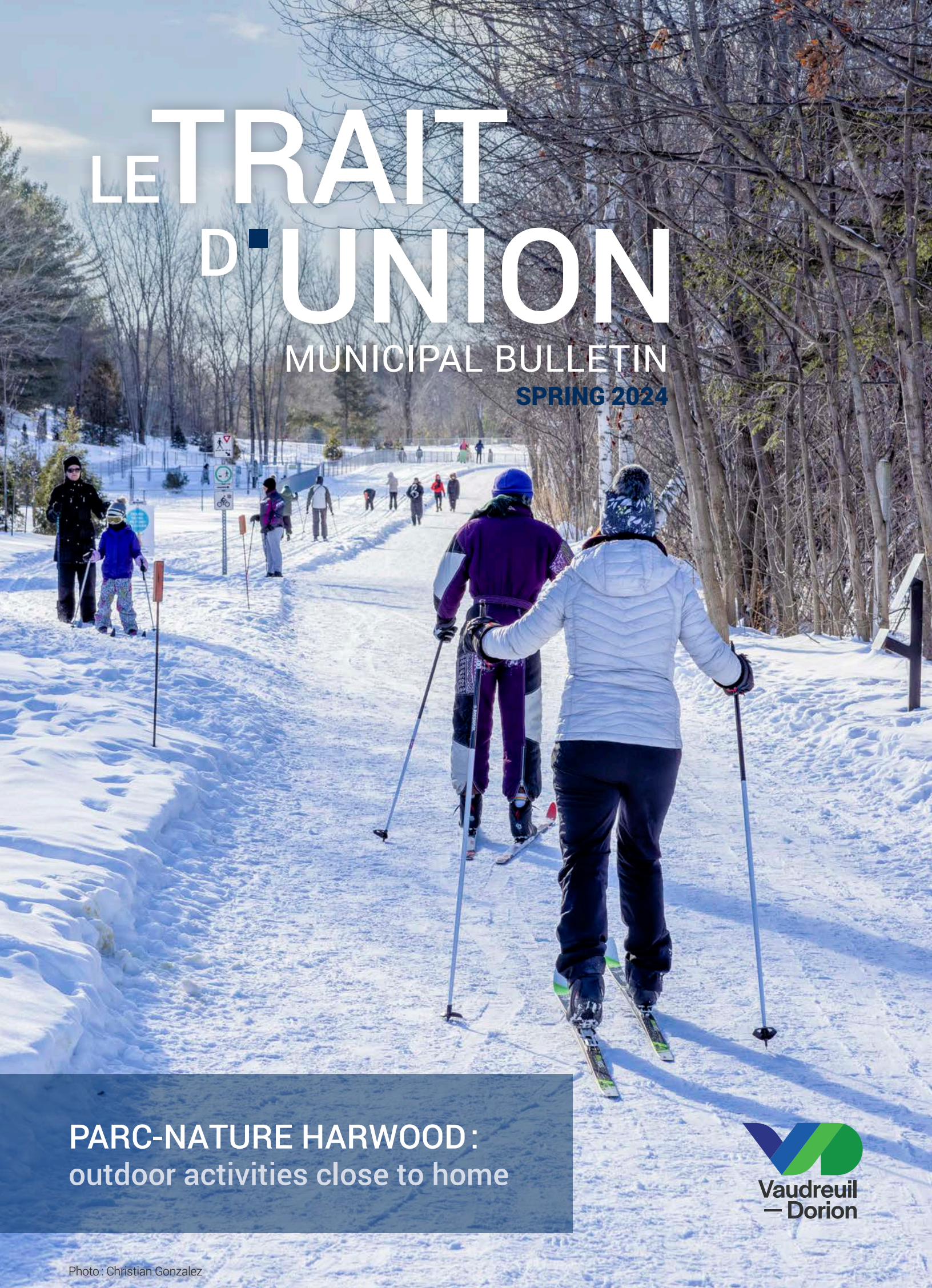


LE TRAIT D'UNION

MUNICIPAL BULLETIN

SPRING 2024



PARC-NATURE HARWOOD :
outdoor activities close to home



Vaudreuil
— Dorion



A word from the mayor

Last December, the City of Vaudreuil-Dorion tabled its 2024 budget. By the time you read these lines, you'll most likely have received your tax bill. Although I'm aware the 2024 increase may seem overwhelming, it's important to focus on the tax rate, which is \$0.5984 per \$100 assessed. As mentioned on the next page, for the average home in Vaudreuil-Dorion, valued at \$419,200, taxes will total \$2,783 for 2024, including water tax (\$3.77 per week). Our tax rate remains among the lowest in the region, but also the lowest among cities of a similar size. For example, taxes for the average home in Repentigny are \$3,271 (\$0.804 \$3/100 plus various rates) and \$2,951 (\$0.835 \$0/100 plus various rates) in Victoriaville. Why is this year's increase so high, you may wonder? Quite simply because we have kept our rates very low for many years now. We had to bring this rate into line with the current reality of the housing market. One should also take into consideration the fact that we offer a wide range of free activities, day camps and courses, as well as a multitude of services that are the envy of many cities. It's important to keep this in mind, even if I understand that the reality of the current economic context is difficult for many people.

Moreover, many of you are directly affected by the traffic problems surrounding the Île-aux-Tourtes bridge. The situation affects your quality of life and that of your families. In addition to improving public transit, I think we need to focus on the Highway 20 bypass to significantly improve traffic flow, as the new bridge is only scheduled to open five out of six lanes by the end of 2026. This is precisely what we're asking the government to do. We truly hope our request will be accommodated. Rest assured that this issue is very dear to my heart and remains a priority.

Lastly, on March 16, 1994, the towns of Vaudreuil and Dorion merged to form a single entity. Thirty years on, it's clear that what was formerly a small town has now become a city center offering a multitude of services, including the regional hospital scheduled to open in late 2026. In 1994, our population was around 18,000; today, it stands at over 45,000, making us the 26th largest city in Québec, and the city with the highest standardized property value (\$7,774,790,470) in the Vaudreuil-Soulanges, Beauharnois-Salaberry and Roussillon RCMs. I would like to pay tribute to the work of the two municipal councils at the time, who made this merger possible. In fact, during the 25th anniversary of the merger in 2019, we had the opportunity to honor them and mark this event that was so important to our city, thanks to the work of the 25th anniversary organizing committee, led by Mrs. Odette Lalonde, who did a remarkable job. For those interested in our history, I invite you to pick up the book entitled *La fusion de nos histoires*, available for purchase at Musée régional de Vaudreuil-Soulanges. The book is filled with photos that recount the big and small moments of those who have shaped our town.

Mayor Guy Pilon



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

MUNICIPAL COUNCELLORS



Mr. Luc Marsan
District 1 | Quinchien



Mr. François Séguin
District 2 | Valois



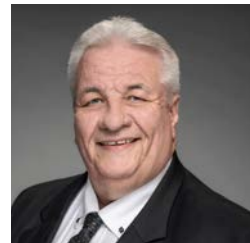
Mrs. Jasmine Sharma
District 3 | Des Bâtisseurs



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

2024 BUDGET: a rigorous and responsible exercise

During a special meeting held on December 11th 2023, the City Council of Vaudreuil-Dorion, assisted by Olivier Van Neste – Director General, and Marco Pilon, FCPA, OMA – Director of Finance and Treasury, presented the 2024 budget in the order of \$110.7 million.

As was the case for most cities in Quebec, the 2024 budget exercise was a challenge for City Council and municipal services. Inflation and rising interest rates are having an impact on the City's financial responsibilities. In 2023, the tax rate was \$0.5515 and will increase to \$0.5984 per \$100 assessment in 2024. For a \$419,200 home, the current average estimate for a home in Vaudreuil-Dorion, this amounts to an increase of \$196 on the tax bill (\$3.77 per week). The City's 2024 budget therefore corresponds to an increase in taxes of 8.5% for categories including residential, 6 or more units and agricultural. Considering that water taxes are being maintained at \$275, the net increase will amount to 7.6% for the residential category and 11.5% for the commercial and industrial categories. It is important to note that the City's commercial and industrial rates remain extremely competitive in comparison with similar cities. The City's residential property tax, in addition to the water tax, includes all services such as collections (garbage, recycling, organic waste), SQ services and the various quota shares pertaining to the MRC, CMM and ARTM. Furthermore, the City of Vaudreuil-Dorion's irreducible expenditures for 2024 total more than \$96 million (operating costs, quota shares, removal and disposal of residual materials, snow removal, debt servicing, etc.) and represent 88% of total expenses.

"We looked at a variety of scenarios. It was a difficult task, but after carefully analyzing all the numbers, we needed to be realistic and make decisions that would be unpopular, but responsible. All the City's departments were involved, and I salute the work of the directors who had to go through each budget item before having to make difficult choices. Citizens are well placed to know that everything is costing more, and the same applies to the management of the City"

- Mayor Guy Pilon

During the special budget session, Treasurer Marco Pilon compared the total taxes for an average home in Vaudreuil-Dorion to 12 other cities in the area as well as cities of similar size. "Until just recently, our citizens were paying much less than other cities, even though we offer a considerable and diverse range of services. The rate needed to be updated due to the challenges we will face in 2024 and over the next few years. Despite the increase, our rate is very competitive at \$0.5984. For 2023, the amount paid for general property taxes and water taxes remain among the lowest among similar cities. The two coming years will hold budgetary challenges, but after that, significant cash inflows are expected, including revenues from the hospital's arrival," said Marco Pilon.



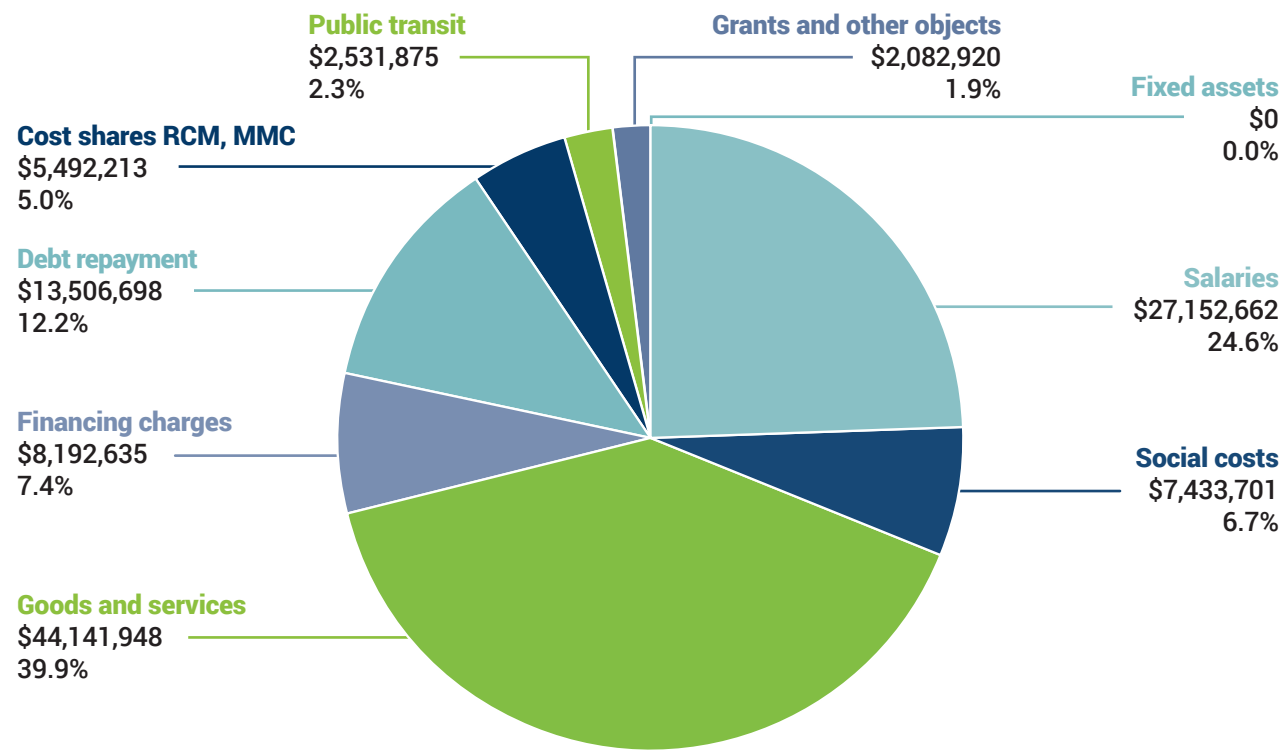
Marco Pilon, FCPA, OMA,
Director of Finance and
Treasury

