

WESTMOUNT INDEPENDENT

Weekly Vol. 19 No. 4e *We are Westmount* April 29, 2025

3-plus blocks approved

Re-paving of Sherbrooke St. in Vic village to cost \$5.3M

BY LAUREEN SWEENEY

High-profile road work to re-surface a three-block commercial stretch of Sherbrooke from Grosvenor to the city’s western limits just beyond Claremont was awarded at a special city council meeting April 22 at a cost of \$5.2 million. Replacing sidewalks was not part of the contract to Ventec construction.

At the same meeting, the council also approved a budget of some \$3.6 million for Westmount’s share of sewer and water work on Greene Ave. north of St. Antoine

(see separate story p. 2).
A handful of questioners asked how long the Sherbrooke work would take, whether the contractor would be required to guarantee completion within a designated time period, other specifics such as sidewalk repair and whether the project was eligible for agglomeration financing given it was a designated highway, namely Route 138.

Mayor Christina Smith said the work was confined to scarification – the scraping-off and replacing of asphalt paving and that *continued on p. 2*

Rachelle Parent wins at Turin Special Olympics!



Rachelle Parent won two gold medals and a silver for Team Canada in snowshoeing at the Special Olympics World Winter Games 2025 in Turin, Italy held March 8 to 15. Her events were the 100-meter (silver), 200-meter (gold) and 4X100-meter relay (gold, shown in photo). To prepare, the Westmount-adjacent resident often trained at the Westmount Athletic Grounds (WAG), “with dedication and determination to show the world that any person can achieve their dreams when they work hard,” according to proud mum Sylvia Wong. Parent has also been a member of the Westmount YMCA.

PHOTOS COURTESY OF S. WONG.



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Château Westmount to charge sliding-scale fees after signing deal with Quebec

BY MARTIN C. BARRY

After management at the Château Westmount residence for seniors suffering a loss of autonomy served notice last year that they were formalizing procedures to coordinate with the Quebec health care network, the long-term care facility’s owner says fees will now be billed on a sliding scale basis starting on May 1.

It is located at 4860 de Maisonneuve, corner Victoria.

Château Westmount owner Anna Fiszser said in a statement issued last October that the process, designed to bring private long-term care facilities into harmony with Quebec’s public health network, would result in the following benefits for Château Westmount residents, their families and employees:

- All residents will receive care and services tailored to their needs, at the same level of quality as those found in all the *continued on p. 3*

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Where winter and summer converge...

Council okays costs for snow trucks, tennis courts, lawns

By LAUREEN SWEENEY

Added snow removal costs for winter 2025's record snowfall were approved at the council sitting April 7 at the same time as contracts for lawn maintenance and installation and the care of clay tennis courts.

The rental of 12-wheel trucks with operators from Rawal Transport for 2024-2025 was increased by \$67,600 for the 2025 portion of a contract to a maximum of \$153,156. At the same time, the council mandated city negotiations for the group purchase with Montreal of de-icing salt for winter 2025-2026 in an amount to be considered later.

Coincidentally, both resolutions were approved at the same time as three contracts that provided for spring preparations.

One – for horticultural planting and maintenance – went to Multifleurs Plus for \$336,867 including taxes.

Another contract for the maintenance of sports facilities including the supply and installation of lawn for \$65,813, was awarded to Pélouse Santé while another for the maintenance of clay tennis courts went to Terrassment Jopat Inc. at a total of \$67,698.

Council approves \$3.6M for sewer, water work on Greene

By LAUREEN SWEENEY

In an inter-municipal agreement with the city of Montreal, Westmount city council April 22 approved \$3,601,024 for work on rehabilitating a combined sewer main and replacement of water service connections under Greene.

This is the latest step in the project for which Montreal has issued a call for tenders covering all of the work being undertaken by Montreal and Westmount and for which Montreal is designated project manager (see story February 25, p. 1).

The work is expected to take place between June 6 and November 30, Councillor Kathleen Kez, who represents the area, said at the special council meeting.

Re-paving, cont'd from p. 1

“no,” the city was not eligible for funding assistance.

Councillor Conrad Peart, whose commissionership includes infrastructure, told the *Independent* after the meeting that details of the work such as timing and how it would proceed were to be worked out between the contractor “and the administration,” the municipality’s term for its senior employees.

At the start of the meeting, Jon Breslaw

of Grosvenor rose to go to the mic for a customary opening question period, which was not allowed since the session was a “special” meeting. That was until he quoted from a by-law concerning council meetings and the city clerk signalled to go ahead.

When questioner John Fretz asked to see the approved contract for Sherbrooke, he was told to go through the province’s Access for Information procedure, to which he commented: “Why is it so hard to get information?”



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Heat from fire outside 434 Lansdowne damages interior



BY LAUREEN SWEENEY

A fire in construction debris April 23 outside a semi-detached house under reno-

vation at 434 Lansdowne caused no damage to neighbouring dwellings but was described by Public Security officials as resulting in heat damage to the interior of

PHOTO: RALPH THOMPSON

Château Westmount, cont'd from p. 1

- province's CHSLDs, whether public or private.
- The harmonization does not imply the transfer of residents either internally or to another CHSLD, unless so requested by the resident.
- Care service costs will be harmonized and established according to rules that apply to the contribution of the adult being accommodated. These are the rates that apply to public establishments, and this takes into account the income of the people with a maximum threshold. Monthly costs will decrease for those residents with a private care contract.
- The harmonization agreement will have a positive impact on working conditions for most of the staff, because the conditions will be the same as those in the public network. This should improve staff retention, which is a positive for the residents who would not have to change caregivers, while improving recruitment of new employees.

In an interview with the *Independent*, Fiszer said an information meeting was held three weeks ago by Château Westmount management with members of the Château Westmount residents' committee to provide families and caregivers with

information on the changes.

She said that under the new system, fees will depend on a resident's income. "We have to calculate them based on the revenue of each person," she said, while pointing out that not everyone will be paying the same amount.

