

VIVRE À LAVAL

VILLE DE LAVAL'S INFORMATION BULLETIN

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celebrate
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MUNICIPAL SERVICES

Please note!

CAR SHELTERS

Think about dismantling them before April 1!

PASSIONS PLAISIRS GUIDE

Keep an eye out for this indispensable reference guide to be published in early April: It contains a wide range of information on recreational and cultural activities.

DAY CAMPS – POOLS - TENNIS

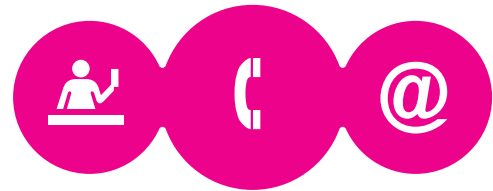
The brochure and forms are in your *Passions Plaisirs* guide, to be issued in early April.

Important dates:

May 2-3 *Bibliovente* (library book sale) at Cartier arena

June 8 A Birth, A Tree event at City Hall – Sign up! (Details on page 13)

ON LINE WITH MY CITY



IN PERSON

Ground floor (behind City Hall)

Monday – Friday: 8:15 a.m. – 8:15 p.m.

Saturday & Sunday: 9 a.m. – 4 p.m.

Holidays: Closed

Multiservice Counter

1333 boulevard Chomedey, Laval

BY PHONE

(non-urgent calls)

Monday – Friday: 7 a.m. – 9 p.m.

Saturday & Sunday: 8 a.m. – 5 p.m.

Holidays: 9 a.m. – 5 p.m.

311 or 450 978-8000 (from outside Laval)

ON THE CITY'S WEB PORTAL

24 hours a day, 7 days a week

Sign up – it's free!

On Ville de Laval's French web portal, Internet users can register to receive the *Cyberbulletin*, an electronic publication issued each week to e-mail addresses on the mailing list. The *Cyberbulletin* announces what's new on the portal as well as the latest news of general interest to the Laval community. It's free and easy.

www.ville.laval.qc.ca

The Residents' Bulletin

The pages of *Vivre à Laval*—the City's information bulletin—are open to the public (when space permits), and we encourage Laval residents to tell us about their activities. Organizations recognized by Ville de Laval must inform their municipal contact about their activities. All written material submitted for publication must be addressed to: Bulletin *Vivre à Laval*, 1, place du Souvenir, case postale 422, succursale Saint-Martin, Laval (Québec) H7V 3Z4. We may be reached at: www.ville.laval.qc.ca



Photo: Andrée-Caroline Boucher

Béatrice Naud and Justine Brisson-Mercure

Cover page: "Beatrice and Justine's swing"

Photo by Andrée-Caroline Boucher, finalist-winner in the photo contest: *Le Plaisir de vivre à Laval 2007*

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VIVRE À LAVAL

Ville de Laval's information bulletin is published by the City's *Division des affaires corporatives*, within its *Service de la vie communautaire, de la culture et des communications*. It is distributed by Canada Post, four times a year (March, May, August and November), to all homes and companies in Laval. Circulation: 194,500 copies

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The Mayor's Message

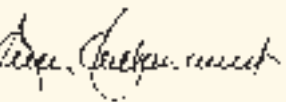
Dear Laval residents:

Over the past few months, we unveiled the first Family Policy adopted by City Council. In doing so, Laval is recognizing the importance of the family and is equipping itself with resources to remain attentive to families' constantly changing needs. I encourage you to read it over on the City's web portal.

On the environmental scene, recycling collections will be expanded in Laval, as all Laval households will benefit from this service in 2008. In addition, over the coming months, the majority of households will be receiving 240-litre roll-out containers that will replace the present small, 64-litre ones. As for the other households living in multi-family buildings, they will have access to larger containers. Residents will no longer have to separate their recyclables themselves. The sorting centre will look after doing that.

A year ago already, the new metro extension to Laval welcomed its first riders. We have to admit that this additional service has truly met a need, as there are far more metro users than initially forecast. Nearly 60,000 people are therefore leaving their cars behind, every day, to travel to Montréal. This is a real success story that is prompting us to pursue our efforts to complete the originally planned loop, which consists of extending the line ending at Côte-Vertu station in the borough of Saint-Laurent, on the island of Montréal, right up to Montmorency station. In fact, we have asked the Québec government to set aside an amount of \$100 million per year, over the next ten years, to carry out this project.

Other news: Over the past few months, the City's *Service de protection des citoyens* has moved into its new offices on boulevard Chomedey, at the corner of boulevard Saint-Elzéar. This new building, with the most modern facilities, has made it possible to centralize all activities and staff in order to ensure a very high level of efficiency.



Gilles Vaillancourt
Mayor



Arts Students Invited to Submit Application

For the 25th year, the Fondation de soutien aux arts de Laval is launching an invitation to Laval artists who are students at the college or university level to submit their application for the arts scholarships that will be awarded in May 2008—\$,1,000 for university students and \$700 for those at the college level. **Applicants have until April 7 to register.** The names of scholarship winners will be announced on May 27, 2008 at a ceremony organized jointly by the Fondation and Ville de Laval.

☎ 450 662-4440 – www.ville.laval.qc.ca

Get Your Camera Ready!



Le Plaisir de vivre à Laval is returning next year. To prepare for this photo contest, keep on the lookout for the happy moments that you will be enjoying over the coming year. You will be able to submit your negatives starting in 2009!

☎ www.ville.laval.qc.ca – Click on Community Life, then on Events, and then, Photo Contest.

The City's Day Camps Are 25 Years Old!

Back in 1983, Ville de Laval had the same concern as it does today: to serve its residents well. And so it was in that year, 25 years ago, that day camps and community



parks were created on Laval territory, much to kids' delight. Thrilling activities and dynamic leaders, within a very

safe setting—that's what kids can expect this summer. Keep an eye out for the pamphlet highlighting all the summer activities, including tennis and swimming lessons and other water activities—all in your *Passions Plaisirs* guide, which will be distributed to all Laval homes in early April.

