

Westmount EXAMINER

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LOCAL NEWS

Library week features Giller contest.

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FEATURE

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The last season



After many years in Westmount, grocery store Les 5 Saisons will close its doors in December. See page 2. Photo: Martin C. Barry

Trent sworn in today

Following his election by acclamation at the nomination deadline on Oct. 2, Mayor Peter Trent will be officially sworn into office today at noon at City Hall.

This will be Trent's second mayoral mandate. He served two full terms in the 1990s, and his third term was cut short by the municipal mergers — which he fought in his capacity of private citizen and helped to force the demerger four years ago.

Meanwhile, council candidates in the Nov. 1 municipal election are preparing for next Monday's 'Meet the Candidates' evening in Victoria Hall, which gets under way at 7 p.m.

Moderated by new WMA president Jean-Pierre Picard, the public meeting will give

each candidate a chance to present their views on local issues and answer questions from the audience.

Aside from Trent, only two council candidates have been acclaimed — Patrick Martin in District 1 and Victor Drury in District 3. They will also be sworn in today.

In District 2, the candidates are Timothy Price, Philip A. Cutler and Claire Mullins Kruyt; in District 4, incumbent councillor Kathleen Duncan is running against Nicholas Smith; in District 5, the candidates are Gary Ikeman, Georges Hébert, Douglas Leahey and René Pelletier; in District 6, incumbent councillor Nicole Forbes is running against Michael Osterland; in District 7, incumbent councillor Cynthia Lulham is running against



Mayor Peter Trent

Mavis Young; and in District 8, incumbent councillor John de Castell is running against Theodora Samiotis.

Why on earth should I go to a spa?



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Landmark grocery store to close

Martin C. Barry

Another chapter in the history of the 'carriage trade' era in Westmount will be ending on Dec. 5, when the Les 5 Saisons supermarket on Greene Avenue shuts its doors for good after several decades of doing business in the area.

The store is one of two 5 Saisons outlets owned by the Metro grocery retail chain. Another store on Bernard Avenue in Outremont will continue operating.

The Westmount 5 Saisons catered to an upscale clientele, with a wide assortment of gourmet food products not always found elsewhere, such as caviar, top quality meats and unusual herbs and spices.

"I often shopped at the 5 Saisons when I was on Greene Avenue," said Stanley Baker, a de Maisonneuve Boulevard resident. "I did frequent it. Their products were more speciality. It was very convenient and will definitely be missing it."

Prior to becoming a 5 Saisons, the store had been part of the now-defunct Steinberg's supermarket company. Steinberg's had launched the 5 Saisons banner as a sideline to its flagship supermarket operations. In addition to the two stores in Montreal, there was a third in St. Lambert on the South Shore, which Metro closed




when it acquired Steinberg's assets about a quarter of a century ago.

While 5 Saisons never grew beyond having a few locations, sales at the Westmount store had nothing to do the closing. Metro had been leasing the site from the property's owner, Ramco Development Inc., a company that is in the midst of planning a new project.

Marie Claude Bacon, a spokeswoman for Metro, said a product line comparable to what had been offered at the Westmount 5 Saisons is available at the company's Victoria Avenue store, as well as at a Metro Plus outlet on Notre Dame Street downtown.

**ÉLECTIONS MUNICIPALES
À WESTMOUNT**

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Association municipale de Westmount
Westmount Municipal Association

Assemblée publique

Public Meeting

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Giller contest highlights library week

Matthew Surridge

Get ready to hit the books, for Oct. 17 to 24 is Public Library Week in Quebec, and the Westmount Public Library celebrates this year with readings, contests — and a party.

Next Wednesday evening, Oct. 21, Bill Haugland will read from his new novel *Mobile 9*, a crime story set in Montreal in the late 1960s. On Oct. 22, Ian McGillis will interview Westmount writer Terry Rigelhof about his novels, essays, and short stories, and about Canadian literature in general.

The Library will also participate in the annual Scotiabank Guess the Giller contest. One entrant who correctly guesses the winner of the Giller Prize, Canada's most lucrative literary award, will win a trip to the prize-giving party in Toronto. The Library marks this year's contest with a special breakfast, at which each of the books on the Giller's shortlist will be championed by a library staff member in a lively discussion



Westmount librarians display Giller nominees.

chaired by former CBC radio host Shelley Pomerance.

The Library will also hold a Halloween pumpkin contest this year. Enter an uncarved but decorated pumpkin at any time up to 9 p.m. on Friday, Oct. 23, to get an invitation to the Pumpkin Gala party on Saturday, Oct. 24. The party, which starts at 7 p.m., will feature a pirate treasure hunt, as well as refreshments, and the selection of the win-

ner of the pumpkin-decorating contest.

Library members can get involved with Public Library Week another way. To celebrate the week, any member can bring a copy of their favourite book to the library and be photographed alongside it. The photographs will be made into posters, and be put on the Library's web site. Each member will get the hard copy of their poster at the end of the week.

Public Security nets graffiti dossier

Jessica Murphy

In Westmount, the Public Security unit is now in charge of eradicating graffiti. Captain Richard Bourdon says the change will make it easier to manage the problem and to make sure the doodles will be dealt with in a timely manner.

Previously, the task was shared with the Public Works Department.

First on Bourdon's list was a graffiti-cleaning blitz planned for the end of October.

"We've been promised there'll be no more graffiti in time for Remembrance Day," he said.

Election prep

Candidates aren't the only ones gearing up for the Nov. 1 elections. Public Security is also preparing for voting day.

"It mobilizes our crew," Bourdon said.

"We've got an extra six PSOs on the schedule to maintain order."

The security crew will be on hand mainly to make sure the day runs smoothly."

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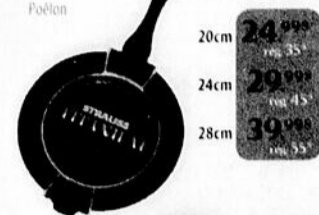
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OPINION

The Marks legacy



WAYNE LARSEN
Commentary
larsenw@transcontinental.ca

You can be sure there were few dry eyes in the city council chamber on Thursday evening, Oct. 1, and as that relatively small proportion of Westmount's population that closely follows municipal affairs gathered to bid a fond farewell to Karin Marks, the overall theme of the out-going mayor's final council meeting was that of accomplishment.

