



MUNICIPAL COUNCILORS



Mr. Luc Marsan District 1 | Quinchien





District 3 | Des Bâtisseurs District 4 | De la Seigneurie





Mrs. Diane Morin District 5 | Des Chenaux





Mr. Gabriel Parent

District 8 | De la Baie

A word from the mayor

I'd like to take advantage of the opportunity afforded by our municipal newsletter to congratulate the City's teams for delivering quality services to our citizens. The past year has been marked by disasters such as ice storms, floods and torrential rain, and several of the City's departments found themselves on the front lines during these emergency situations. Once the incidents passed, however, it was time for them to catch up and get back to their day-to-day business so that services to citizens and programming could continue as planned. Of course, the Public Works and the Water and Fire Safety teams are often the ones that come to mind when we think of such emergencies, and rightly so. But in any city, it goes without saying that all departments are interrelated, and the success of some depends on the efficiency of others. Our City stands out on many levels, and our employees play an important role in this. During the Festival de cirque, for example, many of our City's employees got involved by taking on various roles, and it was easy to see just how proud they were. In fact, the 17th edition of the event was a tremendous success, despite an episode of intense smog that required teams to adjust once again. As luck would have it, the event went on as planned, and many of you took the opportunity to visit the site and enjoy the activities. No matter which of the summer events you took part in—the Rythmes d'été, Fêtes de quartier or the many activities at Le 405 Park, to name a few-your massive participation is a guarantee of success and is what motivates us, as a municipal council, to continue along this path.

I'd also like to highlight that this year's Grande Vadrouille race, which takes place on September 17, is celebrating its 40th year-what a great achievement! I'd like to acknowledge Jean-Pierre Champagne along with his daughter Sarah for their perseverance and dedication. I'd also like to mention the incredible involvement of Jean-Pierre's long-time colleague Claude David. They have been and continue to be important ambassadors for athletics in our region. To them, and to all the volunteers who lend them a hand, we say thank you!

Also on the topic of sports, I'd like to congratulate all of our athletes who took part in the 57th Finale des Jeux du Québec in Rimouski. I have no doubt that they will treasure their memories of this amazing sporting event—an event that has delighted young people for many generations.

Happy Back-to-School Season to all!



Mayor Guy Pilon



This symbol appears in different portions of the Municipal Newsletter to indicate projects that are part of the 2020 > 2025 strategic planning.

CHANGE TO THE MANAGEMENT

During its July 3rd meeting, City Council approved changes to the Assistant Director General position in accordance with the wishes of Mr. Marco Pilon, FCPA, OMA, who is choosing to dedicate his time exclusively to his position as Treasurer and Director of Finance and Treasury. Given the strategic importance associated with the position of Deputy Director General, it has become clear that this is a full-time position.

Marco Pilon has held the position of Deputy Director General for more than three years and Director General Olivier Van Neste has nothing but praise for him. "I would like to thank Marco for his dedication and expertise. It's important to recall that only a few months after we took office, a pandemic completely changed the way we work! We needed to adapt, and it was reassuring to be able to count on Marco's strong skills in several areas of the municipal sector," said Mr. Van Neste. After giving careful thought about who would best be able to fill the position of Deputy Director General, Mr. Van Neste's recommendation on the naming of Ms. Mélissa Côté, Notary, AMO to the position received the approval of the Municipal Council.

Ms. Côté has been in her position as Deputy Clerk for 9 years, is a notary by training, and became the new Deputy Director General of the City of Vaudreuil-Dorion. Ms. Côté has been involved for several years in most of the City's major files, including the 2020-2025 Strategic Plan, the acquisition of strategic properties for the City and the negotiation of major agreements with partners, among others. As Director General Olivier Van Neste said, "Mélissa is an excellent, brilliant and skillful negotiator, as well as an outstanding

communicator. She fosters collaboration within work teams. encourages the search for solutions on a daily basis, and has also promoted the City on many occasions through her active participation in COMAO as an administrator and member of the legislation committee. Ms. Côté is a young manager who deeply loves the City of Vaudreuil-Dorion and is well-liked by all employees."



The general management team plans, organizes, supervises and controls all activities pertaining to the municipal organization in order to adequately meet the needs of citizens. Eleven departments make up the municipal administration, which employs approximately 375 people (more than 400 in the summer) who contribute to providing quality services to the citizens of the City of Vaudreuil-Dorion.



Budget **PARTICIPATIF**

VOS PROJETS NOTRE EXPERTISE VOTRE DÉCISION

Pour une participation de tous au mieux-être collectif

Soumettez vos projets d'ici le 22 septembre 2023





FUTURE HOSPITAL PARKING LOT

Last June, the City's council unanimously adopted a resolution asking the Ministère de la Santé et des Services sociaux to provide for the addition of a budgetary envelope to build an elevated or underground parking structure instead of a surface parking lot for the Vaudreuil-Soulanges hospital, as had originally been included in the plans accepted by the City, the whole in accordance with the sustainable development goals announced by the former Minister on February 1st, 2019, as well as the regional and municipal planning and regulatory documents.

This resolution is based on numerous facts proving beyond any doubt that the Quebec government's decision to build a surface parking lot goes against existing environmental policies at the municipal, regional and provincial levels. In fact, the plans provide for 1,869 parking spaces, representing 5.7 hectares of paved area, the equivalent of more than 5 football fields and 23% of the total size of the area where the future Vaudreuil-Soulanges hospital will sit.

"Creating such a heat island on the site of the hospital is completely illogical. In 2021, when the government announced funding for urban greening initiatives, Minister of Health and Social Services Christian Dubé mentioned, and I quote: 'In cities, because of the urban heat island phenomenon, it gets even hotter during heat waves, and the health risks are greater. We need more green spaces in our urban areas if we are to act effectively against this danger.' Furthermore, a press release from the same

Ministry on February 1st, 2019, announcing the location selected for the Vaudreuil-Soulanges hospital, emphasized that the design criteria for the new hospital would introduce best practices with regard to sustainable development, in order to minimize the ecological footprint of the new infrastructure, and that a LEED certification would be among the criteria," explains Mayor Guy Pilon.

The government points to project cost reduction as the reason to justify its choice to abandon the construction of an elevated or underground parking structure. The construction of the hospital represents an amount of \$ 2,595 billion and a parking structure would involve an increase of approximately 3% of the planned budget.

"We are aware that it costs more to build an elevated or underground parking structure. Yet this is the choice the City made for the municipal hub, in accordance with its regulations and to respect the best practices in terms of sustainable development. It is also the choice that is required for new multi-unit buildings. At the time of issuing the permits, the government had made a commitment to develop scenarios for an elevated parking structure. This about-face is inconceivable and unacceptable," added Mayor Guy Pilon.

In spring, ReNew Canada released its annual report outlining Canada's 100 largest infrastructure projects currently underway in the country. The future Vaudreuil-Dorion hospital ranked 29th among the projects according to their construction budget. According to the City of Vaudreuil-Dorion's municipal council, building a large, paved surface parking lot without any environmental vision is unacceptable for a project of this magnitude.



CONSTRUCTION UPDATE

Buildings



The reconstruction of De Lotbinière Fire Station No.11 is progressing. Exterior finishing work is well underway, landscaping and planting will be completed by the end of the summer, and the building should be operational by the end of the year. The building will be the first to be identified in accordance with the City of Vaudreuil-Dorion's new master plan for exterior signage, which will be implemented throughout the City over the next few years.

Infrastructures

- Plans and specifications are currently being prepared for the renovation of Dutrisac, Roche (at the corner of Rue Joseph-Carrier and Avenue Saint-Charles) and Bourget (in front of Pierre-Elliott-Trudeau school) pumping stations. Work will begin on some of the buildings in 2023. Upgrading such infrastructures is part of the City's annual program. Work is carried out in an order that prioritizes the stations considered to be the most obsolete.
- Work to replace the wastewater treatment system in the Domaine-en-Haut sector has recently begun. The work will continue over several months and includes the construction of a service building. The existing system was outdated, and the work will ensure compliance with the standards of the Ministère de l'Environnement, de la Lutte contre les changements climatiques, de la Faune et des Parcs (MELCCFP). The City has received financial assistance from the Ministère des Affaires municipales et de l'Habitation (MAMH) for this particular project. Construction of the drinking water supply line in the same sector is now complete. Residences have been supplied by the City's water filtration plant since last June.
- A contractor has been selected for the installation of ultraviolet disinfection units at the filtration plant. Depending on procurement lead times, the contractor is expected to start work over the course of the year. The ultraviolet disinfection system will be integrated into the treatment chain—immediately following the water filtration process. This will ensure that disinfection criteria are met in the event of a prolonged deterioration of raw water quality.
- Construction of the underground infrastructures for the new hospital (water and sewer) has recently begun and will continue over the course of the coming months. Work will focus on a portion of Boulevard de la Gare south of Rue Édouard-Lalonde and towards the west along Boulevard de la Cité-des-Jeunes and under Highway 30. This work also includes the reconfiguration of the eastbound Highway 30 Exit 2 ramp as well as the extension of a left-hand turning lane on Boulevard de la Gare. Although traffic is expected

- to be affected, measures have nonetheless been taken to reduce its impact.
- Work done to replace the water pipe on Rue Boileau, between Boulevard de la Cité-des-Jeunes and Rue Lartigue, was completed at the start of the summer.
- In July, an electric vehicle charging station (EVCS) was installed for street parking on Rue Dutrisac near the Avenue

Saint-Charles intersection. Between now and September, three more EVCSs will be added, namely in the Avenue de la Fabrique sector and on Avenue Saint-Charles near Rue Jeannotte. The third site remains unconfirmed at the moment. Let's reiterate that the City obtained financial assistance through the Grant program for the installation of 4,500 charging stations as part of Hydro-Québec's electric circuit. The grant covers the purchase and installation of street-side charging stations.



Bike paths and pedestrian amenities

- Work to create a multi-use off-road path on Rue Valois, between Route Harwood and 8th Avenue, is slated to begin shortly, if it has not already begun. At the time of this publication's writing, the City was still waiting on a response to its request for a grant.
- Work to add a multi-use path connecting Rue des Nénuphars to Rue des Pivoines in the right-of-way along the railroad tracks is also expected to begin shortly, as soon as the City obtains a response to its request for a grant.

Parks and green spaces

 Last May and June, work was completed on the baseball field at Bel-Air Park, most of which was done by the Public Works team. Lighting, fencing and safety netting were added, and the diamond was expanded. The total value of the work was \$263,000. Baseball enthusiasts and organizations now benefit from a quality field on which they can play in this sector of the city.





QUATRE-SAISONS SCHOOL PARK

Work on the Quatre-Saisons school park is expected to begin shortly. This park is in the green space located in the quadrilateral of Rue Émile-Bouchard, Rue Phil-Govette and Rue Toe-Blake and of Hymne-au-Printemps and Légendes schools. The project includes the installation of playground equipment and street furniture with a focus on universal accessibility (tables, benches, swings, etc.), the development of lit pathways connecting the various zones (certain sections of which will be identified by playful, colourful pavement markings), the planting of trees, the enhancement of the main entrance to the Croisée building and the redevelopment of the parking area. Shaded areas will also be created, notably near the splash pad. To encourage active transportation in this area, numerous bike racks and other racks specifically adapted for scooters will be added. Among the facilities planned, the school park will be the first of its kind in the area to feature a futtoc table—an oval table very similar to a ping-pong table, but where players have to pass a soccer ball made of a very light material over the net.

The entire development project is designed to meet the needs of users of all generations from the area. The Quatre-Saisons school park is the green space serving the largest population in Vaudreuil-Dorion, specifically in the TOD area of the De la Gare district. It is central and of paramount importance to the quality of life of its various users (schoolchildren, citizens, visitors, day camp users and patrons of the La Croisée municipal building, etc.). Completion is scheduled for June 2024.

On May 25, the *Centre de services scolaires des Trois-Lacs* officially inaugurated the artificial turf soccer field at the Quatre-Saisons school-park. The City of Vaudreuil-Dorion contributed \$250,000 to the project. This new sports field will also be used by the FC Trois-Lacs soccer association, giving players access to a quality playing field as soon as the warm weather arrives.

