

Vivre à Laval



**Organizations
and Volunteers**
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Cover page

On Laval territory, community organizations and their volunteers play a key role. They take action in many spheres of public life such as sports, recreational activities, culture and social development. The cover of this winter edition of *Vivre à Laval* was created by Montreal illustrator Audrey Malo, in her simple and humorous style using contrasting forms, sizes and colours.

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Dear Citizens:

The holidays are upon us and in the spirit of the season, I am happy to present this winter edition. Laval's Marché de Noël is back again this year! Plan a visit to discover, in a winter wonderland setting, quality gifts made by over 50 local craftspeople.

Your magazine is filled with inspiring ideas and activities to enjoy winter in our parks and woodland. I am very pleased to note the outdoor trend that is emerging all year long in the city. Indeed, a pilot project now provides – or will soon provide – access for the community to new kilometres of trails and waterfront.

When we think about sports and recreational activities, we also think about community organizations. The focus is on them in this edition. Their essential contribution in different areas is definitely recognized and so are their valuable volunteers,

but also in fields like culture, arts, and social development. Some 450 organizations make a difference in our community. I sincerely thank all of them and I am proud of the support our administration is offering them.

Finally, you will find in this *Vivre à Laval* a great cultural programming to have an enjoyable year end and winter. I wish you to spend marvellous moments with your family and friends during the upcoming festivities. During these busy weeks, keep in mind safety and environmental protection to have the greatest of holidays.

Happy New Year!

Stéphane Boyer

- 📍 maire.laval.ca
- 👤 Stéphane Boyer, mayor of Laval

Municipal Agenda

School break

March 4–8, 2024

Time change and battery check of smoke and carbon monoxide alarms

March 10, 2024

Moisson Laval Christmas basket campaign

Food drive until December 22, 2023

Monetary donations until December 31, 2023



marché de noël

**Local artisans,
flavours and magic.**

On December 1-3 and 8-10

- 📍 Centre de la nature
- 📍 marchedenoel.laval.ca



© iStock

Up to \$50,000 to Adapt Your Home

A home adaptation program is offered by the City in an effort to constantly increase accessibility for people with disabilities.

More specifically, it is a financial assistance allowing disabled people to adapt their home, so it meets their day-to-day specific needs. For instance, it could be installing a wheelchair ramp, adapting the bathroom, enlarging doorways, or installing a lift or elevator.

- 🔔 To know more about the program and conditions of eligibility, go to subventions.laval.ca

Innovate to Promote Access to Housing

The housing crisis, the scarcity of land and the complexity of housing needs describe a reality experienced by many municipalities including our city. Faced with this situation, it is essential to find innovative solutions to meet our community needs. Therefore, Laval now allows the creation of an additional housing unit in a single-family home already built, called accessory dwelling unit (ADU).

As part of its urban planning code, but also in the alignment with its global housing strategy, the City rightfully authorizes the creation of this type of housing unit in existing dwellings.

What an ADU could look like?

Adding another dwelling unit to a single-family home may be, for instance, setting up a bachelor unit in the basement, making an extension of the main house or transforming an attached garage into an apartment. Right now, however, an ADU that would be entirely detached from the main house is still not authorized in Laval.

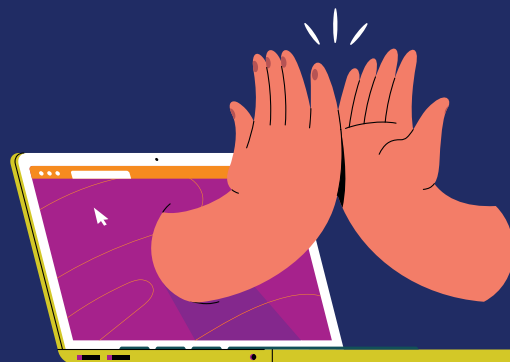
ADUs offer many benefits. Besides creating new housing units, they may bring an additional income to the main homeowner, reinforce intergenerational relationships, or offer a solution to maintain elderly people at home.

- 🔔 To know more about eligibility conditions and how to get a permit to setup an ADU, make an information request at [Mon dossier](#).

To make a request 24/7, go online.

Go to [Mon dossier](#). The citizen portal.

🔔 mondossier.laval.ca



Dial the Right Number

The level of urgency and the type of need varies depending on the circumstances—among other things! Here is a useful list of different services related to numbers ending with “11”.

3-1-1: Municipal services

This is the access to all municipal services.

- To report a street problem, get information on permits or know more about local activities.
- **mondossier.laval.ca** citizen portal gives access to the same services 24/7 with a follow-up on the status of requests.

8-1-1: Info-Santé and Info-Social

For medical and health advice by professionals.

- Ask a non-urgent medical question (option 1) or psychosocial support (option 2).

9-1-1: Emergencies

For life-threatening situations or cases needing an immediate response by policemen, firemen or paramedics.

- Only use in real emergencies.

2-1-1: Social and community services

To be referred to a community, social or health resource.

- Find some help for non-urgent needs, for example food, housing.

5-1-1: Information on road traffic

Real-time information on road conditions, ongoing roadworks, and road closure.

- To plan trips on Québec roads at all times, 24 hours a day, 7 days a week, download the Québec 511 App.

4-1-1: Search people and businesses

Telephone directory to rapidly find a person's or company's phone number in Canada.

7-1-1: Telephone relay service

Available at all times, this service facilitates communication between deaf, hearing-impaired or speech-impaired individuals and hearing persons.



Shape. Develop. Inspire.

Leave a distinctive mark in environment, toponymy, agriculture, business or any other area that significantly shapes the future of your community. Fifteen advisory committees need your input.

 implicationcitoyenne.laval.ca

Filing of the 2022 Annual Report of the Office of the Ombudsman

2022 was a year in which different operational issues impacted the handling of complaints and our external communications. Despite these challenges, the objective of the Office of the Ombudsman (OdL) team remains to make sure all complaints are handled. But we had to reconsider our priorities, hence the decision made to postpone the filing of our annual report until November.

To achieve reasonable deadlines, communications with City management and the different teams became essential to handle complaints both from previous years and ongoing.

During the years to come, our vision remains focused: resolving issues between the municipal administration and citizens through openness, readiness to listen and communication. We believe in a genuine collaboration, and to achieve it, we rely on increased visibility and more opportunities to meet with proximity services employees, municipal services managers, and general management. Our objective is to strengthen the links between all parties, to facilitate dialogue, and to promote the creation of a harmonious community.

Since OdL is an unbiased interlocutor, kindness will continue to guide each of our actions and thoughts ensuring our analysis neutrality while maintaining fairness between all parties involved.

Finally, we would like to thank all citizens for their understanding and patience in respect of the deadline to process their requests.

📌 Do not hesitate to consult our annual report on our website ombudsmanlaval.com, available as of November 7, 2023.

This text was provided in its entirety by the Office of the Ombudsman.



© Mari Photographie

Nathalie Blais, Ville de Laval Ombudsman

Your house cracks?

Whole house cracking: Get a subsidy of up to \$35,000

📍 grantprograms.laval.ca



laval en
blanc



Here, winter is celebrated.

January 26-27-28
Centre de la nature

Shows
Obstacle race
Via ferrata
And many more free activities!



© Jonathan Gaudreau

Snow-covered path at bois Papineau



© André Chevrier

Trails and Shorelines Accessible Year-Round

Great outdoors 365 days a year in Laval; we like that! A new pilot-project will be set up this winter in a park, on the river shorelines and some woods to give citizens more access to different trails. As soon as winter arrives, trail maintenance will start when weather conditions are favourable. All trails will be accessible for free and will allow you to move around more easily in beautiful natural settings.

