

LE RAWDON NOIS

MUNICIPAL BULLETIN

August 2018

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MUNICIPAL OFFICES CLOSED

On Monday September 3rd for Labour Day and on October 8th for Thanksgiving

NEXT COUNCIL MEETINGS

Thursday August 23rd at 7 pm
Thursday September 6th at 5 pm
Tuesday September 25th at 7 pm
Thursday October 4th at 5 pm
Metcalfe Centre • 3597 Metcalfe St.

**Back to
school**

The Municipality of Rawdon wishes all students, teachers and school support staff a great new school year.

 **Rawdon**
Strength through diversity



rawdon.ca

FLASH INFO

THE LAST TAX INSTALMENT OF 2018

Don't forget to pay your last tax instalment, due on September 4th.

PHOTOS WANTED

We need your help for our next municipal calendar! In 2019, families will be in the spotlight! Do you have photos of your family taken among the beautiful landscapes of Rawdon? If so, send them to info@rawdon.ca. You could be featured in our next calendar!

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MUNICIPALITY OF RAWDON
TOWN HALL
3647 Queen St.
Rawdon (Quebec) J0K 1S0
450 834.2596

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

ALICE-QUINTAL LIBRARY
3643 Queen St.
Rawdon (Quebec) J0K 1S0
450 834.2596, ext. 7162

SUMMER SCHEDULE (until Labour Day)
Tuesday to Friday 1 pm to 8:30 pm
Saturday 9:30 am to 4 pm | Sunday 1 pm to 4 pm

REGULAR SCHEDULE
Tuesday, Wednesday and Friday 1 pm to 8:30 pm
Saturday 9:30 am to 4 pm | Sunday 1 pm to 4 pm

NEXT ISSUE: October 2018

Legal deposit: BAnQ2018
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IMPORTANT NOTICE:

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

A WORD FROM THE MAYOR

ROAD WORKS – A RECORD BREAKING SUMMER SEASON

Hello everyone,

On behalf of myself and the Municipal Council, I would like to thank you for your patience for the inconvenience caused by the work this summer season.

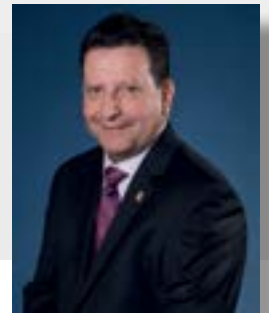
The numerous detours, the dust and the state of the streets have caused you a few concerns; we are well aware of this and wish to acknowledge your cooperation during these various projects.

Several planned projects are subject to government grant applications. To receive these subsidies, some of the work must be completed by the end of 2018. This is why a few of the projects were undertaken at the same time.

Despite all of the drawbacks that were experienced by our citizens, this work had to be done and you can already see the improvement of street conditions. Did you know that the pavement on some of our streets dates back to more than 40 years ago?

Thank you for your patience and your cooperation. Together, we are working to beautify our municipality.

Mayor of Rawdon,
Bruno Guilbault



NEWS

ONE MORE PROJECT ACCOMPLISHED - DANS MA RUE, ON JOUE! (ON MY STREET, WE PLAY!)

This wonderful project aims to encourage young and old to play freely and safely on residential streets.

The residents of 20th Avenue approached the Municipality and the Sûreté du Québec to obtain this authorization. This project fits in very well with two (2) of our policies: Healthy Lifestyle and Family Policy.

For more information, please contact Mrs. Isabelle Ménard at 450 834.2596, ext. 7165 or by email at imenard@rawdon.ca.



NEW - FREE LEISURE SWIMMING!

As part of the Family Policy, we are pleased to announce that on **Saturday October 13th, November 10th and December 8th**, Rawdon residents will be able to swim at the école secondaire des Chutes pool, from 2 pm to 4 pm, free of charge. A great family activity!

YOUR OPINION MATTERS - SURVEY ON CANNABIS

We invite you to fill out our survey concerning the legalization of cannabis, which you will find on the municipality's website home page (rawdon.ca) and at the Town Hall reception desk. It will be available from **August 20th to September 20th**.

As soon as the federal law legalizing cannabis comes into effect, municipalities will have a number of responsibilities, including establishing zoning for the cultivation and sale of cannabis as well as implementing various by-laws regarding its use in public spaces. Your opinion is therefore important before new regulations are adopted.



