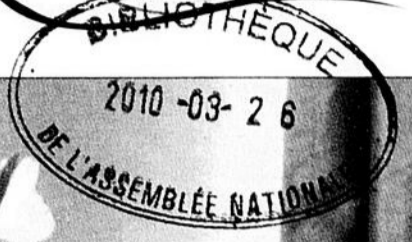


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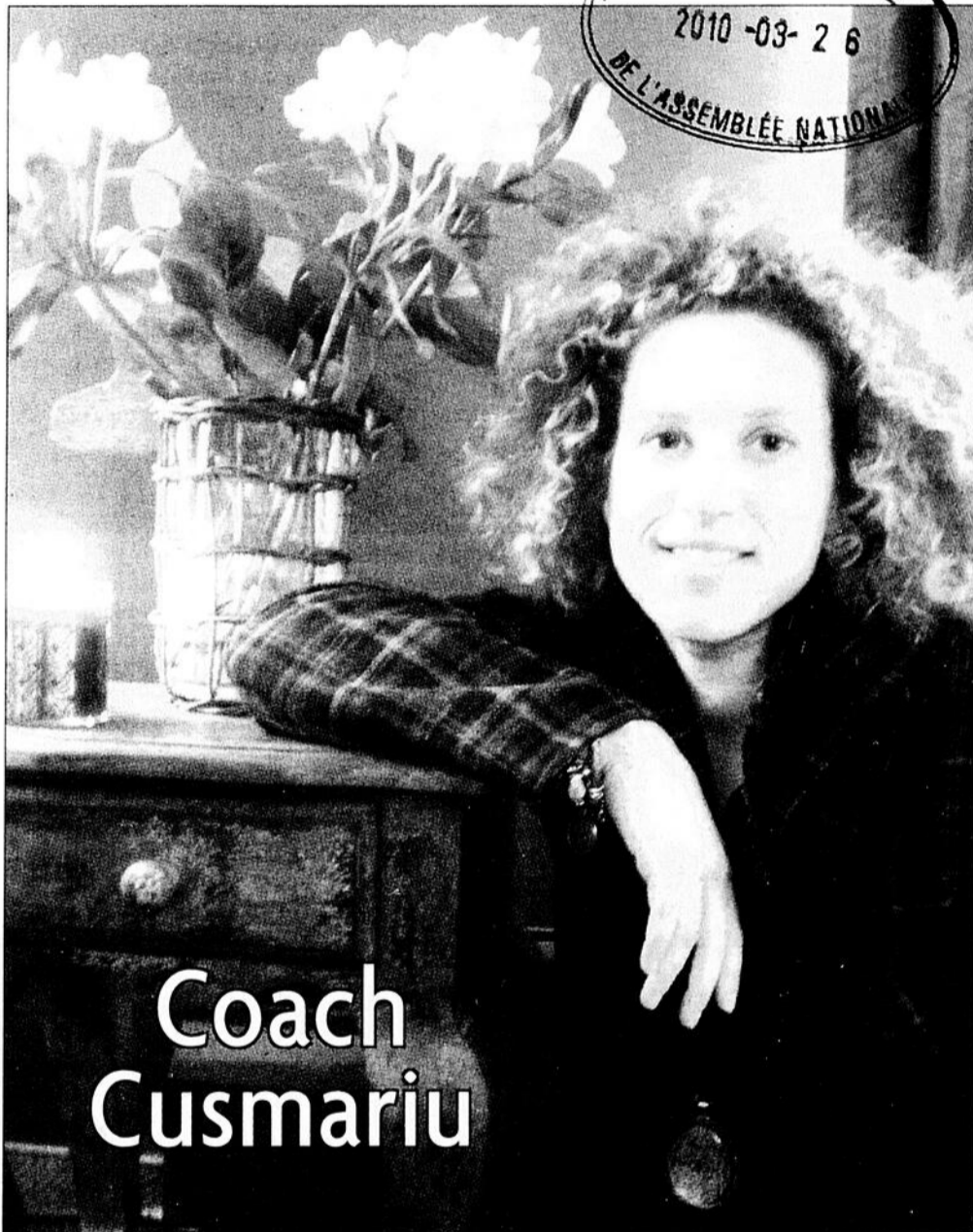