☎ 311 or 450 978-8000

Daffodil Days



April 3-6, the Canadian Cancer Society will be holding its **Daffodil Days**. This event reminds us that April is Cancer Prevention Month. There will be 90 points of sale for these daffodils in Laval, mainly at shopping centres, banks, supermarkets and pharmacies. Would you like to become a volunteer for this noble cause? Phone Annie Lafrenière.

☎ 450 973-6668

Looking for Cultural Awards Nominations

Every two years, Ville de Laval and its cultural council (*Conseil de la culture*) present excellence awards to artists and residents who



distinguish themselves in the field of art, culture and heritage. From **April 11 to May 30, 2008**, you may submit your nomination or that of an organization in order to win one of the honours within this council's awards. Prize winners will be announced this fall. On or after April 11, pick up a copy of the explanatory pamphlet at Maison des arts and libraries in Laval or download it from the City's web portal. Only duly completed applications will be considered.

☎ 450 662-4440 – www.ville.laval.qc.ca

Dance Month at Maison des arts Throughout the month of April

Proud of its success at its first edition in 2007, Ville de Laval is presenting you the 2nd edition of **Dance**



[bjm_danse]

Month at Maison des arts de Laval. All throughout April, discover an outstanding program featuring the key dance personalities from the local scene and elsewhere. This unique showcase provides a number of professional performers and those of tomorrow with an opportunity to meet the public and definitely contribute toward better acquainting Laval residents with contemporary dance. The event will bring together, on the same stage, Les Ballets Jazz de Montréal [bjm_danse], a company well rooted on the international dance scene for the past 35 years, the Cas public dance company, Zigomars, performers emerging from the region with the *Danse-découverte* evening, Envol Danse and the Tanz dance troupe from Collège Montmorency. Get-togethers, workshops and shows that enhance the value of an artistic discipline that transcends cultural and language boundaries.

☎ 450 662-4440

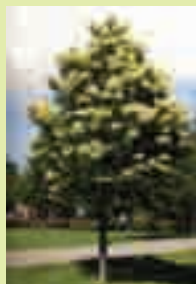
Photo: Martin Alarie

Photo: Jean Tremblay - 2006

Before Cutting Down or Planting a Tree or Even Doing Maintenance on it, Read This Carefully:

Did you know that there are strict rules on cutting down a tree in Laval? Before opting for this last-resort solution, the owner concerned must—in certain cases—obtain a certificate of authorization. Aware of the many environmental benefits of urban forestry, Ville de Laval adopted the **Tree Code** six years ago. This Code provides, among other things, for financial assistance of up to \$50 per tree planted in front of a property, and up to \$250 for maintenance of a tree, also in front of a home. A pamphlet is available at the Multiservice Counter, at BMLs (*bureaux municipaux lavallois*), at libraries and on Ville de Laval's website

☎ 311 or 450 978-8000 – www.ville.laval.qc.ca.



Buying or Renovating Your House?

Financial Assistance Available

In order to help young families buy a property and assist owners in increasing the value of their home in certain older neighbourhoods, Ville de Laval is offering some financial assistance. If you're buying a house, this assistance consists of a partial rebate on the amount of the real estate transfer tax ("welcome tax"), whether the parties concerned buy an existing house or have a house built, as well as a partial property tax credit over 5 consecutive years if the house purchased is a new one. As for renovations, the assistance takes the form of a property tax credit applicable to expansions, repairs and improvements to a house located in a qualifying area of the City.

☎ 450 680-5500 or 450 680-5515
www.ville.laval.qc.ca – Click on Municipal Services, then on Municipal Programs.

The Metro in Laval, One Year Later



Photo: Sylvain Majleau

After one year of operations, Laval's three metro stations have been seeing a substantial rise—of 61.7%, to be precise—in the number of transit trips. Based on the figures provided by the Société de transport de Montréal (STM), in charge of managing metro operations, the number of daily trips recorded at Cartier, Montmorency and de la Concorde stations has now reached 60,000, compared to the 34,000 forecasted by the STM, and there is every indication that the number of trips is bound to rise. To cope with the demand, the service on lines 1, 2 and 5 has

increased by 17%. And in order to improve the quality of service, the STM has undertaken a study to examine Laval users' habits.

Arthur-Sauvé Bridge to Be Rebuilt

This spring will mark the start of rebuilding Arthur-Sauvé bridge, which connects the Laval-Ouest district to Saint-Eustache. The work, which will be carried out by the *Ministère des Transports du Québec*, will be done over a period of two years. During the first phase of the work, three traffic lanes and one safe space for pedestrians will be maintained. During the second phase, next year, one single traffic lane will be maintained. The new bridge will consist of four traffic lanes as well as a multi-purpose lane. Built in 1949, Arthur-Sauvé bridge, which is used by 24,000 vehicles every day, has already undergone repair work. The structure was named after the late Arthur-Sauvé, MNA for Deux-Montagnes at the beginning of the 20th century, and father of Paul Sauvé, the former Premier of Québec, who was Maurice Duplessis' successor.



Laval in Bloom Launch of 2008 Activities and Theme

Société Laval en fleurs will be opening the gardening season at **1 p.m. on Sunday, May 18**, at

Centre de la nature's greenhouses, 901 avenue du Parc, where children will be given a tree shoot. It's a family event not to be missed!

Flower Distribution

In addition, residents are invited to the big spring floral festivities on **Saturday, May 24**, starting at **8:30 a.m.**, at City Hall. Annuals, perennials and 2-litre bags of potting soil will be distributed free of charge there, upon presentation of proof of residence. Children will also receive a lavatera plant—Laval's emblem—and a balloon. Join in the festivities!

☎ 450 978-5971 – www.lavalenfleurs.com

Mood-Boosting Morsels Made in Laval

There are candy stores, chocolate shops and then there's Tessier dit Lavigne. The Laval establishment is the only one of its kind to make nut paste according to a recipe that comes from the purest Aztec tradition, handed down from mother to daughter since... 1492.

