

LE RAWDON NOIS

MUNICIPAL BULLETIN

August 2022

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RECREATION &
CULTURE

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NEXT TAX INSTALLMENT
September 1st

MUNICIPAL OFFICES
CLOSED
September 5th for Labor Day

NEXT COUNCIL MEETINGS
Monday September 12th at 7 pm
Monday October 11th at 7 pm
Monday October 31st at 5 pm
Metcalfe Centre | 3597 Metcalfe St.

A BRAND NEW
SKATEBOARD PARK
IN RAWDON

Details on page 3



Rawdon

Strength through diversity



rawdon.ca



A WORD FROM THE MAYOR

A "generous" summer in Rawdon!

What a beautiful summer we are having in Rawdon! If you are one of the many people who partake in the events and activities offered by the Municipality, you are sure to get a lot of sun and energy just in time for the start of a new school year!

Alas, yes, we have to start thinking about "back to school" and the fall activities, the details of which you will find on the following pages. When you talk about "back to school" you must talk about "safety". Consequently, to protect our living environments, this

fall Rawdon will announce the reduction of the speed limit, from 50 to 40 km/h on local residential streets.

In this way, the Municipality of Rawdon wishes to protect all users of local streets, whether they are pedestrians, people with reduced mobility, cyclists or children. Driving at 40 km/h allows for better reaction time, preventing a possible tragedy.

I would like to thank you in advance for cooperating and respecting these new regulations which will be in force this fall; at which time the affected streets will be announced.

I would also like to thank you for the

great generosity you have shown the Ukrainian families who came to spend a few days in Rawdon this summer. It came as no surprise that many citizens answered the call and donated clothes and accessories needed by these families, who have to set up a new home. Heartfelt thanks also go out to Chalets Lanaudière who managed this project and welcomed all of these families. It is with this kind of mobilization that we prove that community spirit is alive and well in Rawdon!

I salute the members of the community garden committee who were able to coordinate and organize all of the players involved in the redevelopment project at de la Roseraie Park. What a fine example of community cooperation and involvement! Hats-off to all the generations who were not afraid to get their hands dirty!

I wish you all a beautiful autumn and invite you to get involved with your community, to take full advantage of all it has to offer, including very soon a new skateboard park in the Citizen's Quarter! Enjoy!

Raymond Rougeau,
Mayor of Rawdon

Thank you for all these years of loyal service to the community!

30 yrs of service for Claude Bélair, Operator-Driver for the Department of Public Works

10 yrs de service of service for:

- Nathalie Venne and Renato Neyra at the Library
- Éric Charron, Driver for the Department of Public Works
- Mélanie Gravel, Water-Treatment Technician for the Department of Public Works
- Johanne Saulnier, Secretary to the Mayor and the Department of Communications

REDACTION: Communications
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MUNICIPALITY OF RAWDON
TOWN HALL
3647 Queen St.
Rawdon (Québec) J0K 1S0
450 834.2596

TOWN HALL HOURS
Monday to Friday 8 am till noon and
1 pm to 4 pm

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

LIBRARY HOURS
Tuesday, Wednesday and Saturday
10 am to 5 pm
Thursday and Friday noon to 8 pm

NEXT ISSUE:
September 2022

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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. These by-laws are subject to change at any time.

A BRAND NEW SKATEBOARD PARK IN RAWDON!

The Department of Public Works will begin excavation work in September and the Lanaudière-based company, Papillon Skate Park inc., will continue with the construction of our skateboard park, unique in northern Lanaudière. The project received a grant for 66.6% of the costs from both the provincial and federal governments. Rawdon is delighted that it can thus meet the need for youth diversity and promote a healthy lifestyle!



The skateboard park represents the first phase of the Citizen's Quarter integrated project, located on the corner of 4th Avenue and Metcalfe Street. We would like to add that the members of the Citizen's Quarter committees, the Community Garden and Cultural Action Plan, have already suggested ways to complement the skateboard park that is intended for the youth of Rawdon.



A DOG PARK COMING SOON TO RAWDON!