A wide range of free activities

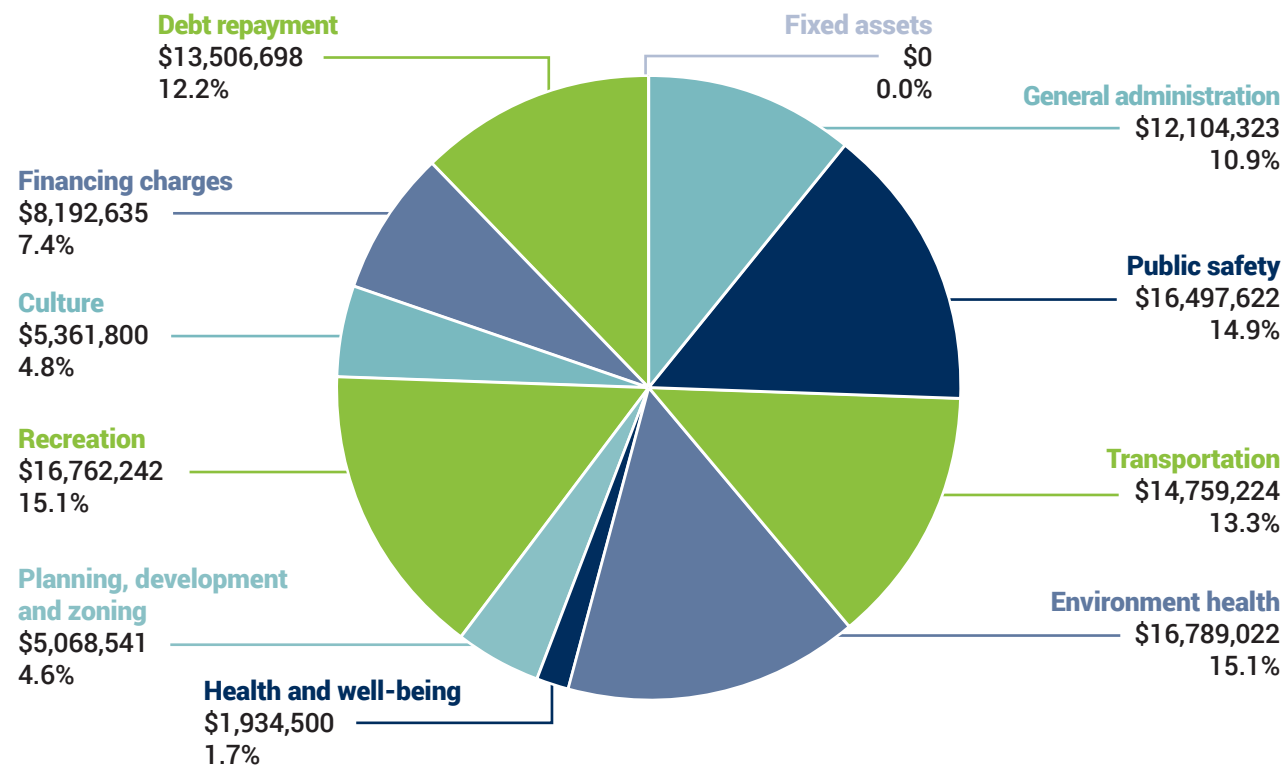
The City of Vaudreuil-Dorion stands out for the number of free activities offered to its population, as Mayor Guy Pilon mentions: "Again in 2023, more than 400 free activities were offered to our citizens. The library alone offers citizens a collection that features over 95,000 printed and audiovisual documents, board games and a brand-new library of objects. Think of Parc Le 405, the concerts at Parc de la Maison-Valois, neighbourhood parties, Santa's post office and the Lumin'Art exhibition currently taking place. With all these activities, it's easy for a Vaudreuil-Dorion family to find fun things to do, and at no cost to them. In terms of protecting the environment, we offer 16 subsidies toward the planting of trees, the use of cloth diapers, the purchase of bicycles, etc. Added to this are the substantial discounts offered to our residents when they register for activities with our recognized organizations. Not to mention the exceptional measures implemented by our teams when required, for example the emergency camps set up during school strikes"

Moreover, the City is aware of budgetary issues and certain activities will be thoroughly reviewed. "The *Festival de Cirque* will take place, but as a more streamlined version. Activities that generated low participation will be removed in order to focus on programming that appeals to a greater number of people, such as Parc Le 405, the *Rythmes d'été* concerts, or day camps," added Mayor Guy Pilon.

2024 Budget Forecast EXPENSES BY OBJECT



2024 Operating Budget Forecast EXPENSES BY FUNCTION



HIGHLIGHTS OF THE 2024 BUDGET

- Residential tax rate increases from \$0.5515 in 2023 to \$0.5984 in 2024.
- Irreducible expenditures (salaries, debt servicing, SQ services, snow removal, etc.) represent 88% of the total budget.
- Financial assistance for Vaudreuil-Dorion organizations and citizens totalling nearly \$1 million.

Details of the City of Vaudreuil-Dorion's 2024 budget are available on the City's website at ville.vaudreuil-dorion.qc.ca under The City/Municipal Administration/Budget and financial documents.

ASSESSMENT ROLL

2024: third year of the triennial assessment roll effective January 1st 2022

Taxable assessment years 22-23-24 budget 2023	\$8,062,643,157
Taxable assessment years 22-23-24 budget 2024	\$8,193,621,064
1.6% increase	\$130,977,907

TAXABLE VALUE PER PROPERTY CLASS

Residual (residential)	\$5,765,247,796	70.4%
6 units and more	\$526,912,570	6.4%
Service vacant lots	\$110,315,100	1.3%
Commercial	\$1,522,144,266	18.6%
Industrial	\$215,482,032	2.6%
Agricultural	\$53,519,300	0.7%
TOTAL	\$8,193,621,064	100%

MUNICIPAL TAX BILLS DUE DATES

Tax bills were mailed out on February 16. They must be paid no later than the following dates:

1st instalment on March 18 2nd instalment on June 18 3rd instalment on September 18

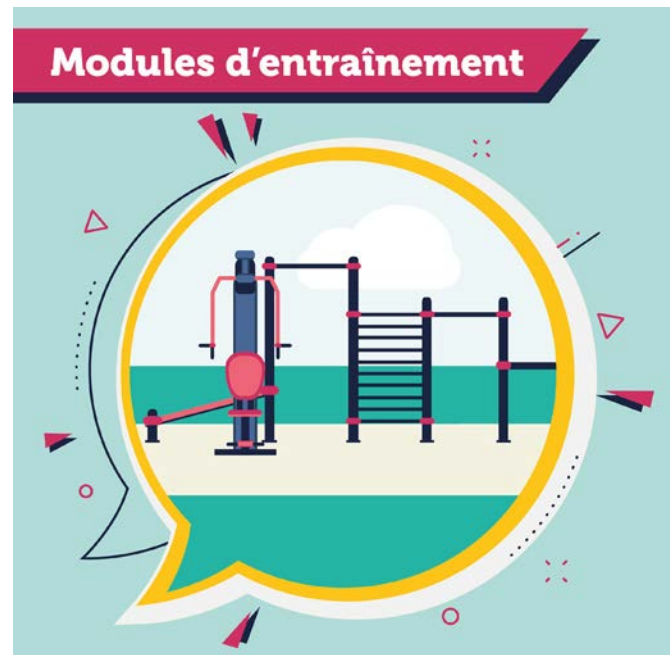
The City strongly favours online payment via a financial institution as the most efficient and secure way to pay municipal taxes. Regardless of the payment method used, you should allow two to three days to avoid interest charges and penalties, since payment is only processed on the day it is received by the City.

2023 PARTICIPATORY BUDGET: outdoor workout spaces and mural

The winning project for the 3rd edition of the participatory budget of the City of Vaudreuil-Dorion was unveiled last December. 60% of citizens voted in favour of outdoor workout spaces while 40% of respondents preferred the proposal for an area providing access to the water in Old Dorion. In total, 378 Vaudreuil-Dorion residents submitted their vote using the online survey platform.

The outdoor workout spaces, designed by three citizens, Marc Chalifoux, Olivier Charbonneau and Martine Desrosiers, aim to allow all citizens of all ages to work out for free in addition to promoting social interaction and healthy lifestyles. Workout modules with fixed bars will be installed in a park or green space in Vaudreuil-Dorion, to be determined by the Recreation and Culture Department. The grant awarded by the City is \$65,000.

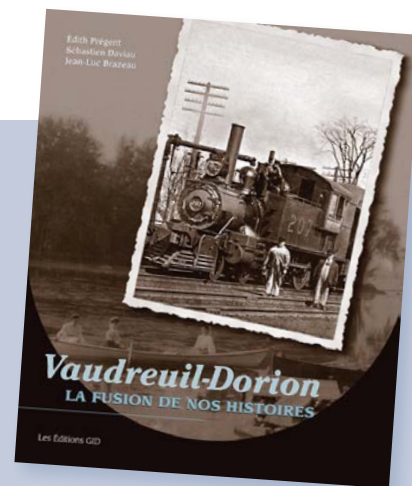
The youth component was not submitted for voting since only one project met the eligibility criteria among the four applications received. The winning project, announced in November, was presented by Alexandria Diardichuk-Marinakis and is entitled *Jeunes artistes de Vaudreuil-Dorion : Paysages en fleurs*.



Through a mural or various smaller works exhibited in public places, Alexandria wishes to highlight the beauty of the city, its parks and its landscaping, through the eyes of young artists. Her intention is to use art as a way of bringing cultures together and she hopes that this approach will allow young people to express their solidarity and pride in belonging to the community of Vaudreuil-Dorion. Alexandria will develop the project in conjunction with the Culture and Community Life Division of the Recreation and Culture Department. The grant awarded for the implementation of the project is \$10,000.

30TH ANNIVERSARY OF THE MERGER

March 16, 2024 marked the 30th anniversary of the Vaudreuil and Dorion merger. Indeed, it was officially March 16 of 1994 that Vaudreuil-Dorion became a single entity. Interestingly, the two municipal councils, including Mayor Jean Lemaire and Mayor Monique Richardson, sat at the same table until the election of the first municipal council of the City of Vaudreuil-Dorion in November 1994. It should be noted that Mr. Paul Dumoulin and Mr. François Séguin, now municipal councillors of districts 8 and 2 respectively, were also part of these municipal councils.



The 25th anniversary in 2019 was celebrated through a host of activities: large picnic on Avenue Saint-Charles, photo competitions, transformation of the water tower... The book entitled *Vaudreuil-Dorion : la fusion de nos histoires*, created by Musée régional de Vaudreuil-Soulanges for the occasion, was published in 2022 by Les Éditions GID. History buffs, as well as citizens who want to learn more about their city, can purchase a copy at the museum or borrow it from the municipal library.



The picnic celebrating the 25th anniversary of the merger in 2019

LITHIUM BATTERIES: use with caution

Lithium batteries are now an integral part of everyday life. They can be found in phones, tablets and mobile phones, vapes, power tools, portable chargers and electric means of transportation such as mobility scooters, bicycles and scooters. The Fire Department therefore wishes to share a few tips with the population in order to prevent fires from being caused by these lithium batteries.

- Obtain ULC or CSA approved devices.
- Only use wires and chargers designed for the device.
- Monitor devices when charging and avoid doing so at night without supervision. Overcharging a battery can cause it to explode.
- To prevent heat build-up when charging, make sure devices are not covered and keep the area around them clear. Most importantly, never leave your devices under your pillow.
- Store batteries at room temperature when possible, and do not charge devices at temperatures below 0°C or above 40°C.

- ALWAYS keep batteries away from heat sources.
- Prevent impact damage to batteries.
- Charge the battery of electric bikes in a flat and dry area away from children, direct sunlight, liquids and make sure the bike in a place where it cannot fall.
- Stop using the battery if you notice a problem such as a smell, a change in colour, too much heat, a change in shape, a leak or strange noises. In these cases, and if it is possible to do so safely, move the device away from anything that can catch fire. Otherwise, call 9-1-1.
- Dispose of batteries safely. They can be disposed of at the ecocentre and various municipal buildings.



CHECK VALVE, THE BEST WAY TO PREVENT PROBLEMS!

The extreme weather events of recent years have brought with them their share of concerns, especially for homeowners. That's why it's important to take the necessary measures to prevent damage that could be caused to your property. One of these measures is installing a check valve.

The City of Vaudreuil-Dorion's by-laws require the installation of a check valve in all residences, regardless of their year of construction. It's a safe way to prevent sewer backups. It must be installed on horizontal connections receiving wastewater from different appliances, including floor drains, holding tanks, interceptors, tanks and all other basement drains. All valves must be easily accessible for maintenance and cleaning. Regular checks are required to ensure its proper functioning. To perform a check:

- Unscrew the access plug and check the condition of the seal. Replace if needed.
- Remove the tilting door to clean and check the condition

- of the rubber seal; replace the door if needed.
- Clean the hinge and ensure it is free of debris.
- Reinstall the tilting door in the proper direction by ensuring the correct tilting movement.
- Screw the access cap back on securely and replace the access cover if necessary.

