



**MORIN-HEIGHTS
1855**

Info Morin-Heights

In harmony with nature!

Fall 2012 - Vol. 15, no 3



Journées de la culture

FREE ACTIVITIES!

Gumboots Workshop on September 29, from 10:00 to 11:30



Gumboots? Art that combines music, dance and physical education and has an interesting socio-cultural history. This percussive dance was developed by South African miners who have used their work boots as a percussion instrument to create rhythms.

Unleash new talents by exploring gumboots dance!

Creative activity that brings the whole family together (8 years and up).

At the Community Hall (567, Village road). Do not forget to bring your rain boots!

Photo Safari on September 29 from 9:00 to noon

Photo creations through an outdoors photo safari with Roger Lauzon. 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. An invitation to look beyond the first glance and visit your imagination...

- The artist's workshop is located at 901, Primeroses
- Postponed to September 30th in case of rain

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

Arts Morin-Heights' Exhibit on Sept. 29 and 30, from noon to 16:00

www.artsmorinheights.com

Arts Morin-Heights will present its "Plaisirs des couleurs /Joy of Colour" exhibit at the Town Hall (567, Village road).

Story Hour and Art Workshops for Children on September 30, from 14:00 to 16:00

4 to 10 year old children can join storytelling (in French and English) presented by the municipal Library, and take part in art workshops with members of Arts Morin-Heights, inspired by Story Hour. A chance to create special artwork using common material such as paper and colours in surprising ways.

At the Community Hall (567, Village road).

(more activities on page 10)



Roger Lauzon

Summary

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News from the mayor

Dear citizens,

I hope that you were able to take some time off to enjoy the sunny summer in our wonderful Laurentian mountains!

The Municipality and its partners were hard at work preparing events for your enjoyment. Environment and Family Day, Canada Day, the Seniors' Annual Celebration, Arts Morin-Heights exhibits, the Mayor's Fishing Tournament amongst others, were all a great success.

The development of Basler Park at Mont-Bellevue is beginning to take shape with the opening of several sections of mountain bike trails and a pump track at the bottom of the hill. Over the winter, we will be working with the MRC to plan the next phase of that development, including the building of a larger chalet to welcome cross-country skiers in winter and mountain bikers in summer.

The center of town will also be getting a facelift this fall. Village Road will be closed for approximately two months to enable us to change the main water pipe and install new stormwater and sanitary sewer pipes.

At the same time, we will be improving the parking spaces and sidewalks between Watchorn road and Route 364.

We are sorry for the inconvenience, but this work, which is subsidized at 50% by the federal and provincial governments, must be done.

I invite everyone to try out our new trails, have lunch at one of our great restaurants or spend some time at Lummis Park, soaking up the sun near the river.

Have a great fall!



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

Tim Watchorn, ing.
Mayor

Youth Sports Excellence Bursaries Available

This municipal Policy aims at recognizing high level of achievement of our residents, from 12 to 25 years of age, in sports. The amateur athlete must meet eligibility criteria and submit a completed application form **no later** than October 15th, 2012 (available on the website under "municipality" then "forms" or at the Town Hall).

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 nearby businesses on its website. If you wish to see your company listed on it, communicate with Karyne Bergeron at:

bulletin@morinheights.com to receive the appropriate registration form.

To take a look, visit:

www.morinheights.com/spip.php?rubrique69

Société protectrice canine des Monts (SPCM)

www.lespcm.com

Don't forget to get a licence for your dog. You can purchase it 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**.

Please note that the Animal Protection Act states that no animal should be left in a vehicle without supervision.



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.



Recognition

The Municipality of Morin-Heights wishes to celebrate a few anniversaries worthy of recognition.

Several members of the team already have many years of service within the municipality.

The Council and the municipal administration are proud to recognize the excellence of these employees and the work done throughout the years and present warm congratulations to each and every one of them!



Murray Kirkpatrick
Day laborer-driver-operator
34 years of service



Richard Dubois
Day laborer-driver-operator
15 years of service



Louise Atkinson
Administrative assistant to the
Director General and the Mayor
19 years of service



Yves Desmarais
Director General,
secretary-treasurer
14 years of service



Ginette Charette
Administrative services Director
11 years of service



James Jackson
Environment Director
10 years of service



Éric L'Heureux
Town Planning Director
11 years of service

Henry Weekes
Day laborer-driver-operator
27 years of service
(picture not available)



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 Trail Network this winter. Positions include: manager, ticket agents and trail patrollers. Please send your resume to loisirs@morinheights.com by September 28th or drop a copy at the municipal office. Selected candidates will be contacted in October.

Rink supervisors positions also available.

For more details, visit www.morinheights.com.



Pictures of private gardens

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.

Contributors can remain anonymous if they choose.

