

The Westmount  
**Examiner**  
 Transcontinental WEEKLY

Canadian Publication no: 1375822  
 Vol. 66, No. 15 - Thursday, April 19<sup>th</sup> 2001 • www.westmountexaminer.com • (514) 484-5610 • 9,800 copies  
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Page 2

**SPRING FLOWERS!**

Photo: Martin C. Barry

**Local News**

**WMA HOSTS LANDLORD-TENANT WORKSHOP TONIGHT**

**T**he Westmount Municipal Association has been successful in attracting a representative of the Régie de logements for its Landlord-Tenant Workshop tonight.

Régie spokesman Roland Poirier has agreed to take part. It is the result of a personal visit by organizer Stanley Baker to the board's east Montreal offices—because of the difficulty of having phone calls answered.

The workshop takes place in the Westmount Lawn Bowling Clubhouse, 401 Kensington Ave., at 7:30 p.m., and is free and open all.

Speakers will include broadcaster Ted Wright, coordinator of the Westmount Y's Wednesday afternoon legal clinic and a specialist in landlord-tenant relations.

Also taking part in the workshop will be Consuelo Guy, a coordinator at Contactivity Centre who also specializes in rental matters for members. Jeanne Randle, co-president of the tenants association at 4300 de Maisonneuve, will speak of the improved relations built in the last year between the residents and a new landlord.

Also among the participants will be Christian Paquin of CLSC-Metro, which often gets called over health emergencies. The Greater Montreal Association of Apartment Owners has told WMA organizer Baker that they will send a representative—but had not named him at press time.

Former mayor May Cutler will speak on the impact of the Bill 170—the forced merger legislation—on apartment dwellers and building owners.

The WMA is presenting the workshop in response to enquiries it receives weekly over tenant matters, and it will follow a similar format used for a meeting for home owners on the new valuation roll in February.

For more information on tonight's workshop, contact Stanley Baker at 931-8690.

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# SPRING FLOWER SHOW IS AN EASTER TRADITION

Martin C. Barry

**W**hat better way to spend a sunny Easter afternoon than at Westmount's 69th annual Spring Flower Show?

That, presumably, is what inspired a few hundred people who turned out last Sunday for the new show at the Westmount Conservatory, to see the seasonal display of tulips, geraniums, daffodils, Easter lilies and other flower varieties.

"A few of them have actually become sick and have gone back to the farm," said Lauren Nurse, the part-time horticultural attendant (pictured on page one).

**Still one of the best greenhouses**

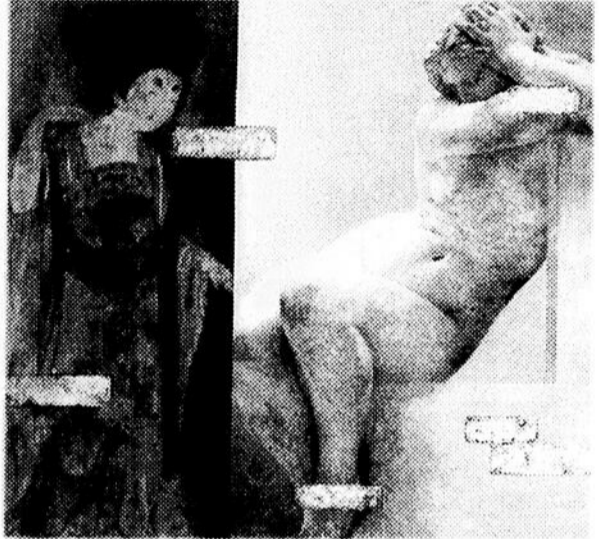
Besides being one of the highlights on a flower lover's agenda, Westmount's flower show is also popular with amateur photographers. Van Bradley, who grew up in Westmount and was shooting close-ups of the flowers with a 35mm camera, said she was disappointed at how the flower show has grown smaller over the years.

"The quality of the greenhouse has gone down somewhat compared to 10 or 15 years ago," she said. "It used to be much bigger and there are fewer varieties."

Bradley said the rabbit pen used to be larger and was located at the front of the Conservatory where it was more easily accessed by children. She also lamented that a large water wheel that used to grace the indoor pond no longer exists, and the greenhouses behind the main display areas appear to be less active.

"It's changed somewhat. I know budget must have been a consideration," said Bradley. "But it's still one of the best greenhouses and we come here every year."

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Officially, the show opened last week, as the City held its annual Vin d'Honneur ceremony in Victoria Hall next to the Conservatory. For many Westmounters and others, however, a visit to the Spring Flower Show on Easter is a tradition.

"I saw it last year," said Quentin Tully, a Pointe Claire resident who has relatives in Westmount. "It's an Easter Sunday type of thing."

"This brings back all the memories of the flowers and the smells that we miss throughout the winter," said Westmount Municipal Association president Kathleen Duncan, out for a stroll with her young son Jack.

Not everyone was as positively overwhelmed by the show. "It's a bit of a non-event," one woman was heard to observe.

Besides the flowers, a complementary Easter-time tradition at the Conservatory is a display of white rabbits in a pen.


Last Sunday, however, only two of the rabbits remained from at least a half-dozen that had initially been placed there.

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The fight against forced municipal mergers is intensifying! To remind the PQ government that Law 170 will hasten its political downfall, the slogan "Je me souviendrai des fusions forcées" is now being taken aloft by a small plane towing an enormous 27 by 85-ft yellow banner. The same forceful message also appears on car windows and billboards across the Montreal area.

Please help ensure that the plane and banner appear at a number of strategic events in coming weeks, both here and in other parts of the province. Any amount you contribute will go directly towards the cost of flying time (\$550 per hour). For more info, please call 497-6985

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## FOUR WESTMOUNTERS ADDED TO HONOUR ROLL

Martin C. Barry

**F**our more names were added to the City of Westmount's prestigious Vin d'Honneur last week during a ceremony at Victoria Hall.

The local honour roll, which recognizes the accomplishments of outstanding Westmounters of the past, this year added brothers Bud and Chip Drury, Alphonsine Howlett and Alice Lighthall to its ranks.

Charles Mills 'Bud' Drury (1912-1991) was an MP for 15 years starting in 1962, and a minister in the Pearson and Trudeau cabinets. Among his notable achievements, he negotiated the 1965 Auto Pact between Canada and the United States.

Drury was "tough and stubborn and very smart," said Senator Joyce Fairbairn, a policy advisor during the Trudeau years, delivering a tribute to Drury.

According to Fairbairn, Drury "tolerated—but just barely—public speaking, but privately he just loved to talk and argue, and in debate no nit was too small to be thoroughly picked by him."

Fairbairn, a journalist in the Parliamentary Press Gallery in Ottawa in the late 1960s, noted that Drury would often freeze with embarrassment in the presence of reporters—totally contrary to the 'cool cat' Drury was when dominating discussions in a board room or around a cabinet table.

"There was no doubt of the respect and affection that Mr. Trudeau had for his fellow Montrealer, both for the value of his knowledge and experience and judgement, but also for his honesty and thoughtfulness as human being," said Fairbairn.

Bud Drury's younger brother, Chipman Hazen Drury (1917-1991) was mayor of Westmount in 1963 when bombs were planted in mailboxes by the FLQ—including one at Lansdowne and Westmount avenues that nearly killed Walter Leja, a Canadian Forces Sergeant-Major.

'Chip' Drury's term in office coincided with a crucial period in Westmount's development, when major projects like Alexis Nihon Plaza and Westmount Square were built.

"Chip was never one to get into a flap," even though he was mayor "in a very flappable moment in Westmount's history," said columnist Gretta Chambers. "But there was remarkably little panic around here. I would realize much afterwards how



Mayor Peter Trent (centre) presents Kathleen Weil and Peter Howlett with Alphonsine Howlett's Vin d'Honneur certificate at Victoria Hall last week.

well he managed that potential crisis. Chip's practical disposition, really good judgement and his military training combined to keep our ship of state and all who depended on her on an even keel."

Alphonsine (Paré) Howlett (1913-1992), known to many as 'Phonsine', was a volunteer, social activist and philanthropist active in the fields of education, youth, women's rights and mental health. Despite her community involvement, Howlett's first paid job came only at the age of 61 when she was an administrator at the Montreal Neurological Institute.

"She had a deep sense of responsibility to the community and was respected by all," said Kathleen Weil, chairman of the Montreal Regional Health Board, paying homage to Howlett. "She could not tolerate injustice and used all of her enormous amounts of physical and mental energy to remove all obstacles that stood in her way and in the way of social progress."

Alice Margaret Schuyler Lighthall (1891-1991), a poet, community volunteer and daughter of one of Westmount's first mayors, founded the Westmount Historical Association and was an advocate of preserving the historic Hurtubise House on Côte St. Antoine Road. Referring to Lighthall as a "beloved daughter of Westmount," Elizabeth Henrik said she was a pillar of the WHA in its early years and that she saved the Hurtubise House—one of the rare architectural examples of early French farmhouses—from almost certain demolition.

Founded by former Mayor May Cutler in 1990, Westmount's Vin d'Honneur has names added to it every second year.

This year's selection panel was comprised of Jim Wright (chair), Sally Aitken, Aline Gubbay, Joan Ivory, Gail Johnson, Muriel Kaplan, Berry Maxwell and John Sancton.

## QUEENIE LEAVES WESTMOUNT FOR GOOD

*City to follow up on controversial Rottweiler's banishment*

Sidhartha Banerjee

**T**he City of Westmount has been trying for the past six months to get rid of a local dog with a long record of violence and public nuisance, deemed too dangerous to remain in the community by a Municipal Court judge last November.

Now, after appeals and a lengthy

court battle, the case has made its way to Quebec Superior Court. In the meantime, an arrangement has been made to remove the dog from the city.

Dimitry Zhivotovsky, owner of Queenie, the controversial Rottweiler, told *The Examiner* that the dog was being removed from Westmount last Monday night.

"The owner confirmed today that the dog is gone for good, but it's some-

thing we will have to follow up on," said Director General Bruce St. Louis, confirming the reports.

Two months ago, *The Examiner* reported that the Rottweiler was set to leave Westmount at the end of February due to a motion filed by the City in Quebec Superior Court, which required Zhivotovsky to dispose of Queenie. The dog did in fact leave Westmount temporarily, but was permitted to return when the motion

was appealed.

Since that time, St. Louis said, attorneys for both sides have been working together to reach a compromise. "Our objective was to have the dog removed from the city," St. Louis said.

"I'm appalled that after multiple blood-letting attacks, several dozen nuisance complaints, a refusal to even

*(continued on page 11)*

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# Station 12 police files

Sidhartha Banerjee

## Customer spices up her meal

Pepper spray isn't on the menu at the Rotisserie

Cote-Ste. Catherine, but patrons of the restaurant got a good taste of the stuff earlier this month.

A number of people were in the restaurant around 9:30 p.m. on April 3, when a woman who was apparently unsatisfied with her meal decided to spice it up a bit. The woman doused her meal with pepper spray and proceeded to light the plate on fire, according to police at Station 12.

When employees and customers caught whiff of the smell, the restaurant was quickly evacuated. When the waiter called 911, the woman fled the scene before police arrived. One woman was taken to hospital suffering from respiratory problems.

The suspect is an English-speaking white female about 60 years old, with gray hair, about 5'5" and 120 lbs. She was wearing a dark-coloured hat, turquoise coat, black nylons, white socks and beige moccasins. She also carried a backpack.

Police are searching for the woman because it is illegal to possess pepper spray.

