



**MORIN-HEIGHTS**  
1855

# Info Morin-Heights

*In harmony with nature!*



Spring-Summer 2012 - Vol. 15, no 2

## Environment and Family Day

At the Town Hall, 567, Village Road

Saturday May 26<sup>th</sup>, 2012

Rain or shine!

- Pick-up day for free tree seedlings, available by 9:00;
- Municipal day-care and bus shuttle registrations for Camp Tamaracouta, from 9:00 to 11:00;
- Hip-hop danse workshop for children with Alexandre Leblanc from Studio **SKATE** at 10:30 for 5 to 8 years old and at 11:00 for 9 years and over;
- Possibility of a toy swap at 10:00. Children can each bring a toy that they can exchange with others. More participants means more variety!
- Inflatable play area for children;
- Fire Prevention Department Open House: come see the equipment we use to respond to emergencies and meet the people who have your health and safety at heart;
- Various information kiosks: Pépinière rustique, green products, composting, horticulture, gardening, etc.;
- Water testing of private wells by Bio-Services until 11:00 (recommended once annually).



### Free tree seedlings

Time for tree planting! The Municipality, with the collaboration of the Ministry of Natural Resources and the 4-H Club, will be giving away free tree seedlings to its citizens for their landscaping projects.

Quantities are limited and seedlings will be distributed on a first come, first serve basis (max. 25 per family).

Please note that:

- seedlings are mostly coniferous and average 25 cm in height.
- the type of seedlings will only be known on the day they are distributed.

### Small reforestation projects

Those citizens who wish to reserve more than 25 seedlings for a specific planting project on their property, are invited to put in a request before May 26<sup>th</sup>, at the Town Hall, Monday to Friday, 8:30 to noon and 13:30 to 16:30 or by e-mail at: [environnement@morinheights.com](mailto:environnement@morinheights.com). Distribution will be made according to the availability of seedlings on May 28<sup>th</sup>.

Canada Day  
all details on page 13

Recycling and Garbage  
Collection Calendar  
on page 12

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## Summary

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## News from the Mayor

My fellow citizens,

Morinheighters thrive on community life.

**Once again this year, summer will be filled with events to which I would like to personally and in Council's name, invite you to participate in:**

- Our annual Fishing Tournament, in cooperation with the *Association chasse et pêche des Laurentides*, will be held in Lummis Park on Saturday, May 19<sup>th</sup> and we invite families to participate and taste fresh trout.
- Environment and Family Day which will be held on May 26<sup>th</sup> at the Town Hall, is the perfect occasion for adults to familiarize themselves with certain dossiers such as home safety, the regeneration of riverbanks and environmental dossiers whereas children will have the opportunity to visit the Fire Hall and take part in a demonstration. An inflatable play area for the kids will be installed and the Municipality will be giving away free tree seedlings to citizens.
- Canada Day celebrations in Morin-Heights will be held at the Ski Morin Heights site on Sunday, July 1<sup>st</sup>. A day of festivities for the whole family awaits you along with live music and fireworks.
- Arts Morin-Heights' exposition will be held at the St-Eugène Hall from July 27<sup>th</sup> to August 5<sup>th</sup>. Throughout the summer, local artists will present their works of art at the Remembrance Hall of the Library. I strongly suggest that you take the time to appreciate the work of our talented artists.
- The senior's annual party will be held on August 11<sup>th</sup> at Mont-Bellevue and seniors are invited to join the picnic which will include dancing and music.
- This year will be the 11<sup>th</sup> edition of our golf tournament and it will be held at the Balmoral golf club on August 28<sup>th</sup>. Mayor Michel Plante's initiative allows the Municipality to financially support local organizations that benefit our community's children and seniors. I would like to take this opportunity to thank all of the event's players and sponsors as they are greatly appreciated.

**Other than these community activities, many other projects are being developed and should be undertaken this year. Here is a summary:**

Pursuant to the general approval of the work which was done at Lummis Park last summer, Council has reserved the necessary amounts for the work on Phase II. This year, the objective is to extend the parking lot and begin the replacement of the children's playground area as well as work on the regeneration of riverbanks.

The first phase of the Basler Park project will begin in April with the construction of mountain bike trails. The Municipality intends to build a mini soccer field in order to reduce the busy larger field which is located at the elementary school. Council is presently working on establishing the parameters of a building which will be built on the site over the next few years. The rental of the trailer for the ski season was greatly appreciated but this year, a permanent solution will be presented. (continued on page 3).



## Important numbers

### Town Hall:

567, Village Road,  
Morin-Heights (Quebec)  
JOR 1H0

**Phone:** 450 226-3232

**Fax:** 450 226-8786

**www.morinheights.com**

### Email:

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:

450 227-2768 • [www.lespcm.com](http://www.lespcm.com)

## Alarm System

It is suggested to new residents, as well as longtime residents, to equip their residence with an alarm system linked to a central if they live far from a hydrant network. Doing so would improve the response time of a Fire Department intervention.

**Graphic Design:** Julie Allard

**Production:** Les Imprimés Triton

**450 229-1054 • [www.groupetriton.com](http://www.groupetriton.com)**



(News from the Mayor, continued)

The negotiations for the purchase of St-Eugène Church are on-going and the building's conversion project into a community center will begin pursuant to consultations with local organizations.

In the fall, infrastructure work will be done on Village road. The work will consist of replacing the dilapidated drinking water conduit located between Watchorn road and Route 364. This work was prioritized by the Ministry of Municipal Affairs and a grant of \$1,014,349 was allocated within the gasoline tax program. We will take advantage of this work to embellish Village road.

**The Public Works department will be very busy with the following:**

We will continue working on repairing the drinking water networks and this year, a correction will be made to the waterline supplying the trailer park homes on Route 364 along with the replacement of dilapidated water conduits on the Bastien network. The latter work will include asphalt repair on Rang 2 and Loup-Garou road.

The reconstruction work on the roads infrastructure will be done on many sections of Lakeshore, Rang 4, Village, Jackson, Kirkpatrick, Lac-Echo and Christieville roads. In most cases, this work will be completed with asphalt.

We ask that you be patient near work sites and respect the signage as we are working for you.

Also, a program for major road infrastructure repairs in domaine Balmoral is presently on the work table and property owners will soon be able to voice their opinion with regards to this project.

Finally, as President of the Garde-Manger des Pays-d'en-Haut, I invite you to generously support this organization which ensures food access to anyone residing on the MRC's territory. Poverty exists throughout our territory even if it is less apparent. More than 21,000 boxes of food, meals and school lunches were delivered in 2011 as well as 700 Christmas certificates.

In closing, I would like to remind you that your participation in community and municipal life is crucial. The success of our activities depends on it. Step up and make a difference!