Although Château Westmount will still be a private long-term care residence, the Quebec government's role will be to provide subsidies to facilitate the sliding scale payment system, according to Fiszer. "We are not public," she said.

She noted that under the agreement signed with Quebec, the government will be referring clients to Château Westmount from now on. Under the previous system, Château Westmount management made those decisions on their own.

A source has shared an email chain with the *Independent* between Château Westmount and residents' family representatives, with some expressing concerns about the change, including the mechanics of payment, the details of timing and the clarity of its communication, as well as the duration of masonry work to the building's exterior (see March 18, p. SL-6), which is still ongoing.

The father-in-law of the *Independent's* editor is a resident at Château Westmount.

the home itself.

It also resulted in "a lot of commotion" around Sherbrooke at the 4 pm rush hour, causing Public Security to block the street at Sherbrooke.

Construction workers had attempted to quell the fire but it was reported to be too difficult for the workers themselves.

Residents urged to call Public Security to remove graffiti

As Public Security carries out the city's annual spring removal of graffiti in lane-ways, on the outside of buildings, fences and various traffic signs, residents are urged to report the unwanted vandalism, officials said. This can be done on the city's website.

Police Report, p. 6

Letters to the Editor, p. 8

Social Notes: Ometz, p. 9

Pet page, p. 11



InfoWestmount, p. 12

Wrong way? Right of way. So make way!



The *Independent* has taken many photos of vehicles illegally going the wrong way on de Maisonneuve near Victoria, including one published last week (p. 3). On April 25, it was just able to catch this police car doing the same-ish thing, but its lights and siren were on and the coast was clear, making the exercise legit. It appeared to go north/left up Grosvenor. PHOTO: INDEPENDENT.

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REFERRED FOR A REASON

City’s transportation committee (TAC) advises no changes for Summit Woods area

By JENNIFER BALL

In a report released in February, the city’s Transportation Advisory Committee (TAC) concluded that no reserved or zoned parking changes were required after reviewing a parking modification request for the Summit Woods area, and it recommended that the file be closed.

The nine-car visitor parking lot for Summit Woods is near where Summit Rd. goes down to Belvedere Rd. Beyond its spaces, visiting drivers need to park on the street, pay close attention to the signage and move their cars during snow removal operations.

The city conducted an analysis of parking occupancy rates on the streets adjacent to Summit Woods during the spring and also November and December 2024.

On April 16, the *Independent* received the TAC’s findings from Summit Circle resident Maryam Kamali Nezhad – who had reached out to the TAC in March 2024 with a case for reserved or zoned parking, given that Summit Wood’s visitor parking was, in her view, hampering snow removal operations (see February 25, 2025, p. 2 and

p. 3).

TAC’s data analysis yielded the following findings:

- “Only Oakland Ave. (between Gorden [sic] and Shorncliffe avenues) and Summit Circle west of the cul-de-sac (facing civic addresses 4 to 15) showed noteworthy occupancy rates...
- “At its worst point, the occupancy rate for Summit Circle west of the cul-de-sac was measured at 90 percent between 7:00–10:00, but dropped to 30 percent between 11:00–14:00...
- “At its worst point, the occupancy rate for Oakland Ave. on the north side (between Gorden and Shorncliffe avenues) was measured at 67 percent between 7:00–10:00...
- “Overall, across all road segments – including those mentioned above – occupancy rates steadily and significantly decreased for all other time periods and days.”

It concluded that a February site visit “found no clearance or circulation issues, despite snowy conditions during the surveys...”

“...For these reasons, in accordance with

the city’s policy on matters handled by the [TAC], the committee recommends maintaining the status quo and closing the [file].”

In response to receiving their conclusions, Kamali Nezhad told the *Independent*, “While I appreciate the city’s efforts to conduct a parking occupancy study, I must respectfully point out an important shortcoming in their analysis...”

“The report mentions that parking counts were conducted during November and December 2024, covering different times of day, from Monday to Sunday. However, it does not specify the exact number of days or the frequency of the observations. Without this crucial information, it is impossible to determine whether the data is representative or reliable...”

“Parking conditions can vary significantly from day to day, especially in a residential area like Summit Circle. A meaningful and credible analysis typically requires a minimum of several days of data collection – ideally covering an entire week or more...”

“Additionally, the study acknowledges that Sum-

continued on p. 5

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At least one sign is showing its age...

City undertakes inventory of traffic signs

By JENNIFER BALL

The city is currently undertaking a comprehensive inventory of all traffic signs in Westmount. The *Independent* learnt this when it reached out to the Communications department at the city to enquire about its process to replace a specific speed sign that was too damaged to be legible to drivers.

The speed limit in Westmount necessitates that drivers never exceed a maximum of 40 km/h.

The maximum speed limit drops to 30 km/h around some parks and school zones and it drops even further in lanes that run at the back of houses to a maximum of 15 km/h.

In reply to a question about a specific sign, Mugisha Rutishisha replied, saying “Our Public Works department is aware of the situation [in the lane that runs between Holton Ave. and de Casson Rd.] and the city is currently undertaking a comprehensive inventory of all traffic signs within its

► There is maximum speed of 15 km/h in the lane that runs between Holton Ave. and de Casson Rd. but its sign is faded by the sun, as seen March 26.



territory. This systematic review will allow us to gain a complete understanding of the condition of our signage infrastructure and prioritize necessary replacements and upgrades...

“While we cannot provide a specific replacement date for the sign you highlighted at this moment, please be assured it will be addressed as soon as possible following the inventory and assessment...”

“Residents are encouraged to report any street signage issues through our online citizen portal or by contacting the city’s Public Safety department.”

Summit woods, cont'd from p. 4

mit Circle reached a 90-percent occupancy rate in the morning, which is extremely high. In most best practices, an occupancy rate above 85 percent is already considered critical and suggests a real shortage of parking spaces.”

Kamali Nezhad told the *Independent* that given these important gaps, she is of the opinion that the TAC’s findings do not fully or fairly address the real parking challenges experienced by residents and visitors.

