

# The Pointe-Claire Record

An Initiative of the Pointe-Claire Citizens' Association - [www.pointeclaire.info](http://www.pointeclaire.info)

## The Pointe-Claire Record: The Year in Review

December is upon us, and another year has come to an end. At the *Pointe-Claire Record*, we are grateful for everyone's participation and contributions to our first year serving the community. Putting together a newspaper is a lot of work; whether it's editing submissions or layout, it all takes time, but it has been worth every second.



Old-fashioned printing press.  
Photo: Pixabay

This past year we covered many important subjects in our city, from food insecurity and homelessness to development, and tried to bring attention to local issues like how to deal with damaged and dangerous trees. Our Polling Station feature has been interesting, trying to capture the pulse of Pointe-Claire. We have learned about our readers' concerns, or lack thereof, about potential development in Pointe-Claire, as well as their opinions about how question periods are handled at city council meetings. But it hasn't all been dry questions. You said pineapple doesn't belong on pizza, told us about your favourite burger joints, and helped provide valuable feedback on what you think about the *Pointe-Claire Record*. We also have printed photos of your furry friends, provided you with tantalizing recipes, and provided a list of events happening in our fair city.

We also want to thank our contributors who have helped us so much in providing Pointe-Claire City Council updates, the councillors who have given us insights into their districts and issues of concern to them, municipal employees who explain the workings of the city, regular feature writers on environmental issues, real estate, and those on people with disabilities. We appreciate all the humour, the history, and the events you've chosen to share with us. We would also like to give a special shout-out to our friend Dave Stubbs who has touched us with his memories of some hockey greats.

Next year, Pointe-Claire will hold its municipal election, and we encourage everyone to get out and vote. Municipal issues affect us on a day-to-day basis and yet many choose not to vote in municipal elections, which is quite astounding. From snow removal, parks, and public security to our awesome seniors programs, Pointe-Claire is a great place to live, so please get out there next November and vote to ensure your views are represented in council. In the new year, we will be providing you with information about making sure you're on the electoral list, how to update your information, as well as when and where to vote.

In this edition, we have some great articles for you to settle in and read with your favourite hot beverage. Check out our interview with Daniel Séguin, Pointe-Claire's Director of Financial Services and Treasurer, about taxation and the upcoming budget, and a fascinating tribute to Pointe-Claire Plaza and dreams for its future. As always, there is a little something for everyone in this issue, including our predictions for 2025 in the editorial.

If you would like to contribute to the Record or help on the back end with editing or layout, be sure to reach out to us at [editor@pcrecord.ca](mailto:editor@pcrecord.ca).

Barry Christensen  
President, Pointe-Claire Citizens' Association

### PC Record Contacts

General Questions and Info: [info@pcrecord.ca](mailto:info@pcrecord.ca)

Get involved, submit an article or feedback on past articles. Nous encourageons la contribution des articles en français également ! [editor@pcrecord.ca](mailto:editor@pcrecord.ca)

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## Council Highlights — November 5

By Ian Down, Journalist



Pointe-Claire City Hall

### Accessory Dwelling Units May Be Coming to Pointe-Claire

Pointe-Claire homeowners may soon have new freedoms to build new accessory units on their properties.

At the regular council meeting on Nov. 5, council took the first steps towards allowing homeowners to build accessory dwelling units (ADUs) on their properties by approving a series of draft by-laws that would amend the city's existing by-laws. Since there is no single by-law regulating ADUs in Pointe-Claire, the proposed changes touch upon multiple by-laws, including a Site Planning and Architectural Integration Program by-law and a Construction by-law.

ADUs have quickly grown in popularity across the country in recent years, with several provinces seeing them as partial solutions to the housing crisis and a reliable additional source of income for homeowners. But Pointe-Claire's by-laws currently restrict the construction of ADUs.

At the beginning of the meeting, Councillor Eric Stork spoke in favour of the initiative. "It's a real great initiative to increase the housing stock, let people stay in

their homes, let their relatives, their parents stay in the home by adding a dwelling over your garage or in your backyard," he said.

Council will vote to adopt the amendments at a future council meeting.

### City to Borrow Tens of Millions for Infrastructure, Other Projects

The City of Pointe-Claire will borrow nearly \$20 million to fund a range of projects, from sewers to green spaces.

At the November council meeting, council approved several borrowing bylaws with a total combined value of \$19,020,000. These funds will be used for a diversity of projects, including parks, municipal buildings, and bike paths.

Council previously approved nearly \$26 million in loans for a similar variety of projects last November.

### Council Wants Montreal to Keep Fluoridating Water

City council hopes the City of Montreal will continue to fluoridate Pointe-Claire's water, and now they've adopted a motion to that effect.

Council unanimously adopted its motion at the November council meeting. It comes as the City of Montreal plans to phase out water fluoridation for the West Island, citing concerns about water infrastructure, the environment, and children's health.

Although he voted for the motion in the end, Councillor Brent Cowan expressed some reservations. He cited a petitioner who, within the last four years, has circulated a petition in the community to stop fluoridation.