ARTS & LIFE
Westmounter wins Atwater Club's 13th annual photography contest
Page 6

This week on the **INTERNET**
www.westmountexaminer.com
Westmount Historical Association remembers a bygone era

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Coach Cusmariu

Westmount Life Coach, Julie Cusmariu, is all about personal transformation. To read more about why she feels materialism is responsible for so many of our problems, turn to page 9 to read our interview with her. Photo: Bram Eisenthal

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Residents sound off on new noise bylaw

The City of Westmount is replacing its existing noise bylaw 1367 to toughen up restrictions on large air conditioning units and heat pumps on residential buildings, but at a public meeting in city hall last Tuesday, most of those in attendance expressed concerns over other noise-related issues.

Questions about leaf blowers, barking dogs, and even loud overhead aircraft were raised by a few of the dozen residents in the audience as Mayor Peter Trent, City Councillor Patrick Martin and Urban Planning Director Joanne Poirier were on hand to explain new noise rules for air conditioners.

John Fretz of Lansdowne Avenue said he was especially annoyed by leaf blowers used by landscaping contractors and asked if the City would consider restricting their use to the fall season.

"Leaf blowers were my pet peeve during my last term as mayor," said Trent. "I wanted to ban leaf blowers completely, but I was told that was impossible. The same goes for lawn mowers, some of which can easily create 60 decibels."

Martin agreed, pointing out that while the City cannot legally ban a piece of equipment, it can control it. He also said that some of the newer leaf blowers on the market are much quieter and it should be a matter of time before they catch on with contractors.

The issue of barking dogs was also raised by some residents who agreed that it is not only a nuisance for those living near dogs runs but also frustrating since the bylaw is so difficult to enforce in most cases.

Continued on page 6

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Marilynn Vanderstaay
**Around
Westmount**

The much-anticipated Westmount Municipal Association Earth Hour event, in which Westmounters are encouraged to join communities across the country and around the globe to turn off their lights for an hour, will happen this Saturday, March 27.

Residents will turn off their lights and join the community for some star gazing at Summit Lookout from 8 to 9:30 p.m.

Entertainment will be provided by George Bowser and friends. Special guests will include MP Marc Garneau. Refreshments will be served, but please bring your own cup.

There will also be a BYOB (Bring Your Own Bulb) event in which residents can trade their own incandescent bulb for a free compact fluorescent bulb.

To save on transportation pollution a shuttle to Summit Park will be available from 7:30 p.m. at City Hall. In case of bad weather, the event will be held at Victoria Hall, where films about space and planet earth will be shown.

But that's not all! The Westmount Municipal Association, organizers of the event, has also implemented an inter-district Earth Hour Contest in which residents in each of the districts are invited to pledge they will turn off their lights. The winning Westmount district will be recognized at the April City Council meeting.

Participate by visiting the WMA website at www.wma-amw.org. Simply pledge that you will do your part for Earth Hour by turning off your lights and appliances and indicating which Westmount district you reside in (a map is included).

Last year, the effort of Westmount citizens' participation in Earth Hour led to a four per cent drop in electricity consumption.



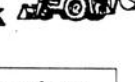
De Freitas shares book collecting tips with Rotary

Westmount book collector Wilfrid de Freitas shared his thoughts and his experience with members and guests of the Rotary Club of Westmount recently.

"Collecting is an instinct," he said. "From art to books to antiques to match-books and more, we want to collect them. It just what appeals to our own personal desires."

Continued on page 3

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Alouettes bring words of wisdom to The Priory



Priory students welcome Alouette players Joel Wright and Anwar Stewart to their school last Wednesday.

