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**ARTS & LIFE**  
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## Let the Games begin!

The students of Selwyn House's elementary school got into the Olympic spirit a week early, kicking off their own winter carnival on Thursday, Feb. 4 with a special assembly where they formed the Olympic flag.

This week on the **INTERNET**  
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FEATURE

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## Westmount's anti-gambling crusader takes on Loto Quebec... again

Bram Eisenthal

For someone outspoken, a column is a dangerous thing. An improvement over the soapbox in Hyde Park, it gives you a chance to rant at man's inhumanity. And this past week, I developed outrage over another indignity forced upon Quebecers by its government agency,

Loto Quebec, which has announced its intent to enter the online gambling biz.

It's not enough that it snatches millions from people during its weekly taxes on the desperate, lotto tickets, nor its provincial casinos, where it earns hundreds of millions per week. Nor that it's a shell agency for a government that coerces us into paying the highest taxes in North America. Now it's gotta take what little money is left over.

But rather than rant alone this time, I engaged the services of Westmount's Sol Boxenbaum, gambling addict-buster and host of CJAD's overnight show, Last Call with Sol. He is beyond outraged and voiced his displeasure publicly during the recent press conference at which Loto Quebec announced its irresponsible plans. "I realize Quebecers

Continued on page 3

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## TALK OF THE TOWN

### Life is not a dress rehearsal

Susan Alper is a Westmounter who specializes in matters of the heart. Having just celebrated her one year anniversary as an Executive Matchmaker this past Valentine's Day, Susan has already seen two of her matches get married. Susan takes the stress out of a busy life by discretely interviewing all potential suitors searching for common interests and expectations. For more information visit her website:  
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### Grand Opening



Congratulations to Ali Saad (far right), the new owner of Van Houtte Café Bistro, 5170 Cote-Des-Neiges, corner of Queen Mary. They celebrated their grand opening on February 8, one week earlier than planned. Stop in and wish them luck!  
[www.vanhoutte.com](http://www.vanhoutte.com)

### Thanks for the support



Paula Pedicelli on the left and Mary Pietracupa of Decor Marie-Paule are closing their doors after 35 years.. They would like to thank their clientele for their support and loyalty and invite you to take advantage of their closing sale.

### Fresh daily on premises

Pictured here is Mina Comodini, owner of Le Club Du Village Restaurant at 4 Somerville, corner Victoria. The restaurant is now open for lunch Tuesday to Friday as well as dinner Tuesday to Saturday. Everything is prepared fresh daily on premises. For reservations call 514-485-2502.



# YOUR story in the news

2010 marks the 75<sup>th</sup> anniversary of the Westmount Examiner.

Do you have a particular story/ memory that occurred during the past 75 years that you would like to share with your fellow Westmounters?  
Contact us with your stories and photos. Throughout 2010, in recognition of our anniversary, we will be featuring your stories in the newspaper and on our website.

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# Westmount's anti-gambling crusader...

Cotinued from page 1

are already gambling online," Boxenbaum told me. "But for Loto Quebec to do it is simply immoral. I mean, why not get into the prostitution or recreational drug businesses? It's the same thing."

He also pointed out something few Quebecers are aware of: Online gambling is illegal in Canada. "Since 1993, online gambling has been prohibited by the Criminal Code of Canada, stated as such, Boxenbaum said, in section 204, paragraph 4. But when he raised the question during the press conference, the Loto Quebec official basically blew him off, several times, muttering something about allowing Ottawa to decide. I can just see the PQ's Pauline Marois indignantly screeching about Canadian interference when this one is ruled upon.

The main problem, Boxenbaum stated, is that the seemingly mindless Loto Quebec refuses to do public impact studies whenever

deciding to foist some new scheme on the public. Case-in-point, the latest casino at financially-troubled Mont-Tremblant, which is virtually empty at this time.

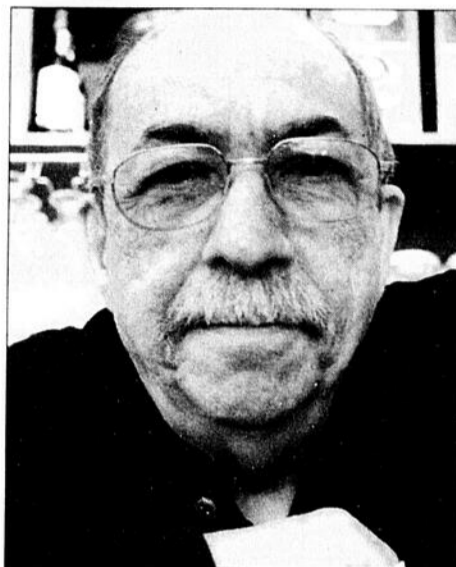
"We are in the midst of a recession and these billions that will be taken out of the public's pockets aren't going back into the economy," he added.

This is no different than all the other billions being taken from us by our government and improperly utilized, thereby robbing us blind. It's an issue we as taxpayers need to deal with, once and for all.

Last Call with Sol is on CJAD radio, 800 on your AM dial, weekdays from 3 - 5 a.m., until 6 a.m. on Saturdays. The studio number is 514-790-0991.

### Good riddance to clandestine and controversial Cinemas Fortune

Well, happy, happy days for cinema buffs. Cinemas Fortune, the most horridly-run small cinema chain in the city, has gone



Sol Boxenbaum isn't a big believer in allowing chance to determine the fortunes of the people of Quebec.

under and has been taken over by Cineplex Odeon, which understands the business a whole lot more. Cinemas Fortune took over several local cinemas a few years back and it was hard to investigate why their ownership was so clueless about running theatres, mainly because it was impossible to find out who ran the asylum. I could never find out why their theatres in Cavendish Mall, Cote des Neiges Plaza or Angrignon had so many odd problems, such as a lack of heating that made sitting in some of their theatres a virtual medical experiment. Or how you could have the gall to do away with lower matinee prices in places with high populations of the seniors and families you should be attracting to your business. I am so pleased to report that the Suderman family failed in their efforts to own movie theatres. Goodbye and, certainly, good riddance.

You can read the blog *Bram's Briefs* at <http://bramsbriefs.blogspot.com/>

# Garneau steps up for society's most vulnerable

Wayne Larsen

Westmount-Ville Marie MP Marc Garneau took up a front-line position in the fight against homelessness last Friday, calling on the Harper government to increase and sustain its funding of a federal program aimed at getting people off the street.

