



# Laval delighted to welcome *Mondial Loto-Québec*

p. 22



SUMMER 2012

# VIVRE à Laval

Ville de Laval's newsbulletin



Arts and Culture / Sports, Leisure Activities and Community Life

Photo: Claudine Cantin



## Bois de l'Équerre Three Million Square Feet More!

Ville de Laval has just invested \$2 million in 3,082,598 square feet of natural areas in Bois de l'Équerre, therefore bringing the total number of square feet purchased by the City over the years in this environment to over 10 million—the equivalent of 172 football fields. This new acquisition aims at ensuring the sustainability of a larger part of this natural site of great ecological value.

As it may be recalled, the three-year capital expenditures program for 2012-2014, presented last December at the same time as the City's budget, provides for an amount of \$12.8 million for the purchase of natural spaces—not only in Bois de l'Équerre, but also in other woodlands as well: Bois La Source, Bois Papineau, Bois Auteuil and Bois Sainte-Dorothée.

## Expansion of Wildlife Sanctuary in Rivière des Mille Îles



Rivière-des-Mille-Îles park boasts one of the largest biodiversities in Québec.

This spring, the Éco-Nature organization, which manages Rivière-des-Mille-Îles park, submitted the Québec government's *Ministère des Ressources naturelles et de la Faune* a project to expand the wildlife sanctuary in the Mille Îles river. This project is increasing the area of the sanctuary to approximately 300 hectares, up from 26. Ville de Laval alone will devote 127 hectares of land (41 sites) to this expansion project.

## An Investment for Your Safety



Ville de Laval has purchased 21 speed display units that track the speed of vehicles as well as road traffic. This incentive tool is used to make motorists aware of the speed limit and their responsibilities. The display units, which are powered by batteries and solar energy, are mainly installed in residential areas. The City is planning on relocating these units on a regular basis, as they are easy to install on street lamps. Together, this purchase and the service contract to relocate them represent an investment of \$300,000.

## Québec Investing \$58.5 Million in Laval This Summer



Photo: Pèpé

This summer, the Québec government is undertaking major projects in the interest of preservation, improvement and development of road infrastructures on Laval territory. The cost of all this work has been estimated at \$58.7 million, spread out in some 17 worksites. Included among the largest worksites are:

- repairs to the overpass along boulevard Cartier, above Autoroute 15
- the final phases of the work involved in reconstructing the Montée Saint-François overpass, above Autoroute 440
- construction of a noise abatement wall on the north side of Autoroute 440, between rue Dublin and Autoroute 19, in partnership with Ville de Laval
- repairs to Pie-IX and Lachapelle bridges
- as well as repairs to the overpass along Route 125, which stretches across boulevard Lite and boulevard Saint-Martin

## Valeant Pharmaceuticals Chooses Laval for its Global Policy Centre

The head office of Valeant International will soon be moving to Laval's Cité de la Biotech from Mississauga, Ontario. In so doing, it will become the first major pharmaceutical company to locate its global policy centre on Laval territory. Ten to fifteen new jobs will be created through this recently announced project—estimated at over \$20 million—and 326 other jobs will be maintained. Valeant employs over 8,000 people worldwide.



## The Mayor's Message

Dear Residents:

With summer fast approaching, you are no doubt already planning your leisure moments and your vacations. So it's a good time to take a look at this issue of *Vivre à Laval*, where you will surely find activities to do right here in your city, along with the members of your family.

Of course, there are always walks in the parks, cycling excursions or swimming in the public pools. And you can also enjoy a variety of music shows within the *Mondial Loto-Québec de Laval*. These will be held July 15 – August 15, at Centre de la nature, Salle André-Mathieu, Espace Montmorency and a number of chapels and churches in our city. The full program for 2012 and the privileges attached to LA PASSE may be found on the *Mondial's* website.

In the "Spotlight on..." section of this issue, you will have a chance to read about a Laval resident who has demonstrated outstanding courage. This article presents the extraordinary achievements of a young man who could have easily withdrawn into a shell, but rather chose to overcome his difficulties to live a full life. I truly believe that we can all draw inspiration from his story.

Have a wonderful summer!

Gilles Vaillancourt

## Index

<b>Municipal News section</b> .....	3
Economic Development .....	4
Laval in Action .....	6
Living Safely in Laval .....	8
ÉvoluCité .....	9
Green Scene .....	10
Municipal Services .....	12
Municipal Agenda .....	13
A Family City .....	14
Big Hearts .....	16
Spotlight on... ..	18
<b>Arts and Culture section</b> .....	19
<b>Sports, Leisure Activities and Community Life</b> .....	27
<b>Your City Council</b> .....	36

## Never Without My Helmet!



When cycling, skateboarding or rollerblading,  
I don't take any risks...

Photo: Jacinthe Robitillard

Photo: Jacques Gratton



Sainte-Dorothée fire station

## LEED: It's Green and Sustainable

A decade ago, no one talked about it much, if at all. Today, it arouses curiosity and interest among business people as well as among the general public. LEED (*Leadership in Energy and Environmental Design*) certification is a real social phenomenon that is turning the construction industry upside down—all for the better.

### LEED origins

Established in 1993, the U.S. Green Building Council designed the very first international evaluation system in 1998, making it possible to accurately measure the environmental quality of a building. In Québec, the first LEED-certified buildings were the ones belonging to La TOHU and to Pavillons Lassonde within École Polytechnique de Montréal. There are four levels of LEED certification: certified, gold, silver and platinum.

"The sustainable building concept isn't a fad, but rather a way of life: LEED certification is world renowned and is contributing toward changing our ways of doing things," maintains Josée Lupien, co-Chair of the Québec Chapter of the Canada Green Building Council and co-owner of Vertima, a leading company in the field of LEED certification in Québec.

**"The sustainable building concept is not a fad, but a way of life."**

— Josée Lupien, co-Chair of the Québec Chapter of the Canada Green Building Council

Last February, Vertima was invited by Laval Technopole's Centre des affaires internationales to meet with Laval business people to explain to them what LEED is—a system of environmental evaluation of buildings. "LEED certification is stirring up a lot of interest and questions," mentioned guest speaker Jean DesRosiers, also co-owner of Vertima, as a reminder.

As far as public bodies are concerned, Ville de Laval, the Centre de santé et de services sociaux de Laval and Collège Montmorency have quickly understood the importance of LEED certification and have already begun greening their organizations: a new fire station, an affordable housing building, the Centre intégré de cancérologie, a family medicine unit in the western part of the island... there's no shortage of examples!

As for private enterprise, it has started to go green as well, as demonstrated by Meubles JC Perreault, Sun Chemical, GlaxoSmithKline, Kolostat, the

Tour Saint-Martin office tower project near La Cité de la culture et du sport, etc. At the beginning of the year, there were 19 LEED-certified buildings already constructed or under way on Laval territory. As you read these lines, more LEED-certified building construction projects will be on the drawing board.

### Definite advantages

The findings of a study\* conducted last March clearly show the advantages of a building meeting LEED criteria, in comparison with traditional buildings. And experience

in the U.S. has shown that the value of a LEED-certified building is 16.5% higher than that of the other buildings within a radius of approximately 3 km. The occupancy rate of a LEED building may also be 3.5% higher than that of buildings constructed in the traditional way. In addition, a 30-50% reduction has been noted in water and energy consumption as well as a 9% drop in operating costs for LEED buildings.

However, a LEED-certified building doesn't provide only financial benefits: Such certification gives rise to social benefits, too. In fact, since workplaces are healthier, a decrease of up to 20% in the rate of absenteeism has been noted. It must also be mentioned that a LEED building enjoys a lot of "positive vibes" both in the business community and among the general public.

The principle of sustainable development is here to... stay! Josée Lupien of the Canada Green Building Council recalls the launch of the Blue Box, which met with some resistance by many people. Today, we can't imagine returning to landfilling as the sole waste management method. Similarly, we have embarked on a new era in the construction industry; we can no longer close our eyes to it," she added.

\* Vertima, 2012. *Coûts et bénéfices des bâtiments certifiés LEED.*

## LEED-Certified Buildings

At the beginning of the year, on Laval territory, there were 19 LEED-certified buildings already constructed or under way.

- Sainte-Dorothée fire station
- Centre intégré de cancérologie de Laval
- Collège Montmorency (expansion and redevelopment)
- FG RK Canadian Trust, 800 boulevard Chomedey
- Building at 1699 boulevard Le Corbusier
- Building at 1880 boulevard Saint-Martin
- GSK GlaxoSmithKline Biologicals
- Habitation Raymond-Goyer (Corporation d'habitation Laval)
- Kolostat
- Meubles JC Perreault
- Place Laval (Phase 1)
- 14-storey building project, corner rue de Cassis and boulevard des Laurentides
- Sun Chemical
- Tour L, rue Jules-Brillant
- Unité de médecine familiale de l'Ouest (CSSS de Laval)
- Pont-Viau drinking water production plant
- Marché 440 (office building)
- Chomedey drinking water production plant

Source: Vertima and Ville de Laval's Service de l'urbanisme





## Ice Sports: A \$40-Million Investment

During the 2010-2011 season, registration climbed to 8,000 in the four major ice sports (hockey, figure skating, speed skating and ringette) sharing the use of Laval's rinks. As the Laval population—and its needs!—are constantly on the rise, Ville de Laval examined its ice sports facilities, to find that it has to increase them as well as carry out certain upgrading operations and other renovations as well. To optimize expenses, the City decided to take stock of the situation to determine both the work to be carried out and the ice time required for hockey, speed skating, figure skating and ringette.

**“The 8,000 registrants in the four major ice sports shared the use of Laval’s rinks.”**

By the end of this year, a detailed analysis (location, partnership, plans and specifications) will establish the fundamentals of building a two-rink complex in the northwestern sector, at a cost of \$16.5 million. Added to this, of course, are the three rinks at the future Complexe sportif et culturel—two of which will be accessible to the public. This complex is expected to open in late 2014.

Ville de Laval will be consulting sports organizations to ensure that the implementation of the announced plan meets Laval residents' needs.

