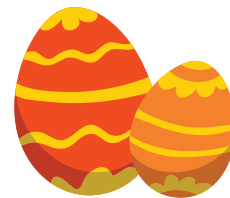




# Otterburn

## P A R K



NOT TO BE MISSED

# SHOW AND CHOCOLATE EGG HUNT

### INFO OTTERBURN PARK

FEBRUARY 2023

Volume 33 | Number 1

DETAILS, PAGE 12



Photo : Amélie Pruneau

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Translation: Barbara McClintock  
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# A WORD FROM THE MAYOR,

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Dear fellow citizens,

There are still a few weeks before the end of winter. I hope you were able to enjoy the beautiful snowy landscapes at Pointe-Valaine, our beautiful skating rinks or the sledding hill at Copping Park.

Early spring is a good time to start maintenance and renovation projects. Before beginning work, do not hesitate to contact the residents' office for any questions you may have on regulations, such as using small machinery or obtaining permits. Fact sheets are also available on the City's website. Regarding waste management, such as the collection of bulky items, the Vallée-du-Richelieu Regional County Municipality (MRC) is the organization to contact. To learn more about the ecocentre and the collection service, visit the [mrcvr.ca](http://mrcvr.ca) or contact the Info-collecte line 450-464-INFO.

I look forward to meeting you!

For the City Council,  
**MÉLANIE VILLENEUVE**  
Mayor  
[mvilleneuve@opark.ca](mailto:mvilleneuve@opark.ca)

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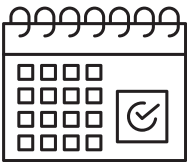
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## CITY COUNCIL

Regular sittings of the City Council will be held at 7:30 p.m. in the large hall of the Centre culturel et communautaire de la Pointe-Valaine at 85 Oxford Street in Otterburn Park.

DATE	TIME
January 16	7:30 p.m.
February 20	
March 20	
April 17	
May 15	
June 19	
July 17	
August 21	
September 18	
October 16	
November 20	
December 18	

## URBAN PLANNING ADVISORY COMMITTEE

DATE	HOUR
January 24	7 p.m.
February 21	
March 21	
April 18	
May 16	
June 20	
August 8	
September 5	
October 3	
November 7	
December 5	

## 2023 TAXES

Payments
February 27
April 12
June 7
September 14

Only one 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. Simply register the Ville de Otterburn Park as a supplier. The reference number to use corresponds to the number indicated on your four detachable payment coupons at the bottom of your tax bill. Enter all digits without the F or spaces.

## CLOSED MUNICIPAL OFFICES

Municipal offices will be closed on April 7 and 10 due to the Easter holiday.



# 2023 BUDGET

## PROPERTY ASSESSMENT ROLL

The assessment roll currently in effect covers fiscal years 2022 to 2024. Therefore, the 2023 assessment is the second year of the roll. This assessment will remain the same throughout the three years except for the owners of new construction or those who have made improvements to their building.

In addition, the City's assessment roll has the following characteristics:

- The City's property wealth essentially consists of residential properties.
- There are very few commercial buildings and no industry.

## THE FOLLOWING PRINCIPLES ARE APPLIED IN THE PREPARATION OF OPERATING AND CAPITAL BUDGETS

- A quality service offer at the best possible cost.
- Sound management of the City's debt, keeping in mind peoples' ability to pay while applying the principle of intergenerational equity, that is, not making today's taxpayer pay only for infrastructure and equipment that will be used over a long period of time.
- A diligent and constant search for grants of all kinds offered by higher governments.

## KEY ISSUES IN PREPARING THE OPERATING BUDGET

- Expected collective agreement increases in compensation for municipal employees.
- Increase in long-term debt to finance infrastructure work.
- Sharp increase in the consumer price index.
- Increase in quota-shares charged by para-municipal agencies to ensure proper functioning.

## KEY ISSUES IN THE PREPARATION OF THE THREE-YEAR CAPITAL EXPENDITURES PROGRAM (PTI)

- A year of planning.
- Continuation of the master plan to upgrade our water, sewer, drainage and municipal road infrastructures.
- Maintenance and improvement of municipal buildings.
- Implementation of the parks, green spaces and recreation structures master plan.