Along with fellow MP Gerard Kennedy, the Liberals' Infrastructure and Communities Critic, Garneau visited residents and organizers of Le Sac à Dos — a Montreal organization that provides essential services to the local homeless community — as part of the Liberals' nation-wide advocacy campaign for sustained homelessness funding.

"The Harper government has so far refused to provide stability to programs that are supposed to bring stability to society's most vulnerable," said Kennedy. "Canadians will agree that there is enough uncertainty in the lives of homeless people without having it made worse by the federal government."

Kennedy and Garneau — the Liberal Leader's representative in Quebec — want the Harper government to extend



Gerard Kennedy and Marc Garneau (right) discuss issues of homelessness last Friday afternoon at Le Sac à Dos on Ste. Catherine Street East.

its funding commitment for the federal Homelessness Partnering Strategy (HPS) until 2014 and increase the funds to match the growth in need. Otherwise,

they said, the program currently stands to expire after the next fiscal year.

"Sustainable funding is crucial to the continued operation of organizations in

Montreal like Le Sac à Dos and the demand is consistently increasing," said Garneau. "Groups working on the front lines to deal with homelessness are quick to note that food bank use has increased, and that shelter lineups keep growing longer and longer."

Garneau added that the Liberals are concerned that the \$18-million envelope for HPS in Quebec has frozen the creation of any new projects to build on successes in all regions.

"Homelessness is a solvable problem, but the creativity and hard work of civil society groups needs to be matched by federal leadership working in partnership with our provinces, territories and cities," said Kennedy.

According to statistics released by Kennedy's office, estimated 150,000 to 300,000 Canadians are currently homeless; 40,000 are housed in overnight shelters,

Of the 61 designated communities in Canada that currently receive funding under the program, based on an identified need, there are seven in Quebec: Drummondville, Gatineau, Montreal, Quebec City, Saguenay, Sherbrooke, and Trois-Rivières.



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# OPINION

## Our choices dictate the results

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**T**his past Tuesday's front page news was dominated by two, completely opposite, stories. On the one hand, we had Earl Jones, who defrauded 158 of his clients of \$50 million and destroyed most of their lives, being sentenced to a ridiculously lenient sentence of 11 years, and on the other hand, you had Olympian hero, Alexandre Bilodeau, celebrating Canada's first ever gold medal on home soil.

What connects these two men? They each had a brother standing there, in the vicinity, as one was handed a jail sentence and the other was crowned Canada's darling.

It brings home the message, more than ever, that we are each other's heroes – or villains. That, as powerless as we may sometimes feel in this crazy life we lead, the choices we make define who we are. We *are* our choices.

The humble and gracious Bilodeau credited his older brother, Frederic, who suffers from cerebral palsy and spends most of his days in a wheelchair, for giving him perspective and courage to overcome anything that came his way and triumph. "Even if it's raining, I'll take it, I'll go train. He doesn't have that option and he's always smiling anyways," he told the media.

In stark contrast, Earl Jones' older brother, Bevan Jones, who was also defrauded of \$1 million by his younger brother, told reporters that he doesn't care if Earl Jones "rots in hell."

In sports, as in life, there are many unknowns and sometimes the best laid plans go array and people who deserve retribution don't see it and those who deserve severe punishment escape with a mere slap on the wrist. But, when it all boils down to it, how we choose to live our life will affect the outcome – and how we will be remembered. One stood tall on the podium, while the other bowed his head in shame. One brother basked in his brother's love, while the other couldn't even look his brother in the eyes.

"We work out our karma through our choices" goes a Buddhist saying. Our choices define our lives and dictate the outcome.



## Welcome to the real Olympics!



**Toula FOSCOLOS**  
toulou.foscolos@transcontinental.ca  
**TOULA'S 'TAKE'**

**W**hen Rosemere's Alexandre Bilodeau skied down those moguls this past Sunday and straight into Olympic history, finally declaring Canada's gold medal drought over and done with, did anyone else happen to catch Australia's Dale Begg-Smith bitter expression?

If looks could kill, we'd all be dead. There was no sportsmanship, no pats on the back, no graceful victory. Nothing but silent recriminations and a pissy attitude. The man looked like he had just sucked on a lemon. Welcome to the real Olympics.

That sour image instantly reminded me of George Orwell's 'take' on the subject.

*"Serious sport has nothing to do with fair play. It is bound up with hatred, jealousy, boastfulness, disregard of all rules and sadistic pleasure in witnessing violence: in other words, it is war minus the shooting..."*

So much for the honourable ideals of "Faster, Higher, Stronger".

What fascinates me about the Olympics is this all-too-obvious juxtaposition between what people claim it stands for and what it actually does. Sure, it's the pursuit of excellence and an international showcase of the very best that each country has to offer, in terms of athletic prowess.

Sure, there are tender stories of physical hardship, setbacks and triumph over tragedy. The stuff that rates high on the Sap-O-Metre and makes people get goose bumps and little children dream big Olympic dreams, but there's also an ugly side to the Games that we choose to ignore, because, to acknowledge it, would force us to admit our less noble instincts.

The Olympics are also about crass nationalism; patriotism on steroids. We cheer "our" athletes so loudly for no other reason than because they're simply not one of "them". Let's face it: how many of us follow speed skating or bobsled the rest of the year? Exactly. Most of us wouldn't be able to pick out Bilodeau, Groves, or Robertson from a line-up, but all of a sudden, for this two-week period, they've become national heroes. The Games have had a way of making even mild-mannered Canucks, who can barely be bothered to wave a flag, become true-blue patriots

foaming at the mouth. The transformation is downright fascinating!

Sure, it's on home soil and so there are added factors to consider; our desire to be good hosts, to put on a good party, and to dazzle the world with our organization and our medal count.

But there's an ugly side to international competition, and for as long as there have been the Olympics (and the eyes of the world on them), political protests, nationalism and controversy have made guest appearances. It's inevitable and unavoidable. Why, it's a downright Olympic tradition!

Some purists speak of the sanctity of the Olympic Games having been weakened by today's crass commercialism and doping scandals. Spare us! Cheating and bribery were so common during the ancient Olympics that statues warning against dishonesty were set up along the road to the stadium.

While some would like to believe that the Olympics provide a welcome respite from war, violence and political strife, the fact is the Olympics have always mirrored human nature; and that, for better or for worse, will always include the good, the bad and the ugly.

