

MUNICIPAL
BULLETIN

L'info

OTTERBURN PARK

MAY 2025

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NOT TO BE MISSED

Events

PAGE 13



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A Word from the Mayor,

Dear fellow citizens,

A busy summer awaits you at Otterburn Park! Our varied and original program highlights local initiatives and promotes collaboration with our community organizations. Meet people from your neighbourhood by organizing a neighbourhood party and discover the talent of our local craftspeople during the great OP Citizens Party!

We have launched a brand-new public consultation platform. It provides a simple and accessible way for the public to share their ideas and comments on projects, large or small, and the issues that affect them. This initiative is directly in line with the main directions of our strategic planning. Full details are available on our website. Don't miss this opportunity to make your voice heard!
We wish you a pleasant summer, filled with amazing encounters and discoveries.

For the Municipal Council,

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Holding of regular sittings of the Municipal Council

Regular sittings of the Municipal Council for 2025 will be held in the main hall of the Centre culturel et communautaire de la Pointe-Valaine at 85 Oxford Street in Otterburn Park. In addition, all of the regular Council sittings will be held on the third Monday of each month, with the exception of the meetings in April (second Monday), May (second Monday) and October (first Monday), as follows:

DATE 2025	TIME
June 16	7:30 p.m.
July 21 juillet	
August 18	
September 15	
October 6	
November 17	
December 15	

TAXES 2025

Payment Dates

June 4
September 10

A single statement of account for unpaid municipal taxes will be sent to you after the fourth installment of the year. You can make your payment electronically through your financial institution's website. All you have to do is enter the Ville d'Otterburn Park as a supplier. The number to be used to add a supplier is the 19-digit reference number without the F. It contains the number of the registration number, but it does not have all the numbers necessary to add the supplier (19).

Business directory

Your business deserves to be seen!

Following the launch of its new directory of local businesses, the Ville d'Otterburn Park encourages all local businesses and self-employed workers to register starting immediately at no cost.

- This online directory, available on the City's website, aims to promote local purchasing and showcase the entrepreneurial dynamism of our community.
- Add your business in just a few clicks at opark.ca

A simple gesture to increase visibility and be part of a local network that is appreciated by residents!

Organization bulletin board

Local organizations recognized by the City, this message is for you!

Are you organizing an activity, event or service for the community?

- Remember to register it on the organization bulletin board on our website: opark.ca!

This bulletin board aims to make your initiatives better known to residents and to make your projects more visible.

- It's simple, free and easy to use for all organizations recognized by the City.
- Don't miss the opportunity to showcase your activities!

Newsletter

Stay connected with your City Council!

Would you like to learn about the decisions made by your Council, upcoming projects or the issues under discussion? Sign up for the Council's newsletter!

By subscribing, you will receive a clear, easy-to-understand summary of municipal news directly in your inbox every month.

To register: Go to the City's website in opark.ca

Be a well-informed citizen. Your city, your decisions, your newsletter!

Permit posting

Applying for a permit

When you carry out work and a permit is required, it is mandatory to wait until you have the permit in hand before starting the work.

In addition, the permit must be posted in a visible place so you can see it from the street. This allows local inspectors to see that a permit has been requested for the work and that everything is in order. This way, it prevents inspectors from having to disturb you during your work to find out if you have applied for a permit and if you have received it. It also prevents your neighbours from questioning the legality of the work in progress and calling the City. If you don't have a printer, we would be happy to print a copy of your permit for you so you can proudly display it.

Swimming pool

In accordance with current regulations, all residential pools built before November 1, 2010, must be brought up to current safety standards by September 30, 2025, at the latest. The standards were put in place to bolster safety around residential pools, particularly to prevent the risk of young children drowning. The requirements include, among other things, the installation of compliant fencing, security devices and appropriate access controls. We encourage all affected pool owners to check whether their installation complies with current requirements.

Do you have questions or don't know where to start to make your pool compliant?

Please contact us to find out the steps to follow at 450-536-0303, and we will provide you with all the necessary information.