DES ÉCHOS HIGH SCHOOL

The new Des Échos high school is now welcoming its first students. Located in the extension of Rue de Chenonceau and Rue De Clichy, the school has a capacity of 1,256 students. The school includes an auditorium accessible from the outside, as well as a public square. Architecturally, the roof of the auditorium and gymnasium is green—the first of its kind among the region's schools.

Centre de services scolaire des Trois-Lacs received a grant for the addition of an artificial turf field, which will be available to the entire population outside of school hours. The City of Vaudreuil-Dorion entered into an agreement with the school to financially contribute up to one-third of eligible costs (\$1,441,406.97).





MUNICIPAL HUB



Construction work for Phase 1 of the municipal hub (library, town hall and public square) continues. The stepped staircase was installed in the interior section in May 2023. This staircase is located in the hub's lobby and will provide a social space for library users and citizens alike. It will also continue outside the building. The staircase modules were prefabricated and delivered to the site. The wooden frame was then erected over the course of the summer. The contractor plans to complete the exterior shell of the staircase this Fall. The project began in October 2022 and will take two years to complete. Residents can follow the progress of the project on the Town's Web site (Municipal Hub section), and can register for the citizen portal to receive notifications of work in progress.

MUNICIPAL







FIRE SAFETY:

PROPANE HEATERS AND FIREPLACES

Propane heaters and fireplaces create a warm atmosphere for cozy evenings with family and friends, in the comfort of your own backyard. These appliances are an interesting alternative to wood-burning fireplaces, since they don't emit smoke. The City of Vaudreuil-Dorion's by-laws authorize the use of propane fireplaces on condition that users:

- choose an approved appliance;
- comply with the provisions of the manufacturer's manual:
- comply with the provisions governing the installation, handling and storage of propane (CSA B149.1 and CSA B149.2).



If you have any doubts about the quality of a propane installation, you should immediately contact a propane distributor, a specialized propane contractor or an individual who holds a gas certificate of qualification. To ensure that an appliance is approved, simply check to see that it bears a certification seal. Gas appliances and equipment sold in Québec must be certified by an organization recognized by the Régie du bâtiment du Québec. The seals can be viewed at rbq.gouv.gc.ca.

A FEW SAFETY TIPS

- Propane tanks must always be kept outdoors.
- All propane tanks, whether in storage (not connected to an appliance) or in use, must be secured in an upright position to prevent tipping, on a solid, noncombustible, level base. They must also be protected against impact when placed in moving vehicles.
- Never leave a propane appliance unattended when it is in operation.
- Vent outlets must be located at least one metre from any opening and at least three metres from air intakes for suction cup appliances, mechanical ventilation intakes and any source of ignition.
- · Never smoke near a propane tank.
- It is important to turn off the tank valve after each use to cut off the propane supply.
- Tanks must be replaced when they reach their expiration date. The condition of the tank, nozzles and hoses should always be checked for leaks caused by damage or loose parts.
- If the unit emits an odour reminiscent of rotten eggs (mercaptan), immediately turn off the appliance and do not use it again until it has been repaired.

REMINDER

In Vaudreuil-Dorion, only one outdoor wood-burning fireplace may be used in the backyard of a single-family home that is detached on all sides. All conditions governing the use of such fireplaces are set out in By-law No. 1216, available on the City's Web site.

NEW PUMPER TRUCK IN OPERATION

On July 26, the Vaudreuil-Dorion Fire Department officially introduced its new pumper trucker, which was delivered last May. Ordered in July 2021, this acquisition, representing an investment of \$1,078,060, is part of the City's plan to replace its fleet of vehicles.

Based at the Forbes Fire Station, this pumper truck will become the station's main frontline truck. It is equipped with:

- a full-height crew cab;
- · a high-performance foam system;
- an integrated generator;
- an LED light tower;
- a tank with a capacity of 1,000 gallons of water and 200 gallons of foam.



EXPANSION OF THE VAUDREUIL-DORION ECOCENTRE

The Vaudreuil-Soulanges MRC's Ecocentre network is currently working on expanding the Vaudreuil-Dorion Ecocentre, a project that is expected to be completed at the beginning of October. This will result in the creation of three new loading docks as well as the expansion of the upper platform.

Although the Ecocentre will remain open during construction, it may experience a slowdown in services. Moreover, for logistic reasons, the following materials will not be accepted during the construction period:

 Hazardous household waste (tanks, oil, chemicals, etc.), which can instead be disposed of at the Rigaud or Saint-Zotique ecocentres; • Paint, lightbulbs, batteries (batteries, varnish, mercury lamps, etc.), which can instead be disposed of at the Rigaud, Saint-Zotique or Pincourt ecocentres.

To dispose of these materials and avoid longer-than-usual waiting times, the MRC would like to remind all citizens of the Vaudreuil-Soulanges region that they can use the services of the network's four ecocentres. For the list of materials accepted or for more information on the ecocentre network: tricycle-mrcvs.ca or 450 455-5434.



ULTRAMARATHON RUNNER ANTHONY BATTAH STOPS IN VAUDREUIL-DORION

On July 29, Anthony Battah stopped off in Vaudreuil-Dorion, after the first leg of his journey, to present his Ultra-Trail Monarch project—a 4,500 km ultramarathon following the same migratory path as the monarch butterfly, to draw the public's attention to the vulnerability of this pollinator. Local runners joined him for the last few kilometres from Sabourin Park, at the entrance of the city, all the way to Le 405 park.

The monarch butterfly is an emblematic species of North America. Like all pollinators, it plays an essential role in biodiversity. Unfortunately, its population has declined by over 90% in the last 20 years.

Certified a Monarch-Friendly City by the David Suzuki Foundation since 2021, the City of Vaudreuil-Dorion is proud to support the athlete in his mission. It has adopted an action plan for the protection of pollinators that includes, among other things, the creation of gardens suitable to the monarch butterfly, the eco-friendly management of vegetation on city property, the reforestation of public spaces and the organization of events such as the horticultural fair.

Mr. Battah's goal is to raise \$1 per metre travelled, i.e.: \$4.5 million, to be donated to organizations renowned for their mission to protect the monarch and its habitat. Complete details on Anthony Battah's Ultra-Trail Monarch project and his fundraising campaign can be found at ultratrailmonarque.com.





FREE

Registration online at ville.vaudreuil-dorion.qc.ca Information: 450 455-3371, Option 1



October 22, 1:30 p.m.

Centre multisports André-Chagnon

GIVE YOUR FURNITURE A SECOND LIFE (ECO-FRIENDLY DECOR)

By Vanessa Sicotte

Part of the Réparothon event

What if you could change your home decor without having to worry about contributing to over-consumption? In an age when we're becoming collectively aware of the damage we're doing to the environment, can we still afford to follow decorating trends without contributing to the problem? Designer and Historian of the Decorative Arts, Vanessa Sicotte, is convinced we can! During this conference, you'll learn tips on how to use what you have available to you at home, make new things out of old, shop like a pro, and create unique, sustainable decor that's within your budget.

November 22, 7 p.m. Municipal library

HOSTING A ZERO-WASTE EVENT

By Sylvie Lasser of Motio, les conférences et ateliers de la transition

Hosting a family event often generates a substantial amount of waste. This conference will give you tips and tricks to limit the amount of garbage bags you are left with once the party is over.



RÉPAROTHON

OCTOBER 22, 2023 9:00 a.m. to 5:00 p.m. Centre multisports André-Chagnon





Matières acceptées dans votre BAC BRUN

Céréales, grains, pains pâtes, farine et sucre

Fruits ou légumes cuisinés ou non

Viandes, os, poissons, fruits de mer et coquilles d'œufs







Marcs de café et filtres, sachets de thé Produits laitiers, gâteaux, sucreries, noix, écales

Nourriture pour animaux domestiques







Résidus verts

Feuilles mortes, gazon et autres herbes coupées, fleurs, petites branches, plantes d'intérieur et restants d'empotage



Autres matières

- ✓ Aliments liquides en petite quantité pouvant être absorbée par les autres résidus
- Matières grasses (huile végétale, mayonnaise, sauce à salade, etc.)
- ✓ Bâtons ou cure-dents en bois, cheveux, poils, plumes
- Fibres sanitaires : serviettes de table, papiers essuie-tout*, papiers mouchoirs
- ✔ Déjections et litières d'animaux
- Cendres froides (refroidies au moins 7 jours)

*Papiers essuie-tout et autres fibres sanitaires n'ayant pas été en contact avec des produits chimiques (produits de nettoyage, huile à moteur, peinture, etc.)

- Papiers et cartons souillés d'aliments : assiettes de carton, boîtes de pizza, sachets en papier et autres, sans broche de métal, sans plastique, non cirés
- Sacs en papier, avec ou sans pellicule cellulosique compostable à l'intérieur



www.tricycle-mrcvs.ca/compostage



INFORMATION SESSIONS

Overview of the smart collection project: objectives, advantages, operation

Tuesday, October 24, 6:30 p.m. (in French)
Wednesday, November 1, 6:30 p.m. (in English)
Centre multisports André-Chagnon
(3093, Boul. de la Gare)

City representatives will be on site to answer your questions.

To help ensure we can adapt the layout of the room to the number of guests, we invite you to register at environnement@ville.vaudreuil-dorion.qc.ca.

For a better undersanding of WASTE SORTING



REMINDER

240-litre brown bins will be delivered to residents between September 4 and 29. These large bins will then be the only ones collected. Details on how to dispose of the small bins will be announced shortly. Keep an eye out for information available on the City's Web site.

RADON IN RESIDENTIAL BUILDINGS

Radon is a radioactive gas produced by the natural decay of uranium in the ground. It is colourless, odourless and tasteless, and is therefore undetectable to the senses. When it is in the open air, it is dispersed into the atmosphere and poses no danger as a result.

For the past few years, the City of Vaudreuil-Dorion has been selling radon detectors to its citizens at the low cost of \$5, including analysis and shipping to the laboratory. For this test to be conclusive, the detector must remain in place for a minimum of three months. Winter is the ideal time to test, as this is when buildings are less ventilated.

How to get your radon detector

Starting September 5 at 9:00 a.m., citizens who wish to obtain a radon detector may request one via the City's Web site (Environmental Grants section) or by phone at 450 455-3371, Option 1. Please note that a valid Citizen Card is required to do so. Residents can pick up their radon detectors

at Opticentre St-Jean-Baptiste on one of the three following days:

- October 12, from 6:00 to 8:00 p.m.
- November 11, from 9:30 to 11:30 a.m.
- November 28, from 6:00 to 8:00 p.m.

Radon concentration

If results are over 200 Bq/m3, the current Canadian maximum threshold, it is recommended that the required steps be taken to reduce the concentration of the gas. The City therefore offers a 50% refund of the cost for installing a radon-mitigation system, up to \$500 per residence.

COUP DE THÉATRE!

Série de spectacles jeunesse

GRATUIT

Centre multisports André-Chagnon 3093, boulevard de la Gare

AUTOMNE 2023

Dimanche ler octobre, 11 h

LE CARNAVAL DES ANIMAUX Par L'Arsenal

Inspiré de l'œuvre fantaisiste du compositeur Camille Saint-Saëns, *Le Carnaval des animaux* propose aux enfants une traversée musicale fabuleuse guidée par deux personnages clownesques: Octave et Mandoline. Dans cet univers magique, lions, kangourous, tortues et autres animaux prennent vie par le biais de petites et grandes marionnettes plus surprenantes les unes que les autres. Véritable odyssée sonore, fête du divertissement et du plaisir, ce spectacle permet aux jeunes de découvrir ce grand classique de la musique.

Âge s<mark>uggéré</mark> : 4 à 8 ans Durée : 50 minutes





Dimanche 5 novembre, 15 h

L'ENFANT CORBEAU

Par Théâtre Bouches Décousues

Dans un parc, un œuf tombe tout près d'une femme assise sur un banc. Étonnée, elle le dépose sur une branche puis elle repart. Mais voilà que l'œuf la suit jusque chez elle. Et crac! Un tout petit corbeau en sort et l'appelle « maman ». Elle décide d'en faire son enfant corbeau. Tout se passe bien jusqu'à ce que le petit souhaite aller à l'école où il pourra se faire des amis. Mais bien des questions surgissent... Qui suis-je? Pourquoi suis-je différent des autres enfants? Et pourquoi cela dérange-t-il tant?

