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Westmount EXAMINER



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Traditional feast for Inuit patrons
of the Open Door shelter

Seal Meals



Communal mailboxes
Trent eyes legal recourse against Post Canada 3

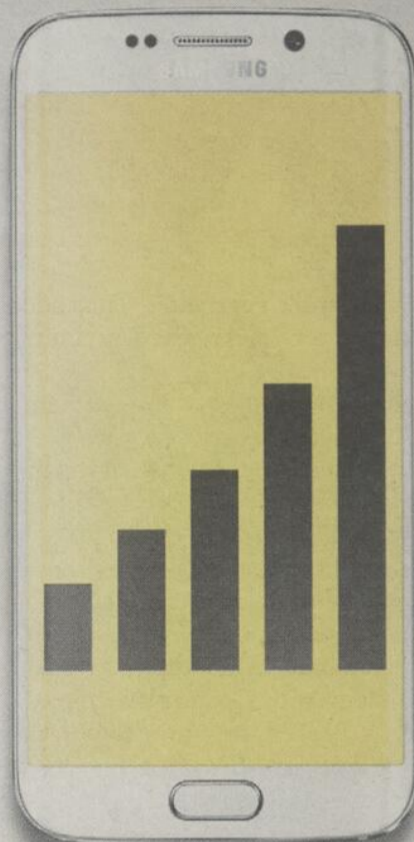
Royal Canadian Artillery
Woman to lead 2nd Field Regiment 5

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Westmount's Trent won't yield required permits for Canada Post' community mailboxes

Westmount among Association of Suburban Municipalities (ASM) cities to join lawsuit against the crown corporation

● anthony.abbondanza@tc.tc

On Friday morning, Westmount reiterated a promise it made last summer: Canada Post will not be issued the required permits to install its community mailboxes in the small community of 20,000.

Part of the problem is space, for which there is none, according to the town's mayor, Peter Trent.



Peter Trent - Examiner file photo

"I don't know where they're going to put them," he said, a day after he stood alongside a delegation of mayors, including Montreal's Denis Coderre, Longueuil's Caroline St-Hilaire, and Laval's Marc Demers, where they announced their intention to join the Canadian Union of Postal Workers' lawsuit against Canada Post.

Aside from space constraints, Trent added, Westmount is very picky when it comes to zoning laws.

"You think we'll sit back and let them go ahead and install the boxes?" he said.

At the very least, the city council will make it very difficult for the crown corporation to obtain the required permit.

In early 2014, Canada Post announced its highly-controversial plan to end door-to-door home mail delivery across the country by 2018 and add community mail boxes in its stead.

Trent, along with Coderre and the ASM cities, have criticized the crown corporation's decision, as well as their lack of cooperation with Canadian municipalities. In fact, Trent



Westmount will join legal effort to fight Canada Post' community mailboxes. (TC Media file photo)

called Canada Post arrogant in its dealings with the cities.

"Canada Post didn't consult. Oh, they consulted but they consulted with themselves. They made their decision in the most arrogant way," said Trent.

Trent and Coderre have long lobbied Canada Post to put a moratorium on its decision to cut home mail delivery.

The legal case the Montreal mayors have brewing is complimentary to the battle on the political front.

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- Martin Arsenaault



EXAMINER

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Coderre and Trent have enlisted the help of Liberal and NDP leaders Justin Trudeau and Thomas Mulcair, respectively. Both agree that a moratorium is necessary – turning Canada Post into what could be an important election issue that pits both federal parties against the Conservative government.

"This encourages people to vote other than Conservative," concluded Trent.

The Examiner contacted a Canada Post representative for comment without success.

Westmount man arrested for drunk driving



● anthony.abbondanza@tc.tc

A 36-year-old man was arrested May 14 in Westmount for drunk driving.

He was pulled over by the SPVM's Station 15 officers after he was seen allegedly driving erratically on Sherbrooke Street West just after 3:45 a.m.

Police officers, said Const. Stephan Laperriere of neighbourhood station 12 police, administered a breathalyzer test, which he failed.

Once at a local detention centre, he blew over the eight-tenths legal limit.

The Westmount man first claimed he worked at a restaurant before telling police officers he was a lawyer.

His car and driver's license were seized and suspended, respectively, for three months.

He's set to appear in a Montreal courtroom in September.

Woman harassed

A 30-year-old woman claims she was accosted and physically harassed by a man on May 13 around 10 a.m., Const. Laperriere told the Examiner Tuesday morning.

The incident occurred in the residential neighbourhood of Melville Avenue off of Sherbrooke Street.

Laperriere said the man allegedly grabbed her, but what exactly he intended to do is uncertain.