OUTDOOR FIREPLACES

Outdoor fireplaces are permitted within Ville d'Otterburn Park for the exclusive use of a detached single-family dwelling, health studio or sugar shack. You can only light or power a fireplace or keep it lit between 7:00 p.m. and 2:00 a.m. for the period from May 1 to October 31. Only one device is allowed per lot, and it must be equipped with a chimney and a spark arrestor. Please visit our website or contact Urban Planning if you would like more information on the applicable standards.

Reminder

The use of lawnmowers, electric hedge trimmers and chain saws is permitted from Monday to Friday from 7:00 a.m. to 10:00 p.m. and from Saturday to Sunday and on public holidays, from 10:00 a.m. to 4:00 p.m.

Are you doing any work on your property?

Remember to adhere to the permitted hours. Noise, even if resulting directly from the conduct of maintenance, construction, demolition, renovation or development work on the building, will be tolerated every day from 7:00 a.m. to 10:00 p.m.

However, between 10:00 p.m. and 7:00 a.m., it is forbidden to carry out work or have work carried out that is likely to create noise.

HENS

As the summer season approaches, here is a reminder of the regulations regarding urban hens. It is permitted to keep hens in urban areas, but only on land where a detached single-family dwelling is erected.

- A minimum of two and a maximum of three hens are allowed per lot.
- All roosters are forbidden.
- Urban hens must be kept inside a hen house or a fenced outdoor enclosure at all times.
- A building permit must be obtained in advance for a hen house.

The certificate of authorization for keeping hens covers the period from May 1 of the current year to April 30 of the following year. Please make sure that your certificate of authorization is valid to keep hens or, if not, you can renew it on the City's website.

Have you witnessed a situation that could be harmful to human or animal health? Call us at 450-536-0303.

Watering

Did you know that between May 1 and September 30 for the following work: installation of a new lawn; planting a new tree; new shrub; new landscaping; seeding work; it is permitted to water every day, at the periods indicated in the table below, for a period of 15 days following the start of work and after obtaining a permit. The permit application is made directly on the City's website.

Watering a lawn planted with sod is permitted at any time during the day of its installation. Please see By-law number 442-3, relating to the use of drinking water, on the City's website.

In the case of a watering ban notice issued by the City or the Régie intermunicipale de l'Eau de la Vallée-du-Richelieu, only the manual watering of vegetable gardens and edible plants, gardens and flowers is authorized.

Watering type	Days	Hours
Removable sprinkler, porous hoses or automatic sprinkler	Even numbers: Tuesday, Thursday and Saturday Odd numbers: Wednesday, Friday and Sunday	Between midnight and 4 a.m.
New landscaping Certificate of authorization required at all times on the day of the sod installation	Every day for a maximum period of 15 days	From 8 p.m. to 10 p.m.
MANUAL watering of a garden, vegetable garden, flower box, planter or flower bed	Even numbers: Tuesday, Thursday and Saturday Odd numbers: Wednesday, Friday and Sunday	Between 7 p.m. and 10 p.m.
Filling a pool or a spa	Every day	From 8 p.m. to 6 a.m. the next day (Exception during the installation of a swimming pool to keep it in shape)
Washing a vehicle	Daily with a garden hose with a shut-off valve or a wash bucket	At all times

Dandelion Challenge

For a fourth consecutive year, the City will delay mowing parks and green spaces until the beginning of June so that dandelions can be the first source of abundant and vital food for bees and other pollinating insects. Residents are encouraged to follow suit and delay mowing their lawns.

Please note that residents will have to mow their lawns as of June 1. Inspections will be carried out by Urban Planning to ensure compliance with the by-laws.

The fight against ragweed concerns us all!

Otterburn Park has received financial assistance from the Ministère de la Santé et des Services Sociaux as part of the Quebec government's 2030 Plan for a Green Economy – Health Component, for the completion of a project aimed to develop and implement a pollen allergy control plan. Pollen from some species of trees, grasses or weeds spreads through the air in the form of fine dust and is a common trigger of seasonal allergic rhinitis. Of the different species of allergenic pollens, ragweed pollen is the major cause of seasonal allergic rhinitis in all of northeastern North America. In Otterburn Park, as in most municipalities, ragweed is present on residents' properties, along roads, streams, railways and vacant lots. In order to take effective and concrete action to control ragweed, the municipality counts on the participation of its teams and residents.

