

# Vivre à Laval

**Actions  
promoting  
biodiversity**  
Page 17



**Laval. Une île d'exceptions.**

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## Actions promoting biodiversity 17

**Psst... in May, proudly display the last page of *Vivre à Laval* on your window!** (See p. 35 – in French)



### Cover page

Biodiversity is essential, so let's take actions to protect it! This is the topic of the special supplement of your municipal bulletin, beautifully illustrated by Clémence Langevin. This UQAM creative graphical design graduate combined, in her own poetic expression, the beauty of nature and vital pollinators.

The *Vivre à Laval* municipal magazine is delivered by Canada Post to all residential and commercial addresses in April, June, August and December.

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## Municipal Agenda

### Property tax payment deadline

The 2023 annual tax bill is submitted on the week of February 20.

To avoid paying interest and a penalty on your 2023 tax bill, you must meet the following 2 deadlines:

- 1st instalment no later than March 22, 2023
- 2nd instalment no later than June 20, 2023

🔗 [taxesetevaluation.laval.ca](https://taxesetevaluation.laval.ca)

### Removal of temporary car shelters

Both structure and cover must be removed on April 30 at the latest.

Dear Laval citizens,

It is with great pleasure that I present this spring issue of *Vivre à Laval* that highlights biodiversity conservation. In this special edition, you will find great ideas to put in practice. Pull out the small printed card (in French) at the end of the magazine and affix it to your window to encourage your neighbours to do the same. Join me and together let us take some small steps that will make a difference.

Your *Vivre à Laval* provides you with invaluable information for your day-to-day life as well as many great sporting and cultural activities ideas. I would also like to draw your attention on the beautiful pictures of the archeological digs done in Sainte-Rose as well as the *Archéomobile* exhibit on Pont-Viau that will be touring in our public libraries starting this month.

Reports and follow-ups on different community and social actions taken by the City are also presented in this issue as well as an update on our major construction projects.

Dear citizens, take full advantage of the spring! I wish you all a happy Easter with family and friends.



Stéphane Boyer

🔗 [maire.laval.ca](https://maire.laval.ca)

👤 Stéphane Boyer, mayor of Laval



## Your Municipal Council is Listening

New regulation on meeting procedures and rules of internal management:

- Regular meetings will now start at 6:30 PM
- Ask your question using an online form

🔗 [laval.ca](https://laval.ca), under Séances du conseil municipal





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## Participatory Budget – Ten Ideas to Become Reality

The winning projects of Laval's first participatory budget were disclosed. Let us remind you that they were chosen by the citizens, and they aim at supporting human scale social action. They cover environment, socialization, sports, and culture. The City will start project planning and execution within the next two years.

### 1. Greener and Less Heat

– 2,403 votes  
Addition of trees at Fabrejoie Park and near La Maison des arts and Montmorency College.

### 2. Ephemera Public Markets

– 1,865 votes  
Markets to improve access to fresh local produce and to provide meeting venues for citizens (Vimont, Auteuil).

### 3. Active Circuits in Grand-Sainte-Rose

– 1,749 votes  
Tagged circuits for active transportation.

### 4. Major Facelift for Cartier Street

– 1,535 votes  
Development of green and playful terraces close to shops.

### 5. Illuminated Path

at Bernard-Landry Park – 1,531 votes  
Decorative lights around the pond and improvement of path signage.

### 6. Alive on a Bike

– 1,528 votes  
Improvement of bike paths by adding tags and markings (Laval-des-Rapides)

### 7. Micro-libraries

– 1,494 votes  
About a hundred micro-libraries to share and drop off books.

### 8. Butterflies Go Free

– 1,308 votes  
Natural rehabilitation of a public space on Chenonceau Street and planting of flowers.

### 9. Green Alley to Meet with Neighbours

– 1,232 votes  
First green alley project in Laval on the corner of Patriotes and Bouffard streets.

### 10. A New Staircase at the Sainte-Dorothée Woodland

– 1,061 votes  
Reconstruction of the staircase at des Pivoines Street rest area.

## Exceptional Participation

Over 5,200 citizens voted online or in the municipal libraries for their favourite project between August 22 and September 30. Thanks to all citizens who took part in this important participatory initiative! You were heard and you have a direct impact on projects carried out on our territory.

Stay tuned as you might be invited again, as a citizen, to engage in the implementation of certain projects.

📍 For a complete description of projects and details on the participatory budget and other public consultations, go to [repensonslaval.ca](https://repensonslaval.ca)

## Bois de la Source Trail Development

Work starts this spring at Bois de la Source to improve citizen access to this exceptional woodland, designated as a protected area. For the security of all, access to some sections of the trails is forbidden during the work period.

The rehabilitation of this area includes the strengthening of existing trails and the elimination of unofficial pathways. Urban furniture will also be added. In all, some two kilometers of trails will be developed including raised walkways on stilts to enhance and preserve the wetlands.

At the end of 2020, the citizens who were consulted on this woodland development project emphasized how important it is to preserve the natural features of this site.

📍 [travaux.laval.ca](https://travaux.laval.ca)

## Citizen participation really makes a difference!

Since 2015, over 50 public consultation or citizen participation initiatives were organized. They allow citizens to get informed, to give their opinion and to contribute to municipal projects. For each consultation, a report is written and submitted to municipal teams and elected councillors to improve the project and facilitate the decision-making process. Also, participants are invited back so they know how their voice was heard.



## Commission de la gouvernance: Positive Results

For the past five years, the City has been developing mechanisms to support and deepen its commitment to adhere to the best practices in terms of governance, especially for organizations that receive municipal financial support. It is with this objective in mind that the Commission de la gouvernance was created five years ago.

The Commission's mandate is to reinforce the three major pillars of municipal administration: transparency, accountability, and good governance. Each year, it reviews the contents of the accountability report of some twenty municipal organizations, makes constructive recommendations to the concerned organizations and reports back to the municipal council.

Accountability is a demanding exercise for organizations because of the intensity of their daily operations and their limited resources. This harsh exercise, however, is an opportunity for these to learn and improve their governance practices.

"The questions asked by the Commission provided a beneficial reflection by our board of directors before the date set for our meeting. In time, it was very nice to exchange thoughts with the Commission members. Right away we felt their genuine interest and sympathetic ear and we positively welcomed their recommendations."

— Audrey Anne Chouinard, Chair of the Diapason-Jeunesse board of directors

"We really appreciated our hearing before the Commission. As a start-up, the expertise and support of its members provided us with tools and a progressing momentum. As a citizen, I am happy to know that organizations are accountable to the City when they get public funding and that there are mechanisms put in place to ensure the best governance practices."

— Tasnim Alami-Laroussi, founder and chief executive officer of Sourires solidaires

The Commission is composed of five elected councillors: Pierre Brabant, President, Sandra Desmeules, Claude Larochelle, Flavia Alexandra Novac and Aglaia Revelakis.

## During Springtime, Beware of Parking Restrictions

Good weather is upon us, so winter maintenance operations are over. Nevertheless, it is important to remain abreast of effective parking restrictions.

Indeed, certain operations require access to the street curb for maintenance work in preparation for summer. If you have any doubt, it is preferable to adhere to restrictions indicated on the parking sign until April 30.

📍 Find out how to stay informed of maintenance operations at [stationnement.laval.ca](http://stationnement.laval.ca)

## Shape. Develop. Inspire.

Join one of the City advisory committees!

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

📍 [laval.ca](http://laval.ca), under Secrétariat de la gouvernance, Recruitment and Citizen Involvement



### 2023 property tax bill

**2<sup>nd</sup> payment: no later than June 20**

Consider paying online through your financial institution.

📍 [taxesetevaluation.laval.ca](http://taxesetevaluation.laval.ca)



## Major Construction Sites Are Doing Well

Many major construction projects are in progress in Laval. These future municipal buildings will allow the City, in the long run, to improve services delivered to citizens and enhance user experience.

### Complexe aquatique de Laval

Work started during the summer of 2022 and will continue until the end of 2024. This important sports infrastructure will enable Laval citizens to have fun, learn and improve themselves thanks to high-level recreational facilities.

### Espace citoyen des Confluents

Located in Saint-François, this new multipurpose building will be home to Marius-Barbeau municipal library, a community centre, and venues as

well as a police reception desk. The inauguration will hopefully be done during the spring of 2024.

### West police station

This new building is designed to meet local social issues and respond to the demographic growth of Laval. It will enable the police department to optimize its operational effectiveness, to increase its proximity to citizens and to adapt its current activities with the challenges of tomorrow. Commissioning is scheduled for 2024.

### Centre communautaire Simonne-Monet-Chartrand

Focusing on the increasing needs of citizens and organizations of Chomedey, this new building, scheduled to open in 2025, will be operated by the Val Martin community centre.

## “Micro Farmlands” – Auditor General’s Recommendation Proves Successful

In 2019, the City of Laval Auditor General Véronique Boily recommended the Service du développement économique to adopt a strategy to promote recultivation of City-owned lands located in agricultural zones and to take all action necessary to eliminate brownfield.

In response to this recommendation, the City implemented a peri-urban agriculture initiative by creating micro farmlands. This project aims at conditioning these lots for recultivation so they can gradually be offered to lessees and organizations interested in small-scale vegetable production.

On her next reports, the Auditor General focuses on:

- credit card management and expense reimbursement of City employees;
- requests for access to the City administrative documents;
- the Office municipal d’habitation de Laval’s building maintenance and repair.