With their "Playbook for Success" in hand, six members of the 2009 Grey Cup-winning Montreal Alouettes brought their inspiring message and considerable

basketball talents to The Priory School last Wednesday, March 17.

Grades 3 to 6 were treated to "words of wisdom" from players Anwar Stewart,

Brian Chiu, Avon Cobourne, Shawn Mayne, Scott Flory and Joel Wright, who encouraged the children to challenge themselves to become a champion in their own lives. They spoke to children about the importance of making a difference in other people's lives and how our choices affect others.

The Priory students, wanting to do their part in giving back to the community, brought in non-perishable food items for St. Gabriel's Food Bank as their admission fee for the big basketball game, which pitted the Als against The Priory Staff.

Around Westmount

Continued from page 2

For de Freitas, it started as being an accumulator of books. But then one day he was in a second-hand book store and found an interesting first edition that cost some real money. He purchased it and inadvertently had gone from being an accumulator to a collector. And owning that book continues to give him lasting pleasure, not so much because of what the book is about, in fact he didn't read it... he would purchase another cheaper version to read.

Just as realtors realize success is location, location, location, de Freitas says the most important thing in book collecting is condition, condition, condition. When looking to purchase a book, make sure the book is

complete, especially illustrations. You may get the best prices buying online, but you may not know who you are dealing with. Make sure the vendor is a member of an accredited association such as the International League of Antiquarian Book Sellers, recognized in 22 countries, or the Antiquarian Book Sellers Association of Canada.

"Most importantly," he concluded, "don't purchase books as an investment. Buy only books you enjoy owning. It is the love of books that unites us."

De Freitas recently hosted his annual books road show at the Atwater Library. For more information about where he will be doing his next book sale, phone 514-935-9581.

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OPINION

Historic healthcare bill is not perfect; but it's a start

examiner@transcontinental.ca

Up until this past Tuesday, the U.S. was the only industrialized "modern" country without universal health care coverage. The system needed fixing. While costing \$2.5 trillion a year, it still managed to leave close to 50 million Americans without insurance! Not exactly what someone would call a success story.

This bill, while hardly perfect, will still extend coverage to millions of people who had none, and aims to make health insurance more affordable. Most importantly, and one cannot emphasize this part enough, the bill will immediately bar insurance companies from denying coverage to sick children and in a few years will make it illegal to withhold insurance from anyone with a pre-existing medical condition. How can anyone with half a heart have a problem with this?

Turns out many do. In fact, not one single Republican voted in favour of this new healthcare legislation. It's rather ironic that Americans are upset at their President for doing exactly what he promised to do during his campaign: enact change.

As Canadians who enjoy cradle-to-grave universal healthcare, watching the polarizing effects of this historic legislation take place south of the border, we remain grateful for our medical system. Our Medicare, just like Obama's new bill, is far from perfect, but it works and we suspect the overwhelming majority of Canadians wouldn't change it for what Americans have had all these years.

At the end of the day, universal health care means knowing that if anything serious were to happen to you or members of your family you wouldn't go bankrupt, take out a second mortgage or spend the rest of your life having to pay back what that medical care cost you. Living your life with the imminent threat of a medical emergency or illness pulling the rug from under your feet and sending you into financial ruin is not a way to live.

Despite the bill's imperfections, this is still legislation that tackles one of the biggest social issues facing the States today and will make things better for Americans. That belief doesn't make us naive, pushovers or bleeding hearts. It makes us Canadians who understand that, while our system is far from perfect, it still provides us with the reassuring knowledge that no one will ever be denied coverage - irrelevant of their income and social status in life.

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Toula FOSCOLOS
toula.foscolos@transcontinental.ca
TOULAS 'TAKE'

Bad news for blacks

Last week's report by the Montreal Consortium on Human Rights Advocacy Training (a demographic study conducted by McGill University) confirmed what many in this city already knew: black Montrealers face a number of barriers that make it twice as hard for them to attain professional and financial success.

It's a hard pill to swallow for those who casually claim that there isn't any real racism or racial profiling in this city, or by extension this country.