**?** [www.ville.laval.qc.ca](http://www.ville.laval.qc.ca), under Community Life / Sports



## New! A Policy on Physical Activity

In 2011, a number of Laval residents and organizations took part in a big reflection in order to equip the municipal stakeholders and all their partners with an action policy on physical activity. Recently adopted, the Physical Activity Policy is guiding the City's actions from now on so that throughout the City, there is a physical, organizational and cultural environment that promotes a physically active lifestyle and so that Laval residents enjoy greater well-being in getting around town and in their leisure activities.

**?** [www.ville.laval.qc.ca](http://www.ville.laval.qc.ca),  
under Administration / Municipal Policies



## Repairs to Urban Infrastructures

There will be a number of roadwork sites on our territory during the summer. Keep your eye out for them! Plan your routes by checking the web portal of Ville de Laval (under Transport / Roadwork), which is concerned about its residents' safety and quality of life. In planning this work, the City has taken into account, as much as possible, both the time of year when the work is to be carried out as well as rush hours.

**?** 311 – [www.twitter.com/laval311](https://www.twitter.com/laval311) –  
[www.ville.laval.qc.ca](http://www.ville.laval.qc.ca), under Transport / Roadwork



Photo: Laval Technopole

## Set Out to Discover Laval's Producers

In summer, Laval's agricultural producers and food processors open their doors to the public. They invite you to bring along the family and come discover their tradition-inspired expertise. Their strawberries, raspberries, tomatoes, peppers, eggplants and pumpkins are some of the nutritious delights that you can pick yourself. With such pick-your-own activities, which are both recreational and educational at the same time, you have fun with the family while giving the farmer a fair price for his products. In addition, local U-picks limit greenhouse gas emissions related to transporting goods. To savour the flavour of fresh, tasty food, while preserving the environment and economy of your region, drop by and visit your local producers!

**?** To guide you, Laval Technopole has prepared a harvest schedule: the *Guide des disponibilités des produits au fil des saisons*. You may pick up a copy online ([www.saveursdelaval.com](http://www.saveursdelaval.com)) or when you visit the producers and processors.



Photo: Sylvain Majeau

## The Pair Program Now in Laval!

The *Département de police*, *Place des aînés* and the *Comité provincial Pair* have joined forces to offer Laval residents the Pair program—an automated call service that contacts seniors to make sure that they are feeling all right. Every day, seniors who have signed up for this service receive a phone call at a set time. If they don't answer, a signal is immediately sent by the service supervisors to have someone check whether that person is in distress. Thanks to PAIR calls, a number of lives have been able to be saved! And Pair service is completely free of charge!

**?** To sign up for this service for yourself or for one of your loved ones, phone the program managers, at *Place des aînés*: 450 978-5555.



Photo: Vincent Girard

## Injuries... Surviving, But in What Condition?

In Québec, only 10% of the drivers' licences are in the hands of 16-24-year-olds, yet they are involved in 21% of car accidents with injuries on Laval territory. The situation is so worrisome that Ville de Laval is actively taking part in a young drivers' awareness program called *Trauma... Survivre, mais dans quel état?*

Since 2008, the Département de police de Laval has therefore been participating in an awareness project aimed at 16-17-year-old students. The goal of this project is very clear: to promote safe driving among youngsters in this age group, who are the most likely to engage in risky or definitely dangerous behaviour that could result in a head injury.

A number of partners have joined the project: Urgences-santé, the Jewish Rehabilitation Hospital, Fondation Pensez d'abord, Association québécoise des traumatisés crâniens, Hôpital du Sacré-Cœur and the Commission scolaire de Laval.

**“On Laval territory, 16-24-year-olds are involved in 21% of car accidents with injuries.”**

In 2012, over 2500 students age 16-17 within the Commission scolaire de Laval (school board) will hear testimonies and “shock talks” presented by victims of serious accidents.

Moreover, with this project, the organizations working in the field of accident prevention and traumatology will form a better partnership.

## I Cross the Street At the Right Time!



Make sure you cross the street at the right place and time! Too many accidents are due to pedestrians' negligence, lack of attention and distraction. Simply by making sure that you cross the street at the right place, the risk of incidents is considerably reduced. You'll find traffic lights, countdown pedestrian crossing lights and walkways as well as intersections all over the City for your safety. Take the time to look around you to find where they are and then cross safe and sound!



Photo: Sylvain Mejeau

## The Bike Patrollers Are Back

**May 13 – September 15**, in order for everyone to take advantage of green spaces in peace and quiet, 20 bike patrollers will be added to the usual daily police patrols. Together with their colleagues, these police officers will enforce the rules in Laval's parks as well as along waterfront areas and bicycle paths.



Espace de la Concorde

## One Year Old Already!

On May 26, 2011, Ville de Laval unveiled its Sustainable Urban Planning Policy, thereby officializing the change in direction that it has undertaken with regard to land-use planning and development. To improve residents' quality of life and face the urban development challenges, the City has adopted the *ÉvoluCité* approach, which will take shape over the years, through a series of major actions, in order to:

- develop more compact, multi-purpose and user-friendly residential areas
- promote public transit and active forms of transportation
- maintain quality-oriented objectives for the natural environment, the built heritage and urban design

**“The City has made four commitments, including the one to plan—as a priority—the development of key sectors in Laval.”**

To give effect to *ÉvoluCité*, the City has made four commitments, including the one to “plan—as a priority—the development of the key sectors in Laval”. To do so, it has drawn up development concepts for the key sectors: Quartier de l’Agora, Espace Montmorency and Espace de la Concorde. Another concept concerns the extension of the metro, with five new stations.

One year later, the *Service de l’urbanisme* has already carried out a number of studies, analyses and projects: huge progress has been achieved, as reflected in the following summary report:

### Studies, analyses and SPP\* concerning central sectors

- Detailed planning of the development of the Agora sector, within the Agora SPP, adopted on November 7, 2011 (see framed article)
- Drafting of the redevelopment vision for boulevard Saint-Martin Ouest, between autoroute des Laurentides and boulevard Industriel
- Coordination to carry out infrastructure work in Espace de la Concorde
- Study, analysis and drafting of a development vision for Espace Montmorency
- Urban design study of the Cartier metro area

### Projects concerning the entire territory or located outside the central sectors

- Drafting of detailed planning for the Sainte-Rose commuter train area
- Review and updating of the concept plans detailing the planning of the areas to be developed

### Projects related to alternative transportation

- Technical support and analysis within the study on the metro extension and to set up an aerial tramway
- Collaboration on writing the Sustainable Mobility Plan of the Société de transport de Laval (STL). The plan was unveiled in June 2011.

### Quartier de l’Agora



This area is bounded by the major arteries: to the north by boulevard Saint-Martin, to the east by autoroute des Laurentides (A-15), to the south by boulevard Notre-Dame, and to the west by boulevard Chomedey.

The City will convert this sector into a large-scale activity area, with the central point being Place Bell, whose inauguration slated for the fall of 2014 was announced last February. The northern part of the sector will have a body of water, a hotel, high-rise buildings and the Centre d’expositions horticoles et commerciales de Laval. Plans for the southern part include the development of a mixed residential environment integrated into a network of green and public spaces. And lastly, the SPP provides for preservation of Bois Armand-Frappier.

\*Special planning programs (SPP): An SPP defines development policy directions and objectives, identifies land-use designations and specifies a framework for regulatory planning and development in order to guide actions within a specific area of a municipality.

### This Summer, We’re Travelling Cheap Aboard STL Buses!

The Société de transport de Laval (STL) is celebrating summer holidays in a big way: All week long, it’s free for kids! That’s right—for free at all times, **July 1 – September 5**, children under the age of 12 may accompany an adult paying full fare. This free transportation applies to all families, whether they live in Laval or not...

? [www.stl.laval.qc.ca](http://www.stl.laval.qc.ca)

## Laval Rewarded For Using Drinking Water Efficiently

Last March, Réseau environnement presented Ville de Laval its Lucien-L'Allier award. This honour is given to a municipal corporation for its outstanding implementation of the Réseau environnement's PEEP program to use drinking water efficiently.



Photo: Marie-Pierre Boisvert

Centre: Denis Allard of the City's *Service de l'environnement* accepts the Lucien L'Allier award on behalf of Ville de Laval.

On the impetus of this honour, Ville de Laval intends to keep up its pace. "A leader in this regard, Laval will be taking the necessary measures to meet the objectives of the strategy developed by the Québec government's *Ministère des Affaires municipales, des Régions et de l'Occupation du territoire* to cut down on the use of drinking water," pointed out Laval Mayor Gilles Vaillancourt.



Photo: Vincent Girard

**"Laval will be taking the necessary measures to meet the objectives of the Québec government's strategy to cut down on the use of drinking water."**

— Gilles Vaillancourt, Mayor of Laval

### The City's efforts

The City has taken a number of steps to cut down on the use of drinking water, including:

- a leak detection program to locate underground leaks using a specially designed truck
- two rebates: one to replace standard toilets with a low-flow model and the other to buy a rain barrel
- good management of the pressure of the water distributed by the municipal system
- the installation of water meters in institutions as well as in industrial and commercial establishments

### Residents' efforts

Such success depends on residents' cooperation. With the City having increased their awareness of the adverse effects of overconsuming water, Laval residents have changed their habits through simple—but significant—efforts.

**?** [www.ville.laval.qc.ca](http://www.ville.laval.qc.ca), under **Environment / Water**

## Go Easy on Your Lawn Watering!

During the summer season, lawn watering is the main source of water consumption and accounts for 75% of the water treated by municipalities. In addition, 1,000 litres of water an hour—the amount of water that a person drinks in 3 years!—flows through a garden hose... Here is some more water-related information that could well help you avoid wasting this precious resource:

- After a heavy rain, your lawn doesn't need to be watered for a whole week.
- It is generally recommended that you water your lawn only once a week, thoroughly soaking the soil. In this way, the roots will grow deeper and your grass will be stronger.
- Watering during the day is much less efficient, as 20%-50% of the water evaporates.

- During the month of July, the lawn is dormant. Not only must it not be fertilized during this time of year, but watering must be limited as well.
- Longer grass not only needs less water, but also looks better.

