



*Sainte-Rose
en Blanc*

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WINTER 2012-2013

VIVRE à Laval

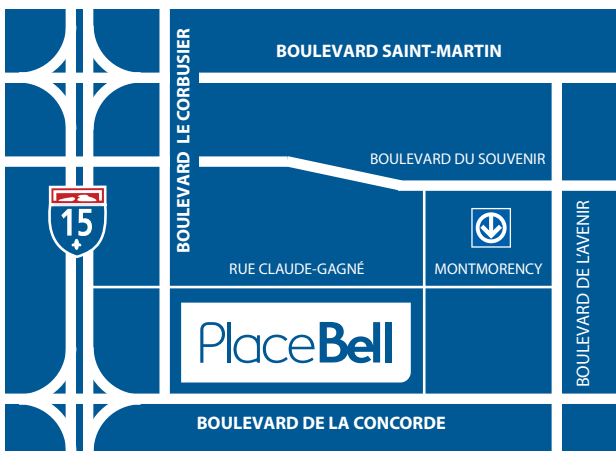
Ville de Laval's newsbulletin

\$100 Million That Really Paid Off

Replacement of water and sewage pipes, paving, sidewalk repairs, new subdivisions, playgrounds... These are some of the many projects that have been carried out in 2012 all over the City. These infrastructure rehabilitation and upgrading operations represent an investment of nearly \$100 million. The municipality paid cash for all the work and, in so doing, pursued its efforts to ensure sound management of public funds. The City plans on continuing to make substantial annual investments to maintain and improve the quality of the infrastructures on its territory.

The work carried out includes:

- rehabilitation of the water supply and sewer network as well as paving on nearly 150 street sections
- expansion of boulevard Saint-Elzéar, between boulevard Chomedey and Curé-Labelle, in order to comply with the neighbourhood's new multi-family residential zoning
- creation of 4 new playgrounds, including those in Mattawa, Lac-de-Mai, Baron, Fernando-Pessoa and Nénuphar parks as well as a number of improvements in existing parks
- the installation of water play facilities at des Coccinelles park, with a recirculated water system and an electronic play area in Centre de la nature
- the development of 6 kilometres of bicycle paths, including the one along rue Principale, between avenue des Bois and chemin du Bord-de-l'Eau
- road preservation work and, in particular, along avenue Marcel-Villeneuve, boulevard Chomedey (between boulevard Saint-Martin and Autoroute 440), boulevard Samson (between 100e Avenue and boulevard Curé-Labelle) as well as on montée Champagne and montée Saint-François



The Future Place Bell Changes Location

Place Bell will be built across from Montmorency metro station, in the block bounded by boulevard de la Concorde, boulevard Le Corbusier, rue Claude-Gagné and rue Lucien-Paiement. Ville de Laval has decided to change the location in order to honour its budget and project timeline commitments. In fact, there are many advantages of Place Bell's new location: In particular, the amphitheatre will benefit from substantial natural pedestrian traffic from the metro and the public transit services operated by Laval and the North Shore, which converge at the bus terminus and Montmorency metro station. In addition, the road infrastructures around the new location are already helping to support the additional traffic that will come from the amphitheatre, once completed. And lastly, at the new location, there are few technical constraints related to large-scale construction. Ville de Laval has begun an expropriation process in order to become the owner of the land and ensure neutrality in analysing the actual value of the land. The project timelines have been maintained.



The Mayor's message

Dear Residents:

As new Mayor of Laval, I am pleased to present you this issue of *Vivre à Laval*, which once again reflects all the vitality of our City. Inside, you will discover—among other finds—the wide range of family activities that we have to offer you during the winter, and over the holidays, in particular.

Last month, on November 23, my colleagues on City Council did me the honour of placing their confidence and trust in me, by casting their votes to choose me as the sixteenth mayor in the history of Laval. It is with pride and enthusiasm that I accepted this privilege and that I intend to carry out this very important mandate.

To do so, I plan on working together with all my colleagues in order to always meet your needs better and better. We are determined to support the dynamic spirit of our community and constantly improve the quality of life offered to Laval residents.

Whether from an economic, social, cultural, community or environmental standpoint, Laval continues to have so much to offer, as may be clearly seen on the following pages.

On behalf of all the members of the municipal team and on my personal behalf as well, I would like to express our most heartfelt wishes to you for this holiday season. I hope you will make the most of this festive time to be together with your family, friends and loved ones.

Happy holidays and all the best to you in the New Year!

Alexandre Duplessis
Mayor

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6 POOLS

+

9 LIBRARIES

+

9 ARENAS

ALL FREE!

311 — www.ville.laval.qc.ca



At Coop Jeune Bistrot in Polyvalente Saint-Martin, school children learn the basics of being an entrepreneur, with TV host Ricardo.

Entrepreneurship: Laval's Flagship

"If you want to build a ship, don't drum up the men to gather wood, divide the work and give orders. Instead, teach them to yearn for the vast and endless sea," wrote Antoine de Saint-Exupéry. Laval's school board (the Commission scolaire de Laval) has already started to teach this yearning, even among its first-graders!

"Developing self-confidence, knowing how to see an idea through to the end, doing teamwork and getting organized—all this should be learned early in life," stated Louise Lortie, Chairperson of the Commission scolaire de Laval, who added that first-graders are often the winners of the Québec regional entrepreneurship competitions.

Mrs. Lortie cited the example of 7-8-year-old students at L'Harmonie school in Chomedey, who decided to look after recycling at school. "From then on, the youngsters discovered the basics of being an entrepreneur, a sense of responsibility; they learned how to manage the money raised, etc." The initiative had a wonderful impact on rallying everyone together in this school, where 80% of the students come from immigrant families and where the children, all combined, speak no less than 60 languages! There are a good many similar initiatives at a number of schools in this school board, including Saint-Maxime and Saint-Martin.

"Working on a team and getting organized should be learned early in life."

— Louise Lortie, Chairperson of the Commission scolaire de Laval

Young Laval residents generally have a positive perception of entrepreneurship, as reflected by a portrait of entrepreneurship in Laval, made public two years ago¹. The statistics indicate that an entrepreneurial career is well-regarded, respected and desired by a great majority of Laval youngsters and that from the standpoint of overall performance, the Laval region ranks above the Québec average. Moreover, last spring, the Centre local de développement de Laval (CLD), the Commission scolaire de Laval as well as the Centre de formation professionnelle Paul-Émile-Dufresne entered into a partnership agreement aimed at ensuring the necessary support for future entrepreneurs.

The CLD de Laval is well positioned to support future Laval entrepreneurs in this entrepreneurial "revolution". Over the past ten years, it has provided support to a total of 2794 businesses, directly contributed toward creating and maintaining 12,800 jobs and made investments of \$23 million. It has also injected over \$5.4 million in developing social economy enterprises. Moreover, 5,370 people attended its twice-monthly information sessions and 12,279 participants took part in training sessions.

These efforts have since given rise to economic spin-offs of \$507.3 million on Laval territory. And nothing less! "And lastly, it's a known fact that the average survival rate of a company after five years is 35% in Québec, whereas it goes up to 71% when the entrepreneurs go through a CLD (a local development corporation)," stated Robert Lefebvre, President of the CLD Laval and the Association des CLD du Québec.

1. *Portrait global de l'entrepreneuriat dans la région de Laval*, N. Riverin, M.-E. Proulx, K. Renaud, Fondation de l'entrepreneuriat, June 2010.



The Xstrata building: approximately 8,000 square metres spread out over four floors—a \$6-million project

Service Sector Booming in Laval

They grow quickly and there are a lot of them. The office towers that are presently under construction in Laval are an obvious sign of increased development in the service sector (financial and legal services, knowledge industry, digital technology professionals and health professionals, etc.). In Laval, economic development heavily depends on activities in the service sector, which alone represents 81.6% of total employment, based on the most recent regional portrait¹ prepared by the *Ministère du Développement économique, de l'Innovation et de l'Exportation*.

Last September, Laval's *Service de l'urbanisme* counted no less than 12 major building projects of this type. Eight of them have already been completed, are now under construction or have been granted a building permit, while the other four are currently being examined.

"Ville de Laval's commitment to a new type of urban planning is crucial."

— Gaétan Turbide, City Manager of Laval

More projects have been completed as well or are in the process of being so: This is the case of the building at 1699 boulevard Le Corbusier, which began welcoming its first tenants. These projects are in line with the *ÉvoluCité* process, which aims at land use planning and development according to an approach that is based on sustainable urban planning. "Ville de Laval's commitment to a new type of urban planning is crucial. Within this new approach, we are encouraging active forms of transportation, public transit, optimization of density and the quality of the built environment," explained Gaétan Turbide, City Manager of Laval.