PUBLIC WORKS

Important announcement

New procedure for the collection of branches

The Ville d’Otterburn Park wishes to inform residents of an upcoming change regarding branch collection starting in May 2025. In order to optimize transportation and improve the efficiency of the collections carried out by our employees, it will now be mandatory to register online for this service.

- How do I register?
 1. Visit the City’s website at:
<https://www.opark.ca/citoyens/collectes/branches>
 2. Fill out the form provided.
- No Internet connection?

Residents who do not have access to a computer can contact the Citizen Office at 450-536-0303 to register by phone. Thank you for your cooperation and understanding of this change, which is intended to better serve our community while maximizing the efficiency of our municipal operations.
- To be collected, branches must be less than 4 inches in diameter, be left full length, and not be tied;
- The trunks must be oriented towards the street and placed on the shoulder;
- The quantity of branches must not exceed a volume of 4 m3 (1.25 m X 1.25 m X 2.5 m), which is the equivalent of a small trailer 8 feet long by 4 feet wide by 4 feet high.



BRANCH COLLECTION
CALENDAR 2025

Date	Sectors
May 12	Sectors 3-4
May 19	Sectors 1-2
October 6	Sectors 1-2
October 13	Sectors 3-4
October 20	Sectors 5-6

Street lighting

For safety reasons, it is important to ensure that street lighting is operational. Residents are asked to contact the City when they notice that a municipal streetlight is defective.

All you have to do is call the Citizen Office during the day at 450-536-0303. Remember that each lamppost is identified by a reflective plate with the street name and the number of the lamppost. Before calling us, please note this information to speed up our work.

A well-lit site prevents crime, reduces the risk of accidents and increases the response speed in case of an emergency.



SEWER NETWORK

A simple gesture, a lasting impact: let's protect our sewer system!

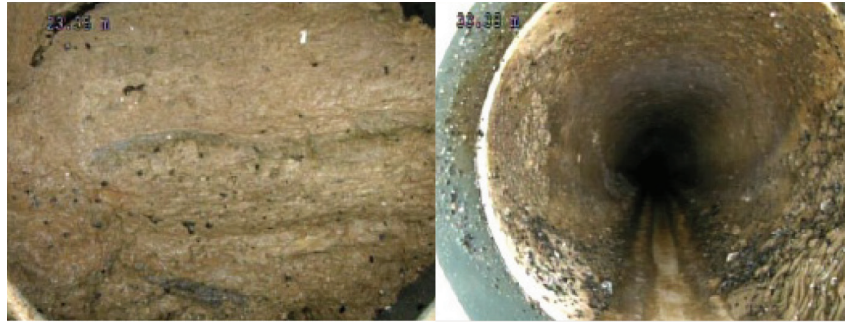
Did you know that a number of sewer connections on Chemin des Patriotes are currently more than 60% blocked, some even 100% blocked? These blockages, mainly caused by the accumulation of cooking fat, considerably increase the risk of backflow into residences.

What should never be thrown in sinks or toilets:

- Cooking oils and fats
- Wipes, cotton swabs, tampons, sanitary pads
- Food leftovers, cat litter
- Medications, cigarette butts
- Car and household care products

Adopt the right habits:

- Wipe down pots and pans with a paper towel before washing them;
- Recycle or throw away cooking oils in an airtight container;
- Dispose of sanitary waste in the trash;
- Return your medications to the pharmacy.

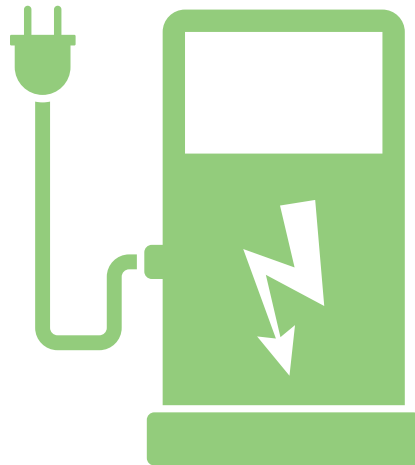


Installation of electric charging stations

Two charging stations will soon be installed in the parking lots of Edmond-Auclair Park and Pointe-Valaine Park.