**?** [www.reseau-environnement.com](http://www.reseau-environnement.com)



Photo: Vincent Girard

## Grasscycling: A Wise Solution

In summer, grass clippings increase the weight of garbage bags. Grasscycling is a simple, quick, free and environmentally-friendly option to solve this problem. Grasscycling consists of leaving the grass clippings on the ground after the lawn has been mowed. In decomposing, the clippings release water and nutrients that dampen and enrich the soil. For more information on this practice, watch an ecoclip on the City's web portal.

**?** 311 or [www.ville.laval.qc.ca](http://www.ville.laval.qc.ca),  
under Environment / Outdoor Considerations



Photo: Vincent Girard

## Burrowing Wasps—A Real Nuisance



The increase in the number of burrowing wasps' nests in Laval and a number of other municipalities in Québec is beating all records. This **inoffensive and not very aggressive** wasp makes little individual nests at the surface of sandy areas. To cut down on the inconveniences caused by its presence, the sandy areas in the City's parks will be regularly sifted, thereby filling the nests. And bottles containing a sugary, non-toxic, pesticide-free liquid, which will attract the wasps, will be installed near these sandy areas.

## Emerald Ash Borers at Our Gates!



The Canadian Food Inspection Agency (CFIA) recently confirmed the presence of Emerald Ash Borers on Montréal territory. Although there is still no trace of them in our city, Ville de Laval is monitoring the situation closely.

**?** [www.ville.laval.qc.ca](http://www.ville.laval.qc.ca), under Environment

## Drinking Water

### Beware of Dishonest Companies!



Photo: Vincent Girard

The City produces high-quality water that fully meets the requirements of the *Regulation respecting the quality of drinking water* issued by the Québec government's *Ministère du Développement durable, de l'Environnement et des Parcs*. Nevertheless, some residents wonder whether they should install a water treatment system in their home. Why? Companies that claim to be specialized in the field offer them devices that are supposed to make the water softer and more "drinkable". Be careful! These systems are often very costly and prove to be useless.

**?** 311 or [www.ville.laval.qc.ca](http://www.ville.laval.qc.ca), under Environment / Water

## City Bylaws

### In Laval, We Don't Feed "Wild" Animals



Lots of non-domesticated animals—such as squirrels, raccoons, pigeons and seagulls—are out and about, especially in the summer. They don't hesitate to poke around in garbage and vegetable gardens in search of something to eat.

To prevent them from increasing in number, avoid feeding them. In fact, that's what the second article of the City's Bylaw on nuisances (L-11465) clearly states: "It is prohibited to feed all species of non-domesticated animals on public or private properties, when doing so is likely to endanger the life, safety or health of the public or an individual, or to adversely affect the cleanliness or sanitation of a building or piece of land."

Anyone violating this bylaw is liable to a fine. The City is urging you to cooperate so that as few as possible of these undesirable animals remain on its territory.

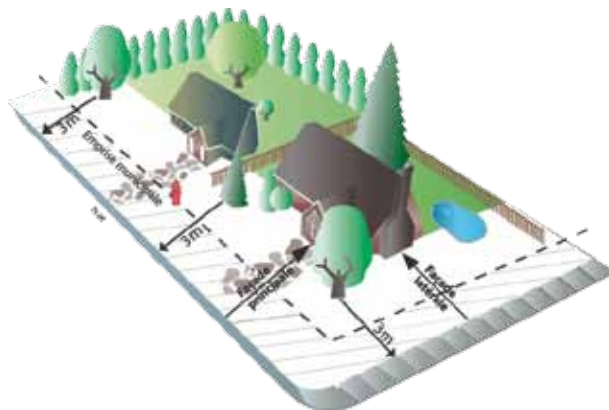
**?** 311 or [www.ville.laval.qc.ca](http://www.ville.laval.qc.ca),  
under Municipal Services / Bylaws



### No Basketball Baskets in the Street

Physical activity is wonderful, but you are nevertheless required to comply with article 122.1 of City Bylaw L-6070, which stipulates that: "No one may dispose of, place or toss an object or allow it to be disposed of, placed or tossed on a public road." The purpose of this stipulation is not only to make it easier to maintain and clean public roads, but also to ensure your safety. Basketball baskets installed on a pole must therefore be installed on private property.

### Landscaping Along the City's Rights-of-Way





2011 edition, 1st prize, Front flowerbed category, Sector 4

## For Gardening Enthusiasts

The Société Laval en fleurs is inviting you to take part in its 2012 beautification program—landscaping competitions that will award the winners in the various categories with \$5,000 in prizes. The registration deadline is July 31.

There will also be a **garden tour** on July 8, 9 a.m. – 4 p.m. Passes to access the gardens are now on sale.

**?** 450 978-5971 or [www.lavalenfleurs.com](http://www.lavalenfleurs.com)

## Municipal Agenda

### Registration at day camps and other summer activities

Starting April 11 (see page 29)



### Annual flushing of water supply system

April – October

### Watering restriction period

May 15 - September 15

### Summer schedule at the libraries

May 27 – September 4 (see page 20)

### Second instalment of municipal taxes

Deadline: June 20

### Weed out ragweed

Before August 1



Photo: Luc Doyon

Ragweed



## Municipal Services What's Open & Closed?

Québec National Holiday  
and Canada Day



### 311

Telephone calls only,  
9 a.m. – 5 p.m.,  
June 25-26 and July 2-3

### Construction and demolition debris sites

1527 rue Cunard  
4026 boulevard Dagenais Ouest  
Open Monday – Saturday  
8 a.m. – 7:30 p.m.

### Libraries

Closed June 24-25  
and July 1-2

### Bureau de l'urgence sociale

Closed June 25-26  
and July 2-3

### Bureaux municipaux (BMLs)

Closed June 25-26 and July 2-3

### Multiservice Counter

Closed June 25-26  
and July 2-3

### Municipal Court

Closed June 25-26  
and July 2-3

### Municipal pound

Open June 24 & July 1  
10 a.m. – 2 p.m.

### Maison des arts

Closed for renovations

### Garbage and recycling collections

No change

### Neighbourhood police stations (PDQ)

Open as usual  
8:30 a.m. – 11:45 a.m.  
& 1 p.m. – 4:30 p.m.

# A FAMILY CITY

Photo: Ammie Poirier



## Head for the P.A.R.C.

Hop on the P.A.R.C. bandwagon—the new program of physical activities and cultural events being offered to you by Ville de Laval at 12 of its parks. This program is bound to rev up the summer for all families! Here's a preview of what's in store for you:

### Touring Outdoor Theatre



Don't miss *Le mur infranchissable*, a funny family fable presented by Théâtre à ciel ouvert en tournée. This comedy won the hearts of large audiences last summer, during Festi'Week-ends at Centre de la nature. Take the whole family!

### Outdoor Movies

Outdoor family movies? That's right! Starting at sundown... Don't forget to bring your blankets and lawn chairs.

Plus many more cultural and sports activities. And neighbourhood festivities, too... For full details, check out the program posted in each of the 12 parks below as well as on the City's web portal. And.... everything is **free!**

- Champenois park (Sainte-Rose)
- Coursol park (Renaud)
- Couvrette park (Sainte-Dorothée)
- Chénier park (Pont-Viau)
- Des Saules park (Auteuil)
- Isabelle park (Fabreville)
- Légaré park (Chomedey)
- Du Moulin park (Saint-François)
- Pie-X park (Chomedey)
- Prévost park (Vimont)
- Rodolphe-Lavoie park (Saint-Vincent)
- Saint-Édouard park (Laval-Ouest)

**?** 311 or [www.ville.laval.qc.ca](http://www.ville.laval.qc.ca), under Culture

## A Mobile App for La Scène 1425

La Scène 1425, which promotes music and the performing arts, is planning a very big line-up of shows. Thanks to its mobile application, you can check out the list of upcoming shows and also keep up-to-date on the latest news about the music scene here and elsewhere. In addition to providing access to exclusive contents, this app lets you follow the activities of La Scène 1425 on social media and take part in interactive contests.

Launched in 2008 by the Corporation de la salle André-Mathieu, La Scène 1425 now serves as a showcase for the various musical trends at eight performing arts stages in Québec. In this way, it promotes the music so well loved by 14-25-year-olds and those around them.

**?** [www.scene1425.com](http://www.scene1425.com)





Boulevard des Prairies at the beginning of the 20th century



The first town council of Laval-des-Rapides, incorporated in 1912

## The Fabulous First Century of Laval-des-Rapides

“The mushroom city”... That was the nickname of the former municipality of Laval-des-Rapides from its very beginnings in 1912. “Mushroom”, because it grew quickly. Very quickly. Before becoming part of Ville de Laval in August 1965, this hamlet enjoyed a peaceful, yet lively existence.

Stemming from the parish of Saint-Martin, Laval-des-Rapides was named after the impressive rapids of Rivière des Prairies, which flowed there before Montreal Light, Heat and Power (today Hydro-Québec) built its dam in 1928. Starting in 1748, the power of the current was used to run Moulin du Crochet mill, which was one of the largest of its kind in Lower Canada up until 1930.

This mill was the first real driving force behind the economy of the young community that achieved its “independence”, thanks to the congregation of the *Soeurs du Bon-Pasteur*, a group of nuns who had a chapel built there— the prelude to the creation of a parish and then a town. That was 100 years ago. Other religious groups also had a profound influence on the development of the village, including the *Sœurs des Saints Cœurs de Jésus et de Marie*, the *Frères des écoles chrétiennes* (originally from Mont-de-La Salle school) and the Eudists.

The fast-growing urbanization of Laval-des-Rapides was sparked by the nearness of the Canadian Pacific Railway as well as by Viau and Cartierville bridges. The vacation homes of a number of Montrealers were located there. One of the most famous was Médéric Martin, a Montréal Mayor who had his summer cottage built at the corner of Montée Major and Boulevard des Prairies.



On Rivière des Prairies, in the early 20th century

The village was also frequently visited by André-Benjamin Papineau and Wolfred Nelson, renowned patriots of the 1837 Rebellion. Over the decades, Laval-des-Rapides was the scene of many achievements: It was here that the Institut de microbiologie et d’hygiène de Montréal (today, Institut Armand-Frappier) was established—the embryo of the Cité de la Biotech, which is a unique model in all of North America. Laval-des-Rapides is also home to the campus of Université de Montréal à Laval, Collège Montmorency, Collège Letendre, Place Claude-Léveillée, Maison des arts, etc.