Have a great summer,

**Tim Watchorn, eng.**  
Mayor of Morin-Heights



The number of road work sites is very high throughout Quebec. During your vacation or simply before leaving, plan your route by consulting the Info Transports website at:

**[www.quebec511.gouv.qc.ca](http://www.quebec511.gouv.qc.ca)**

The Ministry of Transport also asks that you be vigilant behind the wheel and to respect the speed limits when approaching road work sites.

You can dial 511 on any telephone to access information, almost in real time, on the road conditions, report an incident, get information on any subject related to the mission of the Ministry of Transport (laws, regulations, policies, programs administered by the Ministry), or make a comment or complaint.

It is also possible to reach all 511 Quebec from anywhere in North America by calling toll free: 1 888 355-0511.

**[www.quebec511.gouv.qc.ca/en/](http://www.quebec511.gouv.qc.ca/en/)**



## Blood Drive

Each single donation saves multiples lives. Only 3% of the population of our province who is eligible to donate blood actually give this gift of life. Every 80 seconds someone needs blood in Québec. The maintenance of the collective blood supply depends entirely on the generosity of people who care about sharing the price-less gift of good health.

### **Give blood. Give life.**

Our blood drive will take place on **Monday, August 13<sup>th</sup>, 2012**, from 13:00 to 19:30, at the Fire Station located at 567, Village Road.

For any question concerning admissibility for a blood donation, please call: 1-888-666-HEMA or visit the website at [www.hema-quebec.qc.ca](http://www.hema-quebec.qc.ca) or [www.morinheights.com](http://www.morinheights.com)

## *Société protectrice canine des Monts (SPCM)*

[www.lespcm.com](http://www.lespcm.com)

Don't forget to get a 2012 licence for your dog. You can purchase it (\$20) at the offices of **Société protectrice canine des Monts (SPCM)** located at 288, Sainte-Adèle Boulevard or at the Morin-Heights Town Hall during office hours.

If your animal is lost, contact the SPCM at **450 227-2768**.



## Parking Prohibited

Parking is prohibited at all times on public roads throughout the territory and can be sanctioned by a fine or your vehicle being towed. A section of Village Road (west side) offers some authorized parking spaces and so does a section of Campbell Street (east side), between Village and Glen, but only between 8:00 and 22:00 on both.

Please respect the by-law.

### **We invite you to use one of our public parkings:**

- at the library,
- at the Town Hall,
- at Lummis Park,
- at the Aerobic Corridor,
- at Mont-Bellevue,
- or the parking on Bouleaux Street.

## [www.morinheights.com](http://www.morinheights.com)

The municipal website is regularly updated and offers a variety of information and services. You will find everything pertaining to municipal life:

- by-laws;
- Council's minutes;
- tenders and results;
- community activities and photo galleries;
- directory;
- calendar of events;
- different policies and forms.

Bookmark it!

## Business Directory

The Municipality keeps a directory of local and surrounding businesses on its website. If you wish to see your company appear in it, communicate with Karyne Bergeron at:

[bulletin@morinheights.com](mailto:bulletin@morinheights.com) to receive the appropriate form.

To take a look, visit:

[www.morinheights.com/spip.php?rubrique69](http://www.morinheights.com/spip.php?rubrique69)

## Signage

Upon *Sûreté du Québec's* advice, the municipality is reviewing its roads signage. Stop signs will be installed at some intersections of both private and public roads.

Don't forget that all streets and residential roads within the Municipality saw their maximum driving speed lowered at 40km/hr and collector roads remained with a speed limit set at 50km/hr.



## 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.

Gift certificates available.

450 229-6677

[www.marteau-plumeau.com](http://www.marteau-plumeau.com)

## Next Info Morin-Heights

Please send your information to Karyne Bergeron by email at:

[bulletin@morinheights.com](mailto:bulletin@morinheights.com) or at the Town Hall.

The fall edition is scheduled for distribution on August 24<sup>th</sup>, 2012. The deadline to submit articles is Wednesday July 5<sup>th</sup>. This edition will cover the period between September 1<sup>st</sup> to December 1<sup>st</sup>, 2012.

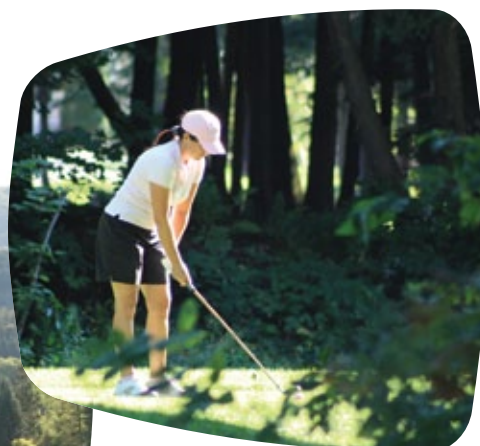
**If you have suggestions or subjects you would like to see addressed in the municipal bulletin, please let us know.**

If you have good pictures that you wish to see posted on our website or in a future edition of Info Morin-Heights, you can send them as well. It may be an outdoor activity, a local event or a great Morin-Heights landscape. Do not hesitate to show off your talent! Please note that the Privacy Act requires that we ask for an authorization before publishing a picture where people are identifiable. Please provide it with your image(s).

## The 11<sup>th</sup> Mayor's Golf Tournament

The Mayor's Golf Tournament raises funds to support local community groups. The tournament is back at the Balmoral Golf Club, on Tuesday August 28<sup>th</sup>. Mayor Tim Watchorn warmly invites you. Many community groups have been funded by the tournament in the last few years and their needs are still a reality.

To register or to make a donation through a sponsorship, contact Karyne Bergeron at **450 226-3232, ext. 111** or at: [bulletin@morinheights.com](mailto:bulletin@morinheights.com).



## Environment

### Living with Wild Animals

Despite the recent construction boom, this is still the country and there remains a large presence of wildlife close by. Every year there are complaints about wild animals creating problems on various properties from raccoons in the attic, skunks under the veranda, groundhogs burrowing holes in the lawn, etc, etc. Squirrels, rabbits and other small rodents can pose problems and it is often difficult to live in harmony with them.

According to the MNRF, attempts should first be made to deter the animal or prevent it from being destructive, but failing that they can be trapped throughout the year. Traps can be rented from RONA Dagenais in St-Sauveur and the municipality has a list of licensed trappers for reference.

Large animals such as deer, coyotes, foxes and bears pose different problems. In these cases contact the MNRF in St-Jérôme directly at 450 569-3113.

Beavers can be very destructive and have special rules. Landowners are liable for any destruction due to flooding caused upstream or downstream of a dam and should contact the authorities if a dam exists. The MRC has jurisdiction over the waterways and work in conjunction with the municipality to regulate the problems. If there is an imminent danger to infrastructure, the MRC has the right to trap the animals and remove the dam, with the municipality usually paying the cost of trapping. If the landowner fails to co-operate, then the MRC has the jurisdiction to carry out the work at the landowner's expense.