Perhaps things are *indeed* better here than in many other parts of the world, but claiming that barriers and prejudice don't exist, is choosing to be blind to reality.

Too often we unconsciously opt for downplaying an issue because we want to feel (and make others feel) all around better about race relations in North America. Just think of Black History Month for a minute. In many ways, it has become a paltry substitute for real action and in some cases, even reviled by some black activists.

Journalist Melanie Fernandez stated in The Toronto Star: "We as a society spend four

weeks per year focusing on a portion of our citizens - and the remaining 48 weeks oblivious to the stresses that face this community."

While there's no institutionalized racism anymore, what we currently have instead is much more subtle and hard to pinpoint. Prejudice and discrimination still thrive in multicultural Canada (with visible minorities being the easiest targets) and to ignore this reality is to bury our heads in the sand.

According to the study, University-educated blacks experience 10.9 per cent unemployment, which is on par with jobless numbers among non-black dropouts. How is it even possible that a black university-educated job seeker experiences the same unemployment rates of a non-black drop-out and how can one explain this without making a clear case for discrimination? Because when you're searching for the answer to a question that baffles you, sometimes the obvious *is* the answer!

Haitian-born Quebec-based author Gérard Etienne has written eloquently about the instant judgments people make about his community.

"I have been labeled a pimp, a criminal, and a drug dealer. I am rumoured to be violent, athletic and fatherless. I have baby mama drama. I am musical."

Let's face it; these perceptions still exist and if you doubt that, you're obviously not black or don't have any black friends who will tell you their truth. Because make no mistake about it, someone's black reality is still to this day nothing like my white reality.

So in many ways, yes... studies like these highlight what is so often hidden just below the surface. It's saddening to think that in country I believe to be free of prejudice and discrimination, and almost half a century since Martin Luther King wished for a day that people wouldn't judge him by the colour of his skin, but by the content of his character, we *still* don't get it.

"It really bothers me as a black student that something about the way I look or my ancestry or my accent will determine my fate in employment," commented someone on the CTV website that published the results of the study online. It should bother us all.

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WMA puts out call for 2010 Walker Award nominees

Yes, it's that time of year again...

One of the surest signs of spring in Westmount is the annual call put out by the Westmount Municipal Association for the names of volunteer citizens who have made an outstanding contribution to the community.

From schools and sports programs, churches and synagogues — and even municipal affairs — there has never been a shortage of dedicated volunteers in Westmount. The WMA wants to know about them, and is now seeking nominations for its 13th annual Derek Walker Volunteer Citizen of the Year Award.

The award honours a Westmount resident who over the years has consistently given outstanding volunteer service to the

local community through any of its diverse groups and organizations, such as Contactivity Centre, the Rotary Club, sports and recreation teams and clubs, libraries, and nursing homes — to name just a few.

The award was established by the WMA in 1998. Its previous recipients, in reverse order, are Mary Anne McNally, Barbara Moore, Andrew Macdougall, Nancy Wright, the late Geraldine Gahan, Mayor Peter Trent, the late Bill Morrow, Richard Lord, Sally Aitken, Jacqueline Neville, the late Vera Jamieson, and Sylvia Wedge.

In keeping with the tradition, this year's recipient will be honoured during the WMA's Annual General Meeting on

May 17 in Victoria Hall, and their name will be inscribed on the special plaque.

If you know someone you believe has made a difference in the Westmount community, please contact the WMA with their name and a brief summary of their volunteer work.

Nominations may be sent to selection committee members Rosalind Davis, Marilynn Gillies, or Helen Rainville by email at volunteer.award@wma-amw.org, or by phone at 514-846-8464.

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Photo packs a punch



At the Atwater Club's 13th annual photography contest and exhibition where club members are invited to enter photographs for a show around an informal gallery surrounding the squash courts, two Westmount residents recently scored well in the voting.

