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■ Mechanics' Institute morphed into the Atwater Library p. 2

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## Soccer supremacy!

Kells Academy High School's indoor soccer team took the GMAA banner last week after a hard-fought and exciting game against Westmount High School that ended in a 3-1 score in Kells' favour. When asked how the team felt after the game, coach Graham Cairns exclaimed, "Over the moon!"  
Photo: Kells Academy

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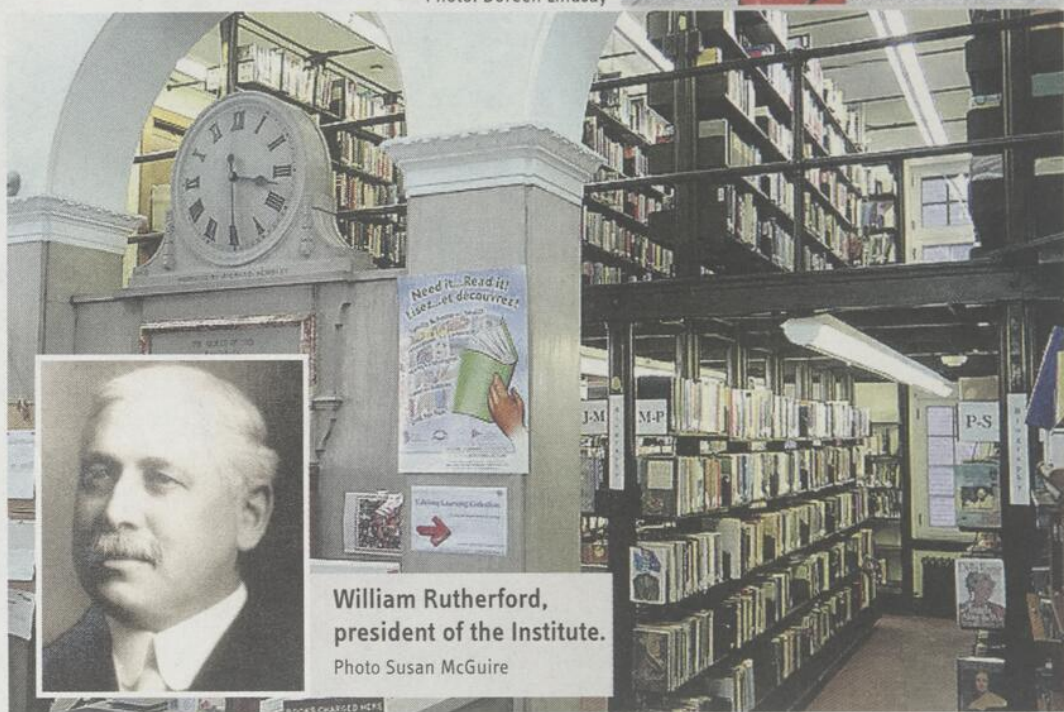
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# Mechanics' Institute morphed into the Atwater Library



Susan McGuire  
Photo: Doreen Lindsay



William Rutherford, president of the Institute.  
Photo Susan McGuire

■ DOREEN LINDSAY

Susan McGuire, historian of the Atwater Library of the Mechanics' Institute, talked to members of the Westmount Historical Association (WHA) on Thursday evening, March 15, explaining the fascinating histories of some of the enterprising men who helped develop the Mechanics' Institute and also had ties to Westmount. Family members joined WHA members to listen to McGuire's stories.

The Mechanics' Institute of Montreal was founded on Nov. 21, 1828 as an educational centre for workers. John Molson and Louis-Joseph Papineau were members of the first Board of Directors. Their first library building was on St. Jacques Street in Old Montreal. It was destroyed in the 1920s to make way for the construction of the Royal Bank building. Their lease was up on May 1, 1918. They decided to relocate to Atwater Avenue in Westmount, but because of labour troubles and delayed shipments of materials, the new library building was not completed for another year and they had to store books in the basement. It was finally opened on Friday evening, Jan. 30, 1920. Officiating dignitaries were William Rutherford, president of the Institute, with Alderman Stewart F. Rutherford representing the Westmount City Council.

Seated in the audience for McGuire's lecture was WHA director Joan Clark, who descends from both the Rutherford and Bulmer families. William Rutherford was mayor of

Westmount in 1911-1912, then president of the Mechanics' Institute from 1913 to 1921, during which time he persuaded them to move to Westmount. He married Ida Bulmer, of the Westmount developer's family in 1893. Henry Bulmer had been president of the Mechanics' Institute from 1851 to 1855.