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Police Report

Authorities seek suspect in rash of burglaries at Westmount homes

BY MARTIN C. BARRY

A team of investigators at the Montreal police's Station 12 on Stanton St. is attempting to identify a suspect wanted in connection with up to five recent burglaries over a period of less than 24 hours at Westmount homes, although it is believed there may have been more incidents.

Station 12 constables Mike Yigit and Emmanuel Provencher were making the rounds last week to homes on Roslyn, Grosvenor, Lansdowne, Victoria and Belmont avenues, gathering clues from homeowners who were burglarized as well as others who were not.

All the incidents were on April 19, beginning around midnight and continuing until later that day at 3 pm. In addition to addresses on the five above streets, Yigit (who is also Station 12's community relations officer) said there were "probably more" households that were unwittingly burglarized.

That evening, according to witness accounts and a summary of related complaints filed at Station 12, a suspect was seen wandering around on those streets, while trying out the front and back doors as well as windows in some cases.

While many of the residents were inside asleep, the suspect (who was subsequently seen in security camera videos viewed by the police) entered, stole valuables and left.

According to the police, the most valuable of the property stolen was jewellery, although far less valuable items were taken, including sums of money the suspect found lying around.

Cst. Yigit said this mini-crime wave (which was unresolved as the *Independent* reached deadline last week) should be serving as a reminder to Westmounters that burglars always seek opportunities for

break-ins, such as ground floor doors and windows left open except for a thin screen this time of year when the weather is growing warmer.

"We get this a lot, not only in Westmount but also in the downtown area," he said, noting that Station 12's territory also takes in a large part of downtown Montreal. "They cut the screens to unlock doors and windows and then they just walk in. And when people are sleeping, they just steal stuff."

He said that while meeting residents along the targeted streets, he and Cst. Provencher encountered some who weren't even aware they had been visited by a burglar. However, they were invited to view the recorded footage from their security camera systems, which confirmed the presence of the suspect.

"So, there's probably a lot more people that didn't report it. There's maybe some people that simply are not aware that their house got visited by this guy," he said, adding that the police are at work examining the security images to be able to locate the suspect.

Car's contents taken

According to Station 12's incident reports from last week, there were no recent car thefts in Westmount.

However, a theft from within a vehicle was reported by the owner of a car parked on Summit Crescent on the afternoon of April 19.

The stolen items included a cellphone, women's cosmetics and some loose change.

Shoplifter detained by employees

The only other incident reported last week was an attempted shoplifting committed at the Metro grocery store at Sherbrooke and Victoria around 3 pm on April 23.

According to the report, the suspect was detained by employees until the arrival of police who released him only after processing charges he will face at a court arraignment.

We welcome your letters

We welcome your letters but reserve the right to choose and edit them. Please limit to 300 words and submit before

Friday 10 am to be considered for publication the following week. Email us at: editor@westmountindependent.com

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Hockey player-of-the-month for March

Jake Lubarsky cited for continued team leadership

By LAUREEN SWEENEY

Jake Lubarsky had “a great month of March, propelling his M18 A team in the play-offs,” according to Kai Duenez, sports coordinator at the city’s Sports and Recreation department.

As captain of the team, he said, “more important” than Lubarsky’s many goals scored “was the leadership he displayed on and off the ice. He has been a long-term player with Westmount, playing for the Westmount Wings in the Westmount Minor Hockey Association since he was only six years old in 2013.”

A comparable player, according to Duenez, would be “Nick Suzuki, as captain of the Habs, for being able to control the play and is patient with the puck. As team captain, he is cool under pressure.”

Looking back

When Lubarsky, at age 11 and a member of the Peewee BB Wings team, was named as the first Wings player to be named player-of-month, he was cited for the way he had “demonstrated exemplary skills, dedication to his team, respect and focus,” and was described as “always attentive

when his coach was instructing. He was first on the ice and taking the initiative in filling up the water bottles.”

At the time, player-of-the-month was launched to showcase young athletes who illustrate talent “both on and off the ice.”



PHOTO COURTESY OF WESTMOUNT SPORTS AND RECREATION.

Each month, “we will recognize a minor hockey player in Westmount who has demonstrated strong passion, dedication and leadership on the rink and in the community,” stated Andrew Maislin as operations manager at the time. He is now assistant director of the city’s Sports and Recreation department.

It was important, he explained, “to acknowledge the opportunities and skills that minor hockey, and sports as a whole, can offer young people... to develop sportsmanship, teamwork and discipline, which they can transfer to other areas of their lives, such as academics and community service” (see story November 19, 2019).

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LETTERS TO THE EDITOR

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ALICE DIND, MOUNT PLEASANT AVE.

COUNCIL CAN'T SAY IT LISTENED WHEN ONLY ITS OWN (LATE, LARGE) ESTIMATE NIXED PROJECT

The abrupt cancellation of the infrastructure restoration of Claremont on April 10 points to major problems at council and the city administration. It surfaces critical concerns about the city's project management process, the reliability of its three-year capital works program and the associated [projected] borrowing of \$76 million [over three years].

Does the city now have the capability, including financial strength, to tackle its enormous infrastructure deficit when it even stumbles on a street re-development? This cancellation delays the needed [underground] infrastructure work on Claremont by at least 10 years. Will the city now have to re-assess all its priorities within the long-term asset management plan?

What happened? A year of intense work by the city went into the design, public consultation and project costing. A respected

architectural and urban planning firm was a key player on the team. But to no effect. After the project went to tender on March 24, new cost estimates were discovered to be 50 percent higher than budgeted. The new forecast of \$9 million was judged to be project ending.

Making the situation worse, council apparently was not made aware of the ballooning cost till sometime after the tender issuance. Even at the April 7 council meeting, Mayor Smith and council vigorously defended their decision to proceed with the project against continued strident opposition from residents. The project was cancelled just three days later.

