



LAVAL À VÉLO

SEPTEMBER 18

Kilometres
of smiles!

Page 33

FALL 2016

VIVRE À LAVAL

Ville de Laval's municipal news bulletin

Major projects

An Aquatic Complex for Laval by 2020



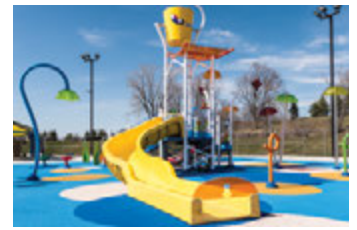
©Thinkstock

It's now confirmed: Laval will have its provincial-class aquatic complex! This new venue dedicated to aquatic sports will give the elite a top-quality place to train and will provide families with attractive recreational facilities. Located in the vicinity of the Cosmodôme, on avenue Terry-Fox, the building will cover an area of 11,400 m² and will have three pools to accommodate a total of 875 swimmers, with a seating capacity for 1200 spectators in the stands. An amount of \$56.8 million

has been earmarked for this project in the three-year capital expenditures program. This investment will help respond to the current lack of recreational and sports facilities and make it possible to attract high-level athletes, thereby promoting the development of excellence. The opening is slated for June 2020.

Major Investments in the Parks

Major projects to renovate Laval's parks are under way. In 2016, investments of \$23 million are planned. Between now and 2018, an additional \$38 million will be injected into developing new parks, adding and replacing equipment as well as park shelters, plus repairs and upgrading to meet standards. In concrete terms, the work involved includes reconfiguring the playgrounds, relocating existing equipment, adding concrete edging to make the play areas safer, replacing certain shock-absorbing surfaces and more.



©Sophie Poliquin

Depending on the availability of the new equipment, the City will be finalizing its upgrading and installation projects by 2017. Two new parks will be set up on Laval territory: Le Boutillier park—now under way in the Chomedey district—and another one on rue du Merlot in Val-des-Ruisseaux, Duvernay, which is expected to open this fall.

? Check the City's Internet site for the latest updates on the projects in the various parks: travaux.laval.ca

Municipal Agenda

City Council meetings

7 p.m. on Tuesdays: September 6, October 4, November 1 and December 6 (page 34)

Fête de la famille

September 4 (page 27)

Laval blood donor clinic

September 9 (page 3)

Zones musicales

closing festivities

September 9-11 (page 24)

End of summer watering restrictions

September 15

Hazardous household waste collection

September 17

Compost sale

September 24

Culture days

September 30, October 1-2 (page 24)

Open house at the fire stations

October 9, 10 a.m. – 4 p.m. (page 13)

Collection of leaves

October 10 – November 11

Laval seniors' week

October 12-23 (page 18)

Installation of temporary car shelters

Starting October 15 (structure) and November 1 (covering) (page 16)

Yard sale of baby articles

October 23 (page 14)

Public Libraries Week

October 15-22 (page 21)

Turn the clocks back and change smoke alarm batteries

November 6

Bicycle paths close for the season

November 14

Volunteer training day

November 26 (page 29)

Schedule of municipal departments

Some services and departments will be closed on Labour Day and Thanksgiving Day. More details on Ville de Laval's Internet site.



The Mayor's Message

Dear Residents:

Have you noticed all the changes in Laval in the past few months? There are a lot, in fact, and they are making our community more dynamic than ever. For example, the public consultations on revitalizing our downtown area and our urban spaces—which are progressing well—and the new infrastructures, including those set up in certain parks, our intention to welcome the 55th edition of the Finals of the Québec Games in 2020, the announcement of the construction of a large-scale aquatic complex, the adoption of the agricultural zone development plan and, last but not least, the arrival of the Montreal Canadiens' farm team, in the fall of 2017, at our new Place Bell under construction and well on the road to completion! I hope you are as pleased with these announcements as I am!

The summer is now coming to an end and the fall is promising to be a very busy season. In fact, in the coming weeks, the City and our local organizations are offering you a vast range of activities, including the *Fête de la famille*, the closing activities of the *Zones musicales*, the *Laval à vélo* cycling tour, the *Semaine lavalloise des aînés* (Laval seniors' week) and the *Journée portes ouvertes*—the open house at the fire stations. If you like taking part in community life, you won't want to miss the volunteer training day (*Journée de formation des bénévoles*), and for those of you interested in the environment, I invite you to register for the CUFC's public talk. Many other activities are being organized for you throughout the fall in the parks, at Maison des arts and at your municipal libraries. So much pleasure in store for youngsters and grown-ups.

And lastly, best wishes to all Laval families at this back-to-school time. Drive carefully on the roads, obey the school crossing guards and when driving near the schools, slow down!

Enjoy reading this issue and happy fall!

Marc Demers
Mayor

www.facebook.com/MarcDemersMairedeLaval

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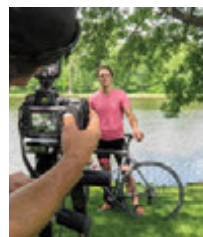
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Handy Phone Numbers 35

Keep this issue of *Vivre à Laval*
until December 2, 2016

COLLECTE DE SANG DES LAVALLOIS

SEPTEMBER 9, 2016
At Centre sportif Bois-de-Boulogne



COVER PAGE PHOTO

Sébastien Vallée, a Ville de Laval employee for the past ten years or so, agreed to a photo session for *Vivre à Laval*. A sports lover and cycling enthusiast in particular, he takes part in a number of recreational and competitive sports competitions, alone or with his family. He feels

that the 2016 edition of *Laval à vélo* is bound to equally please all members of the family as well as more experienced cyclists.

Photo: Marie-José Martin



©Vincent Girard

Laval Welcomes 12th Canadian Urban Forest Conference

Ville de Laval is proud to be hosting the 2016 edition of the Canadian Urban Forest Conference to be held at Hôtel Sheraton Laval, **September 26-29**.

Organized by Tree Canada, in cooperation with municipalities from all over Canada, this eco-responsible event is held every two years, alternating in the eastern and western parts of the country. It brings together dedicated individuals and groups who want to share their experiences and novel approaches with regard to the stewardship of Canada's urban forests. In this way, the CUFC provides an opportunity for dialogue between professionals and community groups on innovative strategies, policies, technologies, research, and best management practices. It aims to strengthen ties between the various networks, extend its influence in various circles and exchange expertise.

Laval selected as host city

Through the combined efforts of the Corporation du Bois de l'Équerre, Tourisme Laval and Ville de Laval, this large-scale conference to be held on Laval territory

required the involvement of various parties in the process of submitting an application to become the host city: elected officials, organizations and residents as well as tourist industry and university research representatives all lent a hand. A finalist among four other cities, Laval was chosen in the end, particularly due to the fact that it is one of the municipalities with very large urban forest lands. Holding the CUFC in our city is in line with Ville de Laval's environmental and sustainable development values, as set forth in the Laval 2035 – Urban in Nature strategic vision and the Laval 2020 strategic plan.

A prestigious program

The guest speakers include Céline Cousteau (with her public presentation), Boucar Diouf, Peter Duinker, Cecil Konijnendijk van den Bosch, Dr. Matilda van den Bosch and Dr. François Reeves, an eminent Laval cardiologist.



"This is a Canadian forestry event not to be missed. Join the more than 300 foresters, urban planners, policy developers and environmental specialists to discuss the benefits and attributes of urban forests, devise new strategies and discover the latest techniques aimed at preserving and managing the urban forests in our country."

Albert Mondor

Spokesman for the 12th Canadian Urban Forest Conference

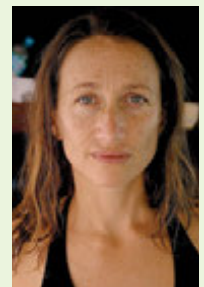
 www.ccfu2016.ca

Public Presentation by Céline Cousteau


Tuesday, September 27, 7 p.m.

Théâtre Marcellin-Champagnat

Travel to the heart of the jungle and back, into our own forests: That's the invitation that Céline Cousteau is extending to you. The grand-daughter of the legendary captain of the *Calypso*, Céline has spent years filming in the Brazilian Amazon jungle, at the request of the Vale do Javari tribes. In so doing, she has gathered extraordinary stories. From a personal standpoint, she is convinced, more than ever, of the importance of human beings' place in the heart of nature. What can we learn from these tribes that might help us reconnect with our own green spaces?



©Céline Cousteau

 **Buy your tickets now at ccfu2016.ca**

Projects for Laval's Urban Forest

Ville de Laval is changing in a number of spheres of action with regard to the place occupied by trees in Laval, in keeping with the Laval 2035 – Urban in Nature strategic vision.

Tree Bylaw

In order to protect our tree heritage—a will that is expressed in Ville de Laval's first draft of its land use planning and development plan—the City's Administration is currently re-engineering the Tree Code and will be adopting a Tree Policy. This new policy aims to redefine the role played by trees, to enhance them and to highlight the advantages they have to offer. Once all the changes are made to the Tree Code, the City will be reassuming responsibility for the trees located in the public right-of-way. This is a major change, as the trees along the street located in the public right-of-way have been residents' responsibility since 2002.

Inventory of Public Trees

A team was set up late last year to produce an inventory and list the types of trees on the front and side yards in Laval as well as in City parks, in order to develop a 5-6-year cyclical maintenance program for the 70,000 or so trees recorded. This inventory will help obtain a better understanding of the health and diversity of our trees and also target areas at risk insofar as insect infestations are concerned as well as global warming and heat islands.

Canopy Index

The canopy is the continuous tree cover (shade) formed by the leafy upper branches of the trees at a given location. The canopy index is a major issue: It is more important to aim for a certain canopy index than to establish the number of trees to plant. The City is awaiting the figures from the Communauté métropolitaine de Montréal, which should be arriving soon. It will then be setting objectives based on this measured index.