The Mechanics' Institute had located their new library building on a public square, central to the English-speaking population of Montreal. It was designed in the Beaux-Arts style by Alexander Hutchison, Alexander Wood and Millar, architects. The dignified exterior of buff brick with stone trimming was impressive and remains so today. There are great large windows on three sides with round symbolic plaques representing art, science, and industry between them.

Also in the audience last week was Dr. Laurence Hutchison, a life member of the Atwater Library and author of a book about his extensive family. Alexander Cowper Hutchison, architect, had been mayor of Westmount from 1884 to '86, and Mathew Hutchison was mayor from 1891 to '93. John Henry Hutchison (1842-1928) was a director of the Mechanics' Institute.

In 1962, the name was changed to Atwater Library, and in 2005, the Atwater Library and Computer Centre was designated a National Historic Heritage Site.

Doreen Lindsay is president of the Westmount Historical Association.



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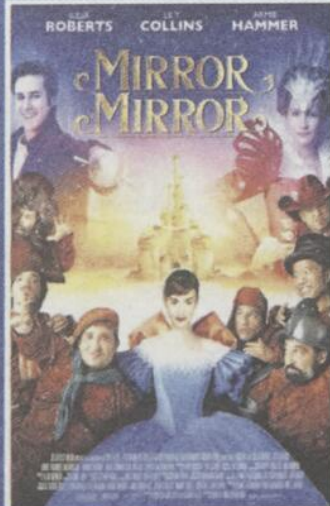
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# Westmount recognizes Earth Hour this Saturday

Again this spring, residents of Westmount are invited to celebrate Earth Hour on Saturday evening, March 31, by switching off their lights and heading over to Victoria Hall, 4626 Sherbrooke St. W. from 6 to 10 p.m. to take part in the festivities.

The City of Westmount and the Healthy City Project have organized the Earth Hour event complete with guest speakers, information exhibits, a music jam and a movie.

One of the highlights of the evening will be in Westmount Park, where participants will have the opportunity to take a peek at celestial bodies through the telescopes of the Royal Astronomical Society. There will also be members from various local groups who will explain what they are doing for the environment and how you can get involved. Refreshments from Simply Wonderful will be on sale.

If you cannot make it to the event, you can still participate by turning out your lights from 8:30 to 9:30 p.m.

## ArtNow features Hayes and Mortazavi

Last year Pierre Le Gourri rec, owner of Avenue des Arts, 328A Victoria Ave., took over the responsibility of organizing the ArtNow presentations held at the Westmount Public Library the first Tuesday of the month.

The April presentation on Tuesday, April 3 at 7 p.m. will feature the portraits of Mary Hayes and paintings and jewelry of artist Homeira Mortazavi for an evening Pierre calls Beauty and the Beast. There is no charge for admission. For more information phone Pierre at 514-843-1881.

## Wall to speak at CWAM spring luncheon

In addition to its monthly meetings and special outings, the Canadian Women's Association of Montreal hosts two special luncheons, one in December and one in the spring. The spring luncheon to be held at the Fairmont Queen Elizabeth Hotel on Tuesday, April 17. The guest speaker will be Westmounter George Wall, an English teacher and renowned



William Shakespeare aficionado and noted guitarist.

His topic will be Perfect Storms — a discussion of what England's two most famous cultural exports (Shakespeare and The Beatles) have in common. Tickets are \$50 for members and \$55 for non-members. To purchase tickets phone Lois Hutchison at 514-489-0975.

## St. John Ambulance hosts whiskey tasting

You know who they are... the innocuous van parked at events all over the country that only comes to action in time of crisis or emergency. We are appreciative for their presence, dedication and training.

Now the members of the St. John Ambulance Association, who are all volunteers, invite the public to participate in its

2012 Whiskey Tasting Evening in support of the lifesaving work of its volunteer first-responders, on Saturday, March 31.

That evening the association will ceremonially celebrate the donation of 13 additional Automated External Defibrillators (AED) to their volunteer first responders. Several years ago the association set a goal to purchase 100 AED's and with this latest addition they have come close to the half way mark. The association is a charity that raises its funds through donations from organizations such as the Rotary Clubs and through fundraisers. The cost is \$45 for participants, who are encouraged to bring designated drivers who can enjoy the evening sans the whiskey for \$20. The event will take place from 7 to 10 p.m. at the Black Watch Officers' Mess., 2067 Bleury. As it is a whiskey tasting, dress is business attire. For more information Louise Dineen at lld-

ineen@yahoo.ca or Victor Knowlton at 514-591-0514.

## Feng Shui consultant speaks at library

On Wednesday, April 4 at 12:30 p.m., the Atwater Library Lunchtime Series will feature Feng Shui consultant Ghada Begdache. In her presentation, entitled Change Your Home, Change Your Life, Ghada will demonstrate how application of the ancient Chinese principles of Feng Shui can improve your life. For more information, phone 514-935-7344.