The trapping season for beavers is between late October and late March. If trapping needs to be done out of season, then a special permit from the MNRF is required. Where no threats exist, the dam is registered and monitored. A decision will be made later as to whether or not to trap the beavers during the trapping season. In special cases, devices can be installed to maintain the water level at a specified height.

Unfortunately, every year there are incidents where dogs get caught in traps. A licensed trapper following the regulations has the right to trap on public land or on private land with the landowner's permission during the appropriate season. As municipal regulations specify in Article 23.14 - *A dog must be on a leash or the leash must be held by its owner with a length not exceeding two (2) meters, except when the dog is within the limits of the owner's property. It is the dog owner's responsibility to control their dog and help prevent such accidents from occurring.*



## Help us Locate Water Leaks



The cost of treating, analysing and distributing water in any of the six municipal aqueducts is expensive and is reflected in the tax bill of these network's users. Water losses are a costly problem, and the municipality is obliged by law to research water losses in the networks. The municipality is constantly on the lookout to fix leaks but they are not always easy to locate. Furthermore, the service line that connects your house to the system is the property owner's responsibility. Last year, the Village water network used 20% more water than the previous year due to leaks on service lines, many of which persisted for over 6 months.

You can help us locate leaks by being aware of certain issues. If you have noticed a recent drop in water pressure, whether gradual or sudden, contact Public Works. They can measure the water pressure at your residence and at adjacent locales to see if there is a problem. Any noise in your water lines can denote a leak. The presence of pools of water on your lawn or in ditches, especially after a dry spell, can possibly mean a leak, and a simple test for chlorine can determine if there is a problem.

Always check to see that garden hoses are turned off, and make sure your toilet isn't continually running. Either one can result in water losses up to 25 litres per minute.

The rebuilding of sections of the water mains has reduced water losses by over 50% since 2006, and plans and projects are underway to replace other sections, but everyone's participation is required to minimize the water losses in our system.

## Mountain Bike Trails

The municipality has received a Volet II subsidy to start building mountain bike trails at Mont-Bellevue. The first phase will involve constructing approximately 3,5 kilometres of serpentine trails involving loops up and down the mountain, along with 3 mountain bike mini parks for young riders (a map of the site is available on [www.morinheights.com](http://www.morinheights.com)).

The mini bike parks will be located in the wooded corner of the park near the intersection of Lac-Echo road and Corniche. They will include a pump track, a maze and a jumping area. These mini parks will provide an easy bike area to let junior riders have fun and develop their bike skills.

Construction will begin as soon as the snow disappears and the trails will be designed and built using sound environmental practices as outlined by the mountain bike federation. To keep costs down, a supervised work bee will be held in the spring to work on trail finishing and introduce people to the network. Check the Morin-Heights website for further details and dates in the spring.



## Ragweed Eradication Campaign

Every summer a large percentage of the population is affected with allergies by a noxious weed call ragweed. Ragweed normally grows in poor soil along roadsides and in vacant lots, but can easily migrate to open fields.

The municipality would like to start a campaign to eliminate ragweed, but to do so we first need to identify the areas where it is located. Please contact the environment department if you know of an area that has ragweed. To recognize it, the Municipality has pamphlets available, but for more information you can consult:

[www.herbeapoux.gouv.qc.ca/index.php?accueil-en](http://www.herbeapoux.gouv.qc.ca/index.php?accueil-en).

We recommend that you wear gloves when you pull ragweed on your property. This summer, a program will be initiated to attack the problem, for details check the Morin-Heights website.



## Ecocentre

**The ecocentre is located at:** 2125 Jean-Adam Road, in St-Sauveur, 450 227-2451.

**Hours:** From April 1<sup>st</sup> to November 30<sup>th</sup>: Monday through Sunday from 7:30 to 16:30.

*Reuse. Recycle. Reduce. Re-evaluate.*

To find out about what is accepted at the ecocentre, visit: [www.ville.saint-sauveur.qc.ca/51-services-municipaux-Environnement\\_Matieres-residuelles\\_Ecocentre.html](http://www.ville.saint-sauveur.qc.ca/51-services-municipaux-Environnement_Matieres-residuelles_Ecocentre.html)

Visit [www.recreer.ca/en/](http://www.recreer.ca/en/) to play The Great Recyclable Game!



## Environment (continued)

### The domestic cat – an exotic invasive species

The International Union for the Conservation of Nature (IUCN) classified the domestic cat, *Felis silvestris catus*, as an exotic invasive or alien species, among the 100 worst in the world. Descended from African wildcats, and domesticated in Egypt over 9,000 years ago, domestic cats fall into 2 categories. “Housecats” are kept indoors 24/7, “outdoor or free-roaming cats” are allowed outdoors but both may become “feral” or wild if lost or abandoned by their owners. A survey made by Léger Marketing in 2008 showed that 29% of Quebec households have a cat, with an average of 1.6 cats per owner, thus an estimated 1.45 million housecats with feral cats numbering perhaps 435,000 to 725,000.

Domestic cats are predators, killing prey such as small mammals, birds, especially ground nesting or feeding birds, as well as insects, amphibians and reptiles. Any-one owning a free-roaming cat has likely observed their cat bringing home dead (occasionally live) mice or birds. These well-fed cats often do not eat their prey but are “recreational” predators. Studies in the United Kingdom show that free-roaming cats kill an estimated 52 to 63 million mammals, 25 to 29 million birds and 4 to 6 million amphibians and reptiles each year, with 30% of bird mortality attributed to cats. These may actually be under-estimates as one U.S. study showed that faeces in litter boxes contained 10% bird remains; owners had no knowledge that their free-roaming cat was killing and eating birds before returning home!



Cats have caused extinction of several native small mammal species, some 30 species of birds, threaten species at risk or contribute to declines in populations (Eastern Bluebird, and Ruby-throated Hummingbird are examples). Free-roaming and feral cats may also compete with native predators such as mink, raccoons, skunks, foxes and raptors. Cats (feral and free-roaming) comprised 25% of captures in a recent rabies raccoon/skunk study by Quebec Ministry of Natural Resources and Wildlife (MNRF).

It cannot be overstated that free-roaming and feral cats have significant effects on public and wildlife health as transmitters of disease, the most well-known being rabies and toxoplasmosis. More cats than dogs have been infected with rabies since 1980 and cats are the only known final host of *Toxoplasma gondii*, a parasite that can cause foetal abnormalities and abortions in pregnant women. Disposal of infected cat faeces is problematic.

Free-roaming dogs may attack wildlife, domestic animals and humans and society has strict laws, licensing and leash regulations. Most dogs are vaccinated against rabies and responsible owners pick up after their dogs, eliminating faeces as a source of disease. Cats are rarely licensed nor regulations enforced should they wander off property.

