



ZONES MUSICALES

**Over 30 free
music shows**

July 15 – September 11

Page 22



**Mélissa
Lavergne**
show on
September 11

SUMMER 2016

VIVRE À LAVAL

Ville de Laval's municipal news bulletin

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**NOTRE FÊTE
NATIONALE À LAVAL**

June 24 / 9 P.M. – Centre de la nature

FETENATIONALE.LAVAL.CA



The Mayor's Message

Dear Residents:

With the return of the summer, many projects are on the horizon, including our downtown plans. In fact, on the following pages, you will find a map of the downtown area and a description of the plans surrounding De la Concorde as well as Cartier metro stations. I encourage you to read about these projects, as they will have an impact on our urban landscape in both the short- and long-terms and will make our living environment even more attractive. As for roadwork, we have also included, on the following pages, a map of the work projects scheduled for this summer. Keep this map handy in order to take those worksites into consideration before you head out onto the roads...

In paging through this issue of *Vivre à Laval*, you will note that over the coming weeks, our city will be the scene of many family and cultural activities. Take advantage of the opportunity to enjoy family outings, physical exercise and shows plus activities offered by our community organizations. Among the events not to be missed—our Québec National Holiday celebrations, which will be held at the Centre de la nature on June 24. Join us! And new this year: We are organizing free concerts all summer long at six *music zones*. All in all, over 30 shows featuring a wide range of styles, from classical to jazz to folk and pop—something for every taste!

And lastly, I would like to congratulate all Hosia award nominees as well as the award winners for 2015, who were honoured last May. I am very proud of the work done by all these volunteers who generously devote their time and talents to the well-being of the community and I am very touched by it all. Dear volunteers, a thousand thank-yous!

I wish you a wonderful summer and I hope you enjoy reading this issue of *Vivre à Laval*!

Marc Demers
Mayor

www.facebook.com/MarcDemersMairedeLaval

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Keep this issue of *Vivre à Laval* until August 29, 2016.

Municipal Agenda

City Council meetings

Tuesdays: July 5,
August 9 and
September 6, 7 p.m.

2nd instalment of municipal taxes

June 21

Registration at day camps

Page 31

Opening of outdoor pools

Starting June 24
(page 30)

Québec National Holiday celebrations

June 24 at the Centre de
la nature (page 2) and at
certain municipal parks

Canada Day

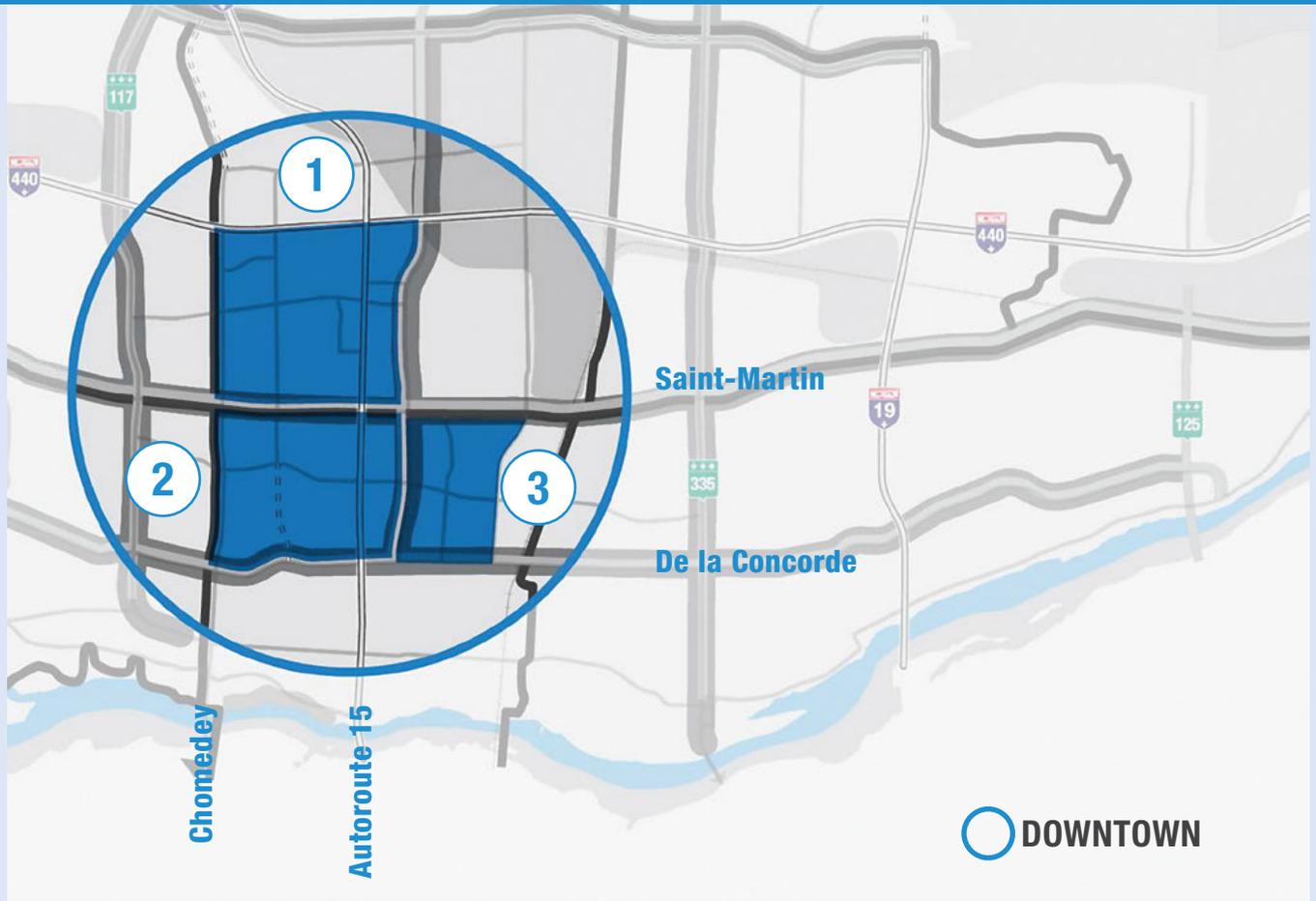
July 1
www.laval.ca, under
Activity Calendar

Weed out ragweed

By July 31

MUNICIPAL SERVICES SCHEDULE

Some departments and services will be closed on the **Québec National Holiday** and **Canada Day**. More details on Ville de Laval's Internet site.



Downtown Laval, It's Here!

Over the past few years, the City and its partners have worked hard to design a downtown area to form Laval's economic core and main showcase. Significantly influenced by culture and knowledge, the downtown area will also promote the emergence of a new living environment. Last November, its geographic boundaries were unveiled—the area will cover three major sectors, for which the City has set aside \$22 million in its three-year capital investment program for 2016-2018. Mayor Marc Demers and Executive Committee Vice-Chairman David De Cotis, who is in charge of economic matters and is President of the Société de transport de Laval, explained the importance of this major urban project...

1) The northwest sector

Centropolis, Carrefour Laval and Les immeubles Viva form part of the northwest sector of the downtown area, already renowned for its chic, urban atmosphere. "This sector represents an example of commercial success and fits in perfectly well with the urban component of the Laval 2035 – Urban in Nature strategic vision. The 'redevelopment' projects in this sector will favour a mix of the urban function of our territory and will make this living environment even more attractive," stated Marc Demers.

2) The southwest sector

The southwest sector of the new downtown area covers Cité de la Biotech and Carré Laval (including the former Lagacé quarry and the court house). There are a number of properties to develop (City-owned ones) in this sector, in addition to Boisé Chomedey, a magnificent natural, protected environment. "The development projects in this sector will be carried out in various ways, including through a design competition planned for 2018, following which we will call for tenders. In the long term, this sector will become the key component of the materialization of the Urban in Nature strategic vision," pointed out the Mayor.

3) The southeast sector

The sector furthest to the east is an area that is bubbling with excitement, with Place Bell, which will open in the fall of next year. Also part of this sector is the recently announced Espace Montmorency commercial complex, Collège Montmorency and the Urbania condos, including Urbania II (a six-building complex to be constructed to house 1160 condos), as well as Maison des arts and Salle André-Mathieu. "Our city's economic development is being reorganized and the 'new' downtown is at the heart of this big change," Mayor Demers was pleased to mention.



©Benoit-Desjardins

Two TOD Areas With High Development Potential

In 2012, the metropolitan planning and development plan of the Communauté métropolitaine de Montréal (CMM) identified the vicinities of Cartier and De la Concorde metro stations as being TOD (*Transit-Oriented Development*) areas, meaning that planning and development are geared toward public transit. These two sectors must become more densified and urbanized. Ville de Laval will therefore be redeveloping them in the years to come, in keeping with its Urban in Nature strategic vision, by working on concentrating the population around these metro stations, while offering quality living environments.

De la Concorde

The De la Concorde sector is mainly occupied by industrial firms. It will be redeveloped over the coming years to integrate residential projects as well as a green space and possibly shops and other commercial establishments, in addition to a public square. The little island where the intermodal station is located (metro and commuter train) will be the gateway to the sector. Playing a central role, it may include shops and other commercial establishments, offices and residential buildings. The outdoor free spaces will be developed as lively places with terrasses and special activities. A public consultation session has been scheduled for June in order to evaluate the needs of both the population in the neighbourhood and those who use this area.

Cartier

The Cartier metro sector is a major gateway to the city of Laval. The road system of this bridgehead, designed in the sixties for the benefit of motorists, transformed a village centre into a transit point. The arrival of the metro eight years ago, with park-and-ride facilities and the bus terminus that goes with it, is the starting point of this area to be redeveloped. The safety and comfort of pedestrians and cyclists is at the heart of the concerns. At the present time, Ville de Laval is undertaking a planning process in which residents will be invited to take part. At press time, a meeting was slated for June 18.

 www.repensonslaval.ca

New

The Laval Governance Standing Committee

With five elected municipal officers as its members, Laval's new governance standing committee has been assigned the role of promoting and consolidating the three pillars of municipal responsibility: transparency, accountability and sound governance within the organizations concerned. The members of this committee were appointed at the City Council meeting last March: Councillors Aglaia Revelakis (Chomedey), Aline Dib (Saint-Martin), Virginie Dufour (Sainte-Rose), Jacques Saint-Jean (Saint-François) and Stéphane Boyer (Duvernay-Pont-Viau), who was appointed Committee Chairman.

