

MARCH 2019

les voisins de WESTMOUNT Neighbours

AN EXCLUSIVE VOICE FOR WESTMOUNTERS

Matt and
Stefanie
Take
Seniors To
Heart

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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)

Plants: 2 large Aloe Veras, 2 Dieffenbachias (5ft.), 1 cactus (4ft.)
\$15.00 each

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.

Youth Classifieds
Les Petites Annonces Jeunesse
Hey Kids! Free Advertising!

Be in business for yourself and make a little money – all while helping your neighbours! To place your free classified offering services, go to www.bestversionmedia.com and click "Submit Content." Please limit to 40 words. Please be advised that all communication regarding Kids' Classifieds will be directed through a parent or guardian.

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ADVERTISING:

Contact: Dana O'Neill
Email: doneill@bestversionmedia.com
Phone: 262-297-3603

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.

IMPORTANT PHONE NUMBERS

Police Department..... 514-280-2222
Fire Department..... 514-280-1222
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,

Not only does March hold one of my favorite celebrations, St. Patrick's Day on Sunday, the 17th but it also holds the hope of Spring and warmer weather. March 20, 2019, marks the first day of Spring. Can you hear me sigh with relief? I don't mind winter but I am truly a sunshine kind of girl.

"On the day of the equinoxes, the Sun shines directly on the equator and the length of day and night is nearly equal – but not quite. The Vernal or March Equinox is when the Sun crosses the celestial equator, moving from south to north," states When-is. This date is considered to be the first day of Spring for countries in the Northern Hemisphere.

All I know is my flip-flops are tired of being stuck inside and I am ready to break out the tank tops. I love Spring because it represents hope and new beginnings. It is time once again to take care of our gardens and take longer strolls in the light of the early evening.

Days are brighter longer and I can't be more grateful for that. Think of your neighbours and wave hello as you watch the tulips push through the remaining signs of winter.



Happy St. Patrick's Day!!

Rhonda Massad
Content Coordinator



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Matt and Stefanie Take Seniors To Heart

By Rhonda Massad | Photos by Erlisa Riconalla

Matt Del Vecchio and Stefanie Cadou, proud parents of Lisa (21), Axelle (20) and Anthony (18). This family has the feel of a good old fashioned Brady Bunch segment, Lisa and Anthony are Matt’s children and Axelle is Stefanie’s daughter. While the family played hard this past winter on a ski vacation and handling the demands of Zola their 125 pound

Great Dane who loves mischief, the couple got back to work at their love for the community as soon as family time was over.

“The kids were actually eating the supplies as we tried our best to stick together a gingerbread house over the holidays,” Matt explained. “Back to work was easy in comparison.”

This dynamic couple has combined their work and philanthropic work into one mission. Supporting seniors. Matt opened their dream business called Lianas Services. The company name “Lianas” is an acronym of the three children (LIsa, ANthony and Axelle Santerre). Matt is the owner of Lianas Services – Retirement Home Search and Transition Support and Stefanie compliments that business as residential real estate broker with Royal LePage Village. Her specialty is Seniors in Transition and she was the recent recipient of the Royal LePage President’s Gold Award recognizing their top brokers in Quebec. Stefanie works closely with families throughout the process of downsizing, moving and maximizing the value and sale of the family home.

“Both of us left the corporate world to live our dream of owning their own business in a field that we are so passionate about,” Matt continued. “It also brought on a fulfilling and sometimes challenging dynamic of working together in our own company. We make it a point to be sure to include ‘couple time’ aside to avoid the trap of being 24 / 7 in the business.”



Continued on page 6

Resident Feature

The couple can be found giving conferences and seminars about senior living trends, downsizing tips and maximizing the value of your home to community centres, associations, municipalities, religious groups, wealth planners, real estate brokers, and specialty organizations.

“We strongly believe in making the best of everyday as life is short,” Matt explained. “ The nature of our business reminds us that we can’t take anything for granted. We teach our children to appreciate life; respect others and themselves; have a strong work ethic, and don’t be afraid to step out of your comfort zone. Create memories while you can yet be responsible and accountable.”