Being small and secretive by nature, cats tend to keep to areas providing cover and are rarely seen, thus making enforcement difficult particularly in suburban or rural areas. In Quebec close to 40% of cats brought to animal shelters are not house-cats.

Keeping cats indoors prolongs their lives and ensures their health and welfare. Free-roaming and feral cats must contend with automobile traffic, predators such as coyotes, wolves, fishers, foxes, raptors, disease, and weather. Feral cats often live less than one year, frequently starving or freezing in cold climates. In the Laurentians, numerous cats have been killed by predators such as fishers. Responsible caring owners keep cats indoors 24/7 or provide a secure outdoor enclosure, sterilize them to avoid unwanted litters, provide scratch posts, perhaps another cat playmate, annual vaccinations, identify them with a micro-chip and collar with name, address and phone number should an escape occur and, reduce the spread of disease by disposing of cat faeces and litter in the garbage.

#### Dr. Lena Measures

*Wildlife Biologist*

*(current dog and past cat owner)*

*March 1<sup>st</sup>, 2012*





## Town Planning

### Temporary winter shelters

Residents have until May 1<sup>st</sup> to remove the tarp covering the frame and until May 15<sup>th</sup> to dismantle the structure itself, after which date a fine could be issued. This directive is in force for all temporary winter shelters, no matter where they are located on the property or what they are used for.

### Residential pools

If you are planning to put in a new pool this summer, please consult the municipal regulation on our website or inquire at the Town Hall to learn about the particulars and find out which documents you need to submit along with your permit request. For lots serviced by one of the municipal water networks, an additional water tax of \$200 per year will be added to your 2012 tax bill.

### Culverts and private entrances

Property owners looking to create or move a private entrance, install or replace a culvert must obtain a permit beforehand. Requests must be submitted at the Town Hall. A \$500 deposit is required at the time of the request, which is reimbursable once the project is completed by the owner, inspected and approved by Public Works. Please note that the maintenance of the culvert is the responsibility of the property owner, who must ensure the water runs freely in the ditch.

### Ditches: layout and purpose

We would like to remind residents who live on a municipal street with ditches, that any work, including prolonging the landscaping (whether grass or stone) is prohibited without a formal authorization from Public Works. We recommend that you leave the vegetation in its natural state, as established in the ditch.

Ditches are an integral part of the road's infrastructure and they serve a specific purpose. The wrong intervention with inadequate materials can cause damage to the infrastructure. In addition, ditches are generally located within the road's right of way, which is the property of the Municipality.

### Fences, hedges, low walls, planting trees and flowers by the road

Are you planning to landscape near the road this summer? Are you thinking about installing a fence, erecting a wall, or planting a hedge or a tree in front of your property? Make sure you ask if a permit is required. Only grass is permitted in the first meter inside your front property line; nothing else can be installed or planted in that first meter.

This road's right of way must remain clear of plants, trees, walls, fences, etc., mainly to allow for snow removal operations and to prevent damages. This also applies to garbage and recycling bins, mail boxes, sand boxes, and other similar structures. The Municipality cannot be held responsible for damages to assets if this regulatory distance is not respected.

Also, if you are planning to plant a tree at the edge of your property, make sure to use a suitable variety and to respect the required setbacks from electric areal lines. Please consult Hydro Quebec's website: [www.hydroquebec.com/arbres/index.html](http://www.hydroquebec.com/arbres/index.html) to find tips and advice.

### Tree cutting permits

Cutting a tree on private property, (including dying and/or sick trees), requires a permit; one can be obtained for free, beforehand, by calling the Environment department. Pruning does not require a permit. Please note that the inspector will come by to assess the validity of your request.

## Pictures of private 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 Karyne Bergeron at [bulletin@morinheights.com](mailto:bulletin@morinheights.com).

Contributors can remain anonymous if they choose.



## Morin-Heights Fire Department and First Responders

### Prevention visits

In 2011, 827 visits were made and 490 preventive inspections were conducted. This year again, our firefighters will be going from door-to-door to check smoke detectors and offer advice on fire safety. The Quebec government's website [www.msp.gouv.qc.ca](http://www.msp.gouv.qc.ca) offers additional information on fire safety.

### Burning permits

The wood burning by-law has been amended in 2011 regarding issuance of fire permits. Outdoor fires are allowed providing certain rules are followed. One has to get a fire permit before burning. Make sure you burn safely and get a free permit the Town Hall.

It is essential that a water source is near the fire pit, that you monitor the fire and control the flames at all times. Even a small fire can quickly get out of control and be devastating...

### Beware of forest fires

If you live in a wooded area, you know that summertime (May to September) is a high-risk period for forest fires. Whether they naturally occur or are caused by human activity, forest fires are devastating and everyone has a responsibility to be extremely careful by doing the right thing. Note that it is forbidden to burn construction materials, green clippings, leaves, needles, etc.

During the seasonal dry spells, clear the perimeter of the house by eliminating or moving away from foundation any flammable materials which may propagate fire: fire wood, dry grass, bushes, toys, etc.

### **We also suggest that:**

- you put a screen on top of the chimney and in front of all smoke conduits;
- you have a hose hooked up and ready;
- if you are not on town water, have a reserve of water;
- you must prepare an evacuation plan for the whole family; identify a meeting place outside the home in case of a fire.



## Carbon Monoxide

It is strongly suggested to equip your home with a carbon monoxide detector. These devices are inexpensive (\$25 - \$70) and save lives. Regular smoke detectors cannot detect carbon monoxide.

Carbon monoxide, commonly called CO, is a colorless, odorless and tasteless gas. When inhaled, CO interferes with the ability to absorb and transport oxygen through the bloodstream.

CO can be produced by cigarettes, candles or the fuel (propane, kerosene, natural gas, oil) of internal combustion engines (lawnmowers, chainsaws, snow blowers, cars, etc.) and by several devices commonly found in a house.

Propane appliances, like other combustion appliances, can present a risk if they are not properly installed, operated, maintained or ventilated. Even a small amount of CO can be dangerous in enclosed spaces such as a house, garage, vehicle, cabin, boat, recreational vehicle or tent.

### **In order to avoid all risks of intoxication, DO NOT:**

- leave the car running in the garage or carport;
- use a gas stove to heat and use propane camping accessories indoor to cook during a power outage;
- use a barbecue inside the house, camper or car shelter;
- start the lawnmower in the shed.