Âge suggéré : 4 à 8 ans Durée : 50 minutes



Dimanche III décembre, 11 h

NOËL ENSEMBLE

Par Meute Monde

Les classiques de Noël préférés chantés et dansés avec les marionnettes recyclées de Meute Monde! Marguerite, la plus jolie fleur de tout le pré, a passé toute l'année à prier le soleil du matin jusqu'au soir. Cette année est la bonne, elle en est convaincue! Elle recevra enfin le plus précieux des cadeaux: une paire de vraies ailes pour pouvoir parcourir le ciel avec ses meilleurs amis les papillons. Obtiendra-t-elle aussi facilement son souhait?

Âge suggéré : 3 à 12 ans Durée : 45 minutes

RENSEIGNEMENTS

450 455-3371, option 4 | ville.vaudreuil-dorion.qc.ca







LA GRANDE VADROUILLE CELEBRATES 40 YEARS!

On September 17, the 40th edition of La Grande Vadrouille—a major sporting event in Vaudreuil-Dorion—will be held at the Cité-des-Jeunes campus (400 Avenue Saint-Charles). To mark the occasion, a 15-km course has been added to the existing 1, 2, 5 and 10-km courses. This family-friendly race features a festive atmosphere complete with superheroes, princesses, and inflatable games.



Created by the Vadrouilleurs racing club, the event is now run by six volunteers, including Jean-Pierre Champagne, who has been involved with the event for the last 27 years. He recalls: "In the early days, the race kicked off at the Vaudreuil-Dorion Arena on Jeannotte Street and made its way along Boulevard de la Cité-des-Jeunes. There was less traffic in those days. We had 200 to 300 runners in the early years." The routes have changed over time; since last year, participants have been running on Chemin des Chenaux along Baie de Vaudreuil."

La Grande Vadrouille is now part of seven events that make up the running circuit of Greater Montreal—called the Endurance Circuit. "One particular year, we had a total of 1,500 runners! We had managed to stay at the 1000-runner mark for a while, until the pandemic hit. This year, we're aiming for 1,000 once again. We came very close to reaching that number last year,» added Mr. Champagne. An avid runner, he hosts some 40 such events in Québec every year, some with the help of his daughter Sarah. He has been the voice of the Sainte-Madeleine school triathlon since its very beginnings 21 years ago. Interestingly, this was the first school triathlon to be held in Québec!!

Registration

The 2023 event is fast approaching... it's time to register! Simply visit circuitendurance.ca and select *La Grande Vadrouille*. To promote healthy lifestyle habits, the City of Vaudreuil-Dorion is partnering with the event by offering free registration to young people ages 17 and under. To take advantage of this free offer, they must present a valid Citizen Card at the Service des loisirs et de la culture (on the 2nd floor at Centre multisports André-Chagnon)."This is first and foremost a family event. We're always happy to welcome athletes, but our aim is to encourage sport, health and fun with family and friends," added Mr. Champagne.

Call for volunteers

An event like this could not take place without the support of volunteers. On race day, they are essential to ensuring safety, welcoming participants, serving snacks and so on. Those interested in offering a few hours of their time are invited to simply send an e-mail to coursegrandevadrouille@hotmail. com. In addition, running enthusiasts who would like to get involved in organizing the event and thus contribute to its continuity can also send an email to the same address.





Renowned singer Luce Dufault was warmly welcomed by the crowd at Maison-Valois Park as part the *Rythmes* d'été series of summertime concerts.









FESTIVAL DE CIRQUE VAUDREUIL-DORION







JOURNAL MOZAÏK



SONIA ISABELLE'S EXTENDED FAMILY

By Rachel Tremblay

Translation of the original French text

Artist Sonia Isabelle has had her drawing table at Joachim Génus's since June 4. Maison Valois is pleased to host the artist every Saturday and Sunday, from 11 a.m. to 4 p.m., until July 15*. This gives Sonia plenty of time to discover and illustrate the daily life of her new extended family: the Génuses.



Sonia is a woman after my own heart: when you talk to her, you can see the twinkle in her eye when she mentions her sweetheart Daniel, her daughters and her grandchildren. So, it's hardly surprising that she immediately fell in love with the first inhabitants of Lot number 38: "I know Joachim's family now, and we've become good friends! I've even sadly counted all of his deceased children...four in all. I am interested in human beings above all else, which is why my approach starts with the individual. That's how I tell a story through my art."

The Genus family piqued her curiosity so intensely that her deepest desire became to interpret what life was like in their home as a wealthy agricultural family—through her art:

"I'm very interested in architecture in general, so depending on the specific references I found to furniture (for example, a Louis XV-style door found in a bedroom), I was able to recreate a scene from daily life at that time. Understanding exactly how the house was divided allowed me to bring it to life even more. There were no staircases during this time. Everything was condensed on the first floor, which made it pretty cramped for a family of 10!"

For the first time in her career, Sonia Isabelle will be presenting four historical scenes based on her discoveries about the fascinating heritage house on Avenue Saint-Charles. At the time of my visit, Sonia was busy working on her work called Françoise en visite, featuring Joachim Génus's 2nd wife, Véronique, and her granddaughter. She uses the Internet for inspiration when it comes to such things as clothing given that there are no existing photos of the Génus family.

This is Sonia's second visit to this enchanting property. On her first visit, visitors had lots of questions, but she was disappointed in herself when they left sheepishly after she couldn't provide them with the answers. So, she promised herself that if she ever made the place her own again, she'd come equipped with all the answers.

Sonia is indeed a brilliant, vibrant, conscientious and organized woman "I love this place, it's peaceful and relaxing to me, it's a wonderful escape!

So, in addition to presenting her graphite pencil works (which are so meticulous and precise you would think that Sonia herself was probably part of Leonardo da Vinci's extended family), she would be delighted to share the findings of her extensive research with you. For my part, I learned that the cellar had been specifically built higher up to prevent possible flooding... Proof that, even in days gone by, the Genus family had issues with the Lake of Two Mountains! Looks like the water flooding all the way to the Je suis.... sign is nothing new. Take advantage of this opportunity to immerse yourself in Sonia's universe. We promise you'll come back happy and enlightened!

* Note that this text was published on June 21. Artist Agnès Robin followed Sonia Isabelle, and Véronic Sévigny will soon begin her residency at Maison Valois.

Enjoyed reading this article? There's more to discover at jesuismozaik.com! The Mozaïk Journal is always looking for contributors. Simply email them at redaction@jesuismosaik.com if you are interested.



FALL PROGRAMMING

For residents ages 50 and +

A program aimed at introducing participants to different artistic disciplines

WEDNESDAY, OCTOBER 4, 10:00 A.M. TO NOON

Fall floral arrangements with Fleuriste Vert Design

Creation of a fall floral centerpiece. Learn techniques for cutting, arranging and maintaining flowers.

WEDNESDAY, OCTOBER 11, 10:00 A.M. TO NOON

Latin dance with Baila productions

Introduction to Latin dance. No experience or partner required. Salsa, Merengue, Cha Cha and Bachata taught in terms so simple you'll be dancing right away! Introduction followed by a period of open dancing.

WEDNESDAY, OCTOBER 18, 10:00 A.M. TO NOON

Clay hand-building workshop with À fleur de terre

Learn pinch pottery, coil building and slab building techniques. Included: clay for all participants, glazes and workshop time required to complete the oven firing of two creations.

WEDNESDAY, OCTOBER 25, 10:00 A.M. TO NOON

Mosaic workshop with Monica Brinkman

Creation of a mosaic pot for plants. All required material provided.

SATURDAY, NOVEMBER 4, STARTING AT 10:00 A.M.

Passeport Culturel and Projet Voyage closing event

Travel to Africa, without needing a passport. In collaboration with APOAC. Conference, dance and food.

The workshops and the closing event will be held at the De la Croisée Building (1255 Rue Émile-Bouchard).

IREGISTRATION:

Starting September 11 at ville.vaudreuil-dorion.gc.ca or by phone at 450 455-3371, Option4. Places are limited. Vaudreuil-Dorion residents only.

By registering, participants commit to attending all four workshops.













FALL 2023 PROGRAMMING

September 15 to November 24 Hours of operation: Fridays, from 5:00 to 9:00 p.m.

Free activities, no reservation required **Guided visits of the Residence**

Snacks and drinks (\$)

VENDREDIS AU SALON

Varied cultural evenings in a warm atmosphere and intimate setting

LITTERARY CABARET

Performance nights hosted by Stéphan Daigle where local authors and artists of the French word are given a platform to share their creations with the public. Poetry, song, slam poetry and other literary performances.

Guests:

September 15, 7:30 p.m.

Annouchka Gravel Galouchko and Colin Miguet, poetry performance, Catherine Michaud, poet, Henriette Milard, storyteller

October 13, 7:30 p.m.

Natacha Marleau, storyteller, Pauline Michel, poet, Mario Pelletier, author

November 10, 7:30 p.m.

Nora Attala, poet, Sylvie Dion, poet, Annouchka Gravel Galouchko, storyteller

MUSICAL EVENING WITH RÉJEAN TURBIDE

September 22, 7:30 p.m.

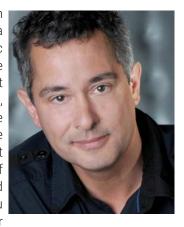
Equipped with his banjo, hi-hat, bass drum,

harmonicas, gazoo, tambourine, ratchet, hub cap, becyk pump and, above all, a good old-fashioned set of vocal cords soaked in Jack Daniel's, Réjean Turbide delivers funny, wellcrafted lyrics interwoven with juicy stories that transport us into the world of larger-than-life characters he's met in bars. on the road and in his bed.

MUSICAL EVENING: INTIMATE CONCERT WITH JEAN PETITCLERC

September 29, 7:30 p.m.

Actor and singer Jean Petitclerc invites vou to a recital that is both nostalgic and festive. Drawing on the repertoire of the greatest French and local songwriters, the artist offers you the texts and music that have shaped his career and set the beacons for his vision of the world. With humor and sensitivity, he invites you to discover or re-discover



timeless melodies and lyrics that helped shape their era and yet will always remain relevant.

MUSICAL EVENING WITH MADELEINE ROYER

October 6, 7:30 p.m.



Madeleine Royer brings to life the texts and music of Pauline Julien, Clémence Desrochers, Anne Sylvestre, Barbara, Édith Piaf. Éva. and more... from Des gens qui doutent to Je vous aime, from La vie d'factrie to Göttingen and Neiges de Finlande, Madeleine brings to life these amazing words infused with their truth.

Madeleine Royer pays tribute to each author and poet chosen from her repertoire: the songs are preceded by a poem or brief presentation.

MOVIE NIGHT WITH CSUR LA TÉLÉ: LA FACE CACHÉE DE L'ÎLE

October 20, 7:30 p.m.

This documentary, produced by CSUR La Télé, is a journey into the collective memory of the municipality of Terrasse-Vaudreuil through a series of testimonials, archival photos and juicy anecdotes about the history of this little piece of territory on the island! The research work led to some highly unusual discoveries, the most striking being the absence of a name for the citizens of Terrasse-Vaudreuil! It was confirmed that no application had ever been filed by the municipality from the time it was founded in 1952. Incredible, but true... the citizens of Terrasse-Vaudreuil had never had a name! But that's all in the past now!!

Production:

André Desrochers, Chantal Bédard and Lucie Asselin

MUSICAL EVENING WITH JEAN-FRANÇOIS HACHÉ, CLASSICAL **GUITAR RECITAL**

October 27, 7:30 p.m.

Guitarist Jean-François Haché, Vaudreuil-Dorion resident, will present a varied solo guitar repertoire. From the renaissance to today, from Europe to South America, including music by composer Atikamekw Pascal Sasseville Quoquochi, you'll be treated to some of the most beautiful guitar songs.



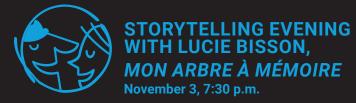
COMEDY EVENING WITH PATRICK RICHARD AND STÉPHANE LACAS. **UN DERNIER TOUR DE DISOUE**

November 17, 7:30 p.m.