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# Saving and retrieving software



Marilynn Vanderstaay  
**Around Westmount**

For anyone who works with a lot of files and data on their computers, the organization of saving and retrieving valuable information can be a challenge. Members and guests of The Rotary Club of Westmount were given hope last week when Vincent Santaguida, president and founder of MultiCIM Technologies Inc., gave a presentation Information Asset Management as it relates to electronic files specifically.

"Regardless of the perceived value of an information asset, if it is buried and you can not find it, it is of no value at all," he said. It is extremely important that information assets be easily retrievable.

"To help make that information more retrievable," Santaguida explained, "the eXadox file organizer that is an effective structured file naming and storage strategy. From scanned paper documents to information received in emails, users of eXadox can organize all that important information with state of the art technology that will take the frustration and time wasting out of finding that file back."

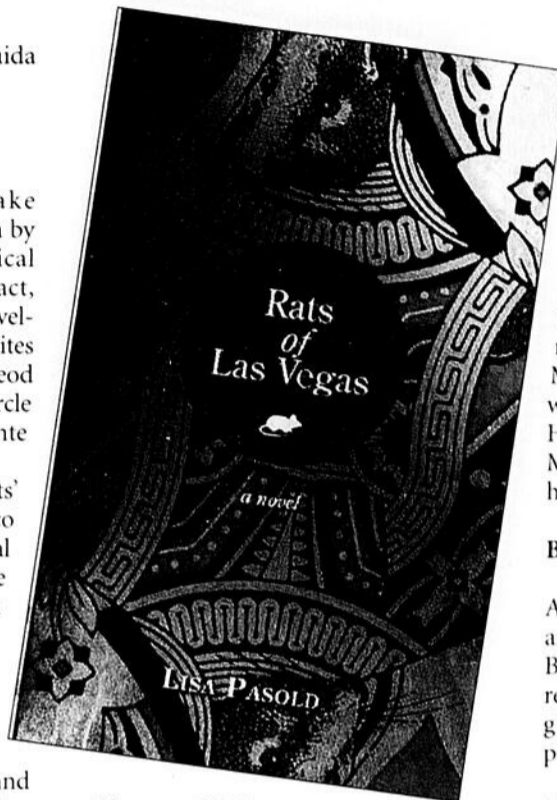
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**La Raza Full Circle features artist MacLeod**

"While art does not often make headlines, its history is defined as much by the passage of time and social/political events as is the global narrative. In fact, artists have always engaged in the unravelling of the contemporary condition," writes former Westmount artist G. Scott MacLeod about his latest group exhibition Full Circle at the Stewart Hall Art Gallery in Pointe Claire until March 14.

In the late 1980s, the collective artists' group, La Raza, defined itself in Mexico City during a Canadian/Mexican cultural exchange program, by taking its name that means "the first race" from a slum area in Mexico City. Those three original artists, Francis Caprani, G. Scott MacLeod and Gerald Pedros, who were so moved by the powerful social realism of the Mexican muralists Diego Rivera, David Alfredo Siqueiros and José Clemente Orozco, began exploring their circle of influence outside the white walls of museums or art galleries in the media of public art making. Using art as the voice, the artists address everyday realities in a commentary on life on the street, urban experiences and the ever-changing social and political situation



For more information, phone 514-935-7344.

**McGill Institute for Learning in Retirement hosts 20th anniversary festival**

Many Westmount seniors are enjoying peer learning at the McGill Institute for Learning in Retirement (the MILR). It is also one of the Atwater Library's community partners. This week, until Feb. 21, the MILR is celebrating its 20th anniversary with a Festival of the Arts at Ogilvy's Tudor Hall. For more information about the MILR's programs and the Festival, go to <http://milr20.mcgill.ca/>

**Books Road Show at Atwater Library**

On Saturday, Feb. 27 from 11 to 4 p.m. Antiquarian booksellers Wilfrid de Freitas and Susan Ravdin will host the acclaimed Books Road Show. Situated in the library's reading room, the pair will be available to give expert opinions on the value of people's special and antique books.

The fee is \$2 per book for Atwater Library members and \$3 per book for others. All proceeds will be used for Library improvements.

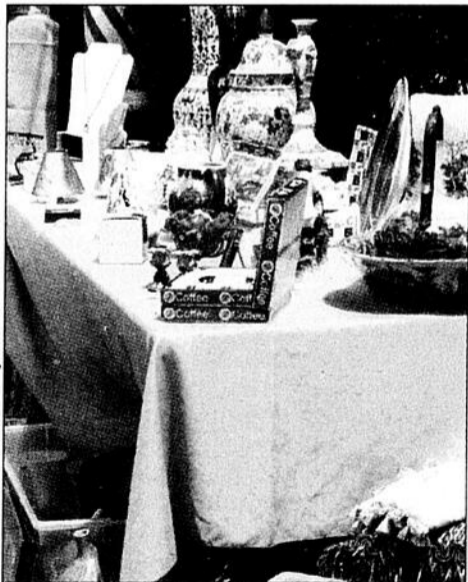
## St. Léon sale on March 4

St. Léon de Westmount church has announced that it will be holding a huge liquidation sale, with quality used items for the whole family, on Thursday, March 4.

Kitchen accessories, books, records, CDs, clothes, etc. — all will be on sale for excellent prices from noon to 6 p.m. in the church basement at 330 Clarke Ave., just five blocks west of the Atwater metro station.

All proceeds from the sale will help fund major repairs to the church.

For more information, call St. Léon de Westmount Church at 514-935-4950.



Since 2003, through their art and activist out-reach initiatives La Raza continues to link with local communities, giving support to food banks, AIDS hospices, orphanages, and Amnesty International, among others. For more information go to [www.larazagroup.com](http://www.larazagroup.com)

Stewart Hall is located at 176 chemin du Bord-du-Lac in Pointe Claire. For more information and times phone 514 630-1254.

**Author Pasold discusses debut novel**

On Friday, Feb. 26 at 12:30 p.m. as part of the Atwater Library Lunchtime Series, author Lisa Pasold will read from and discuss her debut novel, Rats of Las Vegas.

The novel book tells the story of a young a poker prodigy who makes her way from Depression-era 1940's Vancouver to Las Vegas. To generate ambience, saxophonist Dave Turner will play music of the era. The Atwater Library is located at 1200 Atwater.

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# Rotary and New Hope create a Valentine's Day to remember

Marilynn Vanderstaay

An overflow of seniors from NDG and

beyond crowded into the New Hope Centre last week as The Rotary Club of Westmount put a fresh spin on Valentine's Day.



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Beyond the cards, the flowers and the gifts, Rotarians found love in action to be the reason for celebrating Valentine's Day as they served a hot roast beef dinner prepared by volunteer chefs to over 100 seniors.