It's official! Your dog will soon be invited to come and frolic in a dog park set up at the far end of the Nichol Park lot. The area residents were met and informed that this wooded area offered the best conditions for a dog park. Please note that the park will offer two fenced enclosures: one section reserved for smaller breeds and the other for larger breeds.

Follow us on Facebook and our website to find out how the project is progressing.

ROAD NETWORK - REPAIR AND SAFETY



Lac-Morgan Road

Following the collapse of a section of Lac-Morgan Road, repair work was quickly carried out on June 18th, to allow the reopening of the road less than a week later, on June 23rd.



Speed Bumps

In 2022, the Municipality installed 13 permanent asphalt speed bumps throughout Rawdon. Some rubber speed bumps were also installed temporarily.

How to make a request to the Department of Public Works

To file a request related to signage, speed reduction facilities (speed bumps, pedestrian crossings, bollards, etc.) street lights, modification of a speed limit or parking, please refer to the procedure at rawdon.ca/en/citizen/requests-relating-to-public-works/.

SENIORS' FAIR IS EVERYONE'S BUSINESS!

Saturday September 24th from 9:30 am to 4 pm
at Collège Champagneur

The Seniors' Fair is a full day of activities with more than 40 booths to visit and a talk by Marcel Bouchard! It is also a wonderful way to break from isolation and discuss topics that are of concern to you.

Everyone is welcome, admission FREE!

Invite your relatives, neighborsd friends!



Free transportation available:

For residents of Rawdon who require transportation to attend the fair, the Municipality of Rawdon will offer free transportation. All you have to do is contact the Matawinie RCM's Taxibus service before noon Friday September 23rd at 450 834.5441, ext. 7065.

You can also check out the Taxibus section at mrcmatawinie.org.

Fair Hours

9:30 am to 4 pm

- Visit booths and exhibitors
- Trik Trak Bazar workshops; crochet, knitting and scrapbooking

10 am

Conference « Bien vieillir chez soi »

1:30 pm

Conference with Marcel Bouchard
« Bouger, c'est la vie ! »

See the detailed schedule at rawdon.ca

PUBLIC MARKET

Every Saturday from 10 am to 2 pm in the Town Hall parking lot. The producers of the Marché Public La Récolte invite you to attend until Saturday August 27th!

Harvest Special Event
Saturday September 17th from 10 am to 4 pm
at Ski Montcalm

Once again, this year, a special edition of the Marché Public La Récolte will take place on September 17th at Ski Montcalm. This event highlights the beginning of the season of colors on the mountain as well as the abundance of the fall harvest. A true celebration of harvest and colors!



INVITATION TO THE ARTISTIC COMMUNITY

Thursday September 1st at the beach
chalet from 5 pm to 7 pm

Are you a craftsman, artist or an organization working in Rawdon's cultural community? Come and spend a pleasant moment of exchanges and meetings to inspire you and to energize our beautiful artistic community!

**We look forward
to seeing everyone!**



**POLITIQUE
CULTURELLE**
Place à la diversité culturelle

Rawdon

A BURST OF UPCOMING ACTIVITIES!

August 18 th	August 23 rd	August 25 th	September 24 th	October 1 st
A FAMILY "5 A 7"	OUTDOOR CINEMA	CLASSICAL MUSIC	ANTIQUÉ CAR EXHIBITION	JOURNÉES DE LA CULTURE
Tacos sur l'eau Municipal beach	L'arracheuse de temps	Harpichord in concert	Municipal beach from 10 am to 4 pm	La route des arts
Loan of non-motorized watercraft available	Place Rawdon at dusk	St-Patrick's Church at 7:30 pm		Book your date! Details coming soon

GRANT PROGRAMS TO GET OUR YOUTH MOVING

Considering the importance of encouraging children to a healthy lifestyle and because it cannot offer or organize all types of sports activities, the Municipality of Rawdon has several financial support measures available for its citizens.

