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ARTTRAM OPENS 'BLUE' EXHIBITION, AND SAYS 'THANKS' TO THE TMR POSTE



From the left, ArtTram board members Sharon Welner, Rosalind Abensur, TMR Poste owner/editor Pascal Richard, ArtTram president Lori Burnett, and ArtTram board member Jaya Perrier. Absent from the photo are board member Laurence Hervieux and ArtTram member Jocelyne Koss, who originated the idea of making a donation to The Poste.

Photo: Martin C. Barry, TMR Poste

MARTIN C. BARRY

ArtTram opened their latest exhibition of members' works, Blue in all its states, during a vernissage at the Reginald J. P. Dawson Library last week, with a special presentation during the evening paying homage to the TMR Post.

The art showcase, which can be seen in the library's exhibition room as well on an art wall in the main area until Nov. 29, focuses thematically on the color blue. Contributors were asked to submit works rendered in

variations and permutations of that subdued colour.

"For at least as long as I'm here, and maybe for the 23 years of ArtTram, we have always had the support of this newspaper – The Post has been by our side all the time," said Lori Burnett, president of the ArtTram board of directors.

In the more than two decades since The Post and ArtTram began collaborating, ArtTram has regularly received free ad space to promote its activities and programs, as well as the talents

of the individual artists who are its members.

"We wanted to help build a sense of TMR as a place of arts and culture, instead of just being a place where there is only talk about traffic and parking lots, to build more of a sense of community," said Pascal Richard, the TMR Post's editor and owner.

As a gesture of gratitude to The Post, the ArtTram board decided to make a \$200 donation to the weekly newspaper, using proceeds from art sales at the town's recent Multicultural Fair. According to Burnett, ArtTram member

Jocelyne Koss came up with the idea. As it turned out, the funds raised were entirely from sales of handmade cards created by Koss.

Résumé

ArtTram tenait un vernissage à la bibliothèque R.J.P. Dawson le 2 novembre pour ouvrir leur nouvelle exposition, Le Bleu dans tous ses états. En même temps, les membres du CA de l'organisme ont fait un don de 200 \$ au journal la Poste de VMR en reconnaissance de la publicité gratuite accordée par le journal au fil des ans.

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Les articles publiés expriment l'opinion de leurs auteurs, mais pas nécessairement celle de la direction. Dépôt légal aux bibliothèques nationales du Québec et du Canada.

INFO FLASH



SALON DES ARTISANS 2023

Les 24 et 25 novembre 2023, venez découvrir des artistes et leurs créations à la salle Schofield de l'hôtel de ville (90, avenue Roosevelt). Entrée gratuite. 514 734-2928

CRAFT FAIR 2023

November 24 and 25, 2023, come and discover artists and their creations at Town Hall (90 Roosevelt Avenue), in Schofield Hall. Free admission. 514 734-2928

SONDAGE D'APPRÉCIATION FESTIVAL HALLOWEEN

La Ville souhaite recueillir vos impressions et connaître votre niveau d'appréciation du festival d'Halloween de VMR qui a eu lieu le dimanche 29 octobre 2023. Accédez au sondage d'une minute avec le lien suivant :

<https://fr.surveymonkey.com/r/2NFLDKW>

APPRECIATION SURVEY HALLOWEEN FESTIVAL

The Town would like to know your appreciation of the TMR Halloween Festival that took place on October 29, 2023. Use the following link to access the one minute the survey:

<https://fr.surveymonkey.com/r/GLX577X>

COLLECTE DES MATIÈRES ORGANIQUES : BAC VERT OU BRUN

Les résidents peuvent recourir au bac vert ou brun pour la collecte des matières organiques. Vous êtes tenus de déposer un seul bac en bordure de rue, au choix. Il est important de savoir que seuls les bacs homologués « Ville de Mont-Royal » seront ramassés.

ORGANIC WASTE COLLECTION: GREEN OR BROWN BIN

Residents can use either the green or brown bin for organic waste collection. You are required to place only one bin of your choice on the curbside. It is important to note that only the bins with "Ville de Mont-Royal" stamped on them will be picked up.

