



A safe back-to-school season

pages 7-9



FALL 2012

VIVRE à Laval

Ville de Laval's newsbulletin

New
sections!

Arts and Culture / Sports, Leisure Activities and Community Life

Major Transformation in Residential Sector

The construction of two major residential projects in the Chomedey district—between boulevard du Curé-Labelle and boulevard Chomedey, on either side of boulevard Saint-Elzéar—is arousing a lot of interest. The two projects, estimated at \$300 million, consist of 1,000 condo units in eleven 8-18-storey high-rise buildings (650 condos in six 8-18-storey buildings in the Lumière project and 350 condos in five 10-16-storey buildings in the Quintessence project). Groupe Jadco has opted for high-rise construction in order to maximize green spaces, in line with sustainable urban planning—a development approach advocated by Ville de Laval.



Photo: Le projet Lumière



Photo: Courtesy of the Cosmodôme

Increase in Visitors at Cosmodôme

The number of annual visitors to the Cosmodôme is up 50%. This means that 31,000 people set foot in the Cité de l'astronautique between January and March 2012, compared to 18,000 for the same period in 2011; and the summer season was even busier than that! The increase in the number of visitors is directly related to the presentation of three new “virtual missions”, in which the visitors become the heroes. The Cosmodôme—one of the five largest tourist and recreational facilities in Greater Montréal—has welcomed nearly two million visitors since its doors opened in 1994. And it is now destined to become a world-class destination for scientific culture.

Park-and-Ride Facilities

Starting in the fall, a temporary parking lot for 400 vehicles will be set up on boulevard Saint-Martin, at the corner of Route 125 (R-125). These new facilities will help offset the traffic congestion as a result of the reconfiguration of the Henri-Bourassa/Pie-IX intersection in Montréal. Moreover, one lane will be reserved for buses along R-125, and the STL and STM will put both new and additional bus service (see article on right) into operation.

? www.ville.laval.qc.ca, under Transport

The STL Improves its Service... Again!

This fall, the Société de transport de Laval (STL) will be increasing its service in order to offset road congestion resulting from reconfiguration at the corner of boulevard Pie-IX and boulevard Henri-Bourassa:

- Start-up of a new bus route (904) during morning and evening rush hours, which will serve boulevard De la Concorde and boulevard Pie-IX, and bring transit users to Saint-Michel metro station
- Additional departures on the 252 route during morning and evening rush hours, between the Saint-François district and Henri-Bourassa metro station
- Additional departures on the 925 bus route during morning and evening rush hours, between the Saint-François district and the Radisson metro station

Moreover, the STL has set up the **STL Sustainable Mobility Solution** service for companies in order to cut down on greenhouse gas emissions. In this way, all Laval companies—regardless of their area of activity—have access to a service provided by specialists who will help them analyse their sustainable mobility situation. The STL offers them a support process to examine and optimize the type of transportation used by their employees, associates and suppliers. Carpooling, cycling, walking, buses, metro—all such options are good ones to make the transition to sustainable transportation. This approach helps companies develop and set up optimal solutions to meet their needs and turn the process into a real company-wide project.

? www.stl.laval.qc.ca, under Sustainable Mobility



Photo: Sylvain Mejeau



The Mayor's Message

Dear Residents:

Fall is just around the corner and will be highlighted by Laval's new urban development policies. On our territory, you will therefore notice construction projects geared toward increasing density and concentrating housing units around the vicinity of our metro stations, in particular. Moreover, the Société de transport de Laval will continue to improve the frequency of its services, so that residents appreciate public transit more and more.

These decisions—which you have had the opportunity to learn about over the past few months, when we unveiled the sustainable urban development plans (with the *ÉvoluCité* process) and the Sustainable Mobility Plan—will contribute toward making our city a model of urban development for future generations to reap the benefits.

In fact, on the topic of future generations, I would like to stress the importance of paying close attention to our children as you drive around on our roads. Very soon, we will be announcing speed limit changes. Our youngsters will be heading back to school in a few days' time and I am urging each and every one of you to obey the safety rules in order to protect these little lives and all other pedestrians crossing our streets.

In closing, I would like to remind you that our family festivities—*Fête de la famille*—will be held at Centre de la nature on September 2. I look forward to seeing you there.

Gilles Vaillancourt
Mayor

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Laval Residents' Blood Donor Clinic

September 7
2012

8 a.m. – 8 p.m.

www.hema-quebec.qc.ca

Collecte de sang
des Lavallois

Centre sportif Bois-de-Boulogne
955 avenue Bois-de-Boulogne

? 311 or 450-978-8000 • www.ville.laval.qc.ca

Service Sector: Laval Ups Fighting Spirit

"If you had so many visionaries around you, you'd become one yourself." Don't look for this sentence in the dictionary of famous quotations. It isn't there. It's rather part of the new message of Laval Technopole, which is striving to attract businesses in the service sector. "We're embarking on a new avenue: Laval has now achieved a new peak in its economic development," stated Pierre Desroches, Laval Technopole's President and Executive Director, who added, with a determined look: "We're going to have more of a fighting spirit."

In its perpetual quest for excellence, Laval Technopole is banking on the City's many assets: a Université de Montréal campus, a UQAM campus, two university hospitals, an efficient public transit system including three metro stations, a modern expressway system, a population base among the most highly educated in all of Québec, recent socio-cultural and sports infrastructures, many green spaces, etc. Pierre Desroches moreover mentioned, as a reminder, that Laval will be able to find locations for more and more businesses in the service sector through its *ÉvoluCité* process, an innovative vision of sustainable urban planning.

"Laval has now achieved a new peak in its economic development"

There are 3.5 million people living within a radius of 40 kilometres from Laval; this represents 47% of the total population of Québec. There is a clearer picture of the services that we offer. Businesses in the service sector will quickly realize that they can grow and develop in a successful environment at highly competitive costs. "When you're surrounded by success, you attain it easily"—that is the message being conveyed in Laval Technopole's new advertisements.

The service sector—also called the tertiary sector—consists of financial and legal services, the knowledge industry, digital technology professionals, etc. The other two economic sectors are the primary sector—developing natural resources: agriculture, fishing—and the secondary sector—processing raw materials: the construction industry, etc.



Photo: Laval Technopole



Photo: Laval Technopole

30 Head Offices

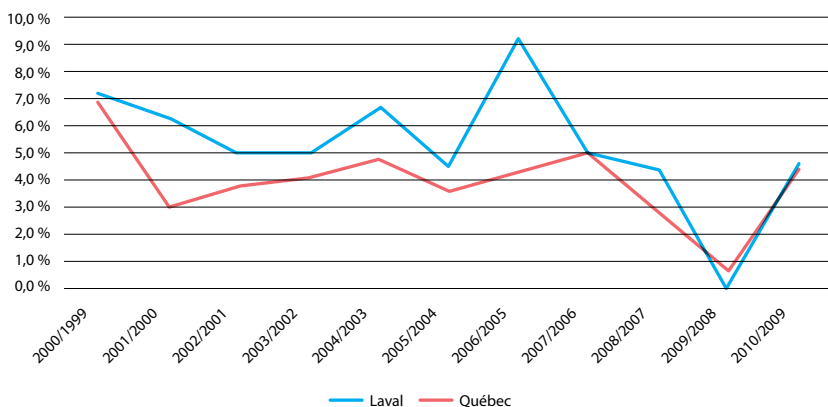
On its territory, Laval has 30 head offices of businesses operating not only in Québec and Canada, but also worldwide. A number of them are in the service sector. Among the most well-known are:

- Alimentation Couche-Tard
- Les Rôtisseries St-Hubert
- Cima+
- Dessau
- Linen Chest
- Aliments Lesters
- RE/MAX QUÉBEC
- Sanofi-aventis
- Warnex

Investments Over \$15 Billion Since 2000

Despite an adverse economic situation worldwide, \$1.5 billion in investments was injected into the Laval region, according to its latest annual report, making 2011 one of the best investment years since the City was created in 1965. Since the turn of the millennium, investments on Île Jésus have climbed to the \$15-billion mark.

GDP Growth Rate – 2000 – 2010*



Laval's GDP: Among the Highest in Eastern Canada

Since the start of the new millennium, Laval's gross domestic product (GDP) has remained above that of Québec as a whole. Last summer, on writing these lines, our GDP was 4.6%, compared to 4.1% for all of Québec. With a steady growth rate of 12.4% compared to last year, Laval definitely ranks among the front runners of all cities in Eastern Canada.

*Sources: Institut de la statistique du Québec; Statistics Canada; Ministère des Affaires municipales, des Régions et de l'Occupation du territoire du Québec; Fisheries and Oceans Canada; and Revenu Québec.



Photo: Courtesy

Collège Laval: 125 Years of Building the Future

Originally a little country schoolhouse, Collège Laval—125 years later—has become one of the biggest private colleges in all of Québec. This educational institution has managed to modernize its operations, while pursuing the efforts of its founders. "In addition to fulfilling its educational mission, which aims to train responsible residents interested in becoming actively involved in society, Collège Laval is a top-notch corporate citizen that is open to the entire Laval community," explained executive director Michel Baillargeon.