# 2023 OPERATING BUDGET

	2022	2023	VARIATION	
REVENUES				
Taxes and payments in lieu of taxes	\$12,401,910	\$13,871,121	\$1,469,211	11.8%
Government transfers and dues	\$296,820	\$461,591	\$164,771	55.5%
Services rendered	\$315,390	\$349,832	\$34,442	10.9%
Imposition of duties	\$1,183,350	\$1,397,676	\$214,326	18.1%
Other revenues	\$138,530	\$277,780	\$139,250	100.5%
	\$14,336,000	\$16,358,000	\$2,022,000	14.1%
EXPENSES				
General Administration	\$2,602,050	\$2,605,826	\$3,776	0.1%
Public security	\$2,384,630	\$2,658,920	\$274,290	11.5%
Transport	\$2,618,880	\$3,031,027	\$412,147	15,7%
Environmental health	\$2,744,910	\$2,970,828	\$225,918	8.2 %
Urbanism	\$507,040	\$485,596	(\$21,444 )	-4.2%
Recreation and culture	\$2,063,300	\$2,241,524	\$178,224	8.6%
Financial costs	\$467,370	\$690,489	\$223,119	47.7%
	\$13,388,180	\$14,684,210	\$1,296,030	9.7%
ITEMS OF CONCILIATION FOR TAX PURPOSES				
Debt repayment	\$723,670	\$1,380,150	\$656,480	90.7%
Working capital repayment	\$224,150	\$293,640	\$69,490	31%
	\$947,820	\$1,673,790	\$725,970	76. 6%
	\$14,336,000	\$16,358,000	\$2,022,000	14.1%

## 2023 ANALYSIS OF EXPENSES AND ITEMS OF RECONCILIATION

	2022	%	2023	%	Variation	%
Staff compensation	\$3,877,860	27%	\$4,692,455	28.7%	\$814,595	21%
Communications	\$93,215	0.7%	\$91,689	0.6%	(\$1,526)	-1.6%
Technical and professional services	\$954,800	6.7%	\$913,268	5.6%	(\$41,532)	-4.3%
Rental, maintenance and repairs	\$503,700	3.5%	\$569,820	3.5%	\$66,120	13.1%
Non-durable goods	\$1,333,125	9.3%	\$1,184,243	7.2%	(\$148,882)	-11.2%
Debt service and Working Capital Fund	\$1,544,660	10.8%	\$2,360,639	14.4%	\$815,979	52.8%
Quota-shares - Governments, boards	\$5,426,990	37.9%	\$5,787,806	35.4%	\$360,816	6.6%
Other	\$601,650	4.2%	\$758,080	4.6%	\$156,430	26%
	\$14,336,000	100%	\$16,358,000	100%	\$2,022,000	14.1%

Communications: Municipal newsletter, website, telecommunications.

Technical and professional services: Subcontracts, legal services, engineering services, software.

Non-durable goods: Electricity, gas, fuel oil, gasoline, supplies.

Quotas: Intermunicipal boards and agreements, MRC de La Vallée-du-Richelieu, CMM, ARTM.

## 2023-2024-2025 THREE-YEAR CAPITAL EXPENDITURES PROGRAM

	2023	2024	2025	TOTAL
<b>INVESTMENTS</b>				
Infrastructure	\$1,187,800	\$15,335,700	\$17,248,200	\$33,771,700
Buildings	\$575,000	\$460,000	\$460,000	\$1,495,000
Parks and playgrounds	\$231,200	-	-	\$231,200
Vehicles	\$600,000	\$463,700	\$230,000	\$1,293,700
School grounds	\$9,000,000	-	-	\$9,000,000
Other	\$2,644,700	-	-	\$2,644,700
	\$14,238,700	\$16,259,400	\$17,938,200	\$48,436,300