Presentation of First Land-Use Planning & Development Project

In April, Ville de Laval launched the first project within Laval's revised land-use planning and development plan. This land-use planning document was then presented to residents at four meetings held between May 16 and May 25. The complete document may be found online at www.repensonslaval.ca. For easier understanding, the City has produced a summary of the highlights of this document and a kit for understanding and taking part in the development of the plan. This kit addresses the main questions concerning a land-use planning and development plan and also explains a few of the urban planning concepts on which the City's policies are based, such as sustainable development, eco-responsibility, active mobility, social acceptability, density, etc. Consult these documents to discover how Laval will be urban in nature in 2035!

 www.repensonslaval.ca

Laval, A Territory Giving Good Measure

With the arrival of the summer, horticultural and agricultural production is in high gear on Laval territory. When asked to give us the measure of Laval's agri-food sector, to help us learn more about it, the City's *Service du développement économique* took pleasure beyond measure to pun for a bit of fun, in presenting us the following facts and figures:

An agricultural zone beyond measure

In settling in Laval, did you ever consider that you were about to live in an area where the agricultural zone alone represents a territory equivalent to that of Bermuda, and even larger?

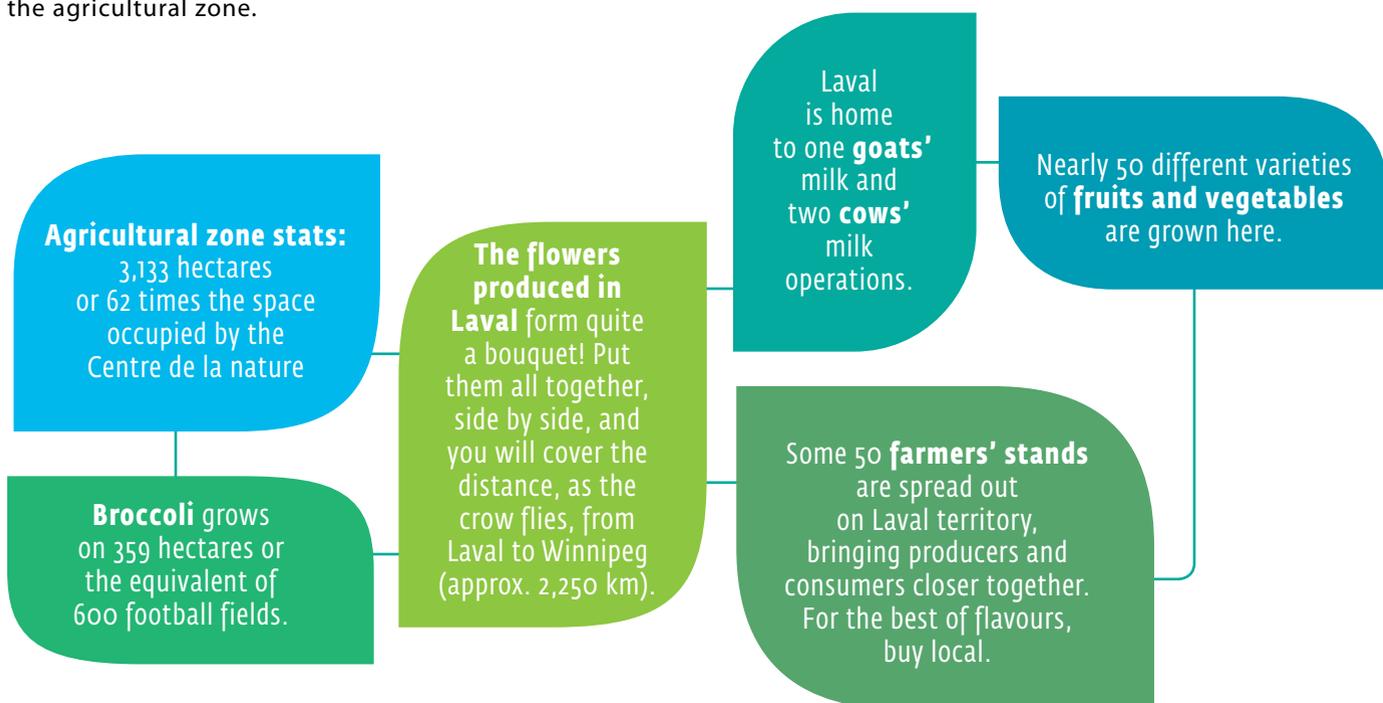
Supply made to measure...

To measure up to supplying consumers in Greater Montréal, Laval's agricultural producers actively work at cultivating the agricultural zone.

Projects measuring up to Laval's potential

Over the coming months, Laval's *Service du développement économique* will be taking the necessary measures to present you the development projects in the agricultural zone.

? www.laval.ca, under Citizens/Urban Planning/Agricultural Zone Development Plan and www.lavaleconomique.com



Economic development

Accelerate your projects!

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 Financial assistance
for businesses
- 
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investments
- 
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support
- 
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consulting
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 450-978-5959 | lavaleconomique@laval.ca | lavaleconomique.com

Summer Worksites Heating Up!

All over Québec, many roadwork projects are carried out in the summer. Laval, too, is busy ensuring efficient, active and sustainable mobility. Over \$29 million has been budgeted in the 2016 three-year capital investment program to rehabilitate waterworks and sewage systems as well as repair roads.

Among the major work projects planned along the **main major arteries**, the Société de transport de Laval (STL) will be implementing new preferential measures for buses (PMB): smart priority traffic lights (227 intersections), reserved lanes, bypass lanes and “candlestick” traffic lights as well as relocating bus shelters and bus stops. These measures will help improve public transit service in Laval and make it easier for everyone to get around town. PMB projects are indicated in dark blue on the map below. Ville de Laval is planning on taking advantage of these work projects to improve the **active transportation network**, with the development of new bicycle lanes and new sidewalks (2.5 km).

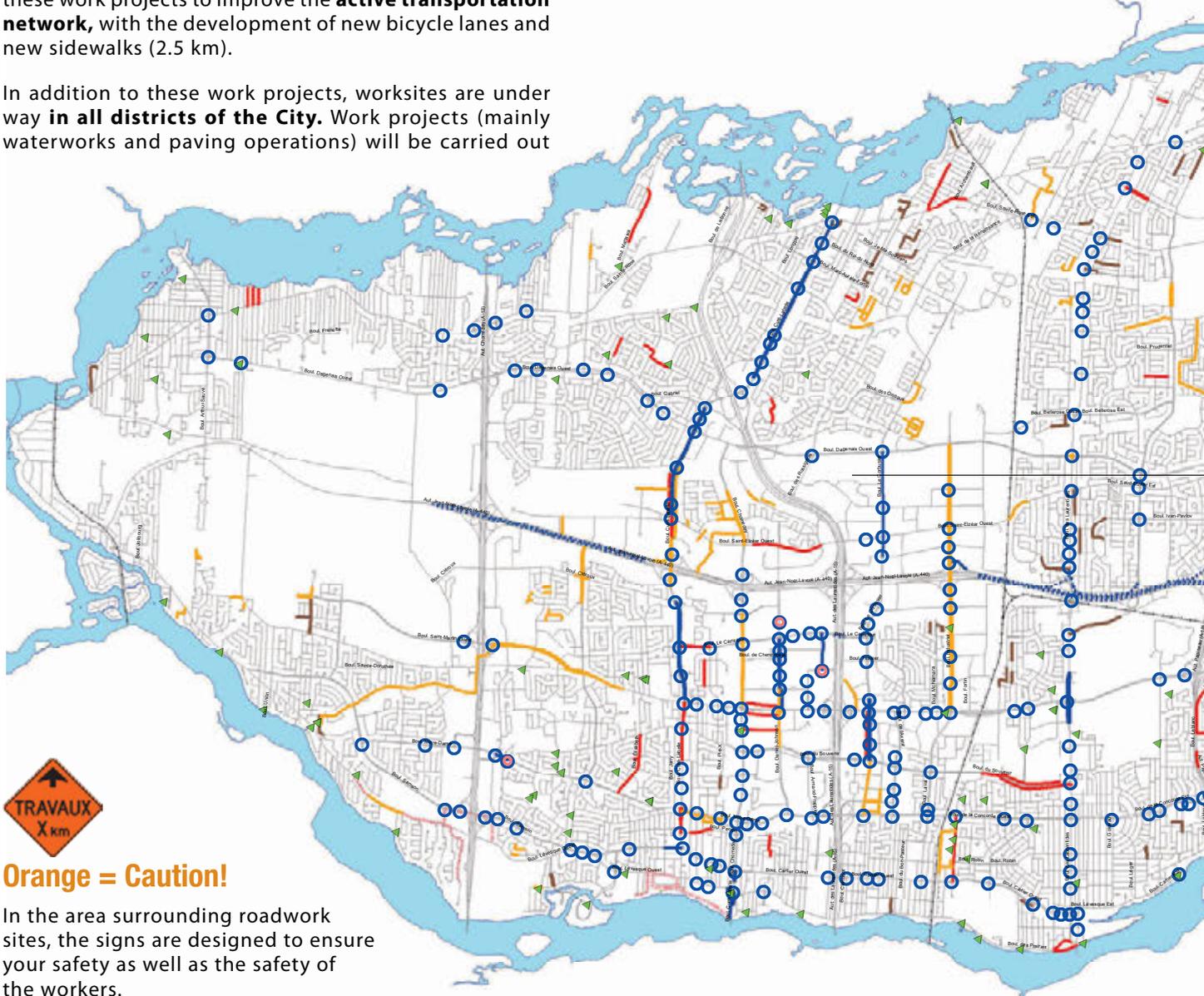
In addition to these work projects, worksites are under way **in all districts of the City**. Work projects (mainly waterworks and paving operations) will be carried out

on some thirty streets (in brown on the map). **For 2017-2018**, the City’s engineers are planning work projects **along 90 more streets**.

