



MORIN-HEIGHTS
1855

Info Morin-Heights

In harmony with nature!

Fall 2013 - Vol. 16, no 3



Journées de la culture

FREE ACTIVITIES!

Collaborative project to beautify the school, plus Arts Morin-Heights' exhibits

Friday, **September 27th**, students and Arts Morin-Heights' artists will create colored panels, in a joint effort, to embellish the front of the school. Come see artists of all ages at work at the Morin-Heights Elementary School, from 13:00 to 15:00, at 647 ch. du Village.

Arts Morin-Heights will present an exhibit under the theme "The Village" at the Remembrance Hall (823, ch. du Village) during a book exchange and another exhibit will be held at O'Petit Restaurant (139, ch. Watchorn) during a Theatre Morin-Heights' reading. Arts Morin-Heights supports the Garde-Manger des Pays-d'en-Haut and is inviting visitors to bring non-perishable food at all of their events.

Information: www.artsmorinheights.com or 450 226-3832.

Inter-municipal Book Exchange on September 28th

We all have dusty old books, now is the time to dust them off! We invite all residents of the MRC des Pays-d'en-Haut to come trade books at the Morin-Heights' library. Note that this is not a sale: no transactions are to be made, only exchanges to negotiate! We welcome all those who wish to give their books a second life!

The event will be held at the Library's Remembrance Hall at 823 ch. du Village on Saturday, **September 28th** at 11:00, doors open at 10:00. **A caricaturist will also be on site from 10:00 to 13:00**, to immortalize your children's face while you browse through books!

Play Reading by Theatre Morin-Heights on September 28th, at 16:00 (in English)

The Diary of Anne Frank will be presented as a reading by Theatre Morin-Heights. Coffee, tea and cake will be served to the audience. The presentation will be held at O'Petit Restaurant (139, ch. Watchorn). No reservation is required to attend the play reading.

If you wish to have dinner afterwards, please reserve a table at 450 226-8848.

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News from the mayor

Dear citizens,

It has already been four years since you have entrusted municipal Council members with their mandates, the first for some and third for others.

We are proud of what we have accomplished during this time. The following is a brief summary:

- Parc Lummis complete reorganization and landscaping.
- Development of mountain bike trails at Mont Bellevue for the youth and the young at heart.
- Town core facelift including the installation and replacement of water conducts as well as storm and sanitary sewer pipes.
- Reconstruction of many municipal roads, specifically: Rang 4, Lac-Écho, Lakeshore, Christeville, Village and Jackson roads, as well as Loup-Garou, Bel-Air and Montfort.
- Major maintenance done to the soccer field: peat moss and the addition of an irrigation system along with the purchase of removable goal posts.
- Promotion of public events and cultural activities such as Canada Day, Viking Loppet, Shakespeare-in-the-Park and the Arts Morin-Heights summer exhibit.
- Protection of the Municipality's bilingual status.

Along with these projects, our main objective remained the improvement of our citizens' quality of life and promoting citizen participation by way of volunteering and outdoor activity.

There has always been one reason that has motivated my ancestors and myself to be involved in public life: ensure that our municipality remains a place where our children will choose to live.

The present Council has worked hard to accomplish this vision and the completed projects are starting to bear fruit.

However, more work needs to be done. Municipal elections will be held in November and I invite you all to exercise your democratic privilege.

I am very proud to have served you over the last years as councillor and as mayor and I hope to be able to continue to do so for another mandate and carry-out our future projects together.



A handwritten signature in blue ink that reads "Tim Watchorn".

Tim Watchorn, ing.
Mayor



Blood Drive

The next blood drive in Morin-Heights will be held on **August 26th**, from 13:00 to 19:30 at St-Eugène Church (148, ch. Watchorn). Blood supply depends entirely on the generosity of people who care about giving the priceless gift of life. Each single donation saves multiples lives. Only 3% of the population of our province who is eligible to donate blood actually donates it. Every 80 seconds someone needs blood in Québec.

Give blood. Give life.

For any question concerning admissibility for blood donation, please call:

1-888-666-HEMA or visit
www.hema-quebec.qc.ca.

Transport Adapté et Collectif des Laurentides

The *Transport Adapté et Collectif des Laurentides (TACL)* has a brand new website. All information regarding the inter-municipal services, bus, taxi-buses and paratransit can be found there. Users can even book their paratransit and taxi-buses online.

www.transportlaurentides.ca

Business Directory

The Municipality keeps a directory of local and nearby businesses on its website. If you wish to see your company listed on it, contact Karyne Bergeron at: bulletin@morinheights.com to receive the appropriate registration form.

To take a look, visit:

www.morinheights.com and click on the "Businesses and organizations" button.

Annual grants for community organizations

The Municipality of Morin-Heights invites non-profit groups and organizations to submit their 2014 requests for financial and technical assistance. Foreseeing community needs allows Council to set aside the necessary funds in its annual budget. The required form is available on the municipal website. It must be completed and returned by **October 15th**, 2013. Council will analyze requests in November and send out replies by February 2014.

Bursaries Available for Youth Sports Excellence

This municipal policy recognizes our young residents' high level of achievement in sports, ages 12 to 25. Amateur athletes must meet eligibility criteria and submit a completed application form **no later** than October 15th, 2013 (available on the website www.morinheights.com under "Forms" or at the Town Hall).

Flea Market La Fouillerie

Sponsored by "Le Garde-Manger des Pays-d'en-Haut", La Fouillerie, located at 148, chemin Watchorn, offers services for the gathering and distribution, at really low prices, of new and second hand clothing, toys, dishes, books and more. Please, bring your bags!

Céline and her volunteers welcome your donations with a smile.

Opening hours: Monday, Thursday and Friday from 10:00 to 15:00 (closed from noon to 12:30) and Saturday from 9:00 to noon.

Information: 450-226-2844



Municipal Elections

We remind owners of an immovable who are not domiciled in the territory of the municipality, that they can ask to be added on the Morin-Heights electoral list by filling the form that they received with their tax bill. The form is also available on the municipal website.



Here is a summary of the electoral timetable established under the "Act respecting elections and referendums in municipalities":

September 20 to October 4	Acceptance of nomination papers
Until October 4	Receipt of applications for registration on the electoral list of non-residents
October 4	Filing of the electoral list
October 15, 17 and 19	Revision committee to revise voters' list
October 27	Advance poll (noon to 20:00 at the Town Hall, 567 chemin du Village)
November 3	General election (10:00 to 20:00 at St-Eugène Church, 148 chemin Watchorn)

Individuals interested in working on one or both of these last two dates should contact the Municipality at 450 226-3232 ext. 105 or at municipalite@morinheights.com .