<b>FINANCING</b>				
Loans	\$11,669,367	\$13,343,547	\$5,296,450	\$30,309,364
Grants	\$1,763,133	\$1,992,153	\$5,951,750	\$9,707,036
Working capital	-	\$463,700	\$230,000	\$693,700
Operating surplus	\$706,200	\$460,000	\$460,000	\$1,626,200
Third-party contributions	\$100,000	-	\$6,000,000	\$6,100,000
	\$14,238,700	\$16,259,400	\$17,938,200	\$48,436,300

# 2023 TAX RATES

	2022	2023
<b>PROPERTY TAXES PER \$100 EVALUATION</b>		
Basic residential tax rate	\$0.767	\$0.879
Properties with 6 or more dwelling units	\$1,022	\$1,171
Non-residential buildings	\$1,917	\$2,636
Vacant lots with municipal services	\$1,534	\$1,758
<b>RATES PER DWELLING UNIT OR COMMERCIAL PREMISES</b>		
Water tax	\$181	\$181
Water treatment tax	-	-
Debt service	-	-
Operations	\$264	\$264
Residual materials tax	-	-
Recycling	\$95	\$95
Biomethanization	\$106	\$106
Landfill	\$159	\$159
<b>TAX BILL FOR AN AVERAGE SINGLE-FAMILY HOME</b>		
Taxable evaluation	\$355,286	\$356,321
Property taxes	\$2,724.33	\$3,131.35
Water tax	\$181.00	\$181.00
Water treatment tax	-	-
Debt service	(\$1.00)	(\$1.00)
Operations	\$264.00	\$264.00
Residual materials tax	-	-
Recycling	\$95.00	\$95.00
Biomethanization	\$106.00	\$106.00
Landfill	\$159.00	\$159.00
	\$3,529.33	\$3,936.35
Variance in \$	\$407.02	
as a %	11.5%	

The new three-year property assessment roll is in force for the years 2022 to 2024, which is why the average valuation of a single-family home varies from year to year.

## 2023 BY-ELECTION

A by-election in District 5 (Vieux-Otterburn) will be held on Sunday, March 12, 2023, from 10 a.m. to 8 p.m.

Advance polling day will be Sunday, March 5, 2023, from 12:00 noon to 8:00 p.m.

**Information:** [opark.ca](https://opark.ca) > City > By-election of March 12, 2023

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## BLOOD DRIVE

The City Council blood drive will be held on Tuesday, March 14, from 10 a.m. to 8 p.m. at the Centre culturel et communautaire de la Pointe-Valaine.

By appointment only: 1-800-343-7264 or [hema-quebec.qc.ca](https://hema-quebec.qc.ca)



## VOLUNTEER WEEK

Let's take advantage of National Volunteer Week, which will be held from April 16 to 22, 2023, to highlight and recognize the generous contribution of volunteers from all walks of life.

By sharing your time and talents, you are valuable inspirational role models for our community.

When it comes to the heart, there are no small gestures. We can all give in our own way and volunteer together!

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## CONGRATULATIONS, SHEINA!

We would like to acknowledge the dedication of Sheina Fortin-Larouche, Director of Finance of the Ville de Otterburn Park, who is the 2nd Vice-President on the Board of Directors of the Association des gestionnaires financiers municipaux du Québec (AGFMQ).

Through her involvement, she contributes to improving financial management in the municipal environment and promoting the City.



# CHILD-FRIENDLY CITIES

The City officially joins the network of child-friendly municipalities! The Ville de Otterburn Park has received international recognition through the efforts of Espace MUNI in collaboration with UNICEF Canada following an application process.

This recognition means that the City has chosen to take into account the voices, needs and rights of children to improve their well-being and development.

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# TEMPORARY SHELTERS

The April 15 deadline is approaching so don't forget to remove your snow fences as well as the structure and canvas of your temporary car shelter.

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# REMINDER OVERNIGHT PARKING

It is prohibited to park on the street from December 1 to March 31, between 2 a.m. and 7 a.m. This helps operators to clear snow from streets following precipitation.