The family is anxious to get back outside and enjoy the warmer temperatures.

“We love hearing stories about family roots and their beginnings. It would be nice to hear from people who have been living in Westmount for decades.”

Matt is also the host of a weekly radio show called “Life Unrehearsed” on CJAD800 in Montreal. He is a Certified Professional Consultant on Aging (CPCA). He is the official blogger and regular contributor to The Suburban newspaper as their “Seniors and Ageing” specialist.

Together, they have been featured on Breakfast Television, Global Television, BNN, CJAD and the Montreal Gazette to discuss the ever-evolving trend of seniors in transition.

Lianas Services is a free service offered to those seniors needing transition support.



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



Making the Most of the Market

By Chelsea Hall

No matter the harvest season length, the day inevitably comes when our beloved farmers, bearers of beets, shepherds of sugar snap peas, commanders of cantaloupes sadly pack up their produce in anticipation of winter. The joyful return of farm stands and farmers markets has become synonymous with spring and summertime, so to get ready for market season, here are some ways to make the most of your local farmers markets.

Have a plan:

Make a list and do your best to stick to it. Treat this like a trip to the grocery store rather than a shopping spree. Abundant piles of vibrant vegetables may look beautiful, but do you need a bushel of heirloom carrots and a flat of lemon basil? Save one off-the-list splurge for those gorgeous sunflowers or a slice of artisan pie.

What to bring:

A basket or a bag. No sense in wasting plastic and paper; bring your own reusable bag and save the vendors money. Plus, there’s a good chance a tote bag will be more comfortable to carry and more durable, too.

Raid the piggy bank to make sure you have cash on hand. Though credit cards are becoming more widely accepted at produce stands and markets, many vendors still only take cash.

A cooler. Many markets these days sell meats, cheeses, yogurt and eggs. You’ll want the cooler to keep items cold as you continue to shop.

What not to bring:

Pets. I know, I know, Mr. Pugglesworth goes everywhere with you. But most times, farmers markets have to ban furry friends (except service animals) due to health and safety laws.

Who to buy from:

Eye the lines. Any stand with a line is probably worth checking out. If people are willing to wait for a certain farmer’s tomatoes, then they probably have some of the best.

Vendors you know and trust. It makes sense to give your business to farms whose product you have bought and liked in the past.

Ask the vendors questions:

Don’t see zucchini blossoms, but need them for a recipe? Ask the vendor you get your zucchini from if they have any available. There might not be a big enough demand to display a certain fruit or veggie, but they’ll likely bring what you ask for next week.

When to go:

Early! Farmers markets are abuzz in the early mornings for one reason: patrons want to be sure they get their melons, herbs and corn from their favorite purveyor. Getting there early might not guarantee no lines, but you’ll have the best selection to choose from.

Spring, summer and fall. Most farmers markets are open into the early winter, selling items like squash, root vegetables, spices and canned items.



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18 Ch. Anwoth, Westmount \$1,325,000	3 Rue Westmount-Square #1016, Westmount \$1,899,000	4175 Rue Ste-Catherine O. #501, Westmount \$728,000
149 Ch. de la Côte-St-Antoine, Westmount \$2,248,000	171 Av. Metcalfe, Westmount \$1,198,000	4866 Rue Ste-Catherine O., Westmount \$949,000
484 Av. Lansdowne, Westmount \$1,225,000	44 Av. Burton, Westmount \$1,198,000	43 Surrey Gdns, Westmount \$4,495,000
423-425 Av. Lansdowne, Westmount \$1,550,000	215 Av. Redfern #403 \$1,190,000	103 Av. Sunnyside, Westmount \$1,938,000
1 Grove Park, Westmount \$2,200,000	552 Av. Roslyn, Westmount \$1,898,000	164 Ch. Edgehill, Westmount \$5,998,000

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All listings were collected as of January 25th 2019



5 Tips for *Effective* Studying

By Madison Farkas

No matter how old you are, whether you're preparing for an elementary school quiz or your university final exam, there are some study strategies that will help everyone learn.