DOG PARK PROJECT: NOTICE TO INTERESTED DOG LOVERS

The Municipality would like to form a committee for this project. Please call Mrs. Mireille Guilbeault at 450 834.2596, ext. 7114 or send your contact information to communications@rawdon.ca.



COMMUNITY

FUNDRAISER FOR « LES PATTES DE RAWDON »

"Dogs Walk for Cats" is a 5 km walk, with or without your dog, which will be held on **Saturday October 13th at 10 am** (in case of rain, postponed to the following day). Departure will take place from the École Marie-Anne parking lot (4567 Mont-Pontbriand Street) and we will return to this same spot.



The cost of registration is \$10. A pledge form is available at the Town Hall reception desk or on the municipality's website (rawdon.ca/Citizens/Animals/Cats) should you wish to invite other participants and/or donors. The collected donations can be given to the organizers on the morning of the walk. A total of \$1,682 was raised last year. Thank you for encouraging the volunteers who are working very hard to set up this community cat spay/neuter program.

Also, since our meeting last June 26th, there have been several developments in the Capture/Sterilization/Return and Maintenance (CSR) project. We hope to proceed with the spaying/neutering of a colony of cats during the month of September.

Would you be interested in becoming a volunteer? Call us at 450 834.2596, ext. 7114.

GOOD NEWS FOR THE TOURNÉE DES CANTONS DE RAWDON (TDCR)!

The TDCR is pleased to announce that it has received a \$2,500 grant, courtesy of Mountain Equipment Coop and Vélo-Québec, in recognition of its development efforts.

Of the eleven candidates, the TDCR distinguished itself by the quality of its proposal and the energy invested. This grant will be used to open up a mountain bike trail between the Le Cap and Tinsco trails.

To check out the trail maps, visit tourneedescantons.com

COMMUNITY (CONT'D)

CONGRATULATIONS TO...

Mrs. Marcelle Brunet St-Denis (wife of the late Paul St-Denis) who celebrated her 100th birthday on July 25th. On the photo in company of the councillor Mrs. Stéphanie Labelle.



The representatives of the Royal Canadian Legion, Branch 198, who travelled to Victoria British Columbia to represent Quebec in the Dominion Cribbage Tournament. The team won a trophy and its members included Mrs. Sandra Routledge, Mrs. Elaine Dubeau, Mrs. Veronica White and Mrs. Catherine Bryan.

TRIBUTE TO MRS. MAROUSHKA BOLDIREFF

The Municipality of Rawdon would like to pay tribute to Mrs. Maroushka Boldireff for the exceptional work she did throughout her life. Thanks to her extraordinary talent for working with earthenware, where each piece was unique and original, she was recognized throughout Québec and in Europe as well. It is with regret that we learned of her passing and wish to extend our sincere condolences to the Boldireff Family.



A MESSAGE FROM THE SÛRETÉ DU QUÉBEC

EXCURSIONS IN REMOTE AREAS – EXERCISE WITH CAUTION

The Sûreté du Québec would like to issue a warning to outdoor enthusiasts who practice their activities alone, in remote areas. An expedition in the forest or in the heart of an isolated area is not without risk and requires adequate preparation.



Before leaving, make sure to...

- Prepare a detailed itinerary, including each of your destinations, the distances between them, the time required to travel to each one and the expected dates of arrival at each place. Make two copies and leave one with a friend/relative before leaving.
- Have a current, detailed map of the chosen area and refresh your map and navigational tool reading skills (GPS, compass, etc.).
- Master survival techniques and the method of travel you plan to use (walking, boating, etc.).
- Be able to use your equipment properly.
- Check the weather forecast.

In addition, you must ensure to bring the following essential items:

- A communication device such as a satellite phone, a portable UHF or VHF radio, a "Spot" type beacon or any other device that will allow you to communicate from a remote location. Don't forget to write down and carry the local emergency services phone number.
- A survival kit that contains at least a basic set of tools, spark plugs, a first-aid kit, a knife, a large orange plastic bag, waterproof matches, a flashlight, a whistle, a light aluminum-coated blanket and high-calorie foods such as chocolate and dehydrated food pouches.
- Clothing and footwear that are suited to the activity.