A parking lot with about 10 spaces, located on Des Groseilliers street, between Comtois and Des Œillets streets, is available in case it may be useful.

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# SNOW REMOVAL AND SAFETY

Do you need to clear snow from your driveway? Be careful. Do not push snow into the street.

Do you live on a street corner? For safety and visibility reasons, you must not pile snow more than one-metre high inside the visibility triangle of a street corner.

Do you have a fire hydrant on your property? Above all, do not bury it under piles of snow! Make sure that access to fire hydrants remains clear at all times. In the event of a fire, the first few minutes are crucial and the Fire Department must have access to all hydrants as quickly as possible.

Finally, the City cannot apply salt to streets in all circumstances. It is therefore important to adjust your driving according to road conditions and the weather.

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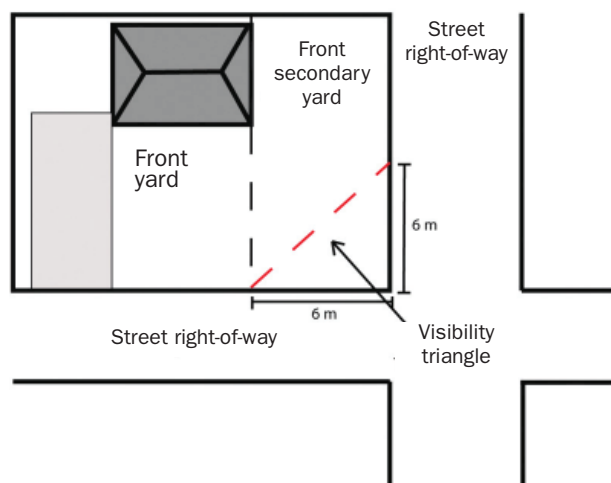
# BIG SPRING CLEANING!

Spring is often associated with extensive cleaning of our homes, but also with renovation and construction projects. Here are some reminders:

- A good cleaning of your property is necessary in order to contribute to the quality of your neighbourhood and avoid any nuisances.
- Ditches must be cleaned and well maintained mainly by removing leaves and branches to prevent overflow and ensure adequate runoff of rain and snowmelt runoff.
- The visibility triangle must be kept completely clear to ensure the safety of pedestrians, cyclists and motorists.
- The visibility triangle is the triangular space near the intersection of street lines, on a corner lot. Two sides of this triangle are formed by the street lines and their extension, until the meeting point of the extension of said street lines. The third side of the visibility triangle is a straight line joining the ends of the other two sides.

At all times, it is prohibited to install fences, a low wall, a hedge, a gate, a winter shelter or a sign within the visibility triangle.

- Most renovation and construction work requires a permit from the Urban Planning Department.



# TAKE OUT YOUR TENNIS RACKETS!

Tennis lovers, we remind you that the tennis season will begin in April. You can pay for your membership starting from April at [opark.ca](https://opark.ca) > leisure > tennis courts > Pay for your membership.

# SHOW AND CHOCOLATE EGG HUNT



**Sunday, April 9**

Registration required

Free

At Easter, come and participate in the traditional chocolate egg hunt, which will be preceded by a very special show.

For ages 2 to 6: from 9:00 a.m. to 10:15 a.m.

For ages 7 to 12: from 10:30 a.m. to 11:45 a.m.

At the Centre culturel de la Pointe-Valaine

Registration at [opark.ca](http://opark.ca) or at [ndubuc@opark.ca](mailto:ndubuc@opark.ca)

Tel.: 450-536-0303, ext. 291.

## GARAGE SALES ARE BACK

Garage sales will be permitted from Feb. 19 to 20 and on May 21. On those dates, there is no fee and no permit is required. To hold a garage sale on another date, please contact the residents' office at 450-536-0303.