Public notices will be posted as required by law at the Town Hall, the Post office, at St-Eugène Church and will also be available under the "Public Notices" index at www.morinheights.com .

Welcome to CrossFit 15Nord

CrossFit 15Nord is a 3000 square feet training center located at 568, chemin du Village in Morin-Heights. We offer a fitness program which combines a wide variety of functional movements executed at high intensity to achieve overall physical fitness. These trainings are open to all and supervised at all times by our certified coaches. Our goal is to help you challenge yourself and welcome you in a friendly atmosphere.



Call for a free trial: 450 240-5333 • www.crossfit15nord.com

Protecting our animals: something to be proud of!

The SPCA Laurentides-Labelle (SPCA LL) is now responsible for animal control on our territory. This is reassuring news since the SPCA LL has an ethical policy when dealing with animal control. The municipal regulations must meet in all respects the organization's mission, which is among the most respected in the community for its high standards regarding animal care and health.

The SPCA LL, with a no-kill policy when avoidable, has an adoption centre to give a second chance to stray, abandoned and abused animals to the extent of its financial and physical abilities. They receive no government funding.

Established in the Laurentides region for 28 years now, the organization employs thirteen full-time employees. Among its staff, there are now two part-time veterinarians with an on-site surgery room. They can do several types of procedures, including sterilizations of all animals to be put up for adoption. This helps curb overpopulation, which has reached alarming proportions in our region.

Moreover, since 2010, the SPCA LL is a representative of the *Ministère de l'agriculture, des pêcheries et de l'alimentation (MAPAQ)* and performs inspections to ensure the well-being of animals under provincial law, including the seizure of mistreated or neglected animals. This is good news for our four-legged friends!

One of the lesser known sides of this organization is its social commitment to the community. Indeed, the SPCA LL is also involved in several community programs, including one at the Polyvalente des Monts in Sainte-Agathe and at A.-N. Morin in Sainte-Adèle to prevent school dropout rates. They also offer volunteer programs which are very popular with the general population.

The SPCA Laurentides-Labelle strives to educate the population about the importance of sterilizing pets, adoption, accountability, as well as offer support for those who feel ready to welcome an animal into their homes.

Visit www.spcall.ca for details on SPCA LL's complete services or give them a call at **819 326-4059**.

Welcome to our town!

We wish to extend our warm welcome to **M^e Barbara A. Thompson**, notary and legal advisor who now has an office at 707, chemin du Village, suite 201.

To contact her office: 450 644-0444 or ba.thompson@notarius.net.



Automated Emergency Calling System

Morin-Heights is now able to contact its residents by phone in case of an emergency using an automated calling system.

This system is able to reach a maximum number of persons in a minimal amount of time. It can be used by sector or for certain streets only, in case of an interruption of water supply, an environmental crisis or any other emergency. The message could include instructions to follow.

The system's data base is made up of all listed phone numbers in the phone book (Bell's white pages). Please note that the data base of the Municipality remains confidential and cannot be used for telemarketing purposes. It is managed by a few members of the municipal staff.

You have a confidential number? You are only using a cell phone or have moved in recently? Please send your information by email (name, address and phone number) at:

bulletin@morinheights.com in order to be called by the Municipality in case of an emergency.

If you have a physical impairment, please contact the municipality at: 450 226-3232, ext. 101 or at municipalite@morinheights.com in order to be added to a priority list in case of an emergency. This list will remain confidential.





Job Offers

Municipal cross-country ski and snowshoe trail network

We are looking for motivated candidates interested in working for the Morin-Heights Cross-country Ski and Snowshoe Trails Network this winter. Positions include: **ticket agents and trail patrollers**. Please send your resume to: loisirs@morinheights.com by September 27th or drop a copy at the municipal office. Selected candidates will be contacted in October for interviews.

Positions also available: Rink supervisors



Dust off!

If you need help cleaning your home or business (options available), we offer simple, safe and efficient solutions:

Please give us a call to find out more about our services.

450 229-6677 • www.marteau-plumeau.com

Get legal information from professionals

Me Stephanie Carriere, lawyer, is offering free interactive information sessions on various subjects. Due to popular demand, the upcoming session will be about testaments and successions again. At the Library's Remembrance Hall (823, chemin du Village), every third Monday of the month, at 19:00.

To register, simply send an email confirming your presence to:

frenchlawstudent@hotmail.com.

Feel free to share your ideas and suggestions about any topics that may interest you for further fall sessions.

Cruelty towards animals is a crime!

Did you know...?

- Dogs do not perspire; they cool themselves by panting.
- If the air an animal inhales is too hot, his body cannot release the heat which causes brain damage and death by suffocation.
- Heat stroke can happen in less than 5 min. Heat rises tragically in a car. In 10 minutes, the temperature can rise 10 degrees or more.
- Even if the outside temperature is between 15-20°C, the temperature in your car can reach over 45°C.
- An animal should not be subject to strenuous physical activities (walking, playing, running next to a bike) when the outside temperature is over 22°C.
- Young pets and older ones as well as short-nose breeds (ex. Shih Tzu) are at greater risk.
- Hot asphalt burns their paws.
- In a car, buckle up your pet on the back seat with a harness - not by his collar. In a collision, your pet could be killed by the air bag or be projected into the windshield or run away.
- Dogs also feel the cold temperatures in winter.
- Animals should always have access to fresh water and a shaded area.

Heat stroke symptoms: rapid breathing, panting, weakness, dark red or blue tongue or gums (signs before shock syndrome), glassy eyes, vomiting, diarrhea, loss of balance, etc.



DON'T COOK YOUR DOG!



DOGS DIE EVERY SUMMER even with windows down, in minutes cars turn into coffins

IF YOU SEE AN ANIMAL LOCKED UP IN A VEHICLE IN HOT WEATHER, CALL THE POLICE.

What to do if your pet has a heat stroke:

- Lower their body temperature by wetting the animal with lukewarm to cool water.
- Apply damp towels (if possible containing ice) on their head, neck, thorax, lower abdomen, under their paws, underarms, between the thighs.
- Fan the wet animal.
- Give fresh water, if he can drink it on his own.
- Continue administering these first-aid treatments and go to a veterinarian urgently.

Environment

Community Garden

A small group of citizens have joined forces to create a community garden in Morin-Heights. In collaboration with Coop Hélios and *Les jardins de Solidarité de la MRC des Pays-d'en-Haut*, the produce harvested will be given to the *Garde-Manger des Pays-d'en-Haut*. The garden is located behind the *Château des aînés* on chemin Bellevue. The volunteers have planted vegetables, herbs, flowers, fruit trees, and fruit bushes. The group works with the permaculture approach and have started composting for the garden.

