

The Westmount Examiner

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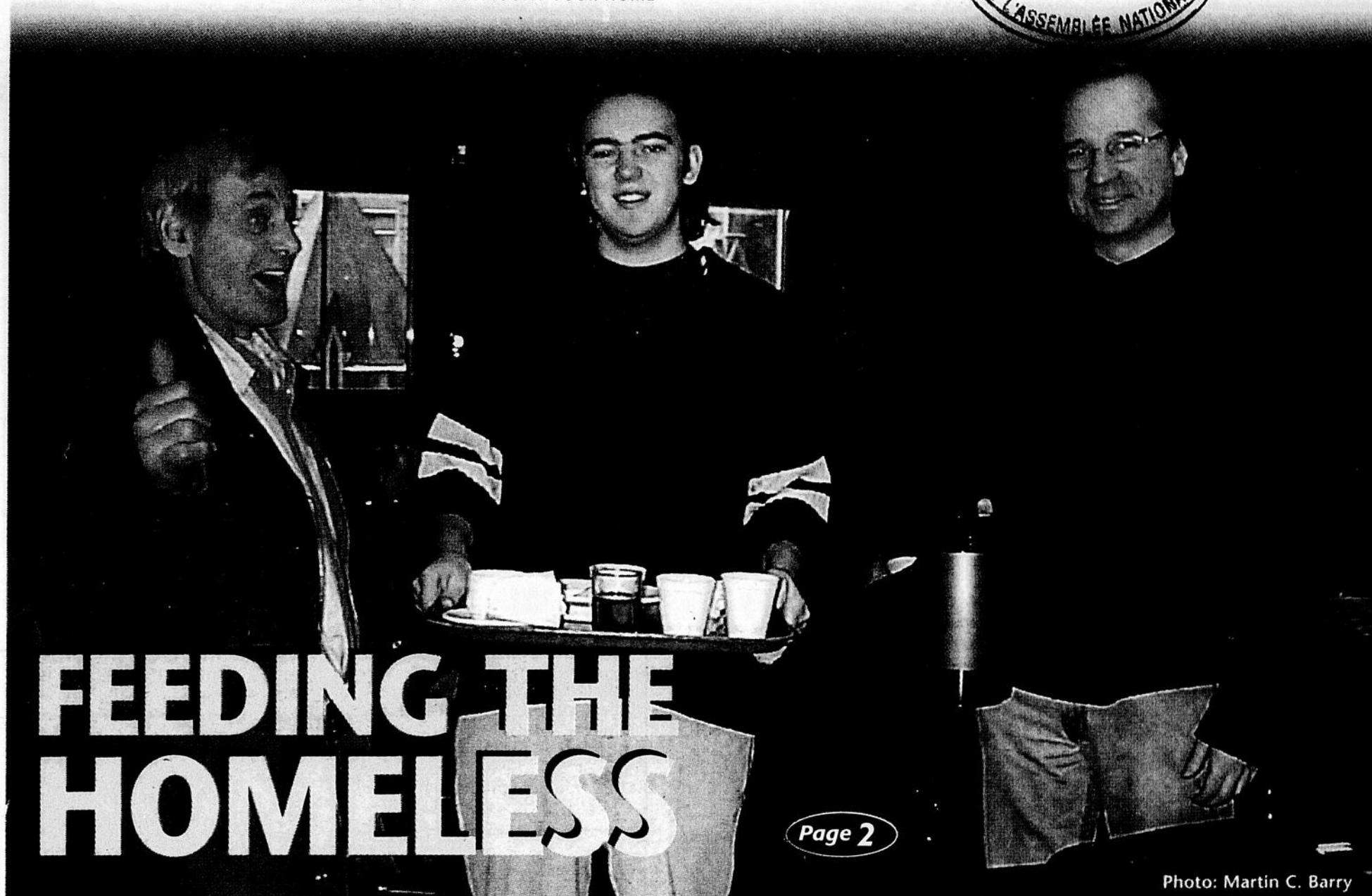
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Photo: Martin C. Barry

Local News

COOL RECEPTION AWAITS BOURQUE IN WESTMOUNT

Martin C. Barry

Pull in the welcome mats, Westmounters—Montreal Mayor Pierre Bourque will be paying us a visit.

Following the passage of Quebec's Bill 170 in December, Bourque is touring Montreal Island's suburbs, trying to convince residents to hop aboard his 'One Island, One City' bandwagon. He will be making a stop here in March.

"The one place where he'll be the least welcome is Westmount," Mayor Peter Trent said this week.

"There'll be no welcome mat rolled out for him, that's for sure. I'd be surprised if he even gets one person inviting him to our city. I don't know where he could possibly come where he wouldn't get a very negative reaction. Certainly in those cities that have taken legal action against Bill 170, I'm sure he will not get a very good reception."

Robert Dolbec, a spokesman for the Montreal mayor's Team Bourque/Vision Montreal party, said that Bourque and his entourage are initially making the rounds of municipalities like St. Léonard, Outremont, Lachine and Verdun—which coincidentally are not challenging the province's forced mergers law.

Dolbec confirmed that Bourque has few if any friends in Westmount—if not for want of trying.

"We'll get some," he said confidently, while

admitting they haven't made any contacts yet. "We usually do it 10 days in advance. We send out about 20 invitations and get a dozen or so answers."

For the most part, Dolbec seemed unaware or wouldn't admit that winning Westmounters could turn out to be an especially daunting challenge.

"We treat all the boroughs the same," he said, speaking as though Westmount were no longer a municipality. "It might be a little more difficult,

(continued on page 4)



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HOMELESS GET FREE LUNCH FROM SELWYN HOUSE STUDENTS

Martin C. Barry

Thirty students from Westmount's Selwyn House School donated their time for those much less fortunate than themselves last Sunday, serving lunch to the homeless at Christ Church Cathedral.

Just before noon, the guests—mostly men, along with one or two women—lined

up at an entrance in the Christ Church complex's modern central courtyard overshadowed by surrounding skyscrapers.

The doors were open, grace was said, and the private school boys took up their waiters' stations looking somewhat sheepish. Parents and teachers were also involved, serving approximately 150 meals of tourtière, vegetables and dessert, after which gift bags containing winter gloves, a tuque and food items

were handed out.

"Some people said it's too early in the morning to come, but I feel pretty good about myself," said Alim Dhanani, a grade seven Selwyn House student. "I feel pretty good helping the homeless people. What we have some people don't."

The experience was "kind of weird at the beginning," Dhanani admitted, saying he got over his initial apprehension by making

small talk with the guests.

"This is the fastest lunch in town—they're in and out before you know it," said Margie Sharpe, a Selwyn House student coordinator, confiding that the patrons at the twice-a-year meal at the downtown cathedral have a tendency to eat and leave quickly.