**EXPOSITION EN ARTS VISUELS**

DANS LE HALL DE LA POINTE-VALAINE

**JIBÉ LAURIN**

**4 FÉV. AU 9 AVRIL**

VERNISSAGE — 9 FÉVRIER 17H À 19H

APÉRO — 5 MARS 15H30 À 17H30



LES DIFFUSIONS  
*Pointe-Valaine*  
85, RUE D'OXFORD, OTTERBURN PARK

# BORDUAS' STUDENTS STAYED IN OUR REGION

By Alain Côté, President  
of the Société d'histoire et de généalogie  
de Belœil–Mont-Saint-Hilaire



During the 1940s, a group of so-called “automatiste” artists gathered around Paul-Émile Borduas and stayed in Saint-Hilaire and Otterburn Park. Their presence near their mentor promoted an awakening of consciousness that led to the position taken in the Refus Global in fall 1948. This major artistic revival dragged Quebec into cultural modernity. Saint-Hilaire, at that time, was a peaceful suburb that offered an image of rural calm. Its appeal contributed to the development of the creative work of Borduas and his group.

Since the early 1940s, Borduas had chosen to live and paint in Saint-Hilaire. It was there that one could meet the master and admire his last works. Some young people had the privilege of staying with him for a few days among his small family and accompanying him fishing on the Richelieu River. He was generous and, as Guy Viau said, “we shamelessly abused his hospitality.”<sup>1</sup>

The magic of Saint-Hilaire’s natural environment did not fail to have an impact on the automatiste artists. Remember the contribution of the marvellous in the esthetic experience of surrealism. Mont Saint-Hilaire, Lac Hertel, the Grotte des fées have enriched the local imagination. Thus, the landscape of Saint-Hilaire and the surrounding area would have exerted an influence on Borduas’ painting. If the impact was not the same for all the young Automatistes, it was important for some of them. References to landscapes are constant. There is only one step from there to claiming that Saint-Hilaire served as a model for several creations of the Automatistes. Without a doubt, their stay in the region helped to develop and showcase their talents as aspiring artists.

For years, the Automatistes rented farmhouses from families in Saint-Hilaire, the Charbonneau family in 1944 and the Lusignan family the following year. Others shared a workshop in Otterburn Park. During winter 1948, Maurice Perron lived with the Riopelle family in a rented house in Otterburn Park. In February, he produced a series of shots called *Danse dans la neige*, capturing an improvised choreography by Françoise Sullivan. It was in spring 1948 that Perron left Otterburn Park to stay with Borduas for a few days. At the end of the summer of the same year, the group of Automatistes, led by Borduas, published the Refus global manifesto. As a result of the ensuing controversy, Borduas lost his job at the École du meuble and the rest of the group dispersed.

During the period 1942-1955, Borduas and the Automatistes were the forerunners of a new artistic movement in Quebec. Judging by the number of exhibitions that were held, no one can doubt their success at a time when it was difficult to think outside the box. The presence of the group in Saint-Hilaire and Otterburn Park was motivated by the surrealism concept, as the automatiste behaviours found in surrealism, if not models to imitate, were at least a guiding spirit to live by.

1. Gilles Lapointe and François-Marc Gagnon. Saint-Hilaire and the Automatistes. Musée d’art de Mont-Saint-Hilaire, 1997, p. 20.

# COMMUNITY ORGANIZATIONS

## CENTRE DE FEMMES L'ESSENTIELLE WOMEN'S CENTRE

Living together, united in difference and diversity. A dialogue circle is a process of crossing cultures to build harmonious relationships and help break down the associated barriers excluding target groups.

Tuesday, February 28, 1:30 p.m. to 4:00 p.m., with Amélia Lopez, from Intégration compétences.

Domestic violence or couple's quarrel?

Anyone can one day commit acts of violence, kick, shout nonsense at their partner or slam doors, but is it necessarily domestic violence? What are the criteria for distinguishing between a quarrel and the power relationship associated with domestic violence?

Wednesday, March 15, from 1:30 p.m. to 4:30 p.m., with Catherine Véronneau, from La Clé sur la porte.

A meeting to distinguish between the two.

International Women's Day

An event will be held at the Centre culturel et communautaire de la Pointe-Valaine on Friday, March 10, 2023. Details to come.

