

A photograph of three children sitting on a lawn covered in fallen autumn leaves. A boy in a grey and blue long-sleeved shirt is on the left, a girl in a purple and black patterned sweater is in the middle, and a younger girl in a purple sweater is on the right, smiling and holding a handful of leaves. The background shows trees with vibrant yellow and orange foliage under a blue sky with light clouds.

BACK TO SCHOOL IS HERE!
Tips and Suggested activities!

FALL 2013

VIVRE à Laval
Ville de Laval's newsbulletin

Earn a degree from UdeM, in Laval!



Photo: UdeM

For the past few years, Laval residents have been able to complete their studies in their own city. The Laval campus of the Université de Montréal offers the following programs: Bachelor's in social work, nursing, psychology, pre-school and elementary education, and in special education (elementary education). Graduate programs, such as psycho-education, are also offered. The *Faculté de l'éducation permanente* gives many evening courses.

In addition, a major in Criminology will be offered at the Laval campus starting in Fall 2013. Combined with a minor or a certificate in another discipline, this major enables graduates to work in intervention-related fields.

In Fall 2013, over 2,400 full-time students will be registered in initial training programs at the Laval campus, while over 2,500 part-time students will be registered in evening programs.

On **November 17**, during Discovery Day, the Laval campus of Université de Montréal will open its doors to the public. Come visit the campus and learn more about the programs, courses and services offered.

 www.laval.umontreal.ca

Works in the parks and on public roads

Since the fall of 2012, Laval teams have been implementing an action plan regarding the repair and maintenance of sports facilities. Basketball and tennis courts have undergone a facelift since the majority of them have been resurfaced.

Since this summer, in cooperation with the sports associations concerned, the City began work on baseball fields by, for example, changing the mounds and home plates in order to stabilize their surfaces.

This Fall, soccer fields will be added to the list and will undergo extensive improvements. Citizens are asked to cooperate with the workers and to comply with the periods of closure posted at the entrance of the sports facilities.

Plan, Create, Develop

Laval is developing. In addition to the renovation of outdoor sports facilities, several infrastructure upgrades have been completed throughout the territory and others are currently in progress: revitalization of about 50 parks, additional bicycle-path sections, road construction etc. Your city is constantly changing!


 For more details, please consult the Info Road Work tab on the City's website.



Photo: Sophie Poliquin

Construction: increase in the value of permits

The declared value of construction work, all categories, on Laval territory amounted to \$213.6 million in the first quarter, compared to \$197.1 million for the same period last year, representing an increase of 7.6%.

These statistics, made public by the Laval's *Service de l'urbanisme*, also reported an increase of 14.4% of the declared value of permits granted for residential construction, which totalled \$172.4 million, compared to \$147.5 million for the same period in 2012.

The number of building permits requested for the construction of new housing units (including condominiums) totalled 300, a comparable number to that registered on the same date last year.



Photo: Vincent Girard



The Mayor's Message

Dear Laval residents,

The fall edition of *Vivre à Laval* is already here. I hope you were been able to relax and have a good time with your loved ones this summer.

In this issue, you will find, among other things, information on the Active Mobility Plan recently adopted by the City. This Plan describes the current and future investments required to further develop our bicycle and pedestrian paths.

Also, please take note that the City's new website will be launched in late September; its new features make it more user-friendly and dynamic. Our website will essentially be easier to use and more interesting than ever. See for yourself!

Be sure to circle Sunday September 1st on your calendars, as the 14th *Fête de la famille* will take place at Centre de la nature. With its many activities, this large end-of-summer gathering will please everyone. Also make sure you find some time on September 6 to take part in the 40th *Collecte de sang des Lavallois* at the Centre sportif Bois-de-Boulogne.

At last but not least, I would like to announce the official reopening of the Maison des arts, which underwent major renovations. An overview of the fall programming is available under the Culture section. The program offers activities for the whole family, and for theatre, dance and visual arts lovers.

Welcome back!

Martine Beaugrand
Mayor

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September
1st 2013

**Fête de la
Famille
de Laval**

10 a.m. to 6 p.m., at Centre de la nature
www.fetedelafamille.laval.ca

BUSINESS PEOPLE'S GUARDIAN

The *Chambre de Commerce et d'industrie de Laval*, which was named Chamber of Commerce of the Year in 2012 by the *Fédération des chambres de commerce du Québec*, clearly understood the saying that, in business—as in life—the only constant is change. Since its creation in May 1967, the *Chambre* has been at the heart of Laval's economic activity by adapting to the needs of its members.

The *Chambre de Commerce et d'industrie de Laval* is the fourth largest in Québec with its 1,600 members, acts as the guardian of business people's interests, and as a catalyst for economic development. It provides support and training to its member companies, as well as many annual activities.



Photo: CCIL

Each year, thousands of participants attend the lunch conferences of the *Chambre de commerce et d'industrie*.

The organization chose to focus its efforts on initiatives that promote networking while maintaining its traditional activities, such as the Dunamis gala and the lunch conferences, in which several personalities from the socio-economic and political communities take part.

Its 2011–2014 strategic plan includes the following five guidelines:

- Strengthen the *Chambre's* role as a unifying agency for regional strengths;
- Redefine the place of young entrepreneurs so the Board can become a gateway to their integration, in addition to contributing to succession planning;
- Improve the relevance and performance of services in order to fully meet the needs of its members;
- Strengthen governance structures;
- Review the financial structure in order to release funding to encourage the emergence of promising projects.

Among other things, these new guidelines have already led to the launching of *MAG* magazine and the establishment of some projects such as programs concerning student retention, matching training to employment, and francization of businesses.

Young Entrepreneurs and Networking Two key priorities of the CCIL

The influence the *Chambre de Commerce et d'industrie de Laval* has on the various decision-makers is a major asset for Laval businesses. Its philosophy is still based on three key directions: relevance, credibility and proactivity.

By taking part in the Board's activities, members—31% of whom are women and 69% hold a senior management position—create a network of contacts and resources. They also develop a strong sense of contributing to the economic development of one of the most enterprising regions in Québec.

? www.ccilaval.qc.ca — 450 682-5255

DID YOU KNOW?

The first chamber of commerce was established on August 5, 1599 in Marseilles by decree of King Henri IV.



Photo: CCIL

The *Chambre* has chosen to focus its efforts on initiatives that promote networking while still maintaining its traditional activities, such as conferences that welcome prestigious speakers. On the left, Hubert Reeves, world leader in the field of astrophysics.

INVESTING IN CULTURE

The new face of the Maison des arts de Laval

Laval is aware that a variety of cultural offerings enhances the quality of its citizens' lives. As such, it did not hesitate to invest in upgrading the Maison des arts (MDA), its main arts and culture venue. The \$3.1 million invested last season, with the support of the *Ministère de la Culture et des Communications du Québec*, enabled us to modernize the facilities of the auditorium, the Théâtre des Muses, so that it is at the cutting edge of technology. The MDA also took advantage of the renovations to revamp the lobby, the loges and the bathrooms, among other things

Every year, the Maison des arts offers some 200 contemporary shows attended by 50,000 spectators. MDA undoubtedly ranks among the top cultural venues for the performing arts in Laval because of the Salle Alfred-Pellan, which is equipped to showcase major visual art works. If the renovations improve the kind of welcome that both artists and the public receive, the new MDA will enhance the experience thanks to a team dedicated to making the venue more accessible and livelier than ever. Rediscover your Maison des arts during the 2013-2014 season!



Photo: Sophie Poliquin

Libraries: a living environment

Laval libraries will also have the right to a facelift in the coming years. These investments will be used to redo the whole network through renovation, expansion and construction projects, and to build a big new library in the Cité du Savoir, near the Montmorency metro station.

Laval would like to make its libraries more comfortable and more inviting; places where citizens can socialize, which will help develop a taste for reading in Laval residents of all ages.

Microchip (RFID) technology will also be installed in the libraries. This technology will provide self-checkout stations, which, in turn, will allow the staff to be more available to help and advise users.



Photo: Marc-André Charlebois

A PLAN FOR PEDESTRIANS AND CYCLISTS



Photo: Sylvain Majeau

In the winter of 2013, Laval initiated an Active Mobility Plan (AMP) to promote walking and cycling. The plan was subjected to a broad public consultation, and an enhanced version is now available. More than 2,000 citizens, organizations and partners took part in the consultations held by the City. Series of meetings were held with key partners in connection with these consultations. The committee in charge of producing the Active Mobility Plan received some 30 submissions from Laval organizations.

This exercise enabled us to paint a picture representative of the habits of Laval residents, of their motivations and main reservations towards active mobility. Several interesting ideas were selected following these consultations. The AMP proposes a range of measures, including:

- Redesign intersections by planning areas of shelter, wider sidewalks and reserved spaces for bikes in front of the stop line for vehicles;
- Create multi-purpose paths to promote the harmonious co-existence between the various types of commuting;
- Implement a program to encourage employers who wish to offer facilities for employees who bike to work.

The City intends to invest \$45M within five years to add bike paths and multi-purpose paths (for several kinds of users). Several projects should materialize in the short term:

- A recreational and touristic path for the Communauté métropolitaine de Montréal linking Mont-Saint-Hilaire and Oka. In Laval, the path will link the barrage du Grand-Moulin and Laval-sur-le-Lac, at the Lachapelle bridge;
- Boulevard Daniel-Johnson, from A-440 to boulevard du Souvenir: one-way bicycle lanes along the street;
- Boulevard Le Corbusier, between A-440 and boulevard de la Concorde: one-way bike lanes along the street;

- Boulevard Industriel, between boulevard Dagenais and avenue Monk: one-way bike lanes connecting the Route verte to main commuting hubs;
- In Sainte-Rose: between the Sainte-Rose train station and rue des Patriotes: exclusive bicycle path—separated from roads and not accessible by vehicle—on the former Hydro-Québec right-of-way;
- In Saint-Vincent-de-Paul, in cooperation with the ministère des Transports exclusive bike path near the penitentiary. As such, the whole eastern part of Laval will be linked to the Route verte over a total length of 16 km of bicycle paths.