And when it comes to public service, few can boast the accomplishments of Mayor Marks, who leaves office with a litany of good deeds to her credit. There are too many of them to list here, of course, but the biggies include her significant contributions as a councillor to the refurbishments of the Westmount Public Library and Victoria Hall, not to mention what would be by far the most important ongoing news story in Westmount's history.

In what could best be described as a veritable coup of inter-municipal diplomacy, she put herself at the epicentre of controversy throughout Westmount's four-year "lost weekend" as a borough of mega-Montreal, serving not only as our borough mayor but also sitting on several megacity committees and really entrenching herself in that complex, overly bureaucratic entity in order to ensure that Westmount's interests were always protected.

It was a difficult position to be in, for she found herself having to serve on the very body she was fundamentally opposed to, but all that experience proved invaluable and it allowed her to come back and lead Westmount during the first four years of the difficult restoration period that followed the demerger triumph.

Most recently, with the huge arena/pool refurbishing proposal causing a serious rift within the community, Mayor Marks worked hard to ensure that new plans were presented to the public and a huge government grant, representing about half the estimated cost, was secured before she left office. It may still be controversial, and theoretically may all be rejected by the incoming council, but at least she has presented Westmount with a viable project, plus funding, instead of leaving it all up in the air for her successors to deal with — which is exactly what a lesser person would have done.

As Mayor Marks retires from public life to spend more time with her family, she deserves our thanks for her many years of service to this community. All clichés aside, she really has left Westmount a better place.

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Cirque du... Solar System?



96
Nat
LAUZON
Natterings

When I search my coat pockets, I can scrape up enough change to take the bus. When Guy Laliberté searches his coat pockets, he can scrape up enough change to take the space shuttle.

The Cirque Du Soleil founder/billionaire blasted into space for a cool round-trip cost of 35 million bucks. The guy has received his fair share of criticism from those who say that money could have been better spent here in Gravityland. After all, it's not like he's doing any scientific experiments up there. He's onboard with a fistful of clown noses and has said he plans to tickle

the astronauts while they sleep. Not exactly a giant leap for mankind.

But does it matter? I, for one, am more interested in Guy's space jaunt than say, Julie Payette's. Not to diminish the important and necessary work of a true, home-grown astronaut — that's obviously a given. I just think that almost 40 years since the first moon landing, maybe we aren't as fascinated as we once were. The novelty may have dulled a little. After all, for anyone born after 1969 space travel has technically always existed.

But space tourism hasn't! Guy Laliberté has no scientific or engineering background. He may not know an asteroid from a hemorrhoid. He is simply there because he is a dreamer and an adventurer (and okay, a billionaire) — and I think that should speak to the child in all of us. Guy Laliberté is the grown up version of that kid who always dreamed big. He built his own fortune and if he has the cash to travel aboard the space shuttle, more power to

him! He could very well have stayed on earth and commissioned a diamond encrusted toilet with his millions and none of us would have been the wiser. Instead, he chose to squeeze into a claustrophobic tin can and get blasted into the uncharted blackness of beyond — voluntarily! I can't say I'd do the same thing if I was in his big silly clown shoes. I'd sit here on earth waving a fistful of million-dollar bills at the sky, trying to bribe space to come to me.

Besides, Laliberté has certainly done his fair share for charity. For one, he's donated \$100 million to his One Drop Foundation dedicated to raising awareness about the world's water-related issues. A topic he hopes this space flight can also bring to light. As I write this, (Friday, Oct. 9) he'll be hosting the first live show from outer space. It will involve 14 cities around the world as well as various celebrities here on terra firma. I for one, will be watching. With my glass of powdered Tang. And maybe a clown nose.

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Old NEWS from the archives
1935-2009

Fifteen Years Ago
October 13, 1994

ORGAN DEDICATED: "A dedication service for the famous von Beckerath organ will highlight anniversary celebrations at St. Andrew's-Dominion-Douglas Church this weekend, as the congregation celebrates the union of the two churches. It has been 10 years since the congregations of St. Andrew's and Dominion-Douglas joined forces in 1984. A large turnout is expected this Sunday, Oct. 16. The organ was built in 1959 for the Queen Mary Road United Church in Hampstead by Rudolph von Beckerath, a master organ builder from Germany."

Twenty-Five Years Ago
October 18, 1984

602 TICKETS ISSUED: "More than 600 speeding tickets were issued by police during three weeks in September on Cedar avenue near Mount Pleasant avenue, police report. The crackdown by MUC police came following complaints of cars exceeding the 30-kilometre-per-hour speed limit on Cedar. Radar cars have kept up the surveillance this month as well, issuing as many as 50 tickets some days, according to Director John Daizell of local MUC station 23. The tally of tickets given out during the initial three-week period was 602."

Thirty Years Ago
October 18, 1979

ELECTION DEBATE: "The Westmount Municipal Association will offer Brian Gallery and JoAnn Issenman the chance to debate each other head-to-head at its 'all-candidates' meeting on Tuesday night, and will give other unopposed council candidates the chance to air issues and ideas publicly. Because only one election race is shaping up, in the Ward 2 area of eastern Westmount north of de Maisonneuve boulevard, the meeting is shaping up more as a 'citizen review' of city council's past four years."

Thirty-Five Years Ago
October 10, 1974

GREENE HOUSES LOST: "The final legal step to preserve the homes on Greene Avenue directly beneath the Trans-Canada Highway has failed, Ald. Douglas Robertson announced. The city will begin making plans for development of a playground where the buildings now stand. The buildings and land were expropriated by the Quebec Roads Dept. seven years ago."

Visit the land of Oz this fall

Marilynn Vanderstaay
Around Westmount



For parents, the onset of fall also means shopping for new winter clothes. But what do you do with the outgrown but barely worn snowsuits and jackets, boots and more? Stephanie Pascal, owner of Le pays d'Oz, the gently used children's clothing store at 342 Victoria Avenue, has a win/win solution. You can come and shop for name brand children's wear such as Deux Par Deux, GAP and Jimboree at 50 per cent off the regular retail price. And you can make an appointment to bring in your gently used clothes sizes 0 to 10, toys, games, and books for Pascal to sell for you on consignment. If your items don't sell you can choose to take them back or allow Pascal to donate them to Share the Warmth that redistributes them who families in need. For more information, or to book an appointment, phone 514-485-9610.

