



COMMUNITY LIFE
A VISIT FROM ST. NICK
 Young patients at the Montreal Children's Hospital were treated to an early Christmas.
 Page 9

Note to readers
 The office of the Westmount Examiner will be closed from Thursday, Dec. 25 to Friday, Jan. 2, inclusive. Although an issue will appear on Tuesday, Dec. 30, we will resume our regular business hours on Monday, Jan. 5, 2009. The Examiner staff would like to take this opportunity to wish all our readers a very happy and safe holiday — and all the best in 2009!

Transcontinental Vol 73, no 50 • Thursday December 25th 2008

Westmount
EXAMINER
 www.westmountexaminer.com

This week on the
INTERNET
 www.westmountexaminer.com

LOCAL NEWS

**City Hall loses
 Marie José
 Aubertin to
 retirement**

**PSOs lend a
 helping hand**

Annual food drive benefits Westmount's less fortunate

Matthew Surridge

Westmount Public Security continued its annual tradition of helping the community's neediest families, conducting its yearly holiday food drive over several weeks leading up to Friday, Dec. 19, when the donated food was delivered to underprivileged Westmounters.

As it does every year at this time, the food drive underscores the fact that there are indeed low-income families living within Westmount's borders.

"Honestly, it's a lot of work, but if we could, if we had the time and resources, it's something we could do all year," said Sergeant Denis Proulx, who oversaw this year's food drive.

"It's a lot of work, but it's worth it," echoed PSO Kelly Helmsley. "It's a pleasure."

Helmsley picked up the food donated through collection bins in Victoria Hall, the Westmount Library, Centre Greene, Westmount City Hall, the Westmount Arena, and the headquarters of Public Security and Montreal Police Station 12 on Stanton Street.

Continued on page 10

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*Happy
 Holidays!*

The City of Westmount's holiday flower show is now in full bloom in the Conservatory between Victoria Hall and the Westmount Public Library. Between now and Jan. 4, residents are encouraged to stop by to enjoy the special display of poinsettias — a Christmas tradition. The Conservatory is open from 10 a.m. to 2:45 p.m. on weekdays and from 10 a.m. to 4:45 p.m. on weekends, as well as on Christmas Day and New Year's Day. Photo: Martin C. Barry



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We will be closed
Dec. 25th 2008 and Jan. 1st 2009
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le 25 décembre 2008 et le 1^{er} janvier 2009

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LOCAL NEWS

Dismissal of heritage home height lawsuit raises questions in city council

Martin C. Barry

A recent Quebec Superior Court decision allowing an upper Westmount homeowner to raise the height of the roof atop his heritage house has elicited mixed reactions from members of the City of Westmount's various architecture and urban planning committees.

Judge Robert Mongeon dismissed a stop-work request brought against Steven Goldberg of 27 Bellevue Ave. by Mireille Raymond, his neighbour on nearby Sunnyside Avenue.

In his ruling, Mongeon refused to quash a building permit issued by the City, thus clearing the way for the conversion of an attic crawlspace into a fourth storey atop the Goldberg home. Raymond had earlier obtained a temporary injunction, claiming that the extra storey would block the view of Montreal from her home.

The case, which was heard over four days in September, saw members of city council subpoenaed to give testimony about Westmount's urban planning process. The judge also made an on-site visit to see for himself the potential impact if the work were completed.

At council's December meeting,

"It's very difficult to be equitable and fair to everybody, to try to apply as judiciously as possible the rules to everybody in the same manner."

Councillor Cynthia Lulham

Councillor Cynthia Lulham, who chairs the Urban Planning, Demolition and Planning Advisory committees, noted that "the Superior Court supported the decisions and processes of PAC and found no fault in their interpretations and applications ...

"... It's a very difficult job," she said of the work done by the committees. "It's very diffi-



"A lot of this could be avoided if we had a more open process in the beginning," says Councillor Patrick Martin. Photo Martin C. Barry

cult to be equitable and fair to everybody, to try to apply as judiciously as possible the rules to everybody in the same manner ... But I did want to add our laws are not static. We are not Upper Canada Village. Trends change, building styles change, materials change, and so we are always having to have reviews and examine the impact of these trends and materials ... There are many dossiers that we have been working on for the last two years, which will come into fruition this year, might start coming forward I hope in January to council and then to the public and public meetings."

Councillor Patrick Martin, who sits on the Urban Planning and Demolition committees, wrote an opinion piece in the Examiner last September warning that "a spate of lawsuits between residents and their neighbours, and more alarmingly between residents and their

own city, are red flags that perhaps all is not perfect in our little Camelot ... a pattern is emerging."

Last week, he told the Examiner, "I really do feel that a lot of time and energy and angst and hurt is being spent on these cases, and a lot of this could be avoided if we had a more open process in the beginning, where people were made aware early of what's happening so they don't have to wait until something is under construction."

Martin has claimed and continues to maintain that council typically "had not much clue what they were voting for" when presented with recommendations from the PAC.

"PAC would come forward with a series of 48 recommendations and no one had time to look at it and they'd just say, 'Let's put that by PAC,'" he said. "But of the 48 cases, there were six perhaps where there could be a negative impact on the neighbourhood, in which case the councillors should be made aware of that so they could decide accordingly."



Ville de Westmount
City of Westmount

SERVICES MUNICIPAUX - PÉRIODE DES FÊTES 2008

Pendant la période des Fêtes, l'horaire des services municipaux de la Ville de Westmount sera modifié comme suit :

• **Bureaux administratifs** : Les bureaux administratifs situés à l'hôtel de ville, à Hydro Westmount, au Service des travaux publics, à la Sécurité publique (y compris le bureau des permis de stationnement) et à l'Aréna de Westmount sont fermés :

- du 24 au 28 décembre; et
- du 31 décembre au 4 janvier

• **Conservatoire et serres** : Ces installations sont ouvertes au public selon l'horaire suivant :

les 23 et 24 décembre :	de 10 h à 14 h 45
le 25 décembre :	de 10 h à 16 h 45
les 26 décembre :	de 10 h à 14 h 45
les 27 et 28 décembre :	de 10 h à 16 h 45
du 28 au 31 décembre :	de 10 h à 14 h 45
le 1 ^{er} janvier :	de 10 h à 16 h 45
le 2 janvier :	de 10 h à 14 h 45
les 3 et 4 janvier :	de 10 h à 16 h 45

• La **Bibliothèque publique de Westmount** sera fermée du 24 décembre au 26 décembre, et du 31 décembre au 2 janvier.

• **Centre communautaire Victoria Hall** : fermé jusqu'au 4 janvier inclusivement.

• **Patinoires de l'Aréna** : Les patinoires de hockey et de patinage libre seront ouvertes selon l'horaire des fêtes disponible sur notre site Web. L'Aréna est fermé les 25 décembre et 1^{er} janvier.

• **Collecte des ordures** : Il n'y aura pas de collecte des déchets les jeudis 25 décembre et 1^{er} janvier, mais aura lieu UNE JOURNÉE PLUS TÔT sur les rues affectées, soit les mercredis 24 décembre et 31 décembre, à la même heure que d'habitude.

• **Collecte sélective** : La collecte de matières recyclables aura lieu durant la période des Fêtes. N'oubliez pas de placer les bacs bleus derrière le trottoir entre 7 h et 8 h le mercredi matin.

MUNICIPAL SERVICES - 2008 HOLIDAY PERIOD

During the holiday season, the City of Westmount has modified operating schedules for services and municipal buildings, as outlined below:

• **Administrative Offices**: Administrative offices in City Hall, Hydro Westmount, Public Works, Public Security (including the Parking Permits office) and in the Westmount Arena will be closed:

- December 24 to December 28
- December 31 to January 4

• **Conservatory and Greenhouses**: These facilities are open to the public according to the following hours:

December 23 and 24	10 a.m. to 2:45 p.m.
December 25	10 a.m. to 4:45 p.m.
December 26	10 a.m. to 2:45 p.m.
December 27 and 28:	10 a.m. to 4:45 p.m.
December 29 to 31:	10 a.m. to 2:45 p.m.
January 1:	10 a.m. to 4:45 p.m.
January 2:	10 a.m. to 2:45 p.m.
January 3 and 4:	10 a.m. to 4:45 p.m.

• The **Westmount Public Library** will be closed from December 24 to December 26, and from December 31 to January 2.

• **Victoria Hall Community Centre**: closed until January 4 inclusively.

