

LE RAWDON NOIS



AUGUST
2015

RAWDON MUNICIPAL BULLETIN

DON'T FORGET!

September 1st is the due date for
your 4th tax instalment



TOP NEWS

THIS FALL, A TIME FOR
PUBLIC CONSULTATIONS AND
RECREATION PROGRAM



Kildare Road

THE TOWN HALL
OFFICES WILL
BE CLOSED

on September 7th for Labour Day
and on October 12th for Thanksgiving



NEXT
COUNCIL
MEETINGS

Metcalfe Centre – 3597, Metcalfe St. at 7:30 pm



Rawdon

SEPTEMBER 8th OCTOBER 13th NOVEMBER 10th

NEWS

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MUNICIPALITY OF RAWDON – TOWN HALL
3647, Queen St., Rawdon (Quebec) JoK 1S0
450 834-2596

SUMMER SCHEDULE (until August 28th)
Monday, Tuesday, Wednesday and
Friday from 8 am to noon and 1 pm to 4 pm
Thursday from 8 am to noon and 1 pm to 6 pm

OFFICE HOURS
Monday to Friday from 8 am to noon and 1 pm to 4 pm

ALICE-QUINTAL LIBRARY
3643, Queen St., Rawdon (Quebec) JoK 1S0

LIBRARY SUMMER SCHEDULE
(until Labour Day)
Tuesday to Friday from 1 pm to 5 pm and
6 pm to 8:30 pm
Saturday from 9:30 am to noon and 1 pm to 4 pm
Sunday from 1 pm to 4 pm

LIBRARY HOURS
Tuesday, Wednesday and
Friday from 1 pm to 5 pm and 6 pm to 8:30 pm
Saturday from 9:30 to noon and 1 pm to 4 pm
Sunday from 1 pm to 4 pm

NEXT ISSUE : October 2015

Legal deposit: BNQ1999
Published on August 26th

IMPORTANT NOTICE:
The information presented in the Municipal Bulletin does not replace the legal texts contained in the different by-laws of the Municipality of Rawdon. These by-laws are subject to change at any time.

GOOD DEEDS!

MUNICIPAL Good Deeds



NEWS

Strategic Planning for Rawdon – 2015-2030 vision An invitation for everyone!

The strategic planning process is well under way. The next step will be the public consultation. We invite the population to join us to continue the discussions that began on May 11th during the "Imagine Rawdon 2030" meeting. A second meeting is planned at Metcalfe Center on **Monday, September 28th at 6 pm**, during which you will be able to share your ideas and discuss future actions and projects that will move us closer to RAWDON 2030.

In the next few weeks, we will be sending you information regarding the date and time of the next meeting as well as a copy of the proposed text for the RAWDON 2030 vision; your comments are welcome before its final adoption by all citizens. You can register for one of two specific topics of discussion between citizens and experts on the night of the public consultation meeting.

Moving together towards RAWDON 2030

Play structures at the Pavillon Saint-Louis

The Municipality of Rawdon is proud to announce its partnership with the Commission Scolaire des Samares; labour and municipal equipment were provided for this project. Several modules were installed in the pavillon Saint-Louis schoolyard and are available for use by the general public after school hours.



The Municipality invests \$15,000 for the youth of Rawdon

In partnership with the Rawdon Maison des Jeunes (MDJR), the Municipality invested \$15,000 for the purchase of three (3) new modules that were installed on July 17th – this is good news for the upcoming celebrations honouring the Maison des Jeunes' 25th anniversary.



Photo: Vincent Bélisle – Sébastien Distaulo – Rollande Breault (Optimist Club) – Isabelle Royer, coordinator of the Maison des Jeunes – Paul Breault (Optimist Club and administrative committee of the Maison des Jeunes) – Tomy Perreault Bélisle – Bruno Guilbault, mayor – David Fogarty – Mikael Richer – William Harisson – Laurent and Renaud Fecteau – Zachary Roy



Les Oiseaux de ma cour boutique is celebrating its 20th anniversary

The Municipality of Rawdon is proud to mark this event that is the result of hard work and dedication. Congratulations and best wishes for continued success.

