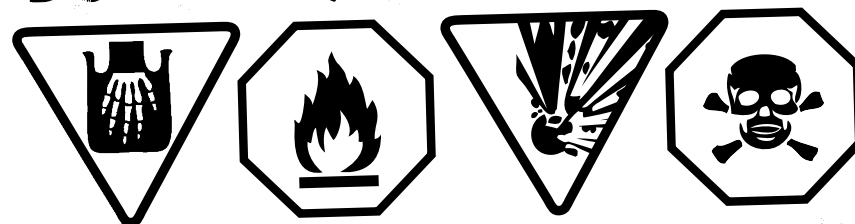
Comments on the project can be made at the public meeting mentioned above.

westmount.org

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SAMEDI 28 SEPT. 2024 DE 9 H À 16 H 30
SATURDAY, SEPT. 28, 2024 - 9 A.M. TO 4:30 P.M.

COLLECTE DES RÉSIDUS DOMESTIQUES DANGEREUX



HOUSEHOLD HAZARDOUS WASTE COLLECTION

Bibliothèque publique de Westmount, 4574, rue Sherbrooke Ouest
Westmount Public Library, 4574 Rue Sherbrooke Ouest



Résidus dangereux (RDD)

Ampoules fluorescentes, batteries, bonbonnes de propane, décapants, huile à moteur, nettoyants pour piscine, peinture, piles sèches, produits nettoyants, solvants, vernis, etc.



Hazardous Waste (HHW)

Batteries, cleaning products, dry cells, fluorescent bulbs, motor oil, paint, paint remover, pool cleaner, propane tanks, solvents, varnish, etc.



Déchets électroniques

Caméras, cartouches d'encre, claviers et souris, imprimantes, lecteurs DVD et CD, ordinateurs, radios, répondeurs, téléphones, téléviseurs, etc.



Old Electronics

Answering machines, cameras, computers, DVD and CD players, ink cartridges, keyboards and mice, printers, radios, TVs, telephones, etc.



Appareils réfrigérants

Réfrigérateurs, congélateurs, celliers et refroidisseurs à vin, refroidisseurs d'eau, climatiseurs portatifs et de fenêtre, déshumidificateurs.



Refrigerating appliances

Refrigerators, freezers, wine cellars and coolers, water coolers, portable and window air conditioners, dehumidifiers.

Items non acceptés : Appareils électroménagers, CFCs et tout résidu d'origine commerciale, fusées lumineuses, moteurs, pneus.

Not accepted items: CFCs and all commercial waste, electric appliances, engines, road flares, tires.

Consultez la liste complète des items acceptés au westmount.org/rdd

Consult the complete list of accepted items at westmount.org/hhw



Services des travaux publics
Public Works Department



Guest column

Fundamentally wrong language directive on health reversed by QLP motion

BY JENNIFER MACCARONE

The past months have been a challenging time for our community, and I am writing to you with concern and a renewed sense of determination.

Over the past year, we have witnessed a series of troubling actions from the CAQ government – actions that threaten the very essence of who we are as Quebecers. We're all familiar with the negative impact of Law 14, formerly Bill 96, on our citizens, our economy and our education system, and the attacks on McGill and Concordia universities. And if their recent decisions regarding immigration, an \$11-billion deficit and declining public services weren't enough, the unnecessary healthcare directive suggesting that historical Quebec anglophones must present a certificate of eligibility to receive services in English was over the top.

Many of you have reached out to my office – through emails, phone calls, and personal meetings – sharing your concerns and seeking guidance. Let me be unequivocal: the healthcare directive was not only confusing, but fundamentally wrong.

Every Quebecer, regardless of language, deserves access to essential services like healthcare in the language they understand best. To suggest otherwise is not only illogical but an affront to our rights and dignity as citizens of this province.

From the moment this directive was issued, my colleagues and I have been fighting it head on. We didn't just ask for it to be clarified or amended; we demanded that it be scrapped entirely. We challenged the CAQ government to stop trying to divide us with harmful policies that marginalize anglophone Quebecers.

And our voices have been heard.