On its territory, Laval has 30 head offices of companies operating not only in Québec and Canada, but also all over the world. A number of them are active in the service sector.

A 55% Jump

The declared value of permits granted by Ville de Laval, between January and last August, for commercial, industrial and institutional construction has risen 55%, to reach \$116.2 million, compared to \$52.6 million for the same period last year. The declared values take office tower construction projects into account, in particular.

Office Building Projects on Laval Territory (Fall 2012)

Name of building	Location	Estimated value
1699 boulevard Le Corbusier	Southeast of Le Corbusier and Saint-Martin boulevards	\$8 million
Couche-Tard (administrative centre)	4204 boulevard Industriel	\$7 million
Xstrata	1950 rue Maurice-Gauvin	\$6 million
Bâtiment Laura	2955 rue Jules-Brillant, Chomedey	\$5 million
Complexe du Ruisseau	3333 - 100 ^e Avenue, Chomedey	\$3 million
Groupe Cholette (head office)	1420 boulevard Saint-Martin Ouest, Chomedey	\$3 million
GlaxoSmithKline (head office)	245 boulevard Armand-Frappier	\$3 million
Centre professionnel de Laval	3625 boulevard Curé-Labelle, Chomedey	\$2.1 million

1. *Portrait régional* (summer 2012), published by the *Ministère du Développement économique, de l'Innovation et de l'Exportation*.



New Real Estate Assessment Roll

The new real estate assessment roll, which was deposited by the City's *Service de l'évaluation* on October 31, 2012, will be in force January 1, 2013 - December 31, 2015. Residents may now view their new municipal assessment on the City's web portal.

An increase in assessment doesn't necessarily mean an increase in taxes, however: The taxation rate is directly related to Ville de Laval's budget.

When you make improvements to your property, such renovations may have an impact on the assessment roll during the three years that the roll is in force. And this may then have an effect on your tax bill.

Residents who want information on their assessment file may contact an information agent in the *Service de l'évaluation*, either by phone (at 450 978-8777) or by going to the Multiservice Counter located at 1333 boulevard Chomedey, Monday – Friday, 8:15 a.m. – 5:30 p.m.

? 450 978-8777 – Monday – Friday, 8:15 a.m. – 5:30 p.m.



Paul Marcel Maheu (1st row on the right) with Club intermédiaire de Laval-des-Rapides in 1961

A Park Named After Paul Marcel Maheu

Within the scope of the 100th anniversary of Laval-des-Rapides, Montmorency park has changed its name: From now on, it will be called "Paul-Marcel-Maheu park". A former City Councillor, Paul Marcel Maheu was actively involved in matters relating to sports activities and took part in developing Bon-Pasteur, Pontmain and Saint-Claude parks. He also played a role in setting up Montmorency park, where he wanted to have an arena and a sports centre built. Paul Marcel Maheu was the organizer of an annual carnival in Laval-des-Rapides and spearheaded inter-municipal sports competitions.



Choose Your Seat at the Future Place Bell

Since it was launched in September, the "*Prends ta place*" ("Choose your seat") campaign at Place Bell has given hundreds of residents an opportunity to enjoy an interactive photo play experience by imagining themselves in the future 10,000-seat amphitheatre—a unique place for events, for all Laval residents. Developed to inform the population, the campaign will run for a number of months. This interactive concept will also be relocated to various major events organized in Laval.

? www.ville.laval.qc.ca,
under **Sports and Leisure Activities / Place Bell**

Laval in the Technological Age

Ville de Laval is proud to announce new technological functionalities that will help residents and business people more quickly access specific information: Starting this winter, Internet users will be able to benefit from:

1. MY Virtual Agent, an online search assistant
2. an automated notification system
3. the new web portal dedicated to businesses

"In information technologies, residents' needs and expectations are constantly on the rise. Over the next two years, we are going to bank on integrating technologies to serve residents' interests, such as these three new applications that help us provide fast access



to information, while improving the residents' and businesses' web portals," explained Lise Poirier, Director of the *Service des systèmes et des technologies*.

"We are going to bank on integrating technologies to serve residents' interests."

— Lise Poirier, Director of the *Service des systèmes et des technologies*



1. MY Virtual Agent

With this new search tool, you will be able to find what you're looking for on Laval's web portal: A Web assistant will help you make searches by keyword and also let you ask questions. The answers will be displayed in the form of pop-up windows containing links to pages of the City's web portal. It should be noted that the more searches you make, the more MY Virtual Agent improves. Try it out!

? www.ville.laval.qc.ca, accessible at the top of all pages



2. Automated Notification System

Concerned about informing residents as quickly as possible, the City will soon be able to send them alerts to their home phones, cellphones and computers (about road closures, boil water advisories, etc.), by means of its brand new automated notification system. Thanks to this new service, the City will be able to target certain sectors and notify people more quickly in case of an emergency.

The City is encouraging residents and merchants to register for this service, which will soon be available, so that it can improve its database, which was developed according to the telephone numbers listed in the White Pages. Another phone number as well as an email address may be added. People with confidential phone numbers will have to register for this service themselves, however.



3. Services to Laval businesses

Entrepreneurs seeking financing, qualified manpower, training or new premises for their administrative offices now have access to a web portal that contains the resources they need to answer all their questions. Laval is the first city in Québec to offer this service to business clientele.

? www.servicesentrepriseslaval.com

Social Media

This winter, stay connected! Follow Ville de Laval on the various social media platforms:



Facebook:

Ville de Laval – page officielle
Bibliothèques de Laval
Centre de la nature de Laval
Maison des arts de Laval



Twitter: @Laval311

Sainte-Rose en Blanc
Service de police de Laval



YouTube:

chaîne de
villelavalqc

Photo: Benoit Desjardins



Roadblocks and Increased Police Presence

All throughout the month of December, Laval police will be setting up roadside checkpoints to make sure that motorists on Laval territory are not driving while impaired. A joint operation with the Service de police de la Régie intermunicipale Thérèse-de-Blainville (Boisbriand, Lorraine, Rosemère and Sainte-Thérèse) is also planned in early December. Moreover, *Opération Nez rouge Laval-Basses Laurentides* will be back in action, November 30 – December 31, to accompany impaired drivers back home.

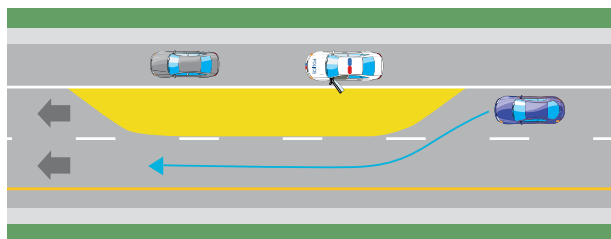
"With the holiday season just around the corner, police officers will be pursuing their efforts to make sure that all residents travel along the roads as safely as possible," mentioned Jean-Pierre Gariépy, Director of the City's *Service de protection des citoyens*. There will also be increased police presence at metro stations and major shopping malls. Special attention will be focused on vehicles parked in large parking lots, to thwart the theft of motor vehicles and objects left in sight on car seats.

? *Opération Nez rouge: 450 664-4314*

"Police officers will be continuing their efforts to make sure that all residents travel along the roads as safely as possible."

— Jean-Pierre Gariépy, Director of the *Service de protection des citoyens*

Safety corridor To Protect One Another



Since August 5, all motorists travelling on Québec roads have had to comply with the new rules on safety corridors. This involves creating a buffer zone by slowing down and changing lanes in order to avoid any collisions with workers, drivers or first responders who have stopped their vehicles by the roadside. Road users who fail to comply with this new rule are liable to a fine of \$200 to \$300 plus a penalty of four demerit points on their driving record.

? **Transports Québec: 511 or www.mtq.gouv.qc.ca**



Photo: iStockphotos

Working Behind the Scenes

When responding to residents in the grips of a psycho-social crisis, police officers are able to rely on a team of social workers. These workers can evaluate and support residents as well as refer them to the resources they need in matters relating to eviction, homelessness, unsanitary living conditions, family or conjugal violence, mental health, loss of autonomy, tragedy, disaster or suicide attempts.

Attached to Ville de Laval's Département de police, these social workers also support municipal services, by referring vulnerable residents to the health, social, community or legal services they need.



Holiday Time, Caution Time

The year-end festive season is at our doorstep! Despite the very hectic shopping, the joys of getting together again with friends and family and the intoxicating effect of meals washed down with plenty of alcohol, it's not the time to let your guard down when it comes to safety matters.