Review of Street Dimensions

A committee is in the process of reviewing the dimensions of streets at the present time, and the presence of trees is the topic of many committee discussions. It is a matter of defining, within the various street plans (boulevards, residential streets, commercial streets, etc.), the space needed by a tree to occupy its rightful place.

Emerald Ash Borers

The number of emerald ash borers in Laval's rights-of-way has been estimated at 10,000 and the spread of emerald ash borers is unfortunately continuing quite rapidly. In order to thwart the epidemic, the City is treating minimally infested ash trees with a botanical insecticide called TreeAzin. So far, in 2016, 1200 ash trees have been treated in this way. When the infestation is too extensive, the trees must be cut down and chipped on site. However, all ash trees cut down are subsequently replaced.

The City has plans to reuse the wood from the ash trees that it cuts down—for instance, to build urban furniture (tables and benches) at the Centre de la nature. An educational project on processing and using wood is also under way to increase the awareness of the Centre de la nature's visitors.

At www.laval.ca, find out how to recognize an ash tree and determine whether it is infected, obtain an application form to request that it be cut down (free of charge for ash trees), find out who to contact to pick up the ash wood, view the map of infestation locations, and more.

Tips And Helpful Hints

Also at www.laval.ca, under Citizens / Trees, you will find tips on protecting your trees and shrubs, especially in winter.



CUFC 2016
Canadian Urban Forest Conference
September 26-29, 2016 | Laval

Reserve your place at Céline Cousteau's presentation to the public: www.cufc2016.ca



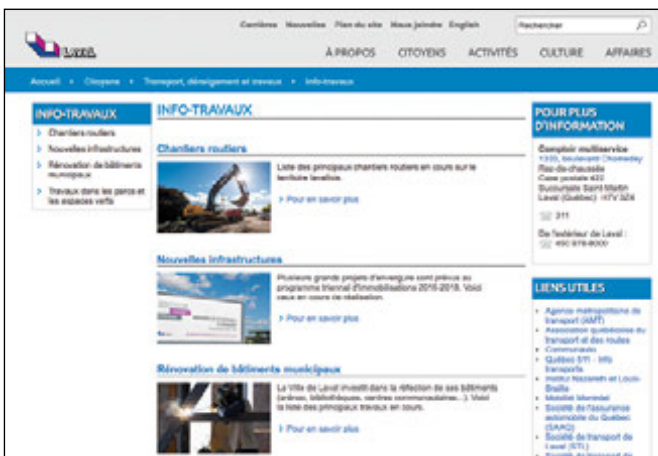
©Vincent Girard

A Public Square at City Hall

On June 9, Laval Mayor Marc Demers inaugurated the public square at City Hall. A major legacy of Laval’s 50th anniversary, this new square is like Laval residents themselves: urban in nature and open to the world. It also bridges the gap between the City’s history and future.

The public square features a fountain that adds vitality and marks the importance of the site, a sign with a clock to identify City Hall and architectural lighting enhancing the building and urban furniture, prompting visitors to comfortably occupy the site. In addition, pillars have been installed to identify the organizations that have generously contributed toward raising funds for the 50th anniversary festivities.

For Full Details on Laval’s Roadwork Projects



Road obstructions, municipal building renovations, construction of new infrastructures—such as Place Bell, replacement of play structures, creation of new parks... Full details on work projects in Laval may be found at www.travaux.laval.ca! Please note that the completion dates indicated depend on the weather and are therefore approximate.

? www.travaux.laval.ca (and click on English)

Place Bell

Last July, Club de hockey Canadien, inc. confirmed that a team from the American Hockey League would be making Place Bell its home, starting in the 2017-2018 season! The organization launched a contest in order to find the best name for the future team in Laval. The team’s new identity will be unveiled in the fall: Keep an eye out for it!



©Ville de Laval

With its professional hockey team and its world-class shows at Place Bell, its major educational institutions—a university campus, CÉGEP, college—Salle André-Mathieu, Maison des arts, the metro station and Espace Montmorency, plus municipal identity development projects, downtown Laval is impressively expanding its growth. Place Bell will house a 10,000-seat amphitheatre, a community skating rink and an Olympic-size skating rink. The multi-purpose complex will open in September of next year.

? www.placebell.ca

Discover the History Hidden Behind the Walls

Last year, Ville de Laval had an inventory made of all heritage buildings on Laval territory. The complete inventory is presented at www.histoire.laval.ca and has been divided into districts, for easy consultation.

Taking inventory for better protection

The last inventory was taken in 1981, and so it was necessary to update and increase our knowledge of our heritage buildings. This latest inventory, carried out last year by the Patri-Arch firm, comes within efforts to protect and enhance Laval's built heritage.

A total of 1925 buildings, most of which had been inventoried in 1981, were taken into consideration. Out of that number, 483 have since disappeared or were not traced on the territory, representing losses of over 25% in 33 years.

The inventory will form the basis of the implementation of new bylaws and a financial assistance program for renovating and restoring heritage buildings. This program will soon be created.

Buildings that relate our history

The inventory of heritage buildings provides Laval residents with an opportunity to discover the captivating history hidden behind the walls of their neighbourhood. The vault

called Caveau Goyer, in the Saint-Martin district, is a good example. Located at the corner of boulevard Saint-Martin Ouest and 100e Avenue, it was built around 1837 by the Stephens family—prosperous farmers. The Goyer family has owned it for the past century.



© Sylvain Majéau

In Saint-Martin, there is a legend circulating that this vault had been used to store the bodies of English soldiers who had died in confrontations with the patriots in Saint-Eustache. The idea is not all that far-fetched: In the middle of the 19th century, there truly was—in front of the building—a Protestant church and a cemetery, but no clergyman was on site. And so it took time to wait for the pastor, sometimes a number of days, during which the bodies may well have been stored in this vault. And so that is where the legend comes from!

Would you like to know more about Caveau Goyer and the other heritage buildings in Laval? Consult the online inventory or download the *Parcourir Laval* mobile app free of charge from the App Store or Google Play.

 www.histoire.laval.ca

An Investment for Immigrants in Laval



© Annie Poirier

Kathleen Weil, Minister of Immigration, Diversity and Inclusion (MIDI), and Laval Mayor Marc Demers, accompanied by Francine Charbonneau, Minister responsible for Seniors and Anti-Bullying and Minister responsible for the Laval region, announced an investment of \$400,000, equally made by MIDI and the City, in order to facilitate welcoming and integrating immigrants. In 2011, approximately one Laval resident out of four had immigrant origins, ranking Laval right behind Montréal as the cities with the highest concentration of immigrants.

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The Laval Agricultural Zone Development Plan Has Now Been Launched

The Laval Agricultural Zone Development Plan (PDZA) is designed to enhance the agricultural zone through the sustainable development of activities related to agriculture. This plan supplements the City's various other planning efforts, including the first draft of its land use planning and development plan as well as the Laval 2020 strategic plan, which stems from the Laval 2035 – Urban in Nature strategic vision.

In particular, the PDZA encourages making the most of land that is suitable for agriculture and the development of activities, such as agrotourism or conversion to farmland. Here are the nine priority projects that have been developed by farmers, local partners and Ville de Laval for the next five years:

Priority Projects

Consolidation of lots



In order to expand cultivated land and encourage farmers of tomorrow, a pilot project will make it possible to develop a strategy to purchase split-up lands and consolidate them for agricultural purposes.

Land bank



A tool listing all plots of land will be created in order to connect farmers interested in selling or renting their land with people having agricultural-related projects in mind. This inventory will help increase the use of farmland in Laval for agricultural purposes.

Farming experience network



This project consists of creating a group of farming businesses in order to adopt best practices for improving target users' experience.

Consolidation of local markets



This effort involves overseeing existing farmers' markets and implementing support measures to open new markets.

Product development accelerator



This project consists of offering agricultural businesses various tools and activities to help them develop a range of products and services, including agrotourism.

Farm streams management program



An integrated, sustainable program to maintain water courses will be developed in order to optimize farm businesses.

Agricultural park



A municipal site in the eastern sector of Laval will be converted into an agricultural space that will help farmers of tomorrow test new productions and production technologies.

Multi-site experimentation



This project aims to identify farmland subject to challenges in growing traditional crops and having the potential to arouse interest for an experimentation project by research institutes or groups.

Regulatory toolbox



The development of this toolbox requires analysing and improving various bylaws in order to make it possible for the eight above-mentioned projects to be carried out.

Did you know...?

Laval's agricultural zone occupies 30% of the territory, with more than 120 farm businesses, in addition to a network of 53 farm stands. Income from the sale of their products totals \$60 million.

? The PDZA may be consulted at www.laval.ca, under Citizens / Urban Planning / Agricultural Zone Development Plan



Inova Source



Au Panier de Chomedey



François Lambert at the OSE Laval event

©Louise Leblanc (Inova Source and Au Panier de Chomedey)
©Martin Alarie (François Lambert)

Entrepreneurship at the Heart of Priorities

Developing a prosperous, sustainable, competitive, leading-edge economy—that’s the mission that Laval has undertaken with its Laval 2035 – Urban in Nature strategic vision. With this in mind, the *Service du développement économique* is working hard with entrepreneurs to ensure that Laval is “enterprising in nature”, as indicated in one of the five mainstays of its vision statement. Here are two examples of initiatives that have been taken in order to support the business community:

***OSEntreprendre* and *OSE Laval* Award Winners**

The Laval region received several awards at the national finals of the *Défi OSEntreprendre*, held on June 16 in Québec City. Two Laval companies distinguished themselves among the award winners in the 17 regions of Québec: Viviane Bélaïr and Guillaume Brault of Inova Source inc. came first in the Technological and Technical Innovations category. As for Stéphanie Cellier of the social economy firm Au Panier de Chomedey, she was awarded the Immigration favourites award.