*Photos:
Mrs. Raymonde Prud'Homme and Mr. Robert Houle*



Flea Market La Fouillerie

Sponsored by "Le Garde-Manger des Pays-d'en-Haut", La Fouillerie, located at 148, Watchorn road, collects and redistributes new and second-hand clothing, toys, dishes, books and more, at very low prices.

Céline, Doris and their volunteers will greet you and welcome your donations.

Hours:

Monday, Thursday, Friday and Saturday, 10:00 to 15:00, closed from noon to 12:30.

Info: 450 644-0087

Alarm System

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

Marteau et Plumeau

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

Environment Park and Trail Use

There has been a modification to the Security, Peace and Order by-law which covers behaviour on parks and trails. Article 3.2 now states that it is prohibited to use a recreational trail for any use other than what it is designated for during the appropriate season as indicated by the trail signage.

Example: cycling and walking are prohibited on cross-country ski trails during the winter. Failure to comply with any of the articles in the by-law will result in a \$200 fine.

Water Conservation Program

Canadians are amongst the highest water users in the world and all of us have to take steps to reduce our impact on this valuable resource. In an effort to reduce water consumption throughout the region, the Municipality has partnered with Ecofitt to subsidize a water reduction kit for your home. The kit which includes a telephone style shower head, a water reducer for a kitchen tap, a bladder for the toilet to reduce the volume of the flush and a toilet dye to test for leaks. The kit only costs \$10 and can be purchased at the reception desk.

Other products will become available to order including rain barrels and low flush toilets, as well as other flow control nozzles.

For more information, visit:
www.morinheights.com.



New Mountain Bike Trail Network

During the spring and summer, the first phase of a new series of mountain bike trails has been under construction at Mont-Bellevue. The trails incorporate sections of the cross-country and snowshoe trails, which will profit from several new links that will be transformed into winter trails to expand the winter network.

Also constructed were 2 mini-parks, a labyrinth and a mini-pump track at the base of Bellevue hill. These are essentially play areas for young riders but also serve as warm-up areas. Note that all the trails were designed to be user friendly for the vast majority of riders and were not constructed as an elite network. The network was designed by François Létourneau, Ben Prud'homme and Chris Schlachter and all trails were designed to be environmentally sustainable.

The network is currently marked with coroplast markers which will be removed in the late autumn. The MTB trail network is open from May 15th to November 15th and all trails are closed to mountain bikes during the winter season (see Park and Trail Use).

Note that the mountain bike trails are multi-use and remain open to walkers during the season. The current network is on land owned by the Municipality and MSSI and the public is asked to respect the limits of the network until formal agreements are obtained from land-owners. Failing to do so could jeopardize its expansion.

A series of work parties are being planned for the autumn: September 16th, October 13th, and November 3rd. Groups will be formed and have team leaders. Some tools will be provided but bring shovels and rakes (lawn and garden). Sessions will run from 9:00 to noon. For more info, contact Chris Schlachter at 450 226-5226.

The second phase will involve joining Ski Morin Heights and the Aerobic Corridor to the current network and creating 2 more mini-parks: a jump area and the Black Forest modular area. For the most current information, check our website.



Environment (continued)

Lummis Park Phase II:

This autumn, work to re-landscape the old beach area will begin in Lummis Park. The centerpiece of the area will be a new children's playground set, centrally located replacing the former wood structure. Large rectangular rocks will define the area and delimit the sandy shore from the play area. The west side of the park will be replanted with flowering bushes and the shoreline will be stabilized with rocks to prevent erosion. Work should be completed by mid-October.



Hogweed

Invasive and Harmful Plants

Despite their beauty, in many cases there are certain invasive plants that are spreading and can choke out more beneficial species. Invasive species reduce biodiversity, alter habitats for birds, amphibians, insects, mammals and fish.

The pretty pink common loosestrife is one of those plants that can choke marshes and virtually prevent any other species

from growing and eventually destroy a marshland. Phragmites australis is another common species in the area that is causing problems along with fallopia japonica and phalaris arundinacea. Also becoming problematic is coltsfoot which is a broadleaf plant invading roadsides. Of course ragweed causes huge asthmatic problems for 10% of the population and hogweed can be very dangerous inflicting third degree burns.

Before transplanting any wild plant, do your homework and consult a specialist. You could be doing more harm than good. Know your plants! For more info check www.glu.org.



Pink Common loosestrife



Coltsfoot



Fallopia Japonica




Recycling and Garbage Collection Calendar 2012

SEPTEMBER						
Su	M	Tu	W	Th	F	Sa
						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						
Su	M	Tu	W	Th	F	Sa
	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						
Su	M	Tu	W	Th	F	Sa
				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						
Su	M	Tu	W	Th	F	Sa
						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



Ecocentre

The ecocentre is located at:

2125 Jean-Adam road, in St-Sauveur,
450 227-2451.

Hours:

Until December 14th: Monday through
Sunday from 7:30 to 16:30

To find out about what is accepted at the
ecocentre, visit:

[www.ville.saint-sauveur.qc.ca/
51-services-municipaux-Environnement_
Matiere-residuelles_Ecocentre.html](http://www.ville.saint-sauveur.qc.ca/51-services-municipaux-Environnement_Matieres-residuelles_Ecocentre.html)

Reuse. Recycle. Reduce. Re-evaluate.