These projects will be added to those currently in progress:

- Boulevard Saint-Elzéar, between boulevard Curé-Labelle and boulevard Chomedey: bicycle lane
- Montée Masson: between boulevard des Mille-Îles and rue des Soissons.

? To consult the Active Mobility Plan, visit www.evolucite.ca



Photo: Sylvain Majeau



40th Collecte de Sang des Lavallois

This is the largest blood drive to be held in Canada, on one day, in one location. The 40th edition will be held Friday, September 6, between 8 a.m. and 8 p.m., at the Centre sportif Bois-de-Boulogne (955, avenue du Bois-de-Boulogne).

Your generosity will certainly make a difference, given that every 80 seconds, someone needs blood somewhere in Québec. In one hour, you could save up to four lives. A drop-in daycare centre and transportation services are provided free of charge. Easy access for persons with reduced mobility Participate in large numbers!

? www.ville.laval.qc.ca — 311 or 450 978-8000 if you are calling from outside Laval

On line in late September

New Laval website

For the past few months, we have been carefully reviewing the content and presentation of our portal. The purpose of this ambitious project is to offer users a revamped, more attractive and user-friendly website. Moreover, a new calendar of activities will be added.

A new address, a new design, quicker access to information for each clientele, relevant and effective texts; and better accessibility—these are some of the improvements to come.

Laval's new portal will be available in late September.

The new address: www.laval.ca.

Distraction robberies on the rise

Distraction robberies are a global phenomenon and Laval is not immune to them. It is an issue that the Service de Police de Laval does not take lightly. Citizens are asked to be vigilant when approached by strangers near their homes, on the street, or in shopping mall parking lots.

Usually operating in groups, with a friendly attitude that inspires trust, these thieves have quick hands and can easily distract their victim while they steal money, jewelry and other valuables. To avoid being robbed:

- Wear your bag across your shoulder;
- Keep your wallet in your pockets;
- Keep your distance from the other person;
- Lock your vehicle.

? Have you been robbed? Report the incident at 450 662-INFO (4636) Emergency: dial 911.

Martine Beaugrand, Mayor of Laval



Ms Martine Beaugrand, city councillor for the Fabreville district since 2009, was elected by acclamation as interim mayor this past June. She becomes the first woman to be elected as Mayor of Laval, and the seventh person to hold the office of mayor since the City's creation in 1965.

In addition to her city councillor role, Martine Beaugrand is recognized for her involvement as Vice-President of the *Société de transport de Laval* and President of the *Commission sur l'environnement de la Communauté métropolitaine de Montréal*. She is also a board member of the Laval Technopôle.

With a degree in Finance from the *École des Hautes Études Commerciales*, a Master's degree in Health Services Administration, Ms. Beaugrand began her professional career in the health care field, working at the Hôpital Cité-de-la-Santé and the Agency for Health and Social Services in Laval. She was also responsible for major gifts development for the Foundation of the Hôpital du Sacré-Coeur. Ms. Beaugrand also worked to rally Québec municipalities around healthy lifestyles with Acti-Menu.

She will serve as mayor until the next municipal elections, which will be held on November 3.

Photo: Pèpé



TRANSPORTATION AND RETURN TO WORK IN THE FALL

Get to work before everyone else!

Do you work in Montréal and want to get there quickly? Choose public transit! Last fall, the Agence métropolitaine de transport (AMT) added two free park-and-ride facilities and two sections of reserved bus lanes in Laval. The parking lots are served by buses from the Société de transport de Montréal (STM) and the Société de transport de Laval (STL), enabling users to quickly commute to the Pie-IX and Saint-Michel metro stations.

 www.amt.qc.ca/laval125

Solutions to facilitate your travels

In order to limit the impact of construction sites on the population, the ministère des Transports du Québec, and the partners involved in Mobilité Montréal—including Ville de Laval—are working together to develop incentives to promote public transit and to coordinate roadwork.

Here are two helpful tools to better plan your travel in the Greater Montréal area:

- An interactive map and a list of alternatives to the car, are suggested on Mobilité Montréal's website at quebec511.info/mm;
- Live traffic reports on Radio Circulation (730 AM), broadcast 24/7;
- Mobile applications Québec 511 and Radio Circulation.

With Mobilité Montréal, everyone is part of the solution!


Will your child be taking an STL bus to get to school?



Photo: STL

Upon their return to school, all students wishing to take an STL bus will need to have a valid OPUS card, with photo; otherwise, they will have to pay the exact amount on boarding the bus. To avoid this problem, students will have to encode their OPUS card (as of August 1st) in order to obtain reduced or student transit fares.

To make things easier, the Société de transport de Laval will visit various schools.

 For the schedule, visit the Students' Zone at www.stl.laval.qc.ca or contact the STL's Customer Contact Center at 450 688-6520.

The CLIC carpooling project

Photo: STL



CLIC was launched by the STL in partnership with the AMT. It is a carpooling service that offers the possibility of using electric cars to get to park-and-ride facilities, the Cartier and Montmorency metro stations, or to the Sainte-Dorothée train station. Users benefit from a reserved parking space in AMT parking lots, where charging stations have been installed. Almost one year after the project was launched, 36 Laval citizens have already subscribed to this service. With CLIC, they are able to experience tomorrow's car—the electric car.

 www.stl.laval.qc.ca

IT'S BACK-TO-SCHOOL! STAY COOL!

In a few days, 53,160 students will be on their way to 98 educational institutions (elementary, secondary and vocational training) in Laval. The Commission scolaire de Laval will open its doors for the 2013-2014 school year on August 28, while the Sir Wilfrid-Laurier School Board will open its doors on August 30.

With so many young people crossing the streets, drivers must be extra careful and patient on the road, and make sure they respect road signs. Be particularly alert in school zones, where traffic will be slow-moving. Don't forget that the speed limit in school zones is 30 km/h.

If you wish to drive your kids to school, make sure to park your vehicle where parking is permitted. Do not block private driveways, crosswalks or streets, and obey flashing lights on buses and stop signs.

If you want to avoid road congestion near schools, why not encourage your children to walk to school instead of driving them there? Keeping them active will be beneficial to their health. And your little ones will be safe: several trained crossing guards can be found all along school routes to help your children cross at intersections.

Photo: Annie Poirier



Distracted Driving = Danger

Photo: Vincent Girard



Accidents involving injuries caused by distracted drivers have increased in Laval over the past two years. Before texting, playing DJ or eating while driving, think of all the lives you will be endangering, including your own. So put these things on hold and focus on what's important: the road!

Road safety record

Traffic volume in Laval has been continuously increasing, and the Service de police de Laval is concerned about ensuring the safe movement of vehicles all over its territory. The road safety record of 2012 is a continuation of the road safety record of 2011 and ranks among the best of the past five years, with the lowest number of deaths and injuries.

? Consult the full record at www.ville.laval.qc.ca, under Public Safety/Police



Photo: Vincent Girard

FIRE PREVENTION

Open House at Fire Stations

Keep Warm, in Complete Safety

During the cooler days of autumn, it is nice to relax beside the fire. In order to fully enjoy these cozy moments with peace of mind, it is important to take the steps required to ensure the proper functioning of wood stoves and fireplaces in your homes.

Chimney sweeping and inspection of connecting pipes

Having your chimney swept annually is essential to preventing fires. The *Service de sécurité incendie* suggests that you use the services of a chimney sweep certified by *l'Association des professionnels du chauffage* (APC). The purpose of cleaning your chimney from top to bottom is to remove the accumulation of creosote or soot in your heating appliances or fireplaces. It minimizes the chances of a chimney fire in your home.

In addition to having your chimney swept, it is advisable to have your connecting pipes and flues inspected to avoid jeopardizing your life and the lives of your loved ones. This process must be repeated each time an appliance is connected to it or a chimney fire occurs, in order to detect any hazardous conditions.

Tips on how to use your heating appliances safely:

- Avoid using too much wood at a time and feed it more often;
- Burn only dry wood as green wood can cause creosote to build-up faster and result in excess moisture in your home;
- Put the ashes in a metal container. The latter must be raised, to avoid contact with the floor, and kept outside your home. Wait 72 hours before disposing of the ashes to make sure that they are cool enough to be disposed of.
- Clean your heating appliance and have your chimney swept regularly.

? For more information on section 2.6.1.4 of by-law L-9000, visit www.ville.laval.qc.ca

Replacing a heating appliance

Thinking of replacing your old heating appliance? The City and the *Changez d'air* program offer you a \$500 to \$700 cash-back when you replace an old appliance with an up-to-standard appliance. A \$200 grant for removing a non-compliant appliance is also offered.

? www.changezdair.org

Firefighters' Open House for Everyone

Take advantage of the Open House Day to speak with firefighters and receive valuable advice. Be there, **October 13** from 10 a.m. to 4 p.m

Change Your Clocks, Change the Battery in your smoke detectors

Do not forget to change the time on **October 27**. It's also the time to replace the batteries in your smoke detectors. Fires can start so quickly—avoid the worst from happening!