In 2010, much to the delight of Laval's sports enthusiasts, Collège Laval entered into a partnership with Ville de Laval to set up a synthetic soccer and football field—an overall investment of \$3 million. Then, in 2011, it inaugurated its new cultural and sports building. This investment of approximately \$7 million raises it among the top ranks of high schools in Québec to have such facilities. Théâtre Marcellin-Champagnat has also benefited from

significant improvements: the lobby area—with its new warm, modern décor—has been doubled, to now be able to accommodate 750 people.

For the past eight years, total investments of \$36 million have been injected into the Collège, in accordance with a sustainable development approach. For example, Collège Laval has equipped itself with a geothermic heating and cooling system, making it the first educational institution to take part in the BNQ 21000 pilot project, in line with the Government Sustainable Development Strategy 2008-2013.

Laval residents have every reason to be proud of Collège Laval, which has educated many personalities who are extending their influence today all over Québec. All residents are invited to take part in the activities of the 125th anniversary of Collège Laval in 2012-2013.

? www.collegelaval.ca/125ans/

New Speed Limits This Fall



Speed limits on local streets will be reduced from 50 km/hr to 40 km/hr

Starting this fall, new speed limits will be introduced on Laval's roads. In fact, Ville de Laval has developed a structured methodology for determining and standardizing speed limits. To do so, the roads have been classified according to their purpose.

Speed limits on local streets will therefore be reduced from 50 km/hr to 40 km/hr, whereas on certain boulevards, they will be increased from 50 km/hr to 60 km/hr. School and park zones will remain at 30 km/hr for the safety of young children.

The City's draft bylaw is currently in the approval phase. Once it is accepted, the *Service de l'ingénierie* will proceed with installing the new signs.

To keep up to date on the progress of this project, follow us on Facebook (www.facebook.com/villedelavalpageofficielle) and Twitter (@Laval311).

? 311 — www.ville.laval.qc.ca, under **Transport**



Photo: P&P

Back to School... in Force!

51,000 students! That's almost equivalent to the entire population of Blainville! Yet that is the number of students returning, this fall, to the schools in Laval's two school boards—the Commission scolaire de Laval (CSDL) and Sir Wilfrid Laurier (SWLSB)—44,000 and 7,000 students respectively.

The Commission scolaire de Laval, whose student numbers are significantly on the rise, will begin construction on two new elementary schools in the Sainte-Rose and Chomedey districts; their opening is slated for the start of the 2013-2014 school season.

A few days ago, the school board also opened the Centre de qualification professionnelle et d'entrepreneuriat de Laval (CQPEL), on boulevard de la Concorde—an innovative institution geared toward developing occupational skills through a qualification program approved by the *Ministère de l'Éducation, du Loisir et du Sport*. An entrepreneurial approach is at the heart of the vision of this new centre. The CSDL in fact wants to develop cooperative, entrepreneurial projects with various Laval partners. CQPEL is a unique, employment-oriented learning centre: With youth and adult programs under one roof, it makes it easier to go from one

of these two training programs to the other and encourages CSDL students to further pursue their education.

The Sir Wilfrid Laurier School Board is also planning major projects for the 2012-2013 school year, including the conversion of the auditorium at Laurier Senior High School on boulevard Daniel-Johnson near the Centropolis into a 430-seat theatre for the performing arts.

On the island, there are 52 CSDL elementary schools, 14 high schools, 8 vocational training centres and 4 adult education centres. As for the SWLSB, it has 11 elementary schools and 5 high schools on Laval territory. August 28 is the back-to-school date at CSDL schools and August 30 for the SWLSB.

? **Commission scolaire de Laval:**
450 662-7000 – www.cslaval.qc.ca

Wilfrid Laurier School Board:
450 621-5600 – www.swlauriersb.qc.ca

Schoolchildren's and Pedestrians' Safety



Motorists, Drive Carefully!

On their way to school, children should be able to walk along safely and soundly. Yet many drivers don't take children's presence into account nor the rules of the *Highway Safety Code*: a situation that could cause serious—and even fatal—accidents. And that's why there are school zones that provide youngsters with a safer environment. Motorists: Be patient, drive carefully and keep your eyes wide open!

To ensure schoolchildren's safety, you must:

- Reduce your speed in the vicinity of schools and be ready to brake.
- Be patient with school crossing guards, come to a full stop in front of crosswalks and avoid obstructing them.
- Use the drop-off/pick-up area when you give your children a lift to school or back home.
- Don't make your children cross between two cars, but rather at the school crossing or at a street corner.
- Obey the road signs in the vicinity of the schools.
- Pay attention to comings and goings within school zones.

At all times, you must wait until the stop sign of the school crossing guard or of the school bus has been lowered before continuing on your way. Otherwise, you risk receiving substantial fines (a \$154 ticket and three demerit points in the first case and a \$277 ticket and nine demerit points in the second case).

Are You Familiar With These Signs?

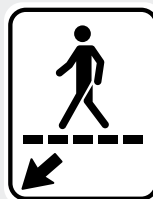


Advance warning sign of school zone or school crossing ahead



Beginning of a school zone

This sign is accompanied by a speed limit sign that indicates the circumstances or times of day when this speed limit must be obeyed (usually when schools are in session).



School crossing

This sign indicates the presence of a school crossing.

? www.saaq.gouv.qc.ca/prevention/transport_scolaire

The *Département de police de Laval* now has its own Facebook page.

 www.facebook.com/policeLaval



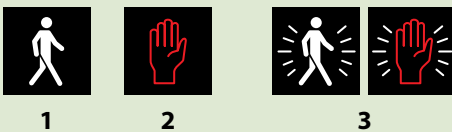
Too impatient to wait for the pedestrian light? Too much in a hurry to go to the street corner? No reason is a good one for crossing anywhere, anytime. The *Service de protection des citoyens* reminds you that it's important to obey the signs and cross at the right place and time in order to avoid serious accidents.

To cross safely

- Locate the crosswalks and use them! They are there for you.
- Press on the pedestrian light push button. The lights are programmed to give you the time you need to cross the street.
- Cross at the green light when there is no pedestrian light.
- Before stepping onto a crosswalk that is not located at a street corner with traffic lights, **make sure you can cross without any risk**. And when there is no street corner or crosswalk, you must give vehicles the right of way.

By getting into the right habits, you will avoid a \$37 ticket.

Pedestrian lights*



- 1 A fixed silhouette** allows you to cross the street, but carefully, keeping an eye on the vehicles that are turning.
- 2 A fixed warning hand** indicates not to cross.
- 3 A flashing signal** indicates that you mustn't step onto the crosswalk; however, if you have already started to cross, you must continue doing so.

*Source: Société d'assurance automobile du Québec.

Hear an Alarm? Get Out!

Whether you're at the supermarket, at work or travelling on public transit, as soon as the fire alarm sounds, it's important to quickly head for the nearest exit. It might be a false alarm—triggered for no reason—but it's better to lose a few minutes and go outside nevertheless, rather than getting stuck inside surrounded by flames. Those few minutes could save your life!

? *Département de sécurité incendie,
Division de la prévention: 450 662-4450*

Open House at Fire Stations



Sunday, October 14, 10 a.m. – 4 p.m., kids and grown-ups are invited to visit their local fire station, for a chance to learn more about firefighters' work and obtain important safety advice.

Have a Safe Halloween

Halloween is such a fun day for children. The following safety advice will help ensure that all goes well.

- Avoid using masks. They prevent children from seeing clearly what is around them, including motor vehicles, so opt for face painting instead.
- Dress your children in light-coloured costumes. Stick reflective tape on the front and back of their costume, so that it is very visible to motorists.
- Despite children's excitement, obey the road safety rules at all times.
- Make sure that children under 10 years old are accompanied by an adult.

Happy Halloween!



For Responsible Waste Management

Thanks to residents' cooperation, 1800 more metric tons of recyclable materials were collected last year than in 2010, for a total of 36,500 metric tons of waste diverted from the landfill site. As pointed out by André Giroux, professional advisor in Ville de Laval's *Service de l'environnement*: "We must continue our efforts to reach the objectives set by the *Ministère du Développement durable, de l'Environnement et des Parcs*, which is asking that 60% of household organic waste and 70% of recyclables be reclaimed by 2015."

"We must continue our efforts to reach the objectives set."

— André Giroux, *Service de l'environnement*

Each and every one of us can manage our household waste in a responsible way. Here are a few tools available on the City's French web portal (under *Environnement*) to help you do so:

- The *Guide de récupération*. This recycling guide is a search engine that informs you where you can dispose of certain waste or other materials in order to give them a second lease on life.
- The *Récupération des RDD* guide identifies the private firms that collect hazardous household waste free of charge, all year long.
- Écoclips. These 2-3-minute videos contain lots of information on a variety of topics, including residual materials management.



Photo: Vincent Girard

For further information, take part in the activities organized within ***Semaine québécoise de réduction des déchets***, a week-long event—**October 14-21**—geared toward responsible management of residual materials. The City's *Service de l'environnement* invites you to join the movement by taking concrete action in your everyday life.

? The activities are organized on Laval territory and the City's commitments may be found on the following website: www.sqrd.org

Fall Compost Sale



Photo: Vincent Girard

To stock up on compost, go to the municipal composting site at 4026 boulevard Dagenais Ouest, on **September 29**, 8 a.m. – 4 p.m. At that sale, which is only for Laval residents (proof of identity required), the City will be selling compost at a low price. A 15-kg bag will be sold for \$2, while compost in bulk will cost \$20/cubic yard.