Pretty Ballerinas arrive in North America
In August, Nicholas Martire and Willa Leus opened the first North American retail

store of the line Pretty Ballerinas at 392 Victoria Avenue. Since then, women in Westmount and beyond have been discovering what women around the globe have known for years. Their feet love the extreme comfort of the ballet flats hand-crafted from genuine soft Spanish leather and uniquely detailed. To maintain their exclusivity, Pretty Ballerinas produces only a limited number of each of the 80 styles. The footwear is available in a wide range of sizes from five to 12 and a variety of colours and patterns.

Since 1918, women's feet have been pampered by footwear handmade by the Mascaró family of Spain. In 2005 the family launched Pretty Ballerinas. Martire and Leus were living in Europe at the time and immediately realized they should bring them home to Westmount.

In addition to footwear, the Pretty Ballerinas also carries a collection of Belstaff heritage purses, leather coats and jackets and boots.

Throughout November to February, in deference to the Canadian winter, Pretty Ballerinas will include with each purchase a cotton shoe bag to fit into a purse so you can wear your ballet flats after taking off your winter boots. For more information about Pretty Ballerinas go to www.prettyballerinas.com. Or phone the store at 514-971-9628.

Westmount artist bio makes Globe & Mail list

Shortly after a packed launch event at Nicholas Hoare Books on Greene Avenue last Thursday, author Wayne Larsen received a call from his editor telling him that his latest book, *A. Y. Jackson: The Life of a Landscape Painter*, had already reached the number 2 position on last Saturday's *Globe and Mail* bestseller list for art books.

Larsen did not get to much time to chat with many of those who attended the cinq-à-sept launch because he was busy signing books for guests. The book is available in Westmount at Nicholas Hoare and across Canada at most other bookstores.

Treating what ails you with massotherapy



Tamara Booth invites you to put your comfort in her hands...literally. The massage therapist with 10 years of practice in a variety of techniques recently opened a studio in Mag & Rene Coiffure in the Westmount Medical Centre, 5025 Sherbrooke Street West, Suite 405. Using a combination of different techniques, Booth works on areas where her clients, women, children and well seniors (non-smokers), are experiencing discomfort such as the wrists, the neck, the back and shoulders and the feet. Massotherapy can also be one of the best tools to combat stress.

"I offer a judgement free zone with a listening ear to tailor sessions to the needs of my clients. The focus can be either a health maintenance routine, which feels like pampering, or treatment related to the area of discomfort," she says.

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Connelly is new Children's Library head

Matthew Surridge

Anyone who has dropped by the Montreal Children's Library on Atwater Avenue will have noticed that there is a new head librarian on duty.

On Sept. 21, Adrienne Connelly took over from the previous head librarian, Robin Sales, who left the library for a new

job closer to her family.

"I think the library's at an exciting time right now," said Connelly, citing the Library's history and its current 80th anniversary celebration.

Connelly has been the librarian at the Richmond Square branch of the Montreal Children's Library since June 2008. She has also worked with the Montreal Neurological Institute as an archivist, and

with the American national oral history organisation StoryCorps. Connelly cites her experiences with Halifax's North Branch Library as key in forming her understanding of what a children's library can do. "Tons of kids came to that library every day to do activities," she said. "It seemed like an extension of their home."

Connelly has seen a similar dynamic at the Montreal Children's Library. "I came

into the position seeing how the Library directly affects the children and their parents who use the library ... and the role that it plays in their lives," she said.

She will continue to work as a branch librarian one day a week. "It was really important to me to continue to see the kids that I'd been working with ... That was kind of the clincher for taking the job."

St. Matthias' Craft Guild creates hope, stitch by stitch

Marilynn Vanderstaay

Every year the St. Matthias' Craft Guild meticulously stitches a unique quilt to be raffled off as a fund raiser in the fall. This year, however, they decided to dedicate their time and their stitches to giving hope to homeless women. This year proceeds of the raffle will benefit the Patricia Mackenzie Pavilion, the women's branch of the Old Brewery Mission.

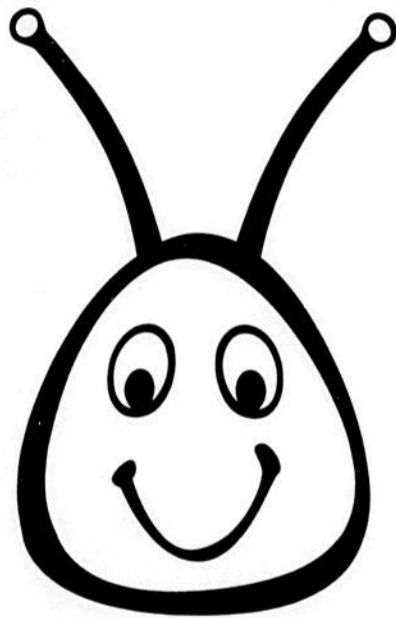
The quilt was worked on by the 16 mem-

bers of the craft guild, one man and 15 women, and is valued at \$900.

Tickets can be purchased from the church office, 10 Church Hill, off Cote St. Antoine Road, Monday and Tuesday and Thursday and Friday between 9 a.m. and 2 p.m. and Wednesdays between 11:30 a.m. and 4:30 p.m. Tickets are also available at Brickpoint Needlework Shop, 318 Victoria Avenue. For more information phone 514-933-4296.