Additional trails spread over 14 km will be groomed for everyone to enjoy in De l'Équerre, Papineau, Armand-Frappier, De la Source and Trait-Carré woods.

Trails on several shorelines will also be improved since more than 16 km will be made accessible this winter at berges des Baigneurs, du Garrot, des Quatre-Vents and de la Plage-Ideale, to name only a few.

Bernard-Landry Park will also be part of this project: trails 4 km long will be designed for nature walks or cross-country skiing.

- 📍 To find out more about trail conditions, go to envertetbleu.laval.ca, under Discover your natural environments

So Much to Do in the Woods

Laval families will be moving and grooving in the woods this winter. In addition to the trails available all year long in some woods and on waterfronts, CANOPEE network trails will be more vibrant. The annual winter programming, entirely free, includes birds of prey observation, a snowflake exhibition, snow painting as well as Après-midis famille during which one can sip a hot cocoa outdoor.

After borrowing a pair of snowshoes, you will be able to test your knowledge of Laval's woods fauna and flora. The sites are accessible to all – adapted sleds are offered for mobility-impaired people.

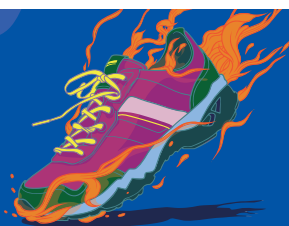
- 📍 reseaucanopee.org, under Activités

Parc de la Rivière-des-Mille-Îles during winter

Skating, hiking, sliding, and much more! To know all about winter activities, go to parc-mille-iles.qc.ca or call 450 622-1020.

**Fired up
for the race.**

June 2, 2024



**course des
pompiers**



📍 coursedespompiers.laval.ca



Share your Opinion About Laval's Woods

You go to Armand-Frappier woods, Sainte-Dorothée woods or Vimont woods? Watch the City video about the future of these woods and let us know what you think by December 18. More specifically, you will be able to share your opinion and ideas on how to develop these natural areas, so the Laval community makes better use of them.

➔ Go to the consultation at repensonslaval.ca, under Bois d'intérêt (in French)

Hectares and Hectares of Protected Natural Habitat

It is now some 4,800 hectares of natural habitat that are protected by the City via a regulatory framework or ownership. That's a lot of space for outdoor activities!

Note that as for the protection of natural habitats and the extension of the Laval blue-green infrastructure, the City tabled a historical report this year. The target of natural habitat protection has been reached, even exceeded. It is now 18% of Laval's territory that is protected, which is more than the 14% target set for 2035.

Among the innovative tools that helped the City to achieve this outcome, the Code de l'urbanisme alone allowed us to protect an additional 1,162 hectares of natural habitat as well as 70% of Laval's wetlands.

Moreover, since 2021, the City acquired over 100 hectares of natural habitat thanks to investments totalling over \$35MM.

➔ envertetbleu.laval.ca

dehors
cet hiver

Tons of outdoor winter fun.

Get moving in your parks and woods.

➔ dehors.laval.ca



Grab Your Fishing Rod and Go

Once again this year, you can go fishing for free on berge des Goélands and berge des Quatre-Vents. These are the only two official locations for ice fishing in Laval.

Note that no ice hut will be available for rent and that you must be able to bore a hole through the ice by yourself.

Before walking on an ice cover

- Make sure ice thickness is safe, for example by looking at data available at laval.ca, under Activities, Parks and Waterfront Areas, Thickness of the Ice on the Rivers.
- Get a yearly permit (fee) for your fishing hut at 1333 Chomedey Boulevard.
- Use official access points upon arrival and when leaving the site.

Always keep in mind

- Always stay within ice fishing marked-off area.
 - Do not throw anything in the river (rubble, garbage, food, etc.).
 - Have fun!
- 📍 laval.ca, under Activities, Parks and Waterfront Areas, Thickness of the Ice on the Rivers



Let Doggy Run in the Backyard

Winter is upon us and your dog is looking forward to playing in the snow. It is time to prepare a safe playground for it: here are some tricks to transform your backyard.

1. Start by meticulously clear your fence to avoid your dog from climbing on the snow pile and wander in the neighbourhood.
2. Check for all possible exits around your lawn, and firmly and safely close them.
3. Choose a good location to install a dog shelter with food and water that you replace regularly.
4. If your backyard is not fenced, use a leash but always keep an eye on your dog in case it wraps itself around an obstacle.

In any case, be alert and avoid leaving your dog unattended for a long time, especially during periods of extreme cold.

📍 animaux.laval.ca

Even in your backyard, your pet must always wear its ID tag. Registering your dog allows to quickly locate you if your dog is lost and someone finds it.

Adopt Little Kitty or Bring It to the Pound

Did you know that if you feed a cat that visits your home, you become responsible for it? Even if you feed the cat outside and only occasionally.

This means that as the cat's guardian, you must guarantee its safety and provide it with a roof. Besides, you must have it neutered.

So, if a stray cat visits your home, you either feed it and adopt it, or bring it to the local pound.

📍 animaux.laval.ca, under Stray Cats



Aquatic Complex: The Countdown Has Started

In less than a year, the City will inaugurate its Complexe aquatique. Located on Terry-Fox Avenue, next to the Cosmodôme and Musée de la santé Armand-Frappier, this building will allow all users to have fun thanks to these recreational and accessible facilities.

Also, the diversified aquatic programming for all ages will foster athlete learning, physical health and development, and will position Laval as a large Canadian and generate important economic benefit.

The building will include equipment complying with national competitions standards for various aquatic sports such as competitive swimming, artistic swimming (synchronized swimming), water polo and diving.

The construction of the aquatic complex started during the summer of 2022 and should be done by the fall of 2024.

Follow the work

It is now possible to follow work progress. Visit the online construction site at laval.ca, under piscines.laval.ca, under Aquatic Complex.

Work done or soon to be finalized

- All structure works are done including the steel structures, the three pools (competition, diving and recreational) as well as the structure of the diving tower and diving board platforms.

- Building insulation is almost finished and the installation of the exterior cladding should be done by the end of 2023.

Next steps

In the months to come, many work sequences will start including:

- installation of glass guardrails, around the diving tower;
- tile laying in the different pools;
- installation of interior curtain wall in the agora;
- installation of the huge stairway;
- installation of pool mechanical systems (filter, pumps, piping, etc.).

- 📍 piscines.laval.ca, under Aquatic Complex



TRAINING
FREE*
AQUATIC-LIFESAVING

Be part of the wave

WE NEED YOU!
BECOME A LIFEGUARD/INSTRUCTOR

TO REGISTER: SWIMMINGPOOLS.LAVAL.CA

* Certain conditions apply. Details at sauvetage.qc.ca/en





Downtown Cultural Infrastructure Getting Real

The future infrastructure of close to 24,000 square metres will be inaugurated by 2027. It will be built in compliance with the best practices in terms of sustainability and universal design. It will be located next to a user-friendly public place immersed in vegetation and culture.

With its distinctive architecture, the cultural infrastructure will house a central library and a professional art creation centre. This means that the Montmorency sector transformation will continue to become a strong cultural centre within an inclusive living environment. Here is a sneak peek at what to expect.