Moreover, the City wishes to remind you that a \$30 rebate is being offered to all residents who buy a backyard composter. Composting is an ecological way of disposing of your garden waste and table scraps. It also makes it possible to produce natural fertilizer, which helps flowers, vegetables, lawns, trees and other vegetation grow and gives them better resistance against disease and insects.

? Further information may be found in the *Initiation Guide for Backyard Composting* and the *User Guide on Compost* on the City's web portal, under *Environment / Outdoor Considerations / Composting*.

More Greenery in School Parks



Photo: Courtesy

Laval is greener and greener! With school children's participation, nearly 60 large-size trees as well as several shrubs have been planted at five Laval schools: Simon-Vanier, Twin Oaks, Notre-Dame-du-Sourire, Saint-François and Cœur-Soleil. Interpretation signs will soon be installed to provide information on the species planted: common hackberry, Canada serviceberry, choke cherry and red maple.

Moreover, 30 red oaks as well as other vegetation were planted at Pointe du Phare in Laval-Ouest, thanks to the *Comité des citoyens de Laval-Ouest*, while nearly 50 trees were added on either side of boulevard Lévesque Est, in Saint-Vincent-de-Paul, thanks to the Correctional Service of Canada. In addition, the City gave away over 700 seedlings to residents at the compost sale on May 12.

Swap Your Plants on Perennial Exchange Days

Gardening enthusiasts are invited to the Exchange Days for perennials, gardening accessories and tools, organized by Club 4-H and Ville de Laval. Representatives from the Société Laval en fleurs, the Société d'horticulture et d'écologie de Laval and the Centre de formation horticole de Laval will be taking part in the activities. Further details may be found in the Environment section of the City's web portal.

Saturday, September 15

12:30 p.m. – 1:30 p.m.: Registration
2 p.m. – 2:30 p.m.: Plant exchange
City Hall: 1 place du Souvenir, Chomedey

Sunday, September 23

12:30 p.m. – 1:30 p.m.: Registration
1:30 p.m. – 2:15 p.m.: *Lapidoux et son jardin* (children's show)
2:30 p.m. – 3 p.m.: Plant exchange
Centre Accès: 6500 boulevard Arthur-Sauvé, Laval-Ouest

? 311 — www.ville.laval.qc.ca, under Environment / Activities and Programs



Photo: Vincent Girard

To Dispose of Your Leaves Ecologically

Did you know that mowing the leaves that have fallen on the ground is an excellent method for disposing of them? In this way, you reduce the amount of waste sent to the landfill site and produce free, ecological fertilizer for the soil, while saving time! Just buy an inexpensive blade specially designed to shred leaves and install it on your lawnmower.

The City is nevertheless organizing a collection of leaves, **October 15 – November 16**. There are two ways of taking part:

- 1) You can take advantage of the door-to-door collection. Use the paper bags provided for this purpose and place them on the outer limits of your property before 7 a.m. on the same day as the garbage collection.
- 2) You may also bring your leaves to one of the 14 debris sites. On the City's web portal, you will find the list of these debris sites in your sector.

We wish to take this opportunity to remind you that it is prohibited to dispose of your leaves on the street or sidewalk, as this sometimes causes serious problems, such as obstructing catch basins, therefore making water accumulate on public roads.

? 311 — www.ville.laval.qc.ca, under Environment / Collections and Debris Sites

CITY BYLAWS



Photo: Vincent Girard

Reminder: Size of Garbage Cans

When buying a new garbage can, make sure you choose one that meets the City's criteria. The garbage can must not have a capacity of more than 100 litres and must weigh less than 25 kg (55 lbs), including its contents.

Moreover, to keep Laval territory clean, don't use grocery bags, as they tend to tear. We thank you for your cooperation!

Watering Restrictions: in Force Until September 15



Photo: Vincent Girard

Since last year, the watering restrictions have been extended until **September 15**. Even though summer is coming to an end, make sure you abide by the watering restrictions right up until that date, including both the times of day and the days of the week when you are allowed to water, depending on your address and your watering system.

? 311 — www.ville.laval.qc.ca, under **Municipal Services / Bylaws**

Seasonal Parking: October 1 – April 30



Photo: Vincent Girard

Seasonal parking is in force throughout Laval territory **October 1 - April 30**, Monday – Friday, 8 a.m. – 5 p.m., regardless of the weather conditions. These parking restrictions make it possible for the City to clear the snow and clean the streets, while ensuring your safety.

We urge you to carefully read the signs to find out when parking is allowed on your street. These times may vary, depending on the configuration of the street. Please note that parking permit holders must also obey the seasonal parking signs, and that

temporary (mobile) signs placed on snowbanks always have priority over permanent ones.

Car Shelters

On or after **October 15**, you may set up the frame of your temporary car shelter; however, you must wait until **November 1** to put the cover in place. Car shelters must be dismantled no later than **April 15** of the following year.



Car shelter position complying with regulations



Car shelter position not complying with regulations

Photo: Vincent Girard

? To find out the regulation distances around a car shelter: www.ville.laval.qc.ca, under **Municipal Services / Bylaws**

Chimney Sweeping: It's Your Responsibility



Photo: Martin Alarie

It's important to have your chimney swept every year. These cleaning operations remove the accumulation of creosote (in wood heating systems) or soot (in gas- or oil-powered ones) in heating appliances in order to prevent chimney fires.

If you decide to have your chimney swept by a qualified chimney sweeper, the work should include sweeping the chimney and the appliance connected to it (in the case of wood heating) as well as cleaning the base. On the Internet, you will easily find the names of the companies that offer this service. Don't forget that not only must you do so to comply with the City's bylaw, but also in the interest of your own safety and that of your loved ones.

? www.ville.laval.qc.ca, under **Public Security / Fire Safety / Activities and Programs to Prevent Fires / Chimney Sweeping**

Prevention Tips



When you turn your clocks back on **November 4**, it is recommended that you check your smoke detector batteries and replace them, if necessary. Your family and belongings will be better protected as a result.

- Press the Test button to check that the warning device is in working order.
- Strike a match and blow it out approximately 30 cm from the smoke detector to test the detection device.
- Replace the battery periodically (when you change your clocks).
- Follow the maintenance instructions in the manufacturer's guide and replace the smoke detector within the time limit (normally every 10 years).

And lastly, don't forget to recycle your batteries!

? 450 662-4450

Municipal Agenda

Fête de la famille (Family day festivities)

September 2 (See page 15, under *Fête de la famille*.)

Blood Donor Clinic

September 7 (See page 3.)

Hazardous Household Waste Collection

September 8



Photo: Courtesy

Fall Flower Giveaway

The Société Laval en fleurs will be holding its fall flower giveaway on **September 15**, starting at 1 p.m.: Some twenty varieties of 800 plants will be given away free to Laval residents (quantities are limited).

? www.lavalenfleurs.com

City Open House

September 22 (See page 18.)

Culture Days

September 28-30 (See page 23.)

Compost Sale

September 29 (See page 10.)

Start of Seasonal Parking

October 1 (See page 12.)

Open House at Fire Stations

October 14 (See page 9.)

Collection of Leaves

October 15 – November 16 (See page 11.)

Laval Seniors' Week

October 17-28 (See page 14.)

Public Libraries Week

October 20-27 (See page 21.)

Change Your Clocks, Change the Battery

November 6 (See info on left.)

Volunteer Training Day

November 24 (See page 17.)

A CITY FOR SENIORS

Laval Seniors' Week Take the time...

Together with community organizations, Ville de Laval annually organizes Laval Seniors' Week to pay tribute to seniors' contribution to the Laval community through some thirty cultural, festive and sports activities. This year, the event will be held **October 17-28**. The organizers have planned a program that will be of interest to a vast range of residents, with such events as free talks at the libraries, dinner dances and recreational activities: pétanque, inter-generational hockey, etc.

"Take the time..." will be the theme of the 2012 edition. Jocelyne Guertin, member of Ville de Laval's Executive Committee, is the sponsor of this event: "In Laval, we want to offer our seniors a living environment that will help them remain active, be part of society and participate in social, economic and cultural life. Already, there are 80 organizations for seniors as well as many other establishments where they have their place."



The Marie Denise Pelletier Show



In order to mark Laval Seniors' Week, Ville de Laval will be presenting a show starring Marie Denise Pelletier on Sunday, **October 21**, at 1:30 p.m., in Salle André-Mathieu. Tickets will be given to the various seniors' organizations. A contest is also planned so that an even wider range of residents can attend this event. Some one hundred pairs of tickets will be drawn at random, according to the following procedures:

- This contest is open to Laval residents age 50 and over.
- Contest entry forms must reach Maison des arts before 5:30 p.m. on October 8.
- The drawing will be held at Maison des arts on October 12.
- The winners will be contacted by phone and will have to pick up their tickets at Maison des arts before 5 p.m. on October 19.

The program of activities is available at *Bureaux municipaux lavallois* (BMLs), libraries and the Multiservice Counter.

? 450 662-4440,
www.ville.laval.qc.ca, under Community Life

Contest Entry Form

The Marie Denise Pelletier Show

Last name: First name:

Age: Tel. no. (home): Tel. no. (work):

Address:

Send this entry form (before 5:30 p.m. on October 8) to:

Concours Semaine lavalloise des aînés
1395, boulevard de la Concorde Ouest
Laval (Québec) H7N 5W1



An Indispensable Tradition!