This project aims to promote sustainable mobility. The charging stations will be available to the public from June 2025.

The “Charged for Change” electric vehicle infrastructure project is funded by Aviva Canada in partnership with Earth Day Canada’s Charged for Change Program.



Sewer cleaning

(date to be announced)

Pressure cleaning work on sanitary and storm sewer pipes will take place soon in Otterburn Park.

As this type of work causes air to move in the pipes, odours and/or noises can occur in your houses or bubbles in your toilets. It is therefore strongly advised to keep the lid of your toilet closed.

Please note that this does not affect the quality of the drinking water distributed in the region.

If you have any questions, please call the Citizen Office at 450-536-0303.

Inspection of fire hydrants

Starting on June 23, and for a period of approximately five days, HydraSpec employees will travel around the City to inspect fire hydrants.

Each fire hydrant will be subject to a dynamic pressure test. This operation could lead to a slight drop in water pressure as well as temporarily coloured water.

Recommendations for residents

Before doing a load of laundry, it is advisable to check water colour. If you use your washer during the work on fire hydrants and rust stains appear on your clothes, or if you notice marks in your coffee maker or toilet bowl, you can contact us. You may need a cleaning product, Red-B-Gone. This product is simple and safe to use.

Road marking

In the coming weeks, a road marking operation will begin in the Ville d'Otterburn Park.

Since existing markings are damaged during the winter, the City must act as soon as possible for safety reasons. A company will be entrusted with carrying out this work. This operation will take about one week, depending on weather conditions, since the asphalt must be ultra dry to proceed.

Thank you for your understanding.

Asphalt repairs

Potholes

The pothole filling campaign has been launched! The Public Works team is hard at work. Residents are encouraged to report any potholes to the Citizen Office at 450-536-0303 or by email at info@opark.ca.

New

Repairs on Chemin des Patriotes are now the City's responsibility.

Repairs

More extensive asphalt repair work will also be carried out by an external company at different times during the summer. This project is essential to ensure the safety and quality of life of residents, in addition to preparing our city for the arrival of good weather. We thank all residents for their cooperation and patience during the work.

Public Works Week from May 18 to 25, 2025

100% on the job!

At Otterburn Park, we take advantage of Public Works Week to recognize the vital work of those who keep our city safe, clean and functional every day.

This year's theme, 100% on the job, highlights employees who are passionate, committed and fully dedicated. Whether it's repairing a water main break, clearing snow from the streets in the early morning, maintaining our parks or installing road signs, their hard work is at the heart of the smooth running of our community.

Thank you to our Public Works team who are always "on the job" to offer quality service to all residents!

RECREATION, CULTURE AND COMMUNITY

DAY CAMP, ACTIVITIES, CLASSES AND EVENTS

SUMMER 2025

Go to: opark.ca

Assistance

Need help registering? Our support team is available to assist you with the process. Call us at 450-536-0303

Sports calendar

Yoga

Monday

6:30 p.m. to 7:30 p.m.

Pointe-Valaine Park

Zumba

Tuesday

6:30 p.m. to 7:30 p.m.

Pointe-Valaine Park

Stretching

Wednesday

6:30 p.m. to 7:30 p.m.

Pointe-Valaine Park

Cardio

Thursday

9:30 a.m. to 10:30 a.m.

Sharron Park

Djamboola

Thursday

6:30 p.m. to 7:30 p.m.

Pointe-Valaine Park

Tai chi, Qi

Saturday

8:30 a.m.