On your shopping outings, park your car in a well-lit, non-isolated location; place your purchases (bags, packages and wrapped gifts) out of view, in your trunk. Laptops, Smartphones and iPods are very popular among thieves, so take these with you. And lock your car doors! Lastly, when you're jostled in a crowd, be extra-careful.

As for fire safety, the *Division de prévention des incendies* has prepared this little checklist:

- Buy a recently cut Christmas tree that isn't dry.
- Use CSA-approved Christmas lights and avoid overloading electrical circuits.
- Check that smoke detectors are in good running order on each floor.
- Clear the snow away from exits, including those in your backyard.
- Keep an ABC fire extinguisher within reach.
- Prepare an evacuation plan for the family.
- Secure candles well, keep them far away from children and flammable materials and extinguish them before going to bed.
- Empty the ashes in the fireplace or wood stove into a metal container kept outdoors.
- Keep gifts, Christmas stockings and flammable objects away from heating appliances.

? www.ville.laval.qc.ca, under Public Security

When the Heart is Beating, All is Well!

At the time of a cardiac arrest, the chances of survival diminish from minute to minute. That's why the City now offers a rebate on the purchase of automated external defibrillators (AEDs) to owners of buildings located on Laval territory where 50 people or more live (or get together on a weekly basis). The presence of AEDs, and people able to use one, increases the victim's chances of survival before the first responders arrive on the scene. Laval is the first major urban agglomeration in Québec whose police cars are equipped with AEDs and one of the only ones that subsidize such a purchase.

? 311 – www.ville.laval.qc.ca, under Municipal Services / Municipal Programs





Photo: Vincent Girard

New Waste Management Vision

For the past few months, Ville de Laval has been working on developing its 2012-2017 Waste Management Plan outlining ways and means of reducing the amount of our landfill waste, increasing our recycling rate and collecting more organic waste. The Plan's proposals include:

- setting up a curbside organic waste collection starting in 2016
- construction of a biomethanation centre and a composting centre
- obliging contractors to send their construction, renovation and demolition debris to a sorting centre

"The measures that we will be implementing will help us avoid landfilling waste as much as possible and producing less GHGs."

— Alexandre Duplessis, member of Ville de Laval's Executive Committee

To provide more food for thought and find out residents' opinion, public consultations were held this fall among residents and organizations concerned with this issue. Opinions were also expressed through an online survey.

The City is currently reviewing certain aspects of the proposed measures, based on the comments made by residents. The final version of the Waste Management Plan should be adopted in 2013.

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



Photo: Vincent Girard

Christmas Tree Collection

Every year, Christmas trees collected by the City during its annual collection are converted into woodchips, which are then used for gardening or to make construction materials or produce pet litter. To take part in this waste reclamation operation, place your Christmas tree along the outer edge of your property before 7 a.m. on the same day as the garbage collection. All trimmings must be removed from the Christmas tree. The collection will take place **January 7-18, 2013**.

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



Pierre Cullen, Daniel Legault (Supervisor at the Pont-Viau plant),
 Claude Durivage (Supervisor at the Sainte-Rose plant),
 Mustapha Ouyed (President of Réseau Environnement),
 François Tremblay (Supervisor at the Chomedey plant),
 Alexandre Duplessis (member of the City's Executive Committee),
 Denis Allard (Superintendent of the *Division de l'eau potable*),
 David Koch (Vice-President of the AWWA)
 and Alain Lalumière (PEXEP Project Manager)

Laval Rewarded for Superior Quality of Its Drinking Water

Ville de Laval's efforts in managing drinking water treatment and production haven't gone unnoticed: Last October, Réseau Environnement rewarded the Sainte-Rose and Pont-Viau facilities with the highest honours in its drinking water excellence program, by awarding them 5 stars. This prestigious award, presented to water treatment stations that are members of PEXEP and who surpass the standards of drinking water treatment quality, is all thanks to the continuous efforts of Laval's *Division de l'eau potable*, within the *Service de l'environnement*, whose employees work relentlessly in order to provide Laval residents with high-quality water.

? www.ville.laval.qc.ca, under Environment / Water

New Conservation Strategy for Drinking Water

The Québec Drinking Water Conservation Strategy, adopted by the Québec government in the spring of 2011, aims, in particular, at reducing the average water consumption per person by 20% and the rate of leaks in the water distribution system by 20%. Last August, Ville de Laval therefore adopted its own action plan: the Laval Drinking Water Conservation Strategy.

In the first phase, the Laval strategy proposes carrying out the following projects:

- Setting up a pilot project involving remote-control reading of water meters at a certain number of homes, in order to be better informed of residential consumption on Laval territory. The City will support the occupants of these homes in implementing water-saving measures in order to accurately evaluate the impacts.
- Gradual installation of water meters in municipal buildings
- Increasing awareness of institutional, commercial and industrial establishments with regard to the Drinking Water Conservation Strategy, providing support for these establishments and setting up a water meter installation program

? Further information may be obtained at www.ville.laval.qc.ca, under Environment, or by phoning 311.

Reporting leaks

Sudden changes in temperature during the winter sometimes cause ruptures in the waterworks structures. Don't hesitate to report any water leaks, by phoning 311 or 450 978-8000.



Chimney Sweeping Required Once a Year

Don't forget to have your chimney swept! Bylaw L-9000 stipulates, among other things, that chimneys, chimney flues and flue pipes must be inspected annually as well as each time an appliance is connected to it or a chimney fire occurs, in order to detect any hazardous conditions.

? 450 662-4450



Photo: Vincent Girard

It's Winter!

That's right! Winter will soon be making an appearance. Here is some advice to better cope with it when it arrives:

Seasonal Parking



Photo: Vincent Girard

October 1 – April 30, seasonal parking is in force throughout Laval territory, regardless of the weather conditions. Alternate parking makes it possible to clean the public roadways before winter arrives and to facilitate snow clearance operations. We encourage you to carefully read the signs in order to find out when parking is allowed on your street. Please note that mobile

signs placed on snowbanks always have priority over permanent signs.

Car Shelter Installation

You must provide for a certain amount of clearance when you install your temporary car shelter—generally a minimum of 2 feet between your car shelter and the sidewalk or curb. Nevertheless, you should plan on ensuring 4 feet of clearance between your car shelter and the street when there is no sidewalk or curb. You must also make sure that the snow and ice that accumulate on your car shelter don't fall on a neighbour's property.

? 311 – Pamphlets on the bylaws may be found at the Multiservice Counter (1333 boulevard Chomedey) and on the City's web portal: www.ville.laval.qc.ca, under Municipal Services.



Photo: Vincent Girard

Snow clearance in your driveway

Did you know that it is prohibited to pile up or deposit snow on public roadways, sidewalks and median strips? The snow that you shovel or blow must therefore be left on your own property. Attention must also be paid to street and metro fire hydrants: Clearance of 1.5 metres (5 feet) around hydrants is required in order to ensure fast access to them in the event of a fire in your area.



Photo: Vincent Girard

Where to Place Garbage Containers and Bins

All year round, place your garbage on one side of your driveway and recyclables on the other. But take note: They must both be placed on your property, back from the sidewalk and the street, so as not to interfere with traffic and snow clearance operations. Bins must be put out before 7 a.m. the day of the collection or after 7 p.m. the day before.

Taking the Mystery Out of Snow Clearance Operations

Snow clearance operations are complex and require great coordination among a number of parties concerned. During a storm, more than 200 pieces of equipment may be put into action in order to make our streets safe. Here are the basic steps involved in these operations:



Snow piling: As soon as 1.5 centimetres (cm) of snow has accumulated on the ground, snow piling and salt spreading operations get under way, if need be, along main arteries. These operations are extended to all roads once 5 cm of snow has accumulated.

At the same time, 47 sidewalk tractors tackle the priority of clearing the snow from sidewalks along main arteries and streets used by the STL transit system.



In some neighbourhoods and when there is too much accumulation:

Snowblowing on lawns: The snow is blown onto front lawns and grounds.



1

Salt spreading: When the snow begins to fall (less than 1.5 cm of accumulation), the salt spreading crews continuously travel up and down main arteries and streets used by the STL transit system as well as along sloping or curved roads.



2



Once 15 cm of snow has accumulated on the ground, crews move into action to start snow loading operations.

Snow loading: The crews work day and night until the operations are completed.