SUMP PUMP

Along the same lines, it is essential to regularly ensure the proper functioning of your home's sump pump. A backup pump or backup power system can also be very useful in the event of a pump failure, especially during an episode of heavy rain or a power failure.

Note that emergency pumps powered by water from the municipal aqueduct are prohibited.

CONSTRUCTION UPDATE

Buildings

- The reconstruction of Fire Station No. 11 – De Lotbinière is now complete with the exception of some finishing work (including the front of the building on Rue Saint-Joseph on which the wood will be installed in the spring). The building has been operational since January 2024.



Photo : Christian Gonzalez

Infrastructures

- The redevelopment of Route de Lotbinière, between Boulevard Harwood and Rue Saint-Jean-Baptiste Street, is scheduled to begin this year. The goal is to make this section easier for everyone to use by adding two-way bike lanes, sidewalks, vegetated strips and trees, as well as new lighting. Because of the work being done on the Île-aux-Tourtes bridge and how it has impacted traffic on Boulevard Harwood, construction at the intersection of Boulevard Harwood and Route de Lotbinière must be coordinated with the *Ministère des Transports et de la Mobilité durable* (MTMD) and could be delayed as a result.
- The renovation of the wastewater pumping stations continues in 2024. With work on Wildwood Station north of Highway 40 completed in 2023, the City is focusing this year on Bourget Station, located near Pierre Elliott Trudeau School, and Dutrisac Station, near the corner of Dutrisac and Saint-Charles. It should be noted that part of the work to be done involves

installing permanent generators at the stations to ensure proper operation and uninterrupted service in the event of a power failure.

- The new wastewater treatment system for the Domaine-en-Haut sector was commissioned last January. Work will be completed during the spring, with the addition of fences and paving. Part of the project's cost is covered by funding from the *Ministère des Affaires municipales et de l'Habitation*.
- The design and preparation of plans and specifications for the construction of the new drinking water reservoir is progressing quickly. Work is scheduled to begin in 2024. The site of this future underground reservoir is located on Boulevard de la Cité-des-Jeunes, west of Route Harwood.
- The contractor responsible for construction of the underground infrastructures to accommodate the new Vaudreuil-Soulanges hospital started up once again at the beginning of February after a winter break. The work to be done consists of continuing the installation of the water supply line, this time along Boulevard de la Cité-des-Jeunes on the south side, up to the site of the new drinking water reservoir.
- The City's Engineering Division team is preparing the plans and specifications for the restoration of Rue des Loisirs, planned for 2024. The work to be done includes replacing water pipes as well as paving the streets and building a bike path to ensure the safety of pedestrians and cyclists near the Sainte-Trinité pavilion of Papillon-Bleu school.

Parks

- Work aimed at developing the Quatre-Saisons school park will resume at the end of April, weather permitting, and will continue until the beginning of the summer.
- The redevelopment of Bourget Park, including revamping of the baseball field and the addition of a splash pad and urban furniture, is currently being planned. Construction is expected to take place this summer.
- The different municipal departments are working on designing and preparing plans and specifications for the addition of eight tennis courts on a municipal lot on Rue Valois, located near Dorion-Gardens Park. Work is expected to begin at the end of the summer, conditional upon obtaining environmental authorization from the *Ministère de l'Environnement, de la Lutte contre les changements climatiques, de la Faune et des Parcs* required for this project.

Bike paths and pedestrian amenities

- The City is moving along with the implementation of its bike path master plan. The following work is planned

for this year:

- a new off-road multi-use path on Rue Émile-Bouchard Street, between the Municipal Hub and Rue Édouard-Lalonde;
- a new off-road multi-use path along Rue Chicoine, between Rue Trudeau and Rang Saint-Antoine, continuing along Rue de Chenonceau up to the new Des Échos school;
- construction of phase 2 of the multi-use path located along the back lots in the Floralties sector. This phase consists of the extension of the multi-use path from Rue des Pivoines to Perce-Neige Park. Once this final phase has been completed, a little over 2 km of bike paths will have been built between Rue des Nénuphars and Perce-Neige Park. A request for financial assistance has been forwarded to the MTMD for this project.
- To ensure the safety of pedestrians on Boulevard de la Gare, the City plans to build a new sidewalk on the north side, to complete the missing link between the intersection of Rue du Manoir and the bus stop located further west.
- In order to complete the pedestrian path between Rue des Sureaux and Rue des Oliviers, paving work will be carried out during the summer.

Future Vaudreuil-Soulanges hospital

This year, close to 1,000 workers will be working on the construction site daily. Tools will be made available to inform the public of construction work and possible hindrances. To obtain practical information concerning work to be done, visit: projethospitalvaudreuil-soulanges.com. The espacePHVS newsletter provides information on the progress of this largescale project while the Construction Info newsletter aims to provide the public with information on possible hindrances. Lastly, the Vaudreuil-Soulanges hospital project also has a page on Facebook, LinkedIn and Instagram.

Here is an overview of the work to be carried out in the coming months.



Pavilion A

- Completion of the slabs on the four levels of Pavilion A (spring 2024)
- Installation of the steel framework (spring 2024)
- Start of work on the exterior (spring 2024)
- Completion of the garden-level slabs (summer 2024)
- Interior partitions (summer 2024)
- Interior masonry (fall 2024)

Pavilion B

- Start of work on Pavilion B slabs



Photo : Christian Gonzalez

Construction work for Phase 1 of the Municipal Hub (library, town hall and public square) is progressing. The exterior is almost complete and this winter the contractor is focusing on the interior work. In the spring, work on the development of the public square will begin. The building is still scheduled to open to the public in early 2025. 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.

LES ÉCO DÉCOUVERTES

FREE

Municipal library
Online registration at ville.vaudreuil-dorion.qc.ca

Information: 450 455-3371, Option 1
environnement@ville.vaudreuil-dorion.qc.ca



March 19, 7:00 p.m.

PLANT SPECIES VAUDREUIL-DORION INVASIVE EXOTIC SPECIES

By Amandine Bonin and Anne-Sophie Lemay
Ville de Vaudreuil-Dorion

Presentation of invasive plant species found within the territory of Vaudreuil-Dorion. Tips and tricks to learn how to identify and better manage them.

May 9, 7:00 p.m.

URBAN BEEKEEPING - IS IT REALLY A GOOD IDEA?

A conference by a representative from Polliflora

The decline of bees on a global scale is a topic that has often been addressed over the last few years. But what is truly going on? What is the situation in Québec, in rural areas and particularly in cities? Critical reflection on urban beekeeping and discussion on the causes of decline and possible solutions to improve the situation.

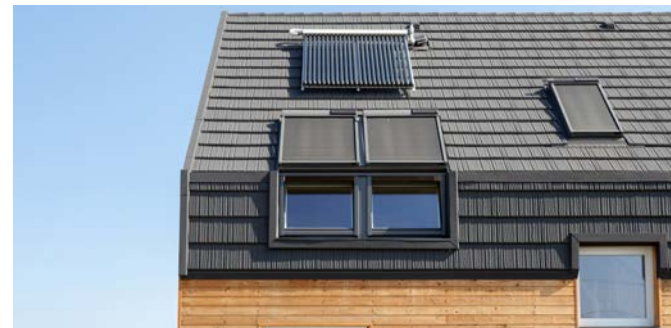


June 13, 7:00 p.m.

INTRODUCTION TO SUSTAINABLE HOUSING

by July Paquin, Écohabitation

This conference will address the impacts of housing on the environment, the principles of the ecological home (energy, resources, health), the specifics of the Québec context and how users influence a building's footprint.



MARK YOUR CALENDARS

HORTICULTURAL FAIR: May 10 to 12, parking lot of the municipal arena

TREASURE HUNT: May 25 and 26

\$200 FOR PLANTING A TREE

The environmental grant program was updated on January 1 with the City increasing its financial aid for tree planting to \$200 per tree. Citizens can take advantage of this grant for the birth or adoption of a child through the One Birth, One Tree program. The City also offers the Verdissons Vaudreuil-Dorion program, which provides financial aid to homeowners in Vaudreuil-Dorion for up to three trees per year. We invite you to familiarize yourself with the list of species that are not eligible for financial assistance as well as all the details of the program on the City's website (Environmental Grants section).

In addition to this, the grant offered by the City for the greening of riparian strips has been expanded to include ditches. Citizens are entitled to a 50% reimbursement of the cost of purchasing trees, shrubs and perennial herbaceous plants for the revegetation of a riparian strip or ditch, up to a maximum of \$300.

The City offers a total of fifteen or so different subsidies related to zero waste, organic waste, air quality, drinking water and plants. Check them out for yourself!

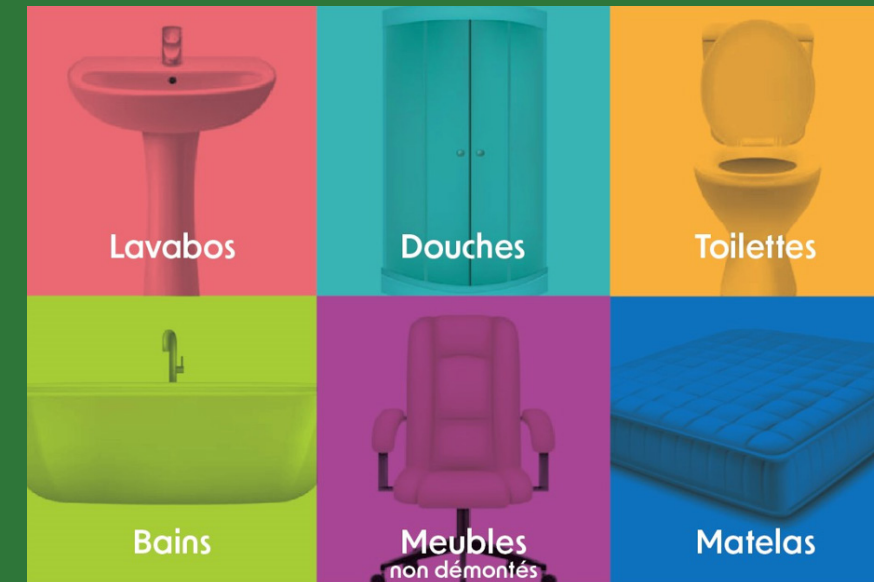
SUBVENTIONS EN ENVIRONNEMENT 2024

ENVIRONNEMENT
Service du génie et de l'environnement
ville.vaudreuil-dorion.qc.ca

RÉDUIRE ENSEMBLE NOTRE EMPREINTE

BULKY WASTE: REMINDER

The City's bulky waste collection should be your last option when it comes to disposing of your belongings. There are various options available to consider instead. These include selling your items, donating them or recycling them through the Ecocentre. A directory of recyclers in the area can also be consulted on the City's website, in the Collections and Schedules section, to determine where to dispose of the items you have.



Only sinks, showers, toilets, baths, assembled furniture and mattresses are accepted during the bulky waste collection.

Just a reminder that the schedule for this collection was changed on January 1, 2024. As such, it now takes place on the 1st Thursday of the month for sector A, the 2nd Thursday for sector B, the 3rd Thursday for sector C and the 4th Thursday for sectors D and E, with some exceptions.

JARDINOTHÈQUE: a vast choice of seedlings for every taste



Preparations for the gardening season are well underway at the Municipal Library, with the Jardinothèque resuming services a few weeks ago. This year, 140 varieties of flowers, vegetables and herbs are offered to library users, who can "borrow" up to 8 packets of seeds among the 9,000 available. It should be noted that a dozen experienced gardeners have donated seeds for the 2024 season and that they will have the opportunity to do so again at the end of the season.

Launched in 2022, the *Jardinothèque* is now entering its



third season. Last year, about 800 citizens took advantage of this service, procuring a total of 5,222 packets of seeds. Promoting a healthy and diversified food supply through, among other things, urban agriculture and community

GIVING POLLINATORS A HELPING HAND

Did you know that waiting longer before you start mowing vegetation in the spring helps bees and pollinating insects feed on the flowers that will grow there? In May, food is scarce for bees and pollinating insects. Dandelions are among the first flowers to appear and provide abundant nectar for bees and insects to feed on after winter. Useful to humans and nature, these insects contribute greatly to the pollination of plants, which has a positive impact on biodiversity, the environment and the productivity of gardens. In addition, remember that keeping the lawn a good length throughout the summer makes it more resistant during periods of drought and creates a barrier against invading insects and weeds.

For any environmental issues, including greening, shoreline erosion prevention or waste management, citizens can visit the City's website or contact the Environmental Section at 450-455-3371, Option 1.

gardens, is an integral part of the City of Vaudreuil-Dorion's 2020 > 2025 *Habité par ma ville* strategic plan.