**“Laval-des-Rapides was frequently visited by patriots Papineau and Nelson.”**

**? The program of centennial festivities for Laval-des-Rapides’ 100th anniversary may be found on page 28.**

Sources:

- Ville de Laval, *Service du greffe*
- Société d’histoire et de généalogie de l’île Jésus
- Luc Dauphinais, Paul Dauphinais & Daniel Marien. *De la seigneurie à la banlieue : l’histoire de Laval-des-Rapides des origines à la fusion, 1636-1965, 1984.*

## Hommage aux Bénévoles

### 28th Tribute to Volunteers Gala Evening

**To say *THANK YOU* to the people who spare no effort to support our community!**

It was on May 1 this year, in Salle André-Mathieu, that the 28th Tribute to Volunteers evening was held. Ville de Laval, in cooperation with Caisses Desjardins de Laval, recognized the volunteer efforts of some 104 Laval residents, working within non-profit organizations, who distinguished themselves all throughout 2011-2012. There was a total of 32 award winners in 9 categories.



### Congratulations to the 2012 award winners!

#### Neighbourhood Life

- Germaine Bilodeau, Association des bénévoles du CHSLD Vigi l'Orchidée blanche
- Raymond Dagenais, Popote roulante de Sainte-Rose
- Jacqueline D'Astous, Cercle de fermières de Chomedey
- Andrée Gagné, Cercle de fermières de Laval-des-Rapides-Pont-Viau
- Diane Lavoie, Comité d'animation du troisième âge de Laval
- Chantal Leduc, Loisibourg
- Francine Lefebvre, Association pour aînés résidant à Laval
- Mireille Ménard, Association des retraitées et retraités de l'éducation du Québec
- Roger Migneault, Chevaliers de Colomb du conseil Saint-Elzéar
- Claude Rioux, Centre d'entraide du Marigot
- Karyne Sabourin, Scouts 181<sup>e</sup> Saint-Théophile
- Érick Thériault, Relais du quartier Saint-Vincent-de-Paul

#### Recreational Activities and Community Life (regional)

- Thérèse Bastien, Partage humanitaire
- Aline Caron, Lumi-Vie
- Jean Joyal, Place des aînés
- Murielle Lavoie, Maison de soins palliatifs de Laval

#### Sports and Outdoor Activities (regional)

- Michel Demers, Hockey région Laval
- Linda Ouimet, Club de patinage artistique de Laval

#### Arts, Culture and Communications (regional)

- Jean Lavoie, Centre d'interprétation de l'eau
- Leslie Piché, Société littéraire de Laval

#### Young Volunteer (under age 18)

- Janie-Pier Fortin, Projet d'entraide des jeunes de l'espoir
- Annie Gosselin, Loisirs Bon-Pasteur

#### Special Recognition Award

- Pierre Marchand, Association régionale de soccer de Laval

#### Judges' Special Award – Event

- Maison de quartier de Vimont – Appropriation des parcs de Vimont

#### Judges' Special Award – Organization

- Centre communautaire Val-Martin

#### Recognition Award – 25 Years of Volunteering

- Gilbert Boulerice, Loisirs Saint-François
- Lorraine and Guy Dupont, Scouts 181<sup>e</sup> Saint-Théophile
- Maurice Claveau, 221<sup>e</sup> Scouts Monteuil
- René Boucher, Club de patinage artistique de Laval
- Colette Aubut, Club des observateurs d'oiseaux de Laval
- Annette Guimond, Place des aînés et Partage humanitaire
- Claude-François Lefebvre, Fondation de soutien aux arts de Laval

 [www.hommageauxbenevoles.laval.ca](http://www.hommageauxbenevoles.laval.ca)



The Special Recognition Award was presented to **Pierre Marchand** of the Association régionale de soccer de Laval by Mayor Gilles Vaillancourt.



**Colette Aubut** of the Club des observateurs d'oiseaux de Laval, winner of one of the Recognition Awards for 25 years of volunteering



**Guy Mongrain**, emcee

This emotion-packed evening, both for the audience and the nominated volunteers, was brilliantly emceed by seasoned Guy Mongrain.



**Janie-Pier Fortin**, winner of one of the two Young Volunteer Awards

A \$1,000 gift certificate, redeemable at the Université de Montréal's microboutique, was presented to her by the university.



**Judges' Special Award to an Organization - Centre communautaire Val-Martin**

A \$500 cash award was presented to the Organization of the Year by Salle-André Mathieu.



Photos: Martin Alarie

**Ima**

Singer Ima went all out to treat the audience to a number of her biggest hits.



# SPOTLIGHT ON...



Courtesy photo

## “The eye of clay extinguished, the mind’s eye flames up brightly.”

**Martin Veilleux** has made this quote from Victor Hugo his motto. Born with spina bifida, a congenital malformation associated with the spinal cord, this 32-year-old Laval resident has been confined to a wheelchair since he was very young. But that didn't prevent him from becoming an athlete in the Paralympic discipline of sledge hockey. Upon completing his schooling at L'Odyssee-des-Jeunes, Horizon-Jeunesse and Compétences 2000, he followed in his father's footsteps and worked in the accounts department at the TD and Royal banks. He also worked at Ville de Laval's Multiservice Counter.



Courtesy photo

In 2007, he went blind due to hydrocephalus, diagnosed at birth. Did it destroy his courage and spirit? Not at all! When the wind picks up, it is sometimes better, in his opinion, to unfurl all your sails than build a shelter for yourself. “In my lifetime, I have received some poorly wrapped gifts, but I know what to do with them.”

In June 2010, he was given a hairy, 120-lb guardian angel who would become his guide—a magnificent Bernese Mountain Dog, courtesy of Fondation Mira. “This dog is my legs and eyes,” Martin proudly proclaims. And his sister Isabelle who, with their parents, has always been there to

support him, suggested that he take up a rather unusual activity: rowing. A blind, paraplegic in a boat—something never seen before. And he did it!

On the waters of the Rivière des Prairies, he proudly rows to his heart's content: “Rowing is an extraordinary sport for me; it gives me the opportunity to feel the wind and sunshine on my skin.” This “boat launch” would never have been possible without the unfailing support of the Club d'aviron Laval which, since 1956, has been welcoming rowing enthusiasts of all ages and levels. Also worthy of mention are the competitions of the Association québécoise d'aviron, which designed a specially adapted boat and oars for him.

Thanks to the support of the Club d'aviron Laval and the Association québécoise d'aviron, Martin Veilleux (sitting in front, in his boat, in the top left photo) can fulfill his dream.

Every day is an adventure for him. And adventure, as Jacques Brel sang in his song, isn't it the treasure that we discover every morning?

### Accessibility Improved

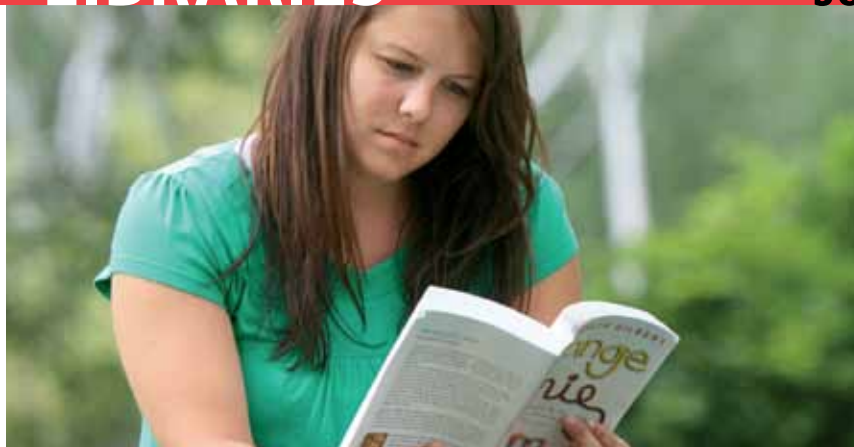
The disabled who live in Laval will now have better access to public places: Ville de Laval has submitted its 2012 action plan to the Office des personnes handicapées. It lists the obstacles that complicate or prevent their access to municipal buildings, the corrective measures taken during the year as well as the measures contemplated for 2013. This list may be consulted on the City's web portal.

 **311 or 450 978-8000, [www.ville.laval.qc.ca](http://www.ville.laval.qc.ca), under Administration / Municipal Policies**



**ARTS AND CULTURE**

**Arts and Culture**



## I Love My Library in Summer!

Summer is settling in... Warm weather, vacations, flowers growing, longer hours of daylight, more leisure... Time to read in the sun—happy moments that don't cost a penny! Drop by your neighbourhood library to stock up on new books or some great classics.

Did you know that 50% of readers say that they are motivated, first and foremost, by a desire to relax, while 49% of them are spurred on by their wish to improve their education and their mind? Regardless of what prompts us to do so, reading in summer is a luxury to abuse! Happy vacation to one and all!

## Psst! Do You Know About Vacation Loans?

For your vacation, extend your library loans by adapting them to your needs. Talk to one of the staff members at your library to find out how you can benefit from our special **vacation loan** service.

## 10 Novels to Read This Summer

- **Le cas Sneijder**, Jean-Paul Dubois, L'Olivier, 2011
- **Champagne**, Monique Proulx, Boréal, 2008
- **La délicatesse**, David Foenkinos, Gallimard, 2009
- **La grande maison**, Nicole Krauss, Boréal, 2011
- **Le mec de la tombe d'à côté**, Katarina Mazetti, Actes Sud/Leméac, 2009
- **Le pied mécanique**, Joshua Ferris, JC Lattès, 2011
- **Quand souffle le vent du nord**, Daniel Glattauer, Grasset, 2010
- **Rosa Candida**, Audur Ava Ólafsdóttir, Zulma, 2010
- **La société des jeunes pianistes**, Ketil Bjørnstad, JC Lattès, 2006
- **Sunset Park**, Paul Auster, Acte Sud/Leméac, 2011



## New Summer Schedule

(May 27 - September 4)

With their new schedule, the Laval libraries welcome you on **Saturdays**, during the summer season!