• **Skating Rinks at the Arena**: The rinks for hockey and general skating will open to the public according to the holiday schedule available on our Web site. The Arena will be closed December 25 and January 1.

• **Garbage Collection**: There will be no garbage collection on Thursday, December 25 and Thursday, January 1, but will take place on affected streets ONE DAY EARLIER on Wednesdays, December 24 and December 31 at the same time of day.

• **Recycling Collection**: Recyclable materials will be collected as usual. Please make sure your blue box is placed behind the sidewalk between 7 and 8 a.m. on Wednesday for pick up.

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OPINION

City Hall won't be the same

The recent announcement that long-time mayoral assistant Marie José Aubertin has taken a retirement option comes as little surprise, given the litany of familiar names and faces on the City of Westmount staff who have decided to leave over the past couple of years.

But while several key positions have been filled by capable newcomers to the Westmount community, Marie José's departure will no doubt be felt for a long time to come. Though the City staff has several able replacements on its roster, somehow the reception desk outside the mayor's office won't be the same without her.

Marie José has served the City with distinction and dedication. She is well-known for her bright and chipper personality, and could always be counted on to be the very epitome of cheerfulness and professional efficiency. Even during the darkest days a few years ago when Westmount was forced under the auspices of the City of Montreal and morale around City Hall was at an all-time low, Marie José remained steadfast in her constant good cheer despite obvious bureaucratic hardships.

We wish her all the very best for a happy retirement.

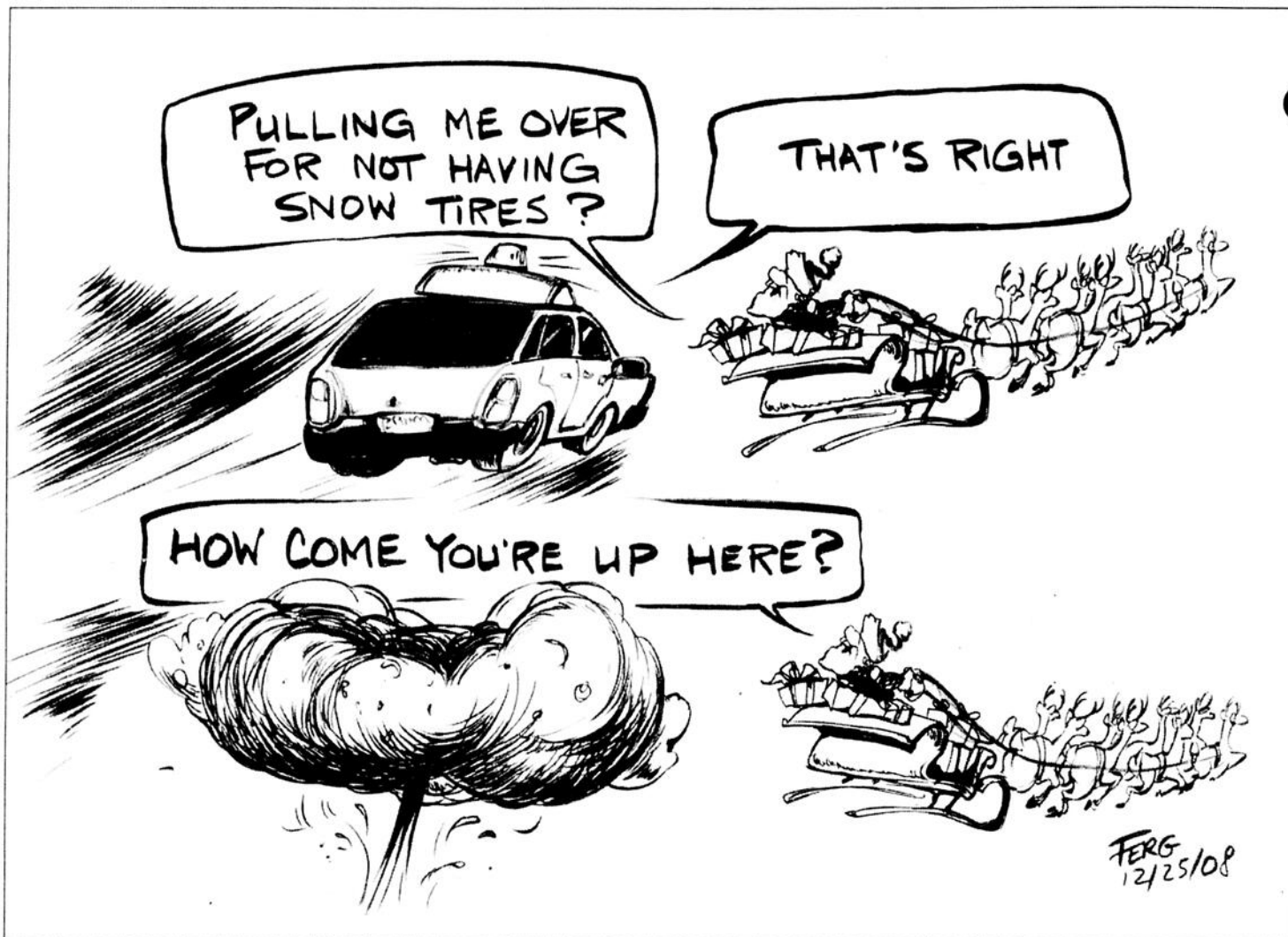
Kudos to SWAT

Some come for the hockey action, others come for the exercise, but all come to help raise money for one of the worthiest of worthy causes — our children's hospitals.

Members of Westmount's old timers' hockey team may no longer have all the speed and agility of their youth, but they certainly have every reason to be proud of themselves, not only for having recently organized and participated in their annual fundraising 'tounoi', but for having done it for the 20th consecutive year.

Anyone who has attended this now-traditional event will attest that it takes a daunting amount of organizing and logistical prowess to put together the three-day hockey tournament, silent auction and other activities, and once again the players and their families pulled it off admirably.

Inspired by the late Nicolas Matossian Jr. (son of the former Westmount city councillor), whose own battle with brain cancer drove him to help other kids, the efforts of these dedicated individuals is truly remarkable. But the ever-modest players and prime organizers would be quick to point out that their annual success is due in large part to an outpouring of support from local businesses, organizations and individuals who come through with donations of goods and services. This of course makes the annual SWAT hockey 'tounoi' a true community initiative and a proud Westmount tradition.



Latest news on the Arena/Pool renewal project



Mayor
Karin
Marks

In Council's on-going commitment to provide residents with timely information regarding the Arena/Pool Renewal Project, we are providing updates on the most recent news and developments regarding project planning initiatives.

The design team and the steering committee have met with Lemay's architects and continue to refine and rationalize a design proposal.

Given the present economy, polling to residents will be postponed until the City knows what funding it can expect from the provincial government.

In the meantime, regular programming is resuming for spring/summer 2009. Westmount residents can expect to receive the next issue of the Culture, Sports and

Recreation Activity Guide in the first trimester of 2009.

Additional parking places have now been made available for the users of the Arena behind the Montreal Oral School for the Deaf located at 4670 Ste. Catherine St. W. In order to provide protection to pedestrians crossing at that location, traffic signals will be installed at Bethune and Ste. Catherine Street.

The 2009 Sports Facility membership cards are on sale at the arena offices and at Victoria Hall.

In order to receive regular e-mail messages on the Arena/Pool project or other information related to Sports and Recreation activities, we invite you to complete your personal E-Westmount profile on our Web site at www.westmount.org.

On behalf of the City Council, may your Holiday Season be a good one and may 2009 be a year of good health, and prosperity for all.

For information on these or related issues, please refer to our Web site at

www.westmount.org or contact Brigitte Stock at 514-989-5371.

Send us your letters

The Examiner welcomes letters from readers on issues of local interest. Letters should be sent to larsenw@transcontinental.ca (preferable), by fax to 514-484-6028 or by mail to Letters to the Editor, The Westmount Examiner, 345 Victoria Ave. suite 508, Westmount, Qc. H3Z 2N2. Only letters bearing the writer's full name, address, and a daytime contact phone number will be considered for publication. Hand-written letters will not be accepted. Letters may be edited for length and/or clarity.

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www.westmountexaminer.com
345 Victoria, suite 508, Westmount (Qc) H3Z 2N2
Tel: 514 484-5610 Fax: 514 484-6028
Classified ads: 1-866-637-5236
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News director: Marc Lalonde
Bureau chief: Florence Reinson
Editor: Wayne Larsen
larsenw@transcontinental.ca
Contributors: Stanley Baker, Martin C. Barry, Marilyn Smith Carsley, Andy Dodge, Bram Eisenhal, Ferg Gadzala, Jessica Murphy, Noah Sidel, Matthew Surridge, Marilyn Vanderstaay, Robert N. Wilkins, Ted Wright.