## Bars thwart burglary

Greene Avenue business owners might want to keep their eyes open for a man who attempted a break and enter at the Tabagie Oxford Greene earlier this month.

Around midnight on April 5, a male with dark hair and a black coat used a two-by-four to break a front window next to the front door of the business. His plan was quickly foiled by the presence of bars on the windows. Nothing was stolen from the store, however police did find a baseball cap on the scene, likely belonging to the suspect.

## Florist heist

In the early morning hours of April 5, a robber broke into the Florist Westmount at 360 Victoria Ave., getting away with about \$80 in cash.

The incident occurred shortly after midnight when a man broke into the store by using a folding City no-parking sign to break the side window. He then entered the store and went directly behind the counter to help himself to the contents of the register—about \$80. He stuffed the money into a black sports bag and fled on his bike towards Sherbrooke Street and then headed east, witnesses reported.

The man is described as an unshaven white male about 40 years old, with dark skin, and black cropped hair. He was wearing a black jacket with a large insignia on the back, and pale gloves. Witnesses reported that he looked like he may have been homeless.

## Cash box stolen

Police are on the lookout for a man who robbed a Sherbrooke Street business sometime in the early morning hours of April 10.

The incident occurred at Biblionet, located at 5006 Sherbrooke St. An individual broke the front door lock and entered the business sometime between 10 p.m. on April 9 and 8 a.m. on April 10.

The suspect then stole the cash box, which contained \$500 and a few cheques, the owner reported. Later on the morning, the cash box was found nearby with the cheques still intact, however the cash—\$375 in bills and \$125 in coins—was not found.

## Thieves hit dry cleaner's

A dry cleaner on Ste. Catherine street was the victim of a robbery in the early morning hours of April 13, police at Station 12 reported this week.

A robber broke into the Nettoyeur Bon Ton, located at 4251 Ste. Catherine St., using a screwdriver or a crowbar to break open a window on the side of the building. After taking the contents of the cash register, about \$175, he exited by breaking a side door.

Police are not sure if any clothes were stolen, but said it will likely be determined when customers return to pick up their dry cleaning.

## Paintings and jewelry stolen from home

Police are looking for two men who broke into a house on Westmount Avenue on the evening of April 16, between 7 and 10 p.m.

The two broke into the home by climbing up onto a shed and breaking a second floor window. They went through the master bedroom and dining room, and managed to get away with two paintings and an undisclosed amount of jewelry.

Witnesses reported that the suspects used a red, four-door truck as a getaway vehicle.

Anyone with information on any of these cases is asked to contact Station 12 police at (514) 280-0112.

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# BEATING THE CHOLESTEROL MENACE

Mary Stark

**W**hat makes a perfectly decent, law-abiding cholesterol reading turn bad?

Philosophers, criminologists and dietitians have been asking themselves this question for centuries. You take your average case: a quiet middle-aged man, well liked by the neighbours. No one suspects he's been building up an arsenal of really bad cholesterol for years. He's become a ticking time-bomb, ready to go off at any time. More precisely, he is at risk of heart attack or stroke due to the buildup of fatty deposits on his artery walls. In other words, heart disease.

Where did we go wrong? Is it society's fault? Was he born to be bad? Is it child-rearing practices? Well, all of the above, sort of. Actually, one's family history is the main factor in determining a person's blood cholesterol levels. That's right, blame the parents. Except they can blame the grandparents and so on, which gets us nowhere. Age and gender are risk factors too. Remember we said he was a middle-aged man? That wasn't meant to be age-ist or sexist. The fact is, risk of heart disease increases with age, and men are at risk earlier than women, although post-menopause women catch up pretty quickly. According to the Canadian Heart and Stroke Foundation, heart disease is the number one cause of premature death in women.

Alert readers will perhaps recall that this column recently cited diabetic complications as the leading cause of death in Canada. Details, details.

The fact is these statistics are all made up by statisticians and actuaries who like to get us scared. Did you ever meet an actuary who was a really fun person? Life of the party? Just the same, most of them can count rather well, so it's risky to disregard their findings.

Speaking of risk, to return to our mild-mannered neighbour example, lifestyle has a lot to do with cholesterol levels and heart disease. Remember we said he was

quiet? Too quiet, it turns out. He should be out there exercising. Regular physical activity helps increase one's level of 'good' cholesterol, the high-density lipoprotein trouble-shooters that corral the bad guys and take them back to the liver stockade to be disposed of.

So it turns out those slightly sadistic Phys. Ed. teachers in high school were right all along. You do have to run around the gym twice, and you should get rid of excess body weight (although exhortations to this effect were not really appreciated when called out in front of the whole class), and you should quit smoking in the halls and everywhere else. Then there's the need for low-fat food habits, and for dietary fibre, which our gym teacher didn't get around to.

Fibre is important for a lot of things. You must have heard that from a dozen sources by now. If you haven't, well I give up. If you have heard it but you're not sure how to apply it in practice, consult the Health Information Resource at Westmount Library, or ask about the Canada's Food Guide to Healthy Living. The latter recommends having five to 12 servings of grain products daily and five to ten servings of vegetables and fruit.

Yes, I agree, it's hard to do all that plus exercise plus floss your teeth and have time to lead a normal, productive life. But apparently it can be done. And the California Prune Board (seriously), in collaboration with the National Center for Nutrition and Dietetics, has some devilishly clever suggestions on how to do so. (Purists will note from the spelling of the word center: plus the cryptic use of the word California, that this information may be produced by foreign actuaries, who are even more suspect. Nevertheless, they may have a point.) For example, it turns out that you

can bake low-fat goodies by substituting pureed prunes for butter, in the ratio of 1:2. Yumm. Kind of brings you back to your carefree toddler days, doesn't it? Ah, for the days when you didn't need to give a fig or a prune about the density of your lipoproteins.

## SATISFACTION !

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## WMA KEEPS RELEVANT ISSUES AFLOAT

**You've got to hand it to the Westmount Municipal Association.**

Even while Westmount is struggling for its survival, the WMA is ensuring that some day-to-day problems of residents are addressed—concurrently with its anti-merger activities.

The City of Westmount has put several of its normal activities on the back burner in order to concentrate its efforts on the legal challenge of Bill 170. This is the only logical move under such dire circumstances, and it seems that most Westmounters have been quite understanding, fully realizing that issues such as zoning, dogs and parking pale in comparison to the imminent threat to the city's very existence.

And while the WMA has been backing the City all the way in this fight, with many of its members actively participating in anti-merger initiatives, it is also keeping a close eye on unrelated issues that will continue to affect Westmounters long after the dust from the merger battle has settled.

On Feb. 21 the WMA hosted a well-attended information session at Victoria Hall regarding property valuations and taxation, and now it is providing a forum for the city's many apartment dwellers and their landlords.

Some of the local horror stories have been well documented. From seniors shivering in under-heated apartments to allegations of strong-arm tactics by building superintendents, we know that Westmount is no different from any other city when it comes to the plight of tenants. Likewise, most landlords will tell you that owning an apartment building is no day at the beach either. Damaged property, unpaid rent and costly maintenance problems are just a few of the many headaches they face on a regular basis, not to mention the fact that they usually come across as the villain in tenant-landlord disputes, often unfairly so.

This is why the WMA's workshop, which takes place tonight at the Westmount Lawn Bowling clubhouse, is important for anyone who either pays rent or collects it. It promises to be an informative and constructive experience for both sides of that eternal struggle between landlords and tenants—and the WMA is to be congratulated for presenting such a relevant issue for public discussion.

*Commentary*

Wayne Larsen



### MAYOR BOURKE'S BELATED EASTER GREETINGS



## CIVIC POWER IN QUEBEC: MYTH AND REALITY

Tom Thompson

**In his book 'Unconscious Civilization', John Ralston Saul claims that knowledge has not made us conscious. No matter how much we know, we are still swamped by ideologies. I would add that, like some sermons, municipal politics often puts us to sleep. On the other hand, the threat of forced municipal mergers keeps some of us awake nights!**

One could chronicle the successive stages of Quebec political history by tracking the changing patterns of ideological power in the daily lives of Quebecers.

First came the power of the Curé. Anyone who is aware of Quebec history knows that this local agent of Heavenly Power used to constitute almost the whole of local governance. Slowly, anglophones (Protestants and others) converged with French people who were both French and (like many anglophones) Catholic!

Thus divided loyalties had been introduced by King George III and a

number of Governors General who arrived to represent the English King or Queen on Quebec soil. Some of them were even competent; some claimed a measure of Heavenly authority together with Royal power!

But actual power quickly passed to the entrepreneurs, who arrived a step behind the *coureurs-du-bois*. These newcomers from Europe were the real leaders. Their capacity to start afresh offered a beacon of hope to others.

Inevitably, these leaders sought to build up companies in Montreal and Quebec. With a little money, their special interest groups carried favour with the Church and then the Government, thus extending their influence and power. Perhaps no leader in Quebec was more susceptible to such courtship than Premier Maurice Duplessis, who described his fellow Quebecers as "hewers of wood and drawers of water."

But corporate power conferred little benefit on its subjects. Alphonse Desjardins—who had travelled to Scotland to learn about credit unions—brought new hope to the ordi-

nary people of Quebec by demonstrating his confidence in cooperation. The Caisse Populaire Desjardins showed how independent people could be when they collectively helped themselves. Leftists and others with a new vision for Quebec demanded power for the people—and freedom from Heavenly, Royal, Corporate and political power. Early victories took the form of unionism. The Quiet Revolution was followed by the nationalization of Hydro-Québec—the "peoples' company." For a while, it seemed that Civic Power ruled in Quebec.

Somehow, perhaps because ordinary people in Quebec had always relied on more powerful ones to take care of them—the Curé, the Crown, the Corporation, Government or the Union, participatory democracy has rather shallow roots here. New politicians in power find it easy to blame poor results upon globalization, downsizing, upscaling... even language, global warming and climate change. Instead of being everybody's business, it is the PQ government that knows best. And it tries harder, too—simulta-

neously, doing its best and discovering it is powerless against these external forces but never admitting this.

In Quebec today, we might think the essential democratic mechanisms are still in place. And they are—at least they appear to be for now. One cloud on the horizon might be the future behaviour of any government that neglects the public good. Political scientists explain the perils of any setting where the civil service (bureaucracy) and the government in power are drawn from the same culture as the majority of citizens. Those in power take advantage of an implicit trust to avoid any discomfiting scrutiny of their programs and policies. We know our health care and educational systems, public infrastructure and manpower training are being short-changed. Yet it is easy for many voters to go along, lulled into a kind of fatalistic acceptance of the status quo.

Complaisance is welcome, of course, because passivity and a kind

(continued on page 7)

Page 6 - THE WESTMOUNT EXAMINER - www.westmountexaminer.com - Thursday, April 19, 2001

**The Westmount Examiner**  
 210 Victoria Ave.,  
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 (514) 484-5610 Fax: (514) 484-6028  
 Direct Line: (514) 484-7523

Member of the **CNA** (Canadian Newspaper Association) and **Association des Journaux Régionaux du Québec**.