**Full program:** cfessentielle.ca

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## MEPEC

DROP-IN ART HIVE: Tuesdays 1pm-4pm.

PARENT AND CHILD DROP-IN: Coffee & Conversation - PARENTS and their 0-5-year-old children meet Tuesdays between 10am-11:30am.

BILINGUAL CONVERSATION: Meets every Wednesday 10am-11:30am. Come join us and help each other learn or improve our English-French language skills.

SPROUTS: The Sprouts program welcomes Parents and Toddlers ages 0-5. This program is a mix education, literacy and crafts for your little ones. Tuesday mornings from 9:30-10:30.

MOMS and TOTS YOGA & Zumba: New session will start in April!

TRIVIA NIGHT - Online, Join us the second Tuesday of the month at 7pm for an hour full of fun and trivia!

SENIORS SNEAKERS - Join us Monday mornings at 10am and participate in our adapted exercise program held at the Legion in Otterburn Park. Spots are limited so sign up now!

VIRTUAL PAINTING EXPERIENCE - Every Monday from 2:30 to 4:30pm, in the comfort of your home join us and find your hidden talent!

WAVES OF CHANGE - Monday evenings. Starting February 20th, this 6-part documentary titled "Waves of Change" features the history of English immigration in Quebec. The director Guy Rex Rodgers will be available to answer any question you might have.

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[info@mepec-pemca.org](mailto:info@mepec-pemca.org)  
or scan this QR code



# L'ARRIÈRE SCÈNE

**FAMILY THEATRE TO L'ARRIÈRE SCÈNE! DISCOVER OUR WINTER-SPRING PROGRAM.**

## **Archipelago**

Puppets | Dance/movement  
40 minutes  
From 3 years old  
March 5–8

## **Les idées lumières**

Science | 55 minutes  
From 8 years old  
March 19–22

## **Pomelo**

Puppets | Wordless  
45 minutes  
From 3 years old  
May 7–10

## **The LNI tackles the classics**

Improvisation | 75 minutes  
From 12 years old  
March 9–10

## **Paysage de papier**

Dance/movement | 50 minutes  
From 4 years old  
April 23–26

**Information:** 450-467-4504 | [arrierescene.qc.ca](http://arrierescene.qc.ca)

# LE GRAIN D'SEL

## **Food assistance**

You're having trouble paying your bills because you just lost your job, you're going through a separation or your income is not high enough? We are here to help you fill your fridge: fresh fruit and vegetables, dairy, meat, bread and dessert as well as dry food.

We also offer food assistance on Thursday each week, between 1 p.m. and 4 p.m. Contact us on Monday or Tuesday to reserve your Thursday basket, which is offered for the modest amount of \$10. An assessment of income and expenses is required for the initial registration.

## **Resto-Pop**

The Resto-Pop is free and open to all. It's a great opportunity to socialize and break isolation. Come eat with us every Tuesday at noon at the "Resto-Pop" of Grain d'Sel, between 11:30 a.m. and 1:00 p.m. On the menu: a good soup that is filling enough to be a meal, bread, dessert and coffee.

**Information :** 450-467-5733 | [graindesel.ca](http://graindesel.ca)

# MAISON DE LA FAMILLE DE LA VALLÉE DU RICHELIEU

Do you need to get out of the house to benefit from educational and social experiences with your children? On the contrary, do you need some respite to take care of yourself? We have a wide range of workshops from Monday to Friday for all age groups, a drop-in daycare and a new atypical childcare service to meet your needs.

Our priority is to ensure the health and well-being of families and caregivers in our community.

## **New**

Atypical childcare for children from 18 months old to 11 years old (on reservation)  
Mondays, Wednesdays and Fridays from 5:00 p.m. to 9:30 p.m. and Saturdays from 8:30 a.m. to 5:30 p.m.

**Information:** 450-446-0852 | [mfvr.ca](http://mfvr.ca)

# CITIZEN'S ADVOCACY

The Parrainage civique de la Vallée-du-Richelieu is seeking volunteers who want to live an enriching human experience through their pairing with a person with an intellectual disability or a mental health disorder or a person on the autism spectrum.