The *Bouturothèque*, which is focused on the exchange of indoor plant cuttings, is another similar initiative. It works on the principle of bartering: you have to offer a plant cutting to be able to take one in return. Only cuttings are accepted, not mature plants. They should be brought in water (in a wet paper towel or small container) or in soil (in a small container).

COMMUNITY GARDENS

There are four community gardens on the territory: Bourget, Des Abbesses, Des Loisirs et Des Muguets. Citizens wishing to reserve a space in one of these gardens must register with the Environment Section by April 1 by calling 450 455-3371, Option 1 or sending an email to environnement@ville.vaudreuil-dorion.qc.ca. Residents who do not have space to garden at home will be prioritized and names will be randomly drawn if there are too many people registered.

EARTH DAY

Activities will be held in Vaudreuil-Dorion to celebrate Earth Day, which takes place every year on April 22. These include a big clean up conducted with the help of citizens as well as the City Nature Challenge.

Big clean-up

All citizens are invited to a big clean-up of Charlot Forest, adjacent to Dorion-Gardens Park, on April 20, from 9 a.m. to noon, in partnership with the Blue Organization. The latter will also offer a webinar entitled *Petits gestes grands changements* on April 18 at 7:00 p.m. This will be an opportunity to obtain more information about the planned clean-up operation.

Details will be posted on the City's website and Facebook page shortly.

City Nature Challenge

From April 26 to 29, 2024, the Greater Montreal Area (GMA) will take part in a global bioblitz called the City Nature

Challenge. During these four days, residents from more than 400 cities around the world will try to document as many species of wild fauna and flora as possible using the free iNaturalist app. No prior knowledge or experience is required! Every observation made during this friendly challenge will help document the biodiversity of different cities and contribute to advancing urban conservation.



The City of Vaudreuil-Dorion is pleased to join the movement! In addition to encouraging the population to record their observations on the app, the City will also be offering an identification day at Harwood Nature Park on April 27. More information will soon be posted on the City's website and Facebook page. In the meantime, people interested in discovering the City Nature Challenge are invited to visit dnumontreal.org.



Proper sorting to generate less final waste

The smart collection of garbage and food waste began in January. This first year is intended to be a break-in period, during which adjustments will be made. Teams are mandated with analyzing data. They are notified of bins that are not equipped with chips so that these may be added. They are also tasked with making corrections when bins have not been assigned to the right address, as in the case for certain townhouses. As such, we strongly recommend that you write your address on your wheeled bins.

Incentive-based fees are not scheduled to be introduced until 2026, but citizens are already being encouraged to adopt good habits to generate less residual waste. At the end of the 2023 summer season, environmental awareness officers drew up a list of the most frequent sorting errors observed in wheeled bins.

THE MOST COMMON SORTING ERRORS ARE AS FOLLOWS:

- The presence of organic materials, particularly green waste and food waste, and recyclables in the garbage bin.
- Citizens who participate in the food waste collection program tend to place the proper materials in the bin. However, it was noted that plastic bags are still being used in these bins, even though they are prohibited as part of food waste collection. It should be noted that such bags are prohibited even if the packaging indicates that they are biodegradable or compostable.
- The presence of final waste in the recycling bin.

The report, which includes all observations related to the Summer 2023 wheeled bin inspections, can be consulted on the City's website, in the Collections and Schedules section.

VIDEO: presentation of smart collection and incentive-based fees

Last fall, an information session was held to present the objectives, benefits and operation of smart collection. Citizens who weren't able to attend can view the video of the meeting, available in the Smart Collection section of the City's website.





Matières acceptées dans votre BAC BLEU (imprimés, contenants, emballages)

Papier et carton	Plastique	Métal	Verre
<ul style="list-style-type: none"> • Journaux, circulaires, revues • Feuilles, enveloppes et sacs de papier • Rouleaux de carton • Boîtes de carton (plat et ondulé, non ciré) • Boîtes d'œufs • Cartons de lait et de jus • Contenants aseptiques (type Tetra Pak^{MD}) 	<ul style="list-style-type: none"> • Tous les contenants, bouteilles et emballages de plastique rigide identifiés avec les symboles suivants : <ul style="list-style-type: none"> • Bouchons et couvercles • Sacs et pellicules d'emballage transparents et étirables 	<ul style="list-style-type: none"> • Papiers et contenants d'aluminium • Bouteilles et canettes d'aluminium • Boîtes de conserve • Bouchons et couvercles • Canettes consignées 	<ul style="list-style-type: none"> • Bouteilles et contenants alimentaires, peu importe la couleur

* Le plastique est accepté au Réseau des écocentres de Vaudreuil-Soulanges

www.tricycle-mrcvs.ca/recyclage

SAVIEZ-VOUS QUE...

Contrairement à d'autres régions du Québec, le **verre collecté à Vaudreuil-Soulanges** est bel et bien **recyclé!**



En effet, notre centre de tri Tricentris est un précurseur dans le recyclage et la valorisation du verre en Amérique du Nord, grâce à son usine de micronisation du verre à Lachute.



Matières acceptées dans votre BAC BRUN

Céréales, grains, pains pâtes, farine et sucre	Fruits ou légumes cuisinés ou non	Viandes, os, poissons, fruits de mer et coquilles d'œufs
<p>Marc de café et filtres, sachets de thé</p>	<p>Produits laitiers, gâteaux, sucreries, noix, écales</p>	<p>Nourriture pour animaux domestiques</p>
<p>Résidus verts Feuilles mortes, gazon et autres herbes coupées, fleurs, petites branches, plantes d'intérieur et restants d'emportage</p>		

Autres matières

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

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



Du bac à la terre
Collecte des matières organiques

www.tricycle-mrcvs.ca/compostage

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

INTEGRATION INTO DAY CAMPS: a positive experience for everyone

On a Monday in July, Stéphanie* drops her children off at day camp as she does every morning. At the same time, a woman helps her son out of the car and into his wheelchair. The families exchange smiles and wish each other a good day. Mathis* takes part in Animation Jeunesse's regular day camp. He is paired with Nuage*, one of the camp counsellors, who helps him integrate into the group and adapts certain activities to his needs. He shares his daily life with Stéphanie's children and the hundreds of others who visit the camp every day.

In 2023, some 50 children with special needs, like Mathis, were able to take part in day camp through the summer recreation companion program. That's more than double the number in 2013. "By law, municipalities with more than 25,000 citizens must offer this type of service to children with special needs, at the same rate charged to all families. As such, this program has been offered in Vaudreuil-Dorion for quite some time now. That being said, we're building on our experience from the past few



years and taking inspiration from the best practices in the field with a view to taking things to a whole new level," says Catherine Boyer Dandurand, Sports and Recreation Division Manager for the City of Vaudreuil-Dorion. That's why her team worked hard to update the old program dating back to 2015, adapting it to today's reality and the City's vision.

The Leisure Integration Program aims to provide



accommodations for children with special needs who would otherwise be unable to participate in regular day camp activities. It does not replace specialized camps but rather offers a service for ensuring integration and inclusion in regular day camp programs. This can take many forms, including adapted materials for independent use, integration into a group of different ages, and partial or complete integration into a group with the presence of an attendant.

In addition to the City Council's adoption of the program last February, the City recently added a new resource, a specialized camp coordinator, whose mandate is largely to promote the integration of children with special needs into the day camp program. "The Leisure Integration Program is a highly personalized service. Each request is examined on a case-by-case basis. In collaboration with our partners, we determine whether the integration program will be able to offer the accommodations required for the child to have a positive and successful experience. We sometimes come to the conclusion that it's not the best solution for the child, and we then suggest other possible avenues to the families," explains Geneviève Lalande-Bernatchez, Manager of the Day Camps and Animation Section. "We work together with parents or guardians. We want to ensure that these young people maintain what they have learned over the school year throughout the summer, and that everything goes smoothly when they go back to school in the fall," she continues.

Catherine and Geneviève, also known as Pou and Bonzai, were both counsellors at the Vaudreuil-Dorion day camp for several years before taking up a position with the City's recreation department. They know the importance of offering all children a positive and memorable summer experience. "Over the years, I've come across a number of day camp alumni who have benefited from the integration service. Young people with special needs who introduce me to their spouses and proudly tell me about the jobs they now hold. The fact that they remember me and that

they are leading happy and fulfilling lives means a lot to me," says Geneviève.

Details on the City of Vaudreuil-Dorion's Leisure Integration Program are available at ville.vaudreuil-dorion.qc.ca, in the Municipal Policies section. Although the application period runs from February 10 to March 10 each year, applications received after this date will still be evaluated at a later date. Simply contact the Recreation and Culture Department at 450 455-3371, Option 4, to find out how to proceed.

Recruitment

To offer the integration program, the city has to hire more than thirty companions every year, each of whom is paired with one, two or three children for the summer. This is an ideal job for students in the field of special education, but also for anyone who wants to make a difference in the lives of these children and their families. Training is free! Interested in this rewarding job? Simply send your CV to csaucier@ville.vaudreuil-dorion.qc.ca.

**These names are fictitious to protect the confidentiality of day camp users.*



Catherine Boyer Dandurand and Geneviève Lalande-Bernatchez, also known as Pou and Bonzai



PROGRAMMING SPRING 2024

FRIDAYS AT THE SALON

Diverse cultural evenings in a warm and friendly atmosphere

THEATRE NIGHT WITH THOMAS DURET *Éphémérides*

March 22, 7:30 p.m.

A performance tale created by Thomas Duret, *Éphémérides* deals with immigration by choice, abandonment, our roots, memory and everything that shakes us to the core. The story, set between 1992 and 2023, includes videos from family archives, audio recordings, a desk lamp and a model Air France plane. The project is centred around the idea of gathering and sharing personal memories and understanding how they are anchored in our minds.

SALON LITTÉRAIRE DES AMIS DE FÉLIX – LITERARY READINGS

Saturday March 23, 2:00 p.m.

The *Salon littéraire des amis de Félix* is a friendly meeting place where you can read excerpts from the works of Félix Leclerc or from works related to Félix. The formula is that of a literary café, where texts are read by participants who wish to share a work of art. Discussions about the texts read, as well as recommendations for further reading, complete the dynamic of the meeting.

No registration required.

For more information:

Nane Couzier, 450 319-1131 or *Les Amis de Félix Leclerc à Vaudreuil* on Facebook.

EN CHANSON – MUSICAL PERFORMANCE BY TRISTAN GUAY

April 5, 7:30 p.m.

Tristan Guay is a singer-songwriter with a good dose of French pride. Falling somewhere between folk rock and pop, Tristan explores a variety of refreshing surf sounds. In 2022, he opened for several of his idols, including Ariane Moffatt and the two members of Karkwa, playing several shows from the Outaouais region to Québec City. At the 2022 edition of the Festival international de la chanson de Granby, he earned a spot in the Grand Concours semi-finals and won the Taxi Promo - Disques Passeport Award. He then took part in Ma première Place des Arts competition and made it to the finals of the Tremplin de Dégelis. In his very first record, *Dans une autre vie*, we learn more about Tristan through lyrics that paint the picture of the clash between two parallel, sometimes contradictory lives, which he is still seeking to reconcile.



LITERARY CABARET

Hosted by Stéphan Daigle, these performance evenings provide a platform for local Francophone writers and artists to showcase their creations to the public. Poetry, song, slam poetry and other literary performances.

Guests:

April 12, 7:30 p.m.

Natacha Marleau, reader,
Pierrette Labonté, author,
and Monique Pagé, poet

May 10, 7:30 p.m.

Annouchka Gravel Galouchko, reader,
Lise Chevrier, poet,
and Maud Evelyn, poet



STORYTELLING NIGHT WITH FRANCIS DÉSILETS *Le sac du quêteux*

April 19, 7:30 p.m.

Wandering from parish to parish, the beggar used to carry his bag and walking stick, asking for "Charity for the love of God." For children, he was a source of both fear and fascination. After all, their mothers would constantly brandish them with the threat of: "If you don't behave, the beggar will come get you and take you away with him in his sack!" One thing's for certain, as the evening fell, the beggar became a storyteller who used his imagination and his great bag of tricks to come up with grand stories that fueled people's imaginations and took them on the most incredible journeys. Inspired by this legendary character, storyteller Francis Désilets invites you to his own storytelling evening. What will the beggar find in his bag tonight? Some great stories, of course, and some great songs.

THEATRE EVENING WITH LES PHILANTHROPES : *Porc-épic*

April 26, 7:30 p.m.