Regional Manager: Louis Mercier
Production Director: Robert Bourcier
Graphic Design: Innograf West Island



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www.transcontinentalmedia.com



Why Christmas should be more commercial

Christmas should celebrate reason, selfishness and capitalism

Leonard Peikoff

One Year Ago
December 20, 2007

EMERGENCY MEASURES: "As of noon Wednesday, the City of Westmount has enacted temporary emergency measures by allowing snow-removal vehicles to blow snow from public roadways onto private property, where possible. These extraordinary measures were being taken to ensure that the huge volume of snow can be removed as quickly as possible from local streets — in anticipation of rainfall over the weekend, and a return to freezing temperatures the following week. By removing snow more quickly, the City hopes to reduce the likelihood of significant quantities of ice forming on Westmount streets after this weekend's expected rain, which would create extremely dangerous conditions for pedestrians and drivers alike."

Five Years Ago
December 25, 2003

SMALLER HOSPITAL: "The McGill University Health Centre's Glen Yards campus will be 45 per cent smaller, but only \$100 million cheaper than its initially estimated \$1.2 billion cost. Submitting the revised plan last week to an independent technical review committee chaired by Daniel Johnson and Brian Mulroney, who will be reporting to the province, MUHC board chairman David Culver said the superhospital was on track to obtaining the provincial cabinet's approval by the spring. "We've succeeded in preparing a proposal that respects the government's parameters but remains true to our vision for excellence in patient care, teaching and research," said Culver, a Westmount resident."

Ten Years Ago
December 24, 1998

PUPPY JOYRIDE: "After a few days of stress, the Kaulbach family's holiday spirit was restored Monday with the safe return of their puppy, which had been inadvertently stolen by an apologetic car thief. 'We don't care about the car — we just want our dog back,' said a worried Michele Kaulbach on Monday morning, a few hours before the puppy was found. The Kaulbachs' 1993 Jeep Wagoneer was stolen from the corner of Ste. Catherine Street and Abbott Avenue at 8:45 Saturday morning. Their eight-month-old golden lab River in the back. Things took a bizarre twist a few hours later when the thief phoned the Kaulbachs' Strathcona Avenue home to apologize for accidentally stealing the puppy along with the vehicle. He promised that the dog would not be harmed and said he would call back with a plan for its safe return. That call never came. After two days of constant worry, the Kaulbachs finally got a call from someone who had found River digging through garbage on St. Hubert Street."

Christmas in America is an exuberant display of human ingenuity, capitalist productivity, and the enjoyment of life. Yet all of these are castigated as "materialistic"; the real meaning of the holiday, we are told, is assorted Nativity tales and altruist injunctions (e.g., love thy neighbor) that no one takes seriously.

In fact, Christmas as we celebrate it today is a 19th-century American invention. The freedom and prosperity of post Civil War America created the happiest nation in history. The result was the desire to celebrate, to revel in the goods and pleasures of life on earth. Christmas (which was not a federal holiday until 1870) became the leading American outlet for this feeling.

Historically, people have always celebrated the winter solstice as the time when the days begin to lengthen, indicating the earth's return to life. Ancient Romans feasted and reveled during the festival of Saturnalia. Early Christians condemned these Roman celebrations — they were waiting for the end of the world and had only scorn for earthly pleasures. By the fourth century the pagans were worshipping the god of the sun on Dec. 25, and the Christians came to a decision: if you can't stop 'em, join 'em. They claimed (contrary to known fact) that the date was Jesus' birthday, and usurped the solstice holiday for their Church.

Even after the Christians stole Christmas, they were ambivalent about it. The holiday was inherently a pro-life festival of earthly renewal, but the Christians preached renunciation, sacrifice, and concern for the next world, not this one. As Cotton Mather, an 18th-century clergyman, put it: "Can you in your consciences think that our Holy Savior

is honored by mirth? . . . Shall it be said that at the birth of our Savior . . . we take time . . . to do actions that have much more of hell than of heaven in them?"

Then came the major developments of 19th-century capitalism: industrialization, urbanization, the triumph of science — all of it leading to easy transportation, efficient mail delivery, the widespread publishing of books and magazines, new inventions making life comfortable and exciting, and the rise of entrepreneurs who understood that the way to make a profit was to produce something good and sell it to a mass market.

For the first time, the giving of gifts became a major feature of Christmas. Early Christians denounced gift-giving as a Roman practice, and Puritans called it diabolical. But Americans were not to be deterred. Thanks to capitalism, there was enough wealth to make gifts possible, a great productive apparatus to

advertise them and make them available cheaply, and a country so content that men wanted to reach out to their friends and express their enjoyment of life. The whole country took with glee to giving gifts on an unprecedented scale.

Santa Claus is a thoroughly American invention. There was a St. Nicholas long ago and a feeble holiday connected with him (on Dec. 5). In 1822, an American named Clement Clarke Moore wrote a poem about a visit from St. Nick. It was Moore (and a few other New Yorkers) who invented St. Nick's physical appearance and personality, came up with the idea that Santa travels on Christmas Eve in a sleigh pulled by reindeer, comes down the chimney, stuffs toys in the kids' stockings, then goes back to the North Pole.

Of course, the Puritans denounced Santa as the Anti-Christ, because he pushed Jesus to

Continued on page 12



The only Portuguese restaurant in Quebec where you can bring your own wine!



Don't you wish we were all born in Portugal, a sun-drenched country where there's plenty of time to live and let live? It's a land where you can appreciate everyday small pleasures: savoury and sumptuous meals, extraordinary wines, porto (of course!), delectable cheeses — all these things that turn a meal into a real feast. For those born in Quebec, an alternative awaits you: we're pleased to introduce LE BITOQUE, the only restaurant with 100% authentic Portuguese cooking in Montreal's south west region. The best part of it is LE BITOQUE as the only Portuguese restaurant in Quebec where you can bring your own wine.

With its well-seasoned and spiced-up cuisine, the Alves family, offers Portugal's finest delicacies: the best codfish in Montreal that's grilled to perfection, spicy chicken with piri piri (a type of African bird's eye chilli), grilled and crisp dishes, tapas and not to forget LE BITOQUE, a grilled beef steak with roasted peppers, capped with a poached egg and served with julienne stripped fries and aioli.

A modern and friendly atmosphere, the dining room can accommodate over 150 people. An art gallery featuring unique works of art completes the ambiance. How can we describe LE BITOQUE experience? Culinary, gustatory, cultural and artistic, a genuine pleasure that will appeal to all five senses. If you're going out with friends or want to celebrate with the family, you can't afford to miss LE BITOQUE. It's just a few minutes from the Atwater market.

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Greenhouse totem pole gets a new home in the Westmount Public Library

Martin C. Barry

A notable Canadian artifact that has been on display for many years in the tropical section of the Westmount Flower Conservatory is being given a permanent place next door in Westmount's public library.

Dating back to the 1920s, the 12-foot high totem pole was originally from British Columbia. However, the totem's original paint colours have faded with time and exposure to the elements.

Over the years, funds raised at such events as the annual Perennial Plant Exchange were earmarked for the totem's restoration and its

relocation to a more prominent place in the Westmount community.

In city council last week, Councillor George Bowser, a member of the Horticultural Advisory Committee, announced that the committee unanimously agreed to recommend that the totem be stabilized with minimum intervention.

The work is to be paid for with \$6,258 collected during a plant exchange last May, as well as a Secret Gardens Tour, and that the totem "should be erected in the library with an interpretive plaque. Further discussions with (library director) Ann Moffat resulted in a proposed location.

"Now this doesn't mean that council is

giving its blessing," Bowser added. "But it means that council doesn't have to vote money for it. Citizens have already raised money for the purpose and all the administration has to do is to say, 'Well, we can do it or not.'"

Director General Duncan Campbell said a number of estimates were made over the years as to how much should be invested in the totem's restoration. "As things are right now, we will let the totem pole remain as is," he said.