## Safety tips when using a BBQ

- Always use the barbecue outside, in a well ventilated area at least three meters (10 ft) of all doors and windows, away from the house and from anything that could affect the air flow around the grill. Do not use it under a covered porch! If it rains, do not use it in the garage!
- Store tanks or cylinders outdoors in a safe, well ventilated area, and keep them vertical on a non flammable, raised base.
- Never handle, store or transport propane tanks near a heat source or potential sources of ignition (ex. flames, smoldering materials, barbecue, sparking power tools).
- Always open the barbecue lid before turning it on so that gas does not accumulate under the cover.
- Never leave your BBQ when it's on. It must remain under constant surveillance. Keep a bucket of water or sand or a fire extinguisher near your barbecue at all times.
- Check the tightness of hoses and gaskets with soapy water. Before proceeding, close the barbecue's valve and open the gas bottle's valve. Take water, add a few drops of dishwashing liquid and pour this solution on all hoses and gaskets. If bubbles form and get bigger, this indicates a leak.
- Once the charcoal is done, do not throw away the coals or embers before 24 hours have gone by; that's how long it takes to cool off completely.

## Important notice

A badly located civic number, which is not **visible from the street** or simply missing, greatly affects the emergency services response time. 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!

## Candles and burners: safety first!

The Morin-Heights Fire Department and the Ministry of Public Safety are urging you to be careful and watchful when using burners and candles indoors. Here are a few tips to prevent fires.

### Fondue burners

- Handle fondue burners with care to prevent skin burns and fires;
- Fill the burner when cool only. Otherwise, the heat of the burner can ignite the alcohol in the container. Keeping a second burner on hand in case the first one dies is a safer idea.

### Candles

- Use sturdy candle holders, with a stable base, made from fire resistant materials and are unlikely to fall over. Also make sure that it is wide and deep enough to collect dripping wax.
- Place candles away from curtains and items that can easily catch fire (clothing, books, decorations, etc.). Keep them far away from high traffic places, especially if you have children or pets.
- Never leave burning candles without adult supervision. Get used to blowing out your candles before leaving the room, go to bed or before they go off by themselves.

## Open House

We will be happy to see you on May 26<sup>th</sup> at the Fire Hall for Environment & Family Day. You'll be able to see the equipment we use to respond to emergencies and meet the people who have your health and safety at heart.



# Municipal Services

## Library

The Municipal Library is located at 823, Village Road and is run by volunteers.

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

You will be pleased to know that you can renew loans, and request inter-library loans, from your home computer through this website:

[www.reseaubiblioduquebec.qc.ca/morin-heights](http://www.reseaubiblioduquebec.qc.ca/morin-heights). All you need is your membership number (see membership card) and your PIN (NIP). If you do not know your PIN number, just ask the librarian. Please note that inter-Library loans (PEB's) are not renewable.

### Interesting facts concerning the library:

- It currently has 10 095 books, of that number 6431 are part of the regular collection.
- 630 people are members.
- In 2011, 15 235 book loans were processed.
- 27 volunteers maintain its activities.



### NEW ACQUISITIONS (Novels)

Alice Hoffman  
The Dovekeepers

P.D. James  
Death Comes to Pemberley

Iris Johansen  
Quinn

James Patterson  
Kill Alex Cross

Karen Robards  
Sleepwalker

Kim Thuy  
Ru

### NEW ACQUISITIONS (Non-Fiction)

Sally Bedell Smith  
Elizabeth the Queen: The Life of a Modern Monarch

Ron MacLean and  
Kirstie McLellan Day  
Cornered

Simon Sebag Montefiore  
Jerusalem: The Biography

Hal Vaughan  
Sleeping with the Enemy: Coco Chanel's Secret War

### AUDIO CDS New!

Jeffery Deaver  
Roadside Crosses: A Kathryn Dance Novel

John Grisham  
The Firm

Kathy Reichs  
Break No Bones

Jeannette Walls  
The Glass Castle: A Memoir

## Recycling and Garbage Collection Calendar 2012

MAY						
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		

JUNE						
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

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 and large items



Recycling



Garbage and recycling



## Laurentian Reading Club

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

**Information:**

Joan Beauregard 450 226-3236

## Joyful Noise Choir Concert

Joyful Noise Choir presents its annual spring concert on Sunday, **June 3<sup>rd</sup>**, at 15:00. The concert takes place at United Church (831, Village Road), it is a free event, but donations to the Church are welcome.

For additional information about the concert or the choir, contact Penny Rose at: 450 226-2746 or at [jenanson@hydroponix.com](mailto:jenanson@hydroponix.com).

## Route des Arts

The 13<sup>th</sup> edition of the **Route des Arts** studio tour will take place **July 28<sup>th</sup> to August 5<sup>th</sup>**. Professional artists and artisans working in a variety of media open their studios in and near the Argenteuil region, from 11:00 to 18:00.

**Information:**

[info@routesdesarts.ca](mailto:info@routesdesarts.ca) or 450 562-3298  
[www.routesdesarts.ca](http://www.routesdesarts.ca)

## Moonlight Cinema

**at Camping & Cabines Nature Morin-Heights (185, Bennett Street)**

Saturday August 4<sup>th</sup> **IN FRENCH**

Saturday August 11<sup>th</sup> **IN ENGLISH**

The Municipality of Morin-Heights, in collaboration with Ski Morin Heights, is proud to present its Moonlight Cinema! A shuttle takes you into the heart of the forest; come enjoy a movie outdoors with your family!

**Rain or Shine!**

**FREE!**

Family movie (titles to be announced).

Doors open 30 minutes before sundown, bring a chair and a blanket.

**Information:** [www.morinheights.com](http://www.morinheights.com), under Calendar or 450 226-3232, ext. 111.

## Theatre Morin-Heights presents

«**Encore**» by Marc Prescott at St-Eugène Hall, 148 Watchorn Road

Friday June 8, 19:30 • Saturday June 9, 13:00 • Friday June 15, 19:30 • Saturday June 16, 19:30

Wine and cheese will be served, \$10.

## Canada Day, Sunday July 1<sup>st</sup>, at Ski Morin Heights

A day of festivities for the whole family awaits you!

Street performers, inflatable structures, face paintings, challenges and other free family activities. The gracious ladies from Trinity Church's Strawberry Social will be there to keep the tradition going with their famous strawberry shortcake. Once again, there will be a baking contest followed by an auction for the benefit of Morin-Heights Elementary School's breakfast program. Live music, fireworks and more in the evening — the celebration starts at 14:00. You won't want to miss it!

**Watch for upcoming publicity.**

We are looking for volunteers! We need help with site set-up and clean-up and/ or to man a variety of activities during the day. If you can offer an hour or more, please let us know at 450 226-3232, ext. 111.

**For more information:**

[www.morinheights.com](http://www.morinheights.com)



# Activities

## Arts Morin Heights Summer Exhibitions

Arts Morin-Heights presents a series of different shows at the Library.