Garbage and Recycling Bin Placement

The Nuisance by-law regarding garbage and recycling bin placement has been recently modified. Bins must now be stored on non-collection days **at least 9m from the center of the road**. This distance guarantees that the bins remain on your property during non-collection days and outside of the right of way of the road. The reasons for the modification are to ensure that the bins are not damaged by snow removal or accidentally by vehicles, as well as for aesthetic reasons. A large number of bins have been damaged since the program's inception and this modification will reduce the damage significantly. Note that on collection days, the bins must be placed at the roadside or they will not be emptied. Infractions to any of the articles in the Nuisance by-law will result in a \$200 fine.

Library

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

Closed on civic holidays.

Information: 450 226-3232, ext. 124

Opening hours:

Tuesday and
Thursday: from 13:00 to 16:00
Wednesday: from 10:00 to 12:00
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

We would like to remind our readers that there is a chute on the side of the library facing the parking lot for dropping off books when the library is closed. Please note that this chute is specifically for the return of books that have been borrowed from the library. If you wish to donate books to the library, please contact the librarian. Also, please note that we cannot accept donations of encyclopaedias, reference books and collections of periodicals such as National Geographic.

Children's Story Hour will be held at the Library every Wednesday morning at 10:00, from September 19th until June.

NEW ACQUISITIONS (AUDIO BOOKS)

Robert Crais
The First Rule

Jared Diamond
Guns, Germs and Steel

Charles Frazier
Thirteen Moons

Greg Iles
The Quiet Game

Peter Robinson
Strange Affair

Bernard Schlink
The Reader

Stuart Woods
Hothouse Orchid

(NOVELS)

Lyndsay Faye
The Gods of Gotham

John Grisham
Calico Joe

John Irving
In One Person

Iris Johanson
What Doesn't Kill You

Philip Kerr
Prague Fatale

Vincent Lam
The Headmaster's Wager

Hilary Mantel
Bring Up The Bodies

Nora Roberts
The Witness

Anne Tyler
The Beginner's Goodbye

(NON-FICTION)

Deborah Feldman
Unorthodox: The Scandalous Rejection of my Hasidic Roots

Peter H. Hennessy
Canada's Big House: The Dark History of the Kingston Penitentiary

Clint Hill & Lisa McCubbin
Mrs. Kennedy and Me: An Intimate Memoir

Edward Luce
Time to Start Thinking: America in the Age of Descent

Caroline Moorehead
A Train in Winter: An Extraordinary Story of Women, Friendship and Survival in World War Two

(LARGE PRINT)

John Grisham
The Last Juror

James Patterson
Cross Country

James Patterson
Double Cross

(CHILDREN'S DOCUMENTARIES)

Viki Cobb
Science Experiments You Can Eat

Morin-Heights Fire Department and First Responders



IMPORTANT NOTICE: The location of your civic number is important. If it is not installed or visible from the street, the emergency services' response time can be greatly affected. Whether at night or during the day, your civic number must be visible from the road: every second counts in case of an emergency!

National Evacuation Plan Day

October 10th is THE day where you should hold a fire drill since it is National Evacuation Plan Day, an initiative of the Ministry of Public Security. At 19:00, put your evacuation plan to the test: everybody out! You are also reminded to test all your smoke detectors.

Fire Prevention Week runs from October 7th to 13th under the theme "Our evacuation plan, we prepared it!" Did you prepare an evacuation plan for your home? 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.msp.gouv.qc.ca/index.php?id=654.html.

Beware of cooking fires!

17% of fires in private homes start in the kitchen. A cooking fire is often caused by improper use of a cooking appliance or human negligence.

What to do in case of an oil fire?

- To put out the flames, cover them with a metal lid or use a portable fire extinguisher with ABC class chemical powder. Turn off the stove elements and the fan;
- Place the pan in the center of the stove between two heating elements or on an element that is not in use;

- **NEVER TAKE** the pan to bring it outside of the house; you could burn yourself and spread the fire;
- Never mix flames with water, it can cause a fireball that could burn your body and spread the fire;
- Even if the fire is under control, dial 9-1-1 to call the Fire Department. They will make sure that the fire did not spread into the fan above the stove or within the walls;
- For your safety, evacuate your home until the firefighters arrive.



Smoke Detector 101

According to the regulation in force in Morin-Heights, all residences must have smoke alarms on every floor, including in the basement. A project is currently under review so that all new constructions will not only have to be equipped with a smoke detector per each floor, but one per room. These detectors will have to be connected to the electrical system and have an emergency battery in case of a power failure. Since it was marketed in the early 80's, the smoke detector has helped reduce the average number of fire-related deaths from 180 to 70 a year. It is still the most effective device to prevent deaths in case of a fire.