CONCERT DE NOËL (2023) CHOEUR WALTER

Vendredi le 24 novembre prochain, c'est l'OBNL Choeur Walter qui sera en charge du concert de Noël pour l'année 2023 à la Ville de Mont-Royal. Pour plus d'informations et pour acheter vos billets :

<https://www.ville.mont-royal.qc.ca/fr/node/13010>

CHRISTMAS CONCERT (2023) WALTER CHOIR

On Friday November 24, the non-profit organization Choeur Walter (Walter Choir) will be in charge of the Town of Mount Royal's Christmas concert for the year 2023. For tickets and information:

<https://www.ville.mont-royal.qc.ca/en/node/13011>

GALA ALPHA 2023 : LES GAGNANTS DE LA VILLE DE MONT-ROYAL

Judi, le 19 octobre 2023, a eu lieu le rendez-vous annuel de la Chambre de commerce et d'industrie Saint-Laurent Mont-Royal lors du Gala Alpha, dans le but premier de féliciter et de promouvoir le travail des entrepreneurs et industries du territoire. La Ville de Mont-Royal tient à féliciter les 2 entreprises gagnantes de son territoire, dont: DURA UNDERCUSHIONS et Les Garderies KIDS.

<https://www.ville.mont-royal.qc.ca/fr/node/13028>

GALA ALPHA 2023 : THE WINNERS FROM TOWN OF MOUNT ROYAL

Thursday, October 19, 2023, the annual meeting of the Saint-Laurent Mont-Royal Chamber of Commerce and Industry took place at the Gala Alpha. The primary purpose of this event was to congratulate and promote the work of entrepreneurs and industries within the territory. The Town of Mount Royal would like to congratulate the 2 winning businesses on its territory: DURA UNDERCUSHIONS and Les Garderies KIDS.

<https://www.ville.mont-royal.qc.ca/en/node/13029>

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Library 514 734-2967
Recreation 514 734-2928
Public Security 514 734-4666

Regular office hours
Mon-Fri 8:30 to 16:30

Town Hall - 90 Roosevelt avenue H3R 1Z5

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ROYALS FALL TO PREDATORS 7-1 IN UNEVEN EXECUTIVE LEAGUE MATCH



Predators No. 23 Angelo Mylonakis raises his right arm triumphantly during the third period after he and teammate Michel Delisle assisted Predators No. 11 forward Robert David who scored the sixth of their team's seven goals that night against the Royals.

Photo: Martin C. Barry, TMR Poste

MARTIN C. BARRY

As the old phrase goes, every dog has his day, although there's an alternate saying about sometimes ending up in the doghouse.

So, whether you blame it on a weak Royals defence, there was no denying that the Executive League team's goaltender, Avi Elmaleh, was having a bad night almost from the start Wednesday evening last week.

At exactly the first period's two-minute mark, Elmaleh allowed in a soft and easy shot fired by Predators jersey No. 16, right-wingman Thomas Assimes, with assistance from defensive teammate Michel Delisle.

Then, in what seemed like scarcely a moment – one minute and two seconds actually – the Predators' No. 11 forward Robert David got connected at three minutes two seconds on the clock to a second easy goal, with a little help from his Predator buddies Angelo Mylonakis and defenceman David Maislin.

The Predators would go on to dominate the first third, completely shutting out the Royals during those initial 13 minutes (the length of periods of the Executive League's Wednesday night matches).

Just 16 seconds after the Predators second successful shot – virtually an eyeblink – centre Jonathan Raymond scored his team's third first period goal, with official credit for assisting going to league veteran No. 13 Benoit Dionne and right wingman Charles Escaravage.

The slaughter continued well into the second period, with the Royals failing to wake up

until the last minute. Before then, Predators vet Benoit Dionne single-handedly scored his team's fourth goal at 09:19, while the Royals still were nada.

Within less than a minute, Escaravage raised the score to 5-0, helped by Benoit Dionne and teammate Stéphane Gravel. Finally, at 12:02, the Royals' Christian Beauséjour bested Predators goaltender Luis Montoya with a one-man assist from Royals centre Tom Wilson, earning their team the sole point they would get in this one-sided match.

That said, the Royals went back to sleep after this, allowing the Predators to score two more times before the final buzzer went off. Both goals (at 08:20 and 11:00) were the fruit of the labours of Robert David, with assistance from Angelo Mylonakis, along with defenceman Michel Delisle and right-wing Thomas Assimes.

The game's only penalty (a two-minute minor) went to Predators No. 18 Antoine Melançon during the second period.

Maybe there was something in the air or the water last Wednesday evening. Because there was a similar outcome in a game between the Jets and the Senators immediately after the Royals-Predators match. In that second encounter, the currently basement-dwelling Jets were beaten 7-2 by the second-place Senators.