Photo: 1st row - Chantal (employee), Annick and Laurence (dynamic duo in the kitchen), Lucie and Jean-Benoit (owners)

2nd row - Marino (employee), Lise Quirion (from Journal l'Action) and Catherine (employee)

RAWDON WILL HOST « CYCLISTES, À VOS GUIDONS »



The Lanaudière region chapter of the FADOQ will hold a bicycle rally on Saturday September 12th

This year, the event is being held on the territory of Rawdon since the Municipality proudly accepted to collaborate with the Rawdon FADOQ Club. We are happy to welcome all participants who will be able to enjoy our historical sites and beautiful tourist attractions, such as Dorwin Falls Park, as they search for answers to the riddles on their questionnaire. A friendly and playful atmosphere await you! Welcome to cyclists and their supporters and thank you to the volunteers and sponsors.



- Date:** Saturday September 12th from 9 am to 4 pm. Departure from Dorwin Falls Park.
- Total distance:** 30 km
- Cost:** \$20 including the meal
- Info:** Vincent Grenier, 450 759-7422, loisirs@fadoqlanaudiere.ca
Robert Bréard, Rawdon FADOQ Club, 450 834-5844

Prizes will be awarded at the end of the rally, followed by a guided tour of Rawdon, organized by the Municipality.

LA COURSE DES CASCADES – SIGN UP!

In collaboration with the Municipality of Rawdon, the 2nd edition of the Course des Cascades will take place on Sunday October 4th. The objective of this race is to raise funds for the des Cascades School, to finance activities and supplies. To register, visit [https://www.inscriptionenligne.ca/Course des cascades](https://www.inscriptionenligne.ca/Course%20des%20cascades). The organizers are looking for volunteers, interested parties can sign up on the municipality's website homepage.



LA RIGOLE – 500 M

LE RUISSEAU – 2.5 KM

LE RIVIÈRE – 5 KM

LE FLEUVE- 10 KM

FAMILY POLICY

This fall, a questionnaire will be sent out to Rawdon families. Check for it in your children's school bag and look out for flyers. Your opinion is important and essential; committee members would like to identify the needs and expectations of families so that they may present the Municipal Council with an action plan that will answer those needs. The Municipality received funding from the Ministère de la Famille to update this policy.



Riches de nos aînés
MRC Matawinie

Opening of the
Maison des Aînés
in September
Watch for
our publicity

MADA Municipality Friend of Seniors

The MADA committee members submitted their action plan project to the Municipal Council for study. Consultations with members of the community has resulted in the committee being able to propose several actions to the municipality that would favour seniors. This action plan should be adopted by Municipal Council at the council meeting on October 13th. The launch of this new policy will take place in 2016.

NEIGHBOURHOOD WATCH PROGRAM

For a few years now, in the Masonville & Morindale sector, there is a Neighbourhood Watch Program committee. This program aims to encourage ties between neighbours thus increasing surveillance as people start to look out for one another. It gives the community a sense of security. Residents work together to discourage theft, vandalism etc, because there is strength in numbers.

When you start up an organizing committee, prevention tips are explained by an officer of the Sûreté du Québec at the first meeting. Thereafter, contact is established between citizens and the police. This contact is useful when there are special requests made by citizens or to exchange information, as they become the eyes and ears of their community. Teamwork is essential: citizens working with the police.

To participate in the program, contact Mrs. Mireille Guilbeault at 450 834-2596, ext. 7114.



AN ORGANIZATION THAT TAKES ITS PLACE (25th anniversary slogan)

Maison des Jeunes de Rawdon

Mission : to offer adolescents a place to meet, share and partake in activities. Through various means, the Maison des Jeunes works to be recognized as an important youth centre in the community and to promote activities for teenagers. Under the supervision of a qualified team, the young people can look for help on emotional, social and interpersonal levels which in turn encourages a sense of responsibility, personal and collective empowerment as well as creativity.