A few statistics on snow clearance operations in Laval - 2011-2012

- Maintenance of 1590 linear kilometres
- Snow piling operations along 1002 km of sidewalks
- Snow loading operations:
 - Daytime operations: 33 crews
 - Evening and night-time operations: 16 crews

Municipal Agenda

Seasonal parking

October 1 – April 30

Christmas tree collection

January 7-18

Reopening of municipal offices after holidays

January 3

Sainte-Rose en Blanc

February 2-10

Mailing of tax bills

Last week in February

School spring break

March 4-8

Deadline for first instalment of municipal tax

March

Replacement of smoke detector batteries

March 10



Holiday Schedule

Multiservice Counter

Closed December 24 at noon until January 2 inclusively

311

Agents will answer phone calls.

Municipal offices

Closed December 24 at noon until January 2 inclusively

Libraries

Closed December 24-26, 30-31 and January 1-2.

Open December 27-29, noon – 5 p.m.

Return to usual schedule on January 3.

Municipal court

Closed December 24 at noon until January 2 inclusively

Municipal pound

Open 10 a.m. – 2 p.m., December 24-26 & 31 and January 1-2

Pools and arenas

Public swimming and skating: Extended hours

Neighbourhood police stations (PDQ)

Closed December 25 & 31.

PDQ 2 & 3: Open according to their regular schedules.

Open (but change in regular schedules):

PDQ 1: December 28 & January 4

PDQ 2: December 24 & 31

PDQ 5: December 28 & January 4

PDQ 6: December 24 & 31



Photo: Vincent Girard

COLLECTION OF HOUSEHOLD WASTE AND RECYCLABLES

December 25 collection postponed to Thursday, December 27 for:

Household waste: 7 dwellings and under
Recycling: 7 dwellings and under; 8 dwellings and over; institutional, commercial and industrial establishments

December 25 collection postponed to Friday, December 28 for:

Household waste: 8 dwellings and over; institutional, commercial and industrial establishments

January 1 collection postponed to Thursday, January 3 for:

Household waste: 7 dwellings and under
Recycling: 7 dwellings and under; 8 dwellings and over; institutional, commercial and industrial establishments

January 1 collection postponed to Friday, January 4 for:

Household waste: 8 dwellings and over; institutional, commercial and industrial establishments

CONSTRUCTION, DEMOLITION AND DEBRIS SITES

Site at 1527 rue Cunard in Chomedey

Closed December 23-26 & December 30 – January 2 inclusively. Return to usual schedule on January 3.

Site at 4026 boulevard Dagenais Ouest in Fabreville

Closed December 24 – January 2 inclusively. Return to usual schedule on January 3.

Photo: iStockphotos



One More Step Toward MADA Recognition

In Laval, back in 2010, the number of seniors over age 65 accounted for 15.8% of the population (62,516 people). According to estimates, in 2026, this number will climb to nearly 95,000. This is one of the findings of the portrait of seniors' services and needs on Laval territory, which Ville de Laval made public last October. Published within the scope of its forthcoming MADA title—to be awarded by the Québec government's *Ministère de la Famille et des Aînés*—which will recognize it as a senior-friendly municipality, this document includes a profile of the territory, an inventory of the services offered and the needs expressed by seniors as well as an analysis based on the following major focuses:

- housing
- social participation
- respect and social inclusion
- social and civic commitment
- communication and information
- community support and health services
- outdoor spaces and buildings
- transportation

"Ville de Laval provides real support to seniors."

— Jocelyne Guertin, member of Ville de Laval's Executive Committee

"This portrait, which was achieved through constant efforts, highlights seniors' legitimate aspirations. It very clearly indicates to us that starting today, we must all pool our efforts to take up the tremendous challenge that will be imposed by the changes related to the aging population. In fact, the number of seniors in Laval has now reached 15.8% of the population and is growing slightly faster than in Québec as a whole," pointed out Jocelyne Guertin, member of Ville de Laval's Executive Committee and in charge of seniors' affairs.

? Consult the portrait on seniors' needs and services on the City's web portal, at www.ville.laval.qc.ca, under *Community Life / Seniors*.

Photo: iStockphotos



Pair Program: Reassuring Presence for Seniors

The Département de police, Place des aînés de Laval and the *Comité provincial Pair* have pooled their efforts to offer Laval residents the *Pair* program. This **free** automated call service reaches seniors by phone in order to make sure that they are in good health. Every day, subscribers to this service receive a call at a predetermined time. When they don't answer, a follow-up is immediately activated by those in charge of the service, to check whether they are in distress. Thanks to calls from *Pair*, a number of lives have been saved.

? 450 978-5555 (Place des aînés de Laval) — www.programmepair.com



Photo: ALPA

With the growing number of seniors on Laval territory, there will be an increasing need for home support services. The Association lavalloise des personnes aidantes (ALPA) is a wonderful example of an organization that is a resource of prime importance, thanks to the support it offers to natural caregivers looking after seniors as well as people in other age brackets becoming less and less self-sufficient.

Hope for Caregivers

They say that there is no better exercise than bending over to help. The Association lavalloise des personnes aidantes (ALPA) has been doing this exercise with devotion and compassion for the past decade. Thanks to ALPA's psycho-social assistance, 325 people are more able to look after one of their loved ones faced with declining independence: It may be a parent, but also a brother, sister or child.

Illness often mentally and physically exhausts loved ones. Laval residents who are natural caregivers provide comfort beyond compare, but they often do so while making big personal sacrifices. Fortunately, ALPA is there to support them.

"To obtain support, it is very important that natural caregivers contact us as quickly as possible," stated Lily Tremblay, ALPA's executive director. The organization, which offers group or individual support as well as talks, also provides respite to those wanting to help a loved one faced with difficulties. ALPA's services often help relieve the guilt feelings of caregivers who believe that they don't know how to respond to the situation or that they can't do so.

? 450 686-2572 — www.aldpa.org

Objectif Zénith A Little Tooney With a Big Payoff

Laval organizations are carrying out a fund-raising campaign at the present time. Within the *Objectif Zénith* campaign, their members will be contacting you to buy tickets at \$2 each. In exchange, you will receive two money-saving coupons: one for Carrefour Multisports, the other for a coffee at participating McDonald's restaurants. You will also have a chance to win magnificent prizes, including two holiday packages. As for the organizations, they will receive 90% of the proceeds of their sales in order to finance their activities. Don't hesitate to support them!

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



Photo: Nicolas Sotomayor

Mascot Oz and a young participant

Animal Control: Positive Results

Making changes often requires a good dose of courage and willingness. And that's what the City showed in 2012, in veering toward more ethical animal control procedures. In addition to an awareness campaign among the general public and the adoption of a joint approach with local specialists and residents, concrete actions were undertaken to improve the situation.

Thanks to the two-day pet adoption event, a number of cats, dogs, rabbits and Guinea pigs have found a new home. All experts agree that adopting animals from shelters is an excellent option.

In order to more easily find your pet if it runs away, it is of the utmost importance that dogs wear a municipal I.D. tag. Microchipping is also a good idea for our four-legged friends. In fact, the City has organized three microchipping clinics for cats and dogs owned by Laval residents.



Photo: Vincent Girard

Obviously, the City won't be able to resolve the animal overpopulation problem alone; Laval residents will also have to play an active role: It is of the utmost importance that adoption be carefully considered beforehand, that animal keepers assume their responsibilities and that pets be sterilized.

Good news seems to be in store for 2013: The actions undertaken will continue and construction will get under way on the Centre animalier de Laval, a place where animals will be treated according to the best standards.

Seasonal Flu Shots

The CSSS de Laval recommends that you get a seasonal flu shot: It's the most effective way of protecting yourself against this acute viral infection that is easily spread from one person to another.

? www.cssslaval.qc.ca



Photo: Vincent Girard

All smiles, Manon Todd shows us the new member of her family.



Ville de Laval will be honouring volunteers on April 30, 2013.

Nomination deadline: March 1

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

Resilient Sandra

At the age of 33, Sandra Sassine already displays rare wisdom. A 9-time Canadian sabre-fencing champion, Sandra has learned that we must never give up in the face of adversity and that it's important to know how to transform life's setbacks into lessons. "When we lose a bout, that doesn't make us a failure, but rather a learner," stated the Laval athlete, who has no less than 25,000 bouts to her credit and who gives talks to business people and in schools.

This young woman knows very well what she is talking about: Her elimination in the very first bout during the recent Olympic Games in London, against Polish fencer Aleksandra Socha, was a real blow to her. But she got back up with dignity. "During that first confrontation, I gave the best of myself and had to admit that my opponent was better than I was. I overcame the spirit of competition to congratulate her."