Examiner Photo

The woman battled her way out of the man's grasp. She suffered some scratches to her face.

According to police, the suspect is described as a French-speaking, black man. He is of

average height and had short black hair and a mustache.

Anyone with information is encouraged to call the local police station on Stanton Street.

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Inuit at The Open Door treated with seal meat

● anne-frederique.hebert-dolbec@tc.tc

Five organizations working with Aboriginal people in Montreal, among them the drop-in centre the Open Door, located just outside Westmount, will receive a box of about 45 pounds of seal meat – a food in strong demand among the Inuit community.

The donation comes from the Makivik Corporation, representing the Nunavik Inuit across Canada. They buy the food from Réjean Vigneault, the only butcher in the Province of Quebec who has a government permit to sell seal meat for human consumption.

"Over a thousand Inuit live in Montreal. About half of them are in a precarious situation," said Donat Savoie, special advisor to Makivik Corporation. "Country food for is extremely nutritious, besides having for them a very strong social and emotional significance."

Makivik Corporation has been doing business for two years with Vigneault. However, for the last few months, he had difficulty to obtain seals. "Now things are better, we will be able to provide our partners on a regular basis," added Savoie.

Never enough

David Chapman, assistant director of The Open Door, is delighted by the news. "We receive requests almost every day for country food. This is the thing our Inuit visitors ask above anything else," he said.

This is not the first time The Open Door will serve seal to its visitors. The organization has indeed received a complete seal in January.

Chapman recalled with emotion the ritual surrounding the seal preparation.

"We prepared it here at The Open Door along with a number of our Inuit visitors who helped us with a tool named Oolu. A number of them ate it raw. It was quite a show. We could see customs and practices that have passed down through generations. Eating country food transported them to their roots," he said.

The experiment was a success, according to Chapman. "In fact, the last time we got a seal, we told a couple of people. They told their friends. Dozens of Inuit we never met showed up from nowhere," he laughed.

"The challenge for us is to get enough of it. This new shipment, we could easily use that up in one meal," added Chapman.

Tina Pisuktie, Inuit caseworker at Chez Doris, said echoed the sentiment.

"The women at Chez Doris will be so happy. They call every week to find out if we have country food. I have been making bannock and seafood dishes in the absence of country food. Having seal will definitely brighten up their day and bring them satisfaction."



An Oolu, a traditional tool used to prepare seal meat. – Special contribution

A woman preparing a seal at The Open Door. – Special contribution

Avis de demande de changement de nom d'une personne majeure

Prenez avis que Mohamed Mabrouk, dont l'adresse du domicile est le 2300 rue St-Mathieu # 205, Montréal, Québec, H3H 2J8, présentera au Directeur de l'état civil une demande pour changer son nom en celui de Ben, Azzam Mabrouk.

Montréal, le 8 mars 2015

>6231157

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Montrealer becomes second woman in Canada to command a combat military unit

● anthony.abbondanza@tc.tc

A Montrealer became the second woman in Canada to lead a Canadian Forces combat unit on Saturday.

Sylvie Pelletier was promoted to Lieutenant Colonel of the 2nd Field Regiment, Royal Canadian Artillery, a 160-year-old artillery reserve unit situated on the outskirts of Westmount on Cote des Neiges Road.

"I've been here for my entire career. To be able to finally command my unit is a huge privilege," said the 43-year-old.

Pelletier, a full-time history and French teacher at John Rennie High School in Pointe Claire, had joined the regiment, comprised of citizen-gunners, in 1989, at a time when the Canadian government had just allowed women to join combat units.

To date, of the 124 part-time reservists at the armoury, less than seven are women.

"It's one of the reasons that pushed me to stay here," said Pelletier.

Her promotion was well deserved, according to Charles De Kovachich, the honorary colonel of the 2nd Field Regiment, Royal Canadian Artillery, the oldest artillery reserve unit in Quebec.

"She's not a commander because she's a woman. She's a commander because she's qualified," said the Westmount resident.

De Kovachich, who served in the Canadian Forces reserves for 14 years, served with Pelletier in the 1990s, though both have never been deployed to an external combat mission.

"She brought a lot of enthusiasm and energy to her position," he said, referring to her former rank as major. "All the gunners worked with her."

The 2nd Field Regiment has seen over 20 reservists deployed to Afghanistan since the mission began in late 2001.

Woman in the military

In April, Chantal Berube became the first woman in Canada to lead a Canadian Forces unit.

Ironically, she was a long-time member of the 2nd Field Regiment before heading to an artillery reserve unit in Quebec City earlier this year.