The locations of **paving operations** are marked in light blue on the map: boulevard de la Concorde between boulevard d’Auteuil and the Centre de la nature, boulevard Sainte-Rose between terrasse Dufferin and avenue des Terrasses, boulevard Saint-Elzéar between boulevard Chomedey and rue Jacques-Bureau as well as a number of sections within the PMB projects, in particular.

The orange lines on the map indicate a **variety of projects**, including:

- the construction of a new backflow pipe to adjust the sewage treatment capacity and meet the needs of the new subdivisions in the Sainte-Dorothée district



Orange = Caution!

In the area surrounding roadwork sites, the signs are designed to ensure your safety as well as the safety of the workers.

Obey them!

- the addition of sidewalks and the rehabilitation of the roadway at certain locations along Industriel and Chomedey boulevards
- the widening of boulevard Daniel-Johnson, south of boulevard Saint-Martin, with a median strip, new sidewalks and bicycle paths
- and dozens of other projects of new subdivisions and the addition of municipal services

And lastly, the **sewage** occasionally discharged directly into the river (overflows) will be controlled, from now on, by means of electrical telemetry devices that will be installed all over the island (green triangles). These devices will identify the problem sectors in order to make it possible for the City to take appropriate, optimal action.

As for the pink dotted lines, they illustrate the 25 km of new bicycle lanes that will be set up this summer.

Legend

-  2016 rehabilitation work
-  Preservation of roadwork – Phase 1
-  Municipal services 2016-2017
-  Work operations for buses
-  Traffic lights for buses
-  New traffic lights for buses
-  MTQ work operation
-  Cycling-walking path
-  Overflow structures



Roadwork Info

Plan your travels

Motorists are being urged to change their habits while the work projects are being carried out. Why not cycle to work or use public transit, work from home or change your working hours? Together, in this way, we will minimize the troubles related to roadwork sites.

 www.travaux.laval.ca — 311
www.stl.laval.qc.ca for your bus transportation questions

Your Renovations Now Simplified

Good news: Starting this summer, for buildings with one to three housing units, you will no longer need a permit or certificate of authorization from Laval's *Service de l'urbanisme* **to carry out renovations under \$5,000 in value.** However, some exceptions apply and certain renovations will still require that you first obtain a permit:

EXAMPLES OF RENOVATIONS REQUIRING A PERMIT	EXAMPLES OF RENOVATIONS NOT REQUIRING A PERMIT
Installation of an in-ground or above-ground pool and all the work subject to a bylaw provision concerning the construction of a fence around pools or the safety of pools	Installation of a fence not forming the enclosure of a pool
Construction of an accessory building	Replacement or improvements to the floor covering of a parking space
A building extension	Construction of a walkway or related alterations
Construction of a balcony or related alterations	Replacement of insulation materials
Alterations or maintenance of foundations or the structure of a building	Removal or demolition of an above-ground pool
Installation of a French drain	Installation of an outdoor fire pit
Addition of a door, window or exit to a building or a change in such dimensions	Replacement of doors, windows or roofing without changing the dimensions
A change in dimensions, number of rooms or number of housing units in a building	Laying grass or planting flowers
A change to the configuration of the stairways in a building	Painting the inside of a building

In all cases, a permit is required to carry out work on a building subject to a site planning and architectural integration program (SPAIP) or located in a floodplain. The complete list of what work does and doesn't require a permit may be found in the Permits and Bylaws section of Ville de Laval's Internet site.

 www.bylaws.laval.ca

Online services



News from the City

Would you like to receive news (in French) related to your city, find out what activities and services are offered to you, take part in surveys and contests, receive warning messages in case of an emergency? Subscribe to the City's communications to find out everything that is happening in Laval.

 www.abonnement.laval.ca

Municipal Court

Municipal Court is offering you two new online services accessible from Ville de Laval's Internet site. From now on, you may consult the **plumitif public**, a computerized register providing access to the history of the various court records of a civil, criminal and penal nature on file with the municipal court office. In addition, you can now request a **postponement of a hearing** by filling out a simple form and returning it by email or fax, rather than going to the court in person.

 www.laval.ca, under *À propos/Administration municipale/ Direction générale, cour municipale et services municipaux*

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When Can I Water?

Periods when watering is allowed are determined on the basis of four factors: **your address, the date, the time of day** and the **watering system** used. Refer to this table to avoid a fine!

WATERING SYSTEM	EVEN-NUMBERED ADDRESSES	ODD-NUMBERED ADDRESSES
With a timer	4:30 a.m. – 6 a.m., on even-numbered dates only	4:30 a.m. – 6 a.m., on odd-numbered dates only
Without a timer	8 p.m. – midnight, on even-numbered dates only	8 p.m. – midnight, on odd-numbered dates only
With a hand-held water sprayer (for plants, washing cars, windows and walls)	Any time of day, on even-numbered dates only	Any time of day, on odd-numbered dates only
Hand watering with a watering can	Any time, any day	Any time, any day

What's the Procedure for Installing a New Pool?

Before installing a swimming pool, you must obtain a certificate of authorization from Laval's *Service de l'urbanisme*, at a cost of \$50. Please note that access to all above-ground or in-ground pools or spas with water over 45 cm deep must be protected by an enclosure—a fence, guard rail and part of a building wall.

? www.bylaws.laval.ca

Be Water Wise

Every summer, drinkable water consumption increases by approximately 50% in Laval, due to lawn watering and pool filling. Here are a few recommendations that will help us save this precious resource:

- Obey the rules on the times when watering is allowed, based on your address and your type of watering system. A blue patrol goes up and down Laval territory in order to ensure compliance, **May 15 – September 15**.
- Buy a rain gauge in order to find out how damp your lawn is. Keep in mind that your lawn doesn't need a lot of water, because it goes into dormancy—a rest phase—during hot summer spells.
- Do you have a pool? Cover it with a solar blanket in order to limit evaporation.

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

QUESTIONS ABOUT YOUR MUNICIPAL SERVICES?

(3-1-1)

YOUR CITY—JUST A PHONE CALL AWAY, 365 DAYS A YEAR



WASTE RECOVERY AND RECYCLING (THE *PAGES VERTES*)

©Ville de Laval



Are you looking for a place where you can dispose of your old car battery? Have paint cans been littering the floor of your garage too long? The *Pages vertes de Laval* (in French) will help you get rid of them in an eco-responsible way, by guiding you to the appropriate places.

Set up by Ville de Laval, this new tool replaces the *Guide de récupération en ligne*. The intuitive search engine is equipped with a map of Laval territory and provides a choice of collection points (organizations, commercial establishments) based on your address.

? www.laval.ca/pages-vertes

Construction and Demolition Debris Sites

©Vincent Girard



For many people, summer is the season for carrying out manual labour projects at home. But what to do with the construction and demolition debris? Two debris sites are made available to residents wanting to dispose of such debris in a safe and simple way:

- Chomedey site: 1527 rue Cunard (behind the municipal garage)
- Fabreville site: 4026 boulevard Dagenais Ouest

During the summer season, the sites are open Monday – Saturday, 8 a.m. – 7:30 p.m. Debris disposal is charged at a rate of \$10/m³ for debris from a residential space in Laval (maximum of 3 m³ per visit). Residents must dispose of their debris manually, into containers. As a safety precaution, closed shoes or work boots must be worn.

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

Test Your Recycling Knowledge!

Should we separate the various components of a container or packaging?

It is preferable to do so, as it makes it easier to sort and recycle; however, it isn't necessary to remove the plastic window from envelopes or the labels from cans.

Are all plastics accepted in the recycling collection?

No. Polystyrene (plastic no. 6) is not accepted. The types of plastic are generally identified by a number from 1 to 7, which is marked under the container.

Should we rinse the containers before placing them in the bin?

We recommend giving them a brief rinse in order to prevent odours and contamination from other materials.

Can we dispose of soiled cardboard in the bin?

Papers and cardboard soaked with oil, grease or food are not recyclable. However, a bit of grease on a box of doughnuts or pizza does not interfere with the recycling process.

? More information on good recycling practices may be found at www.recreer.ca.



©Vincent Girard



A Toilet is Not a Garbage Disposal!

Cooking oils disposed of in the toilet or sink accumulate into clumps of solid grease comparable to a bar of soap in sewage pipes. These clumps may cause major blockages in the sanitary sewer system and, in so doing:

- unpleasant overflows in homes, from toilets, sinks, showers in the basement, etc.
- strong odours in homes and throughout the street

Where to place liquid waste?

Liquid waste may be poured into an empty can or glass jar and placed in the freezer. When such waste becomes solid, you may dispose of it in the garbage can.



Expansion of 3-Stream Collection

Did you know that 47% of the waste produced by your household is organic and therefore compostable? In order to reclaim it and, above all, divert it from the waste disposal sites, Ville de Laval will be expanding its organic waste collection service starting this fall. From now on, in addition to the 7300 homes already served in the Champfleury, Chomedey and Laval-des-Rapides districts, 10,000 new households will be able to benefit from it as well. This service is expected to be extended to all households on Laval territory by 2020. This measure comes in response to the government objective to divert 60% of organic waste from waste disposal sites. In addition to all table scraps, garden waste may also be disposed of in the brown bin.

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



New Rules on Trees

In order to once again take control over the trees located in public rights-of-way this summer, Ville de Laval is gradually amending its bylaws.

