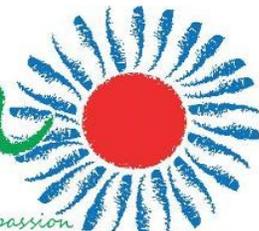


**SAINT-ANICET  
IS ALSO**



**L'Écho**   
Municipalité de Saint-Anicet  
*Saint-Anicet, un lac, une campagne, une passion*

**MUNICIPAL BULLETIN**

*Municipalité  
de Saint-Anicet*  
**To live and to discover**

**Town Hall  
335, avenue Jules-Léger  
Saint-Anicet (Québec) J0S 1M0**

**Open Monday to Thursday  
9 am to noon and 1 pm to 4:30 pm  
CLOSED FOR PATRIOTS DAY  
Monday May 23<sup>rd</sup> 2022**

**APRIL 2022**

**TO REACH US  
E-mail : [info@stanicet.com](mailto:info@stanicet.com)  
Telephone 450 264-2555  
Fax 450 264-2395**

 **Municipalité de Saint-Anicet**

**STANICET.COM**

## *A word from the mayor...*

Hello, dear fellow residents of Saint-Anicet,

The ice has finally disappeared from Lake Saint-François and we are ready to enjoy summer. I see you, you and your family, as representatives of our united community.

What to write while we are turning the page on a global pandemic, our hearts want to return to a normal life, activities are returning but we must still respect the health directives. We have gone through the most difficult moments, we must remember to stay united in our efforts to take care of each other.

Let's start with good news! We have recently received authorization from the regional office of the Quebec roads department that manages Route 132 to install speed limit digital indicators in the school zone of Des Jeunes-Riverains School, We are also waiting for authorization for the St-Anicet golf course sector. Yes, it's true, it's always nice to get good positive news.

The four-day weekend is a pad for spring. Presently, we are living hard lessons on injustice, cowardice, treason, urging us to consider the cost of madness and human illusions! Let's vow, going forward, to be better, to live better, to love better. We have a chance to get rid of our old grudges, our prejudices, ill will and unworthy actions, in a world in need of hope and inspiration.

With spring, comes Mothers' Day. Nothing touches and changes our lives more than our mothers, they offer hope and possibilities! Mothers' Day becomes a very important holiday, it gives us the opportunity to say « I love you ». Happy Mothers' Day to all mothers!

Spring also reveals the rubbish left by winter, join us for spring cleaning day scheduled for **Saturday, May 7 in Saint-Anicet**. Making the Municipality even more beautiful by cleaning our yards, streets, avenues, ditches and all public places! Let's not forget that our wealth resides in the citizens' pride.

Numerous events are scheduled in Saint-Anicet for the summer. Let's hope it's the beginning of a nice summer and that you'll join us! Visit our Internet site and Facebook page for the events to come. I encourage our residents to continue to patronize our local businesses and restaurants so that Saint-Anicet can continue to move forward.

In closing, the municipal council wishes to know the opinion of the largest number of citizens, by e-mail at [info@stanicet.com](mailto:info@stanicet.com). All ideas, big or small, show an interest and contribute to enlighten the decisions that elected officials have to take. We foresee public consultations, time and dates to come, take part according to the time and energy at your disposal.

Hoping to see you soon in our beautiful Municipality.



*G. Moretti*  
Ginio Moretti  
Maire

### YOUR COUNCILLORS

Ginette  
Caza  
District # 1

Marius  
Trépanier  
District # 2

Audrey  
Caza  
District # 3

Sylvie  
Tourangeau  
District # 4

Anne-Marie  
Leblanc  
District # 5

Lyne  
Cardinal  
District # 6



**NEXT MUNICIPAL COUNCIL MEETINGS: MAY 2 AND JUNE 6, 2022 7 PM TOWN HALL**  
**(according to governemnt directives)**

## JOB OFFERS IN SAINT-ANICET...

### **BEACH LIFEGUARDS (2)**

The Municipality is presently looking for motivated and reliable persons to fill the position of seasonal beach lifeguards from June to August 2022. National lifeguard and first-aid certified, variable schedule between 24 and 35 hours per week (days and weekends). Salary: \$20.29/hour.