Patrick and Stéphane deliver a dynamic act focused on the vinyl records of entertainers and comedians from the 1940s-1980s, in which the funny exchanges between the two co-hosts are interspersed with several excerpts, bits of information, audience interaction and contextualization. The act closes with a few cool



performances and a presentation of some of the wackiest record sleeves. With its laid-back, playful and thoughtful approach, the show promises to make you laugh... and learn something new.



"Memories that come back to me again and again. Stories I enjoy telling. A tree with which I have grown and around which I have built my own history."

- Lucie Bisson

THEATRE EVERNING WITH LES PHILANTHROPES, LES HÉROS DE MON ENFANCE November 24, 7:30 p.m.

A reading of Michel Tremblay's musical comedy.

Discover the true face of the characters who influenced Michel Tremblay's childhood. Carabosse, Little Red Riding Hood, Cinderella, Tom Thumb and many others.



AT THE LIBRARY...

- Library members (residents or non-residents)
 can register on the City's Web site or by calling
 450 455-3371, Option 6 starting September 11 at
 10:00 a.m. (with a few exceptions).
- · Places are limited.
- Registration by phone for non-residents who are not library members, starting September 25 at 10:00 a.m.
- · All of the activities are free of charge.

FOR KIDS LES ÉLECTRONS LIBRES

MORNING STORYTELLING

Every Monday from September 25 to December 11 (except for October 9), from 10:30 to 11:30 a.m. | Ages 3 to 5

Françoise and Annie host an hour of storytelling followed by a crafting activity.

Participants who register must commit to attending all sessions.

MUSICAL AWARENESS

Friday, October 6, October 20, November 3,

November 17 and December 1, from 9:30 to 10:00 a.m. | Ages 6 and under

Join our hosts Annik and Georges to sing, dance and laugh while discovering nursery rhymes and funny stories!

THE CANINE APPROACH

Saturday, October 14, 10:30 a.m. to noon | Ages 5 to 10

Mireille Chapleau and Merlin the Magician Dog (plush toy) teach children how to safely make contact with a dog and interpret its signals correctly. Hosted by Animations Clin d'œil.

PUMPKIN DECORATING FOR HALLOWEEN

Saturday, October 21 and Sunday, October 22, anytime between 10:30 a.m. and 4:00 p.m., | For everyon

Drop-in activity. Pumpkins and crafting materials are provided. One pumpkin per person, while supplies last.

LEGO WORKSHOP: THE HAUNTED HOUSE

Sunday, October 29, 2:00 to 3:30 p.m. (Group 1) and 3:30 to 5:00 p.m. (Group 2) | Ages 7 to 13 Registration begins October 1 at 10:00 a.m

Discover the unlimited creative power of building with LEGO bricks, and create a haunted house filled with scary creatures! Hosted by Kokobrik.



ARCADE PARTY

Saturday November 4, 5:30 to 9:00 p.m. | Ages 8 to 17

Join us at the library for a special evening of games of all sorts, including arcade games! Retro arcade consoles, pinball machines and table games await youngsters in a relaxed, festive atmosphere.

WOODEN BOAT-MAKING CRAFT

Saturday, November 11, 10:30 a.m. to. noon | Ages 6 to 10

Create an attractive wooden nautical decoration reminiscent of the enchanting scenery of a small seaside village by reusing materials that at first glance seem useless or obsolete.

STORYTIME WITH BARBADA

Saturday, November 18, 10:30 to 11:15 a.m. | Ages 3 to 7

Famous drag queen Barbada will be telling some wonderful stories! Children are invited to put on their best clothes for this out-of-the-box encounter, where openness to difference, acceptance and fun will be the order of the day!

LEGO WORKSHOP: CHRISTMAS VILLAGE

Sunday, December 10, 2:00 to 3:30 p.m. (Group 1) and 3:30 to 5:00 p.m. (Group 2) | Ages 7 to 13 Registration begins November 15 at 10:00 a.m.

At the heart of the world of LEGO construction, youngsters will take part in the collective creation of a Christmas village. Hosted by Kokobrik.

LES ÉLANS SPONTANÉS

Registration is not required for these drop-in activities offered anytime during the indicated time periods.

LITERARY SEEK AND FIND

September 1 to 30 | For everyone

Well-known characters from children's literature have escaped from their books and are now scattered all over the library! We've got to find them to restore some order to the collection.

CANDY AND RIDDLES

October 1 to 31 | For everyone

How many candies are in the original containers on display at the library? The person who guesses the exact number of candies in a particular jar wins its delicious contents!

WHERE IS COMET?

December 8 to 22 | For everyone

Comet, one of Santa's famous reindeer, is hiding in the library because he just loves books. Your job is to find Comet and return him to the library circulation desk so he can be sent back to the North Pole in time for Santa's visit!



ACTIVITIES FOR EVERYONE

CHESS CLUB

Friday, October 20, November 3, November 17 and December 1, 5:00 to 7:00 p.m.

No registration required

Hosted by chess enthusiast Herberth Casquero, the Chess Club invites fans of this thousand-year-old pastime, whatever their level or age, to come enjoy and perfect their game together. All required equipment is available to players in Salle Félix-Leclerc.

ACTIVITIES FOR ADULTS

BOOK CLUB

Wednesday, September 27, October 25, November 22 and December 13, 10:30 a.m. to 12:30 p.m. (Group 1) and 1:30 to 3:30 p.m. (Group 2)

The ever-popular book club is back, and new participants are welcome to join! Every month, all club members read the same book, which they then discuss together with host Karine Fortin. This Fall, the featured titles are *S'adapter* by Clara Dupont-Monod, *Étincelle* by Michèle Plomer, *L'île des oubliés* by Victoria Hislop and *Les miracles du bazar Namiya* by Keigo Higashino. Please note that titles will not necessarily be read in that order.

Participants who register must commit to attending all sessions.

SEED-SAVING FOR BETTER FOOD SELF-SUFFICIENCY

Wednesday, September 20, 7:00 to 8:30 p.m. Conference as part of the activities of the Jardinothèque garden library



The vegetable garden is bursting with flavour, and sometimes even surprises! To prolong this enjoyment from one season to the next, seed saving is an interesting option to consider. Participants will discover the tools they need to successfully carry out this activity, which ensures the survival of ancestral species and promotes our food self-sufficiency! Hosted by Katryne Delisle, Horticulturist and Co-founder of L'Atelier Paysan.

GENEAOLOGY AND DIVERSITY OF ORIGINS

Wednesday, September 27, 7:00 to 8:30 p.m. In collaboration with the Vaudreuil-Cavagnal Geneaology Society

This conference will address the universality of genealogy and the importance of documenting your own history for yourself, your family members and your friends as well

as for future generations. Discussing genealogy can be an opportunity to share and understand that each human being is part of a larger story than we might think. Hosted by Réal Houde, Genealogist, author and speaker.

MEET LESLEY CHESTERMAN

Wednesday, October 11, 7:00 to 8:00 p.m. | Initially part of the spring schedule

Lesley Chesterman completed her studies at Institut de

Tourisme et d'Hôtellerie before working as a professional pastry chef in both Québec and France. She was also a restaurant critic and food columnist/reporter for *ICI Première radio* and *The Gazette* from 1998 to 2018. Lesley is the author of two books published by Cardinal: *Chez Lesley* (2020) and *Un week-end chez Lesley* (2022). This meet-and-greet



event will take place in French and be hosted by Amélie Boivin Handfield. A bilingual question period will follow.

UNDERSTANDING THE ECONOMIC ENVIRONMENT: THE ECOMONY IN SIMPLE TERMS!

Wednesday, November 1, 7:00 to 8:00 p.m.

Major economic and financial phenomena are complex. What is capitalism and what are its different forms? How are prices, wages, profits, dividends, interest, and rent determined? What explains the differences in revenue and wealth in Canada, the U.S. and elsewhere? Hosted by Pascal Bédard, Economist and Professor at HEC Montréal.

SALT SMUGGLERS AND POACHERS DEPORTED FROM FRANCE TO NEW FRANCE

Tuesday, November 21, 7:00 to 8:15 p.m. | In collaboration with the Vaudreuil-Cavagnal Geneaology Society

Between 1730 and 1743, some 900 Frenchmen were depor-



ted to New France on the orders of King Louis XV for crimes related to counterfeit salt producing or the smuggling of materials prohibited in France. Although most returned to France clandestinely in the years following their exile, 128 individuals founded families in New France, becoming the ancestors of several thousand Quebecers. Hosted by

Marcel Fournier, historian, author and genealogist.

THE LAB

INTRODUCTION TO ARDUINO

Monday, September 25, November 20 and December 4, 7:00 to 8:30 p.m. | Ages 12 and up

Learn the basics of electronics and programming using Arduino. Participants will explore the structure of a program, the components of a circuit and how they work with Arduino.

VIDEO-GAME CREATION CLUB

Every Wednesday, from September 27 to November 15, 5:00 to 7:00 p.m. | Ages 10 to 17

Using the Unity software program, participants will work with the Lab team to create a video game and a 3D-printed gaming controller using Arduino components.

Participants who register must commit to attending all eight sessions.

INTRODUCTION TO DIGITAL MUSIC

Thursday, September 28, 5:00 to 7:00 p.m. | Ages 10 to 17

Discover the Soundtrap app used for editing music.

Prerequisite: basic knowledge of music. Participants must also bring a pair of headphones.

SPECIAL EVENING FOR TEENS + 4th ANNIVERSARY OF THE LAB

Saturday, September 30, 5:00 to 8:00 p.m. | Ages 10 to 17

A memorable evening held after library hours with no adults allowed! Activities include: video game tournaments with Contender eSports, giant games, virtual reality headsets, a photobooth and other surprises. Exclusive access to the Lab and its leading-edge equipment to explore creative passions. And, of course, the evening would not be complete without pizza and other yummy treats.

HALLOWEEN EMBROIDERY

Sunday, October 8, from 9:00 a.m. to noon and 1:00 to 4:00 p.m. | Ages 8 and up (participants must reserve a 30-minute timeslot and be accompanied by an adult in order to participate)

Participants will create a unique decoration they can use to decorate their home for Halloween. Hosted by Pénélope machines à coudre.

INTRODUCTION TO GRAPHIC DESIGN: MAKE YOUR OWN SHIRT

Thursday, October 26 and December 14, 5:00 to 7:00 p.m., Ages 10 to 17

Participants will create their own unique shirt using design software available at the Lab. Participants must bring their own shirt

3D MODELING AND ANIMATION USING BLENDER

Saturday, October 28, 1:00 to 4:00 p.m. | Ages 8 to 17

Come discover all the 3D artistic possibilities that the Blender software program has to offer. Participants will learn to make 3D images, play with shapes and animate them. Hosted by the Society for Arts and Technology.

LIVE VIDEO CREATION (VJING)

Saturday, November 18, 1:00 to 4:00 p.m. | Ages 8 to 17

This training session will teach the group how to create adapted content for live streaming and integrate it into the VJing software. Hosted by the Society for Arts and Technology.

CHRISTMAS EMBROIDERY

Sunday, December 3, 9:00 a.m. to noon and 1:00 to 4:00 p.m. | Ages 8 and up (participants must reserve a 30-minute timeslot and be accompanied by an adult)

Creation of a unique gift participants will be able to give to a loved one at Christmas. Hosted by Pénélope machines à coudre.

LAB DISCOVERY WORKSHOPS JUST FOR ADULTS!

INTRODUCTION TO PHOTO EDITING

Tuesday, October 3 and 24, 7:00 to 9:00 p.m. | Ages 16 and up

Learn the basics of photo editing on your smartphone using the Google Snapseed application.

Participants must bring their own smartphones.



INTRODUCTION TO PHOTOGRAPHY: VACATION PICTURES

Tuesday, October 3 and 24, 7:00 to 9:00 p.m. | Ages 16 and up

Different techniques and practices for taking the best vacation photos. Hosted by Caroline Forget, Artist-Photographer.

INTRODUCTION TO GRAPHIC DESIGN: DECORATING YOUR SPACE

Thursday, October 19 and Friday, November 17, 7:00 to 9:00 p.m

Decorating your space has never been easier, thanks to Cricut Design Space and the design software available at the Lab.