A reading of *Porc-épic* by David Paquet

"Cassandre is beautiful, funny... but also lonely. Today, on her birthday, she would much rather be beautiful, funny... and surrounded by friends. And so begins a hunt for guests - staff working at the local convenience store and other strangers she stumbles across - who will take her on a journey she couldn't even possibly imagine. A wonderful blend of the absurd, black humour and poetry, this festive tragedy is one where different styles and people collide and get to know each other on the road to solitude, openness and vulnerability. After all, isn't there always a risk of being stung when you reach out for someone else?"

EN CHANSON – MUSICAL PERFORMANCE BY LAURIANE MOREL *À fleur d'été*

May 3, 7:30 p.m.

Lauriane Morel charms crowds with her double bass and songs. She is pleased to present *À fleur d'été*, an up close and personal performance where sunny melodies

contrast with deep lyrics. Through her catchy tunes, she examines the flaws in our everyday lives, delivering a radiant, self-assured performance that will make you feel like summer is just around the corner.

STORYTELLING NIGHT WITH FRANÇOIS LAVALLÉE – *Histoires*

May 17, 7:30 p.m.

Histoires, is a performance that needs nothing more than a chair and a glass of water. A performance where, through the warmth of François Lavallée's universe, we are able to discover the fragility of new stories that are just waiting to burst open. A performance that demonstrates the freedom to choose the perfect tales, stories, poems, lights and shadows from one's repertoire. The storyteller's gravelly voice and his art for choosing the perfect words help create the image that unfolds before our eyes like a movie on the big screen. Created in 1999, the show has been performed over 1,500 times in Quebec and throughout the French-speaking world.



THEATRE EVENING WITH NATACHA MARLEAU – *Récit initiatique raconté*

May 24, 7:30 p.m.

Natacha Marleau's humorous interpretation of a tale that follows the journey of a woman who, even as a little girl, seeks to escape the world of childhood. In her frantic race, she encounters unusual characters ("outsiders" of sorts), who further complicate her situation.

Writing and performance: Natacha Marleau

Artistic advisor: Bertin Savard

Until May 26

HOURS OF OPERATION

Friday, 5 to 9 p.m.

Saturday and Sunday, 10 a.m. to 5 p.m.

Free activities, no reservations

Guided tours of the Residence

Snacks and beverages (\$)

AT THE LIBRARY...

- Library members, whether residents or non-residents, can register on the City's website or by phone at 450 455-3371, Option 6, starting March 25, 10 a.m.
- Places are limited.
- Non-residents (who are not library members) can register by phone at 450 455-3371, Option 6, starting April 8, 10 a.m.
- All activities are free of charge.

FOR KIDS

LES ÉLECTRONS LIBRES

SPRING SHOW: LES TROTTINOTES EN MARIONNETTES

Saturday, April 13, 10:30 to 11:15 a.m. | Ages 2 to 7

A garden is like a friendship – it needs to be nurtured! Caro Carotte wants to thank her rabbit friend for inspiring her to create her garden. How about if she put a scooter in her vegetable garden? He's sure to love it! Is it possible for someone to grow to love something? What happens if Rabbit says: "I don't like it!"? Hosted by La petite valise Théâtre.

MORNING STORYTIME

Every Monday, April 15 to June 3 (except for May 20), 10:30 to 11:30 a.m. | Ages 3 to 5

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

Participants must commit to attending all sessions.



MUSICAL AWARENESS

Friday, April 26, May 10, May 24 and June 7, 9:30 to 10:00 a.m. | Ages 6 and under

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

JUNGLE ORIGAMI

Saturday, April 27, 1:00 to 2:15 p.m. | Ages 7 to 13

Participants will learn to create jungle animals using origami folding techniques. With detailed instructions and expert advice, they'll develop their origami skills while discovering the beauty of jungle wildlife. Hosted by Kokobrik.

BUILDING A LEGO ZOO

Saturday, April 27, 2:30 to 3:45 p.m. | Ages 7 to 13

Participants learn different building techniques all while having fun. During this activity, they get the chance to build their own LEGO zoo, which also features prehistoric animals. Hosted by Kokobrik.

FAMILY MOVIE NIGHT: ÉLÉMENTAIRE

Friday, May 3, 6:30 to 8:30 p.m. | For everyone

Screening of the film *Élémentaire* in a festive atmosphere with snacks and refreshments. In Element City, fire, water, earth and air live in perfect harmony. This is the home of Flam, a fearless and quick-witted young woman with a strong character, and Flack, a sentimental, fun-loving boy who's more of a follower at heart. Their friendship challenges Flam's beliefs about the world they live in.

INTRODUCTION TO FELTING: SPRING CREATION

Saturday, May 11, 10:30 a.m. to noon | Ages 8 to 14

During this workshop, participants will explore felting techniques and complete a beautiful spring-inspired project. Hosted by multidisciplinary artist Mélanie Leclerc.

DRAGONS AND UNICORNS USING MODELING CLAY

Saturday, May 25, 1:00 to 2:15 p.m. | Ages 7 to 13

ADuring this activity, participants will learn different techniques for making their own mythical creatures. Using their imagination and modelling skills, they will bring unique dragons and unicorns to life. Hosted by Kokobrik.

LEGO STAR WARS THE BATTLE OF THE CLONES WORKSHOP

Saturday, May 25, 2:30 to 3:45 p.m. | Ages 7 to 13

Using their imagination and LEGO building skills, participants will be invited to recreate iconic Star Wars battle scenes, spaceships and characters! Hosted by Kokobrik.



INTRODUCTION TO URBAN AGRICULTURE

Saturday, June 1, 10:30 a.m. to noon | Ages 8 to 12

Growing your own food is possible. Even in the city, on a balcony or in a backyard! Participants will learn more about edible landscaping and food safety as well as essential horticultural concepts such as plant requirements, plant spacing and companion planting. In the practical portion of the workshop, participants will get to plant seedlings. Hosted by Natachat Danis of Éco Gaïa.

LES ÉLANS SPONTANÉS

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

HEROINES: GIANT MATCHING GAME

March 1 to 15 | For everyone

To celebrate International Women's Day, which takes place on March 8, this original matching game allows you to discover extraordinary women throughout history! Game sheet available at the Library Circulation Desk.

EASTER EGG HUNT

March 26 to 30 | For everyone

In the days leading up to Easter, visitors are invited to find the big Easter eggs hidden in the library and bring them to the Circulation Desk to receive a chocolate reward! One prize per person per day.

ACTIVITIES FOR EVERYONE

CHESS CLUB

Friday, April 12 and 26, May 10 and 24, 5:00 to 7:00 p.m.

Led by Vaudreuil-Dorion citizen and chess enthusiast Herberth Casquero, the Chess Club invites fans of this age-old game, whatever their level or age, to come and have fun while perfecting their skills. All the necessary equipment is made available to players in Salle Félix-Leclerc.

No registration required.

DISTRIBUTION OF SOLAR GLASSES FOR THE TOTAL ECLIPSE

Starting Tuesday April 2, while supplies last

On April 8, 2024, a rare total solar eclipse will take place in the afternoon and will be visible from southern Québec. This spectacular astronomical phenomenon occurs when the Moon passes between the Earth and the Sun, completely concealing it for a brief moment. This is indeed the event of a lifetime since the last time a total eclipse was visible from Montreal was 1932, and we don't expect it to happen again for another 80 years. To ensure that all citizens can experience this magical moment in complete safety, the library will be distributing special solar glasses for free! One pair per citizen.



FOR ADULTS

BRIDGE LESSONS FOR BEGINNERS

Every Thursday, April 11 to June 13, 9:30 to 11:30 a.m.

A 10-week course to learn or relearn how to play bridge—a social game that's fun for everyone. Hosted by Francis Thérien.

Prerequisite: Previous card-playing experience.

PUZZLE CLUB

Wednesdays April 17, May 1, 15, 29 and June 12
10:30 a.m. to noon

Puzzle building is one of the best activities for mental stimulation and manual coordination. The library challenges its users to assemble a 500, 750 or 1000-piece puzzle in collaboration with Jacinthe and other enthusiasts of this beneficial pastime.



EVENING CONFERENCE: ORGANIZING YOUR HOME FOR A SIMPLER DAILY ROUTINE

Wednesday, April 17 avril,
7:00 p.m.

When everything is in its place, the result is a home where things are easy to store and maintain. It allows for a simpler routine that frees up your time and energy for activities you

enjoy. Presented in a practical, hands-on way, this conference will help you identify sources of clutter, understand the steps towards decluttering and figure out where to start. Hosted by Clode-Hélène Lorrain, consultant and speaker.

EVENING CONFERENCE : THE PERILOUS CROSSING OF THE LE CHAMEAU SHIP

Wednesday, May 1, 7:00 p.m. In collaboration with the Vaudreuil-Cavagnal Genealogical Society

This conference is mainly based on the account given by the commander of Le Chameau, Mr. de Voutron, to the Comte de Toulouse upon his return to Rochefort on December 9, 1720. It provides valuable information



on the maritime route to New France preferred by French sailors at the beginning of the 18th century and on the navigation conditions encountered there. This conference traces the route and recounts the various adventures of the crossing of Le Chameau in the light of the technical means available at the time and the characteristics of the area to be navigated. Hosted by Émile-Yvon Dubeau, retired teacher and sailing instructor.

EVENING CONFERENCE: THE SMART HOME - ENERGY

Thursday, May 2, 7:00 p.m. Presented by the Lab, a digital creation space

Come discover the means available to power your home using a smart approach based on energy efficiency and renewable energy. Hosted by Michel Halde, renewable energy specialist.



EVENING CONFERENCE: THE CAT PSYCHIATRIST

Wednesday, May 15,
7:00 p.m.

Does your beloved cat enjoy serenading you with non-stop meowing at 3:00 a.m., and spritzing him with water has no effect? Your host will share the right technique to use in this conference

for all cat lovers. Using a simple approach and lots of humor, Daniel Filion debunks several myths about cats and provides tips to prevent or solve feline behaviour problems.

MEET THE AUTHOR: JEAN-MARIE LAPOINTE

Wednesday, May 29, 7:00 p.m.

Jean-Marie Lapointe is a lecturer and accomplished athlete who loves anything and everything related to Québec culture. An avid volunteer and a man of heart, he is involved in a variety of different causes. He is the author of *Mon voyage de pêche*, *Je ne t'oublierai pas*, *Être face à la rue* and *Notre dernier voyage*. Hosted by Amélie Boivin Handfield.



MEET THE AUTHOR: DOMINIQUE BERTRAND

Wednesday, June 12, 7:00 p.m.



Dominique Bertrand's immense sensitivity and her view of the tyranny of personal image have been refined by her years in fashion and media circles. Drawing on her experience and fine writing, she penned her autobiography called *Démaquillée* in 2010 and soon followed up with her novels *Le pot au rose*, *Le cœur gros* and *Des jardins secrets remplis d'orties*. Hosted by Amélie Boivin Handfield.

THE LAB

LEGO ROBOT DEMONSTRATION

Sunday, April 7, 1:00 to 3:00 p.m. | Ages 9 and up

Participants will have the opportunity to interact with LEGO robots while learning about science, technology, engineering and mathematics (STEM). Hosted by First LEGO League.

No registration required.

VIDEO GAME CREATION CLUB

Every Wednesday, from April 10 to May 29, 5:00 to 7:00 p.m. | Ages 10 and up

Using the Unity software program, participants will collaborate with the Lab team to create a video game as well as a 3D printed game controller using Arduino components.

Participants must commit to attending all eight sessions.

ROBOTICS WORKSHOP

Every Saturday, April 13 to May 11, 1:00 to 3:00 p.m. | Ages 10 and up

R2D2, Wall-E, C3P0, Asimov. These are just a few of the robots that impress us with their prowess and intelligence! The reality, however, is that today's robots can hardly be smarter than the people who program them. So that means, we've got to get to work and meet the challenges proposed by Les Neurones atomiques! Participants will get to program a robot and add sensors to it! Hosted by Les Neurones atomiques.

INTRODUCTION TO ARDUINO

Sunday, April 21, 1:00 to 2:30 p.m., and Monday, June 10, 7:00 to 8:30 p.m. | Ages 12 and up

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

INTRODUCTION TO CREATING COSPLAY COSTUMES

Tuesday, April 30, 4:00 to 7:00 p.m. | Ages 10 and up

Participants are invited to create cosplay costumes and accessories using the 3D printer, digital embroidery machine and vinyl cutter available at the Lab.

No registration required.

DIGITAL EMBROIDERY: SPRING THEME

Sunday, May 5, 9:00 a.m. to noon and 1:00 to 4:00 p.m. (participants must reserve a 30-minute time slot) | Ages 8 and up (must be accompanied by an adult)

Complete a spring-inspired embroidery project. Hosted by Pénélope machines à coudre.



INTRODUCTION TO 3D PRINTING

Sunday, May 19, 1:00 to 3:00 p.m. | Ages 10 and up

Learn the basics of 3D modeling and printing.

