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LOCAL NEWS:
Cavallaro bounces back
after firebombing
Page 3

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LOCAL NEWS

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Urban Inspirations

Westmount photographer Nadine Hennelly gets her inspiration from Montreal's landmark sites and industrial parks, bringing out the beauty in concrete formations. Hennelly's exhibition runs from Nov. 27 through Dec. 15. For more on her urban inspirations and her upcoming show, turn to page 20. (Photo credit: Hiba Zayadin)

Trent skewers Montreal megacity

Rotarians hear mayor's take on municipal mergers and their aftermath

Wayne Larsen

Mayor Peter Trent's days of verbal combat in the front-line trenches of the municipal merger battles may be well behind him, but the entire subject still strikes a raw nerve — especially in Westmount.

Pointing out that this Dec. 20 will mark the 10th anniversary of Bill 170, which was "rammed through" the National Assembly to merge 212 cities across Quebec, Trent took the podium at last Wednesday's Rotary Club luncheon meeting in Victoria Hall to update members and guests on the ongoing mega-Montreal saga.

He also announced his resignation as chairman of the Union of Quebec Municipalities' (UMQ) regional caucus, which had been made official the day before.

The main reasons behind his departure, he stated later, were the recent well-publicized allegations of corruption aimed at UMQ

Continued on page 3

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Cavallaro bounces back after firebombing

Brenda Rafilova

It's like it never happened. Cavallaro Fine Foods, the Sherbrooke Street café and deli that was firebombed last Thursday morning, is back on track.

"It hasn't affected our business," said Tony Russo, the owner of Cavallaro. "Our customers were and are very supportive. They came the next day as it happened just to see how we were doing. They are very supportive. They are the best."

Aside from a plastic sheet covering the storefront window at noon Thursday, there were few signs of a fire that broke out at the café early that morning — in fact a handwritten sign on the door read OPEN FRI-DAY.

Although the firebombing occurred less than a week ago, employees feel safe coming back to work, not mentioning the customers who could not imagine their day without stopping by one of their favorite stores.

"If I didn't feel safe I would not be sitting here having my latte and my croissant," said Patrick, a regular customer. "There is more risk trying to cross the street, so I'm not worried."



On Thursday morning, the Cavallaro café on Sherbrooke Street showed few signs of a firebombing just hours earlier — except for the plastic-covered front window. Photo: Wayne Larsen

Elizabeth, another regular customer, admitted she was a little worried at first but

it did not stop her from coming back.

"I've lived in the neighborhood for 15

years now, and this is the first time that something like this has happened," she said. "Yes, it affected me a little, but it doesn't mean I'm not going to shop here anymore."

Even employees of other businesses located next to Cavallaro still feel safe and go to work without fearing another explosion.

"No one is mentioning anything anymore. It's really like it never happened," said an employee at Courval Fine Lingerie.

Local police are still investigating the small fire, to which local firefighters responded at about 4:30 a.m. Thursday. It is believed that a Molotov cocktail was thrown into the establishment at 4865 Sherbrooke St., just a few doors west of Victoria Avenue.

There were no injuries, and damage was not considered extensive enough for the owners to close the business for more than one day to clean up.

Now, it seems most of the firebombing talk is over. Although some people are still curious, most of them have moved on.

Continued from page 1

members, including Laval mayor Gilles Vaillancourt and UMQ president Marc Gascon, mayor of St. Jerome.

Still bitter over old rivals

In a lively address entitled 'The Municipal Merger Hoax,' the mayor highlighted some battles past and present, admitting that he and one-time political foe Gerald Tremblay are getting on very well these days. "He seems like a different person now," Trent said of the Montreal mayor, with whom he now has many dealings through his role on the Montreal Agglomeration council.

Trent, who has written a 400-page "doorstopper" of a book on municipal mergers due to be published next year,



Mayor Peter Trent discusses 'The Municipal Merger Hoax' at last Wednesday's Rotary Club luncheon.

Photo: Wayne Larsen

took every opportunity to skewer his one-time opponents in the merger/demerger political debates.

"Every dogma has its day," he said of former Montreal mayor Pierre Bourque and former Quebec premier Bernard Landry, both of whom were key proponents behind the forced mergers of 2002.

Pointing out that the Montreal megacity will soon have cost taxpayers \$10 billion, Trent referred to the entire process as a "tragedy of two errors" — first for the Parti Québécois allowing the mergers, then for the Liberals not allowing the demergers.

"A plague on both their houses," he said, adding that Premier Jean Charest committed "a supreme error" in not honouring his pre-election promise to allow a smooth demerger process.



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OPINION

Lansdowne residents continue to plead their case



Toula FOSCOLOS
toula.foscolos@transcontinental.ca
TOULA'S 'TAKE'

Patrick Barnard's 28th instalment of the Pimento Report (you can watch the entire video on www.westmountwatch.org) is all about allowing Lansdowne Avenue residents a voice.

Having recently presented a petition to Westmount City Council, Lansdowne residents are now being seen interviewed by Barnard where they discuss ways to maintain the "residential character" of the street. During the video, they bemoan the heavy morning traffic, the additional traffic expected to compound the problem when the MUHC hospital and the super-sized arena are completed, the noise and dust, as well as the huge Public Works trucks barrelling down Lansdowne, despite the "No Trucks" sign there at the moment.

Some of the concerns are more valid than others. In my humble opinion, you can't opt to live in the city (no matter how residential your area claims to be) and complain about the noise and the dust. There's no invisible bubble that can shield you from the inevitable consequences and inconveniences of ever-present and ever-increasing traffic. Even sound barriers can only do so much.

But some of their concerns are more than warranted. If traffic is at a saturation point now, there's no telling how bad it will get when the hospital and the arena are built. Despite assurances to the contrary by the local administration, you don't need to be an urban planner to deduce that two NHL-sized hockey arenas are going to bring a lot of traffic and cars to the area. Hockey is not the kind of sport you play with no equipment. You lug a lot of stuff with you when you practice and/or play. And you don't lug it on a bus or by foot. You need a car. Yes, underground parking will accommodate these cars, but they still have to drive on Lansdowne to get there. Pretending that it won't affect the tranquil residential character of the area is preposterous and solutions need to be found now; not after the arena has been built and residents are faced with a reality they neither wanted nor expected when they originally decided to reside in the area.

Trent reacts appropriately

During an interview with CBC Radio last week, Mayor Trent revealed that he had resigned from the Union des Municipalités du Québec (UMQ) board of directors and its executive committee because of the allegations of corruption plaguing president Marc Gascon, mayor of St-Jérôme, (who originally refused to, but has since

stepped down). Gascon is one of several mayors north of Montreal feeling political heat relating to allegations of unethical dealings.

"We have to set an example," Trent stated. "It has to start at the top; not at the bottom." Citing the behaviour unacceptable, he chose to step down and kudos to him for doing so.

Head out to Greene this weekend

It's been a long, dusty summer for the merchants on Greene Avenue. You can't revamp a street without affecting the flow of traffic and the circulation, and the businesses located on the shopping stretch have certainly felt the dire effects on their sales. So go out and support them this weekend and get a head start on your Holiday shopping, while you're at it. Local businesses need local support, first and foremost.

LETTERS TO THE EDITOR

Councillor ignoring or missing the point entirely

Dear Editor,

Councillor Victor Drury's Nov 18th, 2010 response to Mavis Young betrays a lack of attention to detail that I think needs to be addressed. In his letter, Drury is either ignoring the main point, or missing it entirely.

Despite Drury's "copy-paste" blurb about statistical methodology, the letter clearly doesn't address Young's very important point concerning the validity of the question itself. Had City Hall asked the age-old loaded question, "Have you stopped beating your wife?", the exact same bit of text might have been provided by Ipsos to justify their methodology. The main point, in case Drury missed it, is this:

The original question was flawed in not providing a broad enough range of options to respondents.

There, that should do it. And this point is not a minor detail. It goes to the very



heart of the true question "What does Westmount need?" Mavis Young also brought up the very valid point that the poll would not cut the mustard as a scientific result. Nor, I would add, does it pass as a democratic result.

Plain and simple, in the absence of a clear mandate, City Hall tried to manufacture consent from the populace. Each and every one of us can test this by trying something very simple. Imagine you had to bet \$1000 on 83% of people on the street answering yes to the following yes/no question:

"Are you in favour of a two-rink Arena Project, rather than a one-rink, one-indoor-pool option?"

Would you take that bet? Westmount has, with \$37M of public money.

Andy Froncioni
St-Catherine St W

What's the hurry?

Councillor Drury persists in claiming that the 22% of Westmounters who

signified agreement with the arena project represent 'better than 4 out of 5'. (A majority, indeed, WE Nov 18, 2010).

Continued on page 5

Send us your letters

The Examiner welcomes letters from readers on issues of local interest. Letters should be sent to examiner@transcontinental.ca (preferable), by fax to 514-484-6028 or by mail to Letters to the Editor, The Westmount Examiner, 245 Victoria Ave. suite 210, Westmount, Qc. H3Z 2N2. Only letters bearing the writer's full name, address, and a daytime contact phone number will be considered for publication. Handwritten letters will not be accepted. Letters may be edited for length and/or clarity.

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Continued from page 4

In pushing the case for the proposed 2-rink arena being the sole option available to residents, necessitating an urgent decision, the cover letter accompanying the survey information stated that "the grant is very specific and will shortly expire". As we now know, both of these statements are incorrect; the grant documentation allows for changes to the plan and the date of completion is 2015. What's the hurry?