Target clientele: 12 to 17 years old and their successors 10 and 11 years old

Summer hours: Wednesday to Friday from 2 pm to 10 pm

School year hours: Thursday and Friday from 6 pm to 9 pm

3597, Metcalfe St. (back entrance, off of the Metcalfe Centre parking lot)

Telephone: 450 834-6353 | Email: mdjr@hotmail.ca | Person in charge: Isabelle Royer

ACCÈS-LOISIRS LANAUDIÈRE - RAWDON

In partnership with the community, the Municipality of Rawdon is proud to offer the Accès-Loisirs Lanaudière program.

Info : 450 834-2596, ext. 7160

GENERAL INFORMATION

Activities begin on September 15th

Program is subject to change due to events that cannot be foreseen at press time.

There will be no activities on Monday October 12th, Thanksgiving Day.

REGISTRATION

Rawdon residents: September 2nd to 8th

Everyone: September 9th to 13th

ONLINE

At www.rawdon.ca

IN PERSON

Town Hall – 3647, Queen St.

Monday to Friday – 8 am to noon and 1 pm to 4 pm

Cash, Visa or Master Card, debit or cheque

REGISTRATION FEES

For participants 15 years and over – all fees are taxable

Fees are 25% more for non-residents

LOCATIONS

École secondaire des Chutes – 3144, 18th Avenue

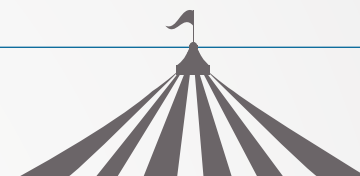
École des Cascades, pavillon Saint-Louis – 3763, Albert St.

Metcalfe Centre – 3597, Metcalfe St.

Beach Chalet – 3304, 8th Avenue

RECREATION PROGRAM FALL 2015

CULTURAL ACTIVITIES FOR YOUTH



Circus Arts (NEW)

Discovery workshop for parents and children (2-6 yrs). Come with your children and discover all of the circus arts.

Sunday 10 am to 11:30 am - Metcalfe Centre

Cost: \$108 Begins: September 20th Duration: 5 weeks

(for parent and child)

Instructor: École de cirque Ludiqu'art

Circus Arts (NEW)

This introduction to circus arts helps children discover, through games, basic techniques in several disciplines: juggling, balance, object manipulations, floor acrobatics. The fall session will be complemented with special activities such as human pyramids, skipping rope and "clowning around".

Course for children from 3rd grade to 6th grade

Thursday from 3:30 pm to 5 pm - École des Cascades, pavillon Saint-Louis

Course for 11 to 14 years old

Thursday from 6 pm to 7:30 pm – Metcalfe Centre

Cost: \$162 Begins: September 24th Duration: 10 weeks

Instructor: École de cirque Ludiqu'art

Drawing (7-12 yrs)

Project/activity to discover various drawing techniques. The participant will learn to draw characters, animals, methods of transportation and landscapes.

Sunday 9 am to 10:30 am – Metcalfe Centre

Required material: foresee \$30 + taxes for the purchase of material.

Cost: \$97 Begins: September 20th Duration: 8 weeks

Instructor: René Gratton

SPORTS ACTIVITIES FOR YOUTH



Youth Multidance

(hip-hop, jazz, contemporary, ballet and breakdance)

Introduction to various dance styles. Lessons are adapted to each age group and will continue in January with a show in June (participation is optional). Please note that there is \$50 fee for the costume.

The rate for the 2nd session will be announced in the January edition of the Rawdonnois

3-5 yrs: Sunday 9 am to 10 am

6-8 yrs: Sunday 10 am to 11 am

9-12 yrs: Sunday 11 am to noon

13-17 yrs: Wednesday 6 pm to 7 pm

Breakdance ages 8-12: Sunday 10 am to 11 am
Metcalf Centre

Required material: Comfortable clothing, no jeans

Cost: \$95 Begins: September 20th Duration: 12 weeks

Instructors: Troupe de danse ReemX



Free trial lesson at the Metcalfe Centre

Sunday September 6th

Wednesday September 9th

3-5 yrs: 9 am to 10 am

13-17 yrs: 6 pm to 7 pm

6-8 yrs: 10 am to 11 am

9-12 yrs: 11 am to noon

Baby on the move (2-4 yrs)

Games and exercises for little ones aged 2-4 yrs and their parents.

