

MAY 2019

les voisins de WESTMOUNT

AN EXCLUSIVE VOICE FOR WESTMOUNTERS

Neighbours



Corrie Sirota
Taking Grief One
Step At a Time

Classifieds

Neighbourhood Classifieds
Les Petites Annonces du Quartier
 Free Classifieds
Annoncer Gratuitement

FOR SALE

FOR SALE: Antique Shaeffer pen set. 2pens with 14K gold nibs on green marble base \$100
Andrea: 514-935-8703, (Arlington Av., Westmount)

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Others (make an offer): National Geographic Magazine (years 1970-2013), Westmount Hockey Jerseys (XL size), old vinyl records. Call 514-489-8925

FOR SALE: 6 professionally framed prints of Maurice Utrillo paintings 10½ x 13½. \$100 or best offer.
Location: Westmount Call Dick or Janet at 514-933-8202

FOR SALE: A black 3 drawer filing cabinet - 40 inches high - 18 inches deep - 3 feet across \$125 - call 514-931-6984

Have something to sell or give away? It might be just the thing your neighbour is looking for! To place your free classified, go to www.bestversionmedia.com and click "Submit Content." For free listings, ads must be 40 words or less, non-business related. You will receive email confirmation.

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ASSOCIATION SUBMISSION INFORMATION:

Are you on the association board for your subdivision? Contact us for information on how you can submit articles, updates, reminders, events and more to the residents. We create customized homeowners/ratepayers association sections at no cost to the HOA/RPA or the residents.

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 Village/City/Town Hall..... 514-989-5200
 Library..... 514-989-5300
 Parks and Recreation 514-989-5353

FEEDBACK/IDEAS/SUBMISSIONS:

Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 27th of each month. Go to www.bestversionmedia.com and click "Submit Content." You may also email your thoughts, ideas and photos to: rmassad@bestversionmedia.com

CONTENT SUBMISSION DEADLINES

Content Due	Edition
November 27	January
December 27	February
January 27	March
February 27	April
March 27	May
April 27	June
May 27	July
June 27	August
July 27	September
August 27	October
September 27	November
October 27	December

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DEAR Residents,

May and Mother's Day go hand in hand. Why not take things up a notch from the usual brunch on Mother's day with the whole family. Write a poem or hold a candle dedication at your celebration.

A Mother's Day poem is a succinct way to let your mom know how you feel about her. While many Mother's Day poems are usually sentimental, they don't have to be just that. Mother's Day poems can be sweet, silly, funny or can even honor the relationship you have with a mother who has passed.

A candle dedication is when you pass a candle from one member at the table to another, each person recounting a lovely memory of the lady you are honouring.

A simple bouquet of tulips is always a hit and they can be picked up easily at the nearest grocer.

Have a happy Mother's day to all!



Rhonda Massad
 Content Coordinator

EXPERT CONTRIBUTORS

To learn more about becoming an expert contributor, Contact Dana O'Neill at doneill@bestversionmedia.com or 262-297-3603



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Corrie holds a Masters degree in Social Work as well as a Graduate Certificate in Loss and Bereavement from McGill University, Montreal, where she has been teaching for over twenty-five years. As a licensed psychotherapist, Corrie maintains a private practice specializing in grief & bereavement, stress management, relationship issues and she also facilitates support groups that focus on loss and bereavement, as well as Caregivers support. Most recently, Corrie has taken on the role of Clinical Director for Camp Erin® Montreal – a free weekend-long bereavement camp for children aged 6-17.

Camp Erin® is the largest network of free bereavement camps in North America, designed for children and teens aged 6-17 who have experienced the death of someone close to them.

Camp Erin® Montreal brings hope into the lives of bereaved children and teens by providing a safe environment to share their story, process their grief in healthy ways and honour the memory of the person who died. Led by grief professionals and trained volunteers, Camp Erin® Montreal provides a unique opportunity for peer bonding for children and teens facing similar life circumstances. This weekend-long overnight experience is filled with traditional, fun camp activities, combined with grief education and emotional support.