During your excursion...

- Keep in touch with your loved ones on a regular basis, letting them know your location.
- Mark your passage with marker ribbons that you can stick on trees.

In case of problems...

- Try to build yourself a shelter.
- Stop walking. If you have previously reported your position, stay in the same area.
- Locate a sparsely wooded area and make yourself visible by lighting a fire and spreading out your brightly colored equipment on the ground.

The Sûreté du Québec invites you to visit sq.gouv.qc.ca and to download the « Orientez votre excursion » pamphlet to help you best prepare for your outdoor activity.



FIRE SAFETY



SAFE STORAGE OF FLAMMABLE AND COMBUSTIBLE LIQUIDS

Store flammable and combustible liquids in clean dry places, such as a garage or shed, away from heat sources and out of children's reach. DO NOT STORE them on a balcony, inside a residence or apartment building, on a window sill or by an exit.

COOKING FIRES

In Québec, nearly 33% of residential building fires start in the kitchen and are usually caused by human error, by distraction, etc. They can cause burns but also loss of life and assets as well.

CHIMNEY SWEEPING

It is advisable to have your chimney swept by a professional at least once a year, ideally in the spring. Sweeping is also recommended on a regular basis, depending on the amount of wood you burn.

For more information, please do not hesitate to contact your Fire Department or the website of the *ministère de la Sécurité publique*.

Source: securitepublique.gouv.qc.ca

ENVIRONMENT

THE MUNICIPALITY OF RAWDON IS PROMOTING CARPOOLING!

We have reserved two parking spaces in the Town Hall parking lot to encourage people to leave their car before boarding another vehicle for carpooling or another form of transportation such as the bus.

A bicycle rack is also available. This initiative was carried out as part of the « *Embarque Lanaudière!* » project of the *Conseil Régional de l'environnement de Lanaudière*.

Visit: embarquelandaudiere.ca to plan your next carpooling trips!



PUBLIC WORKS



CHURCH STREET UPDATED

Good news! Church Street has been refurbished in its entirety and now includes a multipurpose track. So, welcome cyclists, pedestrians, motorized wheelchair users and parents with strollers.

FINANCES

AUCTION OF MUNICIPAL PROPERTIES

Do you wish to settle in Rawdon? Would you like to have a larger property? The Municipality is organizing an auction for the sale of municipal properties. Nearly sixty lots will be put up for sale. The sale will be held on **Saturday October 13th, 9 am** at the Metcalfe Centre.

You can consult our website for the list of available properties and their locations at rawdon.ca/Municipality/Finances.

Conditions of sales:

- The properties will be awarded to the highest bidders;
- Full payment required on the spot, in cash, certified cheque or money order;
- All fees, including notary fees are payable by the buyer;
- Land will be sold without legal warranty, at the risk and peril of the buyer;
- Starting price : 50% of the municipal evaluation;
- The sale must be completed within 60 days.

TOWN PLANNING

PROPERTY MAINTENANCE

The Municipality of Rawdon would like to remind citizens that all properties must be properly maintained. Consequently, piles of branches, tree trunks and stumps, whether on a vacant or building lot, are a fire hazard and therefore considered a nuisance. Any pile of rubbish and garbage is also considered a nuisance and is prohibited.

In addition, the presence of tall grass (grass that is too long) could also be considered a nuisance.

In order to be able to offer quality surroundings throughout the territory, the Municipality requests everyone's cooperation in this matter.

2018 FALL PROGRAM

REGISTRATION

Online at rawdon.ca or in person at the Town Hall

Rawdon residents: September 5th to 11th | Everyone: September 12th to 16th

Activities begin on September 23rd (there will be no activities on October 8th)

For participants 15 years and over, all fees are taxable. Fees are 25 % more for non-residents.