Subscription in Canada: \$50/year. Outside Canada: \$125/year.  
 Canadian Publication no.: 1375822  
 www.westmountexaminer.com

<b>Publisher (Interim)</b> : Louis-Charles Ménard ext. 27	<b>Classified Ads</b> : Tél. : (514) 321-2000 Fax : (450) 668-2901	<b>Hebdo Transcontinental / West End Montreal</b> 5890 Monkland Ave., suite 12, Montréal (Qc.) H4A 1G2
<b>Editor</b> : Wayne Larsen ext. 32 e-mail: larsenw@transcontinental.ca	<b>Production</b> : Innograf Monklund	<b>Regional Manager</b> : Louis-Charles Ménard
<b>Administration</b> : Debbie Dore ext. 21	<b>Production Manager</b> : Emanuela Niculescu	<b>Circulation</b> :
<b>Local Sales Consultants</b> : Sandra Cobrin ext. 24 Harvey Aisenthal ext. 25 Janice Proctor ext. 26	<b>Printing</b> : Transcontinental Printing D.E. inc. Division Transmag 10807, rue Mirabeau Ville d'Anjou, Qc. H1J 1T7	Westmount Examiner 9 800 copies The Monitor 28 500 copies St-Laurent News 26 250 copies TMR Weekly Post 9 000 copies L'Express d'Outremont 16 000 copies Courrier Bordeaux-Cartierville 16 500 copies
<b>Internet Services</b> : Martin Raymond	<b>Distribution</b> : Distribution Transcontinental Inc. Publi-Sac Montréal	

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News

(from the  
examiner  
archives)



One Year Ago  
April 20, 2000:

**ACADEMY ROAD BLAZE:** "Ramona Randall had lived in the same apartment unit at 50 Academy Road since the mid 1096s. Late Monday, however, the former CBC producer found herself without a home. 'It's a major loss,' she said, looking on at the fire-ravaged apartment building the following day. Randall and at least 14 others are without homes after a fire engulfed the three-story building late Monday afternoon, destroying 12 apartments and causing damage to the attached buildings."

Five Years Ago  
April 18, 1996:

**NEW HEADMISTRESS:** "Miss Edgar's and Miss Cramp's School has a new headmistress. She's Susyn Borer, most recently of Royal Vale School. Susan Khan, board chair of ECS School, announced Borer's appointment, effective July 1. Borer will replace Michèle Gorry whose coming retirement after many years of service was announced at the beginning of the school year. Borer is a lifelong Montreal resident. She is considered to have an outstanding track record of achievement as an educator, teachers union representative, and school administrator."

Ten Years Ago  
April 18, 1991:

**EARTH DAY:** "'Give your car a break,' 18-year-old Westmounter Deborah Vineberg's idea, has caught on and will be the theme of this year's Earth Day in Westmount on Monday. On this day the city and Westmount Environment Action group urges residents to either walk, bike, use public transportation, form a car pool, start a walking group and/or take a friend to a local recreational facility. Mayor May Cutler, who doesn't own a car, said that she won't even take a taxi or be driven in a city vehicle. She will walk."

Fifteen Years Ago  
April 17, 1986:

**NEW PARK LAWS:** "A comprehensive park use policy is expected to be announced at the next city council meeting May 5, restricting access of dogs, bikes and people to Westmount green space. But the method of implementation of the new rules is already under attack from the Westmount Municipal Association. City officials told The Examiner that a resolution and by-law amendment are to be brought to the council authorizing changes which slap a midnight curfew on on all park use, ban bicycles from Westmount Park entirely, and eliminate a dog run in the same park."

SEND THE EDITOR AN E-MAIL:  
[larsenw@transcontinental.ca](mailto:larsenw@transcontinental.ca)

OPINION

## HERE COMES THE SUMMIT

Glenn Wanamaker

**The Wall is in place, the flags have been hoisted, the activists and the police are trained, primed, and ready for action, and Quebec sovereignists and Cuban diplomats officially excluded for reasons we all know—are already vying for the title of the week's top unofficial delegation.**

All that's left is for the 34 heads of state to safely arrive for their Summit of the Americas and for security officials to seal off the core of Quebec City to any outside influence.

As this is being written, the Peoples Summit bringing together thousands of people from social, environmental, labour, agricultural, and cultural groups for a ground-breaking event of Americas bridge-building is just getting under way. Let's hope the rest of the week goes well.

For the record, the National Assembly unanimously approved a resolution last week expressing support for the creation of a free trade zone across the Americas.

The motion said open markets offer "great potential" for the Quebec economy, but that "the negotiation process must be transparent and democratic, and that any eventual Americas free trade treaty must respect our constitutional jurisdictions, our social values, and our collective identity."

No sooner had the motion been approved than Liberal leader Jean Charest led an attack on Assembly Speaker Jean-Pierre Charbonneau. Why? Because Charbonneau had the audacity to speak out in favour of democracy and transparency in the free trade negotiating process!

Charbonneau, it must be pointed out, was one of the driving forces behind the creation of the Parliamentary Conference of the Americas (or COPA, to use its nicer French acronym).

It met for the first time, in Quebec City, in 1997, bringing together several hundred ordinary elected members of parliaments and legislatures from across the Americas. Its noble goal was to persuade governments and heads of state to include them in the FTAA negotiating process.

Charbonneau, with experience in

international development as the former head of Oxfam-Quebec and a former journalist, is a firm believer in the democratic process.

In his role as National Assembly Speaker, he has precipitated a series of changes to improve the way the Assembly works. Most of all, he has worked almost daily to make Assembly debates more civilized and productive while trying to limit the more juvenile outbursts which so discredit politicians.

He is certainly the most activist Speaker the National Assembly has ever seen, both domestically and internationally. As a founder of COPA, he seeks to promote democratization across the Americas. And clearly that is not a simple task, given that the biggest news out of the Summit of the Americas may well be acceptance of a democracy clause as a prerequisite for nations to participate in the FTAA process.

COPA delegates are also here this week, sandwiched between the People's Summit and the main Summit.

With any luck at all, COPA's position will attract not only media attention but also attention from Summit participants. Undoubtedly, by circulating his text last week, Charbonneau had exactly that in mind.

### Elected monarchs

So why was Jean Charest so upset last week that he demanded Premier Bernard Landry join him in rebuking Charbonneau? (Landry refused, but both he and International Affairs Minister Louise Beaudoin dissociated themselves from his remarks, worried more about spoiling their sovereignty lobbying efforts than questions of democratic principle.)

In his text in which he again called for the participation of parliamentarians in the free trade process, Charbonneau wrote: "In acting as if they were elected monarchs at the head of politico-technocratic oligarchies, the heads of state of the 34 countries of the Americas are not only contradicting their virtuous commitment made at the start (to reinforce representative democracy), they are also accentuating the general global trend of marginalizing parliaments through executive power. Thus what

prevails is not democratic political life and practice but rather authoritarian and absolutist behaviour."

Obviously, "elected monarchs" and "authoritarian behaviour" were the grating phrases. Those are not the words of choice on the diplomatic circuit, but there are moments when you have to spill a little wine.

At any rate, its not the first time Charbonneau has spoken out, if saying the obvious is considered speaking out.

At the founding conference, co-sponsored by Quebec and Ottawa, he said: "We consider that if we really are in a democratic society, it's not only a question for technocrats and bureaucrats and presidents, it's a question for the people who vote on laws. We have a responsibility to control our governments."

The federal co-chair, the late Senator Gildas Molgat, added: "At stake for constituents are the democratic way of life, standards of living, health, education, environment, and culture. Parliamentarians have a sacred duty to consider all these most carefully."

How can one possibly oppose such sentiments?

Well, the heads of state cut the parliamentarians out of the game. The U.S., meekly followed by Canada, supported instead the creation of a Forum under the umbrella of the Organization of American States. Unlike COPA, whose members are both regional and national and come from various parties, the new Forum is made up of politicians from government parties.

But neither Charbonneau nor the Parliamentary Conference gave up. They met again last summer in Puerto Rico and reiterated their demand that parliaments be part of the process.

Again they were ignored, denied the courtesy of even seeing the Summit negotiating texts, which only now are seeing the light of day thanks to the efforts of federal International Trade Minister Pierre Pettigrew.

Charbonneau is not the lone parliamentary voice in Quebec either. Charest should know that members of his own Liberal caucus, along with PQ MNAs, jointly produced a report in

(continued on page 22)

(continued from page 6)

of relentless positivism don't bother anyone. In the long run, however, if people are to govern themselves they need a responsible sense of self and society (including the budget), not simply a shared ideology such as the PQ offers.

The forced annexation of municipalities is an example of how ideology can triumph over logic. "One Island, One City" is an idea with the charm of simplicity—to those who don't stop to think about it! Low on the priority list is participation in the political process or citizens' hope to live in a well-managed city with quality representation related to taxation control and easy access to City Hall. In another example of provincial arrogance Bill 92 downloaded millions of dollars in added costs to cities all over Quebec. It was against the law. It was a taxation on property owners who received no services in return.

Westmount challenged this law in the courts from the outset; other cities followed. But this PQ Government is manipulative and vindictive. "If you drop your lawsuit, we might share some new money with you," Minister Harel said. The UMQ and Federation of Quebec Municipalities (Regions) caved in. Naturally most municipalities in the regions would, since up to one half of their expenses are paid by all Quebec taxpayers.

Because citizen-based democracy is built upon participation, it is the epitome of permanent discomfort. By comparison, modern government as we see it developing in Quebec apes the corporate or bureaucratic model. It seeks comfort and certainty above all.

It is therefore natural that the same Government that favours repeated referendums to obtain its own policy objective—sovereignty—finds referendums undesirable when municipalities seem intent on retaining a meas-

ure of autonomy and participation. What we need is to share power intelligently between the Montreal region and its components. The struggle to defeat the Quebec government's forced municipal annexations might be the last stand for local democracy. Be ready for the next demonstration! Send letters to La Presse, Le Devoir, and Madame Harel if you believe local democracy is threatened by Bill 170. Because, whatever your political stripe, you have already lost some of your civic power.

Act now to preserve your right to protest! Get your warning in now—before the megacity starts its inevitable megabudget assault on citizens of the 28 municipalities—including property owners who, unfortunately, won't be able to move their homes to a tax haven.

Tom Thompson is city councillor for Ward 2 and commissioner of Public Works.

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# THE SUMMIT OF THE AMERICAS

Lucienne Robillard

**A**s tomorrow is the first day of the Summit of the Americas, in Quebec City, the Free Trade Area of the Americas (FTAA) is increasingly on the minds of Canadians. I would like to provide you with some information that will help you better understand what this is all about.

The FTAA is an evolving blueprint for a trade area that would include Canada and all the other democratic countries of the Americas. Canada's goal is to expand growth and opportunities for our country in practical ways, for instance, by lowering tariffs and co-ordinating the many national testing and administrative systems that currently block trade. Canada is also committed to an agreement that would underpin social progress for the region and promote prosperity for developing countries.

Canada is resolved to achieve a final agreement that will preserve our right to legislate in the public interest. We will not negotiate our health, public education or social services.

Some people have been concerned over the fact that these negotiations between the countries involved are not being transparent. Last April 7, 2001, in Buenos Aires, Argentina, the western hemisphere's trade ministers reached a historic turning point in endorsing a proposal by International

Trade Minister Pierre Pettigrew to release the consolidated draft negotiating texts in the four official languages of the FTAA negotiations—English, French, Spanish and Portuguese.

The release of these texts is the culmination of Canada's effort to increase transparency in the FTAA process that had its roots in the 1999 FTAA Ministerial meeting in Toronto. It is clear that the other governments have been persuaded by Canada's position that democratic countries must be open to greater transparency in trade negotiations.

Another Canadian proposal to make the FTAA negotiations more open and receptive to citizen input also gained support at the meeting of ministers. Ministers agreed to strengthen the mandate of the FTAA's Civil Society Committee. One of the recommendations approved was that the Committee will forward submissions from civil society directly to the appropriate negotiating groups. Ministers have accepted Canada's long-standing view that the economic advantages of freer trade in the hemisphere can be realized only with a broader base of public support and a clearer appreciation of citizens' concerns.