Would Councillor Drury care to comment?

Mavis Young
Melville Avenue

Westmount should care about air quality, not expenses

Dear Editor,

In the Examiner article of October 20th "Cyclists Welcome Winter Bike path", a councillor pointed out that the move (opening the Greene to Atwater bike path for 12 months yearly) will be benefitting mostly non-residents of Westmount, dangerous to use (for various reasons), an expensive \$75,000 lost parking fees each winter for Westmount and, will be used by cyclists at their own risk.

Among the increasing number of cities in the world that care for air quality enough not to worry about expense in the construction and upkeep of bike paths and making them as safe as possible for cyclists, Westmount's stingy and narrow outlook on keeping just a short length of bike path open during winter will surely invite ridicule and hilarious surprise.

Stephen Chin
4328-16 Sherbrooke Street

Royal West Charter of Student Rights is a Catch-22

Dear Editor,

At Royal West Academy, the uniform is taken very seriously, any minute infractions (skirt rolled, 1 corner of shirt untucked, etc.) result in after school detentions. The Boys Juvenile Volleyball team just won the GMAA Championship for the first time in the school's history. To celebrate they decided

to shave their heads into a Mohawk. This way, they felt as though they were able to show school pride (all the students loved the new haircuts) and demonstrate that they were a (proud) team. In the Royal West Charter of Students Rights it indicates; you have the right not to be discriminated against based on physical appearance. At the same time it indicates later on in the Uniform section that haircuts must be Neat, Clean and Conservative. Hair must be naturally coloured and only one piercing is allowed. So what the Charter of Student Rights is claiming, is that students have the right to be what the school tells you to be, end of story. No individualism is allowed to be expressed through something as simple as a hairstyle.

Who is the one who gets to define neat, clean conservative haircuts? The definition of conservative is the following: favouring traditional views and values; tending to oppose change. I find this funny because in the 1990's when the Charter of Student Rights was formed, hairstyles were all over the place, they were changing and evolving. When I was granted the opportunity to a brief meeting with not the principal but the vice-principal, she told us "You need to have your hair the way it grows naturally." If I was to leave my hair to grow naturally until it was down to my elbows, I'm pretty sure that at that point it wouldn't be considered, neat, clean or conservative. My main point being that the administration can't even define what a "neat, clean conservative hairstyle" is, because of whatever reasons, they decided to crack down on the Mohawk that our school team is sporting.

Our Vice-Principal told us that either we shave it off for Monday, or we get suspended. I've seen many students in our school (not only in the present day but looking at the graduate pictures from 1995-Now) with students sporting creative haircuts. Why is it that at a public school that "promotes respect for cultural diversity and an understanding of social issues", the student body isn't able to sport a Mohawk, but can wear a Muslim headdress, or can have cornrows or Afros. The Mohawk is a Native American hairstyle. Looking back in time, there was a case of a Native American man being refused entry into a bar because of his Mohawk. They deemed it "tasteless and not

classy enough". The man took them to court and won. How come cornrows and shaved heads are allowed at Royal West Academy? Not to mention all the "naturally coloured hairstyles" I've seen. Is it even possible to have burgundy or purple hair? I didn't think so until I saw multiple students casually sporting it around, along with 2-3 piercings in an ear. Times are evolving and so should the rules for each school, acceptance is an integral part of the school and all cultures should be accepted! Also the rules should be determined and a standard should be set for each year, it shouldn't be up to the current Vice-Principal to decide what's acceptable and what isn't.

Julian Prince-Finkelstein
Kensington Avenue

If you can't control your dogs, keep them off public property

Dear Editor,

On November 17, I witnessed a horrible dog attack in progress near the corner of Kensington and de Maisonneuve. I heard a dog yelping and someone crying out

"please help me, please help me". To my horror, there was a dog on the sidewalk being attacked by two pit bull type dogs (I cannot confirm the breed). One had the dog's head locked in his mouth and the other was locked onto his rear end. Fortunately, a few people came to help and eventually the dogs were separated. I believe the three dogs were on leashes and yet this horrible attack took place. I sincerely hope the dog's injuries are not too serious, but what damage could these dogs have done to a child? If you cannot control your dog(s), please keep them off of public property.

This brings me to another problem that I have noticed recently in Westmount Park (in particular the area between Westmount Park School and the bike path). More and more dogs are running off leash and more and more owners are not picking up after their dogs. Westmount Park is **not** a dog run. I realize Public Security Officers can't be everywhere all the time, but perhaps a few tickets might send a clear message. Residents should be able to walk freely in our parks without dogs running loose or stepping in...

Please pick up after your dogs and keep them on leashes (it's the law!) and if you can't control them on leashes, stay off of public property. Thank you.

Ann McWhinnie
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Old friends help Almond launch Alford saga

Wayne Larsen

It was a triumphant homecoming for Paul Almond last Wednesday night, as more than 100 friends, fans and well-wishers gathered in the main ballroom of Victoria Hall to help celebrate the launch of Almond's latest book, *The Deserter* — the first instalment of the Alford saga.

The Westmount native, who has had a distinguished career in the television and film industry, as well as authoring several books, could not hide his pleasure at being back in Victoria Hall among so many familiar faces.

Co-organized by Nicholas Hoare Books, publisher McArthur & Co. and the City of Westmount's Community Events office, the launch featured an introductory address by Almond, who took the opportunity to outline not only *The Deserter*, but also the forthcoming books in the Alford series.

From the opening pages of *The Deserter*, in which Almond's great grandfather, Thomas Manning, jumps ship and starts a new life in what would eventually be known as Canada, to Almond's own 20th-century experiences in the film and television industry, the Alford saga takes readers on a long journey through the ages by chronicling



Paul Almond signs a copy of his latest book, *The Deserter*, during a well-attended launch event in Victoria Hall. Photo: Wayne Larsen

Almond's own family history. McArthur & Co. will be publishing the rest of the series incrementally over the next few years.

But for Almond himself, the launch was more like a big reunion; he was greeted by many familiar faces from his youth, often expressing his delighted disbelief at the sight of an old friend or classmate. As a result, he spent most of the time greeting old friends and signing copies of his book, as the queue of well-wishers and guests with new copies of *The Deserter* dominated the area in front of the stage for most of the evening.

Quebec Court of Appeal rules accident was preventable

After hearing the City of Westmount, the Société de l'assurance automobile du Québec (SAAQ) and Richard and Sharon Rossy, the Quebec Court of Appeal has ruled that the accident that claimed Gabriel Rossy's life could have been prevented.

The Rossy's 27-year-old son Gabriel died after a decayed tree fell on his car killing him. The accident occurred on Westmount's portion of Côte-des-Neiges Road on Aug. 1, 2006.

"Common sense had to prevail," said Sharon Rossy, when interviewed. "The Court ruled that the fact that he was in a car was irrelevant, and so it didn't fall under Quebec's no-fault ruling.

"This is a wake-up call to municipalities to take care of their infrastructure," said Westmounter Julius Grey, the Rossys' lawyer.

The Rossys are suing the City of Westmount for \$1.3 million and are requesting changes to Quebec's no-fault automotive insurance law. With this ruling, the door is now open to sue the City



Gabriel Rossy

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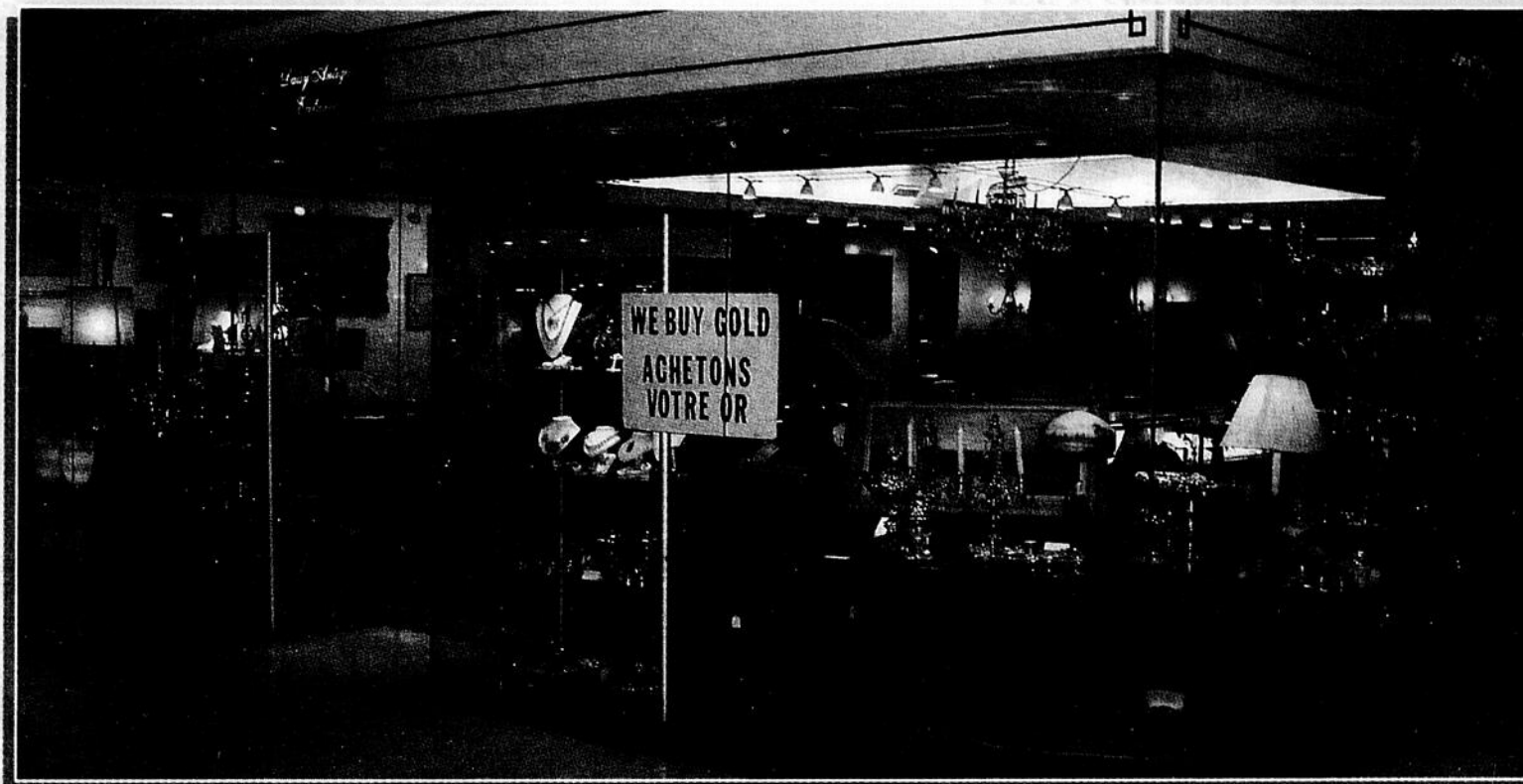
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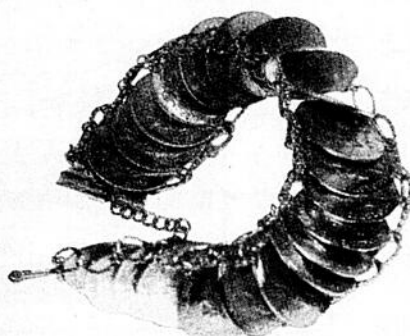
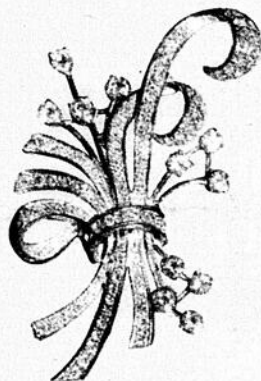
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Westmount Scouting recognizes leaders