**Monday:** noon - 9 p.m.

**Tuesday, Wednesday, Thursday:** 10 a.m. - 9 p.m.

**Friday:** 9 a.m. - 6 p.m.

**Saturday:** noon - 5 p.m.

**Sunday:** Closed

## Talks for Every Taste

This summer, visit the gardens of the world and the vineyards of Canada... Learn the art of beer tasting or get to know about teas. Laval's libraries have a vast range of talks to get your imagination going!



Check out the brand new pamphlet on the full program of cultural activities.



## Music, Movies, Series and Audio Books

Music lovers, movie buffs and dreamers, discover the many music CDs, DVD videos and TV series in addition to taking advantage of the numerous copies of audio books. What's more enjoyable than lounging around while listening to something new or some great classics picked from your neighbourhood library?

## Language Courses

Want to become bilingual, trilingual or multilingual? Why not! Check out our many jewel-cased CD MP3 language courses that "run the risk" of keeping you occupied a long while...



## New Bags

The new, reusable bags—sporting the colours of the new graphic design—have now arrived.

Buy one for only \$2 and display your love for Laval's libraries!



## The Book Adventurers' Club

Young adventurers, take note! Books don't cause any allergies! On the contrary, when you start to get a taste for them, you can't stop any more... This summer, there will be a number of interactive activities—contests, online games, discoveries of great novels, eye-popping shows, gourmet experiences or comically wild characters to create. Participants must be between the ages of 6 and 12 and want to embark on new adventures. On your mark, get set, go!

## A preview of the Club's workshops (in French):

- *Cartoons*, by Sheltoons
- *Culinary experiences*, by the Club des Débrouillards
- *Theatre – Funny Little Red Riding Hood*, by Flashboom & Patatra
- *Making chocolate lollipops*, by Animation Choco-bonbon
- *What are we eating?*, by Éducazoo
- *Grow plant shoots and other edible plants*, by the Centre de formation horticole de Laval



## Laval Honoured With *Plume d'or*

Ville de Laval was honoured with a *Plume d'or* in the Municipal Bulletin / Other Publications category (70,000 residents and over), thanks to the new visual identity of Laval's libraries, with the Winter 2012 program pamphlet.

The *Plume d'or* gala, which aims at rewarding the expertise of its members and the municipalities' communication efforts, was held on May 3 within the conference organized by the Association des communicateurs municipaux du Québec (ACMQ). Laval played host to this 34th edition.

## What's New in the Sésame Catalogue?

### Consult your loan history

- Go into your account; [www.ville.laval.qc.ca](http://www.ville.laval.qc.ca) (under Culture / Libraries / Sésame Catalogue)
- Enter your *Avantages* card number.
- Enter your password.
- Once your file is open, find the "Loan history" link and click on it.
- You will be able to view the titles that you have borrowed over the past three years, in chronological order.

## The public Sésame catalogue now has new functionalities to offer you!

### Optimize your searches in Sésame

- Search for new titles that are only at your library.
- Look for an author, a subject, a language, a collection, a date.
- Click on the word "Novelty" at the bottom of the screen to see the new titles.
- Launch your search and there you have it!

Follow us on – Bibliothèques de Laval – Official page

311 – [www.ville.laval.qc.ca](http://www.ville.laval.qc.ca), under Culture/Libraries



# MONDIAL LOTO-QUÉBEC DE LAVAL

SARAH McLACHLAN - SATURDAY, JUNE 23, 2012 - CENTRE DE LA NATURE



JEAN LELOUP - FRIDAY, JUNE 29 - CENTRE DE LA NATURE



ÉRIC LAPOINTE - SUNDAY, JUNE 24, 2012 - CENTRE DE LA NATURE



LMFAO - SATURDAY, JULY 7, 2012 - CENTRE DE LA NATURE



## Laval is delighted to welcome the *Mondial Loto-Québec*!

This year, **June 15 – July 15**, the *Mondial Loto-Québec* has a whole month of shows in store for us, in partnership with Ville de Laval. *Les Grands Événements* and the *Rendez-vous du Mondial* will feature such big stars as Aerosmith, LMFAO, Sarah McLachlan, Éric Lapointe and Jean Leloup on the Loto-Québec stage at Centre de la nature.

### Tribute to stars of the past...

At Salle André-Mathieu, Gregory Charles, his musicians and their guests present the Dixparus series to pay tribute to ten stars, including Marvin Gaye, Gerry Boulet, Gilbert Bécaud, Frank Sinatra and Édith Piaf. Plus a **free** Whitney Houston tribute concert!

### ... and wonderful opportunities for budding artists

Young budding arts are invited to take part in this choral festival in various ways: First, *Talent en Nord* will be held in Salle André-Mathieu. The grand finals of this youth singing contest will take place at L'Espace Montmorency on Sunday, **July 1**.

On stage at L'Espace Montmorency, another contest—*Jeux de la scène*—will unveil our local talents in such categories as symphony orchestras, harmony, vocal groups and choirs, collective dance and more.



To attend the event, we encourage you to use public transit and the special shuttles, and in particular, from Carrefour Laval.

AEROSMITH - TUESDAY, JULY 10, 2012 - CENTRE DE LA NATURE



### National Holiday

Come celebrate Québec's National Holiday by attending a free show: Éric Lapointe, with his unique style, will get the Loto-Québec stage at Centre de la nature really rocking on **June 24**.

### Canada Day

The *Carnaval du Mondial* is back at L'Espace Montmorency on **July 1**, starting at 3 p.m., before the Canada Day show.

### Benefit concert

On **June 15**, at Sainte-Rose-de-Lima church, the *Douze* show, which is also the *Mondial's* benefit concert, will be showcasing one of the best violinists in North America—12-year-old Isabella Perron.

### LA PASSE du Mondial – A New Pass!



On sale for just \$24, LA PASSE du Mondial will be your pass to such events as *Les Rendez-vous du Mondial*, to discounts at *Les Grands Événements*, to shows at Salle André-Mathieu as well as to various public transit services.

? 514 935-9229, 1-877-668-8269 ou [www.mlql.ca](http://www.mlql.ca)

## CULTURAL VENUES



### Les Festi'Week-ends: Enjoyment Guaranteed!

Last year, attendance at Les Festi'Week-ends at Centre de la nature nearly doubled! With its new, more family-oriented program, this festival has become a real attraction on summer weekends. Building on this success, Ville de Laval has prepared a program with shows and other large-audience entertainment during 8 theme weekends, **June 23 – August 12**.

Among the themes selected are country, the 70s & 80s, silent theatre and world music. Also in store for us is a wide variety of activities, such as storytelling, yoga and a big family picnic, plus the discovery activities at the playhouses and the acrobatics of street entertainers who will be wandering around Centre de la nature.

Among the summer highlights, Théâtre à ciel ouvert—which presented the family comedies *Les Volk: famille légendaire* and *Le mur infranchissable* last year—is back, this time with *Commedia*. This brand new production draws its inspiration from *commedia dell'arte*, with such masked characters as Monsieur Pantalon, Colombine, Le Capitaine and his valet Arlequin. Kids and grown-ups will no doubt be tickled by this wild, comical story.

**?** Check the complete program at [www.festiweekendslaval.com](http://www.festiweekendslaval.com) or follow the event on Facebook/festiweekendslaval

### Music at Des Prairies Park

Musical discoveries will be held on Sundays, and in case of rain, will take place indoors. Music lovers and traditional Québec dancing enthusiasts won't want to miss Tuesdays, to share their passion.

The cultural line-up at Des Prairies park is back, **Saturday, July 7 – Sunday, July 29**. Don't miss the official launch on June 24 at the family picnic organized for the big Centennial—the 100th anniversary of the Laval-des-Rapides district. Saturdays will be family get-together days filled with activities of all kinds, including an outdoor movie and Club 4-H workshops.

Everything is free! Check out the complete program on the City's web portal at [www.ville.laval.qc.ca](http://www.ville.laval.qc.ca), under Culture / Activities – Organization.

**?** 311 or 450 662-4902  
Des Prairies park  
5 avenue du Crochet

Follow the program: [www.ville.laval.qc.ca](http://www.ville.laval.qc.ca), under Culture



### Amateur Theatre for Every Taste

June 5-17, *Le Festival des Molières* will be presenting 12 amateur plays at Théâtre La Grangerit. From drama to *commedia dell'arte*, a number of theatre styles will be represented—much to the audience's delight—by troupes from various regions in Québec. It's an event not to be missed!

**?** 514 452-4001 or [www.festivaldesmolières.com](http://www.festivaldesmolières.com)

## CULTURE IN THE PARKS



### Children read in parks and public places!

Did you know that summer is a good time for book-related activities? Under a tent set up in a park, *Ma tente à lire* staffers welcome children **up to the age of 5** and give them a taste of the joys of reading—consulting and borrowing books, storytelling and free entertainment. Plus a chance to become a library member on site.

Also, staffers in the *Lis avec moi dans la rue* activity, plus a blanket to comfortably settle down on, a bag filled with books and youngsters age **5-12**—that's all it takes to discover and share the pleasures of reading in parks and public places!

**?** Check out the locations and schedule of these two activities:  
[www.lisavecmoi.com](http://www.lisavecmoi.com)



### A BIT OF SCIENCE!

The whole family is invited to come and unlock the secrets of science at outdoor activities in Laval's parks as well as at neighbourhood festivities. Participants will have the chance to touch scientific equipment and talk to experienced guides. These activities are an initiative of Ville de Laval, in cooperation with the Centre d'interprétation de l'eau (C.I.EAU), Armand Frappier Museum, Rivière-des-Mille-Îles park and the Cosmodôme.

**?** [www.ville.laval.qc.ca](http://www.ville.laval.qc.ca), under Culture / Scientific culture



### New!

#### Discover Your P.A.R.C.

During the summer, what will you find at 12 parks in Laval? Cultural activities for the whole family! Read page 14 of this publication, in the Municipal News section, to find out the locations and more details of what's in store for you within the P.A.R.C. program of physical activities and cultural events.