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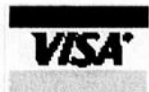


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- 2° que les candidats à cette élection pour les postes ci-après mentionnés sont :
 - a) pour le poste de conseiller du district n° 2 :
 - Philip A. CUTLER
4876, avenue Westmount à Westmount (Québec) H3Y 1Y1
 - Claire MULLINS KRUYT
72, croissant Belmont à Westmount (Québec) H3Y 1Y4
 - Timothy PRICE
648, avenue Murray Hill à Westmount (Québec) H3Y 2W6
 - b) pour le poste de conseiller du district n° 4 :
 - Nicholas SMITH
11, avenue Burton à Westmount (Québec) H3Z 1J6
 - Kathleen WARNER DUNCAN
450, avenue Lansdowne à Westmount (Québec) H3Y 2V2
 - c) pour le poste de conseiller du district n° 5 :
 - Georges HÉBERT
325, avenue Lansdowne à Westmount (Québec) H3Z 2L5
 - Gary IKEMAN
4700, rue Sainte-Catherine Ouest, app. 412 à Westmount (Québec) H3Z 1S6
 - Douglas LEAHEY
5010, rue Sherbrooke Ouest, app. 4 à Westmount (Québec) H3Z 1H4
 - René PELLETIER
306, avenue Lansdowne à Westmount (Québec) H3Z 2L4
 - d) pour le poste de conseiller du district n° 6 :
 - Nicole FORBES
250, avenue Clarke, app. 611 à Westmount (Québec) H3Z 2E5
 - Michael OSTERLAND
14, avenue Melbourne à Westmount (Québec) H3Z 1H7
 - e) pour le poste de conseiller du district n° 7 :
 - Cynthia LULHAM
4550, rue Sainte-Catherine Ouest à Westmount (Québec) H3Z 1S2
 - Mavis YOUNG
257, avenue Melville à Westmount (Québec) H3Z 2J6
 - f) pour le poste de conseiller du district n° 8 :
 - John de CASTELL
188A, rue Selby à Westmount (Québec) H3Z 1W7
 - Theodora SAMIOTIS
4274, boulevard Dorchester à Westmount (Québec) H3Z 1V6
- 3° qu'un vote par anticipation sera tenu de 12 h à 20 h le dimanche 25 octobre 2009 au Victoria Hall situé au 4626, rue Sherbrooke Ouest à Westmount;
- 4° que les bureaux de vote le jour du scrutin seront ouverts de 10 h à 20 h le dimanche 1^{er} novembre 2009 aux endroits suivants :
 - a) dans le district n° 2 (sections de votes nos 5 à 8) :
 - école Roslyn
4699, avenue Westmount
 - b) dans le district n° 4 (sections de votes nos 13 à 17) :
 - Victoria Hall
4626, rue Sherbrooke Ouest
 - c) dans le district n° 5 (sections de votes nos 18 à 21) :
 - église Westmount Park
4695, boul. De Maisonneuve Ouest
 - d) dans le district n° 6 (sections de votes nos 22 à 26) :
 - école Saint-Léon-de-Westmount
360, avenue Clarke
 - e) dans le district n° 7 (sections de votes nos 27 à 31) :
 - école Westmount High
4350, rue Sainte-Catherine Ouest
 - f) dans le district n° 8 (sections de votes nos 32 à 34) :
 - Centre communautaire de l'avenue Greene
1090, avenue Greene
- 5° que le recensement des votes sera effectué à l'hôtel de ville de Westmount situé au 4333, rue Sherbrooke Ouest le dimanche 1^{er} novembre 2009 à 21 h 30.

DONNÉ à Westmount, le 15 octobre 2009.

Mario Gerbeau
Président d'élection / Returning Officer

PUBLIC NOTICE OF THE POLL

PUBLIC NOTICE is hereby given to the electors registered on the list of electors of the city of Westmount:

1. That a poll will be held for the offices of councillor of districts No. 2, 4, 5, 6, 7, and 8;
2. That the candidates in this election for the offices mentioned below are:
 - a) for the office of councillor of district No. 2:
 - Philip A. CUTLER
4876 Westmount Avenue, Westmount, Qc. H3Y 1Y1
 - Claire MULLINS KRUYT
72 Belmont Crescent, Westmount, Qc. H3Y 1Y4
 - Timothy PRICE
648 Murray Hill Avenue, Westmount, Qc. H3Y 2W6
 - b) for the office of councillor of district No. 4:
 - Nicholas SMITH
11 Burton Avenue, Westmount, Qc. H3Z 1J6
 - Kathleen WARNER DUNCAN
450 Lansdowne Avenue, Westmount, Qc. H3Y 2V2
 - c) for the office of councillor of district No. 5:
 - Georges HÉBERT
325 Lansdowne Avenue, Westmount, Qc. H3Z 2L5
 - Gary IKEMAN
4700 Sainte-Catherine St. West, apt. 412, Westmount, Qc. H3Z 1S6
 - Douglas LEAHEY
5010 Sherbrooke St. West, apt. 4, Westmount, Qc. H3Z 1H4
 - René PELLETIER
306 Lansdowne Avenue, Westmount, Qc. H3Z 2L4
 - d) for the office of councillor of district No. 6:
 - Nicole FORBES
250 Clarke Avenue, apt. 611, Westmount, Qc. H3Z 2E5
 - Michael OSTERLAND
14, Melbourne Avenue, Westmount, Qc. H3Z 1H7
 - e) for the office of councillor of district No. 7:
 - Cynthia LULHAM
4550 Sainte-Catherine St. West, Westmount, Qc. H3Z 1S2
 - Mavis YOUNG
257 Melville Avenue, Westmount, Qc. H3Z 2J6
 - f) for the office of councillor of district No. 8:
 - John de CASTELL
188A Selby St., Westmount, Qc. H3Z 1W7
 - Theodora SAMIOTIS
4274 Dorchester Blvd, Westmount, Qc. H3Z 1V6
3. That an advance poll will be held from 12:00 noon to 8:00 p.m. on Sunday, October 25, 2009 at Victoria Hall located at 4626 Sherbrooke St. West in Westmount;
4. That regular polling stations will be open from 10:00 a.m. to 8:00 p.m. on Sunday, November 1, 2009 at the following locations:
 - a) in district No. 2 (polling subdivisions nos. 5 to 8):
 - Roslyn School
4699 Westmount Avenue
 - b) in district No. 4 (polling subdivisions nos. 13 to 17) :
 - Victoria Hall
4626 Sherbrooke St. West
 - c) in district No. 5 (polling subdivisions nos. 18 to 21) :
 - Westmount Park Church
4695 De Maisonneuve Blvd West
 - d) in district No. 6 (polling subdivisions nos. 22 to 26) :
 - Saint-Léon-de-Westmount School
360 Clarke Avenue
 - e) in district No. 7 (polling subdivisions nos. 27 to 31) :
 - Westmount High School
4350 Sainte-Catherine St. West
 - f) in district No. 8 (polling subdivisions nos. 32 to 34):
 - Greene Avenue Community Centre
1090 Greene Avenue
5. That the addition of the votes will take place at Westmount City Hall located at 4333 Sherbrooke St. West at 9:30 p.m. on Sunday, November 1, 2009.