Pointe-Valaine Park

Sports activities

Tennis lessons and league in collaboration with Complexe Sportif Sportscène				
Activity	Duration	Date	Schedule	Cost
Junior Courses	5 one-hour lessons	August 4-6-11-13-18	Between 8 a.m. and 12 p.m. (noon)	\$100
Adult courses	4 one-hour lessons	May 20-22-27-29	Between 5 p.m. and 9 p.m.	\$85
Junior League (singles and doubles)	9 weeks (1½ h of matches/week)	June 27 to August 22	Friday morning between 10 a.m. and 1 p.m.	\$135

On-site registration

Registration location: Sportscène Sports Complex (550 Jolliet Road, Mont-Saint-Hilaire)

Lesson location: Tennis courts at Copping Park (*in case of rain, the classes will be indoors at the Sportscène Complex)

Dates: April 21 and 24, April 28 and May 1

Schedule: 3 p.m. to 8 p.m. Payment: Cash or cheque

Info: skelling.tennis@gmail.com

Activity	Junior Pickleball
Partnership	City in collaboration with Mrgence pickleball
Place	Edmond Auclair Park (skating rink)
Age groups	7-9 years old: 5 pm to 6 pm 10-12 years old: 6 pm to 7 p.m. 13-16 years old: 7 p.m. to 8:30 p.m.
Dates	July 2, 2025 - August 6, 2025 (6 weeks)
Cost	7-9 years old: \$95 (+tx) - 6 weeks of lessons, 1 hour/week 10-12 years old: \$95 (+tx) - 6 weeks of lessons, 1 hour/week 13-16 years old: \$115 (+tx) - 6 weeks of lessons, 1½ h/week
Information and registration	On the website www.mrgencepickleball.com

CULTURAL ACTIVITIES

Theatre and cinema calendar

Diva et Catastrophe

Helen Park

Wednesday, June 18 / 7 p.m. to 8 p.m.

Mamady le dresseur de lion (Mamady the Lion Trainer)

Helen Park

Thursday, July 17 / 7 p.m. to 8 p.m.

Mufasa: le roi lion (Mufasa: The Lion King)

Helen Park

July 3 / 7 p.m.

Moana 2

Helen Park

July 24 / 7 p.m.

Paddington in Peru

Helen Park

August 7 / 7 p.m.

Free and open to all, no registration required!

Tam-Tam - Djembe activity

Come and live a unique musical experience with African rhythms! Let yourself be carried away by the magic of the djembe and learn to play with us during this monitor-led outdoor activity. An evening marked with conviviality, ideal for all ages and levels.

Location: Rest area

Dates: Early May to mid-September

Schedule: Wednesday from 7 p.m. to 9 p.m.

Events calendar

June 24

Les Malcommodes (2 p.m. to 6 p.m.)

1 p.m. to 5 p.m. Saint-Jean-Baptiste Day
Pointe-Valaine Park

July 11

Les Canyons Surfers

Country Evening
7 p.m.
École Notre-Dame 1 (306 Prince-Albert Road)

August 16

Acoustix

10 a.m. to 5 p.m. Citizen Party
6 p.m. music show
Mountainview School (444 Mountainview Road)

August 22

Les Réquins

7 p.m.: Special '50s – '60s evening
École Notre-Dame 1 (306 Prince-Albert Road)

September 5

Orchestre à vents péri-phonique

7:30 p.m.: Acoustic orchestra of 45 musicians
Pointe-Valaine Park (85 Oxford Road)

COMMUNITY ACTIVITIES

Storytelling in the park

In collaboration with the Mont-Saint-Hilaire library

Wednesday in the summer, from 6:30 p.m. to 7:30 p.m.

July 16 – Sharon Park*

July 23 – Helen Park*

August 13 – Comtois Park*

August 20 – Des Perdrix Park*

Meeting place

Sharon Park: Near the red slide

Other parks: around the book box

Otterburn Park Community Garden

In collaboration with Otterburn Park

Preparatory work at the Community Garden

When? Saturday, May 10, 2025 at 9:30 a.m.

Where? Community Garden (located behind City Hall)

Who? Welcome to all those who want to get their hands dirty! Bring your wheelbarrow and shovel if you have them, but a nice smile and elbow grease are even better!