Central Library: a space share, innovate and grow


This institution will be a true place of exchange and innovation to which the whole neighbourhood public library network will be linked. Among other things, one will find:

- spaces to create, experiment, mediate, have fun, learn and work;
- a physical collection of close to 200,000 documents (books and audio contents), in addition to the present collection of Bibliothèques de Laval;
- community spaces, an auditorium, a game library (space offering board games), video game space, and much more.


Professional art creation centre: nurturing creativity

This will be the artists' venue where they will be provided with tools and spaces essential to create and develop their full potential, here, in Laval. It will include:

- versatile creation studios for performing arts;
- a digital laboratory;
- an exhibition venue for contemporary art;
- collaborative work spaces;
- multifunctional workshops;
- artist residencies;
- an event venue and cultural mediation spaces open to the Laval community.



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laval économique

A City Centre Always Greener

Green spaces have an undeniable value in large urban areas and Ville de Laval is firmly committed to transform its city centre. Our downtown area will be green, user-friendly and inspiring! Three projects are under study to reach this goal.

Parc linéaire du Souvenir – Last October, an important step was taken to create a large linear park along du Souvenir Boulevard. Indeed, with the acquisition of two pieces of land on the north-west corner of du Souvenir and Le Corbusier boulevards, the City seized the opportunity to make this sector greener. It is the first step towards the creation of a green space intended for a walk, play, rest as well as a various social, sporting and gathering activities. The linear park will be the link between nature and urban vitality.

Espace boisé du Trait-Carré – This oasis of freshness in the block bounded by boulevards de l'Avenir, Saint-Martin and Laval and chemin du Trait-Carré will be developed as a nature park of over 10 hectares. It will be well suited for recreational and outdoor activities. Citizens who visit this site were invited last fall, via an online consultation, to discuss the use, the issues and their expectations about the future park.

Carré Laval – An innovative neighbourhood designed for the well-being of residents will be created on the west side of autoroute 15, south of Saint-Martin Boulevard, once the former Lagacé Quarry is transformed. In the heart of this vibrant neighbourhood, a regional park will cover over 25 hectares.

Preserve water, one drop at a time

Water is a valuable resource. Since it is not inexhaustible, we must preserve it.

The responsible use of drinking water, but also reducing its consumption, is a collective and individual learning that we need to improve, at home, for example.

Small daily steps that make a difference

1. Avoid running the water unnecessarily

- Do not rinse dishes before putting them in the dishwasher.
- Keep water in the refrigerator instead of running the tap until the water gets cold.
- Turn off the tap while brushing your teeth, shaving, or washing your hands.
- Install a low-flow shower head and take a quick shower rather than a bath. Turn off the shower while you are soaping yourself.

2. Keep it in good condition

- Locate and repair all leaks as soon as possible. A leak is the main source of water wastage. A water drop that leaks every second might become 10,000 litres of water wasted yearly.

3. Change and choose the right equipment

- Choose a low-flow or double-flush toilet to reduce water consumption up to 60%.
- Choose a dishwasher or a washing machine with the ENERGY STAR® certification that uses less water (35% and 30% respectively).

- 📍 To find out more about Laval water, go to eau.laval.ca, under Drinking Water, Preserving water, one drop at a time



Pick-up of natural Christmas trees

January 8-19
inclusively

Same day as recycling
collection

📍 collections.laval.ca, under Firs and Christmas Trees





© iStock

Collection of Large Objects: Spread Over Two Weeks

Effective January 2024, the monthly collection of large objects will be spread during the last two complete weeks of the month. Therefore, according to your zone, the collection will be done during either of these two weeks, one working day before the waste collection. However, if the recycling materials or waste is on Monday, the collection of large objects will be the following Friday.

How to participate?

The collection of large objects is restricted to single-family homes and buildings of 23 units or fewer.

Place your large objects on your property sideline after 7:00 PM the night before the collection or before 7:00 AM on the day of the collection.

To be picked up, your large object must:

- be removable by two people with no mechanical equipment;
- have a maximum length of 1.8 m;
- represent a total quantity of approximately two square metre per street address.

Neither household garbage nor construction residues will be picked up during the large object collection days.

➔ Go to collections.laval.ca, under Collections Schedules

If you bring your waste materials at the ecocentre instead of having them picked up during large object collection days, you make a concrete environmental gesture. Your waste is then recycled, reused, or recovered! Choose the right bin. Do the right thing.

**“I go in the black bin,
even if I’m filled
with organic waste.”**



Choose the right bin. Do the right thing.

➔ collections.laval.ca



**Get up to 10 free
trees with a value
of \$200 each.**

The future takes root at your home.

➔ grantprograms.laval.ca,
under Free and subsidized trees

Your Collection Calendar Might Have Changed

With the arrival of the cold season, the alternate collection of organic materials (biweekly) is back for single-family homes and buildings of 23 units or less. And this year, collection zones are changing greatly.

Take a moment to check the new collection calendar on the City website. You might have to change your garbage disposal habits.

The alternate collection is effective since the week of November 27 and will remain like this until the end of March, that is when weekly collection returns. Note that for buildings of 24 units and more, industries, businesses, and institutions, the collection remains the same all year long following the regular calendar.

➔ Go to collections.laval.ca, under Collections Schedules, to check if the collection calendar in your residential zone was changed.



© iStock

Celebrate Without Waste

The holiday season is back, and it is the perfect time to try to reduce food waste. Here are a few easy tips to follow to restrict waste during your year-end receptions.

Did you know that Canadian households waste an average of 140 kg of food annually?

Planning: the basis of success

- Before going grocery shopping, look in your pantry, fridge and freezer and try to use what is in it.
- Free some storage space. You will be able to efficiently store your grocery, but also to preserve leftovers once the festivities are over.
- Make a realistic menu to determine appropriate servings and stick to your grocery list. Don't buy anything else!
- Choose Québec food to reduce the greenhouse gas emissions.

During the festivities

- Serve just enough food. To easily do so, offer small servings and place all the dishes in the centre of the table. Your guests will have an extra helping according to their appetite; the meal will also be more friendly!
- Do not leave food out more than two hours to preserve leftovers safety. Freeze them or ask your guests to bring reusable dish if they would like to share them.
- If it is a potluck, ask your friend to prepare their own dish or canapés or to bring some that are not overwrapped.
- Use reusable dishware; if not recyclable or compostable.
- Next to the buffet, put a bin or a compost paper bag at your guests' disposal.

➔ collections.laval.ca

When shopping, my reusable bag I'm bringing.

Plastic shopping bags are prohibited in Laval.

➔ reglements.laval.ca





© Vincent Girard

If you own a commercial and industrial land located next to an urban heat island, you can have access to demineralization and greening project which costs are 50% subsidized by the City.

2. Give up oil

Did you know that heating with oil represents the largest portion of GHG emitted by residential buildings? It is 100 times more polluting than hydroelectricity. A new tax has been introduced this year on oil heating appliances to encourage citizens to convert their heating system and change them to renewable energy sources.

If you replace your oil system, you can get a subsidy up to \$2,000. from the City (yes, it doubled). We already see the positive impact of this measure: since January 2023, close to 800 grants were given to replace these systems.

🔗 subventions.laval.ca

Climate Plan: Actions in Progress

The Plan climatique – Horizon 2035 adopted last spring by the City introduces new concrete actions. The target: to reduce by 33% of our greenhouse gas emissions (GHG) and increase our resilience to climatic variations.

Did you know that Laval received the uppermost badge of the Global Covenant of Mayors for Climate and Energy for its plan? This honor was awarded last May mainly because the City established an emission reduction target and an objective to adapt to climate changes, but also because it implemented a concret action plan to reach this target and objective. Let's talk a look at the actions that became concret this year.