## Around Westmount goes cyber

John Sancton, longtime owner of the Westmount Examiner, once said Westmount is not just a place, it is a state of mind. With the success of the column Around Westmount, and requests for larger visibility both locally and abroad, this spring I felt it is time to start featuring all of Westmount on a website.

Encouraged by both Westmount residents and business people and Westmount ex-patriots, we have started work on a website [www.aroundwestmountandbeyond.com](http://www.aroundwestmountandbeyond.com) that will include the organizations, the personalities, the arts and music, the spectacular events and so much more that make Westmount that state of mind that is literally residual in the hearts of anyone who has ever lived or spent time in Westmount. The purpose is to give those who have the privilege of living and working in Westmount a fresh take on all that Westmount is. For who are just moving into Westmount, it will be a one stop site where new residents can learn all their new hometown has to offer.

In addition, the site will be linked with [www.gowestmount.ca](http://www.gowestmount.ca) the onsite calendar that keeps Westmounters in the know of what is going on. Owners Beryl Bowser and Rosalind Davis have agreed to work with us symbiotically to make all of Westmount accessible with just the touch of your mouse. If you would like to be part of this exciting new initiative, please phone me at 514-933-2922 or email [mari-lynn@regardsmarilynn.com](mailto:mari-lynn@regardsmarilynn.com)

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**For the Record**  
Wayne Larsen WAYNE.LARSEN@TC.TC

# And so it goes...

Well, it's been a great ride...

This will be my last column for The Examiner, as I have opted to move on after 14 years of writing about Westmount in what I reckon works out to nearly 600 editorials and countless articles, features and reviews — not to mention about a dozen editorial cartoons.

No sappy De Profundis here, folks, just a few memories and heartfelt thanks to all who have made this entire experience a great pleasure, from the 1998 ice storm crisis to the current Westmount Recreation Centre controversy, through five office moves and an array of personnel changes at the paper. There has never been a shortage of events and issues in this community, and that has kept things interesting throughout my tenure.

Over the years I have been privileged to work with many excellent contributors and cherished friends among Examiner staffers, the ranks of which include Andy Dodge, Ted Wright, Marilyn Vanderstaay, Marilyn Smith Carsley, Debbie Dore, David Goldberg and Lindsay Robb, as well as publishers Leo Cervais, Gordon Brewerton and Denis Therrien.

Special thanks go out to my dear friend Harvey Aisenthal, the sales rep extraordinaire who was at The Examiner long before I arrived and remains on board to carry on the tradition. Through a complete turnover of staff and many ups and downs, Harvey has been the only constant, his ever-present smile highlighting the good times and buoying us during difficult days.

I am also proud to have had a chance to work with and help nurture the fledgling careers of some excellent young journalists, many of whom got their first byline at the Examiner and have since gone on to greater conquests. Some of the most recent names in that category include Elisabeth Faure, Adrian Saldanha, Peter Braul and Carmen Marie Fabio — all of whom were recently nominated for this year's QCNA awards for excellence in journalism.

Working with the public and maintaining a reliable roster of official sources is a fundamental aspect of journalism. The Westmount community has been extremely welcoming and helpful. Although space forbids my thanking everyone here, I am especially grateful to Peter Trent, Bruce St. Louis, Duncan Campbell, Patrick Martin, Brigitte Stock, Cynthia

Lulham, Kathleen Duncan, Karin Marks, John de Castell and Jean-Pierre Picard for all their help and cooperation over the years — and promptly returning my phone calls on deadline days, which was always most appreciated.

I was also privileged to know and learn from several Westmounters who made a huge impact on the community but, sadly, are no longer with us — among them John Sancton, Harry Mayerovitch, Aline Gubbay, Stanley Baker, Don Wedge and May Cutler. They will never be forgotten.

While my tenure with The Examiner has been overwhelmingly positive, I would not want anyone to get the impression that it was all a smooth-sailing love-in with readers and sources. Of course there has been controversy, and plenty of it. During the long merger-demerger saga, in which Westmount's very existence was seriously threatened, The Examiner played a crucial role in conveying information to the public. My friend and mentor, J.W. Sancton himself, once put his arm around me and said, "You know, this is the biggest story in Westmount's history." He was right, of course, and while Westmounters took to the political trenches, I made sure the latest news from the front lines was on page one every week.

The Examiner's pro-Westmount stand made me extremely unpopular with the staff of two Montreal mayors and those few but very vocal residents in favour of the megacity, but I make no apologies. In fact, one of my proudest moments came on the night of the referendum victory celebration at city hall, when I was told,

NATURAL SCIENCE NOTES

THE PIT-MULCAIR (Canis parliamentum)



Known as a lone wolf, is now top dog. Hard to tame.

