



MORIN-HEIGHTS
1855

Info Morin-Heights

In harmony with nature!

Summer 2016 - Vol. 19, no 3



Shakespeare-in-the-Park *The Tragedy of Julius Caesar*

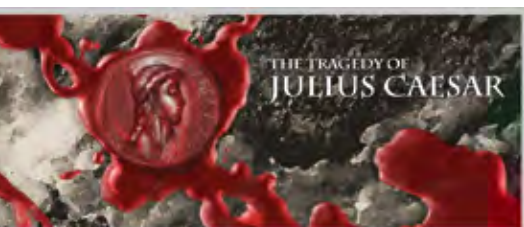
*"The fault, dear Brutus, is not in our stars,
but in ourselves, that we are underlings"*
- act 1, scene 2

On Friday, July 15th at 19:00
at Basler Park (99, ch. du Lac-Écho)

Only performance in the Laurentians!

The play is presented in English, it is visually dynamic which makes it accessible and captivating for all. This activity is free; we suggest you bring a chair and a blanket. In case of rain, the presentation will be held at Ski Morin Heights (231, rue Bennett).

Information: 450 226-3232, ext. 111



Canada Day

On July 1st, starting at 14:00 at Ski Morin Heights (231, rue Bennett)

BBQ, face painting, street performers, inflatable games, Meredith Marshall (from "La Voix") performance followed by a Bon Jovi cover band, fireworks and more! Many new attractions like the **Jumpai** which gives children a big thrill while being very secure.

The complete programming will be mailed in a few weeks.

We need a few volunteers:

450 226-3232, ext. 111.



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News from the Mayor

My fellow citizens,

I would like to take this opportunity to inform you on the latest developments pertaining to the Municipality's current dossiers.

As you know, we have been working very hard at trying to obtain a grant for the renovations to Chalet Bellevue. The provincial government responded: "Your Municipality is not in enough debt to benefit from this grant". Therefore, what is the message being sent to municipal administrations? Spend taxpayers money, badly manage public funds, get into debt and you will then receive funding!

I do not accept this way of thinking; we must concentrate on finding solutions in order to appropriately finance this building which will become the center of most community, sporting and cultural activities within the Municipality. There will therefore be a delay in the chalet's opening.

Another difficult matter has been the COOP santé dossier. In the municipal world, we sometimes feel that things do not progress fast enough. I can confirm that the health environment is not any faster. Minister Barrette's reforms have disrupted everyone in this milieu. Nevertheless, the COOP is doing well and I am happy to tell you that, as of August, a new doctor will be available. I invite you all to join the COOP as your contributions allow us to offer beneficial working conditions to attract and keep doctors within our community.

I am proud to announce that, this summer, the first regional mountain bike races will be held on our trails in cooperation with the *Club de vélo Pays-d'en-Haut*. These races will serve as qualifications for the *Jeux du Québec*. Come encourage our athletes!



Also, this winter, we inaugurated the first phase of our cross-country ski training trail in cooperation with Ski Morin Heights and the *Club Fondeurs Laurentides*. We are so proud of its success. We will complete the second phase of the trail this year in the hopes of holding a Quebec cup in Morin-Heights, next winter.

Finally, I would like to invite you to participate in the many local summer activities that make Morin-Heights such a unique place:

- Canada Day
- The Royal Canadian Legion suppers
- Theatre Morin-Heights readings
- Arts Morin-Heights annual summer exposition
- Saturday mornings Soccer club's GRASSROOTS
- The scouts' activities
- The Morin-Heights Historical Association activities
- Cosy Corner activities
- A round of golf at Club Balmoral
- A bike ride on our Basler Park trails
- An adventure in the trees at Acro-Nature
- A visit to our amazing library with its devoted volunteers
- A picnic at Lummis Park

There are so many things to do that I have most certainly forgotten some, but the most important thing to remember, is how lucky we are to be part of this community!!!

Have a great summer!

Tim Watchorn, ing.
Mayor

Annual Blood Drive

The next blood drive in Morin-Heights will be on **August 11th**, from **13:00 to 19:30** at the Town Hall, located at 567, chemin du Village.

Québec hospitals depend on the generosity of donors for their blood supply. These donors are individuals who are concerned about sharing the great wealth that circulates in their veins. Only 3% of the population of our province who are eligible to donate blood actually give this gift of life. For any question concerning admissibility for a blood donation, please call:

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

Saving lives starts right here.

Books at large!

The Municipality of Morin-Heights is proud to unveil its new **book boxes**, a free book exchange initiative!