How to choose a smoke detector?

- Ionization smoke detectors are the most common. They are installed near the bedrooms.
- Photoelectric smoke detectors are installed near the kitchen, bathrooms and heating appliances, since they trigger fewer false alarms caused by steam and cooking vapours.
- A smoke detector with a long-lasting lithium battery is a good choice. The battery, located in a sealed compartment, has a lifetime of ten years.
- If an occupant is deaf or hearing impaired, the installation of smoke detectors combined with strobe lights and sound is recommended.
- The ULC logo must appear on the smoke detector, indicating that the device meets Canadian standards.



Where to install a smoke detector?

The audible signal must be heard clearly in all bedrooms, even when the doors are closed, or in all the rooms of a residence.

- Install a smoke detector on each floor, including the basement.
- Install one in the corridor, near the bedrooms.
- Install one in each bedroom where people sleep with the door closed.
- Install one near the staircase.
- Make sure that all occupants hear the smoke detector when they sleep. Otherwise, install a smoke detector in the rooms where people cannot hear it.
- Never remove a battery from a smoke detector that triggers alarms too frequently: it is probably located too close to the stove or bathroom. Move it slightly away from the kitchen and bathroom.
- Install a smoke detector at the cottage/cabin. In pro rata, there are more fire-related deaths there than the main residence.
- If each floor measures more than 10 metres (35 feet), install two detectors per floor; one at each end.
- A smoke detector connected to an alarm central ensures a faster response from firefighters. Ensure you are properly connected, especially when modifying your telephone or electric system (high speed Internet, IP telephone).
- Have a professional electrician interconnect all electric smoke detectors in the home. Thus, when one triggers an alarm, they all initiate an alarm, regardless of where the fire is located. You will gain precious minutes to evacuate.

How to maintain a smoke detector?

THE BATTERY

- Replace the battery when the detector issues an intermittent audible signal. Use the type of battery that is recommended by the manufacturer.
- Never use a rechargeable battery, unless recommended by the manufacturer.
- Replace it when you move into a new home.
- If possible, use a long-lasting battery, such as lithium.

THE DEVICE

- Gently vacuum, using a soft brush, the outside and inside of the housing of a battery-operated detector at least once a year. An electric detector must not be opened; clean the outside only.
- Never cover the detector with paint.

How to verify a smoke detector?

Battery-operated or electric detectors, at home or at the cottage/cabin:

Once a month

- Press the test button for a few seconds. An audible signal must be heard immediately, otherwise, change the battery.
- Verify the detector after your return from vacation or after you have been absent for more than 7 days. The audible signal indicating a low battery does not sound more than a week.
- Verify the smoke detectors that are connected to a surveillance center. Inform the service supplier and follow the instructions provided.

Once a year

- Verify its capacity to detect by exposing it to smoke produced by a candle that has been put out, placed at a reasonable distance, or smoke generated from burning incense or a cotton thread, inside a safe container. With time, corrosion, dust and grease can build-up in the device and hinder its proper operation.

When to replace a smoke detector?

- Replace it 10 years after the manufacturing date indicated on the casing. If the date is missing, do not take any chances, replace it immediately.
- Replace the detector if it is damaged, painted or if it does not issue any signal when changing the battery or during the smoke detection test.
- Replace it if the battery is leaking or the battery terminals are corroded.

Responsibilities of owners and tenants

- Owners must install, in each apartment, a smoke detector per floor, as well as detectors in corridors and staircases.
- In an apartment, the tenant is generally responsible for the maintenance of the smoke detector and its battery. However, this responsibility may constitute an agreement between the tenant and the owner when signing the lease.

Additional tips

- If you are undertaking major renovations or if you are building a new home, have a sprinkler system installed. The sprinklers combined with smoke detectors considerably reduce the risk of fire-related deaths.
- Smoke detectors do not detect carbon monoxide (CO) and CO detectors do not detect fires. Purchase both types of detectors for more safety if you have one or several carbon monoxide sources in your home.



Activities

Journées de la culture (continued)

Play Reading by Theatre Morin-Heights on September 29, at 16:00 (English activity)

Talk In The Park, by Alan Ayckbourn 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 (879, Village road). If you wish to have dinner afterwards, please reserve a table at 450 226-8848.

No reservation required to attend the play reading.

Slideshow Conference "A Look From North to South" on Sept. 29, from 14:00 to 15:30

A different look taken at the southeastern U.S.A. region (Louisiana and the coast of the Gulf of Mexico), through the eyes and sensitivity of an artist. Roger Lauzon is an art photographer who proposes to follow a path through both tourism and art, and whose journey is the inspiration. Beauty of the roads, desolation following the oil spill and Katrina, areas hit by the recession, the heritage of African-American historical sites... How do these travel experiences feed the creative process?