MICROBIT WORKSHOP

Saturday, June 8, 1:00 to 3:00 p.m. | Ages 10 and up

The MicroBit, designed for learning how to program, is used by participants to complete many of the challenges provided to them by Les Neurones atomiques: transforming the MicroBit into a digital meter, traffic light, rock-paper-scissors game, compass, Morse code transmitter, digital thermometer and much more! Hosted by Les Neurones atomiques.

LAB DISCOVERY WORKSHOPS FOR ADULTS! (Ages 16 and up)

INTRODUCTION TO 3D PRINTING: REPAIRING AND RECYCLING OBJECTS

Monday, April 8 and June 3, 7:00 to 9:00 p.m.

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



DIGITAL EMBROIDERY 101

Sunday, April 14 and June 2, 9:00 a.m. to noon and 1:00 to 4:00 p.m.

A full day aimed at learning the basics of digital embroidery. A practical workshop that will give participants the opportunity to familiarize themselves with the equipment. Hosted by Pénélope machines à coudre.

INTRODUCTION TO PHOTO EDITING

Tuesday, April 16, 1:00 to 3:00 p.m.

Learn the basics of photo editing using a smartphone and the Google Snapseed app.

Participants are invited to bring their own smartphone.

INTRODUCTION TO ARDUINO

Monday, May 13, 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.

CREATE YOUR OWN BAKING MOULDS

Tuesday, May 21, 1:00 to 3:00 p.m.

Make custom baking moulds using the Mayku FormBox.

CREATE YOUR COMPANY LOGO

Tuesday, June 11, 1:00 to 3:00 p.m.

Create a corporate logo using Adobe Illustrator's artificial intelligence tools.

PED DAYS AT THE LAB (Ages 8 and up)

UPCYCLING YOUR CLOTHING USING A HEAT PRESS

Tuesday, April 2, 1:00 to 4:00 p.m. (participants must reserve a 60-minute timeslot)

Customize a used garment to give it a second life. *Participants must bring a used garment to work on.*

MOTHER'S DAY GIFT

Friday, April 26, 1:00 to 4:00 p.m. (participants must reserve a 60-minute timeslot)

Participants will get to create a special gift for Mother's Day.

GREEN SCREEN SPECIAL EFFECTS

Friday, May 17, 1:00 to 4:00 p.m. (participants must reserve a 60-minute timeslot)

Discover green screen techniques commonly used in the field of cinema, television and photography.



VIRTUAL REALITY ARCADE

Friday, June 7, 1:00 to 4:00 p.m. (participants must reserve a 30-minute timeslot)

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

THEME-BASED DAYS AT THE LAB

Familiarize yourself with the LAB's equipment during these theme-based days dedicated entirely to creative digital projects.

INTRODUCTION TO CRICUT: VARIOUS CREATIVE PROJECTS

Every Friday, April 5 to June 14 (except for April 26, May 17 and June 7), 6:00 to 9:00 p.m. | Ages 10 and up

Learn how Cricut can help you create greeting cards, custom shirts, home decor, and more.

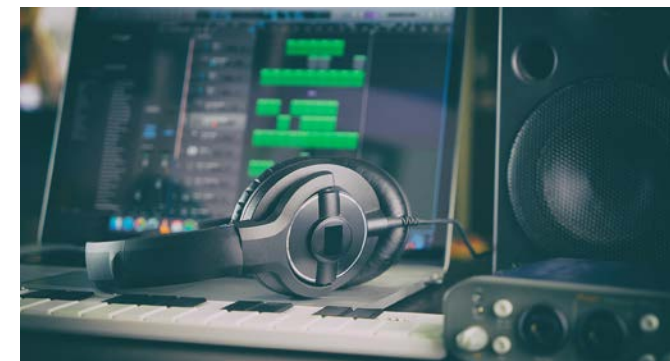
No registration required.

INTRODUCTION TO DIGITAL INSTRUMENTS: FREE PRACTICE

Saturday, April 6 and 20, May 4 and 18, June 1 and 15, 1:00 to 3:00 p.m. | Ages 8 and up

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!

No registration required.



CLASSES

COMPUTER TROUBLESHOOTING WORKSHOPS

Sunday, April 14, May 12 and June 9, 10:00 a.m. to noon

Thursday, March 28, April 25 and May 23, 2:00 to 4:00 p.m. | For everyone

Need some help learning how to send an email attachment, communicate on Facebook, read an e-book, or send a text message? The library staff will be available to answer all your IT questions—big or small.

No registration required.

INTRODUCTION TO COMPUTERS (BEGINNER LEVEL)

Sunday, April 28 and Thursday, May 30, 10:00 a.m. to noon | Ages 50 and over

Learn about basic computer features using the Windows operating system, how to use a mouse, explore the web, create an email and store documents.

Participants are asked to bring their own laptop.

INTRODUCTION TO ONLINE LEARNING

Thursday, April 11, 1:30 to 3:00 p.m. | Ages 16 and up

Introduction to various self-study resources available for free online.

INTRODUCTION TO INSTAGRAM

Thursday, April 18, 1:30 to 3:00 p.m. | Ages 16 and up

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

Participants are asked to bring their own smartphone.

INTRODUCTION TO FACEBOOK

Thursday, April 25, 1:30 to 3:00 p.m. | Ages 16 and up

Discover the basics and learn about communication rules and privacy settings.

Participants are asked to bring their own tablet or laptop.

INTRODUCTION TO DIGITAL READING USING A TABLET

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

Learn how to download books to a tablet.

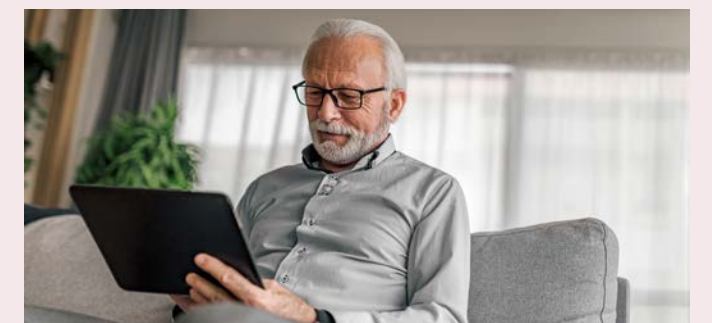
Participants are asked to bring their own iPad or Samsung tablet.

INTRODUCTION TO DIGITAL READING USING AN E-READER

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

Learn how to download books to an e-reader.

Participants are asked to bring their own laptop and e-reader.



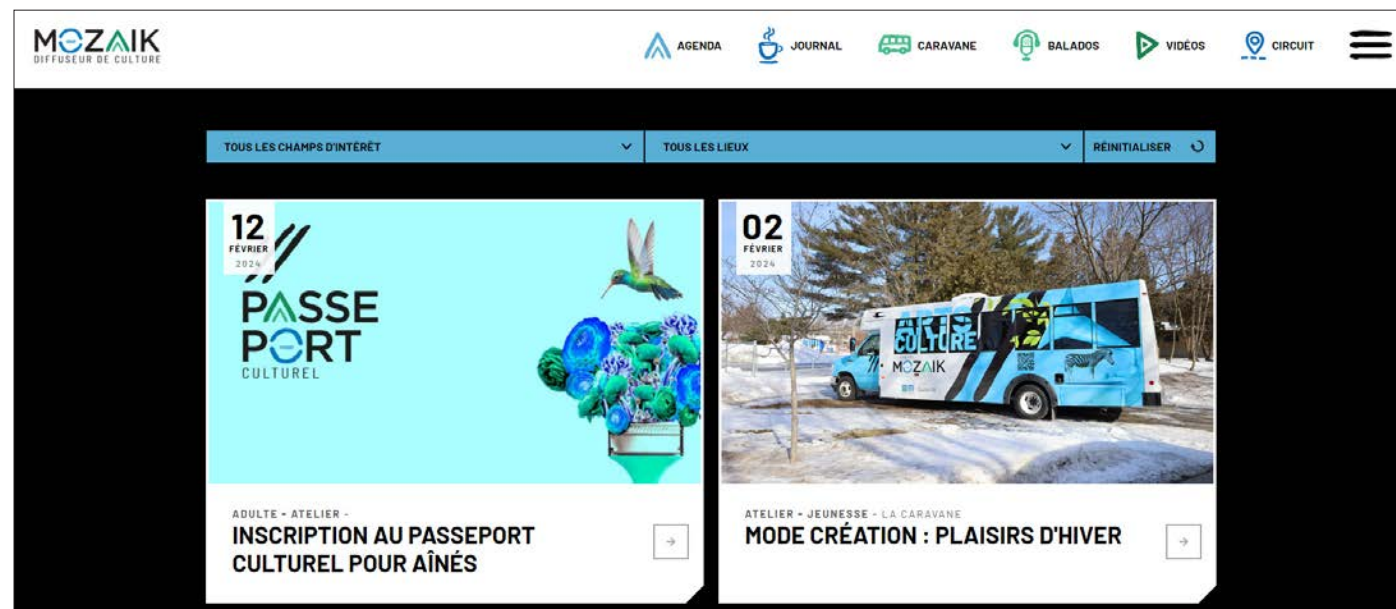
MOZAÏK NETWORK: the agenda is getting a makeover!

The Agenda section of the Mozaïk Network (jesuismozaik.com) was recently redesigned in an effort to improve user experience. In addition to being more visually appealing, filters have been added to allow users to search by field of

interest and location. It's now easy to get information on the cultural activities available at the library, Maison Félix-Leclerc or the La Croisée building, for example. Whether you're looking for a show, exhibition, or workshop... either for adults or kids, a single click and filter-specific activities are displayed on the screen!

The agenda is intended to showcase the City's cultural offerings and recognized organizations within the Vaudreuil-Dorion territory. Ideal for planning your activities!

In addition to the agenda, the Mozaïk Network offers a newspaper, podcasts, videos, the art circuit and the caravan, all highlighting the talent and creativity of local artists and partners.



Du 5 février au 3 mai

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



Lieu de création
et de partage
de savoir-faire
artistique

Gratuit | Ouvert à tous !

Détails : ville.vaudreuil-dorion.qc.ca



Lundi de 11 h à 16 h
Marjorie Taillefer



Jeudi de 18 h à 21 h
Monica Brinkman



Vendredi de 11 h à 16 h
Céline Poirier

Nouvelle plage horaire :
Samedi, 11 h à 16 h, artiste en alternance



TOWARDS A NEW CULTURAL POLICY

More than 10 years ago, Vaudreuil-Dorion decided to make culture a priority for the city. Over the years, multiple projects of all kinds have been carried out and allowed the City to stake a place for itself in this regard. With the adoption of the last cultural policy dating back to 2013, the time has come to renew it, with a view to ensuring the effective and sustained development of culture within the territory. This policy will include a new vision and outline its related objectives. It will once again serve to demonstrate the important role that culture plays in community development.

Over the course of 2024, various consultation exercises will be carried out to learn about the Vaudreuil-Dorion population's ideas, needs and concerns when it comes to culture. People from different spheres, including businesspeople, organizations, artists, young people and seniors, will be invited to take part in focus groups. A survey will also be used to gather comments from citizens at large.

This future policy is intended to be a true reflection of Vaudreuil-Dorion's citizens. That's why, when the time comes, everyone will be encouraged to make their voices heard. Details will be posted on the City's website and Facebook page.



Dimanche 21 avril, 11 h

LE PÉRIPE DE LAURETTE ET ARLETTE

Les nomades intemporelles Laurette et Arlette arrivent de nulle part, s'en vont ailleurs, mais s'arrêtent par ici! Les voyageuses du temps et du tempo transportent les curieux dans un univers parallèle. Leur récit musical guide le spectateur dans ce périple à la théâtralité débridée. La charrette à surprises fascine les enfants et captive les adultes par l'ingéniosité de sa conception inusitée.

COUP DE THÉÂTRE!



Au fil de l'histoire farfelue et pleine de péripéties, les musiciennes excentriques dévoilent une panoplie d'instruments qui accompagnent les chansons, les routines de danse, de jonglerie et de magie.

Âge suggéré: Pour tous
Durée: 55 minutes

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



IN MY COMMUNITY

Cultural Encounters

As part of Tamil Heritage Month, the Tamil Association of Bharati held an event at the André-Chagnon Multisport Centre on January 28 during which the citizens in attendance were able to learn about Tamil culture and heritage through the presentation of cultural shows, Tamil cuisine tasting and networking.



Mayor Guy Pilon and MP for Vaudreuil-Soulanges, Peter Schiefke, at the event organized by the Tamil Association of Bharati

The Association of People of African and Caribbean Origin (APOAC) met with employees of the City of Vaudreuil-Dorion during a lunch held on February 23. This activity, part of Black History Month, made it possible to share Afro-Caribbean culture, talents, history and flavours, in addition to promoting exchanges between the municipal organization and members of the association. This

initiative is part of the action plan of the City of Vaudreuil-Dorion's living together policy.