1) Create a Dedicated Workspace:

Set aside a desk or a table in a quiet room, ideally one that has a door, and use it only for studying and homework (kitchen tables aren't the best). This will help you focus, as your brain will get in the habit of recognizing that when you sit in this place, it is time to study. It will be easier for you to tune out distractions like TV, video games, chores, siblings and noise.

2) Figure Out Your Learning Style:

There are many different ways people can learn best, but these are the basic ones. Different strategies will help different types of learners absorb and remember information.

- **You learn by what you see.** You find pictures, shapes, colours and charts or graphs helpful.
- **You learn by what you hear.** Songs or tunes help you remember things, and it's easy to recall what people say to you. You may enjoy soft background music while you study.
- **You learn by what you touch:** You remember best when you do something for yourself. You like using your body and your sense of touch for hands-on learning.
- **You learn with words:** You love reading and remember things you've read. Writing things down

makes them stick in your mind.

Identifying your learning style will help you determine what kinds of study tactics work best for you.

3) Schedule Your Studying:

Rather than flying by the seat of your pants, use what you know about your upcoming test to plan as far in advance as possible. What material is going to be covered? How much time do you have? Block out time to review specific topics so you don't miss anything.

4) Challenge Yourself:

When studying, it's easy to get into the habit of only focusing on the information you know well. It's comforting, and it boosts your confidence, but when it comes to preparing for that big test, there's no point in sticking to what you've already learned. Instead, spend your time on topics or concepts that you find difficult.

5) Give Yourself a Concrete End Point:

Unlike a project or assignment, it's tough to know when you're finished studying until you're sitting down to take the test. You'll be happy to hear that yes, it is possible to study too much! You might study until a certain time, until you've reviewed every concept, or until you can answer all the questions on a prep quiz, but after a certain point, you either know the information or you don't, and a good night's sleep before the test will be more helpful than staying up all night to cram.





Keeping Your Fitness Resolutions

By Entraînement Maniatis THT Inc - Total Home Training (THT)

Staying on track is not easy but giving up is not an option. Especially when it comes to your health. At the end of the road you want to have enjoyed the ride.

What does it take to stay on track or get started? The most important thing is to believe that you are worth it. Yes, you are worth it. When you believe that you are worth it you will make the time to take care of your health. You also must believe that you are capable of exercising. Many times, we fall victim to our own pre-conceived notions of what it takes to exercise or that we are not capable of exercising. Common assumptions are I am too out of shape, I don't know what to do, I am not strong enough, it hurts too much, I don't have the time etc. We (Total Home Training) take pride in helping people find their level of ability and slowly build on that level to help them overcome their obstacles. You also must realize that exercise is beneficial to you. I am not talking about losing weight. I am talking about the self esteem you get from exercise, from the feeling of accomplishment after each workout, the natural energy and well being you experience from taking care of yourself. With these feelings everything is possible including losing weight, sleeping better and eating healthier.

You are worth it, and you can do it!

There are no pre-requisites to exercise, just the will to do it.

Here are my top tips to help you stay on track or get you started:

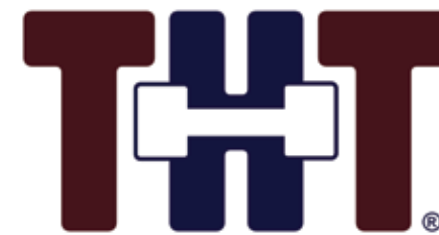
Get started. Do anything that is geared towards fitness. The time you spend towards your goal is more important than what you do so don't worry about what you should do. If that is a concern, then call us to help you with a plan.

Schedule a time in your planner for exercise. Schedule your exercise time like any other important meeting. Find a time that fits and put in your calendar. There is no preferable time to exercise - before work, at work, after work, weekends, evening, morning, midday - they all have the same benefit.