The contest was won by long time Westmount resident (and employee of RBC Dominion Securities in Westmount Square) John Archer with his exciting photograph of two young boxers slugging it out in Havana, Cuba.

Other winners included Norman Ness (2nd prize) and Susie Maloney (3rd prize). Westmount resident Diane Deruchi won an Honorable Mention for her photo from Istanbul, Turkey entitled "Antioxidants".

Young Boxers, Havana Cuba
by John Archer

Noise bylaw

Continued from page 1

Just a few loud barks at night can be disruptive — but phoning Public Security is not always effective because often the barking has stopped before an officer arrives to investigate.

New regulations for AC units

According to the new bylaw, "any air conditioner unit or heat pump added on an attached or semi-detached residential building must have a maximum cooling capacity of 550 square feet (of the total floor space of the building) per ton," and "any air conditioning unit or heat pump added on the roof of an attached or semi-detached residential building must be installed with roof curb isolation rails having a minimum static deflection of one inch in the case of a residential type unit or of two inches in the case of a commercial type unit."

The bylaw also stipulates that "any air conditioning unit or heat pump installed before June 7, 2010 shall be replaced or modified in order to comply" with the new restrictions.

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Bouthillette brings refreshing images to Westmount

Dynamic visuals on display until Saturday

The McClure Gallery of the Visual Arts Centre is currently exhibiting a show of recent work by Montreal painter Sylvain Bouthillette — a post-modernist artist whose large-format works and silkscreen prints serve as a refreshing, if not slightly jarring, window on the world.

Inspired by geometry, animals and his own Buddhist beliefs, Bouthillette's paintings skilfully employ such everyday images as bees, squirrels — and even the written word — to convey his spiritual messages.

The well-established Bouthillette earned

an MFA degree from Concordia University in 1990 and has exhibited widely in Quebec and Ontario, as well as in the United States, France and Switzerland.

• Sylvain Bouthillette: Oeuvres récentes

remains up at the McClure Gallery, 350 Victoria Ave., through March 27. Gallery hours are Tuesday to Friday from noon to 6 p.m. and Saturdays from 10 a.m. to 5 p.m. For more information, call 514-488-9558.



Animals figure prominently in Sylvain Bouthillette's unique work.

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Everybody Talk



On March 18, Public Mobile CEO, Alek Krstajic announced the opening of 25 stores with 50 more stores in operation within two months. At a news conference held inside their first store at 5630 Cote des Neiges Rd., Krstajic said talk and text messaging will cost \$40 a month, and that service will start in Montreal and Toronto in mid-May. Public Mobile's objective is to make owning a cell phone affordable and predictable, with no surprises at the end of the month. For more information visit www.PublicMobile.ca or call 877-999-5055.

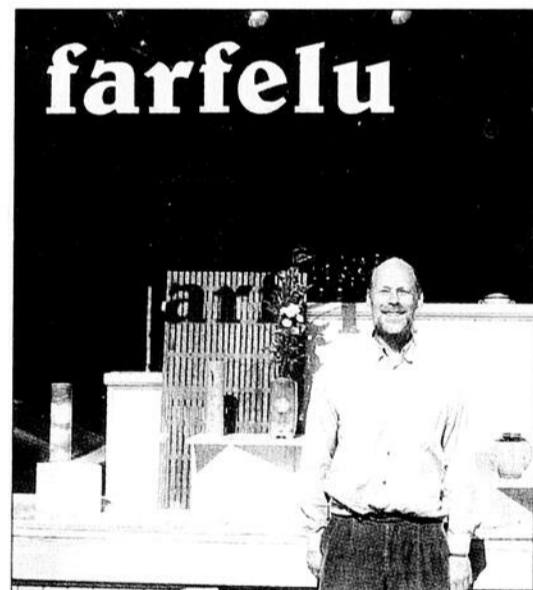
Commonwealth Day celebrated in Westmount



Pictured here at the Royal Commonwealth Dinner are Richard Lord, Carol Lord, Examiner contributor Stanley Baker and Jeanette Collinson. Commonwealth Day is celebrated on the second Monday in March every year to promote understanding on global issues, international co-operation and the work of the Commonwealth to improve the lives of its 2 billion citizens. The theme of this year's Commonwealth Day on March 8 was 'Science, Technology and Society'.