What's new at Les Échos high school

A great initiative has just been launched at Les Échos high school. Both the Vaudreuil-Dorion and the Les Cèdres Maison des jeunes youth organizations have moved into the building and are present for two lunch hours a week to offer services and activities to their teenage clientele. Room 206 has been assigned to them for this purpose and was decorated by the young people involved to reflect their tastes and ideas.

The objectives of this partnership include creating a living environment that is a reflection of the teens who are using it, developing meaningful relationships, referring young people to the right resources and supporting their projects with the help of school stakeholders.

LIBAIR: an app to help young people stop vaping

Vaping among teenagers has grown significantly in recent years, promoted largely by social networks such as Tik Tok, Instagram and Snapchat. This trend is one of great concern for both parents and health professionals.

Very few tools are available to help individuals stop vaping, let alone tools aimed at teenagers. This is precisely why the Quebec Council on Tobacco and Health, in collaboration with young people, has developed an application called Libair, to help them quit vaping.

Libair is a conversational mobile application (chatbot) that adapts to the digital habits of its users. Intuitive and fun, the app uses an approach that is both caring and encouraging. It is designed to help users understand their addiction, manage their urge to vape and motivate them to stop vaping altogether.

Libair can be downloaded from the App store and Google Play store.



Vaudreuil-Dorion amie des aînés

Brin de jasette coffee talk meetings

The Vaudreuil-Soulanges Seniors' Community Centre will hold a coffee talk-style meeting on May 23, hosted by employees of the Recreation and Culture Department of the City of Vaudreuil-Dorion at the La Croisée building. The objective is to publicize the activities and services offered to the population during the summer period.

In addition, visitors will have the opportunity to discover the organization's facilities at the La Croisée building and the diversified activities the centre offers to people ages 50 and up: art workshops, chair yoga, gentle exercises/ Stand Up! program, board games, restaurant outings, conferences...

Those interested in the Brin de jasette meeting can register now with Isabelle Massé at 450 424-8503 or at participation@ccavs.ca.



CLINIQUE D'IMPÔT

Le Centre d'action bénévole L'Actuel offrira un service de déclaration d'impôt aux personnes à faible revenu, du 4 mars au 18 avril 2024, sur rendez-vous seulement.

Contactez L'Actuel pour obtenir un rendez-vous.

Critères d'admissibilité au www.lactuel.org



BOXER TALIA BIRCH RECEIVES A GRANT FROM THE GEORGES ST-PIERRE FOUNDATION

A young citizen of Vaudreuil-Dorion, Talia Birch, was recently offered a \$4,000 scholarship by the Georges St-Pierre Foundation to encourage her to pursue her career in the world of boxing. Only 18 years of age and a 2nd year student in natural sciences at John Abbott College, Talia started boxing just two years ago as a way to keep fit. Thanks to her unique talent, she progressed quickly and went on to win gold at the Canada Games in the Under 53 kg category in March 2023, the most memorable moment of her young career.

Congratulations Talia!



BÉNÉVOLER, C'EST BRILLANT!

SEMAINE DE L'ACTION BÉNÉVOLE 14-20 avril 2024

50^e ÉDITION

Présentée par Hydro Québec

Fédération des Centres d'action bénévole du Québec

Je bénévolo

DROP-IN SKATING AND HOCKEY

MUNICIPAL ARENA
9 Rue Jeannotte

DROP-IN SKATING – WEEKDAYS

Schedule valid until April 25, 2024

Monday to Friday	3:15 to 4:05 p.m. (for everyone)
Tuesday to Thursday	9:15 to 10:05 a.m. (Ages 55 ans up)

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 SKATING – WEEKENDS

Schedule valid until March 31, 2024

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

Except April 2 and 25

DROP-IN HOCKEY

Schedule valid until April 26, 2024

Monday, Wednesday, Friday	10:30 to 11:50 a.m. (Ages 16+)
Monday and Friday	9:00 to 10:20 a.m. (Ages 55+)

Except April 1st

DROP-IN GYM ACTIVITIES

Free for Vaudreuil-Dorion residents upon presentation of valid Citizen Card, \$5 for non-residents. For racket sports, courts can be reserved online.

Schedule valid until April 28, 2024

DROP-IN BADMINTON

Monday	6:00 to 10:00 p.m. (Ages 16 +)	Centre multisports André-Chagnon - Gymnase
Tuesday and Thursday	8:30 a.m. to 1:00 p.m. (Ages 16 +)	Centre multisports André-Chagnon - Salle Omnisports
Saturday	1:00 to 4:00 p.m. (for everyone)	Centre multisports André-Chagnon - Gymnase
Sunday	9:00 a.m. to noon (for everyone)	Centre multisports André-Chagnon - Gymnase

DROP-IN BASKETBALL

Wednesday	6:30 to 8:00 p.m. (Ages 13 -) 8:00 to 10:00 p.m. (Ages 14 +)	École des Légendes - Gymnase
Friday	6:00 to 8:00 p.m. (Ages 13 -) 8:00 to 10:00 p.m. (Ages 14 +)	Centre multisports André-Chagnon - Gymnase
Sunday	9:00 a.m. to noon (Ages 13 -) 1:00 to 4:00 p.m. (Ages 14 +)	École des Légendes - Gymnase

DROP-IN CLIMBING

Sunday	1:00 to 4:30 p.m. (Ages 5 +)	Centre multisports André-Chagnon - Salle Omnisports
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DROP-IN PICKLEBALL

Monday, Wednesday, Friday	8:30 a.m. to 1:00 p.m. (Ages 16 +)	Centre multisports André-Chagnon - Salle Omnisports
Wednesday	6:00 to 10:00 p.m. (Ages 16 +)	Centre multisports André-Chagnon - Gymnase
Saturday	9:00 a.m. to noon (for everyone)	Centre multisports André-Chagnon - Gymnase
Sunday	1:00 to 4:00 p.m. (for everyone)	Centre multisports André-Chagnon - Gymnase

DROP-IN VOLLEYBALL

Monday and Thursday	6:30 to 10:00 p.m. (Ages 16 +)	École Brind'Amour - Gymnase
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Schedule is subject to change without notice. Activities held at École des Légendes and École Brind'Amour on March 31 and at École Brind'Amour on April 1 are cancelled due to the Easter vacation.

DROP-IN SWIMMING

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 caps 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.

CITÉ-DES-JEUNES CAMPUS POOL

450 455-3371, Option 4 (weekdays)
514 477-7000, Extension 1962 (evenings and weekends)

UNTIL JUNE 14

MONDAY 6 to 6:55 p.m. Shallow section only
No swim lanes
Diving boards not accessible

TUESDAY 8:30 to 9:55 p.m. 4 swim lanes
Shallow section available
The City reserves the right to modify the 6-lane configuration depending on the number of swimmers.

WEDNESDAY 8:30 to 9:55 p.m. 6 swim lanes
Shallow section not available
Diving boards not accessible

THURSDAY 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

FRIDAY 8 to 9:25 p.m. 3 swim lanes
Shallow section available
Diving boards not accessible

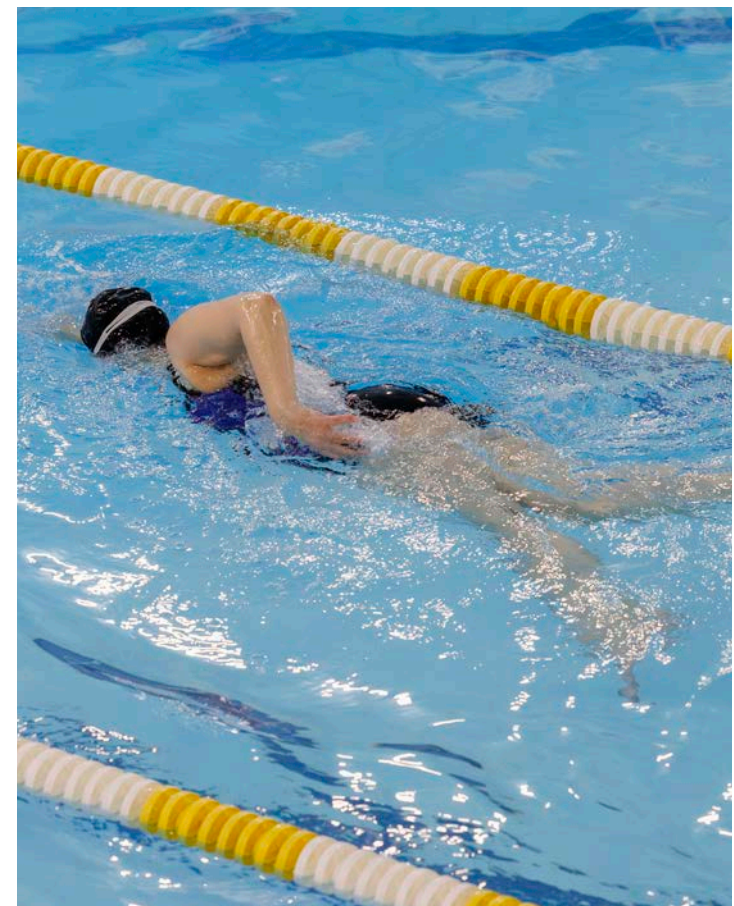
SATURDAY 3:30 to 4:40 p.m. 2 swim lanes
Shallow section available
Diving boards accessible

SUNDAY 3:30 to 4:40 p.m. 2 swim lanes
Shallow section available
Diving boards accessible

Please note that water safety and pool rescue courses may be extended during a free swim period. Thank you for your understanding.

Thursday, May 9: 8:45 swimming canceled
Friday May 3 and June 7 : Only 3 swim lanes due to pool exams

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



New

Training plans for a total of 10 sessions will be available for beginner, intermediate and advanced levels at all times on the poolside during free swims for users.

SWIMMING LESSONS

REGISTRATION

Residents: starting March 18, 6:00 p.m.
For everyone: starting March 20, 9:00 a.m.

Children: April 6 to June 9 (10 weeks)
 April 12 to June 14
 for the Junior Lifeguard courses

Adults: April 8 to June 13 (10 weeks)
 May 1 to June 5 for Aquastroller and Prenatal Aqua classes

DESCRIPTION OF CHILDREN'S SWIMMING LESSONS

Refer to the City's website for the schedule and refer to the Red Cross program's equivalency table as needed.

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

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 cap required.

Lesson lasts 30 minutes.

Coûts

Vaudreuil-Dorion residents: \$70 | Non-residents: \$120

LEVEL	PREREQUISITES
Parent-child 3 *	Ages 2 to 3
Preschool 1 *	Ages 3 to 5 + Be a beginner.
Preschool 2 *	Ages 3 to 5 Preschool 1 completed OR 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.
Preschool 3 *	Ages 3 to 5 Preschool 2 completed OR Can be completely submerged underwater. Wearing a PFD, can float (3 seconds) and glide for 3 metres on stomach and back. Wearing a PFD, can flip over sideways from stomach to back and back to stomach. Using a floating aid, can swim a distance of 5 metres while lying on back and whip kicking..
Preschool 4	Ages 3 to 5 Preschool 3 completed OR Can retrieve an object from the bottom of the water (water at waist height). Can float for 5 seconds on both stomach and back. Can flip over sideways from stomach to back and back to stomach. Can glide on stomach and back for 3 metres. Can swim a distance of 5 metres while lying on stomach and back and whip kicking, without help.
Preschool 5	Ages 3 to 5 Preschool 4 completed OU Can open eyes underwater and retrieve an object from the bottom of the water (water at chest height). Can glide sideways for 3 metres, without help. Can swim a distance of 7 metres on stomach and back while whip kicking, without help. Can glide sideways for 5 metres while whip kicking, without help.

Swimmer 1	Ages 6 to 9 + Be a beginner.
Swimmer 2	Ages 6 to 14 Swimmer 1 completed OR Can jump into the water, without help. Can float on stomach and back for 5 seconds, without help. Can front crawl and back crawl for 5 metres while whip kicking without help. Can front crawl and back crawl for 5 metres while whip kicking, without help. Wearing a PFD, can front crawl for 5 metres.
Teen 1	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.

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



Photo: Christian Gonzalez

SWIMMER 3 TO 6

Designed for children 6 years and older.

Class duration: 40 minutes.