This type of volunteering aims to enhance the quality of life of members to help them actively integrate into public life. Activities can be varied: individual activities such as walking, going to the cinema, restaurant, playing board games, shopping, cooking, etc.

We are also looking for volunteers to provide logistical support for the activities.

**Information:** 450-464-5325 | [pcvr.ca](http://pcvr.ca)

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# CLUB ARABESQUE

## SUMMER CAMP

Specialized gymnastics camp for children aged 5 and older. Gymnastics, activities, outings and lots of fun!

From June 26 to August 18.

Online registration, starting March 18, at [gymnastiquearabesque.ca](http://gymnastiquearabesque.ca).

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# OBC CANOE CLUB

## REGISTRATION OPENS: MARCH 1!

Hundreds of spaces are available at our OBC camps (day camp and sports camp) and summer programs for children aged 8 and up. Whether it is recreational or competitive, the canoe club has a program for your child!

The club also offers a variety of adult programs in canoe-kayak, dragon boating and stand-up paddle boarding (SUP). With nearly 200 registrations for adult programs last year, the club is proud to offer services to current and future non-motorized water sports fanatics.

**Registration and information:** [canoe kayak otterburn.com](http://canoe kayak otterburn.com)

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# AVRDI/TSA

**Registration for the summer day camp will begin soon.**

Stay tuned for our activities and fundraising campaigns.

Thematic dance: Thursday, March 17, April 21 and May 26.

To participate in recreational activities or use the adapted respite, contact Mélissa (limited places) at 514-793-5740.

[avrditsa.org](http://avrditsa.org) | [facebook.com/avrdi.beloeil](https://facebook.com/avrdi.beloeil)

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# MOTHER-CHILD MORNINGS

## Need a daycare? Have you thought about our drop-in centre?

The drop-in centre is an ad hoc daycare service that allows parents to take a break or participate in our activities. You need to register to participate in our services.

It is possible to stay on site and use the WIFI or go do your favorite activities. For those who are breastfeeding or whose children need to see their mother, the childcare worker will go to get the mothers concerned to see to the needs of their little ones.

- Monday: 8:45 a.m. to 12:00 p.m. and 12:00 p.m. to 3:30 p.m.
- Tuesday: 8:45 a.m. to 11:45 a.m.\*
- Wednesday: 8:45 a.m. to 11:45 a.m.\*
- Thursday: 8:45 a.m. to 12:00 p.m.\* and 12:00 p.m. to 3:45 p.m.
- Friday: 8:45 a.m. to 12:00 p.m.\* and 12:00 p.m. to 3:45 p.m.

\* Offered in priority to members registered for the Matinees Mères-en-forme or talks/workshops

## Les Matinées Mères-en-forme – Cardio and strength training

Take advantage of drop-in centres to get back in shape!

Trainer Valérie Blanchette, kinesiologist, focuses on moms who are getting back in shape, those who are taking perineal re-education or who are new moms.

**Information:** [lesmatinees.com](http://lesmatinees.com)

# PERINATAL CENTRE THE CRADLE

**The Perinatal Centre is only a few minutes from your home.**

The cradle accompanies future and new parents, from birth to their baby's first birthday. The interactions are warm and respectful. They are based on listening and non-judgment because we all have a unique reality.

You will find an attentive team there that offers:

- Classes and activities for parents and babies.
- A shop and a thrift store with clothes for mom and baby.
- A rental service of accessories and maternity clothes.
- A home respite service for postpartum confinement, the traditional practice of long-bed rest.
- Support groups.

A membership card is required to attend our activities. It is valid for one year, at a cost of \$15 and belongs to the whole family. The cost of an activity should never be an obstacle to your participation: contact us if this is your case. We can find a solution.

**Information:** [leberceau.org](http://leberceau.org)

# SOCIÉTÉ D'HISTOIRE ET DE GÉNÉALOGIE

## Spring Lectures (in French only)

Samuel Jacobs, merchant, and Samuel, son, seigneur and merchant, by Bruno LaBrosse

- Wednesday, March 29, 7:30 p.m.