Find a sport, an activity that you enjoy doing, swimming, biking, or any other sport and get back to enjoying your activity. Nothing is better than getting in shape while doing something you enjoy.

Finally get people involved in your goals whether its someone to exercise with, a group fitness class or have a trainer to guide you, motivate you and encourage you to keep going.

All the best for the new year,



Tenir Sa Résolution De Mise En Forme

Par Entraînement Maniatis THT Inc - Total Home Training (THT)

Tenir la route en mise en forme n'est pas facile, mais abandonner n'est pas une option. Particulièrement lorsqu'il s'agit de votre santé. Au bout du chemin, il faut avoir apprécié le parcours.

Alors comment tenir sa résolution? Où commencer? Un élément crucial est de croire que vous en valez la peine. Oui, vous en valez la peine. Si vous croyez que vous le méritez, vous allez prendre le temps de vous occuper de votre santé. Vous devez aussi croire en vos aptitudes à l'exercice. Nous nous laissons souvent trompés par nos idées préconçues sur l'exercice ou par nos fausses croyances que nous ne sommes pas capable de faire de l'exercice. Les suppositions les plus communes sont « je suis en trop mauvaise condition », « je ne sais pas quoi faire », « je ne suis pas assez fort », « c'est douloureux », « je n'ai pas le temps ». Nous (Total Home Training) sommes fiers d'aider les gens à découvrir leurs capacités et de les amener à surmonter leurs obstacles. Il faut aussi comprendre à quel point l'exercice est bénéfique. Je ne parle pas seulement de perdre du poids. Je parle de l'effet positif que l'exercice aura sur votre estime de soi. Le sentiment d'avoir accompli quelque chose, l'énergie, le bien-être ressenti après avoir pris soin de vous-même. Ces sentiments rendent tout possible incluant la perte de poids, un sommeil meilleur et une meilleure alimentation.

Vous le méritez et vous pouvez le faire!

Il n'y a pas de prérequis pour l'exercice. Il suffit de commencer.

Voici mes meilleurs conseils pour vous aider à tenir la route ou à commencer à bouger :

Commencez. Choisissez n'importe quelle activité axée sur la mise en forme. Le temps que vous mettez à atteindre votre but est plus important que l'activité choisie. Si vous ne savez pas quoi faire, appelez-nous pour obtenir un plan.

Mettez votre activité à votre horaire. Cédulez votre activité au même titre qu'un important rendez-vous. Trouvez un moment propice et réservez le pour votre activité. Il n'y a pas de moment meilleur que l'autre pour bouger – avant le travail, au travail, après le travail,

les fins de semaine, le soir, le matin, l'après-midi – peu importe le moment, les bénéfices sont les mêmes.

Trouvez un sport, une activité que vous aimez. Que ce soit la natation, le vélo ou tout autre sport. Trouvez une activité qui vous plaît et amusez-vous. Il n'y a rien de mieux pour se mettre en forme.

Enfin, partagez vos buts avec d'autres personnes. Qu'il s'agisse de quelqu'un avec qui vous entraîner, un cours en groupe ou un entraîneur pour vous guider, vous motiver et vous encourager à continuer.

Meilleurs vœux pour la nouvelle année,





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calendar of March events

Saturday, March 9

Twenty-seventh Westmount Antiquarian Book Fair

@ Centre Greene, 1090 Greene Avenue, Westmount

Once again, booksellers from Quebec and Ontario will offer for sale a wide variety of secondhand and rare books, dating from the 16th to 21st centuries. Subjects range from architecture to zoology, including cookery, travel, first editions and collectors' items, as well as maps, prints and historical documents.

Time 10 a.m. to 5 p.m.

Admission: \$3; free for children 10 and under when accompanied by an adult.

Info: (514) 935 - 9581 & www.defreitasbooks.com/wbf.html

To March 9

Traditional Snow Shoe Excursion

@Mount Royal Park - Smith House

1260 Remembrance Rd. Montreal

An illuminating way to discover the mountain and the spectacular views of the city. Follow Les amis de la montagne's guide along the trails to discover the forest enveloped by night.

