

# LE TRAIT D'UNION

MUNICIPAL BULLETIN

FALL 2024

## LA GUINGUETTE

A festive space  
much appreciated  
by visitors to  
Le 405 Park5



# A word from the mayor

By the time you read these lines, the back-to-school season will already be upon us. We will be getting back to business, and summer vacation will be over for most of us. I hope you had an entertaining and relaxing summer.

The next few months will be very hectic and there will be a certain frenzy at City Hall as we prepare for the move to our new building, which will also include both the library and the public square. I can't wait for you to discover this bright and spacious location, and I hope that many of you will take full advantage of it.

As far as the second phase of the municipal hub is concerned, we received some bad news in July. We have been advised by the Ministère de l'Éducation du Québec that our application for financial support for the construction of our aquatic complex was rejected. This is the second time the City was refused for this same project, which we improved upon it since we first filed with the government in 2019, in particular by adding regional partners to extend the scope of the project. Our teams have worked hard to build a strong and convincing case. However, as the number of projects submitted for this financial assistance far exceeds the budget allocated, neither our project nor any of the major projects in Vaudreuil-Soulanges were selected. The need for an aquatic complex in the region is very real. We're not giving up on building a new pool. We will be evaluating the different avenues now available to us, including the possibility of a consultation with citizens, in order to determine the next steps to be taken.

Since we are on the topic of citizen consultation, I would like to thank everyone who completed the online survey. The information we received will allow us to draft a new cultural policy that meets your expectations and needs. More than 10 years ago now, Vaudreuil-Dorion chose to make culture a priority. For several years, we have distinguished ourselves in this regard, namely by having a diverse and rich cultural offer, as evidenced by our Mozaïk network and the many awards we have won.

In conclusion, I would like to mention that the steps surrounding the adoption and implementation of our municipal policies are indeed important, as these serve as guides for our organization. In June, Camp Franco-fun received the Jury's Coup de Coeur award at the Nomina Gala. This project is the perfect example of an initiative to develop mechanisms to welcome, integrate and support our new residents. This is one of the objectives behind our policy of living together. Over the years, Vaudreuil-Dorion has transformed significantly, with many of our new citizens coming from an immigrant background. It is essential for our organization to participate in the development of a welcoming and inclusive community life. I would like to thank and congratulate all the employees and partners who contributed to the success of the Franco-fun camp project.

Happy Fall season to all!

Mayor Guy Pilon

### Upcoming City council meetings

September 3 and 16, October 7 and 21  
November 4 and 18 and December 2  
at 7 p.m. at the City Hall

### Special budget meeting

December 9

## Municipal councillors



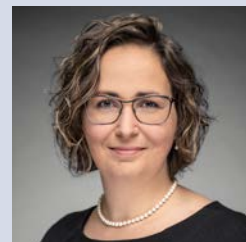
Mr. Luc Marsan  
District 1 | Quinchien



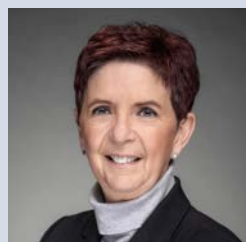
Mr. François Séguin  
District 2 | Valois



Mrs. Jasmine Sharma  
District 3 | Des Bâtisseurs



Mrs. Karine Lechasseur  
District 4 | De la Seigneurie



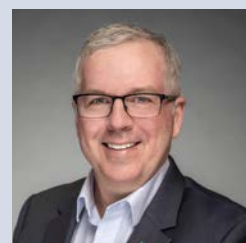
Mrs. Diane Morin  
District 5 | Des Chenaux



Mr. Gabriel Parent  
District 6 | Saint-Michel



Mr. Paul M. Normand  
District 7 | Desrochers



Mr. Paul Dumoulin  
District 8 | De la Baie

## CONSTRUCTION WORK



This symbol affixed to various texts in the municipal bulletin indicates that the project is part of the 2020 > 2025 strategic plan.

### Infrastructures



- The redevelopment of Route De Lotbinière, between Boulevard Harwood and Rue Saint-Jean-Baptiste, began a few weeks ago. This project consists of making the sector more user-friendly with the addition of unidirectional bike lanes, sidewalks, vegetated strips, trees and urban lighting. Work will continue until the end of 2024 and resume in the spring of 2025. The redevelopment of the Boulevard Harwood and Route Lotbinière intersection may be carried out in the spring depending on the construction of the Île-aux-Tourtes bridge and the number of lanes open to traffic.
- Work on the wastewater pumping station on Rue Bourget, located near the Pierre-Elliott-Trudeau school, was carried out this summer. A generator has been added to this pumping station to ensure its operation in the event of an electrical failure. Renovations of the Dutrisac station began in August and will continue until October. A generator will also be installed at this pumping station.
- Work aimed at replacing water and sewer pipes, sidewalks, curbs and paving on Rue des Loisirs continues and is expected to be completed by the end of September. Particular attention had to be paid to protecting mature trees in this area.
- Reconstruction work on a culvert on Harwood Road, south of Highway 40, will begin in September and be carried out over approximately five weeks. It should be noted that this section will need to be completely closed off for two weeks to complete the work to be done.



### Bike paths and pedestrian amenities



The implementation of the Bike Path Master Plan continues this Fall with the following projects :

- New off-road multipurpose path along Rue Chicoine and Rue Chenonceau to provide safer access to Des Échos high school. The *Ministère des Transports et de la Mobilité durable du Québec* (MTMDQ) is providing \$635,000 to fund this project.
- Construction of Phase 2 of the multipurpose path located behind Rue des Floralies and Rue des Pivoines all the way to the Des Perce-Neige Park. The City is also receiving \$918,500 in financial assistance from the MTMDQ's Financial Assistance Program for the Development of Active Transportation in Urban Perimeters (TAPU).
- Construction of a sidewalk on the north side of Boulevard de la Gare, between Rue du Manoir and the bus stop located to the west of it.
- Construction of a concrete pathway between Rue des Sureaux and Rue des Oliviers.

### Buildings

- The redevelopment of the Service des loisirs et de la culture offices will begin shortly and is expected to take place over a period of 8 to 10 weeks. New office spaces will be created to accommodate members of the department's growing team. In addition, the reception desk will be redesigned to better accommodate individuals with reduced mobility. Starting September 5, and for the duration of the work to be done, a temporary reception area will be set up on the ground floor of the Jean-Marc Ducharme Community Centre, located at 21 Rue Louise-Joseph. Exceptionally, during this period, only the library will be able to produce citizen cards.

### Parks and green spaces

- Work on the Quatre-Saisons school park is nearing completion. In the spring and summer, the following projects were carried out: the installation of playground equipment and urban furniture focused on providing universal accessibility (tables, benches, swings, etc.), the development of lit paths connecting the various areas between them, the enhancement of the main entrance of the De la Croisée Building and the redevelopment of the parking area. This

TO FIND OUT ABOUT CURRENT OR UPCOMING OBSTRUCTIONS, CONSULT THE "SPORADIC WORK" SECTION OF THE PUBLIC WORKS PAGE ON THE CITY'S WEBSITE.



Simulation of playground equipment planned for Parc Bourget

Fall, the final phase of development will involve the planting of more than 200 conifers and deciduous trees.

This project includes the addition of new play furniture such as a futtoc table (a combination of ping-pong, football and volleyball), a basketball net and several scooter racks.

- The redevelopment of Bourget Park is set to begin shortly. The future layout will include a Bantam baseball field equipped with fences, bleachers, player shelters and benches, new playground areas and a splash pad. A path connecting all of the different areas will wind through the park. A service building as well as urban furniture (picnic table, bench, drinking fountain, shade shelter, etc.) will be included as part of the layout. The park has many existing mature trees. The majority of these will be preserved and others will be transplanted throughout the site.

This project also includes the addition of playground equipment that meets a variety of special needs and is

focused on ensuring universal accessibility (sensory stimuli and accessibility for individuals with reduced mobility thanks to three rubberized components accessible from the ground).

### Sports fields

- Last July, work on resurfacing the acrylic surface took place at the two tennis courts at De la Seigneurie Park. The current surface was refreshed by caulking cracks and applying new layers of acrylic coating.
- The four Saint-Jean-Baptiste tennis courts are currently being transformed into 12 permanent pickleball courts. The courts located near the school will be completed around September 23. Those near the parking lot will be accessible starting September 6, but the lines will be temporary. Work on the courts will be completed next spring with the application of the acrylic surface. These permanent pickleball courts will meet citizens' growing demand for infrastructures to



Parc-école des Quatre-Saisons

Photo: Christian Gonzalez

practice this sport. The City is investing an amount of \$400,000 in this first phase of the project.

- Redevelopment of the ice rink at De la Montée-Cadieux Park is underway. A 3-on-3 regulatory dek hockey rink will be installed. This project includes the addition of sheltered benches for players, resurfacing of the asphalt and redesigning of the lighting. The work will be completed this Fall, with the exception of the bench shelters, which will be built and installed by the Public Works Department next spring. An amount of \$143,000 has been invested for the rink, boards and asphalt repair.

- The City is awaiting the required environmental approvals from the *Ministère de l'Environnement, de la Lutte contre les changements climatiques, de la Faune et des Parcs* for the development of six new tennis courts and eight pickleball courts on a site on Rue Valois, near Maison-Valois Park.

Pôle

MUNICIPAL

Throughout the summer, exterior design work was carried out by the contractor assigned to this project. The public square, street furniture and planting will continue to gradually take shape. An official pathway diagonally crossing the site will be implemented where people would often cross the area to reach the train station. This path, given the name of The Valley, will be surrounded by two vegetated slopes created using the building's excavation soil. Water management will focus on green infrastructure using the best ecological practices, from rain gardens to use of various plants. Lastly, the tree and shrub species chosen for this site are largely indigenous and edible and will be planted with the aim of creating shady spaces and reducing the impact of the wind.

Interior finishing work is underway at the same time. Over the next few months, painting, flooring, woodwork and cleaning will take place.

The building is expected to be open to the public in the first half of 2025.

The application for financial support for the aquatic complex construction project submitted under the call for projects of the Financial Assistance Program for Recreational, Sports and Outdoor Infrastructure – Stream 1 (PAFIRSPA) was not accepted by the Government of Québec. This application sought financial assistance in the amount of \$20 million, which was the maximum amount offered. This is the second time this project was rejected. As early as 2018, the City met with associations from the water sports world to learn more about their needs. Following this, a functional and technical program was developed in consultation with professionals specializing in the design of this type of infrastructure. Estimated at \$39 million in 2019, the project budget is now \$59 million.

Citizens can follow the progress of the project on the City's website (Municipal Hub section) in addition to signing up for the Citizen Portal to receive notifications about work in progress.

## Earth Day: Activity Review

In celebration of Earth Day, last April, a clean-up activity was held at Dorion-Gardens Park, in collaboration with the Blue Organization, and a biodiversity inventory was carried out at Harwood Nature Park with the help of citizens, who were invited to participate. Here is the result of these two activities.

### Clean-up activity

The 25 participants who met on Saturday, April 20, collected a total of 50.3 kg of waste. The main materials collected consisted of cigarette butts, candy and snack wrappers as well as fast food and beverage containers. Thank you to those who spent their morning cleaning up the park!



Photo: Christian Gonzalez

### Bioblitz

From April 26 to 29, the Greater Montréal Area participated in a global bioblitz called the Urban Nature Challenge, organized by the Campus Biodiversity Network, *Technoparc Oiseaux* and the Canadian Wildlife Federation. During these four days, people in 400 cities around the world made an effort to document as many species of wild fauna and flora as possible using the free iNaturalist app. The City of Vaudreuil-Dorion joined the movement by inviting its population to draw up a biodiversity profile of the territory. To do so, 45 people went to Harwood Nature Park on April 27, where they observed 59 plant species, two of which were considered at risk according to the Act respecting threatened or vulnerable species, namely the white trillium and the large-flowered bellwort. Where animal species are concerned, 23 were listed, including the snapping turtle, whose status is of concern according to the Committee on the Status of Endangered Wildlife in Canada.

It was a great example of citizen participation in the name of science! Thanks to all!