Yes, local residents are pleased with the cancellation. The planned replacement [for the cancelled project], a re-surfacing within the existing street configuration, will be viewed favourably. It is, however, a bit much for council to now spin this reversal as also listening to the community. To the very end, council ignored resident objections to the misguided bike path on a steep hill and the associated loss of parking.

For residents to have confidence in the future of their great city, these problems must be addressed.

Will this be up to a newly elected city council?

DENIS BIRO, 5000 DE MAISONNEUVE, NDG

WHAT'S WITH THE SEVEN-ON-SEVEN BINS?

When did it become the acceptable norm in District 1 [the area above The

Boulevard] for residents, many of whom have backyards and/or garages, to leave their garbage bins at the front of their homes, and in full view seven days per week? Time was that trash and recycling bins were only seen on pick-up days, and were then put out of sight afterwards. No longer.

It is disappointing to see how our city has deteriorated over the past several years. Crumbling roads, ever-increasing taxes, reduced services (example: garbage pick-up) and now this assault on the once pristine look of our neighbourhoods. Where has our civic responsibility gone to?

ALLEN RUBIN, LEXINGTON AVE.

NOTHING FANCY NEEDED FOR CLAREMONT

"Too many cooks in the kitchen" seems to be behind the collapse of the Claremont project (April 15, p. 1). The city heard out its citizens in several well-thought-out meetings, but even the best-laid plans couldn't please everyone, and would cost too much to try.

I don't expect we'll get another shot at participating in planning Claremont again for a very long while, so I do respect the mayor's word to repair the road and side-walks in their current configuration.

So, it won't be fancy fare... I can live with that, as long as we still get service in 2025! That road needs re-doing before moving on to other roads. It ought to be as smooth as Claremont below Sherbrooke. Thank you.

HEIDI LEIN, CHESTERFIELD AVE.

QUEBEC HEALTH CARE: DISMANTLED, CRUEL, BUREAUCRATICALLY BLOATED

Over the past two years, the Quebec government has systematically dismantled the accessibility of primary healthcare, leaving communities in distress. A striking example is the closure of multiple walk-in clinics in a mere five-km radius around Westmount.

Once, residents could count on three reliable clinics operating daily from 8 am to 8 pm – at Westmount Square, at Place Alexis Nihon and at Guy.

Additionally, three smaller clinics with reduced hours have also disappeared.

What remains? The emergency clinic at the Queen Elizabeth Hospital, which no longer functions as a walk-in and only offers appointments booked up to two weeks in advance.

While public healthcare access is collapsing, private clinics are multiplying at

an astonishing rate, appearing across the city as if to mock the very idea of universal care. The contrast is striking: the government eliminates first-line medical access, yet private, pay-per-service clinics flourish – forcing people into costly alternatives.

Montreal has world-class hospitals, yet the closure of walk-in clinics is flooding their ERs – Royal Victoria at 167 percent capacity, Verdun at 154 percent and Jewish General at 192 percent.

Patients wait for hours for care that should've been handled elsewhere. Better access to primary care would ease ER pressure and improve lives, fostering a sense of well-being and security. Instead, we get empty slogans and failures like Rendez-vous Santé.

Now officials tell us to "consider other options before heading to the ER" – options they've systematically eliminated. This isn't mismanagement – it's cruelty posing as policy.

The opposition in Quebec City is rightly calling out the skyrocketing salaries of senior managers at Santé Québec and the ministry of Health – jumping from \$3.7 million to \$7 million. When pay spikes like this, it's often a warning sign: some profit while the system collapses. Dubé promised reform, but we're left with bloated bureaucracy and vanishing frontline services.

A community's strength lies in how well it serves its people. A healthy population means a thriving society. Investing in public health doesn't hurt the wealthy – it lifts everyone and builds lasting resilience.

DIANA HERNANDEZ, ST. CATHERINE ST.

Good news at the SAQ



As photographed at the Sherbrooke-near-Victoria Société des alcools du Québec outlet on April 25. PHOTO: INDEPENDENT.

WESTMOUNT INDEPENDENT

We are Westmount

Editor

David Price: 514.935.4537
editor@westmountindependent.com

Chief reporter

Laureen Sweeney

Graphics

Ted Sancton

Advertising sales

Arleen Candiotti: 514.223.3567
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Social Notes

VERONICA REDGRAVE

Agence Ometz recently hosted the Pearl Leibovitch Conference: Roots & Branches, which is designed to provide professionals and community members with the knowledge and tools to foster resilient sibling relationships.

The keynote speaker was world-renowned expert **Dr. Corrina Jenkins Tucker**. A leading voice in sibling relationship research, she offered valuable insights that have been pivotal for practitioners world-wide. Her sessions, along with other expert-led discussions, explored themes such as navigating sibling conflict, overcoming favouritism and creating harmony in family life.

The conference featured a clinical day for mental health at the Gelber Centre and an online community webinar for parents and caregivers.

In collaboration with the English Parents' Committee Association (EPCA), the conference aimed to reach a wider community of parents and educators, and offered resources and insights that empower families and professionals, extending the

Ometz hosts Leibovitch sibling studies conference



From left, Dominique McCaughey, and doctors Tanya Rouleau Whitworth and Corinna Jenkins Tucker.

impact of Ometz's commitment to family support.

"At this important conference, we're reminded of the power of family connections and the positive impact they have on overall well-being," noted **Dominique Mc-**

Caughey, CEO of Agence Ometz. "Roots & Branches is part of Ometz's ongoing commitment to helping Montreal families thrive in a supportive community."

For over 160 years, Ometz has been at the heart of human services in Jewish

Montreal. As a full-service, integrated, and responsive agency, it aims to empower individuals, families and the broader community to thrive through a holistic, wrap-around approach to well-being, resilience, and community.



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Roslyn remembers Eddy Nolan, Terry Fox



BY RALPH THOMPSON

Roslyn elementary school students and teachers gathered in their gymnasium April 11 at 10 am to remember a "true Canadian hero," according to principal Joanna Genovezos.