ACCÈS LOISIRS LANAUDIÈRE

Wednesday September 19th, from 1 pm to 4 pm at the Maison de Parents de la Matawinie Ouest • 3625 Queen St., Rm 1

AQUATIC ACTIVITIES OFFERED BY NATATION EN FORME

École secondaire des Chutes • 3144 18th Avenue

Registration by telephone: 450 752.1380 | Online: natationenforme.com

SWIMMING LESSONS FOR CHILDREN

Tuesday, Thursday and Friday evenings, Saturday morning, depending on levels • Registration currently underway

Cost: \$79 | non-resident: \$99 • Duration: 8 weeks Begins: September 25th

AQUA FITNESS

Monday and/or Wednesday 6 pm or 7 pm • Registration currently underway

Cost: \$79 | non-resident \$99 • Duration: 8 weeks Begins: September 10th

RECREATIONAL SWIMMING (returns on Wednesday October 10th)

Family: Saturday 2 pm to 4 pm • Le « Rendez-vous »: Monday and Wednesday 8 pm to 9:15 pm

Cost: \$4 / person, family of 3 / \$10, family of 4 / \$12. Discount card available.

CULTURAL ACTIVITIES FOR YOUTH

CIRCUS WORKSHOPS 7-12 YRS **NEW!**

Friday 4:30 pm to 6 pm **and** Saturday 1 pm to 2:30 pm

Pavillon Ste-Anne

Cost: \$165 Duration: 5 weeks Begins: October 12th

Instructors: Marie-Claire Bouchard and Guillaume

Saladin

THEATRE WORKSHOPS

Amusing games to bolster confidence and encourage dramatic expression

5-7 yrs: Monday 3:15 pm to 4:15 pm (Beach Chalet)

8-12 yrs: Tuesday 3:15 pm to 4:15 pm (pavillon St-Louis)

Cost: \$65 Duration: 10 weeks

Instructor: Marie-Claire Bouchard

DRAWING WORKSHOPS 8-13 YRS

Learning to draw by themes: humans, animals and perspectives

Sunday 9 am to 10:30 am • Metcalfe Centre

Cost: \$115 Duration: 9 weeks

Required material: 2B pencils, eraser, pencil sharpener and letter-size plain white paper

SPORTS ACTIVITIES FOR YOUTH

MULTIDANCE

Sunday

3-4 yrs: 9 am to 10 am (introduction to dance)

5-6 yrs: 9 am to 10 am (basic course, contemporary/ jazz and hip-hop)

7-8 yrs: 10 am to 11 am (contemporary/jazz and hip-hop techniques)

9-10 yrs: 10 am to 11 am (contemporary/ jazz and hip-hop choreography)

11-13 yrs: 11 am to noon (contemporary/ jazz and hip-hop choreography)

8-11 yrs boys and girls: 11 am to noon (Break-dance/ Popping/Locking)

Metcalfe Centre

Required material: comfortable clothing, no jeans

Cost: \$95 (foresee \$50 to \$70 for the costume)

Duration: 12 weeks Begins: September 16th

Instructors: Studio EDR

Free trial lesson 3-13 yrs

Sunday September 9th from 9 am to noon

RECREATION AND CULTURE

SPORTS ACTIVITIES FOR YOUTH

BABY ON THE MOVE 2-4 YRS

Games and exercises for little ones and their parents
Saturday 9 am to 10 am • Pavillon Ste-Anne
Cost: \$65 Duration: 10 weeks
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
Pavillon Ste-Anne
Cost: \$65 Duration: 10 weeks
Required material: comfortable clothing, no jeans
Instructor: Marie-Claire Bouchard

KARATÉ NEW!

Parent-child 4-6 yrs: Wednesday 6 pm to 7:15 pm or Saturday 9 am to 10:15 am
Teens-adults 7+: Wednesday 7:30 pm to 9 pm or Saturday 10:30 am to noon
Metcalf Centre
Cost: \$55 + membership fee and uniform (optional)
Duration: 10 weeks
Instructor: Sensei Alain Denis 4th dan

TENNIS

Under the supervision of a qualified instructor, children will be introduced to the sport of tennis
5-9 yrs: Tuesday 5 pm to 6 pm
10-14 yrs: Tuesday 6 pm to 7 pm
Tennis courts • 8th Avenue
Cost: \$61 Duration: 6 weeks Begins: September 11th
Instructor: Tennis Évolution

TRAINING FOR YOUTH

BABYSITTING COURSE 11+

Participants will obtain their Canadian Red Cross Babysitter's Card
Thursday November 1st (school pedagogical day)
8:30 am to 4:30 pm
Metcalf Centre
Cost: \$45
Required material: cold lunch, beverages, snacks, a pencil and a doll