It must be said that Sandra knows how to demonstrate resilience: In 2011, two months before the qualification rounds for the London Olympics, she fell in the midst of a combat and suffered a concussion. She had no choice but to take eight weeks of total rest. "I couldn't even get out of bed to use my computer; my strength had disappeared." Nonetheless, she insisted on going to Italy for the qualifying competitions. Neither her body nor her heart were in it, but she nevertheless succeeded in scoring two points. A little later, in Russia, she finally qualified for the London Games. Fortunately, through all these ups and downs, she was able to count on the unfailing support of her sponsors, RBC and Physio Extra.

"Fencing is like chess: You always have to anticipate—and know how to thwart—your opponent's actions."

— Sandra Sassine



Photo: Daniel Boisjenu

9-time Canadian sabre-fencing champion, Laval resident Sandra Sassine took part in the London Games last summer.

The daughter of Henri Sassine and Claire Verreault, both fencing masters, Sandra was born in Chibougamau, in Northern Québec. She later moved to the Laval-des-Rapides district and then to Duvernay. It was also in Laval, at Collège Montmorency, that she met her fiancé, Lu Bonnet.

For this Laval resident, fencing is like chess: You always have to anticipate—and know how to thwart—your opponent's actions.

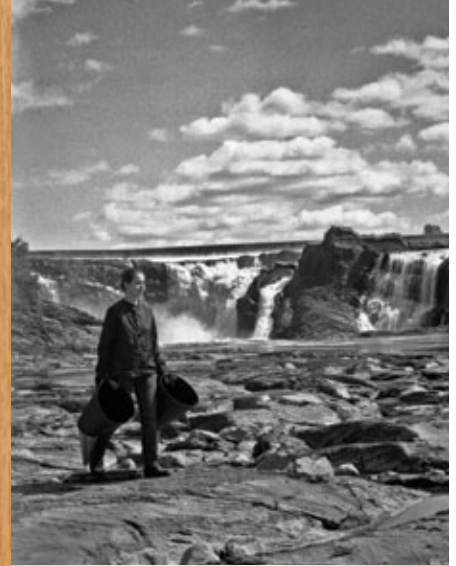
Photo: iStockphotos



Fencing Lessons in Laval

The Club d'escrime Montmorency, approved by the Fédération d'escrime du Québec, offers fencing lessons at Centre sportif Josée-Faucher, located at 125A boulevard des Prairies in the Laval-des-Rapides district.

? 450 662-4964 — www.mecescrime.com



ARTS AND CULTURE

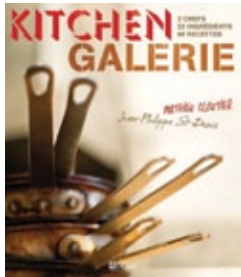
Arts and Culture



Gastronomical Reading

The gastronomical reading theme is continuing on at the libraries until August 2013. Every two weeks, come discover various library materials and activities relating to the pleasures of the palate: suggested reading and films, workshops, etc. Inquire about our delicious program!

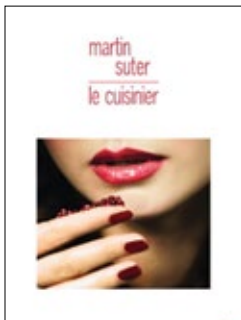
Librarian Sandra Alaouz's Picks



Kitchen Galerie: 2 chefs, 22 ingrédients, 88 recettes
Mathieu Cloutier
and Jean-Philippe St-Denis,
Les Éditions de l'Homme, 2012.

The two chef-owners of the Kitchen Galerie restaurant, near Marché Jean-Talon, have written a book of recipes based on market cuisine. Mathieu Cloutier and Jean-Philippe

St-Denis have chosen 22 ingredients that they like and that come from local produce. Each one recommends two recipes to feature each of these foods. The result: user-friendly ideas that are simple, yet sophisticated at the same time.



Le cuisinier, by Martin Suter,
Christian Bourgois, 2010.

Maravan, a young Tamil refugee, works as an assistant chef at an upscale restaurant in Zurich. To attract Andrea, the pretty waitress there, he invites her to dinner and prepares her a very special Sri Lankan meal. Conquered by Maravan's cooking skills, Andrea gets an idea to create aphrodisiac meals at home for affluent clientele. Between molecular

cuisine and Ayurvedic cuisine, Maravan's cooking meets with great success. The author marvellously describes the textures, flavours and aromas. Solidly documented, this well-structured novel is appealing from beginning to end, through its portrait of the unscrupulous world of Swiss businessmen and its description of Tamil immigration in Europe as well as through touching love stories.



Take part in the contest called...
"Votre coup de cœur gourmand",
for a chance to win a gourmet basket
worth \$300.

Drawing: May 23. Details at the library.

SIGNÉ *Signé M* M

In the cooking magazine *Signé M*, Louis-François Marcotte shares his discoveries, his favourites, his techniques, his tips and tricks as well as his best recipes. The photos and matte paper enhance the suggested dishes—each one more inspiring than the next. A magazine that gives you the urge to cook.



Table pour trois (DVD), by Scott Hicks,
with Catherine Zeta-Jones and
Aaron Eckhart, 2007.

Gourmets will be delighted, serving staff will recognize their chefs here—who may be obnoxious, and lovers will rush to the nearest French restaurant. He is the second chef, exuberant and a lover of the opera. She is a hot-headed, ambitious, renowned chef. Sparks fly when they meet. As light and delightful as a picnic among friends, *Table pour trois* will please those who love New York, gastronomical dining and beautiful love stories.



Libraries' Schedule

(Early September – late May)

Monday: Closed
Tuesday, Wednesday and Thursday: 10 a.m. – 9 p.m.
Friday: noon – 9 p.m.
Saturday: 10 a.m. – 5 p.m.
Sunday: noon – 5 p.m.



Holiday Schedule

December 24-26: Closed
December 27-29: noon – 5 p.m.
December 30-31, January 1-2: Closed



Join up!

It's free!



Follow the Libraries' Techno Trends

A collection of e-books written in Québec will soon be available at Laval's libraries. Using the Sésame catalogue, members will have the chance to take out two e-books at a time. They will then be able to read them on whatever they choose: a computer, tablet or smartphone. Keep an eye out for them. E-books will soon arrive at Laval's libraries!

In Laval, **81,773** residents have joined... And you? By becoming a member of your local library, you will open the door to a world of possibilities. Here are a few of the privileges that members enjoy:

You will have access to no less than:

- **700,000** books and other publications
- **30,000** DVDs
- **17,000** CDs
- **90,000** magazines
- **1,400** language courses
- and over **1,000** cultural activities annually!

In October,
1,568 new members!



Photo: iStockphotos

Video Games at Last!

Like a number of major libraries in Québec, Laval's libraries now make video games for youngsters and adults available to their members, on three types of consoles: PS3, Wii and Xbox. Members may borrow two games at a time, for a period of one week. Drop by and pick up your favourite games at your library and test your skills!



Become a Friend of the Library

Les Amis de la bibliothèque, a new civic organization, is currently recruiting members who love libraries and want to take part in their development. Are you dynamic and want to contribute to your library's growth? Join us! Here is a cultural, community and educational commitment that will make a difference in the community.

? amisbibliolaval@gmail.com

Follow us on – Bibliothèques de Laval – page officielle

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





For the holiday season and March school break, Ville de Laval, in line with its Family Policy, is setting up projects aimed at making it easier to achieve a work-life balance. It is also supporting numerous activities offered by sports, community, cultural and scientific organizations.

To enjoy wonderful times with your family, consider skating, hockey and public swimming as well as activities at the libraries. They will be offered in all districts of the City.

? www.ville.laval.qc.ca or your *bureau municipal lavallois* (BML) / See contact information on page 35.



The libraries' new winter pamphlet will be delivered to homes during the holidays. Ask for a copy at your library's circulation desk.

At the Libraries

Noël gourmand (for 5-12-year-olds)

Presented by Théâtre de la Source

Multiculturelle library

Saturday, December 8, 2 p.m.

Émile-Nelligan library

Thursday, December 27, 2 p.m.

Sylvain-Garneau library

Saturday, December 29, 2 p.m.

? Registration required, at the library



Cook Over the Holidays

Librarian Vivianne Belleau's suggestions

Recipe books

Cabane à sucre Au pied de cochon. Le sirop d'érable

Martin Picard et al.; Martin Picard, 2012.

A crazy, gourmet, sensual book that suggests using maple syrup in a variety of recipes. Read it like a novel!

Saisis. S'enflammer pour le barbecue

Louis-François Marcotte; Flammarion Québec, 2011.

We all love BBQs and this book is full of fast, simple recipes. You absolutely must try feta fondue with tomatoes and olive oil. Really delicious!

Je cuisine à la manière de Jérôme Ferrer, chef copropriétaire, restaurant Europea

Jérôme Ferrer; Communiplex, 2005.