"Eddy Nolan was just an ordinary man," she said.

He achieved so much. He was the Roslyn caretaker for 13 years and talked to, interacted and loved the children at the school. They connected with him.

He worked tirelessly and fought bravely for a cause he believed in, remembering Terry Fox. He died one year ago after his own battle with throat cancer.

Terry Fox was Nolan's hero. Nolan organized and participated in more than 65 full marathons, coordinated events, encouraged children to support Terry Fox runs and raised more than \$1 million for cancer research.

He remained dedicated to the cause after losing his two sisters to cancer and then contracting it himself.

Present at the event was Nolan's wife, Mary Silvaggio Nolan, who said, "I miss Eddy from the bottom of my heart. It's the anniversary of his passing but he is not forgotten."

Former Roslyn principal and current director general of the English Montreal School Board Nick Katalifos and also spoke

School mascot Rossy leads the room in calls of "Eddy, Eddy, Eddy....."

to the gathering and thanked the children, teachers and principal Genovezos for their support of this important person and his memory.

After the speeches, a short film was presented showing Nolan running ahead of hordes of excited children and adults holding a Terry Fox flag, his big smile and words of encouragement rallying the

crowds. His Terry Fox flag was passed along during the ceremony. The school mascot Rossy then got everyone calling "Eddy, Eddy....."

The children and teachers then paraded around the outside of the school. Many will harbour memories of this amazing man for the rest of their lives feeling connected to a real Canadian hero.



From left, Mary Silvaggio Nolan (left), mascot Rossy, Nick Katalifos, director general of the English Montreal School Board, and Roslyn principal Joanna Genovezos, who presented a commemorative plaque "Celebrating 43 years of unwavering dedication..." to Silvaggio Nolan.

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Westmount A-dog-tions

LYSANNE FOWLER

Precious Tokyo

website at this link: gerdysrescue.org/tokyo/. Then do not hesitate to fill out the questionnaire for contact information, your interest and this will start discussions on adoption.

Your neighbour,
Lysanne



A stylish tri-coloured shih-zu in classic black, grey and white tones, Tokyo is a tribute to his breed.

He is presently in a foster home for the volunteer group Gerdy's Rescues & Adoptions, socializing and gaining confidence in play with other doggies when he meets them. Loving and active, he is a cutie-pie who looks forward to sharing affection, zoomies and tug-of-war in the fenced backyard, and fun neighbourhood walkies. He really enjoys other small active dogs, as he is a nine-pounder himself, and could do well as a companion in his new family environment.

Tokyo is very healthy at four and a half years of age, and he is up to date with his inoculations, neutered and microchipped.

If you would like more information and photographs of this delightful little fellow, please go to the Gerdy's Rescues & Adoptions



9 Lives

LYSANNE FOWLER

Beautiful Mimi

to relax.

If you would like more information on her, please refer to the Montreal SPCA website at www.sPCA.com, then use her identification number, A43833154, to access her information page. You can then plan your visit to the shelter to meet with a counselor and Mimi.

It is open every day, on Monday to Friday from 3 pm to 8 pm, with Saturday and Sunday from 11 am to 6 pm. It is located at 5215 Jean Talon St. West, Côte des Neiges, Montreal H4P 1X4.

Please bring a medium-sized carrier if you have one or feel free to choose from the selection on offer at the in-house boutique for foods, accessories and toys.

Your neighbour, Lysanne



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- ★ **Westmount 2 Burton SOLD**
- ★ **NDG 3435 Prud'homme #10 SOLD**
- ★ **Old Montreal 114 des Soeurs Grises #201 SOLD, thank you Marie-Christine Jolin, for your exceptional collaboration**
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NEWS

NEXT COUNCIL
MEETING

Monday, May 5



Collecte des encombrants

La collecte des encombrants a lieu en début de mois, à chaque mois, de mai à octobre. Inscrivez-vous pour la collecte du 6 mai via le **Portail citoyen** avant 8 h, la veille de la collecte. westmount.org/encombrants

Nouveau site web de la Ville

Le nouveau site web de Westmount marque un grand pas en avant dans l'engagement de la Ville à fournir des services et des renseignements en ligne accessibles et conviviaux à ses résidents. westmount.org

Tennis et Pickleball : Ouverture des terrains en surface dure

Les terrains situés aux parcs Westmount, Devon et King George, ainsi qu'au Terrain d'athlétisme de Westmount (WAG) sont ouverts depuis le **19 avril**. westmount.org

Ville de Montréal : Travaux de réhabilitation sur la rue Sherbrooke et l'avenue Wood

Dès le **30 avril**, des travaux de réhabilitation et de reconstruction de chambres de vannes auront lieu sur la rue Sherbrooke entre les avenues Elm et Atwater et sur l'avenue Wood, entre la rue Sherbrooke et le chemin Barat. westmount.org

Collecte des résidus de jardin

Des changements ont été mis en place concernant les jours de collecte de certains secteurs. Assurez-vous de vérifier les informations pour votre adresse. westmount.org/recherche



Bulky Item Collection

The bulky item collection takes place at the beginning of each month from May to October. Register for the May 6 collection via the **Citizen Portal** by 8 a.m. the day before the collection. westmount.org/bulkyitems

New City Website

The new Westmount website marks a major step forward in the City's commitment to providing accessible, user-friendly online services and information to residents. westmount.org

Tennis and Pickleball: Opening of hard courts surfaces

The courts located at Westmount, Devon, and King George Parks, as well as at the Westmount Athletic Field (WAG), opened on **April 19**. westmount.org

Ville de Montréal: Rehabilitation work on Sherbrooke Street and Wood Avenue

Starting **April 30**, rehabilitation and valve chamber reconstruction work will take place on Sherbrooke Street, between Elm Avenue and Atwater Avenue, and on Wood Avenue, between Sherbrooke Street and Barat Road. westmount.org

Garden Waste Collection Resumes

Changes have been made to collection days in certain sectors. Make sure to verify the information for your address. westmount.org/search