At the Town Hall's Conference room, (567, Village road).

All activities are FREE, visit www.morinheights.com for more details.

Theatre Morin-Heights

Join Theatre Morin-Heights!

Rehearsals take place on Wednesdays at 19:00, every second week, from September 19th to December 12th.

The next play to be presented:

Self Help, by Norman Foster,
at Ski Morin Heights:

- **Friday, November 2nd, at 20:00**
- **Saturday, November 3rd, at 20:00**
- **Sunday, November 4th, at 14:00**

Doors open one hour prior to performance.

Information and tickets:

Pre-sale only: \$20
Penny Rose at 450 226-2746
or jenanson@hydroponix.com



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 Beaugard 450 226-3236

Arts Morin-Heights

Aside from the *Journées de la Culture* activities, Arts Morin-Heights will be taking a break from its monthly exhibits at the Library given the planned road work on Village road this fall.

In 2012, Arts Morin-Heights hosted five exhibits at the Library and our major summer exposition at St-Eugène Hall. We truly appreciated the many art-lovers who visited; as well as your encouraging comments, enthusiasm, and simply a chance to share our enjoyment about the art we created.

In 2013, we will be resuming our Library-exhibit series, and look forward to welcoming more visitors interested in enjoying our artwork. It will also be our 30th anniversary - time for a special celebration!

Watch for our spring program in the next Info Morin-Heights.

Joyful Noise Choir

Choir and eclectic songs.

Everybody who likes to sing is welcome!

Library's Remembrance Hall, Tuesdays 19:00.
From September 4th to December 11th.

Fees: \$110

Ian Lebofsky, Choir Director
450 458-4767, cotelebo@total.net

Information and registration:

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

Joyful Noise Choir, in association with Theatre Morin-Heights, will present a Christmas performance on December 13th. More details to come in the next Info Morin-Heights.





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 Laurentians.

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

Completed request for refunds for the 2012-2013 season must be submitted no later than November 10, 2012, along with original receipts and meet the admissibility criteria of this policy.

The policy and refund forms are available at www.morinheights.com under "Municipality", "By-laws, Policies & Forms" or at the Town Hall.

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 18th to December 18th and January 8th to April 23rd, at the Morin-Heights Elementary School gymnasium.

Registrations are done 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

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.

Information:

Eileen Meillon at 450 226-6904

Outing in Mont-Tremblant

(for seniors age 55 and over)

Wednesday, September 19th, 2012

One of the best way to enjoy the fall colors in the Laurentians is in Mont-Tremblant aboard the panoramic gondola that brings you to the top of the mountain! We will visit the village of Mont-Tremblant and finish out the afternoon at the Casino.

- **Departure at 9:30** from Mont-Bellevue, 99 Lac-Echo road (arrival in Tremblant around 10:45).
- Transportation will be by Galland Deluxe bus (washroom and comfortable seating) with two snacks included.
- Lunch time is at your discretion (bring your lunch or dine at a restaurant).
- **Return** to Mont-Bellevue scheduled for **18:00**.



Register now:

- At the Town Hall, Monday to Friday, 8:30 to noon and 13:00 to 16:30;
- 54 places available;
- Proof of residency required (tax bill or lease). Residents can register in priority until August 31st;
- Non-residents may register themselves on the waiting list, but will be confirmed only on September 4th, availability permitting.

Cost resident: \$35 • **Cost non-resident:** \$40

Information and registration:

450 226-3232, ext. 102



Activities

Royal Canadian Legion Events

Friday August 24:

TGIF Smoked Meat, at 18:00

Saturday September 1:

Labour Day Steak Supper, at 18:00

Saturday September 8:

FLEA MARKET

Rain or shine! No dogs allowed!

Friday September 21:

TGIF Smoked Meat, at 18:00

Sunday October 7:

Thanksgiving Brunch, 9:00 to 14:00

Saturday October 20:

Oktoberfest Supper, at 18:00

Friday October 26:

TGIF Smoked Meat, at 18:00

Saturday November 10:

Remembrance Day Parade

Friday November 23:

TGIF Smoked Meat, at 18:00

Sunday November 25:

Grey Cup Party 2012 (hamburgers)

Saturday December 8:

Trim a Tree, at 14:00

Sunday December 16:

Children's Christmas Party, at 13:00

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

Email: legion171@cgocable.ca

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



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.

Sunday October 14th and Sunday October 21st, 9:00 to 13:00.

At the Library's Remembrance Hall, 823, Village road.

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 22nd:

450 226-3232, ext. 111

For more information you may contact the instructor:

Kim Maurice at 514 916-9904



La Rochelle Preschool



La Rochelle Preschool is accepting new registrations for September! We offer a fun, bilingual educational program for children three to five years old. Our preschool is located in the basement of the United Church (831 Village road) and is open Mondays, Wednesdays and Fridays, from 9:00 to noon.