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

CULTURAL ACTIVITIES ADULTS 15+

SPANISH

Required material: manual at \$35, pencil and eraser, notepad and French/Spanish dictionary
Cost: \$110 Duration: 10 weeks Begins: October 9th
Instructor: Carmen Breault

SPANISH - BEGINNER

Thursday 6:45 pm to 8:15 pm • Library activity room

SPANISH - BEGINNER/INTERMEDIATE

Wednesday 1:30 pm to 3 pm • Metcalfe Centre, Rm 7

SPANISH - INTERMEDIATE

Tuesday 6:45 pm to 8:15 pm • Library activity room

SPANISH - ADVANCED/CONVERSATION

Monday 6:45 pm to 8:15 pm • Library activity room

HERBALISM

Discover botany, cultivation, transformation and the safe use of plants.
Monday 10 am to noon
Metcalf Centre
Cost: \$70 Duration: 8 weeks
Instructor: Marie-Claude de Paireon

PAINTING:

ABSTRACTION IN MY HOME (ACRYLIC) BEGINNER AND INTERMEDIATE

Are you interested by abstraction but do not know where to begin? Here is your chance!
Wednesday 1:30 pm to 4 pm or 6 pm to 8:30 pm
Metcalf Centre
Cost: \$135 Duration: 10 weeks
Required material: protective tablecloth, acrylic paint
Instructor: Linda Lamontagne

FIGURATIVE PAINTING

BEGINNER AND INTERMEDIATE

Develop oil and acrylic painting techniques
Monday 1:30 pm to 4 pm or 6 pm to 8:30 pm
Metcalf Centre
Cost: \$135 Duration: 10 weeks
Required material: protective tablecloth, necessary painting material, an easel
Instructor: Linda Lamontagne

2018 FALL PROGRAM

SPORTS ACTIVITIES ADULTS 15+

BADMINTON

Wednesday 7 pm to 9 pm • École secondaire des Chutes • Cost: \$50 Duration: 12 weeks
Required material: racquet and shuttlecock
One-time registration is available on site, on activity night at a cost of \$8. No reservations and places are available only if the 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 or Thursday 10 am to 11 am or 5:15 pm to 6:15 pm or 6:30 pm to 7:30 pm • Metcalfe Centre
Cost: \$45 Duration: 8 weeks
Required material: 2-5 lb weights, floor mat
Instructor: Gail Lukian

CARDIO-POUSSETTE (CARDIO-STROLLER)

Rediscover your prenatal weight and shape. Safe and progressive, this program also integrates perineal re-education.
Friday 10:15 am to 11:15 am • Dorwin Falls Park
Cost: \$97 Duration: 12 weeks
Required material: floor mat, elastic band
Instructor: Cardio Plein Air

CARDIO-VITALITÉ

An excellent introduction to outdoor training consisting of structured intervals of cardiovascular exercise and weight training, in keeping with your limits.
Friday 9 am to 10 am • Dorwin Falls Park
Cost: \$115 Duration: 12 weeks
Required material: floor mat, elastic band
Instructor: Cardio Plein Air

CARDIOFLEX

A combination of dynamic and static stretching and flexibility exercises.
Wednesday 6 pm to 7:30 pm • Beach Chalet
Cost: \$40 Duration: 10 weeks
Required material: floor mat and running shoes.
Weights and elastic band (optional)
Instructor: Julie Aubin

MULTIDANCE - ADULT 14-30 YRS

Introduction to hip-hop and contemporary dance styles.
Beginner: Wednesday 6 pm to 7 pm | Intermediate: Wednesday 7:15 pm to 8:15 pm • Metcalfe Centre
Cost: \$95 (foresee \$50 to \$70 for the costume)
Duration: 12 weeks

Required material: comfortable clothing, no jeans
Instructors: Studio EDR

Mandatory free trial lesson 14-30 yrs

Wednesday September 12th 6:30 pm to 7:30 pm

POUND IT

Fitness class with drumsticks – Anyone with a back problem should abstain.
Thursday 6:30 pm to 7:15 pm • Beach Chalet
Cost: \$45 Duration: 10 weeks
Required material: floor mat
Instructor: Émilie Pesant