GRANT FOR OUTDOOR ACTIVITIES

To be eligible for this subsidy, you must be a resident of Rawdon aged 18 and under and **practice a sport that is not offered on Municipality of Rawdon territory** (e.g. sports in an arena, football, elite sports, etc.).

The activity must take place between January 1st and December 31st of the current year.

Reimbursement of 50 % of the cost of registration: for a maximum of \$200 per child (minimum registration cost per child: \$50). All requests, including proof of registration, must be submitted to the Department of Recreation and Culture before December 1st. Telephone 450 834.2596, ext. 7160 or email at loisirs@rawdon.ca.

SUPPORT FOR SPORTING EXCELLENCE

Eligible young athletes can apply for financial support by completing the form available on the Municipality's website and submitting it to the Department of Recreation and Culture no later than September 1st of each year.

The program is intended for citizens of Rawdon, aged 25 and under (at the time of application) who participate in regional, provincial, national or international sports activities.

The municipal grant will vary according to the level of practice reached by the athlete (amounts specified at rawdon.ca/Activit s/Soutien financier) and grant recipients will be announced at the municipal council meeting in November 2022.

ACCÈS-LOISIRS LANAUDIÈRE

The Accès-Loisirs Lanaudière program offers free recreational activities to low-income residents. The program was designed for families and people living alone. The activities offered during the registration period for the Accès-Loisirs Lanaudière program may differ from the Municipality's regular program.

To be eligible, your pre-tax income must be below the threshold provided for in the program. Details available at rawdon.ca/en/activities/acces-loisirs-lanaudiere.

To benefit from the program, you must register on September 12th, 13th and 14th, between 8 am and 4 pm at the Town Hall's Department of Recreation and Culture. Proof of income will be mandatory (2021 notice of assessment), as well as proof of residency. This program is open to residents of the Municipality of Rawdon only.



New! Online services - Recreation access module Sign-up now!

Get ahead and sign-up to the new recreation access module free of charge.

This new module will improve and facilitate your transactions with the Department of Recreation and Culture. Once your account is created, it will be faster and easier to register for the activities offered this fall!



PLEASE NOTE THAT THE FORMER ONLINE REGISTRATION PROGRAM WILL NO LONGER BE AVAILABLE.

If you wish, you can also complete your profile to access the other municipal services available on this same platform.

Here's how to sign-up in two minutes!

- 1** From your telephone, tablet or computer, go to the Rawdon online services module on the home page at rawdon.ca. Choose the REGISTER option (on the right).*
- 2** Fill in your personal information and check the last sentence to set up your recreation account (even if you are not currently registering for an activity).
- 3** Once your account has been created, a message will prompt you to enter an address in your profile.
- 4** If you also wish to use this module to access your online tax account, for each of your properties, you must enter the account number and the amount of the first instalment indicated on your tax bill.

Voilà! You are now registered! Feel free to explore the services available and to add your family members, if necessary.

*Check for pop-ups if you experience viewing issues. For assistance with registering call us at 450 834.2596.

We look forward to counting you among the users of Rawdon's online services!

2022 FALL PROGRAM

REGISTRATION

Registration period reserved for Rawdon residents: August 29th to September 2nd | Everyone: September 3rd to 11th

Register online at rawdon.ca (**make sure that you have set up your account beforehand, as mentioned on the previous page!**) or in person at the Town Hall.

Fall program activities will begin during the week of September 18th.
Please note that there will be no classes on October 10th (Thanksgiving) and November 11th (Remembrance Day).

Taxes are included in the prices.

YOUTH ACTIVITIES

TRADITIONAL MARTIAL ARTS

PARENT-CHILD 4 TO 6 YRS

Participants interact through basic exercises, principles and concepts.

Wednesday or Friday from 6 pm to 7 pm

École Sainte-Anne gymnasium

Cost: \$120 (rate for 1 child and 1 parent)

Duration: 12 weeks

Uniform (Karate-Gi) and association fees are optional (adults)

Sensei Alain Denis

TRADITIONAL MARTIAL ARTS 7 TO 13 YRS

Participants are introduced and guided to improve through basic exercises, principles and concepts.