If you would like more information on the project or to participate, visit the Morin-Heights Farmers Market 'Special Projects' web page (marchemorinheights.com/projets-speciaux) or call **450 226-8464**.

Changez d'air Program

The AQLPA has introduced a program to subsidize homeowners who want to upgrade their wood burning stoves and the Municipality of Morin-Heights is now a participating member. The program was initiated last spring and already several residents have taken advantage of this subsidy.

To determine if you qualify as well as the amount of subsidy you are entitled to, visit www.changezdair.org for details. Stoves must be purchased from a participating dealer who forwards the information to the AQLPA, who then contacts the Municipality. Subsidies range from \$500-\$700 plus an additional \$100 municipal subsidy. The goal of the program is to reduce air pollution and improve wood burning efficiency. The site also lists the types of stoves that qualify for the subsidy.

Mountain Bike & Hiking Network Update

The construction of new trails has continued throughout the summer along with the upgrading of existing trails creating a very interesting network. For the most up-to-date map please consult our website. As construction is ongoing please respect trail closures as trails can be dangerous before being completed. Also please respect the 24 hour rule which means avoid riding on trails within 24 hours after a heavy rainfall.

Two **fall work bees** are planned for Saturday October 5th and 19th, 9:00 to 12:00. In case of postponement due to weather, please consult the municipal website for the most current information.

Please note the trails will officially be closed to cyclists and hikers once the snow arrives.



To get rid of a refrigerator 10 years old and older, you can call Recyc-Frigo at this toll-free number **1 855 668-1247**, or contact them online at www.recyc-frigo.com to schedule a pick-up, free of charge. Appliances must be in working order and plugged in come pick-up time. A \$30 cheque will be mailed to you a few weeks later.



Recycling and Garbage Collection Calendar 2013

SEPTEMBER						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

OCTOBER						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

NOVEMBER						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

DECEMBER						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Garbage



Recycling and garbage



Recycling



Large items

Recycling and Garbage Collection

In line with the government's waste reduction program, our landfill dumping site is now the *Régie intermunicipale des déchets de la Rouge*, which the municipality is a member of. The rules were revised on the type of materials to be collected to meet the government program requirements. Materials like green clippings, leaves and televisions, will no longer be picked up. Fortunately, the local Écocentre now offers free access to all residents (details beside and in pages 8 and 9).

Keep this calendar and note that large objects will now be collected one Tuesday per month.

Any complaint or information needed regarding the curb collection should be directed to **Marie-Ève Roy** at:

rcmillermorinheights@gmail.com or at **1 855 425-3797**.

Note that the contractor is beginning the collection with an automated arm. This practice requires a clearance of 60 cm (2 feet) between the bins or any other object.



Écocentre

The municipality of Morin-Heights is proud to offer all its citizens **free services** at the Écocentre.

The Écocentre is located at: 2125, chemin Jean-Adam (Route 364) in St-Sauveur.

Opening hours until November 30th: Monday to Sunday from 7:30 to 16:00

Authorized clientele and quantity limits:

- Business owners and contractors are not admitted. Écocentre services are only offered to residents and residential building owners;
- Materials have to come from your property or residence;
- The maximum quantity accepted is one 4 X 8 X 2 feet trailer + one pick-up cab;
- Upon arrival, you have to:
 1. Stop the motor of your vehicle;
 2. Present one of the following proofs of residence or ownership to the attendant: a driver's licence, lease, or a recent tax or Hydro bill;
 3. Unload your **pre-sorted*** materials in the corresponding containers as shown by the attendant.

* It is important to sort your materials when you load your vehicle, since they have to be unloaded at different locations or in different containers on the site at the Écocentre.

Together to reduce landfill.

Tree Trunks Pick-Up

Morin-Heights was not spared by the storm of July 19th, which caused a lot of damage. The Municipality will be undertaking a program to pick-up the tree trunks; the branches can be brought at the Écocentre or burned, with a fire permit. Fire size will be strictly enforced. From an environmental standpoint, residents are being urged to chip the branches rather than burn them either by hauling them to the Écocentre (trunks are also accepted) or by hiring a contractor who offers an onsite chipping service.

In an effort to reduce air pollution and to assist citizens in cleaning their property, the Municipality will collect tree trunks of over 10 cm (4 in) in diameter, provided they have been cut into 1.2m (4 ft) lengths and piled in the driveway on public roads, 2-3m from the edge of the pavement. Logs are **not** to be piled in ditches.

Once ready for pick-up, residents are being asked to leave a message on the designated phone line: 450 226-3232, ext. 222. **Log recuperation will be done between September 16th and 20th.**

Tree cutting permits will not be required for one or two broken trees, but will be required where large numbers of trees have been affected. In that case an inspection might be performed beforehand.



Integrated waste management

Québec policy regarding residual waste management put forth a more environment friendly management of residual waste while contributing to Québec's social and economical development. The main objective of the policy is to save 65% of the 7.1 million of annual waste from landfill.

Municipalities must favour measures regarding residual waste management which meet the Government objectives.

In 2005, Morin-Heights implemented the door to door curb collection of recycling with the blue bins. In 2009, the Municipality joined Piedmont, Saint-Sauveur and Sainte-Anne-des-Lacs to set up a common Écocentre, and recently, we became member of the *Régie Intermunicipale des déchets de la Rouge* which owns and operates a registered landfill site.

Every year, more types of residual waste are repurposed as they are being turned down at the landfill site. This year, electronic equipment, computers, televisions, as well as wood products, must be recuperated and brought to the Écocentre since they are now turned down at the landfill site.

This is how to discard waste material:

SÛRETÉ DU QUÉBEC	CSSS DES PAYS-D'EN-HAUT	ENTERPRISES RECOGNIZED BY THE MINISTÈRE DE L'ENVIRONNEMENT
Explosives	Biomedical waste	Tires (more then 48 inches)
Fire arms	Syringes	Car frames and auto parts
Ammunitions	Needles	Animal carcasses
Dynamite		Liquid residues of any kind
Rocket		Manure, sludge, liquids of this nature
Grenades		Industrial hazardous materials
		Asbestos residues
		Contaminated earth

Bins

Residual waste must be dumped in the 360 litres black or blue bins provided by the Municipality. No material can be left on the top or beside the bins.

Bins must be rolled onto the curb in front of the property, so they will not hinder traffic, no earlier than 18:00 the night before the collection, wheels towards the property.

Bins must be brought back and stored on the property, at least 9 metres from the road, at the latest at midnight the day of the collection. The collection is done between 7:00 and 20:00.

Big items collection

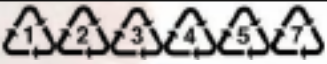
Big items must be dropped in front of the property on the curb no earlier than 18:00 the night before the collection.