Two book boxes will be installed soon: one at Lummis Park (928, Village Road) and the other at Basler Park (99, ch. du Lac-Écho). Users of this free library can leave books there, exchange or borrow a book of their choice, without obligation. We invite young and old to experience the book boxes by keeping the exchange going.

One rule to follow: this project is completely independent of the municipal library, which means that you shall never return the library's books in the **book boxes** and not bring the free books to the library either!



Public Works

Road and Traffic Signs

Over the summer, various construction sites will be opened for road repairs on our territory, and temporary signs will be installed (i.e. temporary traffic lights). You are required to respect temporary signs the same way you would permanent ones: rules and penalties imposed by the Highway Safety Code apply just the same.

When a site is delimited, please respect the security perimeter and avoid distracting workers and flagmen. They are there to do a job and keep their eyes on traffic to ensure your safety. Be vigilant!

Ditches

Please remember that green clippings and other materials cannot be dumped or left in ditches; their main function is to capture the run-off water. Contact the municipal ecocentre to verify what they will accept (see "Ecocentre" page 4).

Watering lawns, hedges, trees, shrubs, flower beds and vegetable gardens

Watering is authorized from May 20 th to September 10 th	
Manual watering with a hose or portable sprinkler: EVEN civic numbers	Monday & Wednesday between 20:00 and 23:00
Manual watering with a hose or portable sprinkler: ODD civic numbers	Tuesday & Thursday, between 20:00 and 23:00
Automatic sprinkler systems, EVEN civic numbers:	Program for one hour a day maximum: Monday & Wednesday between 23:00 and 1:00
Automatic sprinkler systems, ODD civic numbers:	Program for one hour a day maximum: Tuesday & Thursday between 23:00 and 1:00

Exception for new lawns: an authorization from the Town Planning and Environment Department can be obtained.

Make a difference: conserve water for future generations.

Municipal Services

Fleurons du Québec Re-evaluation

The Municipality is pleased to announce that it has renewed its membership in *Fleurons du Québec's* program for the next three years. For the period from 2013 to 2015, the municipality had obtained three fleurons out of a possible five. The program's assessors will come back to evaluate our municipality next July. They will visit 60% of our territory and evaluate the horticultural development and landscaping that are visible to the public. The evaluation criteria include cleanliness, maintenance, variety of horticultural elements and the visual state of the municipal landscape.

The horticultural classification of *Fleurons du Québec* act as a formal recognition of the entire community efforts towards a long term, healthier, greener and more beautiful living environment. It is in this spirit that we invite all citizens to garden and flower their environment now, because it is a collective challenge.

All together pursuing the sustainable beautification of our municipality!

Visit **www.fleuronsduquebec.com** to see pictures of other municipalities' efforts and find out more about the program.

Outdoors Network

Dogs and trail etiquette: The Morin-Heights trails are becoming more and more popular and are being shared by a variety of different sport enthusiasts. The Municipality has worked very hard to accommodate as many individuals as possible, and in order to do so, has developed different rules and regulations so that everyone can live in harmony and enjoy the outdoors together. To date, despite the wide variety of users, there has been excellent cooperation between them, however there have been a large number of complaints and incidents concerning dogs.

The Municipal by-law that states that all dogs must be on a leash when they are off their owner's property is obviously also in force on the trails. The rule applies to every dog owner, without exception! This is for the benefit and safety for all.

The poop and scoop rule is also in effect, especially in the parking areas. Along the trails, it is more a matter of removing the debris from the trail itself since the adjacent forest is a natural biodegradable zone, there is no need to truck it out from that area.

Please note that the Elementary School park and Lummis Park, especially the playground side, is absolutely off-limits to dogs.

Mountain Bike Update: No new trails are in the plans for this season and the focus will be more on refinement and corrections. A program to improve the signage is also underway.

This year, there will be two regional races at Basler Park on June 11th and August 20th. The races are organized by *Club de Vélo Pays-d'en-Haut*. The races are open to all classes, but a license is required. You can register via webscorer.com.



Recycling and Garbage Collection 2016

July						
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						

August						
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
■ Large items

COMPLAINTS:

1 888 482-6676 (option 2)
or info@comporecycle.com

Household garbage

Since May 15th, the collections are fully automated. The directive already in force for over five years to the effect that the bags on the ground will not be collected, will be strictly enforced. Keep the calendar on this page and note that the collection days have changed!