Summer is already coming to an end. But before getting back to the fall routine, make the most of the *Fête de la famille* on **September 2**—a fun-filled family day outdoors! Every year, Ville de Laval adds some new twists to make the festivities memorable, with lots of surprises. And all activities are free!

Village des arts Stage

- 10 a.m. Ari Cui Cui: *Le spectacle est servi!***
This musical show featuring Ari Cui Cui is full of magic and... chocolate!
- 11 a.m. Benoît Archambault: *la tournée Les pourquoi***
Benoît and his pals—*Les Tigidou*s—arrive in our "strange city". Their mission: to answer children's whys.
- 4 p.m. Henri Godon: *Chansons pour toutes sortes d'enfants***
In this show directed by Bryan Perro, Henri Godon invites you to a real party. Brass instruments, electric guitar, drums and fun for the whole family.
- 5 p.m. Shilvi: *Tour de chant et gamineries***
Shilvi treats us to her top hits that made her five albums so popular.

This family event annually attracts over 60,000 people to Centre de la nature, which is transformed—for the occasion—into a huge playground to welcome families from all districts and all origins. Face painting, inflatable play structures, shows, street entertainers, playgrounds, a family picnic, cultural dancing, X-Zone, municipal services booths (firefighters, police, etc.) and medieval activities are all in store for you, and more...

Télé-Québec Afternoons

Starting at 1 p.m.

- 1:15 p.m. 1, 2, 3... Géant**
Olivo and Mosa get ready to go camping! They're very excited and they will need some children to help them organize their trip.
- 2 p.m. Tactik**
and 3:30 p.m.
No vacations for *Tactik*'s stars! To make sure that these actors are in top form, Télé-Québec has invited them to a training camp that will put their talents—and humour—to the test!
- 2:45 p.m. Génial!**
Hosted by Stéphane Bellavance, the *Génial!* quiz hits the stage for thrill-filled family entertainment.

How to Get to Centre de la nature

With its delightful setting, Centre de la nature is an ideal place for taking advantage of these family and cultural festivities. To get there, public transit is the best choice. Hopping on your bike is also an excellent idea. Those who opt for active forms of transportation will be able to count on appropriate parking facilities. The STL will moreover be offering a free shuttle to get to the site in less than 15 minutes. Departure locations will be posted on the *Fête de la famille* website.

Bus routes:

- From Cartier station: 25, 48 or 58
- From De la Concorde station: 42
- From Montmorency station or Le Carrefour terminus: 50

In case of bad weather, check the Facebook page for this event, to find out about any last-minute changes to the program of activities.



? fetedelafamille.laval.ca

f www.facebook.com/fetedelafamillelaval

So make it a date on **September 2!**

New! Visit the mobile version of the *Fête de la famille* website.

Photo: Sylvain Majeau



Photo: Jacques Gratton

Hats Off to Our Firefighters and Police!

Doing their job, day after day, with a passion and with their heart, is truly remarkable. And if added to all that, they are actively involved in the community in order to come to the assistance of their peers... That's what the police and firefighters do in your city. Aside from their day-to-day responsibilities, these employees take part in various fund-raising campaigns and events in order to improve Laval residents' everyday lives.

Through their work, the firefighters and police officers have chosen to protect, serve and support residents; however, their commitment and generosity go beyond the call of duty. Let's take our hats off to them all!

Police Cycling Event

Photo: Vincent Girard



May 28 – June 2, some twenty Laval police officers and volunteers covered over 1100 km by bike in order to encourage residents to give generously to *Opération Enfant Soleil* and *Fondation Marie-Soleil-Tougas*. Through their efforts, a cheque of \$63,500 was presented at the *Opération Enfant Soleil* telethon. Congratulations to the cyclists!

? <http://tourcyclistedespoliciersdelaval.com>

Police Officers' Blood Donor Clinic

Jointly organized by the City's *Service de protection des citoyens*, the *Fraternité des policiers de Laval* and *Héma-Québec*, this event annually welcomes over 200 blood donors. Be one of them this year in November!

? www.ville.laval.qc.ca (French website), under *Sécurité publique / Police / Activités et programmes de la police / Collecte de sang*

Run With the Family for a Good Cause!



This family race was held for the first time last June, within the *Grande Fête des pompiers de Laval*. Over 350 runners succeeded in raising nearly \$10,000 in aid of the *Fondation des pompiers du Québec pour les grands brûlés*. We thank you one and all!

? www.fetedespompiers.com

Firefighters' Magical Christmas

Every year, Laval's firefighters invite nearly 600 children from needy families to take part, with their parents, in a day that is organized just for them. For the occasion, Santa, the Christmas fairy, mascots, princesses and... firefighters hand out gifts to the young participants. This special event is held thanks to the firefighters' many fund-raisers as well as to the support and contributions of various sponsors.



Photo: Courtesy

A day in the life of... Centre communautaire Val-Martin

Centre communautaire Val-Martin (CCVM) is celebrating its 20th anniversary of social commitment in the Chomedey district. In addition to offering residents a youth centre, a family centre and a thrift shop, CCVM has distinguished itself this year through a number of its significant new features and accomplishments.

Centre communautaire Val-Martin is one of the core contributors to the first integrated urban revitalization project in Laval—a major initiative reaching out to over 5,000 residents in various circles. Through its special activities organized for family afternoons in winter and for school break week; additional activities, such as *La Petite École* for 4-5-year-olds; and the *Trajectoire* project for young, budding photographers as well as the creation of the PROP program promoting the social and occupational integration of 16-30-year-olds, CCVM successfully introduces original, relevant ideas that meet with a favourable response in the community.

Given its recognized leadership and its knowledge of the district, the representatives of Centre communautaire Val-Martin have been asked to sit on a number of local, regional and provincial issue tables. During the year, some fifty partners were called upon to reach out, directly or indirectly, to several thousand people, both youngsters and adults alike.

The vitality of this team—driven by the desire to make a difference—is truly outstanding. It's up to you to make the most of all they have to offer!

? 450 978-8903

Objectif Zénith Celebrates Its 5th Anniversary

This fall, Laval organizations will be asking for your donations to support *Objectif Zénith*—a major fund-raising campaign conducted by Ville de Laval in aid of sports, community and cultural organizations. Once the campaign is over next February, very attractive prizes will be drawn at random. Get your tickets from the participating organizations listed at www.ville.laval.qc.ca, under Community Life.

Volunteers' Training Day

On Saturday, **November 24**, volunteers working for organizations recognized by Ville de Laval will have the chance to take part in various workshops to perfect their skills. A wonderful opportunity to exchange with other volunteers in order to better take up mutual challenges!

Communication; conducting meetings; managing events, time and finances; strategic planning as well as creativity are among the topics that will be addressed at these workshops. A well-known guest speaker will bring this day to a beautiful close.

? 311 — www.ville.laval.qc.ca, under Community Life



A New Activity Location at Centre Le Sorbier

During the fall, Centre communautaire Le Sorbier will be inaugurating its new activity location. This multi-purpose room will be made available to organizations located in the community centre. Seniors there will benefit from a number of amenities, such as reading armchairs, a library, a TV, a DVD player, a Wii console and much more.

Carefully laid out and decorated by the *Bureau municipal lavallois* (BML) in Sector 5, in cooperation with user organizations, this room will be suitable for holding a number of activities, including board games, cards, reading clubs, talks and social gatherings. Activities in conjunction with Laval's libraries might also be offered here soon.

? *Bureau municipal lavallois* 5: 450 978-8905

Photo: Courtesy



Transformed Lives

"All youngsters must know that they are an answer to our society's issues." The DesÉquilibres organization has made this statement the reason for its existence.

The DesÉquilibres organization, founded by Luc Parlavecchio, was established in Laval in 2006. It isn't a boot camp, but rather a life experience in which youngsters voluntarily take part when they are seeking solutions, battling with behaviour problems, have dropped out of school or are searching for thrilling challenges. The innovative concept promoted by this Laval organization—which has the support of Forum jeunesse Laval—has attracted the interest of researchers from UQAM, Université de Montréal, University of Ottawa and Université de Sherbrooke.

Through sports—mainly foot races and bike marathons—the participants (over 500 since the organization's beginnings) reach their goal. Sports are an outstanding key to psycho-social intervention. This year, the first phase—which will run for three months and will bring

together some twenty youngsters between the ages of 14 and 25—will begin with a night-time mountain walk and end with a 400-km relay race in the Gaspé, Côte-Nord, Lac-Saint-Jean or Abitibi areas, sometimes at -25° Celsius.

This experience—which they carry out in addition to their studies—produces convincing results. "It builds commitment and perseverance and prompts them to seek new challenges. I believe that it gives youngsters a chance to fulfill their dream," maintains Arielle Drissen, development director.

"All youngsters must know that they are an answer to our society's issues."

— DesÉquilibres

The satisfaction rate among the young participants? A whopping 95%, according to Mrs. Drissen. To be convinced, just view the video entitled *C'est complètement malade*, on the organization's website (www.desequilibres.org).

DesÉquilibres' achievements should soon extend beyond our borders: Discussions are under way to set up an exchange program between local youngsters and those from Vercors (Rhône-Alpes) in France. A wonderful Laval success story!