? For the new rules on planting, pruning and cutting down trees as well as the actions taken to limit the infestations of emerald ash borers: www.laval.ca, under Citizens/Environment, Recycling and Collections/Tree

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©Ville de Laval (green rebate, trees)

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



©Ville de Laval

Fire Prevention in Summer

In order to launch the summer season worry-free, Laval's fire department wishes to remind you of a few safety precautions:



©Thinkstock

Mulch fires

Mulch fires occur more and more often, as mulch is increasingly used in flower beds. But be careful: Mulch can catch fire when near a heat source as weak as a mere cigarette. Here are a few ways to reduce the risks of mulch fires:

- Dispose of cigarettes, cigars and matches in incombustible containers made for this purpose and install an ashtray outside where guests will go to smoke.

- Keep a distance of at least 45 cm (18 in.) between the layer of mulch and any combustible building materials.
- Comply with the manufacturer's guidelines regarding the distance of electrical appliances used in outdoor landscaping, such as decorative lighting.
- Keep the mulch moist.

Around your house

You can cut down on fire hazards around your home by following the advice below:

- Limit, to the bare minimum, the presence of combustibles near your home (circulars and mail, waste and recycling bins, green waste, firewood, etc.).
- Use flame-resistant privacy trellises, awnings or curtains.

- Outdoors, never leave any candles, torches or fire pits unattended.
- Use extension cords marked "For outdoor use" and avoid using them permanently. They are designed for temporary use only.

Chimney sweeping

It is recommended that you have your chimney swept every year: an accumulation of more than 3 mm of creosote and soot in a chimney can cause a fire. Take advantage of the summer season to have it cleaned!

Fireworks

In Laval, even though you can buy fireworks, it is prohibited to use them without first obtaining authorization from the fire department (*Service de sécurité incendie*). So make sure you obey the municipal bylaw.

? www.laval.ca, under Citizens/ Fire Safety

Pets

Moving? Think about your pet!

For pets, moving often unfortunately results in being left behind. If you are considering this, please don't abandon your pet on the street. Ideally, find someone you know who would like to adopt your pet or take your pet to

a pet shelter where it can be put up for adoption.

Don't leave your dog in the car!

Even if it is only for a few minutes, you should never leave your dog in a vehicle without supervision. Some

people believe that it is sufficient to leave a window partly open in order to create air circulation: Not so! The indoor temperature of a car parked in the sun rises very quickly, placing your dog at risk of potentially fatal heatstroke.

? www.laval.ca/Pages/En/Citizens/animals.aspx?lcidsync=1



Prevent Drownings

True or false?

25% of drownings are related to boating activities.

True. Among these drownings, 8 out of 10 could have been avoided by wearing a personal flotation vest.

Drownings are the leading cause of death among 1-4-year-old children.

True. Most often, children drown in residential pools, after falling into the water when no adults are watching them.

Source: www.snpn.ca

Police Officers Visit Child Care Centres To Increase Children's Awareness

Did you know that nearly one-third of drownings in residential pools are children under 5 years old? In order to increase the awareness of tiny tots about swimming pool safety rules, the police will be visiting child care centres all throughout the months of May and June.

Some Advice to Avoid the Worst

- Teach your children to phone 911, and leave the phone near the pool.
- Keep a pole or life preserver nearby, to come to the aid of any swimmers in distress.
- Set clear rules for all users in the pool and give them to everyone who will be watching over your children.
- Assign an adult to watch over the pool—someone who will never have to look elsewhere.
- After swimming, make sure no access to the pool is left unlocked.

? Take the self-evaluation test to check whether your pool is safe and get prevention tips at <http://www.perfectswimming.com/en/self-evaluation-test>



On the road

Cyclists and Motorists: We Share the Road!

Every year, a number of accidents causing injuries involving bicycles occur in Laval. Police officers are therefore asking motorists and cyclists for their cooperation so that everyone can share the road responsibly and safely.

Every day, from May to September, police officers go up and down the streets on their bicycles, through public places, parks and waterfront areas on Laval territory, for awareness and control operations. Their role is to enforce the *Highway Safety Code* and municipal bylaws as well as ensure peace and quiet for Laval residents. Wave to them. They're on the job day and night!

? www.police.laval.ca

Have Your Child's Car Seat Checked!

Only one parent out of two uses a car seat adapted to the height and weight of their child and uses it correctly. That's not much! In order to know how to properly use this very important device, take part in the child car seat inspection clinic, which will be offered free of charge on Saturday, **June 18**, 10 a.m. - 3 p.m., in the parking lot of Carrefour Laval. No registration necessary.

? www.police.laval.ca



Info-Police Saint-François: Subscribe Now!

You live in the Saint-François district and you're interested in public safety? Subscribe to *Info-Police Saint-François* (in French): You will be emailed the news concerning your sector in particular.

? www.police.laval.ca

Laval Honours Outstanding Volunteers!

Ville de Laval wishes to congratulate the volunteers and organizations in the running for awards within the 32nd edition of the *Gala des prix Hosia*. Organized in partnership with Caisse Desjardins de Laval, this evening tribute event was held on May 4 at Salle André-Mathieu, with Laval Mayor Marc Demers and Stéphane Corbeil, President of Caisse Desjardins du Nord de Laval, as co-patrons. Emceed by France Beaudoin, this event provided an opportunity to pay tribute to the devotion of the women and men who have become involved in the Laval community through volunteering over the past year and to highlight their commitment.

The selection of the 2015-2016 award winners was placed in the hands of a committee of 8 members representing Laval organizations and municipal departments and

was chaired by Jacinthe Godmer, General Manager of Caisse Desjardins de l'Ouest de Laval. The panel of judges examined the nomination papers based on four criteria: versatility, impact, dynamic spirit and innovation in the volunteering effort.

From among the 98 nominations received, 30 awards were presented in 8 categories: Neighbourhood Life, Social Development (regional), Physical Activity, Sports and Outdoors (regional), Arts and Culture (regional), Young Volunteer, Organization and Event (two special awards by the judges) and Tribute (25 years or more of volunteering). This gala gives Ville de Laval another chance to express its appreciation for volunteers' contribution and emphasize the full value of their contribution to our society. To all our volunteers, we say THANK YOU!

2016 award winners

Neighbourhood Life category



Michelle Beaulieu Gariépy
Association pour aînés résidant à Laval



Diane Jasmin
Popote roulante Saint-Noël-Chabanel



Thérèse Beaudin
Le rendez-vous des aîné(e)s



Marie Andrée Soulière
Centre de pédiatrie sociale Laval



René Gauvin
Maison des enfants Le Dauphin de Laval



Thérèse Latour
Comité des loisirs le Renoir



Jeanne Tremblay
Comité des citoyens de Laval-Ouest



Ghislaine You
Société Saint-Vincent-de-Paul / Saint-Théophile



Maxime Faille
Association sportive Laval-Nord



Ève Labrie
Club de football les Vikings de Laval-Nord



Michel Reeves
Bouge ton parc



Suzanne Simard
Service des loisirs Saint-Elzéar de Laval

Social Development (regional) category



The hand symbolizes action, vitality and support for the creative flame.

The flame represents the energy that inspires us to be witnesses of the life that gives us life...

The upward movement symbolizes the increasing will of the person who gets involved.

— Serge Roy



Monique Bélisle
Centre d'écoute de Laval



Louise Gervais Deschênes
Lumi-Vie



Thérèse Gince
Partage Humainitaire



François Lachaine
Jeunes au travail

Physical Activity, Sports and Outdoors (regional) category



Gaëtan Guérette
Sports Laval



Hector Perrin
Club Vélo Détente Laval

Arts and Culture (regional) category



Rosange Bélanger
Troupe Fantasia



Marc Harnois
Harmonie Laval

Young Volunteer (under age 18) category



Florence Théberge
Service des loisirs de Laval-Ouest

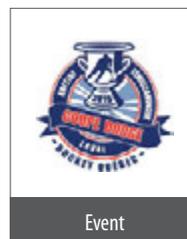


Mireille Cossette
64^e groupe scout Sainte-Rose

Judges' Special Award category



Au panier de Chomedey

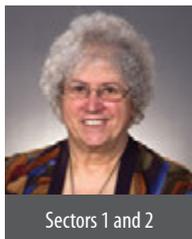


Coupe Dodge 2015
(Laval region hockey)

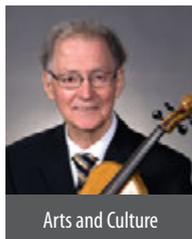
Tribute (25 years or more of volunteering) category



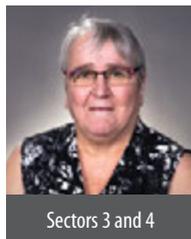
Conrad Bouchard
Club de water-polo de Laval



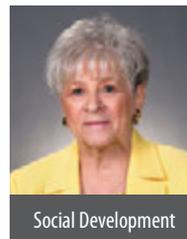
Françoise Paradis-Foisy
Comité de citoyens pour les transports collectifs dans l'est de Laval



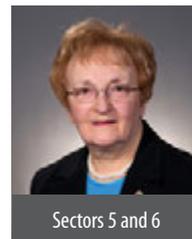
Gilles Quesnel
Les danseurs et musiciens de l'île Jésus



Renée Lescarbeau
Cercle de fermières Chomedey



Lise Guindon
Maison des grands-parents de Laval



Monique Julien
Cercle de fermières Fabreville

©Jacques Gratton



OMBUDSMAN
Ville de Laval

www.ombudsmanlaval.com



Recourse offered to residents to assert their municipal rights

UNBIASED, CONFIDENTIAL AND FREE

Campgourou: Unique in Québec!

©Sophie Poliquin



Hrag and Cynthia

For over 30 years, Laval has been welcoming nearly 200 children with intellectual or motor disabilities at Campgourou, its specialized day camp. In fact, Laval is the only city in Québec to offer this program, where the registration fees and hours are the same as for regular day camps. Every summer, Campgourou welcomes 6-17-year-olds for 8 weeks. An "integration" component at a regular day camp, with an attendant, is also offered to 6-12-year-olds meeting certain eligibility requirements. Over one hundred camp counsellors and attendants look after the children's safety, while making sure they have fun and develop their skills.