The petitioner in question is Ray Coelho, a Pointe-Claire resident whose petition had reached more than 2,000 signatures at the time of the meeting.

"I question that we pass a resolution like this where we pay no recognition about a petition that's out there," said Cowan. "I'm not very content with the way this thing is going in, but not sufficiently to vote against all my colleagues."

# Editorial: Crystal Ball—There’s So Many Things I Need to Know

In the hopes of bringing our readers a bit of optimism about municipal politics in 2025, the *Pointe-Claire Record* is going on a lighter note for this month’s editorial.



The future is unclear. Photo: nvodicka from Pixabay

Looking into our own crystal ball, here are PCR’s predictions for the new year:

Loto-Québec, seizing its opportunity to expand its operations to the west, will step in and buy the windmill from the Archdiocese of Montreal. As a tribute to the windmill’s location and history, Loto-Québec plans to rename it the “Moulin Bleu” and turn it into a casino and cabaret.

In response to the criticism of its plan to remove fluoride from the water plants in Pointe-Claire and Dorval, the City of Montreal extends an olive branch, offering instead to replace the fluoridated water with maple syrup.

All dogs will require a license and be obligated to wear pants when outdoors.

In an attempt to save on costs related to snow-clearing, Pointe-Claire opts to hold a referendum to separate from Quebec and relocate the city and its residents to the Turks and Caicos.

The STM, realizing that the south side of Pointe-Claire is underserved by the EXO train, decides to extend Valérie Plante’s Pink Line along Highway 20, with plans to install a metro station at Plaza Pointe-Claire.

In response to noise complaints from residents living alongside Highway 20, Pointe-Claire opts to build a massive trellis covered in grapevines, with plans to open a winery in 2026.

One lane on both Saint-Jean and Des Sources boulevards will become a year-round bike path.

A drive-in movie theatre in Terra-Cotta Natural Park will open in response to the closure of the local Cinema Guzzo. In keeping with the environmental mandate of the park, the drive-in will only be open to electric vehicles.

Fed up with the perceived problems on city council, Pointe-Claire citizens unanimously write in Celine Dion as mayor of Pointe-Claire. Dion graciously accepts her win, vowing that “the heart of Pointe-Claire will go on.”

Addressing a desire to raise funds for the many wonderful community organizations in Pointe-Claire, the entire city council will volunteer to participate in a nude polar bear swim in Lake Saint-Louis to collect money for charitable causes.

Buddy will be replaced by a wild turkey as Pointe-Claire’s official mascot.

An unnamed councillor will not be running in the next municipal election, instead opting to become the star candidate in the next provincial election—running for the Parti Québécois.

Bord-du-Lac-Lakeshore and Donegani will become car-free on weekends, all summer long, from April 15 to November 15.

Tune in to our December 2025 edition to see how many of our predictions come true! Happy holidays to all of our readers, and best wishes for a happy and healthy new year!

## December 3<sup>rd</sup> Council Meeting

A contract of just under \$2.75M was awarded for the reconstruction of the old PDQ 5 police station. The station is to undergo a rapid transformation to allow the Pointe-Claire Volunteer Rescue Unit to move in with the other emergency services in the area and redevelop the space for Pointe-Claire’s Inspection – Public Security Department. Having all emergency services located in the same area will greatly enhance collaboration and coordination among these groups.

Based on the favourable recommendation of the Planning Advisory Committee, a minor exemption request was approved by council for the future Supermarché PA, situated at 15-19 Donegani Avenue. The request was approved to allow for the addition of a second storey, as well as permission for two additional signs to be placed on the building’s facade.

# Back to the Future at Plaza Pointe-Claire

By Dan Scheunert and Jason Kokesch



Entry to Plaza Pointe-Claire.

If you've ever driven an old car, you might appreciate what it's like to be responsible for Plaza Pointe-Claire. We love our old car, cherish the many fond memories of family and friends associated with it, but operate it with that nagging feeling that it might abandon us at the worst possible moment. Repairs are costly, and you question your sanity investing when you know that you're probably wasting money. The analogy feels fitting, but in the Plaza's case, our "old car" serves the entire community and can't simply be traded in for a new model at the local dealership.

Since 1958, Plaza Pointe-Claire has grown alongside the community. It's more than a place to shop. Many say it's the heart of the neighbourhood. Like an old car, it evokes emotional connections through comfort, familiarity, memories, and the chance encounters with neighbours that are, ultimately, what life is about. In a world dominated by screens and clicks, the Plaza is a rare place that connects us.

At the Plaza, we can't help but witness the shared human experience across all generations. Who hasn't smiled at a wobbly toddler taking their first giddy steps ahead of mom or dad? Or watched a proudly independent senior pushing their walker with unmatched determination? For generations, we've seen John Rennie High School teens bring their enthusiasm to the Plaza during lunch breaks. While their exuberance might occasionally cross the line, they generally infuse the place with welcome energy and life. Later in the day, young people stream in wearing ballet tights, karate whites, or with a guitar or school bag strung on their backs, ready for extracurricular activities. Busy moms and dads often use the time to grab a few groceries or decompress with other parents over a coffee. Whether it's getting a haircut, picking up essentials, seeing a doctor, or patting a dog in the mall, the Plaza has always been more than a shopping destination—it's a part of our daily lives.