Moreover, 10 award winners were honoured during the first edition of OSE Laval last May, and 6 student projects were spotlighted. This festive evening honouring

entrepreneurship was attended by over 400 people to provide them with a creative experience. The participants had the chance to discuss with mentors, visit the 40 booths at the *Salon des entrepreneurs*, take part in an open innovation workshop and draw inspiration from successful entrepreneurs’ experience, including chef Jean-François Plante (L’Aromate), Laval entrepreneur Annie Racicot (Inspiration Pilates et Ostéopathie) and former Dragon François Lambert (Boostmi and Impulse Capital). The complete list of Laval award winners may be found in the May 6 press release at www.lavaleconomique.com.

Le Carrefour des entrepreneurs

Concerned about making life easier for Laval entrepreneurs, the City’s *Service du développement économique* set up *Le Carrefour des entrepreneurs* to bring together entrepreneurs, business people and partners in the business community. This referral centre offers Laval’s business community practical tools, such as shared work spaces and workstations, sector-based documentation and books and, above all, a place where they can network and exchange views among peers. In addition, the entrepreneurs have access to advisory services, without an appointment, Monday – Friday, 9 a.m. – 4:30 p.m., at 1555 boulevard Chomedey.



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Laval's Land Use Planning and Development Plan

©Vincent Girard



Between May 10 and June 16 of this year, nearly 500 people took part in the 11 information sessions on Ville de Laval's first draft of its land use planning and development plan. This fall, the City is pursuing its efforts and, in particular, by preparing the second

draft of this plan, which will be subject to formal public consultations early next year.

? The summary and full versions of the first draft may be downloaded at www.repensonslaval.ca. You may also subscribe to the City's newsletter (in French), which will inform you about the dates of the next consultations on this major tool for planning land use in Laval.

Overview of Consultations

©Vincent Girard



Over the past few months, Ville de Laval has held a series of consultations on the redevelopment of key areas on its territory: Berge des Baigneurs in Sainte-Rose and the areas in the vicinity

of downtown Laval and the De la Concorde metro station. The *Bureau des grands projets* is currently working on new development proposals and adjustments that will be the subject of resident involvement activities in the coming months.

? The fall schedule for the City's next consultations may be found at: www.consultations.laval.ca

Toward a Regional Social Development Policy

Ever since Ville de Laval integrated the social development activities of the former Conférence régionale des élus de Laval, it has been assuming these responsibilities, while confirming its desire to act as a leader in this field, together with local partners. With the Centre intégré de santé et de services sociaux de Laval (CISSS), it is therefore currently working toward developing a regional social development policy aimed at such concerns as improving living conditions in the various districts and creating environments that promote the well-being of all Laval residents.

The City and the CISSS have therefore initiated an integrated participatory approach among Laval residents and the various parties involved in social development:

- Discussion workshops with associations and institutions and, in particular, with health and social services professionals, the school community and government departments (June and July)
- District meetings and public workshops to identify issues and provide food for thought (September and October)
- Social development summit with the main institutional stakeholders, community organizations and residents, to determine policy directions (November)

A Steering Committee made up of 33 partners is supporting the City and the CISSS in their efforts in order to promote mobilization and ensure that the policy and the ensuing regional action plan will both reflect the community's concerns.

? Starting September 12, the details of this participatory approach may be found at www.consultations.laval.ca



"STAY CONNECTED!" CONTEST

June 23 - September 15

Subscribe to any of our email communications for a chance to win a \$500 gift certificate redeemable at Centropolis.

Just go online to concours.laval.ca



©Sophie Poltquin

Fire Prevention Week

October 9-15

To mark the start of Fire Prevention Week, the nine fire stations in Laval are inviting you to an open house on Sunday, **October 9**, 10 a.m. – 4 p.m. Drop by the one in your district to learn more about firefighters' work! During this theme week, the firefighters will be promoting the best safe habits to adopt on a day-to-day basis in order to prevent fires.

 www.pompiers.laval.ca

Choose the Right Thermostat

If you buy an electronic thermostat in a big box store, be careful! Statistics show that improper power of thermostats is the leading cause of fire, way more than defects in the devices themselves.

It is important to choose an electronic thermostat according to the total power (in watts) of the baseboard heaters that it will be controlling. Make sure that it is suitable for the type of heating that will be connected to it: oil furnace, electric furnace, gas furnace, baseboard heater, radiant surface, etc. Fan coil units (heating/cooling equipment with a fan) require a specially-adapted thermostat. Check the manufacturer's instructions on the packaging.

Chimney Sweeping

It is recommended that all chimneys be swept every year: an accumulation of more than 3 mm of creosote or soot can cause a fire. And if such substances catch fire, the fire may well spread to the rest of the building, causing damage and even endangering not only the health but also the lives of anyone inside. In the fall, don't forget to have your chimney cleaned!

October 9

10 a.m. - 4 p.m.

**OPEN
HOUSE
AT
FIRE
STATIONS**

November 6

**It's time to
check your
smoke alarms**



©Sophie Poliquin

Back to School

While thousands of students head back on the roads to school, the police wish to remind you of a few basic safety and courtesy rules to follow:

Obey the School Crossing Guards

During the school year, hundreds of Laval school crossing guards make sure that your children safely make their way along the roads between home and school, while informing them of the safety rules. Their work is essential and it is of the utmost importance to obey their instructions.

Failing to comply with the orders or signals of a school crossing guard, as with officers of the peace, is an offence that can cost you three demerit points. Although they don't issue tickets, the school crossing guards can take down the licence plate number of the offender and give it to the neighbourhood police station.

When Driving Near Schools, Slow Down!

In a hurry to get to work? Late for a meeting? Don't forget that starting in September, thousands of Laval children will be using the roads to go to school. Their safety is a non-negotiable priority. At all times, obey the *Highway Safety Code* and the signs in zones reserved for pedestrians and school buses.

- Park in designated or appropriate locations.
- Avoid blocking the entrances to homes and streets.
- Stop at crosswalks.
- Obey instructions and show patience when the school crossing guards help children cross at intersections.
- Stop your car more than 5 metres away from all buses with red flashing lights or with their stop sign extended.
- Obey the 30 km/hr speed limit.
- Use passenger drop-off lanes, where provided.

Prevention Operation of Road Safety Crews



©Ville de Laval

September 6-16, Laval's police will be conducting road safety prevention operations in school zones. Students will be on hand to help them in their efforts. During rush hours, the police and their helpers will therefore be looking after increasing motorists' awareness of the importance of driving safely around the schools. If you obey the signs, a student may give you a good driving "ticket" to encourage you to continue doing so!

 www.police.laval.ca

Speed Limits Around the Parks

The speed limit in the areas around some parks have been changed to 40 km/hr, following the implementation of new limits throughout Laval territory, while others have remained at 30 km/hr. This is because all streets along a park, school or park-school have been evaluated based on certain criteria: type of playground or school, type of street (arterial, collector or local), the presence of a fence, the position of access ways, the presence of sidewalks as well as the environment in general.

Drivers, Keep Your Mind on the Road!



©Vincent Girard

When you are at the wheel, is 100% of your attention focused on the road? Does it ever happen that both of your hands are off the steering wheel and holding a sandwich, that you lower your eyes to find your favourite song or text someone on your phone? These actions, which may seem risk-free to you, are a major distraction while driving and can put your own life in danger as well as the lives of your passengers, pedestrians and other motorists.

The number of fatal accidents and accidents with injuries caused by distraction at the wheel has been slightly on the rise on Québec roads over the past two years and Laval is no exception. Last May, Laval police launched their new campaign on distraction at the wheel in order to increase Laval drivers' awareness in this regard. Don't forget: Each thing in its own time: If you are too hungry to wait or absolutely must text someone, take a few minutes to stop and do so. Nothing can be more important than human lives!

Test Your Driving

Using the interactive simulator on the website indicated below, take the virtual driving test to see how multi-tasking impairs your reaction time and how distractions affect you at the wheel.

? <http://distracteddriving.caa.ca/>

New!

To Inform You in an Emergency Situation

Ville de Laval has subscribed to the Enhanced Community Notification Service (eCNS), which will be in place starting **October 20**. This new service will enable Laval residents with a land-line phone to receive automated messages notifying them of emergency situations: boil water advisories, evacuations, etc. The City will therefore be able to access a more complete list of telephone numbers than the telephone directory. The use of this service is regulated by the Canadian Radio-television and Telecommunications Commission (CRTC).

The eCNS supplements other means of communication used in emergency situations: the laval.ca Internet site, the Twitter @laval311 account, media communications and the 311 phone line.

Register for the Automated Alert System

Would you like to be reached at the office by cellphone, by a text message or by email? Register your full contact information at www.laval.ca, under Citizens/Public Security/Automated messages in case of emergency.

A graphic for the 'Café avec un policier' campaign. It features a blue police hat on a brown shield-shaped background. Below the hat is a white coffee cup on a saucer. The word 'Café' is written in a large, cursive font across the shield. A blue banner with white text reads 'AVEC UN POLICIER'. At the bottom left is the Laval Police logo. To the right of the logo is a white box with the text 'SERVICE DE POLICE DE LAVAL'. Further right is the text 'Come meet us!' in a bold, blue font.

Organic Waste Collection

Good news! Ville de Laval is extending its collection of compostable materials starting this fall: In addition to the 7300 households already served, 10,000 new ones will benefit from this service this year. The objective between now and 2020 is to expand the collection to all Laval residential buildings with seven housing units or less.

This environmental measure reflects Ville de Laval's vision, geared toward sustainable development. Thousands of tons of green waste and food scraps will be diverted from waste disposal sites in this way in order to be converted into compost.

The areas of the City where this collection will be extended this year may be found online at laval.ca. If you are among these households, the City will be contacting you shortly.

Why take part?