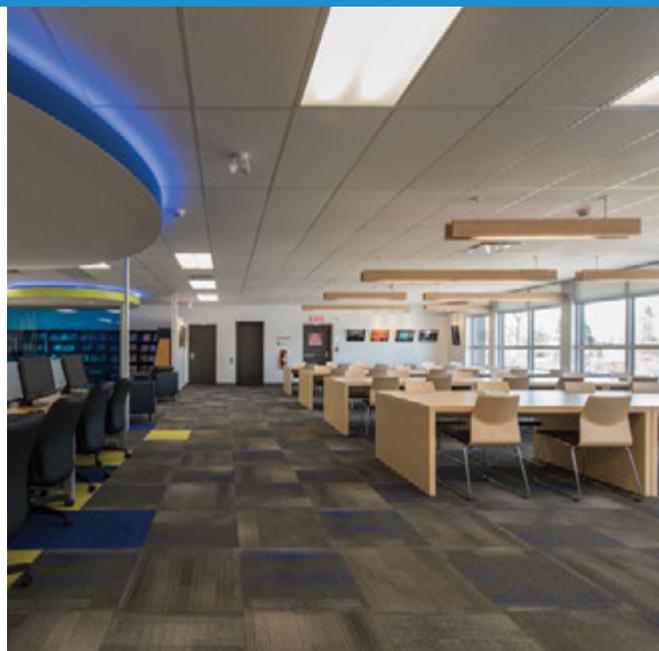
Sophie Perron Roussel has been in charge of the Campgourou program for 12 years now and is heading into her 13th. At the time, she was considering pursuing studies to enable her to work with the disabled. She therefore became part of the Campgourou team. "I really fell in love with these children. I find it very rewarding to contribute to their social integration. Seeing them develop from year to year truly fills me with joy!"

? www.daycamps.laval.ca

Laval 211

Starting this fall, Laval will be the first city in Greater Montréal to offer a 211 telephone service, including the Web component, which is already up and running. This service enables residents to quickly obtain referrals to socio-community organizations that can help them and meet their needs. The service is offered free of charge, in English and French. A multilingual assistance system will also be implemented and will make it possible to communicate with the 211 service in over 200 languages.

? 211 (starting this fall) — www.211.laval.ca



©Sophie Poliquin



©Sophie Poliquin

Beautiful Renovations at Émile-Nelligan Library

Émile-Nelligan library reopened last April, following 8 months of renovations. The spaces have been redesigned to please all users:

- More work tables and comfortable armchairs to consult documents are now available.
- A workroom is accessible to groups as well as a room for activities and entertainment.
- An art exhibit space has been set up on the upper floor, with professional hanging equipment along with appropriate lighting.
- The entrance has been repositioned and the floor covering (ceramics, carpeting, linoleum) has been changed to enhance the premises and make them safer.
- The public washrooms have been fully renovated.

A pleasant place to spend some time, in the heart of the Laval-des-Rapides district! The library is located at 325 boulevard Cartier.

? For the library's schedule, see page 21.



Samito (page 22)



Flotter, 2013-2015, Marie Côté (page 24)



Day camps (page 31)

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©Tryzz (Samito), ©Sophie Poliquin (day camps), ©Guy L'Heureux (Marie Côté, Flotter)



DID YOU KNOW...?

Facts and Figures on Laval's Libraries:

- 600,000 books
- 46,000 DVDs
- 16,000 CDs
- 52,000 magazines
- 7,000 games
- 6,000 electronic documents
- 900 activities

And everything is free!

©Depositphotos

Vacation Reading Suggestions

Le chardonneret



Donna Tartt
Plon, 2013,
795 pages

This book relates the story of young Theo, who survives the explosion of a bomb

when visiting a big museum in New York with his mother. Then begins the story of all he learns, which is closely related to the painting *Le chardonneret* by Fabritius, who died during the terrorist attack at the museum. With its smooth, violent writing in a remarkable movie-like style, *Le chardonneret* is a story that grabs hold of the reader with irresistible force.

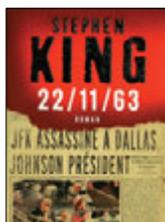
La femme qui fuit



Anaïs Barbeau-Lavalette
Marchand de feuilles,
2015, 378 pages

In 1948, Suzanne, the author's grandmother, hobnobs with the members of *Refus global* and marries Marcel Barbeau, an Automatiste painter, with whom she then has two children. Troubling times, a woman longing for freedom, she decides to abandon everything—including her two children—and she tries to lead her life differently, far away from her family.

22/11/63



Stephen King
Scribnerk, 2013,
934 pages

A young man is sent on a mission to go back in time, to prevent President Kennedy's

assassination. Immersed in the sixties, he will try to prevent other tragedies as well, will fall head over heels with a librarian and will learn that in manipulating the past, we also change the future...

Toute la lumière que nous ne pouvons voir



Anthony Doerr
Albin Michel, 2015,
609 pages

A great novel about Paris under the Occupation until its Liberation. The book features two

teens: blind Marie-Laure, who flees Paris to go to her great uncle's home in Saint-Malo, and Werner, a highly-skilled German in the field of electromagnetic transmission, who devotes his talents to serving his country, by tracking the Resistance fighters. Remarkable writing and captivating from beginning to end, this novel earned a Pulitzer prize for its author in 2015.



©Depositphotos

Vacation Loans

Take advantage of 4-week vacation loans for all library materials, all summer long!

New!

Online Registration

Since May 21, to register for the libraries' activities, just go online at www.inscriptions.laval.ca.

? For more details on our selections and for more suggestions, check out our Pinterest page: www.pinterest.com/bibliolaval



©Sophie-Poliquin

Bibliomobile

Summer Programs for Youngsters Up to Age 12 TD Reading Club

June 27 – August 20, here's your chance to read at parks and pools!

Storytelling in Your Swimsuit

At Laval's wading pools and splash pads, children **up to age 9** will cultivate a taste for reading, through entertaining, book-related activities.

Reading Tent

This summer, tiny tots **up to age 5** are invited to snuggle into the reading tent to enjoy books for storytelling, discovering, borrowing and just looking at, along with friends, parents, educators and our super leaders...

Travelling Library

The *Bibliomobile*, this 10th library in Laval, goes up and down the streets all summer long, to meet up with youngsters and grown-ups.

Read With Me in the Street

Leaders—carrying around a bag filled with books and a blanket for comfy seating—look forward to getting together with **6-12-year-olds!**

? For the complete schedule of activities: www.bibliotheques.laval.ca

For youngsters up to age 12

This summer, youngsters are invited to do something different and discover a wild, unexplored world, through reading. The unknown awaits them, whether outside their home, out of the ordinary or beyond their borders! Thanks to the Club's books and activities, they will be able to listen to the call of the wild—that's the theme this year—and in this way, give free rein to their imagination. Participants will be given a notebook so they can comment on their reading and have a chance to win super prizes!

Official launch at your local library on **June 22** at 6:30 p.m.



Join the library...
It's free!

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.

f Bibliothèques de Laval – page officielle

p [pinterest.com/bibliolaval/](https://www.pinterest.com/bibliolaval/)



Marie-Pierre Arthur



Orchestre symphonique de Laval



Early Jazz Band

©Herve Ballargeon (Marie-Pierre Arthur)
©Eric Constantineau (Orchestre symphonique de Laval)
©Stephane Cyr Desjardins (Early Jazz Band)

ZONES MUSICALES

7 Zones, Over 30 Concerts

July 15 – September 11

Take advantage of the beautiful summer evenings to enjoy free outdoor concerts organized by Ville de Laval! The programs for the six music zones feature professional performers and a variety of musical styles. The close encounters between the spectators and performers are bound to be unforgettable!

The Orchestre symphonique de Laval returns to visit you this summer with none other than **Alexandre Da Costa** and a high-calibre musical program. World music lovers will be treated all summer long to the bossa nova, Latin music, etc. And in September, a big weekend event will take place on the front grounds of Maison des arts. We look forward to seeing you there!

Centre de la nature **Zone**

Pop, folk, jazz and world music, to satisfy every taste...

Fridays and Saturdays

July 22 – August 13

At the Centre de la nature, on the Village des arts stage

Don't miss

Marie-Pierre Arthur
July 30, 8 p.m.

We just love this singer with her distinctive musical style that goes off the beaten track.

Samito
August 13, 8 p.m.

Mozambican-Canadian singer-composer Samito performs his very rhythmic songs.

Des Prairies Park **Zone**

Classic and new: Discover the new generation of singer-songwriter-composers and listen to the Orchestre symphonique de Laval.

Sundays and Wednesday, August 3

July 17 – August 7

At Des Prairies Park

Don't miss

Vincent Appelby,
July 17, 7:30 p.m.

Discover the compositions of this seasoned multi-instrumentalist.

Orchestre symphonique de Laval
August 3, 7:30 p.m.

Alexandre Da Costa and the OSL invite you to feast on familiar melodies.

Berge aux Quatre-Vent **Zone**

Two must-see concerts in a magical setting

July 27 – August 11

At Berge aux Quatre-Vents

Don't miss

Orchestre symphonique de Laval
July 27, 7:30 p.m.

Alexandre Da Costa and the OSL invite you to feast on familiar melodies.

Saint-François **Zone**

Come enjoy an evening worthy of New Orleans jazz and its brass bands

August 5, 7:30 p.m.

At Du Moulin Park

Don't miss

The Early Jazz Band and the Brass Mob
August 5, 7:30 p.m.

A dynamic swing sextet, a brass band and a unique moment. Revive New Orleans jazz!



Bet.e and Stef



Thomas Carbou Hekâtê Trio



Flavia Nascimento

©Justin Dallegret (Bet.e and Stef)
©Alain Mercier (Thomas Carbou Hekâtê Trio)
©Maria Tabora (Flavia Nascimento)

Maison des arts **Zone**

Six intimate world music concerts in MDA's inner courtyard. Reserve your place!

Thursday & Sunday happy hours

August 14 – September 1

At Maison des arts de Laval

Don't miss

Taluna
August 14, 5 p.m.