The collection of big items is taking place once a month, as shown on the calendar on page 6. Note that there is a maximum of ten (10) big items per property per pick-up.





Recycle your **batteries, cell phones & ink cartridges**. A special container is placed at the entrance of the Town Hall, which is accessible from 8:30 to 16:30, Monday to Friday.

ITEMS	BLUE BIN	BLACK BIN	ÉCOCENTRE	BIG ITEMS COLLECTION
Paper, cardboard, magazines				
Gable top milk and juice cartons (Tetra Pak type)				
Table scraps				
Plastic bags (all in one bag)				
Kitchenware (glass, porcelain, crystal)				
Glass bottles and jars				
Plastics, caps and lids (see # underneath container) 				
Pans, skillets, baking sheets				
Newspapers				
Carpet				
Furniture				
Outdoor furniture (wood / PVC / wicker)				
Plastic toys				
Demolition debris (windows, mirrors)				
Tires (without rims)				
Asphalt shingles				
Metals				
Water heater				
Mattresses				
Home appliances				
Small appliances				
Electronic equipment (TV, computer)				
Sport equipment				
Bath tubs , toilets				
Printer cartridges				
Car batteries				
Oil, paint, varnish				
Incandescent light bulbs				
Compact fluorescent				
Hoses				
Branches				
Green clippings (other then branches)				
Christmas trees				
Propane tanks				
CD/DVD				
Clothes and fabric that cannot be re-used				
Batteries				
Medication				

Accepted at the drugstore



Municipal Services

Library

The municipal library, run by volunteers, is located at 823, chemin du Village.

Always closed on civic holidays.

Information:

450 226-3232, ext. 124

Opening hours

Tuesday and Thur.: from 13:00 to 16:00

Wednesday: from 10:00 to noon
and 14:00 to 16:00

Friday: from 19:00 to 21:00

Saturday: from 10:00 to 14:00

Sunday: from 11:00 to 13:00

Owners of e-readers will be happy to know that the *Réseau BIBLIO des Laurentides* now has a number of e-books in French. These books can be downloaded onto your computer or handheld device for a period of three weeks, after which they will disappear from your device. Instructions on how to download are available at the library.

In order to have access to e-books, you must be a member of the municipal library. An individual membership costs only \$15,00 annually for Morin-Heights residents or \$25,00 for a couple/family membership. For kids under 18 years of age, the membership is free!

Kids, we have great new books: bring Mom and Dad to the library so you can borrow a few!



NEW ACQUISITIONS (Novels)

Jussi Adler-Olsen
[A Conspiracy of Faith](#)

Dan Brown
[Inferno](#)

Jeffery Deaver
[The Kill Room](#)

Tami Hoag
[The 9th Girl](#)

Khaled Hosseini
[And the Mountains Echoed](#)

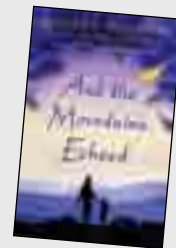
Colum McCaan
[TransAtlantic](#)

Philipp Meyer
[The Son](#)

Lisa Moore
[Caught](#)

James Patterson & Howard Roughan
[Second Honeymoon](#)

Robert Rotenberg
[Stranglehold](#)



NEW ACQUISITIONS (Non-Fiction)

Clare Mulley
[The Spy Who Loved: The Secrets and Lives of Christine Granville](#)

Andrew Rose
[The Woman Before Wallis: Prince Edward, the Parisian Courtesan, and the Perfect Murder](#)

Mark Williams
[The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness](#)

Mitchell Zuckoff
[Frozen In Time: An Epic Story of Survival and a Modern Quest for Lost Heroes of World War II](#)

(Audio CDS) NEW!

William Lashner
[Marked Man](#)

Sara Paretsky
[Bleeding Kansas](#)

Sara Paretsky
[Hardball: A V.I. Warshawski Novel](#)

Brad Thor
[Foreign Influence](#)





Morin-Heights Fire Department and First Responders

Important notice The emergency service response time can be greatly affected due to a wrongly placed or missing civic number. Whether at night or during the day, your civic number must be visible at all times from the road; your safety depends on it. There is a municipal by-law to that effect and a fine can be given to those who do not respect it. In case of an emergency, every second counts!

72 hours. Is your family ready?

In case of an emergency situation in your community, it may take emergency workers some time to reach you. You should be prepared to take care of yourself and your family for a minimum of 72 hours. You must also understand the basic principles of first-aid and safety measures.



Know the risks

Knowing what to do is an important part of being prepared. Across Québec, we face a number of natural hazards such as storms, forest fires, earthquakes, landslides, etc. Thunderstorms, hail, blizzards, ice storms, high winds and heavy rain can develop quickly and threaten life and property. Severe storms occur in all seasons. Other hazards could be bomb threats, chemical spills or infectious disease outbreaks, power outages and industrial or transportation accidents.

Make a plan

Every Canadian household needs an emergency plan. It will help you and your family know what to do in case of an emergency. Your family may not be together when an emergency occurs. Plan how to meet or how to contact one another, and discuss what you would do in different situations. Having a family emergency plan will save time and make real situations less stressful.

Prepare a kit

In an emergency, you will need some basic supplies. You may need to get by without power or tap water. Be prepared to be self-sufficient for at least 72 hours.

The key is to make sure the supplies are organized and easy to find. Make sure your kit is easy to carry (ex. backpack, duffle bag or suitcase with wheels) and everyone in the household knows where it is.



Basic emergency kit:

- Water – at least two litres of water per person per day; include small bottles that can be carried easily in case of an evacuation order
- Non perishable food, such as canned food, energy bars and dried foods
- Hand-held can opener
- Flashlights (and extra batteries)
- Candles, matches or lighter
- Crank, battery-powered radio (and extra batteries)
- First-aid kit
- Other items such as prescription medication, infant formula, equipment for people with disabilities
- Extra keys to your car and house
- Cash and change
- A copy of your emergency plan and contact information

To help you in your preparation, consult the following website:

www.preparez-vous.gc.ca/index-fra.aspx



Did you know that...
In case of a power failure or water supply interruption, you can get drinking water from an outdoor tap located at the Town Hall.

Morin-Heights Fire Department (continued)



Alarm System

It is suggested to all residents to equip their residence with an alarm system linked to a calling center. Doing so would improve the response time of the Fire Department.

National Evacuation Plan Day

October 9th is THE day where you should hold a fire drill since it is National Evacuation Plan Day, an initiative of the *ministère de la Sécurité publique*. At 19:00, put your evacuation plan to the test: everybody out! You are also reminded to test all your smoke detectors. This plan is mainly to inform all family members of the procedure in case of fire. It must be followed by a practice to ensure everyone knows it. To help you design your evacuation plan, please visit: www.securitepublique.gouv.qc.ca/securite-incendie/citoyen-averti/conseils-prevention/plan-evacuation-maison-incendie.html.