Includes: Snowshoes and hot chocolate

Duration: approx. 1.5 hours

Offered in English or French

Cost: Adults \$22, children (12-15) \$17. Reservations required

Time: 6 pm

To March 17

Winter Activities at Laval Nature Centre

@Laval Nature Centre

901 du Park Ave., Laval

Ice Castle

A giant ice castle where kids can slide. Located in the playground, near the hockey rink. Please note: no sliders are allowed on the structure - bottoms only

Skating on the Lake

Enjoy skating on a well-groomed large lake with music. Skate rental and sharpening available.

Cross-Country Skiing

Nearly 5 km of well-maintained trails. Ski rentals available.

Tubing

Children can slide down 5 well-groomed slopes. Tube rentals available.

Alpine Skiing & Snowboarding (for ages 5-8)

An introduction for young children to downhill skiing and snowboarding. Parent participation required. Equipment is provided free of charge (but ID is required). Available on weekends only.

Hockey Rink

Practice your hockey skills on a well maintained outdoor rink. Skate rental and sharpening available.

Park Hours (activity hours vary)

8 a.m. to 10 p.m.

Weather conditions

Depending on general weather conditions (snow, ice, temperatures, etc.) some activities may not take place. Check website before you go. www.laval.ca/centredelanature

Phone: 450-662-4942

Cost: FREE admission to the park. Small cost for some activities and rentals

Time: Varies

Until March

Natrel Skating Rink

@The Old Port Clock Tower, 333 rue de la Commune W.

The Old Port's skating rink, with its artificial surface guaranteeing always impeccable ice conditions no matter what the temperature, will be waiting for the first skaters on December 8.

Visitors young and old are sure to enjoy Montreal's biggest outdoor skating rink, including a ring of natural ice and spectacular views of historic Old Montreal. It's open every day.

Time: Mondays to Wednesdays from 10 a.m. to 9 p.m.

Thursdays to Sundays 10 a.m. to 10 p.m.

Holidays (Dec. 22 to Jan. 6) - everyday from 10 a.m. to 10 p.m.

Dec. 31 & Mar. 2 - closing at 1 p.m.

Cost: Family \$18, adults, teens & seniors \$6.95, children 6-12 \$4.60, under 6 free

Until March

Snow Tubing at Mount Royal Park

@ Mount Royal Park - Beaver Lake Pavilion, 2000 ch Remembrance

Discover the exhilaration of snow tubing down reserved lanes next to the toboggan hill overlooking Beaver Lake. Daily passes are available at the equipment rental counter of Les amis de la montagne located on the ground level of the Beaver Lake Pavilion or in one of the leaning houses at the foot of the snow-tubing corridors.

Times:

Snow-Tubing Schedule (weather permitting):

Monday-Friday from 10 a.m. to 4 p.m. Saturday & Sunday from 10 a.m. to 6 p.m. December 24 and 31: closed at 4 p.m. December 25 and January 1: closed

Rentals stop 30 minutes prior to closing.

Cost: \$5 per day (4-11 years) and \$9 per day (12 years & up)

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

Until April 2019

Exhibition: Hockey Cup History (Dorval)

@Dorval Museum of Local History & Heritage, 1850

Lakeshore Dr. ,Dorval

Relive playoff fever through the ages and catch the true spirit of Quebec: the passion for hockey!

Through this exhibition, see the evolution of the Cup, its history, and Lord Stanley. Come experience the love Dorval residents have for this sport. This event occurs weekly, on Sunday, Thursday, Friday and Saturday.

Time: 1pm to 4:30 pm

Cost: Free

Daily to March 10

Snow Tubing at Mount Royal Park

@ Mount Royal Park - Beaver Lake Pavilion 2000 ch Remembrance

Montreal

Discover the exhilaration of snow tubing down reserved lanes next to the toboggan hill overlooking Beaver Lake. Daily passes are available at the equipment rental counter of Les amis de la montagne located on the ground level of the Beaver Lake Pavilion or in one of the leaning houses at the foot of the snow-tubing corridors.