Photo: Vincent Girard



Photo: Wikimedia

European buckthorn (*Rhamnus cathartica*)

BUCKTHORN CONTROL IN BOIS CHOMEDEY

Considered an “exceptional forest ecosystem” (EFE) by the Ministère des Ressources naturelles et de la Faune, bois Chomedey is home to rare and diversified plant species. Unfortunately, the European buckthorn, an invasive exotic plant, is a threat to the biodiversity of this natural environment. This shrub, originally from Europe, is regarded as a parasitic plant by the Government of Canada. It is a hazard to the regeneration of the woodland because it reproduces rapidly and keeps native plant species from growing.

This summer, the city therefore undertook, together with of Tree Canada, Éco-nature and the *Comité écologique du Grand Montréal*, to restore bois Chomedey by eradicating this harmful shrub and planting native species. In July, a team made up of staff members and volunteers set out on a Buckthorn control mission over an area of 30,000 m², pruning shears in hand.

Some 150 trees and 700 shrubs will be planted by October in order to gradually restore the original vegetation of this magnificent woodland, which acts as the lungs of the city centre. Moreover, Ville de Laval plans on closely monitoring the situation over the coming years to ensure the survival of the new plants and prevent buckthorn from returning.

A plan to eliminate the Emerald Ash Borer

Ville de Laval has developed a strategic plan to manage its ash trees following the emergence of an insect pest, the Emerald Ash Borer. The situation can now be monitored based a map of the 5,000 ash trees belonging to Laval. Ville de Laval has installed about 40 traps in some of its ash trees and will launch a preventive treatment program for large mature trees.

 www.ville.laval.qc.ca

2013 Beautification Contest Adding beauty to your neighbourhood



The *Embellissez votre extérieur!* contest took place in Laval from May 10 to July 19. The contest was held in partnership with *Laval en fleurs*, under the *Fleurons du Québec* program, with the purpose of acknowledging and rewarding the efforts of both citizens and businesses that make their environments more attractive by adding greenery.

For a list of all the winners and to view their creations, visit our website (as of October). Thank you to all who participated! Ville de Laval has set out to obtain a fourth *Fleuron* in 2013, adding to the 3 it already holds. Thanks to your efforts, another *Fleuron* could be ours!

GREEN SPACES

GET READY FOR SPRING RIGHT AWAY!

As fall approaches, the time has come to prepare your green spaces for winter for a better regrowth when spring arrives. Here are a few tips to ensure that your soil sleeps well.



Photo: Vincent Girard

For your lawn:

- Apply a 1-cm layer of compost on your lawn. The City holds a compost clearance sale every fall; this year it will be held on **September 28**.
- Re-seed bare spots and damaged areas with a grass seed mixture made up of diversified and endophyte enhanced seeds—such as fescue, bluegrass, ryegrass and clover, to name a few.
- Shred the fallen leaves with your lawnmower, leaves and let them decompose on the ground. You can also compost them if there are too many.
- Cut your grass shorter, to about 5 cm, on the last mow of the season.

For your trees and shrubs:

- Plant container-grown and burlapped trees and shrubs in September or October (fall is conducive to planting).
- If necessary, fertilize damaged trees and shrubs in October, and apply a thick layer of fallen leaves or mulch at the foot of the tree to protect the roots prior to the first cold days.

For your whole garden:

- Divide and replant perennials, and plant spring-flowering bulbs from September to October.
- Bring the potted plants you wish to keep during winter inside as of September.
- Trim perennial foliage and store non-hardy bulbs in October.
- Plow, weed and clean-up your flowerbeds before the first frost.
- Amend your soil with fertilizers and install winter protection around trees, shrubs, rose bushes and perennials in November.

For your rainwater barrel and your composter:

- Empty your rainwater barrel and flip it over to prevent water from entering. It is preferable to store it in a covered area.
- Do not move your composter: you can leave it outside and continue to fill it with organic waste until it is full. Decomposition will resume in the spring.

MUNICIPAL ELECTIONS OF NOVEMBER 3, 2013

Following the release of a public notice by the returning officer, the election period will begin on September 20 and will end on November 3, 2013 with the election of a mayor and 21 councillors.

IN ORDER TO VOTE:

Voters must be entered on the list of electors prepared by the Chief Electoral Officer of Québec, and provide one of the following identity document:

- Plastic driver's licence or probationary licence;
- Health insurance card from RAMQ;
- Canadian passport;
- Indian Status Card;
- Canadian Forces Identification Card.

Any verification or any change to the list of electors must be done at the Chief Electoral Officer of Québec's office at 1-888-ELECTION (1-888-353-2846).

ON SEPTEMBER 30:

A notice of revision will be mailed to each municipal address. If you do not receive such notice, or if your name does not appear on the notice, it means that your name was not entered on the list and you will not be allowed to vote in the election. In such case, you will have to go to one of the following boards of revisors and register.

ON OCTOBER 5, 7, 8 AND 9:

Opening of the offices of the boards of revisors. Any application for registration, removal or correction may be submitted at the locations, dates and times specified below:

City Hall

1 place du Souvenir (Chomedey)

Pavillon du bois Papineau

3235 boulevard Saint-Martin Est (Duvernay)

Centre communautaire Le Sorbier

140 rue Nadon (Sainte-Rose)

Dates and times:

October 5 and 7: from 10 a.m. to 1 p.m. and from 2:30 p.m. to 5:30 p.m.

October 8 and 9: from 2:30 p.m. to 5:30 p.m. and from 7 p.m. to 10 p.m.

OCTOBER 21:

A reminder card will be mailed to each voter on the list of electors, indicating the names of the candidates running for mayor and for municipal councillors, and where to vote.

(Bring this card with you when you go vote.)

OCTOBER 27:

Advance polling stations will be open from noon to 8 p.m.

NOVEMBER 3: GENERAL ELECTION

Regular polling stations will be open from 10 a.m. to 8 p.m.

Me Guy Collard
Returning Officer

? 450 978-3911



Photo: Thinkstock



Photo: Vincent Girard

BYLAWS AND PREVENTION TIPS

Beautification of New Residential Neighbourhoods

Do you own a newly-built home in Laval? Did you know that a municipal bylaw states that you must landscape your property as soon as possible?

Your land must be landscaped with lawn, trees, shrubs or flowers, at the earliest of the following:

- Six months after the exterior walls of the main building have been completed;

OR

- Six months after the start of occupancy of the building.

A tree must be planted:

- In any front yard, if the yard is at least 10 metres wide;
- In any side yard of at least 4.5 metres, and adjacent to a public roadway.

The tree trunk must be at least 2.5 cm in diameter, measured one metre from the ground, and be equipped with a metal stake as of planting. For more useful information, consult Ville de Laval's Tree Code.

 www.ville.laval.qc.ca

Seasonal parking

Seasonal parking will be in force **from October 1 to April 30**, Monday to Friday, from 8 a.m. to 5 p.m. Keep an eye out for the signs along the street and for temporary signs (on snow banks during snowblowing operations), to find out when parking is allowed in your area.

New bylaw regarding the Storage of Recreational Vehicles

It is prohibited to park any vehicle, other than a passenger vehicle, of more than 5 m long and 2.1 m high on the street.

Exceptions:


- Recreational mobile homes and motor homes of 7.6 m long and 3 m high at the most;
- Unoccupied trailers of more of 3 m long and 1.8 m high at the most;
- Snowmobiles.

These vehicles must be parked in a side or back yard, at least 1.8 metres away from the facade of the main building, and at least 1.2 metres away from any property line.

No vehicle may be parked in the front yard. Vehicle dimensions include any equipment or goods installed or loaded on or in the vehicle. Particular regulations apply to corner lots (plot of land cornered by more than one street).

Car shelters

Under zoning bylaw L-2000, temporary car shelter structures can be set up from **October 15**. However, the covering may not be installed before **November 1**. Car shelters do not require a permit, but it is your responsibility to comply with the prescribed standards. All temporary car shelters must be removed by April 15 of the following year. Weather permitting, do not hesitate to set up your car shelter later than the prescribed date or to remove it sooner.

 For more information, consult *Temporary Car Shelter* at www.ville.laval.qc.ca

MUNICIPAL AGENDA

FÊTE DE LA FAMILLE
September 1 (see p. 27)

COLLECTE DE SANG DES LAVALLOIS
September 6 (see p. 7)

SWAP YOUR PLANTS
September 8, 14 et 22 (see p. 29)

FALL FLOWER DISTRIBUTION
September 14, from 8:30 a.m.

BYLAW L-4340 CONCERNING WATER CONSUMPTION CEASES TO APPLY
September 15

CAR-FREE DAY AND FOIRE ENVIRONNEMENTALE
September 20

HAZARDOUS HOUSEHOLD WASTE (HHW) FALL COLLECTION
in the City Hall parking lot
September 21, 8 a.m. to 4 p.m.

