

Mega sale succeeds



David, 10, and his sister, 7-year-old Yaël, were busy selling leftover stock from their father's business during the annual "Mega Garage Sale" hosted in Côte St. Luc's Confederation Annex of Pierre Elliott Trudeau Park (6985 Mackle Rd.) on June 3. David said business was good as he sold radio-controlled vehicles, back scratchers and toys alongside dozens of other vendors who were selling everything from vases and DVDs to exercise equipment and clothing.

Photo: Isaac Olson.

CSL's walking path now has outdoor strength training

BY ISAAC OLSON

While many Côte St. Luc residents aren't afraid to brave winter weather to exercise outdoors, for everybody else the warmer season means finally getting out for long walks, jogs, bike rides and other activities – activities that serve as a key weapon against heart disease.

CSL's administration is encouraging residents to get fit and, along with a gamut of health-oriented infrastructure, the city offers a "Heart in Motion" walking path that, in partnership with Quebec's Heart and Stroke Foundation, provides people with markers indicating how far they have gone. It also passes the city's newly installed outdoor exercise equipment which, being free to use by anybody, allows for people to get in a little strength training too.

"We want to promote good health in this city," said Councillor Mitchell Brownstein, who is in charge of Sports and Recreation. Along with the Aquatic and Community Centre (ACC), an effort to install a bike path on Mackle, the skating arena and much more, he said, "We believe in providing the facilities needed to ensure good health in our citizens."

The workout stations, said Brownstein, allow people to work every muscle. The equipment, found at several stations

along the walking path, relies largely on body weight and non-electronic features for strength training.

Heart in Motion is an international initiative launched in 1996 in Ireland, reports the Heart and Stroke Foundation's website. This program is characterized, the site continues, by distinct and colourful pedestrian signs set a certain distance apart. In CSL, the bilingual markers are found every half kilometer.

"If there are 1,001 ways to take good care of your heart, physical activity remains one of the best ways considering all the benefits it brings to your body," states the site. "In fact, regular physical activity improves blood circulation while making your heart stronger and more efficient."

Councillor Steven Erdelyi was instrumental in bringing the path to CSL in September 2007. It was the first city to initiate a path on the island of Montreal, he said, noting the path starts at the ACC or Pierre Elliott Trudeau Park. The workout stations, said Erdelyi, were added late last fall to the ACC, Richard Schwartz and McDowell Parks.

"We encourage residents to lead a healthy and fit lifestyle," said Erdelyi. "We hope that by creating these initiatives, it will help people pursue that endeavour."

Cat trappers put felines up for adoption

BY ISAAC OLSON

The Côte St. Luc Cats Committee, initiated by Councillor Mike Cohen, has announced that, along with the trap, neuter and release program aimed at reducing the city's feral feline population, the group of volunteers is now placing captured kitties in loving homes.

Anybody interested in learning more

about the initiative or adopting a cat can visit the organization's new blog to learn more about various programs and activities.

"The intent is to have it updated by committee members whenever necessary," stated Cohen.

"Having rescued ... three beautiful baby kittens, I felt the time was right to get photos up on a site regularly and videos when possible so that people can see for themselves the pets they need to adopt. We are also very interested in finding people who will foster cats like this – have them in their home until we can find some place more permanent. This will enable us to save the lives of many more kittens."

The organization is now gearing up for its first fundraising event, which will be held on August 21 at the Giovanni Palatucci Centre. For more information, visit the organization's regularly updated blog (cslcatscommittee.blogspot.ca). People are also welcome to check out the group's Facebook page or call: 514.485.6800 ext. CATS (2287)



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ROYAL LEPAGE VILLAGE



One of the workout stations on the walking path in Côte St. Luc.

Photo: Courtesy of the city of Côte St. Luc