PIYO

Anyone with wrist or knee problems should abstain.
Tuesday 6:30 pm to 7:30 pm • Beach Chalet
Cost: \$45 Duration: 10 weeks
Required material: floor mat
Instructor: Émilie Pesant

TAÏ-CHI

Monday 7 pm to 9 pm or Tuesday 9:30 am to 11:30 am
Beach Chalet | Cost: \$50 Duration: 10 weeks
Required material: floor mat
Instructors: Carole and René Grenier

TENNIS - ADULT

Group lessons from 4 to 8 players
Tuesday 7 pm to 8:30 pm (90 minute lessons)
Cost: \$85 Duration: 6 weeks Begins: September 11th
Instructor: Tennis Évolution

VOLLEYBALL

Monday 7 pm to 9 pm • École secondaire des Chutes
Cost: \$50 Duration: 12 weeks
Required material: ball
One-time registration is available on site, on activity night at a cost of \$8. No reservations and places are available only if the registered participants are absent.

YOGA

Stretching, strengthening, postures, breathing techniques, relaxation and meditation.
Metcalfe Centre | Cost: \$98 Duration: 10 weeks
Required material: floor mat
Instructor: Julie Arseneault

YOGA-PILATES Monday 3 pm to 4:30 pm

YOGA FOR EVERYONE Monday 1 pm to 2:30 pm or 7 pm to 8:30 pm

DYNAMIC YOGA Monday 5 pm to 6:30 pm

ZUMBA®

Tuesday or Thursday 7:30 pm to 8:30 pm
Beach Chalet | Cost: \$45 Duration: 10 weeks
Instructor: Émilie Pesant (certified Zumba®)

EVENTS

FREE OF
CHARGE!

PORTES OUVERTES SUR LES FERMES DU QUÉBEC

Sunday September 9th, 10 am to 4 pm
Rain or shine!

Organized by l'Union des Producteurs Agricoles du Québec



PORTES OUVERTES
SUR LES
FERMES DU QUÉBEC

19TH EDITION OF THE LOUIS BOURGEOIS ANTIQUE CAR EXHIBITION

Saturday September 29th, 9 am to 4 pm at Dorwin
Falls Park (in case of rain, postponed to Sunday
September 30th)



JOURNÉES DE LA CULTURE

The *Journées de la culture*, are three days of activities and cultural discoveries throughout the province. In Rawdon, the activities will take place on September 29th at Place Rawdon, from 10 am to 4 pm (in case of rain, activities will be cancelled).

The activities are interactive. You are therefore invited to come and create and participate in the following workshops:

- Musée d'art de Joliette - As a side event to the *Parcs en art* activity, the *Musée d'art* is offering a collage activity, inspired by the approach of Lanaudois artist, Jérôme Fortin. Like him, create a work of art all the while reviving old books.
- Projet Co-création, Inspiration Land Art, Les fées mères with Odrée Roy Lavallé
- Knitting workshop
- Jewelry making
- Improv workshop
- Daniel Roy, Québec singer and musician
- Giant Scrabble, giant crosswords
- Exhibits
- And many more!



IMPROV AT THE BEACH CHALET

NEW!

Wednesday October 17th, November 14th and December
19th from 1:30 pm to 3:30 pm

Registration at the Recreation and Culture Department





SUGGESTED READING

Irish born Montreal author Peter Kirby introduces us to his investigator Luc Vanier in a series of thrilling crime novels. *The Dead of Winter*, *Vigilante Season* and *Open Season* can be read in any order and are available in English at the library.

ACTIVITIES

Activities take place at the library and you can register at the circulation desk or by calling 450 834.2596, ext. 7162

YOUTH

STORY TIME IN PYJAMAS

Fridays at 7 pm
September 21st • October 5th and 9th

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

ADULTS

BREAKFAST CHATS - 9:30 AM

FOCUSING AND MINDFULNESS WITH
MR. JEAN-GUY RICHARD
Friday September 21st

Focusing is a proven method that leads us to become aware of the knowledge enshrined in our bodies which, as it unfolds, guides us to multiple discoveries. On the one hand, it will allow you to discover what blocks you in Life, what slows you down, what inhibits you and prevents you from moving forward. On the other hand, what changes you need to make.