Four Italian virtuosos touring Canada with their multicultural musical style and gypsy accents

Bet.e and Stef
August 25, 5 p.m.

Sensual, sophisticated pop with a world-bossa touch

Sainte-Dorothée **Zone**

Instrumental music from all over the world, right near your home.

Fridays

July 15 – August 5

At the public square in Sainte-Dorothée

Don't miss

Trio populaire
July 22, 7:30 p.m.

Europe, North Africa and the Middle East unite, in the heart of your neighbourhood.

Thomas Carbou Hekâtê Trio
July 29, 7:30 p.m.

Discover the world of this jazz enthusiast, who has won a number of awards.

Sainte-Rose **Zone**

A trip through time that will get you dreaming and dancing!

Saturdays

July 16 – August 6

In front of Sainte-Rose-de-Lima church

Don't miss

Le hot club de ma rue
July 23, 8 p.m.

Worthy of the best jazz cabarets, this group presents a musical overview of the '30s to the '50s.

Flavia Nascimento
July 30, 8 p.m.

A show featuring the heat, passion and energy of Brazilian music

Zones Musicales Closing Activities

World music shows with a line-up of the best performers, a dance floor, guest dancers and a festive day—a special event to bring the summer to a beautiful close!

Friday, Saturday and Sunday

September 9-11

In front of Maison des arts de Laval

Don't miss

Orchestre symphonique de Laval
September 9, 8 p.m.

Argentine, Spanish flamenco and Russian polka tango, with the Quartetto Gelato

Cuban evening with Florence K.
September 10, 8 p.m.

Festive tunes, top hits and original compositions, with guest artists



©Francois Nadeau

Florence K

African percussion with Mélissa Lavergne, September 11, 3 p.m.

A very colourful interactive show with singing, dancing and percussion

Musical Tours

Choose from various tours to take advantage of this sophisticated programming:

- Pop tour
- Classical tour
- World Music tour
- Swing and Jazz tour

? www.zonesmusicales.laval.ca



©Sophie Poliquin

La Maison des arts de Laval during the renovations in March 2013

30th Anniversary of Maison des arts de Laval

Maison des arts de Laval (MDA) first opened back on March 6, 1986. Thirty years later, this unique entertainment complex in the region has become a renowned cultural centre. Since its beginnings, MDA has given artists and organizations in Laval or elsewhere a truly incredible venue and large audiences.

Over one million spectators

The youth program *Les Grandes Sorties jeune public* was first launched in 1991, providing an opportunity for Laval youngsters to come into contact with theatre, dance, circus arts, music and visual arts. In 2006, MDA also started presenting dance and theatre performances for adult audiences. In 2015, spectators had some forty shows and eight visual arts exhibitions to choose from. Over the three decades of its existence, MDA has welcomed well-known artists from Québec's cultural scene, and in particular, Louise Lecavalier and the Chœur de Laval, under the direction of Yannick Nézet-Séguin at Théâtre des Muses as well as major works at Salle Alfred-Pellan, including those of Alfred Pellan, Marc-Aurèle Fortin and Clarence Gagnon.

A 30th season featuring variety aplenty

MDA's season will be launched in August, with the return of world music concerts in the inner courtyard. Check out the program now at maisondesarts.laval.ca

? More information on MDA's history may be found at www.maisondesarts.laval.ca, under *À propos de la MDA*.

VISUAL ARTS

Maison des arts

Marie Côté

Contours, détours et retournements

Curator: Marie Perrault

Until July 17

This exhibition groups together works produced over a span of nearly 20 years: sculptures, ceramics and two installations created with Inuit musicians and vocalists.

Lucie Robert

Dissolutions

In the foyer of Maison des arts until July 17

Random shapes in ink, water colour and paper. This series of drawings and photographs evokes the ocean world, the anatomy and biology.

? Free admission, 1 p.m. – 5 p.m. and evening weekends until 8 p.m.
www.maisondesarts.laval.ca — 450 662-4440

Painting and Sculpture Symposium

Don't miss Sainte-Rose's 28th Painting and Sculpture Symposium, **July 28-31**, in Vieux-Sainte-Rose. Organized by Rose-Art, this very popular event brings together nearly 90 painters, sculptors and musicians.

? www.roseart.ca

Arts and Crafts Week

Nearly 150 arts and crafts workers as well as agri-food producers will be welcoming you during the 19th edition of *Semaine des artisans de Laval*, **August 3-7**, in Vieux-Sainte-Rose. Demonstrations and food sampling on site!

? www.semainedesartisansdelaval.org — 514 833-8718

Want to Tour Laval's Art Galleries?

A number of exhibition centres and cultural associations are offering you activities and exhibitions in various districts this summer. Check out their websites for program information and the addresses of the various exhibition locations.

- Rose-Art: www.roseart.ca
- Association lavalloise pour les arts plastiques (ALPAP): www.alpap.org
- Quartier des arts du Cheval blanc: www.qacb.ca
- Verticale: www.verticale.ca



Two Public Pianos

Les Sœurs Boulay, *Festival Diapason*

SHOWS

Inauguration of Two Public Pianos

Two public pianos have been set up to play in Vieux-Sainte-Rose and at the public square in Sainte-Dorothée! During the summer, guest artists will also present shows or improvisation performances there. In addition, Laval will be taking part in the *Journée au diapason* event, which will be held on **August 18**. For this occasion, all public pianos in the province will play the same piece (*Quand les hommes vivront d'amour*) at the same time. Do you play piano sometimes when the spirit moves you? Come play your favourite tunes or listen to your neighbours and professional artists!

? www.laval.ca, under Culture/Arts/Music

Comedy in Laval, All Summer Long

Salle André-Mathieu

Rachid Badouri
June 21-22

Maison des arts de Laval

Simon Leblanc
July 15, 16, 29 & 30

Phil Roy
July 19-22

Pierre-Luc Pomerleau
July 23

Pierre Hébert
August 5, 6, 12, 19, 20 & 26

? www.salleandremathieu.com — 450 667-2040

A Festive June 24 in All Neighbourhoods!

On **June 24**, Laval's districts will be hopping with Québec Holiday celebrations. An ideal time to get together and celebrate this big annual event with friends and neighbours. Take the opportunity to rediscover your district!

? Check out the program in your district: www.fnqlaval.quebec

MUSIC

Festival musical indépendant Diapason

Over 25 performers, July 7-10!

The *Festival musical indépendant Diapason* is proud to promote local performers and welcome distinguished guests. This free event will be back at the Berge des Baigneurs, **July 7-10**, and will include the *2nd Salon du vinyle et de la musique*, two music performance stages and over 25 performers. Also in store: food stands, urban facilities and a number of concerts at stores in the district.

Don't miss the opening show

All music lovers are invited to the opening show on the main stage on Thursday, July 7, when Les Sœurs Boulay will present their new album. A number of guest artists will also perform that evening, starting at 7 p.m.

? www.festivaldiapason.com

SCIENCE

The Brilliant Brain

Since June 6, the Armand-Frappier Museum has been presenting *The Brilliant Brain*, an exhibition on the brain—produced in conjunction with the Musées de la civilisation—which helps take the mystery out of this fundamental organ. This interactive exhibition is for children and adults alike. A three-dimension multimedia projection of the brain, quizzes and video clips make this exhibition a very rewarding experience. Visitors will have the chance to carry out a laboratory experiment called "Test your stress!" Open every day, 11:30 a.m. – 5 p.m.

? www.musee-afrappier.qc.ca/en/ — 450 686-5641, ext. 4676



© Sophie Poliquin

The history of the raftsmen of L'Abord-à-Plouffe

HERITAGE

Discover the History of the Raftsmen of L'Abord-à-Plouffe

Did you know that in the olden days, wood was transported from the Ottawa Valley to Québec City by water? It was the raftsmen (called “*les cageux*” in French) who assembled and operated the floating wood rafts. Before crossing the rapids of Rivière des Prairies, these men stopped on île Jésus, and in the L'Abord-à-Plouffe sector in particular, to separate the rafts. The raftsmen's journeys came to an end in the 1880s, when the railway launched its operations. Their tough life has inspired epic accounts of their exploits, including those by Jos Montferrand and Louis Cyr, (...) Louis Cyr, and legends such as the *Legend of the Flying Canoe*.



© Société d'histoire et de généalogie de l'île Jésus

Heritage tours

Would you like to learn more about the history of the raftsmen? Take part in the *Virées patrimoniales*, organized by Ville de Laval in cooperation with Réseau ArtHist. There you will meet Phil Larivière, an honest-to-goodness raftsmen from the past who will tell you about the lives of these men, or you can follow the historical guided tour of L'Abord-à-Plouffe, which skims the waterfront areas where the raftsmen stopped and provides you with an opportunity to discover this district with its wealth of history.

Un p'tit brin de jasette avec un torrieux de bon cageux!

July 10 – August 3, 10:30 a.m.

L'Abord-à-Plouffe: un coin de rivière accueillant!

July 26, 1:30 p.m., and August 13, 10:30 a.m.

? Register at www.reseauarthist.com. For the complete program, check out the *Virées patrimoniales* page at www.histoire.laval.ca, under Route du patrimoine.



©Ville de Laval (parks, game bins)
©Sophie Poliquin (tennis)

NEIGHBOURHOOD PARKS

Renovations at Dozens of Parks

Between now and 2018, Ville de Laval will be investing \$38 million all over the City to install new playground structures, set up new parks and add park equipment and shelters. The work consists of redesigning the playground areas, relocating existing equipment and replacing certain shock-absorbing surfaces to make the playgrounds safer. A number of crews will be spread out all over Laval territory to speed up the work. The City will be carrying out work in most of its parks this year, according to equipment availability. In addition, two new parks will be created this year: Le Boutillier Park in the Chomedey district (this summer) and on rue du Merlot in Val-des-Ruisseaux, in the Duvernay district (this fall).