YOUR CITY'S OPEN HOUSE INVITATION

September 22
10 a.m. – 3 p.m.

City Hall
1 place du Souvenir
Chomedey

For all Laval residents

- Visit City Hall and the Multiservice Counter
- Meet your City Councillors
- Learn about the various services offered by your City
- Activities for kids, fire truck, police car and other surprises

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Ville de Laval – page officielle





Arts and Culture



Reading for Food-Lovers

There are oodles of books, movies, magazines and TV shows for food lovers. The kitchen and eating have never been the focus of such attention around us. Laval's libraries are hopping on the culinary bandwagon by featuring reading for food-lovers throughout their 2012-2013 season, starting in September. On the menu: tasting workshops, talks on delicacies, meet-the-chef events, reading and movie suggestions and more. Come discover the wealth of our food-loving program of activities, which will give you a taste for pursuing your exploration of our libraries!

Fall Cultural Program



Once again this fall, Laval's libraries are offering lots of high-quality cultural activities. Pick up a copy of the detailed pamphlet at your local library's circulation desk or download it from the City's web portal.

? www.ville.laval.qc.ca,
under Culture / Libraries

Travel



Jean Chen

China and Its Five Types of Cuisine

Presented by Jean Chen

Chef Jean Chen invites us on a tour of his native China: Beijing, Xian, Shanghai, Suzhou, Guilin, Yunnan, Hong Kong... In addition to presenting the country's history and geography, the guest speaker will provide an overview of Chinese cuisine: the yin and yang of Chinese cuisine, cooking methods, local specialties and grocery stores in Montréal. An exciting gourmet tour!

Tuesday, November 13, at 7 p.m.
Germaine-Guèvremont library

? Reservations: 450 662-4002

Music



Marie-Jo Thério

Marie-Jo Thério in Concert

In a unique intimate setting, Marie-Jo Thério will be performing at *Diapason*, an independent music festival, at Sylvain-Garneau library. The first part of this concert will feature Klô Pelgag, a rising star on the Québec song scene. These two performers will give you a chance to discover worlds filled with emotions.

Friday, November 2 at 8 p.m.
Sylvain-Garneau library

? Reservations: 450 978-3940,
www.festivaldiapason.com



Plaisirs partagés Exhibition

Discover the exhibition presented by Groupe Alpha Laval and Laval's libraries, featuring a series of touching writings bearing witness to the progress, efforts and success of a group of adults learning how to read and write. *Plaisirs partagés* (which means "shared enjoyment") is proof that at any age, people can express themselves through writing, as well. It is also a warm invitation to visit Laval's libraries and join Groupe Alpha Laval to indulge in the enjoyment of reading and writing!

Émile-Nelligan library: August 20 – September 18, 2012

Laure-Conan library: September 18 – October 16, 2012

Sylvain-Garneau library: October 16 – November 13, 2012

Philippe-Panneton library: November 13 – December 11, 2012

Yves-Thériault library: December 11 – January 22, 2013

Marius-Barbeau library: January 22 – February 19, 2013



Libraries' Schedule

(September 4, 2012 – May 27, 2013)

Monday: Closed

Tuesday, Wednesday, Thursday: 10 a.m. – 9 p.m.

Friday: noon – 9 p.m.

Saturday: 10 a.m. – 5 p.m.

Sunday: noon – 5 p.m.

Public Library Week

October 20-27, Laval libraries are marking the 14th Public Library Week in Québec (QLPW). For readers, this special week is an ideal opportunity to meet famous authors and also to show their appreciation for libraries, the key to knowledge. A perfect time to discover, right in the heart of your district, the wealth of resources that this cultural space has to offer.

A Few QPLW Activities



Danielle Laurin's Favourites

A contributor to *Le Devoir* newspaper, *Elle Québec* magazine and *La Liste* TV show on ARTV, journalist Danielle Laurin shares her literary favourites for the fall.

Saturday, October 20, at 2 p.m.

Germaine-Guèvremont library



Micheline Duff

This meet-the-author event features a discussion about literature.

Wednesday, October 24, at 7 p.m.

Multiculturelle library



The Joys of Reading, with Dominique Demers

Did you know that reading is like love? Have you figured out what your reading personality is? Do you always have a list of favourites handy? During this talk on the joys of reading, Dominique Demers will reveal her secrets as well as anecdotes and thoughts on the topic, in addition to suggesting concrete actions to better discover the joys of reading, share these and develop as a reader. As a bonus, a reading gift awaits you.

Thursday, October 25, at 2 p.m.

Gabrielle-Roy library



Abla Farhoud

Meet-the-author event and discussion about books, writing and the life of the author of *Le sourire de la petite juive*.

Saturday, October 27, at 2 p.m.

Sylvain-Garneau library

Join the Friends of the Library

Are you a book lover? Concerned about the quality of the library's services? You'd like to be able to express your opinion, suggest new projects, acquaint residents with the services there and recruit volunteers? Join the Friends of the Library (*Les Amis de la bibliothèque*) and contribute toward developing the role of neighbourhood libraries. *Les Amis de la bibliothèque* —an excellent gateway to submitting your ideas and taking part in Laval's cultural life.

amisbibliolaval@gmail.com

The Pleasures of Reading and Writing

The six entertainment workshops of **Productions Le P'tit Monde** are settling into Laval's neighbourhood libraries for the entire fall season. Three exploratory workshops are planned for 6-9-year-olds and three creative workshops for 9-12-year-olds. Surrounded by several dozen books, an actor-writer carries participants off to a world of fabulous stories, before guiding them toward amusing, creative activities. Reading and writing then become real child's play.

www.lepetitmonde.ca, under *Spectacles*,
514 915-5355

Read-With-Me Week



La forêt des grands frissons

October 13-20

At Laval libraries and schools

www.lisavecmoi.com

Follow us on – Bibliothèques de Laval – page officielle

311 – www.ville.laval.qc.ca, under Culture / Libraries



HALLOWEEN



Halloween in Laval

AT THE LIBRARIES

Halloween Goose Bumps

Presented by Théâtre de la source

Come listen to stories several hundred years old... Discover who is hiding behind the pumpkin's ugly grin, the story of Nabeshima's terrible vampire cat, the legend of Ben O'Gannel and other creepy tales. For 7-12-year-olds.

Laure-Conan library

Friday, October 26, 7 p.m.

Pumpkins, Shivers and Quivers!

Presented by Théâtre de la source



Little monsters will be well indulged at Halloween this year—tales from all around the world, witches' brews, giant pumpkins and little girls being born in pumpkin patches.

For 4-8-year-olds

Marius-Barbeau library

Saturday, October 27, 10:30 a.m.

Yves-Thériault library

Saturday, October 27, 2 p.m.

AT CENTRE DE LA NATURE

A Haunted House!

October 6-30, Centre de la nature welcomes you to its haunted house. Plus more activities for the whole family. Goose pimples guaranteed!

 www.centredelanature.laval.ca

 www.facebook.com/centredelanaturelaval

IN LAVAL'S DISTRICTS

Vieux-Sainte-Rose Halloween Party

Sainte-Rose

October 28, starting at 11 a.m.

Candies for kids and children's entertainment in a festive atmosphere. Organized by the Association des commerçants et gens d'affaires de Sainte-Rose.

Witches' Den at Des Coccinelles park

750 – 73^e Avenue, Chomedey

October 31, 5 p.m. – 9 p.m.

Come visit the Witches' Den! Dance show, entertainment and sweet treats free of charge. Organized jointly by the *Bureau municipal lavallois* (BML), the Ligue navale de Laval and Loisirs Saint-Maxime.

Trail of Horrors at Boisé de L'Orée-des-Bois

37^e Avenue, Fabreville-Ouest

October 31, starting at 5 p.m.

Entertainment in the woodlands and candies for the kids. Organized by Clubs 4-H du Québec.

Haunted House at Centre Défi-Jeunesse de Saint-François

October 31, 6 p.m.

A house of horrors organized by and for youngsters! At Centre Défi-Jeunesse, 455 montée du Moulin.

Witches' Den at Place Publique

Sainte-Dorothée

October 31, 5 p.m. – 10 p.m.

Entertainment, activities and candies. Organized by Maison des jeunes de Sainte-Dorothée and the *Bureau municipal lavallois* (BML).

AT THE ARENAS

Public Skating in Disguises With Surprises

 The arenas and skating times may be found on the web portal at www.ville.laval.qc.ca, under **Community Life / Halloween**.





Culture... As Much As You Please!

September 28-30, Laval will be celebrating *Les journées de la culture*. Over the 16 years of their existence, these culture days have become a “happening” throughout the City, featuring many must-see cultural events in each of Laval’s districts. The 2012 program is overflowing with activities that are bound to interest, surprise and captivate audiences of all ages... and fill them with wonder.

A brass trio from the Orchestre symphonique de Laval (OSL) will be livening up the Place Claude-Léveillée area, 4 p.m. – 5:30 p.m., on Friday, **September 28**. On that same day, starting at 6 p.m., an urban mural created by Léonel Jules, a professional artist and teens in the district will be inaugurated at Laure-Conan library. Then on Saturday, **September 29**, at 10:30 a.m., the Brûlerie du Vieux-Sainte-Rose will be playing host to *Quand je suis un animal*, a writing workshop along with poet Nancy R. Lange and guitarist Guillaume Soucy. At 2 p.m., Émile-Nelligan library will be presenting *100 ans au fil de l’eau*, a short, humorous play explaining all the progress made, up to Laval-des-Rapides as we know it today. At the same time, Complexe André-Benjamin-Papineau will be welcoming the comedy *Polyclinique*. These two performances will be followed by a meet-the-actors session.