Recognizing that Valentine's Day is too often just a sweet memory for many seniors, the Club offered to sponsor and serve the dinner to the Centre's members to help them remember once again a romantic Valentine's Day complete with heart-covered table cloths and red wine... okay so it was cranberry juice... a valentine card and music.

New Hope Executive Director Gerry Lafferty was delighted.

"In the eight years I have worked here, I have never seen the room filled with so many people having such a great time," he said.

Westmount senior and pianist Tott Moens presented a repertoire of Valentine favourites after dozens of door prizes had been awarded — all to give the seniors a memorable walk down memory lane.

Beyond Rotary, however, the key to making the evening a success was the volunteer drivers who picked up and delivered over 40 housebound seniors. For some of them who usually eat dinner alone,

it was the first evening out with peers in a long time, some for many years.

For 30 years New Hope Senior Citizen's Centre has been providing community lunches, meals on wheels, programs and activities, friendly phone calls and visiting and more to seniors. Membership is only \$10 a year. For more information, phone 514-484-0425 or email newhope@colba.net

New Hope Centre has become such a pivotal centre for the community, especially the shut ins. The demand has become so great the Centre is urgently looking for volunteer drivers who would be available to pick up seniors in and around N.D.G. Volunteer drivers spend one hour on Monday mornings and/or afternoons bringing isolated seniors to New Hope's programs and activities. To defray the cost of fuel New Hope pays their volunteer drivers 40 cents a kilometre.

If you are interested in giving a couple of hours, one day a week to transport seniors to the Centre, or want more information, contact Lafferty at 514.-484-0425 ext. 202 or e-mail glafferty@videotron.ca New Hope Centre is located in the church hall, Kensington Street entrance, of Knox Presbyterian Church, 6225 Godfrey Avenue at Grand Avenue.

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# McClure Gallery goes into visual overload

Wayne Larsen

The name Horror Vacui might seem immediately misleading to some visitors to the McClure Gallery, where a group exhibition under that title is currently on display. The horror in this case refers to a horror of empty space, not the imagery of nightmares.

But judging from some of the dark, Goth-inspired drawings confronting the viewer in this four-artist show, the conventional horror motif lurks not far away.

True to the title's mandate, almost every inch of wall space is crowded — make that crammed — with intricate drawings, doodles and other visual treats, creating what is arguably one of the most striking exhibitions yet mounted at the McClure Gallery.

Guest-curated by Concordia painting teacher Eric Simon, Horror Vacui brings together the works of Simon Bossé, Kristin Eiriksdottir, Jim Holyoak and Patrick McEown, all of whom contribute delightfully disturbing elements to this smorgasbord of whimsy and despair. The sum of these parts, as the accompanying



'Horror Vacui' at the McClure Gallery

literature gleefully announces, is a case of "visual overload" that "emerges from the darker, less traveled regions of the mind."

Technically, the drawings are strong and dynamic, but what is perhaps most impressive of all about this visually stunning show is that the vast majority of it

was pulled off without the use of colour. There are small splashes here and there of comic-book primary colours, but it is kept to a bare minimal. This is instead a black-and-white world where thousands of images — some tiny and barely noticeable, others dominating entire walls — confront

the viewer in a loud cacophony of voices that speak of happiness, of sadness, and yes, of horror.

'Horror Vacui', featuring the work of Simon Bossé, Kristin Eiriksdottir, Jim Holyoak, and Patrick McEown, remains at the McClure Gallery of the Visual Arts Centre, 350 Victoria Ave., through Feb. 27. Gallery hours are Tuesday to Friday from noon to 6 p.m. and Saturday from 10 a.m. to 5 p.m. Info: 514-488-9558.

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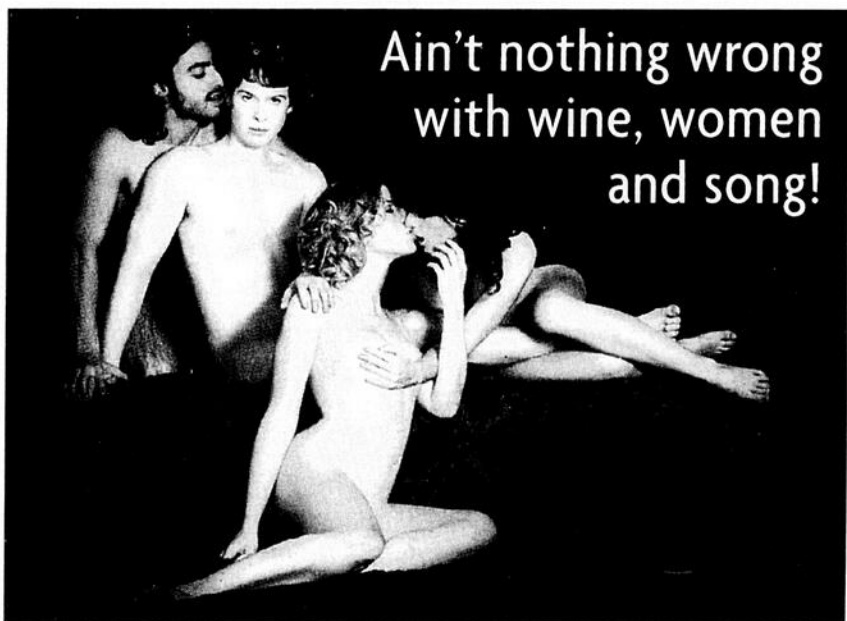
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Toula Foscolos

Mainline Theatre's latest, The Mid-life Crisis of Dionysus, is a hilarious romp through Greek comedy territory (Greek chorus and Deus Ex Machina included) as we watch the God of wine and theatre, react to impending middle age and the realization that the party must, at some point, come to an end.

Nothing is sacred in this production, as historical personas, eras, and ethnic accents collide in a perfectly timed, well performed, corny, cheesy, "oh my God, did they just say that?" production, certain to elicit laughs and offer a solid 90 min of entertainment.

The Mid-Life of Dionysus is campy, but also surprisingly deeply contemplative of a reality we will all have to (or already have) faced, as middle age slaps us in the face. Mainline Theatre has another runaway hit on their hands.

The play runs until March 6. For tickets and/or more info, call 514-849-3378 www.mainlinetheatre.ca.

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# OPINION

## The evolution of the Snuggie



n.lauzon@virginradio.ca

Something disturbing happened when we weren't looking. The Snuggie evolved.