Corrie Sirota

Taking Grief One Step At A Time

By Rhonda Massad | Photos by Erlisa Riconalla

Corrie Sirota takes active to a higher level. Corrie and her husband Andy Frankel can be found ballroom dancing, fundraising, teaching, coaching and traveling. Corrie and Andy met in 1981 at the Y Country Camp.

“We hold Camp Erin at the same camp location where we met,” Corrie explained in an interview with Westmount Neighbours. “We did not date at that time but met again six years later at a costume party. The theme of the party was ‘Back to the Future’ and we were engaged

six months later! Married June 19, 1988, we celebrated our 30th anniversary this past June.”

Corrie lives by the mantra “Don’t let looks fool you, everyone faces a struggle of some kind.” Corrie’s philosophy is that one’s attitude in life determines one’s altitude in life. That is to say, Corrie doesn’t care if one believes their glass is half empty or half full, she prefers to help others recognize that regardless of what’s in your glass, you can always refill it.

Continued on page 6

Erlisa Riconalla
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Resident Feature



Grieving the death of a significant person in one's life can be such an emotionally challenging experience; if Camp Erin® Montreal is able to help a grieving child or teen, we are here to join them on their healing journey.

"Both of my daughters volunteer at Camp Erin, as does my husband. My younger daughter, Justine, is also trying to break into the modelling community as a plus-size model. My older daughter, Ashley, is very involved in WISTA – West Island Theatre Association, a nonprofit local theatre group that performs in and around the city."

When Corrie is not focusing on Camp Erin, she can be found at the gym and on CJAD, not to mention that she is also a company director for Westcoast Connection, where she supports groups of youths travelling around North America and Europe.

"I am a Monster gym rat – which is where you can find me most weekend mornings as well as various times during the week. When possible, I love to travel, and just returned from a bucket-list trip to South Africa," Corrie shared. "I enjoy participating in Community events and offering a helping hand whenever possible – this is how I met Rhonda, the editor of this magazine, when she created a food depot for flood victims, I came to help."

Corrie is a co-host of Life Unrehearsed on CJAD every Sunday from 4 - 5 p.m. The show is all about the ins and outs of everyday life. Whether you're a parent to younger ones or an adult child of older parents, hosts Matt Del Vecchio and Corrie tackle topics that will help you navigate what life throws your way. The show features guests who



are experts in their fields, as well as people who have experienced adversity such as cancer, organ transplants or who are battling an addiction. Matt and Corrie also field calls and texts with questions from their listening audience.

Should you be interested in learning more about Camp Erin® Montreal, Corrie would be happy to meet with you; or, if you know a family that could benefit from this program, please contact her at any time: CampErin@ymywha.com or 514-737-6551 ext 264. www.camperinmontreal.com

Camp Erin is in partnership with the Sylvan Adams YM-YWHA and created and supported in part by Eluna

Do you know a neighbour who has a story to share?
Nominate your neighbour to be featured in one of our
upcoming issues!
Contact us at rmassad@bestversionmedia.com



Unique Mother's Day Gifts

(That Are Much Better Than Flowers!)

By Chelsea Scott

There's nothing wrong with gifting a beautiful and fragrant bouquet of flowers to the maternal presence in your life. Any gesture that lets mom know she's special to you will be appreciated. But if you're feeling a bit uninspired and want to switch it up, we've got you covered.

FOR THE ATHLETE/FITNESS BUFF

If you have a yogi mama, a basket filled with new yoga pants, a box of tea, candles, yoga blocks and a cute yoga-themed graphic tee would be fun. Or maybe give her that new yoga mat she's too frugal to buy for herself. More inspo for moms who love to sweat: a new fitness tracker, compression socks, Bluetooth ear buds, a healthy cookbook, an insulated water bottle or a smart scale.

FOR THE WORKING MOM

Your mom has a job outside the home and is laser-focused on a promotion. Help boost her confidence with a new set of luggage. Whether she uses it for business or pleasure, it will be appreciated. You also might gift her a new laptop bag, a wallet that doubles as a phone charger or a day planner customized with family photos. Short on cash? Gift mom what she probably really needs—time. Delegate responsibilities to others for an afternoon so she can do whatever she pleases with the extra hours.