THE ROOTS OF JAZZ
Friday October 19th

A lecture and concert given by **Mr. Christian Lewis** on the history of jazz - It will be an opportunity to talk about the music of the great artists of our time: Louis Armstrong, Sydney Bechet and Duke Ellington.

« CHAMPION DE LECTURE » CONTEST

Are you between the ages of 6 and 9 and are up for the challenge of reading several books in 60 days? Join the contest and you could win one of the prizes! The winner will have a « UN CHAMPION DE LECTURE VIT ICI » poster installed on his/her property and will also receive a \$250 gift certificate from the Librairie Martin bookstore. All participants will be treated to a show at the Alice-Quintal Library and will have a chance to win a \$250 Via Rail voucher. Registration and information will be available from September 28th to October 5th.

WRITING WORKSHOPS

« **LES PLUMES EN CHANTIER DE RAWDON** »
Using different themes and methods, you will write freely during each workshop with the help of a guide. The workshops, led by **Mrs. Florence Hally**, will begin on October 2nd at 1:30 pm and will continue weekly until the month of December. Please note that there will be no workshop on the 3rd Wednesday of each month.

PUBLIC LETTER WRITER

Do you have to respond to a personal, administrative or government letter but writing is not your strong point? A writer, **Mrs. Florence Hally**, is there for you. **BY APPOINTMENT ONLY - FREE OF CHARGE AND CONFIDENTIAL.**

LITERACY TRAINING AND POPULAR EDUCATION

Equivalence, francization, computing, etc.
Free and paid training
Coopérative de services multiples de Lanaudière
450 831.3333

SALE OF MISCELLANEOUS ITEMS AND FOOD VOUCHER DISTRIBUTION

MONDAYS NOON TO 3 PM
Société Saint-Vincent-de-Paul
Basement of St-Patrick's Church
3763 Queen St. | 450 755.7753
Mondays noon to 3 pm: 450 834.4444

BILLIARDS, DARTS, EXERCISE 2ND WEDNESDAY OF THE MONTH: PASTA DINNER

MONDAY TO FRIDAY AT 7 PM
Rates: varied • Royal Canadian Legion
3604 Albert St. | 450 834.2373

JUDO

EXTRACURRICULAR ACTIVITY
6-7 YRS: MONDAYS 3:30 PM
8-12 YRS: WEDNESDAYS 3:30 PM
PARENT-CHILD: SATURDAYS 10 AM
Rates: varied • Dojo Do-Raku • Pavillon St-Louis
450 834.5969 | 514 833.5969 | Do-raku@hotmail.com

SALE OF MISCELLANEOUS ITEMS AND FOOD ASSISTANCE

TUESDAY TO FRIDAY 9 AM TO 4 PM
Provision Compassion • 3719 des Commissaires St.
450 834.4958 | provisioncompassion@bellnet.ca

SCRABBLE (IN FRENCH) - BEGINNERS ARE WELCOME!

TUESDAYS 1:15 PM TO 3:30 PM
Rate: \$3 / game (member), \$4 non-member
Écris-Tôt de Rawdon Scrabble Club
Christ Church parish hall
3569 Metcalfe St. | 450 834.3396

VARIOUS ACTIVITIES IN ENGLISH

TUESDAYS 9 AM TO NOON (begins: September 11th)
Rate: free or minimal charge
ECOL (English Community Organization of Lanaudière)
Christ Church parish hall
3569 Metcalfe St. | 450 421.5379
ecollanaudiere@hotmail.com

ZOOTHERAPY AND MUSIC THERAPY (FOR SEVERELY DISABLED ADULTS)

TUESDAYS AND THURSDAYS BETWEEN 9:30 AM AND 3:30 PM
\$20 / 1 hour session • Jardin d'Étoiles Day Centre
3931 Lakeshore Drive | 450 834.3070, ext. 1027
info@jardinettoiles.com

WALKING

TUESDAYS AND FRIDAYS 9:30 AM UNTIL AUGUST 31ST,
1 PM BEGINNING SEPTEMBER 1ST
Rate: \$0.50 / walk **OR** \$20 / year, \$5 / membership card
La Marche des Rawdonneurs
St-Patrick's Church parking lot
3763 Queen St. | 450 834.6612
lesrawdonneurs@gmail.com