## SUMMER IN SAINTE-ROSE

Arts galore in the Sainte-Rose district this summer! Come discover Vieux-Sainte-Rose and its waterfront areas, plus all the events featuring artists as well as arts and crafts workers from here and elsewhere.

### Sainte-Rose Painting and Sculpture Symposium

July 26-29

This 17th symposium will bring together over 80 artists, painters and sculptors. It's a unique opportunity to admire artists working live and to buy Québec creations.

? 450 625-7925 or [www.roseart.ca](http://www.roseart.ca)

### Sainte-Rose en Bleu

August 3-5

Keep an eye out for the various stage performances. The festivities will be taking place in the heart of Vieux-Sainte-Rose.

? [www.lavalenfete.org](http://www.lavalenfete.org)

### Semaine des artisans de Laval

August 8-12

Over 150 arts and crafts workers will be displaying their creative works for this 15th edition of *Semaine des artisans*, where a section devoted to ancient arts and crafts will provide an opportunity to acquaint or reacquaint yourself with the expertise of olden days. Let's discover our local talent!

? 514 833-8718 or [www.semainedesartisansdelaval.org](http://www.semainedesartisansdelaval.org)



### Place Claude-Léveillée in the Limelight

This summer, Laval is celebrating Place Claude-Léveillée. Discover unusual activities, contemporary dance as well as various musical performances and arts events. You won't want to miss seeing the 25-bell chime and the animated fountain!

? Follow the program: [www.ville.laval.qc.ca](http://www.ville.laval.qc.ca), under Culture



### Gourmet Tour

At Place Claude-Léveillée, **July 25-29**, here's your chance to sample agricultural, poultry, beer and wine products from all over the world at the *Fêtes gourmandes internationales*. Some one hundred exhibitors will be serving unique and original dishes. One area will be reserved for Québec-grown products. It's an event for all those who enjoy luxurious pleasures of the palate as well as for inquisitive minds!

Face painting workshops, entertainment and inflatable play structures are bound to amuse tiny tots. With over 50,000 visitors last summer, the *Fêtes gourmandes internationales* de Laval are a must on families' to-do list!

? 450 668-9119  
or [www.fetesgourmandesinternationalesdelaval.ca](http://www.fetesgourmandesinternationalesdelaval.ca)

## MAKE WAY FOR COMEDY!!!



Martin Petit

In July and August, the weather is mild, the mood is happy and we're looking for ways to tickle our funny bone! The timing is great: Salle André-Mathieu and Théâtre Marcellin-Champagnat will be playing host to a number of comedy shows.

### Salle André-Mathieu

Held over by popular demand: Don't miss the rib-tickling performances of Stéphane Rousseau (*Les confessions de Rousseau*, **July 6-7**), Martin Petit (*Martin Petit et le micro de feu*, **July 12-28**) and Patrick Groulx (*Job: humoriste*, **August 22-23**).

Also a must-see is the first one-man show by Guillaume Wagner (*Cinglant*, **July 10-11**), the grand return of Arturo Brachetti (*Brachetti fait son cinéma!*, **August 9-11**) and the very first Sugar Sammy show all in French (*100 % en français*, **August 30-31** and **September 1-2**).

### Théâtre Marcellin-Champagnat

Returning for additional performances of their shows: Geneviève Gagnon (**July 20, 21, 27 & 28**), Alexandre Barrette (*Alexandre Barrette... et personne d'autre!*, **August 9-11**) and Guillaume Wagner (*Cinglant*, **August 23-25**).

Get ready to laugh at these comical shows!

**?** [www.salleandremathieu.com](http://www.salleandremathieu.com) and [www.theatremc.ca](http://www.theatremc.ca)



**Full information on the arts, libraries and cultural life in Laval may be found on the City's web portal at [www.ville.laval.qc.ca](http://www.ville.laval.qc.ca), under Culture.**

## Heritage Tours



Here's an original way to discover two older districts in Laval, by joining the *Virées patrimoniales*: three leisure, educational activities that will take you on a trip through 260 years of history!

### *Les recoins à Césaire Germain*

Along with a character from the future, explore the treasures of the past in Vieux-Saint-Vincent-de-Paul. July 8 and August 4 at 10:30 a.m. as well as July 25 at 1:30 p.m.

### *À chacun son histoire*

With an enthusiastic guide, make the acquaintance of three characters more real than the people themselves... who will give you a tour of Sainte-Rose in a different light. July 14 and August 16 at 10:30 a.m.

### *Avoir pignon sur rue à l'île Jésus*

Together with a historian as your guide, discover the buildings that are at the very heart of the foundation of Vieux-Sainte-Rose. July 21 and August 19 at 10:30 a.m.

**?** Reservations (required) and information: 450 681-1611 or [www.routedupatrimoine.com](http://www.routedupatrimoine.com)

## A Historical Video

Extend your tour of Maison historique André-Benjamin-Papineau, by viewing a brand new video guide that tells about preserving, moving and restoring this magnificent historic house located at 5475 boulevard Saint-Martin Ouest. This video was produced by Réseau ArtHist, at the request of Ville de Laval. Open to the public, this ancestral house today is home to visual arts exhibitions presented by the Association lavalloise pour les arts plastiques (ALPAP), while welcoming heritage lovers. Please note that members of Laval libraries may also borrow the video throughout the library network.

**?** 311 – [www.alpap.org](http://www.alpap.org)



# Sports, Leisure Activities and Community Life

**SPORTS, LEISURE ACTIVITIES AND COMMUNITY LIFE**



## Are You Familiar With Boisé de l'Orée-des-Bois?

Located in Laval-Ouest, this natural area is well worth the detour! *The Mouvement 4-H* organization, in cooperation with *Forme ta vie* and Ville de Laval, are giving you an opportunity to visit these delightful natural woodlands while enjoying **free** family activities.

All throughout the year, Enviroton—that little racoon that fights to protect the environment—invites you to take part in a dynamic eco-rally (*Rallye de l'écocitoyen*). What are the seasonal treasures of Boisé de l'Orée-des-Bois? That's what you will find out!

Summer Wednesdays and Thursdays, noon - 8 p.m., a naturalist accompanies inquisitive participants on a tour of this magnificent oasis of freshness.

**August 2**, non-stop discoveries starting at 6 p.m.! Nature interpretations, outdoor physical activities, a chair massage and a chance to test your knowledge along the psychomotility trail. Then at nightfall, wind down with an outdoor movie...

Boisé de l'Orée-des-Bois is located at 1130 - 37<sup>e</sup> Avenue (behind L'Orée-des-Bois school).

**?** 450 314-1942 or [www.clubs4h.qc.ca](http://www.clubs4h.qc.ca)



## Laval Day Camps: Discovering Festivities Worldwide!

This summer, your youngsters will spend days on end having fun safe and sound, just minutes away from home. A celebration of the biggest festivities all over the world! There's still time to register!

In addition, take part in the activities offered at the parks in your neighbourhood. First, at the City's pools: swimming lessons, aquafitness, diving and more... Then on the tennis courts: parent-child lessons, family tennis days, etc.

**Get the forms online.**

**?** 450 662-5000 or [www.ville.laval.qc.ca](http://www.ville.laval.qc.ca), under **Community Life / Day Camps**

## Laval-des-Rapides Celebrating Its 100th Anniversary

One of the oldest districts in Laval is celebrating its 100th anniversary this year! Take part in the centennial festivities organized by Ville de Laval, in conjunction with a number of partner organizations in the district and marking the establishment of Laval-des-Rapides. For example, a big family picnic at Des Prairies park on **June 24**. There will also be large neighbourhood festivities on **September 8** at Montmorency park. Plus a chance to see a short play—*100 ans au fil de l'eau*—and an exhibition of historical photos at Émile-Nelligan library. Then in October, during Laval seniors' week (*Semaine lavalloise des aînés*), seniors in the district will be invited to a grand, old-fashioned evening event. Don't miss these celebrations!

For a bit more history on this district, see page 15.

**?** 311 or [www.ville.laval.qc.ca](http://www.ville.laval.qc.ca)



## Activities for Teens: At a Park Near You

Basketball, ball hockey, badminton, theatre and improvisation workshops and more... Your teens will be able to have fun all summer long, thanks to the variety of activities offered by Ville de Laval, in cooperation with partner organizations.

As for 15-year-olds and over who love animation, they will also have a chance to take advantage of animation training recognized province-wide!

**?** [www.ville.laval.qc.ca](http://www.ville.laval.qc.ca), under **Community Life / Youth**

# NEIGHBOURHOOD ACTIVITIES



## Circle Your Calendar

### Loads of Fun at Sainte-Rose and Fabreville-Est Parks

Starting in **June**

Super news... a very special program! Tai chi, zumba, cardio, basketball, a jam session and circus workshops are just some of the examples of activities that will be swept in by this whirlwind of pleasure! Plus movies, outdoor theatre and many more surprises.

**?** Detailed program of activities: [www.champfleury.qc.ca](http://www.champfleury.qc.ca) and [www.ville.laval.qc.ca](http://www.ville.laval.qc.ca)

### Cultural Afternoons at Place Publique

**June 16**, noon – 4 p.m.

644, rue Principale, Sainte-Dorothée

The BML (*bureau municipal lavallois*) in Sector 4, in cooperation with local organizations, invites families to get together at the public square (*place Publique*) for a variety of cultural activities: shows, urban art, dancing, exhibitions by painters and more.

### Le Marché de Quartier du Vieux Sainte-Rose

Local produce, fruits and vegetables.

Market at 9 a.m. every Saturday, **June 23 – September 1**, in front of Villemaire school

### Québec movies – Friday evenings outdoors

9 p.m. De La Fabrique park

• **July 13:** *M. Lazhar* / **July 27:** *Starbuck* / **August 10:** *Frisson des collines*

### Les dimanches rythmés du Vieux-Sainte-Rose

11:55 a.m., in front of the church

• Sundays: **July 15 / July 22 / August 19**

### Sainte-Rose “Dans les Griffes du Loup” – Historical storytelling around a campfire

9 p.m., berge des Baigneurs

• **July 20:** *Soirée d'enfer* / **August 17:** *Que le Diable l'emporte* / **August 24:** *Il était une fois la Nouvelle-France*

Limited seating – Reservations are a must – 450 978-8905

### Special Pool and Water Play Days

July and August at your local pool

Entertainment for the whole family, music and more!