Another unique aspect of Plaza Pointe-Claire is the connection between business owners and shoppers. We know our shopkeepers by name and see how hard they work to serve the community. Their advice, care, and dedication create a warmth you won't find on Amazon. The symbiotic nature of the relationship is on full display, and it's clear that we need each other to thrive.

*Continued on page 5*



Plaza Pointe-Claire through the years. To view the original photos, [please click here](#).

## Back to the Future (cont.)

But the reality is, our beloved Plaza is now 70 years old. Like an aging car, its essential components are wearing out, and repairs are becoming impractical. Costly upgrades might only provide temporary relief. And yet, we can't ignore the facts: the Plaza, as it stands, cannot serve the community indefinitely. Unlike a car, replacing or rejuvenating the Plaza isn't simple. Nobody wants to be inconvenienced, stores can't just close indefinitely, and there's no magic wand to rebuild overnight.

The economics are challenging. Any new construction must be paid for somehow. City Hall, in its responsibility to serve citizens, must ensure that everything works for the community as a whole. While there are many valid perspectives, unrealistic visions and resistance to change often complicate the process. Trade-offs are inevitable, and not all stakeholders will get exactly what they want. It's complicated.

Despite these hurdles, we should remain optimistic about the future of Plaza Pointe-Claire. Today's most forward-thinking urban planners recognize that the future of strong, vibrant mixed-use communities lies in what's called the "15-minute city." These communities offer proximity to shopping, schools, bike paths, recreation, transportation, and cultural amenities — all within a short walk or ride. Plaza Pointe-Claire is already perfectly situated for this model.

Schools, Pointe-Claire City Hall, and the library are just up the street. Our arena and world-class aquatic centre are a five-minute walk away along a beautiful woodland path through the Drake Forest. The Terra Cotta Natu-

ral Park is steps away. From the Plaza, you can hop on a train to downtown or a bus to the future REM. Talk to residents of the L'Estereel apartments next door, and you'll hear how much they value the convenience of living in a "five-minute community." It's a sustainable, connected lifestyle—and it's a vision that could guide the Plaza's future.

While the current structure is showing its age, the spirit of Plaza Pointe-Claire remains alive and well. The Plaza has always been more than bricks and mortar. It's where connections are made, milestones are celebrated, and life unfolds in meaningful ways.

By embracing thoughtful, sustainable development, we can reduce our environmental footprint, promote walkability, and create a greener, more connected future. Together, we can ensure the Plaza remains a cherished part of the community for decades to come.

We value the deep emotional connection so many of you have with Plaza Pointe-Claire. By working together, dreaming realistically, and taking action, we can honour its legacy while building an even brighter future. Let's ensure the Plaza thrives for another 70 years.

*Dan Scheunert is the son of Kurt, who, with his partner, bought Plaza Pointe-Claire in 1976. Jason Kokesch has been its property manager since 2001.*

*To learn more about the history of Pointe-Claire Plaza, please watch Jason Bolanis's "[History of Pointe-Claire's Shopping Centre](#)" and his "[An Old Mall Remembered in a Montreal Suburb](#)."*

An Evening with  
*Tarah Schwartz*

Wednesday, January 29th  
6:30 – 8:30 pm  
Chalet Arthur Seguin, 365 Saint-Louis Ave

Please join us for a talk by veteran news anchor Tarah Schwartz. You will receive a signed copy of her book and mingle with others who support and advocate for the women in our community, all for only \$25.

**RSVP**



# “A Budget Is Telling Your Money Where to Go Instead of Wondering Where It Went”

by Barry Christensen

Overseeing a team of nearly 30 employees in taxation, accounting, accounts payable, procurement, and information technology, Daniel Séguin heads into his eighth year as Director of Financial Services and Treasurer for the City of Pointe-Claire.

Having spent over 38 years working in the retail, manufacturing, and distribution sectors, Séguin’s experience encompasses nearly two decades as Director of Finance at the Société des alcools du Québec (SAQ) and volunteering for over a decade as Treasurer of the Food Banks of Quebec. When not sitting behind a desk, Séguin cuts loose playing hockey with the Pointe-Claire Oldtimers Hockey Club.

Séguin does more than simply crunch numbers with a pencil behind his ear. Sitting in an office filled with switches and computer equipment to replace those damaged in the aftermath of Hurricane Debby, Séguin wears many hats, working closely with his teams to follow the rules and by-laws when it comes to purchasing, setting the tax rates for water and property taxes for the upcoming budget, and reducing the city’s deficit.

The difficulties involved in balancing the demands of the Agglomeration and maintaining Pointe-Claire’s services, all while keeping tax increases to a minimum, pose an immense challenge.