INTRODUCTION TO 3D PRINTING: RÉPAIRING AND RECYCLING OBJECTS

Monday, October 30 and Wednesday, November 29, 7 to 9 p.m. | Ages 16 and up

Give your objects a second life using 3D modeling software and a 3D printer, all available at the Lab.

DIGITAL EMBROIDERY 101

Sunday, November 5, 9:00 a.m. to noon and 1:00 to 4:00 p.m. | Ages 16 and up

Enjoy a full day learning the basics of digital embroidery. This practical workshop will allow you to familiarize yourself with the equipment. Hosted by Pénélope machines à coudre.

INTRODUCTION TO DIGITAL MUSIC

Thursday, November 30, 5 to 7 p.m. | Ages 16 and up

Discover the Soundtrap app used for editing music.

Prerequisites: basic knowledge of music. Participants must also bring a pair of headphones.

PED DAYS AT THE LAB

CREATE YOUR OWN HALLOWEEN MASK

Friday, October 6, 1:00 to 4:00 p.m. (participants must reserve a 60-minute slot) | Ages 8 and up

Create a scary Halloween mask using Cricut Maker.

VIRTUAL REALITY

Wednesday, November 1, 1:00 to 4:00 p.m. (participants must reserve a 30-minute slot) | Ages 8 and up

Discover a completely different world using the virtual reality headset available at the Lab.

MAKE YOUR OWN MAGNET

Friday, November 10, 1:00 to 4:00 p.m. (participants must reserve a 60-minute slot) | Ages 8 and up

Make your very own magnet for your locker at school or your fridge at home using Cricut Maker.

CREATE SOME COOL CHRISTMAS GIFTS

Friday, November 24, 1 to 4 p.m. (participants must reserve a 60-minute slot) | Ages 8 and up

Create unique objects (shirts, stickers, cards, cups and more) that are sure to make the perfect Christmas gifts.

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CLASSES

INTRODUCTION TO THE IPAD (FOR BEGINNERS)

Every Tuesday, from October 3 to December 5, 1:00 to 3:30 p.m. | Ages 50 and up | Registration open now

This course is designed for novices who have little or no experience using an iPad. It provides a dynamic introduction to the functions, applications and basic handling of this tablet. Offered by the Centre d'éducation des adultes Outremont of the Marguerite-Bourgeoys CSS.

To register, participants must present their birth certificate (large format) and valid Québec Health Insurance Card.

INTRODUCTION TO INSTAGRAM

Thursday, October 5 and November 2, 1:30 to 3:00 p.m. Ages 16 and up

Learn how to share photos and videos with your friend network. Workshop offered by the library staff.

Participants are invited to bring their own smartphone.

INTRODUCTION TO FACEBOOK

Thursday, October 12 and November 9, 1:30 to 3:00 p.m. | Ages 16 and up

Participants will discover the basics of using Facebook and learn about the rules of communication and privacy settings. Workshop offered by the library staff.

Participants are invited to bring their own tablet or laptop.

INTRODUCTION TO E-READING USING A TABLET

Thursday, October 19, 1:30 to 3:00 p.m. | Ages 16 and up

Learn how to download books onto your tablet. Workshop offered by the library staff.

Participants are invited to bring their own iPad or Samsung tablet.

INTRODUCTION TO E-READING USING AN E-READER

Thursday, November 16, 1:30 to 3:00 p.m. | Ages 16 and up

Learn how to download books onto your e-reader. Workshop offered by the library staff.

Participants are invited to bring their laptop and e-reader.

INTRODUCTION TO AUDIO BOOKS

Thursday, October 26 and November 23, 1:30 to 3:00 p.m. | Ages 16 and up

Learn how to download audio books onto your tablet or smartphone. Workshop offered by the library staff.

Participants are invited to bring their own tablet or smartphone.

TECHNO-CULTURAL MORNINGS FOR SENIORS

This Fall, seniors are invited to sharpen their digital skills and discover different artistic disciplines through technology.



MUSICAL CREATION

Thursday, October 12, 10:00 a.m. to noon | Ages 50 and up

Participants are invited to discover the process of creating a piece of electronic music by remixing classics from the French and international music repertoires. The workshop aims to make creation simple, fun and accessible to all. No knowledge of computers or music is required to participate. Hosted by the Society for Arts and Technology.

STOP-MOTION ANIMATION

Thursday, November 9, 10 a.m. to noon | Ages 50 and up

Stop-motion animation is a video-creation technique that gives a sense of movement to static elements such as drawings, sculptures, and objects. Using craft and drawing materials, participants will be invited to create their very own short animation. Hosted by the Society for Arts and Technology.

VIRTUAL REALITY

Thursday, December 7, 9:00 a.m. to noon (participants must reserve a 45-minute timeslot) | Ages 50 and up

Participants will discover virtual reality headsets that will transport them to emblematic places of our cultural heritage. Staff from the Lab, the library's digital creation space, will be on hand to guide them through this unique experience.

HARWOOD NATURE-PARK

Reception Pavilion open Saturdays and Sundays from Saturday, October 7 to Sunday, October 29, between 10 a.m. and 4 p.m. Washrooms, rest areas, and hot drinks available on site.



Drop in between October 7 and 29

MISSION: HALLOWEEN

The weather is getting colder, the days are getting shorter, the nights are darker, and the leaves are falling. The Fall season is clearly upon us, and Halloween is just around the corner.

And yet, there's every reason to believe that there won't be a Halloween this year. That's because the evil spirits of Halloween have found a new place to call home: Harwood Nature Park. They've made themselves quite comfortable and refuse to go out on the road again as they do every year to bring their gloomy magic to every corner of the province.

Fortunately, teams of brave ghoul hunters have been dispatched to the site to convince the ghosts, black cats, witches and other creatures to get back to the streets, so we can continue to enjoy the Halloween atmosphere we've always known.

There are still a few places available on these teams. Do you have what it takes? See you in October at Vaudreuil-Dorion's Harwood Nature Park!

What is a Parcours Ludique (Quest to Go)?

An adventure that is sometimes instructive, often whimsical, and always fun! Each quest tells a story, which is revealed through challenges, games and puzzles to be completed using actual physical elements or a mobile app.

Practical information

The quest lasts approximately one hour and is suitable for the whole family. The activity is fully guided using the free mobile app. Participants will need one smartphone with internet data per group mobile gratuite.







October 28 and 29, starting at 1 p.m., at Harwood Nature-Park

The Mission: Halloween quest features activities, characters, animation and a spooky Halloween atmosphere. Hot drinks and candy will be offered to visitors.

The most courageous among you can come take part in the quest on Saturday evening. Don't forget to bring your flashlight or headlamp!

IN MY COMMUNITY



Cycling day with the francization classes

On May 11, the City of Vaudreuil-Dorion, with the collaboration of community partners, offered some 40 students enrolled in the francization classes at Cité-des-Jeunes high school a day to discover the city by bike. Accompanied by their teachers and city employees, the youngsters visited a variety of sites, including the Centre d'action bénévole L'Actuel, the Maison des jeunes de Vaudreuil-Dorion, the municipal arena and City Hall, where Mayor Guy Pilon welcomed them to discuss the role of the municipal administration and answer their many questions.

FrancoFun Day Camp

For the second year running, Animation Jeunesse, in partnership with the City of Vaudreuil-Dorion, held its FrancoFun day camp. Intended for allophone children wishing to continue developing their French skills during the summer months, this day camp program is designed to promote social integration through leisure activities. It's an opportunity for them to forge ties with their community while enjoying the benefits of day camps.

Bridge-Citizens

This year, as part of the fêtes de quartier (neighbourhood parties) program, the City recruited committed citizens who wished to bring the activity to their neighbourhoods. These Bridge-Citizens invested time and energy into promoting and participating in their neighbourhood parties and completing a short post-event consultation with the aim of improving the next edition of the event. Thank you all for your commitment!

Intergenerational meetings

The City of Vaudreuil-Dorion joined forces with a number of community organizations and local partners to offer its first-ever intergenerational meetings program—a diversified program promoting encounters between different generations. These activities, which included an open house at the La Croisée building, a community and intergenerational venue, took place from May 23 to 27, during Quebec Intergenerational Week.



#EnModeADO

#EnModeAdo is a project designed to support parents of teenagers by providing information on the health, development and well-being of young people between the ages 12 and 17. In addition to providing information on each of the topics covered, parents are also offered positive, supportive parenting practices to help them manage, communicate with and support their teens on a daily basis.

To support parents of teenagers, the team at the *Direction de santé publique de la Montérégie* has produced five new short videos on substance use, sugary drinks, sleep and online safety. In these videos, parents are offered easy-to-understand information and concrete courses of action on these important topics. Considering that parents play a crucial role in helping their teenagers adopt healthy lifestyle habits, it's particularly relevant to provide them with tools on these topics.

In addition to the videos, the enmodeado.ca website includes a wealth of information on the health and well-being of young people.

Garage 529: prevention of bike theft

The *Sûreté du Québec* has joined forces with Garage 529, a free online platform for residents aimed at creating a community that is proactive in preventing bike theft and reselling.

The platform (sq.gouv.qc.ca/garage529) allows users to register a bicycle by entering its characteristics (model, serial number, colour, etc.) and by adding up to five photos. Should the bike be lost or stolen, the owner can activate an alert that is shared in real time with members of the Garage 529 community to maximize the chances of finding the bike.

When someone purchases a used bicycle (for example, on Kijiji, Marketplace, at a yard sale, used sporting goods store, etc.), they can check the Garage 529 platform to see if the bike has been declared lost or stolen. Once someone registers their bike on the platform, it is recommended that they apply the Garage 529 sticker to it (although this is not mandatory). Thanks to its unique id number and unalterable safety features, the sticker is one method of dissuading thieves, and it maximizes the chances of tracking down one's bike in the event it is stolen.

Centre intégré de santé et de services sociaux de la Montérégie-Ouest: checklist of services offered to the population

Are you (or will soon become) the parents of a child ages 0-5?

The 0-5 department offers psychosocial care, specialized education services, nursing care, support groups and much more.

450 455-6171, extension 70049

Are you a family whose children are between the ages of 6 and 17?

The FEJ department offers psychosocial care, specialized education services, nursing care, support groups and much more?

450 455-6171, extension 70049

Does a member of your family have a mental or physical disability or an autism or autism spectrum disorder diagnosis, or other diagnosis?

The DP-DI-TSA department offers psychosocial care,

specialized education services, nursing care, support groups and much more.

450 455-6171, extension 70049

Are you an independent adult that requires nursing care? With a medical reference, the ambulatory clinic can help vou.

450 455-6171, extension 70081

Are you an independent adult who wishes to consult with a mental health specialist?

General services and the mental health team offer psychosocial and psychological services as well as support groups.

450 455-6171, extension 70049

Are you an individual who is losing autonomy due to ageing and for whom moving around has become impossible?

The SAPA department offers homecare nursing services, psychosocial services, rehabilitation services, AFS care and much more.

450 455-6171, extension 70109



Vaudreuil-Dorion amie des aînés

International Seniors' Day

To mark International Seniors' Day, the *Table de concertation des aînés de Vaudreuil-Soulanges*, of which the City of Vaudreuil-Dorion is a member, will be holding a celebratory event on September 29 at Centre multisports André-Chagnon. A dinner-dance will be held for seniors from Vaudreuil-Dorion and the surrounding areas. Close to 300 seniors are expected to attend this exclusive annual event, which the City of Vaudreuil-Dorion is proud to host on its territory this year.



A CHURCH BECOMES A COMMUNITY CENTRE

Clearly visible from Highway 20, Opticentre St-Jean-Baptiste has been part of the urban landscape for almost 75 years—and yet, few citizens know the story behind this building on Harwood Boulevard in the Dorion sector. And even fewer are aware of the invaluable contribution made by Optimist Club volunteers in converting this religious site into a hall that is accessible to the entire community.

A look back

In the 1940s, following a rise in Dorion's population, it became necessary to create a new parish (Saint-Jean-Baptiste) and build a new church. A committee was formed, a vacant lot was purchased, and architects drew up plans for what would become the Saint-Jean-Baptiste Church, where the first mass was celebrated on May 1, 1949. The presbytery was built next door the following year.

Close to 50 years later—in 1998, to be exact—the number of parishioners had dropped significantly, and the parish found itself in financial trouble.