BIBLIOTHÈQUE ET ÉVÉNEMENTS COMMUNAUTAIRES

Club de jeux de société

8 mai, 18 h, Salle Westmount. Avec Dorian Pineros. Vous êtes invité à notre Club de jeux de société bihebdomadaire. Nous fournirons une variété de jeux, mais vous pouvez apporter le vôtre! westlib.org

Parlons opéra ! — La Bohème

4 mai, 14 h, Victoria Hall. En collaboration avec l'Opéra de Montréal. Quatre jeunes artistes vivent ensemble dans le Quartier latin parisien. Ils rêvent de tout, et ne se soucient de rien... La nuit où Mimi frappera à la porte du jeune poète Rodolfo bouleversera le cours de leur vie. westmount.org/evenements

Entomophonie : Musique électronique en direct à la Bibliothèque (18 ans et plus)

10 mai, 19 h 30, Bibliothèque. Soyez des nôtres pour une expérience immersive hors du commun après les heures d'ouverture. Entomophonie est une performance de musique électronique en direct du compositeur Leon Louder, créée entièrement à partir de sons d'insectes recueillis en collaboration avec l'Insectarium de Montréal. westlib.org



Conférence — Let's Talk About Dementia

22 mai, 19 h, Victoria Hall. En anglais. Cette conférence publique avec le Dr Serge Gauthier, le Dr Josée A. Morais et Claire Webster, vise à sensibiliser et à informer sur la maladie d'Alzheimer et d'autres maladies liées aux troubles neurocognitifs. westlib.org

Concert Classique Persane avec Hamtar

25 mai, 14 h, Victoria Hall. La musique classique persane, avec ses racines millénaires, a été transmise à la génération actuelle comme un héritage précieux. Ce concert s'adresse aux amateurs de musique classique persane et constitue une occasion unique de découvrir une musique persane authentique, interprétée par des musiciens de talent. westmount.org/evenements

LIBRARY AND COMMUNITY EVENTS

Board Game Club

May 8, 6 p.m., Westmount room. With Dorian Pineros. Join us for our biweekly Board Game Club. We'll provide a variety of games, but you can bring one of your own! westlib.org

Let's Talk Opera! — La Bohème

May 4, 2 p.m., Victoria Hall. In collaboration with l'Opéra de Montréal. Four young artists are living together in Paris' Quartier latin. Their dreams are many and their cares are few.. The night when Mimi knocks on the young poet Rodolfo's door marks disruption in the course of their lives. All too quickly, the stark realities of life shatter their illusions. westmount.org/events

Entomophonie: Live electronic music at the Library (18 years +)

May 10, 7:30 p.m., Library. Join us after hours for a unique immersive experience. Entomophonie is a live electronic music performance by composer Leon Louder, created entirely from insect sounds – buzzes, chirps, clicks, and more – collected in collaboration with Insectarium de Montréal. westlib.org

Lecture — Let's Talk About Dementia

May 22, 7 p.m., Victoria Hall. This public lecture with Dr. Serge Gauthier, Dr. José A.Morais and Claire Webster,aims to raise awareness and provide basic information about Alzheimer's and other dementia-related diseases. westlib.org



Persian Classical Music Concert with Hamtar

May 25, 2 p.m., Victoria Hall. Persian classical music, with its millennia-old roots, has been passed down to the present generation as a precious heritage. This concert is for enthusiasts of Persian classical music and presents a unique opportunity to experience authentic Persian music, performed by talented musicians. westmount.org/events

Welcome Hall Mission launches transitional housing program

By JENNIFER BALL

Established in 1892, the Welcome Hall Mission has had many different service offerings in its 133 years. It already helps 9,500 individuals from its headquarters at 606 de Courcelle St. in St. Henri just south of Westmount, but this year it is about to add a new service to complement its efforts to ease food insecurity and to provide housing.

2222 Ontario St., east of downtown Montreal, is the location of its new transitional housing program. The *Independent* was invited to a press conference to hear about the project on March 25.

Its mandate is to marshal re-integration resources so as to make homelessness rare, brief and non-recurring. Watts told the *Independent* that “It really goes back to the way we have dealt with the challenges of homelessness for the last 60 years...”

“The inability to afford to pay for an apartment, to being evicted from it, is still the number-one reason why somebody falls into homelessness...”

“Then what we tend to do is associate homelessness with drugs and alcohol because that’s what we see – rather than realizing it’s a correlation. We tend to think of [drugs and alcohol] as a cause.”

2222 Ontario St. has a selection committee to screen applicants based on their level of self-sufficiency, their willingness and their preparation to return to permanent housing. It has 50 units, which are scheduled to open this week.

COVID, the ensuing inflation, the



2222 Ontario St. is located at the corner of Parthenais St., as seen April 4. Artwork on the building is called *Hommage a Marjo* by Laurent Gascon.

shortage of affordable housing and developers not being incentivized to create affordable new builds have all been factors, according to Watts, leading to a perfect storm. The *Independent* asked Watts if some of the future residents at 2222 Ontario St. will be individuals who never, in a million years, thought that they would need its services.

“Yes, many of them,” he replied, “If you walk around the city and go into the Metro, you’re seeing some of the more complex cases but that’s not the majority. The majority are people that are a lot like you and me who have had six bad months.”

When Watts spoke to the Rotary Club of Westmount in February 2024 (he has been a member since 2019), he was confident that those in government would be focusing on their key performance indicators, and that affordable housing would start to be legislated, and he was right (see February 27, 2024, p. 10).

“The federal government’s most recent full budget had \$5.7 billion in it for housing and a lot of that was a function of some lobbying that we did...”

“And so, I was happy to see that a lot of the things that I’ve been bothering Sean Fraser about [who was the federal housing minister from 2023-2024] made its way through the budget process and got in.”

Other developments

Another change that the Welcome Hall Mission has undergone is its longtime headquarters has now become part of the NDG-Westmount federal riding due to boundary changes.