Wednesday or Friday from 7:30 pm to 8:30 pm

École Sainte-Anne gymnasium

Cost: \$65 / Duration: 12 weeks

Uniform (Karate-Gi) and association fees are optional

Sensei Alain Denis

NEW! OUTDOOR BASKETBALL 10 TO 14 YRS

Monday from 6 pm to 7 pm

Nichol Park

Cost: \$70 / Duration: 6 weeks

Académie Para'S'cool

BABYSITTING COURSE - 11 YRS AND/OR 6th GRADE

Participants will earn the Canadian Red Cross Babysitter's Card. The course is given in French but the documents are available in English, upon request.

Tuesday November 1st from 8:30 am to 5:30 pm (pedagogical day) at Metcalfe Centre

Cost: \$65

You must bring a cold lunch, beverages and snacks, a pencil, a towel as well as a doll for practice.

Atout Plus

INTRODUCTION TO MOUNTAIN BIKING 7 TO 14 YRS

Saturday

7-9 yrs: 9 am to 10 am / 10-14 yrs: 10:30 am to 11:30 am

For more discoveries, there will be a rotation of trails:

Weeks 1 and 2 Rawdon

Weeks 3 and 4 Saint-Ambroise-de-Kildare

Week 5 Saint-Félix-de-Valois

Week 6 Saint-Alphonse-Rodriguez

Week 7 Saint-Côme

Week 8 Sainte-Marcelline-de-Kildare

Cost: \$145 / Duration: 8 weeks (**begins September 10th**)

Participants must bring their bicycle and a safety helmet is mandatory.

Académie Para'S'cool

MULTIDANCE 3 TO 13 YRS

Technique, choreography and interpretation in jazz, contemporary and Hip-Hop.

Sunday

3-4 yrs and 5-6 yrs: 9 am to 10 am / 7-8 yrs and

9-11 yrs: 10 am to 11 am / 12-13 yrs: 11 am till noon

Metcalfe Centre

Cost: \$99 / Duration: 12 weeks

Foresee \$50 to \$75 for the show costume (optional)

Studio EDR

ADULT ACTIVITIES

NEW!

TRADITIONAL MARTIAL ARTS 15+

Participants are introduced and guided to improve through basic exercises, principals and concepts.

Saturday from 10 am to 11:30 am

École Sainte-Anne gymnasium

Cost: \$115 / Duration: 12 weeks

Uniform (Karate-Gi) and association fees are optional

Sensei Alain Denis

2022 FALL PROGRAM

BODY FITNESS

Indoor/outdoor hybrid formula. A combination of stretching, strength training and cardio movements. It's a total body workout!

Tuesday and Thursday from 10 am to 11 am or from 5:30 pm to 6:30 pm

Metcalfe Centre

Cost: \$58 / Duration: 9 weeks

2 to 5 lb weights, elastic band and a floor mat

Gail Lukian

NEW!

BURLESQUE CABARET 18+

Monday from 6:30 pm to 7:30 pm

Cost: \$115 / Duration: 12 weeks

Foresee \$50 to \$75 for the show costume (optional)

Studio EDR

CARDIO PLEIN AIR

CARDIO-STRENGTH

Adopt Cardio-Strength, a complete training method that allows you to get into shape at your own pace. For everyone.

Thursday from 7:45 pm to 8:45 pm

Dorwin Falls Park

Cost: \$115 / Duration: 12 weeks

Floor mat and elastic band

Josiane Labelle

CARDIO-STRENGTH / CARDIO-STROLLER

Training group combining Cardio-Strength (complete training for all) and Cardio-Stroller (safe fitness while enjoying nature with baby).

Friday from 10 am to 11 am

Dorwin Falls Park

Cost: \$115 / Duration: 12 weeks

Floor mat and elastic band

Josiane Labelle

FLEXIFIT

Intense training. Flexibility exercises, muscle building, abs and stretching to music. For everyone.