Driving... Electric

Last October, the policy on eco-responsible management of rolling stock was updated. It was also time to make an initial assessment of its first action plan, which ended up being very positive.

Since 2020, this policy resulted in the installation of over 100 recharging stations on the territory, the acquisition of 120 electric vehicles, and the training of some thirty mechanics to work on those.

Its update is more concrete and structured to ensure further advances during the two upcoming years. The objective is to gradually replace the entire fleet of vehicles for electric ones. It is a fact! Close to half of the GHG emitted by the City comes from its municipal fleet.

Plant it! Grow it!

By 2025, the City wants to plant 15,000 trees on residential, commercial and industrial lands. This is in addition to the 15,000 trees that it will plant on City-owned properties during the same period. As a matter of fact, the City is on the right track to meet its objective: this year alone, over 5,500 trees were planted by municipal employees on City-owned lands and public right-of-way.

Take part in the change

You can also engage in the movement and take actions that will help us to reach our target.

1. Plant trees

If you have a residential land, the City offers you two options. There is a plan for tree donation through which you can get up to ten 2-meter-high trees free as well as a grant up to \$200 to plant a tree. Register now online to get your trees by springtime. First registered, first served.



© Tam Tam TBWA

Vox pop on Climate Changes with Mégan Brouillard

We asked standup comic Mégan Brouillard to meet with Laval citizens to answer questions about climate changes. Despite some little trick questions, the challenge has been met. Test your knowledge and discover how you can contribute to a greener tomorrow.

🔗 Watch the Video on Youtube, at [@villedelavalqc](https://www.instagram.com/villedelavalqc)

🔗 climat.laval.ca, under Charting a course for a greener future

Working for the Community.

Dance classes, sports teams, psychosocial support, cultural festivals, neighbourhood life, Christmas baskets: in Laval, community organizations provide those services.

Most sporting, cultural and recreational activities are offered by organizations recognized by the City. It is also the case for a large amount of social development services. There are around 450 organizations in Laval. Over sixty are involved in arts and culture; some hundred more in social development and over 250 in sports and leisure activities.

And of course, in the heart of those organizations, we find dedicated volunteers. These valuable people give their time every week, every month, so their community continues to develop positively. Without volunteers, so many activities and services would simply not exist. Discover these people and groups that really make a difference in the Laval community life. You will find out passionate people. No surprise since a third of all volunteers get involved for fun or by personal interest in an activity or a specific cause.



Becoming a Volunteer.

The question was raised because it is legitimate. What drives someone to become a volunteer? Félix-Antoine and Marilaine beautifully answered by telling us about the significance of volunteering on their personal life.



Laval Volunteer Wins the Dollard-Morin Award.

Last October 13, Laval boxing coach Claude Mercier received the Dollard-Morin Award, which acknowledges the contribution of volunteers in the field of recreation and sports to the development of their community. This award is given out by the ministère de l'Éducation in collaboration with regional recreation and sports groups, the Conseil québécois du loisir, the Corporation sports-Québec and the Association québécoise du loisir municipal.

As a volunteer, Mr. Mercier has been giving about ten hours a week of his time for the past 40 years. Since 1980, he manages the Club de boxe ABC, which mission is to contribute to the personal and physical development of people via the practice of



sports. He helped over a hundred athletes to improve their self-confidence.

Mr. Mercier's main objective has always been to teach perseverance and honour values. It is with deep gratitude that ex-boxers recognize the devotion and teaching abilities of their former coach.



By getting involved in the Coupe Québec de cyclocross of November 4 and 5, I felt as if I was contributing to the development of my sport. Indeed, besides allowing athletes to compete, the presence of volunteers introduced to the people living in the neighbourhood this unknown sport that is cyclocross. This weekend also gave me the opportunity to see friends I had not seen since the end of our road cycling season and to meet new people riding mountain bikes.

Félix-Antoine Malo
Coupe Québec de cyclocross



As a musician, I know the benefits of paying music. So, this is why I have been involved in the Harmonie Laval board of directors for close to 20 years. It allows me to give back to this organization that gives me so much in return, and to provide an opportunity for three groups of musicians to play music every week. Through my involvement and that of other volunteers, innovative projects are developed for our members moving the organization forward to fulfil our mission of promoting music in the city of Laval.

Marilaine Fournier
President, Harmonie Laval

Good to know.



In Laval, volunteers give an average of

9.3h/month.



For 57%

of people, volunteering facilitated the development of their own skills.



Over 20%

of interviewees are volunteering to carry out a social project or to support a citizen cause very close to their heart.

Portrait régional, Réseau de l'action bénévole du Québec, 2018.

Time to Register.

Each year, recreational organizations offer sporting, artistic and cultural activities for all ages and tastes during winter and spring.

To find an activity that suits you, go to the City website. Then, browse through the organization website to know more about its offer and to register.

📍 loisirs.laval.ca, under **Inscriptions aux activités culturelles, sportives et de loisirs**

Supporting Organizations.

Each year, the Commission de la gouvernance tables its annual report. The Commission's responsibility is to monitor accountability of many Laval community organizations.

When monitoring, the Commission supports the organizations to make sure they adhere to the best practices in terms of governance and management. This is done through comments and recommendations, but also with training and templates, always as part of a continuous improvement strategy.

Year after year, the Commission works have a positive impact. The community organizations express their appreciation for the support they get.

Read the Commission 2022–2023 report online.

📍 laval.ca, under **About, Municipal Administration, Governance and verifications, Commission de la gouvernance**

As For the City.

The Service de la culture, des loisirs, du sport et du développement social closely works with the community organizations recognized by the City. Among the 450 Laval community organizations, some 150 specifically works in social development. Their efforts include namely psychosocial assistance, activities promoting community life, and recreational activities offered to mobility-impaired individuals.

The present approach of the community life team is to develop an action plan for volunteer commitment and to update the Politique d'admissibilité au soutien municipal. This policy regulates the professional support given to all organization recognized by the City. By updating it, the City wants to properly adapt its support based on the emerging needs of community organizations. It acknowledges the great contribution and expertise of non-profit organizations that are essential to offer services to the population.

The present version of the policy dates back to 2021, and is an update of the Politique de reconnaissance adopted in 1995.

📍 laval.ca, under **À propos, Politiques municipales, Politique d'admissibilité au soutien municipal**



Good Advice for Safe Holidays

To make your year-end festivities safe for you and your family, follow these tips during the Advent period.



Replace your 10-year-old (or more) smoke detector

You should change your smoke detector during the holidays: its lifespan is only 10 years. To find out when to change it, check the expiry date on its case.



Keep your Christmas tree well hydrated

Enjoy your tree fragrance safely. A dehydrated natural tree can catch fire and burn your living room in less than three minutes.



Have your chimney swept

A fine soot deposit, creosote, may ignite in the chimney. Chimney sweeping must be done annually – and when necessary.



Keep walkways and entrances clear

If a fire starts while entrances and walkways are blocked, this could prevent people from exiting the premises safely. Always keep them clear inside and outside.



Avoid fire risk

Candles and incense sticks are still responsible for many fires. Instead, use lanterns and electric spray mists.



Your autonomy for 72 hours or more

You must be able to meet your basic needs in case of a major emergency. Go to getprepared.gc.ca, under Emergency Kits, Basic emergency kit.



Get cooking without burning

Most house fires are due to an inadequate supervision of a cooking appliance! Adopt a safe behaviour by using a timer, cleaning the stove, and using a certified frying appliance, for instance.