There are many advantages of the organic waste collection, including the following:

- It helps reduce the volume of organic waste sent to waste disposal sites, which produce greenhouse gases that significantly contribute toward climate change.
- It makes it possible to produce compost, a natural fertilizer that enriches the soil and gives organic waste a second lease on life.
- It meets the governments' and CMM (Communauté métropolitaine de Montréal) requirements, which include collecting organic waste at all buildings with seven housing units or less by 2020.

Kit provided

Just before this extended collection gets under way, a kit will be distributed to new bin owners and will include:

- a mini-bin
- a brown collection bin (120- or 240-litre capacity)
- information explaining methods and procedures

How does it work?

The collection will be carried out two working days after the collection of recyclables and household waste. For example, if these two collections are carried out on Tuesdays at a given address, the organic waste collection will take place on Thursdays. The waste collected will then be sent to a composting centre.

During the weeks following the implementation of this collection, representatives of the City's *Service de l'environnement* will drop by the homes of the new organic waste bin owners to answer their questions and give them tips to optimize the collection of organic waste.

Helpful Hints for Easy Collections

- If possible, keep your bin outside and in the shade.
- From time to time, rinse your bin with vinegar or with a combination of mild soap and a bit of water.
- Place newspaper at the bottom and sides of your bin in order to absorb the liquids and prevent the waste materials from sticking to the walls of the bin.
- Alternate the layers of damp waste materials (kitchen scraps) with dry materials (cardboard, newspapers, dry leaves, etc.), which will absorb the dampness, neutralize the odours and block access to flies.
- Wrap food in newspaper and, in hot weather, keep leftover meat in the freezer and dispose of it in the brown bin only just before the collection.
- Sprinkle baking soda or lime inside your bin to neutralize the odours.

? www.laval.ca, under Citizens/Environment, Recycling and Collections

FALL ECO DATES

HHW Collection
September 17

Compost sale
September 24

Collections of leaves
October 11 - November 11

Yard sale of baby articles
October 23



Checklist for Sorting Your Household Waste

BROWN BIN

Food scraps

Fruits and vegetables, cooked or raw, including peels, pits and seeds

Meat, fish and seafood, including shells, bones and fat (ideally wrapped in newspaper)

Bread, cereal, grains, pasta

Solid milk products

Powdered food products (flour, sugar, etc.)

Nuts, including shells and husks

Eggs

Coffee filters, coffee grounds, tea bags and tea grounds

Table scraps

Green waste

Dry leaves, needles, evergreen tree cones and samaras

Sod

Garden and dethatching waste

Sand and potting soil

Clippings of grass and other herbaceous plants, hay and straw

Small branches (maximum 1.2 m long, 5 cm in diameter) and twigs

Bark, wood chips, sawdust and roots

Please note: Grass clippings and leaves make very good natural fertilizer. Ville de Laval encourages you to spread them on your grass and plant beds in the fall. Excess leaves, branches and green waste may be placed in paper bags or cardboard boxes next to the brown bin on the same day as the collection (no limit).

Other compostables

Table napkins, paper towels and facial tissues

Food-soiled paper and cardboard (e.g., pizza boxes)

Toothpicks, wooden sticks

Hair, animal fur and feathers

Cloth coffee filters



BLUE BIN

Paper and cardboard

Newspapers, circulars, magazines, books and catalogues

Sheets of paper, paper bags and envelopes

Cardboard rolls and boxes

Milk and juice cartons

Aseptic containers (Tetra Pak type)

Egg cartons

Glass

Bottles and jars, regardless of the colour

Plastic materials

Bottles and packaging from food products, cosmetics, personal hygiene and household maintenance products identified by one of these symbols:



Stoppers and caps

Plastic bags and plastic wrap

Metal

Aluminum foil, containers, bottles and cans (returnable or not)

Food cans

Metal caps and lids



GARBAGE CAN

Ultimate waste

Diapers and hygienic products (e.g., sanitary napkins and towelettes)

Styrofoam

No. 6 plastics or without any symbol



Biodegradable bags

Waxed paper and parchment paper

Cork stoppers

Paper towels soiled with toxic cleaning products

Photos

Rubber

Dishes, mirrors, china and utensils

Chip bags, wrappers made of plastic that doesn't stretch

Electric light bulbs (except LED bulbs, which are hazardous household waste)

Absorbent cotton, Q-tips, dental floss





©Vincent Girard (Construction permits)
 ©Ville de Laval (Car shelters)
 ©Vincent Girard (Seasonal parking)

Changes to Construction Permits

Through its concern for standardization and consistency with a number of other Québec municipalities, Ville de Laval is in the process of revising its construction bylaw L-9501 in order to update its requirements and introduce the standards in the Québec 2010 Construction Code.

At the same time, certain outdated bylaw provisions will be amended or abolished and several special provisions will be added. This amendment project comes within a strategic improvement process aimed at simplifying the enforcement of regulatory standards on construction and improving the process for issuing permits.

? www.laval.ca, under Business/Taxes and Commercial Licenses/Real Estate Projects

Car Shelters

Temporary car shelter structures may be installed on Laval territory starting **October 15**, and the covering, starting **November 1**. Nevertheless, you must make sure that you comply with the standards set forth in the municipal bylaw, mainly regarding materials, location and distance considerations.

If the installation fails to comply, City inspectors may require that you take the necessary corrective action to avoid a fine. To prevent such trouble, inquire about the rules to follow when installing a car shelter. These rules may be found on the City's website or in the pamphlet it has issued on this topic. Copies are available at the Multiservice Counter.

? www.laval.ca, under Bylaws/Permits and Bylaws/Temporary Car Shelters

Return to Seasonal Parking

Ville de Laval wishes to remind you that seasonal parking comes into force on **October 1** and remains in effect until **April 30**. During that time, parking on one single side of the street is allowed, Monday – Friday, 8 a.m. – 5 p.m., on most streets in the City. During the day, you will therefore have to make sure that you park your car on the correct side of the street, even on holidays.

In the fall, this arrangement makes it possible to sweep the public roadways clean, for example, to remove excess leaves that block water drainage to the catch basins. In winter, these seasonal parking hours enable the City to improve road maintenance and make it easier for emergency vehicles to make their way through the traffic. Read the signs carefully before you park!

ADOPT-A-PET DAY



**Sunday
 October 16
 11 a.m. - 3 p.m.**

**Pavillon du
 Bois-Papineau**
 3235 boulevard Saint-Martin Est,
 in Laval

Cats and dogs (neutered and vaccinated) are seeking a loving adoptive family!

? 311 • www.animaux.laval.ca



©Ville de Laval

Ville de Laval employee Patrick Saumure

Working-Cycling Super-Hero

In 2008, during Laval’s blood donor clinic, Patrick Saumure was approached by Héma-Québec to donate platelets. These blood cells, which are smaller than red corpuscles, are often prescribed after chemotherapy or at the time

of serious injuries causing severe hemorrhaging. Having constantly been made aware of this type of donation by his mother, who made such donations on a regular basis, Patrick accepted without the least hesitation.

A few weeks later, he received a call from Héma-Québec, informing him that his platelets are extremely rare, as they are found only in 0.3% of the Caucasian population. Moreover, they can be given to people who would otherwise not tolerate ordinary platelets due to the phenomena of antibodies attacking the cells. Patrick learned, in this way, that his platelets can save the lives of patients with very special needs.

A lifetime commitment

Ever since he has known that he has the power to save lives, he has made it a real mission. At the age of 35, this coordinator in Ville de Laval’s *Service de l’environnement* has already made 112 donations. Over the past few years, Héma-Québec has in fact contacted Patrick many times for specific donations—mainly for premature babies urgently in need of platelets. Since platelet donations may be made at 14-day intervals, Patrick is now a regular donor at the Centre des donneurs de sang GLOBULE de Laval.

Would you, too, like to save lives? Become a super-hero by taking part in Laval’s 43rd blood clinic (*Collecte de sang des lavallois*) on **September 9**, at Centre sportif Bois-de-Boulogne!

? www.laval.ca, under Activities/Events and Festivals

Support for Nursing Mothers: Invaluable Assistance from Nourri-Source Laval



©Thinkstock

New mothers, did you know that there is a telephone support service available to you in the form of a buddy system (before or after you give birth)? Thanks to this breast-feeding buddy service from Nourri-Source, encouragement, information and technical advice on breast-feeding are just a phone call away.

There are also drop-in breast-feeding centres, open **Tuesday to Friday**, in various areas of Laval. On site, you may weigh your baby, consult a breast-feeding buddy or a CISSSL nurse and talk to other breast-feeding mothers. The drop-in breast-feeding centre is a free service for all families. No appointment necessary.

? <http://laval.nourri-source.org>

Exchange Toys?

The *Troc tes jouets* toy exchange is back! This environmentally-friendly initiative helps cut down on consumption, while discovering new toys! Bring your toys! Santa will also be there...

November 27 at Centre Accès

6500 boulevard Arthur-Sauvé, Laval-Ouest

December 4 at Centre communautaire Jean-Paul-Campeau

3781 boulevard Lévesque Ouest, Chomedey

? www.laval.ca, under Activity Calendar



©Annie Poirier

Laval Seniors' Week

October 12-23, Laval is celebrating the 27th edition of its seniors' week (*Semaine lavalloise des aînés*) in all districts of the City. Some forty activities are planned: concerts, guest speakers at the libraries, dancing, themed get-togethers, etc.

Starting on **September 27**, check out the program of events on Ville de Laval's Internet site or pick up a copy of the pamphlet at a BML (*bureau municipal lavallois*), a

public library or community centre. Most of the activities are free of charge. However, some require a reservation or ticket purchase. Since places are limited, reserve early to be able to take full advantage!

In addition, here's your chance to win one of the 100 pairs of tickets to attend the big show featuring a surprise guest on **October 16** at Salle André-Mathieu. The drawing will be held on September 30.