## Radon concentration in residential buildings

Radon is a radioactive gas produced by the natural decay of uranium in the soil. It is colourless, odourless and tasteless. As such, it is not detectable by the senses. In the open air, radon dilutes in the atmosphere and presents no danger. However, when it infiltrates into a closed environment, it can accumulate in high concentrations and cause problems. Radon is the second leading cause of lung cancer in Québec.

In recent years, the City of Vaudreuil-Dorion has been selling radon detectors to its citizens at a low cost of \$5, which covers analysis and mailing to the laboratory. For this test to be successful, the detector must remain in place for a minimum of three months. Winter is the ideal time for testing, since buildings are less ventilated this particular time of year.

### How to get a radon detector

Starting at 9 a.m. on September 5, citizens interested in obtaining a radon detector can file a request through the City's website (Environmental Grants section) or by phone at 450-455-3371, Option 1. Please note that a valid citizen card is required. Residents will be able to pick up their detector at the St-Jean-Baptiste Opticentre on one of the three following days :

October 16 6 to 8 p.m.	November 9 9 to 11 a.m.	November 19 6 to 8 p.m.
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### Radon concentration

In the event of a result greater than 200 Bq/m<sup>3</sup>, which is the Canadian intervention threshold, it is recommended that the required work be done to reduce the concentration of radon. For this purpose, the City is offering a 50% refund on the cost of installing a radon mitigation system, up to a maximum of \$500 per residence.

## LES ÉCO DÉCOUVERTES

FREE

Municipal library  
Online registration at [ville.vaudreuil-dorion.qc.ca](http://ville.vaudreuil-dorion.qc.ca)

Information: 450-455-3371, Option 1  
[environnement@ville.vaudreuil-dorion.qc.ca](mailto:environnement@ville.vaudreuil-dorion.qc.ca)



October 22, 7:00 p.m.

### AVOIDING OBSOLESCENCE

By Mélissa de La Fontaine  
COOP INCITA

Who hasn't faced a case of obsolescence? A device that seems to give up the ghost the day after the warranty expires. A perfectly good cell phone that just doesn't seem to answer the call anymore. And that brand new sweater you've been buying despite having a full wardrobe! In this conference, you'll have the opportunity to gain a better understanding of the many facets of obsolescence, and discover the ways in which we can be part of the solution!



November 21, 7:00 p.m.

### SMART TRAVEL OR SLOW TOURISM

By Frédéric Campeau  
Arbre-Évolution and Le semoir

How can you have a positive impact on local populations and reduce the environmental consequences of your trip? The aim of the conference is to raise awareness of the issues and problems associated with mass tourism, by focusing on the ecological and eco-citizen dimension. The economic, political, social, cultural and environmental aspects of tourism will be addressed.



## MARK YOUR CALENDARS:

Chasse aux trésors  
September 28 and 29

Réparathon  
October 6

## ENVIRONNEMENT

### Urban forests



In 2022 and 2023, about thirty sites, at different locations in the territory, were reforested as part of the federal government's 2 Billion Trees program. While most of the trees are still very small, in just a few years, they will transform these places into small urban forests, thereby:

- sequestering carbon and mitigating global warming ;
- capturing pollution in the form of fine particles present in the air and producing oxygen;
- regenerating degraded soils ;
- improving water filtration and limiting rainwater runoff;
- cooling the air by helping locally reduce the effects of heat islands;
- reducing noise in neighbourhoods;
- providing citizens with enhanced access to nature in the longer term, and being beneficial for the fauna, the local flora and biodiversity..



Planting site on Rue des Pivoines

#### Maintenance

During the first years of their growth, vegetation will occasionally be cleared in order to prevent competing plants from growing around small trees. In addition, planting will take place as needed to replace trees that are dead or affected by various issues, including small rodents, drought, ice, floods or destructive insects.

Thank you for respecting these areas and helping us create wealth for our neighbourhoods and for future generations.

## BY-LAWS

### Winter shelters and snow removal markers

Temporary winter shelters are permitted from November 1 to April 15. Shelter structures (without the canvas) may be installed starting October 15. Although you do not need a permit, there are certain requirements that must be respected. These requirements can be found in the By-laws section of the City's website.

Citizens wishing to use the services of a snow removal contractor must ensure that the latter holds a permit from the City. It should be noted that snow removal markers on private property are only permitted starting November 1.

### Increased fines for cutting down trees without a permit

The Government of Québec has increased the fines for the illegal cutting down of trees, effective December 8, 2023. This increase is applicable to all municipalities throughout Québec, in accordance with An Act to amend the Act respecting municipal taxation and other legislative provisions (Bill 39), to ensure greater protection of natural environments and trees in urban areas.

As such, owners who cut down any tree without a permit are liable to a basic fine of \$2,500, plus \$500 per tree they cut down and a court fee representing 25% of the total fine. For example, for the illegal cutting of three trees on the same property, the owner would be given a \$5,000 fine.

#### Permit request

Any property owner wishing to cut down a tree on his or her land must first apply for a permit online through the City's website at [ville.vaudreuil-dorion.qc.ca/permisenligne](http://ville.vaudreuil-dorion.qc.ca/permisenligne). It's free!

For any questions about tree cutting, please contact the Permit and Inspection Division at 450 455-3371, ext. 2027 or [infourbanisme@ville.vaudreuil-dorion.qc.ca](mailto:infourbanisme@ville.vaudreuil-dorion.qc.ca).

## FIRE SAFETY

### The evacuation plan, a valuable tool

The evacuation plan is a paper tool that helps you quickly evacuate your home safely. Families should make an evacuation plan and practice it at least twice a year. Making an evacuation plan consists of drawing a freehand map of your home and indicating :

- Emergency exits (main doors, windows, patio doors) ;
- Two paths per room to get to an emergency exit;
- The assembly point located outside the house that is accessible year-round (any season);
- The location of portable fire extinguishers.

The assembly point allows the whole family to gather at a specific location in order to avoid searching for their loved ones and attempting to go back into the house. Once there, 9-1-1 should be immediately called to notify the emergency services of the situation (fire department, police and ambulance).

The Québec.ca website, Public Safety and Emergencies/ Fire Safety section, offers a complete section on the evacuation plan. It includes a grid for drawing an evacuation plan and a video on how to evacuate your home in the event of a fire.

**Every year in Québec, fires represent an average of**

**14 HOMES DAMAGED EVERY DAY**

**400 PEOPLE INJURED**

**29,000 PEOPLE EVACUATED**

#### Change your clocks, change your batteries!

On November 3, when moving your clocks back an hour, take the time to check that your smoke alarms are functioning properly and change the batteries. The lifespan of a smoke alarm is 10 years, regardless of whether it is battery-operated or electric. It is therefore important to ensure you do not keep your smoke alarm any longer than this amount of time and replace it if necessary..



## Nouveaux résidents

Bienvenue à Vaudreuil-Dorion!

Des questions? Visitez la page Nouveaux résidents du site Web.

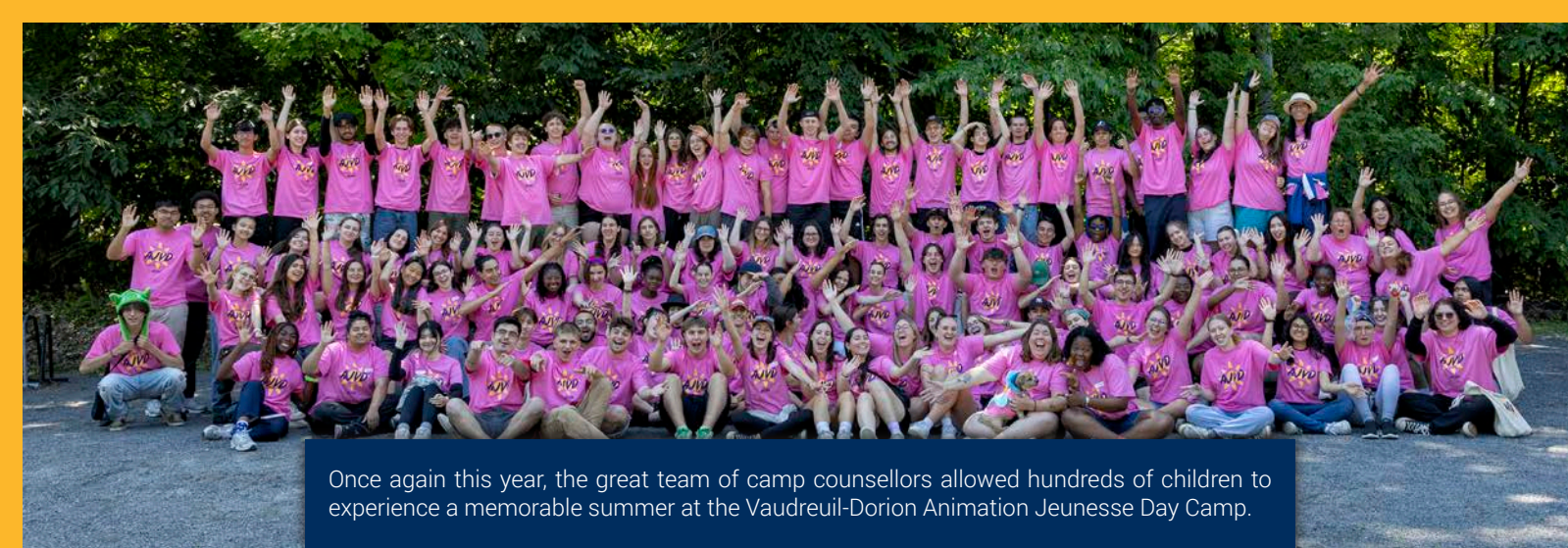
[ville.vaudreuil-dorion.qc.ca](http://ville.vaudreuil-dorion.qc.ca)



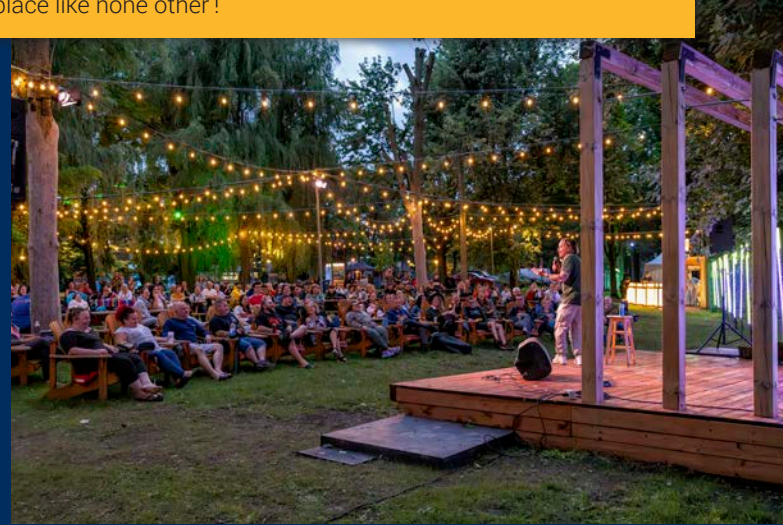
# Summer 2024 in Vaudreuil-Dorion!

La Guinguette

The 405 Park once again proved to be Vaudreuil-Dorion's most sought-after summer destination! Comedy, music, improv, creative workshops... and, of course, the Guinguette, a festive gathering place like none other!



Once again this year, the great team of camp counsellors allowed hundreds of children to experience a memorable summer at the Vaudreuil-Dorion Animation Jeunesse Day Camp.



This summer, Errances took part in the Rythmes d'été events and was on site at a few neighbourhood parties to introduce the public to the live arts.



Twelve electrical boxes were decorated and beautified as part of the second edition of the Pluralité collective project. The result was simply beautiful!



Music flowed through the gardens at Maison Félix-Leclerc during the *Musique aux jardins* performances.



Neighbourhood parties provided an opportunity for residents to meet their neighbours and participate in various activities.



Thousands of festivalgoers enjoyed the 18th edition of the Vaudreuil-Dorion Festival de cirque, which included a performance by FouKi.