Other key results from last April 7 meeting included: agreement to complete negotiations no later than January 1, 2005, and to implement the agreement no later than December 31, 2005; and agreement that the

Trade Negotiation Committee will hold at least three meetings over the next 18 months, culminating in a meeting of ministers no later than October 31, 2002.

More than ever before, Canada's future is linked with that of the Americas. Our prosperity and our security depend in large part on the democratic and economic

stability of our neighbours in the hemisphere. In this spirit, Canada has been committed for over 10 years to the process of bringing the countries in the hemisphere closer together. The Summit of the Americas in Quebec City is a new phase—the most important so far—in that process.

We hope that it will be a success.



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(continued from page 3)

pay the vet bills resulting from the attacks, and a municipal court order to remove the dog, this vicious Rottweiler remains in Westmount as a clear and present danger to the community," said Mount Stephen Avenue resident Keir Cutler.

The most recent incident involving Queenie took place last August when Eddy, a 14-pound Lhasa apso mix belonging to Cathy Baran, was attacked in front of Zhivotovsky's Sherbrooke Street home, across from Westmount Park.

According to the vet report, Eddy suffered a large bite wound on the right side of his thorax, as well as severe flesh wounds and some internal muscle damage. Eddy's vet bill amounted to more than \$1,700, an amount that Zhivotovsky has refused to pay despite numerous registered letters from Baran.

"He has not paid for single penny of \$1,700—apart from a \$100 deposit—and he has not answered my registered letters requesting payment," Baran said.

The case is scheduled to be heard in small claims court next week, and Zhivotovsky said that his insurance agents have cancelled his policy.

During the ensuing municipal court case, another incident came to light when Claudette Bellemare, a Strathcona Avenue resident, told the court that Queenie had attacked her dog as well earlier in the summer.

In total, there are at least three documented attacks, the two incidents last summer involving other dogs and one incident when a Westmount Public Security officer was bitten in 1998. As well, there are numerous reports of excessive barking.

Westmount Municipal Court Judge A. Keith Ham came to the decision that the dog was in fact too dangerous to remain in the city after hearing the case and ordered that Queenie be banished by mid-January.

The case was appealed by Zhivotovsky and ended up in Quebec Superior Court.

Zhivotovsky reiterated as he did in an interview in February that he would follow suit and leave town as well, tired of dealing with city officials, neighbours and Westmount's Public Security officers.

"Look at what everyone did to me," said an irate Zhivotovsky, referring to his neighbours, the media and the City of Westmount. "I'm moving away from these unpleasant people."

Zhivotovsky said that Queenie's life obviously didn't matter to his detractors—but her life did matter to him.

"A dog is nothing to these people,

they just want to kill the dog and I don't accept that and I don't understand it. I hate Westmount and you can tell them that and I am happy that Westmount will disappear from this earth."

Despite the Municipal Court decision in November, he maintains that the Rottweiler is not a danger to the community. "What about killers and

child molesters and other crooks—they are a danger to society," said Zhivotovsky. "No, she's fine. She hasn't caused any damage in the city, she's on a leash and she is muzzled."

He also doesn't anticipate any problems with people where Queenie is moving. "People are much better there," Zhivotovsky said.

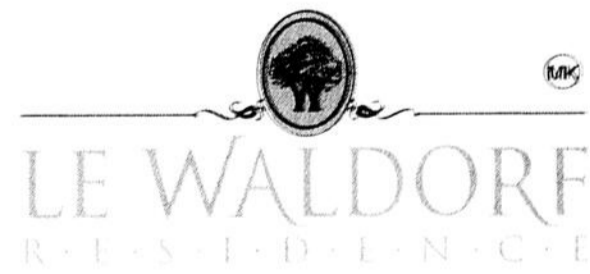
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# WESTMOUNTER REVEALS LEGENDARY VIOLIN TEACHER

*Alfred Garson chronicles the life and times of  
Dr. Shinichi Suzuki*

**Marilynn Vanderstay**

**Internationally renowned violinist and innovative theory educator Shinichi Suzuki was not inspired to learn—let alone teach—violin until he was 17 years old, Westmount author Dr. Alfred Garson writes in his book 'Suzuki Twinkles: An Intimate Portrait.'**

It was only after hearing 'Ava Maria' played by Mischa Elman on his first 78 rpm record on his father's new record player that he even considered picking up a violin as a musical instrument—that in spite of the fact that his father owned the largest violin factory in the world, where Suzuki himself was working at the time. He took home a violin and attempted to learn how to play the instrument by listening to the record over and over.

'Suzuki Twinkles' is a detailed, intimate personal journal of a friendship and working relationship the author enjoyed with the maestro for over 30 years. For Garson, a Rhodes scholar and accomplished musician himself, Suzuki would become like a father, imparting to Garson not only his method of teaching, but his philosophy for life, all of which Garson shares with the reader.

When Garson first met Suzuki in 1966, he had already been teaching Suzuki's method for 14 years. So it seemed appropriate that the two, east

and west, would meet and become not only friends but also co-workers in the development of introducing the teaching method to North America.

The book is an insight into what made the man Garson considers one of the greatest educators of the 20th century. And it does not let the reader down. Written in the first person, Garson has skillfully woven explanations of the technique and the history of its development as an educational tool, with humorous anecdotes Garson affectionately calls 'Suzuki stories', and personal stories of his own experiences teaching the technique.

Garson describes the teaching tool as an abstract method based on psycholinguistic development, or the way a mother teaches a child to speak. Garson himself believes so much in the method that he started developing it in his own daughter Hannah, now three years old, from birth and actually placed a violin in the baby's hands when she was only five months.

One of the most moving accounts that demonstrate the validity of the teaching method is the story of a young student who had been expelled from nursery school. The child's parents had been advised that the child should take violin lessons from Garson using the Suzuki teaching method. After 20 weeks of not participating but just watching and listening to the Saturday morning

classes, the boy picked up a violin for the first time and proceeded to play all the variations the class had learned.

'Suzuki Twinkles' is an excellent read for those who love a good biography, a collection of humorous anecdotes and first-hand reporting. Students of psychology and other studies of the brain will also find it informative. The controversy over the Suzuki teaching method continues and the book will give revelation to the nay-sayers and explanation to its followers.

Garson completes his study of Suzuki's life and technique with brief overviews of the development of the teaching method in Canada and the United States, with interesting trivia pages, and with a Suzuki dictionary. Garson also includes an interesting post-script—a commentary about the state of music education in the province of Quebec.

Suzuki's strength was not so much in his method, which when analyzed is pretty rudimentary learning by rote, but is in his understanding of the psychology of teaching students of all ages using the personal philosophies he lived his life by: be patient, never get angry, never bear malice or resentment, never feel envy, never covet, and never save any money.



*An Intimate Portrait*  
by Dr. Alfred Garson

**'Suzuki Twinkles: An Intimate Portrait' by Dr. Alfred Garson**

'Suzuki Twinkles' is as interesting to read about the man who wrote it, as it is about its subject. Among other involvements, Dr. Garson continues as a professor of Suzuki violin at the Conservatory of Music at McGill University. He is currently writing a second book that will feature results of a ten-year study of the Suzuki method in education.

'Suzuki Twinkles: An Intimate Portrait' by Dr. Alfred Garson is published by Sammy-Birchard Inc. and currently available at the Double Hook Book Shop on Greene Avenue.

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## The Constance-Lethbridge Rehabilitation Centre at the forefront of technology in rehabilitation

Montreal, March 8, 2001 A first in Canada. The Constance-Lethbridge Rehabilitation Centre is the only establishment to have acquired all of the components of a technologically advanced "Dynamic Postural System" apparatus more commonly known as the "Smart Equitest".

Initially developed by NASA to measure the equilibrium of astronauts returning to earth, over the past few years this revolutionary equipment has proven its usefulness in the field of rehabilitation. The Smart Equitest allows objective measurement of balance motor control and of an individual's ability to safely and efficiently carry out activities of daily living.

The equipment consists of a computerized dynamic postural system which allows therapists to evaluate an individual and determine rehabilitation needs in the area of balance and mobility. Using the Smart Equitest, therapists are provided with information allowing them to distinguish between effective and non-effective strategies being used by an individual to maintain his or her balance secondary to degenerative neurological disorders, strokes, cerebral palsy, amputations, rheumatological disorders, traumatic brain injuries, chronic lower back pain or the ageing process.

The benefits for clients of the Centre are directly related to the treatments which will be provided as a result of the use of this equipment. In addition to a significant improvement in the quality of assessments, clinicians will be in a position to collect objective data not otherwise available through traditional testing in the areas of functional strength, range of motion and motor control. Since the Smart Equitest allows more precise identification of problem areas, therapists are able to develop treatment plans tailored to the specific needs of each individual.

In order to introduce and explain the benefits of this new equipment to the public, a demonstration session will be held April 18 between 12:30-1:30 p.m. Persons wishing to attend should please contact Mrs. Cheun-Nuo Chong, Physiotherapist,

**(514) 487-1891 local 224.**

## THIS WEEK'S FEATURE PRESENTATION 518 VICTORIA



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# V.A.C. STUDENT EXHIBITION DRAWS A CROWD

Marilynn Vanderstey

**T**he McClure Gallery was filled to capacity last Wednesday evening as the Visual Arts Centre opened its annual student exhibition.

"When I saw the crowds lining up outside the doors ten minutes before we opened, I knew it would be a great vernissage," said Victoria Le Blanc, executive director of the Visual Arts Centre.

The Victoria Avenue gallery was wall-to-wall people throughout the evening as artists, family, friends, board members, students and the general public all came out to view the exhibition, which showcases the talent of students enrolled in the Visual Arts Centre's courses.

The crowd was not disappointed. The 200-plus works featured the work of over 190 students and professors at different levels of proficiency. The student exhibition is one of the Centre's most popular shows and this year featured an eclectic collection of portraits, still-lives, landscapes, nudes, collages, pottery, sculpture and jewelry.

For sculptor James O'Connor, it was his first exhibition as an artist. His soapstone sculpture of

a black bear was meticulously detailed and polished. "I bought the stone for my son, an artist, 20 years ago," he said. "It was still at the house and I thought I would like to try to do something with it." O'Connor worked on the sculpture for ten weeks, learning not only technique, but patience. "The most important thing was that I had a good teacher, Professor George Deligeorges," he said.

Throughout the evening, the quality of the Centre's teachers was praised by students and board members alike. Juliette Fortier, a past board member and a student herself, said that the Centre's strength is in its teachers, and that the show is great because of them. Fortier's landscape 'Desin au pastel sec' is an example of the expertise her teacher Professor Eva Richardson imparted to her.

Richardson recently won an award, the Brucebo Fine Art Summer Scholarship for Canadian artists, for the quality of her art. She will spend the summer studying art on the Island of Gutland, Sweden, on the Baltic Sea. Richardson herself said the exhibition is not a show of students, but of artists.

Former board member and student Sean

Murphy concurred. "The show is as good as I have seen it," he said. "This is an exciting show that speaks well for the students and the teachers."