### **SCHOOL CROSSING GUARD**

Part time, on call.

Interested persons must send their résumés in person or by mail to the attention of: Mr. Denis Lévesque  
Municipalité de Saint-Anicet  
335, avenue Jules-Léger  
Saint-Anicet (Qc) J0S 1M0

By fax: 450 264-2395 or by e-mail: [dg@stanicet.com](mailto:dg@stanicet.com)

### **PUBLIC WORKS**

DAY LABOURER III (2) seasonal full time sick leave replacement

DAY LABOURER III (1) student employee full time summer

**Requirements, skills needed: Driver's license class 5, organized, team spirit and self-sufficient.**

Interest persons must send their résumés in person or by mail to the attention of: Mr. Gabriel Trevino  
Municipalité de Saint-Anicet  
335, avenue Jules-Léger  
Saint-Anicet (Qc) J0S 1M0

By fax: 450 264-3752 or by e-mail: [gtrevino@stanicet.com](mailto:gtrevino@stanicet.com)

We invite you to consult our Internet site for more information at [stanicet.com/offres-demploi](http://stanicet.com/offres-demploi)

### **SPECIALIZED COUNSELLOR (DAY CAMP)**

Under the responsibility of the Day Camp coordinator, the person chosen:  
Will be responsible to accompany a child with special needs (autism spectrum). The counsellor will, above all, ensure the well-being of the child to which he or she is assigned, will answer the basic needs specific to the child; feeding, dressing, hygiene, cleanliness, movements, understanding instructions, managing outburst, etc. The counsellor will see to the integration of the child into the group, will manage the child during his or her days at Day Camp, will give him or her the chance to flourish in all aspects of his or her development, will allow the child to use his or her full potential while respecting the limits and will see to his or her safety.

### **COUNSELLOR (DAY CAMP)**

Under the responsibility of the Day Camp coordinator, the person chosen will see to the smooth running of the 8 weeks of the day camp.

**Work place: SAINT-ANICET AND/OR ORMSTOWN**

Contact person: Gabrielle Limoges  
Telephone : 450 829-3782 E-mail: [uaf.reception@gmail.com](mailto:uaf.reception@gmail.com)  
Apply on line under the tab –à propos—job offer [uneaffairedefamilsl.com](http://uneaffairedefamilsl.com)

We thank you for your interest in this job; only those with required qualifications will be notified.

# DEPARTMENT INFORMATION

## Fire department

### A CALL TO ALL CITIZENS, WE NEED YOU...

The Saint-Anicet Fire department is presently recruiting for volunteer firemen and firewomen, first responders or for both.

### COME JOIN US:

Interested persons are asked to send their résumés by mail or at the following e-mail address:

Municipalité de Saint-Anicet  
Service de sécurité incendie  
335, avenue Jules-Léger  
Saint-Anicet, Québec J0S 1M0  
[pompier@stanicet.com](mailto:pompier@stanicet.com)



### Report février & mars 2022

8	Emergency calls
3	Mutual aid
5	Accidents, fires, alarms
1	Nautical emergencies
0	Varied
<b>17</b>	<b>Total calls</b>

## Public works

### ATTENTION :SUMMER PICK UP SCHEDULE

Starting April 24, 2022, the summer pick up schedule will begin. Refer to your municipal calendar to see the schedule.

### CONSTRUCTION WASTE SITE

The site is now open. Each property is eligible for 2022 to **ONE free pass** for the site. This pass is valid for a 4'x8' trailer or a pick-up truck container. To obtain this pass, call the Town Hall, send an e-mail to [communication@stanicet.com](mailto:communication@stanicet.com) or by Voilà! to get the number of your pass. Open only on the 1st and 3rd Saturday of each month from 8 am to noon.