Marilynn Vanderstaay
**Around
Westmount**

This year Westmount Scouting celebrated 100 years in the community. At a recent ceremony, the Quebec Council of Scouts Canada recognized longtime leaders for their years of service.

Maggie Shaddick was celebrated for 45 years of service and Shirley Carreiro for 30 years. Shaddick was a Cub leader with 2nd Westmount before becoming District Commissioner. Today, Shaddick is a member of the Quebec Council as well as a member of the World Scout Foundation. She has led several projects to raise money and send Canadian Scouting youth to Africa as part of the Red Ribbon Program, a Scouting program that educates youth on AIDS.

Carreiro was the last District Commissioner before Westmount was merged into the larger area of Stoney Pt of which Virginia Elliott is the present commissioner. Today she is Chair of Associates of Scouting, a subgroup of the Finance Committee whose is to ensure



Scout leaders
Maggie Shaddick and Shirley Carreiro.

those youth who most need Scouting, and who can least afford it, are never turned away through its 'No One Left Behind' program. Associates contribute annually to support three major areas; campership, uniform, and membership.

Visual Colouring • Quilt Art for Africa

The exhibition Visual Colouring – Quilt Art for Africa was launched recently at the Gallery at Victoria Hall. Created by members of the Westmount Quilters Guild the exhibition features each quilter's

interpretation of colour in a wall hanging quilt art piece.

The idea began as a challenge for the guild to create visual colouring in quilts. Each member submitted a colour photograph from which eight were chosen to be the starting points for each quilter's piece. From there each quilter designed and created their own challenge piece.

More than an exhibition of original hand quilted art, however, the exhibition also represents the guild's commitment to the Stephen Lewis Foundation's Grandmothers to Grandmothers campaign. Sales of all pieces will go directly to the Foundation. The exhibition continues until December 4 at the Gallery at Victoria Hall, 4626 Sherbrooke Street West. For more information phone 514.989.5521

Livestock Auction for Bangladesh

On Wednesday, December 8 from 5:30 p.m. to 9 p.m., 12-year-old Harry West, a grade seven student at FACE School, will host a livestock auction for Bangladesh in the social room at 4300 de Maisonneuve West.

The idea is to raise funds to purchase essential livestock for milk production, breeding and income. One hundred per cent of the donations to Harry's project will

be processed through World Vision Canada, which will donate the livestock to the villagers of Bangladesh.

The evening will be a fun one that will include the well known Mashed Potato Martini, champagne, prizes, music, a silent auction and the livestock auction.

"Harry has chosen the stable of animals gift because of his love for animals, and his sensitivity to help all those who are in need," said his mother, Rocio Lazano. "He chose Bangladesh because there are several farming villages where the villagers are being trained into animal rearing."

To reserve your place or for more information phone 514.290.9356 or email rocio_lzn@yahoo.com

Shaar to screen Wondrous Oblivion

"When cultures collide, some wonderful things can happen..."

On Tuesday, November 30, Congregation Shaar Hashomayim will screen the film Wondrous Oblivion at 7:30 p.m.

The Wisemans are a traditional Jewish family living in suburban 1960's England. The Samuels, a lively Jamaican family move in next door to the Wisemans and unexpectedly changes their lives.

Continued page 23

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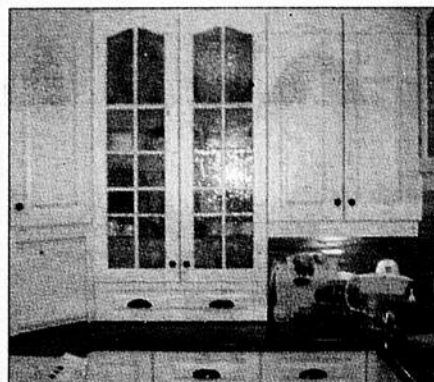
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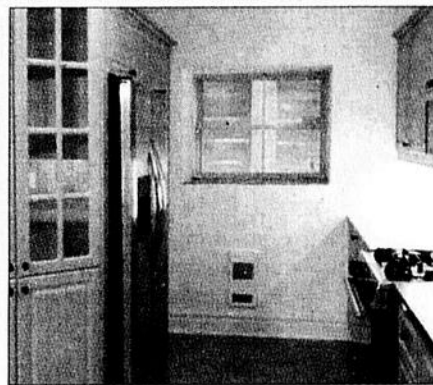
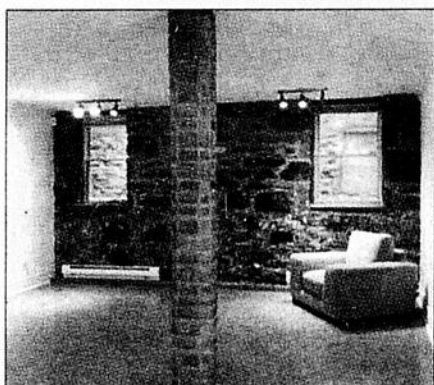
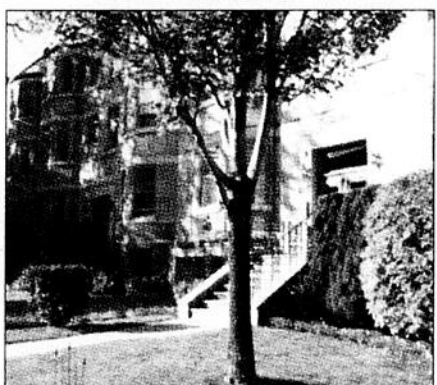
THIS WEEK'S FEATURE PRESENTATIONS

DOWNTOWN 1241 SUSSEX STREET \$299,000



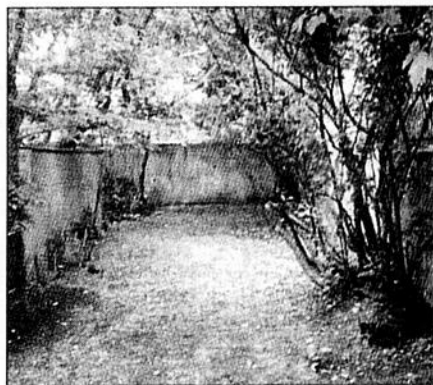
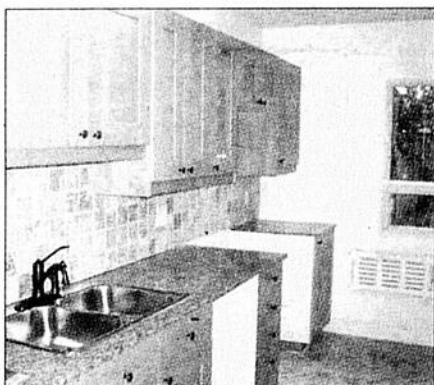
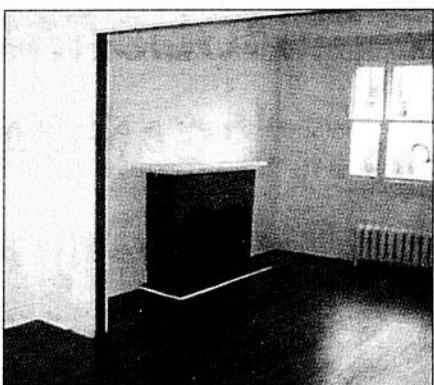
Fabulous renovated 2 bdrm 1 bathroom condo in immaculate condition. Hardwood Floors throughout, Wood Burning Fireplace, exposed brick walls, new windows, doors, heated floor in new kitchen, balcony, permit parking. Facing Children's Hospital, steps to Alexis Nihon Plaza, AMC Theatres, Dawson College, buses, subways and restaurants. A MUST SEE. MLS 8440955