If you love chocolate, you must try the cake called "gâteau fondant"—just wonderful and so easy to make!



Pasta et cetera à la di Stasio

Josée di Stasio; Flammarion Québec, 2007.

Delicious comfort food for fall suppers and chilly lunches

Parce qu'on a tous de la visite... Cuisiner en toutes circonstances

Ricardo Larrivée; Éditions La Presse, 2008.

A beautiful, practical book overflowing with recipes for every day as well as for special evening occasions. Don't miss out on reading it!

Je cuisine italien

Stefano Faita; Trécarré, 2011.

Fish, pasta, meat, legumes: Everything for all tastes! Simple and tasty.

MORE SUGGESTIONS

Jean Soulard cuisine entre amis

L'encyclopédie de la cuisine de Jehane Benoit

La cuisine des fées

Les recettes de Janette





Les mécaniques célestes



Big Christmas Concert

December 15, 7:30 p.m., and **December 16**, 2 p.m.
Sainte-Rose church

Some 250 choir members from the Petits Chanteurs de Laval and the Voix boréales will be performing Mozart's *Messe du Couronnement* as well as works by Bach, Berlioz, Elgar, Poulenc and Rutter.

 www.singsing.ca



Public Skating and Hockey

During time-off over the holidays, stretch your legs by skating and playing hockey at a pick-up game at the arenas! Special time slots have been reserved for the holiday period.

Public Swimming Entertainment

Centre sportif Honoré-Mercier, located in Sainte-Rose, is inviting you to join in the public swimming entertainment—an ideal opportunity to have fun and enjoy yourself far from the wintry weather!



Further details on all the activities offered during the holidays may be found on the City's web portal (www.ville.laval.qc.ca, under **Community Life / Holiday Season).**



At MDA

Maison des arts has a line-up of quality shows to warm youngsters' hearts:

Romain 1^{er}, à cheval sur le monde

Theatre for 5-10-year-olds

December 16, 2 p.m.

This play deals with children's desire to live their lives intensely. This comedy will be followed by a mask-making workshop.

Théâtre Marcellin-Champagnat

Les mécaniques célestes

Theatre for 4-10-year-olds

December 27-29, 11 a.m. – 2 p.m.

This play without words stimulates all the audience's senses. It will be followed by a mobile-making workshop.

 **450 667-2040 (ticket reservations) — www.ville.laval.qc.ca, under Culture / Shows**

At Place Claude-Léveillé



Starting **December 6**, take advantage of the festive atmosphere of Place Claude-Léveillé, a public space dedicated to music, located at the corner of boulevard de l'Avenir and rue Jacques-Tétreault (just a few minutes from Université de Montréal's Laval campus). Choirs, Christmas tree contest, greeting card station and other recreational activities are in store. Join the festivities!

 **Keep an eye out for the complete program at www.ville.laval.qc.ca, under Culture.**

At Rivière-des-Mille-Îles park

Make the most of the cold season, by taking part in the free winter activities: skating, tobogganing, hiking, snowshoeing and cross-country skiing.





Pinocchio

A Busy Winter for 4-12-Year-Olds

The Théâtre Tout à Trac takes the stage within the *Les Grandes Sorties jeune public* program. Following the incredible success of *Alice au pays des merveilles*, the theatre company returns to Laval on **January 27**, to present *Pinocchio*. This play, which will be presented at Théâtre Marcellin-Champagnat, is designed for 4-8-year-olds and carries them off to a crazy, imaginary world.

On **February 17**, the Orchestre symphonique de Laval returns to Laval with *Pierre et le loup*, a musical show for 6-year-olds and over, at Salle André-Mathieu.

And lastly, for March school break, the Grandes Sorties jeune public will be presenting musical clown theatre, in *La grande étude*, an out-of-the-ordinary show for 4-12-year-olds, to be presented on **March 3** at Théâtre Marcellin-Champagnat.

? 450 667-2040 (ticket reservations) — www.ville.laval.qc.ca, under Culture



La cage aux folles

Salle André-Mathieu

Salle André-Mathieu's program features a mixed bag of entertaining events at a number of locations in Laval. Humour, song, theatre, variety—there's something for every taste! Here is a preview of what's in store for you this winter:

At Sainte-Rose church

Diane Dufresne and Les Violons du Roy, **December 20**, 8 p.m.

At Salle André-Mathieu

Marie-Eve Janvier and Jean-François Breau, **January 29**, 8 p.m.

La cage aux folles, **February 1**, 8 p.m.

Susie Arioli, **March 9**, 8 p.m.

Messmer, **April 11-12**, 8 p.m.

? Visit www.salleandremathieu.com for full details and to buy your tickets online.



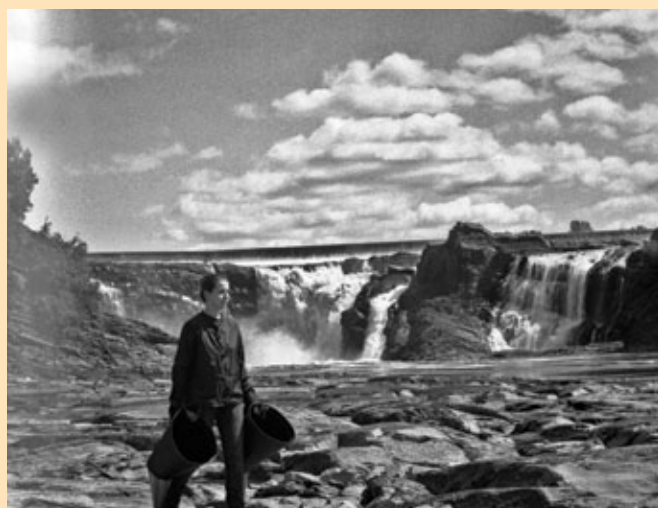
New at the C.I.EAU

There are lots of wonderful activities to take part in at the Centre d'interprétation de l'eau! Will you be among the first to enjoy Cyclo, an interactive installation created by the ONE DROP organization, to take the mystery out of the water cycle? Don't miss this unique opportunity in Laval, for a limited time! Also take advantage of the new audio-guides at the Centre to discover the splendid exhibition *Le chemin de l'eau : de la rivière à la rivière*. Or come have fun at *Lab'eau* with your family during *Sainte-Rose en Blanc* and the March school break activities at *Relâche scientastique!* In addition, all Laval residents are invited to come and celebrate World Day for Water on **March 22**.

? 12 rue Hotte, Sainte-Rose — 450 963-6463 — www.cieau.qc.ca

EXHIBITIONS

Photo: Christian Baron



Nataliya Petkova, *Géophonies*, audio performance, 2011

Galerie Verticale

The Galerie Verticale Art Contemporain is a self-managed centre for artists: a flexible place that adapts to the needs of the creators, within a visual arts research and development perspective in Laval. This winter, curator Magali Babin is presenting *Audioparc*, an exhibitions project that brings together artists Nataliya Petkova and Patrice Coulombe. The dates and location of the event will be announced on the Galerie Verticale's website in December.

? 450 934-6042 — www.galerieverticale.com

Galerie La Vieille Caserne

The artists who are members of the Rose-Arts group specialize in figurative, semi-figurative, abstract and contemporary art exhibitions. This winter, visit this former fire station in Vieux-Sainte-Rose to admire the various exhibitions, including Isabelle Sauvineau's solo exhibition, **February 17-26**, as well as the exhibition of animal painter Gérald Trudel and his students, **March 23-25**.

? 216 boulevard Sainte-Rose — 450 625-7925 — www.roseart.ca

Take Off for a Space Adventure!

Come to the Cosmodôme, in the new City of Astronautics, where an incredible experience awaits you. A vast choice of activities related to space exploration and the astronomical sciences. Laval residents can benefit from a 10% discount, by showing proof of residence, **January 2 - February 28**, when buying a ticket for one of the three virtual missions, which will rocket you into the world of space adventures: The Impossible Dream, the Red Planet and the Outer Limits of the Cosmos.

? 2150 autoroute des Laurentides
450 978-3600 — www.cosmodome.org



Photo: Caroline Laberge

No Tweets for Teens, Just Theatre!

In April 2013, the Rencontre Théâtre Ados (RTA) will be spreading its wings for a whole month, on various stages in Laval. In keeping with tradition for the past 17 years, since it was first established, the RTA will be presenting an entertainment program made up of 8 current hit shows specially created for teen audiences, starting April 8: inner voyages, journeys such as exiles that shape life, travelling toward new territories, new experiences. Among the first shows on the RTA's calendar of events, don't miss:

- *Train, la promesse de Miyazawa*, by Théâtre incliné and Kio Company
- *Just Fake It*, produced by Joe Jack et John theatre company
- *Les trois exils de Christian E.*, by Théâtre Sortie de secours and Théâtre de l'Escaouette

? Full program details may be found at www.rtados.qc.ca or by phoning 450 686-6883, ext. 22.