The now infamous "blanket with sleeves" has been through a number of incarnations: from the regular, occult-looking Snuggie, the Designer Snuggie (because when you wear a tarp, stylish leopard print is the only way to go), the Snuggie for Dogs (because a cat wouldn't be caught dead in one) and now - the Hoodie Footie Snuggle Suit. You heard me. Basically, it's a onesie for adults...pink fleece, a zipper down the middle, complete with hood and built-in feet. And I'm guessing a 99% birth control rate.

Through all its incarnations, Snuggie has based its ad campaign around one main thing - that we spend a great deal of our time on the couch struggling with blankets. Pull and twist and try as we may, we can't get that damn blanket to cover our *entire* bodies. Say, here's a thought: GET A BIGGER BLANKET, DUMMY. Man, if blankets are hard - the rest of your life must be one giant calculus class.

The commercial for the Hoodie Footie



Snuggle Suit is my favourite thing about this product. It features women, luxuriating in their pink fleece onesies - drinking their herbal tea, reading books or cozily lounging around on a plush white bed, giggling. As women are wont to do, of course. Why moments ago, I myself was snuggling a vanilla-scented angora bunny on a pile of pillows while wearing my own fleece onesie.

But think about this: what happens if

someone rings the doorbell while you are rolling around in all that glorious fleece onesie-ness? Are you really going to answer the door in that get-up? No - you're going to spill your tea all over yourself when the doorbell rings, zip out of it as fast as you can and run for the nearest sane-looking item of clothing you own. What if there's a fire alarm? Are you prepared to hang out with your neighbours on the sidewalk in your fleece onesie? Are you ready to be

caught on film by the local TV news crew that shows up? Do you really want to be labeled the "Pink Teletubby" by the neighbourhood kids?

*Man, if blankets are hard -  
the rest of your life  
must be one giant  
calculus class!*

Don't get me wrong, I really hate being cold (Scott hates it more because he has to fend off my frozen feet under the sheets). And I have to say, I'm kind of partial to the built-in feet idea on the Snuggie Suit. But there are two very crucial elements that Snuggie overlooked: traction control and the trap door. Assuming I even made it to the bathroom on those slippery socks without careening into a wall first - I'd then have to do a full body zip down in order to pee. All of which defeat the purpose of being snugly, warm and free of head trauma.

Unless of course, Snuggie comes up with a diaper. Give it time, give it time....

*Enjoyed reading this week's  
column? Log on to  
www.westmountexaminer.com  
for a complete list of Nat  
Lauzon's Natterings.*

## The Parenting Olympics



Marc  
LALONDE

examiner@transcontinental.ca

PARENTING

With the Vancouver 2010 Winter Olympics underway, I thought there was no better time to bring to you, loyal readers, an idea that has been kicking around in my head for a long time.

Parents are busy people; usually the younger the kids, the busier they are, with all manner of day-to-day stuff that needs taking care of. Changing diapers, doing laundry, making meals, snacks, lunches for school and keeping track of it all make for a life that some parents didn't even realize they'd signed up for - yet must deal with nonetheless.

All these things that relatively new parents must deal with come at a cost - and that cost is often their social lives, personal time and leisure activities, including sports

played for recreation.

So, to help parents satisfy their jones for competition, here are my Parenting Olympics 2010; feel free to take part in one, or all of the events and send me your times. I will post the winners in a couple of weeks and hand out the medals.

1) The Poopy Diaper Change: competitors must be faced with a baby who has just filled their diaper with the meanest, most noxious substance known to man, ideally with the poop slipping up the back of the baby's shirt, thus increasing the degree of difficulty. Competitors must change the baby as quickly as possible, maintaining a 100-per-cent rate of cleanliness on the infant (points will be deducted for poopheels or uncleaned feces on the back) and putting the baby in a whole new set of clothes.

2) The Sandwich Make: Competitors must make three different sandwiches, with different combinations of ingredients and condiments, as quickly as possible. To add extra levels of difficulty, have someone

change their order as soon as their sandwich is ready, thus forcing the competitor to have to make a fourth sandwich while racing the clock. Sandwiches must be cut to judge's specifications, which can include cutting the crusts off or shaping the sandwich halves into dinosaurs or something equally complex. The sandwiches must then be served with beverages - in the right colour cup. Don't have the right colour cup? Get washin', my friend.

3) The Hurry-Up Cleanup: You've got relatives coming over soon and you want them to see your house at its best. 'But,' you say, 'I have kids and I never have my house at its best.' This, then, is your big chance. Competitors must clear the floor of at least three rooms, including the kids' playroom, as quickly as possible, and throwing everything you see in the garbage is against the rules and is akin to testing positive for human growth hormone, and don't try telling us that your friend was smoking some at a party and that's why you tested positive.

4) The Laundry Shuffle: If you've got more than one child, you start to realize pretty fast that you will lose between two and three years of your life doing laundry, so we've made an effort to speed you up. Competitors have three hours to take laundry from its depository (usually bedrooms) and take them to the laundry room (usually the basement) and do four loads of laundry, dry it and fold it, before returning to its depository. Note: this event is available in the solo and team format. In the team format, one must transport the laundry and the other must fold it. In the team competition, no competitor is allowed to do both. Extra points are awarded if the laundry is folded by a male and actually, you know, stays folded.

# LET'S EAT

## :: Bistro on the Avenue :: Westmount's very own touch of Gaîté Parisienne

- Toula Foscolos -

For almost 20 years now, Westmounters seeking good French food and the classic surroundings that go with it, need not go far. *Bistro on the Avenue* has become a trusted friend; a 'go-to' place when you're in the West End and don't want to question the quality of what you're going to get.

Co-owner Jim Ross knew there was a need to fill almost two decades ago when he first introduced *Bistro on the Avenue* to the locals.

"There were no real French bistros in Westmount and to this day there are still very few," he says. "We were fortunate to enter the market at the right time and to offer something that people were looking for," he explained, as he casually greeted regulars coming in for lunch.

Everything about *Bistro on the Avenue* screams Parisian resto. The chalkboard menu listing the featured wines, the ceiling fans whirling silent-



ly above our heads, the mirrors strategically placed on the muted orange yellow walls to give the illusion of premises that are bigger than they truly are, the buzz of non-stop chatter from a packed lunch crowd who seemed to enjoy taking their time to smell the roses the Friday we dined there. There is a joie de vivre here that emanates and infects patrons.