Avoid overloading

Multisockets cannot be connected as they increase the risk of surges. Always use certified multisockets and never overload them.



Remove ashes from your fireplace

Fire ashes remain hot during at least seven days. Before getting rid of them, put them in a non-combustible container far from any flammable materials for at least one week.

The Service de sécurité incendie wishes you happy holidays!
Follow these tips so you can celebrate safely.



© Martin Alarie

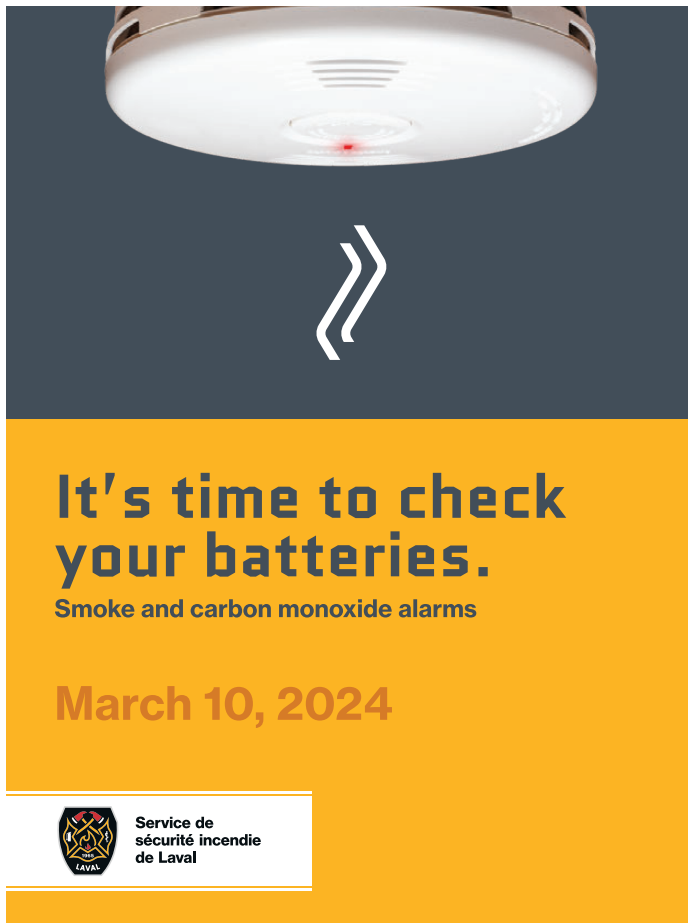
Time for... Safe Resale

Exchange and resale websites are very popular when the holiday season comes. When you are about to seal a business deal, choose the neutral meeting zone to avoid risks of fraudulent transactions and robbery. This safe zone is in the parking lot of the Service de police headquarters (2911 Chomedey Boulevard); it is always available and is equipped with a 24-hour surveillance camera.

Put the odds on your side and remember to follow these safety tips:

- Never give any personal information;
- Check the name of the seller or buyer online;
- If you are buying, keep one or more screen shots of the ad, and all information about the seller and communication with him/her;
- Preferably, go to the exchange location accompanied by someone;
- Interac transfer is the best way to pay.

➔ To know more, go to police.laval.ca, under Prévention, Zones de rencontre neutres (in French)



When There is No Fire...

On average, each year, the Service de sécurité incendie de Laval responds to 2,000 unfounded calls for which there was no fire, no risk of fire nor danger.

So far in 2023, there were some thirty false fire alarms in primary and high schools. In certain schools, firefighters made unnecessary visits five times since the beginning of the year.

The City wants to work together with schools to talk about the consequences of this type of mischievous acts with students, their parents and school staff.

Note that in addition to the needless deployment of resources, these deliberately triggered alarms can:

- increase response times in the event of real disasters;
- increase the risk of incidents during emergency situations;
- decrease occupants' confidence in alarm signals and jeopardize safe evacuation.

➔ To know more, go to pompiers.laval.ca, under Fire Prevention, Smoke Detector, Home alarms

A Better Strike Force Downtown

A second pumper truck was put into service at the Chomedey fire station located on Du Souvenir Boulevard on the corner of Armand-Frappier Boulevard. This vehicle, the eleventh of the fleet, carries four people every time the fire brigade goes on a call in the neighbourhood.

This additional truck increases the fire prevention department strike force in Laval's downtown area. This sector has been expanding for the past years and has more high-rise buildings. The acquisition of this truck is also part of the actions planned under the fire safety cover plans of the entire territory.



Roasted bungalow recipe

1	Heat 1 L of cooking oil in a large pot.
2	Go do something else for 8 minutes.

A dish to make your family burn with desire.



Always keep an eye on your stove.



**Service de
sécurité incendie
de Laval**

2023–2024 A Season Full of Contrasts

Maison des arts de Laval delivers outstanding and affordable experiences by offering a vast choice of performing arts events.

General Public Shows



© Stéphane Bourgeois

Robot infidèle

CIRCUS

Robot infidèle

Machine de Cirque |
7 years and up

December 10, 4:00 PM

Alone in his workshop, a worker who is also a circus artist works to divert everyday objects from their original function. Object theatre, physical and inventivity are the essence of the unfaithful robots. An innovative and unique approach to circus art.

Author and performer: Yohann Trépanier

Director: Yohann Trépanier, and the show's performers and creators



© Damian Siqueiros

Le Ruisseau

TALE -5 TO 7!

Le Ruisseau

François Lavallée

December 16, 5:00 PM

François Lavallée, a charismatic storyteller, is confident that our lives take deeper roots than we think. With his gentle eyes and his soothing voice, he tells a touching story about life and death intended for intergenerational audiences.

Creation, text, direction and performance:
François Lavallée

Take advantage of the 20% Holiday promotion rebate!

☎ 450 662-4440

🎫 Tickets: 450 667-2040

🌐 maisondesarts.laval.ca



Spread the culture

★

20% off*

Until December 31 inclusively
Promo code CADEAU

maisondesarts.laval.ca  Montmorency station *On all shows

MAISON DES ARTS DE LAVAL

© Alice de l'aire côté, Tout à Trac. Photo: Yan Couillard

FANTASY THEATRE DOCUMENTARY

Vous êtes animal

Théâtre PàP

February 8, 7:30 PM

We are in 2022. Charles Darwin publishes its hard-hitting essay On the Origin of Species creating many adverse reactions. A prolific novelist, playwright, actor, and producer Jean-Philippe Baril Guérard goes back in time to find out what led Darwin at the heart of a scandal.

Text: Jean-Philippe Baril Guérard

Directed by: Patrice Dubois. Un projet de L'Ensemble

(Dany Boudreault, Laurence Dauphinais, Patrice Dubois, Harry Standjofsky, Marie-Hélène Thibault)



© Dany Taillon

Vous êtes animal



© Sylvie-Ann Paré

Le sacre de Lila

DANCE

Le sacre de Lila

Ismaël Mouaraki – Destins Croisés

February 29, 7:30 PM

Inspired by the Lila ceremonies, traditional nocturnal, mystical, and musical celebrations of his native Morocco, Ismaël Mouaraki explores trance and spirituality with a group of male dancers from Québec and Morocco. Through them, it is also his own journey that he retraces.

Art direction and choreography: Ismaël Mouaraki

Young Public Shows



© Le Cactus Bleu

Les Petites Tounes

SONGS AND MUSIC

Faut toujours faire comme les grands

Les Petites Tounes | 3 years and up

December 17, 11:00 AM and 2:00 PM

Always ready to play, musicians Carlos, Claude, Éric and Martin present their new release and a creative, original and colourful show. The audience will beat the rhythm with their feet and hands. A must-see rock group for young and adults!