Saturday 9 am to 10 am - École des Cascades, pavillon Saint-Louis

Cost: \$56 Begins: September 19th Duration: 10 weeks

(for parent and baby)

Instructor: Marie-Claire Bouchard

Gymnastics (5-12 yrs)

The child develops his/her gymnastic potential in age and level adapted lessons, in a fun and inspiring atmosphere!

5-7 yrs: Saturday 10:15 am to 11:15 am

8-12 yrs: Saturday 11:30 am to 12:30 pm

École des Cascades, pavillon Saint-Louis

Required material: Comfortable clothing, no jeans

Cost: \$56 Begins: September 19th Duration: 10 weeks

Instructor: Marie-Claire Bouchard

Introduction to Skateboarding (7-12 yrs)

7-8 yrs: Friday 6 pm to 7 pm

9-12 yrs: Thursday 6 pm to 7 pm

Skate Park at the Metcalfe Centre

Required material: Skateboard, safety helmet and knee pads are mandatory

Cost: \$45 Begins: September 17th Duration: 5 weeks

Instructor: Maison des jeunes de Rawdon

Introduction to the scooter 7-12 yrs (NEW)

7-8 yrs: Friday 5 pm to 6 pm

9-12 yrs: Thursday 5 pm to 6 pm

Skate Park at the Metcalfe Centre

Required material: Scooter, safety helmet and knee pads mandatory

Cost: \$45 Begins: September 17th Duration: 5 weeks

Instructor: Maison des jeunes de Rawdon

TENNIS

Instructor: Julien St-François



Parent-child 5-8 yrs (NEW)

Group lessons for 4 to 10 players

Tuesday 5 pm to 6 pm

Cost: \$87 Begins: September 15th Duration: 5 weeks

(for parent and child)

Beginner (9-12 yrs)

Group lessons for 4 to 8 players

Tuesday 6 pm to 7 pm

Cost: \$43 Begins: September 15th Duration: 5 weeks

Intermediate (9-12 yrs)

Group lessons from 4 to 8 players

Tuesday 7 pm to 8 pm

Cost: \$43 Begins: September 15th Duration: 5 weeks

Zumba® parent-child (NEW)

Are you ready to party to stay in shape? The Zumba® program is a celebration of fitness and Latin music.

Requirement: The child must be able to follow the choreography

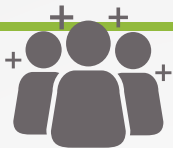
Saturday 10 am to 11 am - Metcalfe Centre

Cost: \$45 Begins: September 19th Duration: 10 weeks

(for parent and child)

Instructor: Émilie Pesant (Zumba® certified)

TRAINING FOR YOUTH



Babysitting Course - 11 yrs and over

Learn all that you need to know on how to become a responsible babysitter and receive your Canadian Red Cross Babysitter's card.

School pedagogical day

November 13th - 8:30 am to 4:30 pm - Metcalfe Centre

Required material: cold lunch, beverages, snacks, a pencil and a doll
Cost: \$48

The course is given in French but the manual is available in English (upon request at registration)

CULTURAL ACTIVITIES 15+

Spanish - beginner

For those who have no or very basic knowledge

Wednesday - 7 pm to 9 pm - Metcalfe Centre

Required material: Textbook for \$22

Cost: \$55 Begins: September 23rd Duration: 10 weeks

Instructor: Rachel Saint-Jean



Herbalism 101

This is an introductory course in herbalism, where theoretical and practical concepts will be presented. At the end of the course, the participant will be able to safely and properly use appropriate medicinal plants to treat minor health problems.

Monday 2 pm to 4 pm - Metcalfe Centre

Cost: \$69 Begins: September 21st Duration: 8 weeks

Instructor: Marie-Claudine De Pairon



Herbalism 201 (NEW)

Follow up to Herbalism 101

Monday 10 am to noon - Metcalfe Centre

Cost: \$69 Begins: October 26th Duration: 8 weeks

Instructor: Marie-Claudine De Pairon

Painting and tips (NEW)

This is a practical course that caters to aspiring artists and artists who desire to work with acrylic, with ease, subtlety and confidence.