About 15 per cent of the Canadian Armed Forces are women. A little over 9,400 and 4,800 are in the regular force and primary reserve, respectively, as of January 2014.

Pelletier doesn't expect the number of women reservists to grow.

"People will concentrate on their careers. I think the proportion is very



realistic. It's normal to not see a lot of women in this profession," she said.

Women have served in the Canadian military for over 100 years, but mostly in non-traditional duties (eg. Medicine) until their roles were under review in the 1970s when the Royal Commission on the Status of Women recommended expanding their employment opportunities into more non-traditional areas – mechanics, aircraft mechanics, military police, and more.

Military personnel policies were further reviewed following the passing of the Canadian Human Rights Act and the Canadian Charter of Rights and Freedoms in the 80s. By 1989, the Department of Defence allowed women to fight alongside men in missions.

The 2nd Field Regiment, Royal Canadian Artillery, will hold its changing of command parade on Saturday at 1:30 p.m. at the armoury, located at 4185 Côte-des-neiges, Montreal. For more information, call 514-496-2024.



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Mrs Tali Hazan and her daughter
Dr Melissa Choucroun

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Les préposés aux bénéficiaires au bout du rouleau

● Roxane Léouzon

La santé physique et mentale des préposés aux bénéficiaires (PAB) du Québec se dégrade, selon une enquête menée par la Confédération des syndicats nationaux (CSN) durant les 12 derniers mois et rendue publique mardi.

Parmi les indicateurs de cette tendance, notons que 30% des centaines de PAB interrogés ont mentionné avoir reçu un diagnostic médical associé à la santé mentale, et 35%, un diagnostic de trouble musculo-squelettique, comme une tendinite ou une entorse lombaire.

La détérioration de leurs conditions de travail serait à l'origine de plusieurs de ces problèmes. Les compressions dans le réseau de la santé ont affecté les préposés aux bénéficiaires dans plusieurs établissements du Québec, selon ce qui a été rapporté par divers intervenants. Devant faire plus avec moins et ne pouvant prendre le temps nécessaire avec chaque résident, ceux qui donnent des soins de base aux personnes en perte d'autonomie souffriraient notamment d'un manque de formation pour faire face aux cas de plus en plus lourds, d'un sentiment du devoir non accompli et d'un manque de valorisation au sein du réseau.

Michel Lemelin, président-directeur général de la Fédération professionnelle des

PAB du Québec, n'est pas étonné par les résultats de cette étude. «Avant, chaque préposé aux bénéficiaires avait environ cinq patients à charge. Maintenant, on donne, dans certains établissements, plus de neuf bains par jour. En outre, les cas sont de plus en plus lourds», a souligné M. Lemelin.

Près de 90% des préposés aux bénéficiaires ont vécu de la violence verbale ou physique de la part des bénéficiaires, selon l'enquête de la CSN publiée mardi.

Pour améliorer la situation, le PDG de cette association qui regroupe 600 PAB croit qu'il faudrait non seulement allouer plus de ressources, mais également encadrer la profession en établissant un ordre ou une corporation. Une demande a été faite au ministre en ce sens.

«C'est triste à dire, mais les PAB sont toujours les derniers dont on s'occupe. Pourtant, le préposé est essentiel dans un CHSLD», a reconnu Pierre Blain, directeur général du Regroupement provincial des comités des usagers du réseau de la santé (RPCU).

La CSN, qui représente environ 30 000 des 40 000 PAB du Québec, demande que le gouvernement prenne soin des préposés aux bénéficiaires. Elle croit que le renouvellement de leur convention collective, au sujet de laquelle des négociations ont cours actuellement, est une bonne occasion pour réorganiser le travail des PAB.

Étant donné les négociations en cours dans le secteur public, le ministre de la Santé Gaétan Barrette n'a pas souhaité commenter la situation.



Collaboration spéciale

Notes of Interest

WHAT'S HAPPENING

The Montreal West-end Operatic Society presents its second bilingual production in its 76th season, *la Chauve-souris* on May 27 and 30, 7:30 p.m., and May 31, 2 p.m., at Victoria Hall. Surtitles in French and English, cash bar, silent auction, raffle prizes. Tickets: \$15-25. For more information, call 514-990-8813 or email tickets@mwsos.org.

The Wood Warbler Walk in Summit Park will take place May 26 at 7 a.m. All are welcome. Meeting place is the Summit Lookout.

Westmount spring dance will take place on Saturday, May 23 at Victoria Hall (4626 Sherbrooke W.) at 7:30 p.m. A fun filled dance

evening with a DJ, a cash bar and snacks, all for \$25 (\$30 at the door).