ISSUED in Westmount, on October 15, 2009.

Treating indigestion, constipation and IBS

Chinese massotherapy and gastrointestinal disorders

Craig Cormack

Chinese massotherapy is a front-line therapy for gastrointestinal disorders. Used in combination with healthy eating habits, exercise, and herbal remedies, it provides relief for indigestion, constipation, IBS (Irritable Bowel Syndrome) and many other conditions that affect the stomach and intestines.

Chinese medicine sees the body as a unified energy system. The body contains energy highways called meridians. These meridians transport "chi" (energy flow) throughout the body. A free circulation of chi equals a free and unobstructed flow of blood to all parts of the body. This flow enhances health and prevents disease.

Chinese massotherapy is an integral part of Chinese medicine. Like Tai Chi and Chi Kung, it helps the body self-regulate and achieve optimum wellness without the use of drugs or other intrusive therapies.

Also known as Tuina ("push-pull"), Chinese massotherapy employs hand

techniques such as shaking, lifting, pinching, rolling, tapping and acupressure (finger pressure on acupoints; acupressure works like acupuncture, but without the needles).

Relief from constipation

Chinese medicine considers constipation an imbalance in the liver, lungs, kidneys, spleen, lungs, large intestine and stomach, caused by a lack of water and excessive heat in the body. It views the respiratory, digestive, and elimination systems as three burners called the "triple burner." Constipation is seen as a blockage in the elimination or "lower" burner.

Tuina for constipation includes Tai Chi circles (circular abdominal massage) and acupressure on specific acupoints to help the elimination process. Acupressure on the bladder and kidney meridians helps to boost water circulation. Massage strokes bring heat to the skin surface and expel it. Once the lower burner is brought into balance constipation is relieved.

Relief from IBS

IBS or Irritable Bowel Syndrome comes in two major forms: diarrhea-based or constipation-based IBS. Chinese medicine considers these two forms either a problem of excess water in the lower burner (diarrhea) or excess fire in the lower burner (constipation). Organs affected are the spleen, liver, large intestine and stomach.

Tuina increases the circulation of water in the body where there is excessive heat. It dries out the body where there is excessive water. Massage treatments release excessive heat through the skin, and excessive water through the kidneys. Tuina hand techniques—including acupressure on the large intestine and liver acupoints—also move toxins to the lymphatic system to be expelled. This further helps to restore a natural healthy balance to the internal organs, which in turn helps remedy both forms of IBS.

Relief from indigestion

Indigestion has many causes. Among the most common are stress, lack of exercise,

and a poor diet. Stress-induced indigestion is quickly and effectively remedied by Tuina. Exercise and dietary changes, quitting smoking and reducing or eliminating alcohol also usually help to resolve indigestion — and Tuina can help. Case studies have shown that acupressure on the stomach, spleen and other acupoints can help relieve most forms of indigestion.

Chinese massotherapy has been a gentle, non-intrusive, and drug-free medical treatment for gastrointestinal disorders for more than 2,500 years. Consult a registered Chinese massotherapist for an effective and natural solution to your indigestion, constipation, IBS or other stomach or intestinal condition.

Craig Cormack, BA, RMT, is a registered Chinese massotherapist, Chi Kung meditation master and senior Tai Chi instructor. He is a consultant at the McGill University Sports Medicine Clinic and President of l'Association de massage chinois Tuina du Québec. Rising Tao Integrative Health 4112 St. Catherine West. 514 369 7860

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Personalizing Communication Between the Home and the School

Marylin Smith Carsley

In recent years we have witnessed a drastic change in the way in which we communicate with others. Email, text messaging and twitter are excellent tools for messaging, but they have been instru-

mental in robbing us of the ability to make a dignified point with the correct grammatical terminology.

When interacting technologically, we may rush through tactfulness, and innocently neglect to consider how the message will be comprehended. Any worthwhile

contact is always better when accompanied by voice or body signals as that typed word can often be misinterpreted and lack human sentiments.

In every facet of our life, when we correspond with the people who are central to us, we must be able to exchange thoughts coherently and with some sensitivity. We also need to pay close attention to others and hear them if we desire the same courtesy to be extended to ourselves. But every situation needs to be handled individually and this is especially imperative when parents relate with their child's teacher, and vice versa. When a child and education are the equation, discussions should benefit both parties and frequently face-to-face exchanges are always necessary and should not be left to technological methods.

The responsibility of education should be a shared one between the school and the home. Teachers need to show parents that they are approachable and for a parent to feel more connected, he or she can participate in classroom meetings, activities and occasional field trips. By keeping the communication lines open, no one is caught off guard with surprises, should serious academic issues or family dilemmas arise. Of course in schools that are multicultural, miscommunication can frequently occur due to the language and cultural barriers, so occasionally having the child at a meeting may help with the translation and provide more open lines between everyone.

Communication is an essential tool and today there is absolutely no lack of methods in which a parent can reach a teacher.

Continued on page 11



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Frédéric Bakhach-Lord

- Dictée des Amériques 2008 parmi les 10 finalistes au Québec
- Prix Jean-de-Brébeuf 2006-2007 catégorie 3^e secondaire

Laurent St-Denis

- Dictée des Amériques 2008 1^{er} au Collège Jean-de-Brébeuf



Tournoi provincial de Génies en herbe (Amos 2008)

Équipe championne en 1^{er} secondaire

Olivier Bouchard, Alexandre Dussault, Étienne Vézina et Julien Simoneau



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Continued from COMMUNICATION, page 10

Face-to-face interaction is not always necessary for every contact, and technology has really assisted us in making it easier to reach others especially when the issue is not crucial. In most schools, web sites have been created along with message boards, email set ups and homework sites. No one can complain that it is impossible to contact the school, but to really start the year off properly, parents should always make it a point to always attend the first parent teacher evening. This contact should be continued even throughout the high school years as well, as that age should not be a deterrent to parental involvement, as kids of all ages require support. In fact, there is more of a need to be concerned as the child matures, as the teenage years can be so problematic. Teachers usually welcome the input from the home as well as it makes them feel as if education is a team effort.