"We couldn't have done this without you." I didn't really believe that, especially given the rate at which the wine was flowing at the time, but I was genuinely touched and proud to have played a role in such a monumental series of events in Westmount's already colourful history.

Sometimes there were rude readers who voiced complaints in a decidedly uncivil manner and were hastily dispatched. My steadfast insistence on objectivity (or at least the best possible attempt at it) did not always win everyone's heart, but that's to be expected. Among the very rudest callers were those demanding that their recent home purchase be omitted from our monthly list of real estate transactions. If they were polite, I would explain that there was nothing I could do because the longstanding rule was no exceptions, no matter what.

But if the caller was rude from the outset and threatened to sue (an empty threat because publishing public information is perfectly legal) I would encourage them to call me back

if their lawyer refused to take the case, as I knew of a firm that would gladly take us to court. Needless to say, no one ever took me up on my offer — but if anyone ever did, I was ready to refer them to the legal firm of Howard, Fine and Howard and let them work out the rest for themselves.

On one memorable occasion a verbal confrontation turned violently physical, and I was forced to rough up a nasty security guard when he lunged at me in an ill-advised attempt to confiscate my camera — actually my wife's new Nikon. Forced to choose between a possible assault charge and far graver consequences at home, I definitely chose wisely.

Yes, it's been a great ride. A bit bumpy at times, but certainly worthwhile. Again, I thank everyone who was a part this rewarding experience. Given the opportunity, I would not change a minute of it.

## Letters to the Editor

### Move the dog run elsewhere

To the editor:

I was shocked to read about the proposed location for the new dog run. Right smack in the middle of Westmount Park, i.e. the park's new centerpiece?

I don't think so.

Mr. Chin has hit the nail right on the head. This is an idea that has gone completely off the rails. I do not think that too many residents will find this location as an answer to their prayers — more like the death of the beautiful park that we now enjoy. We don't want to wait until some child is badly mauled by a vicious dog before the idea is thought through with all the pros and cons.

I can't recall this subject being brought up for public discussion before it got the stamp of approval by the City Council. If it was, I guess

Continued on page 5 ▶▶▶

## SEND US YOUR LETTERS!

The Examiner welcomes letters from readers on topics of local interest. While we only publish the writer's name and street, all letters must include the writer's name and address, as well as a daytime phone number for verification. Letters may be sent by mail to:

Letters to the Editor,  
The Westmount Examiner,  
245 Victoria Ave. suite 210,  
Westmount, QC. H3Z 2N2,  
by fax to  
514-484-6028 or by email to  
[examiner@tc.tc](mailto:examiner@tc.tc)

We look forward to hearing from you!

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## Old News

**TEN YEARS AGO  
MARCH 21, 2002:**

**LIGHTS, CAMERA, PERMITS!:** "The borough has adopted a bylaw that the former City passed last year to establish strict rules for filming movies in Westmount. The Filming Permit Policy is based on Bylaw 1313 enacted Dec. 10 to regulate issuance, application and fees of permits, as well as traffic and parking control during film projects. Council said at the time that it was implementing the policy in order to minimize inconveniences to residents, as well as to allow permit applicants to identify easily the important issues of the bylaw, while the administration outlined the residential nature of the Borough of Westmount."

**FIFTEEN YEARS AGO  
MARCH 20, 1997:**

**BOOK DISPOSAL HALTED:** "The Westmount Municipal Association has called for a moratorium on the disposal of books until the policy is clarified for regular weeding and the classification of rare and historical books accumulated over the library's almost 100-year history. This follows a report released Monday by the library director which stated that keeping rare, historical or unusual books is not in the mandate of the Westmount Public Library. Caroline Thibodeau, director of library and culture services, said it has never been the mandate of the public library to collect rare books."