FOR THE FOODIE

Your mom appreciates good spirits and good food, eh? Spring for that single-barrel bourbon she has been lusting over or send her a basket filled with her favourite gourmet snacks. Or, here's something you may not have thought of: treat her to a cooking or chocolate-making class. These typically cost the same as a nice dinner out but are interactive and educational. For something more economical, treat her to a wine tasting. These are usually \$5 or less per person and sometimes come with a complimentary wine glass!

FOR THE NATURE LOVER

Mom loves everything outdoors—hiking, camping, fishing, boating—you name it! Gift her a lightweight camping/travel hammock. Quick to set up, easy to pack and carry and great for anyone with an active lifestyle, these hammocks are super versatile. They can be set up in less than 10 minutes, making them a perfect respite for a backyard, campsite or shady spot by the lake.

FOR THE FASHION PLATE

Think your mom is always the best-dressed at any event or party? She'd love to hear you think so! She would also love a charm bracelet (with thoughtful charms that represent her interests), a monogrammed jewellery case, designer sunglasses or a new scarf. Check out consignment and vintage shops; there are many treasures to be found, often with a smaller price tag.

Sale For Sale in Westmount

39 Av. Thornhill \$1,838,000	532 Av. Grosvenor \$1,495,000	732 Av. Lexington \$2,800,000
24 Av. Springfield \$1,150,000	356 Ch. de la Côte- St-Antoine \$2,298,000	669 Av. Grosvenor \$2,850,000
115 Ch. de la Côte- St-Antoine \$2,898,000	496 Av. Wood \$2,275,000	3781 Boul. The Boulevard \$3,500,000
8 Av. Forden \$10,800,000	3182 Boul. The Boulevard \$2,198,000	815 Av. Upper-Lansdowne \$4,898,000
486 Av. Lansdowne \$1,425,000	792 Av. Upper-Belmont \$1,798,000	57 Av. Sunnyside \$4,150,000

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All listings were collected as of February 25th 2019



1225 Greene Avenue
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Mother's Day Word Search

By Kailee Capela

M P N M L B E R O H K I N D M
A L I N O O A T T L U O S F T
S S L C M H V F J T H A N K S
Y P A B P E O E Y P W K N A H
O E F T H N L N I F F B R W P
W C U R H E A R T R A T M L B
G I P I N K F Y L U M H O J R
L A D E T J M M R A I Y A I U
F L O W E R S T O R L H Y K N
S Y H L B U B I T N Y O M H C
B T E K Y R W A G P V H M I H
C E G M E I F M N J E T H F A
P U M U T M P A T I E N T T D
L O I E R K H Y L X O I B L P
M A K P F O L E T K N N E G B



WORDS:

Thanks | Heart | Brunch | Mommy | Special | Kind | Flowers | Patient | Love | Family | May



Get In Shape For Spring and Summer

By Sam Maniatis, Total Home Training

This is the perfect time to start your training program to get ready for spring and summer. Starting an 8-week training program is enough to expect good results. The first 3 weeks your body will go through the adaptation phase which basically is a learning phase for your muscles and nervous system. They will coordinate better, activate more muscles and learn proper technique, and you may also experience some muscle soreness. The next 5 weeks your body will experience much more energy, stronger muscles, better endurance so you will experience less fatigue. These are the benchmarks you should expect to achieve.

- 10-pound weight loss
- Ability to hold a plank for 60 seconds and 30 seconds on side plank
- 30 squats in 1 minute
- 20 push ups
- 10 inverted rows
- Normal range of motion in the upper and lower body
- Ability to accomplish 1 mile in 10 minutes
- Resting heart rate in the low 70's



These bench marks are a good indicator for you to achieve in the 8-week program, which will also allow you to continue for your summer program. Summer is another 12 weeks of training. These 12 weeks you can focus more on intensity, working harder since your body has built up good endurance and a good foundation during the previous 8 weeks. At this point, your body should feel like a well-oiled machine.