Committees met to discuss the future of the church and presbytery. The conclusion was that the site was no longer viable for its current purpose. The buildings were offered to the City of Vaudreuil-Dorion so they could continue to be used to serve the community and the larger public.

The Vaudreuil-Dorion Optimist Club was looking for a place to hold its activities. An agreement was reached with the City: through the Corporation de l'opticentre, the Optimist Club moved into the building and took over its management. Board members and volunteers embarked on an extensive renovation project to transform the church into a community centre. They solicited local businesses for free or low-cost materials and labour. It took approximately 8,000 hours of work to convert the church into a community center! The sacristy became the organization's permanent offices, and the basement served as the headquarters of the Maison des jeunes de Vaudreuil-Dorion for several years.

Twenty-five years later, the City of Vaudreuil-Dorion took over management of the building, as it did with the other community centres on its territory. The City would like to acknowledge all the work carried out by the organization, both in converting the church and maintaining the centre's vitality over the years. Without the contribution of these dedicated people, Opticentre St-Jean-Baptiste would not be what it is today. A special thank you to Mr. Gilles Labbé, who has looked after the premises over the years and to whom the City will continue to entrust the janitorial services.



DE LA CROISÉE BUILDING

The official inauguration of the De la Croisée building, located at 1255–1257 Rue Émile-Bouchard, took place during Quebec Intergenerational Week, in the presence of elected officials, municipal employees and representatives of the organizations that call the building home: the Centre communautaire des aînés de Vaudreuil-Soulanges, the Maison des Jeunes de Vaudreuil-Dorion, the Cercle de fermières, the Vaudreuil-Cavagnal Genealogical Society and the Corporation de développement communautaire de Vaudreuil-Soulanges

A few comments gathered from organization representatives

"For the Centre communautaire des aînés de Vaudreuil-Soulanges (CCAVS), moving into the De la Croisée building has given our members the opportunity to rub shoulders with people from all generations. It also makes it easier for organizations to collaborate in developing intergenerational activities. We cross paths with organizations we don't normally meet, and build relationships that would be difficult to build if we were alone in another building. Being in contact with other organizations that work with different clienteles creates opportunities to combine our services and encourages our respective users to mix and mingle at the De la Croisée building!"

Josée Champagne
 Director General, CCAVS

"The Corporation de développement communautaire de Vaudreuil-Soulanges (CDCVS) is a group of community organizations that work in various fields of activity. Our mission is to ensure that grassroots and community organizations actively participate in the socio-economic development of

Vaudreuil-Soulanges. Moving into a community hub was the perfect opportunity to stay up to date on what is happening with organizations and citizens of all ages by being in daily contact with others and in the heart of the action. Already, we're seeing the emergence of collaborations and mutual support as we share the same space on a daily basis. Through the training and support activities of our 45 member organizations, we intend to strengthen community action in the region and make the hub a key part of community life for the whole of Vaudreuil-Soulanges."

Sébastien Legros
 Director General, CDCVS

"Last December, the Cercle de Vaudreuil was sad to leave its offices on Rue des Loisirs, but we quickly realized that the move had a very positive impact: greater visibility for our group among our fellow citizens, and the exchange of ideas and services with the organizations that share the premises, including the Centre communautaire des aînés and the Maison des jeunes. The De la Croisée building is a dynamic and stimulating place where great encounters are conducive to the sharing of ideas and collaboration. We're convinced that the building's future is very bright indeed!"

Marie-Andrée Drolet
 President of the Cercle des fermières de Vaudreuil
 from 2016 to 2023

"This new space, shared by organizations working with clients of various ages, enables us to forge ties and create networking opportunities between occupants more easily. Not only do these relationships make it easier for our customers to set up joint activities and intergenerational projects, they also promote a friendly exchange of ideas, ways of doing things and tools among partners working within the organizations housed here. It's a win-win situation for our clientele and community workers at De la Croisée."

– Jessica Savage Coordinator, Maison des jeunes de Vaudreuil-Dorion



MENTAL HEALTH... SERVICES FOR LOVED ONES

"When a mental health issue enters our lives, it comes as a shock. In the turmoil caused by a loved one's mental health problems, it becomes difficult to clearly identify our own needs as family and friends," says Marc-André Bédard, Executive Director of Le Pont du Suroît since 1992. "However, there is an organization in the region whose mission is to support and promote the recovery of family and friends in the face of the challenges posed by a loved one's mental health condition."

A recognized approach

Le Pont du Suroît, founded in 1987, has just celebrated 35 years of existence. From a simple self-help group, the organization has grown to be recognized as a leader by all mental health workers in the greater Suroît region, and its reputation extends even far beyond that. Among the services offered, self-help is still one of the pillars on which it rests, but the contribution of four counsellors entirely dedicated to psychosocial intervention and psycho-educational training sessions takes precedence.

CAP - From Client to Assistant to Partner

Some 20 years ago, the Pont du Suroît team actively contributed to the development of the CAP Model, which aims to help individuals clearly define their role in order to maintain a quality of life.

Every loved one of a person with mental illness is considered a Client who has his own individual needs, including

developing his knowledge, recognizing his own distress, learning to manage his emotions, overcoming his own prejudices, and regaining control over his life. "It is important to heal oneself in order to be able to help a loved one go through mental health challenges," emphasizes Chantale Daigneault, social worker for over 30 years.

The needs of an **Assistant** are focused around being able to share information about a loved one, be taken into consideration by the medical team, take part in decision-making and be respected in one's choices and abilities.

Eventually, loved ones who have received support and have taken a step back from their situation can become active **Partners** in the organization of services. Whether they are teenagers, young adults, at the beginning of their careers or close to retirement, they can play this role effectively by participating in decisions concerning the organization and evaluation of services at the local, regional or provincial level.

CAP enables various players in the field to better understand the needs of family and friends as well as the different roles that family and friends play with relation to their loved one.

Accessible services

Although the Pont du Suroît's offices are located in Salaberry-de-Valleyfield, it's possible to meet with an agent either at the CLSC in Vaudreuil-Dorion or by videoconference, the latter being one of the positive aspects stemming from COVID.

For more information on the Pont du Suroît, visit lepont. com or contact the organization at 1 888 377-4571..

** This advertorial was created by the Pont du Suroît for the Community Forum held in November 2022.



DROP-IN SWIMMING

Cité-des-Jeunes campus pool 450 455-3371, Option 4 (weekdays) 514 477-7000, extension 856101 (evenings and weekends) Swimming caps are mandatory. For safety reasons, children 6 and under and those wearing a flotation device must be accompanied by a person responsible for them while they are in the water.

PRESEASON SCHEDULE

Monday, September 5 to Friday, September 8:

6:00 to 10:00 p.m. (3 lanes from 6:00 to 8:15 p.m., 6 lanes from 8:30 to 10:00 p.m.)

Saturday, September 9:

3:00 to 5:30 p.m. (3 lanes)

Sunday, September 10:

3:00 to 5:30 p.m. (no lane)

Monday, September 11 and Wednesday, September 13:

6:00 to 10:00 p.m. (shallow section only from 6:00 to 8:15 p.m., 6 lanes from 8:30 to 10:00 p.m.)

Tuesday, September 12 and Thursday, September 14:

6:00 to 10:00 p.m. (3 lanes from 6:00 to 8:15 p.m., 6 lanes from 8:30 to 10:00 p.m.)

Friday, September 15:

8:00 to 9:30 p.m. (3 lanes)

Saturday, September 16: 3:00 to 5:30 p.m. (3 lanes)

Sunday, September 17:

3:00 to 5:30 p.m. (no lane)

REGULAR SCHEDULE

SEPTEMBER 18 TO DECEMBER 17

Monday: shallow section only 6:00 to 6:55 p.m. no swim lane

diving boards not accessible

Tuesday: 6 lanes

9:10 to 10:00 p.m. shallow section not available diving boards not accessible

Wednesday: 6 lanes

8:30 to 10:00 p.m. shallow section not available

diving boards not accessible

Thursday: 3 lanes

6:00 to 6:55 p.m. shallow section available

diving boards accessible

8:45 to 10:00 p.m.6 lanes

shallow section not available diving boards not accessible

Friday: 3 lanes

8:00 to 9:30 p.m. shallow section available

diving boards accessible

Saturday: 2 lanes

3:30 to 4:45 p.m. shallow section available diving boards accessible

Sunday: shallow section only

3:30 to 4:45 p.m. no lane

diving boards accessible

Free for residents upon presentation of a valid Citizen Card.

Cost for non-residents

Duration	Children	Seniors	Adults
59 minutes and less	\$1.25	\$1.75	\$2.50
more than 60 minutes\$1.50		\$2.50	\$3.50



Kids: September 23 to December 10 (11 weeks)
** no lessons on October 7 and 8

Adults: September 18 to December 7 (12 weeks)

Registration

Residents: Starting on September 5, 6:00 p.m. For everybody: Starting on September 7 septembre, 9:00 a.m.

^{*} Schedule may change without prior notice.

DESCRIPTION - LESSONS FOR KIDS

Visit the City's Web site for schedules..

PARENT-ENFANT 3, PRÉSCOLAIRE, NAGEUR 1 AND 2

Intended for children ages 2 to 5 (except for Nageur 1 and 2). Children must be accompanied by a parent when in the water, up to Préscolaire 3 level inclusively. A missed class cannot be repeated. Swim cap is mandatory. 30-minute lessons.

Table of equivalences available on the website (Red Cross program)

Cost

Residents of Vaudreuil-Dorion: \$46 | Non-residents: \$64

(rted eroos program)	
LEVEL	PREREQUISITES
Parent-enfant 3 *	Ages 2 to 3
Préscolaire 1 *	Ages 3 to 5 Completion of Tortue de mer or Parent-enfant 3. OR Child can float on his stomach and back unassisted.
Préscolaire 2 *	Ages 3 to 5 Completion of Loutre de mer, Salamandre or Préscolaire 1. OR Child can jump into water at chest height, unassisted; child can float and glide on his stomach and back, with assistance; child can blow bubbles and put his face in the water, unassisted.
Préscolaire 3 *	Ages 3 to 5 Completion of Poisson-lune or Préscolaire 2. OR Child can jump into water at chest height, unassisted; child can go underwater and exhale underwater 3 times; child can float on his stomach and back for three seconds while wearing a life jacket.
Préscolaire 4	Ages 3 to 5 Completion of Crocodile or Préscolaire 3. OR Child can jump into deep water while wearing a life jacket; child can hold his breath under water for 3 seconds; child can float on his stomach and back for 5 seconds; child can glide and whip kick on his stomach and back for 5 metres (masters all skills unassisted).
Préscolaire 5	Ages 3 to 5 Completion of Baleine or Préscolaire 4. OR Child can jump into deep water; child can glide sideways for 3 metres; child can float on his back, turn onto his back and swim 5 metres; child can kick his legs while alternating from stomach to back for 7 metres; child can belly crawl for 5 metres while wearing a life jacket.
Nageur 1	Ages 6 to 9 Child must be a beginner in swimming.
Nageur 2	Ages 6 to 14 Completion of Junior 1, 2 or Nageur 1. OR Child can jump into water at chest height unassisted and into deep water with a life jacket; Child can open his eyes, hold his breath and exhale under water; child can float, kick his legs and glide on the surface of the water on his stomach and back.

^{*} Accompanying parent in the water mandatory

NAGEUR 3 TO 6

Intended for children ages 6 and up. 40-minute lessons.

Cost

Residents of Vaudreuil-Dorion: \$57 | Non-residents: \$79

LEVEL	PREREQUISITES
Nageur 3	Ages 6 to 14 Completion of Junior 3 or Nageur 2. OR Child can jump into deep water and enter water with a sideways glide while wearing a life jacket; Child can stay on the surface of the water for 15 seconds; whip kick in a vertical position; swim 10 metres on his stomach and back.
Nageur 4	Ages 7 to 14 Completion of Junior 4, 5 or Nageur 3. OR Child can swim on the spot for 30 seconds; dive from kneeling position; front somersault into the water; whip kick for 10 metres while on his back; front crawl and back crawl for 15 metres.
Nageur 5	Ages 7 to 14 Completion of Junior 6, 7 or Nageur 4. OR Child can roll, swim on the spot for 1 minute and swim 50 metres; dive into deep water; swim underwater; whip kick for 15 metres; do the breaststroke using arms and breathing; front crawl and back crawl for 25 metres.
Nageur 6	Ages 7 to 14 Completion of Junior 8, 9 or Nageur 5. OR Dive to the water's edge and compact jump; swim on the spot with a spinning/scissor kick; front crawl and back crawl for 50 metres; do the breaststroke for 25 metres; sprint for 25 metres.