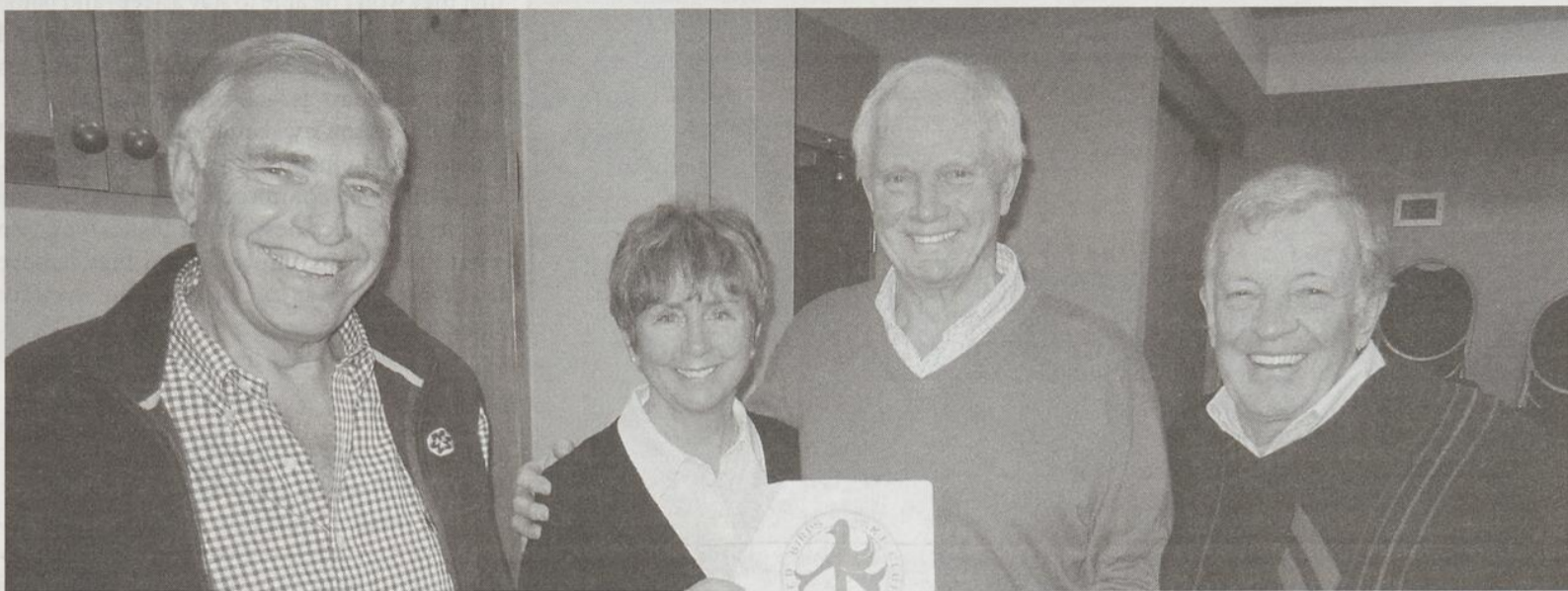
**THIRTY YEARS AGO  
MARCH 25, 1982:**

**HAVE MY UMBRELLA:** "A 67-year-old woman living on Rosemount Avenue staunchly refused to be intimidated by a would-be purse snatcher Sunday in an incident reported to police. The woman was stopped in front of 1 Rosemount Ave. by the man, who asked her if she spoke English. He then said, 'Give me your purse or I'll shoot you.' The victim replied: 'No I will not give you my purse. It has a lot of important papers in it, but you can have my umbrella.'"

**FIFTY YEARS AGO  
MARCH 19, 1962:**

**CALLING DR. PENFIELD:** "World-famous neuro-surgeon Dr. Wilder Penfield, 4302 Montrose avenue, was due back home in Westmount last night after completing a mercy flight to aid an ailing Red nuclear scientist. The leading brain surgeon, who retired from the Montreal Neurological Institute last year, was flown to Moscow at the request of the Russian government. His patient was Prof Lev Landau, whom Russian sources identify as the president of the Soviet Academy of Scientists. Dr. Penfield is understood to have been called as a consultant with Russian doctors who have been treating their confrere for head injuries suffered in an automobile accident last month. Speculation was that he may have been called to treat any one of the major political leaders in Russia."

## Reminiscing about the glory days...



Left to right, former Councillor John Bridgman, Senator Nancy Greene Raine, former Councillor Nicolas Matossian, Al Raine, Nancy Greene's husband and Mayor of Sun Peaks, BC. (Photo credit: P. Gillett)

**St. Matthias' celebrates centennial April 28**

The cornerstone for a new church building was laid near the corner Cote St Antoine Road and Church Hill on June 22, 1910, with the first services in the new church held on April 28, 1912. Now, a century later, the public is invited to help celebrate the 100th anniversary of St. Matthias' Church on Saturday, April 28, at 5 p.m.

The Bishop of Montreal, the Right Reverend Barry Clarke, will be the celebrant and preacher for this festive occasion. St. Matthias' has played a leading role in the life of the diocese and indeed throughout the Anglican Church of Canada. Friends and guests from across the country are being contacted and encouraged to attend on this great celebration. A special display of the history of the church will be on view, including pictures, artifacts and treasures that have been collected over the years. Parishioners and friends will be sharing vivid memories of the church from the early 1930's right to the present time.