On Sunday, **September 30**, at 10:30 a.m., residents will be able to discover the history of Laval City Hall, which was designed according to the plans of one of the largest architect firms in Québec, using the most innovative components at the time. A tour not to be missed!

And lastly, the libraries are offering a wide range of inspiring activities, including the following ones on Saturday, **September 29**: an exhibition by Institut Nazareth et Louis-Braille at 2 p.m. in Germaine-Guèvremont library; an exhibition entitled *Lettres à la mer*, featuring the letters written by various cultural communities, at 10 a.m. in the Multiculturelle library; and the workshop on *Musicolateurs* (a musical instrument invented in Québec), at 2 p.m. in Philippe-Panneton library.

Full details of the program for this major cultural event this fall may be found on the City’s web portal.

? 311 — www.ville.laval.qc.ca, under Culture

les journées de la culture

Shows for Young Audiences

While the renovations are under way at Maison des arts, the shows for young audiences—*Grandes Sorties jeune public*—will be held at various other venues instead: Salle André-Mathieu (SAM), Théâtre Marcellin-Champagnat (TMC) and, during the holidays, even at some new MDA relocations.

The 2012-2013 season will be launched on October 20, with the contagious good humour and boundless imagination of **Shilvi**, who will be presenting her show (*Quand les poules auront des dents*) to 3-8-year-olds at TMC.

Then on November 4, TMC will be welcoming **Henri Godon** and his five musicians, who will carry 5-10-year-olds away to a real children's party where the only goal is to have fun! Staged by Bryan Perro.

? Reservations: 450 667-2040



Henri Godon



Shilvi



Facelift Under Way at MDA

Maison des arts de Laval (MDA) is being modernized and upgraded to meet today's standards—the theatre, its equipment, the loges and the lobby as well as the washrooms. The MDA will therefore be closed to the public until spring 2013.

The MDA meets the emerging needs of Laval's performing arts community and plans to provide Laval residents with an attractive performing arts centre featuring quality amenities. Situated in the heart of the City, the MDA is more accessible than ever, with Montmorency metro station so close by. Its ideal location and Laval's increasing population have contributed to the MDA's significant growth in the past 15 years, both from the standpoint of the number of performances of professional shows and the attendance figures. The MDA annually plays host to 50,000 spectators and no less than 200 performances.

The theatre, dance and visual arts program will be resumed in September 2013. The renovations are being financed through a partnership between Ville de Laval and the Québec government's *Ministère de la Culture, des Communications et de la Condition féminine*.

Follow us on  Maisondesartsdelaval

? 311 — www.ville.laval.qc.ca 



Four Original Ways to Discover History

History may be discovered by reading a book or visiting a museum; however, we can also immerse ourselves in the past through more interactive ways. Ville de Laval is teaming up with Réseau ArtHist to offer you various activities presenting the heritage in districts of times gone by.

1. Theatrical tour: *Les recoins à Césaire Germain*

Did you know that Saint-Vincent-de-Paul parish was established in 1743? Along this tour, friendly Méliane de l'Île will tell you more about the history of this district and will give you a chance to discover a few personalities who played a major role there. September 8, at 10:30 a.m., and October 7, at 1:30 p.m.

2. Theatrical tour: *À chacun son histoire*

A native of Sainte-Rose, André Ouimet (1808-1853) was one of the patriots who "hung out", in those days, at Auberge Tassé, on boulevard des Patriotes. Take part in this humorous tour and discover delightful anecdotes about the growth of this former village. September 16 at 1:30 p.m.

3. Tour: *Avoir pignon sur rue à l'île Jésus*

With a historian as your guide, set out to discover the first buildings in the midst of the establishment of Vieux-Sainte-Rose. This tour may be combined with a guided cruise aboard *Le Héron bleu* pontoon.

Tour: September 23 at 10:30 a.m.

Cruise: September 23 at 1:30 p.m.

Reserve soon... places are limited!

4. Walking tours and audio guides

Explore Vieux-Sainte-Rose and Vieux-Saint-Vincent-de-Paul at your own pace, by consulting the brochures in the *Histoire de raconter* collection, which suggest three and four walking tours respectively. You may also borrow an audio guide (or download the MP3 files for these tours) and take a guided tour with a portable digital audio player as your companion!

? Information and reservations:
450 681-1611 / www.routedupatrimoine.com



Saturdays at the Lab

Starting November 10, the Armand Frappier Museum will be presenting the 4th edition of *Les samedis au labo* scientific workshops for 6-8-year-olds and their parents. A genuine introduction to the life sciences, these workshops led by experts who specialize in presenting science in non-technical language have delighted nearly 2,000 people since 2009. Don't miss this chance to enjoy a unique experience at the Museum's laboratory!

Registration required for this paying activity:

450 686-5641, ext. 4676

musee-afrapper@iaf.inrs.ca

? www.musee-afrapper.qc.ca

Place Claude-Léveillée

Come discover this urban public square located in the heart of Espace Montmorency, which stands out for its 20-metre-high chimes and its animated water fountains. A wide variety of events will be held here, starting September 6: theatre, dance, music and visual arts. Full details of the program of events may be found on Ville de Laval's web portal.

? 311 — www.ville.laval.qc.ca, under Culture



Orchestre symphonique de Laval

The OSL launches its season on **September 26**, with its *Les Grands Concerts* series at Salle André-Mathieu, where Alain Lefèvre will present *Folklores d'Europe* and perform Ravel's Concerto, based on European folklore. Then on **November 17**, in the *Les Chambristes* series, the OSL will treat us to *Souffle européen*, a concert featuring a wind quintet, in the captivating setting of Mont-de-La Salle chapel. And on **December 4**, the OSL returns at the *Grands Concerts*, with lyrical soprano Lyne Fortin, who invites you to celebrate *Christmas on the Danube...*

? Reservations: 450 667-2040

Société littéraire de Laval

Photo: Benoît Léves



Kim Thúy

Starting **October 2**, with novelist Kim Thúy, the literary coffee-time talks, organized by the Société littéraire de Laval, are back on the scene! And Le Signet de Sainte-Rose coffee shop will be hosting "open-microphone" literary evenings (*Gens de paroles*) with Nancy R. Lange, on the following Fridays at 7 p.m. this fall: **September 21**, **October 19** and **November 23**. These activities are free and for the general public. Full program details may be found on the website of the Société littéraire de Laval.

? www.societelitterairedelaval.qc.ca

Musical Breakfasts

With Maison des arts closed for renovations (further information on page 24), the 2012-2013 season of the musical croissant breakfasts (*Déjeuners croissant-musique*) will be held at the Cosmodôme de Laval. Program details at www.ville.laval.qc.ca, under Culture.

? Reservations: 450 667-2040

Festival Diapason



Photo: Pascale Boisard

Lisa LeBlanc

October 25 – November 3

The *Festival musical indépendant Diapason* is an innovative event in the Laval area to promote alternative music of emerging performers along with established ones. The shows are presented at locations that have been completely transformed for the occasion and are therefore truly unique. Come discover such up-and-coming talents as Marie-Jo Thério, Les Sœurs Boulay and Lisa LeBlanc at this 5th edition.

The complete program will be available starting September 25.

? For further details: www.festivaldiapason.com

A FEW EXHIBITIONS...

Maison André-Benjamin-Papineau

Three exhibitions presented by the Association lavalloise pour les arts plastiques (ALPAP)

www.alpap.org

1 August 31 – September 30

L'annuelle des arts competitions

Preview: September 2, 2012, 2 p.m.

2 October 5-28, 2012

Monde imaginaire

Diane Labarre, painting and sculpture

Preview: October 7, 2012, 2 p.m.

3 November 2-25, 2012

État embryonnaire

Marie-Josée Bergeron, painting and

Mille et un papiers, les chemins de l'exil

Suzanne Côté-Gauthier, collage and watercolours

Preview: November 4, 2012, 2 p.m.

5475 boulevard Saint-Martin Ouest

Corporation Rose-Art

September 28-30

Exposition de grands formats

Collectif des membres de Rose-Art

214 boulevard Sainte-Rose

? 450 625-7925

Galerie La Vieille Caserne

September 15 – November 4

Sérénité

Collectif des membres de Rose-Art

216 boulevard Sainte-Rose

? 450 625-7925

Centre d'art Sainte-Rose

November 17-23

Salon de la Société canadienne de l'aquarelle

214 boulevard Sainte-Rose

? 450 973-4061



Full information on the arts, libraries and cultural life in Laval may be found on the web portal: www.ville.laval.qc.ca, under Culture.



Sports, Leisure Activities and Community Life

SPORTS, LEISURE ACTIVITIES AND COMMUNITY LIFE

CALENDAR OF ACTIVITIES

Don't miss out on the many events and activities held in various districts of Laval! The complete list may be found on the City's web portal, under Culture and Community Life.