“The mission ‘moves out’ of Marc Miller’s riding and into Anna Gainey’s riding,” Watts said.

Personally, there has been a development too. Although Watts contends that he did not take the job at the Welcome Hall Mission to be personally recognized, he

was nevertheless awarded the King Charles III Coronation medal in March.

“I accept these kinds of recognitions on behalf of the team that works with me and on behalf of those we serve...”

“Frankly, I think they’re the bravest, most courageous people because they’re struggling and when you get close enough to walk alongside people who struggle, you recognize real bravery.”

Jennifer Ball, the reporter who authored this story, is a member of the Rotary Club of Westmount.



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MARIE JO



Tips to take care of your skin



As the body's largest organ, skin is of the utmost importance to overall health. The skin protects against germs, regulates body temperature and enables tactile sensations, says the Cleveland Clinic. Despite those vital functions, skin is easily overlooked in health care regimens.

Even though the skin is susceptible to aging just like every other part of the body, there are steps everyone can take to maintain healthy skin throughout their lifetimes. Dermatologists, including those from the American Academy of Dermatology, share tips on how to care for and protect the skin so it looks beautiful and functions properly.

- Use sun protection. One of the key ways to care for the skin is to protect it from the sun. Over time, sun exposure can cause age spots, wrinkles and elevate the risk for skin cancer. Always use a broad-spectrum sunscreen with an SPF of 15 or higher. Apply generously and be sure to re-apply every two hours or more if you will be swimming or perspiring.
- Stay away from tanning beds. People mistakenly think that using tanning beds is safer than sitting out in the sun. However, tanning beds emit harmful UV radiation that can cause skin cancer just like the sun. The AAD says one indoor tanning session can increase the risk of developing melanoma by 20 percent. Use self-tanning products instead for a golden glow.
- Quit smoking or never begin. Smoking makes the skin look older and contributes to wrinkles. Smoking narrows the tiny blood vessels in the outermost layers of the skin, decreasing blood flow to the skin and

making the skin more pale, says the Mayo Clinic. Smoking also depletes oxygen in the skin and can damage collagen and elastin, the fibers that give skin its elasticity and strength.

- Avoid an overload of products. Many dermatologists suggest their patients stick to the basics daily, which includes a mild cleanser, moisturizer and sunscreen. Drinking plenty of water also helps the skin. Exfoliating the skin once a week can help remove dead skin cells, but don't over-do it, which can lead to excess oil production and breakouts.
- Select the right products for your skin type. Choose products that pertain to your skin type, which may be sensitive, normal, dry, oily, or a combination thereof.
- Don't forget the lips. Many people treat their entire faces but then do not address the skin on their lips. Skin cancer can form on the lips, so use a lip balm that has an SPF of 30 or higher. Petroleum jelly can add moisture to the lips if they feel dry.
- Visit a dermatologist. A dermatologist is an expert in many conditions of the skin, hair and nails. He or she can perform an annual examination to look at the entire body and determine the health of skin, and identify any moles or spots that may be of concern.
- Check your own skin. People are advised to pay attention to their skin and look regularly for new spots; spots that are different from other spots on the body; moles that itch, bleed or change size or colour; and any other things that seem not quite right.

Taking care of the skin throughout the years can help a person look and feel his or her best. – MCG

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What to know about rosacea



Skin conditions can be cause for concern, as they can be harmful to overall health and adversely affect an individual's self-esteem. Rosacea falls into this category of illnesses. Rosacea is a chronic skin ailment characterized by persistent facial redness and visible blood vessels. Rosacea also can cause the formation of small, red, pus-filled bumps on the face that can be mistaken for acne.

The National Rosacea Society says the condition is chronic but treatable, and is often marked by flare-ups and remissions. Rosacea most often develops after age 30, initially appearing as flushing that may come and go. Here's what to know about this common skin ailment.

Who gets rosacea?

Rosacea can affect anyone, but it most often affects people with fair skin who blush easily. While rosacea is most often diagnosed in women, the symptoms tend to be more severe in men. The NRS says rosacea is especially prevalent in people of northern or eastern European descent.

Where does rosacea present?

Rosacea typically affects the face, cheeks and nose. However, it also can affect the eyes, leading to dry, red, teary conditions.

Are there different types of rosacea?

The Cleveland Clinic notes there are four different types of rosacea.

- Erythematotelangiectatic: This type of rosacea causes facial redness with

enlarged and visible blood vessels. Symptoms come and go unexpectedly.

- Papulopustular: Pus- or fluid-filled pimples form on the skin. Symptoms are similar to acne.
- Phymatous: This form causes the skin to swell and thicken. The skin can become bumpy, and when it affects the nose, the area can appear bulbous.
- Ocular: Ocular rosacea affects the eyes, causing them to feel irritated, bloodshot or watery. Painful bumps may form on the eyelids.

What causes rosacea?

Doctors are unsure what exactly causes rosacea. It is believed that genetics or an overactive immune system can play a role. Flare-ups may be triggered by hot drinks, spicy foods, sun, wind, alcohol or emotional stress, says the Mayo Clinic.

Treatment for rosacea

Dermatologists often rely on prescription medications to reduce rosacea symptoms. These involve creams and gels that can constrict blood vessels to reduce flushing. Some topical products help control the pimples of mild rosacea, which may also be treated with antibiotic and acne medications taken orally. Laser treatment also may be an option. Potential treatments can be discussed with a dermatologist.

Although there is no cure for rosacea, therapies can help reduce the redness, swelling and irritation it causes. – MCG

Sun exposure and skin cancer

The phrase “get some sun” is heard far and wide between the months of May and September. Many people spend much of their weekends outdoors between Victoria Day and Labour Day, and that means exposure to the sun.

As the mercury rises and more and more people emerge from their winter and early spring hibernation, a rundown of the link between sun exposure and skin cancer can remind readers of the need to exercise caution when heading outdoors in the months to come.