Remember that each year, she tables a report thoroughly assessing municipal activity effectiveness, efficiency, and economy in predetermined sectors. Besides reporting on work carried out in the City, she gives recommendations that often translate into innovative projects.

- 📌 All Auditor General’s reports are available at [laval.ca](http://laval.ca) under About, Municipal Administration, Committees, Organizations and Consulting Bodies, General Auditor

**A valuable link between Laval, its citizens and its elected officials!**

**Ombudsman**  
de Laval

**Contact us**  
450 978-3699  
[ombudsmanlaval.ca](http://ombudsmanlaval.ca)

**Nathalie Blais**, Ombudsman  
of the City of Laval





No resumé  
needed!

## Their job, their playground.

Day camps, pools, sports facilities,  
and much more.

Ongoing recruitment, spread the word!

 [emploisetudiants.laval.ca](https://emploisetudiants.laval.ca)

## Renovation Project or Work this Summer?

Ask for your permit right away! Depending on the nature of the work being conducted, it might be necessary to get a construction-renovation permit from the City urban planning department. Also, to have a pool or spa installed, a certificate of approval issued by the City is required prior to undertaking works.

### Online Permit Application

Useful information can be found at [permis.laval.ca](https://permis.laval.ca). To request a permit or a certificate of approval online, click on Electronic Permit Request Transfers.



## Learn and Earn Working in a Day Camp

Carolane Larivière, better known under the nickname Bric-à-Brac, has been working in Laval day camps for the past 10 years. First as a monitor in the daycare service, and later as a monitor, she is now head monitor and is completing her bachelor's degree in teaching and special education. Portrait of an inspiring young woman.

Carolane fell in love with day camps from her earliest age. "I simply loved going to day camp during the summer. I went on field trips; I met new friends, and I admired my monitors." After a few temporary student jobs, she went back to her first passion when she turned 17. "I realized I wanted to spend the summer outdoors, with kids from my neighbourhood, to give true meaning to my work."

### Dare to grow

Working in day camps allowed her to push back her limits, to discover her strength and to overcome her weaknesses:

"I was shy, afraid of what others may think and couldn't talk in front of a classroom. Being an employee of the City of Laval helped me grow up and helped me become the woman I am today."

Carolane speaks passionately about the positive atmosphere prevailing in day camps. "It is magical! The team is like a family. We help each other, we become partners. Over the years, I made friends for life."

### Discover and develop oneself

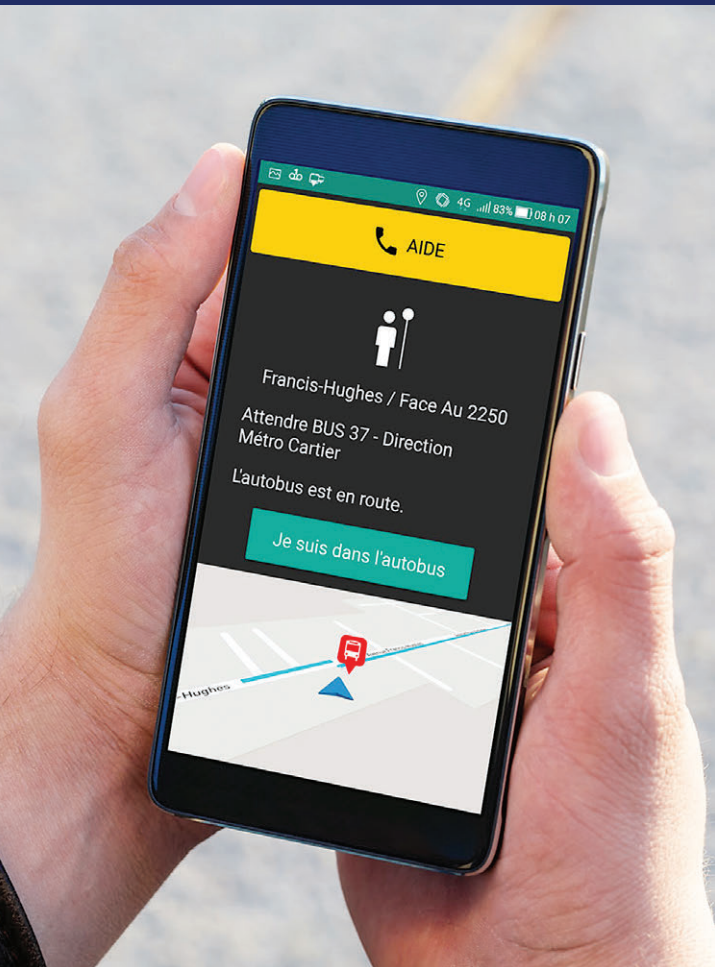
"To have the City of Laval written on my resumé is an advantage. Over the years, the team gave me self-confidence and encouraged me to surpass myself adding more responsibilities to my role. This is how I developed abilities in group facilitation, organizational skills, and conflict management. I also learned to exercise leadership. But foremost, it helped me choose the right career path."

After ten years in day camps, some people still call her "Bric-à-Brac" at the grocery store and she sees kids she took care of also becoming monitors.

This young woman who wishes to pass on her love of day camps received the mandate from the City, for next summer, to train teenagers aged 14 and 15 who want to become monitors in a near future.

"I want to tell all Laval students who are looking for a summer job to come and have fun with us!"





© Société de transport de Laval

## STL Compagnon Programme

This programme is for Laval citizens aged 12 and over who live with autism spectrum disorder, a mild degree of intellectual impairment or a language disorder (dysphasia). It is based on an iPhone guiding app and is designed to lower anxiety when using public transportation.

The STL Compagnon programme was developed in partnership with local stakeholders. It eases the initiation to public transportation and the experience of users who find travelling alone particularly stressful. Anxiety sources being reduced, a larger number of users may integrate mass transit to their lifestyle and, for instance, go to work, to school or to the doctor's office by themselves.

Access to this service is supported by specialists who know these categories of users well and are trained to assess their ability to use the service and fulfill the programme eligibility criteria.

📍 All details available at [STLaval.ca/compagnon](http://STLaval.ca/compagnon).

## Avoid Expiry of Lease Worries

Even if July 1st deadline and residential moving season might look far ahead, do not wait until the last minute to renew your lease. Indeed, staying in your current residence could be the best possible option.

Assistance offered depends on housing circumstances and certain eligibility conditions such as income.

For any request for assistance or information, contact the SARL promptly.

### Available Assistance

In any event, if you need to move out or must cope with a critical situation, remember that free assistance is provided by the Service d'aide à la recherche de logement (SARL) of the Office municipal d'habitation de Laval (OMHL). This assistance is exclusively intended for Laval citizens looking for housing accommodations and needing support to do so.

☎ 450 505-6025  
✉ [sarl@omhlaval.ca](mailto:sarl@omhlaval.ca)  
🌐 [omhlaval.ca](http://omhlaval.ca)

Opening hours: Monday to Friday from 8:30 AM to 12:00 and 1:15 to 4:30 PM.

## Flood Prone Area – Be Prepared

Climate changes and their repercussions affect all of us. With spring freshets of rivers surrounding our island, the risk of flooding remains.

Your house is in a flood-prone area? Actions may be taken to make your home more **resilient** against floods.

- Clear cesspools, rain gutters and gullies from any debris impairing water disposal (ice, branches, tree leaves, etc.).
- Check for proper operation of your sump pump and the tightness of the check valve.
- Protect all building entrances (lower windows, doors, garage, etc.) with a sandbag wall.

- Shape the landscape around your house so the ground slope keeps water away from the foundation walls and grow plants that help water absorption, unlike paved surfaces.

In the springtime, the City closely monitors the changes in water levels in rivers and is ready to intervene if the situation worsens. How about you? How prepared are you?

- 📧 Subscribe to e-mail alerts to stay informed in cases of emergency at: [abonnement.laval.ca](http://abonnement.laval.ca)
- 📖 To know what to do in case of floods: [inondations.laval.ca](http://inondations.laval.ca)

## Resilience, what is it?

It is the ability to face and adapt to unforeseeable events.

# Citizen Portal Mon dossier Grows and Becomes THE Main Access to Contact the City

With its freshly revamped interface, Mon dossier is the appropriate vehicle to communicate, send requests or interact with the City. Laval citizens can now report on line uncollected waste bins or a broken bin, the location of potholes, make requests for action regarding street lighting and even water mains.

## The citizen portal expands

In addition to reporting events, requests for information and environmental grants, Mon dossier will soon provide new transactional applications to increase the amount of digital network services offered to citizens.

Over the next year, many types of requests like applications for grants, authorization, permits or certificates will also be added.

Citizens will be able to pay for those directly online on Mon dossier portal.

Registration to Mon dossier has many benefits:

- Limiting travel thanks to new online features;
- 24/7 access to make a request when you want and wherever you are;
- Checking on the status of requests in real time on a single platform.

Go to [mondossier.laval.ca](https://mondossier.laval.ca) to interact and deal directly with the City at all times. Mon dossier: Don't stand in line, do it online!

🔗 [mondossier.laval.ca](https://mondossier.laval.ca)

## Some citizens' opinion

"The homepage is user-friendly. Reporting a pothole or uncollected waste bins are events that could happen any day."

– Michelle, 69 years old.

"I thought Mon dossier would be complicated, but I created my account in a few minutes only."

– Durid, 75 years old.

## Try Mon dossier.

The citizen portal to contact the City and send your requests.



### Look for

information on products and services available at [laval.ca](https://laval.ca)

If you can't find the information and need to contact the City, go to Mon dossier.