This remarkable culinary adventure began five years ago, in a home located in the Chomedey district, when Mexican-born Maria Vasquez literally captivated her husband, Marcel Tessier, and her daughter Mireille, by the idea of making the mythical nut paste. And is that nut paste ever outstanding! It is sold in the form of a truffle, without any chemicals, and each one contains barely 5 grams of carbohydrates, 47 calories, no trans-fat, is rich in Omega 3 and 6, and is ready to eat directly from the freezer. "It's a treat that also treats the body," comments Mireille. After having made "health truffles" popular at various flavour festivals in Québec, Ontario and at the Salon des métiers d'art de Montréal, our nut paste adventurers moved to boulevard Saint-Martin Ouest in November 2007. People come from all over: from Laval, of course, but also from various regions in Québec, Ontario, Europe and even Asia. "The comments are unanimous: these nut paste truffles are unique in all the



Mireille and Marcel Tessier and their famous nut paste truffles

world," added Marcel Tessier. Tessier dit Lavigne also carries other products, 60% of which are made in Québec and Canada, including fine jams and jellies, nut oils, some fifteen varieties of tea, and more. Health foods, daily soups and paninis are among the delicious foods that can be enjoyed right on site.

The name of the shop is as remarkable as its nut paste. Maria wanted an original, Québécois name. So she drew her inspiration from... her husband, a proud ancestor of Urbain Tessier dit Lavigne, to whom Louis XIV, King of France, had granted some land as a reward for an act of bravery. This land is located on the site of the Stock Exchange Tower.

☎ 450 682-8118 – www.tessierditlavigne.com

BUSINESS NEWSBRIEFS

Record Number of Conferences

Laval hosted no less than 192 conferences—the most ever—and welcomed 668,000 visitors to its territory. Those, in substance, are the results of the latest activity report (2006) prepared by Tourisme Laval, which points out that this vitality has given rise to economic spinoffs of \$142 million.

The Wind Beneath Héroux-Devtek's Wings

Héroux-Devtek—one of the key players in Canada's aircraft industry—whose landing gear division is located in Laval, has announced the signing of an agreement with Messier-Dowty company, to supply landing gear components for wide-body aircraft. The value of the orders that have been placed totals \$115 million. The Laval division employs 172 people, mainly machinists, engineers, assemblers and inspectors, who manufacture, assemble, repair and maintain landing gear components, actuators and flight controls, such as helicopter rotors.

Roche Diagnostics

Roche Diagnostics, whose Canadian head office is located in the Cité de la Biotech de Laval, is in the process of completing the \$20-million layouts of its new building, which will double the surface area of its Laval facilities. Roche Diagnostics, founded in Bâle, Switzerland, has 75,000 employees throughout the world, 260 of whom work in Québec. With research as its main focus, Roche is the world leader in treatment for diabetes and *in vitro* diagnostics. The company has been established in Laval since 1989.

Couche-Tard: Phenomenal Growth

Alimentation Couche-Tard, whose head office is located in Laval, ranks among the five retailers that have enjoyed the highest growth in sales... in all the world. This ranking was done by Deloitte at the 97th annual convention of the National Retail Federation, held last January in New York City. The Laval firm, managed by Alain Bouchard, is a leader in the Canadian convenience store industry, with a chain of 5,637 stores spread out in eleven major geographical markets, including eight in the U.S., covering 29 states, and three in Canada, covering six provinces. Some 45,000 people work in the store chain and in the administrative offices.

YOUR POLICE DEPARTMENT



Police Headquarters

Would you like to get a copy of an accident report or a police clearance certificate, or submit a pardon application, have a vehicle authenticated or obtain information? Go to the police headquarters, which now houses the

various offices of the Police Department and the *Direction du Service de protection des citoyens*. These services will be more accessible from now on, as you will find there—under one roof—the administrative offices, the human resources department, the seized goods management unit, criminal investigations, the detention centre as well as financial and material resources.

Schedule: Monday to Friday, 8:15 a.m. – 5:30 p.m.
Address: 2911 boulevard Chomedey
☎ 450 662-4242

Neighbourhood Police Stations (PDQ)

The Laval territory is covered by six neighbourhood police stations (PDQ). The police officers there are in direct contact with the community. They are specialists in conciliation in cases of neighbour problems. Their responsibilities include community support and road safety activities as well as issuing statements of offence in case of an accident or incident. You may make an appointment with these police officers for a police report or contact them to obtain information on public security, criminal laws and certain municipal bylaws enforced by the Police Department.

Schedule: **Monday – Wednesday, 9 a.m. – 5 p.m.**
Thursday and Friday, 9 a.m. – 9 p.m.
Saturday, 9 a.m. – 5 p.m.
Closed on Sundays

Addresses:

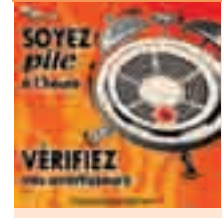
PDQ 1: 1245 montée du Moulin	450 662-4310
PDQ 2: 289 boulevard Cartier Ouest	450 662-7820
PDQ 3: 1312 boulevard Curé-Labelle	450 978-6830
PDQ 4: 6500 boulevard Arthur-Sauvé	450 662-7140
PDQ 5: 187 boulevard des Laurentides	450 978-6850
PDQ 6: 5555 boulevard des Laurentides	450 662-4860

The Gendarmerie (Valérie-Gignac building)

The Valérie-Gignac building is the police station for emergencies. Twenty-four hours a day, seven days a week, the Gendarmerie's staff ensures your safety and security by watching over the territory and by responding to emergency calls regarding problems of all kinds: robberies, accidents involving injuries, intrusion alarms, various threats, conjugal violence, etc. Take note that if you go to the Gendarmerie for a non-urgent situation, you will automatically be transferred to 911, which will forward your request to a neighbourhood police station (PDQ). A police officer assigned to the PDQ will then make an appointment with you.

Schedule: 24 hours a day, 7 day a week
Address: 3225 boulevard Saint-Martin Est
☎ 9-1-1

FIRES



Check Your Battery!