BRIDGE (IN FRENCH)

WEDNESDAYS 12:45 PM TO 4:30 PM (begins: September 5th)
Rate: \$4
Club de Bridge de Rawdon • Metcalfe Centre gymnasium
3597 Metcalfe St., right side door
450 333.0508 | mtccaron@hotmail.com

VIEACTIVE

WEDNESDAYS 9:30 AM
Rate: Free of charge
FAD00 • Basement of St-Patrick's Church
3763 Queen St. | 450 834.2874

ASSISTANCE TO NATURAL CAREGIVERS AND TO THOSE WHO SUFFER FROM ALZHEIMER'S DISEASE

WEDNESDAYS 1:30 PM (begins: September 12th)
Rate: free of charge
Société Alzheimer Lanaudière
Metcalfe Centre • 3597 Metcalfe St.

TAEKWONDO

WEDNESDAYS AND FRIDAYS 6 PM (begins: September 5th)
1 hour / age group • Rates: varied
Académie de Taekwondo CCS
Pavillon Ste-Anne • 3790 Lac-Morgan Rd.
450 758.1006 | ccstkd@hotmail.com

VARIOUS WORKSHOPS - FAUX STAINED GLASS, PAINTING, KNITTING, JEWELRY MAKING, QUILTING

THURSDAYS 9 AM TO 3 PM (begins: September 13th)
Maison des Aînés • Beach Chalet
3304 8th Avenue | 450 834.2874 | 450 397.1180

MOUNTAIN BIKING

THURSDAYS 6 PM (in case of rain, the activity is cancelled)
Tournée des Cantons de Rawdon
Rawdon Golf Club • 3999 Lakeshore Drive
579 473.0118 | info@tourneedescantons.com
ALL TRAILS WILL BE CLOSED DURING HUNTING SEASON - from September 29th to November 16th

SCOUTS 7-17 YRS

THURSDAYS 6:30 PM TO 8 PM (registration: Sept. 6th)
Rates: \$45 + other fees
45^e Groupe Scout de Rawdon
Metcalfe Centre • 3597 Metcalfe St.
450 834.2314 | 45egrouperawdon@gmail.com

FRENCH IMMERSION FOR BEGINNER AND INTERMEDIATE

THURSDAYS 9 AM TO NOON (begins: September 20th)
Rate: \$10 for photocopies
Groupe Solidarité Sociale Rawdon • 450 834.4911

VARIOUS ACTIVITIES FOR ANGLOPHONE SENIORS

FRIDAYS 10 AM TO 3 PM (begins: September 7th)
Rate: \$8, hot lunch and transportation included
Friday Friends
United Church parish hall • 3553, 4th Avenue
450 834.6604 | brucelyne.scott@sympatico.ca

VARIOUS FREE ACTIVITIES FOR TEENS

VARIED SCHEDULE - CHECK FACEBOOK PAGE
Maison des Jeunes • Metcalfe Centre, back entrance
3597 Metcalfe St. | 450 834.6353 | mdjr@hotmail.ca

SOFTBALL TOURNAMENT - SPECTATORS ARE WELCOME!

AUGUST 31ST, SEPTEMBER 1ST AND 2ND
Association Baseball Mineur de Rawdon • Nichol Park
8th Avenue | 450 917.3071 | abmr@hotmail.ca

MOUNTAIN BIKING EVENT

SATURDAY SEPTEMBER 8TH 11 AM TO 4 PM
Tournée des Cantons de Rawdon (follow us on Facebook)
Bicycle rental on site
Meeting point: Rawdon Golf Club • 3999 Lakeshore Drive

DISCO 7-12 YRS

FRIDAY OCTOBER 5TH 7 PM TO 9:30 PM
Rate: admission \$3, snackbar \$1
Club Optimiste • Metcalfe Centre, back entrance
3597 Metcalfe St. | 450 834.4270

LECTURE ON VOLUNTEERING FOR RAWDON ORGANIZATIONS

MONDAY OCTOBER 15TH 5 PM TO 7 PM
How to recruit, mobilize, motivate and recognize volunteers. *Present in my community so that we can better build together* • Metcalfe Centre
Mandatory registration: 450 834.2596, ext. 7160
louellette@rawdon.ca