435 GROSVENOR AVENUE #20 \$319,000



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536 LANSDOWNE \$649,000



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Weight loss made simple



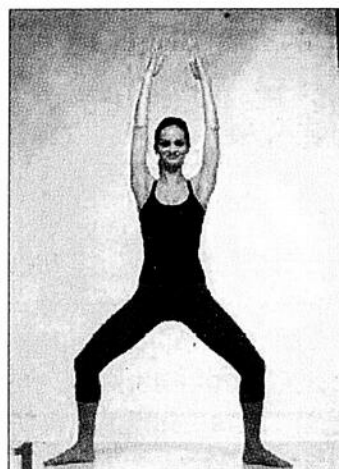
Miranda
Esmonde-White
To a Better You

Time and time again people look to alternative methods for losing weight, hoping that a quick and easy fix will exist in a pill or drink so that they can avoid what they already know. Gimmicks aside, weight loss has and always will come down to maintaining a well-balanced diet with attention to caloric intake and regular fitness. What many may be shocked to hear however, is that exercise for weight loss does not mean we have to be drenched in sweat by the time we are finished, in fact all that it takes to boost our metabolism and jumpstart our bodies to burn calories are exercises that will strengthen our muscles.

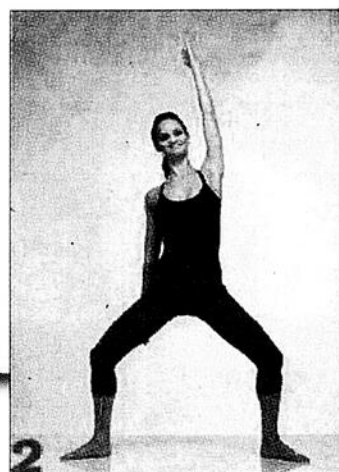
So how does it all work? Well, in a recent study, researchers found that regular strength training boosts the basal metabolic rate by about 15%. This is because muscle is 'metabolically active,' meaning that it is full of mitochondria, which are better known as

Continued on page 11

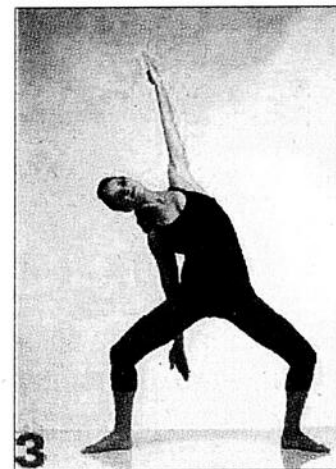
Plie Exercise Sequence



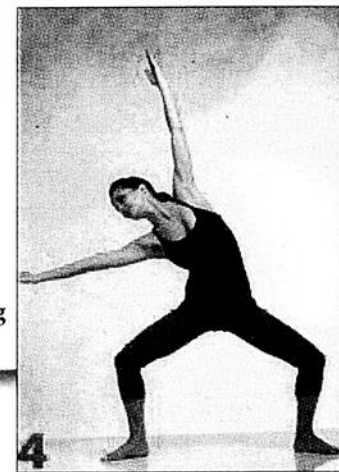
"Place the knees in alignment with feet."



"Keep back as straight as possible, do not lean forward."



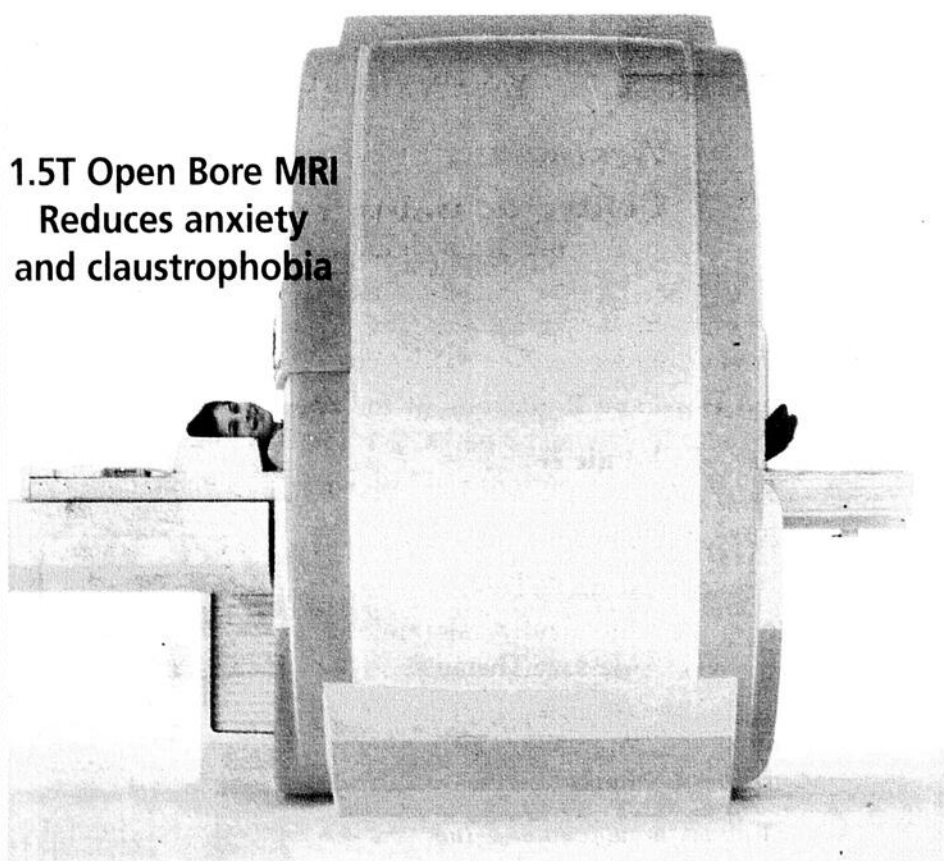
"Pull arm towards the ceiling as you are bending sideways."



"Raise the lower arm reaching out as far as possible."

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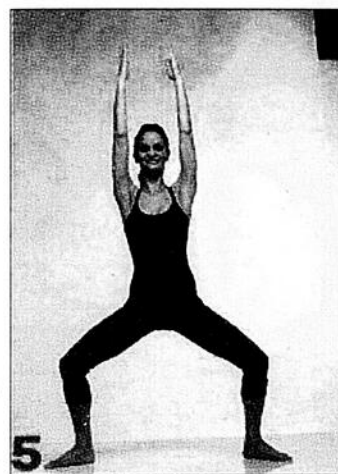


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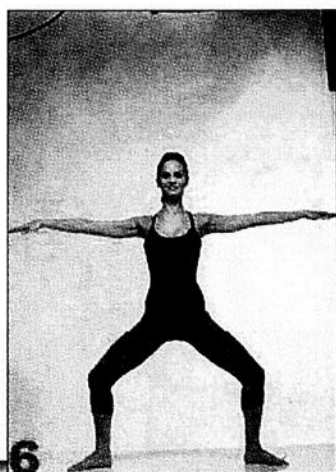
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WELLNESS

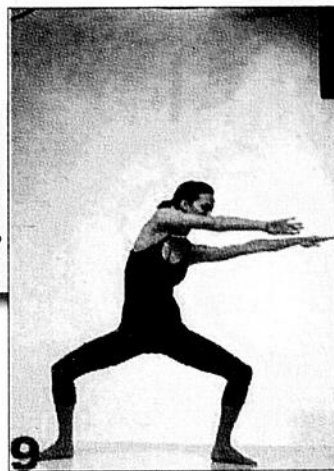


"Return to position one"



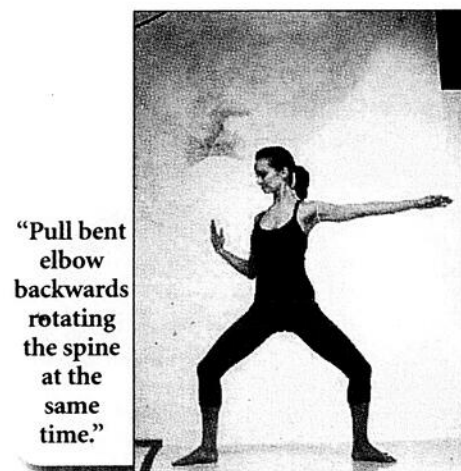
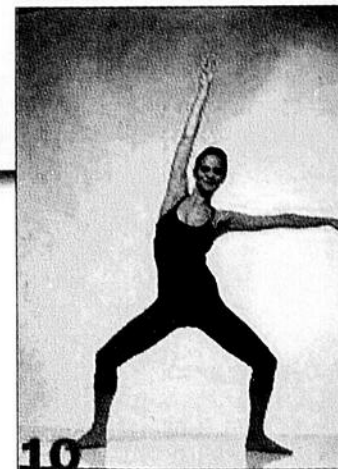
"Open arms sideways keeping shoulders down."

"Continue sweeping the arm until it touches the opposite hand."