The service will also feature the St. Matthias' Choir, which recently released a highly regarded CD that has been featured on CBC broadcasts. As is the custom for special occasions, a grand setting of the canticle - Te Deum Laudamus will be sung. The choir, under the direction of John Wiens, is preparing Benjamin Britten's Festival Te Deum. A small chamber ensemble and the highly regarded Karl Wilhelm Pipe Organ will accompany the choir.

Following the service, a gala reception will be held in the Lower Hall of the church. For more information, please contact St. Matthias' Church at 514-933-4295 or st.matthias@qc.aira.com

▶▶▶ Continued from LETTER, page 4

I missed it. I'm sure that if the idea had been given the light of day there would have been lots of negative responses to it.

Hopefully, maybe the idea is still in the negotiation stages, I would like to hear some feedback on this possibility. If not, I'm sure there will be lots of reaction to the idea soon.

Frank Moller,  
Stanton Street

On a ski trip to former Olympian and now Senator Nancy Greene's ski resort in Sun Peaks BC, John Bridgman, Nicolas Matossian, Al Raine, and his wife Nancy had the opportunity to get together and reminisce of past glory days. Bridgman, Matossian and Raine are long-time members of McGill University's Red Bird Ski Club.

In the picture, Nicolas Matossian is holding the results of the 1964 Quebec Kandahar ski race, which was, then, one of three

international ski events held in Canada. In it Nancy Greene placed first in the women's division and Nicolas Matossian, former Captain of the McGill ski team placed seventh in the men's division. Nancy Greene went on to win an Olympic Gold medal in Grenoble as well as many other U.S. and Canadian championships. She was recently appointed to the Senate and still lives in Sun Peaks BC, a ski resort which she and her husband own and operate.



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Everybody longs for a good night's sleep, but clients in my therapy practice often say how elusive that pleasure is for them. They worry that they won't be able to fall asleep, fear that they won't be able to stay asleep, and panic if they will wake in the middle of the night and find it hard to get back to sleep. Those fears colour their days as well as their nights.

Each person's wakefulness has a different pattern, but for people who suffer from insomnia, there's one common thread and that's the feeling of helplessness. Their bodies won't do what they want them to do and they believe that there's no way to change it. But even for those with long-standing problems with sleep, there are some things that can be done to start on the road to reversing that pattern.

**DON'T BELIEVE ANYTHING YOU THINK BETWEEN MIDNIGHT AND 6AM**

One thing's for sure, your thoughts are distorted in the middle of the night and whatever it is you're chewing on will not seem so bad when the sun is up. When you wake during the night and your mind is racing as you re-hash things that upset you during the day and worry about the future, remember not take those thoughts so seriously. Everything is magnified in the dark.

**RESTORE A CALM STATE OF MIND USING YOUR BREATH**

You can prime your body for sleep by turning your focus away from the events of your daily life and zoning in instead on what's going on inside your body. Train your mind to attend to your breathing and comfortably lengthen your breath. On the inhale, visualize the clean,

*heal*  
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fresh air coming into your lungs, travelling around your body and cleansing all your cells. On the exhale, imagine all the toxins and negativity being safely expelled into the atmosphere, leaving your body restored. Focus on this steady, calm inhale-exhale and I guarantee that you will start to feel more peaceful and relaxed.

**RELAX YOUR BODY - RELAX YOUR MIND**

While you are breathing regularly and deeply, do a progressive relaxation of all the muscles in your body. When you are worried or anxious, your muscles unconsciously tense up and you hold stress in your body. However, inversely, when you relax your muscles and let go, your mind becomes more relaxed as well.

For this exercise, you are going to turn your attention to each part of your body from head to toe, consciously let go of any tension you locate. Don't rush. After you have eased the tension all the way to the tips of your toes (if you're still awake), do a full body scan and tell whatever tense muscles you notice to give it up and let it go.

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# Health & Wellness

## Sleep: You Need to Know



### EVERYTHING IN ITS SEASON - A TIME TO WORRY, A TIME TO SLEEP

I love the idea that there is a season for everything. We all need more balance in our lives. There's a time for work and there's a time

for worry, but you also need to give yourself the gift of a time to sleep. You don't need to optimize your work or worry time by clawing back time from your sleep.

If you're having serious sleep problems,

please do something about it. You may know what you need to do. Perhaps it's something like drinking less alcohol, getting more exercise, or solving some troubling thing in your life that you've left too long. Try to help yourself by taking it seriously or get help by finding the right professional, always starting with a good check-up with your doctor. You may not be able to completely resolve a long-standing insomnia problem, but you can improve it if you're willing to put some

attention to it. And as you do, you'll feel better and much less stressed.