**?** [www.ville.laval.qc.ca](http://www.ville.laval.qc.ca), under **Community Life / Your Neighbourhood**

### Family Tennis

Starting at 6 p.m.

Music and entertainment

**July 18**

Saint-Édouard park, Fabreville-Ouest  
Val-des-Arbres park, Duvernay

**July 25**

Du Moulin park, Saint-François  
Saint-Martin park, Chomedey

**August 1**

Bon-Pasteur park, Laval-des-Rapides  
Isabelle park, Fabreville

**August 8**

Prévost park, Vimont

### Urban Festival

**July 19**, starting at 5 p.m.

Labelle park, 1630 rue Hébert, Chomedey

Le Dauphin kids' centre invites you to come and learn about urban sports and arts—skateboarding, hip-hop dancing, breakdancing, graffiti and a number of surprises. Everything is free!

**?** Information: 450 978-2664

### Sainte-Rose Soap Box Race

**August 5**, starting at 7 a.m.

on rue Hotte in Sainte-Rose

### Festivités de l'Ouest

**August 11**, starting at 10 a.m.

Laval-Ouest park, 7189 - 21<sup>e</sup> Avenue

The *Festivités de l'Ouest de Laval* an eco-responsible event for the whole family. For this occasion, local organizations will be getting together at berge aux Quatre-Vents to offer you a wide range of free activities: workshops, shows, games, a rallye and contests to brighten up your day. In the evening, silence will settle in for an outdoor movie under the stars. A number of other surprises await you as well!

### 26th Vimont-Auteuil Seniors' Festivities

Centre communautaire Vimont

**August 22**, starting at noon

Corn on the cob and hot dogs to mark the 25th anniversary of Centre communautaire Vimont, followed by a dinner-dance. Also bingo, dancing, card games and pétanque.

\$8 advance tickets and \$10 at the door. Limited seating.

### Chomedey Neighbourhood Festivities

**August 25**, 11 a.m. – 4 p.m.

Pie-X park, 1170 boulevard Pie-X, Chomedey

Entertainment, shows, inflatable play structures and booths  
Organized by the Comité de développement local de Chomedey

**?** Information: 450 978-8903



To find out all the activities in your neighbourhood,  
visit the City's web portal at [www.ville.laval.qc.ca](http://www.ville.laval.qc.ca), under **My City, My Web Portal**.

# SPORTS AND LEISURE ACTIVITIES



## This Summer, Don't Hesitate to Get Wet!

At Laval's outdoor pools, all residents can enjoy public swim times every day, noon – 8 p.m., starting June 23. Some pools will open on June 16. A personal floatation device approved by Transport Canada is highly recommended for non-swimmers. Swimming lanes are open 5 p.m. – 7 p.m., depending on certain conditions. And don't forget the many activities that will be held at the outdoor pools during the summer.

To find out the schedule at each pool, check the 2012 summer activities pamphlet.

**?** 450 662-5000 or [www.ville.laval.qc.ca](http://www.ville.laval.qc.ca), under **Community Life**

## Aquatic Sports for Adults

Recreational and competitive activities, such as swimming, diving, water polo, synchronized swimming as well as training to become a lifeguard and swimming instructor... Grown-ups (or adults, if you prefer) will have lots of choice to keep active!

**?** Further details may be found at [www.ville.laval.qc.ca](http://www.ville.laval.qc.ca) / **Community Life / Sports**

## Aquatic Instructors Wanted

In both fall and winter, Ville de Laval needs instructors at its pools. Contact the Mouvement aquatique Laval to find out what the training program involves.

**?** 450 661-6001, ext. 212



## It's Easy to Play Tennis This Summer

From May to October, on the 71 tennis courts at the 27 parks in the City, you can play tennis for free, especially on Sundays and Mondays, which are reserved for open practice. Some parks allow open practice at all times.

## Try a Water Play Day to Beat the Heat!

From now on, Laval will have 7 water play facilities on its territory. A brand new installation is now being set up in Des Coccinelles park in Chomedey and will be ready in mid-July. Kids in the neighbourhood will be able to cool off and have fun, safe and sound. Please note that all water play facilities are equipped with automatic "on" buttons within children's reach.

### SCHEDULE

#### June 11-22

Every day, 10 a.m. – 5 p.m.

#### June 23 – August 18

Every day, 10 a.m. – 7 p.m.

#### August 19-26

Every day, 10 a.m. – 5 p.m.

#### September 1-3

10 a.m. – 5 p.m.

### Secteur 2

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

#### GABRIEL-PELLETIER

(parc Curé-Coursol)  
320 rue Richard  
450 662-4902

#### ROSAIRE-GAUTHIER

125 boulevard Lévesque Est  
450 662-4902

#### SAINT-CLAUDE

(water play and wading pool)  
99 - 7<sup>e</sup> rue  
450 662-5054

### Sector 3

(Chomedey)

#### DES COCCINELLES

(starting mid-July)  
750 - 73<sup>e</sup> Avenue  
450 978-8969

### Sector 5

(Fabreville-Est, Sainte-Rose)

#### CHAMPFLEURY

2585 boulevard des Oiseaux  
450 662-4902

#### MARC-AURÈLE FORTIN

720 rue Fleury  
450 978-8905

### Sector 6

(Vimont, Auteuil)

#### PARADIS

(water play and wading pool)  
2220 rue Marc  
450 662-5196

**July 2 – August 18**, various lessons are available: for 5-17-year-olds, parent-child and instructor-in-training. To register, check the park schedule; determine your playing level by taking part, if need be, in the evaluation day; select the lessons schedule and fill out the registration form.

Further information may be found in the 2012 summer activities pamphlet.

**?** 450 662-5000 or [www.ville.laval.qc.ca](http://www.ville.laval.qc.ca), under **Community Life**

## Games, Games and More Games!

This summer, many male and female Laval athletes will be representing our City at two large-scale sports events:

**July 26 - August 3**, Shawinigan will be playing host to the **Québec Games**. A number of disciplines will be represented there, and in particular, cycling, canoeing-kayaking, baseball, basketball, track and field, golf, swimming, soccer, tennis and archery.



**July 27 - August 12**, London will be hosting the **Summer Olympics**. Competitions in fencing, gymnastics, judo, wrestling, equestrian sports, sailing, volleyball and water polo, to name a few.

Our Laval athletes have been training hard for years to prepare for these games. Let's cheer them on, including Sandra Sassine (fencing), Martine Dugrenier (wrestling), Jennifer Abel, Alexandre Despatie and Roseline Filion (diving)!



Jennifer Abel

? [www.shawinigan2012.jeuxduquebec.com](http://www.shawinigan2012.jeuxduquebec.com)  
and [www.london2012.com/fr](http://www.london2012.com/fr)

## Registration for Fall Sports

Laval's ice sports associations invite you to visit their website to find out what the registration dates are for signing up to take part in activities for the 2012-2013 season.



### 2012-2013 Hockey Season

We welcome girls and boys between the ages of 4 and 20!

? [www.hockeylaval.com](http://www.hockeylaval.com)

### Speed skating

? [www.patinlaval.ca](http://www.patinlaval.ca)

### Figure skating

? [www.cpalaval.qc.ca](http://www.cpalaval.qc.ca)

### Ringette

? [www.ringuettelaval.org](http://www.ringuettelaval.org)



## Objective: Canada Games

The Club d'aviron de Laval will be well represented at the 2013 **Canada Games**, which will be held in Sherbrooke. Thanks to the advice of their coach Ross Lizée, young rowers Chloé Émond, Florence Martin, Benjamin Carrier and Julien Tétréault are already registered on the relief list of the Association québécoise d'aviron and are practically guaranteed to represent Québec in the Canada Games.

In addition, a number of new, young athletes joined the group this spring and are taking rowing very seriously. For example, they started their season on the water on March 24! Yes, that's right—March 24! Since then, the young Laval rowers have been paddling up Rivière des Prairies every day, between Lachapelle bridge and the Sainte-Dorothée district.

And as more proof of their passion for this sport, they will be training at 5 a.m. once school is out!

Moreover, a number of competitive rowers from the Club d'aviron de Laval have summer jobs that suit them very well: recreational rowing instructor—for day campers and adults. To see some exemplary young Laval residents in action, head for Club d'aviron de Laval, just behind Saint-Maxime high school.



## So That They Can Lead Full Lives!

The *Gala Reconnaissance Laval - Visages d'art*, organized by ARLPHL (Association régionale de loisirs pour personnes handicapées des Laurentides), wants the disabled to be able to live as full-fledged residents. Held every year, the Gala's goal is to pay tribute to those who help the disabled integrate into society and to show recognition for the merits of the disabled who succeed in their integration, while increasing community awareness in this regard. This Gala also gives these Laval residents a chance to make an appearance on stage with their differences.

Congratulations to the 2012 award winners!

## 2012 Award Winners

Leisure Activities category: Arts & Culture <b>Meritas Award</b>	Mélanie Beauregard
Leisure Activities category: Arts & Culture <b>Recognition Award</b>	Loisirs Saint-Urbain
Leisure Activities & Sports category <b>Meritas Award</b>	Kévin Magowan
Leisure Activities & Sports category <b>Recognition Award</b>	La ligue de l'amitié Centre de quilles 440
Education category <b>Meritas Award</b>	Maxime Varin
Education category <b>Recognition Award</b>	Centre de formation horticole de Laval
Work category <b>Meritas Award</b>	Raphaël Lefebvre-Aubry
Work category <b>Recognition Award</b>	Rumeur Communication Inflatable play structures Boom Hop
Commercial Building category <b>Ville de Laval Award</b>	TD Canada Trust (Laval-Ouest branch): 5060 boulevard Arthur-Sauvé
Institutional Building category <b>Ville de Laval Award</b>	Université de Montréal campus: 1700 rue Jacques-Tétreault



## Campgourou: Happiness and Well-Being

Since 1985, Laval families have had the chance to send their disabled 6-17-year-olds to Ville de Laval's Campgourou day camp or take advantage of an integration option at a regular day camp for their 6-12-year-olds with special needs, through the City's summer activity program.