CULTURE DAYS
September 27, 28, 29 (see p. 27)

COMPOST SALE
at the municipal composting site
September 28

START OF SEASONAL PARKING
October 1 (see p. 14)

OPEN HOUSE AT FIRE STATIONS
October 13 (see p. 10)

COLLECTION OF LEAVES
October 14–November 15

LAVAL SENIORS' WEEK
October 16–27 (see p. 34)

PUBLIC LIBRARIES WEEK
October 19–26 (see p. 21)

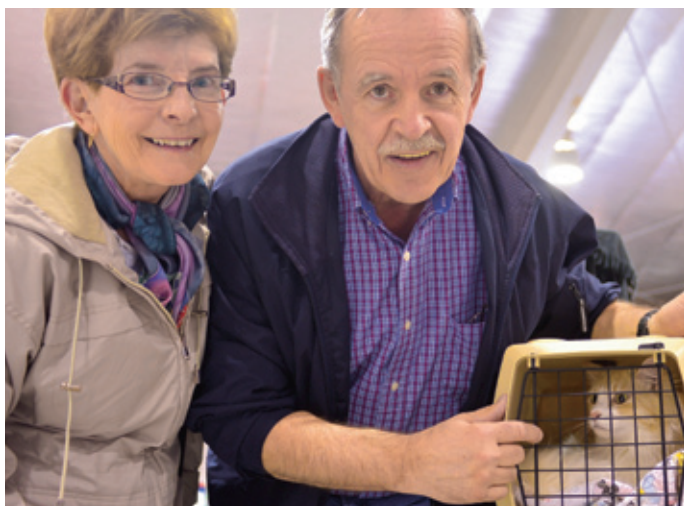
QUÉBEC WASTE REDUCTION WEEK
October 19–27

CHANGE YOUR CLOCKS, CHANGE THE BATTERY
October 27 (see p. 10)

MUNICIPAL ELECTIONS
November 3 (see p. 13)

VOLUNTEER TRAINING DAY
November 23 (see p. 17)

Photo: David Gaubiac



Animal adoption is worth looking into

Are you thinking of adopting a pet? Taking care of a small creature is a long-term responsibility. Your new companion will surely bring you lots of joy, but it will also bring on some constraints that should be considered. Will you have enough time to take care of your pet? Can you afford a pet?

If you are not sure of your decision, why not consider becoming a foster family? Temporarily sheltering an animal will give you a better idea of the investment it requires, both in terms of time and money. You will also be able to share the costs with the shelter that provides the animal. In the end, your decision will be better informed. If you are interested, ask your local shelter.

Should you decide to adopt a dog, don't forget that they must be registered with the City each year before January 20, and they must wear an ID tag. You can also have a microchip implanted in your dog; this simple and painless intervention could help you trace your companion in case of loss. Also think about having your pet neutered, which is necessary to help control the pet population.

Two weeks dedicated to the environment this fall

Visit our website to find out the list of activities offered during the Take Action Against GHG Week and the Québec Waste Reduction Week, which will take place in September and October.

Schedule of municipal services for Labour Day and Thanksgiving

? Visit Laval's website at www.ville.laval.qc.ca

AWARDS PROMOTING INDEPENDENCE

If persons living with functional limitations want to be involved in the community, they have to have access to buildings and infrastructures, both public and private. Concerned with this important issue, the joint advisory committee on accessibility, set up by Ville de Laval, oversees the planning and execution of work required to make such facilities accessible.

To highlight the excellence of architectural designs and facilities promoting access for persons with disabilities, each year Ville de Laval presents three Access awards during the gala Reconnaissance Laval—Visages d'art. The following businesses were honoured on June 3:

Grand Prix, Business category

Project: TD Canada Trust (Laval-Est branch)

Opening a new branch

Address: 899 boulevard d'Auteuil, in Duvernay

Architect: Federico Arciero

Grand Prix, Housing category

Project: Boisé Notre-Dame, phases 1 to 4

Construction of four multi-family dwellings of more than 750 units

Address: 3055 boulevard Notre-Dame, in Chomedey

Architects: Louis Jr Ratté, Tremblay L'Écuyer architectes associés, and Karl Fischer

Grand Prix, Institution category

Project: école Jean-Piaget (Commission scolaire de Laval)

Relocation and expansion of a school with an adapted curriculum

Address: 3150 boulevard Dagenais Ouest, in Fabreville

Congratulations to the winners! Visit our website for a complete list of winners at the 2013 gala Reconnaissance Laval—Visage d'art.



Photo: Sophie Poiriquin

Grand Prix for an institution presented to the Commission scolaire de Laval

Des jeunes bénévoles en action



Photo: Annie Poirier

Over 1,800 volunteers between the ages of 10 and 17 are active in the Réseau Jeunes bénévoles en Action (JBA Network). Each year, Ville de Laval honours the work of some 30 volunteers during a civic ceremony held at City Hall. These young volunteers receive a social citizenship certificate highlighting

over 100 hours of social involvement in different environments in Laval.

This event is in line with the regional guidelines established in the Agreement on teenagers' involvement in the city. Ville de Laval's partners in this initiative are the Centre de bénévolat de Laval, Commission scolaire de Laval, Sir Wilfrid Laurier School Board, collège Montmorency and the Forum jeunesse de Laval.

It's never too late to start volunteering, and you can make a difference! If you are interested, visit the JBA Network's website

? www.benevolatlaval.qc.ca, under Volunteer Work/Réseau Jeunes bénévoles en action (JBA Network)

New website for persons with disabilities

An online directory is now available to help look for facilities offered to persons with disabilities following a joint effort between several community and public partners from Laval. This will allow families and workers to have access to over 100 facilities, all in one place.

? www.ropphl.org/repertoire

Do you know what RUI is?



RUI

REVITALISATION
URBAINE
INTÉGRÉE

In Laval, three RUI approaches have been established in Chomedey, Renaud and Pont-Viau. The partners in these RUI work together to implement measures in the fight against poverty in those neighbourhoods. Fine projects have been undertaken as a result of their efforts.

For example, students at école Simon-Vanier, and those at Les Quatres-Vents, in Chomedey, are now able to safely walk to school through a specifically-designed path near their school.

Another initiative: neighbourhood festivities were recently held in Pont-Viau. In addition, a public garden was set up this summer for the residents of Place Saint-Martin, which gave families in need access to fresh fruits and vegetables at a lower cost.

Ville de Laval obtained a seal to identify projects carried in the framework of the RUI. The logo symbolizes the sense of mutual support, the community, the creation of projects, with a little urban touch. Keep an eye out for this logo!

COMPLETE
YOURSELF

Saturday, November 24
8:30 a.m. to 5 p.m.

JOURNÉE
DE FORMATION
POUR LES
BÉNÉVOLES
2013

Université 
de Montréal

At Laval Campus of
Université de Montréal

Buy your ticket for the Objectif Zénith Prize Draw

Objectif Zénith is a fundraising campaign initiated by Ville de Laval to help sports, community and cultural organizations. In the fall, tickets will be sold to the public by members of participating bodies, which keep 90% of the amount raised. The profits of the fundraiser will serve to finance their various projects. Interesting prizes will be drawn at the end of the campaign, next February. Buy your ticket from a participating body.



Photo: Sophie Poliquin

Oz the mascot and friends

ASSOCIATION MIDI-QUARANTE FIND ANOTHER JOB AND REGAIN YOUR DIGNITY

Normand has been working as an executive at a large company for 27 years. He is in his fifties and appreciated by all his colleagues. On a beautiful Monday morning, he learned that he was being laid off. A laconic letter informed him of the company's restructuring, and asked him to take his personal effects and leave the premises. He was in shock. What appeared like a perfectly blue sky, was ripped apart by a bolt of lightning. Isn't our work more than a means to sustain ourselves and our families? Aren't we defined by our work?

Association Midi-Quarante has seen several cases like Normand over its 25-year existence. As a matter of fact, it has seen about 10,000 of them, involving both men and women of an average age of 55. These recently unemployed workers, who have almost never gone through a period of unemployment, often arrive in a state of desperation. Corporate executives, seasonal, secretaries, technicians, all have extensive work experience.

The first reaction of these "victims of employment" is to think that they will never be able to work again because of their age. "This is an unfounded reflex; any serious employer will tell you that older workers are generally more loyal, more punctual, and offer better customer service", says André Hétu, Executive Director of the Association Midi-Quarante, whose offices are located in a shopping mall on boulevard de la Concorde, in Duvernay.



Photo: AMQ

André Hétu, Executive Director of Association Midi-Quarante.

« Three ingredients: respect, a sense of collaboration and the quality of the service. »

Success Rate: 83%

In the Association's last annual report, its president, Claude Séguin, explained that Midi-Quarante offers a range of specialized and tailored services with respect to transition, career management, and cutting edge training in order to increase the employability of its varied customer base made up of unemployed workers over the age of 40. Midi-Quarante has a success rate of 83%. What is their secret? Their recipe for success includes three ingredients: respect, a sense of collaboration and the quality of the service.

If he had access to all the microphones in the world, André Hétu would immediately tell experienced unemployed workers to never lose hope. He would also take this opportunity to tell employers to keep an open mind. An experienced worker may be the solution to your hiring problem. Being 45, 50 or 60, is in itself a skill!

? www.assmq.com — 450 664-0711



FALL FLOWER GIVEAWAY

September 14, 2013
Starting at 13 p.m. at City Hall

(While quantities last)



Danse Lhasa Danse

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Photos: Alarie Photos, Vincent Girard, Filippa Lidholm



WELLNESS

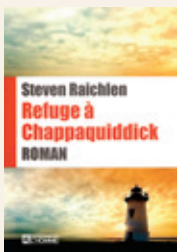
In September, and throughout 2013-2014, Laval libraries invite you to explore the topic of wellness. There are times when, caught in the dizzying whirlwind of life, one ponders big questions. What is happiness? How do I achieve it? How can I improve both my physical and spiritual health? To help you further your reflection, let us inspire you with our book and movie suggestions, and with our conferences, workshops and much more.

LIBRARIAN'S SUGGESTIONS, BY SANDRA ALOUZ

WELLNESS BOOKS

Refuge à Chappaquiddick

by Steven Raichlen,
Éditions de l'Homme, 2013



In his first novel, Grill master Steven Raichlen, takes us on a journey on Chappaquiddick island in Martha's Vineyard in the United States. This is the story of Claire and the Hermit, two beings scarred by life who end up meeting each other and realizing that they share a common passion for food, books, and emotions. This novel is a reminder that, sometimes, it feels good to go beyond the surface and return to the basics of life: love, family and friendship.