"We do it at the end of the month, because at the end of the month the welfare cheque has run out, the new one hasn't yet come in," she added. "If the new one came in on Friday, that would explain why we don't have so many people," she said, explaining an apparently low turnout despite what seemed a full hall.

"This is the first time in my whole life," said one guest who gave his name as George. The aging tippler—if his breath was an indicator—swore he'd never accepted a free meal before.

"I don't have to," he said. "I was drinking, so a guy said to me come up and have a meal. I said where? And they brought me up here. That's how I came up. Very simple and straightforward."

George praised Selwyn House's lunch as 'beautiful' and 'fantastic'. "I think they should have more," he said.

Johanne Werbiski, who teaches French at Selwyn House, said that apart from Sunday's lunch, the students also serve lunch at the Old Brewery Mission as often as once a month.

"We like to get students involved in community work," said Werbiski. "They do this, they also go to the woman's centre. They've done painting and other work there. It's not part of the curriculum as such, but it's encouraged and we've been doing this as long as I can remember—at least 10 or 12 years."

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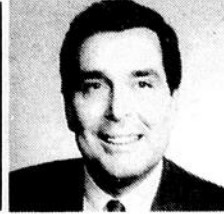
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Canada

Today's Real Estate

By Marilyn and Michael Lally



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WESTMOUNT CONCERNED ABOUT ST. HENRI MEGA-STORE

City councillor Karin Marks cites increased traffic as one drawback to nearby Home Depot project

Military airlift tomorrow

The Canadian Forces have tentatively scheduled an airlift exercise for tomorrow evening, Feb. 2, in the Westmount Athletic Grounds behind Westmount High School.

Weather permitting, several military helicopters will be on hand between 8:30 and 10 p.m. to transport personnel to the Canadian Forces training centre in Farnham, Quebec.

Military officials are expected to advise area residents of the exercise, and Westmount Public Security Director Richard McEnroe has announced that some of his officers will be on the scene to ensure the safety of those who wish to watch the event.

Contactivity honours volunteers

Last Thursday Contactivity Centre kicked off International Year of Volunteers with a special tea for all of its volunteers.

Awards were given out to volunteers in the Outreach program, the community Meals on Wheels program and many other facets of Contactivity's day-to-day functions. Close to 13,000 volunteer hours were given last year for services as diverse as accompanying seniors to medical appointments, helping with grocery shopping and making friendly visits to shut-in seniors. There has also been a lot of help in running Contactivity's many in-house activities, such as courses, lunches and excursions.

Westmount artist Bill Morrow was given a special accolade for volunteer his time to teach a course in drawing and watercolours for seniors.

The United Nations has declared 2001 to be International Year of Volunteers, and many local organizations will be honouring their volunteers throughout the year. The Westmount Healthy City Project also has plans in the works to mark this special year, as many Westmounters, including young people, give of their time on a volunteer basis in the community.

Martin C. Barry

Westmount officials hope to meet with the developers of a Home Depot hardware mega-store, scheduled to be built just outside the city limits, to express concerns about the project.

Demolition and bulldozing is now taking place on the site where a busy MUCTC bus terminal once stood, at the convergence of St. Antoine and St. Jacques Streets just south of Westmount. With approval recently granted by the City of Montreal's urban planning commission, construction could begin this summer—pending completion of a decontamination operation to remove oil residue from the lot's soil.

Much of the area will be occupied by a parking lot four times the size City of Montreal regulations normally would permit on the site without a zoning derogation.

"I've asked our own planning department to set up a meeting (with the developers) as soon as possible—I hope within the next week to 10 days," said city councillor Karin Marks of Westmount's Architecture and Planning Commission.

On first hearing of the project last fall, Marks and Joanne Poirier of Westmount's Permits and Inspections department took the extraordinary step of going down to Montreal City Hall to voice Westmount council's objections before Montreal's planning commission.

"Our concerns are primarily traffic issues," Marks said this week,

adding that the large signs Home Depot usually erects on their sites are another matter. "We're right on the edge of this and most of the shopping in Westmount is much more local type shopping, and anything which is much more of a regional nature, as a Home Depot would be, will draw people from across the island—and, of course, that causes increased traffic flow to our little community."

Another of Westmount's worries, expressed by citizens in other parts of Montreal as well, is that large-area stores take business away from smaller local merchants.

"They (Montreal) feel that this will not be the case, but intuitively—even though we didn't do our own specific study—we obviously have the concern that a very large store like this one is going to draw clientele from some of our local merchants," said Marks.

According to Marks, Home Depot may have been thinking of economic rather than architectural benefits when it made its submission to the City of Montreal. "They gave a lot of incentives that had nothing to do with urban planning," she said.

"For a commission that was supposed to deal with urban planning, they focused a great deal on economic issues."

She wondered why Montreal Mayor Pierre Bourque, who is encouraging suburbanites to return and live in the centre of Montreal, couldn't have put the St. Henri site to better use for housing.

"These big box stores are very suburban; they really are not

appropriate to a downtown core," said Marks. "Mayor Bourque keeps talking about wanting more and more residential (development) on the island of Montreal (and) there's been a lot of concern about the flight to the suburbs. It seemed like here's the perfect opportunity to have created more residential space right near the heart of downtown."