For Literature Lovers

The Société littéraire de Laval (SLL) is inaugurating its fourth series of Gens de paroles evenings, at Café Le Signet in Vieux-Sainte-Rose. Starting at 6 p.m. on the third Friday of each month, from January to May, Nancy R. Lange will be playing host to prize-winning poets Roger Des Roches, Louise Dupré, Carole David, Nicole Turcotte and Danielle Fournier. In the second half, the public is invited to take part in an open mike session. The best new texts will be published in the *Brèves littéraires* journal.

Moreover, for its reading club, the SLL is recruiting Laval participants who are interested in the works of well-known authors that it hosts at its literary cafés.

? The complete calendar of winter and spring events may be found at www.societelitterairedelaval.qc.ca

Envol Danse Now Recruiting

Envol Danse is the Laval dance community's annual event highlighting the vibrant world of artists of movement. Dancers and dance schools interested in taking part are invited to contact the organizers. Among the shows already scheduled, don't miss the Élite evening at Salle André-Mathieu, **April 6-7**, featuring dancers selected by a panel of judges.

? 450 662-9564

Day Camps at Various Organizations

Are you looking for activities that you can do with your children, during this year's School Break, **March 4-8**? To give you some ideas, here's a bird's-eye view of the wide range of activities that the Laval community has to offer you:

Association des résidents de Champfleury
Centre communautaire Champfleury
450 963-0676 — www.champfleury.qc.ca

Centre du Sablon
450 688-8961 — www.centredusablon.com

Chat botté
450 663-5551 — www.autismelaval.org/chatbotte

Club des 4H
450 314-1942 — www.clubs4h.qc.ca

Cosmodôme
450 978-3600 — www.cosmodome.org

Loisibourg
450 689-3332 — www.loisibourg.org

Loisirs Bon-Pasteur
450 669-2151 — www.loisirsbonpasteur.com

Loisirs Sainte-Béatrice
Centre communautaire Auteuil
450 662-4906 — www.loisirsstebeatrice.com

Loisirs Saint-Elzéar
Centre communautaire Vimont
450 668-7638 — www.loisirs-st-elzear.com

Loisirs Duvernay / Saint-Vincent
450 936-3661 — www.ldsv.ca



Photo: Vincent Girard

Musée Armand-Frappier
450 686-5641, ext. 4676 — www.musee-afrappier.qc.ca

Parc de la Rivière-des-Mille-Îles
450 622-1020, ext. 227 — www.parc-mille-iles.qc.ca



Full program details will be announced starting in January, at www.ville.laval.qc.ca, under Community Life / 2013 School Break.

Theatre



La grande étude

Musical clown theatre for 4-12-year-olds
March 3, 2 p.m.
Théâtre Marcellin-Champagnat

Accompany your children to this show filled with musical and physical feats. You'll be flabbergasted!

Libraries

A number of activities will be offered at the libraries during March school break. Keep an eye out for the spring program, which will be issued in late December.

Centre de la nature

The Centre de la nature is a must for family outings, with its 5 kilometres of cross-country skiing trails, its toboggan slopes, its introduction to downhill skiing for 5-8-year-olds and its skating rink on the big lake.

Skating, Hockey and Swimming

During School Break in March, a number of arenas will be offering special time slots for hockey pick-up games and public skating for the whole family. The outdoor skating rink chalets will stay open longer than usual and additional swimming time slots have been scheduled at the public pools.



Sports, Leisure Activities and Community Life

SPORTS, LEISURE ACTIVITIES AND COMMUNITY LIFE



Photo: Sylvain Majeau

We're Celebrating Winter in Laval

Family Afternoons are back again this year all over the City! We invite you to come and play outside, right near where you live: to skate, toboggan, stroll along or have fun with family or friends... Family Afternoons will definitely make you want to stretch your legs during the winter! The activities are organized by Ville de Laval, in cooperation with organizations in your district.

? Keep an eye out for the program at www.ville.laval.qc.ca, starting in January.

Lots of Fun in Your Parks



At Couvrette (Sainte-Dorothée) and Saint-Édouard (Fabreville-Ouest) parks, you will find signs that read: *À vos parcs... Go!* These are educational and play signs to prompt children to be active and are also designed to increase parents' awareness of being proactive models. Encourage your children and support them in their desire to try things out! Further information may be found on the *Forme ta vie* group's website.

? 450 314-1942 — www.formetavie.com



Photo: Sylvain Majeau

Slip Into Your Skates?

The outdoor skating rinks will be maintained **December 23 – March 16**. Weather permitting, a number of skating rinks designed for hockey and public skating (at rinks or along paths) will be accessible according to the schedules set by your *Bureau municipal lavallois* (BML). The City is also offering public skating at its network of arenas.

? The location of the various outdoor skating rinks and arenas may be found at www.ville.laval.qc.ca, under Sports and Leisure Activities / Arenas and Skating Rinks.

News About Légaré Park

Come skate to the sound of music along a lit path, in the captivating setting of Légaré park, located at 2245 rue Légaré in the Chomedey district. All throughout the winter, a number of introductory skating activities will be offered by the *Chomedey en forme* group.

? 514 884-0407

Public Skating on Valentine's Day

Most arenas in Laval will be open for special public skating for Valentine's Day. Skaters are invited to come and celebrate with their partner, their friends or their children.

? www.ville.laval.qc.ca, under Sports and Leisure Activities



Photo: Pégé

Aquatic Activities

The indoor pools offer you a wide variety of aquatic activities that will help you make the most of grey days. Alone or together with the family, these are excellent leisure activities! Come swim to have fun and keep fit. Community organizations in Laval offer you the chance to enjoy public swimming, swimming lessons and activities such as aquafitness, water polo, diving and synchronized swimming.

? www.ville.laval.qc.ca, under Sports and Leisure Activities / Indoor Pools

AN OFFER FROM YOUR LOCAL ORGANIZATIONS

Trottibus: The Bus That Walks!



Photo: Trottibus

The Trottibus is a walking school bus that safely accompanies children to school in the morning. The children can therefore go to school by means of active transportation every day! Spearheaded by a group of volunteers from the Canadian Cancer Society, the Trottibus follows a set route along streets near the following elementary schools: des Cardinaux, L'Aquarelle, Père-Vimont, Saint-Julien and Sainte-Béatrice. Other schools will be added to this "pedestrian bus" route in the spring. This initiative is supported by *Québec en forme* in Laval.

? If you're interested in becoming a volunteer, contact the Canadian Cancer Society at 514 255-5151, ext. 4503.

Folies d'hiver in Champfleury

The third edition of the *Folies d'hiver*—winter festivities organized by the Association des résidents de Champfleury, in cooperation with M'Îles lieux en forme and Ville de Laval—will be held on Saturdays, **January 12 – March 2**. The whole family is invited to Champfleury park in Sainte-Rose to take part in special activities that will give them a chance to discover—or rediscover—the joys of playing outside in winter!

? 450 963-0676 — www.champfleury.qc.ca

Introduction to Photography



The *Trajectoire* project is an out-of-the-ordinary introduction to photography. With the help of professional resources, the fifteen youngsters from Maison des jeunes at Centre communautaire Val-Martin had the opportunity to discover all the steps leading to the exhibition of their works, from taking pictures right up to the exhibition preview reception (*vernissage*). Now you can admire these large-size works at various private and municipal buildings in the Chomedey district.

This project has been financed under the cultural agreement of the Conférence régionale des élus de Laval and was carried out within the integrated urban revitalization of the Chomedey district.

? 828 - 79^e Avenue, Chomedey — 450 973-8787 — www.ccvm.org



Photo: Vincent Girard

Kids and Grown-ups in Motion!

Forme ta vie is an umbrella group for partners in the western part of Laval, who want to promote families' well-being by having youngsters adopt healthy life habits. A number of activities have been organized for this winter, including the following ones:

Chixx-actives

Chixx-actives is a girls' committee for 12-15-year-olds who organize activities exclusively for girls: sports, dancing, shows... Anyone interested in joining may contact the committee by email, at the following address: chixx-actives@hotmail.ca.

Introduction to Skating

Have the whole family slip into their skates this winter! We look forward to a large turnout!

- Laval-Ouest park, on the skating oval:
January 6 & February 9, a.m.
- Couvrette park, on the skating oval: **February 2 & 16**, a.m.