Vikki Stark, M.S.W., is Director of the Sedona Counselling Centre where you can attend a workshop on April 12th presented by Dr. Marc Baltzan, a sleep specialist, called: "A Good Night's Sleep: Everything You Need to Know". For more info: 514-487-2828 or [www.CentreSedona.coM](http://www.CentreSedona.coM)

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## A wide range of homecare services

Homecare has become an important part of society in recent years. With an ageing population and overcrowded hospitals, the public healthcare system increasingly relies on a specific category of healthcare that can be provided within the patient's home. This type of care, which aims to complement the care provided by the patient's family and friends, is especially effective for those with reduced mobility or who are losing their independence.

Nurses, doctors, social workers, technicians, therapists: all branches of the medical profession are involved in a homecare plan. Whether a particular homecare service is oriented towards daily visits, weekly injections, or palliative care, healthcare teams do everything in their power to provide the best possible service within this environment that is controlled by the patients and their families. It is also possible to receive homecare support for matters such as hygiene and housecleaning, important factors in maintaining an otherwise independent person's dignity. Having access to homecare improves the quality of life of most patients and allows them to maintain and prolong the positive effects of treatments received in healthcare institutions.

Be sure to find out about the huge range of homecare services that are available in your community.



photo: jupiterimages / thinkstock

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# Happy Easter & Passover!

## A woman's place at the Passover Seder

■ MARYLIN SMITH CARSLEY

On the Seder plate, accompanied by a variety

### celebrating the miracle of Faith at Easter

*As we celebrate the resurrection of our Lord and Savior Jesus Christ, we hope you'll share in the joy this blessed season brings to bear. May His love and sacrifice warm your heart and lift your spirit at Eastertime and always.*

#### Palm Sunday April 1

8:00am - Palm Sunday Liturgy  
10:30am - Palm Sunday Liturgy & Choral Eucharist

#### Maundy Thursday April 5

7:30pm - Pedilvium,  
Commemoration of the Last Supper  
Stripping of the Altar

#### Good Friday April 6

12pm (Noon) - Good Friday Liturgy  
with Reading of the Passion  
7:30pm - Choral  
Evensong for Good Friday

#### Easter Day April 8

8am - Easter Holy Eucharist  
10:30am - Easter Choral Eucharist

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of symbolic foods and herbs, rests an orange. But has it always had a designated place on this plate? Annually, Jewish families organize for a holiday that commemorates the Jewish exodus from Egypt and every year initiates new information concerning the story of Passover. The placement of the orange is a more recent holiday addition as it is a unique representation of the female role in the history of Judaism.

Women nurture, and reinforce those traditional values in life but often they are omitted from the storytelling of significant historical events. Their stabilizing force in the creation and stability of family life throughout history is never given full acknowledgement. Fortunately, women have been actively emerging in all venues from that behind the scene position. Through the voices of today's women, we are reaping in the knowledge of our female ancestors and their deeds. Although the male voice has always been the predominant one, the female presence has a special story. There

are many facts that do confirm that history definitely does portray a feminine side. One aspect of this can be witnessed during Passover as women have been rising up to lead a Seder of their own in addition to the traditional two. The entire concept of the Women's Seder promotes the female relevance in Jewish history. There were many courageous acts performed by women in the creation of the Jewish nation that should be commemorated. Rabbi Susan P. Fredrick's article on Women's Seders points out that this type of Seder is a supplement and commentary on the traditional Seder with its female perspective.

The 1970s brought forth The Women's Seder by and for Jewish feminists. It is a transformation of the traditional holiday and it empowers the female in her role, but this Seder is not solely for the feminist. In Israel, in 1975, Esther Broner, Marcia Freedman, and Nomi Nimrod organized this evening along with the first Women's Hagaddah (Passover prayer booklet) that was written by Broner and

Nimrod. For many, this female gathering has become an annual event and part of their holiday routine. This female viewpoint possesses certain rituals that are adjusted to embrace this gender. Usually this Seder occurs just before Passover and it can also transpire on another night that is not a traditional Seder evening. Many women now envision this evening as their true connection to Passover as the heroism of the female is discussed. Passover is truly about liberation and women can truly connect to this theme. Interestingly enough, throughout the traditional Haggadah, the women involved are not even mentioned. The Women's Seder highlights their presence in prayer through their specifically designed Haggadah and interactive dialogue.

Temple Emanu-El Beth Shalom's outreach rabbi, Julia Appel, expressed how the Women's Seder focuses on the Women's roles in the Exodus from Egypt. "I grew up with Seders that used feminist Hagaddahs, so actually it was a type of Women's Seder. The Exodus story shows how women encouraged their husbands to continue building families even when fleeing from Egypt." She explained the Passover story is about freedom and the importance of the women's roles are evident.