Important numbers

Town Hall:
567, chemin du Village,
Morin-Heights (Québec)
JOR 1H0

Phone: 450 226-3232
Fax: 450 226-8786
www.morinheights.com

Emails:
bulletin@morinheights.com
comptabilite@morinheights.com
conseil@morinheights.com
environnement@morinheights.com
inspection@morinheights.com
loisirs@morinheights.com
municipalite@morinheights.com
mutation@morinheights.com
servicetechniques@morinheights.com
ssi@morinheights.com
taxes@morinheights.com
travauxpublics@morinheights.com
urbanisme@morinheights.com

**Sûreté du Québec des
Pays-d'en-Haut:** 450 227-6848

Emergency: 9-1-1
Fire - Police - Ambulance -
Emergency Measures -
Emergency Public Works (night and holidays)

Dog catcher:
819 326-4059 • www.spcall.ca

Graphic Design Julie Allard
Production: Les Imprimés Triton
450 229-1054 • www.grouperitron.com

Photos: Tara Kirkpatrick and others



French-language Reading Club (CLEF)

Since February 2013, Morin-Heights has a club for those interested in French-language books. So far the club counts 10 members. The CLEF meets monthly to discuss new finds, books we read over again, and favourites.

Well-known Quebec journalist and author Lucie Pagé, currently residing in South Africa, heard about the CLEF and decided to recognize the initiative by sending autographed copies of her recent novel *“Encore un pont à traverser”* to each member.

To join or to get information about the club, contact **Monique Bélisle** at: **450 226-8464**.

Laurentian Reading Club

For more than 50 years, the Laurentian Reading Club has been meeting monthly for lively discussions about books and reading.

Information:

Jane Philibert at 450 226-6947 or janephil@cgocable.ca

Joyful Noise Choir

Everyone who likes to sing is welcome! St-Eugène Hall, Tuesdays 19:00. From September 10th to December 10th.

Information and registration:

Penny Rose at 450 226-2746 or pennyrose@jenanson.com

Christmas presentation to come on December 12th, all details in the next edition of our bulletin.



Journées de la culture (continued)

Photo Safari on September 28th from 9:00 to noon

Photo creations during an outdoors photo safari with Roger Lauzon. Activity funded by the MRC des Pays-d'en-Haut. In his workshop, the artist will present participants with his artistic approach and will then invite them to take pictures using the same approach while travelling through trails along the river and in the mountains. It's an invitation to look beyond the first glance and put your imagination to work...



- The artist's workshop is located at 901, rue des Primeroses
- Postponed to September 29th in case of rain

Info and reservation: www.rogerlauzon.net or atelierdeclic@sympatico.ca

Arts Morin-Heights

Arts Morin-Heights is concluding its 2013 exhibit series at the library with an exhibit themed "The Village". Members of Arts Morin-Heights will be present to greet visitors on **Saturday and Sunday October 5, 6, 12, and 13**, from 11:00 to 17:00.

The exhibit will be in place on **September 28th and 29th** in conjunction with the *Journées de la culture* event. It will stay for the whole month of October during library opening hours. Donations for the Pays-d'en-Haut food bank are gratefully accepted at all Arts Morin-Heights events.

For additional information about Arts Morin-Heights and their events, visit their website: **www.artsmorinheights.com** or call 450 226-3832.



Activities

Theatre Morin-Heights

Join Theatre Morin-Heights!

Rehearsals will take place on Wednesday September 18th, October 16th and November 13th at resto-bar La Grange (19:00).

Next annual production will be presented at Ski Morin Heights on:

- **Friday, November 1st, at 20:00**
- **Saturday, November 2nd, at 20:00**
- **Sunday, November 3rd, at 14:00**



Information and tickets (\$20):

Penny Rose at 450 226-2746 or pennyrose@jenanson.com

Halloween

Join the knights, vampires, fairies and clowns gathering on Halloween!

On **October 31st**, Halloween activities will be held in the village. Chemin du Village will be closed between 17:00 and 20:00.

We are looking for young at heart adults, who would be interested in joining a Halloween committee to organize and/ or liven up the activities on the night of October 31st.

Contact Catherine Maillé at 450 226-3232, [post@102](mailto:post@102.com).



Morin-Heights Historical Association

The Morin-Heights Historical Association recently hosted Dr. Louise Johnston's fascinating and well attended talk on "Settling the Gore".

We host four speakers annually to address topics of historical interest. The exciting new possibility of a museum for our local artifacts is currently under discussion.

To register, renew memberships or purchase issues of The Porcupine, please communicate with us at mhha98@hotmail.com.

Royal Canadian Legion Event Calendar

Friday August 23rd:

TGIF Smoked Meat, at 18:00

Saturday August 31st:

Labour Day Steak Supper, at 18:00

Friday September 20th:

TGIF Smoked Meat, at 18:00

Sunday October 13th:

Thanksgiving Brunch, 9:00 to 14:00

Friday October 18th:

TGIF Smoked Meat, at 18:00

Saturday October 26th:

Oktoberfest Supper, at 18:00

Saturday November 9th:

Remembrance Day Parade

Friday November 22nd:

TGIF Smoked Meat, at 18:00

Sunday November 24th:

Grey Cup Party 2013 (hamburgers, etc.)

Darts every Wednesday nights at 19:00 and Friday nights at 19:30.

Military Whist: 1st and 3rd Monday of the month, cribbage: 2nd and 4th Monday of the month.

All welcome, 127, ch. Watchorn.

Saturday September 7th

LAST FLEA MARKET OF THE SEASON!
Rain or shine

Information: 450 226-2213 (after 13:00)



Babysitting course

For children 11 to 15 years old who are interested in babysitting, this course will help them acquiring the necessary skills to take on this important responsibility.

They will learn practical things, such as preparing snacks, inventing games and activities for kids of all ages, changing diapers, and also what to do in case of a serious accident using basic first-aid skills. They will learn valuable tips about prevention and safety, including how to cope with tantrums and crying, and learn about their rights and responsibilities as babysitters.

The course costs \$50 per person and includes an instruction manual and card holder upon the successful completion of the course.

Saturday October 19th and Sunday October 20th, 9:00 to 13:00.

At the Remembrance Hall (library), 823, chemin du Village.

Bilingual training.

You must bring: a pen or pencil and paper, colouring crayons and a doll or stuffed animal (baby size if possible).

Registration required at the Town Hall before September 27th:

450 226-3232, ext. 111.