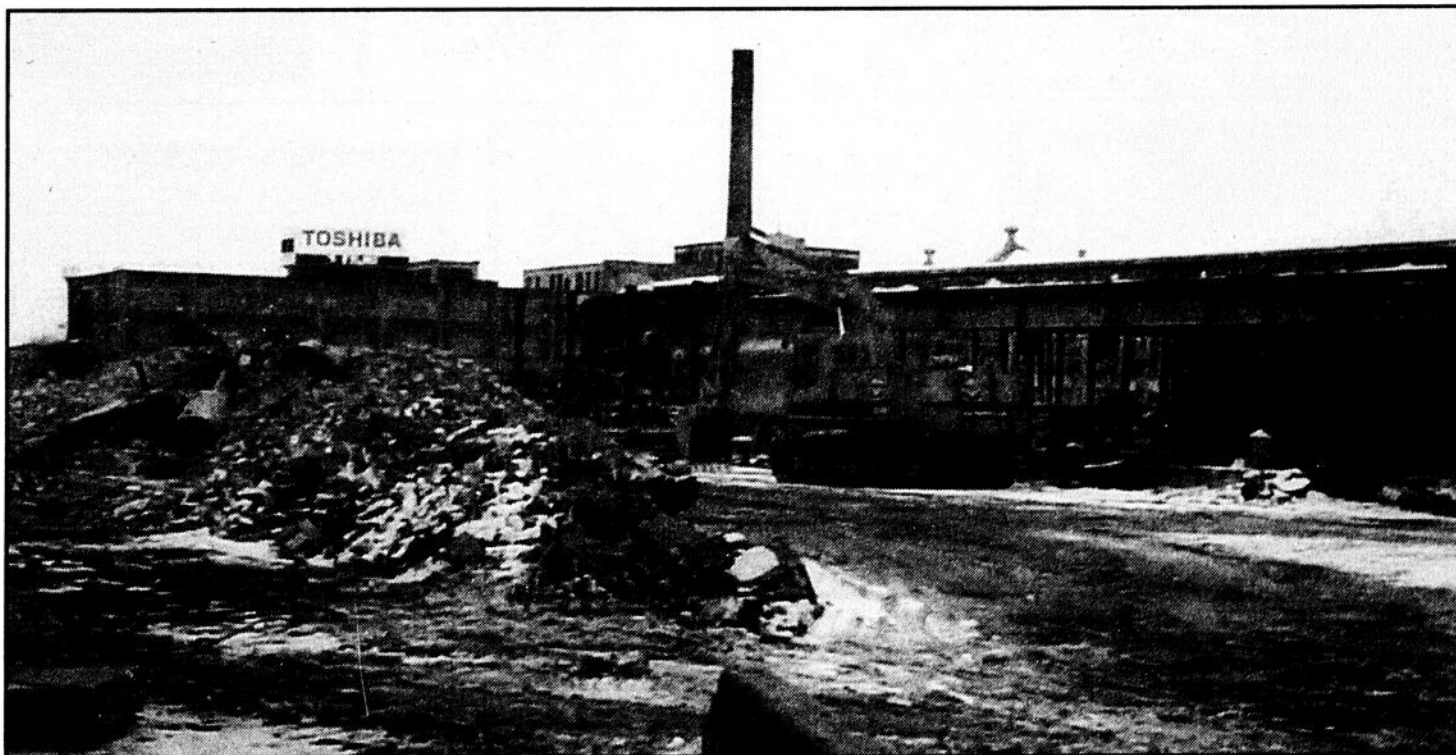
Despite the site's use over many decades as a busy bus terminal adjacent to housing, Marks said Westmount's Architecture and Planning Commission remains concerned that its new use is inappropriate.

"There's no question that being a bus depot was not a wonderful thing," she said. "We were concerned for our own residential community, but also it just seemed to us a very ill-conceived idea to put a large store like this in the middle of a residential community in St. Henri."

Relatively few Montreal residents turned up at the planning commission hearing she attended, Marks said, in contrast to the widespread attention zoning hearings get in Westmount.

"The (zoning) consultation process (in Montreal) is certainly not like the ones that we have... I don't think most of the citizens in the area are as informed as ours are," she said.

Early last year, St. Henri residents, objecting to a garbage processing plant that was to be located in their neighbourhood, forced Bourque to relocate it elsewhere after they staged a series of noisy demonstrations at Montreal City Hall.



Demolition of the bus garage has already begun just south of the Glen

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Cool reception awaits Bourque in Westmount

(Continued from page 1)

but we're only there to answer questions, not to convince anyone."

Earlier this week, Bourque got a mixed reception on the West Island, where about half a group of local community leaders who had been invited to hear his pitch were scared off by demonstrators from the grassroots DemocraCité anti-merger organization.

"It's pretty bad when you go to St. Anne de Bellevue and you only end up meeting six people," Trent commented.

Bourque's tour, according to Trent, is inadvertently turning out to be good for opponents of the forced municipal mergers. The tour, he said, "keeps the flame alive, reminds people just how much they don't want to have 'One Island, One City'... Bourque is doing us all a favour by reminding us just how much we don't want to see him."

As things now stand, 17 out of 26 Montreal Island municipalities have resolved to take the Quebec government to court over Bill 170. Among those not contesting the law are St. Léonard, Verdun, Lachine, LaSalle, Outremont and, of course, the City of Montreal. Requests for an interim injunction against Bill 170, being sought by Westmount and the other cities, are scheduled to be heard at Montreal's Palais de Justice Feb. 19-23.

While opposition to the province's sweeping municipal reform has coalesced on Montreal Island, according to Trent there has been no corresponding movement in most other regions of Quebec. He hasn't given up hope, however, that at least some of the remaining Montreal Island cities that are not contesting Bill 170 will decide to do so.

"We're working on it," he said. "I haven't given up yet. Every time we gain one, we have more people in the circle of wagons. Certainly, the more cities we have, the stronger the statement becomes politically—that we're not going to take this lying down."

SEND THE EDITOR AN E-MAIL:

larsenw@transcontinental.ca



Fire Calls

Tuesday, Jan. 23

4:56 a.m. 360 Elm: Smell of gas reported. Traced odour to fresh caulking on door frame. All in order.

7:55 a.m. 1 Westmount Square: Smoke detector set off by burnt toast.
9:19 a.m. 555 Lansdowne: Fire alarm accidentally set off by workers.

Wednesday, Jan. 24

5:42 a.m. 4873 Westmount: Defective alarm.

1:22 p.m. Rear of 458 Grosvenor: Report of a wire down. Westmount Light & Power also attended. Wires turned out to be cable and telephone.

2:51 p.m. 4880 Sherbrooke: Alarm accidentally set off by technician from alarm company testing the system.

Thursday, Jan. 25

10:33 a.m. 1 Rosemount: Alarm accidentally set off by a worker.

10:43 a.m. 5785 Parkhaven, Côte St. Luc: Cancelled en route.

1:52 p.m. 5885 Cavendish, Côte St. Luc: Cancelled en route.

2:24 p.m. Rear of 370 Upper Roslyn: Report of a tree branch leaning on an electrical wire. Westmount Light & Power attended.

11:30 p.m. 4505 Ste. Catherine: Fire alarm set off by cooking.

Friday, Jan. 26

5:26 p.m. 4360 Westmount: Carbon monoxide detector set off by gas stove. Took gas readings and found all to be in order.

Saturday, Jan. 27

10:53 a.m. 655 Belmont: Fire alarm set off by dust.

Sunday, Jan. 28

5:05 a.m. and **6:06 a.m.** 4646 Sherbrooke: Trouble on alarm system at Manoir Westmount.

4:13 p.m. 460 Elm: Report of a freon leak from broken pipe on refrigerator. Took readings on metre but no traces registered. Advised owner to contact a refrigerator repair technician.

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LOCAL NEWS

Westmount prepares for Carnival 2001

Sidhartha Banerjee

If you're looking for some family-oriented outdoor fun next weekend, Westmount's 2001 Winter Carnival promises to help beat the mid-winter blues.

The annual carnival—which has become such a tradition that organizers aren't even sure how old it is—kicks off next Thursday, Feb. 8 and culminates in a full day of events on Saturday, Feb. 10.

Tyler Lewarne, a sports coordinator with the City of Westmount, is optimistic that this year's carnival will be enjoyed by all. From old favourites such as sleigh rides in Westmount Park and a puck-shooting contest to some innovative new attractions such as a comedy night, this year's carnival will have something for everyone.