To establish the taxation rates — also known as the mill rate — for Pointe-Claire property owners, the job of the finance department is far more complex than simply looking at inflation or cost of living increases. The city begins by reviewing the latest property assessments provided by the City of Montreal. These valuations, updated every three years, impact residential, commercial, and industrial properties differently, requiring tailored tax rates for each category.

Describing the reasons why evaluations go up as “market-driven,” Séguin explained how transactions are recorded and include information about recent sales and construction permit notifications. The City of Montreal uses this data to set property evaluations using the following methods: a cost approach, a compari-

son approach, and an income approach. The comparison approach is the most commonly used, as it compares the sales of similar properties while making adjustments based on the differences to the one being assessed.

The mill rate is explained as “[the amount of tax payable per dollar of the assessed value of a property](#),” where the rate for residential properties in Pointe-Claire in 2024 was set at \$0.6261 per \$100 evaluation. While the average increase in property on the new roll was 42%, the average increase in property taxes was just 3.9%. “In the last two assessment rolls, we’ve seen major increases. So that’s why we had to [...] decrease the mill rates. If the opposite happens, then the value decreases, [and] the mill rate increases. We’re trying to have a stable tax bill as much as possible.”

The mill rate is adjusted to meet the budgetary needs of Pointe-Claire and is not based on the percentage increase of a property’s value. Séguin explains that city costs generally remain stable and increase along with inflation; fuel, materials, snow clearing, and garbage collection are all indexed. On top of the expenses generated, Pointe-Claire currently contributes 54% of every tax dollar to the Agglomeration of Montreal, an increase of \$5M in 2024. This is expected to go up to 56% in 2025.

Water tax is also set by the City of Pointe-Claire. As explained by Séguin, “It’s the sum of the cost divided by the volume.” After being charged a certain amount by the City of Montreal, Pointe-Claire adds “our internal cost, [...] repairs, and so on.” While the rate has been going up slightly each year, it isn’t particularly noticeable, since volumes can fluctuate and the change is negligible.



Payment counter at Pointe-Claire City Hall

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## Budget (cont.)

When asked if a pay-per-use system for services such as garbage collection could be implemented as a cost-saving measure, Séguin showed no enthusiasm for that suggestion. “It’s all part of all the operating expense for the municipality,” he said. Pointe-Claire’s goal is to “build the budget accordingly” so that the city can continue to deliver the calibre of services for which Pointe-Claire is known.

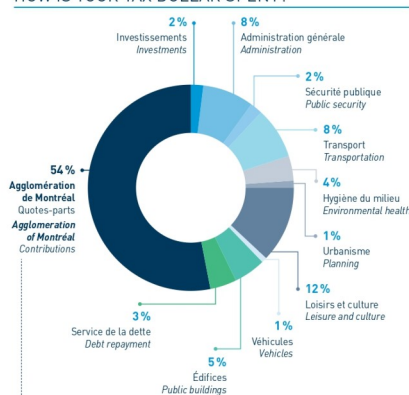
One of the most impressive accomplishments of the finance department is how the team has tackled the city’s long-term debt. Any surplus, most of which is collected through building permits and welcome tax on residential, commercial, and industrial properties, is then redirected to the city’s reserves. Séguin explains, “Those reserves are used to offset the repayment of capital on the long-term debt.” By not having borrowed any money since 2021, Pointe-Claire has reduced its debt by nearly half in just the past three years. “Our long-term debt was \$122 million. This year, we’re going to be at \$67 million.”

Being known for its commitment to community, Pointe-Claire also offers financial support to many local organizations and charities. Asked about how this works, the answer was simple. “We have meetings. We ask all the non-profit organizations that ask for grants to send us their financial statements. We review their financial statements. We review how much we’ve given them in the past, and we make recommendations to city council.” There is no set amount for these grants; instead, the city assesses the financial needs of each organization, ensuring that those in greater need receive adequate support.

“It’s something that the city is choosing to do.”

*Daniel Séguin will present the 2025 Pointe-Claire budget for adoption by Council on Dec. 16 at 6:30 p.m.; the deliberations of Council and the question period of this [special council meeting](#) will deal exclusively with the budget. The meeting, to be held at Pointe-Claire City Hall, is open to the public and will be available for viewing online.*

### OÙ VA VOTRE DOLLAR DE TAXATION ? HOW IS YOUR TAX DOLLAR SPENT?



**Agglomération de Montréal | Agglomeration of Montréal**  
Service de police, service de sécurité incendie, transport collectif, production de l'eau potable, traitement des eaux usées, qualité des plans d'eau, qualité de l'air, cour municipale, évaluation foncière, écocentres.  
Police department, fire department, public transportation, water supply, wastewater treatment, water quality, air quality, municipal court, property assessment roll, eco-centres.