Laval-des-Rapides' 100th Anniversary Celebrations

September 8

Montmorency park
327 rue Montmorency, Laval-des-Rapides

Big inter-generational, inter-cultural celebrations. Corn roast, BBQ, shows, surprises, entertainment, activities and games

Short, humorous play (*100 ans au fil de l'eau*) and outdoor movie in the evening

? 450 662-4902

Saint-Vincent Christmas Market

November 30, 4 p.m.- 10 p.m.

December 1-2, 10 a.m. – 4 p.m.

Centre communautaire Saint-Vincent-de-Paul
1111 place Jean-Eudes-Blanchard, Saint-Vincent-de-Paul

This is the 2nd edition of this unique Christmas event in Laval. Exhibitors, Christmas movies, choir performances and more.



Eastern Laval Markets

Local produce markets will be held in the Saint-Vincent-de-Paul and Saint-François districts every week. A wonderful opportunity to organize outings with the family or with neighbours to stock up on fresh fruits and vegetables at a park near home!

On Fridays, **August 3 – September 14**, 4 p.m. – 8 p.m.,
at Du Moulin park, 1125 montée du Moulin in Saint-François

On Thursdays, **August 2 – September 13**, 4 p.m. – 8 p.m.,
at Rodolphe-Lavoie park, 4890 boulevard Saint-Joseph,
Saint-Vincent-de-Paul

Bazaar Organized by Centre d'hébergement Rose-de-Lima

October 4-6, drop by the Centre to discover beautiful treasures. The proceeds from this bazaar will go toward funding the activities offered to residents. The Centre d'hébergement Rose-de-Lima is located at 280 Roi-du-Nord in Sainte-Rose (next door to the CLSC de Sainte-Rose).

Would you like to get involved at the Centre and become a volunteer? An information meeting will be held on September 12.

? 450 622-4478, ext. 4711 (Sylvie Forget)

TOY TALK

Trade Your Toys



“Weed out” your toy box and take them here to make a trade!

Bring toys in good condition and trade them for new ones to put under the Christmas tree! This activity is being organized by neighbourhood associations and Clubs 4-H du Québec.

Laval-Ouest

Centre Accès, 6500 boulevard Arthur-Sauvé
Sunday, **November 25**, 10 a.m. – 1 p.m.

Chomedey

Centre communautaire Jean-Paul-Campeau
3781 boulevard Lévesque Ouest
Sunday, **December 9**, 10 a.m. – 1 p.m.

? 450 978-8903 and 450 978-8904

Give Me a Toy

December 1, 10 a.m. – 3 p.m.

Laval residents are invited to donate their old toys in good condition to organizations working with low-income families in the Sainte-Dorothée district.

Marcel-Gamache park, Place publique in Sainte-Dorothée

? 450 978-8904



En Route to School

A safe route for walking to school has been set up in the vicinity of Les Quatre-Vents school in the Chomedey district so that children can be active every day, develop their autonomy and discover their neighbourhood at no risk. The sidewalks will be illustrated by Laval artist Olivier Gaudette, along with the youngsters at Les Quatre-Vents school and the Maison des jeunes at Centre communautaire Val-Martin. This project, funded by CRÉ de Laval, is being carried out as part of the integrated urban revitalization project in Chomedey.

? 450 978-8903

L'Appétit Fête de Sainte-Rose



September 8-9, food lovers are bound to enjoy the 5th edition of *L'Appétit Fête de Sainte-Rose*—a real celebration of good food, featuring market garden produce, Québec produce and other healthy food. This event will take place in the heart of boulevard Sainte-Rose, between rue Hotte and rue Filion, in front of the church.

? Information: www.lappetitfete.com
450 622-8094



Details on all activities in your district may be found on the web portal, at www.ville.laval.qc.ca, under Community Life, Your Neighbourhood.

Physical Activity—A Core Component of Community Life

Last June, in adopting its Policy on Physical Activity, Ville de Laval made a commitment to encourage its residents to take part in physical activities. Because the City is concerned about the well-being of its residents, it is banking on their participation in the activities that it holds for them and on the use of the facilities that it makes available to them.



Activities for One and All

Public Swimming

Photo: Martin Alaire



Six pools all over the City schedule public swimming time slots during the day and evening, on weekdays and weekends. The schedule may be found on Ville de Laval's web portal (www.ville.laval.qc.ca, under Community Life / Sports / Indoor Pools) or in the pamphlet *Piscines intérieures — cours et activités aquatiques*, available at municipal buildings (Multiservice Counter, libraries, community centres and Centre de la nature). Please note that at some pools, public swimming is not free of charge. Half of the pools are adapted for the disabled and are equipped with a hydraulic pool chair lift.

Public Tennis

Photo: Sylvain Majjeu



With its rather mild temperatures, fall is a good time for playing tennis. The tennis courts therefore remain open until October 28. Every day, 9 a.m. – 11 p.m., 71 courts are open for public tennis at a total of 27 parks. No reservations required.

Public Skating



Public skating time slots are scheduled for all family members at Laval's arenas, some for adults only, some for parents with their 5-year-olds and under, etc. The public skating schedule at the arena in your district may be found at www.ville.laval.qc.ca (under Community Life / Sports / Arenas and Skating) or on the cards distributed at municipal buildings (Multiservice Counter, libraries, community centres and Centre de la nature).

New! Public Badminton at Centre sportif Josée-Faucher



Photo: Sylvain Majjeu

On Saturdays, noon – 5 p.m., and Sundays, 6 p.m. – 8 p.m., **starting September 8**. And it's free! No reservations are required, but sneakers are a must. Don't forget your racquet and your birds.

? 450 662-4902



Aquatic Activities

Registration

To register for swimming lessons and aquatic activities organized by recreation associations, contact them directly. The fall session will run from **September 10 to December 16**.

How to register:

1. At www.ville.laval.qc.ca, under Community Life / Sports / Indoor Pools, you will find the list of lessons, courses and activities available (e.g., swimming, aquafitness, prenatal aquafitness, etc.).
2. Make your selections based on your level.
3. Check the location.
4. Phone the recreation association(s) to register.

Aquatic Clubs

To register for sports activities, contact the Laval sports clubs directly:

Synchronized swimming club

 www.synchrolaval.com

Swimming club

 www.natationlaval.qc.ca

Water polo club

 www.waterpololaval.com

Diving club

 www.plongeon.com

Life-saving club

 www.mouvementaquatiquelaval.com

Aquatic Instructors Wanted

In fall as in winter, Ville de Laval needs instructors at its pools. Phone the Mouvement aquatique Laval for information on its training program.


 450 661-6001, ext. 212



Photo: Martin Alarie

Fall / Winter Activities

Registration

Your children want to play hockey, take dance or karate classes or register for the cadets? Your mother wants to take lessons in painting on wood? You're looking for language courses to learn English? Ville de Laval, in cooperation with nearly 600 community associations, organizes a wide range of activities that are bound to please all the members of your family.

On the City's web portal (www.ville.laval.qc.ca, under Community Life / Your Neighbourhood), you can find out about all these activities and many more...



Congratulations to Our Olympic Athletes!

The Summer Olympics were held in London, **July 27 – August 12**. A number of Laval-born athletes proudly represented Canada in various disciplines. Congratulations to all Olympic athletes for their determination and perseverance!

7 Wonderful Fall Outings

1 Walk to...

... socialize or keep fit

Would you like to walk with pleasant companions? Join a walking club in Laval! Do you prefer a simple stroll with a group or a long hike instead? Do you like going at a normal pace or rather on a power walk? Whatever you choose, you will find an option where the shoe fits! Laval's walking clubs are listed on the City's web portal.

... discover heritage tours

Fall is the ideal season for travelling up and down the City on foot. This activity doesn't require any equipment and it helps keep people fit. Take advantage of the good weather days to discover the 36 itineraries and admire the wealth of cultural and heritage treasures in Laval. *Marcher et découvrir Laval* is a walking guide for discovering Laval that is available only on the City's web portal (in French).

? www.ville.laval.qc.ca (under **Community Life / Outdoors / Outdoor Activities / Walking**)

2 Birdwatching: Bring Your Binoculars!



Photos: Sylvain Majjeau

This fall, take a nature break along the marked trails in Bois de l'Équerre: There, you will be able to observe at least 27 species of mammals and 10 types of reptiles, in addition to ever-present amphibians. As for plant life enthusiasts, they will enjoy taking note of 37 types of grass, 22 varieties of shrubs and 22 tree species. However, birdwatchers will be indulged the most: They will have the chance to observe over 130 types of birds! Other locations in Laval are also highly appreciated by those who love to watch their feathered friends: Centre de la nature, Des Prairies park and Berge de L'Orée-des-Bois.

Laval birdwatchers club

3235 boulevard Saint-Martin Est
450 664-4718
www.lavalcool.qc.ca

Corporation du bois de l'Équerre

580 boulevard du Curé-Labelle
info@boisdelequerre.org

3 How about horseback riding?

On horseback, discover picturesque sites in the heart of the City. You will definitely see Laval in a new light!

Ferme L'Auteuilloise

830 boulevard des Mille-Îles, Auteuil
450 625-8826

Centre équestre des Mille-Îles

646 boulevard des Mille-Îles, Auteuil
450 622-3033

Équitation Bonanza (at Bois de l'Équerre)

65 chemin de l'Équerre, Sainte-Rose
450 625-6031

Les écuries Vallée des Bois

389 rang Saint-Antoine, Sainte-Dorothée
450 627-2785



Photo: François Bergeron

Photo: Sylvain Majjeau



4 Apples and pumpkins

For an unforgettable day with the family!