Résumé

Les Royals de la Ligue exécutive de hockey de Ville Mont-Royal ont été défaits 7-1 par les Predators mercredi soir dernier dans un match à l'aréna municipal de VMR.

OFFICIALS AND RESIDENTS GATHER IN PEACE PARK TO MARK REMEMBRANCE DAY



A lone trumpeter played *The Last Post* at TMR's War Cenotaph in Peace Park across from town hall as elected officials and town residents gathered early last Sunday afternoon to observe Remembrance Day.

Photo: Martin C. Barry, TMR Poste

MARTIN C. BARRY

Municipal, provincial and federal elected officials gathered along with several dozen town residents at the TMR Cenotaph last Sunday afternoon to honour the memory of the many Canadian soldiers who died while defending their country during military engagements as far back as the First World War.

Addresses were delivered by Mount Royal MP Anthony Housefather, Outremont–Mont-Royal MNA Michelle Setlakwe and Mayor Peter Malouf.

Mayor Malouf reminded the crowd, which included a good turnout of youths and leaders from the Scouting movement, that the 2023 Remembrance Day marked the 75th anniversary of the inauguration of the Cenotaph in Peace Park across from town hall on Roosevelt Ave.

"November 11, Remembrance Day, is a day Canadians remember the brave men and women who have served and continue to serve our country during times of war, conflict and peace," he noted in his remarks.

"In a world still marked by war and conflict, let's come together and pray for peace," he added. "We can all hope and work for a world where harmony and understanding triumph over violence and disputes."

"As we approach Remembrance Day, let us take this opportunity to salute the past and present commitment of thousands of Quebecers and Canadians who face danger around the world every day," said Setlakwe.

Housefather spoke of the necessity to continue remembering those who have fallen in combat. "It's up to us to continue that legacy, to tell their stories, to remember what happened," he said. The outdoor ceremonies were followed by a performance in Schofield Hall by the 306th Maple Leaf Wing Concert Band.

Résumé

Des élus des gouvernements fédéraux, provinciaux et municipaux étaient parmi les citoyens de VMR qui se sont rassemblés devant le Cénotaphe dans le parc de la Paix dimanche dernier pour rendre hommage aux anciens combattants qui ont perdu leur vie dans de nombreuses guerres pour la défense de leur pays.

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ANTHONY HOUSEFATHER

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Le festival d'halloween de VMR "UN SUCCÈS MÉMORABLE"



Les membres de la famille Vincent, Sylvain (père), Nathan et Charlotte, étaient parmi tous ceux et celles qui ont participé la fête de l'Halloween organisée par Ville Mont-Royal à l'hôtel de ville au cours du matin et de l'après-midi du 29 octobre.

Photo : Martin C. Barry, La Poste de VMR

MARTIN C. BARRY

Plusieurs centaines de Monterois et de Moneroises se sont réunis à l'hôtel de ville de VMR le dimanche 29 octobre de 11 h 30 à 15 h pour célébrer un festival d'Halloween organisée par la municipalité.

En vue d'une température extérieure plutôt imprévisible, l'événement n'a pas eu lieu dans le parc Connaught comme prévu.

La ville décernait des prix à plusieurs familles qui étaient gagnants d'un concours de sculpture de citrouilles : la famille Buchanan, la famille Perazzo et la famille Romancivic.

Parmi les règles pour la sculpture de citrouilles : La citrouille devait être sculptée; une entrée de citrouille par famille; et peinture et autres décors étaient permis. Les gagnants étaient choisis par un comité.

Parmi les autres activités étaient des « Mains en Cire », tatouages à l'aérographe, coins d'arts (pour décorer un sac d'Halloween), une voyante animée, un photobooth d'automne et un kiosque de bonbons d'Halloween.

D'après le conseiller municipal Antoine Tayar, qui accueillait toutes et tous à l'entrée de la salle Schofield, c'était un succès mémorable.

« L'halloween c'est comme un moment quand les enfants aussi bien que les parents se joignent ensemble pour célébrer, disait-il. C'est un phénomène qu'on peut voir un peu partout à travers la ville où les maisons ont été décorées.



L'événement de l'halloween de la ville avait lieu avec l'appui d'un bon nombre de bénévoles et d'employés, selon le conseiller Antoine Tayar.

Photo : Martin C. Barry, La Poste de VMR

C'est une indication du nombre croissant de familles qui se sont établies à Mont-Royal au cours des années récentes ».