Monday 6 pm to 8:30 pm or Thursday 9 am to 11:30 am

Metcalfe Centre

Cost: \$108 Begins: September 21st Duration: 10 weeks

Required material: Foresee \$100 for the purchase of material

Instructor: Lise Bédard

ADULT SPORTS ACTIVITIES - 15 yrs and +

Badminton

Wednesday or Thursday - 7:30 pm to 9:30 pm

École secondaire des Chutes

Required material: racquet and shuttlecock

Cost: \$50 Begins: September 23rd Duration: 12 weeks

Please note that one-time registration is available on site, on activity night. The cost is \$8. No reservations and places are available only if registered participants are absent.

General Body Fitness

A combination of various stretching, strengthening and cardio movements that offers a total body workout. For all ages.

Tuesday 6:30 pm to 7:30 pm and/or Thursday 6:30 pm to 7:30 pm

Metcalfe Centre

Required material: 2-5 lb weights, floor mat

Cost: \$45 Begins: September 22nd Duration: 8 weeks

Instructor: Gail Lukian

Cardio-Stroller

Designed for new moms, this cardiovascular and strength training does not involve any type of jumping.

*Please note that babies must be at least two weeks of age (if birth was without complications) or 6 to 8 weeks (if birth was by caesarean section or with complications), and up to 12 months. We also suggested feeding the babies before or after the activity.

Friday 10:15 am to 11:15 am - Dorwin Falls Park

Required material: Appropriate seasonal outdoor clothing and a stroller for babies 12 months and under

Cost: \$81 Begins: September 25th Duration: 10 weeks

Instructor: Marjolaine Laporte (Cardio Plein Air banner)

Cardio-Vitality

Exercise at your own pace, for a smooth progression. The Cardio-Vitality program is an excellent introduction to outdoor training. It allows you to get into shape with confidence.

Friday 9 am to 10 am - Dorwin Falls Park

Required material: Appropriate seasonal outdoor clothing

Cost: \$81 Begins: September 25th Duration: 10 weeks
Instructor: Marjolaine Laporte (Cardio Plein Air banner)

Hip-hop 25+ (NEW)

Introduction to the Hip-hop dance style. Lessons continue in January with a show in June (participation is optional). Please note that there is a \$50 fee for the costume. [The rate for the 2nd session will be announced in the January edition of the Rawdonnois.](#)

25 yrs and over: Tuesday 6 pm to 7 pm - Metcalfe Centre
Required material: Comfortable clothing, no jeans
Cost: \$77 Begins: September 22nd Duration: 12 weeks
Instructors: Troupe de danse ReemX
[Free trial lesson at the Metcalfe Centre: Tuesday, September 8th from 6 pm to 7 pm](#)

Adult Multidance (hip-hop, jazz, contemporary, ballet and breakdance)

Introduction to various dance styles. Lessons continue in January with a show in June (participation is optional). Please note that there is a \$50 fee for the costume. [The rate for the 2nd session will be announced in the January edition of the Rawdonnois.](#)

18-25 yrs: Wednesday 7 pm to 8 pm - Metcalfe Centre
Required material: Comfortable clothing, no jeans
Cost: \$95 Begins: September 23rd Duration: 12 weeks
Instructors: Troupe de danse ReemX
[Free trial lesson at the Metcalfe Centre : Wednesday, September 9th from 7 pm to 8 pm](#)

Tai-chi

Master this ancient art form to develop balance, concentration and coordination in a relaxing atmosphere.

Monday - 7 pm to 9 pm or Tuesday - 9:30 am to 11:30 am
Beach Chalet
Required material: floor mat
Cost: \$45 Begins: September 21st Duration: 10 weeks
Instructors: Carole and René Grenier

Tennis for Adults

Under the supervision of a qualified instructor, adults will be introduced to the sport of tennis.

8

Tuesday 8 pm to 9:30 pm (90 minute course)
Group lessons for 4 to 8 players



Cost: \$70 Begins: September 15th Duration: 5 weeks

Volleyball *** New net!

Monday - 7:30 pm to 9:30 pm - École secondaire des Chutes
Required material: a volleyball
Cost: \$50 Begins: September 21st Duration: 12 weeks
Please note that one-time registration is available on site, on activity night. The cost is \$8. No reservations and places are available only if registered participants are absent.