How to avoid miscommunication

The parent-teacher conference is an ideal opportunity to discuss a student in a constructive and beneficial manner but there should be certain guidelines. Primarily there must be an openness and willingness to exchange information to avoid any miscommunication that frequently can arise in an email or even a

phone call. For more serious issues such as learning or behavioural problems that require additional educational implementation, either more time should be allotted or a special appointment should be reserved.

A teacher must exercise diplomacy as discussing someone's child is a delicate manner and in turn, the parent must listen to what the teacher is saying as he or she

does spend as many hours with his or her child. The exchange between the two should be focused upon the child's welfare and should conflicts in their personalities arise, both should be mature enough to bypass them.

Westmount teacher Sheryl Gilnian, an educator for many years with an expertise in early childhood education, believes that courtesy and contact between the home and school must be adhered to. A rapport is essential and the goal of working as a team is essential. "When a parent attends these parent teacher conferences, he or she is demonstrating how important education is. Parents and teachers are sharing information and that is real education. Communication must be open and welcoming between both parties and everyone must realize that parents know their child best."

I can vividly recall that on many occasions that eliciting the support of the family was not feasible, but when I could, the

child benefited greatly especially when conscientious monitoring at home transpired after school. Many parents believe that education resides primarily at the school but they are incorrect in this assumption, as so much of that real learning begins at home. How prepared a child is when he or she enters the academic world is a reflection of that primary education at home and school enhances and broadens that initial learning. Therefore a connection between home and school must be established at the start of every school year and the strength of it requires care and attention.

Parents need to appreciate the cumbersome job of teaching as the teacher is dealing with many children and not one. Another consideration for parents is not to take the information about their child too personally as it is not an indication that he is not being raised properly. The focus of parent/child communication should be on the partnership, and the future, and how to move forward for the benefit of the child.

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Community saddened by loss of Beatrice Bazar

Marilynn Vanderstaay

A very special lady, life-long Westmount resident Beatrice Bazar passed away this week on Sept. 28, in her 95th year. Our community has lost a woman who made a big difference not only locally but so far beyond our borders.

As her nephew, Westmount entrepreneur Michael Millman, describes her, "She was quite a remarkable woman. She was an Order of Canada recipient, a former president of the United Nations Association of Canada and very involved with human rights in Canada for many years." And

beyond all that she has been a wife, a mother, a grandmother, a great-grandmother, a sister and an aunt. And a wonderful friend to all who had the privilege to know her.

Beatrice was one of those people who just make a difference in the world around them. So much so in 1967 she was awarded the Government of Canada Medal for "Distinguished Service to the Nation," recognized today as the Order of Canada. She proudly wore her pin everywhere she went. Her CV reads like the who's who of formidable international organizations including founder of Special Events group of the Canadian Institute for International Affairs.

During her career, in which she was elected to numerous leadership positions, she developed extensive consulting experience and was quite capable of planning and achieving objectives. She established linkages with major sectors; governments, cor-

porate, banking, public and private institutions. But what made her unique was her wide range of professional experience, and in the ability to work with people with diverse points of view.

Thank you, Beatrice, and goodbye.

Story Festival comes to Westmount

Matthew Surridge

The tenth edition of Quebec's annual Intercultural Storytelling Festival runs from October 16 to 25, and this year three events in the festival are being hosted by the Westmount Public Library.

This Sunday, Oct. 18, at 2 p.m., Jan Blake will tell "Moving Tales: African Shape-Shifting Stories." The British-Jamaican Blake, one of the festival's guests of honour, has been a storyteller for over 20 years. The event is aimed at ages 8 and up.

On Monday, Oct. 19, at 7 p.m., disabled storytellers Kim Kilpatrick and guest of honour Alan Shain will present "Kissing That Frog: Disabling the Disability Myth," for an audience aged 14 and older. Shain, an actor and comedian as well as a storyteller, has toured extensively in Canada and

beyond, including a performance at the Paralympic Arts Festival in Sydney, Australia, in the year 2000. Kilpatrick, an Ottawa-area storyteller and music therapist, has been telling tales on stage since 2001.

On Sunday, Oct. 25, at 2 p.m., German storyteller Regina Sommer, another of the Festival's guests of honour, will tell the story of "King Arthur and the Secret of his Two Swords." Sommer has been a storyteller for two decades, and co-founded Germany's first international storytelling festival.

The Library, which boasts a Storytelling Garden, hosts the meetings of the Storyteller's Guild of Montreal on the second Thursday of every month from September through June. More information about the Intercultural Storytelling Festival can be found at www.festival-conte.qc.ca/, or in English at www.festival-conte.qc.ca/index_e.php.

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310079



La collecte automnale des feuilles

Pour améliorer la propreté des rues en automne, la Ville de Westmount offre un service de collecte des feuilles par les équipes de la Ville, en bordure des rues.

Pour vous débarrasser de vos feuilles et autres résidus de jardins, utilisez des sacs COMPOSTABLES ou des sacs en PAPIER destinés à cette fin.

Déposez vos sacs en bordure du trottoir avant 7 h du lundi au vendredi.

Les feuilles tassées en vrac en bordure du trottoir NE SERONT PAS RAMASSÉES.

Autumn Leaf Collection

In order to keep streets cleaner throughout autumn, the City of Westmount offers curbside collection of leaves by city crews.

Use either COMPOSTABLE or PAPER garden waste bags to dispose of leaves and other garden waste.

Place your bags behind the sidewalk by 7:00 a.m., Monday to Friday.

Leaves piled loose behind the sidewalk WILL NOT BE PICKED UP.

Calendrier de collecte

Octobre et novembre
Du lundi au vendredi, au besoin

Si vos sacs sont préparés correctement mais ne sont pas ramassés dans les trois jours ouvrables, veuillez composer le 514 989-5311.