You will have turned your exercise routine into a lifestyle habit. The concern is how long do I have to exercise for? Or I don't have the time. I am not a numbers guy, but I wanted to find out how many hours we have in a week. It turns out there are 168 hours in a week, a good training regimen takes 3 hours a week. I think that 39's about 2% of our time invested to achieve the basic goals mentioned above. I know you are worth it and that you can do it.

With a solid foundation (8-week program) you should expect in the following 12 weeks to really dial in to your personal goal, a total of 20-30-pound weight loss if that is your primary goal, build more lean muscle and drop 5-10% body fat if getting leaner is your goal or running your first 5 or 10K run.

Ultimately you will establish a new lifestyle habit.

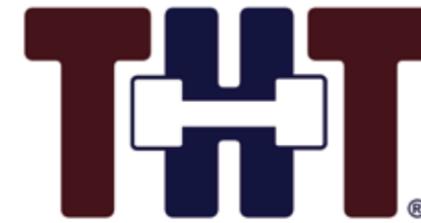
I wish you the best in your health and fitness goals, enjoy the process, and get the help you need to reach your goals

President and founder of Total Home Training (THT)®

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Être En Forme Pour Le Printemps et L'été

By Sam Maniatis, Total Home Training

C'est le moment parfait pour commencer un programme d'entraînement en vue du printemps et de l'été. Il reste 8 semaines avant le début du printemps. Entreprendre un programme d'entraînement de 8 semaines est assez pour obtenir de bons résultats. Durant les premières 3 semaines, votre corps vivra une période d'adaptation représentant un apprentissage pour vos systèmes musculaires et nerveux. Ces systèmes se coordonneront mieux, vous bénéficierez d'une meilleure activation musculaire et vous apprendrez les bonnes techniques. Durant cette phase, vous pourriez ressentir des douleurs musculaires. Les 5 semaines suivantes, vous ressentirez un regain d'énergie, vos muscles seront plus forts et vous serez plus endurant donc vous serez moins fatigué. Voici ce que vous pouvez vous attendre à accomplir en 8 semaines :

- Perte de poids de 10 livres
- Capacité de tenir la planche pendant 60s et la planche sur le côté pour 30s
- 30 squats en 1 minutes
- 20 pompes
- 10 tirages horizontaux inversés
- Amplitude de mouvement normale du haut et du bas du corps
- Capacité de compléter 1 mile en 10 minutes
- Fréquence cardiaque au repos autour de 70 bpm



Ces standards sont de bons objectifs à avoir lors de votre programme de 8 semaines et ils vous permettront de poursuivre avec un entraînement d'été. Cette saison représente 12 semaines additionnelles d'entraînement durant lesquelles vous pouvez mettre l'accent sur l'intensité. Comme vous avez établi une bonne fondation et développé plus d'endurance pendant les 8 semaines précédentes, vous pouvez travailler plus fort. À ce point de votre entraînement, votre corps devrait fonctionner comme une machine bien huilée. Votre routine d'entraînement fera partie de vos habitudes de vie. La question est pendant combien de temps dois-je m'entraîner? Où trouver le temps? Je ne suis pas fanatique de chiffres, mais je voulais quand même savoir de combien d'heures nous disposons dans une semaine. Il se trouve qu'il y a 168 heures dans une semaine. Un bon régime d'entraînement demande 3 heures par semaine. Je crois que ça représente 2% de notre temps à investir pour atteindre les objectifs mentionnés plus haut. Je sais que vous en valez la peine et que vous en êtes capables.

Avec une bonne base (programme de 8 semaines) vous pouvez vous attendre à ce que les 12 semaines suivantes vous rapprochent de votre objectif personnel. Un total de 20 à 30 livres si votre but est la perte de poids, plus de muscles et une perte de 5 à 10% de masse adipeuse ou être en mesure de courir 5 ou 10k. Au bout du compte, vous allez établir une nouvelle habitude de vie. Je vous souhaite le meilleur en santé et dans l'atteinte de vos objectifs. Prenez plaisir à vous entraîner et demandez de l'aide si vous en avez besoin pour atteindre vos buts.