The great Patsy Gallant had the audience up on its feet as she kicked off the Rythmes d'été series of performances at Maison-Valois Park.



Whether in techno, literary, exhibition or creative mode, the Mozaik Caravan is out and about every day to offer a variety of activities to citizens of all ages in every neighbourhood.



## ARTS AND CULTURE

# Landscapes in bloom: a fresco will soon be taking shape

Young Vaudreuil-Dorion citizen Alexandria Diardichuk-Marinakis and urban artist Fluke, from the non-profit organization Kolab, have begun planning a mural that will be painted on one of the exterior walls of the filtration plant, located on Chemin Paul-Gérin-Lajoie. To help them with the creative process, they held a creative activity with the young people who were part of Animation Jeunesse day camp's Club Ados in late July. The artist will start painting the fresco sometime around mid-September. This project submitted by Alexandria as part of the youth component of the 2023 participatory budget entitled *Jeunes artistes de Vaudreuil-Dorion : Paysages en fleurs* (Young Artists of Vaudreuil-Dorion: Landscapes in Bloom). She wanted to highlight the beauty of the city, its parks and its landscaping through the eyes of young artists in addition to using art as a means of bringing various cultures together. The budget initially allocated to the project was increased through the 2021–2024 cultural development agreement between the City of Vaudreuil-Dorion and the *Ministère de la Culture et des Communications du Québec*.



Alexandria, Fluke et les jeunes du Club Ados

Du 27 septembre  
au 14 décembre

**OASIS**  
Créative

Lieu de création  
et de partage  
de savoir-faire  
artistique

Édifice de la Croisée  
1255-1257, rue Émile-Bouchard

NOUVEAUX ARTISTES!



**Annick Gauvreau**  
Lundi et vendredi  
de 11 h à 16 h



**Fabienne Legrand**  
Mardi de 18 h à 21 h

Trait d'artiste

Artistes variés  
Samedi  
de 11 h à 16 h

GRATUIT | Ouvert à tous  
aucune réservation requise

MEZAIK  
DIFFUSEUR DE CULTURE

Entente de  
développement  
culturel

Vaudreuil  
— Dorion

Québec

AUTOMNE 2024

SÉRIE DE SPECTACLES JEUNESSE

GRATUIT

DURÉE: 55 MIN

Centre multisports André-Chagnon  
3093, boulevard de la Gare

4 ANS  
ET +

COUP  
DE  
THÉÂTRE

29 SEPTEMBRE, 11 H  
**À FLEUR DE VILLE AVEC M. GAZON**  
Par Productions Josée Allard

M. Gazon mène une vie terne et ordonnée, prisonnier d'une routine sur fond gris. La soudaine apparition d'une nature progressivement envahissante réveille l'essence foisonnante qui sommeillait en lui. Ces étonnantes manifestations de verdure feront naître sous nos yeux un M. Gazon pétillant et surprenant. Entre l'ombre et la lumière, un spectacle théâtral circo-clownesque haut en verdure, dans une atmosphère joyeuse et ludique où soleil et printemps éblouissent le parterre!



20 OCTOBRE, 13 H  
**LÀ-BAS**  
Par L'Aubergine

Trois inséparables ont plié bagage. Ils triment leurs souvenirs sur la grande route de la vie. Ils viennent d'on ne sait où et avancent vers un avenir meilleur. Traversant une multitude de péripéties cocasses et loufoques, ils feront des rencontres inattendues et farfelues... Nos trois zigotos incomparables se serreront les coudes et feront des pieds et des mains pour affronter les folles aventures qu'ils croiseront sur leur chemin.

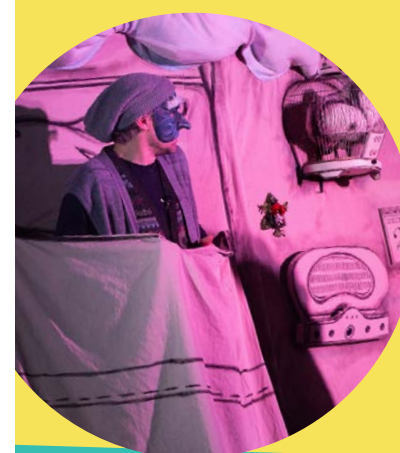
Cette création met en scène un trio clownesque des plus sympathiques. Un périple drôle, tendre et ludique sur l'entraide, la résilience et les petites joies de la vie.



17 NOVEMBRE, 11 H  
**L'ÉTRANGE NOËL DE MONSIEUR BOUGRIS**  
Par Productions Josée Allard

Rigodon, gigue, et fantômes du passé: la recette parfaite pour réchauffer les cœurs congelés! Les boules de Noël, les guirlandes et les sapins viennent égayer les foyers. Raymond Bougris, vieillard avare et solitaire, bougonne contre cette «satanée magie du temps des Fêtes» et s'enferme en attendant que ça passe. Alors que sa fille veut décorer la maison, Raymond frise la crise de cœur. Un spectacle inspiré de la commedia dell'arte, à la fois touchant et bidonnant.

Inspiré des classiques de Noël comme *Scrooge* et *Le Grincheux*, ce spectacle met en lumière le partage, le temps en famille et l'importance de garder son cœur d'enfant.



MEZAIK  
DIFFUSEUR DE CULTURE

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

Vaudreuil  
— Dorion

- Register online through the City's website or by phone at 450 455-3371, Option 6 for library members, residents or non-residents, starting September 9 at 10 a.m. for adult activities and **seven days before the activity date for youth activities, including those offered by the Lab.**
- Places are limited.
- Registration by phone for non-residents who are not library members, starting September 30 at 10 a.m. for adult activities and **the day before the activity date for youth activities.**
- All activities are free of charge.

## YOUTH ACTIVITIES

### LES ÉLECTRONS LIBRES

#### DRAWING WORKSHOP: MYTHICAL CREATURES AND MANGA DRAGONS

Sunday, September 22, 2:00 to 3:15 pm | Ages 7 to 13

In this comic book workshop, participants will learn techniques for drawing fascinating mythical creatures and captivating Manga dragons. Hosted by Kokobrik.

#### LEGO MINECRAFT: DEFEAT THE ENDERDRAGON!

Sunday, September 22, 3:30 to 4:45 p.m. | Ages 7 to 13

Develop your building and fighting skills by taking on the Enderdragon. An unforgettable creative adventure in the Minecraft world!

#### STORYTIME

On Mondays, September 23 to December 16 (except October 14) 10:30 to 11:30 am | Ages 3 to 5

Hosts Françoise and Annie offer a fun hour of storytelling each week followed by a crafting activity.

*Participants must commit to attending all sessions.*



#### SATURDAY MORNING STORYTIME

Saturday, October 5 and November 30, from 10:15 to 11:15 a.m. | Ages 3 to 7

Annie, your host, invites you to a fun hour of storytelling followed by a drawing session inspired by the story.

#### MUSICAL AWAKENING

Friday, October 11 and 25, November 8 and 22 and December 6, 9:30 to 10:00 a.m. | Ages 6 and under

Children are invited to join hosts Annik and Georges to sing, dance and laugh while discovering nursery rhymes and funny stories!

#### DECORATING MINI-PUMPKINS FOR HALLOWEEN

Saturday, October 19 between 10:30 and 4:00 p.m., depending on the timeslot booked | For everyone

Pumpkins and crafting materials are provided.

*A timeslot must be reserved.*



#### DRAWING WORKSHOP: T-REXES AND DINOSAURS FROM THE JURASSIC ERA

Sunday, October 20, 2:00 to 3:15 p.m. | Ages 7 to 13

Learn how to draw iconic dinosaurs using professional techniques and letting your imagination travel through time.

#### DINOSAUR KINGDOM LEGO ADVENTURE

Sunday, October 20, 3:30 to 4:45 pm | Ages 7 to 13

Explore the age of dinosaurs and build a prehistoric world using LEGO bricks.

#### FELT HALLOWEEN MONSTERS

Sunday, October 27, 3:30 to 4:45 p.m. | Ages 7 to 13

During this creative workshop, young participants will create a little Halloween-inspired monster using the felted-soap technique. Hosted by multidisciplinary artist Mélanie Leclerc.

#### HOMEMADE PASTA MAKING

Saturday, November 16, 10:30 a.m. to noon | Ages 7 +

*C'est moi le chef* will be stopping in at the library to offer a culinary workshop sure to delight the whole family! Participants will learn how to make their own homemade pasta, and create simple and delicious recipes using seasonal Québec fruits and vegetables. An activity for both young and old. Hosted by 1,2,3 Je cuisine! Children under the age of 12 must be accompanied by a parent.

*Registration required for children and accompanying parents. Only one accompanying parent per child.*



#### PUPPET SHOW: ENCHANTED TALES

Saturday, November 23, 10:30 to 11:15 a.m. | Ages 2 to 8

This show, created by actress and puppeteer Caroline Bernier-Dionne, includes three separate stories. Through themes like nature, dinosaurs, and princesses, these stories address the topics of determination, self-confidence, and courage.



#### METAL ENGRAVING

Sunday, November 24, 10:30 a.m. to noon | Ages 7 to 13

During this creative workshop, young participants will create an original work of art using the technique of engraving on brushed metal. Hosted by multidisciplinary artist Mélanie Leclerc.

## LES ÉLANS SPONTANÉS

These free activities do not require registration and are offered at all times during the periods indicated.

#### CANDY AND RIDDLES

October 1 to 28, available anytime | For everyone

How many candies are in the original containers on display at the library? Guess the exact number of candies in a container to win its delicious contents!

#### DINOVEMBER!

November 1 to 30 | For everyone

T-Rexes, Stegosauruses, Diplodocuses and other famous dinosaurs have escaped from their books and are now hiding all over the library! Come find them and help put the books back in their proper place!

#### WHERE IS COMET?

December 7 to 23 | For everyone

Comet, one of Santa's famous reindeer, is hidden in the library! He just loves books! Visitors are invited to find Comet and bring him to the Circulation Desk so he can be sent back to the North Pole in time for Santa's rounds!

## ACTIVITIES OPEN TO EVERYONE

#### CHESS CLUB

On Thursdays, September 12 to December 12, 4:30 to 8:30 p.m.

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. All required equipment is available to players in Salle Félix-Leclerc.

*No registration required.*





# ACTIVITIES FOR ADULTS

## PUZZLE CLUB

Wednesdays, October 9 to December 11, 10:00 a.m. to noon

Puzzles are a great challenge for mental stimulation and manual coordination. The library challenges its users to complete a puzzle of 500, 750 or 1,000 pieces with the help of Jacinthe, a library clerk with a passion for puzzles, and other enthusiasts of this beneficial pastime.

## BOOK CLUB (IN FRENCH)

Wednesday, September 25, October 23, November 20 and December 18, 10:30 a.m. to 12:30 p.m. (Group 1) and 1:30 to 3:30 p.m. (Group 2)

The popular book club is back, and new participants are welcome! Each month, all members read the same book and discuss it as a group with host Karine Fortin. This fall, the titles in the spotlight will be *La parabole du semeur* by Octavia E. Butler, *Les silences d'Ogliano* by Elena Piacentini, *Mademoiselle Papillon* by Alia Cardyn and *Ce que je sais de toi* by Eric Chacour. Note that all the books are in French and will not necessarily be read in this order.

*Participants must commit to attending all sessions.*



## WORKSHOP FOR SENIORS: POSITIVE TREATMENT OF SENIORS

Tuesday, October 1, 1:30 to 3:30 p.m.

In collaboration with Carrefour Bienveillance 50+

An information meeting for caregivers to learn more about the resources and tools available to them. The conference will also provide an overview of ways to identify and guard against fraud.

## EVENING CONFERENCE: UNE TABLE BIEN GARNIE, L'ALIMENTATION EN NOUVELLE-FRANCE

Wednesday, October 9, 7:00 to 8:30 p.m.

In collaboration with Société de généalogie Vaudreuil-Cavagnal

In the 17th century, those first to arrive in New France brought European habits and customs along with them. As such, the food they ate was "European." However, since they had to adapt to their new environment, the settlers gradually added the food they got from hunting and fishing as well as local plants to their plates. Hosted by Historian André Gousse.