YOGA

All lessons include stretching, postures, movements as well as breathing, strengthening, concentration, relaxation and meditation techniques.

Yoga for Everyone

This type of yoga is adaptable to everyone's physical capabilities.
Monday 1 pm to 2:30 pm or 7 pm to 8:30 pm

Pilates-Yoga

This fitness course combines classic pilates and yoga. The movement repetition is orderly and precise so that you develop strength, endurance, flexibility and body balance.
The class is taught by Julie Arseneault, who has diplomas from Peak Pilates and numerous yoga and naturopathy schools.
Monday 3 pm to 4:30 pm

Dynamic Yoga

This type of yoga is a fluid and dynamic discipline where the sequence is continuous. Dynamic yoga makes you sweat to help eliminate toxins.

Monday 5 pm to 6:30 pm - Metcalfe Centre
Required material: floor mat
Cost: \$98 Begins: September 21st Duration: 10 weeks
Instructor: Julie Arseneault

In case of absence, lesson retakes are possible. It is also possible to participate in additional classes free of charge.

Zumba®

Are you ready to party to get into shape? The Zumba® program is a celebration of fitness and Latin music, efficient, easy to follow, to burn calories and stay in shape.
Tuesday 7:45 pm to 8:45 pm and/or Friday 6:30 pm to 7:30 pm



Metcalfe Centre

Cost: \$45 Begins: September 22nd Duration: 10 weeks

Instructor: Émilie Pesant (Zumba® certified)

Zumba Gold®

La Zumba Gold® is for beginners of all ages who wish to participate in a physical activity while having fun.

Monday 9 am to 10 am or Friday 9 am to 10 am -
Metcalfe Centre

Cost: \$45 Begins: September 21st Duration: 10 weeks

Instructor: Émilie Pesant (Zumba® certified)

AQUATIC ACTIVITIES OFFERED BY NATATION EN FORME

École secondaire des Chutes

Registration by telephone: 450 752-1380

Online : www.natationenforme.com



Swimming lessons for children

Tuesday, Thursday and Friday night, Saturday morning,
depending on level

Begins: September 29th

Registration: now

Duration: 8 weeks

Cost: \$76 / non-resident \$96

Aquafitness

Monday night and/or Wednesday night, 6 pm to 7 pm

Begins: September 14th

Registration: now

Duration: 8 weeks

Cost: \$76 / non-resident \$96

Lifeguard training - 14 yrs and over

Thursday night

Info: Please refer to the "Formation" tab
on the Natation en forme web site



Recreational swim

October 10th 2015 to May 1st 2016

Family: Saturday, 2 pm to 4 pm

The "Rendez-vous": Monday and Wednesday, 8 pm to 9:15 pm

Cost for recreational swims: \$4/pers., \$10/3 pers.,
\$12/4 pers.

Discount card: 20 admissions for \$65



L'Union des
producteurs
agricoles

PORTES OUVERTES SUR LES FERMES DU QUÉBEC

Sunday, September 13th from 10 am to 4 pm,
rain or shine

Three sites to visit in Rawdon:

Les Ruchers du Troubadour

Beekeeping – 2138, Blue Pine St.

La Terre des Bisons

Bison farm – 6855, Parkinson Rd.

Ferme Guy Rivest

Market gardening and wine making – 1305, Laliberté Rd.

JOURNÉES DE LA CULTURE



DOUBLE BOOK LAUNCH - details on page 11

16TH EDITION OF THE LOUIS BOURGOIS ANTIQUE CAR EXHIBITION

When: Saturday, September 26th from 9 am to 4 pm

(in case of rain, postponed to
Sunday September 27th)

Where: Dorwin Falls Park

Cost: Free



CONTEMPORARY ART EXHIBITION, MOÏSE PIUZE – DENIS FECTEAU

Moïse Piuze and Denis Fecteau will join forces to display
their works. Come and discover this outdoor exhibition,
where you can walk through the park and admire their
creations.