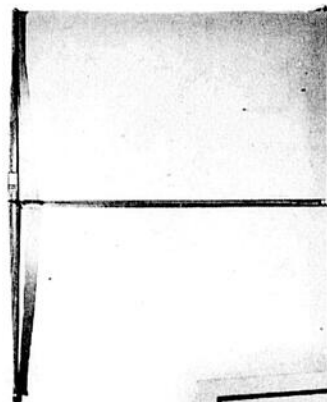
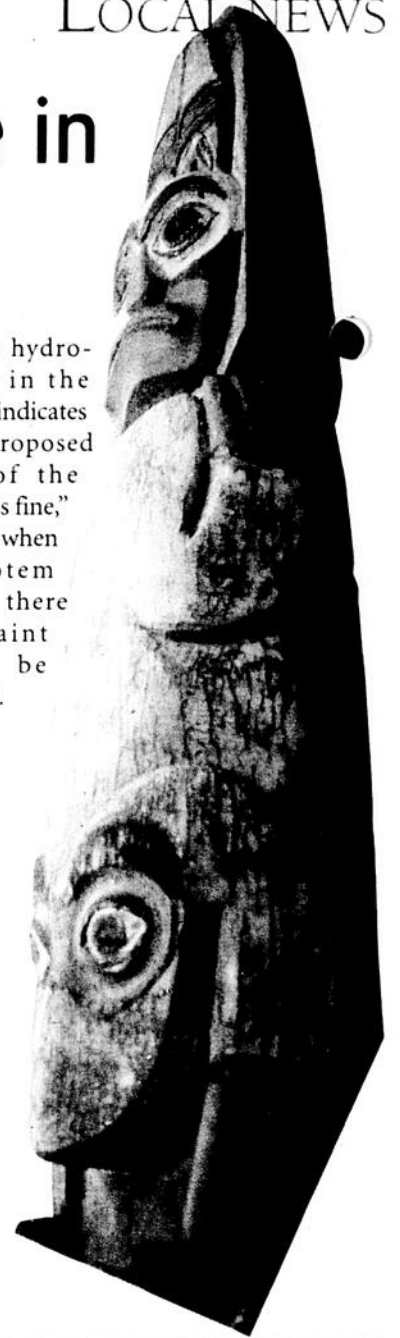
"I think that reflects its heritage. And so we feel that a place in the library is probably the best location for most citizens to have a look at it, as well as maintaining the atmospheric conditions as such so it'll have a long and healthy life. So I think we'll try to coordinate that later on in 2009 around some celebration at the library."

Councillor Cynthia Lulham noted that the totem was originally located in the children's section of Westmount Park and it was later moved to the greenhouse, "because, of course, out west it would have been in a very humid environment.

"But then the greenhouse was a bit too humid and plants were climbing on it and people were concerned when this started many years ago."

According to Lulham, a reading taken

from a hydrometer in the library indicates "this proposed area of the library is fine," so that when the totem placed there its paint won't be affected.



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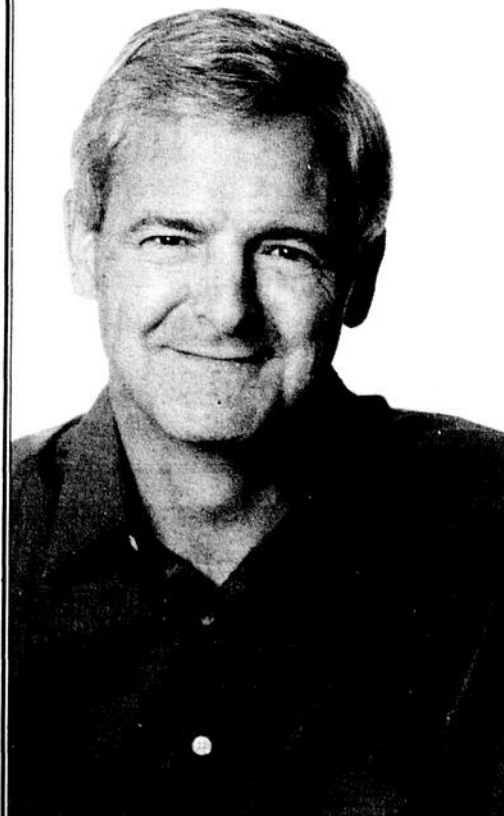
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Best Wishes from Marc Garneau Member of Parliament Westmount Ville-Marie

Marc Garneau & his family would like to wish all the residents of the riding a year full of health, happiness and success.



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Garneau.M@parl.gc.ca

2721838

FEATURE

How to boost your immune system with food

Craig Cormack

The immune systems of seniors do not function as well as those of younger adults. For example, more than 20 per cent of adults over the age of 65 who experience serious bacterial infections do not get fevers (fevers rid the body of infection). Older adults are also less capable of producing infection-fighting cells called lymphocytes.

The good news is that there are many foods that can significantly increase your immunity to infection and illness.

Foods to limit or avoid

High levels of blood sugar rob your body's white cells of their ability to fight infection. An average bowl of ice cream or can of soda has 12 teaspoons of sugar. Replace sugar in your diet with small amounts of unpasteurized honey, barley malt or rice syrup. Many refined foods and baked goods also contain large amounts of sugar (and empty calories). So limit your intake of pastries, pancakes and related foods.

Reduce your coffee intake. Coffee is a

diuretic and it causes the loss of important nutrients such as calcium, magnesium and potassium. Coffee is acidic and eats away at the good bacteria in your intestines that are so beneficial to your immune system.

Cut down on alcohol. Alcohol depresses your nervous system and inhibits your bone marrow's ability to regenerate blood cells. Consumed to excess, it is toxic to your liver, depletes vitamin B and is dehydrating.

Avoid the empty calories of white bread and white pasta. Cut down on red meat and avoid both fast food and fried food. Home-cooked, broiled, steamed and lightly sautéed foods are much better for you.

Foods to enjoy

Complex carbohydrates such as brown rice, millet, quinoa, buckwheat, oats and barley are all good choices. So are 100 per cent whole wheat and multigrain breads and pastas. These foods are excellent sources of energy, vitamins, minerals and fibre — which aids your digestion and cleanses your colon of toxins.

Eat lots of leafy green vegetables. Romaine (not Iceberg) lettuce, collard greens, kale, broccoli, spinach and celery are

all excellent choices. They contain minerals and phytochemicals that protect your body against diseases including cancer. Also eat many yellow and orange vegetables such as carrots, winter squash and sweet potatoes to get beta carotene. Do not boil or deep-fry vegetables. Lightly steam or sauté them 'al dente' so that you get the full value of their nutrients and fibre.

Eat a wide variety of fruits. Berries in season are especially good for cancer prevention. Fruit juices and tropical fruits such as bananas and pineapples are high in sugar so limit them as much as possible.

Protein is important for building a strong immune system. It boosts your energy and builds muscle mass. Good sources are lean, unprocessed meats, poultry, and fish including salmon, sardines, mackerel, trout and tuna. (Did you know that half a can of sardines contains 25% per cent of the calcium and 70 per cent of the vitamin D you need in your daily diet?) Other good sources of protein include whey protein, flax seeds, tofu, tempeh, beans, lentils and other legumes.


Other foods good for immunity include onions, garlic, ginger, and turmeric (a spice

which is an anti-inflammatory). Eat small quantities of almonds, walnuts and pumpkin seeds for zinc. Eat plain 2 per cent yogurt in your cereal and top with fresh fruit. Cook, dress foods and create salads with extra virgin olive oil, which contains healthy plant fats that support your immune system.

Finally, drink six to eight glasses of water every day. Get a good water filter and drink to your health. Water helps eliminate toxins that strain your immune system. Water also supports your liver and kidneys, keeps you hydrated and reduces your sugar cravings.

Next month: How to boost your immune system with supplements.

Comments, questions or suggestions? Contact Craig Cormack at <http://www.rising-tao.ca/> or call him at 514.369.7860. Craig Cormack, B.A., R.M.T., is a Chi Kung master, senior Tai Chi instructor and registered Chinese massotherapist based in Montreal, Canada. He gives courses in Tai Chi, Chi Kung, Tai Chi stretching and family massage at Centre Greene (1090 Greene Ave., Westmount). He sees massotherapy clients at his Westmount office at 4112 Ste. Catherine St. W.

 Ville de Westmount
City of Westmount

Veillez noter qu'il n'y aura pas de collecte d'ordures les jeudis 25 décembre et 1^{er} janvier.

Exceptionnellement, elle aura lieu UNE JOURNÉE PLUS TÔT, soit les mercredis précédents : le 24 décembre et le 31 décembre, à la même heure que d'habitude.


La collecte des matières recyclables qui se fait normalement le mercredi demeure INCHANGÉE.