## TRIVIA NIGHT

Friday, October 18, 7:00 to 9:00 p.m.

People are invited to come test their knowledge, either alone or with family and friends! Simply form a team (up to six players) and go to battle to win the Masters of Knowledge trophy. Prowess, laughter and snacks are on the menu! Hosted by La Ribouldingue.

## WORKSHOP FOR SENIORS: POSITIVE TREATMENT OF SENIORS

Monday, October 28, 1:30 to 3:30 p.m.

In collaboration with Carrefour Bienveillance 50+

Information meeting to learn more about physical and psychological abuse and how to recognize the signs of such abuse.

## EVENING CONFERENCE: LES VAILLANTS SUR LES CAGES

Wednesday, November 6, 7:00 to 8:30 p.m.

In collaboration with Société de généalogie Vaudreuil-Cavagnal

At the beginning of the 19th century in Europe, Napoleon's continental blockade stifled the supply of essential materials such as wood. England was forced to turn to its colonies, especially New France, for its reserves. Alongside the log drivers, the valiant raftsmen were the prime contractors for the transportation of wood and the development of the forestry industry in Canada. In a manner sometimes borrowed from the folks of yesteryear, the village storyteller will help you discover this lost profession through facts and highlights but also through the points of view of parish priest Barrette, the gossip of a housewife named Germaine and a coachman named Adrien. Hosted by André Laniel.

## WORKSHOP FOR SENIORS: POSITIVE TREATMENT OF SENIORS

Monday, November 11, 1:30 to 3:30 p.m.

In collaboration with Carrefour Bienveillance 50+

Information meeting to learn more about fraud and abuse as well as ways to guard against it.

## WORKSHOP FOR SENIORS: POSITIVE TREATMENT OF SENIORS

Tuesday, November 19, 1:30 to 3:30 p.m.

In collaboration with Carrefour Bienveillance 50+

Information meeting to learn more about fraud as well as ways to identify and guard against it.

## MEET THE AUTHOR:

### JEAN-PHILIPPE PLEAU

Thursday, December 5, 7:00 to 8:30 p.m.

Radio host, sociologist, writer and columnist, Jean-Philippe Pleau is a character with multiple talents whose voice has been a mainstay with Quebecers throughout the years. On Radio-Canada's program *Réfléchir à voix haute*, he invites a different personality each month to take a critical look at the existential and contemporary issues that mark our daily lives. After his first book, he published *Rue Duplessis : ma petite noirceur* in 2024, which was an instant literary success. Faithful to himself, Jean-Philippe Pleau does not hold back and tells, in his work, the story of his migration through social classes, a moving story that is familiar to many. Hosted by Amélie Boivin Handfield.



# THE LAB

## INTRODUCTION TO ARDUINO

Monday, September 16 and November 4, 7:00 to 8:30 p.m. | Ages 12 +

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.

## BOARD GAME CLUB

On Wednesdays, September 25 to November 13, 5:00 to 7:00 p.m. | Ages 10 +

Using 3D printing, the Cricut cutting machine and the Adobe Suite, participants will work with the Lab team to design and build their own board game. Who knows? Maybe one of the newly crafted board games will make its way into the Library's collection?

*Participants must commit to attending all eight sessions.*

## TEEN PARTY + 5TH ANNIVERSARY OF THE LAB

Saturday, September 28, 5:00 to 8:00 p.m. | Ages 8 +

Teens are invited to join the Lab team after hours for an unforgettable evening. E-sports tournament, giant games, virtual reality, pizza and other surprises await participants as they celebrate the Lab's five years!

## LEGO ROBOT DEMONSTRATION

Saturday, October 12, 1:00 to 3:00 p.m. | Ages 8 +

Participants will have the opportunity to interact with LEGO robots while learning about Science, Technology, Engineering and Mathematics (STEM). Hosted by First LEGO League.

*Aucune inscription requise.*



## HALLOWEEN EMBROIDERY

Sunday, October 20, 9:00 a.m. to noon and 1:00 to 4:00 p.m. | Ages 8 + (Reservation of 30-minute timeslot and adult attendance required)

Creation of a scary Halloween embroidery project. Hosted by Pénélope machines à coudre.

## INTRODUCTION TO 3D PRINTING

Monday, October 28, 7:00 to 9:00 p.m. | Ages 10+

Learn the basics of modeling and 3D printing.

## CHRISTMAS EMBROIDERY

Sunday, November 17, 9:00 a.m. to noon and 1:00 to 4:00 p.m. | Ages 8 and up (Reservation of 30-minute timeslot and adult accompaniment required)

Creation of a unique Christmas gift that participants will enjoy giving. Hosted by Pénélope machines à coudre.

### INTRODUCTION TO PROJECTION MAPPING

Wednesday, November 27, 5:00 to 7:00 p.m. | Ages 10 +

Take part in a projection mapping experience, where images are projected onto surfaces to create stunning visual illusions. Participants will learn to manipulate projection technologies to bring imaginative scenarios to life, combining visual art and technology for an unforgettable sensory experience.

### INTRODUCTION TO SCRAPBOOKING

Monday, December 2, 7:00 to 9:00 p.m. | Ages 10 +

Discover the art of scrapbooking using the Cricut cutting machine. Participants will learn how to use this innovative technology to accurately cut patterns, letters, and shapes that will bring their creations to life.

### E-SPORTS TOURNAMENT

Saturday, December 14, 1:00 to 4:00 p.m. | Ages 8 +

Participants will dive into a world of virtual competition through a variety of carefully selected video games. They will challenge their skills and meet others who share their passion for gaming. Snacks as well as prizes will be distributed during the event.

## LAB DISCOVERY WORKSHOPS FOR ADULTS ONLY!

(Ages 16 and up)

### DIGITAL EMBROIDERY 101

Sunday, September 15, 9:00 a.m. to noon and 1:00 to 4:00 p.m.



A full day of learning the basics of digital embroidery. A hands-on workshop that allows participants to become familiar with the equipment. Hosted by Pénélope machines à coudre.

### INTRODUCTION TO CHATGPT

Tuesday, September 17, 1:00 to 3:00 p.m.

Discover the ChatGPT artificial intelligence tool and the ethical use of its features.

### INTRODUCTION TO 3D PRINTING: OBJECT REPAIR AND RECYCLING

Monday September 23 and November 18, 7:00 to 9:00 p.m.

Give items a second life using the modeling software and 3D printer available at the Lab.

### INTRODUCTION TO ARDUINO

Monday, October 7, 7:00 to 8:30 p.m.

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.

### BAKING MOULD CREATION

Tuesday, October 15, 1:00 to 3:00 p.m.

Make custom baking moulds using Mayku FormBox.

### INTRODUCTION TO ARCHIVE DIGITIZATION

Tuesday, November 12, 1:00 to 3:00 p.m.

Participants will have the opportunity to preserve their precious memories by converting their VHS tapes, DVDs and photos to digital format. They will be able to transfer their memories to durable media that are easy to share.



## PED DAYS AT THE LAB

(Ages 8 and up)

### HALLOWEEN MASK

Friday, October 11, 1:00 to 4:00 p.m.

Create a creepy Halloween mask using the Cricut cutting machine.

### ACRYLIC ENGRAVING

Friday, November 1, 1:00 to 4:00 p.m. (reservation of 60-minute timeslot required)

Engrave a drawing on an acrylic washer using the Cricut cutting machine.



### VIRTUAL REALITY

Friday, November 15, 1:00 to 4:00 p.m. (reservation of 30-minute timeslot required)

Discover a parallel universe with the virtual reality headsets available at the Lab.

### CHRISTMAS GIFT

Friday, November 29, 1:00 to 4:00 p.m. (reservation of 60-minute timeslot required)

Creation of a unique object, shirt, sticker, card, mug or other that will make a perfect Christmas gift.

## THEME-BASED DAYS AT THE LAB

Library users are invited to familiarize themselves with the various equipment.

No registration required.

### INTRODUCTION TO CRICUT: CREATION OF VARIOUS PROJECTS

On Fridays, September 6 to December 20, 6:00 to 9:00 p.m. | Ages 10 +

Find out how the Cricut cutting machine can help you create greeting cards, custom shirts, home decor and more.

### INTRODUCTION TO COSPLAY: CREATIVE CLUB

Tuesday, September 24, October 22, November 19 and December 17, 4:00 to 7:00 p.m. | Ages 8 +

Welcome to the Lab's cosplay creation club, where creativity reigns supreme! Whether beginners or veterans, users are invited to share their stories, ideas and techniques with other cosplay enthusiasts. From creating intricate armor to perfecting characters, the club is open to all levels.

### INTRODUCTION TO DIGITAL MUSICAL INSTRUMENTS: DROP-IN ACTIVITY

Saturday, November 2 and December 7, 1:00 to 3:00 p.m. | Ages 8 +

Alone or in a group, users are invited to discover the wide range of digital musical instruments available at the Lab: synthesizer, guitar, bass, DJ console and digital drums.

## CLASSES

### COMPUTER TROUBLESHOOTING CLINICS

Sunday, October 6, November 3 and December 1, 10:00 a.m. to noon | Thursday October 24, November 21 and December 12 | 2:00 to 4.00 p.m. | For everyone

Need some help sending an email attachment, communicating on Facebook, reading an e-book, or texting? Library staff will be available to answer your IT questions, both big and small.

*No registration required.*

### INTRODUCTION TO INSTAGRAM

Thursday, October 17, 1:30 to 3:00 p.m. | Ages 16 +

Learn how to share photos and videos with your network of friends.

*Participants are invited to bring their smartphones.*

### INTRODUCTION TO FACEBOOK

Thursday, October 31, 1:30 to 3:00 p.m. | Ages 16 +

Learn the basics, communication rules and privacy settings.

*Participants are invited to bring their tablets or laptops.*

### INTRODUCTION TO E-READING ON A TABLET

Thursday, November 14, 1:30 to 3:00 p.m. | Ages 16 +

Learn how to download books to a tablet.

*Participants are invited to bring their iPads or Samsung tablets.*

### INTRODUCTION TO THE E-READER

Thursday, November 28, 1:30 to 3:00 p.m. | Ages 16 +

Learn how to download books to an e-reader.

*Participants are invited to bring their e-readers and laptops.*



## FALL 2024 PROGRAMMING

September 13 to December 7

### HOURS OF OPERATION

Fridays from 5:00 to 9:00 p.m. and Saturdays from 10:00 a.m. to 5:00 p.m.

- Free activities, no reservation required
- Guided tours of the house
- Snacks and beverages (\$)

### LITERACY CABARET



These performance evenings hosted by Stéphan Daigle offer local authors and artists of the French verb a platform to share their creations with the public. Poetry, song, slam poetry and other literary performances.



#### GUESTS:

**September 13, 7:30 p.m.**

Nane Couzier, reader | Lise Chartier, author and historian | Gabriel Lalonde, poet

**October 11, 7:30 p.m.**

Nane Couzier, reader | Marco Geoffroy, poet Michel Morissette, author and musician

**November 8, 7:30 p.m.**

Nane Couzier, reader | Suzanne Saint-Hilaire, multidisciplinary artist | Danielle Shelton, author

### STORYTELLING WITH RENÉE ROBITAILLE: *Contes d'amour, histoires de diable*

Friday September 20, 7:30 p.m.

*Contes d'amour, histoires de diables* offers a selection of traditional tales skillfully told using beautifully woven words. Venturing into the great forest of tales, Renée Robitaille guides us through the fabulous encounters, sorrows, hopes and betrayals experienced by each character.>



### FOLK MUSIC EVENING WITH ANCOLIE



Friday September 27, 7:30 p.m.

to spread joy. After touring a shared show for several years, the two solo artists came together to record a warm and genuine debut album entitled *Le soleil en bulle*, which earned them the award for Francophone songwriter of the year at the Canadian Folk Music Awards. Four years later, the two creators are pleased to introduce *Les ébranlements*, an emotional and sublime collection of nine new titles entirely composed by the pair. Songs that evoke inner turmoil and the quest for serenity. Warm instruments, comforting words and vocal harmonies are shaped like intricate pieces of art.