Unanimous adoption

On September 13, all 125 MNAs in the National Assembly, including the CAQ, unanimously adopted the Quebec Liberal Party's (QLP) motion affirming that no certificate of eligibility is required for Quebecers to receive healthcare in English.

A copy of the motion has been sent to our healthcare institutions to ensure a common understanding by all.

This vote is a testament to the power of our collective advocacy and a reminder that only the Quebec Liberal Party can truly

hold the CAQ government accountable for its reckless policies.

This is a victory, but we know our work is not done. The CAQ just blindsided Dawson College, Concordia and McGill, informing them they must cut spending on renovation and expansion projects that are already under way as the school year begins. I would need another column to go into the energy deficit we're facing, thanks to François Legault selling our hydro energy to overseas companies at the expense of Quebec businesses.

As official opposition, the QLP will remain vigilant, holding the government to task. But we can't do that alone. So, I want to take a moment to thank you, our community, for staying informed and engaged as we face challenging times. Your support and commitment have made a real difference. We are stronger together, and I am extremely proud and honoured to bring your voice to Quebec City, defending your interests.

Here for you

My team and I are here for you if you have questions, concerns, or need assistance. I am committed to personally inter-

vening on your behalf if needed, because your right to live, work, and receive care in the language of your choice is non-negotiable, and your right to live in a prosperous and inclusive Quebec is essential.

Thank you for your continued trust and support. Together, we will keep fighting for a Quebec that respects and celebrates all its citizens.

Jennifer Maccarone is the provincial legislator for Westmount-St. Louis.

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Police Report

Authorities report increase in locker-room and bike thefts

BY MARTIN C. BARRY

The start of a new school year and a seasonal back-to-the-gym trend may offer at least some explanation for a sudden recent increase in Westmount in locker-room thefts.

“Something we’ve been getting a lot of in the last two weeks and that I’ve noticed a lot of people have been talking about is thefts in lockers,” said Montreal police Station 12 community relations officer Cst. Mike Yigit.

He suggested that such upsurges often are seasonal. Incident complaints filed at the station indicate there were three such occurrences in Westmount during that period.

The thefts took place at a personal fitness gym located on de Maisonneuve Blvd. near Atwater, as well as at Dawson College just across the street from there. Two of the thefts were at Dawson, while a third happened at the Econofitness gym.

In some cases, lockers were robbed of personal belongings, including laptop computers and cell phones, when users failed altogether to attach a lock, or when cheap and inadequate locks were broken

open with cutters, said Yigit.

The Dawson College locker thefts took place during the late afternoon of September 12, while the incident at the gym was on September 16. Yigit suggested these may not have been the only recent locker break-ins.

“These are the ones that were reported, because not everyone reports it,” he said. “Sometimes they just report it to the school, but not to the police.”

Gardener ticketed \$896 for parking on bike lane, obstructing officers

Public Security answered a call from the city’s Engineering department September 17 at 2:23 pm for a gardener working without a permit to occupy the public domain on Lansdowne north of Sherbrooke, department officials said.

The gardener was found to have parked his truck and heavy equipment on the bike path and was dumping debris from the backyard into a dumpster using an excavator. He had also failed to provide secure passage for pedestrians.

“It was very dangerous to be obstructing a bike path, especially on the hill,” said Public Security director Greg McBain, noting the number of school children walking to and from school.

The gardener also refused to identify himself to responding officers, which required intervention by police. He was issued two tickets, one for \$664 for not obtaining a permit to occupy the public domain and one for \$232 for obstructing the work of a municipal official.

As a measure of prevention, he suggested that locker users never leave valuables inside without attaching a strong lock, rather than something of lesser quality purchased in a dollar store, for example.

Bike thefts

Apart from locker break-ins, the past few weeks also saw a slight increase in Westmount in bicycle and electric motor bike thefts.

Sometime during the day on September 13, a bicycle was stolen after being attached and locked near Westmount High School at the corner of St. Catherine St. and Kensington Ave.

The owner’s mother, who filed a complaint at Station 12, said her son locked the bike to a bicycle rack around 8 am, but only noticed it was missing when school was over around 3 pm.