The Poached chicken stuffed with goat cheese and pineapple on arugula (\$15.95) on the lunch specials quickly caught my eye, but a second glance convinced me to order the fresh seared rare tuna, Kenya green beans, fingerling potatoes and eggs served with

Nicoise dressing (\$17.95). My dining companion opted for the marinated steak baguette topped with sautéed onions and mushrooms (\$17.95).

My salad was generously topped with four thick slices of rare pepper-laced tuna and was accompanied by delicious mixed greens, an unexpected addition of anchovies, (which I love) pitted olives and all the other expected offerings of a Nicoise salad. The home-made dressing was delicious.

My friend's marinated steak baguette came with a huge mound of yummy French fries and a simple mixed salad that he promptly ignored. A tasty

"There were no real French bistros in Westmount and to this day there are still very few," says co-owner Jim Ross.

and satisfying meal for a carnivore indeed!

Seeing as we had opted not to have any of the daily soups featured on the menu (Green pea and BBQ pork, \$5) or (French onion soup, \$8), we decided to share dessert. A generous slice of homemade Key Lime Pie (\$6.95) surpassed my expectations, as it was light and sweet, without being overly tart, as some key lime pies tend to be. The cup of coffee I had with it was one of the best I've had in a long time -and I love my coffee!

Service throughout was impeccable and unassuming, with our gracious waiter appearing when we needed him and leaving us alone to enjoy our extended lunch when we seemed uninterested in anything more.

*Bistro on the Avenue* is a well-oiled machine by now and both patrons and management seem to know exactly what to do to get a touch of France in their neighbourhood.

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# CAMPS & EDUCATION



## Annual Science Fair sparks interest



St. George's School of Montreal's Grades 7, 8, 9 and 11 High School students presented 58 projects at their 21st Annual Science Fair on February 4th. Visiting Grade 5 students had great feedback: "I loved the way one topic (ex: global warming, alternative energy) can be studied and explored in so many ways," "I could see that there is a real link between science and the environment," and "I always thought of science as doctors in white coats. The Science Fair gives me more ideas of what science is... I really like that!"

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# CAMPS & EDUCATION



## Marianopolis expands summer science camp



Parents still looking around for something for their kids to do this summer may have to look no farther than Westmount's own Marianopolis College.

The local CEGEP has announced that its science camp will be back this July, and promises it will be bigger and better than ever. The program has now been expanded to four weeks (July 5 to 30) and will be open to students in grades 3 through 10.

Campers will undertake experiments in robotics, life sciences and physics, as well as diverse recreational activities on the College's Westmount campus and trips to the Montreal's world-renowned science centres. Also new this year is a partnership with the Montreal Neurological Institute, which will be joining McGill University's WOW Lab and Let's Talk Science to assist in the camp's program development.

Registration is currently under way, and can be done online, by fax or by mail. The Science Camp will also be holding an Open House event on Saturday, April 10, from 1

to 4 p.m., where kids and parents are encouraged to explore the campus, visit the labs and meet the camp staff.

For more information, call 514-937-

0265 or email [sciencecamp@marianopolis.edu](mailto:sciencecamp@marianopolis.edu) Marianopolis College is located at 4873 Westmount Ave.

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# The next and best phase is here

First grandchild helps put everything in perspective for this Westmounter

Marylin Smith Carsley

**I**t was an early autumn morning and we dressed in efficient haste. There had been no need to set an alarm, as our human instincts would accurately notify us of the time. After all, how could we sleep with the anticipation of what was to occur? We arrived at the designated locale when we said we would, and stepped immediately into a new and extraordinary chapter of our lives.

On Sept. 8, 2009, we were altered forever almost as significantly as 30 years ago when our eldest child was born, but this occasion was slightly different. This time I was not the person enduring the laborious process. My role was altered as I became the bystander with a very diverse involvement, but my life did evolve into a new connection unlike no other.

William Alexander entered the world that day with a shock of blond hair, bright blue eyes and weighed in at eight pounds, 14 ounces. We stared at him from the nursery window trying to digest the passing of time and his presence. I kept trying to comprehend where the years had vanished and I could not grasp that I was now entering an entirely new life phase. Did I actually resemble the prototype of grandmother and could I even assume the part properly? Would I carry around pictures and wait eagerly for his visits? Standing there at the window, I was full of doubt as to how I would adapt to this new identity,



but when the yellow receiving blanket moved and I saw his little face, I knew that nothing else mattered as long as he was healthy, and that my daughter and son in law were happy.

Needless to say, all those insignificant insecurities evaporated as I grew to know and love him and I cannot envision the world without him. Ordinarily, I am not one of those individuals who tend to lose control when a baby is in a room. I may comment that he or she is adorable but I

can tear myself away quite easily. Even though my life has personally and professionally included children, the whole

*I kept trying to comprehend where the years had vanished and I could not grasp that I was now entering an entirely new life phase.*

idea of grandchildren was something I could not emotionally connect with. But you can never predict how you will feel as William has elevated the emotion of loving a child to another dimension.

On Jan. 8, he celebrated his four-month birthday and he was staying at my house with my daughter, as his father was out of town. This little boy, who cannot voice an

opinion, can completely control the house with his feedings, diapers, laundry, and habits and we stare at him for hours as if he was creating miracles. We marvel at his gummy smiles and his endless developments. We comment on his brilliance as he reaches to grab a toy, and we delight in every outfit he wears as if he invented the style. We are convinced that he is the most beautiful child and there is nothing we would not do for him and the gifts for him pile up daily.

So, how has our life changed? Our basic daily routine has not except that most waking moments we do wonder about him. What is he doing? Has he slept? He has recently found his hands, plays with his toys with enthusiasm and is rolling from side to side. When he is around, we are thrilled with his presence and we cannot stop ourselves from speaking in those ridiculously shrill voices or singing silly songs. We marvel that he brightens up the house and the truth is that when he smiles, we are delirious with delight as the beauty of his expression thrills us every time.

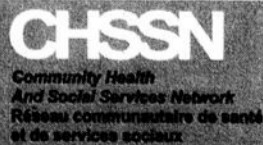
Life becomes bright with prospects again as we relive childhood for the third time: first it was our own youth, then the births of our kids, and now the first grandchild. We dream of what we shall experience with him as he begins to eat, walk, talk, play and just grow up and we do not want to miss a thing.

William represents the hope of the future and the extension of family. He represents innocence and possibilities as we relive the miracle of birth and human development once more. He transforms any misery into pleasure and the minute he appears wrapped up in a blanket, a bib and a sleeper, all that went wrong that day is obliterated. We deal in the joy of his being and we do not focus on any of the negativities involved in child rearing as he has his parents for those responsibilities. In our new and special position, we benefit only on the positive as he shines the light of joy on this very fulfilling phase of our lives.