### SALON LITTÉRAIRE DES AMIS DE FÉLIX



Saturday September 28, 2 p.m.

The *Salon Littéraire des amis de Félix* is a laid-back gathering where excerpts from the work of Félix Leclerc, excerpts from works relating to Félix or texts inspired by his work or his life are read and enjoyed. The formula is that of a literary café: texts brought in by attendees are read and discussed. You can also attend without having a text to bring. A surprise guest will take part in this edition of the *Salon littéraire*.

For more information: Nane Couzier, 450 218-6422 or *Les Amis de Félix Leclerc* à Vaudreuil on Facebook

### SOIRÉE DE MUSIQUE FOLK AVEC ROY DAVIS: *Désastres*

Friday October 4, 7:30 p.m.

This performance by Roy Davis, featuring his brand-new extract *La nostalgie*, transports you along the banks of the St. Lawrence River through powerful folk rhythms. With its grandiose melodies and enchanting chorus, it evokes the sweetest childhood memories.



### EVENING OF CONTEMPORARY RETRO-POP MUSIC WITH MIC BOURGOUIN: *Chacun pour soi*



Friday October 18, 7:30 p.m.

Québec artist Mic Bourguin, an up-and-coming singer-songwriter, invites you to discover the essence of his



retro-pop-contemporary music through the songs of his album entitled *Chacun pour soi*, including *Déjà trop tard* which has already hit the airwaves. His show promises a captivating journey into the heart of his world, where he draws on life's emotions to create a unique musical experience. On stage, Mic Bourguin skillfully blends his deep lyrics with mesmerizing melodies.

### STORYTELLING WITH EVELINE MÉNARD: *Poiluse et autres contes traditionnels*

Friday October 25, 7:30 p.m.

In this show, storyteller Eveline Ménard shares wonderful imaginary tales with larger-than-life characters who are ready to overcome hardships and experience all sorts of adventures. For the occasion, the storyteller has gathered up the tales she collected while meeting traditional storytellers or from the archives of the Canadian Francophonie (Québec, Acadia, Ontario).



### COUNTRY-FOLK MUSIC EVENING WITH DOMINIC DAGENAI: *La misère des riches*

Friday November 1, 7:30 p.m.

Dominic Dagenais invites you to discover his latest album entitled *La misère des riches*. The artist offers you a genuine and straightforward country-folk style reminiscent of Beau Dommage and Tire le Coyote. His songs are intense, colourful and vibrant with simple arrangements that make them appealing to everyone. *La misère des riches* will have you dancing to the rhythm of catchy melodies and contemplating profound lyrics as you are swept away by the captivating voice of Dominic Dagenais.



**STORYTELLING EVENING WITH  
ARIANE LABONTÉ:  
*Récit conte-en-forain de l'Amer'cirque***

**Friday November 15, 7:30 p.m.**

A clownish tale of linguistic acrobatics. Storyteller Ariane Labonté invites the audience into the world of a strange little circus. Accompanied by her unusual puppets and backed by Luzio Altobelli's rich and nuanced accordion, she constructs a tasty social satire about our untameable consumption. Using word play reminiscent of well-known Québec comedian Sol, she describes and denounces a society that she invites the audience to rewrite.



**PATRICK RICHARD:  
*La voix du père, la voie du fils***

**Friday November 29, 7:30 p.m.**



On July 25, 2009, Patrick challenged himself to write one page a day for the rest of his life. Slowly, he filled countless notebooks with deep reflections and strange ideas. One day, he decided to plunge back into his 5,000 pages of writing

to see if there were any patterns. And, it would just so happen that there was a pattern on the exact same day every year: April 7. On that same date in 1986, a tragedy struck his family. In the decades that followed, Patrick was able to get back up, deconstruct, rebuild and set down roots. *La voix du père, la voie du fils* tells the story of a letter from a son to his father, paves the way for redemption and plunges into the brain of a teenager empowered to downplay the seriousness of life through his wacky sense of humour. Presented in the form of a podcast supported by a video, the 40-minute performance alternates between storytelling, music and voiceovers. All this is an opportunity to discuss one thing: kindness. Let us not remain trapped in our emotions and wounds but rather live life in the present by welcoming ourselves as we are.

**L'ATELIER**

**Jusqu'au  
14 SEPTEMBRE**

**GINETTE  
MALOUIN**  
artiste en résidence

**MEZAIK**  
DIFFUSEUR DE CULTURE

**Vaudreuil  
— Dorion**

**PASSE  
PORT  
CULTUREL**

**FALL PROGRAMMING**

For residents ages 50 and +

A program aimed at introducing participants to different artistic disciplines

**WEDNESDAY, OCTOBER 2**

**Building and painting wood workshop with Roger Brabant**

Participants will create a bird house using wood and recycled materials and decorate it to their liking.

**WEDNESDAY, OCTOBER 9**

**Flamenco Dance Workshop hosted by Sarah Murphy**

Complete course on the basics of Flamenco dance: learn choreographies through technical exercises and rhythmic dance that develop grace and maintain posture using physical and cardio exercise.

**WEDNESDAY, OCTOBER 16**

**Writing workshop with Patrick Richard: *Laisser sa trace dans un cahier***

Exploration of various techniques to release the creative and liberating action of daily writing, tips and practical exercises to overcome writer's block and connect to one's own narrative voice.

**WEDNESDAY, OCTOBER 23**

**Make the ultimate scouring pad with the Cercle des fermières de Vaudreuil**

Whether it is knitted, crocheted or needled, create a versatile, non-abrasive scouring pad, perfect for removing hard water spots, washing dishes, etc.

**LOCATION**

Édifice de la Croisée  
(1255 Rue Émile-Bouchard)

**TIMESLOTS:**

Groupe 1: 10:00 a.m. to noon | Groupe 2: 1:00 p.m. to 3:00 p.m.

**REGISTRATION:**

Starting September 10 at [ville.vaudreuil-dorion.qc.ca](http://ville.vaudreuil-dorion.qc.ca) or by phone at 450 455-3371, Option 4.

Places are limited. Vaudreuil-Dorion residents only.

By registering, participants commit to attending all four workshops.



# Vaudreuil-Dorion's aquatic facilities, so many possibilities!

Interview with Head Lifeguard Emily Delisle



Having worked at the City of Vaudreuil-Dorion's different pools since 2018, Emily Delisle has done it all—from giving swimming lessons to children or adults to teaching aquafitness, aqua-stroller and prenatal aqua classes as well as working as a lifeguard for the Saint-Jean-Baptiste, Sainte-Madeleine and Cité-des-Jeunes swimming pools. Since May 2023, Emily has held the position of Head Lifeguard. During our interview, she filled us in on how she got here.

Baptiste, Sainte-Madeleine and Cité-des-Jeunes swimming pools. Since May 2023, Emily has held the position of Head Lifeguard. During our interview, she filled us in on how she got here.

## What exactly does a Head Lifeguard do?

This is my second full-time summer working as the Head Lifeguard. Starting in May, I prepare the two outdoor pools to ensure their proper functioning for the opening and for the entire summer season. I take inventory of the equipment, forecast the quantities of chemicals needed and do

the various water tests. I also contribute to designing and implementing any and all pool procedures and help plan the schedules. In short, I do all the work required to prepare for the opening of the pools in June, in collaboration with the Head of Aquatic and Nautical Programs and the staff of the Public Works Department.

I then work on the pool activities with different teams. We have five lifeguards per pool at all times. They share the tasks of supervising the pool and paddling pool, greeting visitors and handling customer service while also providing support to the day camp teams by conducting swimming tests, putting on life jackets, etc. A lot of the work we do is focused on prevention. We also take part in neighbourhood parties to talk to citizens about safety around swimming pools and waterways. The rest of the year, I work at the Cité-des-Jeunes swimming pool on weekends. We offer a large number of courses, so it takes a lot of instructors. I am the go-to person for both the instructors and lifeguards. I help newcomers learn about their job, the notes they need to take and protocols they must follow in the event of an incident... it's really quite varied!



Part of the 2024 lifeguard team

## Can you tell us about what someone needs to do to become a lifeguard or aquatic instructor?

I started by completing Levels 1 through 10 of the Red Cross program, which has since been replaced by the Swim for Life program. Following this, since I was too young to start the lifeguard courses, I did pre-competition training to maintain my swimming skills. At 13, I started working towards my Bronze Medal, then completed the Bronze Cross, First Aid and National Lifeguard programs. I also completed the Swim Instructor course. I obtained all my certifications in 2015. It sounds like a lot, but it's easy enough if you take one class per session. I also have to requalify every two years to maintain my lifeguard certification.

## What do you like most about your job? What would you say to a young person to encourage them to start their lifeguard training?

I like working with people, helping them, sharing my knowledge. When working in the aquatic environment, our primary role is to prevent drowning, be on the lookout for dangers and educate people. Most of the work is done on the field. I also love giving lessons that lead to medals or crosses because I can help young people reach their potential. It's a fun learning environment.

There is a great sense of team spirit among lifeguards and instructors. We work together a lot. We swim together every week to stay in shape for the re-qualification, but it's also a great opportunity for us to get together and do other group activities. We have indeed created strong bonds of friendship. It's pretty much the same group of people who work in the summer and the rest of the year at the indoor pool, depending on their class and internship schedules. Most of them keep these jobs until they have completed their studies.

And, needless to say, having the opportunity to work outside all summer is great too!

With two Bachelor's degrees under her belt, Emily will begin her Master's degree in physiotherapy this Fall. She knows that with the upcoming internships and the start of a career in the field, she will one day have to leave the world of swimming and lifeguarding. But, in the meantime, she will no doubt continue enjoying her role as head of the aquatic programs team!

Interested in embarking on the journey to becoming a lifeguard or aquatic instructor? Go to page 29 and visit the Swimming lessons section of the City's website at [ville.vaudreuil-dorion.qc.ca](http://ville.vaudreuil-dorion.qc.ca).

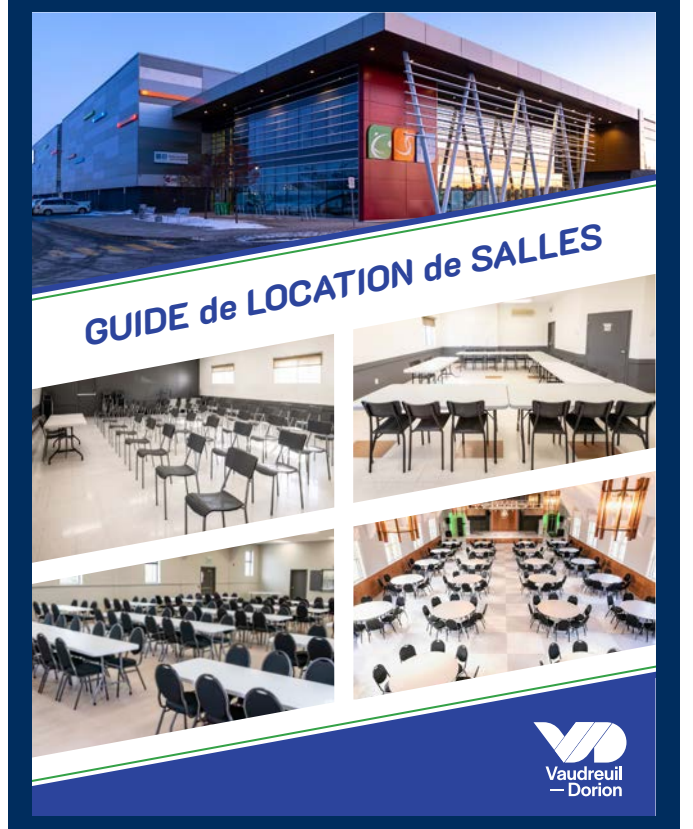
# Room rental

Since July 8, anyone wishing to book a room with the City must complete the online form in the Room Rentals section of the City's website. Telephone reservations are no longer accepted. This new way of doing things makes it easier to allocate rooms on a first-come, first-served basis. It also makes the process easier since options such as the layout of the room, the arrival and departure time, the consumption of alcohol (permit required) must be selected when the reservation is made. The old booking platform can still be consulted but only to check availability. People who need help filling out the form can come to the Services des loisirs et de la culture for assistance (3093 Boulevard de la Gare, 2nd Floor).