In a separate bike theft incident, on September 17, an electric bike owner who locked their conveyance to a rack in Westmount Park while going to work at Westmount Park School complained to the police that the lock was cut and the bike was missing afterwards.

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Ladies of Sandwich, Bread & Beyond reach 5,000-sandwich target



BY MARTIN C. BARRY

By just after 12 noon at the Centre Greene on September 16, a group of 50 volunteer sandwich makers were more than half-way to accomplishing the goal they'd set for themselves – to make 5,000 sandwiches for the homeless of Montreal by the end of the afternoon.

The Great Sandwich Marathon was organized by the Ladies of Sandwich, a local group of women determined to do something about homelessness, in conjunction with Bread & Beyond, a like-minded charity based in NDG that distributes sandwiches and other necessities to homeless shelters all over Montreal.



Bread and Beyond volunteer sandwich maker Mimi Brierley, who is a Westmounter, carries the bread for some of the 5,000 sandwiches.

Seen here on September 16 at Centre Greene during the Great Sandwich Marathon are, from left, top row: Judy Clark, Judy Loader, Helena Richards, Ami Bard, Patricia Fox, Westmount city councillor Elisabeth Roux and Morag Howlett; bottom: B&B volunteer Blythe Ennis, Centre Greene director Heather Hodges, B&B director Kirstie Jagoe and B&B volunteer Lamia Terrab.

“We’re half-way and this is our third of four shifts,” said Kirstie Jagoe, Bread & Beyond’s founding director, while noting that 2,650 sandwiches had been made since 8:30 am.

The 5,000 target corresponds to the number of homeless now estimated to be living on Montreal’s streets.

Centre Greene director Heather Hodges said they decided to team up with the other partners for the marathon after learning that as many as five of the organizations that support the homeless with help from Bread & Beyond are within walking distance of Centre Greene.

“With the diversity of the population

that we do serve on a regular basis, we felt that we had to do something,” she said in an interview with the *Westmount Independent*. “So, naturally this partnership just made sense to bring attention to this very important cause.”

With the first Great Sandwich Marathon now over, Hodges said Centre Greene is aspiring to repeat it on an annual basis. “We hope that this will become a staple in our fall programming,” she said.

For her part, Jagoe said it was Bread & Beyond’s ultimate hope to end up making fewer sandwiches each year, as that would be an indicator that the needs of Montreal’s homeless are diminishing.



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More on the 'supermoon'

The comparatively small but very visible crater in the lowest portion of the moon (see photo on p. 1) is, according to NASA, the Tycho Crater, "one of the most prominent craters on the Moon. It appears as a bright spot in the southern highlands with rays of bright material that stretch across much of the nearside. Tycho's prominence is not due to its size. At 53 miles (85 kilometers) in diameter, it is just one among thousands similarly-sized craters. What really makes Tycho stand out is its relative youth. It formed recently enough that its beautiful rays, material ejected during the impact event, are still visible as bright streaks. All craters start out looking like this after they form, but their rays gradually fade away as they sit on the surface, exposed to the space environment, which, over time, darkens them until they fade into the background. How old is Tycho? Because the impact event scattered material to such great distances, it's thought that some of the samples at the Apollo 17 landing site originated at the Tycho impact site. These samples are impact melt glass, and radiometric age dating tells us that they formed 108 million years ago." – RT

Joy with siblings Thasos and Hydra



9 Lives

LYSANNE FOWLER

Thasos is so distinct with his black-patch marking over one eye, a kitten pirate type. You will agree that his sister Hydra is adorable, with her jaunty black bonnet marking over the top of her head and one ear.

These affectionate teenage kittens are enjoying foster care in a volunteer family for the Cause 4 Paws Montreal cat rescue group. These hilarious kittens are curious and playful, ready for a new forever family within which they will thrive together.

Thasos and Hydra are very healthy and

are up to date with their vaccinations. They have also received all testings and treatments required for kittens, and are now sterilized.

If you would like more information on them, please do not hesitate to contact Tracy, the adoption coordinator at Cause 4 Paws Montreal, at the email address MontrealCause4paws@gmail.com.