### LARGE ITEM AND ELECTRONICS PICKUP (ARPE-QUÉBEC)



The large item and electronics pickup will be held from May 30 to June 3, 2022. You must place your items the same day as garbage pickup according to the municipal calendar. **(100 lbs/50 kg and less)**

### LEAF PICKUP

This pickup will be from May 2 to 27, 2022. You must place your leaf bags on the same day as garbage pickup. **TAKE NOTE that from now on, only the bags designed for leaves will be picked up.**

### GREEN WASTE SITE

Opening on April 8, 2022. This site is located at 4000 Neuf Road and is open Friday at noon to Monday at noon. Site for branches, leaves, grass and seaweeds left in their natural state.

### Gabriel Trevino

Directeur des Travaux Publics  
Garage municipal de Saint Anicet  
5001 route 132,  
Saint Anicet (Québec) J0S 1M0  
Téléphone: 450 264-4302  
[gtrevino@stanicet.com](mailto:gtrevino@stanicet.com)



## Urban development

### ANSWERING REQUESTS

Please note that we are presently receiving an exceptionally large number of calls, e-mails, permit and certificate requests and others. For this reason, it is possible that the delay to answer these requests may be longer than normal. However, we are working hard to maintain a general average waiting time of around two (2) to three (3) weeks. Be assured that we will answer your requests and will follow up. **Please avoid leaving more than one message about the same thing**, to maintain productivity, to maximize our resources and maintain customer service.

*Thank you for your patience and collaboration!*

### I MAKE MY POOL SAFE, IT IS MY RESPONSABILITY

To answer the recommendation made by numerous coroners in the last few years and in order to reduce the risks of drowning of young children, the municipal affairs department and housing (MAMH) announced in 2021 a reinforcement of bylaws in the matter of safety for residential pools. The bylaw on the safety of residential pools will from now on apply to all pools regardless of their date of installation.



As summer approaches, let's remember that from now on, **all pools owners will have until July 1, 2023 to conform to the Bylaw.**

To know more about the safety measures to follow when installing a residential pool or for an existing installation, visit [quebec.ca/piscinesresidentielles](http://quebec.ca/piscinesresidentielles). Remember that a municipal permit is required to install a pool or to construct a fence as well as a platform or terrace that gives access to a pool.

### WORKS IN MIND!

Don't forget to request your permit before beginning construction. When a permit or certificate is issued, it's because an inspector concluded that the projected work complied with municipal urban development bylaws. That's why a permit request must include the necessary documents for this analysis and a delay is to be expected. That's also why **work cannot begin before the permit is issued, paid for and picked up**. A permit is the authorization to construct or to do what is requested and this request must be written, detailed, signed and paid. It is a legal procedure that can be complicated for some. We, therefore, offer a slew of information on our web site under the tab **Service aux citoyens / permis**. If in doubt, contact us.

### SHORT TERM RENTALS

Zoning bylaw 308 allows for short term rentals under certain conditions. We offer lots of information on our web site under the tab **Service aux citoyens / permis**. A \$500 fee is required to obtain an occupation certificate and it is valid for one (1) year from its issue date. When this date has passed, another certificate must be obtained from the Municipality to continue this activity or occupation.

### CUTTING THE LAWN

Don't forget that lots must be mowed at the latest June 1st of each year and that the maximum height of grass or brush is 20 centimetres. Then, scything must be done regularly to keep the allowed maximum height. This does not apply to agricultural land nor to the protective river bank.

### TEMPORARY SHELTERS

April 15, 2022 is the deadline to take down temporary shelters including the framework.