Wednesday from 5 pm to 6 pm

Metcalfe Centre

Cost: \$58 / Duration: 12 weeks

Floor mat

Julie Aubin

SPANISH FOR TRAVEL

Tuesday from 10 am to 11 am

Metcalfe Centre

Cost: \$105 / Duration: 8 weeks (**begins October 4th**)

Manual \$35

Carmen Breault

HERBALISM (INTRODUCTION)

Learn the basics of herbalism step by step and how to make various products.

Monday from 10 am till noon

Metcalfe Centre

Cost: \$105 / Duration: 8 weeks

Required material: kitchen utensils (list provided during first class) + \$45 (ingredients)

Marie-Claudine De Pairon, accredited herbal therapist

MULTIDANCE

Technique, choreography and interpretation in jazz, contemporary and Hip-Hop.

Monday

30 yrs and over: 7:30 pm to 8:30 pm

Wednesday

15-30 yrs beginner: 6 pm to 7 pm

15-30 yrs advanced: 7 pm to 8 pm

Metcalfe Centre

Cost: \$115 / Duration: 12 weeks

Foresee \$50 to \$75 for the show costume (optional)

Studio EDR

PIYO "TOTAL CONTROL FREAK"

Take control of your body! Weight loss, slimming, strength and boot camp.

Monday from 6:15 pm to 7 pm or

Tuesday or Wednesday from 6 pm to 6:45 pm

Beach chalet

Cost: \$52 / Duration: 12 weeks

With accessories

Émilie Pesant

POUNDFIT

Fitness class with drumsticks (provided). People with back issues should abstain.

Wednesday from 7 pm to 7:45 pm

Beach chalet

Cost: \$52 / Duration: 12 weeks

Émilie Pesant

NEW!

TAI JI QUAN

Tai Chi to move, breathe, stretch, relax, open up to oneself and to others.

Monday from 7 pm to 8:30 pm

Beach chalet

Cost: \$87 / Duration: 10 weeks (there will be no classes on October 3rd and 10th)

François Jasmin

YOGA

Cost: \$127 / Duration: 12 weeks

Metcalfe Centre

Floor mat, bottle of water

Julie Arsenault

YOGA FOR EVERYONE

Physical and mental fitness to develop muscle strength, flexibility, vitality, concentration and peace of mind.

Monday from 1 pm to 2:30 pm or 7 pm to 8:30 pm

PILATES

A complete program to strengthen the spine, working all of the muscle groups with an emphasis on the abs and glutes.

Monday from 3 pm to 4:30 pm

DYNAMIC YOGA

A fluid and dynamic class, to develop muscular strength, cardio, flexibility, endurance, concentration, vitality and calmness.

Monday from 5 pm to 6:30 pm

PRENATAL YOGA

Postures and breathing techniques adapted to the needs of the pregnant woman, to facilitate childbirth. Personalized quality instruction. Bilingual course.

Wednesday from 6:15 pm to 7:30 pm

Cost: \$115 / Duration: 8 weeks

Metcalfe Centre

Ann-Marie Provencher

POSTNATAL YOGA AND BABY MASSAGE

A regenerative exchange between mother and child, through movement, touch and relaxation.

Wednesday from 2 pm to 3:15 pm

Cost: \$115 / Duration: 8 weeks

Metcalfe Centre

Ann-Marie Provencher

ZUMBA

Tuesday from 7 pm to 8 pm or Thursday from 6:15 pm to 7:15 pm

Beach chalet

Cost: \$52 / Duration: 12 weeks

Émilie Pesant

ZUMBA GOLD

ZUMBA GOLD, is dancing while gently working on balance and muscle strength and having fun.

Tuesday from 9:30 am to 10:30 am

Metcalfe Centre

Cost: \$65 / Duration: 10 weeks

Guyline Blais



SELF DIRECTED ACTIVITIES

One-time registration available on-site, on activity night at a cost of \$8. No reservations and places are available only if the registered participants are absent. Monitor on the premises.

All activities take place at the Écolde secondaire des Chutes gymnasium, at a cost of \$58 for 12 weeks.