### COMPTE DE TAXES PROPERTY TAX

Taux de taxation 2024 par tranche de 100\$ d'évaluation  
2024 property tax rates per \$100 evaluation

CATÉGORIE / CATEGORY	TAUX / RATE 2023	TAUX / RATE 2024
Immeuble résidentiel / Residential building	0.6026	0.6261
Immeuble de 4 logements et plus / Building with 4 or more dwellings	0.6026	0.6261
Immeuble commercial (1 <sup>re</sup> tranche de 1M\$) / Commercial building (first \$1M)	2.9500	3.0651
Immeuble commercial (Tranche excédant 1M\$) / Commercial building (portion above \$1M)	3.3115	3.4605
Immeuble industriel / Industrial building	2.5284	2.6270
Terrain vague / Vacant lot	1.2052	1.2522
<b>Tarifcation de l'eau / Water tax rate (m<sup>2</sup>)</b>	<b>1,100</b>	<b>1,220</b>

Évolution du compte de taxes pour une maison unifamiliale moyenne  
Change in the municipal tax bill for an average single-family home

	2023	2024	ÉCART / VARIATION (\$)	ÉCART / VARIATION (%)
Valeur / Value	674 216\$	674 216\$	—	0%
Taux / Rate	0.6026	0.6261	0.0235	—
Taxes	4 063\$	4 221\$	158\$	3,9%

### BUDGET DE FONCTIONNEMENT OPERATING BUDGET

REVENUS / INCOME	2023	2024	VARIATION
Taxes	154 950 700\$	161 532 300\$	4,2%
Services rendus / Services provided	6 013 100\$	6 011 300\$	0,0%
Imposition de droits / Imposition of duties	5 983 900\$	6 369 700\$	6,4%
Paiements tenant lieu de taxes / Payments in lieu of taxes	2 367 900\$	1 765 500\$	-25,4%
Transferts / Transfers	2 041 100\$	2 197 800\$	7,7%
Intérêts et pénalités / Interest and penalties	1 100 000\$	2 900 000\$	163,6%
Amendes / Fines	670 800\$	658 300\$	-1,9%
Autres revenus / Other income	30 200\$	30 700\$	1,7%
<b>TOTAL</b>	<b>173 157 700\$</b>	<b>181 465 600\$</b>	<b>4,8%</b>

CHARGES / EXPENSES	2023	2024	VARIATION
Quotes-parts / Contributions	80 650 900\$	85 774 500\$	6,4%
Loisirs et culture / Leisure and culture	24 402 200\$	24 889 900\$	2,0%
Transport / Transportation	15 072 900\$	16 794 300\$	11,4%
Administration générale / General administration	14 885 400\$	15 766 100\$	5,9%
Édifices / Buildings	10 046 100\$	11 222 700\$	11,7%
Hygiène du milieu / Environmental health	7 177 700\$	7 597 200\$	5,8%
Frais de financement / Financing costs	2 561 500\$	2 074 600\$	-19,0%
Sécurité publique / Public security	3 783 700\$	4 127 000\$	9,1%
Urbanisme / Planning	2 815 800\$	2 999 800\$	6,5%
Véhicules / Vehicles	2 829 000\$	3 049 600\$	7,8%
Financement et affectations / Financing and allocations	8 932 500\$	7 169 900\$	-19,7%
<b>TOTAL</b>	<b>173 157 700\$</b>	<b>181 465 600\$</b>	<b>4,8%</b>

# West Island Women's Centre: Nearly 50 Years of Empowering Women and Families



The story of the West Island Women's Centre began in May 1975, when a women's conference at John Abbott College inspired the creation of an organization that would focus on networking, pay equity, and support for women. On November 10, 1975, the Women's Centre officially opened its doors at Lakeshore Unitarian Church in Pointe-Claire.

## A Legacy of Growth and Innovation

In the early days, the Centre was able to get a project grant which allowed them to offer programs three mornings a week. Eventually, the grant ran out, and in 1976 they were forced to close their doors. However, one woman managed to garner interest in reviving the Centre by posting flyers in her neighbourhood, and as a result, the Centre reopened its doors. The following year, the Centre was able to secure core funding from Centraide du Grand Montreal. By 1979, the membership of the Centre had grown to 125 women.

Looking forward 15 years later to the early 1990s, the Women's Centre was thriving, with a growing membership and a 23-course offering from Monday to Thursday. As the Centre became busier and grew in popularity, it recognized the need to have someone at the helm to ensure stability, consistency, and organization. With Centraide's help, they hired their first Executive Director, Debra Spring, in 1997. Debra recognized that many working women who needed access to the Centre could not attend daytime classes, and so the first evening course was introduced in 1998.

## Expanding Programs to Meet Emerging Needs

In 2005, the Women's Centre broadened its focus, creating outreach programs to address emerging needs of women in the community. Since then, the outreach activities have grown significantly, and the Centre now serves nearly 500 women through educational, social, and support programs.

The outreach program has evolved to include direct psychosocial support for participants, reflecting the Centre's commitment to addressing the growing complexities of our community's needs.