The rooms offered for rent are located in the following places:

- Centre multisports André-Chagnon
- Pavillon de Bel-Air
- Pavillon Normand-Desjardins
- Centre communautaire Jean-Marc-Ducharme
- Opticentre St-Jean-Baptiste

The City's website also has a guide that provides the specifications for each of these rooms.



## IN MY COMMUNITY

### WRITING SERVICES - AVAILABLE TO THE PUBLIC

Did you know that as part of its mission of literacy, COMQUAT also offers writing services available to the public? This service aims to help people with oral or written expression difficulties to:

- fill out administrative forms;
- understand their personal mail;
- write correspondence;
- register and book appointments online;
- obtain information and contact a department or organization.

Residents can benefit from this service directly at COMQUAT's offices located at Édifice de la Croisée, 1255 Rue Emile-Bouchard.

Interested in volunteering to provide these writing services? Contact the organization at 514 453-3632 or info@comquat.ca.

### MIGRATORY ODYSSEY

On July 4, the Conseil des arts et de la culture de Vaudreuil-Soulanges, Réseaux and their partners unveiled two travelling exhibitions called *Contamination culturelle: Les couleurs de Vaudreuil-Soulanges* and *Contamination interculturelle, L'Odyssée migratoire* at Maison-Valois Park. By October 17, these exhibitions will have made their way across the region, passing through Saint-Zotique, Île-Perrot and Rigaud.

The *Contamination interculturelle, L'Odyssée migratoire* project, which was added to the 5th edition of the *Contamination Culturelle* exhibition, aims to raise public



Maria Virginia Santeliz et sa famille, participants au projet

awareness of the realities of immigrants and contribute to deconstructing prejudices. It refers to an often complex, prolonged and significant displacement undertaken by individuals, usually across borders. It evokes the many challenges, adventures and experiences that accompany this transition, often influenced by factors such as the economy, politics, conflicts or the search for opportunities and a better life. By spotlighting the stories and faces of people with an immigrant background through captivating portraits and moving narratives, the works aspire to create an inclusive and revealing dialogue within the community.

The concept for this exhibition was developed by Réseaux, in collaboration with photographer Josiane Farand, the Centre de services scolaire des Trois-Lacs, the MRC de Vaudreuil-Soulanges and the City of Vaudreuil-Dorion, with financial support from Desjardins Vaudreuil-Soulanges, MP for Vaudreuil-Soulanges Peter Schiefke and MP for Vaudreuil Marie-Claude Nichols.

### JE M'ENRACINE DANS MA COMMUNAUTÉ

In July, 13 immigrant families, representing a total of about 40 people, participated in the *Je m'enracine dans ma communauté* project. This initiative aims to enable these

families as their children prepare to start kindergarten and to discover the resources within the school, municipal and community environment through the participation of several partners from different spheres (the City of Vaudreuil-Dorion, the Prenatal and Young Families Centre, the community police, Centre de services scolaire des Trois-Lacs, Centre intégré de santé et de services sociaux de la Montérégie-Ouest, Réseaux and Les Anges des parcs). During the eight half-days of the project, families were offered activities focused on prevention, awareness, bicycle and environmental safety, visits to the library and the fire station, art and literacy workshops, games, etc.

The continuation of this project is part of the action plan of the City of Vaudreuil-Dorion's Living Together Policy and aims more specifically to support people who wish to learn French through a process of welcoming, inclusion and participation.

### SHELTER ALLOWANCE PROGRAM

The Shelter Allowance program is for low-income individuals and families whose housing costs take up too much of their budget. You can benefit from the program if you are a tenant, lodger renting a room or property owner. For the period from October 1, 2024 to September 30, 2025, this program provides financial assistance of up to \$170 per month. Information about this program is available on the Revenu Québec website in the citizens/your-situation/low-income section.



**Vaudreuil-Dorion**  
**amie des aînés**

### OCTOBER 1: INTERNATIONAL DAY OF OLDER PERSONS

To mark the International Day of Older Persons, the Vaudreuil-Soulanges Seniors' Roundtable, of which the City of Vaudreuil-Dorion is a member, will hold a lunch and show activity on September 27, from 11:00 a.m. to 3:00 p.m., at the Wilson Community Centre in Coteau-du-Lac. Those interested in participating in this event can purchase a ticket from the Centre Communautaire des aînés de Vaudreuil-Soulanges, located at Édifice de la Croisée (1255 Émile-Bouchard Street) from Monday to Thursday between 9:00 a.m. and 4:00 p.m.



Participants of the *Je m'enracine dans ma communauté* project

## Community forum: a 4th edition under the theme of the environment

After addressing intergenerational relationships, living together and the place of young people in the community, the next edition of the City of Vaudreuil-Dorion's Community Forum will focus on the environment. This theme was selected by the forum organizing committee following the comments of the participants during the 2023 edition. The City's Environment Division will also be involved in organizing the next event, which will aim to raise awareness among environmental stakeholders, allow them to network and spotlight their various actions to rally partners to these initiatives.

The community forum will be held on November 14 at Centre multisports André-Chagnon, upon registration. Information will be sent to local organizations and partners in the near future.



Édition 2023  
du forum communautaire

Photo : Christian Gonzalez

## Camp Franco-fun: an innovative project

A few months ago, Camp Franco-fun received the Jury's Coup de Coeur award at the Nomina Gala, which took place on June 13 in La Prairie. This gala celebrates excellence and innovation in the field of leisure and sport in the Montérégie area. Although a finalist in the Camps category, Franco-fun won over the panel of judges who chose instead to award the camp the *Coup de coeur* prize, which was bestowed upon the favourite project among the 25 nominated in all categories.



Offered for the first time in 2022, the Franco-fun camp is a day camp program for allophone children in Vaudreuil-Dorion that allows them to continue developing French skills during the summer period, through a day camp made just for them. Camp attendees

are able to maintain and develop their French skills through fun and educational activities supported by resource teachers while focusing on integrating into their living environment. The parents of the children targeted by the project also benefit from being able to discuss and obtain information from the employees of Animation Jeunesse, the Centre de services scolaires, the organization mandated for the social integration of immigrants in the territory as well as municipal employees. Because the concept of day camp is completely new to many of these parents, open discussions are essential. These

discussions are held during information sessions facilitated by the presence of an interpreter, which contributes to bringing together allophone parents and the resources available in their community.

This program is the result of collaborative efforts among the City, Animation Jeunesse and Centre de services scolaire des Trois-Lacs. Two other partners joined the project in 2024, namely Réseaux and Fondation des enfants de Vaudreuil-Soulanges. This summer, 50 children between the ages of 5 and 12 benefited from this service for a period of two weeks. In addition to special activities focused on developing French skills, the young participants took part in fun activities and spent time at the splash pad and swimming pool, and also visited various attractions in the area, including the Droulers-Tsionhiakwatha archaeological site, the Ecomuseum and the Pointe-du-Moulin Historical Park.



After experiencing the Franco-fun camp, most of the young participants enrolled in the regular camp the following year—a clear sign of the initiative's success!



At the Nomina gala: Émilie Duquette, Treasurer of the Board of Directors of Loisir et Sport Montérégie, Vincent Bastien, Director of Recreation and Culture, Geneviève Lalande-Bernatchez, Section Manager - Day Camps and Activities, Pascale Lauzon, Section Manager - Social Development and Diversity, Catherine Boyer-Dandurand, Division Manager - Sports and Recreation, Geneviève Ménard, member of the Board of Directors of Loisir et Sport Montérégie, and Patrick Lafleur, General Manager of Loisir et Sport Montérégie

## DESCRIPTION OF CHILDREN'S SWIMMING LESSONS

### PARENT-CHILD 3, PRESCHOOL, SWIMMER 1 AND 2

- Designed for children ages 2 to 5 (except Swimmer 1 and 2).
- A parent must accompany the child in the water up to and including Preschool Level 3.
- Missed classes cannot be retaken.
- Swimming car required.
- Class duration: 30 minutes.

### REGISTRATION

**Residents:** starting September 3, 6 p.m.  
**For everyone:** starting September 5, 7 p.m.

**Children:** September 21 to December 7 (11 weeks)  
*No lessons on October 11, 12 and 13*  
**Adults:** September 16 to December 5 (12 weeks)

**Schedule on the City's Website**

### Cost

**Vaudreuil-Dorion residents:** \$77  
**Non-residents:** \$132

LEVEL	PREREQUISITES
<b>Parent-child 3 *</b>	Ages 2 to 3
<b>Preschool 1 *</b>	Ages 3 to 5 <b>AND</b> Be a beginner.
<b>Preschool 2 *</b>	Ages 3 to 5 Preschool 1 completed <b>OR</b> Can jump into the water with help. Can float and glide on stomach and back, with help. Can put face in water and make bubbles.
<b>Preschool 3 *</b>	Ages 3 to 5 Preschool 2 completed <b>OR</b> Can be completely submerged underwater. Wearing a PFD, float (3 seconds) and glide (3 metres) on stomach and back. Wearing a PFD, flip over sideways from stomach to back and back to stomach. Using a floating aid, swim a distance of 5 metres while lying on back and whip kicking.
<b>Preschool 4</b>	Ages 3 to 5 Preschool 3 completed <b>OR</b> Retrieve an object from the bottom of the water (water at waist height). Float for 5 seconds on both stomach and back. Flip over sideways from stomach to back and back to stomach. Glide on stomach and back for 3 metres. Swim a distance of 5 metres while lying on stomach and back and whip kicking, without help.
<b>Preschool 5</b>	Ages 3 to 5 Preschool 4 completed <b>OR</b> Can open eyes underwater and retrieve an object from the bottom of the water (water at chest height). Glide sideways for 3 metres, without help. Swim a distance of 7 metres on stomach and back while whip kicking, without help. Glide sideways for 5 metres while whip kicking, without help.
<b>Swimmer 1</b>	Ages 6 to 9 <b>AND</b> Be a beginner.
<b>Swimmer 2</b>	Ages 6 to 12 Swimmer 1 completed <b>OR</b> Jump in the water, without help. Can float on stomach and back for 5 seconds, without help. Glide on stomach and back for 3 metres, without help. Swim a distance of 5 metres while lying on stomach and back and whip kicking, without help. Wearing a PFD, can front crawl for 5 metres.

\* Each child must have a parent accompanying them in the water.

### SWIMMER 3 TO 6

- Designed for children 6 years and older.
- Class duration: 40 minutes.

### TEEN 1, 2 AND 3

- Designed for teens aged 10 to 16.
- Class duration: 40 minutes.

#### Cost

Vaudreuil-Dorion residents: \$88

Non-residents: \$143



Photo: Christian Gonzalez

LEVEL	PREREQUISITES
<b>Swimmer 3</b>	Ages 6 to 14 Swimmer 2 completed <b>OR</b> Jump into deep water and enter the water by side-rolling while wearing a lifejacket. Remain at the surface of the water for 15 seconds. Whip kick in a vertical position. Swim 10 metres on stomach and back. <i>* Deep-water pool class.</i>
<b>Swimmer 4</b>	Ages 7 to 14 Swimmer 3 completed <b>OR</b> Swim on the spot for 30 seconds. Dive from a kneeling position. Front somersault into the water. Swim 10 meters on back while whip kicking. Front crawl and back crawl for 15 metres. <i>* Mostly deep-water pool class.</i>
<b>Swimmer 5</b>	Ages 7 to 14 Swimmer 4 completed <b>OR</b> Roll, swim on the spot for 1 minute and swim 50 metres. Dive into deep water; swim underwater. Swim over 15 metres on stomach while whip kicking. Breaststroke using arm and breathing techniques. Front and back crawl over 25 metres.
<b>Swimmer 6</b>	Ages 7 to 14 Swimmer 5 completed <b>OR</b> Dive into the water's edge and compact jump. Swim on the spot for 2 minutes. Front and back crawl for 50 metres. Breaststroke for 25 metres. Can perform interval training 4 x 50 metres.
<b>Teen 1</b>	This course is for beginner swimmers between the ages of 10 and 16. It offers an introduction to basic swimming techniques (submersion, flotation, gliding on stomach and back), learning front and back crawl, and an introduction to deep water. No prerequisites.
<b>Teen 2</b>	Ages 10 to 16 Teen 1 completed <b>OR</b> Float for 5 seconds on both stomach and back, without help. Single crawl and backstroke for 10 to 15 metres. Comfortable swimming with your face underwater. Comfortable jumping into deep water with a buoyant aid.
<b>Teen 3</b>	Ages 10 to 16 Teen 2 completed <b>OR</b> Swim backstroke and front crawl for at least 50 metres. Performs arm and leg breaststroke movements. Swim on the spot in deep water for at least one minute. Jumps into deep water on its own and orientates itself afterwards. <i>* Mostly deep-water pool class</i>

### YOUNG LIFEGUARD - JEUNE SAUVETEUR

- Intended for children ages 8 to 14.
- Class duration: 55 minutes.