Apples

Marc Gibouleau pomiculteur
3675 avenue des Perron, Auteuil
450 625-4880

Pumpkins

Ferme Sainte-Dorothée
1125 rue Bastien, Sainte-Dorothée
514 249-0725

Le Panier-Nature

900 avenue des Bois, Sainte-Dorothée
514 249-0725



Photo: Annie Poitier

5 By bike

Laval's cycling network features nearly 175 km, including slightly over 32 km that are part of Route verte. Laval's cycling map (*Vélo-carte de Laval*) will help you plan your itinerary. Pick up a copy at one of the BMLs (*bureaux municipaux lavallois*) or libraries, at the Multiservice Counter, at Tourisme Laval or at Maison des cyclistes / Vélo-Québec (in Montréal).

6 Cross-country event and symbolic walks at Centre de la nature



Photo: Martin Alarie

On Sunday, **September 30**, Club d'athlétisme de Laval will hold a nature walk. As for the school cross-country event, it will take place on Wednesday and Thursday, **October 3 and 4**.

Centre de la nature is the site of many walks to support various causes: On Sunday, **September 16**, the Canadian Cancer Society will be holding an activity called Paws for Hope. Then on Saturday, **September 22**, the Walkathon for Haitian Orphans. And on Sunday, **September 23**, take part in the walk organized by the Fondation de la Cité-de-la-Santé.



Photo: Pépé

7 Rivière-des-Mille-Îles park: 25 years of activities

Rivière-des-Mille-Îles park—celebrating its 25th anniversary this year—boasts natural environments, bodies of water, islands, marshes and shorelines that are run by Éco-Nature, which organizes activities there. Here are three suggested activities:

September 8-9: *Pêche en herbe* (fishing for youngsters)

October 1: Culture Days on the river

October 8: Duck race to support projects to protect, preserve and develop the Mille Îles river

Rivière-des-Mille-Îles park

345 boulevard Sainte-Rose, Sainte-Rose
450 622-1020



Become a Volunteer

The first step in becoming a volunteer is deciding to spend some of your time supporting a cause or association. There are no less than 600 community associations in Laval and they organize many services and activities for residents, thanks to thousands of volunteers. Would you like to become a volunteer? Your reasons for wanting to do so will guide you in choosing the type of volunteering that suits you best. Consult the Directory of Organizations on the City's web portal and select the area of activity that is nearest and dearest to your heart. One thing is for sure, in volunteering: You will receive as much as you give!

Better Understanding Diabetes

The Association du diabète Laval-Laurentides will be holding its 14th *Expo-diabète* on Sunday, **November 11, 10 a.m. – 4 p.m.**, at the Sheraton Laval hotel. Presided over by endocrinologist **Dr. Hélène Long**, this open house on diabetes will provide an opportunity to discuss with health care professionals, pharmaceutical representatives and representatives from companies offering products and services to diabetics. Nourishment and medication are among the topics that will be addressed there. A number of activities and talks are also planned.

? 450 686-0330 — www.diabetelaval.qc.ca



Activities for Every Taste

This fall, would you like to dance, paint or practice martial arts? The *Directory of Organizations* contains the contact information of the **comités de loisirs** (leisure activities committees) in your district that organize lessons, courses and activities for all the members of your family, regardless of the season.

? www.ville.laval.qc.ca, under **Community Life / Directory of Organizations**

LAVAL ON THE WEB



www.ville.laval.qc.ca

Discover My City, My Web Portal

A customized application that provides access to contact information, schedules, facilities and services in the City

under **Municipal Services / My City, My Web Portal**

ARENAS AND POOLS
LIBRARIES
BUREAUX MUNICIPAUX LAVALLOIS (BMLs)
MUNICIPAL BUILDINGS
PARKS AND OUTDOOR AREAS
POLICE AND FIRE STATIONS

Inquire about the events in your district

under **Community Life / Your Neighbourhood**

CULTURE
PARK FESTIVITIES
REGISTRATION FOR ACTIVITIES
SPORTS TOURNAMENTS

Consult the Directory of Organizations in Laval

under **Community Life / Directory of Organizations**

ARTS ET CULTURE (ARTS & CULTURE)
BÉNÉVOLAT (VOLUNTEERING)
DÉPANNAGE (ASSISTANCE)
ENTRAIDE (SELF-HELP GROUPS)
LOISIRS (LEISURE ACTIVITIES)
SPORTS

HANDY PHONE NUMBERS

GENERAL INFORMATION

Non-urgent calls	311
Non-urgent calls (from outside Laval)	450 978-8000
Urgent calls (police, fire, ambulance)	911

WHERE TO FIND THE CITY'S SERVICES

Multiservice Counter	311
1333 boulevard Chomedey	
City Hall	311
1 place du Souvenir	
Maison des arts	450 667-2040
1395 boulevard de la Concorde Ouest	
Centre de la nature	450 662-4942
901 avenue du Parc	

BUREAUX MUNICIPAUX LAVALLOIS (BMLs)

Duvernay, Saint-François & Saint-Vincent-de-Paul

Bureau municipal lavallois #1	450 662-4901
4010 boulevard Saint-Martin Est	

Bureau municipal lavallois #1 – Satellite	450 662-8422
1245 montée du Moulin	

Pont-Viau, Renaud-Coursol & Laval-des-Rapides

Bureau municipal lavallois #2	450 662-4902
62 rue Saint-Florent	

Chomedey

Bureau municipal lavallois #3	450 978-8903
435 boulevard Curé-Labelle, #104	

Sainte-Dorothée, Laval-Ouest, Les Îles-Laval, Fabreville-Ouest & Laval-sur-le-Lac

Bureau municipal lavallois #4	450 978-8904
6500 boulevard Arthur-Sauvé, #110	

Fabreville-Est & Sainte-Rose

Bureau municipal lavallois #5	450 978-8905
2975 boulevard Dagenais Ouest	

Vimont & Auteuil

Bureau municipal lavallois #6	450 662-4906
55 rue de Belgrade Ouest	

LIBRARIES

Émile-Nelligan library	450 662-4973
325 boulevard Cartier	
Gabrielle-Roy library	450 978-8909
3505 boulevard Dagenais Ouest	
Germaine-Guèvremont library	450 662-4002
2900 boulevard de la Concorde Est	
Laure-Conan library	450 662-4975
4660 boulevard des Laurentides	
Marius-Barbeau library	450 662-4005
1245 montée du Moulin, #100	

Multiculturelle library	450 978-5995
1535 boulevard Chomedey	
Philippe-Panneton library	450 978-8919
4747 boulevard Arthur-Sauvé	
Sylvain-Garneau library	450 978-3940
187 boulevard Sainte-Rose	
Yves-Thériault library	450 978-6599
670 rue de la Place-Publique	

POLICE

Police headquarters	450 662-4242
2911 boulevard Chomedey	
Gendarmerie	450 662-3400
3225 boulevard Saint-Martin Est	
Neighbourhood police station #1	450 662-4310
1245 montée du Moulin	
Neighbourhood police station #2	450 662-7820
289 boulevard Cartier Ouest	
Neighbourhood police station #3	450 978-6830
560 – 2 ^e Rue	
Neighbourhood police station #4	450 662-7140
6500 boulevard Arthur-Sauvé	
Neighbourhood police station #5	450 978-6850
187 boulevard Sainte-Rose	
Neighbourhood police station #6	450 662-4860
5555 boulevard des Laurentides	

FIRE PREVENTION

Information	450 662-4450
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OTHER SERVICES


Municipal court of Laval	450 662-4466
Laval Technopole	450 978-5959
Office municipal d'habitation de Laval (housing bureau)	450 688-0184
Palais de justice de Laval (court house)	450 686-5001
Tourisme Laval	450 682-5522

HEALTH AND SOCIAL SERVICES

Agence de la santé et des services sociaux de Laval	450 978-2000
Info-Santé (health information)	811
Emergency ambulances	911

TRANSPORTATION

Agence métropolitaine de transport (AMT)	514 287-8726
Société de transport de Laval (STL)	450 688-6520

 Some municipal buildings are accessible to people with limited mobility. The complete list may be found at www.ville.laval.qc.ca, under Community Life / Persons with Disabilities.

The Vivre à Laval Bulletin

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Three Ways to Reach MY City



BY PHONE

(NON-URGENT CALLS)

311

or 450 978-8000
(from outside Laval)

Monday - Friday:

7 a.m. – 9 p.m.

Saturday & Sunday:

8 a.m. – 5 p.m.

Holidays:

9 a.m. – 5 p.m.



IN PERSON

AT THE MULTISERVICE COUNTER

(1333 boulevard Chomedey)

Monday - Friday:

8:15 a.m. – 8:15 p.m.

Saturday & Sunday:

9 a.m. – 4 p.m.



ON THE WEB PORTAL

24 HOURS A DAY, 7 DAYS A WEEK

www.ville.laval.qc.ca

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You'll receive it free every week!
(under Municipal Services /
Publications)

311

TELEPHONE SERVICE FOR HEARING DISABILITIES

Monday – Friday:

7 a.m. – 9 p.m.

Saturday & Sunday:

8 a.m. – 5 p.m.

Holidays:

9 a.m. – 5 p.m.



@Laval311



Ville de Laval – page officielle