MOVEMENT THEATRE

Ceux qui n'existent pas

DynamO Théâtre | 10 years and up

February 18, 2:00 PM

The play uses acrobatic movement theatre, where music holds a major role to powerfully and boldly recounts a modern-day tragedy of migrant children fighting to carve out a place for themselves in the sun.

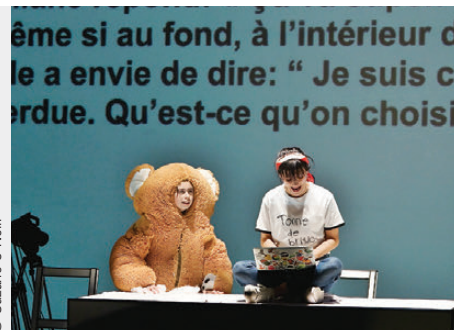
Ideation and direction: Yves Simard

Text: Pascal Brullemans



© Robert Etcheverry

Ceux qui n'existent pas



© Suzanne O'Neill

Tonne de briques

DOCUMENTARY THEATRE

Tonne de briques

Samsara Théâtre | 8 years and up

March 17, 2:00 PM

When Liliane suggests to her daughter Éléonore to create a play together, she is far from witnessing the clash their different imaginary world will provoke. And when Éléonore's dad, a video maker, joins the adventure, the family life is completely turned upside down. An unusual play mixing both fiction and reality.

Text and direction: Liliane Boucher

Distribution: Laurie Gagné, Éléonore Gagnon, David Leblanc

Exhibitions and activities

Salle Alfred-Pellan and Foyer of Théâtre des Muses

Free admission



A view of Marcel Saint-Pierre - *Libérez la peinture!* Exhibition

Marcel Saint-Pierre – *Libérez la peinture!* André-Pierre Arnal – *Les joies de la peinture*

Until January 7

At the end of the '60s, youth of the western world challenged the establishment. The slogan "Banning is banned!" summarizes the winds of freedom then sweeping on society. Laval artist Marcel Saint-Pierre (1944–2021), a native of Sainte-Rose, took part in this revolution. The exhibition covers the first 15 years of his career and the evolution of this new approach to painting.

At the Foyer of Théâtre des Muses, discover *Les joies de la peinture* exhibition by André-Pierre Arnal, one of the founders of the French group Supports/Surfaces.



Denis Rousseau, *Symphonie (detail)*, 2005

© Denis Rousseau, Collection du Musée Régional de Rimouski

Passeurs Passeuses

January 28 to April 7

Vernissage: January 28, 2:00 PM

Commented tour: March 24, 2:00 PM

Salle Alfred-Pellan asked artist and professor Denis Rousseau to reflect on the concept of transmission and legacy of art. As the curator, he invited six artists who were once his students and with whom he developed a friendly and multidirectional relationship when he was their teacher.

Together, they acknowledge their status of cultural ambassadors: that is acting as conduits to reflect on their time and to establish links between times and cultures.

At the foyer, each artist of the exhibition introduces an ambassador who was significant in his artistic journey.



© Photo Salle Alfred-Pellan, Ville de Laval

Activité le parent médiateur

Accompanying Parent

Interactive activity

Until January 4

With your family, experience the abstract painting process thanks to this activity in which the parent accompanies his/ her child: *Sur les traces de Marcel Saint-Pierre!*

All exhibitions and activities are free.

Information:

📞 450 662-4440

🌐 maisondesarts.laval.ca, under Expositions Salle Alfred-Pellan



© Ville de Laval

Archéomobile Exhibition Next Steps

During the spring of 2022, in Pont-Viau, an archaeological inventory revealed the remains of a hotel that operated from the 19th century until the beginning of the 20th century.

Did you know that in the 19th century the intersection of Saint-Hubert Street and Place Juge-Desnoyers was the heart of the social and commercial hub of the Pont-Viau village?

This inventory led to the setup of the free travelling exhibition *Archéomobile*. You haven't seen it yet?

Here are its next stops:

- Philippe-Panneton library (Laval-Ouest), ongoing until January 8, 2024;
- Maison des Arts de Laval, from January 15 to February 29, 2024.

The exhibition includes different artefacts, sometimes astonishing, such as a child medication bottle, a porcelain doorknob, fragments of a bone toothbrush, oyster shells, marbles ... and a lice comb!

These small objects of the City archaeological collection tell a great deal about everyday life over the past centuries near Viau bridge.

- 📍 Go to histoire.laval.ca, to know more about the *Archéomobile* exhibition and to stay abreast of all the archaeology events hosted by the City.



A NEW WAY TO EXPLORE LAVAL'S PAST

Geolocated routes
Archive photos and videos
Audio guides

Download the free mobile app
Parcourir Laval to discover our island
heritage jewels.

📍 histoire.laval.ca

Cultural Calendar



© Gabriel Fournier

Orchestre symphonique de Laval

Performing Arts

Orchestre symphonique de Laval (OSL) Concerts

Each year, the OSL proposes various symphony and chamber music concerts uniting very prestigious Quebec and international musicians. To know about the entire programming and have more information on the Festival classique hivernal passport, go to osl.ca.

Salle André-Mathieu

📍 co-motion.ca

L'OSL en fête

December 6, 7:30 PM

Festival classique hivernal

January 26 to 28

Hommage à La Callas

February 28, 7:30 PM

Saint-Martin Church

Carte blanche à Jean-Philippe Tanguay

March 16, 2:00 PM

Jusqu'au jour de l'An

Les Baladins de Laval vocal group

December 16

- 📍 École secondaire Horizon-Jeunesse
155 boulevard Sainte-Rose East
- 📞 514 805-9817
- ✉ limogesline@videotron.ca

Impressions nordiques et Revue de l'année

Harmonie Laval

January 20 and 21

- 📍 Théâtre des Muses de la Maison des arts
- 🌐 harmonielaval.org

Soirée du Temps des Fêtes

Danseurs et musiciens de l'île Jésus

January 6, 5:00 PM

- 📍 Pavillon du Bois-Papineau
3225 boulevard Saint-Martin East
- 📞 450 667-2566
- 🌐 dmij.net

Come and rehearse Quebec traditional dances, call-and-response songs and learn how to jig if you will, before and after dinner.

Chantons ensemble la magie de Noël!

Chœur Chanterelle
Tickets available at the door

December 10, 3:00 PM

- 📍 Saint-Yves Church
2975 avenue du Saguenay
- 🌐 choeurchanterelle.ca

Exhibitions

Exhibitions at Centre d'art de Sainte-Rose

Corporation Rose-Art

- 📍 214 boulevard Sainte-Rose
- 🌐 roseart.ca

Déjà la neige

December 6 to 17

Exhibition-contests Regards d'artistes

March 1st to 17

Exhibitions at Galerie de la Vieille Caserne

Corporation Rose-Art

- 📍 216 boulevard Sainte-Rose
- 🌐 roseart.ca

Nouvelle ère

December 6 to 20

Bleu et blanc

January 6 to February 17

Presque cachée

February 24 to April 6

Exhibitions at Centre Accès de Laval-Ouest

- 📍 Quartier des Arts du Cheval Blanc
6500 boulevard Arthur-Sauvé

Rouge: collective work of the QACB members

December 16 to January 23

La diversité : Véronique Bisson

January 27 to February 24

Exhibition of Lucie Lucas's and Normand Jacques's student works

March 23 to April 20

Exhibitions in Bibliothèques de Laval

Laval public libraries are exceptional cultural venues. They regularly welcome citizen exhibitions highlighting Laval residents' cultural leisure activities and organization projects' mission. During your next visit to the public library, look around and enjoy all the work.