The fun begins on Thursday with the seniors' carnival luncheon at Contactivity Centre. Tickets for that event are \$6.50 and available at Contactivity Centre or the Westmount arena. Later that evening, from 6:30 p.m. until 9:30 p.m., family tobogganing will take place at King George Park—a large-scale event that includes everything from a bonfire and skating to free hot chocolate.

Friday is highlighted with a family dinner, which will be followed by a comedy show and movie night for the youngsters. As of early this week, the actual line-up of comedy acts had yet to be confirmed, but Lewarne said that comedian Ernie Butler of the Comedy Nest was organizing the event.

"It's a plus that Ernie is putting that together for us," Lewarne said. "Last year we did bingo, and I think this year we'll get a better turnout."

The broomball tournament is back again this year, scheduled for 10 a.m. Saturday at the arena. New this year is a ball hockey tournament, which will also take place at the arena, starting at 11 a.m. Ball hockey is in this year to appeal to a wider range of people, Lewarne

said, as broomball alone has not always been the most popular event.

"People can call in their teams or sign up at the arena—and it makes our job easier if they've got a whole team set up," Lewarne said, adding that teams must be co-ed and that helmets are required for both events. Participants must be 12 and over for both events.

Outdoor skating takes place all day Saturday from 10 a.m. until 6 p.m. New this year will be an ice rink on the pond—a sort of mini Rideau Canal. City workers had been working on it since the fall, and it will be ready in time for the carnival.

One of the more innovative additions this year will be a snowman contest, in which residents are encouraged to build a snowman on their front lawn. Families can register for this competition simply by calling Dave Lapointe at the Sports & Recreation Department at 989-5410. Judges will visit on either Friday or Saturday.

Also new this year is an ice slide, created by Thibeault Brunelle, who sculpts out of ice. The slide will likely be located near the tennis courts and promises to be an intriguing event. Drop on by between 10 a.m. and 4 p.m. "It's a big slide," Lewarne said. "It's about 45 feet long and you have to climb up to get to the top."

Always a favourite are free hot dogs, which will be available from noon until 1:30 p.m. There will also be a sugar shack for those with a sweet tooth, taking place from 11 a.m. to 3 p.m.

Also, there will be a family ski night at Bromont, with bus and lift tickets going for a mere \$20. "If people are interested, they need to sign up soon because there's only one bus and once it's full, it's full," Lewarne said. Buses leave at 4 p.m. and return around 11:30 p.m.

Tickets for skiing and Friday's comedy night can be obtained by calling Sports and Recreation at 989-5353.

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The No. 2 dilemma

As the fate of Westmount's unused Fire Station No. 2 inches closer to being decided, it is becoming increasingly evident that the matter will not be settled to everyone's satisfaction.

On one hand, those who live in the neighbourhood of Victoria Avenue and The Boulevard have a legitimate argument for keeping things as they are, for the empty, 90-year-old building does not have a negative impact on the area. It is perfectly quiet, does not generate any traffic, and, as it is by no means dilapidated, remains aesthetically pleasing. The problem is that any use of the building is bound to increase traffic on what is already a popular thoroughfare for west-end Montrealers heading downtown. This is something that cannot be helped.

On the other hand, one can easily see why the City of Westmount is eager to sell the building, heritage property or not. Annual maintenance is costly and its current function is negligible, so it makes perfect business sense to sell it off to become part of the planned seniors' residence on Montreal property next door—the construction of which Westmounters are powerless to stop anyway. Instead of paying for the station's upkeep, the City would receive revenue for the sale and collect annual property taxes. And since the building would remain a Westmount heritage property, strict control over any architectural changes would be maintained.

But while this amounts to nothing less than a win-win-win situation for the City, we have to remember the taxpayers whose everyday lives would be adversely affected by the deal. This may seem like a trivial issue to those living in the eastern half of the city, as they will not be affected one way or another. But for those residents in the immediate vicinity it is a matter of great concern and cannot be ignored. Throughout a series of public consultation meetings and closed-door negotiations over the past year, all involved parties—the City, area residents and developer Aaron Gelber—have gone to great lengths to voice their concerns and accommodate one another while defending their own interests.

Now, in the midst of these debates, another voice has joined the chorus. A few weeks ago, representatives of the Quebec Firefighters Museum Foundation announced that they are looking into the possibility of leasing the old station to house the province's first museum dedicated to the history of firefighting.

This is indeed a noble and worthy proposal for an equally noble and worthy building, and it would certainly be great to have such a facility right here in Westmount. But while the heritage building itself may be perfect for that function, the site is totally inappropriate. Tucked away up on the hill, with no surrounding land, it could not accommodate the amount of visitors and vehicles such a museum would surely attract. If neighbours are worried about parking problems arising from people visiting relatives in the seniors' residence, what about yellow school buses dropping off kids for field trips to the museum? Once those 'don't pass or else' lights start flashing on a bus, traffic on Victoria Avenue and The Boulevard-Côte St. Luc Road could become impossibly clogged—especially in the morning and late afternoon.

Hopefully the Quebec Firefighters Museum Foundation will soon find a suitable site for its museum in a more central location.

As the City of Westmount prepares for a possible referendum among area residents on the zoning change necessary to sell the fire station to Mr. Gelber's development, the controversy is no closer to being resolved. At this point only one thing is certain: if the City does hold a vote on the issue, many people are going to be unhappy with the result.

Commentary

Wayne Larsen



BERNIE LANDRY...

Taking the oath of office in Quebec: Mar. 3

... Do you swear to destroy the country, the whole country, and nothing but the country...?



LANDRY TAKES THE LEAD

Jacques Chagnon, MNA for Westmount-St. Louis

Within 24 hours following the resignation of Lucien Bouchard, it was clear that the deputy premier, Bernard Landry, only had eyes for the throne. He immediately convened a meeting of his organizers who quickly did the rounds of MNA's and ministers who would support him.

Sixty hours after Lucien Bouchard's announcement, the whole thing was in the bag. Pauline Marois, François Legault and André Bouclair all together had no more than one-third of the support that Landry had already beenguaranteed. Pauline Marois first saw the humiliation of seeing her two junior ministers, Gilles Baril and Nicole Léger, abandon her for the deputy premier. She

also experienced the high degree of loyalty of François Legault, who accepted the idea of a Marois-Legault ticket while innocently negotiating his support for Bernard Landry.

François Legault will be the big loser in this leadership race that is being played out in the back rooms. Everyone in caucus and in his party now knows that he is ready to offer himself to anyone without any regard for friendship and loyalty. The platform proposal that he made to Landry shows—even though it made sense—that he does not have what it takes to be a politician. He looked so much like a chicken that was voting for Colonel Sanders that Landry did not even respond to his proposals. Now, whatever happens, his credibility is seriously tarnished. André Boisclair could have tossed his hat into the ring if there had been other candidates,

and I bet that he would have done better than Legault for the simple reason that he has more talent.