Information and registration:

Registration fees are \$65 and monthly fees are \$150. For further information, please email us at:

prematernellelarochellepreschool@yahoo.ca or call us at 450-927-0209.

You can also visit our website at: www.prematernellelarochellepreschool.ca.

Hurry, space is limited!

Bridge Club

The Morin-Heights Bridge Club wishes to welcome back old friends and look forward to meeting new players as the upcoming season arrives.

Fall activities will begin on **September 13th**, game starts at 13:00 sharp at St-Eugène Hall, 148, Watchorn road.

Information:

André Poirier at 450 226-3049 or poirier-thibault@sympatico.ca

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.

Activities

Seniors' Annual Celebration

The 8th annual picnic for Morin-Heights' seniors took place on Saturday, August 11th. This event is a great occasion for our community's seniors, who are living alone, at Château des aînés or Residence Morin-Heights as well as Cozy Corner members, to get together and celebrate for an afternoon while enjoying an outdoor picnic at Mont-Bellevue.

Later on during the afternoon, the vocal trio Singin' Rendez-vous presented an a cappella performance which our elders really enjoyed. The party was this year again, a much appreciated event! Thank you to all the sponsors who recognized the importance of our community's seniors.

Annual Grants for community organizations

The Municipality of Morin-Heights invites non-profit groups and organizations to submit their 2013 requests for financial and technical assistance. Foreseeing community needs allows Council to reserve the necessary funds in its annual budget. The required form is available on the municipal website and must be completed and returned by October 15th, 2012. Council will analyze submitted requests in November and send out replies by February 2013.

Senior Citizens Heritage Club

The Senior Citizens Heritage Club invites new members to join, ages 55 & over. Monthly activities are organized which include 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



Maison de la famille des Pays-d'en-Haut

Moms Group

An invitation to spend two hours in the company of other parents to discuss and exchange on various topics with the presence of a *Maison de la famille des Pays-d'en-Haut* host. This group becomes a play date for children who benefit from this time in the company of an experienced educator. FREE!

Tuesdays from 9:30 to 11:30, September 18 to October 30, at St-Eugène Church (big kitchen room), 148 Watchorn road.

Double-play (0-5 years old)

Stimulating workshops for parents and children, to empower parents of children aged 0 to 5 years old and give them ideas of simple activities easy to organize at home. A great way to move while socializing in a safe and supervised environment. FREE!

Saturdays from 9:30 to 11:30, November 10 to December 15, at St-Eugène Church (big kitchen room), 148 Watchorn road.

Information and registration: 450 229-3354

Activities

Trinity Anglican Church Events

Trinity Anglican Church is looking for volunteers for the Elementary School Breakfast Program. The program will start in September, on Tuesday and Thursday mornings. Please contact Grace Pennington at 450 226-5640.

Autumn dinner at La Grange Restaurant on October 10th

This is a **fundraising event** for Trinity Anglican Church. Limited tickets, watch for further details!



Christmas Bazaar

On November 17th, noon to 14:00, at United Church Hall (831, Village road). Luncheon, baked goods, gift tables and a lucky draw.

Halloween

Join the magicians, monsters, fairies and baby lions gathering on Halloween!

On **October 31st**, Halloween activities will be held between 17:00 and 20:00 at the Town Hall.

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, 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 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

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 15.

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

ACTIVITIES INCLUDED IN THE AGREEMENT

ADULTS

Afro dance
Saint-Sauveur

Bridge Class
Saint-Sauveur

Fitness & Well-being
Piedmont and Saint-Sauveur

Flex yoga
Sainte-Adèle

Gentle Gymnastics
Piedmont

Initiation to African Drumming
Saint-Sauveur

Painting (oil and acrylic)
Saint-Adolphe-d'Howard and Saint-Sauveur

Pilates
Piedmont

Photography
Sainte-Anne-des-Lacs

Spanish (beginner 1, 2, 3)
Sainte-Adèle

Tai-Chi chuan
Saint-Sauveur

Watercolour
Sainte-Anne-des-Lacs

Wine Class
Saint-Adolphe-d'Howard

Yoga Ha Ha Ha!
Sainte-Anne-des-Lacs

Zumba Gold
Saint-Adolphe-d'Howard

CHILDREN

Babysitting Class
Sainte-Adèle

Judo
Saint-Sauveur

Painting (acrylic)
Sainte-Anne-des-Lacs

Singing, Theatre & Improvisation
Sainte-Adèle

Zumbatomic
Saint-Adolphe-d'Howard

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.

Morin-Heights "First Families" search underway

Allarie, Ameranger (Merenger) (3), Beattie, Bélisle (2), Bennett, Brown (4), Burns, Charbonneau, Charron, Constantineau (3), Corbeil (2), Davis, Depotier (2), Desloges, Desjardins, Doherty (2), Dubardeau, Gain, Gilmour, Goudon (2), Gravel, Hamilton, Jackson, Jekill, Jennings, Kerr (4), Kennedy (2), Larue, Lester, Matt, Mahoit (3), Murray (2), McCullough, Newton (2), Paquet (2), Pollock, Reilly, Renaud, Robertson, Saunders, Seale (5), Sheridan, Swail, Sarrasin, Sinclair (2), Stevenson (2), Thompson (2), Trainer, Watchorn, Wilson (2), Wood (6).