*Andrea Geary*

Responsable de l'urbanisme et de l'inspection  
335, avenue Jules-Léger  
Saint-Anicet (Québec) J0S 1M0  
Téléphone : 450 264-2555 poste 15  
[ageary@stanicet.com](mailto:ageary@stanicet.com)



## Horaire régulier

### Heures d'ouverture

**Mardi**

**17 h à 20 h**

**Mercredi au vendredi**

**13 h à 16 h**

**Samedi**

**9 h 30 à 12 h**

Quelques nouveautés sur les rayons

♦ *État de terreur*

(Louise Penny)

♦ *Les chemins de Hauterive*

(Carmen Belzile)

♦ *Le grand monde*

(Pierre Lemaître)

♦ *Les ombres blanches*

(Dominique Fortier)

♦ *Qui a trahi Anne Frank?*

(Rosemary Sullivan)

♦ *Missions de l'ombre*

(Fabrice de Pierrebourg)

♦ *L'affaire Alaska Sanders*

(Joël Dicker)

♦ *Le pays des autres t.02*

(Leïla Slimani)

**Et bien plus encore!**

# Bibliothèque municipale-scolaire

<http://www.reseaubibliomonteregie.qc.ca/fr>

<https://stanicet.com/bibliotheque>

1547, route 132, Saint-Anicet, Québec, J0S 1M0

450-264-9431

[biblio@stanicet.com](mailto:biblio@stanicet.com)

Suivez-nous sur [facebook/Municipalité-de-Saint-Anicet](https://www.facebook.com/Municipalite-de-Saint-Anicet)

**Biblio**  
QUALITÉ



## ON S'AMUSE À L'HEURE DU CONTE

**Samedi 14 mai 2022**

**10 h à 11 h**

Thème : *Le jardin*

**Samedi 18 juin 2022**

**10 h à 11 h**

Thème : *La boîte aux lettres*

**Toujours une nouveauté littéraire jeunesse à découvrir!**

**TU PEUX MÊME VENIR EN PYJAMA!**

Pour les enfants de 3 à 7 ans.

Places limitées, réservation requise.



## Semaine de l'action bénévole

**24 au 30 avril 2022**

En cette semaine de l'action bénévole, nous tenions à souligner le travail exceptionnel de tous les bénévoles qui composent l'équipe de la bibliothèque. Sans eux, le service aux usagers et la qualité des lieux ne seraient pas les mêmes. Nous vous disons mille fois merci!

Dans le cadre du Mois national de l'histoire autochtone

[f](https://www.facebook.com/jelisautochtone) [i](https://www.instagram.com/jelisautochtone) #jelisautochtone

En juin  
**Jel'is autochtone!**

Lire les littératures autochtones dans toute leur diversité et leur effervescence!



SPORC Québec

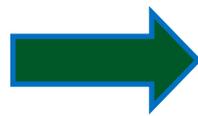
# BECOME A VOLUNTEER FOR MUNICIPAL EVENTS

**You wish to be involved in your community?  
You wish to meet new people?  
You have ideas?**



**Register on our list of volunteers for municipal events. Throughout the year, we need your help to offer a varied and fun program to the population. We have numerous positions to fill according to your availability and the events:**

- **Welcome**
- **Parking**
- **Kiosks**
- **Setting up/Dismanting**



**Please contact  
Fannie Fournier,  
librarian and events planner  
450 264-9431  
[biblio@stanicet.com](mailto:biblio@stanicet.com)**

**« If volunteering is not paid it isn't because it's worthless... It's because it's priceless »  
- Sherry Anderson**

**Watch your mail box in the next few weeks to receive the  
2022 summer program!  
Stay informed on events throughout the year.**

**Be on the look-out for events to come throughout the year.**

# ORGANIZATIONS

## CLC 2022 Groundhog and Wild Turkey Tournament



**2022**  
**TOURNOI DE MARMOTTES ET DINDONS SAUVAGES**

3 prix en \$ marmottes brunes  
 3 prix en \$ marmottes noires  
 3 prix en \$ dindons sauvages