UNE JOURNÉE PLUS TÔT!
Collecte d'ordures - Période des fêtes
Garbage Collection - Holiday Schedule
ONE DAY EARLIER!

Please take note that there will be no garbage collection on Thursday, December 25 and Thursday, January 1.

Exceptionally, garbage collection for affected streets will instead take place ONE DAY EARLIER on the preceding Wednesdays, December 24 and December 31 at the same time of day.

Please note that recycling collection, which normally takes place on Wednesday, remains UNCHANGED.

 Ville de Westmount
City of Westmount

SÉANCE SPÉCIALE DU CONSEIL APPEL D'UNE DÉCISION DU COMITÉ DE DÉMOLITION 310, CHEMIN DE LA CÔTE ST-ANTOINE

À TOUTES LES PERSONNES
INTÉRESSÉES :

AVIS PUBLIC est par la présente donné qu'une **séance spéciale du conseil** se tiendra le **mercredi 14 janvier 2009 à 19 h** dans la salle du conseil de l'hôtel de ville de Westmount aux fins d'entendre l'appel déposé au conseil suite à la décision du comité de démolition de délivrer le permis de démolition au propriétaire du bâtiment situé au **310, chemin de la Côte St-Antoine** en la ville de Westmount.

Tous les documents pertinents concernant cette demande de démolition, incluant les plans, sont disponibles pour consultation au bureau du directeur du Service de l'aménagement urbain de la Ville de Westmount, situé au 4333, Sherbrooke Ouest, Westmount, Québec.

DONNÉ à Westmount, Québec, ce 23^e jour de décembre 2008.

Mario Gerbeau
Greffier de la ville / City Clerk

SPECIAL COUNCIL MEETING APPEAL OF A DECISION OF THE DEMOLITION COMMITTEE 310 COTE ST. ANTOINE ROAD

TO ALL INTERESTED PERSONS:

PUBLIC NOTICE is hereby given that a **special council meeting** will be held on **Wednesday, January 14, 2009 at 7:00 p.m.** in the Council Chamber of Westmount City Hall to hear the appeal submitted, following the decision of the Demolition Committee to grant a demolition permit to the owner of the building located at **310 Côte St. Antoine Road** in the City of Westmount.

All relevant documents concerning this proposed demolition, including plans, are available for consultation at the office of the Director of the Urban Planning Department located at 4333 Sherbrooke street West, Westmount, Quebec, Monday to Friday from 8:30 a.m. to 4:30 p.m.

GIVEN at Westmount, Quebec, this December 23, 2008

www.westmountcanimer.com Thursday, December 25, 2008 7

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COMMUNITY LIFE

Santa visits Children's Hospital



Santa Claus hands out gifts at the Montreal Children's Hospital Christmas party for Pediatric Dialysis and Kidney Transplant patients and their families. Ralph Thompson, Photomagerie Inc.

Ralph Thompson

There was lots of excitement at the Montreal Children's Hospital (MCH), Saturday, Dec. 6. It was rumoured that Santa Claus would fly in from the North Pole especially to meet the children at the Pediatric Dialysis and Kidney Transplant Christmas party.

"He may even bring a few presents!" the young patients were told.

Santa didn't disappoint. The Saturday afternoon party was organized by the Pediatric Nephrology nurses and secretaries, and started with lots of delicious goodies. The activities began with an amazing perform-

ance by the Mad Scientist (Ghada Youness from Mad Science of Montreal), whose smoking caldrons and floating eyeballs mesmerized the kids and the parents alike. Large bubbles of 'frozen smoke' (CO2) burst into fluffy white clouds and a polystyrene snowman melted (with a little help from nail varnish remover) under the gaze of wide-eyed kids.

Santa Claus finally arrived at 3 p.m., but not soon enough for one youngster. She rushed up and asked if she could take her present right away. Under great pressure, Santa caved in and gave her a little gift. Santa was pretty smart; he new each child and called them up one by one.



The best hot beverage in Westmount

Café Crème is a popular meeting place in the Victoria Village

In Westmount, there's no shortage of great places to stop for a cup of coffee or hot chocolate, either with a group of friends or all alone with a newspaper or laptop.

Now, our readers have spoken and the winner for best hot beverage in Westmount is Café Crème, at 357 Victoria Ave.

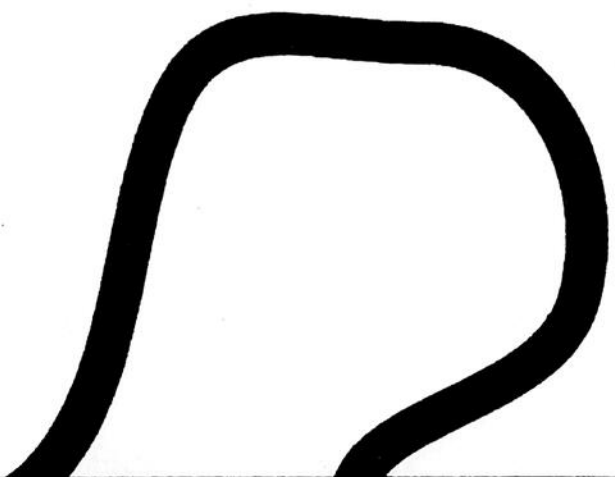
"I'm not a big fan of the big chains like Starbucks and Second Cup so maybe I'm biased," wrote one reader. "But for the best cup of coffee in Westmount, it's Café Crème all the way."

"The aroma outside on the sidewalk lures you in," wrote another long-time customer.

"It's irresistible, especially in the summer."

Offering a wide variety of coffees and other beverages, often enjoyed by patrons on its outdoor terrace when weather permits, Café Crème has been a popular destination for Victoria Village shoppers for many years.

This is the final Best of Westmount item. The Examiner would like to thank all those readers who participated in this series by sending us their nominations for their favourite food, drink and activities in Westmount. We hope this series has steered readers toward many of the best things this city has to offer.



DRAGONE

Collections féminines exclusives

Nun's Island Dragone Team wish you a Happy Holidays.

Please note that our Nun's Island Boutique will be closed from January 31st to January 19th for winter vacations.

We will be open on January 3.

You can visit our St-Lambert Boutique and take advantage of our

80% rebates on our Fall-Winter 2008 Collection.

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on the 26th of December and get 60%

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Beloeil 450.446.8823 • Boucherville 450.655.0847.

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2724789

L'Oeufrier

déjeuner & dîner
La place du déjeuner!

Everyone at L'Oeufrier would like to thank Westmounters for warmly welcoming them to the area.

We wish everyone a very happy holiday season and all the best in the New Year!

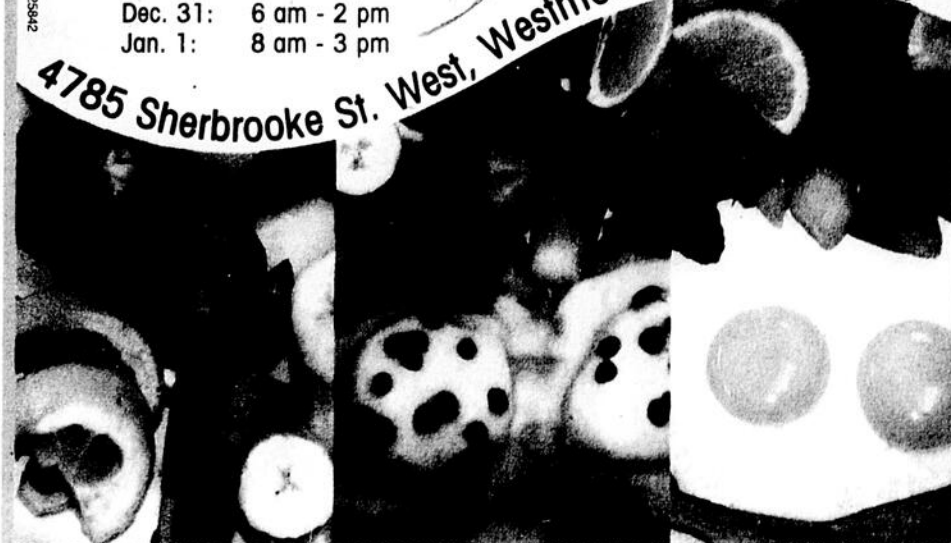
HOLIDAY HOURS:

Dec. 24: 6 am - 2 pm
Dec. 25: Closed
Dec. 26: 8 am - 3 pm
Dec. 31: 6 am - 2 pm
Jan. 1: 8 am - 3 pm

514.934.5000

272842

4785 Sherbrooke St. West, Westmount (corner Grosvenor)



Continued from FOOD DRIVE, page 1

The goods gathered during the drive were then sorted on Wednesday, Dec. 17, for the Friday delivery, and divided up to ensure each

person on the list of recipients would have a roughly equal amount of food, as well as a well-balanced diet.