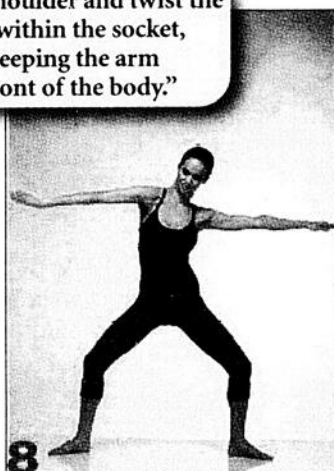
"Raise the arm towards the ceiling."

Repeat sequence.



"Pull bent elbow backwards rotating the spine at the same time."

"Raise shoulder and twist the arm within the socket, sweeping the arm in front of the body."



Continued from page 10
furnaces in the body that burn calories. Even after we have completed rigorous exercise and are no longer moving these mitochondria will continue to burn calories for several hours. Therefore, the more we use our muscles the more active the mitochondria are and the more calories that are

muscles are Classical Stretch plies, designed to strengthen the quads and therefore stimulate the mitochondria, burn calories, increase energy and prevent muscle loss and atrophy. Now you do not have to be a professional Ballet dancer or Tai chi master to know and experience the power plies have in weight loss, anti-aging and energy improvement.

Try some of these simple exercises pictured here and see how easy it is to begin a muscle strengthening routine today.



burned. The reverse is also true especially as we age and tend to under-exercise our muscles, leading to atrophy, a lower mitochondria count and less calorie burning.

Remember that the body has around 600 muscles to recruit for burning calories, which means we have to keep all 600 muscles equally strong and active to maintain a stable weight and prevent weight gain.

A great starting point for muscle strengthening are the legs as they house the largest muscles in the body and therefore hold the most mitochondria. One of the best exercises to burn calories with these

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Be assured that we treat all of our patients with respect and kindness. Some of you may be nervous, or embarrassed because it's been a long time since your last visit to a dentist. Don't worry, we understand how you feel. You won't be judged or scolded by anyone, and you are not just a number on a chart. There has been some amazing progress in dental treatments and pain control so dental visits don't have to be stressful.

New patients are always welcome, and treated with the same TLC. Please do not hesitate to call us to find out what we can do for you.

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Lounge area



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About 40% of men (and many women) will develop sleep apnea. It can lead to serious complications like heart attack and stroke. We can help you control or eliminate the apnea and snoring.

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For your teeth, your bite, your gums, your jaw joint, your smile and your face, we design an individualized treatment plan. We then work with you to develop a long term plan for any work that needs to be done.

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Crowns and veneers are made in just one visit. We take a photo of the preparation done, nor will you have to wear a temporary crown, or come back. We design your crown on a computer, then mill it on site, and restore to full strength and beauty. We conserve more natural tooth structure than root canal, and there's virtually no sensitivity. It looks like the office with your new smile the same day!

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Exams, and cleanings can be painful. We can use a new high potency laser to numb your sensitive gum tissues to ensure your comfort.

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SCREENING

During exams, but now we are assisted by a new technology called the VELscope. Early cancer can now be detected by the light shone in the mouth to seek out altered "tissue fluorescence". The test is non-invasive, and it can be done to the naked eye.

Single and multiple teeth as well as stabilize loose-fitting dentures. These osseointegrated ("anchored") implants are comfortable and they look great. I have done implants for over twenty years, and they have been successful.

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We will develop snoring and some form of sleep apnea. This repeated cessation of normal sleep breathing can lead to heart attack and stroke. We treat these conditions with special dental appliances (Klearway) which help with breathing.



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Our Team



DR. DOUGLAS E. HAMILTON

Dr. Hamilton has a special interest in restoring smiles to their natural beauty with the most up-to-date, quality materials and techniques. His practice also provides excellent hygiene and comfortable, periodontal care. Treatment of sleep apnea and early detection of oral cancer and practice management are other special areas of interest and expertise.

"I know that I can make a difference in people's lives. I am committed to helping my patients not only improve their smiles and self-esteem, but also in providing them with the means to live longer, healthier lives. Dentistry really can be comfortable and even fun, so I try to do my job well while sharing a laugh or two."

DIANA

For twenty-two years, Diana worked with Dr. Hamilton, first as a chair-side assistant, but she now works in an administrative and consulting role.

DEBBIE

Debbie studied Dental Hygiene at John Abbott College, graduating in 1991. She has been working with Dr. Hamilton for the past 16 years. Debbie is on the teaching staff at the John Abbott College Hygiene School where she teaches a class on periodontal disease.

MARIA

Maria joined Dr. Hamilton's practice in 1990 as a dental assistant, and has never looked back. With over eighteen years experience with in the dental office, she is extremely competent and particularly enjoys the patient interaction. Her fluency in Portuguese, French, English and "good" Italian help.



Before & After

A HEALTHY AND BEAUTIFUL SMILE

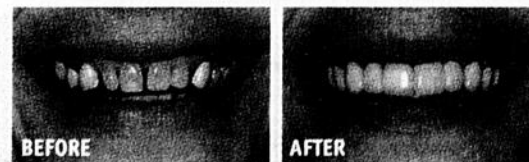
We want you to have a healthy mouth and a beautiful smile that will last you lifetime. See what crowns, veneers, teeth whitening, bridges, gum reshaping - or even a complete dental makeover - can do for your smile. (Photos have not been retouched).

A "smile makeover" can make a dramatic difference in one's appearance.

Here, a gentle smile after it has been restored with orthodontics, gum recontouring, zirconia all-ceramic crowns and bridges.

"Being a client of Doug's I have received nothing but good advice and treatment pertaining to my oral health. Once my orthodontic treatment was completed I knew I would need crowns and bridges. Doug then told me about the new method and material he would use."

I love my new smile. There was no gold or metal in my new teeth, they look very natural. They even put translucent edges on the front teeth. Because of the extremely smooth surface on my new crowns, they are easy to clean and my gums stay healthy. Thanks to you Doug and your staff." - H.



Jasmin helps seniors with transition process

Elisabeth Faure

A local one-woman start-up is offering seniors and their families help with home transition.

"We're all faced with that at some point in our lives, aging parents, aging families," says Danielle Jasmin. So she created Jasmin & Associés Home Transition.

Jasmin spent 20 years working in public relations, with a focus on healthcare. Her PR work brought her into contact with elderly clients.

"I really got close to them, and I started to really like working with the elderly," says Jasmin.

After training as a Certified Senior Advisor (CSA), and completing a course on priority aging issues, Jasmin is excited to be opening shop. She wants to offer home transition with a personal touch.

"You've got to listen to the person in front of you," says Jasmin. "A vase is not just a vase." Jasmin says that allowing clients to share the stories behind their possessions is

an important part of the transition process.

Jasmin & Associés offers assistance with a wide spectrum of transition scenarios.

For example: "Perhaps a couple who is still living in the family house, they've been living there for 40 years, perhaps the kids are gone," says Jasmin. "I can come in and give them a hand, get rid of the unused stuff. If they have antiques, we get antique dealers in, we do auctions, we do donations," she says.

Other scenarios? Perhaps a client wants to downsize to a smaller apartment, or needs to make changes around their home for safety reasons. "I can bring

"You've got to listen to the person in front of you. A vase is not just a vase."

in the appropriate team to get safety bars in the bathroom, check the carpets, everything around the kitchen," Jasmin says. "And, if you need home care, I bring in the appropriate person or group to help you with your medical needs."

Jasmin's preference is to keep clients at home as long as possible. But if seniors are ready to make the transition to a residence, she makes sure they are actively involved in



Westmount resident Danielle Jasmin

the process every step of the way. "We'll look around, see where someone wants to live, and take them to the residences. Then, the client can make their own choice."

When the new year rolls around, Jasmin will begin hosting a series of chats and seminars. "I want to give talks in senior's centres, and at activities - rotary, bridge club, dance clubs - wherever I can get a bunch of people together!" she laughs.

To learn more about Jasmin &

Associés, you can visit the website at : www.jasmintransition.com. Visitors will notice many turtle illustrations on the website. Jasmin says she chose the turtle as her company's mascot because, "the turtle is the oldest symbol of planet earth ... but the turtle also underlines the danger of rushing things. Hence, I think the link of home transition, and the elderly, and the turtle is perfect."