On the second Sunday in March, it will be time to turn

our alarm and other clocks ahead one hour, and also our VCR or DVD recorder and other timed devices in order to prevent us from being late! And it's also a good chance to check our smoke detectors and replace the battery. It could help us avoid many bad surprises... Here's what to do:

- Press the Test button to check the alarm.
- Strike a match and blow it out approximately 30 cm from the smoke detector, to test the detection device.
- Replace the battery (whenever you turn your clocks).
- At all times, follow the manufacturer's maintenance measures and buy a new smoke detector before its useful life has expired (normally every 10 years).

☎ 450-662-4450

LIBRARIES

The *Bibliovente* Moves to Cartier Arena

The new edition of Laval libraries' annual sale will take place on **May 2-3, 2008**—an unhopd-for opportunity to buy second-hand books of all kinds at liquidation prices. Come discover your



next reading material, from among some 30,000 titles, ranging from books to magazines, to how-to

manuals and cartoons. This year, the *Bibliovente* is moving: It will be held at Cartier arena, located at 100 montée Major, opposite Cartier metro station.

☎ 311 or 450 978-8000

Ecological Solutions

Since April 2006, a provincial code has prohibited the sale and use of the most harmful pesticides on grassy surfaces. Ville de Laval has solutions to offer its residents, such as **ecological lawn maintenance**. This type of maintenance is based on minimum watering, aerating, reseeding, mowing grass not too short and using natural fertilizers, such as compost, and guarantees the health of the grass without resorting to pesticides. In addition, opt for **ecological landscapers** who use pesticides only when necessary, and only those that are low impact and authorized, and insist on seeing their operating permit from the Government as well as a detailed service contract.

Moreover, the City recommends **favouring the development of green spaces other than a lawn**, requiring minimal maintenance. The available alternatives include flower or shrub beds, undergrowth as well as the use of



perennials, local species resistant to dryness, ground cover and various types of mulch. Ecologically managing green spaces also means making the right choices of species and making the right landscaping decisions, considering exposure to the sun and wind, the slope of the land, the type of soil

and the moisture content. So prepare yourself now for managing your green spaces more ecologically and get a copy of the **Guide de gestion environnementale des pelouses** or the pamphlet **Tips for a beautiful, ecological lawn that's healthy**, available at the Multiservice Counter, at the *Halte environnementale* at Centre de la nature or on the City's web portal.

☎ 311 or 450 978-8000 and ask for the **Info-Pesticides** line
www.ville.laval.qc.ca

Dagenais Construction & Demolition Debris Site Moves Down

Please take note that the construction and demolition debris site, formerly at 5500 boulevard Dagenais Ouest moved a few blocks down to **4026 boulevard Dagenais Ouest**, on January 28. The second construction and demolition debris site, located at 1527 rue Cunard (municipal garage), remains unchanged. These sites are open to residents who want to dispose of their debris from construction or renovation projects. The various types of debris accepted are, for example, metals, concrete and brick (in small quantities), plaster, wood, branches and recyclables. For more information on the materials accepted and the costs, check the City's web portal at www.ville.laval.qc.ca, in the Environment section.

At the present time, these sites are open 8 a.m. – 5:30 p.m., Monday to Saturday. The summer schedule (8 a.m. – 7:30 p.m., Monday to Saturday inclusively) will start on April 7.

☎ 311 or 450 978-8000 – www.ville.laval.qc.ca



Two HHW Collections in 2008

Once again this year, Ville de Laval will be holding two hazardous household waste (HHW) collections. These collections will be taking place, as usual, in **May** and **September**, in the parking lot of City Hall. It's a wonderful opportunity for all Laval residents who want to get rid of their old paint cans, oil, solvents, car batteries, dry cell batteries, etc. Computer equipment may be disposed of here as well. It should be noted that these collections are being offered solely to Laval residents (proof of residence will be required) and only household waste will be accepted. The exact dates will be confirmed in local newspapers a few days before the event.

☎ 311 or 450 978-8000
www.ville.laval.qc.ca

Garbage Collection at Easter



Regular garbage and recycling collections will be carried out as usual on Good Friday (March 21)

and Easter Monday (March 24).

☎ 311 or 450 978-8000
www.ville.laval.qc.ca



NEW CONTAINER! With HIGH hopes!

Between May and October, over 149,000 Laval homes will each be receiving a roll-out container for recyclables. These new and larger containers will make it possible to collect many more recyclables every week. In this way, the City is aiming at reaching its objective of recovering 60% of recyclables produced by Laval families.

Roll-out containers were first introduced in Laval in 2005, to exclusively serve dwellings with 8 units and over. Nevertheless, this collection container will now be available to buildings with 7 dwellings or less (including single-family homes), starting in May of this year. These new containers will replace the little 64-litre Blue Boxes, used for recycling collections over the past 18 years. Once your new roll-out container arrives, keep your little Blue Box, which can be used to carry your recyclables to your roll-out container.

To make the transition easier, the recyclables accepted, the frequency and the collection day will remain unchanged; however, please note that the little 64-litre Blue Box will be accepted for curbside collections only until December 31 of this year. Keep an eye out in your local newspapers, in your mail and on Ville de Laval's web portal in order to obtain more information on the changeover to the new recycling container. And recycle to your heart's delight!

☎ 311 or 450 978-8000
www.ville.laval.qc.ca

Big Spring Clean-Up and Earth Day

The Big Spring Clean-Up will be held **April 22-28, 2008** and comes within the Earth Day anniversary festivities on April 22 of each year. The Big Spring Clean-Up consists of cleaning public grounds and is carried out by community organizations, daycares and students from Laval schools. The 2008 objective is to round up 20,000 participants. Initiated on April 22, 1993, on Earth Day, the Big Spring Clean-Up has made it possible to control the surface pollution problem (papers, bags, newspapers, etc.) left on our territory after the harsh winter season. Since 1993, nearly 800 metric tons of waste has been picked up and nearly 240,000 Laval residents have taken part in this activity.

☎ 311 or 450 978-8000 – www.ville.laval.qc.ca



Turn the Key to Be Idle-Free!