Since 2022, the Executive Director, Isabelle Prosnick, has overseen many positive changes to the Centre. Isabelle instituted its first-ever fundraising campaign, re-assigned staff roles to better suit the Centre's expanding needs, opened a satellite location to serve more vulnerable women, introduced Saturday morning classes with free childcare to support the needs of working mothers, and focused on optimizing operational standards to support the growth and scalability of a rapidly expanding organization.

## A Vital Resource for the Community

Over the decades, countless women have contributed their time and talents to transform the West Island Women's Centre into a vital community resource. Today, the Centre serves approximately 1,500 participants annually, offering over 80 courses, workshops, support groups, and activities focused on physical health, mental well-being, and personal growth.

In recent years, the Centre has responded to the growing challenge of social isolation, which affects one in four women globally. Groups particularly at risk include new mothers, immigrant women, single mothers, and senior women. This fall, the Centre launched a donation campaign, entitled StrongHER TogetHER, to raise crucial funds to support its ever-growing community programs that include free support groups, language classes, seniors' activities, playgroups, and more. These initiatives aim to foster connections, reduce isolation, and empower women to thrive.

*Continued on page 9*

## Men's Shed: Reaching Out

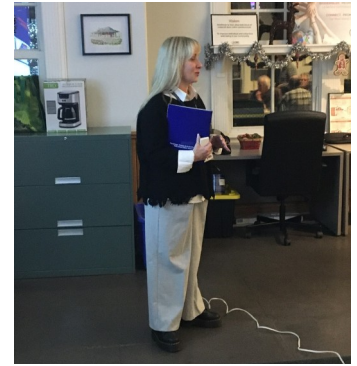
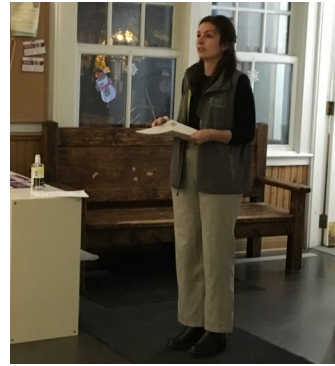
Story and photos by Edward Cho

On Nov. 18, the [West Island Men's Shed](#) hosted two presentations for the general public, held at the West Island Community Resource Centre.

[Volunteer West Island](#) (VWI) and [West Island Citizen Advocacy](#) (WICA) presented the numerous ways individuals could volunteer for their organizations, including everything from home visits with the elderly, assistance with filling income tax forms, driving people to appointments, and doing handyman-type tasks.

On Nov. 25, the [Alzheimer's Society of Montreal](#) held a presentation on the subject of dementia. Ron Hughes, who has volunteered for this organization for the past 15 years, gave a very informative talk on the difference between the cognitive decline associated with normal aging as compared to having dementia, the factors that contribute to developing dementia, major signs that indicate a person might have this disease, and ways to cope with dementia, with an emphasis on the importance of staying active physically, cognitively, and socially.

*To learn more about the history and activities of West Island's Men's Shed, please visit the website at [www.westislandmensshed.com](http://www.westislandmensshed.com). If you are interested in volunteering for [Volunteer West Island](#), Marcy Lewis or Skye Rawlings can be contacted at 514-457-5445. For information about volunteering at [West Island Citizen Advocacy](#), Tracy Caverson can be reached at 514-694-5850.*



Skye Rawlings (left) of Volunteer West Island and Tracy Caverson (right) of West Island Citizen Advocacy talk about volunteer opportunities in the community.



Ron Hughes of the Alzheimer's Society of Montreal addresses a group of about 20 people.

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## West Island Women's Centre (cont.)

### Looking Ahead

As the Centre approaches its 50th anniversary in 2025, its mission remains steadfast: to connect with women in vulnerable circumstances and to provide a robust support network for women of all ages and backgrounds. The Centre envisions a future where all women can find the resources, community, and empowerment they need to shape brighter futures for themselves and their families.

### Join Us This Giving Season

As the fall session concludes, the West Island Women's Centre is preparing for its winter programming with registration opening on December 6, 2024. Whether you're looking to explore a new hobby, meet new people, or access support, the Centre is here for you.

*For more information about its programs or to contribute to the fall donation campaign, visit [www.wiwc.ca](http://www.wiwc.ca). Together, we can continue building a strong, supportive community for women.*

## Run With Me — Défi Pointe-Claire

By Jessica Coll

In partnership with the City of Pointe-Claire, the [Pointe-Claire Canoe Kayak Club](#) is organizing the "[Défi Pointe-Claire — Run With Me](#)" race to promote fitness and community spirit through a family-friendly annual running event. The event includes different running distances to accommodate various age groups and fitness levels.

During the race, participants will explore Pointe-Claire, including Valois Park, Sunnyside Park, and the beautiful Terra-Cotta Natural Park! Whether jogging for fun or running to beat a personal record, participants can take on distances of 1, 2, 5, 10, or 15 km. The objective for the 2025 edition is to host over 1,000 runners from all over Quebec.