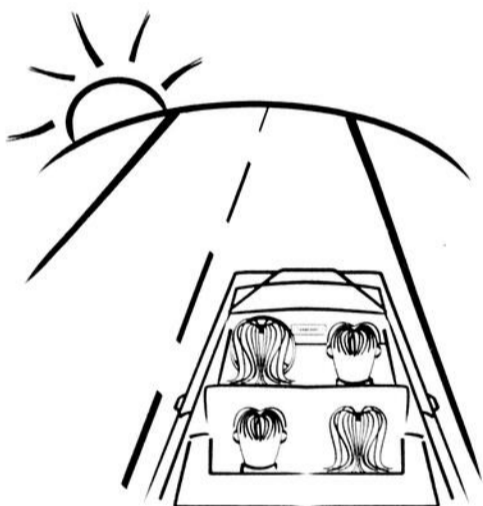
Another teacher, Professor Marie Claude Bouthellier, has proven that she cannot only teach art, but can also create quality art. A collection of her works will be featured in a show at the Museum of Contemporary Art starting May 24.

One of the best features about the student show is the artistic manner with which Le Blanc and the staff hung the works. They are interestingly shown in clusters of styles and themes, making no only each piece more interesting to look at, but the show itself is a work of art.

For artists who want to develop their techniques, or novices who want to explore their talents, the Visual Art Centre's student exhibition inspires the artist within to create.

The show continues at the McClure Gallery, 350 Victoria Ave., through April 28. Gallery hours are Tuesday through Friday from 11 a.m. to 5:30 p.m. and Saturdays from 10 a.m. to 5 p.m. For more information, call 488-9558.

WANT TO LET PEOPLE KNOW ABOUT AN UPCOMING EVENT? **USE THE EXAMINER BULLETIN BOARD!**  
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Who said what?

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# CONTACTIVITY RECEIVES \$5,000 FROM JUNIOR LEAGUE



THE JUNIOR LEAGUE OF MONTREAL recently awarded a grant to Contactivity Centre for a special joint project relating to elder caregivers. The \$5,000 grant will allow Contactivity to build on work carried out by the Centre over the past three years in conjunction with the Westmount Healthy City Project and la Direction de la Santé Publique. The Junior League runs the La Ligue Shop on Victoria Avenue, which offers used clothing to raise funds for various community projects. Shown above are (left to right) Mark Stark, director of Contactivity Centre, out-going Contactivity president Sharyn Scott, and Jennifer Madill of the Junior League.

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<b>Strength &amp; Flow Yoga</b>	Thurs 5:30PM
<b>Hot Yoga</b>	Tues 7AM

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<b>Seated Yoga</b>	Tues 4PM
<b>Prenatal Yoga</b>	Thurs 9:15AM
<b>Postnatal Yoga</b>	Thurs 10:15AM
<b>Back Care</b>	Fri 8AM



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Come see for yourself what distinguishes Akiva School from others and what Akiva has to offer you and your family.

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For more information about our Open House, or for information about applying for 2002-2003 Pre-Kindergarten, please call Cooki Levy, Principal at 939-2430.

Open  
House

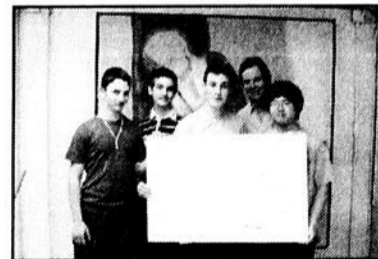
Tuesday, May 1, 2001  
9:30 a.m. or 7:30 p.m.



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Let's Celebrate!

Our Science Department  
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Concordia University Robowars Event  
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The Montreal Regional Science Fair

• 1 Honorable Mention • 2 Bronzes  
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• McGill Electrical Engineer Award

(The team will be attending the IITEL International Science Fair in California)

We congratulate all students, faculty, staff and families who have participated in this fulfilling process.

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## HOCKEY SEASON ENDS ON A HIGH NOTE

Sidhartha Banerjee

**W**estmount's recreational league hockey season ended with a bang over the last weeks of March and beginning of April—but with a number of surprises as first-place clubs got bounced in the playoffs.

In Novice action, the Guards, who were in first place in January, went 8-0-3 to finish in top spot with 34 points. The Bears, who were in fourth place and playing .500 hockey to start the season, went 6-2-3 over the final two months to finish in second place with 25 points. The Canadiens hung on to third place in the league while the Dragons, who were just two points behind the Guards on Jan. 13, went 1-10-0 in the final 11 games to finish in fourth place with 15 points.

In Atom action, the Penguins continued their strong play to finish with a 13-6-2 record, good enough for top spot in the league. The Stars and Canadiens finished second and third respectively after a see-saw battle over second spot in the league. The Avalanche rounded out the four-team league, winning only 4 of their 21 games.

In the Pee Wee league, the Capitals coasted to a league title, finishing the season at 22-5-2 and going undefeated in the playoffs at 3-0, giving up only two goals. The

Canadiens, Seals and Scouts finished second through fourth. The last place Scouts gave it their all in the playoffs, with a 1-1-1, and giving the Capitals a run for their money.

The Bantam hockey league Leafs were simply too powerful, scoring 141 goals in 28 games en route to a league championship. The Leafs, who finished the regular season with 45 points, went undefeated in the playoffs to capture the title. The Flames and Lightning finished second and third, but the Lightning fared well in the playoffs, finishing with a 1-1-1 record.

### CEOs ousted in playoffs

The CEOs finished in first place in the Executive league standings with a 12-3-3 record, and then were promptly ousted in three games by the last place M.D. in the playoffs.

The Executive league champs scored 69 goals in the regular season, but managed only 3 goals in the three playoff games. Meanwhile, the last place M.D., who finished with a 5-11-2 record in the regular season, saved the best for the playoffs. Their 5-1-1 record was good enough to take the finals from second place Law, who's only loss in the playoffs was a 1-0 defeat at the hands of M.D.

Senior B league champion Senators were cruising through the playoffs with a 4-1 record and played the surprising sixth place Canadiens, who played extremely well in the playoffs, knocking off the second place Leafs and third place Devils.

In Senior A action, the first place Red Wings, who won the division with a 27-3-6 record, were considered a favorite to take it all in the playoffs. Instead, they were ousted in the first round by the Rangers, who finished with a 7-21-7 record.

Building on that momentum, the Rangers defeated the third place Canucks in the finals to take the Senior A finals.



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## Roslyn skippers raise \$8,268

**R**oslyn School's annual skip-a-thon to raise funds for the Heart and Stroke Foundation was a great success this year, with 138 students raising a total of \$8,268.33 in pledges.

Entitled 'Jump Rope For Heart', the two-day event was held March 26 and 27, for two hours each day.

Coordinated once again by Susan Stephenson, this year's 'Jump Rope For Heart' attracted nearly 50 more participants than last year, as well as 30 volunteers, including gym teacher Peter Tsinas and caretaker Eddy Nolan.

Last year's skippers raised \$5,210.95 for the Heart and Stroke Foundation.

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# Merger Update #6

## Building a better bank for you.

### An Important Message To Our Customers

This is the sixth time I've provided TD Bank and Canada Trust customers with an update about the important changes they can expect as we integrate the retail banking operations of TD Bank and Canada Trust into *TD Canada Trust*. For over a year now, we've been working hard to build a better bank for you.

#### A Successful Integration In Atlantic Canada

We chose Atlantic Canada as the first region in which to combine our retail banking operations. Last month, we did just that. On Monday, March 26th, we became *TD Canada Trust in Atlantic Canada*, with 63 TD Bank and Canada Trust branches carrying the new *TD Canada Trust* name. We are now delivering on our promise to offer our Atlantic customers a better, more comfortable banking experience.

#### Nationwide Integration Complete By August

The rest of this process will continue on the weekend of **May 19th** in Alberta, British Columbia, Yukon, Northwest Territories and Nunavut; and on the weekend of **June 23rd** in Manitoba, Saskatchewan and Quebec. Northwestern Ontario, including Thunder Bay, will also be integrated on the weekend of **June 23rd**, with the remainder of Ontario completed on the weekend of **August 4th**.

In the meantime, our customers have also been experiencing our product and service integration as we have combined the discount brokerage operations and mutual fund arms of TD Bank and Canada Trust, and simplified our chequing and savings account packages. In March, the Estates & Trusts Services operations of our two organizations became one, and on May 31st, our Private Investment Counsel and Private Investment Management businesses will also be combined.

Following the completion of our transition to *TD Canada Trust* in your area, our branches there will open as *TD Canada Trust*, with a new look both inside and out. Our new name will appear on all cheques, statements, and correspondence. In fact, as of March, TD Bank customers have already encountered our new name on their statements and while banking on the telephone with *TD Canada Trust EasyLine*™ and on the Internet with *TD Canada Trust EasyWeb*™ at [www.tdcanadatrust.com](http://www.tdcanadatrust.com). **Although you may have noticed a few changes to these services, such as a new voice and a modified menu, mainly it has been business as usual.** We thank you for your patience as we make the transition to the new *TD Canada Trust*.

After the integration process is complete across Canada, all our customers will experience the same integrated services and a unified array of retail banking products. And our ABMs will offer a full range of banking services under the name Green Machine.™ What will not change are our hours of operation – except to be extended, our people inside the branches, and our commitment to building a better bank for you.

#### You'll Be Notified About Changes Affecting You

For now it is business as usual. We will notify you personally, in writing, and well in advance, of changes to your accounts and branch.

We will also keep you informed about our integration progress through regular reports in our branches, on the Internet, and in updates such as this in Canada's newspapers.

#### Travelling Inside Or Outside Canada Soon?

If you are travelling *outside* Canada during the next few months, it will be important to have your mail forwarded so you can receive notices from us, and ensure that access to your accounts is uninterrupted. And if you are travelling *inside* Canada from an area that hasn't been integrated to one that has, rest assured that you can do your banking at any *TD Canada Trust* branch in that region.

#### Some Branches Will Be Consolidated

Many people have asked if we will be consolidating our branches or re-locating them. Yes, we will. This will begin as early as the month after your area converts to *TD Canada Trust*. Retail bank customers who are affected will be given at least 120 days notification. We're working hard to minimize the impact the consolidation has on our customers and employees. For example, when two branches with different operating hours consolidate, the new branch will adopt the longer hours of operation. We are committed to opening new branches: this year we plan to open at least 10 new individual branches, plus 40 new branches in retail outlets across the country.

#### Our Goal Is To Build A Better Bank For You

Bringing together two of Canada's largest financial service organizations is anything but simple. We will make mistakes. But we will move to correct any errors quickly, completely – and cheerfully. Our employees are receiving special training in order to make the transition as worry-free as possible for you. They will do their utmost to assist you as our integration progresses over the next few months.

If you have any questions, or if you feel we are not meeting your expectations, simply call our *TD Canada Trust* Customer Information Line at 1-888-572-8924.

Let me close by saying how much we appreciate that *TD Canada Trust* is your bank. No matter how you choose to bank with us – in person, at an ABM, on the telephone, or over the Internet – you will receive high quality service and the ongoing commitment of our employees to build a better bank for you. That's why we are working hard to offer you the best possible banking experience in Canada.

Thank you.