« Nous n'avions pas d'autre choix que de tenir cette rencontre familiale à l'intérieur », expliquait-il, en soulignant que c'était possiblement la première fois qu'un événement pour l'Halloween a dû forcément avoir lieu dans une salle plutôt que dans un parc.

« Les employés, les bénévoles ont bien accompli leurs tâches, ajoutait le conseiller Tayar. C'était quelque chose de bien accompli ».

Summary

Several hundred Townies gathered at TMR town hall from 11:30 am to 3 pm on Sunday October 29 to take part in TMR's Halloween Festival in preparation for the big event two days later.

Members of three local families were chosen as the winners of a pumpkin carving contest: the Buchanan family, The Perazzo family and the Romancivic family.

Among the activities were airbrush tattoos, art corners (where you could decorate your own Halloween bag), animated fortune-telling, an autumn photobooth, and a Halloween candy booth.

Among the rules to be followed in the pumpkin carving contest: pumpkins had to be carved; just one pumpkin entry per family; and paint and other decorations were allowed.



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HOW TO GET ANY MAN YOU WANT

Modern dating reveals the frustrations, and emptiness of internet relationships, dating apps, and the hook-up culture. Into this scene comes psychologist and relationship consultant, Dr. Orion Taraban, who advises women on how to have a relationship with the high value men they really want. His advice is not a moral exhortation but a relationship strategy, the only stipulation of getting any man you want is this: you must have direct access to him. This strategy works even if you're not "super hot". Being really attractive is a real advantage for women, but it's not the whole story.

He says "Since most men will entertain sexual offers from most women, if you're having trouble converting a man into a relationship it's your (the woman's) responsibility. It's your responsibility to do the things you need to do in order to get a man to commit to you. It works like this because women are the gate-keepers of sex, while men are the gate keepers of commitment."

Dr. Taraban emphasizes what he calls THE MASTER KEY: "The one thing you absolutely have to do as a woman in order to secure commitment from a high value man is YOU HAVE TO BE USEFUL. This is the opposite of how most women go about dating and relationships where it's all about them, where they are consistently prioritizing their own priorities.

"The number one thing women want in a man is AMBITION. Between his mission and career and lifestyle, his hands are full. You're not



here to benefit from all his hard work - that's narcissistic and entitlement. Get curious about what would make his life easier, then start offering service based on the information you've gleaned from your research. Why? Because, if you help a man achieve his goals, you're going to be standing next to him when he gets there. That's what smart women understand.

"You can get what you want if you can help the man achieve his mission. If you can be useful to a man you can slowly integrate yourself into his life, to the point where you are so involved in the everyday mechanics of his existence that it would be functionally impossible for him to leave you. A man will never leave a useful woman. Most men get zero help - this is your opportunity. It's a way to bypass 99% of your competition in the sexual market place.

Taraban says, "What you have to understand is that service is the pathway into that man's life and is the value you provide. You have to earn your place into men's lives just as men have to earn their sexual opportunities. You can't just sit there and expect the guy to hand over the keys to the kingdom, because in this market sex is much cheaper than commitment. You gain access to that commitment by being useful and providing value.

What's going to stop women from doing that?

Taraban says, "The main thing tripping women up is: PRIDE! In most cases pride is standing between you and the relationship with the man you want to have it with. That indignant voice that lies to you and says: 'I shouldn't have to do that! That's beneath me! This isn't the

1950s or, 'What about me?' That voice is what is standing in your way. Your best bet in getting your needs met by a high value man is while you are serving his needs!

Women don't have to do these things, but these things work!"

Many readers, both male and female, will react with scoffing criticism at Dr. Taraban's advice.

And yet successful women respond saying: "As a woman who married a high value man in my 20s, this is the most accurate advice I've heard so far. This is exactly what my man expects even now after 20 years of marriage. It's what keeps him feeling valued and what keeps him lucky to have me."

Another high value man writes: "As a well established man this seriously was the difference between the women I dated and my now wife. Other women were blinded by tons of feminist propaganda. My wife will do literally anything for me and makes my life easier. I could have gotten sex anywhere. But loving and caring about my goals and my ambitions while taking an interest and helping me with them is why I put a ring on her finger. She's amazing and irreplaceable. No other woman even comes close. As a result, I want to do everything for her too. It's a wonderful dynamic that we have."

Dr. Brian M. Gazzard
resident of town
personal; development consultant

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ARTTRAM

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