"It wasn't just a matter of throwing cans in a box," said Hemsley. "We made sure they had

Merci pour votre confiance et votre appui.



Joyeuses fêtes!

Thank you for your confidence and your support.

Happy Holidays!



Jacques Chagnon

M.N.A. for Westmount-Saint-Louis



1155 University, suite 1312
 Montreal (Quebec) H3B 3A7
 Tel.: 514-395-2929 • Fax: 514-395-2955
jchagnon-wsl@assnat.qc.ca



Public Security Director Richard Bourdon, Sgt. Denis Proulx and PSO Kelly Helmsley preparing for last Friday's holiday food delivery. Photo: Matthew Surridge

vegetables, beans, meat."

The food drive began in November at the annual artisan exhibition at Victoria Hall. The event gathered not only non-perishable food items, but also \$2,047 in cash donations. As the drive progressed, more money came in from a variety of private donations.

At least one other event helped raise funds: "We had money coming from the Lawn Bowlers' Christmas party," recalled Proulx. The cash was then turned into vouchers for use in the Metro supermarket at the corner of Victoria and Sherbrooke.

The vouchers have largely replaced large items such as turkey or ham. As Proulx noted, too often in the past the Public Security Officers would deliver such meats only to find that the recipients did not have an oven

in which to cook them. "The gesture was good, but made no sense," Proulx observed. The vouchers can be used for whatever meal is appropriate to the individual's or family's circumstances.

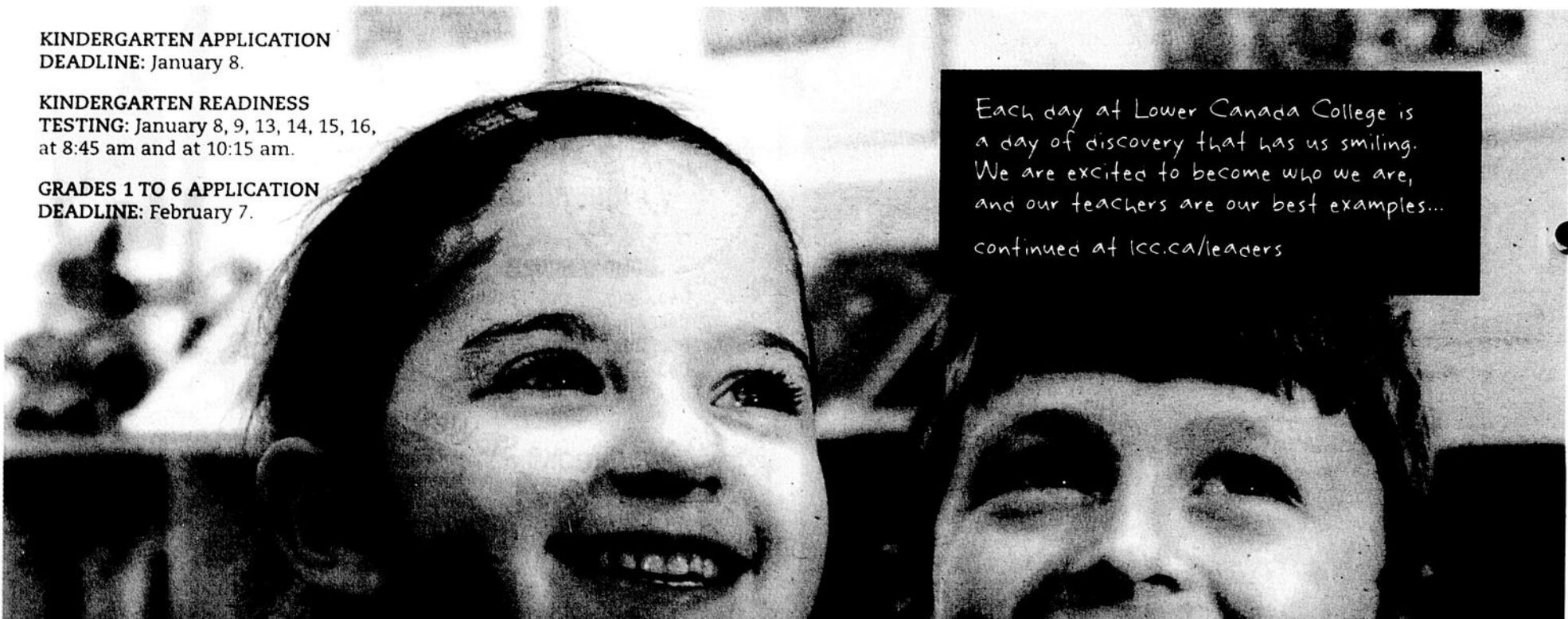
Recipients of the food registered and were screened at the CLSC Métro at de Maisonneuve and Guy St. The CLSC then prepared a list of recipients for Public Security. Donated food was divided up according to the list, ensuring that families received a share of food appropriate to their size. Proulx estimated that 2008's food drive was about on par with previous years in scale. "It's about the same in terms of people [receiving food], and in terms of the food we have. Maybe we have more money."

KINDERGARTEN APPLICATION
 DEADLINE: January 8.

KINDERGARTEN READINESS
 TESTING: January 8, 9, 13, 14, 15, 16,
 at 8:45 am and at 10:15 am.

GRADES 1 TO 6 APPLICATION
 DEADLINE: February 7.

Each day at Lower Canada College is a day of discovery that has us smiling. We are excited to become who we are, and our teachers are our best examples...
 continued at lcc.ca/leaders



Leaders by Example

While fundamentalist killers destroy, Chabad keeps building the Jewish world



Bram D. EISENTHAL

Briefly Bram

The Jewish world is still rocking in shock following the heinous massacre of innocents in Mumbai by Islamic fundamentalists who, as is typical for these monsters, murder in the name of Allah. I have to believe that Allah is not very pleased with them, at least I hope not. What HAS to be pleasing to the Jewish world is that the Chabad movement, which was specifically targeted by these thugs in India, isn't in the least bit uncertain whether to continue recruiting emissaries worldwide, to spread their word of peace and spirituality to Jews and non-Jews alike.

Rabbi Yisroel Bernath just opened a spanking new Chabad House on Monkland Avenue, in NDG. How I heard this news leads me to believe something Godly is at work here. I had skipped the final lecture on the Tanya, a sacred tome written several hundred years ago in Europe that utilized Kabbalistic precepts to enable one to think in a more

Godly fashion. I missed the class, put on by Chabad's educational arm, Jewish Learning International (this class, my second such experience in the last few years, was at Chabad's Snowdon location, led by the much beloved and respected Rabbi Ronnie Fine) because I had an appointment with Chassidic reggae singing sensation Matisyahu, in concert at Metropolis. And I bumped into Rabbi Bernath there.

Keeping within the mission of Chabad International, Chabad of NDG and Loyola Campus, the new centre is a warm and secure base for all Jews, regardless of affiliation or background. "We offer vibrant social, recreational and spiritual programming for NDG's students, young adults, professionals and families," Rabbi Bernath told me. "We're best known for our captivating courses, which promote cooperative learning, discussion, spiritual exploration, motivation and the practice of Jewish ritual and celebration.

"Walk through our doors and you'll encounter a friendly, welcoming home to Jews of all ages. Young, old and in-between are valued, active contributors to each other's growth, discovery and happiness. Here, the spiritually thirsting find fulfillment."

Chabad Monkland's current programs include Chanukah Dreidels Live, a Singles Mingles Chanukah Party (held last evening,



Rabbi Bernath and Bram wish you and yours a happy, healthy holiday season.

but keep your eyes open for more singles events, I am told), Shabbat (Saturday) morning services "with a twist," weekly at 10:30 a.m., followed by a Kiddush, which includes a light meal and beverages. Beginning Wednesday, January 7, 8:00 p.m., you can experience Ten Steps to Happiness: The Spirituality of Being the Best You Can Be. Other programs will include Rabbi Yisroel's Book Club (Oprah, watch out!), movie

screenings, game nights, motivational courses, Friday Night Live and the Jewish Comedy Festival. The rabbi is already a known promoter on the local Jewish comedy circuit.