Ecocentre

The Ecocentre is located at **2125 chemin Jean-Adam** (Route 364) in St-Sauveur.

Opened Monday to Sunday from 7:30 to 16:00 (closed on June 24th).

450 227-2451

Morin-Heights Fire Department and First Responders

With the arrival of summer weather, there is nothing more enjoyable than spending time with family and friends before an open fire! Whether the fire is to repel mosquitoes or to warm the late afternoon air, it is important to remember a few important safety information regarding outdoor fires and more particularly, the open fires.

Before lighting any outdoor fire and in accordance with regulation 531-2015 concerning fire prevention, you must apply for a fire permit at the Town Hall. In addition to being free of charge, a summary of the regulations regarding outdoor fires is listed on the back of the permit. Please ensure that you read these regulations in order to enjoy your fire with complete peace of mind.

Here are some important notes to remember:

- Check if there is ban on burning in the sector issued by the SOPFEU. This prohibition takes precedence over any permit issued by the municipality (information available on www.morinheights.com);
- It is forbidden to use an accelerating agent or to burn construction waste, tree leaves or pine needles;
- The fire must be under constant surveillance and there should be an extinguishing means compatible with the size of the fire, such as an armed hose, nearby at all times.

From all the members of your Fire Department, we wish you a safe and enjoyable summer!

COMPORECYCLE
COORDONATEUR DE LA COLLECTE À 3 VOIES

MORIN-HEIGHTS
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HERE IS HOW TO PLACE YOUR BINS SO THEY CAN BE EMPTIED.

These instructions are valid for all types of bins: blue, black and and brown.

COMPORECYCLE
COORDONATEUR DE LA COLLECTE À 3 VOIES

MORIN-HEIGHTS
1855

AUTOMATED COLLECTION

We now empty one or more of your bins with a truck equipped with a robotic arm. This a more efficient, cleaner, quieter and eco-friendly collection.

However, bin placement is important and must allow space for the robotic arm to lift them.

Arts Morin-Heights' Exhibitions

Arts Morin-Heights next themed exhibition, portrait or self-portrait, will open at the library on June 11th and run until October 1st. Be sure to stop in and see this show. We're sure you'll find it worthwhile! In the meantime, you can visit our current show, "Food", which is on at the library until June 10th.

Our **summer exhibition** this year will be held **July 22nd to 31st**, from 11:00 to 17:00, in the Saint-Eugène Hall, at 148, Watchorn Road. In addition to our own artists, we'll be showing works from young artists (aged 18 to 35) as well as budding artists from Morin-Heights Elementary School. We hope everyone will visit our exhibition – we look forward to welcoming you!

As always, entry is free, but donations of non-perishable goods for the *Garde-Manger des Pays-d'en-Haut* are very much appreciated.

Information:

www.artsmorinheights.com
or 450 226-3832



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



Football Club Morin-Heights

www.fcmorinheights.com

GRASSROOTS: development program for players born between 2009 and 2012
Saturdays, from June 18th to August 20th, from 9:00 to 10:00
Residents \$150, non-residents \$180, including full uniform
Bring shoes, shin guards, water bottle and sunscreen.

SOCCER ACADEMY from June 27th to July 1st, 9:00 to 15:00
For players born between 2003 and 2010: limited to 25 players
\$180, includes t-shirt and soccer ball.

Childcare available from 8:00 to 9:00 and 15:00 to 16:00 for \$10 per day.

Equipment required: shoes (indoor and outdoor), shin guards, lunch, snacks, a water bottle and sunscreen.

For registration or information: info@fcmorinheights.com or 450 226-0011

Morin-Heights Elementary School Vegetable Garden

The vegetable garden project at Morin-Heights Elementary is continuing to grow in so many ways.

When you read this text, the garden will already have been sown with veggies and edible flowers planted according to both organic and companion growing principles so as to maximize the harvest while respecting mother earth. Certain areas will be cared for by the volunteers and others by the students. As a matter of fact, this year the school will be very involved from seeding to harvesting and sharing come fall.

In addition, we have help from the surrounding community with supplies of seeds, manure, worm composting, straw bales, etc. In the spirit of sharing, part of the harvest will be offered to the regional food bank, *Garde-manger des Pays-d'en-Haut*.

If you have any questions or suggestions or if you wish to join in, you are most welcome! You just need to communicate with Jane Marengi at 450 226-6453.



Activities

Royal Canadian Legion Events

All welcome!

