

The Westmount Parent

Solutions for southpaws, a winning birthday-gift shopping idea

BY ANNIKA MELANSON



A southpaw is a term that refers to someone who is left-handed. If you have a little southpaw, then check out www.southpawenterprises.com, where you can shop for all sorts of products for lefties. Closer to home, Westmount Stationary (4887 Sherbrooke, 514.481.2575) carries scissors for lefties in two sizes: large (\$10.99) and small (\$8.99). It also stocks Solo Grip pencil holders for left- and right-handed people in large (\$2.99) and small (\$1.99), which help children to hold a pencil properly when learning to write.

Back to school means your child is invited to lots of birthday parties. And buying presents for everyone can get expensive. Winners (Alexis Nihon Plaza, Upper Level, 1500 Atwater Ave., 514.939.3327)

has a good toy section and the prices are great. It's hit or miss but if you are there on a day when the store has had a delivery of toys and books, you can find fabulous items. It's a wonderful place to stock up on birthday and holiday gifts.

Pickles and chocolate mocktails

Looking for an original way to present a gift to an expecting mum? This one's for you: a gift certificate stuck onto a pickle jar. Bloom Maternity (4937 Sherbrooke, 514.481.5151, www.bloommaternity.com) will affix your gift card to a jar of gherkins, sure to make any pregnant gal chuckle... even if it is stereotypical. This fall, Bloom has lots of tops and dresses with empire waists (yes, they are back in style...again) and the "Due in" Samson Martin (www.samsonmartin.com) T-shirts have arrived to let people know what month you are due. So cute.

Westmounter Jackie Rose's new book,

co-written by Caroline Angel, RN, PhD, *The Newly Non-Drinking Girl's Guide to Pregnancy: Advice and Support for Surviving 40 Weeks without a Cosmopolitan* is available in bookstores. I wish that this hilarious book had been around when I was pregnant. For the fun girl wanting to party through her pregnancy sans booze, this book offers tips about making it through nine months without a cocktail by suggesting delicious and tasty alternatives like Virgin Strawberry Daiquiris, Mock Champagne, Chocolate Martenitinis and the Chunky Monkey (which involves chocolate syrup). What a great way to wash those pickles down. Over 50 mocktail recipes are included along with tips on surviving social occasions without a drop and useful information about alcohol, pregnancy and breastfeeding. Raise your glasses and enjoy the mocktails.

High-end t-shirts

Mimi & Coco's (4927 Sherbrooke, 514.482.6362, www.mimicoco.com) made-in-Italy, high-end T-shirt label carries adorable tops suitable for expectant and breastfeeding mums. For pregnant mums, I found a loose, flowy T-shirt called "viscose ruche top." It is unrestricting and feels cool on the skin and comes in mauve, blue, green, black, white and pink and costs \$98. For fashion-conscious breastfeeding mamas on the go, the tops made from waffled textured fabric are a good option as they can accommodate lots of stretching. The one that I thought would be great has buttons down the front almost to the navel, so one can unbutton "incognito" and nurse. These tops come striped or in solids and range from \$98 to \$116.

That's a wrap

Looking for an original and useful baby

gift? Babywrappers, "The Ultimate Baby Bath Towel," is a great idea. The towel hangs like an apron around your neck so that you have your hands free to scoop your baby into the towel and rest her on your chest without getting wet yourself. Babies tend to be slippery when wet. I can remember how petrified I was giving my daughter Amel her first few baths. Having both hands available to grip slippery little bodies is a huge relief. The towels come in an assortment of colours and cost about \$35. To check them out, go to www.babywrappers.com or drop by Oink! Oink! (1343 Greene Ave., 514.939.2634, www.oinkoink.com), where the gift wrapping is complimentary and so pretty.

Singin' in the rain

To keep your little ones singin' in the rain, head over to LMNOP (4919A Sherbrooke, 514.486.4572) and Tony's Shoes (1346 Greene Ave., 514.935.2993, www.tonyshoes.com). LMNOP has just received the Hatley line of raincoats in sizes 2 to 7, rain boots and brollies all disguised as dinosaurs, moose, bears and cats and dogs (as in "it's raining cats and dogs"). Tony's carries the Kidorable line of raincoats, rain boots and umbrellas in a few different species: bumblebees, frogs, ladybugs, firemen and fairies. With outfits like these, they'll be hoping for rain.

Lanterns and fall foliage

The Montreal Botanical Gardens (4101 Sherbrooke St. E., 514.872.4917) are hosting their 15th annual Magic of Lanterns event. This year's theme is Between Heaven and Earth and it introduces visitors to Chinese culture through hundreds of handcrafted silk lanterns made by artists in Shanghai. The exhibition is on daily from 9 am to 9 pm until October 31. Rates are \$13.50 for adults (\$11.50 if you are a CAA member), \$6.75 for kids 5 to 17, \$2 for ages 2 to 4 and the under 2 gang goes free.

The Redpath Museum (859 Sherbrooke, 514.398.4086, www.mcgill.ca/redpath) will host Trees and Plants of Quebec on September 23. This Family Discovery Workshop is designed to introduce people all ages to our native trees and plants. Kids will make a mosaic from leaves, which they can take home. Admission is \$6 for children. Parents go free. Two sessions are offered (1:30 to 2:30 pm and 3 to 4 pm) and they are given in English in the museum auditorium. To register, contact Ingrid Birker at 514.398.4086, ext. 4092.

25 years of seniors socializing creatively



Among the dozens of Westmounters who have taken part in the Creative Social Center's many activities during the last 25 years are Sharona Granovsky, left, and Lila Gottheil. Granovsky, a 30-year resident of Westmount, takes aerobics twice a week while Gottheil, who has lived at Westmount Square for 27 years, helps on the front desk. Creative Social Center is celebrating 25 years of service to seniors in Montreal, including Westmount. Its 18th annual vernissage takes place on Sunday September 30 from 3 to 7 pm. Paintings and sculpture by about 70 of the 250 centre members will be on sale 11 am to 3 pm Monday and Tuesday October 1 and 2. When Helen Knight founded the centre in 1982, she modeled it after humanistic psychologist Abraham Maslow's hierarchy of needs, which emphasizes creativity as means of making people feel motivated and whole. Seniors from all walks or life gather Monday through Thursday year round on the second floor of Congregation Chevra Kadisha B'nai Jacob-Beith Hazikaron at 5237 Clanranald Ave. in Côte Saint Luc to take advantage of an atmosphere dedicated to education and social fulfillment. They partake in such activities as lectures, a playwright group, folk dancing, painting and sculpture, yoga and aerobics, creative writing and trips to local cultural events, as well as two five-day bus trips to Ontario. Membership is \$25 per year. For more information, please call 514.488.0907.

1967 MGB Roadster
Florida car, no rust, stored for 22 years in garage, 90,112 original miles, all duty and GST paid. US \$5,500. Large inventory of brand new and used parts for sale. Call for list. Westmount (514) 481-7821.