There's a reason I am proud to be a Jew, that my late mother survived the Holocaust, that we are still here following thousands of years of persecution. We may not be better than anyone else – and certainly Jewish advances in so many fields come via education and hard work, not anything sinister or supernatural, despite anti-Semitic claims arising from downright jealousy – but we survive. We do so because we won't cave in to the intimidation of killers around the world, who believe we will run and hide. I have NO doubt whatsoever that we certainly are better than them.

Chabad Monkland is at 6056 Monkland Ave., Tel: (514) 686-6770. Or go to www.jewishmonkland.com

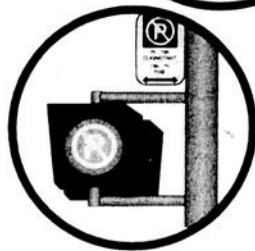
Happy Holidays to all

Whatever your religious belief system, your demographic, your dreams, I wish all our readers a Merry Christmas, a Happy Chanukah, a Happy New Year and, truly, peace on Earth, health and prosperity for us all. Times are tough and if we don't band together and love one another, we haven't a prayer.

Déneigement C'est l'affaire de tous !

La Ville de Westmount a besoin de la collaboration de tous les résidents afin de s'assurer que le déneigement s'effectue rapidement et efficacement pendant tout l'hiver.

Chaque fois que vous stationnez votre véhicule, n'oubliez pas de vérifier les panneaux orange comme ceux indiqués ci-contre. Les véhicules qui entraveront le déneigement seront remorqués.



Snow Removal Everyone has a role to play!

The City of Westmount depends on the cooperation of all residents to ensure that snow is removed quickly and efficiently throughout the winter.

Whenever you park, look up and check carefully for orange signs like these. Vehicles blocking snow removal operations will be towed.



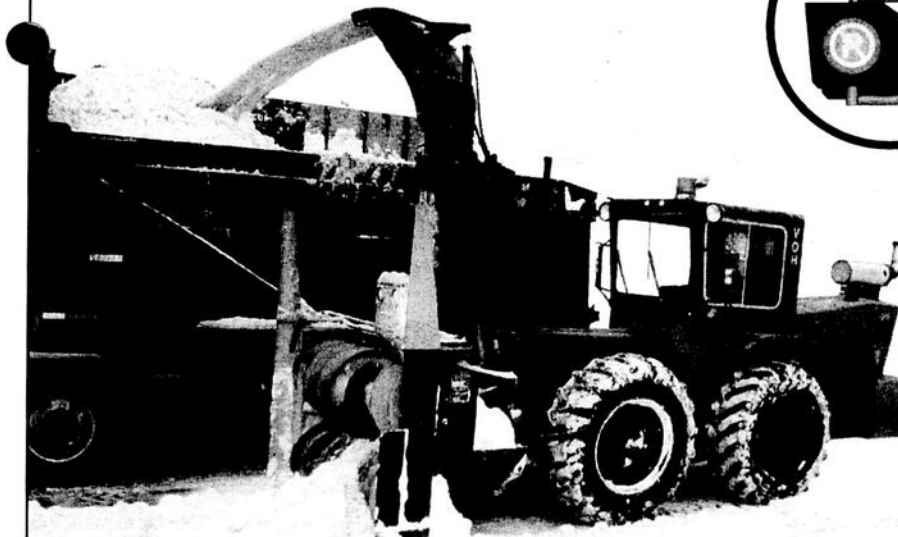
144 \$ première infraction
for first offense

Neige des entrées privées

Ne jamais placer la neige venant des entrées privées dans les rues, ruelles et sur les trottoirs publics. Il est possible d'ajouter aux bancs de neige existants avant les opérations de déneigement, mais il faut toujours s'assurer que les trottoirs et la voie publique ne soient jamais obstrués. Autant les propriétaires que les entrepreneurs sont passibles d'amendes pour non respect de la réglementation.

Snow from Private Driveways

Snow from private driveways and walkways must never be placed on public sidewalks, lanes, or streets. During snow loading, snow may be added to the existing snowbanks prior to removal, but this snow must never obstruct the public roadways or sidewalks. Fines may be levied on home owners and/or contractors who violate these regulations.



Westmount

Service des travaux publics
Public Works Department

Info : 514 989-5268
www.westmount.org

Calendar documents African photo project



Around Westmount
Marilynn
Vanderstaay

Westmount photographer Lori Calman spent November and December 2007 volunteering at Sparrow Rainbow Village, South Africa's first AIDS village. She went as a photographer to implement a 'Kids with Cameras' project, in which she gave the kids at the orphanage village point-and-shoot cameras and taught them basic photography as they took photos of their everyday lives.

This was the first time these children handled a camera, and it was a rare opportunity for them to express themselves creatively. The result was a wonderful 2009 calendar for which Calman used 13 of the kids' photos. She had to sift through the hundreds of photos to choose the best of the best, which was really quite a challenge. But she believes the images reflect not only the daily lives of the children but also their perspective of them. The photos are funny and bittersweet... a true artistic project that reflects Calman's artistic side.

"A lot of pride and smiles went into its production, and we hope this will have a positive influence on the user's own year," said

Calman. "All the proceeds from its sale will go towards providing access to medical, psychological and educational care for people living with HIV/AIDS in Sparrow Rainbow Village, South Africa."

Calman is making the calendars available for a donation of \$20. To order for holiday giving, email redheart@supernet.ca or phone 514-933-2922.

What's new in 2009 agendas

"We are seeing resurgence in using paper agendas," says Tom Forestell, owner of Westmount Stationery at 4887 Sherbrooke Street West. He goes on to explain that while the technology of Blackberries is still very popular, with loss of valuable stored information due to a technological glitch or theft of the unit, many are finding it safer to back it up with the traditional paper agenda.

Westmount Stationery has been selling 2009 agendas since September, but they still have a large stock of English and French copies. Most popular are the traditional Filofax agendas that allow you to simply refill the casing with the new year and file away last year's.

Big this year is Italian leather type agendas with elastic closures. For the finicky agenda user, the store continues with its ever popular Letts agenda. And for those who carry busy bags full of information and stuff, they also

carry an abundance of purse sized agendas in bright colours of lime, pink, yellow and more for easy finding in bags. For more information phone Tom at 514-481-2575.

Here are some ideas of upcoming events you can jot into your new agenda:

New rector at St. Matthias Anglican Church

The congregation at St. Matthias' Anglican Church is celebrating more than the Christmas season this year. The new rector, Rev. Kenneth M. Near, will be jumping right into his new position and taking the Christmas services. On Dec. 24 he will be celebrating the Christmas Eve service starting at 10 p.m. with the St. Matthias' choir. On Christmas Day, he will officiate two services, with a Christmas communion service at 8 a.m. and a service at 10:30 a.m.... At that service the congregation will enjoy a string orchestra.

On Tuesday evening, Jan. 6, starting at 7 p.m., the congregation will enjoy a special induction service at which time they will induct Rev. Near as Rector of St. Matthias' Church. For more information phone 514-933-4296.

Westmount artist ushers in the New Year

Westmount artist K8 Alsterlund is not wasting any time getting back to work in

the New Year. On Saturday, Jan. 24 at both 7 p.m. and 9 p.m., the Columbia Avenue resident will be one of several local artists who will participate in Studio 3's Vernissage-danse #142: Ground at 372 Ste. Catherine St. W.

The choreographer will install Ground Up & Beyond, a piece that is about the personal evolution of a "dis"abled dancer, Luca Patuelli, b-boy Lazylegz. Through it, Alsterlund explores the various emotions Luca has experienced in his understanding of his disability ranging from struggle to bravado to joy.

"The movement draws from the dance of B-boying and so is constantly in a dynamic relationship with the floor, which is a reference point for his growth. We see the beginnings of his understanding; his struggle and then we see his playfulness, his swagger and his daring. As he executes movement that "abled" dancers would find challenging he also lets go of the weighted perceptions of his disability that would have him stay on the ground in struggle. He's rising from the ground up and beyond what people "expect" him to do.