And so we're stuck with Bernard Landry. First of all, from a personal point of view, I feel that no matter who replaces Lucien Bouchard will be less popular. Well, okay, it's true that I'm not shedding any tears at Bouchard's departure, but Bernard Landry doesn't beat around the bush or play around with half-statements. Do you remember when he said that the death of elderly Quebecers would help the sovereignist cause?

And then there's the incident on referendum night when he lashed out at an employee of the InterContinental Hotel, accusing her of voting 'No' because she was not a Francophone.

(continued on page 7)

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Old News

(from the
examiner
archives)

EXAMINER
1935-2001

Five Years Ago
February 1, 1996:

ZONING VOTE: "Residents in the southwest sector of Westmount are divided on a zoning vote this Sunday that will decide the future of a development at the old Westmount train station site. The city proposed the amendments to allow the building of a protective services facility or a community centre. Residents who are voting on the amendments have officially been divided into yes and no camps, but no one could put a number on how many people they represent."

Ten Years Ago
January 31, 1991:

SAVED FROM FIRE: "A four-year-old boy, his face blackened with soot, was rescued from a burning apartment unhurt last Thursday night at 3 Westmount Square after his mother left him alone to go to a video store, investigators said Tuesday. Six firefighters and two police officers were taken to hospital suffering smoke inhalation during the fire, which started when the boy was playing with matches on a bed, investigators said."

Thirty Years Ago
January 28, 1971:

HIGHWAY CONTROVERSY: "Nearly 200 persons—a cross-section of Westmount citizens and Dawson College students with both direct and academic concern—had little light shed on the Trans-Canada Highway and its controversial Westmount ramp at a special general meeting of the Westmount Municipal Association in Victoria Hall on Monday. A resolution was passed at the end, supporting the city council's Jan. 19 stand against the ramp and urging the provincial government to 'take heed.' On the hot seat for the evening were Westmount's provincial member, Hon Kevin Drummond, and Roads Department Deputy Chief Engineer John Connolly."

Sixty-Five Years Ago
January 31, 1936:

GEORGE V MOURNED: "In common with the remainder of the Empire, Westmount paid homage Tuesday afternoon at 3 o'clock to the late King George V at a special civic and military service held in the draped armory of the Royal Montreal Regiment. Thousands of citizens thronged the armory, where seating arrangements provided for 2,000 were inadequate and more than a thousand were obliged to occupy every available inch of standing room. It was estimated by police that several hundred were unable to gain admittance into the building."

Landry takes the lead

Continued from page 6

This article had not yet been sent off to the newspaper when Mr. Landry said that he was refusing the \$18 million from the federal government for the renovation of the Quebec City Aquarium. The federal government had insisted that the Canadian flag should be flown in exchange for the funding. "We will not sell ourselves for a piece of red rag."

This is the type of inflammatory statement that makes him lose all credibility, especially in Quebec where the population is proud of its leaders and hates this useless type of biting rhetoric.

If the past is any sign of the future, we should soon see him getting all worked up about silly things like, "we need a hot air balloon in the colours of the Quebec flag for the balloon festival in Saint-Jean." About \$100,000 in taxpayers' money was invested in this

infrastructure project. In the National Assembly we said that both of them were full of helium: the hot air balloon and Landry. It is even worse to see him become enraged against the federal government in an attempt to advance his own megalomaniac projects. The Technodome in Old Montreal is a good example of this. Another example of megalomania was the proposed Mosel-Vitelie investment, where it was the taxpayer who risked losing out.

These are projects where the government would have been taking the risks instead of allowing private investors to do so. I could give you many other examples. All I know is that he is so unpredictable that he could call an election at any time. It is up to us to be ready. The leader of the Quebec Liberal Party, Jean Charest, knows it and has already asked us to gear up to pre-electoral mode. And he is absolutely right.

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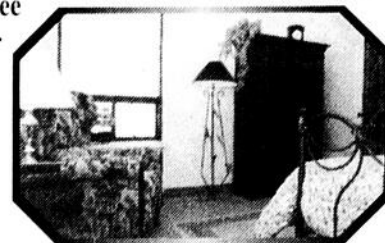
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Letters to the editor

Rotary Club keeps busy in Westmount

To the editor:

Thank you to The Westmount Examiner for the public announcement of The Rotary Club of Westmount's

Antique & Collectibles Show and Sale to be held May 4-6 in the Westmount Arena.

Our fundraising committee has been working for months to set up this event and we will keep you informed of our plans.

As a service club, our main goal is to raise funds within the community and return them to those in need here and around the world. Rotary's work worldwide oftentimes goes unnoticed, but we are providing the financing and a huge pool of volunteers in the eradication of polio, which should be accomplished by 2005.

Within our Rotary district of 62 clubs in western Quebec, eastern Ontario and northern New York, each year we sponsor a Rotary scholar

with \$25,000 for graduate work anywhere in the world and are currently building a village of 24 low-cost homes in El Salvador with the help of local Rotary clubs.

Locally, our own Westmount club is financing an after-school homework program in a Verdun elementary school; we purchased a Panorex x-ray machine for the Children's

Hospital; and through our current 70th anniversary project individual Rotarians are helping

supply school gym equipment, books, tutoring and swimming lessons, to name a few.

In other words, the more funds we can raise with events like the Antique Show, the more we can do in the community. We look forward to your support. Although we will not have a garage sale this year, we are still collecting useable items and giving directly to needy people and organizations.

We are always looking for community-minded professional men and women to join us. To learn more about Rotary in Westmount, please call 935-3344 or for a worldwide overview go to: www.rotary.org

Ted Sancton
President

The Rotary Club of Westmount

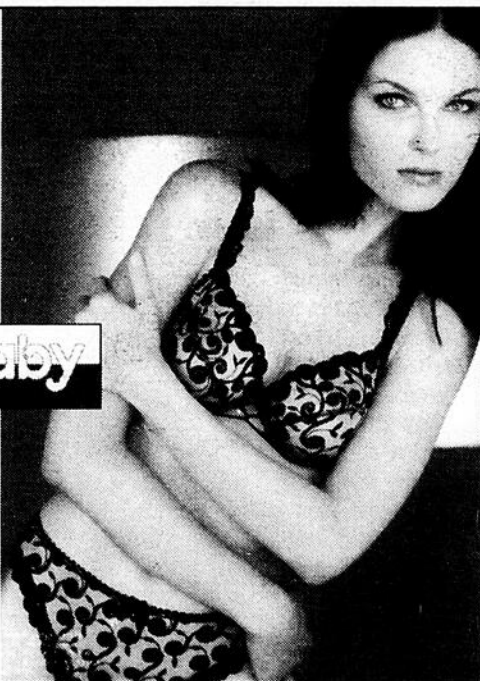
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SZILASI REVISITS MONET'S GARDENS

Marilynn Vanderstay

Westmount's java u bistro was transformed into a mecca for artists, photographers, writers and art enthusiasts Monday evening as friends and family came out to celebrate Gabor Szilasi and his latest exhibition of photographs, 'Memories of Giverny.'