Pas. Chroniques et récits d'un coureur

by Yves Boisvert,
Éditions La Presse, 2013



This book is not an instruction manual for runners. It is rather a collection of witty, funny, and self-mocking short stories. Readers of Yves Boisvert will not only recognize the style of the columnist who can vividly put his impressions into words, but also the runner who is constantly pushing his boundaries. This is definitely a book for runners; however, some stories are likely to pique the interest of any reader.

La soif de bonheur

by Mario Proulx,
Bayard, 2012



In his book, Mario Proulx conducts interviews with eminent persons from various walks of life; these interviews focus on the same topic: happiness. Psychologists, novelists, psychiatrists, scientists, philosophers, each of them share their personal views on happiness, reminding us that happiness is sporadic and that there is no true recipe for it. This book is good for the soul and allows us to reflect on how we each view happiness.

L'homme-joie

by Christian Bobin,
L'Iconoclaste, 2012



Christian Bobin is the author of several books, including *Éloge du rien*, *L'inespérée*, *La plus que vive*. In *L'homme-joie*, Bobin takes us to a place where joy, wonder, and beauty of nature prevail. This novel praises life despite all the suffering, the pain and the occasional death. This seductive and inspiring book is good for the soul, and lets you sit back and enjoy life; this book will stay with you for a long time.

Méditations pour mieux vivre

by Nicole Bordeleau,
Disque compact, Yoga Monde, 2006

Following the news that she was suffering from chronic illness, Nicole Bordeleau decided to study the effects of relaxation and meditation on coping with stress, anxiety and physical pain. In this box set, Bordeleau guides us through the eight relaxation and mediation techniques she has been using for the past 15 years to stay healthy and calm. Doesn't matter if you only have five minutes to spare or half an hour, or whether you are at the office or at home, her techniques can change your life!

Fall Program

As of **September**, get the new brochure containing all the activities offered this fall at your library.



REGULAR SCHEDULE

(from September 2, 2013 to May 25, 2014)

Monday: closed

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

Friday: noon to 9 p.m.

Saturday: 10 a.m. to 5 p.m.

Sunday: noon to 5 p.m.



Join up!

It's free!

Public Libraries Week

From **October 19 to 26**, Laval libraries give you an opportunity to find the many hidden gems waiting to be discovered at your public library. This is your chance to uncover the latest trends, classic literary titles, CDs, TV series, audio books, comic books, video games and children books. Whatever moves you! The library is the perfect place to refuel.

Several activities are scheduled to take place during this theme week. For more information, consult our Fall brochure.

Meet-the-author



Photo: Martine Doyon

Wednesday **October 23**, 7 p.m.
(registration required)

Sylvain-Garneau Library

Winner of the *Grand Prix de la relève littéraire Archambault* in 2011, Marie-Renée Lavoie's first novel, *La petite et le vieux*, was highly successful, enjoying both mass popularity and critical acclaim. The book also won the 2012 edition of the *Le Combat des livres* on Radio-Canada.

Digital Books

A collection of ebooks from Québec is now available in all Laval libraries. The Sésame Catalogue allows you to borrow two books at a time, which you can read from the media support of your choice, i.e. computer, reader, tablet or even your smart phone. Ebooks are free of charge for all library users.



Photo: Marc-André Charlebois

What's New:

Loans

You can now borrow up to **30 documents**, including a maximum of **15 audiovisual documents** (except video games: maximum of 2), for a period of 3 weeks (except DVDs: 1 week).

New Sésame Catalogue

The Sésame Catalogue got a makeover. Come take a look at it wherever and whenever, whether from the comfort of your home, or at the library:

- **Simplified** searching and browsing
- **Improved** aesthetic
- **Dynamic** reading suggestions
- What's **New** at your fingertips
- **Browsing shelves** made possible with QR code



- Compatible with **touch screens**
- **Mobile version** coming soon
- And at last, but not least, the main attraction: the arrival of **digital books**

Theater and improvisation for teenagers

The Rencontre Théâtre Ados (RTA) invites teenagers aged 11 to 17 to put their creative potential on display. Led by dynamic and inspiring professional actors, the RTA's daily improvisation and theatre workshops represent one-of-a-kind opportunities for teenagers to acquire leadership skills and learn tricks of the trade from professionals. Activities will begin in September at the bibliothèque Émile-Nelligan.

? www.rtados.qc.ca — 450 687-5654
Facebook: www.facebook.com/rtados

? For more information on the libraries, please refer to the handy phone numbers directory on page 35, visit www.ville.laval.qc.ca or call 311.

Follow Laval Libraries on:

f [facebook.com/bibliothequeslaval](https://www.facebook.com/bibliothequeslaval)

REDISCOVER YOUR MAISON DES ARTS



Photo: Amanda Russel

Circus Incognitus

After more than one year of renovations to bring the Maison des arts up to standards, the time has come for its unveiling! Grand re-opening on **September 15**. Come experience the 2013-2014 season!

A performance-event for the reopening of the MDA ► *Danse Lhasa Danse*

A co-production of Coup de coeur francophone and PPS Danse

This is a rare occasion to see nine dancers, five singers and five musicians together on the same stage. Pierre-Paul Lavoie orchestrated this show as a tribute to the late Lhasa de Sela, an exceptionally charismatic singer-songwriter.

► **September 19**, at 7:30 p.m. — must be 18 and over

? **Box-office: 450 667-2040**

GRANDES SORTIES JEUNE PUBLIC – Register now!

Circus Incognitus

Jamie Adkins
Circus — for children aged 5 and over
October 5, at 2 p.m. and 7 p.m.

Ma mère est un poisson rouge

Théâtre de l'Avant-Pays
Puppets — children aged 6 to 9
November 2, at 11 a.m.

Clip!

Centre de recherche en art clownesque (CRAC)
Clowning theatre — for children aged 4 and over
December 8, at 2 p.m.

Devant moi, le ciel

Dynamo Théâtre
Acrobatic theatre — for children aged 10 and over
December 15, at 2 p.m.

Les grandes chansons

Les Petites Tounes
Song and music — for children aged 3 and over
December 22, 27, 28 and 29 at 2 p.m.

L'éclaireur

Théâtre Les Amis de Chiffon
Puppets — children aged 5 to 9
January 26, at 2 p.m.

Arthur l'aventurier en Afrique

Singer — for children aged 3 and over
February 2, at 11 a.m. and 3 p.m.

Féérique! Ma mère l'Oye

Orchestre symphonique de Laval
Music — for children aged 5 and over
February 16, at 11 a.m.

Le fantôme de Canterville

Théâtre des 4 coins
Theatre — for children aged 10 and over
February 16, at 2 p.m.

Dubé du bout du Bic

Théâtre Bouches Décousues
Storytelling and song — for children aged 4 and over
March 1—2, at 2 p.m.

Le plus court chemin entre l'école et la maison

Théâtre Mathieu, François et les autres
Theatre — children aged 6 to 9
March 9, at 2 p.m.

Ô lit!

Bouge de là
Dance — for children aged 4 and over
March 16, at 2 p.m.

Ondin

As part of the Petits bonheurs
Théâtre de l'illusion
Puppets — for children aged 3 and over
May 4, at 2 p.m.

Fragile

Slumber party as part of the Petits bonheurs festival
Le Clan des songes (France)
Puppets — for children aged 3 and over, May 9, at 7 p.m.

► School programs are also available.

? For a copy of our brochure call 450 662-4440.
Family box office: 450 667-2040 —
www.salleandremathieu.com/spectacles-Laval/salles/maison-des-arts-de-laval



Cohésion by Elena Willis



Noël 1933 by Théâtre Exaltemp

EXHIBITIONS

Salle Alfred-Pellan is a gallery room showcasing the works of contemporary artists. Exhibitions are free of charge!

Elena Willis

Cohésion

Curator: Sylvain Campeau

Elena Willis' photographs show a booming nature, rich in leaves and grass. Invasive flora clutters up bodies of water shot by the artist.

September 15—November 17

Jeffrey Poirier

Contenir l'essaim

Contenir l'essaim is part of Jeffrey Poirier's latest research on how to turn tangible elements into an aesthetic whole.

September 15—November 17

Et si les robots mangeaient des pommes?

Group exhibition

Curator: Ariane De-Blois

A collective of artists examining—through various media—the shrinking barrier between human beings and artificial beings.

December 1—February 9, 2014

Salle Alfred-Pellan opening hours:

Tuesday to Sunday, 1 p.m. to 5 p.m.

Friday, 9 a.m. to noon, and 1:30 p.m. to 8 p.m.

Free admission

Address: 1395 boulevard de la Concorde Ouest.

? Pick up a copy of the 2013-2014 activities program available at public buildings throughout the City.

Information: 450 662-4440 — www.ville.laval.qc.ca, under Culture

Box office: 450 667-2040 — www.salleandremathieu.com/spectacles-Laval/salles/maison-des-arts-de-laval

THEATRE

The Maison des arts de Laval offers creative plays and meet-and-greet sessions with the artists. Exciting evenings await you...

Un monde qui s'efface — Grande première!

Théâtre Bluff

A young Iraqi is getting ready to speak at a conference. During his preparation, memories of the American occupation of his country, which led to the disappearance of his family, start coming back.

October 16, at 7:30 p.m.

Moi, dans les ruines rouges du siècle

Trois Tristes Tigres

Inspired by the life of Ukrainian-born Montreal actor Sasha Samar, this play relates the uncommon fate of little Sasha, who was taken away from his mother at a young age.