Sons and salt smugglers in New France, 1720-1750, by Marcel Fournier

- Wednesday, April 26, 7:30 p.m.

The Juchereau-Duchesnays, carpenters of Quebec society from the seventeenth to the nineteenth century, by Michel Fragasso

- Wednesday, May 31, 7:30 p.m.

Beloeil Library

620 Richelieu Street

Members: free | Non-members: \$10

Available virtually

Pick up issue 130 of the Cahier d'histoire on the Society's 50-year history.

**Information:** [shgbmsh.org](http://shgbmsh.org)

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## OPERATION RED NOSE REVIEW

During November and December 2022, a team worked hard to offer motorists who have been drinking a safe ride home after parties with friends or family.

Some figures:

- 11 chauffeur service evenings.
- 86 volunteers, working 219 shifts.
- 42 teams that offered chauffeur service 210 times.
- The approximately \$5,800 received in donations will be distributed among youth organizations throughout Operation Red Nose's area.

**Thank you to the volunteers and partners who made this initiative a real success!**

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## ÉCOLE DE KARATÉ SANKUDO

Did you know that the Otterburn Park Sankudo karate school has been offering karate classes to Otterburn Park residents for 29 years? Indeed, it is an organization recognized by the City that offers karate classes to a clientele aged 5 years and older with qualified instructors.

All instructors are black belts and our school is recognized by Karaté Quebec. The values promoted by our team are based on respect and surpassing ourselves. Karate allows you to develop both your body and mind in classes adapted to your age and level.

**Information:** [sankudo.ca](http://sankudo.ca)

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# INTEGRATION SKILLS

## Training on ethnocultural diversity

Objective: To better understand exchanges between individuals from different communities and to develop an intercultural sensitivity focused on living better together, united in diversity.

- Culture shock and adaptation: April 20, from 1 p.m. to 4 p.m.
- How to become a host community?: July 13, from 1 p.m. to 4 p.m.

Immigration symposium for the prosperity of municipalities and businesses

With the participation of immigration experts and professionals | May 5

This symposium will be an opportunity to examine the impact of immigration and the challenges it represents for decision-makers in municipalities, businesses, organizations and citizens. It will also discuss the potential that immigration represents for cities, companies and their ability to become an intercultural environment for living together, united in difference and diversity.

[integrationcompetences.ca](http://integrationcompetences.ca)

## ABMO

Activities	Clients	Level	Duration/frequency	Cost
Parent-child sports workshops	4-5 years old	Rally-Cap 4-5 years	All summer	\$85
Introduction to baseball	6-7 years old	Rallye-Cap 6-7 years		\$165
Baseball teams	8-9 years old *first year players only	Grand slam	Twice a week	\$200
	8-9 years old	9U	2 to 3 times/week	\$265
	10-11 years old	11U		\$290
	12-13 years old	13U		\$310
	Boys 14-15 years old and girls 14-16 years	15U-F16U		\$330
	Boys 16-17 years old and girls 17-21 years	18U-F21U		Coming

[baseballexpress.qc.ca](http://baseballexpress.qc.ca) | [baseball.abmo@gmail.com](mailto:baseball.abmo@gmail.com)

# LET'S PLANT 100 TREES TOGETHER

**Date:** Saturday, April 22, starting at 10 a.m.

**Location:** Edmond-Auclair Park

To mark Earth Day, the City is organizing the “Let’s Plant 100 Trees Together” event, which involves collectively planting more than 100 large trees in one day.

For this purpose, the City, together with the Environmental Advisory Committee, will give away more than 100 bare root trees, which will be 4 years old and 2-3 meters tall.

THE WHOLE NEIGHBORHOOD  
WILL BENEFIT FROM THE ADVANTAGES  
OF HAVING A TREE!



Main number: 450 536-0303

Fax: 450 467-8260

[www.opark.ca](http://www.opark.ca)

E-mail: [info@opark.ca](mailto:info@opark.ca)