**Campgourou's** specialized program—unique in all of Québec—meets a specific need among Laval residents. It provides invaluable support to the parents of these children whose disability poses particular challenges. At Campgourou, with the assistance of qualified camp counsellors, these children can have fun, make new friends as well as participate in recreational activities and outings. Groups are formed based on a ratio that **takes into account** the limitations that these children have.

Campgourou is run in keeping with the intent of the *Declaration of Services to Residents*. In this Declaration, Ville de Laval makes a commitment to provide accessible, affordable, equitable, confidential services as well as facilities that are safe and friendly.

## Mental Health Matters

The Association lavalloise de parents et amis pour le bien-être mental is a community organization providing support to families and friends of the mentally challenged. Through its services, ALPABEM informs and equips them for a better quality of life. It also holds monthly mental health talks that will start in September 2012.

**?** [www.alpabem.qc.ca](http://www.alpabem.qc.ca)



## Campaign to Better Share the Road

In partnership with the major provincial stakeholders, Laval is joining the bandwagon of a vast campaign—throughout Québec—spearheaded by Vélo Québec and aimed at improving relations between road users.

Although the infrastructures were initially designed for motorists, we must remember that the road belongs to everyone. A sense of civic-mindedness and great tolerance are a must in sharing

the road. This responsibility toward others is particularly essential when driving a heavy vehicle that can prove deadly.

The cycling map (*Vélo-carte*) helps cyclists plan a safer route. Copies of this map may be found at all information desks in the City as well as on the web portal.

**?** [www.ville.laval.qc.ca](http://www.ville.laval.qc.ca), under **Community Life / Outdoors / Bicycle Paths – La Route verte**



## Take Your Sticks, Get Set, Walk!

**Les Quatre pattes**—it's a brand new walking club with walking sticks and the very first of its kind that has been set up in Laval. Club members trek through Centre de la nature on Mondays. Other routes will also be organized in the future. This trendy activity offers a number of advantages: less weight is placed on the legs, upper body muscles are strengthened, posture is improved and more cardio work is involved. Both the equipment and the activity are very reasonably priced.

**?** **Groupe Promo Santé Laval: 450 664-1917, extension 402**

[www.ville.laval.qc.ca](http://www.ville.laval.qc.ca), under **Community Life / Outdoors / Outdoor Activities / Walking**



## Rivière-des-Mille-Îles Park Celebrating 25th Anniversary

This year marks the 25th anniversary of Rivière-des-Mille-Îles park. Millions of visitors have already seen this superb jewel. Follow in their footsteps; bring a snack and your lawn chairs to the shoreline of berge des Baigneurs on **June 16** for big family festivities. The river and its attractions will be in the limelight: boat races and tests, cruises, dragon boats, interpretation games, entertainers, shows, activities, a community supper and outdoor movies. Everything for everyone, all day long.



## A Farm in the City!

The farm at Centre de la nature is now home to new animals, including two alpacas named Tristan and Lancelot as well as some exotic birds. Always concerned about improving the animals' captivity conditions at the farm, Centre de la nature has carried out work in the bird section. The purpose of this work is to recreate an almost natural environment during the long winter season. Come visit them at the farm, but don't forget to drop in and talk to Dolly at the exhibition greenhouse. She's a white cockatoo who adores the public.

**Farm and tropical greenhouse: Free admission**  
**Free parking with the *Avantages* card**  
**Every day of the year**

**Monday – Friday: 9:30 a.m. – 11:45 a.m. and 1:15 p.m. – 4 p.m.**

**Saturday and Sunday: 9:30 a.m. – 4 p.m.**

## Activities at the *Halte environnementale*

Would you like to know more about various environmental topics such as saving water, composting, eco-management, white grubs, ragweed, grasscycling or other such subjects? Head for the *Halte environnementale*, the environmental rest stop at Centre de la nature, located near the greenhouse, where a representative of the *Service de l'environnement* will be on hand every Sunday, June 24 – September 2, as well as on June 25 and July 2, 10 a.m. – 4 p.m.

In addition, here's your chance to learn more about building a green roof as well as about installing a rain barrel. There you will also find a demonstration area on backyard composting and various environmental management models as well.

**?** 311 or 450 978-8000,  
[www.ville.laval.qc.ca](http://www.ville.laval.qc.ca), under **Environment / Activities and Programs**



## The Gardens

Centre de la nature unveils a beautiful oasis of biodiversity for you to admire, with its 12 gardens boasting an immense variety of plants. Pick up a copy of the guide that will familiarize you with the horticultural facets of this park. Take advantage of the opportunity to discover it from this new perspective and you will quickly see why Centre de la nature has become one of the most popular destinations in Laval.

## A Facelift for the Playground Area!



At the end of June, you will be surprised to find new playground facilities, much to children's and teens' delight. In upgrading the playground area to meet standards, Ville de Laval will be able to add a dynamic electronic game where the players' agility, memory and speed will be put to the test. The play module is equipped with LED craters that flash and that are located at strategic places around the structure. Together with their teammates, and as fast as possible in order to get ahead of the other teams, children have to touch the craters, which light up as they do so. It's a race against the clock!

Follow us on  – Centre de la nature de Laval

**?** 450 662-4942 – [www.ville.laval.qc.ca](http://www.ville.laval.qc.ca), under **Community Life** 

# HANDY PHONE NUMBERS

## GENERAL INFORMATION

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

## WHERE TO FIND THE CITY'S SERVICES

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

## BUREAUX MUNICIPAUX LAVALLOIS (BMLs)

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

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

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

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

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

### Chomedey

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

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

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

### Fabreville-Est & Sainte-Rose

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

### Vimont & Auteuil

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

## LIBRARIES

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

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

## POLICE

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

## FIRE PREVENTION

Information .....	450 662-4450
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## OTHER SERVICES


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

## HEALTH AND SOCIAL SERVICES

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

## TRANSPORTATION

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

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

## The Vivre à Laval Bulletin

The *Vivre à Laval* municipal bulletin is published by Ville de Laval's *Service de la vie communautaire, de la culture et des communications* and is delivered by Canada Post in April, June, August and December, to all homes and companies in Laval.

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## EDITORIAL TEAM:

### Nadine Lussier

Publication Manager

### Carole Gamache

Editor-in-Chief of the Municipal News section

### Sophie Guilbault

Editor-in-Chief of the Arts & Culture and Sports,  
Leisure Activities & Community Life sections

**Roger Desautels, Pierre Desjardins,  
Catherine Erazola, Stephanie Gadet,  
Justine Leroux, Caroline Thibault  
and Julie Tremblay**  
Writers

### Cover page

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de Laval*

### Micheline Brodeur

Linguistic Revisor

### Léandre Meilleur

Computer Graphics Designer

### Transcontinental Printing

Printer

## INFORMATION

Tel.: 311

or 450 978-8000  
(from outside Laval)

email: [info@ville.laval.qc.ca](mailto:info@ville.laval.qc.ca)



# YOUR CITY COUNCIL



**Mayor**  
Gilles Vaillancourt  
450 662-4140



**Saint-François**  
Jacques St-Jean  
450 666-2509  
j.stjean@ville.laval.qc.ca



**Saint-Vincent-de-Paul**  
Sylvie Clermont  
450 664-2776  
s.clermont@ville.laval.qc.ca



**Val-des-Arbres**  
Madeleine Sollazzo  
450 661-8248  
info@madeleinesollazzo.com



**Duvernay–Pont-Viau**  
Michèle des Trois Maisons  
450 975-2493  
m.destroismaisons@ville.laval.qc.ca



**Marigot**  
Francine Légaré  
450 933-5170  
fr.legare@ville.laval.qc.ca



**Concorde–Bois-de-Boulogne**  
Claire Le Bel  
450 663-8039, ext. 240  
lebelclaire@gmail.com



**Renaud**  
Benoit Fradet  
450 662-4140  
b.fradet@ville.laval.qc.ca



**Vimont**  
Norman Girard  
450 967-1633  
normangirard@videotron.ca



**Saint-Bruno**  
Yvon Martineau  
450 629-8803  
ymartineau@live.ca



**Auteuil**  
Lucie Hill Larocque  
450 625-1821  
l.hill@ville.laval.qc.ca



**Laval-des-Rapides**  
Ginette Grisé  
450 967-7373  
g.grise@ville.laval.qc.ca



**Souvenir–Labelle**  
Jocelyne Guertin  
450 662-4140  
j.guertin@ville.laval.qc.ca



**L'Abord-à-Plouffe**  
Ginette Legault Bernier  
450 681-9468  
glbernier@yahoo.com



**Chomedey**  
Basile Angelopoulos  
450 662-4140  
b.angelopoulos@ville.laval.qc.ca



**Saint-Martin**  
Alexandre Duplessis  
450 662-4140  
a.duplessis@ville.laval.qc.ca



**Sainte-Dorothée**  
Pierre Cléroux  
450 689-7331  
p.cleroux@ville.laval.qc.ca



**Laval–Les-Îles**  
Jean-Jacques Beldié  
514 945-4700  
jjbeldie@stl.laval.qc.ca



**L'Orée-des-Bois**  
France Dubreuil  
514 239-1396  
f.dubreuil@ville.laval.qc.ca



**Marc-Aurèle-Fortin**  
Yvon Bromley  
450 934-7257  
yvonbromley@videotron.ca



**Fabreville**  
Martine Beaugrand  
450 736-3086  
mbeaugrand@actimenu.ca



**Sainte-Rose**  
Denis Robillard  
450 628-3055  
d.robillard@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

**24 HOURS A DAY, 7 DAYS A WEEK**

[www.ville.laval.qc.ca](http://www.ville.laval.qc.ca)

Sign up for the *Cyberbulletin*:  
You'll receive it free every week!  
(under Municipal Services /  
Publications)

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Ville de Laval – page officielle

Subscribe to our Cyberbulletin: [www.ville.laval.qc.ca](http://www.ville.laval.qc.ca)

## 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.