### Send

your request and attach required documents.

Online payment progressively available as of the summer of 2023 for certain requests.



### Log in

or create your account at [mondossier.laval.ca](https://mondossier.laval.ca)



### Consult

detailed answers by the City and the status of your requests.





## Celebrate Easter at Centre de la nature

To mark Easter holiday, the Centre de la nature invites all citizens to join the fun and participate in many family activities.

### Treasure Hunt

**April 1<sup>st</sup> to 10**

Participate in the traditional treasury hunt!

Answer about ten questions while walking through the Centre de la nature path and have a chance to win a nice Easter chocolate.

The hunt starts at the chalet restaurant where questionnaires are distributed.

### Colouring and Drawing

**April 1<sup>st</sup> to 10**

Beautiful Easter pictures to colour are distributed in the greenhouse. Afterwards, they will be displayed in the greenhouse entrance hall and a draw will determine the winner of the Easter chocolate.

Coupon drop at the greenhouse.

### Horticultural Workshop

**April 7 to 10, from 11:00 A.M. to 4:00 P.M.**

Planting and pot decoration activity.

Registration on site at the greenhouse.

### Activities at Village des arts

**May 6 to June 16, Saturdays, and Sundays from 10:00 A.M. to 6:00 P.M.**

- Board games (free loan upon presentation of valid ID card)
- Giant inflatable games

## Indoor Pools: Important Dates.

**April  
5**

Registration for advanced training (national lifeguard, swimming instructor, bronze medallion).

**April  
17**

Start of spring session swimming class.

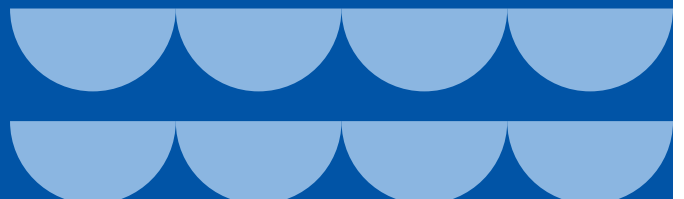
**June  
7**

Registration for summer aquatic programs.

**June  
10-11**

Water playground opening weekend.

 [swimmingpools.laval.ca](https://swimmingpools.laval.ca)





## A Bike Training Circuit

Last September, a new bike training park was created at Centre de la nature. Intended for young children to help them to learn to ride a bike and to share the road, this safe and user-friendly circuit is ideal to become familiar with road traffic rules without cars. Information signs will also be available to talk about good cycling practices with young children.

As of May 6, come and borrow a balance bike, a bike and a safety helmet for your children aged between 2 and 9.

**When:** Saturdays and Sundays from 10:30 AM to 4:00 PM

**Where to borrow the equipment?**

Centre de la nature P5 parking lot.

## Celebrate With Your Neighbours!

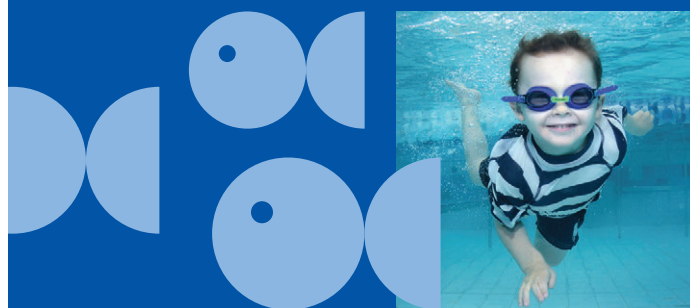
Laval's citizens are invited to hold a Neighbours' Day celebration at home during the summer. Citizens interested to do so will be able to host an event or a potluck meal with people of their neighbourhood on Saturdays, June 3<sup>rd</sup>, July 8<sup>th</sup>, August 5<sup>th</sup>, and September 9<sup>th</sup>.

Neighbours' Day is an initiative created by Espace MUNI whose purpose aims at strengthening links of solidarity among neighbours to build more humane cities. The City of Laval is now ambassador of this programme and invites all citizens to participate.

📍 For more information to host a Neighbours' Day, go to [laval.ca](http://laval.ca), under Activities, Events and Festivals

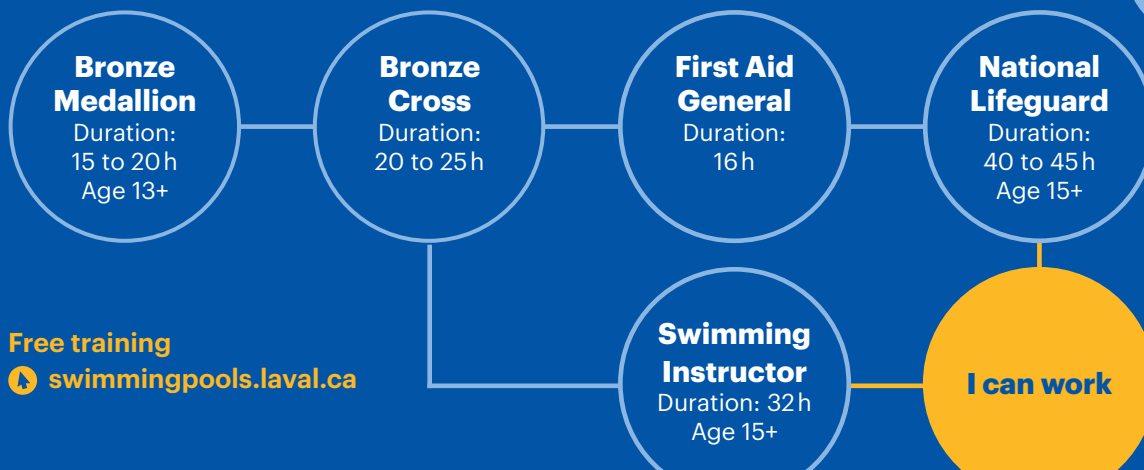
## Your kid is like a fish in water?

Register him or her in water sports offered by EAU Laval: competitive swimming, fancy swimming, diving, and water polo.



Registration starts May 8 at 10:00 a.m.  
📍 [eaulaval.ca](http://eaulaval.ca)

## Become a Lifeguard and Instructor.





## A Fund Promoting Access to Sports for Young People

It is with great pride that the City of Laval and Sports Laval extend the Fonds d'accessibilité en sport. Launched as a pilot project in April 2022, the fund offered subsidies to young people living in low-income families so they can discover a new sports activity or pursue activities begun in the past.

In addition to promoting access to sports, the fund supports the integration and inclusion of people in vulnerable situations.

To be eligible, the activity must be offered by a federated sports association of Laval that entered a subscription agreement with Sports Laval. In 2023, all Laval sports associations were given the opportunity to join the agreement.

Therefore, families with a before-tax income lower than the viable income have access to low-cost registration fees for children 17 years and under. By December 30, they can make an online request on Sports Laval website, or in person (appointment required) to get a preferential rate of 50% of the total registration cost. Note that a proof of income is required in all cases.

📍 All the programme details are found at [fonds.sportslaval.qc.ca](https://fonds.sportslaval.qc.ca)

## Partner Organization's Summer Day Camps

Besides day camps offered by the City, partner organizations join in to offer this type of service as well as amusement activities for children all summer long until school begins.

The partner organizations' day camps feature:

- An educative and recreational daily schedule for young people aged 5 to 12;
- A minimum of six consecutive weeks;
- A 9:00 AM to 4:00 PM schedule, at a minimum;
- Accessibility for all citizens;
- Prioritization of Laval's citizens upon registration;
- A safe and recreational environment;
- Comprehensive care of children by day camp personnel.

To know more about registration, cost, and information, contact the organization directly.

📍 [camps.laval.ca](https://camps.laval.ca), under Camps de jour offerts par les organismes partenaires



## In Laval, Sports is the Word.

Consult the sports associations' directory to register for a sports activity.

📍 [loisirs.laval.ca](https://loisirs.laval.ca), under Inscriptions aux activités culturelles, sportives et de loisirs

# Guinness Record Attempt at the Course des pompiers de Laval

## Running a half-marathon in a firefighter's suit

During next Laval firefighters' run, on June 4<sup>th</sup>, Alexis Dufour will face a major challenge: beat the Guinness record of the fastest half-marathon runner wearing his complete firefighting gear, including a breathing apparatus. The record is presently held by New Zealander Simon Trye, who covered the distance in 03:21:41.

### Alexis, what made you decide to attempt to beat that record?

Last year, I attended the run as a Service de sécurité incendie firefighter. When I saw all these people running to support severe burn victims, I told myself that next time I would run to raise as much money as possible for the Fondation des pompiers du Québec. The severe burn victims cause is somewhat personal to me.

In 1946, in Saint-Jovite, a fire caused by the explosion of a naphtha bottle had serious and lasting repercussions on the living conditions of my loved ones. That day, my grandparents lost their daughter Madeleine, aged 6. My aunt Suzanne, 15 months old at the time, suffered third-degree burns. Between, ages 10 and 54, she underwent about thirty plastic surgeries and had hair transplants. Both my grandmother and great-grandmother also suffered different degree burns.

I want my challenge to raise awareness to be able to collect as many donations as possible to help severe burn victims.