Small gardens in containers available

A few places will be available for the 2025 season. Are you an Otterburn Park resident and want to join our community of amateur gardeners? Write to us at: Jardincommunautaireop@gmail.com

Bee Awareness Activities

Given the success of this activity last summer and the important role of bees for pollination, we plan to repeat the experience! Date to follow – Stay tuned on our social media: Facebook: Otterburn Park Community Garden

Workshop “Medicinal plants and women’s health”

This workshop, scheduled for the end of the season, will address the benefits of medicinal plants for women’s health.

Date to follow – Stay tuned for more information!

Facebook: Otterburn Park Community Garden

Contact: Jardincommunautaireop@gmail.com

Activities for teenagers

Free activities for 12- to 17-year-olds

In collaboration with the Maison des jeunes Ott'Ados

Come and have fun and discover activities specially designed for you! It's free, it's fun, and it's for all teenagers from ages 12 to 17!

Saturday, August 16 & Sunday, August 17 – Pumptrack (open to all)

Location: Mountainview School

Come ride and test your skills on the pumptrack!

Saturday, September 6 – BBQ evening

Location: Maison des jeunes Ott'Ados (545 Chemin des Patriotes, Otterburn Park) Learn about the Maison des jeunes program in a festive atmosphere! On the agenda: BBQ, games, candy bar and lots of surprises!

Friday, September 19 – Laser Tag

Challenge your friends to an epic game of Laser Tag! Who will be the champion?

Saturday, October 4 – Special activity to try! ☐

Location: Maison des jeunes Ott'Ados (545 Chemin des Patriotes, Otterburn Park) Come and live a unique experience! We have a surprise activity in store for you that is not to be missed. Bring your friends and get ready to have fun!

EVENTS

Cycling Education Event at Otterburn Park!

Saturday, May 24

Yard of Notre Dame 1 School

Schedule : 9 a.m. to 1 p.m.

Join us for a day dedicated to active mobility and road safety! We encourage children and families to come and learn the essential rules of bicycle traffic, improve their mastery and learn about best practices for riding safely, in the city as well as in the country.

On the agenda

Educational workshops and activities for young and old

Introductory courses in safe driving with police officers on bicycles

Practical exercises: braking, handling, signalling

Bicycle maintenance and repair workshops And much more!

An event not to be missed to ride more safely, efficiently and confidently

Bring your bike and helmet! Free event open to all. Share and invite your friends!

2025 Neighbourhood Day

The Ville d'Otterburn Park, as an Ambassador Municipality, encourages residents to submit their project as part of the Neighbourhood Day, an initiative led by Espace MUNI aimed to strengthen ties between neighbours and promote conviviality in our community.

Date of the event: Saturday, June 7, 2025, Schedule: Between 9 a.m. and 10 p.m. Location: All parties will be listed on the City's website to inform the neighbourhood. Do you have an idea to liven up your neighbourhood? Picnics, fun activities, outdoor games, music, or cinema under the stars? Tell us about your project!

Financial assistance: Support of up to \$300 is available upon presentation of eligible invoices (food, entertainment, equipment, etc.).

How to participate?

Submit your project and help make this day a warm and unforgettable moment for your neighbourhood! Together, let's celebrate living together in Otterburn Park!

<https://forms.office.com/r/N5hf8TZ2gR>

FISHING FESTIVAL

A day of activities and fun by the water!



Dear nature lovers and fishing enthusiasts, join us for an unforgettable day with family or friends!

Date: Sunday, June 8 Time: 9 a.m. to 1 p.m.

Location: Rest area

On the agenda: Introduction to fishing – For all levels!
Presence of the Canadian Coast Guard Auxiliary (Quebec) – Unit 16. Discover their search and rescue mission on the water and take advantage of their valuable advice for safe fishing!

Free event – Bring your own equipment or come and discover it on site!

Seniors' picnic – BBQ offered!

Dear seniors, the City Council and volunteers invite you to a festive outdoor picnic, with a BBQ offered in collaboration with FADOQ!

Date: Sunday, June 15

Time: 11:30 a.m.

Location: Pointe-Valaine Park

Come and enjoy a friendly meal prepared by your elected officials and volunteers, while discovering information booths on subjects that concern you. In case of rain, the event will be held at 85 Oxford Street, Otterburn Park. Free event without registration

Let's celebrate Quebec's National Holiday together!