CONTEST ENTRY FORM

Big Seniors' Show for *Semaine lavalloise des aînés*

Last name First name

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

Address:

Drop off this contest entry form at one of the BMLs (see addresses on page 35) or at 480 boulevard Armand-Frappier (8:30 a.m. – noon or 1 p.m. – 5:30 p.m.)

OR

Send this contest entry form, **before 5 p.m. on September 29**, to: Tirage Semaine lavalloise des aînés 2016, 480 boulevard Armand-Frappier, Laval (Québec) H7V 3Y1

 laval.ca, under Activities/Events and Festivals

Awareness Vigil for Laval's Homeless

On **October 21**, a solidarity march (*La nuit des sans-abri*) will take place within the world-wide Homeless for a Night event. All residents are invited to take part in this event, which is being held simultaneously in over 20 municipalities in Québec. This awareness vigil aims to put an end to indifference, reduce prejudices against the homeless and express our solidarity.

Two meeting places to remember:

Point of departure for the march

(starting at 6 p.m.)

TRIL, 106 boulevard de la Concorde Est

Festive evening (starting at 8:30 p.m.)

L'Aviron, 1015 boulevard des Laurentides

 Page Facebook *La nuit des sans-abri* 2016 – Laval



MADA Seniors' Symposium

Since February 2014, Laval has held the title of Senior-Friendly Municipality (MADA in French) and it is with great pride that it will be holding the MADA symposium on **October 27** at Pavillon du Bois-Papineau. Representatives of public and para-public agencies are invited to attend as well as residents concerned about the supply of services and the development of infrastructures enabling seniors' full participation in Laval's active life.

 www.laval.ca, under Seniors

Financial Assistance for Seniors

Seniors who have submitted an application for 2016 and who meet the eligibility requirements will soon be receiving their cheque from Ville de Laval's financial assistance program to support seniors age 65 and over. The cheques, in the amount of \$100 (or \$200 for seniors entitled to a guaranteed income supplement), will be mailed out at the end of September. Don't forget that anyone 65 years old or over on May 1 and whose main residence (as a tenant or homeowner) is located on Laval territory is entitled to this annual financial assistance provided for in the City's Bylaw L-12221. The next deadline for submitting an application is April 30, 2017.

 www.laval.ca, under Seniors



La couturière (page 22)



Le Groupe Gourganes, Edwin Janzen (page 23)



Tennis courts (page 30)

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©Michel Pinault (*La couturière*) ©Sophie Poliquin (Tennis courts)
©Edwin Janzen (*Le Groupe Gourganes*)



©Depositphotos

Reading Suggestions – Québec Novels

La nageuse au milieu du lac

PATRICK NICOL

Le Quartanier, 2015, 155 p.



A CÉGEP professor relates his day-to-day life between his visits to his mother suffering from Alzheimer's and his literature courses. Real-life fiction that reads like a charm, Patrick Nicol's writing is tinged with resigned humour and great poetry on everyday life.

Les maisons

FANNY BRITT

Cheval d'août, 2015, 256 p.



Tessa, age 37, the mother of three boys and living with her partner for the past 15 years, bumps into her first love by chance and her head is in a whirl. *Les maisons* is about the façades, of course, but above all, what is behind them... A very beautiful novel filled with humour, self-deprecation and finely polished dialogues.

Ce qu'il reste de moi

MONIQUE PROULX

Boréal, 2015, 432 p.



In this novel, with its animated dialogues, we cross a number of personalities who accompany us from the foundation of Montréal to the Occupy movement and who incarnate the many faces of the metropolis. A captivating novel whose original narration takes us on a trip between past and present.

Nord Alice

MARC SÉGUIN

Leméac, 2015, 176 p.



Fleeing an unfortunate love affair, the narrator takes off to the Far North, where he finds a job in a hospital. Through his experiences with the local population, he pursues a stormy search for his identity in exhilarating surroundings. A subtle writing style; a profound, human story.

? Further details on the selections and more suggested reading may be found on the libraries' Pinterest page: www.pinterest.com/bibliolaval



Online Registration

Starting Wednesday, September 14, at noon

? www.inscriptions.laval.ca

Activities...

Writers at Work

October 1 – November 26, youth literature author Amélie Dumoulin and adult literature author Leslie Piché will pursue their creative work at Laval's libraries as well as at partner organizations. Come meet them!



©Jérémy Bataglia

Public Readings with Béatrice Picard

October 12-23

An encounter by two generations, presenting a concert in words gathered among senior and teen residents. *Maintenant je sais quelque chose que tu ne sais pas* (literally: *Now I know something that you don't*) reveals those intimacies that fly through our existence like fleeting stars. A real trip through time, a series of encounters not to be missed. Presented by Théâtre Bluff at Laval's libraries.

Public Libraries Week

October 15-22



©Julien Faugère

Come meet your favourite authors! Featuring **Janette Bertrand** (October 16, at 7 p.m., at Gabrielle-Roy), who will talk about her latest book, *Vieillir – La vieillesse par une vraie vieille*; Danielle Laurin and her literary favourites (**October 18**, at 7 p.m., Sylvain-Garneau); Emmanuel Lauzon, author of the novel TAGuée (**October 22**, at 2 p.m., at Émile-Nelligan), and other writers who will discuss their sources of inspiration with you as well as their passion for writing.

In addition, don't forget the launch of the new *Made in Laval* collection (**October 25**, 5 p.m., at Laure-Conan), consisting of musical, film and literary works by budding Laval artists, who will be on hand at a number of libraries.

... and Resources

Caregivers' Library

In Québec, one person out of five is a natural caregiver. Are you? Fifteen booklets in French, on various life events and health problems, are available to you online, free of charge, at www.biblioaidants.ca and at libraries in Laval. Ask for them!

Home Loans

The *Prêt à domicile* (home loan) service is offered to people with limited mobility or declining autonomy as well as to caregivers who want to stay connected with the libraries, books and reading. By registering for this free service, offered in cooperation with the Centre de bénévolat de Laval, you can take out up to 30 library loans for a period of two months. The 100th person who registers will win a basketful of books!

Inquire at your local library or by email no later than **November 29**, 2016: pretadomicile@laval.ca


 www.bibliotheques.laval.ca

Libraries' Schedule

Monday – Friday*: 10 a.m. – 9 p.m.

Saturday & Sunday: 10 a.m. – 5 p.m.

*Émile-Nelligan, Marius-Barbeau, Philippe-Panneton, Sylvain-Garneau and Yves-Thériault libraries are closed on Mondays.

 The libraries' contact information may be found on page 35 and online at www.bibliotheques.laval.ca, or phone 311.

 Bibliothèques de Laval – page officielle

 pinterest.com/bibliolaval/

Join the library...
It's free!





Tribus



Vic's Mix



Terrier

©PL2 Studio (Tribus)
©Go-xplor (Vic's Mix)
©Emilie Dumas (Terrier)

MAISON DES ARTS

1395 boulevard de la Concorde Ouest, Laval
www.maisondesarts.laval.ca — 450 662-4440

30 Years: A Season Open to the World

The MDA's 30th season will leave no one indifferent. All in all, 6 stage plays, 4 dance performances, 8 contemporary art exhibitions and 14 youth shows will be presented this year, with the theme of filiation, handing down, the duty of remembrance, taking roots and immigration as well as the look we cast on ourselves and on the world. From Québec to Norway, passing through Russia, Japan and Lebanon, each person will be able to make up their imaginary route through a labyrinth of emotions and universal values. Here is a bird's-eye view...

THEATRE

Tribus

LAB87 in conjunction
with La Manufacture

October 15, 8 p.m.

Billy was born deaf. His encounter with hearing-impaired Sylvia, who is going deaf herself, will help him in his own development and give him the desire to master sign language. Humour intertwines with drama in this play presenting an atypical family whose members speak to one another without listening.

Norge

Théâtre Humain and Théâtre du Trident
November 17, 8 p.m.

September 1919: Herbjørg Hansen, age 14, leaves Norge, her native Norway, to settle in the U.S. She leaves behind a life that she will never mention again. September 2008: Her grandson Kevin, who lives in Québec City, sets out for Oslo in search of his roots. A show that will capture your heart.

DANCE

Bagne

PPS Danse, co-produced with
Danse Danse

October 20, 8 p.m.

Pierre-Paul Savoie and Jeff Hall revisit one of their biggest successes, nearly 20 years after it was created. Confined in a monumental metallic structure, two men confront one another and set themselves on fire, with outstanding athletic muscle and might. A powerful performance, a hymn to freedom.

Vic's Mix

Groupe RUBBERBANDance
December 1, 8 p.m.

Through a unique shift between classical ballet and 1990s West-Coast Hip Hop, the RUBBERBANDance Group defies the boundaries of contemporary dance with its singular, urban language. *Vic's Mix* plunges into choreographer Victor Quijada's creative tempest, where theatricality and eclecticism mix and mingle.

FOR YOUNG AUDIENCES

La couturière

Théâtre Bouches Décousues
Theatre and visual arts (for 5-year-olds and over)

October 22-23, 10 a.m. and 2 p.m.

Painter Ariane welcomes us to her studio—a chance to discover her seamstress grandmother Blanche. This stage play for the whole family takes a look at universal themes, including intergenerational transmission and mending, whether with needle and thread or with words that help healing.

Terrier

Théâtre du Gros Mécano
and Les Incomplètes
A play for 3-year-olds and over

November 20, 2 p.m.

In the depths of their burrow, two little hairy creatures are busy gathering their food supply. One lists, rations and studies. The other writes, contemplates and savours. But then, a big dispute arises and puts their friendship to the test. Children will immediately recognize themselves within the playful, poetic spirit of this show without words.

©Patrick Bérubé



Not Loaded Google Images on iPhone, 2015, detail, Patrick Bérubé



En masse, 2015, Christopher Plenzich and Alison Reiko Loader

©Guy L'Heureux

EXHIBITIONS AT SALLE ALFRED-PELLAN

Free admission: Tuesday - Sunday, 1 p.m. – 5 p.m., and on performance evenings, up to 8 p.m.