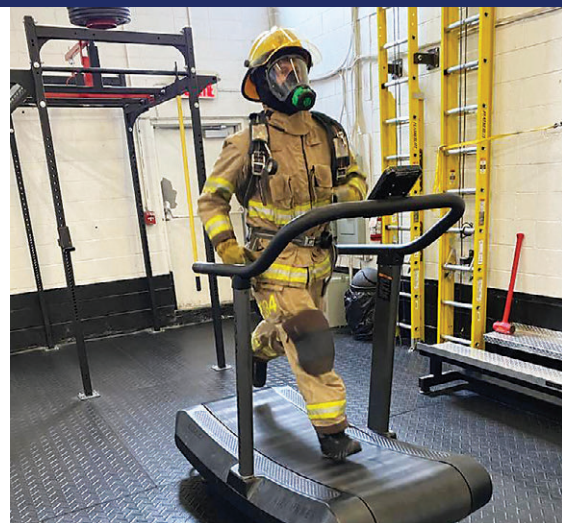
### How do you prepare for such a particular challenge?

Firstly, it is important to say that this unusual event is not for everybody. I played high-level hockey until I was 18 years old, and I've been practising CrossFit since 2010. I took part in many competitions, and I started a career as a trainer in 2012. Sports preparation is part of my expertise, and it is presently very useful to tackle this challenge.

Secondly, I want to add that this record attempt will be done in a safe and controlled environment. A mobile technical team will assist me at all times during the run to monitor my medical condition, my hydration level, my cylinder changes, to cheer me up and to help me safely accomplish this challenge.

I will be at risk of heat stroke because of the complete firefighting suit and internal lining I will be wearing. It is like running a half-marathon wearing a snowmobile suit! So, I need to find the fastest and most efficient way to cool off but also to hydrate properly during the changes of cylinders of my breathing apparatus. Break times will be crucial if I want to remain within the Guinness record time.

Moreover, if it rains that day, my gear will add extra pounds to support. So, I will practise wearing a 20-pound vest in addition to the firefighting equipment that already weighs some 50 pounds. I also must consider the rubbing effect of my firefighting suit on my body while running. This means I need to



train a lot and find out which technique is the most appropriate to run and what type of socks I need to wear in my boots.

### What message do you want to convey with this run?

That it is possible to achieve great things when we have faith and that the reason to achieve it is greater than the individual who accomplishes it.

### What would be your greatest achievement?

To collect a huge amount of money for the Fondation. In the five-figure range if possible – why not aim high? My expectations might be high but when it happens, I will know all my efforts were worth it.

Support Alexis's challenge by donating generously! Scan the QR code:



# course des pompiers

Register now: 1–42.2 km

 [coursedespompiers.laval.ca](https://coursedespompiers.laval.ca)



June 4  
2023





## Lithium Ion Batteries – Beware!

In our day-to-day life, we are surrounded by many appliances equipped with lithium-ion batteries. These contain a large amount of energy which represents a fire hazard in case of failure or inadequate use.

Here a few safety tips concerning these batteries:

1. Use an **approved battery charger**, the original or a compatible charger and follow the **manufacturer's instructions** when using it;
2. Recharge the appliance on a **hard surface** (never on a bed, a seat or under a blanket);
3. Place the appliance **away from flammable material** (cardboard, paper, fabric) in a room equipped with a smoke detector;
4. Avoid any mechanical damage and never attempt to repair, open or puncture the appliance;
5. If smoke is present, keep away from the appliance, **dial 911 and evacuate the area**;
6. Do not expose nor recharge the batteries in times of **intense heat or cold**;
7. Check for any **batterie malfunction** (swelling, weird noise, leaks, abnormal heat);
8. Never throw them in the garbage or recycling bin, but drop them at an **authorized collection point**.

## Residential Visits by Firefighters

From **May 1<sup>st</sup> to October 31<sup>st</sup>**, firefighters pay 14,400 residential visits in different neighbourhoods.

The objective of those visits is:

- to promote preventive actions to eliminate fire hazards;
- to make better known different fire prevention rules;
- to update the fire hazard larger picture (smoke and carbon dioxide detectors, propane cylinders, outdoor fires, 72-hour survival kit, etc.);
- to encourage all citizens, whether visited or not, to make an auto-inspection of their residence by filling out an online form.

Fill out the form now to check if your family and yourself are properly protected; the responsibility is yours alone!



# Roasted bungalow recipe

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

**A dish to make your family burn with desire.**



**Always keep an eye on your stove.**



**Service de  
sécurité incendie  
de Laval**

## Do you have an evacuation plan?

In cases of fire at home, every second counts! Being prepared to react could save lives. Remember that approximately 80% of fires are residential.

Along with members of your family, draw a plan of your home that includes emergency exits as well as two paths in each room that lead to an exit. Define a gathering point outside the home that is always available, for instance your neighbour's house.

### Important tips

1. Under no circumstances should anyone go back inside, no matter the reason.
2. When changing the clocks, check all smoke detectors.
3. Teach your young children to recognize the smoke detector sound.
4. Explain to them that if there is smoke inside the house, they should crawl.

Be ready! Responsibility is yours alone!

## Reduce False Fire Alarms

Many houses and buildings are equipped with a fire alarm system directly linked to a remote monitoring centre. This allows firefighters to rapidly arrive to the location when there is a fire alarm. But did you know that in 2022, out of the 4,737 fire alarms triggered, 778 did not need the assistance of firefighters? This represents **16.4%** false alarms.

A piece of toast that burnt, hot shower steam or plaster dust during work could trigger an alarm.

### Consequences

A false fire alarm distracts firefighters from real emergencies and generates a safety risk during the emergency response of the vehicle.

### Tips to avoid false alarms

- In single house or in buildings with fewer than seven dwellings, program your alarm system in a way that an additional deadline allows you to disarm the alarm before the system contacts the monitoring centre.
- Install smoke detectors away from smoke or steam sources.
- Frequently clean the outer casing of smoke detectors to remove dust.
- Choose a photoelectric smoke detector that is less sensitive to smoke and steam.



# Grande Fête des pompiers

June 3-4

15<sup>th</sup>  
edition

**Flamboyant encounters  
and discoveries!**

**New location:**  
outdoor grounds of Collège Montmorency

 [fetedespompiers.laval.ca](https://fetedespompiers.laval.ca)





© Vincent Girard

## Taking Preventive Actions Against Urban Violence

The Service de police de Laval (SPL) has been working around the clock to deal with urban violence issues, in particular firearms-related offences. In 2022, many operations and investigations led to a greater number of arrests and seizures, and there were twice less fire-shooting events in the city. The field presence of police officers and civilian employees really makes a difference, as well as preventive measures that are among the major SPL priorities because of their long-term impact on the community.

To provide Laval citizens with a safe environment and steer youth from criminal activities, intervention officers of the prevention squad implemented innovative projects with local partners from schools, institutions, and organizations. These initiatives, like several others, allow police officers to meet with citizens of all ages and ethnic origins to initiate a constructive dialogue and build harmonious relationships.

### Projet Boxe: A First in Laval

- Boxing training with trainers, social advisors and police officers offered to young people engaged in offending behaviours or are at risk.
- Close to 40 participants in 2022.
- Initiated by a policeman, financed by the City of Laval, and supported by the Service aux jeunes (SAJ).

### Strong presence in schools and youth centres

- New police officer/school project: the regular presence of intervention officers (two days a week) at Saint-Maxime, Curé-Antoine-Labelle, and Mont-De-La Salle schools.
- Close to 40 sports meeting with teams that included police officers and teenagers in ten high schools.
- Conferences and workshops on various themes concerning children and teenagers (cybercrime, bullying, dating violence, sexting, etc.).

### Safety in parks

- Visits and follow-ups with representatives of different municipal departments to improve development and infrastructure.
- Collaboration with the Patrouille à vélo and Azimut squad (increased presence in potentially problematic locations).
- Training of 202 monitors and lifeguards in the summer of 2022.
- Information stand during neighbourhood parties, general public events and community activities.
- For prevention tips and assistance resources, go to [police.laval.ca](https://police.laval.ca), under Prévention

## Fireworks: Regulation Reminder

Since May 2022, a regulation regarding fire safety and prevention controls the sale of fireworks. In Laval, it is now mandatory to show a permit to the retailer when buying fireworks.

It is after receiving numerous complaints from citizens concerning firework blasts that the fire prevention squad of the Laval police department, in collaboration with legal affairs and fire safety departments, worked intensively to reduce these noise nuisances on the island.

Back in 2020 and 2021, close to 850 calls to 911 were made regarding firework blasts. A problem-solving plan was laid out in 2021 which included a change in the municipal regulation and an important communication strategy. Prevention squad members, in partnership with the Service de sécurité incendie de Laval, visited 156 shops to inform them about the new regulation. Signs were posted in stores, parks, and public places.

Results speak for themselves: in 2022, calls to 911 dropped by 60% (453 calls in 2020 compared to 169 in 2022), and citizens' complaints dropped by 100%.

- To find out more about the new L-12919 regulation, go to [laval.ca](https://laval.ca), under Citoyens, Feux extérieurs

## Safety Tips for Pedestrians

- **Cross at intersections and pedestrian crosswalks** observing traffic signals.
- **Walk on the sidewalk** and if there is none, on the side of the street that faces traffic.
- **Be visible** by wearing bright or reflective garments.
- **Make visual contact with drivers** before crossing and remain alert to the traffic.
- **Avoid distractions** such as phones or headsets, especially while crossing an intersection.
- To find out more, go to [police.laval.ca](https://police.laval.ca), under Prévention, Sécurité routière, Sécurité des piétons





# Honeymoon with Pollinators

**Biological diversity has influence over our lives, it feeds our families, and supports our community. It is a valuable resource that needs to be protected as such. Laval is the habitat of many animals and plant species that contribute to a balanced society and the health of our community. In 2023, we can work together to safeguard this natural wealth.**

## What is biodiversity?

In Laval, biodiversity is a great heron's flight over Mille Îles River islands at dawn. It is the honeybee, at noon, that moves from flower to flower at Centre de la nature. It is all the plants that grow silently in the Bois de l'Équerre during the afternoon. It is the frog living in the Barbe creek that croaks at dusk. It is the barred owl on duty all night long at the Bois de Sainte-Dorothée. And it is the apple picked up in an orchard in Saint-François that you bite in the morning.