- April 14<sup>th</sup>, 15<sup>th</sup>, and 20<sup>th</sup> to 22<sup>nd</sup> will be a group exposition with the theme "The Elements".
- May 5<sup>th</sup>, 6<sup>th</sup> and 11<sup>th</sup> to 13<sup>th</sup>, the paintings of Carolle Ducharme and wood-turnings of Jules Beaugard will be presented.
- May 25<sup>th</sup> to 27<sup>th</sup> and June 1<sup>st</sup> to 3<sup>rd</sup>, painters Judy Lazarus and Monique Bélisle will be showing.
- June 22<sup>nd</sup> to June 27<sup>th</sup> and June 29<sup>th</sup> to July 1<sup>st</sup> will be another group exposition with the theme "Pathways".



Our 29<sup>th</sup> annual summer exposition of works by all members will be from **July 27<sup>th</sup> to August 5<sup>th</sup>**. Open from 11:00 to 17:00, the exhibit will be presented at St-Eugène Hall, 148 Watchorn Road. Vernissage will be on July 27<sup>th</sup> at 18:30.

**All welcome!**

All events are free-admission.

For those who would like to make a contribution to the food-bank of the Pays-d'en-Haut, we will provide a receptacle for contributions of non-perishables or money. A small way to make a big difference in our community.

For more information on Arts Morin-Heights or any of our events: [www.artsmorinheights.com](http://www.artsmorinheights.com) or 514 913-2087.

## Morin-Heights Historical Association Events

### Sunday April 15

Speaker Luc Matter on  
*"Pioneer Building & Furniture"*  
14:00 to 16:00 at St-Eugène Church,  
148 Watchorn Road.

### Sunday May 27

Annual general meeting and genealogy  
session with Bruce and Wendy Niven  
13:00 to 16:00 at United Church,  
831 Village Road.

### Wednesday June 20

Upper Canada Village Tour. To reserve call  
Joan Hudson at 450 432-7572.

### Sunday July 1

Look for our booth on Canada Day!  
Beginning at 14:00, at Ski Morin Heights,  
231 Bennett Street.

### Saturday August 4

Legion's Flea Market  
Come see us at our table!  
127 Watchorn Road

Other events to be announced, check our  
website: [www.morinheightshistory.org](http://www.morinheightshistory.org)



## Fundraiser for the Morin-Heights Elementary School

### Featuring MERCY

(Meredith Marshall & Sebastien de Francesco)

An evening consisting of a cash bar cocktail hour 17:00 to 18:00, great musical entertainment and 4 servings of mouth-watering **wines & cheeses**. There will be a silent auction with many items on the auction block. All proceeds go directly to the school children's activities and educational programs.

### On Saturday, May 26, 2012

At Hôtel Le Chantecler, 1474 chemin Chantecler, Ste-Adèle. Doors open 17:00 to midnight, first serving at 18:00. Tickets will be sold at the door: **\$30**.

Liquor license 18 years & over, cash bar only.

Tickets may also be purchased in advance at the Morin-Heights Town Hall (see Natasha Caron, at the Royal Canadian Legion or via PPO members.

### Information:

Kim Richard at 450 226-3402

## Seniors' Annual Celebration

The Municipality is inviting its elders to the Seniors' Annual Party on August 11<sup>th</sup>, to take place again at Mont-Bellevue (99, Lac-Echo Rd.). Our community's seniors are welcome by 13:30; corn, hot-dogs and drinks will be served, music and activities are planned. A concert will also be presented, more details to come.

**Information:** 450 226-3232, ext. 102



## Senior Citizens Heritage Club

The Senior Citizens Heritage Club is for ages 55 & over; new members are welcome.

From April to October, monthly activities are organized including day trips and dining out.

### Information:

Marion Roberts at 450 432-7324

Isabel Ellis at 450 226-8882

Mona Wood at 450 226-1454

## Cancer Support Group

Offers English-speaking support services to cancer patients, caregivers and their families in the Laurentian region. Our meetings are held monthly at the Remembrance Hall of the Morin-Heights Library.

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](mailto:cancer.laurentia@yahoo.ca).

## Activities at the Notre-Dame-des-Monts Parish

Benefitting St-Eugène's community.

### Thursday, May 17

Dinner at the *École hôtelière de Ste-Adèle*

### Thursday, August 2

Golf Tournament in Arundel

Debit and credit cards accepted.

**450 226-2844** or toll-free

**1-866-552-0552**

## Class Suggestions

One of the ways to support your community is to take part in its activities. More participation opens the door to more variety and more choice.

To suggest classes that you would like to see offered in our community, send an email with the subject "**Suggestion**" to [bulletin@morinheights.com](mailto:bulletin@morinheights.com).

## Babysitting course

For children 11 to 15 years old who are interested in babysitting, this complete course will help them gaining the necessary skills to face 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 security, including how to cope with tantrums and crying, plus learn about their rights and responsibilities as babysitters.

The course is offered at \$50 per person, including a manual and wallet card upon the successful completion of the course.

### Saturday June 9<sup>th</sup> and June October 10<sup>th</sup>, 9:00 to 13:00.

At the Library's Remembrance Hall, 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 May 22<sup>nd</sup>, 450 226-3232, ext. 111.**

**For more information you may contact the instructor:** Kim Maurice at 514 916-9904

## Outing in Montebello (for seniors age 55 and over)

### Wednesday, June 6<sup>th</sup>, 2012

Discover the *Château Montebello!*

A sumptuous buffet style dinner is planned shortly after arrival, followed by a guided tour in the afternoon. During this one-hour tour you will learn the history of the *Château Montebello* and the *Manoir Papineau*.

- **Departure at 9:30** from Mont-Bellevue, 99 Lac-Echo Road. Arrival in Montebello at 11:30.
- Transportation will be by Galland Deluxe bus (washroom and comfortable seating) with two snacks included.
- The cost of the buffet is included (fish, chicken, beef, etc.).
- Return to Mont-Bellevue scheduled for **18:30**.

### Register now:

- At the Town Hall, Monday to Friday, 8:30 to noon and 13:30 to 16:30.
- 53 places available.
- Proof of residency required (tax bill or lease). Residents can register in priority until May 14<sup>th</sup>.
- Non-residents may register themselves on the waiting list, but will be confirmed only after May 14<sup>th</sup>, availability permitting.

**Cost resident:** \$55 • **Cost non-resident:** \$60

### Information and registration:

450 226-3232, ext. 102.

## Royal Canadian Legion Events

### Saturday April 21:

Italian Night, at 18:00

### Saturday May 12:

Mother's Day Supper, at 18:00

### Saturday May 26:

Legion Golf Tournament & Steak Supper

### Saturday June 16:

Father's Day Special BBQ, at 18:00

### Saturday June 30:

Canada Day Steak Supper

### Saturday July 21:

Family Fun & Field Day, at 13:00  
(in case of rain, July 22)

### Saturday July 28:

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

### Saturday August 18:

Gerry Hecklinger's Golf Tournament & Steak Dinner

Darts every Wednesday and Friday nights at 19:00, all welcome!

### FLEA MARKETS

Rain or shine! No dogs allowed!