When: Sunday, September 27th
from 10 am to 4 pm (in case of
rain, will be cancelled)

Where: Rawdon Place
Cost: Free



ACTIVITIES

For all activities, registration is mandatory, at the circulation desk or by telephone at 450 834-2596, ext. 7162. FOR MORE INFORMATION, WATCH FOR OUR FLYER.

STORY TIME IN PYJAMAS

Accompanied by their parents and their favorite stuffed animal, children are invited to come and listen to two stories followed by an arts and crafts activity.

**Fridays at 7 pm: September 18th – October 2nd,
16th and 30th**



OSEZ LA LITTÉRATURE EN MATAWINIE

The following is the schedule of upcoming events this fall, as part of the Osez la littérature program, in partnership with municipalities from the Matawinie region. Numerous free activities will be held in several municipalities and you can follow it all on Facebook (Osez la culture en Matawinie)

PROGRAM

Friday September 25th:

Double book launch with two Rawdon resident authors, Lyne Cormier and Nicole Bisson Gagnon.

Time: 7 pm

Friday October 2nd:

Breakfast chat on self-publishing hosted by Lyne Cormier, author

Time: 9:30 am to 11 am

Saturday October 3rd:

Story Time with Marie Eykel

Time: 10:30 am

10

MARIE EYKEL

For a second time, come to a special story time with Marie Eykel.



Mrs. Eykel is the proud spokesperson for the « **LA GRANDE CONTAGION** » project that, this year, is promoting "Story time throughout the seasons".

This project is organized by the GRANDIR ENSEMBLE EN MATAWINIE group, offering activities, free of charge, to the young families of the Matawinie region.

Saturday, October 24th at 10:30 am

BOOK CLUB

September 16th and October 21st at 1:30 pm

WRITING WORKSHOP

With different themes and methods, this workshop will give you the opportunity to write freely. Hosted by Florence Hally.

Wednesday, September 16th at 9:30 am

September 23rd and 30th - October 7th and 14th at 1:30 pm.



NEW IN RAWDON, A PUBLIC WRITER

Do you have to respond to a personal, administrative or government letter but writing is not your strong point? A writer, **Florence Hally, is there FOR YOU. FREE OF CHARGE and confidential**

Tuesdays from 1:30 pm to 3:30 pm beginning September 15th. By appointment only.

DEVELOPING SOCIAL SKILLS IN CHILDREN FROM 3 TO 5 YEARS OF AGE



LIBRARY

Firstly, what are social skills?

They are the attitudes and behaviours that allow your child to make contact with others, to get along with them, to make friends, to work in a team and to take their rightful place (example: express your emotions, control them as well as your behaviours). (Nathalie Vallerand, taken from the site « Naître et Grandir », www.fondationchagnon.org)

Who is Amibulle?

It is a team comprised of passionate and dynamic professionals supported by a group of local partners (Grandir Ensemble en Matawinie, GEM) working together with the communities that children aged 3 to 5 attend.

What is Amibulle? It is a series of workshops...

- to foster quality interactions between the child and his/her environment;
- to enable parents to practice strategies that encourage the development and maintenance of social skills;
- to promote and support the development of social skills.

Where is Amibulle from?

Amibulle was born of a common desire to contribute to the development of social skills that are conducive to a positive and harmonious school entry for every child in the Matawinie region. In collaboration with Grandir Ensemble en Matawinie (GEM), the Alice-Quintal Municipal Library offers children who are not in day care services, the opportunity to participate in these workshops.

The topics :

1. I make contact
2. I make a request
3. I recognize my emotions
4. I manage my anger
5. I express myself clearly
6. I learn to resolve my conflicts
7. I learn to respect myself

The Amibulle Workshops: **September 29th, October 20th, November 3rd, December 1st, January 5th, February 2nd and March 8th, at 10:30 am.** The workshops are **45 minutes long** and are presented in the form of games, rhymes and stories.



J'écris ma vie is an autobiographical writing assistance program for people who wish to write their life story. The program is divided into 35 workshops, over a two year period, at a rate of a workshop every 15 days. About 10 to 15 people will find themselves in a jovial and relaxed atmosphere. You don't have to be a great writer to take on this task. The workshops are led by **Lisette Audet**, duly trained to accompany you on this great adventure.