For specific information you may contact the instructor: Kim Maurice at

514 916-9904



Morin-Heights Bridge Club

All are welcome to the best social bridge club in the Laurentides! The Morin-Heights Bridge Club starts its new season on Thursday **September 19th**. Registrations start at 12:30 and play at 13:00 at Saint-Eugène Hall, 148 chemin Watchorn.

Laurentian Region Cancer Support Group

Offers English-speaking support services to cancer patients, caregivers and their families in the Laurentian region. Meetings are held monthly at St-Eugène Church in Morin-Heights (148, chemin Watchorn).

For more information about the group's services, meetings and guest speakers, call June Angus at: **450 226-3641** or email cancer.laurentia@yahoo.ca.

St-Eugène Community Activities

148, chemin Watchorn

September 8th, 11:00 to 14:00

Family BBQ: presentation of parish' services and registrations to its courses. Entertainment and fun for the whole family, storytelling, face painting. Small fee for the food only.

October 19th, 19:00 to midnight

Costume ball and dance evening with music from the 40's to today! Animation, door prizes & prize for best costume. Admission: \$10. Cold buffet served at 23:00 at the cost of \$10. Reservation required.

Information and reservation: 450 226-2844

Morin-Heights Farmers' Market

Join us every Friday from 14:00 to 19:00 until October 1th at 148, chemin Watchorn

Outdoor market: rain or shine! Variety of fresh, local fruits and vegetables, preserves, prepared meals, baked goods, and music!

SPECIAL EVENTS

September 20th: Mabon Metal Equinoxe

October 11th: End of Season BBQ

For more information, please contact Heather or Regan at **450-226-2789** or at morinheightsmarket@gmail.com or visit www.marchemorinheights.com.



Activities



Canada Day

An attendance of approximately **8000 people**, mostly families, took part in this year's celebrations! The whole day was filled with fun and a variety of free activities. Spectators were entertained by DJ Martin Dutou and a great musical performance by Brian Tyler and the Bluestorm who rocked the night away! The festivities ended with impressive fireworks enjoyed by the crowd gathered at Ski Morin Heights.



Thanks to our sponsors who continue to play an essential role when it comes to the quality of the event and the variety of free activities offered. Volunteers helped throughout the day and we owe them warm thanks! A big thank you also go to Pierre Charest and all the staff at Ski Morin Heights for their continued terrific co-operation! Argenteuil-Papineau-Mirabel M.P., Mrs. Mylène Freeman took part in the activities by attending the famous egg toss again this year!

Be there next July 1st!

Photos: Tara Kirkpatrick, Derek Shearer, Raphaëlle Labadie and Denis Laplante.

Coop SORE and L'Antr'Aidant

MRC des Pays-d'en-Haut

We offer:

Relief for caregivers of seniors; psycho-social support; social activities; respite days; ongoing training for adults and teenagers (15+) volunteers.

Information: 450-224-2657

Conference/ workshop on bullying and harassment

Conference workshop on a hot topic for parents of school-age children and workers. Do you understand what bullying is? Would you be able to identify it on your own or would your child be able to?

Workshop given by a Red Cross certified instructor. \$10 to attend.

Thursday, **October 10th** at the Remembrance Hall (823, chemin du Village) from 19:00 to 21:00.

Confirm your presence with Claudine Corbeil at **514 608-6611** or at **claudinecorb@hotmail.ca**.

Senior Citizens Heritage Club

The Senior Citizens Heritage Club invites you to join, ages 55 & over. Monthly activities are organized for members, including interesting day trips during the months of April, May, June, September and October.

Information:

Marion Roberts at 450 432-7324

Isabel Ellis at 450 226-8882

Mona Wood at 450 226-1454

Activities

Morin-Heights United Church

Morin-Heights United Church (MHUC) has been a central institution in the village for over 80 years. A pastoral charge of the United Church of Canada, the church provides Sunday Worship Services once a week at 10:30. Following services, a coffee hour provides a warm and friendly place for individuals to visit and chat.

MHUC holds an annual community Thanksgiving Supper each year on the Saturday of Thanksgiving weekend, as well as an annual Pancake Breakfast on Shrove Tuesday. The church hosts the Joyful Noise Choir group twice a year providing the community with a pleasant afternoon of musical entertainment.

The Church is proud of their outreach ministry which supports Cosy Corner Senior Citizen's Club. This group of multi-cultural seniors meets every Tuesday afternoon for bingo, cards and assorted games. During winter months, a soup lunch is provided for a minimal fee.

Mark your calendar for the Christmas Eve Candlelight Service on **December 24th**, 17:00.

The church is located at 831, chemin du Village, 450 226-2637.

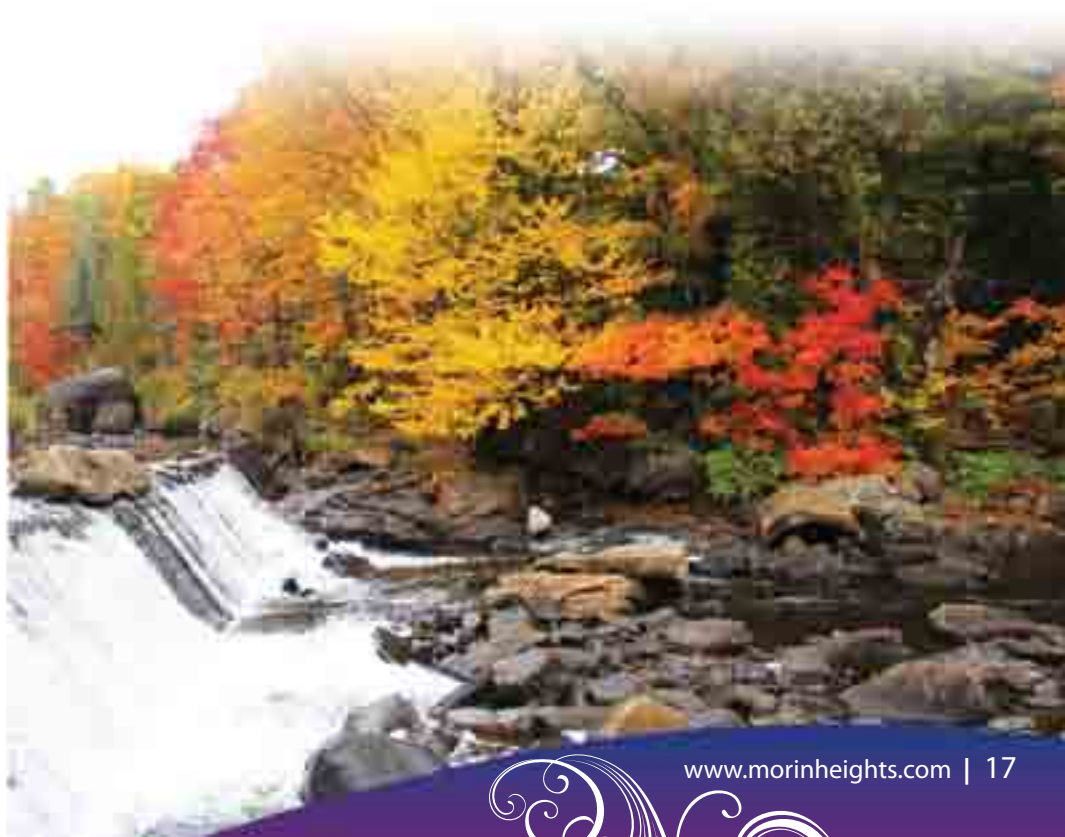
Trinity Anglican Church Fundraising Events

Autumn dinner at La Grange Restaurant in October

Limited tickets, watch for further details!