Président et fondateur de Total Home Training (THT)®



calendar of May events

May 2 to May 12

Rumours by Neil Simon

@Village Theatre 28 Wharf Road, Hudson

Chaos at the 10th wedding anniversary celebration of the deputy mayor of New York. More information can be found at www.villagetheatre.ca

Time: varies

Cost: \$25 plus service fee

To May 5

Cityscapes, Heather Dubreuil

@Hudson Gallery Plus, 448 Main Road, Hudson

Heather's works of fibre art with a vernissage

Time: 5 to 8 p.m.

Cost: free

May 9

Atwater Library Lunchtime Series

@Atwater Library, 1200 Atwater Ave. at Ste-

Catherine (métro Atwater). 514-935-7344.

For the Atwater Library Lunchtime Series, filmmaker Rowena Woods screens her celebrated short film Celia Found and discusses the process of writing and directing it.

Time: 12:30 to 1:30 p.m.

Cost: Free

Saturday May 11

SUNRISE (1927)

@Westmount Park United Church, 4695

deMaisonneuve W. (Vendôme metro)

The Film Society & Westmount Park United Church present a Film- Concert. LIVE MUSICIANS! Experience one of the most beautiful and moving silent movies on the big screen in a stunning old gothic church. With live music featuring piano, organ, clarinet and cello. Popcorn, home-baked treats and refreshments available. INFO LINE: 514-738-3456

Cost: \$16, \$11 (students & 65+) at the door, cash only

Time: 7:30pm

May 15

Atwater Library Book Club

@Atwater Library, 1200 Atwater Ave. at Ste-

Catherine (métro Atwater). 514-935-7344.

The Atwater Library Book Club, led by Mary Soderstrom discusses The Best Kind of People by Zoe Whittall.

Time: 7:30 to 9:00 pm

Cost: FREE.

May 21

Atwater Library Alzheimer Café

@Atwater Library, 1200 Atwater Ave. at Ste-

Catherine (métro Atwater). 514-935-7344

The Atwater Library Alzheimer Café features a presentation by Francine Cytrynbaum, MSW, special care counselling teacher at Vanier College and Alzheimer Society trainer, on "Caregiving As a Team: Family Dynamics and the Caregiver Experience." With refreshments and socializing.

Cost: FREE. Everyone welcome!

Time: 1:00 to 3:00 pm

To June 23

Polaris Show at the Planetarium

@Planetarium 4801 Pierre-de-Coubertin Ave.

Montreal, QC

James, a travelling penguin from the South Pole, and Vladimir, a funny bear from the North Pole, meet on the Arctic sea ice. The two are amateur astronomers, trying to solve the mystery of why the night is so long at the Earth's poles. In an exciting scientific adventure, they build an observatory and then an improvised spaceship. During a trip around the Earth, extended to Mars and Saturn, they get their answer and discover that the planets have similarities but also differences.

Time: 9:00 AM until 06:00 PM

Cost: Adults \$16, students \$12.25, children 5-17 \$8, ages 4 & under free

Almost Every Saturday

A Horse Tale Rescue Open House

@27 Chemin Murphy, Vaudreuil-Dorion, QC J7V 8P2

A Horse Tale is a non-profit organization located in Vaudreuil, Quebec and our mission is to take care of horses in need with the help of the community. AHT works to rescue, re-home and provide a loving and caring "forever-home" for those we can save solely through the efforts of members and sponsors who play an active role working with these rescued animals and giving them love, care and companionship. Please feel free to visit our website at <http://ahtrescue.org/en/> for more information about our organization or to learn how you can help these majestic animals. PLEASE EMAIL TO CONFIRM OPENING HOURS info@ahorsetale.org

Time: 2-4 pm

Cost: free

Daily

Ecomuseum River Otter Habitat

@ Ecomuseum Zoo

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Times: 9:00am- 5:00pm

Cost: \$8.25-\$14.25 please refer to website

www.zooecomuseum.ca



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Are you in-the-know about a special community event?