Locally hand-crafted at Farfelu

Westmount Examiner stopped in for a visit with Peter Hamilton, a local artist who displays his exceptionally lovely wood-fired pottery at Farfelu Galerie Boutique. Farfelu is a co-op-run gallery located at 39 Somerville right here in Westmount. It features work from Montreal artists including pottery, jewelry, turned wood bowls, painted silk, collages, hand-bound books and cards. Stop in and see them. You will not be disappointed. Visit www.galeriefarfelu.com or call 514-488-3163.



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Life coach and radio host Cusmariu offers positive alternatives to stress



Bram D. EISENTHAL
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Briefly Bram

Truly, I don't know many of us who have everything together in our lives. Relationships, careers... sometimes things get messed up and we don't always have the solutions. What do you usually do then? Tough it out or ask someone for help? The old-school solution might be the psychiatric couch, pouring your heart out to a Freudian analyst and learning shocking things about your feelings for your mother.

In this new age, however, you might place your trust in a Life Coach. I've heard the term, even been approached to try one out, but I still don't know what to make of them. So I recently met with Julie Cusmariu, a Westmount-based Intuitive Consultant and Life Coach, to learn more about what she does.

A product of a very loving household,

Cusmariu, who is in her early thirties, graduated from university with a B. Com. From the John Molson School. "My original goal was athletic therapy while I was in health sciences at Dawson," the happy, self-assured Cusmariu told me. But because today's rapidly-changing times require positive thinking to get by – and let's face it, positive thoughts are not always so readily available regardless of how many times you've read *The Secret* – she decided to try benefitting the attitudes of others rather than simply repairing their injuries or soothing their sore muscles.

"I think materialism is responsible for many of our problems and it's there whether we like it or not," Cusmariu said. "We need to evolve by going deeper into the 'noetic,' which merges science and spirit."

In essence, everyone can utilize Cusmariu's services. She helps people of all ages, whether they are 25 year old students or 65 year old seniors, male or female, to explore their inner worlds. "People that see me want to achieve more clarity at times that require more conscious thinking, as well as a greater sense of responsibility and care for the collective. They also tend to

seek greater peace of mind, so they will often come to me for that."

Cusmariu differentiates between what she does and what a therapist does. "Therapy is more like archaeology - with the help of the therapist you are often digging things up, you're excavating, you're healing wounds and emotional patterns that might be affecting your behaviours. Coaching is more like architecture, you're moving from the present and creating and designing for the future.

"Coaching provides an on-going supportive relationship whereby the client's strengths, values and desires are unearthed and expressed in their daily life. Clients are held accountable to their coaches between each session, in support of their goals, desires and aspirations."

Cusmariu also hosts a radio show every Wednesday at 4 p.m., on Heart Beat, advertised as "Internet radio with a pulse." You can find it online at blogtalkradio.com/heart-beat. The current series of shows ranges from March 10 – May 12 and features the challenging subject of marriage... challenging to me, at any rate, as someone who has been to that mountain



and couldn't handle the ascent, if you know what I mean. Cusmariu decided to tackle "Beyond 'I Do' – Getting married consciously" because she is getting married in June and wanted to tackle the subject as a "rite of passage."

"The show in general, however, is about personal transformation and I am fortunate to have guests who are at the forefront of science and transformational work, people who interest and inspire me the most. Achieving a positive attitude is what I try to accomplish."

Having now met the host, I certainly think it's worth a listen.

You can reach Cusmariu through www.juliecusmariu.com or by email at julie@juliecusmariu.com.