An engine that idles for 10 minutes every day can produce approximately one quarter of a metric ton of CO₂ every year, or the equivalent of the emissions of a compact car travelling 1,500 km. Last December and this February, a number of elementary schools in Laval took part in the "Turn the Key to Be Idle-Free" campaign to increase parents' and bus drivers' awareness of the importance of avoiding idling. Congratulations to all those who took part!

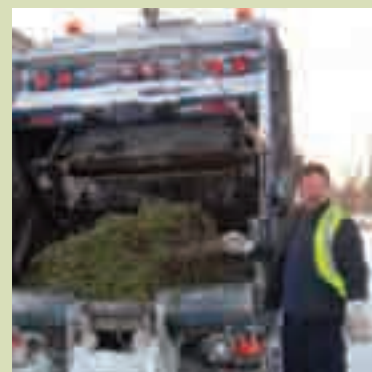
☎ 311 or 450 978-8000 – www.ville.laval.qc.ca



Christmas Tree Collection Scores Great Success

Thanks to the new, door-to-door Christmas tree collection last January, Ville de Laval was able to pick up a record number of these trees. A little over **8,000 Christmas trees** were detoured from landfill sites and recycled into wood chips. Since 1995, this program made it possible to recycle nearly **32,000 Christmas trees** from Laval residents and merchants.

☎ 311 or 450 978-8000
www.ville.laval.qc.ca





Successful Winter Festivities at Sainte-Rose en blanc

It was in the historical Vieux-Sainte-Rose district that **Sainte-Rose en blanc** was held—the largest winter festivities in Laval. Over the first three weekends in February, many families from all over the region had a chance to discover the cultural, heritage and outdoor activities that were part of this event. Many attended the indoor and outdoor shows, took part in the guided historical walks and hopped on the pony-drawn sleigh and dog sled for a ride. We hope to see you at the 5th edition next year!

Family Afternoon Events a Tremendous Success

For the 7th year in a row, residents in the districts of Duvernay, Saint-François, Saint-Vincent, Laval-des-Rapides, Pont-Viau and Renaud-Coursol were invited to come and play outside as part of **Après-midi famille** events, giving them a chance to stretch their legs and take advantage of the tobogganing and skating areas made available to them free of charge. Nine such events were held at the municipal parks in their neighbourhood. Organized jointly by Ville de Laval and a number of local partner organizations, the *Après-midi famille* events annually provide an ideal opportunity to make the most of the joys of winter!



Record-Breaking Returns at the Libraries!

From November 24 to December 2, 2007, Laval's libraries surpassed their objectives by recouping a record number of library loans (10,000) from 2,000 late members, following the libraries' offer to strike off the late fines of library members who brought back their overdue library books during that period of time. In order to take advantage of this offer, such members

had to come to the library, return their books and—new this year—bring non-perishable food, which the City in turn donated to Centre de bénévolat de Laval within its Christmas basket campaign. Some 2,000 kilos of food was collected in this way, making it possible for Centre de bénévolat to prepare baskets for about thirty families.



Nearly \$100,000 Raised for Laval Organizations

The 37th edition of the 2007-2008 **Patinorama** fund-raising campaign came to a close last February. Thanks to Laval residents' generosity, the participating organizations from cultural, sports and community circles raised \$99,870. With these funds, they will be able to finance their activities. The fund-raising campaign, which has been organized for the past few years in the form of a drawing among the general public, has made it possible for about ten lucky people to win a number of big prizes, including two trips to Cuba.



A Facelift!

After 22 years of loyal services among Laval-Ouest residents, Philippe-Panneton library, at 4747 boulevard Arthur-Sauvé, has been given a facelift that is well worth seeing! Floor coverings, paint, furnishings and blinds have been refurbished in order to help make the environment a user-friendly and really comfortable place for visitors. Take advantage of your visit to the library to discover the DVD section for youngsters and adults, which now has movies for the general public in addition to TV serials, musical and comedy shows as well as documentaries.

☎ 450 978-8919

Family Policy

In December, the Mayor of Laval and the Minister of the Family, Mrs Michelle Courchesne, launched the very first family policy. The City is a privileged spokesman for families and that's why it has assumed the role of initiating this



policy, which is intended as a frame of reference, presenting the major directions that will pave the way for municipal actions and those of its partners, with regard to family life. To consult this policy, visit the City's web portal (www.ville.laval.qc.ca) or your local library. An abridged version is also available at all municipal buildings.

Outings for 4-14-Year-Olds

On **April 18**, 10-14-year-olds are invited to discover the unusual career path of a street dancer, with **+ vite que tes yeux !...** In this show, which blends theatre, breakdancing, videos and a DJ, Théâtre des ZYGomars has truly scored a hit! On **April 27**, the Cas public



Barbe Bleue

company is inviting 9-12-year-olds to a high-quality play: **Barbe Bleue**. Based on the famous tale by Charles Perrault,

the choreographer

gives us the impression that we are neither 100% good nor altogether bad. And lastly, on **May 11**, 4-8-year-olds will be delighted with **Pépito et le poisson volant**, fluorescent puppet theatre presented by Théâtre des Cousins lointains.

☎ 450 667-2040

Photo: Rolline Laporte



Marcel Saint-Pierre, Claire-Voie, 2003

Marcel Saint-Pierre Event

Marcel Saint-Pierre, one of Laval's great painters, is currently exhibiting at Salle Alfred-Pellan in Maison des arts. Don't miss this event, which gives you a chance to appreciate—in one visit—the past ten years of development of this artist who has been very involved

in Laval's community. An art video reflecting the artist's approach will complete the tour. *De la matière à la pensée* is a collection of some thirty significant works of Marcel Saint-Pierre, created between 1998 and 2008. An art catalogue is also available for painting lovers. **Until April 22**, at Maison des arts, 1395 boul. de la Concorde Ouest.

☎ 450 662-4440
www.ville.laval.qc.ca – under "Culture"

Series of Talks: Getting a Grip on Biosciences!