Christmas Bazaar

On November 23rd, noon to 14:00, at United Church Hall (831, ch. du Village). Luncheon, baked goods, gift tables and a lucky draw.



Activities

Minor Hockey and Figure Skating Refund Policy

The Municipality of Morin-Heights refunds the difference between the non-resident and resident fees up to a maximum of \$100 per child, per year, for enrollment in a minor hockey league or figure skating club offered by a town located in the Laurentides.

The refund applies to permanent residents of Morin-Heights, 17 years and younger.

Completed request for refunds for the 2013-2014 season must be submitted no later than November 10th, 2013, along with original receipts and meet the admissibility criteria of this policy.

The policy and refund forms are available at www.morinheights.com under "Forms" or at the Town Hall.

Coueurs des Bois Group

This group organizes outings in the Laurentides. According to the season, the excursions are hiking, cycling or snowshoeing. This season's outings schedule is available at: www.morinheights.com

Information:

Eileen Meillon at 450 226-6904

Volleyball

Adults and youth, 16 and over, are invited to join a recreational group of volleyball players. Every Tuesday from 19:00 to 20:00, from September 17th to December 17th and January 7th to April 22nd, at the Morin-Heights Elementary School gymnasium.

Registrations at the Town Hall. Minimum of 12 players required.

Annual rate, all details available by early September on www.morinheights.com.

Information: 450 226-3232, ext. 102



Intermunicipal Agreement

An intermunicipal agreement between the towns of Morin-Heights, Piedmont, Saint-Adolphe-d'Howard, Sainte-Adèle, Sainte-Anne-des-Lacs and Saint-Sauveur now allows citizens from these six towns to register **in the following selected courses** at resident rates.

Registration process:

Enquire directly about the registration process, dates, schedules, prices and availability with the town offering the class(es) of your choice. A proof of residence is required. We suggest that you contact the municipality offering the class or that you visit their website to get information.

Refunds:

The refund terms and conditions are those in effect in the town offering the class.

For information

Piedmont:

450 227-1888, ext. 223 •
www.municipalite.piedmont.qc.ca

Saint-Adolphe-d'Howard:

819 327-2626 •
www.stadolphedhoward.qc.ca

Sainte-Anne-des-Lacs:

450 224-2675, ext. 25 •
www.sadl.qc.ca

Sainte-Adèle:

450 229-9605, ext. 244 •
www.ville.sainte-adele.qc.ca

Saint-Sauveur:

450 227-2669, ext. 420 •
www.ville.saint-sauveur.qc.ca

The selected activities are listed on page 19.

For a complete schedule of the classes offered in Morin-Heights, please consult the course schedule on page 20.



ACTIVITIES INCLUDED IN THE AGREEMENT

ADULTS

Afro danse Saint-Sauveur
Bridge (class) Saint-Sauveur
Classical and Contemporary Dance Sainte-Anne-des-Lacs
Fitness & Well-being Piedmont and Saint-Sauveur
Flex Yoga Sainte-Adèle
Gentle Gymnastics Piedmont
Initiation to African Drumming Saint-Sauveur
Laughing Yoga Sainte-Anne-des-Lacs
Painting (oil and acrylic) Saint-Sauveur and Saint-Adolphe-d'Howard
Pilates Piedmont
Tai-Chi chuan Saint-Sauveur
Watercolour Painting Sainte-Anne-des-Lacs
Zumba gold Saint-Adolphe-d'Howard

CHILDREN

Babysitting Course Sainte-Adèle
Introduction to music (3 to 5 years old) Saint-Sauveur
Judo Saint-Sauveur
Painting (acrylic) Sainte-Anne-des-Lacs
Scrapbooking Piedmont
Singing & Initiation to Theatre Sainte-Adèle
Zumbatomic Saint-Adolphe-d'Howard

Viking Trail Challenge 2013

On Sunday, **November 3rd**, take part in the 3rd edition of this popular trail running event (98% on cross-country single track). This event is a fundraiser for the Viking biathlon program. **Registration limited to 200 participants.**

- **3 events:** 1.5 km for children 12 years and under (\$10), 5 km and 10 km (\$35). Includes a hot meal, prizes, medals and lots of fun!
 - To volunteer or to get more info, email Jerry Drouin at jerrydrouin@videotron.ca
 - **To register:** zone4.ca/reg.asp?id=4772&lan=1&cartlevel=1 or via Facebook
- www.vikingskiclub.ca



Change of address

It is important to notify the Municipality in writing of any change in your mailing address. A form is available at: www.morinheights.com or at the Town Hall.

Next Info Morin-Heights

Please send your information to Karyne Bergeron by email at: bulletin@morinheights.com or at the Town Hall.

The winter edition is scheduled for distribution on **November 22nd**, 2013.

The deadline to submit articles is Wednesday October 3rd. This edition will cover the period between December 1st, 2013 to April 30th, 2014.

Pictures of privates gardens for our website

The Municipality would like to show some of the magnificent private gardens that exist in the village. If you would like to have your garden on display on the municipal website, please send your pictures to:

bulletin@morinheights.com.

Contributors can remain anonymous if they choose.