Snow-Tubing Schedule (weather permitting):

Monday-Friday from 10 a.m. to 4 p.m. Saturday & Sunday from 10 a.m. to 6 p.m. December 24 and 31: closed at 4 p.m. December 25 and January 1: closed

Rentals stop 30 minutes prior to closing. Phone 514-843-8240 ext. 235

Time: 10:00 AM

Cost: \$5 per day (4-11 years) and \$9 per day (12 years & up)

Daily

Ecomuseum River Otter Habitat

@ Ecomuseum Zoo

21125, Chemin Ste-Marie

Ste-Anne-De-Bellevue, QC H9X 3Y7

The Ecomuseum Zoo's River Otter habitat is unparalleled in Canada: Watch river otters frolic in a 250,000 litre water basin that mimics the most beautiful shorelines of Québec, as well as sophisticated indoor quarters dedicated to veterinary care so important to the animals' well-being. This new addition allows the Ecomuseum Zoo to raise awareness of the importance of protecting this emblematic species of Québec

Times: 9:00am- 5:00pm

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

www.zoocomuseum.ca

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®





Irish Mint Brownies

By Jordan King

Brownies:

- ½ C butter
- 4 oz. unsweetened chocolate
- 1½ C sugar
- 3 eggs
- 1½ t vanilla
- 1 C flour
- ½ t salt

Directions:

Place butter and chocolate in a microwave safe bowl. Microwave on high for 2 minutes, stirring once after the first minute. Stir until smooth. In another bowl, whisk together sugar and eggs, and then stir in the chocolate and vanilla. Add in flour and salt and stir until combined. Pour into lightly greased 9x9 pan and bake at 350° for 25 minutes. Allow cooling for an hour.

Topping:

- 1 pkg (10 oz.) mint chocolate chips
- ½ C plus 1 T of butter, cubed

Melt chocolate chips and butter in a saucepan. Cool for about 30 minutes while stirring occasionally. Spread over cooled brownies.



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



Tips on How to Be the Best Dog Owner

By Kailee Capela



Get a lint roller

This will be beneficial not only for your clothes, but for your entire house! If you have guests coming over, give the couch and chairs a quick sweep with a lint roller. This can make a world of difference—especially if you have long-haired animals that shed.

They're a family member

Any pet is a big commitment and can be a huge change to your daily life. In order to feel calm and loved, most dogs require human attention and interaction. Your new furry family member is now a big part of your life. Make sure he/she is treated as such.

Never be without a treat!

Training makes a big difference for both you and your dog. A well-behaved dog is much easier to schedule your day around. Whether you train your dog yourself or bring in a professional, any structure is a great start. Make training fun for your pet, and do it as often as you can. Don't forget to keep small treats on you to reward good behaviour. I kept various bags of treats in my purse for over a year!

Avoid accidents before they happen

When I first got my dog, I thought the term “puppy proofing” was an overstatement. I soon learned that it isn't. When you first bring home your dog or puppy, be sure to keep anything breakable out of reach. Avoiding an accident before it happens can put your mind at ease and lead to an easier transition for your dog into the new home.

Don't let the “puppy blues” get to you

When I first brought my dog home, the “puppy blues” hit hard. The first few nights were exhausting, and I found myself questioning whether I had made the right choice. All I have to say is this will pass, and when it does, it will all be worth it. Puppies are like babies: they need extra attention and training. Once they get the hang of the routine, though, everything will become easier.

Socialize

Making sure that your dog is well socialized as early as possible can ward off bad behaviours. Introducing them to new animals, sights and sounds are all important with socialization, as well! When my puppy was young, I made sure we got out of the house and went on walks where I knew other dogs would be. This allows them to meet other animals, hear new sounds and avoid any fear in the future.

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:
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