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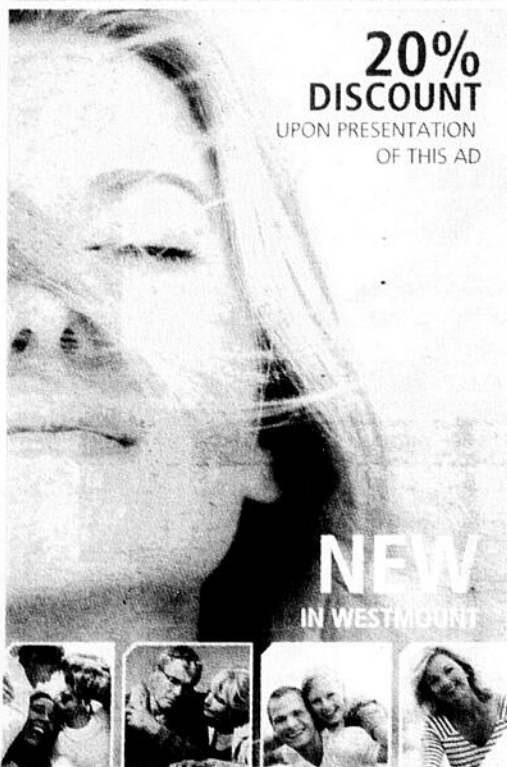
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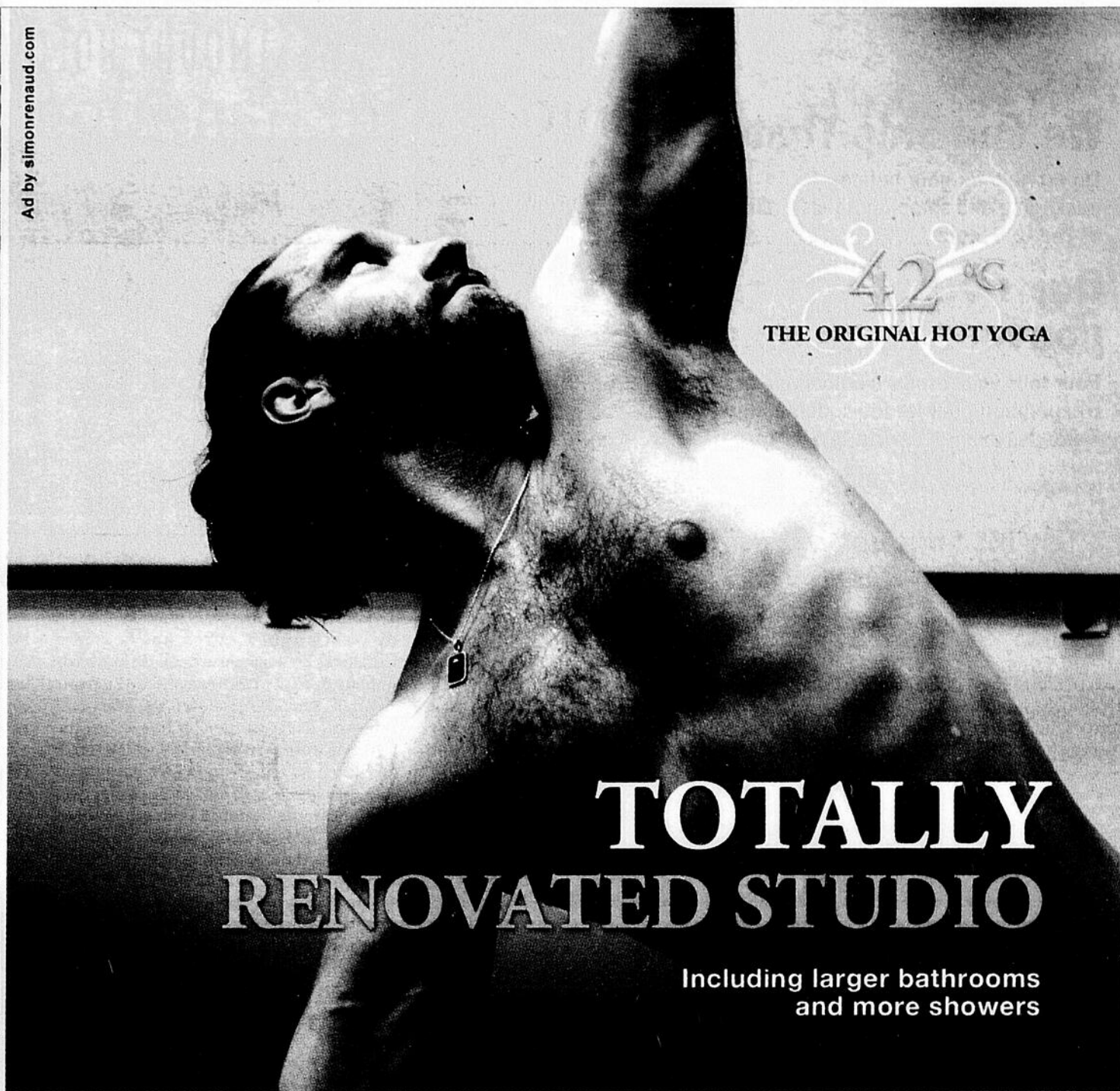
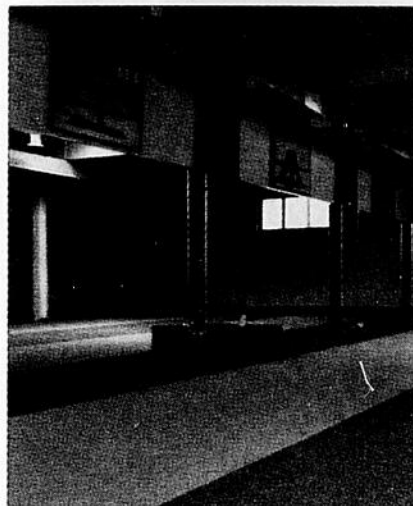
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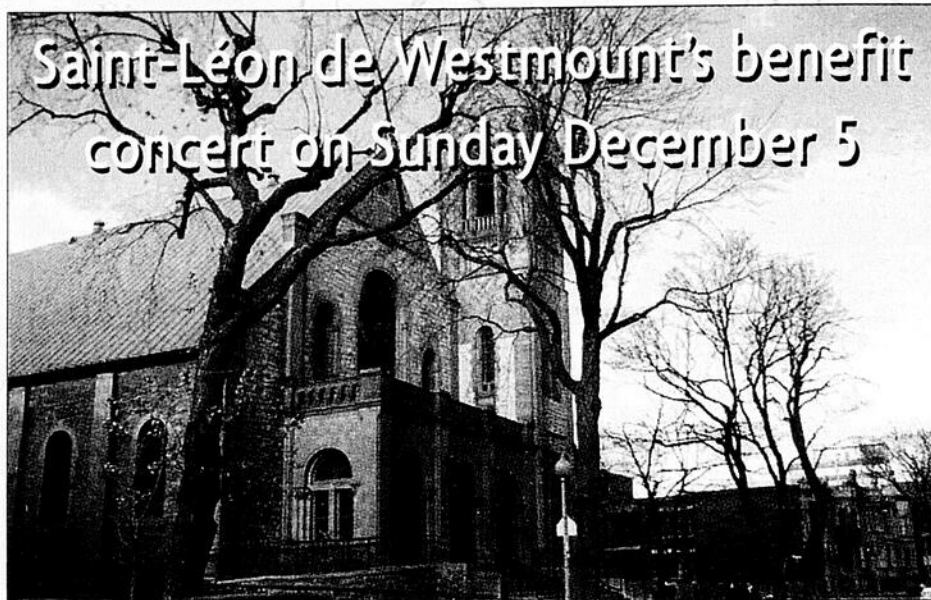
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WESTMOUNT HOLIDAY *Gift Guide*

Saint-Léon de Westmount's benefit concert on Sunday December 5



For the past three years now, Saint-Léon de Westmount Church has hosted a Christmas benefit concert. All the proceedings are dedicated to much-needed repairs. After all, Saint-Léon is over 100 years old! Although its structure is in fine shape, the roof has weathered rain, sleet, snow, wind, and taken its toll. Some water has filtered into the church itself and some plaster decorations on its beautiful ceiling have been affected, necessitating costly repairs. A reminder: At the beginning of the 20th century, Saint-Léon housed both the French

and English Catholic communities. In the 1930s the English Catholic community was awarded the authorization to build its own temple... Ascension of our Lord Church, corner Clarke and Sherbrooke.

The December 5th benefit concert, at 3 p.m. has been prepared by Mr. François Panneton, the chef de chœur of Saint-Léon Choir and the afternoon should be a great success, the programme put together attracting Christmas concert lovers. Tickets are on sale at 514-935-4950 or at pec@bellnet.ca

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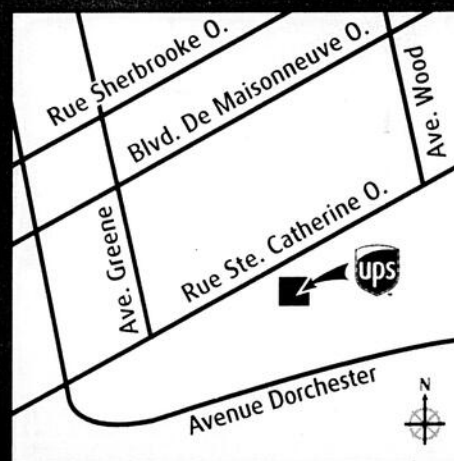
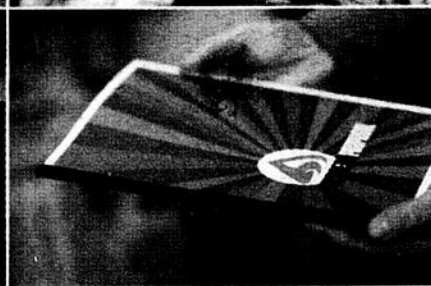
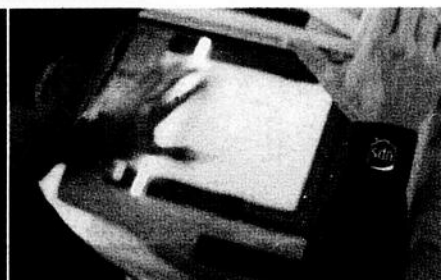
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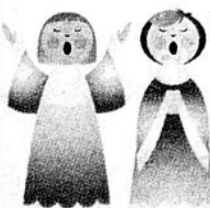
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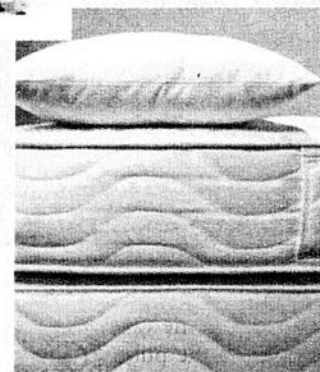
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Wagner and friends gather for informal group show

Elisabeth Faure

As part of an annual tradition, Flora-Lee Wagner is once again transforming her home into an art gallery, and opening the doors to the public.