The race will be held on June 15, 2025, beginning at Valois Park. Start times depend on the length of the race, so be sure to check the [website](#) for details. There is an early bird discount of 20% off for registrations before January 1st, so be sure to take advantage of this special offer at the best rate available. Participants who register before April 1st receive an exclusive race t-shirt!

All funds raised through the Défi Pointe-Claire — Run With Me will go directly to the Club de Canoë Kayak de Pointe-Claire. The club will use the funds to support its athletes in competitions and training camps. The club, which is the largest competitive canoe and kayak club in Quebec, is home to over 160 athletes and 20 experienced coaches who participate in more than 20 competitions and training camps annually. These funds help support these athletes as they compete at the provincial and national levels.



**DÉFI  
POINTE-CLAIRE**



**COURS AVEC MOI . RUN WITH ME**

**15K - 10K - 5K - 2K - 1K**

**À PARTIR DU PARC VALOIS  
STARTS AT VALOIS PARK**

**15 JUIN 2025**

**DEFIPOINTECLAIRE.COM**

**20% DE RABAIS JUSQU'AU  
1ER JANVIER 2025!**

If you would like to volunteer for the Défi Pointe-Claire — Run With Me, please fill in this [form](#) or visit our website at <https://run.defipointeclaire.com/registration> to learn more. We're also on [Facebook](#) and [Instagram](#)!

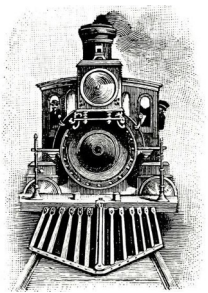


Merci / Thank you

Un Pas Vers L'Avant tient à remercier les entreprises, les écoles, nos partenaires et surtout vous, les particuliers, qui avez fait de notre 10<sup>ème</sup> campagne un tel succès.

Stepping Up would like to thank the businesses, the schools, our partners, and most of all you, the individuals, who made our 10th campaign such a success





## The Polling Station

This month, we want to hear your opinion:

[What is your favourite coffee shop in Pointe-Claire?](#)

*The Polling Station is meant for entertainment and informational purposes only and is not to be considered scientific in any way. The Pointe-Claire Record wants to elicit discourse from the citizens of Pointe-Claire and offer up a safe space to discuss comments and ideas to encourage communication between all residents of Pointe-Claire as well as the West Island.*

### Last month's Polling Station:

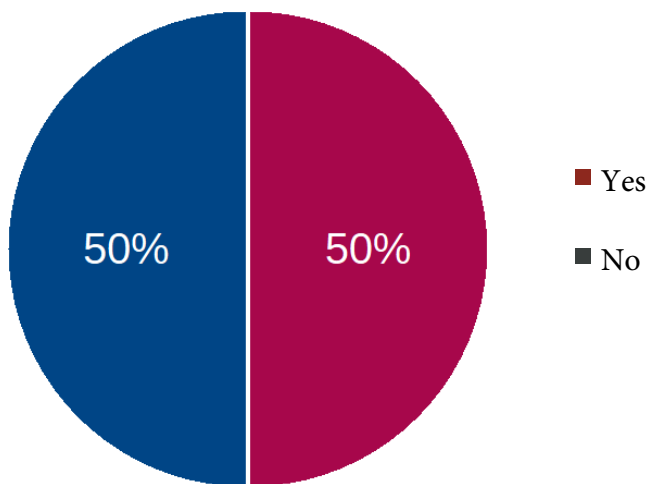
**We wanted to know: Do you volunteer in the community?**

Our readers split evenly on this one, with half of them proudly volunteering their time to benefit others.

Here is some of what they had to say:

“I have volunteered for over 60 years, my first job being rolling the skeins of wool for the knitters of the Lakeshore General Hospital. It was part of my family’s culture to volunteer. “

“I volunteer two times a week at NOVA thrift shop in Pointe-Claire Plaza. I enjoy it.”



## Pointe-Claire Citizens' Association 2024 Halloween Photo Contest Winners

Photos by Barry Christensen



1st place  
19 Parkland  
Christmas moose  
Home Depot



2nd place  
155 Windmill  
Manoman  
Gift card



Random draw  
127 Spartan  
Swiss Vienna  
Gift card



Random draw  
144 Stillview  
Microvin  
Gift card



Random draw  
147 Braebrooke  
Ted's Hobby Shop  
Gift card

**Thank you to all who participated and our awesome sponsors.**

# Bonnie's Babble: 12 Days in Pointe-Claire

By Bonnie Wurst

Hello again, my fellow Pointe-Claire citizens!

Last month I started my monthly column for the *Pointe-Claire Record*, poking a little fun and satire about life in our wonderful city. I thank you for all your wonderful comments and support. You all Jingle Bell Rock!

Now that the holiday season approaches, I thought it would be a nice idea to take you on a special Christmas sleigh ride! So, let's sing along together to a holiday classic (with a "Babble Twist," of course).

On the first day of Christmas, Mayor Santa gave to me some silver and gold chocolate coins.

On the second day of Christmas, Rudolph gave to me, shiny lights along the Village streets.