© Myriam Mattais

Exhibitions in Laval public libraries

Digital

Nouvelle île — cultiver l'esprit des lieux

Verticale – centre d'Artistes

- 📍 nouvelle-ile.verticale.ca

A cultural mediation digital platform proposing a new look at Laval territory. On Nouvelle île, each work of art is based on its environment, and its creation was intended for a specific location. With this map, one can visit familiar or unknown locations.

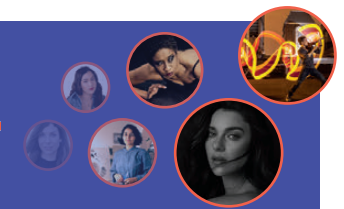
OUR HOMETOWNS ARTISTS

IN LAVAL

➔ SCAN HERE TO MEET THEM!



A budding repertoire by
LAVAL
SIGNÉ LAVAL





© Image au carré

Activity at the Musée de la santé
Armand-Frappier

Scientific Culture

Centre d'interprétation de l'eau de Laval

- 📍 12 rue Hotte
- ☎ 450 963-6463
- 🌐 cieau.org

Note that holidays programming will be offered all winter long.

Activities are intended for children six years and up.

Snowflakes and Candy Canes

How do snowflakes form? Here is a sweet experiment to create a snowflake storm!

Water Filtration

The transformation of raw water into drinking water through lab water filtration.

Ice and Pack Ice, Arctic Animals

Ice at the two poles is melting... What happens to the Arctic animals? This icy experiment stimulates the ice pack!

Musée de la santé Armand-Frappier

- 📍 2150 autoroute des Laurentides
- ☎ 450 686-5641
- 🌐 museefrappier.org

Conferences, theme evenings or holidays programming: the museum offers many special activities all year long. There is something for all tastes and ages! Room rental available for children's birthdays.

Manger ! L'exposition qui nourrit

This exhibition invites people to discover the relationship between food and health. We learn that food supplies the body with all the elements essential to its functions.

Also, whether through sense stimulation or the discovery of sociocultural traditions, visitors realize that eating is also a source of pleasure. At the end of their visit, they are invited to participate in a game; a lab activity is also offered.

4, 3, 2, 1... Santé!

Find out all the concrete steps one can take to maintain good health, for themselves and for others, as well as a healthier planet. The interactive exhibition invites visitors to discover the four scales of human health: molecules and cells, individuals, populations, and the planet. During the visit, participants realize that health is much more than the absence of disease. Many health questions are raised while visiting. A lab workshop is offered with this activity.

Cultural Leisure Seeking Talents

Studio Synapses

Winter Session Registration

- ✉ infos@studiosynapses.com
- 🌐 studiosynapses.com

Dance, theatre, magic, and fitness classes: 16 weeks of artistic activities for children (2 years and up), teenagers and adults in Vimont, ending with shows at the Maison des arts de Laval on June 1st and 2. Free trial and programme available during the school break.

Les Passionnés des Arts Visuels

To present an artist portfolio:

- ✉ louise.malouin@lespav.com
- 🌐 lespav.com

Visual arts artists, including sculptors, are invited to join the organization. Note that emerging artists are welcome.

Les Voix d'Elles

Information:

- ☎ 514-573-7430
- ✉ info@lesvoixdelles.qc.ca

This young choir for girls aged 8 and up is recruiting. Under the direction of Mariane Patenaude, the singers learn repertoire works, classic songs as well as an ambitious opera. During the 2024 winter season, the choir will rehearse the *Wizard of Oz* opera. Auditions will take place on Thursday, December 7 and January 11. Appointment required.

Association des photographes artisans de Laval

- 🌐 clubapal.com

Interested in photography? In addition to conferences, the Association offers training workshops and access to a professionally equipped studio as well as a library including the most recent works on photography. Different field trips are also proposed to encourage exchanges between members.



© Valérie Turcotte

Studio Synapses

Harmonie Laval

- 🌐 harmonielaval.org/eveilmusical

Harmonie Laval offers music education classes to children aged 2 to 12.

Danseurs et musiciens de l'île Jésus

- 🌐 dmij.net

English country dance every Wednesday beginning January 10, held at Centre communautaire Campeau, 3781 boulevard Lévesque West.

Chœur Chanterelle

- 🌐 choeurchanterelle.ca

The organization is presently recruiting new signers.

Citizen Art in Bibliothèques de Laval

To present an exhibition project:

- ✉ artetculture@laval.ca

Laval public libraries host theme exhibitions by organization and artists and open their venues to citizen art by inviting individuals (with no professional status) to exhibit their artistic project. A selection committee will evaluate the work of each citizen and communicate with him/her if the work is chosen to be displayed.



© Adobe Stock

Great Ideas for Cocooning

The Holiday season is upon us. It is time to make your green festive decoration! Go visit the digital resource toutapprendre.com to find great ideas. Many Christmas activities, gift wrapping ideas and table setups are suggested for the whole family.

Another cocooning pure moment of joy during the holidays? Free online movies thanks to Kanopy! Also, toddlers will be happy to know that Bagatelle is back and celebrates Christmas and winter vacation in capsules to be watched on the Bibliothèques YouTube channel.

Finally, if you or your children like *Louca*, *Studio danse*, *Schtroumpfs*, *Lucky Luke*, those comic strips, and much more, are now available on BibliMags.

🔗 To access these resources, go to biblio.laval.ca, under Biblio-numérique. Access is free for Bibliothèques de Laval subscribers ... and subscription is also free!

Did You Say “Free Music”?

Feel like discovering new musical worlds? Visit Naxos, both a Website and App to listen to classical music, jazz, and world music.

When online in the Naxos Video Library, browse through videos of classical music – music performances, concerts, ballet, documentaries and much more.

🔗 Find Naxos and many other free digital resources at biblio.laval.ca, under Biblio-numérique.

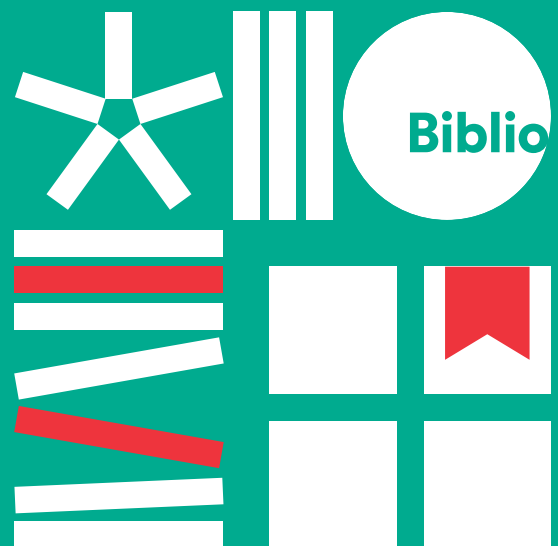
The Whole Package in Your Libraries!

Holiday Special Schedule:

Open
December 27–30
from 12:00 to 5:00 PM

Closed
December 24, 25, 26 and 31
and January 1st and 2nd, 2024

🔗 biblio.laval.ca



Libraries for Everyone

Some people cannot visit a library, so the library pays them a visit.