You can send the details, including a short description, date, time, location and contact information, to: rmassad@bestversionmedia.com



Best Version Media





Easy Elegant Shrimp Linguine

By Madison Farkas

Whether it's a regular weeknight or a special night in, this pasta dish is sure to impress. Best of all, it takes less than 30 minutes to prepare. Serve it with warm French bread and a light side salad for the perfect meal. Shrimp can also be substituted with scallops.

INGREDIENTS

- Approx. 340 g. package linguine, cooked and drained
- 300 g. package peeled cooked shrimp, thawed
- 2 cloves garlic, minced
- 2 Tbsp onion, finely chopped
- 2 Tbsp dry white wine
- 2 tsp dried parsley flakes
- 2 tsp chili flakes
- 2 Tbsp butter
- 1 Tbsp parmesan cheese
- Salt and pepper to taste

DIRECTIONS

1. Melt butter in large wok or frying pan.
2. Add garlic and brown lightly, then add onion and brown lightly.
3. Add cooked linguine and toss until combined.
4. Add wine, parsley, chili flakes, parmesan and salt and pepper, then toss to combine.
5. Add shrimp and toss until heated through. Makes 4 servings.

If there is a recipe that you are especially proud of and would like to share with other Westmounters, we'd love to hear about it! Just email rmassad@bestversionmedia.com



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Thinking About Fostering a Rescue Dog?

By Madison Farkas

When I was a teenager, my family spent a year as a foster family for local rescue dogs. They ranged in age from puppy to senior dog, and we would keep them until they were adopted, be it a single night or as long as three weeks.

The purpose of fostering is to acclimate homeless dogs to life with humans. Most of the dogs we took on had been neglected. Many had spent at least some time fending for themselves on the streets, but they were never aggressive. All of them loved people. In fact, they were affectionate to the point of being needy, and it actually became a bit tiresome. They were like babies: someone always had to be in the room with them. Left to her own devices, one particularly enterprising chewer managed to make her way through her plastic kennel, a football tee, a library book, and a cactus.

My family's foster duties included everything from house-training to teaching them to walk up and down stairs and eat from a bowl. Most of the dogs weren't used to being fed. Several ate like their food was about to be taken away from them—which, in their experience, it probably had been. All of them needed heavy-duty baths and treatments for fleas and worms, but they were all so happy and grateful to have a home (even a temporary one) that it was easy to look past the occasional mess.

Like many first-time foster families, we absolutely fell in love with our first dog, Lucy. We seriously considered keeping her. (As the foster family, you generally get first

dibs if you want to adopt.) It was a very difficult decision to let her go, but, ultimately, it was for the best. We were never meant to be full-time pet owners. For one thing, if we'd kept Lucy, we certainly wouldn't have been able to help any of the next nine dogs we ended up fostering over the course of the following year.

It was also nice to get a break once in a while: we were only sent new dogs when we asked for them, and if we ever wanted to go on a vacation (and we did for one week), the team would arrange for another family to watch the dogs while we were gone.

Fostering is a great way to test whether your family is ready to own a dog. The rescues we fostered were all high-maintenance (and they tried our patience at times). But it really gave us a sense of what it would be like to be a pet family—especially in the early stages. If you're concerned about cost, most organizations will cover everything involved in fostering: food, toys, supplies, neutering and spaying, and other medical expenses.

It was an extremely rewarding experience, and I still miss Lucy, Tasha, Bear, Rider, Sadie, Jessie, Oliver, Travis, Elroy and Amy. On the other hand, I'm so glad I got to help them on the road to healing, recovery and their forever families.

If you would like to get involved with animal fostering, your local shelters and adoption agencies are always happy to hear from you.

Pet of the Month

Pet Corner

Nos animaux favoris

Have an adorable pet?

Send us your photo of your favourite furry friend and include a little about what makes them a special member of your family! Be sure to include your pet's name and breed and a special story or memory.

Please send your photo(s) and details to: rmassad@bestversionmedia.com



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