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## Old NEWS from the archives 1935-2010

Ten Years Ago  
February 17, 2000

WAR CHEST: The City of Westmount has set aside a sum of \$250,000 to help fight Montreal Mayor Pierre Bourque's campaign to merge all island municipalities into one large city. The funds, described by Mayor Peter Trent as a war chest, have been transferred from the City's surplus and will be used to help finance anti-amalgamation efforts both in Westmount and on the common front with other municipalities such as the Town of Mount Royal. A portion of the total amount has been earmarked for common costs, and a portion has been earmarked strictly for Westmount, Director General Bruce St. Louis said this week.

Fifteen Years Ago  
February 16, 1995

ROBILLARD LANDSLIDE: "Call it the I Love Lucy Show? After early grumblings about the cost of the by-election and being taken for granted as a riding that just can't say no to a Liberal, what many were watching for on Monday was Lucienne Robillard's margin of victory. In the end voters in St. Henri-Westmount gave the former provincial cabinet minister a clear endorsement, helping to set the stage for the referendum fight expected this year. A sure winner from the outset, Robillard won all the polls in Westmount, and nearly every poll in the riding, taking 75 per cent of the votes cast in the final tally."

Thirty Years Ago  
February 21, 1980

P.S.O. PLANS: "The City of Westmount is gearing up to form a new, 18-man para-police force, complete with uniforms, radios, cars and foot patrols, to provide the type of surveillance and security local citizens once knew and enjoyed prior to the integration of the Westmount police into the island-wide force. The plans were revealed by Public Safety Commissioner Ald P. André Gervais, who has spent the past year developing the plan."

Continued on page 14

www.westmountexaminer.com Thursday, February 18, 2010 13

### WESTMOUNT

CHEQUERS PLACE/ 3033 SHERBROOKE W.

Prestigious building with 2 elevators, doorman service & 24/7 superintendent  
Appliances and Parking Incl., Heating, Hot water, A/C Included

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Kitchen, 1 full bath, Big window,  
Spacious Balcony

1150 sq. ft. - 2 bedrooms

Room: 11'6" x 15'  
Mast. Room: 12'6" x 17'6"  
Living Room, Dining Room, Kitchen,  
2 full baths, Big window, Balcony

INFO: 514-937-7978

### WESTMOUNT

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1 full bath & 1 half bath. Plenty of storage

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1 Room: 15'11" x 11'11"  
1 Room: 11'10" x 10'3"  
1 Room: 8'5" x 11'10"  
Kitchen/Dining Room, 1 full bath & 1 half bath

INFO: 514-937-7978

# WHA takes a spring stroll down Victoria Ave.

Wayne Larsen

From the old Westmount train station to a favourite grocery store, Victoria Avenue has long been home to many of this community's most recognizable landmarks and businesses.

The Westmount Historical Association is now taking the opportunity to look in on one of these institutions in each of its monthly lectures, collectively titled A Visit to Westmount's Victoria Avenue.

The series begins this Thursday, Feb. 18, when architect Elizabeth Shapiro discusses the history of a truly venerable Westmount landmark — the old Fire Station No. 2 at the corner of Victoria Ave. and The Boulevard. Built back in the days of horse-drawn vehicles, this second station was constructed at the top of the hill so that the horses would not have to gallop uphill to answer calls in upper Westmount. The historic building is now divided into residential units, and Shapiro was one of the architects who designed the transformation — over a period of 15 years and three different clients.

The lecture series continues on Thursday, March 18 with Urban Planner Justin Bur, who will discuss the history and social significance of the old Westmount



Old Fire Station No. 2. Photo credit: Jacques Pharand

train station — long considered to be Westmount's gateway to the rest of North America. Anyone growing up in Westmount during the heyday of railway transportation is sure to have fond memories of the familiar old building that still stands at the foot of Victoria Avenue.

On April 15, the guest speaker will be well-known grocer Graham Fletcher, who will be on hand to discuss his Metro super-

market, a hub of business activity at the busy corner of Sherbrooke Street. With emphasis on the renovations to the store and his own strong sense of community, Fletcher will outline the history of the store,

which had been known to many Westmounters as a Steinberg supermarket until 1992.

The lecture series concludes on May 20 with a look inside the Visual Arts Centre, which has been open at the corner of Victoria and Somerville Avenue since 1974. Guest speaker Virginia McClure will talk about how the Visual Arts Centre evolved from the Potter's Club, which first opened its doors in 1946, to an important creative institution that currently boasts an enrolment of more than 3,500 students. McClure is well-known in the Westmount community as a potter, painter, and the author of the memoir *The Yellow Painting*.

Organized by Doreen Lindsay and Caroline Breslaw of the Westmount Historical Association, all lectures will be held in the Westmount Room of the Westmount Public Library, 4574 Sherbrooke St. W. from 7 to 9 p.m. Admission is free for WHA members, \$5 for non-members, at the door. For more information, call the WHA at 514-989-5510 or 514-932-6688.

Continued from OLD NEWS, PAGE 13

### Thirty-Five Years Ago February 20, 1975

QUICK MEETING: "Monday evening's council meeting was viewed by only four interested citizens, who spent a mere 10 minutes commenting to and questioning council after it had finished its 10-item agenda in 28 minutes. All six aldermen were present, but Mayor Paul Ouimet was absent for the third consecutive session, in hospital."

### Thirty-Five Years Ago February 19, 1965

SHAAR EXPANDS: "The plans of the Congregation Shaar Hashomayim to expand the facilities of their synagogue moved a step forward Tuesday evening when no protests to the necessary zoning amendment were registered at a public meeting held at city hall."

### Fifty-Five Years Ago February 18, 1955

SADIE HAWKINS DANCE: "Hey Gals! Here's your annual chance to snag that guy without having him call you. The Westmount YMCA Girls Hi-Y Club is holding its annual Sadie Hawkins dance and you can invite that one great date. The only hitch is a small one—and can be rewarding. The ladies are requested to make corsages for their escorts, and prizes will be given for the prettiest, funniest and most original."

### Dissolution Notice

Notice is hereby given that the company 9128-0040 Québec inc. is requesting by the Director of Quebec Enterprises for permission to dissolve. (4300 de Maisonneuve ouest, Westmount Qc h3z 1k8).