127, chemin Watchorn

Live music every first Wednesday of the month from 19:00 to 22:00. BBQ during the summer months from 17:00 to 19:00, weather permitting. **Military whist** on the first and third Monday of the month at 13:30. **Information:** 450 226-2213 (after 13:00)

SATURDAY JUNE 4

(rain date Sunday June 5)

Flea market #1

FRIDAY, JUNE 10

TGIF Smoked Meat Night, at 18:00

SATURDAY JUNE 18

70th Morin-Heights Legion Anniversary Celebrations

SATURDAY JULY 2

Canada Day BBQ

WEDNESDAY JULY 6

Wednesday live music, from 19:00 to 22:00

SATURDAY JULY 9

(rain date Sunday July 10)

Flea Market #2

FRIDAY, JULY 15

TGIF Smoked Meat Night, at 18:00

SATURDAY JULY 23

Famous Roast Beef Done On The Spit, at 18:00

WEDNESDAY AUGUST 3

Wednesday live music, from 19:00 to 22:00

SATURDAY AUGUST 6

(rain date Sunday August 7)

Flea Market #3

SATURDAY AUGUST 13

Gerry Hecklinger's Golf Tournament & Steak Dinner

FRIDAY, AUGUST 19

TGIF Smoked Meat Night, at 18:00

Don't text and drive!



Officers from the *MRC des Pays-d'en-Haut's Sûreté du Québec*, would like to remind drivers that when driving a vehicle, you must constantly keep your complete attention and concentration on the road. Texting while driving is a major distraction that increases the risk of collision even if your eyes leave the road for only a few seconds.

As stipulated in Article 439.1 of the Highway Safety Code, the mere fact of holding in hand a device with a telephone function while driving, is an offense. Failure to comply may result in an \$80 fine plus applicable fees and four demerit points off your driver's license.

Temptation is too great? Here are some suggestions that may help you avoid unpleasant consequences and maybe even save your life:

- Download an application designed for smart phones which interrupts the text messages and incoming calls when the vehicle is running.
- Ask your passenger to read your messages and reply for you.
- Stop your vehicle in a place where parking is allowed if you must use your cell phone.

None of these suits you? Turn off your cell phone and avoid the temptation!

La Rochelle Preschool



Bilingual preschool for children aged 3 to 5 years old, Monday to Thursday from 9:00 to 11:30 or 9:00 to 15:30 at Morin-Heights Elementary School. Ongoing registrations for 2016-2017 school year.

For more information, please contact us at 450 821-2566 or by email at: prematernellelarochellepreschool@yahoo.ca

Canoe and Kayak Summer Camp



The **Viking Canoe Kayak Club** is offering half-day summer **Canoe Kids camps** for children aged 5 to 12 years old, from June 27th to August 19th.

Also offered PaddleAll programs for youth and adults with special needs, recreational programs in kayak, canoe and dragon boat as well as competition development and performance training for youth and adults of all abilities.

Information and registrations: info@canoekayakviking.ca

COOP SORE • activities and services for seniors

Community lunch prepared by **Soupe et Cie** every Monday at 12:00 at 148 ch. Watchorn, voluntary donation of \$5.00 is suggested. Meal includes soup, main dish, salad, dessert and tea or coffee.

Advance reservation compulsory on Fridays from 9:00 to 16:00:
514 944-9335

Morin-Heights Farmers' Market

Join us every Friday from 13:00 to 18:00 at 148, ch. Watchorn. Outside market only - rain or shine!

Contact:

450 858-2789
morinheightsmarket@gmail.com
[facebook.com/MarcheFermierMH](https://www.facebook.com/MarcheFermierMH)



Activities

Municipal Library

The municipal library is located at 823, chemin du Village, it is closed on civic holidays. The annual membership is free for all residents.

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

Information: 450 226-3232, ext. 124



Creation of a book with the Association des auteurs des Laurentides

As part of the "Summer Stories" project, children (8 years old and up) are invited to get together to create a book in English which will be published and will be launched on October 1st, as part of the *Journées de la culture* activities!

Activity to be held on Sunday, June 12th and Saturday, June 18th (for two hours each time) at the library's Remembrance Hall. To participate, fill out the form which is available now at the Town Hall and the library.

For more details, contact Lois Russell at 450 226-3232, ext. 124, on Wednesdays between 12:00 and 16:00.