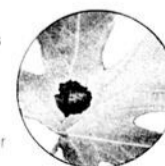
Collection Schedule

October and November
Monday to Friday, as needed

If your bags are properly prepared, but are not picked up after 3 consecutive working days, please contact us at 514 989-5311.

Tache goudronneuse

En raison du nombre élevé de maladies affectant les arbres dans notre région, les résidents sont priés de se débarrasser des feuilles contaminées UNIQUEMENT lors de la collecte des feuilles mortes et de NE PAS les ajouter au compostage domestique.



Tar Spot Fungus

Due to high levels of disease affecting trees in the region, residents should dispose of contaminated leaves in the fall leaf collection ONLY.

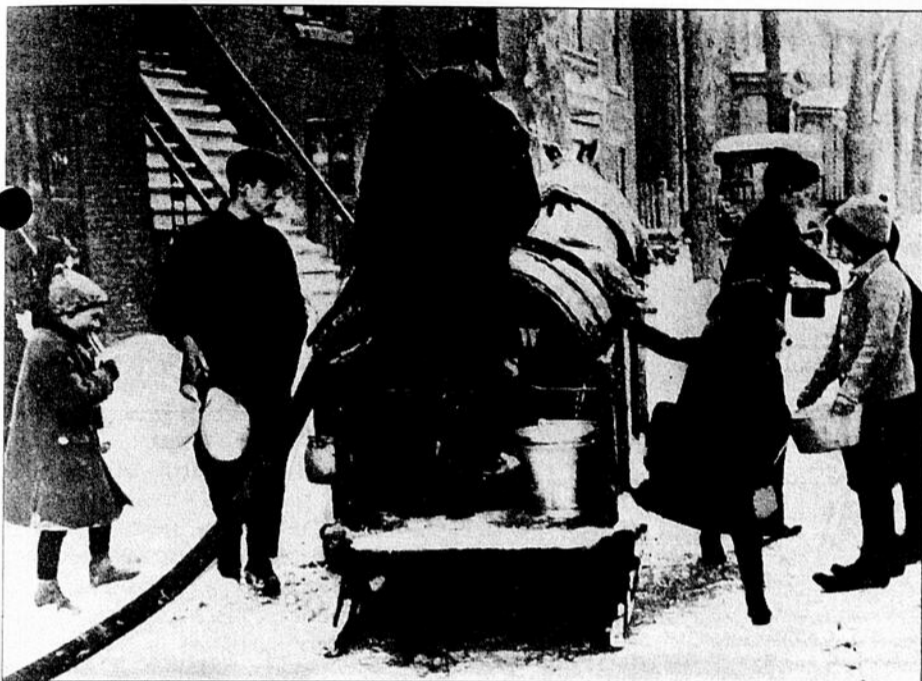
Contaminated leaves should NOT be added to domestic composters.



Westmount
Service des travaux publics
Public Works Department

Info : 514 989-5390
www.westmount.org

Water main break led to city's most serious crisis



Water carts helped a bit during the 1913 crisis.

Robert N. Wilkins

Late Christmas Day 1913, a major break of approximately 60 feet in length occurred in the principal conduit bringing water into the City of Montreal. There had been a problem earlier that December in the very same spot for which a temporary repair job was quickly completed. Everyone knew that Montreal was very vulnerable in so far as its water repository was concerned, because of the simple fact that there was just one supply route.

The now broken pipe (which was nine feet in diameter) was the sole feed of water into a city of more than 350,000 people. The ruptured culvert was located immediately in back of the Verdun Protestant Hospital for the Insane, which was more commonly referred to in those politically incorrect times as the Lunatic Asylum (today it is called the Douglas Hospital).

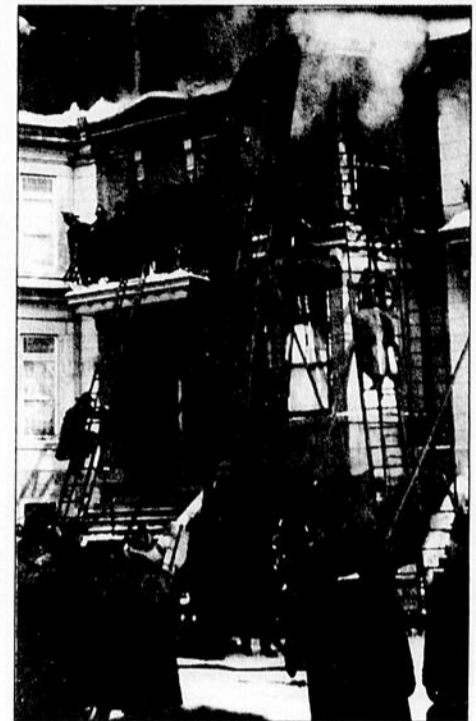
So enormous was the task of correcting the misadventure that it took until the end of the day of Jan. 2 to do so. This meant a full eight days with virtually no water whatsoever for Montrealers.

Fortunately, there had been a major snowstorm shortly before the Christmas Day, breach so citizens could bring buckets of snow into their homes for them to melt there. The city also sent out horse-drawn water carts to help alleviate the suffering. The ringing of a bell would announce the arrival of the wagon on any given street. The few institutions that still had artesian wells on their property (like the Hotel Dieu) quickly re-activated them, putting them to good use.

The old Western Hospital on Atwater (today the Children's) had the good fortune to be situated strategically close to the City of Westmount, which had its own independent water supply network. Thoughtfully, the town's fire department deployed a temporary fire hose in order to furnish the hospital with the precious liquid.

One of the main suppliers of bottled water in those days was the Laurentian Water Company. In the midst of the crisis, demand increased to such an extent that the company was forced to limit its delivery to established clients, many of whom were in Westmount. It wasn't the water that was lacking but rather the ability to deliver it. In fact, many rigs, destined for Westmount, were encircled by thirsty Montrealers to whom drivers were forced to sell their supply!

During the eight-day drought, everyone feared fire. In the middle of the crisis, a near panic-stricken Montreal Fire Chief Tremblay reported to the City Hall that there was just enough water left in the McTavish Reservoir for one big fire. In addition, stories circulated within the city that the dam at the junction of the St.



The St. Louis Square fire on New Year's Day, 1914.

Lawrence River and the old aqueduct was about to burst. Had this happened, it is believed that all of Point St. Charles would have been flooded.