Sun and skin cancer risk

Exposure to the sun is a risk factor for skin cancer. According to the American Institute for Cancer Research (AICR), exposure to ultraviolet radiation is the primary cause of skin cancer. Ultraviolet radiation comes from natural sources, like the sun, but also from artificial sources like tanning beds.

The AIM at Melanoma Foundation notes that exposure to the ultraviolet radiation is the main risk factor for melanoma, which the Melanoma

Research Alliance notes is the deadliest form of skin cancer.

Does past exposure affect my risk today?

AIM at Melanoma notes that cumulative sun exposure and episodes of severe sunburns increase the risk of developing melanoma. According to the Skin Cancer Foundation, research has shown that the UV rays that damage skin also can alter a tumour-suppressing gene, giving cells less of a chance to repair before a progression to cancer takes place.

A single blistering sunburn in childhood or adolescence more than doubles a person’s risk of developing melanoma later in life, while five or more sunburns more than doubles that risk as well.

The damage to skin caused by a sunburn is indeed cumulative, so the more sunburns a person gets, the greater that person’s risk of developing skin cancer becomes.

So is a tan detrimental to overall health?

AIM at Melanoma notes that the



tan many people hope to get and keep throughout late spring and summer is detrimental to their overall health. AIM notes that a tan develops when the skin tries to protect itself from UV rays by producing pigment as a protective shield. The more pigment the body produces, the darker the skin becomes. So a tan is evidence that the skin has been damaged

by exposure to UV radiation.

In fact, AIM notes that each time a person develops a tan, that individual’s risk of developing skin cancer increases.

Spring and summer weather beckons people outside each day. When that call comes, individuals must make an effort to protect their skin from overexposure to the sun. – MCG

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A hygiene guide for kids

The importance of handwashing is one of the earliest hygiene lessons children learn. But it's not the only important lessons kids should be taught about personal hygiene and how it relates to overall health. Here are the grooming and hygiene lessons that children should learn as they get older and mature.

Washing hands

Regular handwashing reduces the risk that kids will contract and transmit illnesses. Everyone should wash their hands with soap and water for at least 20 seconds, or about how long it takes to sing "Happy Birthday" two times. It is important to wash hands after going to the bathroom; before eating or making food; after sneezing, coughing or blowing one's nose; after touching pets or other animals; and whenever hands are dirty. Emphasize to children that germs are there even though they cannot be seen.

Bathing/showering

The American Academy of Pediatrics says a baby should be bathed three times a week, but there may be instances when

children require more frequent bathing. Over-bathing can dry out the baby's skin, so parents are urged to keep that in mind.

At some point a child can bathe on his or her own. Parents magazine says some kids are mature enough to bathe on their own at age five or six, but most experts recommend waiting for solo bathing or showering until youngsters reach age eight.

Fresh clothing

Encourage children to pick their own outfits so they are more inclined to choose fresh clothing each day. While it is possible to get away with wearing something for more than one day, soiled clothing and undergarments should be changed daily and children should be encouraged to do so.

Washing hair

Sebum from the skin can build up on the scalp and cause oily, smelly hair. Children should wash their hair once or twice each week and brush it every day, according to Health Direct, an Australia-based health organization. If kids are afraid of getting water in their eyes,



suggest they wear swimming goggles while bathing.

Head lice inspection

Head lice is common in children. The Centers for Disease Control and Prevention estimates there are six to 12 million infestations of head lice each year in the United States. Inspecting children's hair and treating when necessary can help to reduce such infestations.

Using antiperspirant or deodorant

As children get older and their

hormones and bodies change, some may develop body odour. Daily showers may be needed for kids who have started puberty. In addition, the daily use of deodorant or antiperspirant can help control odour and sweating.

Oral hygiene

Oral hygiene is another consideration for kids' health. The American Dental Association says teeth should be brushed and flossed twice a day as part of a daily hygiene routine. – MCG



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Daily dental hygiene tips

Dental health is an important component of daily life. Although clean teeth and gums make for a healthy mouth, oral health also is tied to general health throughout the body. Guardian Insurance indicates that, if left un-addressed, bacteria in the mouth can multiply and spread elsewhere through the bloodstream. Gum disease has been linked to diabetes, respiratory ailments, heart disease, and even Alzheimer's disease. As a result, it is essential to maintain proper dental hygiene. Here's how to brush up on maintaining a healthy mouth.

Brush at least twice per day

Utilizing toothpaste and a soft-bristled toothbrush, be sure to brush teeth each morning and night. Be sure to brush all tooth surfaces, including the backs and the sides. Brushing after every meal also can be done to keep teeth even cleaner.

Brush correctly

Position the toothbrush at a 45-degree angle toward the gums. This will help sweep away plaque and bacteria at the gum line, according to the Cleveland Clinic. Do not use a medium- or hard-

bristled brush, which can damage the gums and tooth enamel. Move the toothbrush in gentle, circular motions to remove plaque.

Don't neglect your tongue

Bacteria also can build up on the tongue, leading to bad mouth odour and additional oral health problems. Gently brush the tongue along with the teeth.

Use toothpaste with fluoride

Fluoride has come under scrutiny due to its potential effects on overall health. However, fluoride is a leading defender against tooth decay. It fights the germs that can lead to decay and provides a barrier for the teeth.

Use an antibacterial mouthwash

Use an antibacterial mouthwash each day to help reduce oral bacteria. This helps wash away food and debris, and can help reduce the buildup of plaque.

Avoid smoking and tobacco

Smoking is a leading cause of gum disease and oral cancer. Quit smoking and do not use other tobacco products to improve mouth health. – MCG



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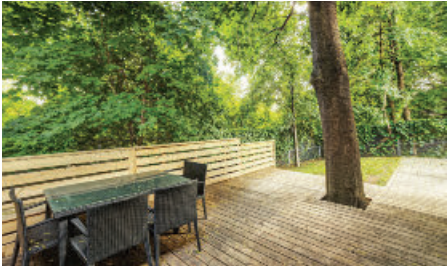
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