? www.travaux.laval.ca

Game Bins For Everyone

Game bins will be placed in some parks this summer. This innovative project will make it possible to take advantage of sports and game equipment provided free of charge on green spaces. So go there when you please and bring a snack to enjoy at the new colourful picnic tables.

Activities for the Vikings' 50th Anniversary

All residents are invited to celebrate the Laval-Nord Vikings' 50th anniversary during a special day in memory of their founder, Ray Millar, who died last year, as well as the opening weekend of this football team, **August 27-28**, at Roi-du-Nord Park.

? www.vikingslavalnord.com

Time Slots Reserved for Your Favourite Sports

As every summer, the artificial turf playing grounds (soccer, football and ultimate frisbee) as well as the tennis courts offer time slots exclusively for public practice. No reservations are required. Take advantage of the good weather that has finally arrived to visit your parks... often!

Some arenas and indoor pools also have spring-summer time slots for those who love skating and swimming indoors. Check them out on the City's Internet site.

? Time slots, by location, at www.maville.laval.ca

LEISURE ACTIVITIES



Register now!

loisirs.laval.ca 



Les Pouilleux



SUMMER OUTINGS

Outdoor Musical Comedy for the Whole Family

Come see the play *Les Pouilleux*, directed by Olivier Rousseau, making the rounds of neighbourhood parks! With their spectacular battles and their lively songs, this happy but dirty group is bound to pull at your heart strings. And all for free!

Wednesdays, 7 p.m.

- **July 6:**
Prévost Park
Vimont
- **July 13:**
Isabelle Park
Fabreville
- **July 20:**
Légaré Park
Chomedey
- **July 23 (Saturday):**
Des Prairies Park
Laval-des-Rapides
- **July 27:**
Couvrette Park
Sainte-Dorothée
- **August 3:**
Champenois Park
Sainte-Rose
- **August 10:**
Patenaude Park
Pont-Viau

Sunday Brunch Performance 10:30 a.m.

NEW! Starting at 10 a.m., bring your breakfast or take advantage of the light snack offered to the first 50 spectators!

- **July 10:**
Val-des-Arbres Park
Duvernay
- **July 17:**
Jolibourg Park
Sainte-Dorothée
- **July 24:**
Des Saules Park
Auteuil
- **July 31:**
Chopin Park
Pont-Viau
- **August 7:**
Des Coccinelles Park
Chomedey
- **August 14:**
Du Moulin Park
Saint-François



©Sophie Poliquin

Outdoor Movies

Feel like watching a classic over again or seeing a new movie? At nightfall, with your chairs, blankets and snacks, come enjoy fun times with the family or your neighbours!

Auteuil

August 18:
Des Saules Park

Chomedey

July 29: Labelle Park
August 3: Légaré Park
August 10:
Des Coccinelles Park

Duvernay

August 11:
Val-des-Arbres Park

Fabreville

August 7: Isabelle Park

Laval-des-Rapides

**July 30 and August 6,
13 & 27:** Des Prairies Park

Laval-Ouest

August 4 & 25:
Berge aux Quatre-Vents

Pont-Viau

July 28: Chopin Park
August 17:
Patenaude Park

Sainte-Dorothée

July 21: Couvrette Park
August 12: Sainte-Dorothée public square
August 19:
Jolibourg Park

Sainte-Rose

July 15:
Berge des Baigneurs
July 27:
Champfleury Park
August 24:
Champenois Park

Saint-François

July 22: Du Moulin Park

Vimont

August 5: Prévost Park

? www.laval.ca, under Activity Calendar



©Sophie Poliquin



©Nick Kenrick

Circus Arts and Theatre

Discover Gabriel Laliberté en duo and Les Soeurs Kif-Kif, with their breathtaking acrobatics and hilarious clowning around.

Short version

Before the outdoor movie

- **July 15**, 8:30 p.m.:
Berge des Baigneurs,
Sainte-Rose
- **July 21**, 8:30 p.m.:
Couvrette Park,
Sainte-Dorothée
- **July 28**, 8:30 p.m.:
Chopin Park,
Pont-Viau
- **August 3**, 8:30 p.m.:
Légaré Park,
Chomedey

Full show

with more surprises

- **August 4**, 7:30 p.m.:
Du Moulin Park,
Saint-François
- **August 10**, 7:30 p.m.:
Champenois Park,
Sainte-Rose
- **August 11**, 7:30 p.m.:
Prévost Park, Vimont
- **August 13**, 7:30 p.m.:
Des Coccinelles Park,
Chomedey
- **August 18**, 7:30 p.m.:
Berge aux Quatre-Vents,
Laval-Ouest
- **August 20**, 7:30 p.m.:
Des Prairies Park,
Laval-des-Rapides

District Festivities: To Get Together With Your Neighbours

A number of special days with free activities will take place at your neighbourhood parks this summer. On site: corn roasts, arts and crafts, inflatable play structures, entertainment, shows, booths manned by your community organizations, music and much more!

- **August 13**, 10 a.m. - 4 p.m.:
Festivités de l'Ouest,
Berge aux Quatre-Vents
- **August 20**, noon - 4 p.m.:
Fête de quartier de Saint-Bruno,
De Lausanne Park
- **August 20**, 1 p.m. - 5 p.m.:
Fête de quartier de Chomedey,
Pie-X Park
- **August 27**, 2 p.m. - 6 p.m.:
Fête de quartier de Laval-des-Rapides,
Des Prairies Park
- And more!

? Check out the schedule of all the districts' festivities at:
www.jouerdehors.laval.ca

Outdoor Theatre and more at Centre de la nature

Saturdays and Sundays, **July 16 - August 14**,
10:30 a.m. and 1:30 p.m.

Once again this summer, a theatre troupe will be presenting a play on stage at Village des arts. *Les Galoches du Bonheur*, written and directed by David Bouchard, will put a smile on the faces of children and grown-ups alike, while carrying them off to a magical world! It is the last day of training of the Fairy of Happiness. She must use a pair of enchanted galoshes to help the LaSavate family find happiness again in their lives. But watch out for the flying sparks! Because her training supervisor will make it tough for her...

In addition, all summer long at the Centre de la nature, **artistic and scientific workshops, dance shows and surprising characters** will amuse the visitors. Will you be there?

? www.jouerdehors.laval.ca



©Sophie Poliquin



©Vincent Girard

SWIMMING

Dive into Summer!

June 24 – August 21, cool off at the outdoor pools and splash pads!

- Splash pads, 10 a.m. – 7 p.m.
- Pools, noon – 8 p.m.
- Wading pools, noon – 6 p.m.

If the good weather continues, the schedule may be extended at some pools.

Special Water Activities Days

July and August, on Tuesdays, Thursdays and Saturdays, lots of special fun at a number of pools: water sports and activities, music and games, with the focus on drowning prevention.

Storytelling in your Swimsuit

Reading at the pool, why not? Check out the details of the libraries' summer activities on page 21.

 www.loisirs.laval.ca

Laval's Biggest Pool Reopened at Last!

For everyone's enjoyment, the Saint-Vincent pool, next to the Centre de la nature, will be reopening this summer, following major renovations.

The wading pool has been replaced with an impressive number of **new splash pads and water play structures** covering a vast area and including a slide and a water pouring pail. Perfect for cooling off both kids and grown-ups!

The Olympic-size pool now has a diving section with four diving boards, including the only 3-metre board in Laval. In addition, for youngsters, an inflatable Wibit water play structure with a series of obstacles for climbing, crawling and jumping in the water.

The new configuration also makes it possible to offer 25-metre swimming lanes during public swimming times, without limiting access to the diving section and the shallower area.

Laval's aquatic clubs will also be able to hold province-wide competitions here, as the Club de natation Laval will be doing **June 18-19**.

Happy swimming to one and all!

 www.loisirs.laval.ca



TENNIS COURTS

Play every day
9 a.m. – 11 p.m.

FREE | loisirs.laval.ca



Armand-Frappier Museum



Day camps



Movie camp for teens

©Sophie Poliquin (Armand-Frappier Museum, Day camps)
©Les productions le P'tit Monde

DAY CAMPS

Organisation 101: 1-Day or 1-Week Day Camps and Activities for Every Taste

In addition to the municipal day camps, various organizations are offering one-day or one-week day camps for children, all summer long.

Camp at Centre d'interprétation de l'eau

For ages 5-12: All summer long

A science day camp that is active, creative and... wet! The Centre d'interprétation de l'eau invites youngsters to discover the water in all its forms. Scientific experiments, big outdoor play structures and various projects will be organized.

? www.cieau.qc.ca
450 963-6463

Movie Camp for Teens

For ages 10-17: June 27 – August 26

This camp is for teens interested in movies. They will have the chance to film a movie with professionals, while choosing the camp of interest to them.

? www.lepetitmonde.ca
514 915-5355

Cosmodôme

For ages 5-13: June 27 – August 26

This camp gives 9-year-olds and over an opportunity to try out two training simulators, and younger children, a chance to take part in motor skills workshops.

? www.cosmodome.org
450 978-3600

? The complete offer may be found at www.campsdejour.laval.ca, under *Camps de jour estivaux offerts par les organismes*

Champfleury Day Camp

Ages 6-13: June 27 – August 26

With its 19 specialties, the camp offers personalized service based on new sports and artistic trends. The children will devote their mornings to the specialty they have chosen. A number of special outings are also planned.

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

Armand-Frappier Museum Camp

Ages 6-14: June 27 – August 26

Curious little scientific minds who adore laboratories are welcome: biosciences, microbiology, environment, human health and biotechnologies camps.

? www.musee-afrippier.qc.ca
450 686-5641

Rivière-des-Mille-Îles Park Camp

Ages 6-14: June 27 – August 26

Six themes at an outdoor day camp with a great many activities and educational games geared toward ecology.

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

Théâtre du P'tit Loup Camp

Ages 5-12: July 4-15 and August 15-26

The Théâtre du P'tit Loup organizes a summertime theatre day camp for children. Campers will take part in workshops on play acting and diction as well as costume- and décor-making with a team of professionals.

? www.theatreduptitloup.com

Centre de la nature

New facilities to discover!