What everyone dreaded finally occurred at 290 (today's address) St. Louis Square, when fire broke out at 14:25 on Thursday, January 1, 1914.

Combating the blaze was indeed aggravated by the water disruption. In fact, despite the enormity of the

Continued on page 14

Travaux de réfection

Reconstruction de la conduite d'eau principale

Rue Sainte-Catherine, entre les avenues Greene et Clarke

Veillez noter que les travaux de remplacement de la conduite d'eau principale sous la rue Sainte-Catherine se poursuivront jusqu'au début du mois de décembre. Ce projet est géré par le Service des infrastructures, transport et environnement de la Ville de Montréal.

Un texte précisant les étapes du projet, les impacts pour la circulation et le stationnement, l'installation d'un réseau temporaire d'eau, et le remplacement des services d'eau est disponible à www.westmount.org.

Pour toute information supplémentaire, veuillez communiquer avec la Ville de Montréal au 514 872-3777 (8 h à 17 h). Pour connaître l'avancement du projet, consultez le site Internet ville.montreal.qc.ca/chantiers.



Westmount

Service des travaux publics
Public Works Department



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Infrastructure Renewal

Reconstruction of the Water Main

St. Catherine Street, from Greene Avenue to Clarke Avenue

Work is currently underway to reconstruct the water main on St. Catherine Street, and will continue until early December. This project is managed by the *Service des infrastructures, transport et environnement* of the City of Montreal.

Information outlining the project phases, the impact on traffic and parking, the installation of a temporary water main, and the replacement of the water services is available at www.westmount.org.

For additional information on this project, please contact the City of Montreal at 514 872-3777 (8 a.m. to 5 p.m.). For project updates, consult the Web site at ville.montreal.qc.ca/chantiers.

Info : 514 989-5257
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Continued from WATER MAIN BREAK, page 13
conflagration, the firefighters were reduced to battling it with only three streams of water, the pressure for which was thoroughly inadequate. Indeed, at times no water whatsoever was emanating from the hoses in question. Only the heroics of the men and their remarkable ingenuity contained a fire which it was originally feared would raze the entire block bounded by St. Louis Square, Laval, St. Denis, and Sherbrooke Streets.
In terms of the potential for real catastrophe, it was

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perhaps the most dangerous eight days through which Montreal had ever passed up to that point in its history. However, exactly 84 years to the month later, the city experience something equal in possible peril, and that was the Great Ice Storm of 1998.
• Robert N. Wilkins is a researcher and writer with the Quebec Family History Society, an Anglophone genealogical association based in Pointe Claire. He can be reached at montreal_1900@hotmail.com and his 'blog' is found at www.forgoodmeasure.tk

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BULLETIN BOARD

Thursday, Oct. 15

The Westmount Historical Association's fall lecture series continues with a look at the James K. Ward Family photo album, with guest speakers Gary Aitken and Denis Longchamps, at 7 p.m. in the Westmount Room of the Westmount Public Library, 4574 Sherbrooke St. W. Admission is free for WHA members, \$5 for non-members at the door. Info: 514-989-5510 or 514-932-6688.

Monday, Oct. 19

Meet the Candidates evening in Victoria Hall, 4626 Sherbrooke St. W., at 7 p.m. Candidates in Westmount's Nov. 1 municipal election will present their platforms and answer questions from the audience. Presented by the Westmount Examiner and the Westmount Municipal Association.

Wednesday, Oct. 21

Marriage Information Meeting at Temple Emanu-El Beth Sholom, 395 Elm Ave., at 5:30 p.m. Couples considering intermarriage or conversion by one partner before marriage are invited to attend in order to learn of Temple's policies and practices, and to tour facilities. Rabbi Leigh Lerner will explain. Appointments with Rabbi after a brief meeting. Info: 514-937-3575.

Friday, Oct. 23

Political cartoonist Terry Mosher (Aislin) gives an illustrated presentation on

his new book, Aislin's Shenanigans, featuring his best cartoons of the past three years, at 12:30 p.m. at the Atwater Library, 1200 Atwater Ave. The book will be on sale at the event. Free admission, everyone welcome. Coffee served.

Thursday, Oct. 29

The public is cordially invited to a free recital by professors in Marianopolis College's Professional Music Program, 7:30 p.m. in the auditorium of the College, 4873 Westmount Ave. Professors Nancy Berman, Hugh Cawker, Irene Feher, Lillian Heron, Gwendolyn Smith Nguyen, Claudia Schaetzle and Mark Simons will perform works by J.S. Bach, Cole Porter, Maurice Ravel and Grover Washington, among others. All are welcome.

Ongoing

Centre Greene, 1090 Greene Ave., is now accepting registrations for its After-School program, which includes gym time, park time, homework hour and a snack. Ages 5-12. \$195 per month (sliding scale and family discounts available). Registration is ongoing, school starts Aug. 31! Full time, part time, ped days. Info: 514-931-6202 or www.centregreene.org

Harmonia Westmount is a dynamic women's ensemble committed to its community. The ensemble performs in a variety of musical styles and languages. Rehearsals take place every Tuesday from 7 to 9:30 p.m. at Victoria Hall, 4626 Sherbrooke

St. W., from September to June. Previous choral experience, as well as sight-reading ability, is a great asset, but is not an absolute pre-requisite. If you lack these qualities but have a strong musical sense, sing in tune, and possess a pleasant voice, please come audition. To schedule an audition or for more information, please e-mail harmonia-westmount@gmail.com or call 514-932-2026.

Friends of the Westmount Library ask that you think of them if you have any books you wish to donate for their book sales. They accept quality hard covers and paperbacks in reasonable condition, on all

subjects. Please drop off your books at the library circulation desk, 4574 Sherbrooke W.

Westmount Toastmasters: Take the fear out of public speaking every Tuesday at 7 p.m. in Victoria Hall, 4626 Sherbrooke W. For more information, go online to www.westmount-toastmasters.org.

Mary's Recovery: Weekly meetings in English and French at the Westmount YMCA. Non-profit organization. Self-help groups for people seeking help in dealing with fear, stress, depression, anxiety, panic attacks, phobias, insomnia and gambling addiction. Info: 514-485-2194 between 10 a.m.

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