JEUNE SAUVETEUR

Intended for children ages 8 to 14. 55 minutes lessons.

Cost

Residents of Vaudreuil-Dorion: \$86 | Non-residents: \$119

NIVEAU	PRÉREQUIS POUR SUIVRE LE COURS
Jeune Sauveteur Initié	Ages 8 to 14 Completion of Junior 10 or Nageur 6. OR Child can swim on the spot for 45 seconds using only his legs; breaststroke sprint for 25 metres; front crawl and back crawl for 100 metres; 300 metres of endurance swimming.
Jeune Sauveteur Averti	Ages 8 to 14 Completion of Jeune Sauveteur Initié. OR Child can swim on the spot for 45 seconds using only his legs; breaststroke sprint for 25 metres; front crawl and back crawl for 100 metres; 300 metres of endurance swimming.
Jeune Sauveteur Expert	Ages 8 to 14 Completion of Jeune Sauveteur Averti.

LES CITADINS COMPETITVE SWIM SCHOOL

This new program offered in the Fall by the Les Citadins swim club is an alternative to traditional swimming lessons. It provides those ages 7 to 12 with an opportunity to continue swimming after completing Level 6.

Prerequisites:

- Be able to swim over a distance of 15 metres without using a flotation device.
- Be comfortable enough in the water to learn the front crawl and back stroke.
- · Be comfortable in the deep end of the pool.

Free trial lesson with the club coaches

Information and registration: info@lescitadinsnatation.com



DESCRIPTION - LESSONS FOR ADULTS

Visit the City's Web site for schedules...

Lessons are offered weeknights (40 minutes).

Cost

Residents of Vaudreuil-Dorion: \$72 (ages 16 to 54), \$62 (ages 55 and up)

Non-résidents: \$96 (ages 16 to 54), \$86 (ages 55 and up)

LEVEL	PREREQUISITES
Adulte 1	Ages 15 and +
Adulte 2	Ages 15 and + Completion of Adulte 1 OR Easily swim on stomach for 10 metres
Adulte 3	Ages 15 and + Completion of Adulte 2 OR Continuously front crawl and back crawl for at least 15 metres; be comfortable swimming in deep water.
Aquaforme	Ages 15 and + Lessons given in shallow end of the pool. Moderate intensity. No swimming skills are required for this class.
Aquaprofond	Ages 15 and + Lessons given in deep end of the pool. Moderate to high intensity. A flotation belt is provided to help participants stay on the surface of the water.
Aquasanté	Ages 15 and + Lessons given in shallow end of the pool. Light to moderate intensity. Intended for those who are less fit.

WATER SAFETY AND RESCUE TRAINING

CROIX DE BRONZE

September 15 to November 17 (28 hours)

+ exam on November 24

Cost

Residents of Vaudreuil-Dorion: \$132 | Non-residents: \$160

Additional cost

Certification fees (\$60)

Prerequisites

Must be 13 years of age at the time of the exam and have successfully completed the Médaille de bronze course (bring proof to the first course).

SAUVETEUR NATIONAL

September 14 to December 7 (42 hours)

+ exam on December 14

Cost

Residents of Vaudreuil-Dorion: \$195 | Non-residents: \$235

Additional cost: Manual (\$52), certification fees (\$100), pocket mask and antiviral valve (\$21)

Prerequisites: Must be 15 years of age at the time of the exam. Croix de bronze and Premiers soins général certifications (proof required at first class).

Absence from more than one course results in automatic failure

The Sauveteur national certificate allows you to work as a lifeguard from the age of 17. It is valid for two years.

PREMIERS SOINS GÉNÉRAL

Sunday, November 26, 1:00 to 6:00 p.m. Saturday, December 2, 9:00 a.m. to 5:00 p.m. Sunday, December 3, 1:00 to 4:00 p.m. Centre multisports André-Chagnon

Cost

Residents of Vaudreuil-Dorion : \$70

Non-residents: \$85

Additionnal cost: Manual (\$25), certification fees (\$17.50), pocket mask and antiviral valve (\$21)

Photo: Christian Gonzalez

MONITEUR DE NATATION

(replaces the Red Cross Water Safety Instructor course)

September 15 to December 15

The course includes at least 8 hours of internship during swimming activities (Swim for Life program) on Saturdays or Sundays starting October 14.

Cost

Residents of Vaudreuil-Dorion: \$315 | Non-residents: \$380 Certification fees: Starter kit (guides and manuals): \$100

Prerequisites: Be 15 years old before the last day of the course and hold a Bronze Cross certificate. Pass a swim test during the first course.

Materials required: Swim Instructor Kit (provided at first class). Candidates must bring their *Manuel canadien de sauvetage* to use as a reference during the course.

Success criteria: Successful completion of all components of the Swimming Instructor course. Absence from more than one course will result in failure.

DEVENIR SAUVETEUR

SAUVETEUR NATIONAL

Ages 15 and up



PREMIERS SOINS - GÉNÉRAL



CROIX DE BRONZE



MÉDAILLE DE BRONZE

Ages 13 and up or have obainted Étoile de bronze



ÉTOILE DE BRONZE (10)



JEUNE SAUVETEUR EXPERT (9)



JEUNE SAUVETEUR AVERTI (8)



JEUNE SAUVETEUR INITIÉ (7)





DROP-IN SKATING AND HOCKEY

Municipal arena

9, Rue Jeannotte

Priority and free admission for residents of Vaudreuil-Dorion, with Citizen Card. Non-residents can visit the arena to see if places are still available, on weekdays only.

DROP-IN SKATING - WEEKDAYS

Schedule valid from September 11, 2023 to April 25, 2024

For everyone Monday to Friday 3:15 to 4:05 p.m.

Ages 55 and up Tuesday, Wednesday and Thursday 9:15 to 10:05 a.m.

DROP-IN SKATING - WEEKENDS

Schedule valid from October 7, 2023 to March 31, 2024

For everyone Saturday 6:30 to 8:20 p.m. Sunday 4:15 to 5:50 p.m.

Except for December 8, 9, 10, 25, 26 and 31, January 2, 12 and 20, February 8, 9, 10, 22 and 25, April 2 and 25

DROP-IN HOCKEY

Schedule valid from September 12, 2023 to April 26 avril, 2024

16 years and up Monday, Wednesday and Friday 10:30 to 11:50 a.m.

55 years and up Monday and Friday 9:00 to 10:20 a.m.

Except December 8 and 25, January 1, February 9 and 23 and April 1

DROP-IN GYM ACTIVITIES

The free activities session will run from October 2 to December 10, 2023. The schedule of activities will be available at ville.vaudreuil-dorion.qc.ca, section Activities and events / Drop-in activities very soon.

ORGANIZATIONS

The City of Vaudreuil-Dorion supports numerous organizations that work within the territory to offer a wilde range of services to citizens. These organizations are classified into three categories: orts and leisure, socio-community and cultural.

SPORTS AND LEISURE ORGANIZATIONS

1st Vaudreuil-Dorion Scout Group

Bilingual group whose mission is to contribute to the education of young people in order to help build a better world

Information: 514 757-3637 johnc.1stvaudreuilscouts@gmail.com 1stvaudreuilscouts.wixsite.com/mysite/home

Association de balle molle mineure La Presqu'Île

Softball for girls ages 5 to 19

Information: Johanne, 450 455-2363

abmmlapresquile.com | Facebook.com/abmmlp

Association de baseball Presqu'Île

Youth minor league baseball

Information: Luc Desjardins, 514 776-7897 info@baseballpresquile.org | baseballpresquile.org

Association de hockey mineur Vaudreuil-Dorion

New: Girl hockey team Le Storm

Information: info@ahmvd.ca Facebook.com/ahmvd

Information hockey féminin: storm.sudouest.dir@gmail.com

Association de ringuette Les 4-Cités

A fast-paced, non-contact team sport played on the ice with a straight stick, without a blade, to pass, move and shoot a rubber ring into the opponent's net to score goals

Information: registraire@ringuette4cites.com kreezee.com/ringuette/organisation/association-de-ringuette-des-4-cites/8922 Facebook.com/4cites

Association régionale de kin-ball Sud-Ouest

Information: sud-ouest@kin-ball.gc.ca

Cavaliers Basketball

Home league and competitive basketball for girls and boys ages 5 to 17

Information: Michel Bento, 514 774-1663 abipcavaliers@hotmail.com | basketballileperrot.ca Facebook.com/cavaliersbasketball

Centre multisports André-Chagnon

Information: 450 218-2821 | info@centremultisports.org

Club d'athlétisme de Vaudreuil-Dorion

Information: claude_david2@yahoo.ca

Club de course à pied Les Vadrouilleurs

Information: jeacha@videotron.ca

Club de cyclisme Le Suroît

Information: casuroitcc@gmail.com clubdecyclismelesuroit.com

Club Gymini

Wide range of acrobatic sporting activities provided in safe state-of-the-art facilities

Information: 450 455-3141 | info@clubgymini.org clubgymini.org | Facebook.com/ClubGymini

Club de patinage artistique régional de Vaudreuil-Dorion

Skate Canada programs for all levels (ages 3 and up), from beginner to competitive level

Information: 450 455-3371, poste 2779 info@cparv.org | cparv.org | Facebook.com/CPARV

Club de patinage de vitesse des Trois-Lacs

Speed skating for ages 3 and a half to 17, recreational and competitive

Information: Benoit Lachapelle, 514 795-9573 info@cpv3lacs.org | cpv3lacs.org Facebook.com/CPV.3Lacs

Club de pickleball de Vaudreuil-Dorion

Pickleball games year-round to help you stay in shape (outdoor courts until late October)

Information: Robin Grant, 514 886-6424 Denise Bordeleau, 450 455-5239 info@clubpickleballvd.com

Facebook.com/Clubde Pickleball Vaudreuil Dorion

Club de plongeon Vaudreuil-Dorion

Diving club for ages 5 and up, from recreational to competitive level, and classes for adults of all levels

Information: 450 319-0355 | info@cpvd.ca | cpvd.ca Facebook.com/PlongeonVaudreuilDorion

Club de tennis de Vaudreuil-Dorion

Tennis lessons, single and doubles leagues, and tournaments

Information: Martial Demers, 450 424-8699

clubtennisvd@gmail.com

Club de triathlon Tri-O-Lacs

Information: info@tri-o-lacs.org

Club de volleyball Les Citadins

For girls and boys from 10 to 17 years old Information: volleyballcitadins@gmail.com

Club des aînés associés de Vaudreuil-Dorion

Activities for seniors (50 years and older)

Information: Nicole Piché, 450 455-6832

piche.nicole@outlook.com

Facebook.com/Le Club des Aînés Associés de

Vaudreuil-Dorion

Club optimiste Vaudreuil-Dorion

Volunteers providing services to youth and the community

Information: Pierre Dolbec, 514 947-5348

dolbec.p@videotron.ca | optimistevaudreuil-dorion.com

Club ornithologique de Vaudreuil-Soulanges

Information: Rolland Aubin | ornithovs@gmail.com sites.google.com/site/ornithovs

Facebook.com/groups/673662003638322

Dek hockey Vaudreuil-Dorion

Leagues start in April 2023

Junior: 514 772-1585 | Adulte: 514 893-0058 info@jeunesportifregional.org | jeunesportifregional.org

Escadron 867 de la Ligue des cadets de l'air

A bilingual public service organization that brings together young people in a spirit of fun and camaraderie, while instilling principles of good citizenship, promoting physical skills and stimulating interest in aviation

Information: Chantale Grenon-Nyenhuis, 613 894-4526

867Aviation@cadets.gc.ca | cadetsair.ca Facebook.com/867vaudreuildorion

FC Trois-Lacs

Soccer club for players from Vaudreuil-Dorion, L'Île-Perrot, Notre-Dame-de-l'Île-Perrot, Pincourt and Pointe-des-Cascades

Information: 450 218-9008 | info@fc3lacs.com fctroislacs.com | Facebook.com/Fctroislacs

Football Les Patriotes de l'Ouest

Information: westernpatriotes@videotron.ca

Girl Guides

Organization that prepares girls to overcome all the obstacles they may face in their lives

Information: Jennifer Murray, 514 467-6414 vaudreuilguilding@gmail.com | guidesquebec.ca Facebook.com/Girl Guides of Canada - Guides du Canada, Québec Council

Les Citadins natation

A swim club aimed at developing swimming skills so that swimmers can train, develop their aquatic skills, and participate in regional or provincial competitions

Information: info@lescitadins natation.com

lescitadinsnatation.com

Les Skieurs de l'île

Information: skieursdelile@hotmail.com

Olympiques spéciaux du Québec, section Vaudreuil-Soulanges

Safe and fun environment where athletes with special needs can develop their social and athletic skills and participate in programs specifically designed for people living with intellectual disabilities (Down's syndrome, autism, ADHD, etc.)

