



MORIN-HEIGHTS
1855

Info Morin-Heights

In harmony with nature!



Spring-Summer 2010 - Vol. 13, no 2

Environment and Family Day

At the Town Hall, 567, Village Road
Saturday May 29, 2010

Rain or shine!

In the morning:

- Pick-up day for free tree seedlings from 9 to 11 am;
- Éducazoo and their amazing animals;
- Morin-Heights Day Camp registrations from 9 am to 12:30 pm;
- Fire Prevention Department Open House, demonstration about the danger of candles;
- Various information kiosks: Pépinière Rustique, green products, composting, Corro-Protec (water heater protection);
- Water testing by Bio-Services until 11 am.

In the afternoon:

- Environmental conferences from 1 to 3 pm.

Free tree seedlings

Spring is the 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. Citizens are invited to pick up their free seedlings (max. 25 per family) starting at 9 am.

Please note that:

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

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 29th, at the Town Hall, Monday to Friday, 8:30 am to noon and 1 to 4:30 pm or by e-mail at: servicestechniques@morinheights.com. Distribution will be made according to the availability of seedlings after May 29.

Canada Day
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News from the Mayor

My fellow citizens,

With this month's edition, we celebrate Info Morin-Heights' 13th year of publication. The last call for tenders has allowed us to produce a revamped version of the bulletin, in colour and at the same cost, in hopes it will capture Morinheighters' attention and that they will take some time to peruse it and find out what is happening in their community.

Many projects are under way

Over the years, the Municipality has taken various measures in order to reach the objectives set by the **Politique québécoise sur la gestion des matières résiduelles** (the provincial waste management policy). The text in the environment section includes our current results, for which we should be collectively proud, as well as an update on the projects we are working on.

Council will soon adopt a program, prepared by the technical services, for road repairs to be carried out this summer. When the 2010 budget forecasts were presented, the Council allocated the amount of \$310,000 to paving, the equivalent of 4,5¢ per \$100 of evaluation. By having tripled the road maintenance budget, Council intends to meet the concerns many citizens expressed during the electoral campaign, while respecting the user's ability to pay.

One must remain realistic, knowing the municipal roads network covers more than 90 km. Major road repairs, specifically repairs to the foundation of a road and paving it, cost approximately \$500 per linear meter.

The *Sûreté du Québec* is actively working on establishing a program to create closer relationships with the community. We understand that this new direction will allow the *Sûreté du Québec* to better meet our citizens' needs.

Furthermore, Council is pursuing its efforts to obtain from the Quebec Government, moneys for the construction of recreation and culture infrastructures to improve citizens' quality of life and reinforce their sense of community, amounts to be invested in the Basler Park project, which was developed pursuant to the adoption of the Family and Senior's Policy. The Municipality will proceed with a public consultation pertaining to this project as soon as confirmation of financial contribution is received from the Canadian and Quebec governments.

Finally, Council members join me in thanking all of the volunteers involved and in congratulating all of the 440 participants of the Morin-Heights Viking Loppet, which was held on February 28th.

I invite you to attend both Environment and Family Day, and Canada Day, and wish you a great summer.

Tim Watchorn
Mayor



Blood Drive



Monday, August 9th,
2010, from 1 to 7:30 pm,
at the Fire Station located behind the
Town Hall at 567, Village Road.

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

1-888-666-HEMA or visit the web site at
www.hema-quebec.qc.ca or
www.morinheights.com.

The 9th Mayor's Golf Tournament

The Mayor's Golf Tournament, which raises funds for local community groups, will be held at the Balmoral Golf Club on Tuesday August 24th; the Mayor warmly invites you. Many community groups have been funded by the tournament, such as:

- Royal Canadian Legion
- Cosy Corner
- Notre-Dame-des-Monts' Parish
- *Garde-Manger des Pays-d'en-Haut*
- Football Club Morin-Heights
- Seniors' Annual Corn Party
- Laurentian Medical Foundation

To register your foursome or to make a donation, contact Karyne Bergeron at
450 226-3232, ext. 111 or at
bulletin@morinheights.com.



Share your opinion with us!

Let us know what you think of the new look of Info Morin-Heights. Please send your comments to bulletin@morinheights.com.