Patrick Bérubé

En principe...

Curator: Bénédicte Ramade

August 28 – November 6

Opening: **August 28**, 2 p.m.

Guided tour: **October 2**, 2 p.m.

Atelier d'Alfred parent-child (\$): **October 15**, 1:30 p.m.

Unveiling work logic, inventing others, that is what should be carried out as a rule... In 2016, marking his ten-year career, Patrick Bérubé imposes a challenge on himself to create one work per day—or 366—in this leap year. When protocols are given free rein and produce surprises...

In the foyer of Théâtre des Muses



Nadège Grebmeier Forget

Live 11-03-16, noon – 5 p.m.

August 14 – November 6

NGF, 2016

©Guy L'Heureux

L'art est vivant! Du savoir-faire aux matières

Kelly Andres, Daniel Corbeil, Dr. Armand Frappier, Pierre-Yves Girard, Claire Kenway, Laurent Lamarche, Alfred Pellan, Christopher Plenzich, Amélie Proulx, Alison Reiko Loader, Annie Thibault, Jacques de Tonnancour and White Feather

Curator: Anne-Marie Belley

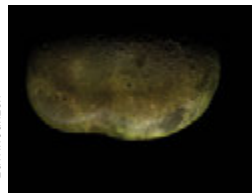
November 27, 2016 – February 5, 2017

Opening: **November 2**, 2 p.m.

Atelier d'Alfred parent-child (\$): **December 10 & February 4**, 1:30 p.m.

This exhibition brings together artistic and scientific approaches meant to interact with organisms in the mineral, plant or animal world. We note that it is the materials themselves that draw an invisible line between art and science, nature and culture, tradition and modernity, history and life.

In the foyer of Théâtre des Muses



Edwin Janzen

Le Groupe Gourgenes

November 27, 2016 – February 5, 2017

No title, 2016

©Edwin Janzen

mda

**MAISON
DES ARTS
DE LAVAL**

**INFORMATION 450 662-4440
TICKETS 450 667-2040**

30
YRS

**30% DISCOUNT ON
3 SHOWS OR MORE**



Florence K



Alain Trudel, Orchestre symphonique de Laval



Mélissa Lavergne

©François Nadeau (Florence K)
©Sophie Poliquin (Alain Trudel)
©Andréanne Gauthier (Mélissa Lavergne)

CULTURAL CALENDAR

MUSIC

Zones musicales Grand Closing Festivities

A festive weekend devoted to world music will bring the *Zones musicales* to a grand close, in front of Maison des arts on **September 9, 10 and 11**.

Orchestre symphonique de Laval


On **September 9**, at 8 p.m., the Orchestre symphonique de Laval will “set the stage on fire” with the virtuoso Quartetto Gelato group. Argentinean tango, gypsy music, Spanish flamenco and more—you won’t be able to sit still!

Florence K

The following evening, at 8 p.m., the talented Florence K will have carte blanche in performing a festive show with her great hits, Latin jazzy tunes and English songs from her latest album *I’m leaving you*.

Mélissa Lavergne

And last but not least, a very rhythmical Sunday with renowned percussionist Mélissa Lavergne. Starting at noon, take advantage of the activities and entertainment and buy lunch from the street vendors, serving up international flavours. In addition, African dance and djembe workshops as well as a highly colourful, interactive show.

 www.zonesmusicales.laval.ca

La Grande Duchesse de Gerolstein

November 11-13

At Maison des arts, Les Productions Belle Lurette will be presenting *La Grande Duchesse de Gerolstein* by Jacques Offenbach, in a re-released version that will be performed for the first time in Québec. Soprano Étienne Cousineau will be featured in the title role, surrounded by 18 singer-actors.

 www.bellelurette.org — 450 667-2040

Lakmé

Théâtre d’art lyrique de Laval presents a high-spirited program. The first concert of the season is *Lakmé*, an opera, on **November 18 and 20** at Théâtre Marcellin-Champagnat. In an oriental country, opposing forces tear apart two lovers united by the singing of *Lakmé*.

 www.theatreall.com — 450 687-2230

Subscribe to the Concerts of the Orchestre symphonique de Laval

The Orchestre symphonique de Laval (OSL) presents world music and famous symphonies all throughout its 2016-2017 season. At the season opener, the OSL invites spectators on a trip to the Middle East, with the exotic Shéhérazade. In the spring, the brilliant cellist Stéphane Tétreault will explore the Russian world in combining the romanticism of Tchaikovsky with the intensity of Chostakovitch. Visit the OSL’s website to discover the entire program and subscribe...

 www.osl.qc.ca

JOURNÉES DE LA CULTURE

September 30, October 1-2

Laval is a fertile ground for creators, artists and cultural organizations, and the *Journées de la culture* (Culture days) always prove to be a good time to come into contact with this fascinating world. During these special days, you will have the chance to better understand the creative process of a number of artists and also take part with them in the joint production of all kinds of works.

This year, Ville de Laval is organizing activities, starting in August, in anticipation of the *Journées de la culture*. Discover full details on the City’s website or on the site of this cultural event. Also inquire about the activities organized by your Maison des arts. There are so many!

 www.laval.ca, under Activities/Events and Festivals



©Sophie Poliquin

Armand Frappier Museum


CULTURAL CALENDAR (CONT'D)

SCIENCE

New at Armand Frappier Museum's Labs

This fall, 5-8-year-olds and their parents can discover all the facets of the human body, at the *Saturdays at the Lab* workshops. Through games and experiments in the lab, these workshops take the mystery out of the sensory organs, explore the circulatory system and dissect the digestive system. Come learn more about science... and your body!

Then during the *Sundays in Lab Coats* workshops, 9-12-year-olds will have to solve a brand new scientific puzzle. To do so, they put on the lab coat of various scientists—geneticists, molecular biologists...—and carry out many high-level experiments, all in a playful atmosphere. And last but not least, we look forward to welcoming everyone inquisitive about science—youngsters and grown-ups alike—to the new exhibit on the brain.

 www.musee-afrippier.qc.ca/en
450 686-5641, ext. 4676

SHOWS

Presented by Salle André-Mathieu

Following a summer of renovations, Salle André-Mathieu is reopening to give Laval residents a more all-out experience than ever before!

Salle André-Mathieu

Stéphane Rousseau
October 13-14

**Patrick Norman
and Renée Martel**
October 27

Mariana Mazza
November 22

Charlotte Cardin
November 23

Tartuffe, by Molière
Staged by
Denis Marleau
November 24

 www.salleandremathieu.com — Tickets: 450 667-2040

CULTURAL LEISURE ACTIVITIES

Longing to Learn Music?



©Jean-François Page


L'Harmonie Aurora rehearsing

L'Harmonie Aurora is a wind and percussion orchestra specializing in musical training for beginners. If you would like to learn how to play music, even if you have no knowledge of music at all, come to the orchestra's public rehearsal on **September 11**. Here's your chance!

 www.harmonielaval.org

LIRTA Junior: Improv for Pre-teens

A thrilling initiative aimed at creating a pool of recruits for the improv major league. Would your pre-teens (in Grades 4-6 of elementary school) like to take up the improv challenge? Contact the Ligue d'improvisation de la Rencontre Théâtre Ados (LIRTA)!

 450 687-5654 — lirta@rtados.qc.ca

Do You Have a High-Score Word?

For almost 35 years now, from September to June, the Orchidée scrabble club has been holding Duplicate Scrabble games. The games are played every Tuesday evening in the basement of Saint-Claude church in Laval-des-Rapides. If you love reading, crossword puzzles and word games in general or if you just want to take part in an enriching activity, come try it out! Here you will find a pleasant atmosphere plus friendly folks and you will give your grey matter a workout while having fun.

 <https://sites.google.com/site/cluborchideelav/>
450 975-0822

www.loisirs.laval.ca

The Théâtre pour enfants de Laval is offering theatre skill development classes; the I Coristi de Laval ensemble is looking for singers; the Tisserins de Laval are offering a variety of classes to those who love weaving... These are just a few of the offers among the hundreds you will find at www.loisirs.laval.ca.

HISTORY AND HERITAGE

Invitation to History Talks

©Centre d'archives de Laval — Fonds Germain Beauchamp



Le Kosy Korner, a restaurant and night club in Laval-Ouest in the 1940-1960s

The Société d'histoire et de généalogie de l'île Jésus and the Centre d'archives de Laval invite you to a new series of historical talks at Centre Alain-Grandbois. Professors, researchers and young graduates from various universities in Québec will be coming to share the findings of their research.

The first talk will be held at 2 p.m. on **September 20**, when Michael Hawrysh will present *Une ville bien arrosée: Montréal durant l'ère de la Prohibition, 1920-1933*. The complete list of activities may be found on the SHGIJ's website or Facebook page.

? www.shgij.org — 450 681-9096

LITTERATURE

La Société littéraire de Laval Teams Up With Déjeuners croissant-musique

Accompanied by the Orchestre tzigane de Montréal, actor Peter Bataklijev will read excerpts from the works of Gustave Flaubert, Victor Hugo, Charles Baudelaire, Louis Aragon and Guillaume Apollinaire. Let yourself be carried away by music and literature at a croissant breakfast at 11 a.m. on Sundays, **November 13 and 20**, at Maison des arts in Laval.

? www.artsspectacleslaval.com
438 391-8506



©Galerie d'art La Vieille Caserne

EXHIBITIONS

Centre d'art de Sainte-Rose

214 boulevard Sainte-Rose

Rose-Art

Exhibition of large canvases by the members of Rose-Art

September 19-25 & September 30 – October 2

Jeannine Desmarais
Une page qui tourne
October 6-10

Lise Dupuis
Au fil de l'imaginaire, petits formats
October 15-24

Lise Boilard and the participants
in the workshops
Plaisir et abstraction
October 28-30

? www.roseart.ca — 450 625-7925

Made in Laval: Encouraging Laval's Budding Artists

Within Public Libraries Week, the Centrale des artistes is proud to launch a new collection of musical, film and literary works by Laval's budding artists, who will be on hand at a number of libraries in Laval. The *Made in Laval* project provides an outstanding opportunity to highlight the artistic quality of these productions, while enabling a privileged exchange with residents. A happy hour will take place on **October 25** to launch the project at Laure-Conan library.