The exhibition features seven colour photographs of Impressionist painter Claude Monet's gardens in Giverny, taken by Szilasi over a one-period and five trips to France.

The results of these trips were featured alongside Monet's work at a major exhibition at the Montreal Museum of Fine Arts (MMFA) two years ago.

In 1996, the MMFA commissioned Szilasi to go to France and make a season-by-season photographic documentary of the renewed gardens, which would be displayed in the major Monet exhibition at the museum in 1999. Because he did not specialize in landscape and garden photography, Szilasi said, he accepted the commission apprehensively.

During the first of five trips to Giverny, Szilasi photographed the raw garden in winter, when there were no flowers. This way he could see the overall structure of the



Gabor Szilasi at Monday's opening of 'Memories of Giverny'

property and build a plan for what he would photograph later in the year.

A trip in the spring had to be repeated because the signature irises were not yet out. Szilasi's wife, photographer Doreen Lindsay, accompanied him on the second spring trip and proved to be an asset to the project.

Lindsay took many photographs of Szilasi photographing the gardens. One of her favourites is a photo of Szilasi standing on the Japanese bridge in the same spot where Monet was photographed.

(continued on page 12)

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(continued from page 11)

Szilasi enjoyed the challenge of photographing the flowers, and developed a feel for Monet's gardens. As a result, he succeeded in capturing Monet's original plan

on film. "I set up interesting angles," he said. "Whatever happened with the flowers and the colours, I let it happen. Basically, I let the garden speak for itself."

A typical day at Giverny started at 7:30 a.m. when the sunlight was

just coming up over the hills and trees. Szilasi worked until the gardens opened to the public at 9:30 a.m., then he and Lindsay would go off and tour the Normandy region until after the tourists left the gardens at 5:30 p.m. He would then

go back to work, working with whatever light was available.

In 1883 Monet moved to the house in Giverny, Normandy, where he planted and developed the Clos Normand, the rectangular garden and the Jardin d'Eau-Bassin, the site of the famous water lily pond which would be featured prominently in much of his later work. After his death in 1926, the gardens and house were left unattended and deteriorated. In 1980, the Claude Monet Foundation was started by the owners of Reader's Digest Magazine, who gave \$1 million to refurbish the gardens and the original house.

"Giverny is basically the same town it was when Monet lived there," Lindsay said. "Although they could have, the residents did not exploit Monet's fame and allow it to become a commercial tourist trap with souvenir stands everywhere. Besides the challenge of the gardens, the opportunity to see Normandy was the best part of our trip."

Szilasi and Lindsay spent some time deciding which photos should represent both Monet's gardens and Szilasi's documentary for the exhibition at the MMFA. After much deliberation, they chose 20 that were printed on huge four-by-five-foot panels.

Frances Balogh, an artist and guest at Monday's vernissage, preferred the current java u exhibition of smaller prints to the large ones at the MMFA. "I find that the smaller format is easier to live with," she said. "Each one is more beautiful than the next, but I love the one with the Japanese bridge."

When Szilasi wasn't photographing architecture and people—his fortés—he was a full-time professor of photography for 10 years at CEGEP de Vieux Montreal and for 15 years at Concordia University. He is presently working on a contract with Cirque du Soleil, creating an artistic interpretation of the troupe's headquarters that began with an aerial photographic view of St. Michel.

Szilasi says that his experience with the flowers in Monet's gardens was a good one, and that he would gladly do a similar project again.

Gabor Szilasi's photo exhibition 'Memories of Giverny' is currently at the java u bistro, 4914 Sherbrooke.

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Veuillez faire parvenir votre CV, en indiquant le numéro de dossier 3745, au : **Service des ressources humaines, Ivanhoé inc., 413, rue Saint-Jacques, 7^e étage, Montréal (Qc) H2Y 3Z4. Téléc. : (514) 841-7795. Internet : www.ivanhoe.ca**

Nous offrons des chances d'emploi égales à tous. Nous apprécions l'intérêt que vous nous témoignez, mais nous communiquerons uniquement avec les personnes sélectionnées.

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605 Miscellaneous employment

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CANADIAN ARMED FORCES

FIND YOURSELF IN THE ARMED FORCES RESERVE

Bulletin Board

Deadline for submissions is Monday at noon preceding the next publication.
No exceptions. Submissions may be edited or omitted for space.

Saturday, Feb. 3

Samedi Greene presents 'Fun With Shannon Kelley' at Centre Greene, 1090 Greene Ave., from 11 a.m. to 12:30 p.m. Children must be accompanied by an adult. Admission is \$1. Info: 931-6202.

Wednesday, Feb. 7

The Bimetallic Question Sherlock Holmes Society meets at 6:30 p.m. in the Westmount Public Library. For details call Charles Purdon at 728-2667.

Monday, Feb. 12

Lunch and Learn with Rabbi Elina Bykova at Temple Emanu-El-Beth Sholom, 395 Elm Ave. Topic is 'The Mystical Meaning of Tu B'Shevat'. Brown bag lunch at noon.

program at 12:30 p.m. Info: 937-3575.

Marriage Information meeting at Temple Emanu-El-Beth Sholom, 395 Elm Ave. at 5:30 p.m. with Rabbi Leigh Lerner and Temple Administrator Ron Boro. Info: 937-3575.

Tuesday, Feb. 13

The Westmount Horticultural Society meets at 7:30 p.m. at the Lawn Bowling Club House, 401 Kensington. Adaire Schlatter will explore the richness of gardening and quilting, how they share common ground and influence one another. She will also show slides and quilts from her private collection. Free for members, and \$5 for non-members. New members welcome. 2001 annual membership fees are \$15. Info: 989-7939.

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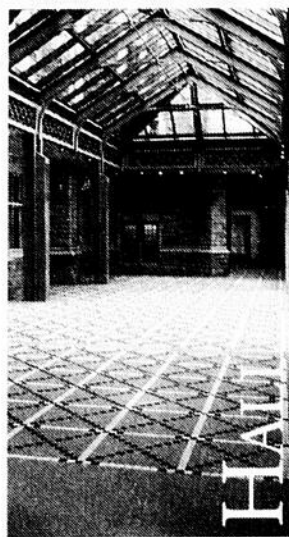
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WE DELIVER



La galerie
du Victoria Hall



The Gallery
at Victoria Hall

Appel de propositions

La Galerie du Victoria Hall désire lancer un appel de propositions pour sa programmation de la saison 2001-2002 (septembre 2001 à août 2002). Cet appel de propositions s'adresse aux artistes et artisans qui sont des résidents de Westmount.