Les *Biosciences apprivoisées* talks are back, starting **April 9**, at the Armand Frappier Museum, to offer the general public a unique chance to discuss with famous scientists! Since 2002,



Dr. Hubert Reeves

some twenty guest speakers, including Dr. Hubert Reeves (2004), Dr. Patricia Hudson (2006) and Dr. Christiane Ayotte (2003), have delighted hundreds of participants by explaining current scientific topics in simple terms. So don't miss the opportunity to attend these free, high-level scientific talks and ask all your questions! To find out what topic

will be discussed and when, and to reserve your seat:

☎ 450 686-5641, ext. 4676
www.musee-afrappier.qc.ca

Les Ballets Jazz de Montréal at Maison des arts

Well-rooted on the international dance scene, Les Ballets Jazz de Montréal [bjm_danse] are continuing to display the vitality and openness that have characterized them since they were created in 1972. Attend their two performances—*MAPA*, by Brazilian choreographer Rodrigo Pederneiras, and *Les Chambres des Jacques*, by Canadian choreographer Aszure Barton—presented within Dance Month at Maison des arts, on Saturday,

April 26. Admission is \$24 plus tax (group and student rates are available).

☎ 450 667-2040



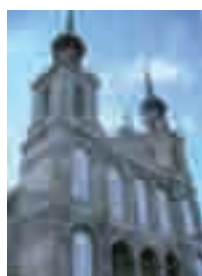
Photo: Jean Tremblay

Québec 1608-2008 at the Libraries

Through a jam-packed program of activities, Laval's libraries are highlighting the 400th anniversary of Québec City. In April, with the theme of "*Québec, je te lis*", take part in the talks that will give you a chance to meet such authors as Stéphane Dompierre and Lise Tremblay as well as such children's authors as Sylvain Meunier, Évelyne Gauthier, Danielle Simard, Annie Groovie and Joufou. These activities are free of charge: Register at the circulation desk of the library concerned. Consult the brochure to find out the schedule.



☎ 311 – www.ville.laval.qc.ca – Under Culture, click on "Libraries".



Energy and Culture in All its Forms

May 2-24, as part of *Empreinte de l'incontournable Saint-Vincent-de-Paul*, Productions Léz'Arts, in cooperation with a number of local partners, invite you to discover the fabulous and legendary Vieux-Saint-Vincent neighbourhood. The program includes loads

of free activities: blues jazz show, photo rally, historical and heritage talks, photo exhibitions, environmental activities for the family and much more! Participants will have a chance to enter a photo contest, with the theme of "*Photograph Saint-Vincent-de-Paul and leave your mark... on history*". Prizewinners will be rewarded at an award ceremony during 2008 Culture Days.

☎ 450 662-4901 – www.ville.laval.qc.ca



Photo: André Fiset, finalist-winner in the 2005 photo contest

Ville de Laval's partner organizations have a large number of sports activities to offer you. **Quickly** contact the organization that interests you in order to obtain all relevant information.

Soccer

Association régionale de soccer
www.soccer-laval.qc.ca
450 975-3366

Association sportive Monteuil
www.monteuil.com
450 625-2251

Club de soccer Chomedey
centre-ville
450 978-1043

Club de soccer Fabrose
www.soccer-fabrose.com
450 625-0023

Club de soccer Laval Centre-Sud
www.soccercentresud.com
450 967-4925

Sports Registrations

Club de soccer Les Étoiles de l'Est
www.etoilesdelest.com
450 664-2198
Comité des sports des Delta de Laval
www.delta-laval.com
450 689-2903

Baseball

Association régionale de baseball
www.laval.baseballquebec.com
450 661-6522, ext. 291
Association sportive de Laval-Nord
www.lavalnord.com
450 625-1582
Associés de Laval AA
450 625-1250
Club de baseball Laval-Est
www.baseball-laval-est.com
450 575-6169
Comité des sports des Delta de Laval
www.delta-laval.com
450 689-2903
Ligue de baseball de Vimont-Auteuil
www.baseballvimontauteuil.com
450 628-6469

Softball

Association sportive de Duvernay
450 664-1917, ext. 611
Association sportive de Laval-Nord
www.lavalnord.com
450 625-1582

Association sportive de Saint-François
450 966-6481

Comité des sports des Delta de Laval
www.delta-laval.com
450 689-2903

Récréation Auteuil
www.baseballvimontauteuil.com
450 963-0393

Softball Laval
www.softballlaval.com
450 662-3792

Football

Laval Bulldogs
www.lavalbulldogs.com
450 689-1920

Les Broncos
www.broncos.ca
514 857-3668

Les Chomedey Blues
www.chomedeyblues.com
450 689-1920

Les Cowboys Centre-Sud
450 662-4902

Les Devils de Laval
www.lavaldevils.ca
514 349-6666

Les Patriotes de Vimont-Auteuil
www.patrioteslaval.com
450 669-0505

Les Vikings de Laval-Nord
www.vikingslavalnord.com
450 622-7523

Laval's Vélo-carte

Good weather days are just around the corner and it will soon be time to take out your bike and hop on. Ramble along Laval's bike paths to discover nature roads or pedal along the City streets. From the south shore to the north shore, the plant life is truly astounding. From Île Perry bridge, ride through the parks and woodlands to cross through to Montréal. Nature and tranquillity await you. To find out more about Laval's cycling network or to map out interesting itineraries for yourself, get Laval's Vélo-carte, available at the various municipal buildings, starting this spring.

☎ 311 or 450 978-8000



Photo: Sylvain Majeau

Time to Discover Des Prairies Park!

With the good weather days back, come take advantage of them, within the captivating setting of Des Prairies park. Whether for strolling along the lit walking trails or for a lovely bike ride, it's an ideal place for the family. Des Prairies park also gives its visitors a chance to gratify their curiosity. Thanks to an ecological trail featuring a number of interpretation markers along the way, the whole family will have a chance to take part in an

amusing quiz. This spring is the ideal time to discover this impressive natural site!

Des Prairies Park: 5 avenue du Crochet

Photo: Sylvain Majeau





Spring Has Sprung!