Here is the list of libraries participating in this project:

- Émile-Nelligan
- Gabrielle-Roy
- Germaine-Guèvremont
- Laure-Conan
- Multiculturelle
- Sylvain-Garneau

? www.laval.ca, under Activities/Events and Festivals/Culture/Public Libraries Week

ALPAP

Annuelle des arts du Collectif des membres de l'ALPAP

August 27 – September 18

Du déclic au pinceau – A combination of works by ALPAP artists and photographs by Club photo de Boisbriand members
November 5-20

? www.alpap.org

L'Atelier d'aquarelle Le Partage

Exhibition of small canvases and miniatures

November 24 – December 4

? www.latelierdaquarellepartage.com

**FREE
ACTIVITIES!**

SEPT.

4

Fête de la **famille**

CAILLOU



**LES PETITES
TOUNES**



1, 2, 3...GÉANT



ATCHOUM



**Inflatable play structures, giant slide,
Tyrolean traverse, Jumpai, face
painting, balloon-making, temporary
tattoos, interactive workshops
and more!**

fetedelafamille.laval.ca

10 A.M. - 6 P.M.
CENTRE DE LA NATURE

Recreational Activities in Laval

Exercising, reading, dancing, creating... There are so many things to do in our free time! In Laval, recreational activities and lessons are offered by organizations supported and recognized by the City. You can choose among the many offered for all ages, with the assurance of receiving quality services. Contact the organization directly in order to register.

How Can I Find My Recreational Organization and Register?

Go to www.laval.ca and look under *Directory of Organizations*. As you enter the name of the activity or organization in the search bar, you will be able to choose among the names suggested: Then you will just have to contact the organization to register. A number of them also have their own website.

You can either take advantage of the activities offered in your own district or choose ones in a district nearby. But don't delay! The registration period is in August for fall classes and in November for the winter ones. Some organizations accept registrations at all times, however.

? www.laval.ca, under Activities/Sports and Recreational Activities/Registering for Leisure Activities



©Vincent Girard

2016 Diabetes Exhibition



©Thinkstock

Instructive talks will be featured at the 18th *Salon Expo-Diabète* of the Association du diabète Laval, Laurentides. Under patron Isabelle Huot, this exhibition will take place on **October 30**, 9:30 p.m. – 4 p.m., at the Sheraton Laval hotel's convention centre. Some sixty exhibitors will

discuss topics relating to diabetes. Admission: \$5 per person, free for 12-year-olds and under.

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

Urban Agriculture

Groupe Promo-Santé Laval, in cooperation with *Enfant d'abord*, is offering food preservation workshops all over Laval. Conducted by a nutritionist, these workshops will be held in September and October and are designed to pass on basic information about preserving fruits, vegetables and fine herbs: freezing, storage, canning, recipes and more—and all presented with humour and simplicity. Register now! These workshops are part of a project financed by the management committee of the Agreement on healthy living habits.



©Thinkstock

? *Enfant d'abord*: 450 681-1154

LEISURE ACTIVITIES



through sports associations
and community organizations

Register now!

loisirs.laval.ca

©Martin Alarie



Let's Walk for Children

Every year, Laval marks National Child Day by holding a solidarity march—an initiative that has been supported for the past 20 years by Maison des enfants le Dauphin. On Sunday, **November 20**, dozens of youngsters, parents and members of the community will be walking in Chomedey, as will be other children and adults all over the country. Grand festivities will be held at City Hall, at the same time, where the Child-Friendly Municipality flag will be raised: a symbol of the City's commitment to children's well-being and rights. Join the movement!

? Register yourself, your school, your organization, your child care centre or whatever other group at mae@laval.ca — www.maisondesenfants.qc.ca

©Sophie Poliquin



Laval, Host City of the Québec Games in 2020!

Laval is striving to host the Finals of the 2020 Summer Québec Games. The application process is still in its early stages; however, Mayor Marc Demers is convinced that there will be a lot of support behind efforts to attract this event to Laval—an event where the best athletes under 18 years old, from all over the province, come together to compete. **Support Laval's efforts to host the Finals of the Summer 2020 Québec Games** by keeping an eye out for the activities surrounding this great sports event—an event that is also social, cultural and friendly in nature and that banks on respect, commitment and perseverance.

? www.jeuxduquebec.laval.ca

WE
make
YOUR DAY

SUBSCRIBE NOW : MORE THAN 15 WORKSHOPS
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 Social media • And much more!

**FORMATION
 DES
 BÉNÉVOLES**

SATURDAY, NOVEMBER 26, 2016 **?** www.evenements.laval.ca At Campus de l'UdeM à Laval

©Vincent Girard



We Jump into the Water... Even in the Fall!

When the warm weather comes to an end, the indoor pools are ready to welcome you so that you can continue to play your favourite water sports. Schedules are set up for public swimming and for swimming lanes every day, both daytime and evening hours. Come for a dip, alone or with family or friends... in a safe environment!

? Schedules and contact information at www.loisirs.laval.ca and click on English

Registration for Swimming Lessons and Aquatic Activities

A pre-school program, junior swimming program and activities for adults (aquafitness, aquajogging, prenatal and more!) are offered during the fall, winter and spring sessions. Don't delay in registering with the recreational organizations that offer these classes! (See page 28 for the registration procedure.)

Job Vacancies

Would you like to be a lifeguard, an instructor or a coach? Ville de Laval and its partners are looking for dynamic people, youngsters or grown-ups, who are interested in holding these positions. A number of quality training activities are offered to qualify for these jobs.

? Mouvement aquatique de Laval, 450 661-6001, ext. 212

Tennis Courts: Open Until October 30

Take advantage of the sunny fall days to stretch your legs on one of the 59 municipal tennis courts spread out in the 25 parks in Laval. They are accessible free of charge, every day, 9 a.m. – 11 p.m. For a fee, Tennis Laval offers access to the only two public clay courts in Laval—at Couvrette park in Sainte-Dorothée and Saint-Victor in Duvernay.

? www.loisirs.laval.ca, and click on English



©Vincent Girard

Indoor Ice Sports: Winter or Not

September 3 – March 26, time slots are reserved for public skating at municipal arenas. To satisfy all skaters, certain periods are set aside for adults only, others for parents accompanied by their children and still others for all skaters together. Come learn how to skate or perfect your skills!

Modern-style arenas

Due to major renovations, both Samson and Saint-François arenas will be closed until December. All in all, over \$10 million will have been invested in 2016 to modernize these facilities. The refrigeration systems and the concrete slab will be replaced. The interior spaces will be revitalized, much to everyone's benefit: a brighter lighting system, new boards around the rinks, new players' benches and bleachers with radiant heating built into the cement. We encourage you to go to nearby arenas for public skating in the meantime. You will find the list at www.loisirs.laval.ca, and click on English

Cycling and More Cycling!



©Vincent Girard

Laval has three types of bikeways—bicycle lanes, designated shared roadways and bicycle paths—to encourage you to go from place to place in an active way. The cycling network is officially open **until November 14**. Take advantage of it!

You want more? At **the Laval à vélo cycling event on September 18**, come pedal away on a 20- or 40-km route that is closed to traffic in eastern Laval. Details on page 33.

? www.loisirs.laval.ca, under *Vélo et déplacement actif*, and click on English — 311

Objectif Zénith: Lots New!

Objectif Zénith is back—that big campaign to raise funds for Laval’s organizations. During the last campaign, the participating organizations shared the sum of \$210,180, which helped them finance their projects. The 2016-2017 edition has lots new:

- The campaign dates have been pushed up: Get your raffle tickets now; only \$2 each. Ticket sales run until **February 1, 2017.**
- New prizes to be won: **16 grand prizes for a total value of \$24,000!**
- The drawing may be viewed on video: Watch it in the comfort of your living room and discover, live, whether you have won! The drawing will take place on February 22, 2017. Details to follow on Ville de Laval’s official Facebook page (*page Facebook Ville de Laval – page officielle*).



©David Leonard

Nearly one hundred Laval organizations working with youngsters or seniors or offering community or artistic activities are taking part in this 9th *Objectif Zénith* campaign. Give them your support!

? www.laval.ca, under Activities/Events and Festival



©Sophie Poliquin



©Sophie Poliquin

Halloween at the Centre de la nature: Shivers and Quivers

Once again this year, this vast urban park is organizing a special program of activities to celebrate Halloween in high style.

Frightening Fun

The famous haunted house at the Centre de la nature is open every weekend in October. This year, the Chalet du Nord is being converted into an abandoned hospital... Will you dare mix and mingle with the blood-thirsty doctors, the wounded zombies and the nurses who don't just have your well-being at heart?! They will give you the creeps, for sure! This activity is only for brave 11-year-olds and over.

Dates: **October 8-30**, on weekends and Thanksgiving Monday

Admission: \$2/person

Fright-Free Fun

October 29-30, Village des arts comes alive: decorations at playhouses, shows, cultural activities and candy giveaways. These activities are free of charge.

Budding gardeners are invited to the new self-producing greenhouse to attend a workshop to make a flowering pumpkin. All participants will leave with their own creations.

Admission: \$3/person

? www.centredelanature.laval.ca



©Sophie Poliquin



©Bois de l'Équerre

Rivière-des-Mille-Îles park

The park building will soon be undergoing major renovations; however, the summer season is continuing nevertheless on the Mille Îles River! On **September 3-4**, the *Pêche en herbe* activity is bound to delight 8-13-year-olds interested in fishing. Each participant will receive a fishing rod, a fishing guide as well as a valid licence until age 18. A win-win activity from start to finish!