Behind the fine poetry and the great beauty that it provides us with, biodiversity is very beneficial to us and too often we take it for granted. Whether it is water filtration, soil fertility, the reduction of air pollution, or climate stability, biodiversity plays a major role in our day-to-day lives ... especially what we put on our plates.

Did you know that 80% of plant species depend on pollination? This represents more than half of the ingredients of the last Poke-Bowl you ate. Pollinators are vital links in the reproduction of various plant species. So, the important decrease of biodiversity particularly affects butterflies, bees, and wasps, and jeopardizes the balance of the ecosystem and the diversity of products in our food basket.



# Small Things Add Up!

**You can participate by taking small concrete actions that have a significant impact to help protect bees and other pollinating insects.**

## Dandelions all spring long

The City encourages you to postpone as much as possible the first mow of the season. We are all used to consider the presence of dandelions on our lawn as annoying. But those small innocent yellow flowers are the first source of nectar and pollen for all pollinators who starve after a harsh winter. To let your neighbours know why you are not mowing your lawn during the month of May, proudly display the small dandelion poster found on p. 35 (in French) and stick it on one of your front windows.

## Mow your lawn less often

Increasing the number of days between lawnmowing will allow you to save time and money and will help your lawn become more resistant to droughts. In addition to being beneficial to pollinating insects, tall grass reduces the presence of ragweed and white grubs. However, make sure your grass does not exceed 20 cm high as it becomes a nuisance for your neighbours.

## Ecological lawn

Thanks to biodiversity, an ecological lawn grows naturally compared to traditional monoculture. Here are a few tips to promote its growth:

- In the springtime, aerate the soil and add natural compost;
- Add dwarf clover or other ground covers (they require less maintenance and are very resistant);
- Decrease watering, even during drought (yellow grass will return to its natural colour after a few rainfalls);
- Leave the insects alone (for instance, the lady beetle is a predator of aphids and acts as a very efficient natural insecticide);
- After mowing, leave grass clippings on the ground to provide a good natural fertilizer for the grass.



**Did you know that pesticides are one of the major causes of bees' demise? This is one of the reasons the use of pesticides and weedkiller is prohibited in Laval.**



**In Laval, it is now possible to build your own garden on your front lawn.**

Combine the useful with the pleasant and grow more vegetables and herbs. You will have less grass to mow and more tomatoes to eat!

## A garden for pollinators

You can easily participate to promote biodiversity, while embellishing your landscape, by making a garden or by growing plants with flowers that produce a lot of nectar and attract insects and butterflies.

A few ideas to create a biodiversity oasis:

- Install nesting boxes and bird feeders and add a water source;
- Let wildflowers grow, plant shrubs – birds and insects hibernate and hide in fruit trees and evergreens;
- Choose various plant species that bloom from April to November – butterflies are attracted by purple and yellow flowers;
- Build a small flower bed – insects will find them more easily;
- Plant seeds to reduce the cost of flowers.

**To get free\* milkweed and honey plant seeds by mail, write to [pollinisateurs@laval.ca](mailto:pollinisateurs@laval.ca).**

\*Limited quantities

## Pollinating insect hotel

You can attract pollinators by building a temporary structure that offers them a perfect location for their reproduction. Make it with pieces of wood and puncture different hole diameters in them. Build a new one every year. Good examples of these structures can be seen at the Bois de l'Équerre and at the Centre de la nature's halte environnementale.

To find out more about actions promoting biodiversity, go to:

📍 **[environnement.laval.ca](http://environnement.laval.ca), sous Nature et biodiversité / Conseils saisonniers et aménagement extérieur**





# Laval Defending Biodiversity



**As the bee works hard collecting nectar from flowers to produce honey, the City of Laval gets involved protecting biodiversity.**

## Bee- and monarch-friendly city

In 2022, the City joined the bee-friendly city program. By doing so, it is committed to protecting and creating habitats for pollinators and to informing and raising awareness of its employees and citizens on the importance of a healthy ecosystem. Laval is also designated a monarch-friendly city since 2020 and remains proactive to help the preservation of this emblematic species of butterflies.

## A large garden

In addition to becoming an advocate to raise people's awareness on biodiversity, the City will lead by example in 2023. First of all, mowing the grass of city-owned lawns will be delayed, spaced out and even avoided, promoting the regeneration of pollinating insects. Also, the City will emphasize its mission to build a greener environment by creating a pollinators' garden and by increasing the number of plants in flower beds, on the river shores, and next to community gardens. The City will also organize, for the benefits of its citizens and schools, the distribution of plant seeds that favour the proliferation of pollinating insects, and encourage them to make their own gardens.

## Protection of natural areas

With the Laval blue-green infrastructure project, the City wants to protect and link up natural areas on its territory in order to defend and enhance biodiversity. By creating this link, the infrastructure allows animal and plant species to scatter, to travel from one place to another, and to have access to all the resources necessary for their survival and reproduction.

This year, Laval exceeded the 14% target that was expected when the project to protect natural areas was launched: it is now 18% of Laval's territory, which is 4,500 hectares of natural areas, that are protected. To do so, the City had implemented innovative regulatory instruments and had acquired a record number of natural areas: 100 hectares were bought by the City since 2021, thanks to investments totalling over \$35M.



## Environmental Advisory Committee Turns Five

The environmental advisory committee advises municipal authorities on a variety of issues relating to Laval ecological transition which, in time, improves all citizens' quality of life.

Over the past five years, its recommendations led to the success of environmental initiatives such as the adoption of a regulation to ban single-use plastic bags and containers. Recommendations also helped prepare the content of major plans, such as the Plan de conservation et de mise en valeur des milieux naturels, the Code de l'urbanisme, the Plan régional des milieux humides et hydriques as well as the Plan climatique.

## Recharge Your Car With Peace of Mind

The municipal network of electric charging stations presently offers 80 charging points. Whether at the municipal library, the arena, the community centre or near a park, there is charging station close by.

The City continues to expand its network by installing charging stations next to buildings under construction or rehabilitation of parking lots.

- ➊ Identify municipal sites equipped with a charging station at [laval.ca](http://laval.ca), under Citizens, Transport, Snow Removal and Road Works, Info Transportation, Electric Charging Stations

## A \$75 Grant to Support the Planting of Trees: An Evolving Program!

Great contributor to the reduction of heat islands, the tree grows in the heart of a neighbourhood where it feels good to live. Its multiple beneficial effects on air and water quality also lead to tangible savings for the community. Therefore, the City recently updated its grant regulation concerning the purchase of a tree.

Changes brought to the program now allow citizens to obtain a \$75 grant also for trees planted in their backyard, on the side of their house as well as on a shoreline strip. To take advantage of this financial assistance, all eligibility conditions detailed on the web page must be met.

- ➊ To download the grant request form and obtain the list of tree species eligible for the subsidy, go to [subventions.laval.ca](http://subventions.laval.ca), under Plantation d'arbres

© Roxane Paquet Photographie



## A Permit Is Required to Fell a Tree

Wish to cut down a tree on your property? Know that it is mandatory to get a tree cutting certificate to fell a tree wherever it is located on your lawn.

- ➊ [environnement.laval.ca](http://environnement.laval.ca), under Nature et biodiversité

## In a spring-cleaning mood?

The ecocentre awaits you.  
Open 7 days a week.

It's free

➊ [collectes.laval.ca](http://collectes.laval.ca)





© Denis Desjardins

## Good Practices to Coexist with Wildlife

The snow is melting slowly, and springtime is upon us. Birds are singing and wild animals are coming back. We should remember that it is forbidden to feed them and highly recommended to stay away from them.

Indeed, feeding wild animals can be detrimental to their health and disrupt their behaviour. When fed, they become less sensitive to human presence, which can threaten their survival and is more likely to cause a nuisance. Also, they are known as significant vectors for rabies; zoonosis being the most common and deadly. The installation of bird feeders for small birds is authorized if they are squirrel-proof and do not generate dirt.

### What to do with animals causing a nuisance?

It is always forbidden to use poison to capture, harm or kill an animal. It is also prohibited to use any trapping device to capture animals except for live traps. If you are experiencing problems with the presence of wild animals, communicate with Berger Blanc to receive advice ranging from scaring them to borrowing a live trap.

🔔 More tips can be found at [animaux.laval.ca](http://animaux.laval.ca)

## Restricted Lawn Watering to Conserve Drinking Water

Did you know that watering a lawn represents the largest residential use of drinking water? Last year, in order to conserve this precious resource, the City limited outdoor watering periods. Each Laval address is authorized two weekly lawn watering cycles of 90 minutes each, for a total of three hours per week. To find out more about watering authorization, go online and enter your postal code to know what time slots apply to your neighbourhood.

🔔 [eau.laval.ca](http://eau.laval.ca)

## Municipal Buildings to Reduce City Ecological Footprint

Adopted in December 2022, the Politique écoresponsable des bâtiments municipaux confirms the commitment of the City about the management of its municipal buildings to be renovated or constructed.