Prix de présences ouverts à tous chasseur/euse ou NON

Aucune pesée  
 Envoyer vos photos au Messenger du CLC

du 29 avril au 23 mai 2022, 20h  
 de participation et prix de présences

★ Remise des prix en Salle au CLC  
 2315, montée de Cazaville, le 28 mai dès 15h

Permis de boisson

Enregistrement gibier

Prix du billet : 15 \$ (1 billet par animal en photo envoyé au CLC)

Etransfert: clc2315@hotmail.com pour obtenir vos billets via Courriel, Messenger

CLC Cazaville  
 450 264-4546



Follow us on Facebook at  
[CLC Cazaville](https://www.facebook.com/CLC.Cazaville)



### General meeting

The CLC committee is presently preparing the general meeting of the Cercle des Loisirs de Cazaville which had to be postponed but will now take place in person, as the committee has opted for this method.

Follow us on our Facebook page to know the date of the general meeting, the health directives are lightening so this will be a pleasant meeting which will take place at the CLC hall at 2315 Cazaville Sideroad.

### Grant from the PSISRPE government program to help sport infrastuctures: \$79,486.04

A great big THANK YOU to the Municipality of Saint-Anicet, its municipal council and Mr. Denis Levesque, general manager, for this grant request and its collaboration with the Cercle des Loisirs de Cazaville, so that the CLC skating rink be updated, it needed it and will be appreciated by young and old of the region.

A special THANK YOU to the CLC committee members for opening the future of the Cercle des Loisirs de Cazaville. Continue to follow the CLC in its activities, it will be active in the coming months, follow us on Facebook to get information on activities.

The CLC Committee

René, Annie, Sonia, Manon, Mélanie, Joël and France



Jean-Marie Latreille, president and  
 Jean-Luc Génier administrator of CIEL

### Forests to counter pollution

Quebec Superior Court judge Chantal Masse, in a judgment dated August 26, 2021, ordered the creation of nature reserves as a means to counteract the effects of the air pollution accident that took place in 2004.

In fact, on August 9, 2004, 5 metric tons of sulphur trioxide escaped from the CEZinc plant creating a toxic cloud to the south-east of Valleyfield and to the west of Montreal. A class action suit was then launched against the company by a group of citizens represented by Mr. Jean-Luc Génier.

After all these years, an agreement between CEZinc and the concerned parties permitted some citizens to be compensated financially for health problems caused by this toxic accident and judge Masse allocated a sum of \$500,000 to the ecological centre CIEL for the creation of natural reserves located inside the 20 kilometre diameter of the site where the contamination occurred.

Then on March 10, 2022, the judge again decreed an added sum of \$100,000 from the balance. The Latreille ecological centre (CIEL) is a non-profit, located in Saint-Anicet and has already acquired a woodland in Valleyfield to conform to the sums from this judgment and is presently looking for another woodland in the region to make another natural reserve.

Source : Denise St-Germain, sec.treas. Centre d'intendance écologique Latreille (CIEL) 450 264-5860.



## Spring 2022 - some news from the Historical society

The Saint-Anicet Historical society is preparing for summer. Here are some of the events we are working on:

### Annueal General Meeting.

Our annueal meeting is scheduled for **May 21**. We are planning for a light meal and some surprises. This is an ideal time to renew your membership or become a new member.

### 100<sup>th</sup> anniversary of the Cercle de Fermière de Saint-Anicet.

On June 12, we are lending our premises to the Cercle de Fermières de Saint-Anicet who celebrated their 100th anniversary last year. We are planning, with their collaboration, an exhibition presenting the Cercle des Fermières and telling their story. This exhibition will be on display for the summer.

### Mini-market.

We want to relive the experience of last year's mini-market. The time and dates are to be determine but it will be during the wekends from **the end of June to mid-August**. You are an artisan or a produder and you want your product to be known, then write to us at [shsa@hotmail.ca](mailto:shsa@hotmail.ca).