VOLLEYBALL

Monday from 7 pm to 9 pm

Bring a ball

BADMINTON

Wednesday from 7 pm to 9 pm

You must bring a racquet and a shuttlecock

PICKLEBALL

Sunday from 9 am to 11 am

Bring your racquets



ALICE-QUINTAL LIBRARY

Registration for activities

Online at rawdon.ca, in person or by telephone at 450 834.2596, ext. 7160.

MORNING CHAT

Friday September 23rd at 9:30 am, in the library

Sébastien Deshaies tells us the story of his violin and his ancestors. A surprising account of traditional music through an overview of Quebec's musical landscape of days gone by and its origins where reels, jigs and waltzes will be on the menu!

The narrated concert is intended to be lively, interactive with a wee bit of fun, by inviting the participants to literally immerse themselves in this music that is part of our cultural identity. The presentation will be enhanced by a screen projection and musical performances on the violin by our guest speaker.

EXPLORE-TOUT WORKSHOP 12 YRS+

Saturday September 24th at 10 am (virtual)

Make your door panel. In this workshop, we will design and create our own door panel using the punch metal technique.



WRITING WORKSHOP

The creative writing workshops will be held on Tuesdays **from September 20th to December 13th, from 1 pm to 4 pm** in room 2 at the Metcalfe Centre.

Have you had a book project on your mind for a long time? And you don't know where to begin? The creative writing workshop will help you to eventually put your future novel down on paper.

Focused on learning and writing techniques, the workshop will be your starting point for developing your work plan.

BOOK CLUB

**Wednesday September 21st at 1:30 pm
in the library**

Anglophone adult reading group where everyone discusses the books they have read. The 3rd Wednesday of every month.

COMMUNITY

COMMUNITY GARDEN | PRODUCT PREPARATION AND TASTING WORKSHOP

FRIDAY SEPTEMBER 9th AT 5 PM

September is harvest time in the garden! This on-site, outdoor workshop will allow participants to prepare and cook some concocted dishes together, with produce from the community garden, cultivated with care by citizens. A festive and educational event that will happily satisfy your grumbling tummies!

De la Roseraie Park (corner of 6th Avenue and Lac-Morgan Road)

Info: info@ecorawdon@gmail.com

AQDR DE LA OUAREAU ACTIVITIES

Workshops on Wednesday September 28th and November 30th

- Antidote VIT pour revendiquer le droit de vieillir vivant : from 9:30 am till noon
- Musclez ses méninges pour stimuler ses facultés cognitives : from 1:30 pm to 4 pm

Réflex'Action Conferences: Thursday September 15th, October 13th, November 10th and December 8th

Intergenerational "5 à 7": Thursday September 22nd, October 20th, November 17th and December 15th

Community Lunch "On jase!": September 13th, October 18th and November 8th from 11:30 am to 1:30 pm

Computer classes on tablet and computer: Tuesdays from September 27th to November 1st, from 9 am till noon

Back to School: September 9th from 11 am to 2 pm

AQDR de la Ouareau • 3590 Metcalfe Street
Info: 450 898.2241 | aqdr.ouareau@gmail.com

CADET CORPS 3042 MATAWINIE

FRIDAYS FROM 6:30 PM TO 9:30 PM

Youth organization that trains the leaders of tomorrow. The program includes: learning to play a musical instrument in our band, various sports, military march, leadership courses, respect for military traditions and much more. Join us and make new friends!

Free / No charge

Reserved for ages 12 to 18 inclusively

Metcalfe Centre • 3597 Metcalfe Street

Info: 514 885.5956 | ebenoit@cadets.gc.ca

MARCHE DES RAWDONNEURS (WALKING CLUB)

TUESDAYS AND FRIDAYS FROM 9 AM TILL NOON

For retirees and semi-retirees aged 50 and over. Organized walks and hikes for beginners and intermediates.

Attendance and departures at the Metcalfe Centre as of 9 am.