Information: 438 350-9243 soqvs.coordinator@gmail.com Facebook.com/groups/soqvaudreuil

19e unité Scout, Vaudreuil-Dorion

French-speaking Scouting movement focusing on learning through play, the outdoors, outings, camps and action. For boys and girls aged 7 to 17

Information: 450 510-0903

info@scout19vd.org | scout19vd.org/accueil

SOCIO-COMMUNITY ORGANIZATIONS

Arc-en-ciel Vaudreuil-Soulanges

Mental health assistance and self-help organization promoting recovery and social integration to end isolation and improve quality of life

Information: 450 424-7006 | arcencielvs@gmail.com Facebook.com/Arcenciel Vaudreuil-Soulanges

Association de fibromyalgie et du syndrome de fatigue chronique de Vaudreuil-Soulanges

An organization whose mission is to inform, reassure and support its members to help them regain control of their lives and raise awareness among the general public and healthcare professionals

Information: 450 218-7722 | info@afsfc-vs.org afsfc-vs.org | Facebook.com/assofibromyalgieAFSFCVS

Carrefour jeunesse-emploi Vaudreuil-Soulanges

Assistance for young adults between the ages of 15 and 35, regardless of their economic situation, occupation or status, to improve their living conditions by supporting them in their efforts to find a job, return to school, undertake an entrepreneurial project, etc.

Information: 450 455-3185, info@cjevs.org | cjevs.org | cjevs.org

Centre communautaire des aînés Vaudreuil-Soulanges

Aims to encourage seniors to remain in their own homes through the provision of meals-on-wheels and take-out services and the enrichment of vitality through intellectual, physical and social activities

Information: 450 265-3548 | centredesainesvs.com Facebook.com/Centre-communautaire-des-aînés-Vaudreuil-Soulanges

Centre d'action bénévole L'Actuel

Medical transportation, friendship visits, food assistance, community kitchens, tax clinics, safety calls, thrift stores, clothing and item donations

 $Information: 450\ 455\text{-}3331, poste\ 100\ |\ info@lactuel.org\ |\ lactuel.org\ |\ Facebook.com/LActuelCentreActionBenevole\ |\ lactuelCentreActionBenevole\ |\ lactuelCentreActionBenevole\$

Centre prénatal et jeunes familles de Vaudreuil-Soulanges

A welcoming and caring environment that accompanies and equips people who wish to be parents, parents and children by offering them a variety of resources, services and activities to help them grow better together

Information: 450 424-7867 info@centrepjf.org | centrepjf.org

Facebook.com/centreprenataletjeunesfamilles

Comité Jeunesse La Presqu'Île

Organization whose aim is to meet the needs and problems related to youth—notably social exclusion, school dropout, family problems, criminality, vandalism and alcoholism—and to educate the public and increase awareness of these issues by organizing workshops, discussion groups, seminars, patrols, etc.

Information: 514 425-1060 info@comitejeunesselapresquile.org comitejeunesselapresquile.org Facebook.com/comitejeunesselp

COMQUAT

Literacy services: acquiring or improving reading, writing and oral expression skills on a daily basis, including writing, reading, French as a second language, conversation, preparation for high school equivalency tests (T.E.N.S.) and Alpha numeric workshops for people aged 50 and over

Information: 514 453-3632 | info@comquat.ca comquat.ca | Facebook.com/comquat.ca

Grand Rassemblement des aînés de Vaudreuil et Soulanges (GRAVES)

Organization that provides support services to people ages 50 and over in an effort to help them break out of isolation as well as develop and maintain their ability to engage in their environment

Information: 450 424-0111 | info@legraves.com legraves.com | Facebook.com/graves.vs

Hébergement La Passerelle

Different services offered to counter and prevent domestic violence against women and children

Information: 450 424-6010

info@hebergementlapasserelle.com | lapasserelle.com | Facebook.com/hlapasserelle

L'Aiguillage

Emergency shelter services, residential stability with support and street work to promote social reintegration

Information: 450 218-6418 | direction@aiguillage.ca aiguillage.ca | Facebook.com/aiguillage.travailderue

L'Atelier paysan

Animation, training and conferences related to ecological vegetable production, which promotes the acquisition of knowledge in urban agriculture

Information: accueil@latelierpaysan.ca latelierpaysan.ca | Facebook.com/atelierpaysan

Le Carrefour de l'Espoir

Recovery of objects and resale at lower cost

Information: 450 218-3100 lecarrefourdelespoir@videotron.ca

Le Versant, réseau d'entraide pour les personnes souffrant de troubles anxieux

Help for those who have difficulty managing their anxiety

Information: 450 801-8393 | info@leversant.org leversant.org | Facebook.com/Leversant

Le Zèbre Rouge

Community organization and social economy enterprise whose mission is to increase the autonomy, skills and employability of young adults living with mental health problems, with or without physical or intellectual limitations / Recovery and reconditioning of used bicycles, resale, rental and regular bicycle repairs

Information: 450 424-2422 | info@zebrerouge.org zebrerouge.org | Facebook.com/Lezebrerouge

Maison de la famille Vaudreuil-Soulanges

Community organization whose mission is to support families in order to promote the optimal development of children in Vaudreuil-Soulanges from the prenatal period to age twelve

Information: 450 218-0561 | info@mfvs.ca | mfvs.ca | Facebook.com/maisondelafamillevs

Parrainage civique de Vaudreuil-Soulanges

Organization whose mission is social inclusion, individual and collective care, social integration, home support and the development of autonomy for people living with an intellectual disability, an autism spectrum disorder or a physical disability

Information: 450 455-8986 | pcvs@pcvs1982.ca parrainageciviquevs.ca | Facebook.com/pcvs1982

Répit Le Zéphyr

In-home respite and babysitting service

 $dg@repitlezephyr.com \mid repitlezephyr.com\\$

Une histoire de chevaux inc. / A Horse Tale Inc.

Safe, comfortable and loving environment for the rehabilitation and relocation of horses

Information: ahtrescue.org | Facebook.com/AHorseTale

GROUPES D'ENTRAIDE

Alcooliques Anonymes

An association of people who share their experience, strength and hope with each other in order to solve their common problem and help other alcoholics recover. The only requirement for membership is a desire to stop drinking

Information: 514 376-9230 | aa87.org

Gamblers Anonymes Vaudreuil-Dorion

Serving compulsive gamblers Emergency phone line

1 866 484-6664

Mouvement anonyme des dépendants affectifs

Toxic relationships, isolation

Phone line: 514 476-7778 | mouvementmada.com

Narcotiques anonymes

An association made up of men and women for whom drugs had become a problem. Self-help meetings to help members stay sober

1 8555 544-6362 | naquebec.org

CULTURAL ORGANIZATIONS

Autam Vaudreuil et Autam Dorion

Courses and conferences for individuals ages 50 and up in collaboration with Université du troisième âge, a division of Université de Sherbrooke

Information: 450 455-7096, 514 980-2671

autam.vaudreuil@gmail.com | autam.dorion@gmail.com

Centre d'archives de Vaudreuil-Soulanges

Acquisition, treatment and conservation of archives on the history of Vaudreuil-Soulanges, activities, conferences and distribution of documents

Information: 450 424-5627 | archivesvs@archivesvs.org archivesvs.org | Facebook.com/archivesvs

Cercle des conteurs du Haut-Saint-Laurent

Awareness of living heritage development through storytelling and singing

Information: Robert Payant, 450 455-1841

robert.payant@icloud.com

Cercle des Fermières de Vaudreuil

Sharing of different textile art techniques that are part of Quebec's heritage

Information: Marie-Andrée Drolet, 514 793-6207 Pres.Fed14.VAUDREUIL@cfq.qc.ca | cfq.qc.ca Facebook.com/Cercle des Fermières de Vaudreuil

Chœur chants de coton

Mixed-voice choir dedicated to the Negro spiritual repertoire while also exploring the great choral repertoire of the classics, international folklore and popular music

Information: 514 891-7141 choeurchantsdecoton@gmail.com choeurchantsdecoton.com Facebook.com/Chœur chants de coton

Chœur classique Vaudreuil-Soulanges

Amateur choral singers who explore the choral repertoire of various eras and present a series of high quality concerts

Information: Nicole Maisonneuve, 514 894-6536 info@chœurcvs.org chœurcvs.org

Facebook.com/chœurcvs

Chœur Esperanto

Performances without binder with musicians on stage in an intimate room to fully appreciate choral singing

Information: chœuresperanto@gmail.com chœuresperanto.ca

Club photo Vaudreuil-Dorion

Grouping of photography enthusiasts, both amateurs and professionals

Information: Lise Lemieux president@clubphotovaudreuildorion.com clubphotovaudreuildorion.com Facebook.com/clubphotovd

CSUR La télé

Community television

Information: 514 892-5842 | info@csur.tv | csur.tv Facebook.com/csur.tv

Ensemble vocal Les Enchanteurs

Development of choir singing among adults in the region

Information: 438 886-3132 lesenchanteurs@hotmail.ca enchanteurs.ca

Facebook.com/EnsembleVocalLesEnchanteurs

Festival Artefact

Music festival featuring emerging music from Quebec

Information: Francis Paquette, 514 661-0864 francis@festivalartefact.com | festivalartefact.com Facebook.com/FestivalArtefact

Galileo

Symphony Orchestra formerly known as the Orchestre symphonique de la Vallée-du-Haut-Saint-Laurent

Information: 438 395-5752 | info@orchestregalileo.com orchestregalileo.com | Facebook.com/OrchestreGalileo

L'Intrépide Cabaret d'Improvisateurs (L'ICI)

Amateur improv league for adults

Information: intrepidecabaret@gmail.com | lici-vs.com Facebook.com/lintrepidecabaretdimprovisateurs

La Fondation de la Maison Trestler

Heritage House with a cultural and social mission

Information: 450 455-6290 | info@trestler.qc.ca trestler.qc.ca | Facebook.com/MaisonTrestler

Les Amis de Félix à Vaudreuil

An organization whose mission is to keep the memory of Félix Leclerc alive in Vaudreuil-Dorion, where he lived for over 20 years

Information: 514 825-8009 | ssmfl2017@gmail.com Facebook.ca/Pour la mémoire de Félix Leclerc à Vaudreuil

Musée régional de Vaudreuil-Soulanges

Museum whose mission is the conservation and development of heritage related to the evolution of the art of living in Vaudreuil-Soulanges, while serving as a showcase for creators, educational workshops, thematic family activities, conferences, etc.

Information: 450 455-2092

info@mrvs.qc.ca | mrvs.qc.ca | Facebook.com/museervs

Société de généalogie Vaudreuil-Cavagnal

Museum whose mission is the conservation and development of heritage related to the evolution of the art of living in Vaudreuil-Soulanges, while serving as a showcase for creators, educational workshops, thematic family activities, conferences, etc.

Information: Line Cholette , 438 527-7482 sgvc@sgvc.ca | sgvc.ca | Facebook.com/sgvc2005

Troupe de théâtre Les Philanthropes

Production of plays and other performances

Information: Jean-Marc Lavigne 514 207-9982

le festival d'arts vivants de Vaudreuil-Dorion



8 et 9

septembre 2023

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