#### Cost

Vaudreuil-Dorion residents: \$110 | Non-residents \$165

NIVEAU	PREREQUISITES
<b>Rookie Patrol - Jeune Sauveteur Initié</b>	Ages 8 to 14 <b>OR</b> Has an interest in becoming a lifeguard. Perform a stop jump and a compact jump in deep water. Swim on the spot using only his/her legs, for 45 seconds. Complete a 25-metre breaststroke sprint. Complete a 100-metre front and back crawl. Can complete a 300-metre endurance swim.
<b>Ranger Patrol - Jeune Sauveteur Averti</b>	Ages 8 to 14 Rookie Patrol completed <b>OR</b> Has an interest in becoming a lifeguard. Perform surface dives, head and feet first. Front and back crawl for 100 metres and do the breaststroke for 50 metres. Complete a 350-metre endurance swim and a 100-metre endurance swim in less than 3 minutes.
<b>Star Patrol - Jeune Sauveteur Expert</b>	Ages 8 to 14 Ranger Patrol completed <b>OR</b> Has an interest in becoming a lifeguard. Carry an object (2.3 kg) in deep water, for 1 minute. Front crawl and back crawl for 100 metres and do the breaststroke for 75 metres. Complete a 200-metre endurance swim in less than 6 minutes.

### LES CITADINS SWIM CLUB

The program offered by Les Citadins Swim Club is an alternative to swimming lessons. It also gives young people between the ages of 7 and 12 the opportunity to continue swimming after completing level 6.

#### Prerequisites:

- Can move without use of a floating aid for a distance of 25 metres
- Be comfortable enough in the water to learn the front and back crawl
- Can go into the deep end of the pool

#### Information et registration:

lescitadinsnatation.com

### DESCRIPTION OF ADULT CLASSES (16 ans and up)

#### Schedule on the City's Website.

- Classes are offered weekdays, in the morning and in the evening (40 minutes).
- They are subject to change or cancellation without notice.

#### Cost

Vaudreuil-Dorion residents:

\$96 (Ages 16 to 54), \$84 (Ages 55 and up)

Non-residents:

\$156 (Ages 16 to 54), \$144 (Ages 55 and up)

LEVEL	PREREQUISITES
<b>Adult 1</b>	Aucun
<b>Adult 2</b>	Adult 1 completed <b>OR</b> Comfortable in deep water, can submerge oneself and hold breath underwater. Can float on stomach and back, without help. Can glide on stomach, back and side while whip kicking for 3 metres, without help. Can front and back crawl for 10 metres, without help.
<b>Adult 3</b>	Adult 2 completed <b>OR</b> Dive and swim on the spot in deep water for 1 minute. Front and back crawl for 25 metres. Perform both arm and leg movements of the breaststroke non-stop for a distance of 50 metres.



<b>Aquafitness</b>	Lessons given in the half-pool (shallow and deep). Moderate intensity. No swimming skills are required for this course.
<b>Deep water aquafitness</b>	Lessons given in the deep end of the pool. Moderate to high intensity. A buoyancy belt is provided to help participants stay afloat.
<b>Aquahealth</b>	Classes are given in the shallow end of the pool. Light to moderate intensity. Intended for those who are somewhat less fit.
<b>Fitness</b>	Long-distance swimming course (continuation of Adult 3) designed to develop endurance and swimming techniques through interval training, sprints and long distances. Swimmers must be able to swim the front crawl, backstroke and breaststroke for at least 100 meters and swim 200 meters continuously.
<b>Aquafitness Combo Deep water aquafitness</b>	Moderate-to-high-intensity classes alternating between the shallow and deep end of the pool. These transitions will be made by swimming 25-meter lengths in the pool, to accentuate cardiovascular work. Participants should expect to swim short distances and perform a variety of workouts. For people who are comfortable in deep water and know how to swim.

## WATER RESCUE AND TRAINING COURSES

Detailed schedule on the City's Website

### BRONZE CROSS

**Cost:**

Free, through the financial assistance program for the free training of lifeguards and aquatic instructors offered by the Ministère du Sport, du Loisir et du Plein air.

**Prerequisites:**

Must be 13 years of age and have successfully completed the Bronze Medal course (bring proof to first class).

### SWIMMING INSTRUCTOR

**Cost:**

Free, through the financial assistance program for the free training of lifeguards and aquatic instructors offered by the Ministère du Sport, du Loisir et du Plein air.

**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.

**Equipment required:**

Swim Instructor Kit (provided at first class). Candidates must bring their *Canadian Lifesaving Manual* and use it as a reference during the course.

**Success criteria:**

Successful completion of all components of the Swimming Instructor course.

### DEVENIR SAUVETEUR

**SAUVETEUR NATIONAL**

Avoir 15 ans



**PREMIERS SOINS – GÉNÉRAL**



**CROIX DE BRONZE**



**MÉDAILLE DE BRONZE**

Avoir 13 ans ou détenir le brevet Étoile de bronze



**ÉTOILE DE BRONZE (10)**



**JEUNE SAUVETEUR EXPERT (9)**



**JEUNE SAUVETEUR AVERTI (8)**



**JEUNE SAUVETEUR INITIÉ (7)**



### FIRST AID - GENERAL

**Cost:**

Free, through the financial assistance program for the free training of lifeguards and aquatic instructors offered by the Ministère du Sport, du Loisir et du Plein air.

**Additional fees:**

Pocket mask and antiviral valve (\$21)

## SWIMMING

### CITÉ-DES-JEUNES CAMPUS POOL

450-455-3371, Option 4 (weekdays)

514-477-7000, Ext. 1962 (evenings and weekends)

- Free for residents on presentation of valid citizen card
- \$5 for non-residents

### SEPTEMBER 16 TO DECEMBER 8

(Preseason schedule available on the City's Website)

<b>MONDAY</b>	6 to 6:55 p.m.	Shallow section only No swim lanes Diving boards not accessible
<b>TUESDAY</b>	8:30 to 9:55 p.m.	4 swim lanes Shallow section available <i>The City reserves the right to modify the 6-lane configuration depending on the number of swimmers..</i>
<b>WEDNESDAY</b>	8:30 to 9:55 p.m.	6 swim lanes Shallow section not available Diving boards not accessible
<b>THURSDAY</b>	6 to 6:55 p.m.	3 swim lanes Shallow section available Diving boards accessible
	8:45 to 9:55 p.m.	6 swim lanes Shallow section not available Diving boards not accessible
<b>FRIDAY</b>	8 to 8:30 p.m.	Shallow section available Diving boards not accessible 3 swim lanes reserved for lifesaving training courses
	8:30 to 9:25 p.m.	3 swim lanes Shallow section available Diving boards accessible
<b>SATURDAY</b>	3:30 to 4:40 p.m.	2 swim lanes Shallow section available Diving boards accessible
<b>SUNDAY</b>	3:30 to 4:40 p.m.	2 swim lane Shallow section available Diving boards accessible

- Footwear (including sandals) worn on the outside is not permitted in the changing rooms or on the pool deck. A room is available at the entrance to the building for at the entrance to the building, where outside footwear and coats can be deposited before entering the changing rooms.
- Bathing cap are mandatory.
- For safety reasons, children aged 6 and under and those wearing floating aids must be accompanied by a responsible person in the water.

## DROP-IN ACTIVITIES IN GYMNASIUM

The free activities session will start in October. The schedule of activities will be available at [ville.vaudreuil-dorion.qc.ca](http://ville.vaudreuil-dorion.qc.ca), section Activities and events / Drop-in activities very soon.

## ARENA ACTIVITIES

### MUNICIPAL ARENA

9, rue Jeannotte

Priority and free admission for Vaudreuil-Dorion residents with citizen card. Non-residents can come to the arena to check if places are still available, weekdays only.

### DROP-IN HOCKEY

SCHEDULE VALID FROM  
SEPTEMBER 16, 2024 TO APRIL 25, 2025

<b>FOR EVERYONE</b>	Wednesday 3:15 to 4:05 p.m.
<b>AGES 16+</b>	Monday, Wednesday and Friday 10:30 to 11:50 a.m.
<b>AGES 55+</b>	Monday and Friday 9 to 10:20 a.m.

Except December 6, February 7, March 7 and 31 and April 18, 21 and 25

### DROP-IN SKATING – WEEKDAYS

SCHEDULE VALID FROM  
SEPTEMBER 16, 2024 TO APRIL 25, 2025

<b>FOR EVERYONE</b>	Monday, Tuesday, Thursday and Friday 3:15 to 4:05 p.m.
<b>AGES 55+</b>	Tuesday, Wednesday and Thursday 9:15 to 10:05 a.m.

### DROP-IN SKATING – WEEKENDS

SCHEDULE VALID FROM  
OCTOBER 5, 2024 TO MARCH 30, 2025

<b>FOR EVERYONE</b>	Saturday 6:30 to 7:50 p.m.
<b>FOR EVERYONE</b>	Sunday 4:15 to 5:50 p.m.

Except October 6, December 6, 7 and 8, February 6 to 9, March 8 (6:30 to 7:50 p.m.), March 9 (4 to 5:50 p.m.), April 18, 21 and 25

## A DISC GOLF COURSE AT PARC-NATURE HARWOOD

Last July, an 18-basket disc golf course was set up in Harwood Nature Park, in collaboration with the Montreal Disc Golf Association. Fans of this sport are invited to bring their own equipment (no loans on site) and download the UDisc application on their smartphone to learn about the course's features and locate the GPS coordinates of the various tee-off points. This activity can be enjoyed at any time during the park's opening hours, between 7 a.m. and 11 p.m.