Join us on June 24 from 1 p.m. to 5 p.m. at Pointe-Valaine Park for a festive afternoon in blue and white

Music and entertainment

(2 p.m. to 4 p.m. Les Malcommodes)

Activities for the whole family (dinosaur theme)

Snacks and fun are guaranteed!

Pool closing event

Enjoy refreshing entertainment on Friday, August 15 from 1 p.m. to 6 p.m.!

Come celebrate the end of the summer season with us! Activities, water games and fun guaranteed for the whole family. Don't miss this last opportunity to enjoy the pool before closing! Join us for a memorable day!



Grande Fête Citoyenne (Big Citizens Party)

A weekend of activities for all!

SATURDAY, AUGUST 16 AND SUNDAY, AUGUST 17

10 A.M. TO 5 P.M.

**Mountainview School Yard
(444 Mountainview Road)**

Pumptrack & Mobile Climbing Wall – Challenge yourself and have fun with your family!

Musical evening – Saturday, August 16, from 6 p.m. to 7:30 p.m.

Booths and local craftspeople – Discover the talents of our beautiful region and support local crafts!

A festive weekend not to be missed! Come one, come all! Party at the Village des Tams-Tams

Join us for a festive day at Pointe-Valaine Park on Saturday, September 13!

Come and sway to the rhythm of the tam-tams and enjoy a warm and friendly atmosphere for the whole family. On the agenda: Percussion instruments and interactive activities

Dance and festive atmosphere

Picnic and relaxation area

Don't miss this great opportunity to bring the community together by celebrating music and sharing!

Pointe-Valaine Park

Saturday, September 13

Schedule to follow

Stay tuned for more details!

ORGANIZATION DIRECTORIES

Legion Free 80 years in pictures

Wine and Cheese Evening, Friday, May 23, 5:00 p.m. to 7:00 p.m.

Community Picnic, Saturday, August 22, 10 am to 6:00 pm

Join us and celebrate the 80th anniversary of the Legion in our community,
Live music – Games – Parade – BBQ

Registration for the AVRDI/TSA ADAPTED DAY CAMP, called LES ZINCROYABLE, has begun.

The day camp will take place from Monday to Friday between 9 a.m. and 3 p.m. starting on June 23 for 8 weeks at the Recreation Centre in Beloeil for people who have an intellectual disability or autism spectrum disorder from 13 to 90 years old.

Contact Hélène Desroches for registration at 450-467-8644, ext. 101.

Aide Atout

works to improve the quality of life for the Richelieu Valley residents who stay at home. We offer home care services such as domestic life assistance (housekeeping, meal preparation, laundry, running of small errands, heavy and seasonal work), personal care (e.g., assistance with transportation, feeding, hygiene) and respite for caregivers. A financial assistance program is available! www.aideatout.com / 450-446-2108 / info@aideatout.com

CENTRE DE FEMMES L'ESSENTIELLE

A program with workshops and activities to meet different needs and interests. The topics and types of workshops are very varied. Here are some titles: Communicating on a daily basis, Web 101, Self-help group, Moroccan collective kitchen, Adventure of aging, Decolonizing our minds (Indigenous women), Women's words, Red dress day, Taming solitude, Technology in our lives, Learning from women, Fanfreluche tells a story, Silent transmissions, etc.

L'Essentielle is a welcoming place managed by and for women in the Richelieu Valley and the surrounding area.

L'Essentielle is open to women regardless of their age, marital status, nationality or sexual orientation. We offer a place of belonging, services and a network of education and action according to the community's needs. The Centre works on all aspects of the status of women.

L'Essentielle is open Monday to Thursday from 8:30 a.m. to 4:30 p.m. It is closed between 12:00 noon and 1:15 p.m. as well as on Monday afternoons. It is located at 231 Brillon Street (near St-Mathieu School, in Old Beloeil).
450-467-3418

The cradle

A place to grow and flourish as a family. Your perinatal resource centre in the Vallée-du-Richelieu!