(The 1861 census list of Morin-Heights' 85 first families; note that spelling may be different)

If you believe you might be descended from one (or more) of the original Morin-Heights families listed above, you are invited to join members of the Morin-Heights Historical Association in a discovery of your roots. Learn more about genealogy at a meeting to be held on:

Sunday, September 9, at 14:00 at St-Eugène Church.

Bring the kids! Wouldn't it be fun if we discovered that one of the young people in attendance was descended from several of the original families who intermarried over the generations? Genealogical experts will be on hand to guide you in your research.

The census of 1861 listed 470 people living in "Morin Heights", including many children. There were approximately 85 families here at the time, including six different families named Wood (or Woods). The first settlers arrived here to take up land around 1847; a few came directly from Ireland but most moved here from other neighboring towns such as Ste-Scholastique or Gore. While some of these early settlers left the area soon afterwards and others parted in more recent decades, many descendants of the original pioneers remain in Morin-Heights—Bélisle, Brown, Corbeil, Davis, Kerr, Kennedy, McCullough, Seale, Watchorn and Wood, for starters.

Let's find out how many!



Activities

Viking Challenge Cross-Country Trail Race

What? 1,2 km (up to 12 years old), 5 km & 10 km cross-country run

Where? Viking Ski Club - 393, Jackson road

When? Sunday November 4th

10 km starts at 10:30 • 5 km starts at 11:00 • 1,2 km starts at 12:30

Cost? \$35 per person, including a light lunch • \$10 for the 1,2 km

Registration? www.zone4.ca - deadline October 30th!

Info? www.vikingskiclub.ca

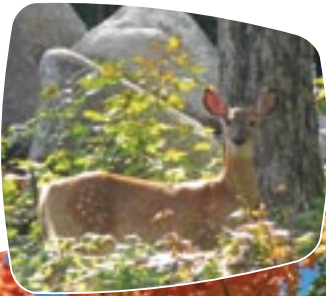
Next Info Morin-Heights

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 23rd, 2012. The deadline to submit articles is Wednesday October 3rd.

This edition will cover the period between December 1st and April 30th, 2013.



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
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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

Graphic design: Julie Allard

Production: Les Imprimés Triton

450 229-1054 • www.grouperitron.com

Photos: Tara Kirkpatrick and Chris Beames



Canada Day

An attendance of **approximately 6000 people** took part in this year's celebrations. Families had fun all day with a variety of free activities. The spectators were entertained by the Highland Dancers and musical performances by Motel 72, GCR and Buzz Station rocked the evening away! The festivities ended with a firework display impressing the crowd gathered at Ski Morin Heights.

Many volunteers helped throughout the day and we owe them a warm thanks! A special thanks also go to Pierre Charest and all the staff at Ski Morin Heights for their terrific co-operation.

We also would like to thank the Morin-Heights Fire Department and all our sponsors for making this event fun, accessible and affordable for all.

Argenteuil-Papineau-Mirabel M.P., Mrs. Mylène Freeman took part in the day and evening activities.

Be there next July 1st for even more fun!

Photos: Tara Kirkpatrick, Derek Shearer and Raphaëlle Labadie.