Les propositions doivent inclure:

- 10 diapositives d'œuvres récentes
- une liste des titres, dimensions, mediums et dates de création
- un curriculum vitae à jour
- un exposé de leur démarche artistique

Le tout doit être expédié au:

Comité de sélection
Service des événements communautaires
4333, rue Sherbrooke Ouest
Westmount, QC H3Z 1E2

La date limite pour soumettre votre proposition est le 2 avril 2001. Tous les candidats recevront une réponse écrite du comité avant le 4 mai 2001. Le matériel déposé sera retourné aux artistes. Pour des renseignements additionnels, veuillez communiquer avec le service des événements communautaires au (514) 989-5226.

Call for Submissions

The Gallery at Victoria Hall is pleased to announce a Call for Submissions for its 2001-2002 exhibition programme (September 2001 to August 2002). Artists and artisans who are residents of Westmount are invited to apply.

Submissions should include:

- 10 good quality slides of recent work
- an accompanying list of titles, dimensions, media and dates
- an up-to-date résumé
- an artist's statement

Please forward your submission to:

Gallery Selection Committee
Community Events Office
4333 Sherbrooke Street West
Westmount, QC H3Z 1E2

The deadline for submissions is April 2nd, 2001. The Selection Committee will advise all applicants in writing of their decision by May 4th, 2001. All submitted material will be returned to the artist. If you have any questions, please contact the Community Events Office at (514) 989-5226.

La ville se réserve le droit de rejeter toute proposition et n'encourt aucun frais ou responsabilité à cet égard.

The City reserves the right to reject any proposal and shall incur no cost or liability.



Inscriptions jusqu'au 1^{er} mars

Défi

J'ARRÊTE, j'y gagne!

Pour fumeurs de tous âges!

Plus de 70 000\$ en prix!

Cessez de fumer du 1^{er} mars au 12 avril inclusivement avec l'aide d'un parrain ou d'une marraine non-fumeur de 18 ans et plus et courez la chance de gagner l'un de ces prix:

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Une voiture Altima 2001 de Nissan, d'une valeur de 25 000 \$
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(Réservé aux participants de moins de 18 ans. Le gagnant devra être accompagné d'un adulte.)

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Un REER* de 5 000 \$ Financière Manuvie
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** Régime enregistré d'épargne-études (Réservé aux participants de moins de 18 ans.)

Pour les marraines et les parrains:

10 bourses de 1 000 \$ en argent



Remplir et signer UN SEUL coupon de participation et l'envoyer au plus tard le 1^{er} mars 2001; par télécopieur au (514) 255-8074 ou à l'adresse suivante:

Défi « J'arrête, j'y gagne! » Société canadienne du cancer
C.P. 340, succursale Jean-Talon, Saint-Leonard (Québec) H1S 2Z3

Participant (Veuillez écrire en lettres moulées.)

☐ Monsieur ☐ Madame Prénom Nom

Adresse

Ville Code postal Âge

Tél. (maison) () Tél. (travail) ()

J'ai participé au Défi l'an passé ☐ Oui ☐ Non

Je certifie que j'ai lu et compris les règlements du Défi.

Signature Je fume depuis (n^{bre} d'années) an(s)

Il est possible que l'on communique avec vous pour fins de recherche.

Marraine ou parrain (NON-FUMEUR DE 18 ANS ET PLUS)

☐ Monsieur ☐ Madame Prénom Nom

Adresse

Ville Code postal Âge

Tél. (maison) () Tél. (travail) ()

A-t-elle déjà participé au Défi? ☐ Oui ☐ Non Si oui, à quel titre? ☐ Fumeur ☐ Marraine / parrain

Les gagnants devront signer une déclaration écrite (affidavit) et / ou passer un test de dépistage de monoxyde de carbone. Pour en savoir plus sur le Défi, les ressources d'aide à la cessation du tabagisme, consultez le site du Défi au www.defitabac.qc.ca ou téléphonez à la Société canadienne du cancer au 1 888 939-3333. Les noms des gagnants seront dévoilés à la fin avril 2001.

(ACTI-MENU détient l'autorité finale quant à l'admissibilité des participants et à la remise des prix aux gagnants.)

IT'S A HIGHWAY TO HEALTH - ESSENTIAL MINERALS & ELEMENTS

MACRONUTRIENTS (BULK) ELEMENTS

7. CALCIUM (CA)

Macronutrient element, the bone mineral

1. Most abundant body mineral, comprising over 1.5% of total body weight, about 1,200 grams. (phosphorus content is about 600 grams).
2. 95% of body's calcium is in bones & teeth, remaining 1% distributed in soft tissues.
3. Calcium is exchanged between bones, body fluids & soft tissues; adequate daily intake prevents calcium loss from bones (osteoporosis).

I. NUTRITION

1. Sources: Fish, cooked bones, collards, kale, other green leafy vegetables, dairy, tofu, canned sardines, salmon, tuna, hard water.
2. Absorption: From duodenum & upper part of small intestine; children absorb up to 75%; adults absorb 30-50% under best conditions, 10-30% under normal conditions.
3. Improved by: Body's need for Ca, Vitamin D (helps make carrier protein); acidity (decreases with age); presence of lactose, fructose & ribose; phosphorus.
4. Antagonized by: Oxalates (rhubarb, spinach); phytates (bran); dietary fat (forms insoluble Ca soaps); emotional instability; increased gut motility; lack of exercise.
5. Storage: Mainly in bones & teeth; 1% in extracellular fluids & soft tissues.
6. Excretion: Through urine & bile.
7. Metabolism: Regulated by magnesium concentrations; balance between calcium & magnesium is important to health. Pregnancy, lactation + growth require more Ca, the high intake results in lower % absorption.
8. Interactions: Ca carbonate neutralizes stomach HCl, & requires increased supply of this acid for absorption; high protein diet accelerates Ca loss.

II. FUNCTIONS OF CALCIUM

1. Involved in formation of bones: Ca phosphate & Ca hydroxide (hydroxyapatite) crystals in a matrix of collagen embedded in gelatinous substance (mucopolysaccharides).
2. Involved in formation of teeth: Middle layer (dentin) is like bone; outer layer (enamel) is denser hydroxyapatite crystals embedded in keratin; little change once formed; teeth contain 1% of body calcium.
3. Ca is required for muscle contraction.
4. Essential for nerve conduction.
5. Essential for blood clotting: Ca in injured tissue stimulates release of phospholipid (thromboplastin-Tp) from injured platelets; Tp catalyzes conversion of a normal blood constituent (prothrombin) to thrombin (Th); Th helps in changing another blood component (fibrinogen) to fibrin, which forms the clot.
6. Essential to heart beat.
7. Involved in energy production.
8. Required to maintain immune function.
9. a) Regulates cell membrane permeability.
b) Regulates cellular activities (messenger

molecule).