Since 1985, Le Berceau has been supporting expectant and new parents and their babies through a variety of activities and services, often free or at an affordable price. Our mission: to foster the parent-child bond, support the well-being of families, and create a caring community space.

HERE ARE SOME OF OUR SERVICES AND ACTIVITIES

PRENATAL AND POSTNATAL ACTIVITIES

Prenatal meetings, practical workshop to prepare for childbirth, prenatal yoga, postnatal yoga with baby, co-parenting workshops and babywearing classes.

BABY AWAKENING AND DEVELOPMENT

Musical awakening, baby massage, introduction to sign language workshop, baby led weaning (BLW) workshop, and free toddler mornings lectures called Les Tout-petits matins.

SAFETY AND HEALTH

Baby/child first-aid workshop, breastfeeding support, postpartum mental health support, perinatal bereavement support.

Home support – Les relevailles

Service offered with solidarity pricing for families in need of respite at home.

OTHER USEFUL SERVICES

Thrift store and shop on site, breast pump rental and books!

Membership card: \$15/year

Mandatory to participate in our activities and benefit from our services.

Should you have any questions, want to register or wish to consult the schedule of our program, visit our website: leberceau.org.

ASSOCIATION RINGUETTE VALLÉE DU RICHELIEU

240 Hertel, Beloeil, Quebec J3G 3N1

RINGUETTE VDR: REGISTRATIONS FOR THE 2025–26 SEASON!

Registration for the 2025–26 season will begin in June. The season will begin at the end of August and continue until April 2026.

For more information, please contact us: vdrringuette@hotmail.com. Association Ringuette

Vallée du Richelieu

www.ringuettevdr.com

OBC Canoe Club

OBC camps (8-18 years old): 1, 2 or 8 weeks (June 23–August 15).

400 places. Rates according to program.

<https://clubobc.com/prog-jeunes/>

Adult Programs (18+): Dragon Boat, Canoeing, SUP.

June–August (8-12 weeks). \$150-\$400. Possible to join with a child.

<https://clubobc.com/programme-pour-adultes/>

Rental (June–Sept.): Kayak & SUP, 9 am to 4 pm. \$19/hr, \$10/hr extra

<https://clubobc.com/location-dembarcations/>

Community Day (June 14): Free tryouts + race for elected officials.

9 a.m. to 4 p.m., at Pointe-Valaine Park. Free!

<https://clubobc.com/inscriptions/>



SHOWS IN AUGUST



ALEX ROY

Alex Roy

POINTEVALAINE.CA



LES DIFFUSIONS
Pointe-Valaine

SPECTACLES EN AOÛT

CHANTAL
LAMARRE



SHAWN PHILLIPS

PROGRAMMATION

11h-18h

Jeux gonflables pour les enfants

Midi - Cérémonie de levée du drapeau et
hymne national

13h et 15h

Des invités surprises

13h-13h30

Concours de décoration
de vélos pour les enfants
(thème nature canadienne)

14h-15h

Jeux pour toute la famille

BBQ - MUSIQUE - BARBE À PAPA - SLUSH



LUNDI, LE 1 JUILLET
MONDAY, JULY 1ST



This project is funded by the Government of Canada, the Royal Canadian Legion Auclair 121, and the town of Otterburn Park.
Ce projet est financé par le gouvernement du Canada, la Légion royale canadienne Auclair 121 et la ville d'Otterburn Park.

PROGRAM

11am-6pm

Bounce inflatables for kids

Noon - Flag raising ceremony and
National Anthem

1pm & 3pm

Surprise Guests

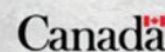
1-1:30pm

Kids Bike decoration contest
(theme Canadian nature)

2pm-3pm

Games for the entire family

BBQ - MUSIC - COTTON CANDY - SLUSH



THE MOBILE MARKET IS COMING TO OTTERBURN PARK!

Every Thursday from June to October, from 1:00 p.m. to 6:30 p.m.

Discover fresh and local food, directly from local producers!

Local products

Authentic flavours

Guaranteed freshness

Come and do your shopping close to home and encourage local businesses!