Tickets are on sale at the Westmount Library, Victoria Hall's Community Events Office, and the Westmount Recreation Centre (cash & cheque only). For more information please call 514-989-5226.

Montreal West-End Operatic Society presents *La Chauve-souris* by Johan Strauss II on May 27 and 30 at 7:30 p.m. and May 31 at 2 p.m. at Victoria Hall (4626 Sherbrooke W.). To buy tickets, write to ticket@mwsos.org or call 514 990-8813 (ext.2)

CLUBS

Gaming at the Westmount Public Library

every Friday afternoon. Join us on Friday afternoons for Just Dance, FIFA, NHL games and more! Snacks will be served.

Registration is required and starts on March 11. For more information, please contact jeuneskids at 514 989-5229.

The Reading to Reading Club meets once a month in a "go around the table" format to discuss about books. Upcoming roundtable discussions will be held Feb. 25.

SUPPORT GROUPS

Hope & Cope offers a free grief support group for those who lost a loved one to cancer, Tuesday evenings, from 7- 8:30

p.m., beginning February 10. To register, please call Robyn Wilkenfeld at 514-340-8222, ext. 8535 or 514-973-2254.

FOR TEENS

The Teen Zone is a drop-in centre for Westmount's youth (12-17) in the Westmount Recreation Centre. Aside from the offered recreational, cultural, and education activities that take place throughout the week, teens are invited to drop in, get a snack after school and do homework, or just hang out before and after their hockey games. Opening hours are Monday to Friday, 3:30-9 p.m., and Saturday, from 2 p.m. to 10 p.m.

Westmount Recreation Centre's design awarded

The Innovation and boldness of the construction team behind the Westmount Recreation Centre (WRC) has been highlighted on May 11th. The firm CIMA+ won an award at the 13th edition of the Grands Prix du génie-conseil Québécois, accompanied by the mayor of Westmount Peter Trent.

The winning projects were announced during a gala at the Grande Bibliothèque in Montreal, hosted by the reporter Stéphan Bureau and inspired by the theme *Changer le monde* (Changing the world). The awards were awarded to consulting-engineering firms and their clients in 10 categories.

CIMA+, recipient of the award in the Bâtiment Structure category, played a

major role in the construction of the WRC, given that 40% of the overall budget was allocated to the structural component.

The project – an underground arena with park area and outdoor pool – represented a particular challenge, representing a «world first, carried out at the local level.» In this case, the engineer created what amounted to an 'underground bridge' using steel beams to control costs

and ensure the strength of the building envelope.

Winning projects were selected by an independent jury of prominent experts presided by La Presse columnist Mr. Alain Dubuc. Assessment criteria included the consulting engineer's approach, management of human resources, the specific challenges of the project, the impact on the profession and the integration of sustainable development principles.



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589 lb 12.99 kg

Smoked turkey breast Butterball



Strong cheddar cheese



679 lb 14.97 kg

849 lb 18.71 kg

Oka reg. or l'Artisan Cheese



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229 ea.

Mini bagels Mmm! 380 g Assorted



2/300

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Chopped spinach Cedar 750 g



199 ea.

Grilled eggplant Cedar 907 g



399 ea.

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Akawi reg. or Halal Cheese Phoenicia Cedar



629 lb 13.86 kg

Original Flavour Yogurt Astro 650 g Assorted



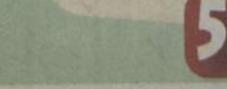
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Dark red kidney beans in sauce Stokely 398 ml



2/100

Dry apricots Cedar 700 g



499 ea.

Garlic sesame sticks Cedar 454 g



199 ea.

Pulp coconut water Cedar 310 ml



79¢ ea.

Pickled hot pepper rings Cedar 750 ml



179 ea.

Artichoke hearts Cedar 398 ml



169 ea.

Paraboiled rice Cedar 4 kg



449 ea.

Chunk light tuna in water Cedar 170 g



99¢ ea.

Sugar Redpath 2 kg



199 ea.

Moloukhia Leaves Naim 200 g



269 ea.

Chewy Granola bar Quaker 156 g Assorted



2/500

Fruits beverage Fruité 2 L Assorted



99¢ ea.

Prepared yellow mustard classic or spicy French's 400 ml



2/300

Tomato ketchup Aylmer 1 L



179 ea.

All-Bran or Bran Flakes Cereals Kellogg's 400 - 525 g



249 ea.

Veggie garden chips Sensible portions! 142 g Assorted



3/500

Wieners Lesters 450 g Assorted



2/500

Small hot dog or burger buns Betty 12 un / 540 = 576 g



2/300

We reserve the right to limit quantities. While quantities last. Images are for illustration purposes only. The text prevails over images.