It includes:

- the reduction by 15% of greenhouse gas emissions in its building as of 2035;
- the removal of oil equipment of all municipal buildings by 2030;
- the decarbonization of all municipal buildings at the end of life of each facility and according to availability of alternative energy sources.

Presently, the City owns and manages 300 buildings.

🔔 [laval.ca](http://laval.ca), under À propos/Politiques municipales/Politique écoresponsable des bâtiments municipaux

**Help making our island exceptional.**

**Prerequisite: caring about citizen's well-being.**

**Emma-Claude**  
Marcel-Gamache Park  
Sainte-Dorothée

[emplois.laval.ca](http://emplois.laval.ca)



## Semaine québécoise des personnes handicapées

The main objective of the Semaine québécoise des personnes handicapées, held June 1st to 7, is to promote social participation of handicapped people and to raise people's awareness on the importance of including everybody.

- Find out about the programme developed for Laval by the Regroupement des organismes de promotion des personnes handicapées de Laval and its partners at [www.ropphl.org](http://www.ropphl.org)

## Programme Duo-Emploi

Are you a handicapped person aged at least 16 years old?

Would you like to know more about working in a municipal library for one day?

Duo-Emploi is for you! Training sessions are offered from June 1st to 7.

To know more about the programme and to register, fill out the form online at [Quebec.ca/duoemploi](http://Quebec.ca/duoemploi) or call 1 833 376-7374.

## Think About Place Bell.

- Ice rental
- Venue rental
- Passageway rental for corporate events, social functions, exhibits, trade shows and more.



- [serviceclient@cite.placebell.ca](mailto:serviceclient@cite.placebell.ca)
- [placebell.ca](http://placebell.ca), under Community ice section



© Sophie Poliquin

## Fonds Place-du-Souvenir 2022 Report

In 2022, youth crime prevention and, in turn, urban violence, were prioritized by the Fonds Place-du-Souvenir. This allowed the implementation of promising actions and promoted the emergence of youth inclusion and identity building projects for young people aged 12 to 17. In total, 9 projects were granted \$523,555.

- One hundred young people aged 12 to 17 were accompanied to play soccer (FC Laval).
- Tutoring and special education in partnership with the Faculté des sciences de l'éducation of Université du Québec à Montréal (Maison des enfants le Dauphin).
- Workshops and guidance by intervention agents on several themes such as anger management, adequate social behaviours, relationship with police officers, intimate relationships, social networks, and bullying (Association régionale de Basketball Laval).
- Creation and development by young people of projects in two parks – Sainte-Dorothée and Laval-Ouest (Concertation forme ta vie de Laval).
- Musical activities organized using a social music approach (Jeunes musiciens du monde).
- Sports activities in a safe supervised environment (Maison des jeunes de Laval-Ouest).
- Youth crime workers specialized in street art (Maison des jeunes du Marigot).
- Artistic camp for teenagers with workshops, cultural and regional outings, public lectures in daycare centres and seniors' residences (Théâtre fêlé).
- Rap or slam creating workshops with invited guests (Travail de rue île de Laval).

These projects met the objectives of the Plan d'action intégré en matière de jeunesse 2021-2025.

- To know more about the Fonds Place-du-Souvenir 2022 Report, go to: [laval.ca/Pages/Fr/A-propos/fonds-place-du-souvenir.aspx](http://laval.ca/Pages/Fr/A-propos/fonds-place-du-souvenir.aspx)



## International Day Against Homophobia, Transphobia and Biphobia

May 17 is the International Day Against Homophobia, Transphobia and Biphobia. Now celebrated in many countries, this annual theme day was created in 2003 thanks to an initiative by Quebec organization Fondation Émergence.

In Laval, SPHÈRE – santé sexuelle globale organization will take different actions to celebrate the day and raise awareness on the importance of diversity in the Laval community.

Bibliothèques de Laval, in collaboration with SPHÈRE, will also offer educational clips on LGBTQ+ on its YouTube page starting May 17.

### Need to talk?

All year long, SPHÈRE – santé sexuelle globale offers different services to Laval citizens. Every week, its expert team leads support groups for transgender, non-binary, gender-creative or gender-questioning children, teenagers, and adults, and their relatives. Also, Espace 2S/LGBTQIA allows young people aged between 12 and 25 to meet, exchange and have fun with other people living with similar realities in a safe environment.

To get more information on activities and services offered by SPHÈRE – santé sexuelle globale, go to [spheressg.org](http://spheressg.org) or on its social media. Intervention agents are available at 450 669-3099 or on location, without an appointment, on Wednesdays and Fridays from 1:00 to 4:00 PM.



2022 Edition of Laval en marche 15-minute walk against elder abuse

© La Table régionale de concertation des aînés de Laval (TRCAL)

## Fight Abuse and Promote Elder Well-treatment

On June 15, all generations are invited to participate in the sixth edition of Laval en marche for the well-treatment of elderly people.

This meaningful gesture, made during the World Elder Abuse Awareness Day, aims at raising people of all ages, institutions, and organizations' awareness of the problem of elder abuse and negligence.

The collective commitment is to walk for 15 minutes on Thursday, June 15. Find out the meeting point closest to you!

📍 To know more: [lavalensante.com](http://lavalensante.com)

## Find the Right Resource to Help You

The new central tool [trouvetaressource.com](http://trouvetaressource.com) keeps parents informed, helps intervention agents, and raises young people's awareness about the existing resources in Laval. The bilingual website offers articles and short clips on different themes contributing to the well-being of young people.

A resource directory guides young people toward the help that fits their situation.

📍 [trouvetaressource.com/fr](http://trouvetaressource.com/fr)



## Traffic Rules: Electric Wheelchairs, Three-wheel, and Four-wheel Scooters

A person who uses a motorized mobility aid (MMA) must adhere to the same regulations as pedestrians and cyclists. However, certain rules were adapted to consider the different features of each type of MMA and to ensure people's safety.

- 📄 To know more about the rules, read the leaflet published by the ministère des Transports et de la Mobilité durable at [transports.gouv.qc.ca/fr/modes-transport-utilises/mobilite-motorisee/Documents/Guide-aides-mobilite-motorisees.pdf](https://transports.gouv.qc.ca/fr/modes-transport-utilises/mobilite-motorisee/Documents/Guide-aides-mobilite-motorisees.pdf)



© Ville de Laval

## Brigade de sensibilisation in Laval

The Brigade sensibilisation Laval has been walking the beat in the city for the past two years. This unique and innovative project aims to help the community to deal with the pandemic repercussions on psychological health. The project is coordinated by both the CISSS de Laval and the Coopérative de soutien à domicile de Laval.

Over 80,000 Laval citizens were met already via door-to-door visits, a trip to the library or during a neighbourhood event.

- 📍 /brigadesensibilisationlaval

## Autism Month

April is the month dedicated to raise awareness and acknowledge autism spectrum disorder people (ASD). Autisme Laval, in partnership with many Laval organizations, offers diverse programming that starts on April 3rd, the day following World Autism Awareness Day. Various activities are scheduled such as training sessions, a family day, open house events and special workshops.

- 📄 For more information about programming, go to [autismelaval.org](https://autismelaval.org)



© Ferme Jeunes au Travail

## Sow Carrots, Harvest Smiles...

The Ferme Jeunes au Travail is looking for volunteers to work on its urban and collective agriculture project. Citizens' involvement is required to hand weed, harvest, condition, transform and distribute crops to make sure this ambitious project stays alive.

This initiative was created to distribute free organic vegetables to vulnerable groups during the summer and fall.

For the past three years, it is some 32 tons of organic vegetables that travelled from the fields to community organizations and to finally end up on the table of thousands of Laval citizens living in a situation of food insecurity.

Next volunteer activity: May 19 to 21, 2023

Registration: [info@jeunesautravail.ca](mailto:info@jeunesautravail.ca)

- 📄 To find out more, go to [jeunesautravail.ca](https://jeunesautravail.ca) or the organization Facebook page.



## General Public Shows



© Marie-Andrée Lemire

### DANCE

#### ***Magnetikae***

La Otra Orilla, Myriam Allard and Hedi Graja

Contemporary flamenco

**April 13, 8:00 PM**

This show for four performers – a dancer, a signer, a pianist, and a percussionist – brings together two opposite worlds: the world of language, that is flamenco, and the world of fantasy, the pack ice. The result is a magnetic shock and a mixed poetic dance filled with contrasts and closeness.

Creation: Myriam Allard, Hedi Graja

### THEATRE

#### ***La LNI s'attaque aux classiques – Dans l'univers de Larry Tremblay***

Théâtre de la Ligue Nationale d'Improvisation

**April 21, 7:30 PM**

Here is an offer different from what you are used to see when attending a performance of the Ligue nationale d'improvisation. No skating rink, no score, no referee, no vote, but an innovative and spectacular concept emphasizing creativity, audacity, and spontaneity.

Ideation: François-Étienne Paré and Étienne St-Laurent

Playwright: Alexandre Cadieux

Host and comedians: François-Étienne Paré, Amélie

Geoffroy Joëlle Paré-Beaulieu, Simon Rousseau

Staging: François-Étienne Paré

© Pascale GD, Théâtre de la LNI



© Damian Siqueiros

### THEATRE

#### ***Fol Ouvrage (Torcher des paillettes)***

Amélie Prévost – Queen Ka

In collaboration with Circuit Paroles

Vivantes

Performed poetry

**May 20, 5:00 PM, cabaret style**

Amélie Prévost and Queen Ka have a great love for the game and a desire to transgress the rules and break down walls between genres. They present a festive and reflective show featuring an uninhibited performance walking on the thin line that divides the theatre and poetry.