October 23, at 7:30 p.m.

Soupers

Simoniaques Théâtre

The play follows a thirty-something obese man working as a video game designer through several dinners at the restaurant.

November 23, at 7:30 p.m.

Noël 1933

Théâtre Exaltemp

December 24, 1933. In the midst of the economic crisis, a handful of French Canadians are getting ready to celebrate Christmas Eve...

December 7, at 3 p.m. and 7:30 p.m.

EXHIBITIONS ALL OVER LAVAL

Maison André-Benjamin-Papineau

5475 boulevard Saint-Martin Ouest

In collaboration with the Association lavalloise pour les arts plastiques (ALPAP)

Tuesday to Sunday, 1 p.m. to 5 p.m.

L'annuelle des arts

Juried exhibition of photos, sculptures, paintings, and graphic design.

August 30—September 29

Quatre passionnés d'art (paintings)

October 4-27

Cris et chuchotements (paintings)

November 1-24

www.alpap.org — 450 688-6558

Centre Accès

6500 boulevard Arthur-Sauvé,
Laval-Ouest

In collaboration with the Quartier des arts du Cheval blanc

Monday to Friday, 9 a.m. to 9 p.m.

Saturday, 9 a.m. to 4 p.m.

Marc Rolland (painting)

September 1-27

Mireille Choquette

and Normand Gagnon (painting)

September 30—October 25

Diane Martin (painting)

October 28—November 22

[450 687-4866](tel:4506874866)

Galerie d'art La Vieille Caserne

216 boulevard Sainte-Rose

Presented by Rose-Art

Tuesday to Saturday, 9 a.m. to 5 p.m.

Sunday 1 p.m. to 4 p.m.

Folie, folie

November 9 to January 4

www.roseart.ca — 450 625-7925



De fond en comble



Photo: Alexis Bellavance

All summer long, artists Nicole Fournier and Douglas Scholes took over unused land near the Montmorency metro station for a contemporary art project. Scholes prepared the land with maintenance and moulding, while Fournier's part consisted in showcasing the land's existing biodiversity.

After graining this hard to sow land last April, the time has come to reap the fruit of such hard labour! This is a genuine opportunity to reflect upon various environmental issues such as recycling, agricultural practices and taking charge of our living spaces. Be there **September 15**, 4 p.m. at place Claude-Léveillée (Montmorency metro) for the closing of the project when harvesting and live dining are on the menu, as well as other activities.

This Verticale centre for artists project, in collaboration with Ville de Laval, was presented by the curators of the collective, N. & M. (Nadège Grebmeier Forget and Manon Tourigny).

www.galerieverticale.com

Read-With-Me Week

October 4-11

This is a national reading movement for children between the ages of 0 and 12. Parents, friends, educators, teachers and librarians are invited to organize activities centered on reading in order to stimulate children's interest. In schools and libraries, children will have the chance to meet their favourite authors and illustrators.

Conference

A day of reflection on reading will be held at the Maison des arts de Laval on **October 4**. The children's literature will particularly explore the theme of arts. This conference is mainly intended for professionals working with books and those in the field of education.

www.lisavecmoi.com



Photo: Vincent Girard

MUSIC

3 NOT-TO-MISS MUSIC EVENTS!



Alain Trudel

First concert: *Passionné!*

This concert, fully dedicated to Tchaikovsky, promises great passion...the Russian way! Pianist Serhiy Salov, winner of the Montreal International Competition in 2004, will interpret one of the most famous and most beloved concertos by Tchaikovsky, *Piano Concerto no. 1*. Beauty is at the centre of the composer's first symphony, which is reminiscent of a trip between St. Petersburg and Moscow. The concert will be conducted by maestro Alain Trudel.

September 25, 8 p.m. at Salle André-Mathieu

www.osl.qc.ca



Photo: Festival Diapason

The 6th Diapason Festival October 17-26

The *Festival musical indépendant Diapason* (FMID) is an innovative event that celebrates alternative music in the Laval area with a variety of shows. This year, shows will be performed in two places: in Vieux-Sainte-Rose and at the Maison des arts.

Spotlight on: **Lisa LeBlanc**, Saturday, **October 19** at the Maison des arts de Laval. The full schedule will be launched on **September 17**.

www.festivaldiapason.com
— 450 978-6828

Opéra-bouffe du Québec *L'Étoile*

With *L'Étoile*, Simon Fournier, the artistic and music director of Opéra-bouffe du Québec, offers a piece by a French composer and musician from the second half of the 19th century, Emmanuel Chabrier. Chabrier, whom Ravel once described as an "unknown and unlucky genius", said that great cheerful art can be created. With Normand Chouinard directing, there is

no doubt that this will turn out to be a genuine performance!

> **November 8, 9, 15 and 16**, at 8 p.m.

> **November 10 and 17**, at 3 p.m.

At Maison des arts de Laval
Information: 514 903-1980
Box office: 450 667-2040

www.operabouffe.org

LITERATURE

The *Marché des Mots* and Literary Cafes

This fall, the Société littéraire de Laval has an interesting program in store for literature lovers.

The *Marché des mots*, from September 27

Guest poets: **Jean-Paul Daoust**, **Violaine Forest** and **André Roy**. The activity is supported by the Government of Québec's Secrétariat à la politique linguistique.

Hosted by: Francine Allard
At café Le Signet in Sainte-Rose
295 boulevard Sainte-Rose

Literary Cafes

October 8: Éric Dupont (*La fiancée américaine*, *Prix des collégiens* and *Prix des libraires* in 2013)

November 5: Janette Bertrand

www.societelitterairedelaval.qc.ca
— 450 978-7669



RENDEZ-VOUS WITH SCIENTIFIC CULTURE THIS FALL

All sorts of activities will take place this fall in various science interpretation centers in Laval. Don't miss your chance to learn while enjoying yourself!

Armand-Frappier Museum



Photo: Armand-Frappier Museum

Journée portes ouvertes

September 28, as part of Culture Days

Les samedis au labo

Starting **October 19**

For children aged 5 to 8 and their parents

Cafés scientifiques

October 29, November 12 and 26, in the evening

? www.musee-afrappier.qc.ca — 450 686-5641

Rivière-des-Mille-Îles Park

Les architectes de la nature

Aboard a rabaska, participants accompanied by experts will learn to recognize the various nests and burrows they see during their journey. Is that a bird's nest, or a squirrel's nest? What does the inside of a beaver lodge look like?

September 14, 9 a.m. to noon.

345 boulevard Sainte-Rose

Reservations are required.

? www.parc-mille-iles.qc.ca — 450 622-1020, extension 227

Centre d'interprétation de l'eau (C.I.EAU)

Fundraising Dinner-Conference

Fouiller le Lady Sherbrooke: un environnement aquatique en évolution

Cocktail dinner buffet and conference on shipwreck excavation techniques; the challenges, the history and dramatic changes in the quality of our rivers. With Jean Bélisle, Ph. D., underwater archaeologist and historian.

October 2, from 5 p.m. to 9 p.m.

At Maison des arts

L'approvisionnement en eau potable dans l'espace



Photo: Cosmodôme

Presented by C.I.EAU and the Cosmodôme. Sylvain Bélair, Executive Director of the Cosmodôme, talks about how water treatment in space has evolved, from the conquest of space until today.

November 8, at 7 p.m.

At Cosmodôme

A tour of the La Pinière wastewater treatment plant



Photo: C.I.EAU

The La Pinière plant station is a public establishment essential for the clean-up of Rivière des Prairies. It is the largest of three wastewater treatment plants in Laval, treating about 75% of wastewater on île Jésus. Discover its facilities during this guided tour organized by C.I.EAU.

Admission is free, reservations are required.

November 16.

? www.cieau.qc.ca — 450 963-6463

La Quinzaine des sciences

Since its inception, this flagship event for Laval's scientific culture has brought together hundreds of researchers and teachers, along with thousands of children and adults, from the curious lay person to the experienced scientist. This year, the *10th Quinzaine des sciences*, taking place **from October 25 to November 19**, offers an array of activities at Collège Montmorency and elsewhere in Laval, such as conferences, cafés scientifiques, forums, exhibitions, contests, etc. .

? www.cmontmorency.qc.ca/sts



Photos: Alarie photos and Annie Poirier

COME CELEBRATE THE END OF SUMMER WITH US!

The *Fête de la famille de Laval* is back for its 14th consecutive year. On Sunday September 1st, all families from all neighbourhoods are invited to the Centre de la nature to take part in the festivities.

Each year, nearly 75,000 people participate in this large gathering which takes place against the charming backdrop of the biggest park in Laval. Ville de Laval is still excited at the thought of offering you a diversified program that includes shows, inflatable games, street entertainers, face painting, play structures, family picnic, cultural dancing, municipal services booths (firefighters, police, etc.), and much more.

This year, Télé-Québec Afternoons are back on the main stage. Performances by *1, 2, 3...Géant (Les Argonautes and Génial)* — and by *Shilvi, Fredo and Arthur l'Aventurier*—will surely entertain you.

Elsewhere on the site, the Tyrolean traverse and medieval battles will appeal to the older crowd, while the younger ones can enjoy the animation at the Children's village. Skateboarding demonstrations and competitions will be held in the WIXX Zone. And at last but not least, the corn roast to benefit the Red Cross will undoubtedly have the hungriest lined up!