Classes

Class / Location	Rates	Day	Session	Instructor	Description
Body Design / St-Eugène Hall		Monday 9:15 to 10:15	Sept. 17 to Dec. 10	Lisa McLellan	Work hard! Get into shape!
Stretch and Strengthen / Comm. Hall		Monday 9:30 to 10:30	Sept. 17 to Dec. 10	<p>For more information: www.lmfitness.ca 450 530-3920</p> <p>Call now to make sure you have a place in the class you want!</p> <p>Registrations at the Comm. Hall Sept. 13th, 13:00 to 18:00</p> <p>Fitness Pass (2 classes / week) \$240 + taxes (3 or more classes / week) \$264 + taxes</p> <p>Card (10 classes) \$120 + taxes</p> <p>12-week session Join anytime during a session</p> <p>Make-up classes Dec. 11th-14th **No classes on Thanksgiving**</p>	Improve posture, mobility and relieve pain
Cardio Tai Chi / St-Eugène Hall		Monday 10:45 to 11:45	Sept. 17 to Dec. 10		Gentle body / mind cardio workout
Aquafitness / Le Chanteclerc		Monday 11:00 to noon	Sept. 17 to Dec. 10		Pool workout for strength and health
Cardio Nature / Aerobic Corridor		Tuesday 9:15 to 10:30	Sept. 18 to Dec. 4		Cardio and strengthening outdoors
Combo 50+ / St-Eugène Hall		Tuesday 9:30 to 10:30	Sept. 18 to Dec. 4		Overall workout, improve strength and vitality
Aquafitness / Manoir de la Vallée		Tuesday 9:30 to 10:30	Sept. 18 to Dec. 4		Pool workout for strength and health
Aquafitness / Manoir de la Vallée		Tuesday 10:45 to 11:45	Sept. 18 to Dec. 4		Improve posture, relieve pain, become more supple (intermediate)
Stretch and Strengthen / Comm. Hall	Pass or card	Wed. 9:15 to 10:30	Sept. 19 to Dec. 5		Improve posture, relieve pain, become more supple
Stretch and Strengthen / Comm. Hall		Wed. 11:00 to noon	Sept. 19 to Dec. 5		Overall workout, improve strength and vitality
Stretch and Strengthen / St-Eugène Hall		Wed. 17:30 to 18:30	Sept. 19 to Dec. 5		Zumba dance olé!
Combo 50+ / Comm. Hall		Thursday 9:30 to 10:30	Sept. 20 to Dec. 6	Pool workout for strength and health	
Zumba / St-Eugène Hall		Thursday 9:30 to 10:30	Sept. 20 to Dec. 6	Breath, vinyasa and inner transformation	
Aquafitness / Manoir de la Vallée		Thursday 9:30 to 10:30	Sept. 20 to Dec. 6	Breath, challenging vinyasa	
Aquafitness / Manoir de la Vallée		Thursday 10:45 to 11:45	Sept. 20 to Dec. 6	Strengthen and lengthen for better posture	
Hatha Yoga / Comm. Hall		Thursday 17:30 to 18:45	Sept. 20 to Dec. 6	Health & well-being: breath, movement and mental focus	
Hatha Yoga / Comm. Hall		Thursday 19:15 to 20:30	Sept. 20 to Dec. 6	Gentle, restorative and effective	
Essentric Pilates / St-Eugène Hall		Friday 9:30 to 10:30	Sept. 21 to Dec. 7	Hatha yoga, meditation and spiritual disciplines	
Qi Gong / Lummis Park or Comm. Hall		Friday 9:45 to 10:45	Sept. 21 to Dec. 7	To slow down, calm down, and meditate	
Stretch / Comm. Hall		Friday 11:00 to noon	Sept. 21 to Dec. 7	Yoga for stiff and injured bodies	
Yoga and meditation / St-Eugène Hall	\$15/ class if registered \$20/ class drop-in	Monday 17:30 to 19:15	starting on September 10	Develops concentration, self-confidence & physical fitness, gives tools against bullying. Children 5 and up and adults.	
Tai Chi Yang stretch and meditation / Comm. Hall	\$120 per session	Tuesday 10:30 to noon	1 st session: Sept. 4 to Oct. 23	Learn & practise for harmony of the mind & body and for health	
Gentle Yoga / Comm. Hall	\$90 per session or \$15 per class	Tuesday 13:30 to 15:00	2 nd session: Oct. 30 to Dec. 18	6 to 12 years old. To go back to school the right way! Develops flexibility & concentration.	
Karate / Comm. Hall	*	Thursday 10:45 to noon	Sept. 20 to Nov. 8	Traditional Highland Dance for children 6 years old and over	
Wu Style Tai Chi Chuan / Comm. Hall	R: \$140 NR: \$145	Friday 17:30 to 18:30	September to June	3 1/2 to 5 years old	
Hatha Yoga for children / Comm. Hall	R: \$12 NR: \$14 per class or \$120 per session	Saturday 9:00 to 10:30	Sept. 16 to Dec. 15 (no class on Sept. 29 and Nov. 3 & 10)	6 and 7 years old	
Highland Dance / Comm. Hall	R: \$60 NR: \$70	Saturday 11:00 to noon	Sept. 15 to Dec. 8 (no class on October 6)	8 to 12 years old	
Creative Dance / Comm. Hall	**	Sunday 16:00 to 17:30	Sept. 30 to Dec. 2	13 years old and up and adults	
Primary Ballet / Comm. Hall	**	Sunday 9:15 to 10:15	Sept. 4, 2012 to June 9, 2013		
Standard Ballet 1 - Grade 1 / Comm. Hall	**	Sunday 10:15 to 11:15			
Grade 4 Ballet and Adults / Comm. Hall	**	Tuesday 18:00 to 19:00			
	**	Sunday 11:15 to 12:30			
	**	Sunday 12:30 to 14:00			
	**	Sunday 14:00 to 15:30			
	**	Tuesday 19:30 to 21:00			

Legend

R: resident

NR: non resident

* The cost depends on the registration (1, 3, 5, or 10 months). Two free trial classes.

** see teacher for more information

FOR INFORMATION OR REGISTRATION, COMMUNICATE DIRECTLY WITH THE INSTRUCTOR