For more information phone Melissa Guay, Communications and Production Coordinator at Studio 303, Dance and Related Arts, 514-393-3771 or go to <http://www.studio303.ca/>

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WEDNESDAY DECEMBER 24, 2008
10:00 pm Christmas Eve Service

THURSDAY DECEMBER 25, 2008
8:00 am Holy Communion
10:30 am Family Eucharist Service*

*choir & strings play Malcolm, Monteverdi, Buxtehude

St. Matthias' Anglican Church

131 Côte St. Antoine Rd.
(Corner Metcalfe, Westmount)
Bus 24, 104, 138 to Sherbrooke & Metcalfe stop
Walk one block north
514-933-4295
Rector: The Reverend Kenneth Near
Director of Music: John Wiens

Christmas at St. Matthias

Continued from WHY CHRISTMAS SHOULD BE MORE COMMERCIAL, page 5

the background. Furthermore, Santa implicitly rejected the whole Christian ethics. He did not denounce the rich and demand that they give everything to the poor; on the contrary, he gave gifts to rich and poor children alike. Nor is Santa a champion of Christian mercy or unconditional love. On the contrary, he is for justice—Santa gives only to good children, not to bad ones.

All the best customs of Christmas, from carols to trees to spectacular decorations, have their root in pagan ideas and practices. These customs were greatly amplified by American culture, as the product of reason, science, business, worldliness, and egoism, i.e., the pursuit of happiness.

America's tragedy is that its intellectual leaders have typically tried to replace happiness with guilt by insisting that the spiritual meaning of Christmas is religion and self-sacrifice for Tiny Tim or his equivalent. But the spiritual must start with recognizing reality. Life requires reason, selfishness, capitalism; that is what Christmas should celebrate — and really, underneath all the pretense, that is what it does celebrate. It is time to take the Christ out of Christmas, and turn the holiday into a guiltlessly egoistic, pro-reason, this-worldly, commercial celebration.

• Dr. Leonard Peikoff is the foremost authority on Objectivism, the philosophy of Ayn Rand. The Ayn Rand Center is a division of the Ayn Rand Institute and promotes the philosophy of Ayn Rand, author of 'Atlas Shrugged' and 'The Fountainhead'.

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- ✓ Bold

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AVIS

Nos bureaux seront fermés:

- 24 et 31 décembre à partir de midi
- 25 et 26 décembre, 1er et 2 janvier 2009

Joyeuses Fêtes!

NOTICE

Our office will be closed:

December 24th & 31st at noon,
December 25th & 26th,
January 1st & 2nd.

Happy Holidays!

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205 Flats/apartments for rent

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During the Holidays...

Don't leave our seniors alone !



Family is one of the most important things in life for human beings. Sharing special moments with the people we love is always very important, especially during the Holidays. Remembering people who are alone by sending them a Christmas card is a thoughtful act of kindness.

However, spending some time with them during the Holidays is even more beautiful. It is one of the most powerful displays of affection that you can offer them. There is no need to bring a gift; just brightening their day can raise their spirit. Being alone at Christmas is just too lonely to imagine.

If none of your relatives are alone for Christmas, consider volunteering at a

seniors' residential centre. These homes are always looking for people who are willing to give a little of their time to visit with seniors who have no family. The work is easy; you only have to listen attentively. For them, the chance to reminisce with someone who is interested in what they have to say may be their most beautiful Christmas gift.

If you are not gifted at making conversation, you can play cards or board games. You can even offer to drive them to places that are meaningful to them and that they have not seen in a very long time. Of course, you must always make sure that their health allows this type of excursion. It is such a beautiful gesture and it will cost you absolutely nothing.

A Christmas escapade

"My love, my dearest love, what does your heart desire above all on this joyous Christmas time?" "An escapade, far removed from the daily craziness, away from the rush of the city and work, to be together, you and I!"

"My love, my dearest love, where do you want my heart to take you?" "I don't know. It's Christmas, surprise me!"

Ouch! Well, let's not panic. It's Christmas and anything is possible. Start by examining the situation. Is your love the athletic type? Intellectual? Not a big fan of winter? Timid? Adventurous? Romantic? Once you find the answer, you can consider the different options that are available.



For the perpetual romantics, to whom you may belong, an escapade to a spa that offers massages, a hot tub, relaxation, and an occasion to be spend some quiet time together is highly recommended. Just one night and you will both return refreshed and relaxed.

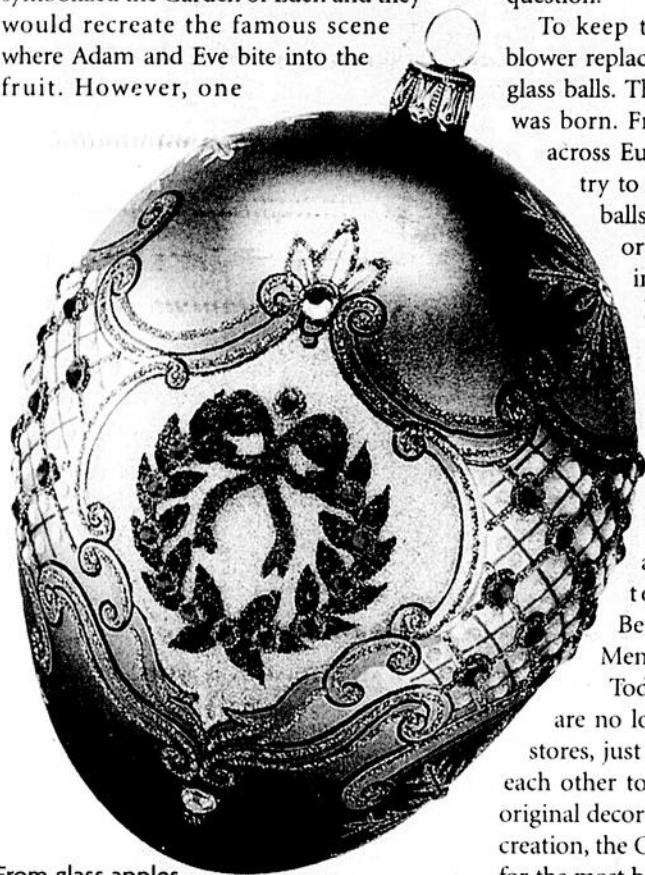
For the athletic types who love to embrace the cold and who welcome an adventure, an escapade on snowmobile for a few days would be magical. On the Internet, you can find offers that include the snowmobile, outerwear, helmets, lodging, and meals. What's more, you don't have to be a seasoned snowmobiler because you travel in the safety of a well-organized convoy.

For those who prefer warmth and romance, nothing compares to an escapade in a chalet whose only source of heat is a wood fireplace and where the only television is a big window showcasing the mountain.

Finally, for those who don't want to give up their cozy bed even for one night, an escapade to the restaurant, followed by a night at the theatre, will be just as much fun!

The history of Christmas balls

The first Alsations to decorate a Christmas tree did so with apples. The tree symbolized the Garden of Eden and they would recreate the famous scene where Adam and Eve bite into the fruit. However, one



From glass apples, Christmas balls remain just as popular.

year, the harvest was so meager that sacrificing precious food was out of the question.

To keep the tradition going, a glass-blower replaced the apples with apple-sized glass balls. The tradition of Christmas balls was born. From there, the custom spread across Europe. The best artisans would try to outdo each other. Blown glass balls, clear balls, hand-painted balls, or balls covered in lace, the imagination and the styles were endless.

Subsequently, other decorations were added to the Christmas tree. Sweets, shortcakes, candles, dry fruit, nuts, small toys, and any bright objects were used to fill the branches. A large star was also placed at the top of the tree to epitomize the Star of Bethlehem that guided the Wise Men to Baby Jesus.

Today, Christmas tree decorations are no longer edible. However, the big stores, just like the ancient artisans, rival each other to offer the most beautiful and original decorations. Many centuries after its creation, the Christmas ball remains the basis for the most beautifully decorated Christmas trees, proving that this tradition is meant to endure.

Impress your guests with your Christmas decorations

The Holiday season is the time to brighten our homes with ribbons, lights, trinkets, candles, and all kinds of ornaments. Why not save a little money by making your own beautiful Christmas wreath?

You don't have to be an artist to make a beautiful creation. All you need is a little imagination and a few minutes of your precious time. The list of materials is short: a wicker garland, some string, and medium-gauge metal thread. To decorate your wreath, you can use dried items, like pine-cones, corn ears, fruit pieces, flowers, etc.

The rules are simple. The first thing you do is attach the string so that you can hang your finished wreath. Then, cut some flowers to about five centimetres and wrap some metal thread around the stems. You only need to stick a piece of metal thread into the

pine-cones and fruit pieces.

Start by attaching the bigger pieces to the wreath. Always start with the brightest colours because they are more difficult to place. Then, fill the gaps with the smaller pieces, like corn and fruit. The trick is to try to balance the colours and the ornaments to give your wreath an overall uniform look. Good luck!



A hand-made wreath is a unique decoration that adds colour to your home at Christmas.

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