Cost: \$1 per walk for non-members and free for club members (\$20/year membership card)

Info: François Monty 450 834.5931

lesrawdonneurs@gmail.com

Facebook: Club Marche Rawdonneurs

SAINT-VINCENT-DE-PAUL COUNTER

MONDAYS FROM 9 AM TO 4 PM

Church basement • 3359 Queen Street

450 755.7753

SPORTS & LOISIRS

45^e GROUPE SCOUT RAWDON

THURSDAYS, BEGINNING IN SEPTEMBER

Cost: \$75 to be paid on site (fees for camps and activities will be invoiced afterwards)

Metcalfe Centre • 3597 Metcalfe Street

450 834.2314 | 45egrouperawdon@gmail.com

Facebook: Groupe 45e Rawdon - Scoutisme traditionnel

KIN-ACADÉMIE

FROM SEPTEMBER 6th TO NOVEMBER 26th

Tuesdays and Thursdays at 7 pm and Saturdays at 9 am (90 minute workout, 3 times a week)

Trail running training under the supervision of a passionate and incredibly knowledgeable coach.

12 yrs + and adults: \$90 per session, FQA membership included

1800 Laurin Street | kinacademie@gmail.com

<https://kinacademie.wixsite.com/kinacademie>

* To register for activities, you must be a member of KIN-ACADEMIE: annual fee of \$10

<https://forms.gle/wmjquXqP9FupdQGx5>

« MORDUS D'LA TRAIL 2022 » TRAIL RUN SATURDAY OCTOBER 1st (NIGHT) AND SUNDAY OCTOBER 2nd (DAY)

\$15 to \$60 depending on the event chosen

Kinadapt • 1800 Laurin Street

kinadapt@bellnet.ca | 450 834.4441

In partnership with KIN-ACADEMIE, Kinadapt presents a trail running and canicross race

« Mordus d'la trail 2022 » on October 1st and 2nd.

Different running trails and canicross courses.

Info: Kinadapt Facebook page | kinadapt.com
450 834.4441

TAEKWONDO

TUESDAYS AND THURSDAYS, BEGINNING
SEPTEMBER 6th

École secondaire des Chutes

Age groups: 4-10 yrs (parent/child option)

11 yrs + and advanced belts

Trial classes and registration available

Info: Lorne Crawford 450 758.1006

rawdonTKD@gmail.com

INVASIVE EXOTIC PLANTS

Could you recognize them?

Giant Hogweed

Its sap contains "photosensitizing" toxins. When these are activated by sunlight, they make the skin extremely sensitive to the sun, causing damage similar to burns. After healing, brown spots and sensitivity to sun may persist for several months on the affected areas.

Before uprooting this plant, make sure to take the necessary precautions to avoid any exposure to the toxic sap:

- Cover all parts of your body with non-absorbent protective clothing;
- Remove clothing and gloves by turning them inside out;
- Protect your eyes or your whole face (visor);
- Make sure that no one is within a radius where they can be reached by drops of sap or plant debris;
- Wash all tools that have been in contact with the plant sap (pruning shears, brush cutter, etc.).

Giant Hogweed should never be composted or thrown into nature. It must be placed in thick black garbage bags and thrown away with the trash.



Japaneses Knotweed

A fast-growing perennial, knotweed reaches 2 to 3 meters in height during the summer. It is sometimes called Japanese Bamboo because of its hollow, gnarled bamboo-like stems. It forms dense stands that choke out native species, thus impoverishing the biological diversity of ecosystems.

In North America, the plant essentially reproduces vegetatively: a tiny fragment of stem or rhizome can give rise to a new plant.



Bulky Items Pick-Up

Week of September 12th and October 10th

Bulky items are picked up, free of charge. You must call ahead. To request a pick-up, contact Compo Recycle no later than the Friday before the collection week. Leave a message indicating your address at 450 882.9186, ext. 306 (please note that no one will call you back).

Green Waste Pick-Up

Week of October 31st

Please remember that only transparent, orange and paper bags are accepted. Black bags will be left on-site.

Garage Sale

August 27th and 28th on your property

Take this opportunity to give your unused items a second chance at a new home!

Please note that the garage sale will be held rain or shine!