Text and performance: Amélie Prévost and Queen Ka

Staging: Émilie Gauvin

Information:

📞 450 662-4440

🌐 [maisondesarts.laval.ca](http://maisondesarts.laval.ca), under Spectacles / Grand Public

# Season 2023-2024

## Launch in June

Ask for the brochure



[maisondesarts.laval.ca](http://maisondesarts.laval.ca)



Montmorency station



**MAISON DES  
ARTS DE LAVAL**

## Young Audience Shows

### CIRCUS

#### *Ripopée*

Clown Theatre  
5 years and older  
**May 28, 2:00 PM**



© Bernard Lemoine

Four artists quietly prepare for their show, but the audience is already there waiting. Suddenly, everything goes wrong. In their hands, everyday objects become the creative tools of an eccentric and delirious universe. Solidarity, playfulness, rivalry, and admiration are at the very heart of this funny tale about the power of friendship.

Original idea and staging: Christine Rossignol

Performance: Valérie Boutin, Ariane Cabana, Félix Imbault, Vanessa Kneale

#### Information:

☎ 450 662-4440

🌐 [maisondesarts.laval.ca](https://maisondesarts.laval.ca), under Spectacles / Jeune Public

### FESTIVAL

## Petits bonheurs

Laval  
May 5-14, 2023



THE CULTURAL EVENT FOR TINY TOTS

🌐 [maisondesarts.laval.ca](https://maisondesarts.laval.ca), under Petits bonheurs

## Exhibitions

Free admission!

### At Salle Alfred-Pellan

#### Amélie Proulx

#### *Les horizons marqueurs*

**Until April 23**

Curator: Anne-Sophie Blanchet

The exhibition embraces the perpetual transformation of materials where time and space overlap and intertwine.



© Amélie Proulx

*Images from Les cendres d'une montagne video, 2022*

#### Surabhi Ghosh

#### *Le poids de nos mythes*

**May 7 to July 16**

**Vernissage: May 7, 2:00 PM**

Surabhi Ghosh uses different traditional materials – textile and glass beads – to explore the self-imposed limitations whether they are geographical, religious or gender-related.

**May 20, 1:00 PM**

**Atelier d'Alfred: De perles et de ficelles**



© Paul Litherland

*Surabhi Ghosh, Taken In, Taking On (détail), 2020-21.*

#### Information:

☎ 450 662-4440

🌐 [maisondesarts.laval.ca](https://maisondesarts.laval.ca), under Expositions Salle Alfred-Pellan

### At Foyer of Théâtre des Muses

#### Michaëlle Sergile

#### *Gesture: Body movements in political discourses*

**Until April 23**

#### Sarah Madgin

#### *Résurgences*

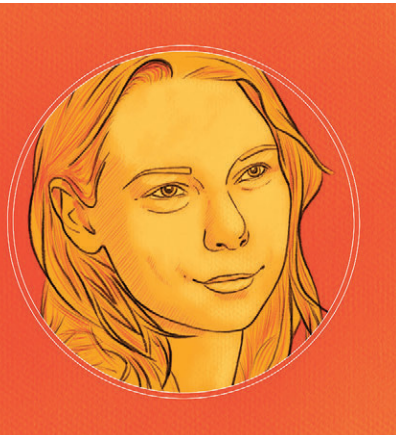
**From May 7 to July 16**

**Vernissage: May 7, 2:00 PM**



## Cultural Calendar

### Performing Arts



© Elisabeth Harvey

#### **Marée Haute**

Théâtre Omnivore

**April 15, 10:00 AM, 1:00 PM  
and 8:00 PM**

Maison des arts de Laval

📞 theatremnivore.com

Theatrical tribute to Lhasa  
de Sela's life and work.

#### **Festival de la Rencontre Théâtre Ados**

**April 17 to 29**

Maison des arts de Laval

📞 450 687-5654

📍 rtados.qc.ca/festival

#### **En crise**

April 17, 7:30 PM

#### **Alexis**

April 24, 7:30 PM

A unique theatre festival in  
Quebec dedicated to a teenage  
audience. Two shows offered.

#### **Pour l'Amour du ciel**

Académie Théâtrale l'Envol  
de Laval

**April 22 and 28, 7:30 PM**

**April 23, 29 and 30, 2:00 PM**

Théâtre du P'tit Loup

📞 10 585 Lévesque Boulevard East

📞 514 389-7145

Bernard Reid's comedy

#### **Passé sous silence**

Troupe Tissés Serrés

**May 17, 7:30 PM**

**May 18, 3:00 PM**

Maison des arts de Laval

📞 450 663-2241

📍 tissesserres.ca

This show takes a philosoph-  
ical look on the importance of  
traditional dance in Quebec.



© Frédéric Plouffe

#### **Héros ?**

Harmonie Aurora

**May 25, 8:00 PM**

#### **À travers les blocs**

Harmonie Laval

**May 26, 8:00 PM**

Maison des arts de Laval

📍 harmonielaval.org

#### **La Porte de l'Antichambre**

Troupe Fantasia

**June 9 and 10, 7:30 PM**

Maison des arts de Laval

📞 450 628-2285

📍 troupefantasia.com



© Christian Richard

#### **Mur-mur**

Théâtre Bluff

Place Claude-Léveillée

📍 1 500 Jacques-Tétreault Street

📍 facebook.com/theatrebluff

Check it out! Théâtre Bluff  
proposes a unique cultural  
experience in downtown Laval.  
Outdoor activities, interactive  
digital equipment, a silkscreen  
station, and many more, are  
waiting for visitors near Place  
Claude-Léveillée, next to  
Montmorency metro station.  
Details to come.  
Visit the Facebook page:  
facebook.com/theatrebluff

#### **MusicOthon for the Future of the Program**

Integrated arts-and-study  
music program  
Fondation droit au talent

**June 11, 10:00 AM to 5:00 PM**

Parc Bernard-Landry

📍 fdat.ca

### Exhibitions

#### **Quartier des arts du Cheval Blanc Exhibitions**

Centre Accès de Laval

📍 6 500 Arthur-Sauvé Boulevard

#### **Artwork by Lucie Lucas and Normand Jacques' students**

Until April 15

#### **Collective of "Harmonie de couleurs" members**

April 15 to May 27

#### **Symposium des Artistes sur la route des fleurs**

Centre de la nature

May 20 and 21,  
10:00 AM to 4:00 PM

#### **Corporation Rose-Art Exhibitions**

Galerie La Vieille Caserne

📍 216 Sainte-Rose Boulevard

📍 roseart.ca

#### **Nature à l'état pur**

April 15 to May 27

#### **Marine**

June 3 to July 8

#### **Corporation Rose-Art Exhibitions**

Centre d'art de Sainte-Rose

📍 214 Sainte-Rose Boulevard

📍 roseart.ca

#### **Artwork by Carole Bonneau and her students**

May 19 to 21

#### **Group exhibit with Francine Bouchard**

June 2 to 4

#### **France Benoît and Daniel Néron Exhibition**

June 9 to 11

### Arts and Crafts



© Tisserins de Laval

#### **Association des tisserandes du Québec Congress**

Les Tisserins de Laval

📍 Holiday Inn

2 900 le Carrefour Boulevard

📍 tisserinslaval.com

The association invites you to  
discover original woven items.

June 3, 10:00 AM to 4:00 PM



© Sylvain Miller



Eau bout de la chaîne – Centre d'interprétation de l'eau de Laval

## Scientific Culture

### Centre d'interprétation de l'eau de Laval

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

#### Eau bout de la chaîne

Exhibition in collaboration with Hydro-Québec on the discovery of organisms and micro-organisms living in our swamps, rivers, and lakes. Rates, conference schedule, workshops, and lab activities available on the Centre Website.

### Musée de la santé Armand-Frappier

📍 2 150 des Laurentides autoroute  
 ☎ 450 686-5641  
 🌐 museefrappier.org

#### 4, 3, 2, 1... Santé!

This permanent exhibition invites visitors to discover the four scales of human health: molecules and cells, individuals, populations, and the planet. The activity gives access to the temporary exhibition **Pandemics: Challenging Humanity** as well as **laboratory workshops** accompanied by a scientific moderator.

#### La fête des semences

April 7 to 10

Discover the ecological value of local plants and their beneficial impact on biodiversity. This activity is included in the exhibition admission fee.

#### Talks at the Musée de la santé Armand-Frappier

April 25, May 16, and June 6, 2:30 to 4:00 PM

Activity for people aged 65 and over. Visit the museum exhibitions with a scientific moderator to learn more about sustainable health.

#### Night Visit at the Musée de la santé Armand-Frappier

May 5, in the evening

Invitation to a free visit the *Pandemics: Challenging Humanity* Exhibition.

#### L'art pour prendre soin!

With this conference, you will discover how art helps take care of yourself, of others and collectively help one another.

© Image au carré



## Cultural Leisure Looking for Talents

### Orchestre des jeunes de Laval-Laurentides

Orchestre des jeunes de Laval-Laurentides

☎ 514 991-4965  
 🌐 osl.ca/orchestre-des-jeunes

Young people aged between 12 and 24 are invited to join the orchestra.

© Charles Briand



## News About the Public Art Collection

### Restoration of an impressive stonework of art at Centre de la nature

During the summer of 2022, the City restored the artwork *Pionnier anonyme* that well-known artist Bill Vazan made in 1990 for the Symposium international de sculpture de Laval.