Cost

Vaudreuil-Dorion residents: \$80 | Non-residents: \$130

LEVEL	PREREQUISITES
Swimmer 3	Ages 6 to 14 Swimmer 2 completed OR Can jump into deep water and enter the water by side-rolling while wearing a lifejacket. Can remain at the surface of the water for 15 seconds. Can whip kick in a vertical position. Can swim 10 metres on stomach and back.
Swimmer 4	Ages 7 to 14 Swimmer 3 completed OR Can swim on the spot for 30 seconds. Can dive from a kneeling position. Can front somersault into the water. Can swim 10 metres on back while whip kicking. Can front crawl and back crawl for 15 metres.
Swimmer 5	Ages 7 to 14 Swimmer 4 completed OR Can roll, swim on the spot for 1 minute and swim 50 metres. Can dive into deep water; swim underwater. Can swim over 15 metres on stomach while whip kicking. Can do the breaststroke using arm and breathing techniques. Can front and back crawl over 25 metres.
Swimmer 6	Ages 7 to 14 Swimmer 5 completed OR Can dive into the water's edge and compact jump Can swim on the spot for 2 minutes. Can front and back crawl for 50 metres. Can do the breaststroke for 25 metres. Can perform interval training 4 x 50 metres.

YOUNG LIFEGUARD - JEUNE SAUVETEUR

Intended for children ages 8 to 14.
55-minute lessons.

Cost

Vaudreuil-Dorion resident : \$100 | Non-residents : \$150

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

The Club coaches are offering a free trial from March 19 to 21, between 4:30 and 6:55 p.m

Information and registration: info@lescitadinsnatation.com

DESCRIPTION OF ADULT CLASSES (Age 16 and up)

Refer to the City's website for the schedule.

Classes are offered weekdays, in the morning and in the evening (40 minutes).

Cost

Vaudreuil-Dorion residents:

\$80 (Ages 16 to 54), \$70 (Ages 55+)

Non-residents: \$130 (Ages 16 to 54), \$120 (Ages 55+)

Prerequisites:

- Can move without use of a floating aid for a distance of 15 metres
- Be comfortable enough in the water to learn the front and back crawl
- Can go into the deep end of the pool

Costs for the "fitness" classes

Vaudreuil-Dorion residents:

\$72 \$ (Ages 16 to 54), \$63 (Ages 55+)

Non-residents: \$117 \$ (Ages 16 to 54), \$108 (Ages 55+)

* 9 weeks (no class on May 9)

LEVEL	PREREQUISITES
Adult 1	None
Adult 2	Adult 1 completed OR 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 whipkicking for 3 metres, without help. Can front and back crawl for 10 metres, without help.
Adult 3	Adult 2 completed OR 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.

Aquafitness	Lessons given in the half-pool (shallow and deep). Moderate intensity. No swimming skills are required for this course.
Deep water aquafitness	Lessons given in the deep end of the pool. Moderate to high intensity. A buoyancy belt is provided to help participants stay afloat.
Aquahealth	Classes are given in the shallow end of the pool. Light to moderate intensity. Intended for those who are somewhat less fit.
Aquastroller	Classes for parents who want to get back into shape with their 3 to 9-month-old baby. These classes allow babies to discover the joys of water while comfortably seated in their water stroller.
Prenatal aquafitness	Vise à maintenir une bonne condition physique pendant la grossesse en préparation à l'accouchement par différents exercices musculaires et cardiovasculaires. Ce cours favorise aussi les échanges entre mamans.
Fitness	Cours visant à développer son endurance et ses techniques de nage en pratiquant l'entraînement par intervalles, les sprints et les longues distances. Le nageur doit pouvoir nager le crawl, le dos et la brasse sur une distance d'au moins 100 mètres et nager 200 mètres de façon continue.
Aquafitness Combo Deep water aquafitness	Moderate-to-high-intensity classes alternating between the shallow and deep end of the pool. These transitions will be carried out as part of a 25-metre-long swim in the pool that is focused on cardio. Participants should expect to swim short distances and perform a variety of workouts. Intended for those 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

March 29 to April 26 (28 hours) + exam on May 3

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 at the time of the exam and have successfully completed the Bronze Medal course (bring proof to first class).

NATIONAL LIFEGUARD

May 9 to June 1 + exam on June 7

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 costs:

Pocket mask and antiviral valve (\$21)

Prerequisites: Must be at least 15 years of age at the time of the exam. Bronze Cross and General First Aid certification (bring proof to first class).

The National Lifeguard certificate allows you to work as a lifeguard from the age of 16. It is valid for a period of two years.

BECOME A LIFEGUARD

NATIONAL LIFEGUARD

Ages 15 and up



FIRST AID – GENERAL



BRONZE CROSS



BRONZE MEDAL

Ages 13 and up or have obtained Bronze star



BRONZE STAR (10)



STAR PATROL (9)



RANGER PATROL (8)



ROOKIE PATROL (7)



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

1st Vaudreuil-Dorion Scout Group

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

Information: 514 757-3637

johnc.1stvaudreuilscouts@gmail.com

1stvaudreuilscouts.wixsite.com/mysite/home

19^e unité Scout, Vaudreuil-Dorion

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

Information: 450 510-0903

info@scout19vd.org | scout19vd.org/accueil

Association de balle molle mineure La Presqu'île

Softball for girls ages 5 to 23

Information: info@abmmlapresquile.com

abmmlapresquile.com

Association de baseball Presqu'île

Youth minor league baseball

Information: Luc Desjardins, 514 776-7897

info@baseballpresquile.org | baseballpresquile.org

Association de hockey mineur Vaudreuil-Dorion

New: Girl hockey team Le Storm

Information: info@ahmvd.ca

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

Association de ringuette Les 4-Cités

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

Information: registraire@ringuette4cites.com

kreezee.com/ringuette/organisation/

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

Association régionale de kin-ball Sud-Ouest

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

Cavaliers Basketball

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

Information: Michel Bento, 514 774-1663

abipcavaliers@hotmail.com | basketballileperrot.ca

Centre multisports André-Chagnon

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

Club d'athlétisme de Vaudreuil-Dorion

Information: claudedavid2@yahoo.ca

Club de course à pied Les Vadrouilleurs

Information: jeacha@videotron.ca

Club de cyclisme Le Suroît

Information: casuroitcc@gmail.com

clubdecyclismelesuroit.com

Club Gymini

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

Information: 450 455-3141

info@clubgymini.org | clubgymini.org

Club de patinage artistique régional de Vaudreuil-Dorion

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

Information: 450 455-3371, poste 2779

info@cparv.org | cparv.org

Club de patinage de vitesse des Trois-Lacs

Speed skating for ages 5 to 17, recreational and competitive

Information: 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)

Information: Denise Bordeleau, 450 455-5239

Robin.Grant@clubpickleballvd.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

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

Club de tennis de Vaudreuil-Dorion

Tennis lessons, single and doubles leagues, and tournaments

Information: Martial Demers, 450 424-8699

clubtennisvd@gmail.com

Club de triathlon Tri-O-Lacs

Information: info@tri-o-lacs.org

Club de volleyball Les Citadins

For girls and boys from 10 to 17 years old

Information: volleyballcitadins@gmail.com

Club des aînés associés de Vaudreuil-Dorion

Activities for seniors (50 years and older)

Information: Nicole Piché, 450 455-6832

piche.nicole@outlook.com

Club optimiste Vaudreuil-Dorion

Volunteers providing services to youth and the community

Information: Pierre Dolbec, 514 947-5348

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

Club ornithologique de Vaudreuil-Soulanges

Information: Rolland Aubin

ornithovs@gmail.com

sites.google.com/site/ornithovs

Dek hockey Vaudreuil-Dorion

Début des ligues en avril 2023

Junior: 514 772-1585 | Adulte: 514 893-0058

info@jeunesportifregional.org | jeunesportifregional.org

Escadron 867 de la Ligue des cadets de l'air

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

Information: Chantale Grenon-Nyenhuis, 613 894-4526

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

FC Trois-Lacs

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

Information: 450 218-9008

info@fc3lacs.com | fctroislacs.com

Football Les Patriotes de l'Ouest

Information: 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

Information: info@lescitadinsnatation.com

lescitadinsnatation.com

Les Guides du Canada

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

Information: Jennifer Murray, 514 467-6414

vaudreuilguilding@gmail.com

guidesquebec.ca

Les Skieurs de l'île

Information: skieursdelile@hotmail.com

Olympiques spéciaux du Québec, section Vaudreuil-Soulanges

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

Information: 438 350-9243

soqvs.coordinator@gmail.com

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

Information: 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

Information: 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 to help them regain control of their lives and raise awareness among the general public and healthcare professionals

Information: 450 218-7722

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

Carrefour jeunesse-emploi Vaudreuil-Soulanges

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

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

Centre communautaire des aînés Vaudreuil-Soulanges

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

Information: 450 265-3548 | centredesainesvs.com

Centre d'action bénévole L'Actuel

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

Information: 450 455-3331, poste 100

info@lactuel.org | lactuel.org

L'Aiguillage

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

Information: 450 218-6418

direction@aiguillage.ca | aiguillage.ca

L'Atelier paysan

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

Information: accueil@latelierpaysan.ca | latelierpaysan.ca

Le Carrefour de l'Espoir

Recovery of objects and resale at lower cost

Information: 450 218-3100

lecarrefourdelespoir@videotron.ca

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

Help for those who have difficulty managing their anxiety

Information: 450 801-8393

info@leversant.org | leversant.org

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, rent and regular bicycle repairs

Information: 450 424-2422

info@zebrerouge.org | zebrerouge.org

Maison de la famille Vaudreuil-Soulanges

Promotes the well-being of families to ensure the optimal development of children in Vaudreuil-Soulanges

Information: 450 218-0561

info@mfvs.ca | mfvs.ca

Parrainage civique de Vaudreuil-Soulanges

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

Information: 450 455-8986

pcvs@pcvs1982.ca

parrainageciviquevs.ca

Répit Le Zéphyr

In-home respite and babysitting service

dg@repitlezephyr.com

repitlezephyr.com

Une histoire de chevaux inc. / A Horse Tale Inc

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

Information: ahtrescue.org

SUPPORT GROUPS

Alcooliques Anonymes

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

Information: 514 376-9230 | aa87.org

Gamblers Anonymes Vaudreuil-Dorion

Serving compulsive gamblers

Telephone hotline

1 866 484-6664

Mouvement anonyme des dépendants affectifs

Toxic relationships, isolation

Ligne téléphonique: 514 476-7778

mouvementmada.com

Narcotiques anonymes

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

1 8555 544-6362

naquebec.org

CULTURAL ORGANIZATIONS

Autam Vaudreuil et Autam Dorion

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

Information: 450 455-7096, 514 980-2671

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

Centre d'archives de Vaudreuil-Soulanges

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

Information: 450 424-5627

archivesvs@archivesvs.org | archivesvs.org

Cercle des conteurs du Haut-Saint-Laurent

Awareness of living heritage development through storytelling and singing

Information: Robert Payant, 450 455-1841

robert.payant@icloud.com

Cercle des Fermières de Vaudreuil

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

Information: Pres.Fed14.VAUDREUIL@cfq.qc.ca | 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

Information: 514 891-7141 | chourchantsdecoton.com

chourchantsdecoton@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

Information: Nicole Maisonneuve, 514 894-6536

info@choeurcvs.org | choeurcvs.org

Chœur Esperanto

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

Information: choeursperanto@gmail.com

choeursperanto.ca

Club photo Vaudreuil-Dorion

Grouping of photography enthusiasts, both amateurs and professionals

Information: clubphotovaudreuildorion.com

president@clubphotovaudreuildorion.com

CSUR La télé

Community television

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

Ensemble vocal Les Enchanteurs

Development of choir singing among adults in the region

Information: 438 886-3132

lesenchanteurs@hotmail.ca | enchanteurs.ca

Festival Artefact

Music festival featuring emerging music from Quebec

Information: Francis Paquette, 514 661-0864

francis@festivalartefact.com | festivalartefact.com

Galileo

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

Information: 438 395-5752

info@orchestregalileo.com | orchestregalileo.com

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

Amateur improv league for adults

Information: intrepidecabaret@gmail.com | lici-vs.com

La Fondation de la Maison Trestler

Heritage House with a cultural and social mission

Information: 450 455-6290

info@trestler.qc.ca | trestler.qc.ca

Les Amis de Félix à Vaudreuil

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

Information: 514 825-8009 | ssmfl2017@gmail.com

Musée régional de Vaudreuil-Soulanges

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

Information: 450 455-2092 | info@mrvs.qc.ca | mrvs.qc.ca

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)

Information: Line Cholette, 438 527-7482

sgvc@sgvc.ca | sgvc.ca

Troupe de théâtre Les Philanthropes

Production of plays and other performances

Information: Jean-Marc Lavigne 514 207-9982

Les.philanthropes.theatre@gmail.com

SOIRÉES RENCONTRES

Opticentre St-Jean-Baptiste



Ingrid
St-Pierre

21 MAR



Kim
Thúy

25 AVR



Dans le cadre
de Mosa,
la fête des mots

Anais
Barbeau-Lavalette

30 MAI

19 H 30

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