Classes

Class / Location	Rates	Schedule	Dates	Instructor	Description
Body design / St-Eugène Hall		Monday 9:00 to 10:15	Sept. 16 to Dec. 9	Lisa McLellan www.limfitness.ca 450-530-3920 Call now to reserve your place! Registrations at the Town Hall September 12 13:00 to 17:30 Fitness Pass (2 classes) week \$260 + tx (3 classes+ / week) \$286 + tx Card (10 classes) \$120 + tx Non-residents: \$5 more 13-week session Join at anytime! NO class on Thanksgiving	Work hard, get into shape! 30 minutes of Zumba
Stretch and Strengthen / Community Hall		Monday 9:30 to 10:30	Sept. 16 to Dec. 9		Improve posture, range of motion and relieve pain
Aquafitness / Chanteclerc		Monday 11:00 to noon	Sept. 16 to Dec. 9		Workout for strength and health
Cardio Nature / Corridor Aériobique		Tuesday 9:15 to 10:30	Sept. 17 to Dec. 10		Cardio and strengthening outdoors
Combo 50+ / St-Eugène Hall		Tuesday 9:30 to 10:30	Sept. 17 to Dec. 10		Overall workout, improve strength and vitality
Yoga / Community Hall		Wednesday 9:30 to 10:45	Sept. 18 to Dec. 11		Improve posture, relieve pain, become more supple (intermediate)
Stretch and Strengthen / Community Hall	Pass or card	Wednesday 11:00 to noon	Sept. 18 to Dec. 11		Improve posture, relieve pain, become more supple
Stretch and Strengthen / St-Eugène Hall		Wednesday 17:30 to 18:30	Sept. 18 to Dec. 11		Stretch, strengthen and relaxation
Zumba-Combo / St-Eugène Hall		Thursday 9:30 to 10:30	Sept. 19 to Dec. 12		Dance exercise to latin music. Olé, olé!
Combo cardio / St-Eugène Hall		Thursday 10:45 to 11:45	Sept. 19 to Dec. 12		Overall workout, improve strength and vitality
Hatha Yoga / Community Hall		Thursday 17:30 to 18:45	Sept. 19 to Dec. 12		For clarity, body / mind integration and peacefulness
Hatha Yoga / Community Hall		Thursday 19:15 to 20:30	Sept. 19 to Dec. 12		Breath, vinyasa and transformation (intermediate)
Eccentrics & Pilates / St-Eugène Hall		Friday 9:15 to 10:15	Sept. 20 to Dec. 13		Strengthen and lengthen for better posture
Qi Gong / Parc Lummis or CLSC		Friday 10:30 to 11:30	Sept. 20 to Dec. 13	Health and well-being: breath, movement and mental focus	
Stretch / Community Hall		Friday 11:00 to noon	Sept. 20 to Dec. 13	Gentle, restorative, pain relief	
New! Circus: 2 to 4 year olds (parent / child class) / St-Eugène Hall	R: \$125 NR: \$140	Monday 16:20 to 17:10		École de Cirque VireVoite Caroline Goulet-Auger 514 963-7490 info@cirquevirevoite.com www.cirquevirevoite.com	Develop motor skills through circus games and circuits. Workshops: pyramid, acrobatics, scarves, balls, flower sticks, rola-bola, cylinder, balancing ball, chinese plates, diabolo, jump rope and more!
New! Circus: 5 to 7 year olds / St-Eugène Hall	R: \$140 NR: \$155	Monday 17:15 to 18:15	Sept. 23 to Dec. 2		
New! Circus: 8 to 12 year olds / St-Eugène Hall	R: \$170 NR: \$180	Monday 18:45 to 20:00			
New! Circus: adult and teens / St-Eugène Hall	R: \$170 NR: \$180	Monday 20:00 to 21:15			
Yoga and meditation / Community Hall	\$15 class if registered \$20 class drop-in	Monday 17:30 to 19:15	Sept. To December	Louise Bloom 450 226-5844	Hatha yoga, meditation and spiritual disciplines.
Tai Chi Yang stretch and meditation / Community Hall	\$120 per session	Tuesday 10:30 to noon	1 st session: Sept. 3 to Oct. 22 2 nd session: Oct. 29 to Dec. 17	Michelle Gendron 450 712-6834 ecoledeatachilibre.com	Increase mind and physical abilities. Join at anytime!
Gentle Yoga / Community Hall	\$90 per session (8 classes) or \$95 non-rés.	Thursday 10:45 to noon	October 17 to Dec. 5	Donna Berry 450 226-1311	Yoga for stiff and injured bodies. (\$15 / class drop-in)
New! Spanish (beginner) / St-Eugène Hall	R: \$120 NR: \$125	Thursday or Friday 17:30 to 19:00	See "Description"	Maite Alfonso 450 563-3894 or ndiamerica@hotmail.com	There must be 10 registrations minimum for the class to begin.
New! Karate / Community Hall	*	Friday 17:30 to 18:30	September To June	Shihhan Gilles Labelle 450 432-4570 or lgilles@shorinjryu.net	Develops concentration, respect, self-confidence and increases physical fitness. Gives children tools to avoid bullying. Children 5 and up and adults.
New! Wu Style Tai Chi Chuan / Community Hall	R: \$140 NR: \$145	Saturday 9:00 to 10:30	Sept. 14 to Dec. 14 (no class on Sept. 28 and Oct. 12)	Robert Lee 450 227-8829 or leeobertrmh@gmail.com	For harmony of the mind and body and your health.
New! Singing classes for children and adults / St-Eugène Hall	R: \$150 NR: \$160	Saturday 10:00 to 11:00 (8 to 15 year olds) Saturday 11:00 to noon (16+)	September 14 to November 16	Ecole de chant Louise Fontaine 450 227-0094 Registrations on Sept. 7 10:00 to noon at the town Hall	Vocal technique with a professional teacher; breathing, interpretation, musical expression. Discover the pleasure of singing!
New! Flamenco for adults and teens / Community Hall	R: \$190 NR: \$200	Saturday 11:00 to 12:15 (beginner) Saturday 12:15 to 13:30 (advanced)	Sept. 21 to Dec. 7	Sarah Vincent info@flamencolaurenides.com www.flamencolaurenides.com	Both classes will learn technique and a complete choreography.
New! Traditional Scottish Highland Dancing / Community Hall	R: \$60 NR: \$70	Sunday 16:00 to 17:30	Sept. 29 to Dec. 1	Heather McNabb 514 486-3480 or heathermcnabb@hotmail.com	For children and adolescents, 7 years of age and older. Beginner adult class if enough interest
Primary Ballet / Community Hall	**	Sunday 9:15 to 10:15 or 10:15 to 11:15			3 1/2 to 5 years old
Standard Ballet 1 - Grade 1 / Comm. Hall	**	Tuesday 18:00 to 19:00			6 to 7 years old
Ballet Standard 4 - Grade 4 and adults / Community Hall	**	Sunday 11:15 to 12:30 Sunday 12:30 to 14:00 Sunday 14:00 to 15:30 Tuesday 19:30 to 21:00	September to June	Isabeau 514 608-3381	8 to 11 years old 12 years old and up. Points from 15:30 to 16:00 on Sundays.

Legend

R: resident

NR: non-resident

* The cost depend of the time of the inscription (1, 3, 5, or 10 months).
Two free trial classes.

** See instructor for more information

FOR INFORMATION OR REGISTRATION, COMMUNICATE DIRECTLY WITH THE INSTRUCTOR