You will then have the opportunity to discuss your adoption interest, find out more about Thasos and Hydra as growing kittens, and share in updated photographs and news of their wonderful personalities.

Please do not hesitate to also refer to their general Facebook page. You will learn of their fantastic rescue work, and the possibility of fostering if you cannot adopt at this time!

Your neighbour,
Lysanne



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Westmount
A-dog-tions

LYSANNE FOWLER

When illness made it impossible for petite Sloan's owner to keep her, she was dropped off at a busy pound, but it was just too much for her and she shut down in a corner. This situation led to the volunteers at Gerdy's Rescues & Adoptions responding to the urgent call to place tiny Sloan in a safe, quiet foster environment.

That is where she is now, in a loving and patient foster family. She has blossomed there, like a growing flower, with all the beauty and sweetness that warmth and care can nurture. She is happily running around the fenced back yard and playing with other dogs when she goes to daycare for socialization. Sloan likes people and, because of size, she likes to approach them and smell them first. She follows her foster mom around and makes wonderful eye contact to please and to respond for treats.

As a 10-pound pup, Sloan is very

Sloan, a wee pup



healthy, up to date with her inoculations, spayed and microchipped. For more information on her, please do not hesitate to contact the Gerdy's Rescues & Adoptions volunteers at their email, info@gerdysrescue.org, or refer to their website www.gerdysrescue.org. They will be pleased to discuss adoption, answer your questions and provide more photographs of precious Sloan.

Your neighbour, Lysanne

Ometz holds AGM, explains year's accomplishments



Social Notes

VERONICA REDGRAVE

Agence Ometz's 2024 annual general meeting featured an inspired evening with moving client testimonials and updates of the 160-year-old Jewish human services organization.

The cocktail *dinatoire* was generously sponsored by **Sacha Brand**, founder and head of CICE Gestion Canada and Comptoir400, along with Pajar and **Deborah Levy**.

After the reception, guests moved into the Gelber Conference Centre for the main program. Westmounter **Dominique McCaughey**, CEO Ometz, spoke about the impact of the Hamas' October 7 attack and rising anti-Semitism.

She praised the organization's accomplishments, which included significant growth for L'Annexe, the Ometz Centre for Young Adults. She highlighted how Ometz has provided temporary respite services to over 90 Israelis during the war and continues to offer urgent resettlement services to over 300 Ukrainian Jewish newcomers.

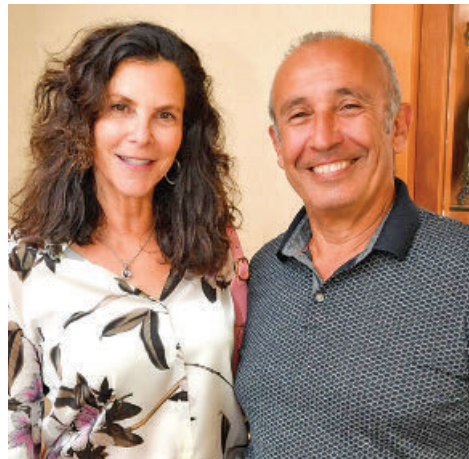
Ometz's chief program officer **Susan Karpman**, *continued on p. 20*



Dominique McCaughey and Nancy Cleman.



Guy Vadish and Brigitte Fortin.



Susan Kling and Patrick Benaroché.



Micol Haimson and Michael Aronovici.



Ometz board, top row: Micol Haimson, Karen Sigman, Geneviève Busbib and Jeffrey Berkowitz; bottom row: Gilbert Tordjman, Frédéric Dayan, Danielle Pollack, Janice Heft, David Martz, Dominique McCaughey, Joel Shalit and Igor Bernadski.

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Kathy Cohen, Allan Ptack and Janis Levine.



Sandy Martz, Bonnie Lester, Janice Heft and Lesli Green.

Social notes, cont'd from p. 19

retiring after a long and distinguished career, delivered opening remarks about the importance of Jewish values to the field of social work.