Parents' Committee

The *Voix des parents* committee consists of parents of 5-year-olds and under from the Laval-Ouest district, who are invited to come and discuss various topics, such as the well-being and development of their children. These weekly meetings provide food for thought on issues concerning the development of young children in the community.

? 450 314-1942 — www.formetavie.com



You can find out what activities are offered in your neighbourhood at www.ville.laval.qc.ca, under Community Life / Your Neighbourhood.



Photo: Vincent Girard

Curling: 50 Years of Enjoyment!

If you're looking for an activity that is accessible to everyone and that can be played many months a year, then curling is ideal for you. For the past 50 years, the Club de curling Laval-sur-le-Lac, at 10 rue Les Pins, has been offering activities to curling buffs age 7 and over. All you need to do is get a pair of clean sneakers and a warm coat—the rest of the equipment is supplied on site.

On Sunday afternoons, groups of eight people and over who want to be introduced to this sport may reserve a 2-hour period supervised by a monitor. Half-season rates are also available starting in January.

In addition, you will have a chance to familiarize yourself with curling at *Sainte-Rose en Blanc*. Keep an eye out for the time of our special activity in the program that will be announced in January.

? 450 627-4791 — www.curlinglaval.ca



Photo: Nicolas Sonomayor

Inline Skating in Winter?

VRL Le Club, a non-profit organization, offers inline skating lessons and training on an indoor wooden track, all throughout the year. All Laval residents, from 4-year-olds to seniors, can learn to safely enjoy this sport! As for more experienced skaters, they will no doubt enjoy taking part in short-track speed skating competitions. Treat yourself to this wonderful sport!

? 514 220-6338 — www.vrllclub.com

The Best Buy Tournament is Back!

The Centre de la nature will once again play host to the Best Buy Tournament, which will take place **February 8-10**. The lake will be transformed into a magnificent outdoor skating rink, where some twenty pee-wee teams will compete for the honours. Come cheer them on!

? 450 662-4942 — www.centredelanature.laval.ca

Arenas to be Revamped

In order to pursue its plan to develop arenas, as announced last March, while meeting the demand for more ice time, the City has re-evaluated the use of its rinks in order to better fulfill residents' expectations. Starting in the spring, renovations and upgrading operations at the arenas will get under way, while making sure that those using the arenas have adequate services available to them.

IS THE SKATING
RINK OPEN
TODAY?

What are the public
swimming times at
the pool?

How can I register
my child for
drawing lessons?

in **1** Get your answers
NOW
in **single click**

www.ville.laval.qc.ca, under **Sports and Leisure Activities**



6 Wonderful Winter Outings



Photo: Sylvain Majeau

1 Skating, cross-country and downhill skiing

Make the most of the winter on the 1-kilometre skating trail, the walking trails (for hiking and snowshoeing) and the multi-purpose trail (for hiking, snowshoeing and cross-country skiing) at Rivière-des-Mille-Îles park!

Rivière-des-Mille-Îles park

345 boulevard Sainte-Rose
450 622-1020, ext. 227

www.parc-mille-iles.qc.ca



2 Centre de la nature

Centre de la nature is offering all you need to have fun with the family: a big lake for skating, five slopes mechanically groomed every day, a 5-kilometre cross-country skiing network and an introduction to downhill skiing, with Expérience manège (for 5-8-year-olds). The conditions on the sports grounds are announced every day on a recorded-message phone line and on the City's web portal, under Community Life / Centre de la nature.

Centre de la nature

450 662-4942
www.centredelanature.laval.ca



Photo: PRMI

3 Ice Fishing on Rivière des Mille Îles

Rivière-des-Mille-Îles park invites you to come and enjoy the special ice fishing package ("*forfait Pêche blanche clés en main*")—either for a full day or a half day. This package includes the rental of a fishing cabin (for up to 6 people), equipped with a wood stove, 10 fishing poles (called "tip-ups"), 10 drilled holes as well as a skimmer and two dozen minnows. Will you catch a bass, a pike or a walleye? Come try your luck!

Ice Fishing for Kids

Here's a chance for 8-14-year-olds to learn about ice fishing! Each participant will be given ice fishing training and lessons about fish as well as a guide, a fishing pole (called a "tip-up") and a fishing licence valid up to the age of 18. Don't forget that all ice fishers who want to set up their own cabin must obtain a permit from Ville de Laval.

? See contact information above, under #1 on this page.



Photo: Sylvain Majureau

4 Bois de l'Équerre Under the Snow

With its groomed trails, these magnificent woodlands, located along rang de l'Équerre in Sainte-Rose, are the perfect setting for strolling, hiking, Nordic walking, foot racing, cross-country skiing, horseback riding (Centre équestre Bonanza) and observation of nature. Take part, one and all, in the *Raquettes en cœur* snowshoeing activity, which will be held in February, and in the Easter egg hunt, which will take place in March!

? www.boisdelequerre.org



Photo: Vincent Girard

5 Sainte-Rose en Blanc: Come Get Active With the Family!

The biggest winter festivities in Laval will take place **February 2-10** in Vieux-Sainte-Rose. In keeping with tradition for the past 9 years, the event will feature a vast cultural and heritage program, in addition to an awesome choice of fun-filled outdoor activities: dog sledding, guided sleigh rides, curling, skating, tobogganing, ice fishing, cross-country skiing, go-karts and more!

As for art lovers, they will definitely have fun at the creative workshops to be held at Sylvain-Garneau library. The traditional fireworks display and the show at the church will bring the first day of this event to a spectacular close. Registration for the various activities will start in mid-January, directly on the *Sainte-Rose en Blanc* website.

? 311 — www.sainteroseenblanc.laval.ca

6 An Active Life Despite a Disability: It Is Possible!



Photo: Vincent Girard

Centre du Sablon is offering people with a physical disability a chance to try out new sports. For instance, they can learn para-archery (target shooting) on Sundays, 1 p.m. – 3 p.m., right at the Centre. Outdoor enthusiasts may also try para-skiing (on sit-skis), offered in cooperation with Ski Québec. The activity will be carried out in the park adjacent to the Centre (the schedule will soon be announced). The costs of these activities are minimal and participants may register on a weekly basis. A tryout is even recommended before registering for the session.

? 450 688-8961, ext. 230. The activities offered by Centre du Sablon may be found at www.ville.laval.qc.ca, under Community Life / Persons with Disabilities.

Good Eating for a Good Cause!

The Café de la Concorde at Centre d'entraide du Marigot is an ideal place for indulging in delicious home cooking in a friendly atmosphere. Monday to Friday, 7:30 a.m. – 4 p.m., come choose from our wide range of prepared and frozen meals, to enjoy either at our coffee shop or to take out. Catering service is also available. The Centre d'entraide du Marigot offers a variety of home support services for seniors with declining autonomy.

? 131 boulevard de la Concorde Est — 450 668-5375



Intellectual Disability Week

For the past thirty years, significant progress has been made in the social integration of Québec's disabled population. Nevertheless, there is still a lot of room for improvement to achieve equality with other residents in carrying out social roles.

Intellectual Disability Week, which will take place **March 10-16**, is designed to increase the awareness of the community and decision-makers about the realities of the intellectually disabled and their positive contribution to society. One step further toward an inclusive society and the right to equality. Let's keep it in mind!

Messmer the Fascinator in Laval



On **March 17**, at 8 p.m., let yourself be bewitched by Messmer, the famous fascinator, who will treat you to new adventures during a benefit show called *Messmer INTÉMPOREL*, in aid of the Association du diabète Laval, Laurentides. The event will take place at Théâtre Lionel-Groulx.

? Reservations: 450 686-0330

Happy Hours, Discoveries and Networking

In a cosy, trendy atmosphere, come relax and meet with a bunch of exciting artists and others at Château Taillefer Lafon. This innovative concept is bound to delight you, both for the charms of the château and for the spellbinding flavours of the local products that you will be served. This monthly networking activity is being organized in aid of Société Alzheimer Laval.

? 450 975-0966, ext. 238

HANDY PHONE NUMBERS

GENERAL INFORMATION

Non-urgent calls	311
Non-urgent calls if you are 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	450 662-4440
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, suite 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, suite 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, suite 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	
3225 boulevard Saint-Martin Est	450 662-3400
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, #500	
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 & 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.

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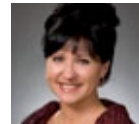
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Three Ways to Reach MY City



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.



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24 HOURS A DAY, 7 DAYS A WEEK

www.ville.laval.qc.ca

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(under Municipal Services /
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@Laval311



Ville de Laval – page officielle

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.