On the third day of Christmas, city councillors did concede, with a line dance around the Christmas tree.

On the fourth day of Christmas, Frosty gave to me, a new windmill — but perhaps it was simply a dream.

On the fifth day of Christmas, church bells all rang to the tune of "Do You Hear What I Hear."

On the sixth day of Christmas, the "Little Drummer Boy" kicked in — with perfect percussion on the skins.

On the seventh day of Christmas, scents of roasted chestnuts filled the air (yummy!).

On the eighth day of Christmas, maids a-milking put eggnog in their tea.

On the ninth day of Christmas, cars detoured around construction zones.

On the tenth day of Christmas, power outages kicked in.

On the eleventh day of Christmas, Hark! The herald angels came to sing.

On the twelfth day of Christmas, the holidays came to an end.

And "Jingle Bells" switched to the tune of "Auld Lang Syne!"

Wishing you all a very happy, healthy, prosperous, and loving holiday season.

May you, your families, friends, and beloved pets (hamsters included) be well-loved, happy, and healthy!

Bonnie's Babble will return next year!


Much love (and silliness)!

Bottom line (literally)... I LOVE living in Pointe-Claire!

*Bonnie is a local writer, stand-up mirror comic, hamster tamer, and twist-tie collector. Feel free to contact her at [bonnierwords@gmail.com](mailto:bonnierwords@gmail.com) with any ideas you may have.*

**Season's Greetings!**

John Belvedere and his family held their annual tree lighting on Dec. 1 along with a food drive benefiting the West Island Mission. Photos by Barry Christensen.



# The Kitchen: Lentils Cacciatore

By David McLauchlan

Packed with protein, fibre, vitamins, and minerals, lentils have rightfully earned their superfood status. And at just \$2.97 for a 2-pound bag, they're an affordable option for nearly any budget.

But how do you cook them? From soups to sauces, stews to salads, the possibilities are endless. Two important tips: First, freshness matters. If you have a bag of red lentils that's been collecting dust in your pantry for five years, it's time to compost them and start fresh. Second, rinsing matters. When a recipe says to rinse until the water runs clear, take it seriously.

To get you started, here's a recipe for lentils cacciatore that works beautifully on its own or as a pasta sauce. If you're familiar with Italian cuisine (or the language), you might know that "cacciatore" means "hunter." So, a vegan dish with "hunter" in the title may seem a bit ironic—but trust me, this hearty recipe is robust enough for any hunter.

## Ingredients

Olive oil  
2 large carrots  
1 red pepper  
Salt and black pepper  
¼ cup capers, drained  
3 tablespoons tomato paste  
5 garlic cloves  
1 sprig fresh rosemary  
½ cup red wine  
14-ounce can diced tomatoes, including juices  
¾ cup red lentils (see [Tips](#))



Bowl of red lentils.  
Photo: Mart  
Productions on Pexels

## Directions

1. Preparation: Peel and roughly chop the carrots. Core and thinly slice the red pepper. Mince the garlic. Pick the rosemary off of the stem. Rinse the lentils until the water runs clear.

2. Sauté the vegetables: Heat a drizzle of olive oil to medium-high in a large pot. Add the carrots and sauté until they begin to soften (about 3 minutes, maybe longer for larger pieces), stirring occasionally. Add the red pepper and sauté for another 2 minutes.

3. Add the aromatics and tomato paste: Add the capers, garlic, rosemary, and tomato paste to the pot. Cook until the tomato paste starts to stick to the pot, about 2 minutes.

4. Add the wine and season with salt and pepper to taste.

5. Simmer the lentil mixture: Add the remaining ingredients to the pot. Add a cup of water, plus more if the mixture gets too thick. Bring the mixture to a boil, then reduce the heat to a simmer, stirring occasionally. Simmer for about 25 minutes, though the consistency is more important than the countdown timer. The lentils should lose their hardness, and the overall dish should be nice and thick. Adjust the seasoning and serve.

Enjoy!

## Around Town

December 12, 14 & 16: [A Victorian Christmas](#)

December 12: [Mitchie Rich](#)

December 13: [Last Call Band](#)

December 14: [West End Boys](#)

December 15: [Christmas Carol Singalong](#)

December 15: [XMAS Fundraiser featuring SlyFox](#)

December 16: [Special Sitting of City Council](#)

December 16: [The Jazz Knights](#)

December 17: [Trivia Night](#)

December 20: [The Metropolitones](#)

December 21: [Solstice Meets Christmas \(children\)](#)

December 21: [Guffman 5 Christmas Concert](#)

December 21: [Hidden Secret Live Party Dance Band](#)

December 21: [Creepin' Daisy with Roxic](#)

December 22: [Darts Tournament](#)

December 24: [Children's Christmas: A Paper Bag Pageant](#)

December 28: [3D](#)

December 28: [WI Comedy: An Evening of Laughter!](#)

December 31: [New Year's Eve with STRUM](#)

January 2: [Karaoke](#)

January 18: [NoiZy NeighbourZ](#)