10. Catalyst in many biochemical reactions
 - a) absorption of vitamin B-12
 - b) activity of pancreatic lipase
 - c) secretion of insulin
 - d) formation & breakdown of neurotransmitter acetylcholine.

III. SYNERGISTS

- Vitamin D
- Magnesium
- Phosphate

8. MAGNESIUM (MG)

Macronutrient element; the relaxation mineral; heart mineral

1. Adult body contains about 25 grams of Mg.
2. First studied in rats, & found associated with neuro-muscular abnormalities.
3. Human depletion of this mineral is more common than expected.
4. Many interrelationships with electrolytes, messengers, hormone receptors, vitamin D metabolism, bone functions.
5. Plays a paramount role in cell functions in all organs.
6. History: discovered in 1859; essentiality established for mice in 1926; for rats in 1932; for human in 1950; Mg deficiency first described clinically in human in early 1950's.

I. NUTRITION

1. Sources
 - a) Good: mineral ion in chlorophyll present in all green plants;
 - b) Abundant: in whole foods (except milk); soybeans, shrimp, wheat germ, whole grains, molasses, clams, cornmeal, spinach, oysters, crab, peas, liver, beef.
 - c) Poor: Refined & processed foods.
2. Absorption: from small intestine; about 50% of Mg in foods is absorbed (30% from high intake; 60% from lower intake).
3. Improved by: body's need for Mg.
4. Lost by: some drugs; fasting; low phosphate; low potassium, high calcium, & high magnesium; stress, disease, sweat, excess fiber; alcohol, diuretics; vomiting of gastric juice.
5. Storage: more than 65% of Mg found in bone; level of intracellular Mg in muscle & liver = 7x (7 fold) that in blood.
6. Excretion: excreted & regulated through kidneys.
7. Metabolism: controlled by thyroid gland.
8. Interactions: diuretics, drugs toxic to kidneys; corticosteroids; heart muscle, drug digitalis induces Mg deficiency.

II. FUNCTIONS OF MAGNESIUM

1. Catalyst in several hundred reactions, many in energy production facilities of cells (mitochondria).
2. Required in all reactions that involve release or expenditure of energy; ATP production.
3. Required in almost all reactions involving carbohydrate, lipid, protein & nucleic acid metabolism.
4. Involved in reactions related to synthesis,

degradation & stability of genetic material (DNA).

5. Fulfills vital role in nerve transmission & muscle relaxation.
6. Important to maintain electrical stability of cells membrane integrity, regulation of blood vessel tone, calcium entrance into cells & heart beat.
7. Necessary to maintain acid-base balance of body fluids.
8. Important role in bone physiology & tooth enamel formation
9. Plays part as co-factor or catalyst in at least three hundred (300) enzyme reactions
10. Necessary to transform Essential Fatty Acids to prostaglandins.
11. Plays major role in cold adaptation.

III. SYNERGISTS

- Vitamin B-6
- Calcium
- Phosphorus

9. POTASSIUM (K)

Macronutrient element; electrolyte; "alkalinizing" mineral

1. Electrolytes regulate fluid levels & acid-alkaline balance throughout body, both in & outside cells.
2. Adult body contains about 270 grams of K.
3. Whole foods contain 10 times more K than Na; addition of table salt (NaCl) lowers K/Na ratio; body's normal Na/K ratio is about 2/1; Na/K inside cells is 1/10; Na/K outside cells is 28/1
4. Body by nature is better able to hold on to sodium than to K because natural foods are high in K but low in Na; modern diets "food processing" have high Na & low K, leading to K depletion & Na excess.
5. K mostly intracellular; Na & Cl mostly extracellular.
6. History: importance of K in blood pressure observed in 1959, confirmed in 1983.

I. NUTRITION

1. Sources
 - a) Best: 1) watercress, 2) parsley, 3) apple cider vinegar, 4) olives, 5) bananas.
 - b) Good: whole natural unprocessed foods, potato peels.
2. Absorption: from small intestine; 90% absorbed.
3. Antagonized by: Diuretics may result in serious loss of K⁺.
4. Storage: K stored mostly in muscles & nerves; but all cells concentrate K; increased muscle mass (athletes) increases body K up to 50%; aldosterone increases loss of K; K is not well conserved by body; aspirin increases loss.
5. Excretion: through kidneys (7%/day).
6. Metabolism: K intake should exceed Na intake by 10x. Blood K rises when there is tissue proteins & glycogen breakdown (catabolism) or K leaving cells (acidosis) such as during diarrhea; blood K drops when tissue or glycogen is being formed (anabolism) or K entering cells (alkalosis) such as after vomiting; low blood

sugar & stress increase K loss.

7. Food processing (canning, salting, flavoring) removes K⁺ & adds Na⁺ to foods.
8. Interactions: diuretics & many drug result in K loss from the body; high Na causes imbalance of K in cells.

II. FUNCTION OF POTASSIUM

1. Regulates fluid, electrolytes & acid-base balance in body.
2. Required for growth (1 gm for every pound gained).
3. Catalyst of many reactions inside cells, esp. protein & release of energy; high sodium levels interfere with protein synthesis (important for athletes & body builders)
4. Essential to convert glucose molecules into glycogen energy reserves.
5. Required to maintain the electric potential across all cell membranes; this helps protect cells against invasion by organisms & foreign chemicals.
6. K may be involved in bone calcification
7. Prevents Na from entering cells & interfering with protein metabolism; prevents Na-induced water retention (edema) & damage within cells of some people.
8. Necessary for muscle building, muscle cells contain 6x as much K as Na; increases muscle strenght.
9. Maintains osmotic pressure.
10. Maintains electrical potential across cell membranes (along with Na); particularly important in nerve transmission & muscle contraction.
11. Plays role in release of insulin from pancreas.
12. Along with Mg, K acts as muscle relaxant (opposite to Ca)
13. Helps body get rid of excess water (opposite to Na which leads to water retention).
14. Antagonized by: excess Na can interfere with K's functions in protein metabolism, nerve transmission, muscle contraction, glucose absorption, nutrient transport.

III. SYMPTOMS OF K DEFICIENCY INCLUDE

1. Muscle weakness
2. Poor intestinal tone
3. Abdominal bloating
4. Inability to concentrate urine
5. Irregular heart beat (arrhythmia).
6. Mental confusion.
7. Depression
8. Apathy
9. Anorexia
10. Nervous disorders
11. Insomnia
12. Paralysis
13. Poor digestion
14. Labored breathing due to weakness of respiratory muscles
15. High blood pressure.

IV. SUB-CLINICAL DEFICIENCY

1. Lowered glycogen reserves
2. Tendency to higher blood sugar levels
3. Increased insulin need (even over production)
4. Increased fat synthesis.