All activities are free of charge. For more information, keep an eye on the event's website. Come celebrate the end of summer with us at Centre de la nature!

www.fetedelafamille.laval.ca — 311

Les Virées patrimoniales

Until October 5



Photo: Annie Poirier

There is still time to take part in one of the *Virées patrimoniales* in Vieux-Sainte-Rose and Vieux-Saint-Vincent-de-Paul, either on your own or with your children. Whether you choose to be accompanied by a guide-historian or by actors,

you will leave on a journey to discover the founding neighbourhoods of the island and its colourful inhabitants. Presented by Réseau ArtHist.

www.reseauarthist.com — 450 681-1611

les journées de la culture

EVERYTHING IS FREE!

PARTICIPATING IS PROTECTING CULTURE

September 27-29

PROGRAM AVAILABLE ON MID-SEPTEMBER AT WWW.VILLE.LAVAL.QC.CA

CHOOSE A LEISURE ACTIVITY!

Registration in activities offered by Laval organizations



Photo: Pépé

Whether you are looking for dance or karate lessons for your children, a pétanque club for your father or a Spanish course for yourself, you will find what you are looking for among the countless activities offered by the various organizations, in collaboration with the City.

Discover their programming and take the opportunity to move, learn, socialize and develop your skills!

Registration for the fall session is well underway, and there are still places available. Don't hesitate to join one of the groups that are currently being formed!

Reputable and reliable organizations

All of these organizations are supported and recognized by the municipality. They enjoy full autonomy in planning their activities.

Choice of neighbourhood

There are active organizations in every Laval neighbourhood, so you can choose activities that are offered close to your home. That being said, you are not obliged to live in the neighbourhood where the organization is based to sign up for its activities. You can pick your favourite activity, then choose the location where you will practise it as you prefer.

How to register?

Registration for fall activities mostly takes place in August—and in the case of winter activities—in November, but this may vary depending on the organization. To register, contact the association or organization offering the activity of your choice. For contact information, please refer to the Directory of Organizations.

? Activities offered and registration. The Directory of Organizations is available on our website.



Photo: Sophie Poliquin



Photo: Pépé

Main leisure organizations

SECTOR 1

(Duvernay, Saint-François et Saint-Vincent-de-Paul)

Loisirs Duvernay/Saint-Vincent

www.ldsv.ca — 450 936-3661

Loisirs Saint-François de Laval

www.loisirs-st-francois.qc.ca — 450 666-3516

SECTOR 2

(Pont-Viau, Renaud-Coursol et Laval-des-Rapides)

Loisirs Bon-Pasteur

www.loisirsbonpasteur.com — 450 669-2151

Loisirs Renaud/Coursol

www.renaudcoursol.com — 450 933-5274

Loisirs Saint-Urbain

www.loisirssturbain.com — 450 686-2091

SECTOR 3

(Chomedey)

Centre du Sablon

www.centredusablon.com — 450 688-8961

Loisirs Saint-Martin

www.loisirsstmartin.com — 450 682-8065

Loisirs Saint-Maxime

514 703-6566

Loisirs Saint-Norbert

www.saintnorbert.ca — 438 879-0777

SECTOR 4

(Sainte-Dorothée, Laval-Ouest, Les-Iles-Laval, Fabreville-Ouest)

Loisibourg

www.loisibourg.org — 450 689-3332

Loisirs Laval-Ouest

www.loisirlavalouest.org — 450 627-1615

Loisirs Sainte-Dorothée

www.loisirsstedorothee.com — 450 969-8288

SECTOR 5

(Fabreville-Est et Sainte-Rose)

Association des résidents de Champfleury

www.champfleury.qc.ca — 450 963-0676

Loisirs Notre-Dame-de-Laval

www.academienotredame.ca — 450 622-3975

Loisirs Sainte-Rose-de-Lima

www.loisirs.qc.ca — 450 625-7843

SECTOR 6

(Auteuil et Vimont)

Service des loisirs Saint-Bruno de Laval

www.loisirsstbrunodelaval.com — 450 669-7584

Service des loisirs Sainte-Béatrice

www.loisirsstebeatrice.com — 450 622-1344

Service des loisirs Saint-Elzéar de Laval

www.loisirs-st-elzear.com — 450 668-7638



Photo: Vincent Girard

CHILLS GUARANTEED IN EVERY NEIGHBOURHOOD

A host of activities for the whole family will take place everywhere in Laval to celebrate Halloween. Ambient music and candy will liven up your evening regardless of the activity that you choose, whether it is zany or frightening. Theatre, cinema, pumpkin decoration, haunted houses and much more are scheduled to take place in Laval arenas, swimming pools, parks and woods. Wear a costume!

Laval libraries will also be celebrating Halloween! Check with your local library to learn about the various activities offered or pick up the program as of September 3.

Safety comes first!

On **October 31**, you should take your children trick or treating between 5:30 p.m. and 8:30 p.m. Before leaving your home, apply reflecting strips on their clothes to make them more visible, and do one side of the street at a time to avoid unnecessarily crossing the street.

On their part, motorists should make sure they observe the speed limits and traffic signs in residential and urban areas.

Collection of pumpkins, bales of straw and leaves

The City is planning a door-to-door collection of pumpkins, straw bales and leaves until **November 16**. You must place them on the curb before 7 a.m. on the same day as the garbage collection.

? www.ville.laval.qc.ca, onglet Vie communautaire

4-H Clubs: making nature more appealing to children



Photo: Annie Poirier

Swap your toys

For over 70 years, the Mouvement 4-H has been planning activities related to nature, forests and the environment. The "4-H" motto is inspired by values to be developed and applied during club activities: honour, honesty, skill and humanity.

You can launch a 4-H club in your municipality, a school daycare service or childcare service, a school or even a day camp.

Various activities based on the theme "*Vert*" la réduction (moving towards reduction) were developed thanks to the Mouvement 4-H, in partnership with Ville de Laval, in order to raise awareness about consuming more responsibly. These activities leave a lasting impression on participants, but no footprint on the environment!

- Swap your plants, **September 8** (in front of the Saint-Noël-Chabanel church), **September 14** (at City Hall), and **September 22** (at Centre Accès), from 1 p.m. to 2:30 p.m., in collaboration with *Laval en fleurs*, the *Société d'horticulture et d'écologie de Laval*, and the *Centre de formation horticole de Laval*.

- *Ton bouquin contre le mien*, **October 19**, from 1 p.m. to 4 p.m., at the Marius-Barbeau, Philippe-Panneton and Sylvain-Garneau libraries.

- Swap your toys, in November and December in select neighbourhoods.

Mouvement 4-H also offers discovery activities in Boisé de l'Orée-des-Bois, including the *Rallye de l'écocitoyen*, a walking rally of about an hour intended for the whole family.

? www.clubs4h.qc.ca — 450 314-1942



Photo: Alarie photos



Photo: Sylvain Majeau

Activities for One and All

Swimming

You can enjoy all six indoor swimming pools in Laval every day of the week, during the day or in the evening, as well as on weekends. For a complete schedule, visit our website or consult the pamphlet *Piscines intérieures* available at the Multiservice Counter, the Centre de la nature, in libraries and community centres.

Half of the pools are adapted for the disabled and are equipped with a hydraulic pool chair lift. Please note that some pools charge an admission fee for public swimming.

Tennis

Until October 27

The mild days of fall are perfect for playing tennis outside. Therefore, municipal tennis courts will be open **until October 27**. In all, 59 courts are open for public tennis in 27 parks, every day from 9 a.m. to 11 p.m. Admission is free. No reservations required.

Skating

Public skating time slots are scheduled in all nine Laval arenas as of September.

? For more information on free skating at your local arena, visit www.ville.laval.qc.ca, under Sports and Leisure Activities/Arenas, or consult the cards distributed at municipal buildings (Multiservice Counter, libraries, community centres and Centre de la nature).



Photo: Sylvain Majeau

Registration for aquatic activities



Photo: Vincent Girard

To register for swimming lessons and aquatic activities organized by recreation associations, contact them directly. The fall session will run **from September 9 to December 15**. How to register:

1. Visit www.ville.laval.qc.ca, under Sports and Leisure Activities/Registration.
2. Check which recreational association offers the lessons you wish to take.
3. Choose a course based on your level.
4. Phone the recreation association(s) to register.

? For more information, visit the Mouvement aquatique Laval's website at www.mouvementaquatiquelaval.com

GET MOVING FOR CHARITY!

THREE ACTIVITY-BASED FUNDRAISERS THIS FALL

Des pas pour la recherche

This is the second edition of this fundraiser for oncology research. Its purpose is to increase access to clinical studies and innovative treatments for patients at Cité-de-la-Santé. Many activities are planned for the whole family: inflatable games, animation, emergency vehicle exhibition, performance by David Jalbert and a tour of the Centre intégré de cancérologie.

September 8, starting at noon.

On-site at Hôpital de la Cité-de-la-Santé de Laval

? www.despaspoumlarecherche.com

Bouge pour la Croix-Rouge



Photo: Bouge pour la Croix-Rouge

Come run, walk, or pedal for the Red Cross, whether on your own, with your family, friends or co-workers! To take part in the 5, 10 or 25-km walk, all you need to do is register and raise a minimum of \$100 in donations. You will help the Red Cross assist disaster victims in Québec and restore their hope! Animation and door prize draws on site.

September 14, as of 8:30 a.m.

Starting location: Centre de la nature

? www.bougepoumlacroixrouge.ca

Paws for Hope

The Paws for Hope walk-a-thon of the Canadian Cancer Society is one of the most original fundraising activities, and it is returning to Laval for a 15th year. In an atmosphere of conviviality, dogs and their masters walk to collect money for the fight against cancer. Each site will offer activities and booths for canine health, training, and grooming.

September 15, starting at 9:30 a.m.