**Saturday June 9 • Saturday July 7**

**Saturday August 4 • Saturday Sept. 8**

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

# Activities

## Day Camp 2012 at Tamaracouta

Registration is open now and made directly at camp, places are limited. Final payment is due by June 1<sup>st</sup>, postdated cheques are accepted but have to be received by June 1<sup>st</sup>.

REGISTRATIONS AT TAMARACOUTA CAMP:

**Monday to Friday, from 8:30 to 15:00**

499 Tamaracouta Road, Mille-Isles, JOR 1A0

[reservations@tamaracouta.com](mailto:reservations@tamaracouta.com)

[www.tamaracouta.com](http://www.tamaracouta.com)

**1-866-438-4096**



You can register your child to the municipal day-care and/ or bus shuttle services on Environment and Family Day on **May 26<sup>th</sup>, 9:00 to 11:00**, at the Town Hall (567, Village Road).

It is also possible to register at the municipal office, Monday to Friday, 8:30 to noon and 13:30 to 16:30.



## Football Club Morin-Heights

For those who haven't registered yet, there are a few places left in some teams for the summer 2012 season. Register now!

### **April 28<sup>th</sup>: SOCCER BAZAAR**

Soccer items for sale by IFOOT 12:00 to 17:00 at the Town Hall

### **June 25<sup>th</sup> to 29<sup>th</sup>:**

#### **SOCCER ACADEMY / SOCCER DAY CAMP**

**Managed by:** Charlie Andiqwar qualified educators

**Place:** Morin-Heights soccer field (elementary school)

**Time:** 9:00 to 15:00, day-care service from 8:00 to 9:00 and from 15:00 to 16:00

**Age:** U8 to U14, F & M (born between 1998 and 2004)

#### **Price:**

Academy: \$120

Day-care: \$50

Limited to 40 players

Registrations before May 31<sup>st</sup> by phone:

450 226-0011

**Included:** Academy t-shirt and a ball

**Must bring:** Water bottle, lunch and snacks

### **July 14<sup>th</sup>:**

#### **3V3 FESTIVAL / FUNDRAISER EVENT**

Registrations before June 15<sup>th</sup>

**Place:** Morin-Heights soccer field (elementary school)

**Time:** To be determined

**Age:** Open to all

#### **NOVICE PROGRAM**

**Dates:** Saturday morning, June 16<sup>th</sup> to August 18<sup>th</sup>. Participation to the 3V3 Festival on July 14<sup>th</sup>.

**August 18<sup>th</sup>:** End of season party

**Place:** Morin-Heights soccer field (elementary school)

**Time:** 9:00 to 10:00

**Age:** U4 to U7 F & M (born between 2005 and 2008)

**Price:** Uniform included (socks, short and shirt). Morin-Heights residents \$120, Non-residents \$150.

For more information, please visit our new website: [www.fcMorinHeights.com](http://www.fcMorinHeights.com)

or communicate with us at:

[info@fcMorinHeights.com](mailto:info@fcMorinHeights.com) or 450 226-0011.

## 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 classes** 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 communicate with the municipality offering the class or that you visit their website to get information about registrations, dates, prices and availability.

### **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](http://www.municipalite.piedmont.qc.ca)

#### **Saint-Adolphe-d'Howard:**

819 327-2626 •

[www.stadolphedhoward.qc.ca](http://www.stadolphedhoward.qc.ca)

#### **Sainte-Anne-des-Lacs:**

450 224-2675, ext. 25 •

[www.sadl.qc.ca](http://www.sadl.qc.ca)

#### **Sainte-Adèle:**

450 229-9605, ext. 244 •

[www.ville.sainte-adele.qc.ca](http://www.ville.sainte-adele.qc.ca)

#### **Saint-Sauveur:**

450 227-2669, ext. 421 •

[www.ville.saint-sauveur.qc.ca](http://www.ville.saint-sauveur.qc.ca)

*The selected activities are listed on page 17.*

*For a complete schedule of the classes offered in Morin-Heights, please consult the course schedule on page 18.*



ACTIVITIES INCLUDED IN THE AGREEMENT	
<b>ADULTS</b>	
<b>Afro dance</b>	Saint-Sauveur
<b>Fitness &amp; Well-being</b>	Piedmont and Saint-Sauveur
<b>Gentle Gymnastics</b>	Piedmont
<b>Initiation to African Drumming</b>	Saint-Sauveur
<b>Judo</b>	Saint-Sauveur
<b>Pilates</b>	Piedmont
<b>Photography</b>	Sainte-Anne-des-Lacs and Saint-Sauveur
<b>Tai-Chi chuan</b>	Saint-Sauveur
<b>Watercolour</b>	Sainte-Anne-des-Lacs
<b>CHILDREN</b>	
<b>Arts &amp; Crafts</b>	Piedmont
<b>Judo</b>	Saint-Sauveur
<b>Painting and art creation</b>	Saint-Sauveur

## Simon River Fishing Tournament

**At Lummis Park,  
Saturday May 19<sup>th</sup>, 8:00 to 15:00.**

Children initiation to trout fishing, \$5 registration fees. They must have fishing gear and be accompanied by an adult holding a fishing permit (available at Rona H. Dagenais & Fils inc., in St-Sauveur). This event is made possible by the *Association de Chasse et Pêche des Laurentides*.

## Coueurs des bois

This group organizes outdoor outings in the Laurentians. According to the season, the outings are hiking, cycling or snowshoeing. The current seasonal programme can be found on [www.morinheights.com](http://www.morinheights.com).

### Information:

Eileen Meillon at 450 226-6904

## 2012 Pool and Tennis Season Passes at Ski Morin Heights

Ski Morin Heights offers reduced rates to Morin-Heights residents for exterior pool and tennis passes.

Exterior pool and tennis membership	
AGE CATEGORIES	PRICES
<b>Adults</b>	<b>\$25 + taxes</b>
<b>Youth (from 6 to 12 years old)*</b>	<b>\$15 + taxes</b>
<b>Seniors (60 years old and over)</b>	<b>\$15 + taxes</b>
<b>Family pass (2 adults, 2 children of 12 years of age or less)</b>	<b>\$70 + taxes</b>

*\*Children under 13 must be accompanied by an adult. Free for children 5 years of age or less.*

Schedules	
EXTERIOR POOL SCHEDULES**	TENNIS SCHEDULE
From June 23 <sup>rd</sup> to August 19 <sup>th</sup> and August 25 <sup>th</sup> and 26 <sup>th</sup> , <b>10:00 to 19:00</b>	<b>Friday, Saturday &amp; Sunday</b> from June 23 <sup>rd</sup> 2012, <b>9:00 to 10:00.</b> <b>Evening reservations before 17:30.</b> For tennis court reservation, please phone: 450 226-1515.