## ORGANIZATIONS

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

### SPORTS AND LEISURE ORGANIZATIONS

#### 1<sup>st</sup> 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

514 757-3637

johnc.1stvaudreuilscouts@gmail.com

1stvaudreuilscouts.wixsite.com/mysite/home

#### 19<sup>e</sup> 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

450 510-0903

info@scout19vd.org | scout19vd.org/accueil

#### Association de balle molle mineure La Presqu'île

Softball for girls ages 5 to 23

info@abmmlapresquile.com | abmmlapresquile.com

#### Association de baseball Presqu'île

Youth minor league baseball

Luc Desjardins, 514 776-7897

info@baseballpresquile.org | baseballpresquile.org

#### Association de hockey mineur Vaudreuil-Dorion

New: Girl hockey team Le Storm

info@ahmvd.ca

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

registraire@ringuette4cites.com

kreezee.com/ringuette/organisation/

association-de-ringuette-des-4-cites/8922

#### Association régionale de kin-ball Sud-Ouest

sud-ouest@kin-ball.qc.ca

#### Cavaliers Basketball

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

Michel Bento, 514 774-1663

abipcavaliers@hotmail.combasketballileperrot.ca

#### Centre multisports André-Chagnon

450 218-2821 | info@centremultisports.org

#### Club d'athlétisme de Vaudreuil-Dorion

claudedavid2@yahoo.ca

#### Club de course à pied Les Vadrouilleurs

jeacha@videotron.ca

#### Club de cyclisme Le Suroît

casuroitcc@gmail.com | clubdecyclismelesuroit.com

#### Club Gymini

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

450 455-3141

info@clubgymini.org | clubgymini.org

#### Club de patinage artistique régional de Vaudreuil-Dorion

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

450 455-3371, poste 2779

info@cparv.org | cparv.org

#### Club de patinage de vitesse des Trois-Lacs

Speed skating for ages 5 to 17, recreational and competitive

info@cpv3lacs.org | cpv3lacs.org

#### Club de pickleball de Vaudreuil-Dorion

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

info@pickleballvd.com

#### Club de plongeon Vaudreuil-Dorion

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

450 319-0355 | info@cpvd.ca | cpvd.ca

### Club de tennis de Vaudreuil-Dorion

Tennis lessons, single and doubles leagues, and tournaments

Martial Demers, 450 424-8699 | clubtennisvd@gmail.com

### Club de triathlon Tri-O-Lacs

info@tri-o-lacs.org

### Club de volleyball Les Citadins

For girls and boys from 10 to 17 years old

volleyballcitadins@gmail.com

### Club des aînés associés de Vaudreuil-Dorion

Activities for seniors (50 years and older)

Nicole Piché, 450 455-6832 | piche.nicole@outlook.com

### Club optimiste Vaudreuil-Dorion

Volunteers providing services to youth and the community

Pierre Dolbec, 514 947-5348

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

### Club ornithologique de Vaudreuil-Soulanges

Rolland Aubin | ornithovs@gmail.com

sites.google.com/site/ornithovs

### Dek hockey Vaudreuil-Dorion

514 772-1585

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

Chantale Grenon-Nyenhuis, 613 894-4526

867Aviation@cadets.gc.ca | cadetsair.ca

### FC Trois-Lacs

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

450 218-9008 | info@fc3lacs.com | fctroislacs.com

### Football Les Patriotes de l'Ouest

westernpatriotes@videotron.ca

### Les Citadins natation

Swim club for ages 7 and up and adults, aimed at developing swimming skills so that swimmers can train, develop their aquatic skills and participate in regional or provincial competitions, free tryouts by appointment year-round, weekend swim school

info@lescitadinsnatation.com | lescitadinsnatation.com

### Les Guides du Canada

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

Jennifer Murray, 514 467-6414

vaudreuilguiding@gmail.com | guidesquebec.ca

### Les Skieurs de l'île

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.)

438 350-9243 | soqvs.coordinator@gmail.com

### Ultimate Vaudreuil-Dorion

Ultimate frisbee club aimed at discovery, development and performance while respecting the values of integrity and team spirit, in which children develop their sports skills while having fun

info@ultimatevd.ca | ultimatevd.ca

## 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

450 424-7006 | arcencielvs@gmail.com

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

An organization whose mission is to inform, reassure and support its members so that they can regain control over their lives, and to raise awareness among the general public and healthcare professionals by offering free or affordable activities and conferences

450 218-7722

info@afsfc-vs.org | afsfc-vs.org

### Association de parents Panda de Vaudreuil-Soulanges

An organization whose mission is to respond to the needs of people directly or indirectly affected by ADHD. Expert conferences, thematic talks and psycho-educational tools on loan

438 496-2121 | info@pandavstdah.org

### Carrefour Bienveillance 50+

Organization helping to break the isolation and develop and maintain the power to act of people aged 50 and over by intervening in their living environment through information, support and accompaniment services

450 424-0111 | legraves.com

centredereferences@carrefourbienveillance.org

### 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.

450 455-3185

info@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

450 265-3548

centredesainesvs.com

### Centre d'action bénévole L'Actuel

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

450 455-3331, poste 100

info@lactuel.org | lactuel.org

### Centre prénatal et jeunes familles de Vaudreuil-Soulanges

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

450 424-7867

info@centrepjf.org | centrepjf.org

### Comité Jeunesse La Presqu'île

An organization dedicated to addressing the needs and issues of youth, including social exclusion, dropping out of school, family problems, crime, vandalism and alcoholism, and to educating and raising public awareness of these issues through workshops, discussion groups, seminars, patrols, etc.

514 425-1060

info@comitejeunesselapresquile.org

comitejeunesselapresquile.org

### COMQUAT

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

514 453-3632 | info@comquat.ca | comquat.ca

### Corporation de développement communautaire de Vaudreuil-Soulanges

Ensures the active participation of the community movement in the socio-economic development of its area and informs the population about the assistance, support and information resources available in the Vaudreuil-Soulanges MRC

450 424-3717 | info@cdcvs.ca

### Hébergement La Passerelle

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

450 424-6010

info@hebergementlapasserelle.com | lapasserelle.com

### L'Aiguillage

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

450 218-6418 | direction@aiguillage.ca | aiguillage.ca

### L'Atelier paysan

Animation, training and conferences related to ecological market gardening, promoting the acquisition of knowledge in urban agriculture

accueil@latelierpaysan.ca | latelierpaysan.ca

### Le Carrefour de l'Espoir

Recovery of objects and resale at lower cost

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

450 801-8393 | info@leversant.org | leversant.org

### 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

450 424-2422 | info@zebrerouge.org | zebrerouge.org

### 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 prenatal to age 12

450 218-0561 | [info@mfvs.ca](mailto:info@mfvs.ca) | [mfvs.ca](http://mfvs.ca)

### Maison des jeunes de Vaudreuil-Dorion

Safe, adult-supervised place for 12- to 17-year-olds to meet and chat with friends

1255, rue Émile-Bouchard | 450 455-6937 | [info@mdjvd.com](mailto:info@mdjvd.com)

### Nourri-Source Montérégie

Breastfeeding self-help and support organization made up of nearly 100 experienced volunteers

514 425-0825 | [monteregie@nourri-source.org](mailto:monteregie@nourri-source.org)  
[nourri-source.org/nourri-source-monteregie](http://nourri-source.org/nourri-source-monteregie)

### Organisme voué aux personnes atteintes de cancer (OVPAC)

An organization whose mission is to accompany and support cancer patients; facilitate and ensure access to medical care and treatment; promote home care; encourage the formation of self-help groups and organize various activities for the development and well-being of cancer patients

450 371-5400, poste 2 ou 1 866 386-8722  
[communication@ovpac.org](mailto:communication@ovpac.org) | [ovpac.org](http://ovpac.org)

### 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

450 455-8986 | [pcvs@pcvs1982.ca](mailto:pcvs@pcvs1982.ca)  
[parrainageciviquevs.ca](http://parrainageciviquevs.ca)

### Pôle d'économie sociale de la Vallée-du-Haut-Saint-Laurent

An organization whose mission is to bring together the various players and partners in the social economy, to promote the social economy and social economy enterprises throughout its territory, to present the social economy as an alternative model for economic development, and to support the development of the social economy in the five MRCs of the Vallée-du-Haut-Saint-Laurent

450 374-2402 | [info@economiesocialevhsl.org](mailto:info@economiesocialevhsl.org)

### Répît Le Zéphyr

In-home respite and babysitting service

[dg@repitlezephyr.com](mailto:dg@repitlezephyr.com) | [repitlezephyr.com](http://repitlezephyr.com)

### Société Alzheimer du Suroît

Alleviating the social and personal consequences of Alzheimer's disease and other forms of neurocognitive disorders, and promoting research into their causes and cures: post-diagnosis reception, individual and family consultations, support groups for sufferers and caregivers, training workshops, etc.

450 373-0303  
[info@alzheimersuroit.com](mailto:info@alzheimersuroit.com)

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

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

[ahtrescue.org](http://ahtrescue.org)

## 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

514 376-9230 | [aa87.org](http://aa87.org)

### Gamblers Anonymes Vaudreuil-Dorion

Serving compulsive gamblers Telephone hotline

Ligne téléphonique d'urgence: 1 866 484-6664

### Mouvement anonyme des dépendants affectifs

Toxic relationships, isolation

Ligne téléphonique: 514 476-7778  
[mouvementmada.com](http://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

1 855 544-6362  
[naquebec.org](http://naquebec.org)

## ORGANISMES CULTURELS

### 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

450 455-7096, 514 980-2671  
[autam.vaudreuil@gmail.com](mailto:autam.vaudreuil@gmail.com)  
[autam.dorion@gmail.com](mailto: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

450 424-5627  
[archives@archivesvs.org](mailto:archives@archivesvs.org) | [archivesvs.org](http://archivesvs.org)

### Cercle des conteurs du Haut-Saint-Laurent

Awareness of living heritage development through storytelling and singing

Robert Payant, 450 455-1841  
[robertpayant177@gmail.com](mailto:robertpayant177@gmail.com)

### Cercle des fermières de Vaudreuil

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

[presidente.cerclevaudreuil@outlook.com](mailto:presidente.cerclevaudreuil@outlook.com) | [cfq.qc.ca](http://cfq.qc.ca)

### 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

514 891-7141 | [choeurchantsdecoton.com](http://choeurchantsdecoton.com)  
[choeurchantsdecoton@gmail.com](mailto:choeurchantsdecoton@gmail.com)

### Chœur classique Vaudreuil-Soulanges

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

Nicole Maisonneuve, 514 894-6536  
[info@choeurcvs.org](mailto:info@choeurcvs.org) | [choeurcvs.org](http://choeurcvs.org)

### Chœur Esperanto

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

[choeursperanto@gmail.com](mailto:choeursperanto@gmail.com) | [choeursperanto.ca](http://choeursperanto.ca)

### Ciné-club La Boîte lumineuse

International film screenings Monday evenings at 7 p.m. at the Paul-Émile-Meloche theater

Francine St-Denis, 514 292-0624  
[cineclublaboitelumineuse@gmail.com](mailto:cineclublaboitelumineuse@gmail.com)

### Club photo Vaudreuil-Dorion

Grouping of photography enthusiasts, both amateurs and professionals

[clubphotovaudreuildorion.com](http://clubphotovaudreuildorion.com)  
[president@clubphotovaudreuildorion.com](mailto:president@clubphotovaudreuildorion.com)

### CSUR La télé

Community television

514 892-5842 | [info@csur.tv](mailto:info@csur.tv) | [csur.tv](http://csur.tv)

### Ensemble vocal Les Enchanteurs

Development of choir singing among adults in the region

438 886-3132  
[lesenchanteurs@hotmail.ca](mailto:lesenchanteurs@hotmail.ca) | [enchanteurs.ca](http://enchanteurs.ca)

### Festival Artefact

Music festival featuring emerging music from Quebec

Francis Paquette, 514 661-0864  
[francis@festivalartefact.com](mailto:francis@festivalartefact.com) | [festivalartefact.com](http://festivalartefact.com)

### Galileo

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

438 395-5752  
[info@orchestregalileo.com](mailto:info@orchestregalileo.com) | [orchestregalileo.com](http://orchestregalileo.com)

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

Amateur improv league for adults

[intrepidecabaret@gmail.com](mailto:intrepidecabaret@gmail.com) | [lici-vs.com](http://lici-vs.com)

### La Fondation de la Maison Trestler

Heritage House with a cultural and social mission

450 455-6290  
[info@trestler.qc.ca](mailto:info@trestler.qc.ca) | [trestler.qc.ca](http://trestler.qc.ca)

### 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

514 825-8009  
[lesamisdefelixleclerc@gmail.com](mailto:lesamisdefelixleclerc@gmail.com)

### 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.

450 455-2092  
[info@mrvs.qc.ca](mailto:info@mrvs.qc.ca) | [mrvs.qc.ca](http://mrvs.qc.ca)

### Société de généalogie Vaudreuil-Cavagnal

Association of people interested in genealogy and family history (introductory workshops on genealogical research and the use of research tools, conferences on genealogy and heritage)

Denis Boudreau, 438 527-7482  
[sgvc@sgvc.ca](mailto:sgvc@sgvc.ca)

### Troupe de théâtre Les Philanthropes

Production of plays and other performances

Jean-Marc Lavigne 514 207-9982  
[Les.philanthropes.theatre@gmail.com](mailto:Les.philanthropes.theatre@gmail.com)



**PENSER** <<<



**AUX**

**AUTRES,**

**ÇA FAIT DU BIEN.**



**Tout**

**le temps**