September 17-18, bring the whole family to take part in the guided family fishing activity—for pike, pickerel and perch! Accompanied by a nature interpreter, you will learn more about good techniques for fishing and the best ways of cutting, cleaning out and preparing a fish. To bring the activity to a wonderful close, you will have a chance to sample the catches!

During *Journées de la culture* (Culture days), a number of activities will take place at the park! Aboard a rabaska, discover the Mille Îles river, its history, wild life and plant life. And here's your chance to go trekking on the islands in order to explore the wealth of ecological heritage there—for free!

? To inquire about the cost of fishing activities and to make reservations in advance (required): 450 622-1020, ext. 227

Treasures and Discoveries at Bois de l'Équerre

Monarchs in the Air!

Every Saturday and Sunday in September, noon – 2 p.m., come watch the caterpillars and chrysalises of these magnificent butterflies before they migrate to Mexico.

Bois de l'Équerre's Magic Formula

Every Saturday in October, 1:30 p.m. – 3 p.m., our guides are on hand to take you on a scavenger hunt that will lead you to discover Bois de l'Équerre's magic formula. This free nature interpretation activity is followed by outdoor arts and crafts and is designed for 5-year-olds and over. Reservations required at www.boisdelequerre.org.

And lastly, every Sunday at 2 p.m., a 45-minute guided tour along the trails leaves from the park building! Get there on time!

? Reservations: [Facebook.com/boisdelequerre](https://www.facebook.com/boisdelequerre)



©Vincent Girard

DISCOVER LAVAL'S MAJOR PARKS

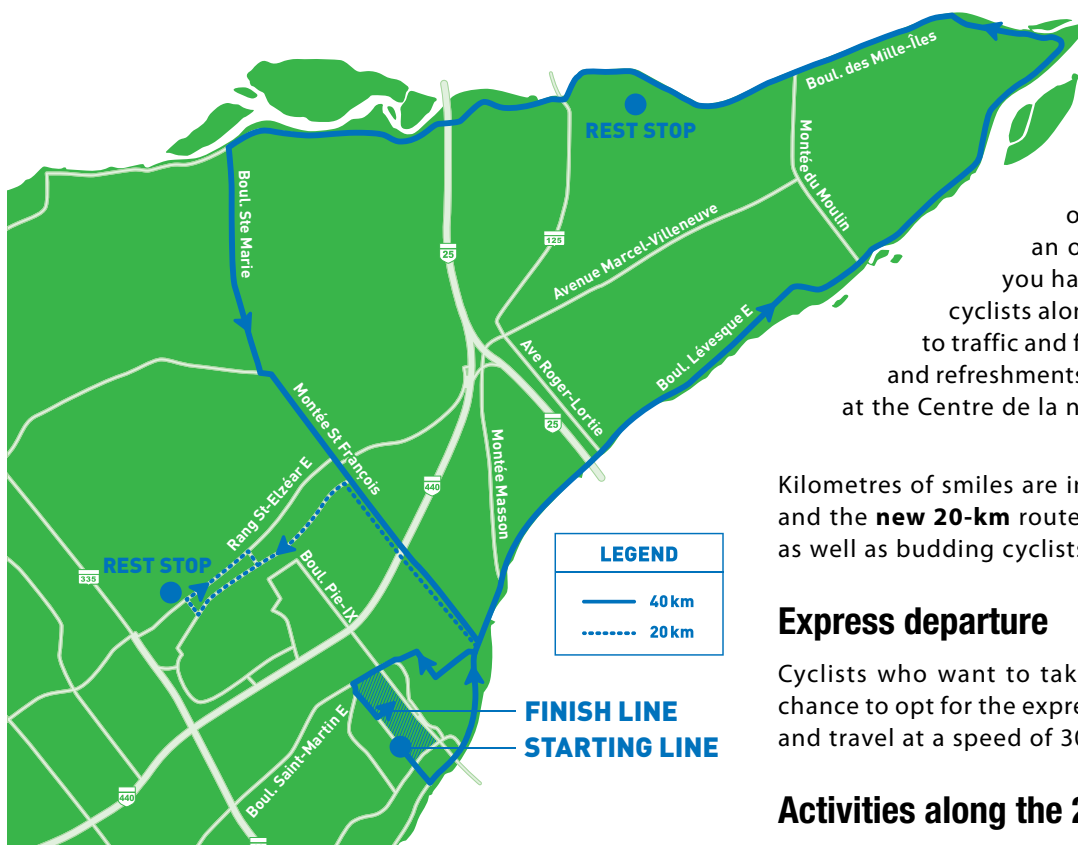
Berge des Baigneurs in Sainte-Rose
 Berge aux Quatre-Vents in Sainte-Dorothée
 Centre de la nature in Saint-Vincent-de-Paul
 Des Prairies park in Laval-des-Rapides

? For the location of these parks, their facilities and their program: www.laval.ca/lieux



© Annie Poirier

On September 18, Pedal Your Way Through Laval!



The 2nd edition of *Laval à vélo* will take place on Sunday, **September 18**.

In cooperation with Vélo-Québec, this friendly cycling tour at the eastern tip of île Jésus will provide you with an opportunity to discover Laval as you have never seen it before. Join the cyclists along the safe, straight route closed to traffic and featuring rest stops with services and refreshments. The starting and finish lines are at the Centre de la nature.

Kilometres of smiles are in store all along the 40-km tour and the **new 20-km** route. Perfect for both active people as well as budding cyclists and their parents.

Express departure

Cyclists who want to take up a challenge will have the chance to opt for the express departure of the 40-km route and travel at a speed of 30 km/hr.

Activities along the 20-km route

To amuse the cyclists, a journey of discoveries is being organized along the 20-km route. Set out by bike in search of clues, answer very easy questions and win a prize!

Become a volunteer!

There are a number of good reasons for becoming a volunteer in the *Laval à vélo* cycling tour: taking part in Laval's sports life; enjoying a memorable group experience; joining in an event that promotes healthy values... All volunteers will receive training, a t-shirt and a lunch.

REGISTRATION FEES

until September 14

- Adults: \$25
- 13-17-year-olds: \$15
- 12-year-olds and under: free

September 15-18

- Adults: \$30
- 13-17-year-olds: \$18
- 12-year-olds and under: free

? Register online at www.lavalavelo.laval.ca

YOUR CITY COUNCIL



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Marc Demers
450 662-4140
bdm.laval@laval.ca



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Saint-François
Jacques St-Jean
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j.stjean@laval.ca



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p.galati@laval.ca



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g.dumas@laval.ca



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mi.trottier@laval.ca



District 21
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Virginie Dufour
514 712-5261
v.dufour@laval.ca



CITY COUNCIL MEETINGS

Watch them online, live or pre-recorded
www.laval.ca

> NEXT BROADCASTS

Tuesday, September 6, 7 p.m.
Tuesday, October 4, 7 p.m.
Tuesday, November 1, 7 p.m.
Tuesday, December 6, 7 p.m.

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 | |
| Economic Development | 450 978-8000 |
| 1555 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

| | |
|---|--------------|
| Bureau municipal lavallois #1 | 450 662-4901 |
| 4010 boulevard Saint-Martin Est | |
| Bureau municipal lavallois #1 – Satellite | 450 662-8422 |
| 1245 montée du Moulin | |

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

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

Chomedey

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

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

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

Fabreville-Est and Sainte-Rose

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

Vimont and Auteuil

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

LIBRARIES

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

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

POLICE

| | |
|--|--------------|
| Police headquarters | 450 662-4242 |
| 2911 boulevard Chomedey | |
| Gendarmerie | 450 662-3400 |
| 3225 boulevard Saint-Martin Est | |
| Neighbourhood police station #1 | 450 662-4310 |
| 1245 montée du Moulin | |
| Neighbourhood police station #2 | 450 662-7820 |
| 289 boulevard Cartier Ouest | |
| Neighbourhood police station #3 | 450 978-6830 |
| 560 – 2 ^e Rue | |
| Neighbourhood police station #4 | 450 662-7140 |
| 6500 boulevard Arthur-Sauvé, suite 500 | |
| Neighbourhood police station #5 | 450 978-6850 |
| 187 boulevard Sainte-Rose | |
| Neighbourhood police station #6 | 450 662-4860 |
| 5555 boulevard des Laurentides | |

FIRE PREVENTION

| | |
|-------------------|--------------|
| Information | 450 662-4450 |
|-------------------|--------------|

OTHER SERVICES


| | |
|---|--------------|
| Cour municipale de Laval (municipal court) | 450 662-4466 |
| Ombudsman | 450 978-3699 |
| Office municipal d'habitation de Laval (housing bureau) | 450 688-0184 |
| Palais de justice de Laval (court house) | 450 686-5001 |
| Tourisme Laval | 450 682-5522 |

HEALTH & SOCIAL SERVICES

| | |
|---|----------------|
| Centre d'écoute de Laval (help line) | 450 664-2787 |
| Centre intégré de santé et de services sociaux de Laval | 450 978-2000 |
| Info-aidant | 1-855-8-LAPPUI |
| Info-Santé and Info-Social | 811 |
| Emergency ambulances | 911 |

TRANSPORTATION

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

 Some municipal buildings are accessible to people with limited mobility. The complete list may be found at www.maville.laval.ca under "People with disabilities".

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ZONES MUSICALES



Orchestre symphonique de Laval

September 9



Florence K

September 10



Mélissa Lavergne

September 11



CLOSING FESTIVITIES

Free shows

Zone Centre-Ville

In front of Maison des arts

 zonesmusicales.laval.ca



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(non-urgent calls)

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(from outside of Laval)



IN PERSON
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1333 boulevard Chomedey

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