*\*\* Please consult the weekly schedules for pool and court availability.  
Note: Swimming pool and tennis courts will be closed on rainy and/or cold days.*

### PURCHASE YOUR PASSES AT SKI MORIN HEIGHTS

**For information:** Ski Morin Heights 450 226-1515

## Youth Pick-Up Baseball

**We are looking for a volunteer coach to organize and run the program.**

Please communicate with Catherine Maillé at 450 226-3232, ext. 102.

This baseball program offers an opportunity to have fun and learn how to play softball in a team, for boys and girls age 11\* to 13\*

(\*children must be 11 or 13 years old before October 1<sup>st</sup> 2012).

**Wednesdays, 18:30 to 20:00, from June 27<sup>th</sup> to August 15<sup>th</sup>.**

**FREE program for residents only** (25 places available).

### Required equipment:

Baseball glove • Running shoes or baseball shoes • Water bottle

**REGISTRATION REQUIRED** will start on May 14<sup>th</sup> at the Town Hall on weekdays from 8:30 to noon and 13:00 to 16:30.

**Information:** Catherine Maillé 450 226-3232, ext. 102.

# Classes

Class / Location	Rates	Schedule	Dates	Instructor	Description
<b>SPRING SESSION</b>					
Body Design / St-Eugène Hall		Monday 9:15 to 10:15	April 9 to June 11	Lisa McLellan Registrations: 450 530-3920 www.lmfitness.ca  <b>Fitness Pass</b> (2 or more class/ week): \$253 taxes included <b>Card (9 classes):</b> \$135 taxes included  (The balance of unused classes can be transferred to the next session) 10-week <b>SPRING</b> session  <b>Join anytime</b> <b>during a session!</b>	Cardio dance, resistance training and mat work
Stretch and Strengthen / Community Hall		Monday 9:30 to 10:30	April 9 to June 11		Improve posture, relieve pain
Aquafitness / Chanteder		Monday 11:00 to noon	April 9 to June 11		Safe and complete water workout
Nature Cardio / Aerobic Corridor		Tuesday 9:15 to 10:30	April 10 to June 12		Cardio strengthening outdoor
Aquafitness / Manoir de la Vallée		Tuesday 9:30 to 10:30	April 10 to June 12		Safe and complete water workout
Aquafitness / Manoir de la Vallée		Tuesday 10:45 to 11:45	April 10 to June 12		Safe and complete water workout
Combo 50+ / St-Eugène Hall		Tuesday 9:30 to 10:30	April 10 to June 12		Overall workout, improve strength and vitality
Stretch and Strengthen / St-Eugène Hall	Pass or card	Wed. 9:15 to 10:30	April 11 to June 13		Improve posture, relieve pain, become more supple
Stretch and Strengthen / Community Hall		Wed. 11:00 to noon	April 11 to June 13		Improve posture, relieve pain, become more supple
Stretch and Strengthen / St-Eugène Hall		Wed. 17:30 to 18:30	April 11 to June 13		Increase range of motion, relieve stress
Cardio Drum / St-Eugène Hall		Thurs. 9:30 to 10:30	April 12 to June 14		Cardio dance, coordination, strengthening. Really fun!
Hatha Yoga / Community Hall		Thurs. 17:30 to 18:45	April 12 to June 14		Breath, postures, inner transformation
Hatha Yoga / Community Hall		Thurs. 19:00 to 20:15	April 12 to June 14		Breath, challenging Vinyasa, transformation
Eccentrics & Pilates / St-Eugène Hall		Friday 9:30 to 10:30	April 13 to June 15		Strengthen and lengthen your muscles
Qi Gong / Community Hall		Friday 9:45 to 10:45	April 13 to June 15		Body / mind health and stress relief. Lummis Park weather permitting.
Stretching / Community Hall		Friday 11:00 to noon	April 13 to June 15	Gentle all around stretching, restorative	
Tai Chi Yang stretch and meditation / Community Hall	\$120 per session	Tuesday 10:45 to 12:15	April 3 to May 22	Increase mind and physical abilities	
Gentle Yoga / Community Hall	\$85 per session (8 classes)	Thurs. 10:45 to noon	May 3 to June 21	Yoga for stiff and injured bodies	
Karate / Community Hall	*	Friday 17:30 to 18:30	Until June 15	Develop concentration, increase physical fitness. Children 5 and up and adults.	
Wu Style Tai Chi Chuan / Community Hall	R:\$140 NR: \$145	Saturday 9:00 to 10:30	March 31 to June 30 (no class on April 7 and May 26)	For harmony of the mind and body and your health	
Creative Dance / Community Hall		Sunday 10:15 to 11:15		3 1/2 to 5 years old	
Primary Ballet / Community Hall		Sunday 11:15 to 12:30		6 to 7 years old	
Standard Ballet 1 - Grade 1 / Community Hall		Sunday 12:30 to 14:00		8 to 11 years old	
Ballet Grade 3 / Community Hall	**	Sunday 14:00 to 15:30 Tuesday 18:00 to 19:30	Until June 10 (no class on April 8)	12 to 16 years old	
Ballet adults / Community Hall		Sunday 17:30 to 19:30 Tuesday 19:30 to 21:00		Points from 19:00 to 19:30 on Sundays	
<b>SUMMER SESSION</b>					
Eccentrics & Pilates / St-Eugène Hall		Tuesday 9:15 to 10:15	June 26 to August 28	<b>Reserve a spot:</b> Lisa McLellan 450 530-3920 Register on the first class, schedule subject to change, 7 participants min. <b>See spring session rates</b> 10-week <b>SUMMER</b> session  <b>Join anytime</b> <b>during a session!</b>	Strengthen and lengthen your muscles
Aquafitness / Manoir de la Vallée		Tuesday 9:30 to 10:30	June 26 to August 28		Safe and complete water workout
Aquafitness / Manoir de la Vallée		Tuesday 10:45 to 11:45	June 26 to August 28		Safe and complete water workout
Combo 50+ / Community Hall		Tuesday 9:30 to 10:30	June 26 to August 28		Overall workout, improve strength and vitality
Stretch and Strengthen / Community Hall		Wed. 9:30 to 10:30	June 27 to August 29		Improve posture, relieve pain, become more supple
Stretch and Strengthen / Community Hall	Pass or card	Wed. 10:45 to 11:45	June 27 to August 29		Improve posture, relieve pain, become more supple
Qi Gong / Lummis Park		Thurs. 8:30 to 9:15	June 28 to August 30		Body / mind health and stress relief
Body Design - Cardio Drum / St-Eugène Hall		Thurs. 9:30 to 10:30	June 28 to August 30		Dance cardio, strengthening and mat work
Aquafitness / Manoir La Vallée		Thurs. 9:30 à 10:30	June 28 to August 30		Safe and complete water workout
Aquafitness / Manoir La Vallée		Thurs. 10:45 à 11:45	June 28 to August 30		Safe and complete water workout

## 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