### Village heritage tour

This is a guided 45 minute tout at the heart of the history and acrchitecture of various heritage houses in Saint-Anicet. The time and dates are to be determined.

Evidently, all these events are dependant on different factors: coordination with other organizations, financing and the availability of our volunteers.

Follow us on Facebook ([facebook.com/SocieteHistoriquedeSaintAnicet](https://facebook.com/SocieteHistoriquedeSaintAnicet)) and on our web site ([historique-st-anicet.ca](http://historique-st-anicet.ca))

## News from the Association des Canaux!

Your canal representatives continue to meet each month to continue going forward in the re vitalization of our canals.

The Association des Canaux is now a member of the social economy entreprise Le RAPPEL, an organization specializing in the preservation of lakes, watercourses and wetlands of Quebec. [rappe.qc.ca/](http://rappe.qc.ca/)



RAPPEL



Association  
des canaux  
de St-Anicet

With spring on our doorstep, we repeat our invitation to riperians to join the association, since the more members we have, the more our opinion can be heard and we can be consulted on all levels of decisions to move things forward.

### HOW TO BECOME A MEMBER ?

E-mail us: [association.canaux@gmail.com](mailto:association.canaux@gmail.com)

A \$25 minimum fee is applicable.

HEAR YE! HEAR YE! We are looking for a representative for the canal on 160th. Riperians, show yourselves!

If you are a riparian (member or no-member) you can join the group Facebook de l'Association des canaux de St-Anicet [facebook.com/groups/2714050458861024/](https://facebook.com/groups/2714050458861024/) to find all information about the association.

Looking forward to have you with us!  
Together we will succeed!

To reach us : [association.canaux@gmail.com](mailto:association.canaux@gmail.com)

SEE PAGE 3 OF THE ECHO FOR JOB OFFERS

# Une Affaire de Famille

**Camp de jour Ormstown / Saint-Anicet  
Ormstown's / Saint-Anicet's day camp  
27 juin au 19 août / June 27th to August 19th**

**Début des inscriptions le 2 mai  
Registration starting May 2nd**

**1er juillet Fermé  
Closed July 1st**

**Inscription en ligne  
Online registration  
[uneaffairedefamillehsl.com](http://uneaffairedefamillehsl.com)**



**Camp de jour / Day Camp  
9h00 à 16h  
9:00am to 4pm**



**LES RÉSIDENTS  
SERONT PRIORISÉS  
JUSQU'AU 31 MAI  
2022**

**RESIDENTS WILL BE  
PRIORITIZED UNTIL  
MAY 31ST, 2022**



**Service de garde / Daycare  
7h30 à 9h et 16h à 17h30 / 7:30am to 9am and 4pm to 5:30pm**



**Résidents (Preuve de résidence exigée)  
(Proof of residency required)**

**Camp de jour**

1 <sup>er</sup> enfant-kid	70\$ / semaine-week
2 <sup>e</sup> enfant-kid	65\$ / semaine-week
3 <sup>e</sup> enfant-kid	60\$ / semaine-week

**Non-résidents \***

**Camp de jour**

1 <sup>er</sup> enfant-kid	85\$ / semaine-week
2 <sup>e</sup> enfant-kid	80\$ / semaine-week
3 <sup>e</sup> enfant-kid	75\$ / semaine-week

**Extra 25,00\$/semaine pour service de garde 7h30 à 9h et 16h à 17h30 /  
Extra 25.00/week for daycare 7:30am to 9am and 4pm to 5:30pm**

Paiements acceptés : Chèque, argent comptant ou virement bancaire (détails sur la facture envoyée par courriel)  
Payments accepted: Cheque, cash or bank transfer (details on the invoice sent by email)

**\*\*RABAIS  
10%  
OFF**

**\*\*Vous bénéficiez d'un rabais de 10% si la totalité de la facture est acquitté au plus tard le 31 mai, 2022  
\*\*You will receive a 10% discount if the entire invoice is paid by May 31st, 2022**

# SMALL REMINDER

## EARTH DAY

Earth Day is April 22, 2022.  
[jourdelaterre.org/qc/](http://jourdelaterre.org/qc/)



## VOLUNTEER WEEK

Volunteer week is April 24 to 30, 2022.  
 Thanks to all our volunteers!