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EXAMINER



# Coffee break



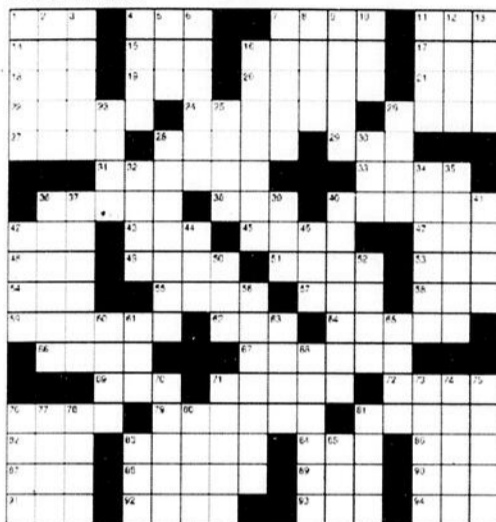
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## CROSSWORD

PUZZLE NO. 496



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**ACROSS**

- 1. Broke bread
- 4. Basketball's contents
- 7. Swing music
- 11. Ostrich's cousin
- 14. Vitality
- 15. "It Had to Be \_\_\_\_\_"
- 16. Melodies
- 17. Pro's opposite
- 18. Slacken
- 19. Type measures
- 20. Nonsupporters
- 21. Great, slangily
- 22. Cambodian dollars
- 24. Church official
- 26. Mobile or biography starter
- 27. Garment of India
- 28. Photographic tint
- 29. Cry convulsively
- 31. Strange
- 33. Blow mark

- 36. Drink noisily
- 38. Soup container
- 40. Birch trees' kin
- 42. Hawaiian dish
- 43. Land measure
- 45. "\_\_\_\_\_ in the U.S.A."
- 47. Preschooler
- 48. Hold title to
- 49. Bored reaction
- 51. Applaud
- 53. Coloration
- 54. Knights, e.g.
- 55. At no time, in poetry
- 57. Drop the ball
- 58. Bright
- 59. Quickly
- 62. Spasm
- 64. Walkway
- 66. Greek covered walk
- 67. Loony
- 69. Gist
- 71. Water lily

- 72. "Funny \_\_\_\_\_" (Chevy Chase film)
- 76. Metallic sound
- 79. Disturber of the peace
- 81. Grandma's brooch
- 82. Great anger
- 83. Edging loop
- 84. Duet number
- 86. Mischievous youth
- 87. Craggy hill
- 88. Plant swelling
- 89. Adriatic, e.g.
- 90. Bro's sib
- 91. "Stand \_\_\_\_\_ Deliver"
- 92. Ties the knot
- 93. Up to this point
- 94. Shoat's home

- 3. Smoldering coal
- 4. Positive votes
- 5. Electric particle
- 6. Potato type
- 7. Political alliance
- 8. Hooked on
- 9. Blood vessels
- 10. Double curve
- 11. Tan
- 12. Zoo trench
- 13. Open
- 16. Urban vehicle
- 23. In \_\_\_\_\_ of (instead of)
- 25. Adventure tale
- 26. Still snoozing
- 28. Highest singing voice
- 30. Hooter
- 32. Medical photo
- 34. "\_\_\_\_\_ Weapon"
- 35. Theatrical road company
- 36. Planters
- 37. Finch
- 39. Neither rhyme \_\_\_\_\_ reason
- 40. Arctic jackets
- 41. Don't strike!
- 42. Grandeur
- 44. Ram's partner
- 46. Fishes' beginnings
- 50. Court barrier
- 52. Musical combo
- 56. Cannoli filler
- 60. Melody
- 61. Sorority letter
- 63. Pretty
- 65. Lounge
- 68. Female bow
- 70. Gowned woman
- 71. Weaving machines
- 73. Off-kilter
- 74. Slacken
- 75. Flopsy's sibling
- 76. Middle Eastern bread
- 77. Do a household chore
- 78. Dweeb
- 80. Chilled
- 81. Joseph's was multicolored
- 83. Fixed bench
- 85. Miniature

ANSWER TO PUZZLE NO. 496



- DOWN**
- 1. States firmly
  - 2. Leg bone

## Sudoku

PUZZLE NO. 232

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

ANSWER TO PUZZLE NO. 232

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

**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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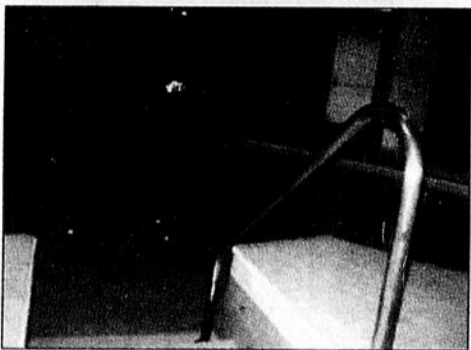
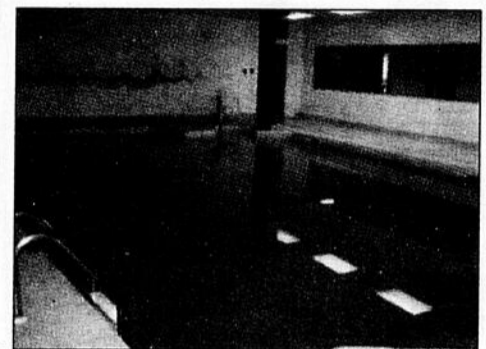


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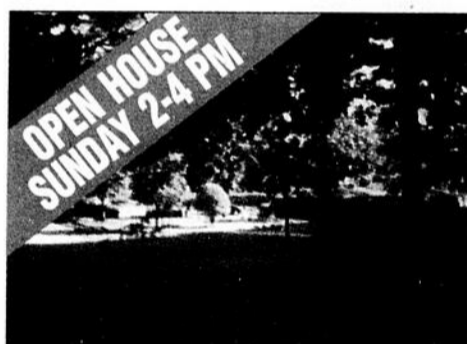
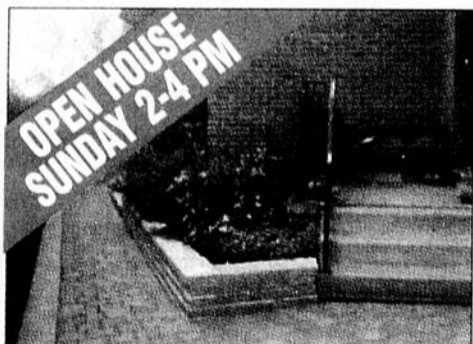


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