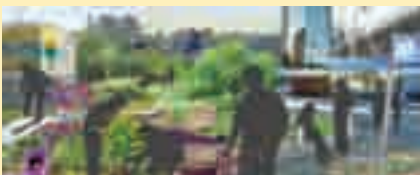
In spring, Mother Nature puts on quite a show, bursting force with life. Gullies flow, blossoming lilacs and lilies of the valley perfume the air... Spring is joy! Spring is a rebirth...

Spring Equinox

The Spring Equinox, which falls on March 20 this year, is the date when day and night are of equal length, as the Sun will spend an equal amount of time above and below the horizon at every location on our planet! So it's a day of equality and it's also International Francophonie day as well!

Droit de Cité des jeunes: To Act as an Eco-Citizen

Droit de Cité is a youth education and learning program about citizenship. It is based on the principle that we become an eco-citizen through knowledge of our environment and involvement in



our community. Would you like to carry out local or regional initiatives or projects that will stir people into action? The *Droit de Cité* website (some documents are in English) provides you with an opportunity to take part in stimulating projects, discover your environment, find out about other youngsters' achievements and share yours.

☎ www.droitdecite.qc.ca

Student Employment in the City: Youngsters Wanted!

Are you 16 years old or over and looking for a summer job? Have you thought about student employment offered by Ville de Laval? Whether you'd like to become a day camp councillor, a lifeguard at the outdoor pools, a tennis instructor or a monitor keeping watch over park activities, you'll have the chance to enjoy a very rewarding experience! By working for Ville de Laval, you will be able to benefit from a number of advantages. The jobs are available in your neighbourhood and the salaries are attractive. Other part-time positions are also offered all year round and will give you an opportunity to work at community centres, arenas, outdoor skating rinks, indoor pools or at the Centre de la nature. To find out the complete list of jobs offered and how to apply for them, pick up a copy of the pamphlet entitled *Un emploi étudiant à la Ville de Laval, c'est fait pour moi*, available at all municipal buildings, or visit www.ville.laval.qc.ca (under *Municipal Services*).

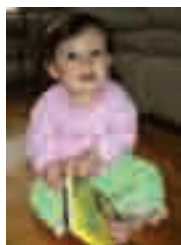
☎ 311 or 450 978-8000



A Birth, A Tree

The popular A Birth, A Tree program is continuing on! Every spring, Ville de Laval offers a tree to its residents of tomorrow, thereby giving them a better quality of life from an environmental standpoint. To qualify, you must be a Laval resident, have given birth to a child between June 2007 and May 2008, show proof of birth on receiving the tree and register before May 23. The trees will be distributed on Sunday, June 8, at City Hall, 1 place du Souvenir. **Residents must register by May 22.**

☎ 450 978-6888, ext. 5249 – www.ville.laval.qc.ca
under *Vie communautaire / Événements majeurs / Une naissance, un arbre*



A Book for Baby

Together with the "A Birth, A Tree" program, Laval libraries offer young families the Book for Baby program. Parents of Laval infants under 12 months of age who sign up their child to become a member of their local library will receive a free gift package, including a hard-cover book published by Éditions Dominique et compagnie, a reading guide and an issue of *Enfants Québec* magazine. This initiative on the part of public libraries in the regions of Laval, Laurentides and Lanaudière is aimed at encouraging infants to become aware of reading and reading enjoyment. The package will be available while quantities last.

☎ 311 or 450 978-8000 – www.ville.laval.qc.ca
under *Vie communautaire / Événements majeurs / Une naissance, un livre*

Spotlight on the Family

Take advantage of Québec Family Week, **May 12-18**, to discover the 10th edition of **Fête des familles du Marigot**, organized by community partners in Pont-Viau and Laval-des-Rapides. Some 1,000 people take part every year. The program includes inflatable play structures, activities, shows and a number of surprises! Keep an eye out for the program at the daycare centres in the area.

☎ 450 662-4902



Les Pieds Légers' Folklopoly Show

Laval's Les Pieds Légers folk group will be presenting their annual *Folklopoly* show, at Maison des arts de Laval, **May 9-10**. When Québécois and international dances are performed in rapid fire, the show becomes a game!

☎ 450 663-2241

An Invitation to Traditional Dance and Music Lovers

Dancers and musicians on Île Jésus invite you to relive traditional Québécois and international evenings. The activities will take place at Centre de création artistique de Laval and Centre communautaire Jean-Paul Campeau. Dancers and musicians interested in joining the group should quickly phone:

☎ 450 667-9005 – www.dmij.net.



Mini-polo

Your child loves team sports and playing in the water? Mini-polo might become HIS sport. Played in shallow water, mini-polo—an offshoot of water-polo—is for youngsters age 11 and under. While having fun in the water, your child will develop playing strategies and agility.

You may register at one of the BMLs (*bureaux municipaux lavallois*).

☎ 450 664-1917, ext. 501 – www.waterpololaval.com

Théâtre Parlevent

The Théâtre Parlevent troupe is presenting the play entitled *Antigone* by Jean Anouilh, at 8 p.m., **April 4-5**, and at 2 p.m., on **April 6**, at École d'éducation internationale de Laval, 5075 boulevard du Souvenir Ouest. This tragedy is also aimed at high school and college students.

☎ 450 625-1126 – www.parlevent.ca

Tuxedo Palace Theatre Performance

For its 27th production, the Troupe du Défi de Laval is proud to present Marie-Thérèse Quinton's comedy entitled *Tuxedo Palace*, at Maison des arts de Laval, **May 2-4**. Tickets are now on sale—at \$15 for the general public and \$13 for seniors. The Troupe du Défi will donate \$1 per ticket sold to The Children's Wish Foundation.

☎ 450 681-2032 or 514 688-3933
www.troupedefi.com

10th Symposium of Artists Along the Route des fleurs

Organized by the Quartier des Arts du Cheval Blanc, this symposium offers a prestige



route where artists present their works in a captivating setting: a unique horticultural tour in Québec. This year, with the theme of *A Heritage to Preserve*, come discover a world of recollections, **May 3-4**.

☎ 450 622-8446 – www.qacb.ca

Singers Wanted!