## BOAT LAUNCH RAMP

Starting April 29, 2022, a movable wharf will be set up at the two boat launch sites which we be available for free.

- Community centre parking lot (de la Fabrique Ave.)
- At the end of Trépanier Road

## MOTHERS' DAY

Sunday, May 8, 2022 is Mothers' Day.  
 We wish all mothers a happy Mothers' Day.



## YARD SALES

Yard sales will be held in Saint-Anicet on May 21, 22, and 23, 2022.

## MUNICIPAL TAXES PAYMENT

Have you thought about the 2022 tax payments due March 15, June 15, August 15 and October 15. Contact us for all questions.

## FATHERS' DAY

Sunday, June 19, 2022 is Fathers' Day.  
 We wish a happy Fathers' Day to all fathers.



## WHERE TO GET A DOG LICENSE

We want to let you know that 2022 dog licenses are available at the Town Hall, at the SPCA Refuge Monani-Mo as well as at the Dépanneur de la Courbe in Sainte-Barbe. For any other requests or questions, call us.

## CLOTHING COLLECTION

Think about picking through your clothes before donating them. Between 30 and 70% of clothes have to be recycled or thrown out.  Thank you for your attention!

## MEASURING SEPTIC TANK SLUDGE AND SCUM

The date for the measurement of septic tank sludge and scum has yet to be determined. However, you can register, until June 2, on the list. We will contact you to let you know the date when it is established. The cost is \$50 and you will be billed after we have visited. Call us at 450-264-2555 or by e-mail at: [info@stanicet.com](mailto:info@stanicet.com)



**BRIDGE** Wednesday: 1 pm to 4:30 pm  
 Contact: Ghislaine Cardin 333 Jules-Léger Ave.  
 Telephone: 450 262-3400



**CARDIO 60 +** Mon. and Wed. 9 am to 10 am  
 Contact: Micheline Larocque 1560 Saint-Anicet Street  
 Telephone: 450 264-8246



**CARDIO STEP** Thrusday 5 pm to 6 pm  
 Contact: Renée Guernon 1560 Saint-Anicet St.  
 Telephone: 450 802-8098



Falun Dafa is an ancient practice to improve mind and body. It's a method of personal growth and meditation based on the principle « authenticity –kindness—tolerance » (characteristics of the universe)  
 The regular practise of Falun Dafa improves health, develops altruism and makes it possible to reach an inner balance.  
 Falun Dafa is practised in more than 100 countries by persons of all ages and origins. It is taught FREELY and can be practised alone or in a group.  
 Free courses, on your computer or tablet. Register at: <http://www.learnfalungong.com/fr/falundafa.org>  
*Saint-Anicet* Tuesday: 9 am (333 Jules-Léger Avenue)  
*Salaberry-de-Valleyfield* Friday: 12:30 pm + new schedule to come  
 Contact: **Carolle Caza** Telephone: 450 264-6064 or 514 973-6064



**CROSSFIT** Monday: 5 to 6 pm  
 Contact: Renée Guernon 1560 Saint-Anicet St.  
 Telephone: 450 802-8098



**KARATÉ** Mon. & Wed. 6:30 pm to 9 pm  
 Contact: Liette Legault 1560 Saint-Anicet St.  
 Telephone: 450 567-0336



**SAND BAGS** Monday 12 pm to 4:30 pm  
 Contact: Nicole Martel 1560 Saint-Anicet St.  
 Telephone: 450 264-2306