Ed Clark  
*TD Canada Trust*





Westmount

## AVIS PUBLIC DE LA RÉVISION DE LA LISTE RÉFÉRENDATAIRE SCRUTIN RÉFÉRENDATAIRE DU 13 MAI 2001 SECTEUR CONCERNÉ : DISTRICT R2- PARTIE 2

AVIS PUBLIC est par les présentes donné, par la soussignée, greffier de la ville et président d'élection:

1. QUE lors de la séance générale du Conseil municipal de la Ville de Westmount tenue le 5 février 2001, le Conseil a adopté le règlement 1288, intitulé «RÈGLEMENT VISANT À MODIFIER DE NOUVEAU LE RÈGLEMENT 978 VISANT À RÉGLEMENTER LE ZONAGE DANS LA VILLE DE WESTMOUNT (DISTRICT R14 - CASERNE DES POMPIERS NO 2)». Par résolution no 2001-03-53 adoptée le 26 mars 2001, le Conseil a fixé la **date du scrutin référendaire au 13 mai 2001**.
2. QUE ledit règlement a pour objet et but de créer une nouvelle zone R14 afin d'inclure l'immeuble situé au 680, avenue Victoria et de permettre notamment dans cette zone une résidence pour personnes âgées ayant une superficie d'implantation maximale de 40 % et un RSP de 1,2 avec une hauteur maximale de bâtiment de trois (3) étages ou 40 pieds.
3. QUE ledit secteur concerné est décrit comme suit et apparaît au croquis reproduit ci-dessous:

### **DISTRICT R2-2 est borné comme suit:**

à l'est par les limites ouest des districts R1-2 et R1-1 respectivement et par les limites ouest du parc King George;

au sud, par les limites nord du parc King George et de là par les lignes arrières de lot du côté sud du chemin de la Côte Saint-Antoine de Strathcona jusqu'aux limites ouest de la ville;

à l'ouest, par les limites ouest de la ville; et

au nord, par les limites nord de la ville depuis les limites ouest de la ville jusqu'aux lignes arrières de lot du côté est de l'avenue Upper Belmont et de là par The Boulevard jusqu'aux limites ouest du district R1-2.

4. QUE la liste référendaire du secteur concerné a été déposée au bureau du greffier de la ville le 17 avril 2001. Elle fera maintenant l'objet d'une révision.

5. QUE les conditions requises pour être électeur et avoir le droit d'être inscrit sur la liste référendaire sont les suivantes:

Peut être inscrite sur la liste référendaire toute personne qui, le 5 février 2001 n'est pas déclarée coupable d'une infraction constituant une manœuvre électorale frauduleuse;

ET est soit

**\* domiciliée dans le secteur concerné et, depuis au moins 6 mois, au Québec (et est âgée de 18 ans, est de citoyenneté canadienne et n'est pas en curatelle);**

\* ou, depuis au moins 12 mois est soit:

\* **propriétaire unique d'un immeuble** dans le secteur concerné et a transmis au greffier un écrit signé demandant l'inscription sur la liste référendaire;

\* **occupant unique d'un établissement d'entreprise** dans le secteur concerné et a transmis au greffier un écrit signé demandant l'inscription sur la liste référendaire;

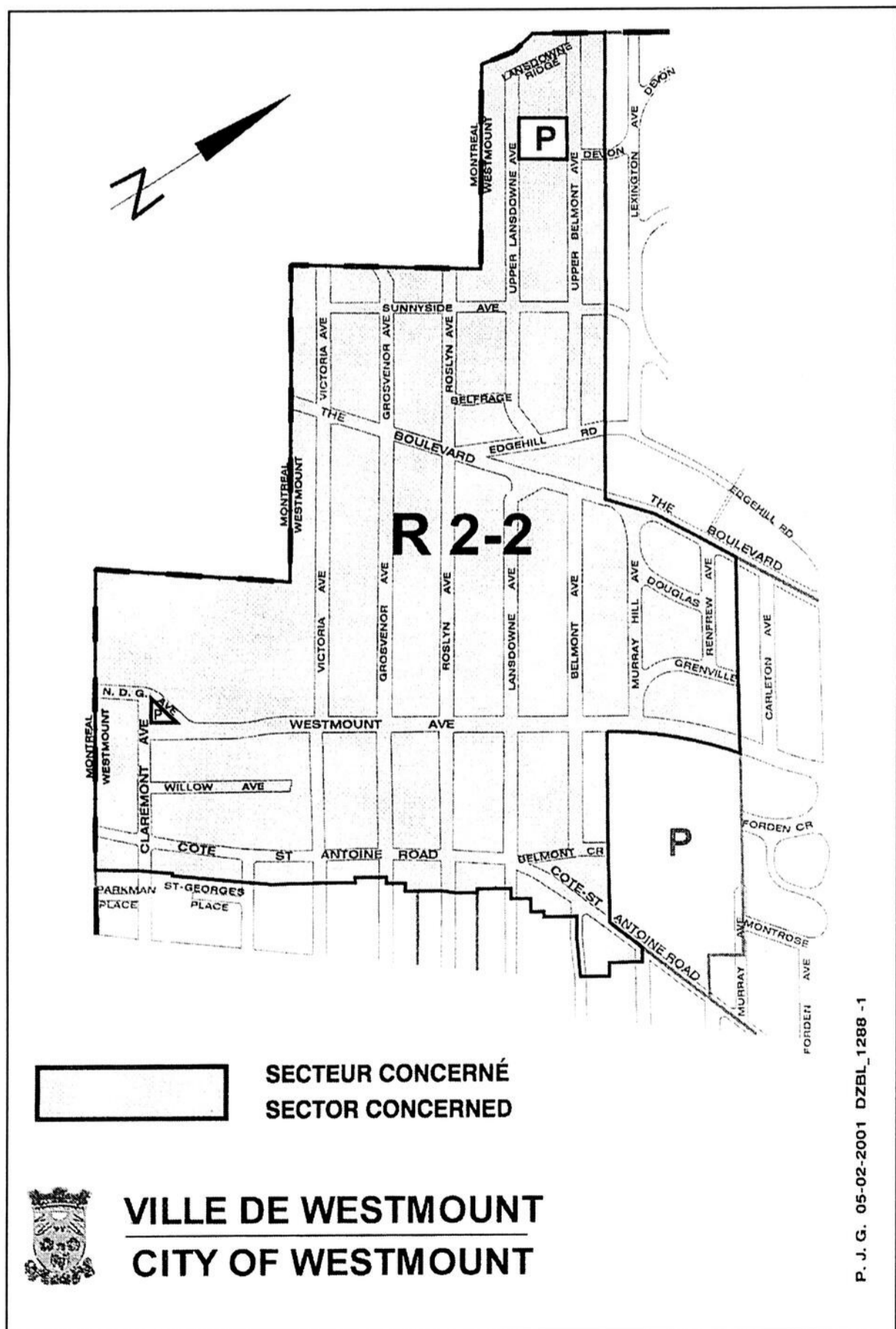
\* **copropriétaire indivis d'un immeuble ou cooccupant d'un établissement d'entreprise** dans le secteur concerné à la condition d'avoir été désigné au moyen d'une procuration signée par la majorité des copropriétaires ou cooccupants dans le secteur concerné qui sont électeurs le 5 février 2001 comme celui qui a le droit d'être inscrit sur la liste référendaire.

Si le propriétaire unique, l'occupant unique ou la personne désignée par procuration est une personne physique, il faut qu'elle soit majeure, de citoyenneté canadienne et ne pas être en curatelle.

Si le propriétaire unique, l'occupant unique ou la personne désignée par procuration est une personne morale, il faut avoir désigné parmi ses membres, administrateurs ou employés, par résolution, une personne qui, le **5 février 2001** est majeure, de citoyenneté canadienne, qui n'est pas en curatelle et qui n'est frappée d'aucune incapacité de voter prévue par la loi et produire la résolution auprès du greffier.

Sauf dans le cas d'une personne désignée à titre de représentant d'une personne morale, nul ne peut être considéré comme personne intéressée à plus d'un titre conformément à l'article 531 de la Loi sur les élections et les référendums dans les municipalités.

6. QUE dans le cas d'une demande d'inscription concernant une personne domiciliée dans le secteur concerné, la per-



VILLE DE WESTMOUNT  
CITY OF WESTMOUNT



Westmount

sonne qui fait la demande doit indiquer l'adresse précédente du domicile de la personne dont l'inscription est demandée et doit présenter deux documents dont l'un mentionne le nom et la date de naissance et l'autre, le nom et l'adresse du domicile de la personne dont l'inscription est demandée.

7. QUE la liste référendaire peut être consultée et les demandes d'inscription, de radiation ou de correction doivent être présentées devant la Commission de révision à l'endroit, aux dates et heures suivants:

HÔTEL DE VILLE DE WESTMOUNT,  
4333 SHERBROOKE, WESTMOUNT

19 avril 2001:	14h30 à 17h30
20, 24, 25 avril 2001:	8h30 à 17h30
21 avril 2001:	10h00 à 17h30
23, 26 avril 2001:	14h30 à 22h00

Pour renseignements: 989-5256 ou 989-5253.

DONNÉ à Westmount, ce 19 avril 2001.

Me Marie-France Paquet  
Greffier de la ville et Président d'élection

**PUBLIC NOTICE OF REVISION OF THE REFERENDUM LIST**  
**REFERENDUM POLL - 13<sup>th</sup> MAY 2001**  
**SECTOR CONCERNED : DISTRICT R2-PART 2**

**PUBLIC NOTICE** is hereby given by the undersigned, City Clerk and Returning Officer:

1. THAT at the general sitting of the Municipal Council of the City of Westmount held on 5th February 2001, Council adopted By-law 1288, entitled "BY-LAW TO FURTHER AMEND BY-LAW 978 TO REGULATE ZONING IN THE CITY OF WESTMOUNT (DISTRICT R14 - FIRE STATION NO. 2)". By resolution No. 2001-03-53 adopted on 26th March 2001, Council established the **date of the referendum poll as 13th May 2001**.
2. THAT the object and purpose of this by-law is to create a new zone R14 to include the building at 680 Victoria and to allow notably in that zone a residence for senior citizens with a maximum site coverage of 40%, a FAR of 1.2 with a maximum building height of 3 storeys or 40 feet.
3. THAT the boundaries of said sector concerned are as follows and are shown on the sketch below:

**DISTRICT R2-2 is bounded as follows:**

to the east, by the western boundary respectively of Districts R1-2 and R1-1 and by the western boundary of King George Park;  
to the south, by the northern boundary of King George Park and thence by the rear lot lines on the south side of Côte Saint-Antoine from Stratheona to the western limits of the City;  
to the west, by the western limits of the City; and  
to the north, by the northern limits of the City from the western limits of the City to the rear lot lines on the east side of Upper Belmont and thence by The Boulevard to the western boundary of District R1-2.

4. THAT the referendum list of the sector concerned was deposited on 17th April 2001 at the Office of the City Clerk. It will now be revised.
5. THAT the conditions to be an elector and to have the right to be entered on the referendum list are as follows:

May be entered on the referendum list any person who, on 5th February 2001, is not convicted of an offence that is a corrupt electoral practice;  
AND is either

- \* **domiciled in the sector concerned and, for at least 6 months, in Quebec (and is 18 years of age, is a Canadian citizen and is not under curatorship);**
  - \* or, for at least 12 months is either:
    - \* **sole owner of an immovable** in the sector concerned and has transmitted to the City Clerk a written request that his or her name be entered on the referendum list;
    - \* **sole occupant of a business establishment** situated in the sector concerned and has transmitted to the City Clerk a writing requesting that his or her name be entered on the referendum list;
    - \* **undivided co-owner of an immovable and co-occupant of a business establishment** in the sector concerned and to be designated by means of a power of attorney signed by the majority of the co-owners or co-occupants who are electors on 5th February 2001 as being the one having the right to be entered on the list.
- If the sole owner, the sole occupant or the person that has been designated by power of attorney is a natural person, he or she must be of full age and a Canadian citizen, and must not be under curatorship.  
If the sole owner, the sole occupant or the person that has been designated by power of attorney is a legal person, it must have designated by resolution one of its members, directors or employees who, on **5th February 2001**, is of full age, a Canadian citizen, not under curatorship, nor disqualified from voting and have filed the resolution with the City Clerk.