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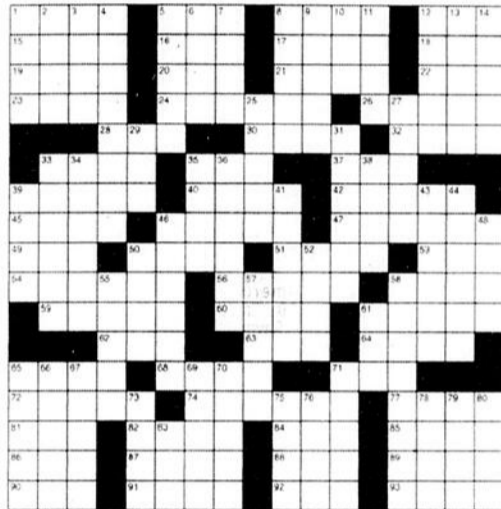
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X CROSSWORD

PUZZLE NO. 501



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ACROSS

1. Sheet of cotton
5. Possesses
8. Strikebreaker
12. Boor
15. Having wings
16. Annex of a building
17. Apple's middle
18. Self-respect
19. Chest sound
20. A Khan
21. Run a marathon
22. Remove sand
23. Mil. awards
24. "Watership Down" character
26. Biblical verse
28. Hole
30. Heroic poem
32. Turf
33. Heavenly twinkler
35. Guy's date
37. Frying need

39. Analyze grammatically
40. Sour compound
42. Articulate
45. Showy spring flower
46. Host
47. Hot spring
49. Certain tennis shot
50. Arch type
51. King of (Brynner role)
53. Greek letter
54. Captivate
56. Flavor
58. Huntz ____
59. Polish
60. Position
61. Designation
62. Word of permission
63. Fund-raising org.
64. Yield to commands

65. Deliberately ignore
68. Moan
71. Japanese carp
72. Indian pole
74. Mariner
77. Stash away
81. Kimono closer
82. In addition
84. Lumberjack's tool
85. Musical ending
86. Nothing's alternative
87. Praise
88. Ostrichlike bird
89. Group
90. Golfer's peg
91. Weapon for a duel
92. Additionally
93. Doctrinal group

ANSWER TO PUZZLE NO. 501



DOWN

1. Shakespeare, e.g.
2. Sad cry
3. Soft mineral

4. Enter illegally
5. One of the 4-H's
6. Pond organism
7. Thick piece of stone
8. Paper currency
9. South American raccoon
10. Circle section
11. Roadrunner's remark
12. Fragrant lumber
13. Lithe
14. Belief
25. Disprove
27. Like anchovies
29. Vex
31. Mountain lion
33. Loose-fitting garment
34. Clannish
35. Sports event
36. Entry
38. News story
39. Heap
41. Czar
43. Personal property
44. Indeed
46. Theater exit
48. ____ of thumb
50. Flow out slowly
52. Smidgen
55. Perhaps
57. Greek letter
58. China rose
61. "A Bridge ____ Far"
65. Summer ermine
66. Aristocrat
67. Being of service
69. Edition
70. Hollow stone
71. Massage
73. Drake or stag
75. Papa's woman
76. Nerve-cell part
78. Musical pitch
79. Lyrical
80. Light-bulb word
83. Infant's seat

Sudoku

PUZZLE NO. 237

	4				3			
							8	7
8		7	9		4		5	
						8		5
					4	6		3
9				2		1	6	
	5			9			1	
		8		1	2			3
	9	1			8			

ANSWER TO PUZZLE NO. 237

2	9	1	4	3	8	5	7	6
7	6	8	5	1	2	9	4	3
3	5	4	6	9	7	2	1	8
6	7	3	8	2	5	1	6	4
5	8	2	1	4	6	7	3	9
4	1	6	3	7	9	8	2	5
8	2	7	9	6	4	3	5	1
6	3	9	2	5	1	4	8	7
1	4	5	7	8	3	6	9	2

HOW TO PLAY:

Fill-in the grid so that every row, every column and every 3x3 box contains the numbers 1 through 9 only once.

Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **you must not repeat the numbers 1 through 9 in the same line, column or 3x3 box.**






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