Important numbers

Town Hall:

567, chemin du Village,
 Morin-Heights (Québec),
 J0R 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
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 ssi@morinheights.com
 taxes@morinheights.com
 travauxpublics@morinheights.com
 urbanisme@morinheights.com

Sûreté du Québec des

Pays-d'en-Haut: 450 227-6848

Dog catcher:

1-866-960-7722 • www.spcall.ca

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

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1 888 990-3486 • www.groupetriton.com

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**DON'T COOK
 YOUR DOG!**



DOGS DIE EACH SUMMER
 Even with the windows opened,
 in a few minutes, a car can quickly
 turn into a coffin.

Next Edition!

To submit a text, please send a French and an English version to:
 bulletin@morinheights.com.

FALL EDITION

August 20th to December 1st, 2016

Deadline: June 15th, 2016

Distribution: August 12th, 2016

WINTER EDITION

December 1st, 2016 to March 20th, 2017

Deadline: October 5th, 2016

Distribution: November 25th, 2016



Classes

Summer Session

Legend

R: resident • NR: non-resident

†: Buying a 10-class card allows you to attend the SUP yoga in Morin-Heights and Ste-Agathe-des-Monts, it is important to book with the instructor in this case.



Class / Location	Rates	Schedule	Dates	Instructor	Description
SUP yoga power flow / Lummis Park (on a paddle board)	Option 1 \$30+tx / class drop-in fee	Monday 17:30 to 18:45 please arrive 10 minutes ahead of time to get ready	1st session: June 13 to July 18 2nd session: August 1 to Sept. 5	Écho Aloha Pascale 514 709-0808 echoaloha@gmail.com	A yoga class on a paddle board, on water. A fun and relaxing activity for everyone. A great way to work on your flexibility, endurance, abs, stabilizers and to relax and enjoy the outdoors throughout the summer at the same time!
SUP relaxation yoga / Lummis Park (on a paddle board)	Option 2 \$138+tx / session	Monday 19:00 to 20:15 please arrive 10 minutes ahead of time to get ready	June 13 to July 18		
SUP yoga for all / Lummis Park (on a paddle board)	Option 3 \$265 / 10-class card valid all summer†	Wed. 9:30 to 10:45 please arrive 10 minutes ahead of time to get ready	1st session: June 15 to July 20 2nd session: August 3 to Sept. 7		
Cardio Vitalité / Aerobic Corridor	10-week session \$100 + taxes / one class a week or \$140 + taxes / two classes a week	Tuesday 9:00 to 10:15 Thursday 9:00 to 10:15	June 27 to Sept.	Cardio Plein Air certified trainers Register on www.cardiopleinair.com Julie Raymond 450 643-0465 st-sauveur@cardiopleinair.ca	For people over 50. Enjoy training outdoors at your own pace in order to get in shape in serenity
Combo 55+ / St-Eugene Hall	Pass or card NR: \$5 more	Tuesday 9:30 to 10:30	July 5 to August 30	Please reserve your spot: Lisa McLellan 450 560-2803 Register first day of class, join anytime! Fitness Pass 2 classes or + a week: \$228.75 tax included 10 classes card: \$138 taxes included	Overall workout, improve strength and vitality
Yoga / St-Eugène Hall		Tuesday 17:30 to 18:45	July 5 to August 30		Breath, asanas, transformation, peace
Yoga / Town Hall		Wed. 9:30 to 10:30	July 6 to August 31		Improve posture, relieve pain, become more supple
Stretch and Strengthen / Town Hall		Wed. 10:45 to 11:45	July 6 to August 31		
Combo 55+ Mix / St-Eugène Hall		Thursday 9:30 to 10:30	July 7 to Sept. 1		Strength & cardio training, improve strength and vitality

FOR INFORMATION OR REGISTRATION, COMMUNICATE DIRECTLY WITH THE INSTRUCTOR.



Pool Season Passes

Ski Morin Heights offers reduced rates to Morin-Heights residents for exterior pool passes. **Passes to be purchased at Ski Morin Heights.**

Information: 450 226-1515

AGE CATEGORIES	PRICES ¹ (pool only)	PRICES ¹ (pool and Acro-Nature)
Adult	\$30	\$69
Youth (from 4 to 12 years old)*	\$20	\$49
Senior (60 years old and over)	\$20	\$49
Family pass (2 adults, 2 children of 12 years of age or less)	\$80	

¹ Plus taxes
* Children under 13 must be accompanied by an adult. Free for children 3 years of age or less.

SCHEDULE
July 1 to August 21, August 27-28 and September 3-4-5: 11:00 to 19:00
Please consult the weekly schedule for pool availability as it may sometimes be reserved for groups. Swimming pool will be closed on rainy and/or cold days.