Except in the case of a person designated to represent a legal person, a person shall have his or her name entered on the list in only one capacity, as per section 531 of the Act respecting elections and referendums in municipalities.

6. THAT in the case of an application for entry concerning a person domiciled in the sector concerned, the person making the application must indicate the former address of the domicile of the person in respect of whom the application is being made and submit two documents, one showing the name and date of birth and the other one showing the name of that person and the address of the person in respect of whom the application is being made.
7. THAT the referendum list may be consulted and applications for entry, striking off and correction may be presented to the Board of Revisors at the following location, dates and hours:

WESTMOUNT CITY HALL,  
4333 SHERBROOKE, WESTMOUNT

19 April 2001:	2:30 p.m. to 5:30 p.m.
20, 24, 25 April 2001:	8:30 a.m. to 5:30 p.m.
21 April 2001:	10:00 a.m. to 5:30 p.m.
23, 26 April 2001:	2:30 p.m. to 10:00 p.m.

For information: 989-5256 or 989-5253.

GIVEN at Westmount, this 19th day of April 2001.

Me Marie-France Paquet  
City Clerk and Returning Officer

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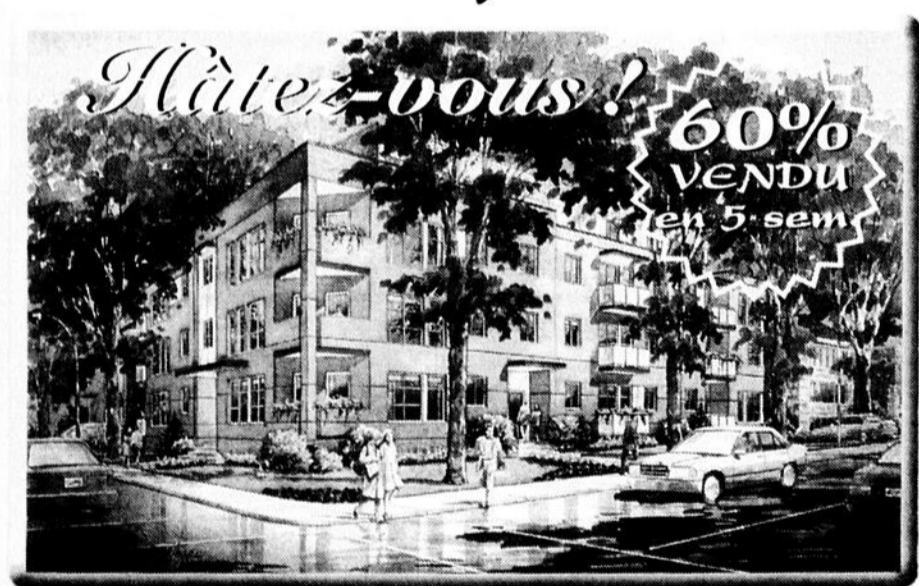
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**Thursday, April 19**

**Landlords and Tenants:** Public information meeting at the Bowling Green Pavilion, 310 Kensington, at the side of City Hall at 7:30 p.m. Organized by Westmount Municipal Association. All welcome.

**The Westmount Historical Association's** spring lecture series continues with 'Old Public Schools: King's, Queen's and Roslyn' with former ECS principal Molly Fripp at 7 p.m. in the Westmount Room of the Westmount Public Library. \$5 for non-members. Info: 925-1404.

**The Centre for Literacy** presents Daniel Richler, who will discuss books, television and the literacy required to understand The Word, a new TV channel to be launched in September 2001. 7:30 p.m. at Dawson College Amphitheatre Room 4C1, 4001 de Maisonneuve. \$5 pre-registered, \$7.50 at the door. Info: 931-8731 ext. 1415.

**Selwyn House School's** senior play 'A Flea in Her Ear' by Georges Feydeau will be presented at 7:30 p.m. in the Lucas Building auditorium, 95 Côte St. Antoine. Suggested donation is \$5. Info: 931-9481.

**Friday, April 20**

**Sing a New Song:** Contemporary Kabbalat Shabbat for families and singles with Rachelle Shubert at Temple Emanu-El-Beth Sholom, 395 Elm Ave., at 5:45 p.m. Info: 937-3575.

**Selwyn House School's** senior play 'A Flea in Her Ear' by Georges Feydeau will be presented at 7:30 p.m. in the Lucas Building auditorium, 95 Côte St. Antoine. Suggested donation is \$5. Info: 931-9481.

**Saturday, April 21**

**Selwyn House School's** senior play 'A Flea in Her Ear' by Georges Feydeau will be presented at 7:30 p.m. in the Lucas Building auditorium, 95 Côte St. Antoine. Suggested donation is \$5. Info: 931-9481.

**Sunday, April 22**

**The St. Andrew's-Dominion-Douglas United Church Choir** will be joined by the choir of Keane University of Union, N.J. in a special musical program. Roslyn Ave. at The Boulevard. Info: 486-1165.

**Monday, April 23**

**The Double Hook Book Shop**, 1235A Greene Ave., celebrates Canada Book Day with a tribute to the late Westmount poet Louis Dudek at 5 p.m., featuring readings from his work and reminiscences by several local poets. Info: 932-5093.

**Tuesday, April 24**

**The Atwater Library**, 1200 Atwater, presents Colleen Curran, who will be reading

from and discussing her novel 'Overnight Sensation' at 7 p.m. Free admission, all welcome. Info: 935-7344.

**Entre Nous Senior Group** at Temple Emanu-El-Beth Sholom, 395 Elm Ave., presents 'Naturopathic Medicine's Treatment of Osteoporosis' with guest speaker Dr. Daniel Block. Brown bag lunch at noon, program at 1 p.m. Info: 937-3575.

**Temple Emanu-El-Beth Sholom**, 395 Elm Ave., presents 'Vision and Re-Vision: A Historical Overview of Canadian Film and Television Response to the Shoah' with Gary Evans at 7:30 p.m. Free of charge, open to all. Info: 937-3575.

**The Double Hook Book Shop**, 1235A Greene Ave., launches Eric Ormsby's new collection of poetry 'Araby', and Jan Conn's 'Beauties on Mad River: Selected and New Poems'. Both poets will read from their work. 7:30 p.m. Info: 932-5093.

**Thursday, April 26**

**The Westmount YMCA** Lecture Series presents Dr. Ivan Rohan, who will discuss the connection between health and exercise throughout the various cycles of life, at 7 p.m. at the Westmount Y, 4585 Sherbrooke. Free admission. Reservations: 931-8046.

**The Double Hook Book Shop**, 1235A Greene Ave., celebrates National Poetry Month with readings by John Degen, Chris Chambers and Ronna Bloomwill at 7:30 p.m. Info: 932-5093.

**Saturday, April 28**

**Temple Emanu-El-Beth Sholom**, 395 Elm Ave., presents 'Our Children, Their Lives, Our Faith' with Dru Greenwood, at 1 p.m. Open to all parents of inter-faith couples. Free of charge, registration required. Info: 937-3575.

**Baroquen Voyces** performs at St. Matthias' Church, 10 Church Hill, at 7:30 p.m. \$15 general admission, \$10 for students and seniors. Reservations: 279-8956.

**WARM Writers** presents 'Writing Humour' with guest speaker Ricky Blue at the Atwater Library, 1200 Atwater, from 2 to 4 p.m. Free to WARM members, \$5 for non-members. Info: Jeanette Paul at (450) 468-5410.

**Sunday, April 29**

**Annual Spring Concert** at St. Andrew's-Dominion-Douglas United Church, Roslyn Ave. at The Boulevard, at 5 p.m. The Church Choir will be joined by the choir of St. George Antiochian Orthodox Church in a program of music from the Orthodox tradition for Holy Week and Easter. All welcome. Info: 486-1165.

'Celebration of Life' at Temple Emanu-El-Beth Sholom, 395 Elm Ave., at 11:30 a.m.

Heather Hiscox will again host this second annual event. Brunch is \$15 per person, \$120 per table of eight. Reservations: 937-3575.

**Monday, April 30**

**Chorale Nouvelle de Montréal**, directed by Robert Frederick Jones, presents works by Bach, Beethoven and Ramirez at 8 p.m. at Westmount Baptist Church, Sherbrooke and Roslyn. Tickets are \$15 and \$12. Info: 486-3669.

**Tuesday, May 1**

**Open House** at Akiva School, 450 Kensington, at 9:30 a.m. and 7:30 p.m. Info: Cooki Levy at 939-2430.

**Saturday, May 12**

**Spring Rummage Sale** at ECS School, 525 Mount Pleasant Ave., from 9 a.m. to 1 p.m. Books, new and old clothing, toys, sports equipment, etc. Info: 935-6620.

**Ongoing**

**The Rotary Club** of Westmount meets each Wednesday at Victoria Hall, 4626 Sherbrooke, at 12:30 p.m.

**Westmount Toastmasters:** Take the fear out of public speaking each Thursday evening at 7 p.m. in Victoria Hall. Info: 367-5986 or 937-1346.

**The McClure Gallery** of the Visual Arts Centre, 350 Victoria Ave., presents its annual Student Exhibition from April 13 to 28. Gallery hours are Tuesday through Friday from 11 a.m. to 5:30 p.m. and Saturdays from 10 a.m. to 5 p.m. Info: 488-9558.

**St. Andrew's-Dominion-Douglas United Church**, Roslyn Ave. at The Boulevard, presents a pastoral care workshop series on Tuesdays at 7:30 p.m. from April 17 to May 15. Featured speakers include Rev. Philip Joudrey, Dr. Allen Fielding, Canon Brian Pierce, Joyce Schaaf and Dr. Balfour Mount. Info: 486-1165.

**Greene Avenue Ballet Camp:** Does your child love ballet? Sign them up for Ora Kozlov's first annual ballet camp, from August 20 to 24. Children 7 and up. Info: 931-6202.

Torah Study Session every Saturday at 9:15 a.m. at Temple Emanu-El-Beth Sholom, 395 Elm Ave. Info: 937-3575.

**Seniors' Luncheon:** A delicious three-course home-cooked meal every second and fourth Wednesday of the month at Centre Greene, 1090 Greene Ave. RSVP at 931-6202. \$4 per meal, \$2.50 take out.

**Quakers:** The Religious Society of Friends meets for silent worship at 11 a.m. Sundays at Centre Greene, 1090 Greene Ave., south of Dorchester. Visitors welcome. Info: (514) 270-8956.

(continued on page 22)

# Bulletin Board

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

(continued from page 21)

**Donations** of used books and videos are now being accepted at Centre Greene for its book sale fundraiser on May 4 and 5. 1090 Greene Ave. Info: 931-6202.

**Contactivity Seniors' Community Centre** is looking for a volunteer to help with the preparation of hot meals on Thursdays for 10 to 50 members, 9:30 a.m. to 1:30 p.m. Please call Consuelo at 932-2326 or 932-3433.

**The Atwater Library Book Sale Room**, 1200 Atwater, is open Thursdays, Fridays and Saturdays from noon to 3 p.m. Quality used books at reasonable prices. Info: 935-7344.

**Contactivity Centre** needs volunteers to spend time with Westmount seniors who wish to go outdoors but are too frail to go out alone. They are also looking for volunteers with cars to drive seniors to medical appointments. Make a difference today! Info: 932-2326.

**Overeaters Anonymous**, a non-profit, self-help group welcomes anyone who wants to stop overeating. Weekly meetings held at the Westmount YMCA, 4585 Sherbrooke, on Saturdays at 2:30 p.m. Info: 488-1812.