Board chair **Jeffrey Berkowitz** presented an overview of the agency's accomplishments over the past year. The evening closed with moving testimonials from three clients – representing immigration, employment and social services – who

described the profound impact Ometz had on their lives.

Among the guests were Ometz board members **Brenda Gewurz** and **Mark Brender**, **Gilbert Tordjman**, **Frédéric Dayan**, **Danielle Pollack**, **Janice Heft**, **David**

Martz, **Joel Shalit**, **Igor Bernadski**, **Micol Haimson**, **Karen Sigman**, **Geneviève Busbib**, **Linda Schachter**, and **Bonnie Lester**. Also noted were **Susan Kling**, **Nancy Cleman**, **Patrick Benaroch**, **Bonnie Lester**, **Sandy Martz**, **Janice Heft** and **Lesli Green**.



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Social Notes

VERONICA REDGRAVE

ICRF gala raises \$250k, demonstrates ‘Power of Science’



Samantha Singer-Guindi, Walter Gotlieb and Vivian Billick.

immediate past president **Jordanna Feifer**, and interim co-presidents **Jeffrey Bernstein** (there with **Maxine Foldiak**) and **Robert Bard** (with **Leah Moss**, ICRF board member).

Other ICRF board members present were **Noah Billick**, **Michael Flinker** (with **Marcia Gillman**), **Bonnie Ostroff**, **Arlene Silver** (with **Howard Silver**), **Leslie Spector** (with **Allan Lisbona**), **Angela Tietolman**, **Karen Zadjian** (with **Clifford Borden**), **Bruce Isenberg** (with **Tara Laufer**), and **Aubie Hercovitch** (with **Gretty Deutsch**).

“We are thrilled with this year’s gala. It’s a testament to the community’s commitment to advancing cancer research,” stated **Brigitte Fortin**, CEO ICRF Montreal.

Noted among the elegant guests were **Walter Gotlieb**, chair ICRF Montreal scientific advisory board, and his wife **Ariella**; **Bram Freedman**, CEO Jewish General Hospital Foundation, and his wife **Sara**; **Marlene** and **Joel King**, **Geraldine** and **Jeff Hart**, **Janet** and **Jeff Solomon**, **Jill** and **Carl Schlesinger**, and **Brigitte Fortin** and **Guy Vadish**.

Amid the many Westmounters were **Carol** and **Bernie Malinoff**, cancer survivor **Susan** and **Jeffrey Bercovitch**, **Amatzia Gantz** and **Shauli Talmor**, **Jill Kornbluth** and **Ryan Cymet**. **Stacey** and **Glen Eisenberg**, and **Sharon** and
Teddy Smith.

continued on p. 22

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Social notes, cont'd from p. 21

The Israel Cancer Research Fund is a leading non-governmental organization dedicated to funding cancer research and fostering scientific knowledge in Israel. Since its inception, ICRF has funded pioneering research projects, making significant breakthroughs in the quest for curing and treating cancer.

The fabulous fun night raised over \$250,000 to fund critical research projects in Montreal and Israel.

PS. September 28 is the Khan Family Walk : Support for people living with pulmonary fibrosis. Agrignon Park, 10 am registration. 11 am Walk. Noon: Free lunch. Create your own team!

p2p.onecause.com/cpffwalks/event/khan-family-walk-for-pf-montreal



Jeffrey Bernstein, Robert Bard and ICRF gala headliner Mo.



Marlene and Joel King.



Aubie Hercovitch and Gretty Deutsch.



Bernie Malinoff, Jeff Hart and Bruce Isenberg.



Noah Billick, Vivian Billick and Dr. Robin Billick.

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Robert Bateman b. 1930

Verreaux Eagle Owl (left) & *Pygmy Falcon* (right)
Acrylic on masonite 20 x 16 in (50.8 x 40.6 cm)
Painted in 1997.

Introducing two exquisite paintings by the internationally renowned wildlife artist Robert Bateman. Known for his deep connection to nature and his commitment to conservation, Bateman's work demonstrates extraordinary technical skill and a profound reflection on the beauty and fragility of the natural world.