Starting location: Centre de la nature

? 450 668-1013 — nsantori@quebec.cancer.ca



Photo: Thinkstock

Place des aînés

For persons aged 50 and over

Place des aînés is a sociocultural and sports centre for persons aged 50 and over, whether pre-retired or already retired. You want to stay physically, intellectually and mentally fit? *Place des aînés* offers more than 75 courses and activities of all kinds, for various levels, and most of them are available during the day.

Several other services are also offered, such as the *Café de la Place*—where affordable snacks and meals are served—trips (for one or several days), and a secured call service. The organization is located at 435, boulevard Curé-Labelle, in Chomedey.

? www.placedesaines.org — 450 978-5555

This fall, the *Place des aînés* will host the *Salon international du timbre de Laval*, on **October 26 and 27**. Welcome to all collectors and stamp enthusiasts!

? 450 622-5266

FOUR FUN-FILLED OUTINGS

1 Discovering Des Prairies Park

Des Prairies Park is a magnificent 30-hectare natural site located in Laval-des-Rapides. This fall, come enjoy the many activities the Park has to offer. The bicycle path can be accessed via la Route verte and offers cyclists, joggers, walkers and inline skaters 5 kilometers of trails. Activity stations allow you to exercise outdoors: chin-up bar, balance beam, parallel bars, horizontal ladder and exercise bench are accessible to keep fit and have fun. Explanatory signs demonstrate basic movements. Finally, with 4 kilometres of trails and many wooded areas, the pedestrian path is the perfect place to relax. Playground sets for children are also available.

The latest pamphlet on activities and services offered is available at all Laval municipal buildings, libraries and at the Multiservice Counter.

Des Prairies Park, 5 avenue du Crochet) (3 parking spaces available)

? www.ville.laval.qc.ca, under Sports and Leisure Activities — 311



2 Walk, run and climb trees at Centre de la nature

Test your athletic abilities and tree work skills at the Tree Trimmers Championship taking place **September 6-8**.

The Club d'athlétisme de Laval's 16th edition of its cross-country event will be held Sunday **September 29**. This event is opened to everyone and offers four courses: 1 km, 2 km, 5 km, or 8 km. Welcome to all participants and supporters!

? www.centredelanature.laval.ca



Tree Trimmers Championship

3 Fishing at the Rivière-des-Mille-Îles Park

On **September 7 and 8**, from 9 a.m. to noon, and from 1 p.m. to 4 p.m., 8-14 year olds will have the opportunity to learn about fishing, its best practices and techniques, and learn how to recognize various species of fish at the *Pêche en herbe* event.

On board a rabaska, the young apprentices will discover the river, the best spots to fish, and the characteristics of these areas. The youngsters will then enjoy a 90-minute fishing period from the shore. What's more, each participant will receive a fishing rod, a guide and a fishing permit. Reservations are mandatory.

As well, until **October 14** you can visit the interpretation centre free of charge to learn all about the ecosystems, wildlife, plant life and special characteristics of the Rivière des Mille Îles.

? www.parc-mille-iles.qc.ca — 450 622-1020, poste 227



Photo: PRMI

4 Discover Laval on Horseback

Did you know that you could go horseback riding in Laval? In the company of a guide, you will set off through wooded trails or forest roads. The intensity of the activity is adapted to the group's abilities and skills: beginners can go on a peaceful stroll even without prior horseback riding experience, while experienced riders can gallop along.



The following two locations, in addition to offering horseback riding lessons, offer horseback rides (reservations are required). Giddy-up!

Équitation Bonanza (at bois de l'Équerre)

65 chemin de l'Équerre, Sainte-Rose

? www.equitationbonanza.ca — 450 625-6031

Ferme L'Auteuilloise

830 boulevard des Mille-Îles, Auteuil

? www.fermelauteuilloise.com — 450 625-8826

Other centres only offer horseback riding lessons:

Centre équestre des Mille-Îles

646 boulevard des Mille-Îles, Auteuil

? www.cemicheval.com — 450 622-3033

Les écuries Vallée des Bois

389 rang Saint-Antoine, Sainte-Dorothée

? 450 627-2785

Écuries St-François

5400 boulevard des Mille-Îles, Saint-François

? www.ecuriesst-francois.com — 450 666-6767

Giddy-up!



This fall, travel by bike in Laval

For more information on Laval's cycling network, pick up a copy of the bicycle map available at Bureaux Municipaux Lavallois (BML), libraries, Maison des Arts and the Multiservice Counter.

? www.ville.laval.qc.ca — 311

LAVAL SENIORS' WEEK



Photo: Sylvain Majeau

Group of cyclists from the *Comité d'animation du troisième âge* (CATAL)

It's fun!

Each year, Ville de Laval and its partners take great pleasure in inviting seniors and their families to participate in Laval Seniors' Week. This year, the event will be held in every sector **from October 16 to October 27**. Participants will get to choose among some 40 activities tailored just for them, most of which are free. On the program: concerts, conferences in libraries, dance, thematic meetings, sports activities and much more.

The calendar of events will be available on October 5 on our website, or you can pick up the pamphlet in all Laval libraries, community centres or Bureaux Municipaux Lavallois (BML). Reserve your seat for an enriching experience!

Tocadéo Concert



In order to mark Laval Seniors' Week, Ville de Laval will be presenting a show starring the vocal quartet, Tocadoéo—made up of René Lajoie, Dany Laliberté, Benoit Miron et Patrick Olafson—on Sunday, **October 20**, at 1:30 p.m., at Salle André-Mathieu. Their show, entitled *Au nom des hommes*, is tinged with the humour and chemistry that characterize these four friends. Resonant with emotion, the show highlights the four magnificent voices of Tocadoéo.

Tickets will be provided to the various seniors' organizations. A contest is also planned so that an even wider range of residents can attend this event. Some one hundred pairs of tickets will be drawn at random, according to the following procedures:

- This contest is open to Laval residents aged 50 and over.
- Contest entry forms must reach Maison des arts before 5:30 p.m. on **October 7**.
- The draw will be held at Maison des arts on October 12.
- Winners will be contacted by phone and will have to pick up their tickets at Maison des arts before 5 p.m. on October 19.

The program for the Laval Seniors' Week is available at Bureaux municipaux lavallois (BMLs), in libraries, the Multiservice Counter, and on Laval's website.

? www.ville.laval.qc.ca — 450 662-4440. For more information on Tocadoéo: www.tocadoeo.com

CONTEST ENTRY FORM

Spectacle de Tocadoéo

Surname: First Name:

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

Address:

Send this entry form to:

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



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 and Saint-Vincent-de-Paul

<i>Bureau municipal lavallois</i> #1	450 662-4901
4010 boulevard Saint-Martin Est	

<i>Bureau municipal lavallois</i> #1 – Satellite	450 662-8422
1245 montée du Moulin	

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

<i>Bureau municipal lavallois</i> #2	450 662-4902
62 rue Saint-Florent	

Chomedey

<i>Bureau municipal lavallois</i> #3	450 978-8903
435 boulevard Curé-Labelle, suite 104	

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

<i>Bureau municipal lavallois</i> #4	450 978-8904
6500 boulevard Arthur-Sauvé, suite 110	

Fabreville-Est and Sainte-Rose

<i>Bureau municipal lavallois</i> #5	450 978-8905
2975 boulevard Dagenais Ouest	

Vimont and Auteuil

<i>Bureau municipal lavallois</i> #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	

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Sylvain-Garneau library	450 978-3940
187 boulevard Sainte-Rose	
Yves-Thériault library	450 978-6599
670 rue de la Place-Publique	

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Police headquarters	450 662-4242
2911 boulevard Chomedey	
Gendarmerie	450 662-3400
3225 boulevard Saint-Martin Est	
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1245 montée du Moulin	
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289 boulevard Cartier Ouest	
Neighbourhood police station #3	450 978-6830
560 – 2 ^e Rue	
Neighbourhood police station #4	450 662-7140
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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


<i>Cour municipale de Laval</i> (municipal court)	450 662-4466
<i>Laval Technopole</i>	450 978-5959
<i>Office municipal d'habitation de Laval</i> (housing bureau)	450 688-0184
<i>Palais de justice de Laval</i> (court house)	450 686-5001
<i>Tourisme Laval</i>	450 682-5522

HEALTH & SOCIAL SERVICES

<i>Agence de santé et de services sociaux de Laval</i>	450 978-2000
<i>Centre d'écoute de Laval</i>	450 664-2787
<i>Info-Santé</i> (health information)	811
Emergency ambulances	911

TRANSPORTATION

<i>Agence métropolitaine de transport</i> (AMT)	514 287-8726
<i>Société de transport de Laval</i> (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.

INFORMATION

Tel.: 311

or 450 978-8000
(from outside Laval)

email: info@ville.laval.qc.ca



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stmartin@ville.laval.qc.ca

Saint-Vincent-de-Paul
450 662-4140
stvincentdepaul@ville.laval.qc.ca

Three Ways to Reach MY City



BY PHONE

(NON-URGENT CALLS)

311

or 450 978-8000
(from outside Laval)

Monday - Friday:

7 a.m. – 9 p.m.

Saturday & Sunday:

8 a.m. – 5 p.m.

Holidays:

9 a.m. – 5 p.m.



IN PERSON

AT THE MULTISERVICE COUNTER
(1333 boulevard Chomedey)

Monday - Friday:

8:15 a.m. – 8:15 p.m.

Saturday & Sunday:

9 a.m. – 4 p.m.



ON THE WEB PORTAL

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7 DAYS A WEEK**

www.ville.laval.qc.ca

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(under Municipal Services /
Publications)



@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.