This giant granite sculpture represents a face engraved in a way to create the lines and the patterns suggesting human face features through a visual effect like petroglyphs. This huge 30-ton stone integrates perfectly with the cliff on which it is installed. Bill Vazan only worked on the stone surface to maintain the integrity of the rock.

A native of Toronto, he is the author of many public art projects, and his work was exhibited everywhere in the world. He also contributed to the awareness of *land art* in Canada. His art is multifaceted and the way he uses the stone evokes Celtic and Etruscan monolithic sculptures. These human or animal figures carved in stone remind us that nature has a powerful mind of its own.



## Fascinating Discoveries in Vieux Sainte-Rose Archeological Excavations

As part of the restructuring project of the Berge des Baigneurs, an archeological inventory was done by Arkéos on the grounds of the Résidence de création Marcel-Saint-Pierre, in Vieux Sainte-Rose. Citizens participated in different mediation activities and were able to discuss with the archeologists at work. The latter made exceptional discoveries: traces of occupations by Aboriginal people with remains of lithic cutting tools found on the site as well as other artefacts dating from the French Regime (French ceramic, carved flintstone) and objects specifically referring to Aboriginal and Euro-Canadian group interactions (gleaming cones, tubular stone pipes, remelted lead objects).

Following these important findings, the site was granted the Borden BJK-14 code that officially defines it as an archeological site.

🕒 Stay up to date by surfing on [histoire.laval.ca](http://histoire.laval.ca) and come to meet the archeologists working in different sites this year.

Photos © Jany Tremblay



*Small objects evoking human occupation dating back to the French Regime until the 20th century.*



*Fragment of a tubular smoking pipe base made of stone with carved patterns. This type of object was very popular with fur traders who dealt with Aboriginal people during the French Regime.*



*The manual excavation survey performed on the land allows archeologists to observe, record and analyze the ground levels and associated artefacts.*



*A fragment of a Pearlware-type terracotta plate with a blue shell edge pattern which was popular at the beginning of the 19th century.*



*Crown pattern button or decorative emblem.*



*Metal buttons with various patterns from a piece of clothing.*



*Artefacts found during the archeological inventory are bagged and bear a number referring to the precise location they come from; this facilitates their analysis and a better understanding of the object distribution on the site.*





The façade of the house facing des Mille Îles River.

The use of an excavator, under the archeologists' supervision, allows them to reach potential archeological ground levels faster in sites where the land was elevated during the 20th century.



© Charles Briand

WHITEMORE BOSTON USA Glass bottle that contained shoe polish, 1870-1930, Pont-Viau archeological inventory

## Discover Pont-Viau Hidden Treasures with *Archéomobile*

A child medication bottle, porcelain doorknob, fragments of a bone toothbrush, oyster shells, marbles, lice combs... so many small items from the City of Laval archeological collection, revealed to its citizens, that tell a great deal about everyday life during past centuries near Viau bridge where a hotel was operated until 1930.

The *Archéomobile* exhibition, featuring artefacts discovered during the archeological inventory that took place last spring at the entry of the city, in Pont-Viau, will be going on tour in all municipal libraries starting in April.

➡ Consult the schedule at [histoire.laval.ca](http://histoire.laval.ca)



## Laval, proud of its flower and plant producers.

### Sainte-Dorothée

LAVOIE Fleurs et Jardins  
La Ferme Grover  
Le P'tit Cléroux  
Les Serres Cléroux  
Tulipes.ca  
Jacques Lauzon et Fils  
Botanix Jardins Zeillinger  
Les Serres P. Brisebois et fils  
Cédrière Barbe  
Le Paradis des Orchidées

### Sainte-Dorothée Sud

Michka Signé Charbonneau  
Charbonneau L'Expert

### Sainte-Rose

Kiosque des Ancêtres  
La Vieille Grange  
Pépinère Locas

### Secteur Est

Les Serres FJC Lavoie  
Les Serres Leblanc S.E.N.C  
Ferme Lortie  
Ferme d'Auteuil /  
Kiosque Chez Vaillancourt  
Récoltes Le Mieux  
Kiosque du Coin  
Pépinor  
Les Jardins Legault Fournel

Buy your perennials, annuals, and even fresh herbs plants directly from the producer!

➡ [saveursdelaval.ca](http://saveursdelaval.ca)

➡ [facebook.com/Saveurs.Laval](https://facebook.com/Saveurs.Laval)





## Great Discoveries Coming this Spring

The Bibliothèques de Laval offer hundreds of activities, conferences and workshops all year round.

Here are the programming team personal favourites this spring.

### Meeting with Author Marie Laberge

How do you start writing, how do stories become alive, how do you choose the subject, why did theatrical plays precede novel writing, how does freedom of writing be impacted by success or failure? Here are some questions author Marie Laberge will try to answer. As well as the participants' questions, of course!

The conference will be followed by a signing session.

**Bibliothèque Gabrielle-Roy  
and live on YouTube.**

Saturday, April 29, 3:00 PM

### Make a Garden

With expert-horticulturist Jean-Marie Laurent, find out how to design your garden plan, to locate it on your land and determine its size. You will learn what plants need in terms of the sun, watering, soil amendment and fertilization. It will be easier to choose the right vegetables to

grow according to different agricultural methods such as culture in open ground, in large containers or in pots. Finally, you will learn about transplanting and sowing.

**Bibliothèque Sylvain-Garneau**

Saturday, April 22, 1:30 PM

### Le Bouquilleur Novice

Do you know a new Quebecer engaged in a francization process? Le bouquilleur novice is a workshop programme promoting the cultural inclusion of newcomers by having them learn to read French Quebec authors. Each participant receives a free copy of the book *Le bouquilleur novice* and a USB stick giving him/her access to the programme learning tools.

**Bibliothèque Émile-Nelligan**

Thursday, April 13, 1:30 PM

**Bibliothèque Multiculturelle**

Thursday, May 4, 1:30 PM

🔔 Register as places are limited:  
go to [biblio.laval.ca](http://biblio.laval.ca)

## Pickup your Seeds at the Grainothèque

Thanks to donations of seed producers, citizens who are members of the Collectif Écorécoltes created the first seed bank "Grainothèque Laval" at Sylvain-Garneau municipal library.

The concept is simple: one borrows seeds from the library and harvest the nicer fruit or vegetable just before the first fall frost. In addition to enjoying local crops, everyone helps adapt seeds to our urban climate.

With their library card, citizens can take up to four seed sachets at a time, up to 16 per year. Borrow and plant the seeds, watch them grow in your garden, eat vegetables, and let a plant go to seed. During the harvest season, collect seeds, put them in an envelope and bring them back to Sylvain-Garneau library.

### New in 2023

In addition to the many seeds returns and citizens' donations, the Musée Armand-Frappier will donate seeds from a variety of native plants for pollinators. Planting flowers contributes to the necessary pollination of plants, we eat, and it beautify the natural landscape.

## RECREATE YOUR MEMORIES

Digitize your slides, VHS, records and much more. Come to the Studio: our team can help you.



# Bibliovente 2023: Don't Forget Your Bags!

Are you a fast reader book-worm? Do you collect all Margaret Atwood novels? You wish to fill your children's bookcases, or else, you want to find lost treasured books or discover new authors? Attend the great annual book sale organized by Laval public libraries. Over 30,000 books, comic books, DVD and CD are sold for a low price per kilo. All payments are cash or on a debit card.

**May 5, 6 and 7**  
**Aréna Cartier**

## Reading Suggestions

From librarian Mathieu Tremblay

Reading suggestions for all ages for the International Day Against Homophobia, Transphobia and Biphobia... or at any time of the year.

**For children (6 years and over)**

### *Un jour mon prince viendra*

**Agnès Laroche and  
Fabienne Brunner |  
Éditions Talents hauts**

"How come Charles has two dads?" Here is a question your young child might have asked you. To answer it, what better way than to read the Laroche and Brunner book that addresses this question with sensitivity and beauty subtly diverting the traditional children's story in which the princess is waiting for her prince charming kiss.



**For teenagers (10 years and over)**

### *Ciel. Comment survivre aux deux prochaines minutes*

**Sophie Labelle |  
Éditions Hurtubise**

Ciel is a young transgender teenager starting high school. In addition to being nervous, her boyfriend leaves for Iceland. Holy smoke, just her luck! In her first novel, transgender author Sophie Labelle wrote a funny and full of twists and turns story featuring a very endearing girl.



**For adults**

### *Le cinquième Beatles*

**Tiway, Baker, and Robinson |  
Éditions Dargaud**

Do you know Brian Epstein? He is the man who discovered the Beatles in a Liverpool smoky pub. He became their manager from 1962 to 1967 and largely contributed to their huge popularity. But Epstein was also gay and stuck in a hostile and closed-minded world. A powerful novel mixing music and drama for the Fab Four fans and non-fans.

Digital version at [laval.prenumerique.ca](http://laval.prenumerique.ca).



## Une histoire au bout du fil!

**Listen to audio clips on the phone**

**Free: 450-680-2909**

**Bibliothèques  
de Laval**



**With authors  
Chrystine Brouillet,  
Joséphine Bacon,  
Jean Désy  
and many more!**



# City Council



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Mayor

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 **Live broadcast (in French):**  
citycouncil.laval.ca  
under City Council Meetings/Webcast



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# JE RELÈVE LE DÉFI PISSENLITS<sup>MD</sup>



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Une initiative de MIEL&CO.

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