Westmount author Alice Lehrer attended a Women's Seder years ago and found it to be inspiring and welcoming. She commented that women in Jewish history have been wonderful role models and they are important figures who should be remembered for their acts of bravery. Alice explained that in her family the second Seder really involves the women in the family to a greater degree than the first. "The first Seder is led by my husband but the second Seder is led by the women in our family so that the female point of view is brought to the table. The influence of the women at that time is discussed such as the legends in which women were so responsible in the

Continued on page 11 ▶▶▶

## Holy Week Services

- ✦ **Palm Sunday,**  
April 1, 11:00 am  
Sunday Worship Service
- ✦ **Maundy Thursday,**  
April 5, 6:00 pm  
Service of Tenebrae  
with Holy Communion.
- ✦ **Good Friday,**  
April 6, 11:00 am  
Reflections on the Passion  
according to St. Mark
- ✦ **Good Friday, April 6, 7:30 pm**  
**J.S. Bach's St. Matthew Passion.**  
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- ✦ **Easter Sunday, April 8, 11:00 am**  
Sunday Worship with Holy Communion  
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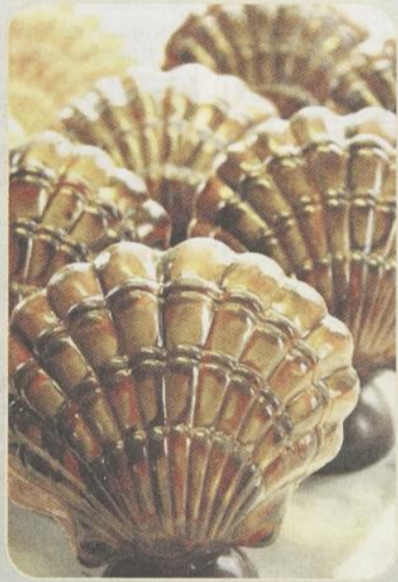
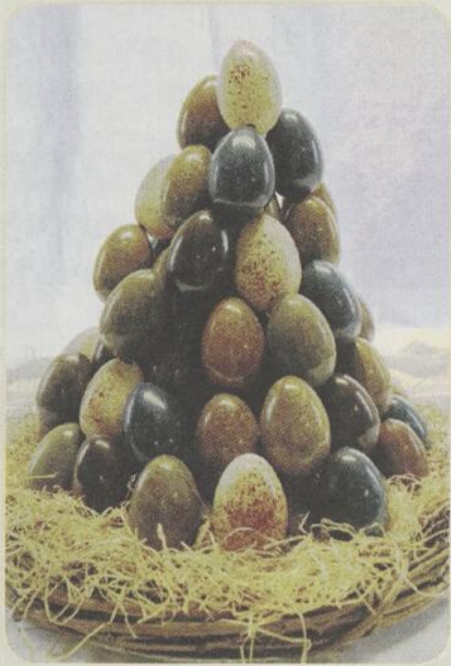
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# Happy Birthday, PVM!

Mike Haimes captured early images of the building



Place Ville Marie turns 50 this year, and during that time the familiar cruciform office building has become one of downtown Montreal's most distinctive landmarks. Westmount photographer Mike Haimes was there at the beginning. Here are a couple of aerial photos he took of the new building in the early 1960s. Photos: Mike Haimes



►► Continued from PASSOVER SEDER, page 8

perpetuation of families. In the Midrash, there is discussion of how the women encourage family growth even during bondage. Miriam, Moses' sister, is an important figure who said to be responsible for her estranged parents reuniting and because of their remarriage, Aaron and Moses were born. The Women's Seder tells of the midwives Shifra and Puah, Yochaved and Miriam and intertwines the words of women into this holiday.

A long or round table draped in white may be set up as women gather to tell the story of the Exodus from Egypt. It will relate the story of slavery and it will possess the symbols that depict the holiday such as matzah and maror. It will also include the Miriam's cup on the table, which will stand next to Elijah's representing redemption and

possibility. Her cup will be filled with water to symbolize the well that G-d gave to Miriam so that water would follow the Jewish nation during the forty years of wandering. The orange on the Seder plate will stand for the rightful inclusion of women in Judaism. It may also describe that there is that need to change with the openness in the acceptance of the gay and lesbian lifestyle in Jewish life.

The true purpose of the Women's Seder is to elaborate and perpetuate the Passover journey of understanding where the other Seder leaves off. It explores the spirituality of women but it does not replace the traditional Seder. Since the Passover story is one that relates freedom from oppression, then the female voice is essential. Opening up this holiday in a more inclusive manner is one way in eliminating oppression by allowing recognition for all.

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