Les Petits Chanteurs de Laval and Les Voix Boréales are now looking for male and female elementary school students in Grades 3 and 4! Auditions will be held in **April**.

☎ 514 583-6508 – www.singsing.ca



Table Tennis A Sport Anyone Can Play!

An Olympic discipline focusing on precision and speed, table tennis isn't a very costly sport and anyone can play it. The mission of Club de tennis de table Letendre is to offer quality equipment to its members between the ages of 6 and 77 as well as specific supervision for youngsters aiming for excellence. The focus is on maintaining good sportsmanship and accessibility to families.

☎ 450 975-1236 or 514 983-7464
www.clubletendre.com

Invitation to Musicians!

To open its doors to more musicians, Harmonie Laval set up Harmonie-Laval - La Relève in 2003. This group provides young, dynamic musicians with an opportunity to become more familiar with the repertoire and develop their skills as performers, to promote music for wind ensembles and to train tomorrow's musicians who will be joining the ranks of Harmonie Laval. Anyone interested must come for an audition.

☎ 514 614-3928 – www.harmonie-laval.org



An Operetta at MDA

Productions Belle Lurette are presenting *Ta Bouche*, a three-act operetta by Maurice Yvain. Considered to be the top French musical comedy, and yet never performed in Québec, *Ta Bouche* won the Spedidam award for the best musical show at the Molières in 2005. Adapted in the 1950s, *Ta Bouche* will be presented on stage at 8 p.m., **March 28-29**, and at 3 p.m. on **March 30** at Maison des arts de Laval. Admission is \$20 for adults and \$15 for students.

☎ 450 667-2040



Walk for Your Health

Walking is a physical activity that's a great pastime and a good way to keep in shape. It's safe, easy to do and offers many benefits, regardless of age or

fitness. If you get bored walking alone, if you're nervous doing so or if you find it hard to keep motivated, join one of the 16 walking clubs in Laval. There's a club in almost all districts of the City, so you'll surely find a group to suit you, right near where you live.

☎ Hélène Fournier – 450-664-1917, ext. 401

For Our Youngsters' Success at School

Diapason-Jeunesse's mission is to prevent school dropouts among 12-17-year-olds. At the present time, the organization is seeking **volunteers**, to help teens who need assistance, within academic workshops focussing on French, math or English, and in manual workshops involving pyrography (wood burning), tinted glass, modelling and painting on fabric. If you're interested in this 3½-hour-a-week volunteer work, on Monday, Tuesday or Wednesday evenings, you will be given proper training to do so.

☎ 450 668-8839

24th Edition of Expo-Train Modélisme de Laval

Here's an invitation to residents from the Association des Éclaireurs Baden-Powell, in cooperation with model builders, to join them at the 24th edition of Expo-Train Modélisme. Now considered to be the largest show of scale models and reduced-size models

in Québec, this exhibition will feature miniature trains, racetracks, aircraft, rockets, figurines, helicopters, automobiles, submarines, streetcars, military vehicles and boats built on various scales. This fund-raising activity in aid of scouts and guides will take place **April 5-6**, 10 a.m. – 4:30 p.m., at Polyvalente Georges-Vanier, 3995 boulevard Lévesque Est. Admission is \$8 for adults and \$5 for children.



☎ 450 625-4230 - www.model-art.com

BioFerme Laval: To Whet Your Appetite and Open Your... Mind

“Treat people as though they were what they should be and in this way, you will help them become what they can be*.” Seven years ago, that’s what no doubt motivated a group of Laval residents who wanted to give their fellow creatures faced with pervasive developmental disorders (PDD, or TED in French), including autism, a chance for fulfilment. It’s in the Sainte-Dorothée district, on eight acres of land located along Route des fleurs, that this project, unique in all of North America, truly blossomed.

The project took the form of a biological farm—BioFerme Laval—a real social economy enterprise, where a dozen participants are involved in the production of over 80 types of fruits, vegetables and fine herbs bearing the Ecocert guarantee. The concept is based on similar accomplishments in Europe, and mainly in the south of France. In



The participants are involved in the production of over 80 types of fruit, vegetables and fine herbs bearing the Ecocert guarantee.

addition to agricultural activities, BioFerme participants do cabinet-making and ceramics, make processed products and more. Animals are also bred and raised here: rabbits, lambs, chicken, guinea fowl, emus and pigs, which are biologically

fattened up before being sold. Fresh eggs are also available. During the summer, they even serve country-style food here as well. In addition, BioFerme Laval participants play an active role in certain activities such as *Le bon goût de la campagne* and the *Tournées gourmands*, organized by Laval Technopole. Through their work, the participants are required to develop their autonomy as well as their occupational and social skills. Commitment is developed at each person’s own pace and in their respective area of interest.

BioFerme Laval is part of Entreprises Qualité de Vie, established and directed by Germain Lafrenière, who is also the administrator of the following projects: *Le Chat Botté* (day camps and support services for weekend respites), the Société de l’autisme et des TED de Laval as well as TED sans frontières, an organization located in 15 Francophone and Francophile countries to disseminate and freely circulate the most recent experiences relating to pervasive developmental disorders. This organization in fact publishes one of the rare Francophone periodicals exclusively dealing with pervasive developmental disorders, including autism. “In 2008, we have to understand that we aren’t all alike and that we must make place for those who are different, so that they also have their place in the sun,” mentioned Mr. Lafrenière, to whom the National Assembly awarded a medal of honour, in 2005, to pay tribute to his commitment to the cause of PDD.

All the efforts invested since 2001, helping the participants to fulfill themselves, could not have proven successful without the almost religious commitment of six employees and support from such partners as CRDI Normand-Laramé, Centre local de développement de Laval, Société de l’autisme et des TED de Laval, Commission scolaire de Laval, Agence de la santé et des services sociaux de Laval, Ville de Laval, Office des personnes handicapées du Québec and the Laval members of the National Assembly.

* Goethe, German writer, 1749-1832

**■ 573 rang Saint-Antoine, Sainte-Dorothée
450 962-5532**



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NON-URGENT CALLS
ON LINE WITH **MY CITY**