"I like the idea of art in a home environment rather than in a gallery," says Wagner, of the "Art at Home" show.

Wagner has been busy preparing her home at 434 Claremont Ave. for Thursday night's vernissage. "It's not an easy thing to do, and it's been keeping me up some nights," she says, noting she has to clean from top to bottom, and put all her personal items away - "except for my artwork, of course!", she jokes.

Wagner says it can be scary to open your home to complete strangers, but she's never had a problem. "When I first started, 'Art at Home' it was by invitation only, it wasn't announced. So the vernissage was sort of the only night we were open to the public," she says. This year, an ad in the Westmount Examiner means more publicity. Wagner says she is nervous, she's more than ready to welcome more visitors.

There will be a diverse selection of artists, all of whom Wagner regards as friends.

"There's Sheryl Constantine, she was living in the U.S. for



An example of Sheryl Constantine's work.

about 25 years and she's just recently moved back, so this is giving her some exposure to start with. She's just an amazing drawer," says Wagner.

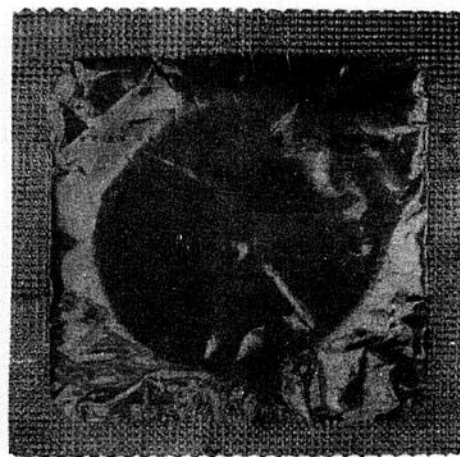
Other artists on display will include paintings by the Examiner's own Wayne Larsen, drawings by Bruce Roberts, and even a selection of artisanal birdhouses by Pete Claude.

"He doesn't do them (the birdhouses) anymore," says Wagner. "But the other day I was up at his farm in Harrington, and I brought some back to sell for him." Wagner laughs, "there are seven birdhouses sitting on my dining room table!"

Wagner describes her own work as a "mixed bag". She does oil paintings as well as artisanal pieces, and says she's recently started to get back into linocuts, a medium she hasn't worked in since art school.

There's only one criteria the artists must meet to be included in, "Art at Home". "I have to really like the art," says Wagner. "Because, for five days, my home is transformed, and I'm living in a gallery."

Art at Home (434 Claremont Ave.) begins on Thursday night from 6 - 8 pm. Runs Friday from 4 pm - 9 pm, Saturday and Sunday from 1 pm - 6 pm, and again on Monday from 4 pm - 9 pm. Visits can also be scheduled by appointment, by calling 514-484-1974.



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Urban inspirations

Hiba Zayadin

Being surrounded by skyscrapers, bridges and an intricate system of highways doesn't necessarily inspire creativity in the average person — but photographer Nadine Hennelly has managed to portray Montreal's landmark sites and industrial parks in an artistic fashion that brings out the beauty in concrete formations.

"With photography, what I love is that you could take something huge and still transport it," said Hennelly, who launches a new series of images entitled *PLAY* this week at Studio H.

This exhibition is the second part of her series *Urban Abstractions*. This time, she decided to focus mainly on photographing amusement parks.

"I really wanted to invoke that feeling of childhood and playfulness in this series," she said.

According to Hennelly, amusement parks are industrial sites created for the sole purpose of pleasure. For the last two years, she has been photographing

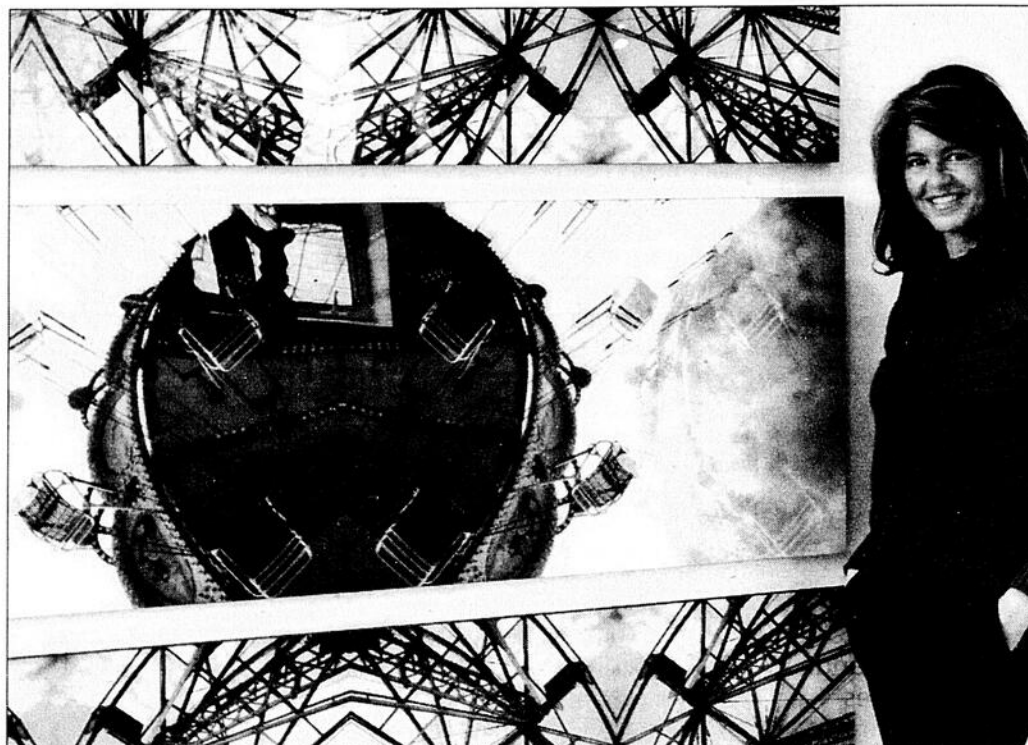
them in and around the Montreal area.

One thing that makes Hennelly stand out is the way she presents her images. As most are abstract, she offers collectors a chance to interact with her art by giving them the freedom to combine different images and hang them in various ways.

"I don't like to dictate things to people," she said. "I like having an exchange. I like people to take my work but then infuse it with their own ideas. Then the work is not just about me — it becomes about you, and how you see it and how you want to put in your place. So it would reflect something of you."

When a piece is grouped with either its mirror image or another piece, she said, it changes the relationship between the two images and creates a new meaning of the work.

Hennelly's exhibition runs from Nov. 27 through Dec. 15 at Studio H, 2252 St. Antoine Street West. Vernissage is Friday, Nov. 26 from 6:30 to 8:30 p.m.



Nadine Hennelly with one of her works from *PLAY*.

Gilbert & Sullivan courtroom farce is coming to Westmount

Victoria Hall will be transformed into a courtroom — where just about anything is possible — on Dec. 1, when the Montreal West Operatic Society mounts its latest production in Westmount.

This time around, the venerable local troupe is putting on 'Trial by Jury,' an early Gilbert & Sullivan one-act operetta that stands the test of time as a biting satire that pokes fun at the 'impartiality' of the legal

profession.

Does hell hath no fury like a woman scorned? Ask Angelina, the beautiful plaintiff in a breach-of-promise suit against Edwin, a serial suitor who has broken the engagement for a new love interest.

On whom will Justice smile? Well, that depends on the disposition of an awe-struck jury with curious notions of impartiality; a hapless defendant and his murky understanding of bigamy; a gorgeous plaintiff who seems to appreciate the fact that more than diamonds are a girl's best friend; and a 'reformed' cad of a judge with strong appetites in several directions.

When Justice lifts her blindfold, she does so — to wink.

The show will be augmented by a series of other popular Gilbert & Sullivan songs.

As the oldest Gilbert & Sullivan company in Canada, the Montreal West Operatic Society is a local non-profit theatrical troupe producing musical comedy since 1939. It is a charitable organization that raises funds for the Montreal Children's Hospital Foundation, primarily through the sale of its show programme.

'Trial by Jury' is the first of the MWOS's travelling shows this year. It will be presented in Victoria Hall, 4626 Sherbrooke St. W. on Wednesday, Dec. 1 at 7:30 p.m. Tickets are \$20 regular and \$12 for students. For tickets or more information, call 514-990-8813 or tickets@mwos.org, or visit the website at www.mwos.org

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Charles invites local spiritual medium Madame Arcati to a dinner party to perform a séance. The Condomines and their guests, The Bradmans, don't expect much more than a few drinks and some good fun. But the evening takes an unexpected turn when Madame Arcati summons the ghost of Charles' first wife Elvira. A playful and funny look at death and dying, *Blithe Spirit*

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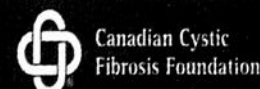
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Say Cheese!

Place Alexis Nihon launched its second annual Say Cheese for the Children's on November 19.

This incredibly successful fundraiser lets families get their photos done professionally with the team of photographers from Espace Urbain – all in support of The Montreal Children's Hospital. The studio is located at Place Alexis Nihon, 1500 Atwater, near Dollarama, and is open Friday, Saturday and Sunday from Nov. 19 – Dec. 12. For more information or to book a session call (514) 797-DONS or visit www.souriezdon.com.