**The Westmount Youth Orchestra** rehearses every Saturday from 10 a.m. to 1 p.m. at Victoria Hall

with conductor Mark Simons. Everybody who likes to see an orchestra rehearsing is welcome to drop in between 12 and 1. The next concert will be Sunday, May 13, at 3 p.m. at Victoria Hall with music from Brahms, Bartok, Dvorak and Meunier. Young musicians who would like to join are invited to call Francoise at 485-3521 or Agnes at 486-2813 for more information.

**Entraide Bénévole Métro**, a non-profit organization that offers free services for seniors in the downtown and Westmount area is looking for volunteers to accompany seniors to medical appointments, do grocery shopping or drop by for friendly visits and walks. Contact Dominique or Lily at 939-9575.

**Westmount Healthy City Project:** Have a health problem? Consult the health data base in the Westmount Public Library.

**The St. Matthias' Church Choir** of Men and Boys is recruiting boys aged 7 to 12 who would like to learn to sing, earn pocket money and participate in organized activities, including trips. For information, please call Peter Hawkins, director of music, at 933-4295/6.

**Mary's Recovery**, a non-profit bilingual self-help group for people seeking help in dealing with fear, anger, stress, depression, anxiety, panic attacks and phobias meet every Monday, Tuesday. Info: 933-1904.

**The Montreal Camera Club** meets every Monday at 7:30 p.m. Slide shows, competitions, workshops. Visitors welcome. Westmount Park Church, 4695 de Maisonneuve, entrance at rear. Info: 637-2726.

**Joignez-vous au Choeur Saint-Léon de Westmount!** Au programme 2000-2001, venez chanter avec nous des oeuvres de la période Romantique. Renseignements et auditions, Chantal Rioux (450) 653-0037.

**The Interlink Intergenerational Choir** is looking for seniors who like to sing in a fun, relaxed atmosphere. Rehearsals will be held weekly in Place Kensington. Info: Contactivity Centre at 932-2326.

**Sisterhood Congregation Shaar Hashomayim's Duplicate Bridge Club** meets every Tuesday at 12:30 p.m. at 450 Kensington. Cost is \$7.50, proceeds to benefit the Meals on Wheels program. Lunch begins at 11:45 a.m. Info: 937-9471.

**Meals on Wheels:** Do you know someone who is homebound and would like a hot meal? Ascension Advent's Meals on Wheels program has openings for new clients. Home-cooked meals (main course, dessert, sandwich and fruit) are prepared with great care and delivers hot, ready to eat. Noon, Tuesdays and Fridays. Please call Jackie at 935-3817 or Maureen at 937-0775.

## Here comes the Summit

(continued from page 7)

December bemoaning the "democratic deficit" in FTAA talks.

"There is a very clear lack of information about everything related to this (free trade) project," said co-chair Roger Bertrand. "This lack of information appears to the Commission to be harmful to the projects success in that it feeds peoples worst fears and encourages all kinds of speculation."

### Breaking down walls

With COPA delegates back here this week, Charbonneau felt the need to reassert COPA's fundamental position at a time when a huge media corps is present and 20,000 people will be in the streets demanding exactly the same thing.

"True representative democracy implies as well an enlightened public and a recognized, respected, active, and involved civil society," he said. "By restricting information and public debates, notably within parliamentary assemblies, the heads of state have developed, not active and constructive participation of citizens, but rather disinterest in public affairs by a majority, creating a fear of change among many, and anger and all kinds of activism (the best and the worst) among the more aware and the more politicized."

When this week is done, COPA may end up relegated to the back of the bus. But Charbonneau, who as Speaker defends parliamentary institutions, will have done his job well promoting respect for the role of all elected parliamentarians, regardless of party, in weighing the costs and benefits of the economic and political integration of the Americas.

With a little luck, and maybe support from people like Jean Charest and Bernard Landry, COPA's efforts might help break down the walls of summitry.

Glenn Wanamaker can be reached by email at: wanamakerg@hotmail.com.

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# The Examiner's cryptic street name puzzle

Listed below are 30 cryptic clues, much like those in a crossword puzzle. In this case the answers are all street names in Westmount.

For instance, the clue "A prickly incline" would be *Thornhill*, and "A Scotsman's socks" naturally suggests *Argyle*. All answers will appear in next week's *Examiner*.

Good luck!

1. "Call me Herman..."
2. Former local fun park
3. Homer's home.
4. Do you have this man in a can?
5. A 'Slim' Keystone Cop.
6. Former Rough Rider battleground.
7. Fulton's steamboat.
8. Envy with an extra E.
9. Dionne biographer.
10. Home of the dragonslayer.
11. Louis Cristillo's partner.
12. Almost the last Monopoly property.
13. Waxman's TV kingdom.
14. 1919 Charles Chaplin film.
15. Dylan's record label.
16. Cultivated in Guildford or Weybridge.
17. Initial Revolutionary War battle.
18. Clifton Webb movie role.
19. Resident housekeeper at 221B.
20. Fats Domino as a deity.
21. Americans smoke these on the couch.
22. Rapids in Iowa.
23. Larry, the knighted thespian.
24. China's favourite medic.
25. Fergy's favourite part of Toronto.
26. A large house in Park Lane, London.
27. JFK's final resting place.
28. Just east of Alcatraz.
29. Where Basil Fawltly opened his hotel.
30. A New York City hospital.



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# Dental Health for a winning smile

## Oral Health for Teens

April is Dental Health Month and, if you're a teenager, it's the perfect time to think about your oral health.

It's during your teenage years that you really need to start taking responsibility for your own oral health. Until now, your parents have probably told you when to brush your teeth, and reminded you to floss. They've probably booked your dental appointments and driven you there. But pretty soon, if you haven't already, you'll have to take responsibility for this important part of your health care. The teeth that you are caring for now will need to last your whole life - there is no more spare set of teeth waiting to come in if you lose one in an accident, or because you haven't taken proper care of them.

Cleaning your teeth and gums properly, through regular brushing and flossing, and making regular visits to your dentist are the cornerstones of a good oral care program that will remain constant well into your senior years. But there are a few dental issues that come up primarily in your teenage years that require special attention now.

**Choosing a dentist:** If you are going away to university in another city, you may need to find a new dentist and/or dental specialist, such as an orthodontist. If you will be at home several times throughout the year, you may be able to schedule your dental appointments with your family dentist during these times. In this case, it's still a good idea to have a name on hand in case you encounter a dental emergency during the

school year. In order to select a dentist who will meet your needs, you may want to ask for a referral.

**Mouthguards:** If you participate in sports, you probably already have a mouthguard. This important piece of safety equipment doesn't last forever.

You will need to replace your mouthguard regularly, especially if you have braces. Custom-fitted mouthguards offer the best protection and are available through dental offices. Mouthguards provide protection for your teeth, but they also protect your brain from concussion if you are struck in the head. You should be wearing a mouthguard during games and practices, if you participate in any of the following sports: acrobatics, baseball, basketball, boxing, cycling, discus, equestrian sports, field hockey, football, gymnastics, handball, ice hockey, judo, karate, lacrosse, motocross, martial arts, parachuting, rugby, racquetball, skiing, soccer, squash, surfing, skateboarding, shot put, trampolines, tennis, volleyball, wrestling, weightlifting.

**Wisdom Teeth:** During your late teenage years, your dentist may talk to you about your wisdom teeth (third molars). If they are coming in at an awkward angle, are impacted, or becoming infected, your dentist may recommend that you have them removed. This may be done by your regular dentist, or you may be referred to an oral surgeon.

**Tongue Piercing:** Before you decide to pierce your tongue - or any other part of your face or body, you may want to consider the possible side effects. Tongue piercing can cause: infection, pain, swelling, uncontrolled bleeding, nerve damage, blood poisoning, toxic shock, impaired sense of taste, permanent drooling, fractured teeth and gum recession. If you already have a piercing, ask your dentist to check if it is causing your gums to recede (which can lead to tooth loss) or fracturing your teeth. You may decide to remove the jewelry from your piercing in order to avoid serious problems in future.

**Smoking:** Choosing to smoke is probably the worst lifelong health decision that you can make. It is the number one cause of preventable death. In addition to the serious health problems that you probably already know about such as lung diseases and cancer, smoking also causes a lot of oral problems. Both smoking and chewing tobacco cause ugly yellow and brown stains on teeth and bad breath, and of most concern, increase your risk of oral cancer, which can be fatal. Years of smoking will wrinkle your skin, increase your risk of gum disease, the number one cause of tooth loss in adults, and put you at greater risk for a spectrum of serious illnesses.

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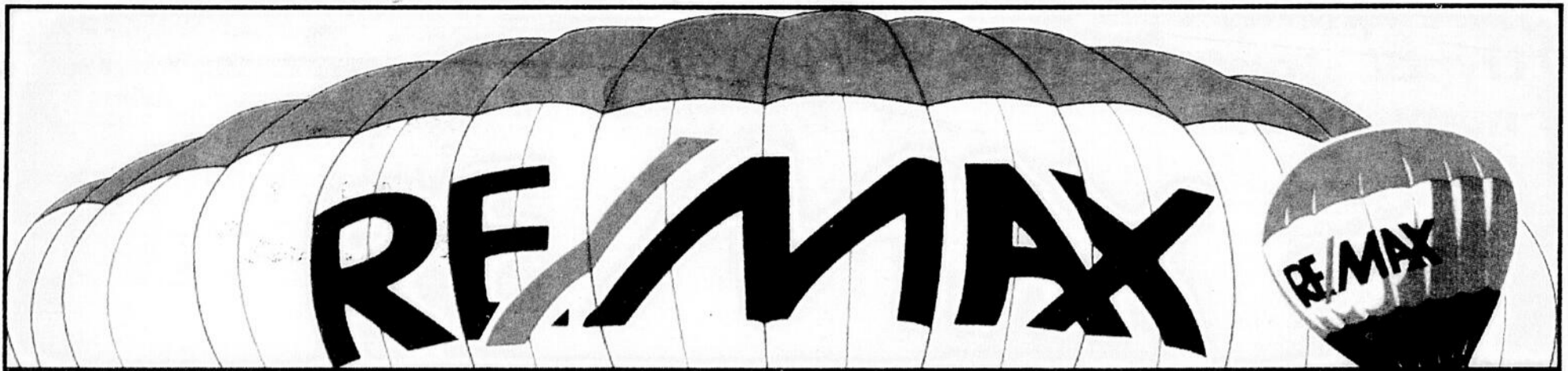
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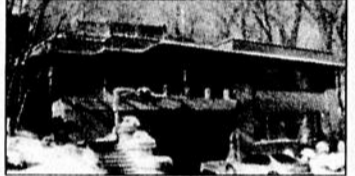
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**N.D.G.**

**4994 CAVENDISH:** Cape Cod Cottage. Hardwood floors, Sun Room, garage, garden, convect air. Asking \$169,000.

**N.D.G.**

**5414-16 CAVENDISH:** Duplex, 2 x 5 1/2. Semi detached, insulated, new bathrooms, finished basement, 2-car garage, plus garden. Asking \$199,000.

**N.D.G.**

**2364-66 GRAND BLVD:** Duplex, new kits, new bthrms & new windows. Presently rented \$650. p.m. unheated. \$249,000.

**DOWNTOWN**

**1625 LINCOLN:** CONDO in The Manhattan. Superbly decorated, 1 bedroom, 700 sq. ft. with garage, pool, gym plus doorman. Asking \$129,000.

**ST-HENRI**

**4661-63-65 ST EMILIE:** Triplex 3 x 4 1/2, new kitchens & new bthrms. Asking \$99,000.

**WENDY LESSARD** 933-6781