Friday September 11th and 25th and October 9th and 23rd from 1:15 pm to 4:15 pm

Cost per year: \$30 for registration and a membership card for the Association J'écris ma vie.

A breakfast chat on this subject will be held on Friday, September 4th.

CONFERENCES

BOOK LAUNCH FOR TWO RAWDON RESIDENTS

As part of the « Journées de la Culture », two Rawdon resident authors will each present their new book. Come and take part in the book launch of Lyne Cormier and Nicole Bisson Gagnon.

Friday, September 25th at 7 pm

HUNTING

Come and meet François Dupuis, known in Rawdon for his good advice and knowledge of the sport.

Tuesday, October 20th at 7 pm

BREAKFAST CHATS

J'ÉCRIS MA VIE with Lisette Audet

Information session regarding the « J'écris ma vie » workshops.

Friday, September 4th at 9:30 am

SELF-PUBLISHING with Lyne Cormier

You do not know what to do with your manuscript? Come to the breakfast chat with guest speaker Lyne Cormier, new author.

Friday, October 2nd at 9:30 am

Dates	Heures	Activités	Organismes	Tarifs	Endroits	Infos
Mondays	12 pm to 3 pm	Various items	Saint-Vincent-de-Paul	Low prices	Basement of St-Patrick's Church 3759 Queen St.	450 755-7753 450 834-4444
Tuesdays	1 pm	Scrabble	Écris-tôt Scrabble Club	\$3 /game	Le Tournesol Restaurant 3217 1st Avenue (Room 22)	450 834-1142
Tuesdays and Fridays (beginning september 1 st)	1 pm	Walk	La Marche des Rawdonneurs	\$0.50 / walk or \$20 / year \$5 / membership card	St-Patrick's Church - Parking lot 3759 Queen St.	450 834-4560
Wednesdays (beginning September 2 nd)	12:45 pm	Bridge	Duplicata Bridge Club	\$4	United Church 3253 4 th Avenue	450 834-6629
Thursdays and Fridays	6 pm to 9 pm	Various activities for adolescents	Maison des jeunes de Rawdon	Free	3597 Metcalfe St Back entrance	450 834-6353 mdjr@hotmail.ca - Facebook
Fridays	9 am to 12 pm	Popote Montcalm Matawinie (volunteers needed)	Centre communautaire bénévole Matawinie	Varied	Groupe Solidarité Sociale 3625 Queen St	450 882-1089 1 888 882-1086
Fridays (beginning September 11 th)	10 am to 3 pm	Various activities for seniors (Anglophone)	Fridays Friends	\$7.50 - Lunch and transportation included	Mid Laurentian United Church Hall 3217 Church St.	450 834-6604
Week	Evening	Various activities	Royal Canadian Legion	Low prices	3604 Albert St.	450 834-2373
Registration: September 3 rd Begins: September 17 th	Thursdays 6:30 pm	Scouts: AMIKS 7-8 yrs TIMBERWOLVES 9-12 yrs EXPLORERS 15-16 yrs	45e Groupe Scout de Rawdon	\$45 +	Metcalfe Centre 3597 Metcalfe St	450 834-2314 45egrouperawdon@gmail.com
September 25 th , 26 th , 27 th	10 am to 4 pm	Various activities as part of the Journées de la Culture	Rawdon Multiethnic Centre	Free	Multiethnic Centre 3588 Metcalfe St	Marie-Soleil Cyr 450 834-3334 mail@cimrawdon.info
September 26 th and 27 th	10 am to 4 pm	Handicraft Fair	Etsy Lanaudière	Free	Collège Champagnéur 3713 Queen St.	etsylanaudiere@gmail.com
September 26 th	8 pm	Musical show: Retour de la Vesse du Loup with Mario Breaud	Rawdon Multiethnic Centre	Non-member: \$20 Member: \$16	Multiethnic Centre 3588 Metcalfe St	Marie-Soleil Cyr 450 834-3334 mail@cimrawdon.info
October 3 rd	5 pm	Dinner and dance Oktoberfest	Rawdon Multiethnic Centre	\$20	Multiethnic Centre 3588 Metcalfe St	Marie-Soleil Cyr 450 834-3334 mail@cimrawdon.info