Last fall and winter, Bibliothèques de Laval collaborated with the Leclerc correctional facility, a prison for women serving a short sentence, to offer reading and writing workshops hosted by multi-disciplinary artist Kayiri. Listening to rap music, reading book excerpts and writing allowed them to prepare for a live performance. Among other things, note that writing of Québec author Webster was used to introduce them to the history of rap music.

Behind this initiative, there are many librarians such as Mathieu Tremblay. Involved since the beginning of the project, Mathieu was able to see its direct positive impact: “The workshops led the participants to appreciate and enjoy the benefits of all types of literature, but also to open up and tell their story and also listen to others. To offer and promote culture in detention facilities provide an opportunity for the inmates to be part of society.”

Reading Suggestions for the Holidays

Books to borrow at the public library, by librarian Jérémie Desjardins



À mon frère

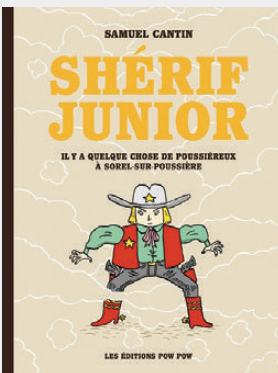
E.L. Karhu | La Peuplade, 2023

This first novel by this Finnish playwright features the torn relationship between a sister and her brother. The narrator, just as lovable as hateful, knows how to move the readers.

Les ombres familières

Vincent Brault | Hélotrope, 2023

To get away from the ghost of Christmas past, this book presents 90 intimate short stories to fill your free time between family dinners.



Shérif Junior 1. Il y a quelque chose de poussiéreux à Sorel-sur-Poussière

Samuel Cantin | Pow Pow, 2023

Modern western playing with the codes, and absurd and wicked humour, this first graphic novel by author Samuel Cantin is promising. If Lucky Luke takes care of evils in *Ciné-Cadeau*, we can count on Shérif Junior to keep an eye on things.

La balade littéraire

For outstanding interviews, do not miss our last webisodes with Micheline Duff, Sara Hébert, and Simon Boulerice.

YouTube Channel: Bibliothèques de Laval

Season 3



Bibliothèques de Laval



© Adobe Stock

Local Issue Tables... What are They Exactly?

These are groups of citizens of all ages and partners from different walks of life (community, school, City, leisure, etc.) who want to take real actions to improve the well-being and life of citizens and communities. Local issue tables play an essential role in the social development of your city, in line and alongside other existing local and regional consultation bodies. Also, employees coordinate each table's works, and proximity agents play a pivotal role between people and resources available.

Therefore, each table adapts itself to its community. It can deal, for instance, with educational success, service accessibility, urban agriculture, neighbourhood events, but also with any other social development issues. There are six tables in Laval, one in each planning district. All tables work locally but they also collaborate with each other to maintain and reinforce the strong complementarity of their expertise and actions with other local and regional consultation bodies.

Here are a few examples. Saint-François en Action and Jeun'Est en forme work together with the Coalition de l'Est (District 1), which serves Saint-François, Duvernay and Saint-Vincent-de-Paul neighbourhoods. As for District 2 local issue table, it serves Pont-Viau and Laval-des-Rapides neighbourhoods. Chomedey local development committee works in District 3 while Concertation Forme ta vie serves District 4 neighbourhoods in the western part of the city. M'îles lieux Ensemble is active in District 5, covering Sainte-Rose and Fabreville East, while District 6 Vimont and Auteuil neighbourhoods are served by VizAxiom issue table.

To know more about activities and services in your district, to get involved with projects being carried out in your neighbourhood, and much more, communicate with your local issue table!

Concrete Actions Promoting Ethnocultural Diversity

Last August, the City adopted a 2023–2028 Action Plan relating to immigration and ethnocultural diversity. This plan includes some 77 actions, projects, and sustained initiatives to promote the socioeconomic and cultural participation of new Laval residents. The objective is also to facilitate harmonious intercultural relations and reinforce social cohesion in the territory.

- 📍 To find out more about the Action Plan, go to laval.ca, under About, Municipal Administration, About Laval, Publications, Immigration, diversité ethnoculturelle et inclusion (in French)



Academic Success, a Shared Responsibility

Whether a young student or an adult, kindness and support is essential to stay in school and believe in your potential.

During the Hooked on School Days (HSD), from February 12 to 16, 2024, warmly encourage young people and adults going to school around you.

- 📍 Discover the Laval HSD edition: journeesperseverancescolaire.com/fr/rlpre



© Mari Photographie

Celebrate and Acknowledge

February is Black History Month. In 2024, Ville de Laval will stand, once again, with other Canadian and Quebec cities to acknowledge the participation of Black communities in the enrichment of other cultures and their contribution to the history of mankind.

As in the past, Bibliothèques de Laval and partner organizations offer a variety of educational and cultural activities in recognition of Black History Month. These activities will allow us to discover various aspects of the black community as well as their rich cultural, scientific, social, economic, and artistic legacy.

- 📍 laval.ca, under Activities, Events and Festivals, Diversity, Black History Month

Let's Talk About Street Parking

Since 2021, on most of the territory, restrictions on street parking are effective only during maintenance operations. Therefore, street parking when there is no maintenance operation was improved.

But... what is street maintenance?

All operations to have a clean, unobstructed, and safe street define street maintenance:

- Street sweeping and cleaning;
- Sidewalk and cycling path maintenance;
- Street and sidewalk snow removal.

So how to know when operations are planned or ongoing?

To take advantage of street parking when there is no operation, one cannot simply rely on operations that are visible or ongoing.

Therefore, for frequent users, keep abreast thanks to automated notifications:

- Text messaging (SMS) or email (subscribe to infostationnement.laval.ca/inscription);
- Info-Stationnement App (download from App Store and Google Play);

For occasional users, consult the interactive map at infostationnement.laval.ca.

When in doubt, or by choice, simply follow restrictions displayed on the street sign.

📍 stationnement.laval.ca



Find out which small efforts can make a big difference.

📍 neige.laval.ca





On Our Way to Celebrate

During the holidays, the STL offers free trips on the bus. What better way to safely enjoy the festive season!

Usually in service on weekend all year long, the free 360 shuttle bus will run continuously from December 23 to January 2 inclusively (except on December 25 and January 1st). No bus ticket is required; simply hop on board! This bus line makes a loop around the city centre from platform 8 of the Montmorency terminus. The shuttle goes by many restaurants, shops, and entertainment venues.

Reminder for families

At all times, up to 5 children aged 11 and under are able to ride any bus for free when accompanied by a full-fare-paying person aged 14 years and up.

👉 Plan your trips: STLaval.ca/fetes

Tout doux, Thanks to You

Changing our habits is not simple, but when we do it as a group, it works. So, it is thanks to you, citizens of Laval, that the awareness campaign to control speed on our streets *Tout doux dans nos rues* was such a success.

Indeed, during fall, you picked up close to 8,000 signs and more than 10,000 brown compost bags bearing the campaign logo and displayed them on your lawn. Your incredible participation brought kindness in all Laval districts. This collective momentum certainly helped to raise awareness of many drivers and encourage them to reduce speed in all neighbourhoods. Thank you all for getting involved in the improvement of our road safety.

Next spring, you will be asked to re-use the signs you put away when the awareness campaign comes back.

- 👉 Find out more about the efforts made by the City to promote road safety at laval.ca, under Citizens, Transport, Snow Removal and Road Works, Info Road Work, A street for one and all



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City Council



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under City Council Meetings/Webcast



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