In addition to the summer musts (a visit to the farm and the pasture, a stroll through the gardens and greenhouse, a canoe or kayak ride along the big lake), the Centre de la nature has new activities to offer you in order to make your visit even more unforgettable:



©David Léonard

- **Geocaching** – This adventure game accessible to everyone is based on a simple principle: to discover the caches using a GPS device. Take part in this real treasure hunt in nature! GPS rentals on site (\$) or app to download on your smartphone.
- **Pedal boat ride** – Three pedal boats have been added to the fleet of small boats to rent (\$) on site.
- **Introduction to climbing** – Activity offered on weekends in the area surrounding the skateboard park, near parking lot P5 (\$)
- **Activities at the pasture** – Learn more about our goat friends on Saturdays and Sundays, at 2 p.m.
- **Garden of scents** – The new theme of the temporary garden—located near the farm—will fill your eyes, ears and nose with wonder!

(cont'd page 33)

Rivière-des-Mille-Îles Park

New self-guided tours

Until October, this vast park is offering youngsters and grown-ups a wide range of activities to familiarize them with the wildlife and plant life of Rivière des Mille Îles. New: Set out on an adventure aboard a canoe or kayak to discover one of the 29 points of interest developed for the self-guided tours (tour times vary).

In addition, you can now sit back and relax in a rabaska thanks to the *Voguer sans pagaies* activity offering a guided tour aboard a paddle-free, electric-motor rabaska, Saturdays and Sundays, 2 p.m. – 4 p.m. (May – October) and 7 p.m. (June 17 – August 10).

Once again this year, 8-13-year-olds and their parents will have a chance to take part in the popular fishing activities—*Initiation to Fishing and Guided Family Fishing*—accompanied by a guide who will show them techniques and good practices.

? Reservations required: 450 622-1020, ext. 227
www.parc-mille-iles.qc.ca



©Sophie Poliquin

Des Prairies Park

So much to discover!

With its pond, its walking trails and its bicycle path, Des Prairies Park is an ideal place for relaxing and picnicking. Joggers, cyclists and walkers can also take advantage of the TREKFIT circuits designed by Groupe Promo-Santé.

July 6 – August 27, the park offers a free program of varied activities, several of which are held on a dance floor specially set up outdoors. Come take part in the sports and cultural activities, most of which are organized by Loisirs Bon-Pasteur, during theme days:

- **Fitness Wednesdays:**
line dancing, tai-chi and training circuits
- **Zumba, Cardio Latino and Zumba Gold Thursdays**
- **Latin Discovery Fridays:**
dance lessons and dance evening
- **Family Saturdays:**
shows, games, circus, movies, etc.
- **Musical Sundays:**
big outdoor shows (see page 22)

Come discover the summer activities and meet the instructors on **July 8**, at the opening festivities. Moreover, the park shelter is open every day, 9 a.m. – 9 p.m., with sports equipment loans... for free!

Cool treats at Des Prairies Park

What better than delicious, refreshing treats on a hot day? Pick your pleasure all summer long at the Crémierie du cafARDEUR, an ice cream stand open during special evening activities and operated by teens being initiated in team entrepreneurship. The ice cream stand reinvests all its profits in its mission of preventing school dropouts among youngsters.

? www.laval.ca/Pages/En/Activities/parks-and-waterfront-areas.aspx or www.jouerdehors.laval.ca (for the program)



RUNS AND WALKS

The 4th *Valse des coureurs*

On **August 14**, go to Des Prairies Park to walk or run 2, 5 or 10 km. The event will be held within a big country fair atmosphere, with balloons, inflatable play structures for children, and more.

? Registration required: www.circuitendurance.ca – 450 666-4330

300 km pour la VIE

This annual event to be held **September 10-11** takes cyclists from Laval to Trois-Rivières and back in order to support cancer victims.

? Registration required: www.300kmpourlavie.com

Des pas pour la Santé

Come run, walk and raise funds for the Fondation de la Cité-de-la-Santé on **October 2**. A number of routes to choose from on the Hospital grounds: adults (2-km walk; 5- & 10-km run) and children (1 km).

? Registration required: www.despaspourlarecherche.com

Centre de la nature (cont'd from page 32)

Since this spring, the Centre de la nature has been operating its own greenhouse in order to produce over 50% of the plants in its gardens. Some fifty varieties of annuals and perennials grow there side by side. As annuals are more expensive, self-production makes it possible to increase planting density without the soaring costs and by filling the spaces where weeds could slip in. A real economical and ecological advantage!

? www.centredelanature.laval.ca

Laval Beer Festival

For the 2nd year, Centre de la nature is welcoming the *Festival des bières de Laval*. **July 15-17**, this beer-brewing event will be presenting some thirty micro-brewers, providing an opportunity to discover local products.

? www.festivaldesbieresdelaval.com



Discovering Your Shorelines: Entertainment Outdoors

Berge aux Quatre-Vents, a very hidden treasure in the western part of Laval, is accessible on foot, by bike—via Route verte—or by car. In summer, there are frisbees, balls, skipping ropes and more to use, on loan, while you're there. In July and August, family picnics are organized as well as outdoor movies and shows (see page 22 for details of the Orchestre symphonique de Laval and jazz concerts), in addition to the traditional *Festivités de l'Ouest*.

Berge des Baigneurs, located in the area surrounding Rivière des Mille Îles, can be reached on foot, by bike or even by boat. New this year, exercisers will be made available to you for fitness training whenever you want. Take in an outdoor movie and don't forget that Vieux-Sainte-Rose is the scene of lots of events and installations all summer long: musical shows on Saturday evenings (see page 23), *Festival Diapason* (page 25), *Symposium de peinture*, *Semaine des artisans*, a neighbourhood market and a public piano.

? www.parcslaval.ca

YOUR CITY COUNCIL



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



District 1
Saint-François
Jacques St-Jean
450 666-2509
j.stjean@laval.ca



District 2
Saint-Vincent-de-Paul
Paolo Galati
514 945-7145
p.galati@laval.ca



District 3
Val-des-Arbres
Chistine Yoakim
514 245-9878
c.yoakim@laval.ca



District 4
Duvernay–Pont-Viau
Stéphane Boyer
438 870-1110
s.boyer@laval.ca



District 5
Marigot
Daniel Hébert
514 886-8809
d.hebert@laval.ca



District 6
Concorde–Bois-de-Boulogne
Sandra Desmeules
514 451-0192
s.desmeules@laval.ca



District 7
Renaud
Reynald Adams
514 913-9205
r.adams@laval.ca



District 8
Vimont
Michel Poissant
514 867-6717
m.poissant@laval.ca



District 9
Saint-Bruno
David De Cotis
514 467-1712
d.decotis@laval.ca



District 10
Auteuil
Jocelyne Frédéric-Gauthier
514 515-1293
j.fredericgauthier@laval.ca



District 11
Laval-des-Rapides
Pierre Anthian
514 973-1717
p.anthian@laval.ca



District 12
Souvenir–Labelle
Jean Coupal
450 934-4131
j.coupal@laval.ca



District 13
L'Abord-à-Plouffe
Vasilios Karidogiannis
514 887-2455
v.karidogiannis@laval.ca



District 14
Chomedey
Aglaia Revelakis
514 242-5761
a.revelakis@laval.ca



District 15
Saint-Martin
Aline Dib
514 577-6088
a.dib@laval.ca



District 16
Sainte-Dorothée
Ray Khalil
514 825-2493
r.khalil@laval.ca



District 17
Laval-les-Îles
Nicholas Borne
514 707-6870
n.borne@laval.ca



District 18
L'Orée-des-Bois
Alain Lecompte
514 686-1044
a.lecompte@laval.ca



District 19
Marc-Aurèle-Fortin
Gilbert Dumas
514 629-2059
g.dumas@laval.ca



District 20
Fabreville
Michel Trottier
438 884-8942
mi.trottier@laval.ca



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

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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
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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-Social811
Emergency ambulances911

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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INFORMATION

Mailing address:
1, place du Souvenir
C.P. 422, succursale Saint-Martin
Laval (Québec) H7V 3Z4

Tel: 311
or 450 978-8000 (from outside Laval)
email: info@laval.ca

EDITORIAL TEAM

Service des communications et du marketing

Manager
Marie Gendron

Head of Division and Production Manager
Nadine Lussier

Editor-in-Chief
Carole Gamache

Contributors
**Marie-Eve Charron, Catherine Erazola,
Gabrielle Fontaine-Giroux, Stephanie Gadet,
Carolanne L. Gagnon, Sophie Guilbault,
Yvonne Lemay, Justine Leroux, Claire Monteil,
Alexandre Provencher and Julie Tremblay**

Photo (cover page): **Andréanne Gauthier**
Artist: **Mélissa Lavergne**

Linguistic revisor
Edith Sans Cartier

Advertising designers
**Jean-Yves Houle, Sandrine Laurendeau,
Kimo Ouellette and Guillaume Pérusse**

Computer Graphics Designer
2NSB Design graphique

Printer
Transcontinental

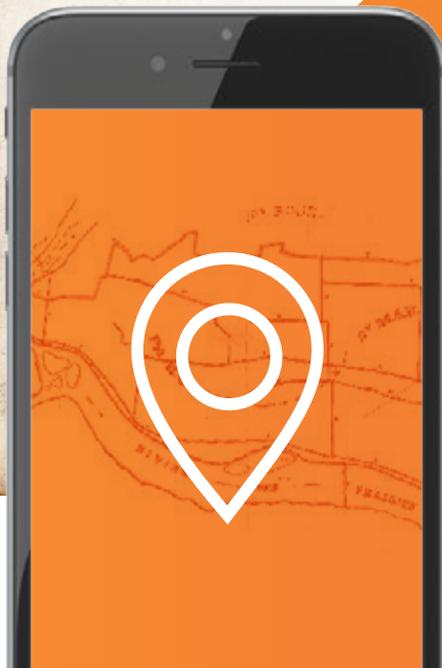


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