Verreaux Eagle Owl captures the majesty of an owl native to East Africa. According to Bateman, this particular owl was semi-domesticated and lived in the wild near Lake Naivasha, Kenya. The Verreaux Eagle Owl belonged to Joy Adamson, “celebrated author of *Born Free*, [who] dedicated her life to wildlife conservation, helping to rehabilitate lions, cheetahs, and leopards while raising awareness about the perils faced by African wildlife.”

The Pygmy Falcon depicts one of Africa's smallest but fiercest raptors. In *Birds*, Robert Bateman wrote: “The pygmy falcon is about the size of an American robin, but like the martial eagle, it is a raptor and a ruthless hunter. These deceptively soft-feathered birds perch on exposed branches to catch sight of smaller birds or insects, which it captures in mid-air. Like many creatures, pygmy falcons live in a symbiotic, or mutually beneficial, relationship with another bird species—the white-headed buffalo weaver. They move into abandoned weavers' nests and, in return, it's thought that the falcons' aggressive behavior protects the other weavers in the tree from predators.”

These two paintings were exhibited together at the Everard Read Gallery in Johannesburg and were made into prints for South African Pulp and Paper Industries aimed at raising funds for conservation efforts.

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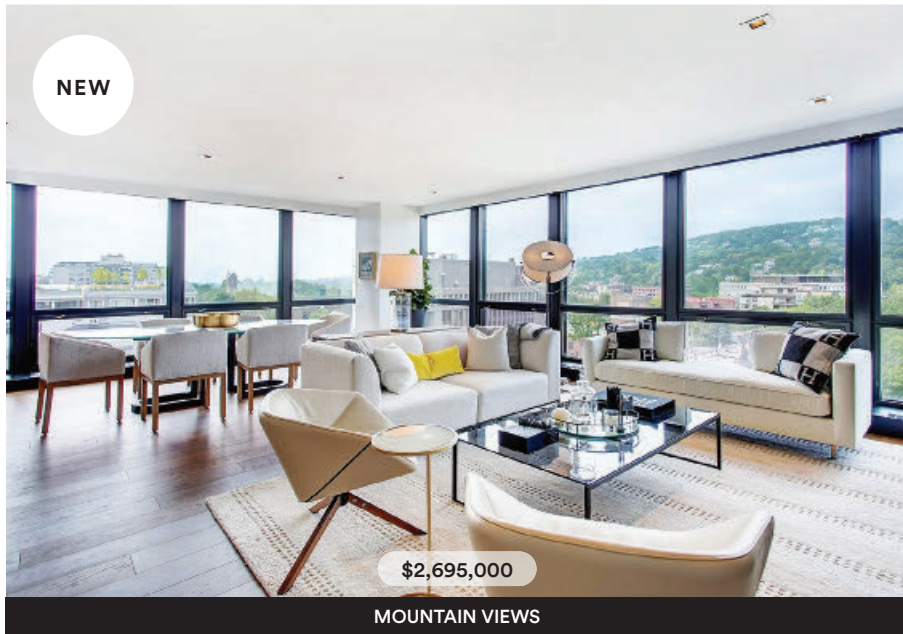




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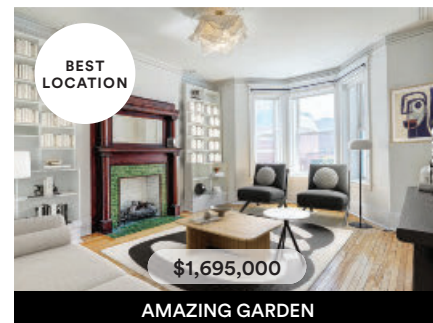
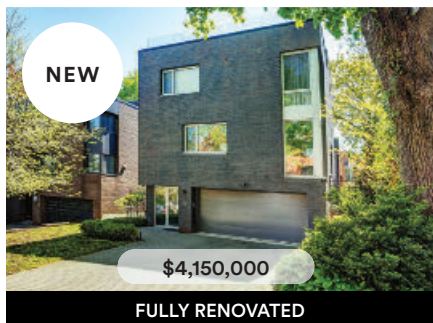
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