Denis Houle, comedian / M. Craqueputte in Toc Toc Toc
Gil Lamy, Special Events Director for the Montreal Children's Hospital Foundation, Luke Quin, Communications Coordinator for the Montreal Children's Hospital Foundation, Audrey Rancourt-Lessart, comedian / Zalaé in Toc Toc Toc, Stephanie Normandin, Special Events / Communications Coordinator for the Montreal Children's Hospital Foundation
Julie Champagne, Marketing Manager, Shopping Centre Division for Place Alexis Nihon, Guy Charon, Executive Vice President and Chief Operating Officer for Homburg Real Estate Trust, Caramel, the Montreal Children's Hospital Foundation's mascot.



Westmount Examiner team
having fun posing for the first
photo to kick off the campaign.

Toula Foscolos, Bureaux Chief, Lindsay Robb, Assistant Publisher
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Imagining Montreal: one-night literary event

Westmount writers Claire Holden Rothman and Edward O. Phillips attending

A collaboration between Infnitheatre and the on-line arts magazine Rover, Imagining Montreal, new fiction here and now brings together a wealth of new writing about Montreal. A one-night-only event to be held Sunday, November 28 at the Bain St. Michel, 5300 St. Dominique Street. 5-7 pm.

City of ice and tropical summers, cafés, alleys, parties. The dance of languages. Decadence, rebirth, romance. These are some of the themes that emerge from some two dozen novels and story collections with Montreal as their setting, published since 2000.

Ranging from Heather O'Neill's poignant debut novel *Lullabies for Little Criminals* to just-published novels by Gail Scott and David Homel, these slices of new fiction have been woven together to tell

their own story: a city beset by extreme weather, traumatized by but ultimately triumphing over politics. In the new millennium, Montreal has reinvented itself - with help from the city's writers.

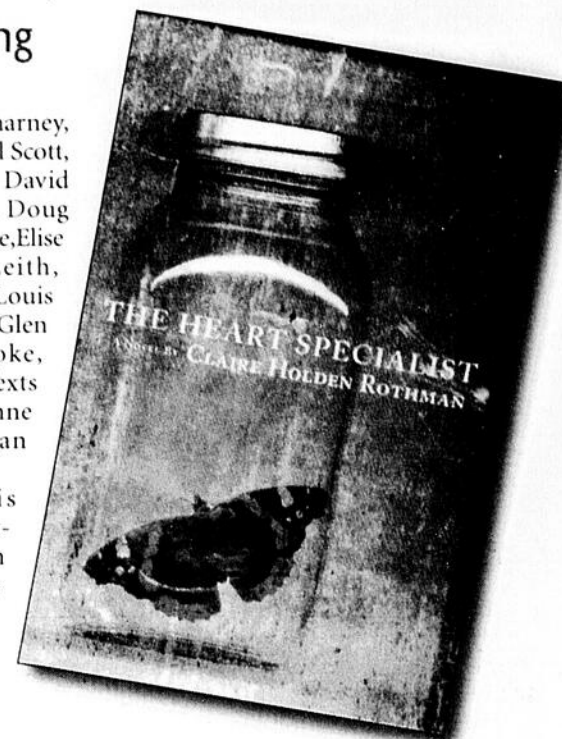
"When we started out to look at new novels set here, I imagined finding five or six," says project director Marianne Ackerman. "Instead we quickly passed the two dozen mark, and I fully expect to unearth more titles. Clearly, Montreal is enjoying some kind of literary renaissance. It's an inspiring city, a destination for talents from all over."

Authors include: Lance Blomgren, Gina

IMAGINING MONTREAL a city in fiction

Roitman, Heather O'Neill, Ann Charney, Ami Sands Brodoff, Nairn Holtz, Gail Scott, Edward O. Phillips, Matthew Fox, David Homel, Claire Holden Rothman, Doug Harris, Mary Soderstrom, Rawi Hage, Elise Moser, J.R. Carpenter, Linda Leith, Marianne Ackerman, Neil Smith, Louis Rastelli, Peter Dubé, Glen Rotchin, John Brooke, Claude Lalumière. Texts assembled by Marianne Ackerman and Megan Stewart.

Don't miss this unique gathering of voices, new writing brought to the stage. 5 - 7 pm on Sunday, November 28. Admission is pay-what-you-can. Refreshments will be served.



A Raisin in the Sun runs until December 5

Black Theatre Workshop celebrates their 40th anniversary with a classic



Written by Lorraine Hansberry, directed by Tyrone Benskin, and starring a number of many talented local actors (among them jazz singer Ranee Lee, *A Raisin in the Sun* runs only until December 5.

To purchase tickets call the Centaur box office at 514-288-3161. For more information on Black Theatre Workshop and their 40th anniversary season please visit their website at www.blacktheatreworkshop.ca. Photo credit: Cindy Lopez

Continued from page 8

Wondrous Oblivion is a gently comic coming-of-age story, a portrait of the importance of family, tolerance and standing up for what is right.

Following the film there will be a discussion with Dr. Adeela Arshad-Ayaz, Assistant Professor, Dept. of Education, Concordia University whose topic will be: "Bowing out Racism: Politics of Difference in Diverse Societies".

Gauthier launches novel at Atwater Library

Author LaFlorya Gauthier will launch her latest novel *Animata of Casamance* on Thursday, December 2 at 12:30 p.m. at the Atwater library lunchtime series. The library is located at 1200 Atwater. Admission is free. Bring a bag lunch and enjoy. For more information phone 514.935.7344

Wall discusses Romeo and Juliet

There is one date remaining in

Westmounter George Wall's Shakespeare lecture series at the Atwater library. Wall will present a discussion on the perhaps most well-known Shakespeare play *Romeo and Juliet* on Wednesday, December 1 at 11 a.m.

"The tragic tale of the star-crossed lovers has always been a favourite, mainly because of its popularity with young people" said Wall. "It's almost certainly the play that has created the most Shakespeare readers, but it contains ideas that are important to people of all ages, so it shouldn't be thought of as a play that's only for teenagers."

Wall stressed that his lectures aren't only for established fans of the bard: "I try my best to make the lectures meaningful and interesting to everyone, even to those that haven't read Shakespeare at all. The topics for discussion and thought brought up in the plays stand very well by themselves."

Wall writes a daily blog on Shakespeare that can be found at <http://www.starofengland.blogspot.com/>. For more information phone 514-933-3622

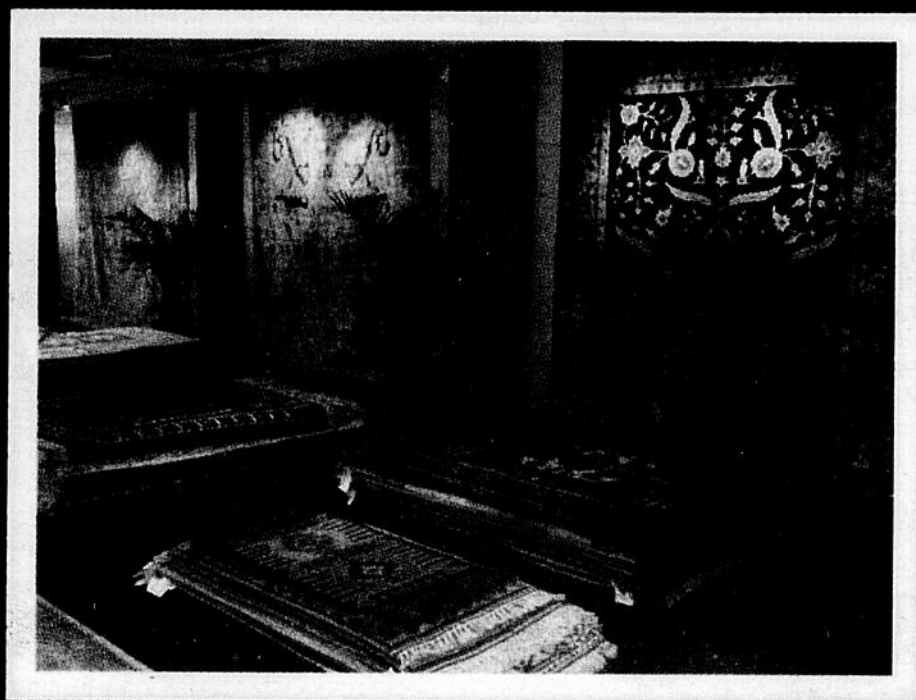
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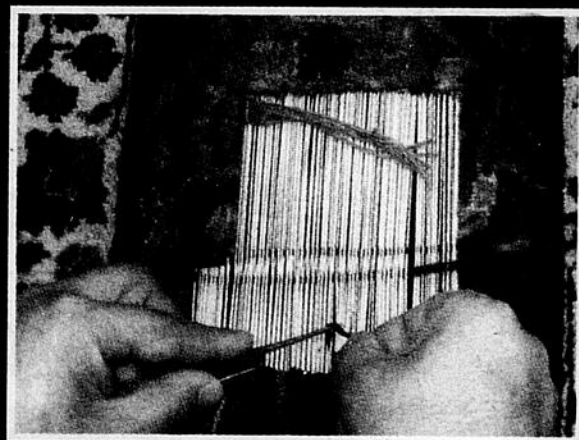
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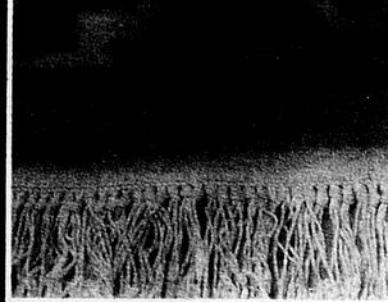
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