New bakery in Morin-Heights

Let's welcome **Loco Local**, who recently set up shop at 796, Village Road. They offer a selection of products made from local ingredients: home-made soups, prepared meals, and fresh bread made with organic flours. Make a stop to enjoy a cup of coffee or tea with a pastry! The bakery is opened from Thursday to Sunday, 9 am to 5 pm, 450 226-8584.

Directeur de l'état civil Services now available in Saint-Jérôme

Services Québec is now offering extended services to all residents of the Laurentians at the Services Québec's office in St-Jérôme:

**500, boulevard des Laurentides,
Bureau 1503-C
Monday to Friday,
From 8:30 to noon, and from 1 to 4:30,
except Wednesdays: opens at 9 am.**

Main services available:

- obtain forms and get assistance in completing them;
- submit a request for a birth certificate or to obtain a copy of a birth, marriage, civil union or death certificate (including payment and validation of required documents, when requested);
- general information about certificates and copies of birth, marriage, civil union or death certificates.

You can also obtain these documents from the *Directeur de l'état civil* at:

www.etatcivil.gouv.qc.ca.

Info: 1 877 644-4545

Another reason to be proud of our Fire Department Director

Congratulations to Charles Bernard, our Fire Department Director who graduated with success from the specialized training in Research for Fire Causes and Circumstances. Mr. Bernard is now a qualified fire investigator.

The RCCI graduation ceremony (a College Montmorency program) took place on October 2nd, as a part of the last seminar of the *Association des techniciens en prévention-incendie du Québec* (ATPIQ).



Mr. Charles Bernard appears on the left in the upper row.

Job offers Lifeguards and head-lifeguard/ Instructor

The candidates must:

- be current Red Cross Instructors and have a current Nationals with Pool option;
- be at least 17 years of age when hired;
- be available from June 28* to August 13, Monday to Friday, 9 am to 7 pm.

**and part-time before that date*

Salary scale:

Head-lifeguard: \$11.50 to \$12/ hour, according to experience, 35 hrs/ week guaranteed

Lifeguards: \$10.75 to \$11.25/ hour, according to experience, 35 hrs/ week guaranteed

Possibility to refund certification fees as per policies in effect.

To apply, send in your C.V. to:

Municipality of Morin-Heights, Recreation and Culture Department, 567, chemin du Village, Morin-Heights, Québec, J0R 1H0

or by e-mail to: loisirs@morinheights.com

“A move towards closer relationships”

The *MRC des Pays-d'en-Haut*, along with the *Sûreté du Québec*, intend to prioritize prevention and offer a police service adapted to the priorities of each of the participating municipalities.

The *Sûreté du Québec* uses a sponsorship system to connect with the population. To do so, police officers are assigned to given areas within each MRC, where they must establish ties with their citizens. In most cases, one police officer is assigned per municipality.

This allows police officers to better understand the population's expectations and demands, while making it easier for them to customize their approach as they cater to local and regional needs.

Regular meetings with key individuals such as mayors, directors of municipal departments, representatives of student transportation services, daycares, teaching establishments, health and social services centers (CSSS), businesses and community organizations, will allow the officers to gain further knowledge pertaining to citizens' concerns, in each sector.

The officer presents the programs that may be of interest to their assigned community and explains the steps to be taken with regards to possible situations. He distributes useful material, and supplies additional information when deemed relevant.



Canwest Canspell 2010

Madison Le Gallee represented Morin-Heights Elementary at the 2010 Montreal Gazette Regional Spelling Bee on February 21st, 2010 and completed two rounds. Some 250,000 students in 21 cities across the country took part in the Canspell program.

Congratulations Madison!

Important numbers

Town Hall:

567, Village Road,
Morin-Heights (Quebec) J0R 1H0

Phone: 450 226-3232

Fax: 450 226-8786

www.morinheights.com

Email:

comptabilite@morinheights.com
environnement@morinheights.com
inspection@morinheights.com
loisirs@morinheights.com
municipalite@morinheights.com
mutation@morinheights.com
taxes@morinheights.com
servicetechniques@morinheights.com
urbanisme@morinheights.com
ssi@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 at night

Dog catcher:

450 227-2768

Next Info Morin-Heights

The fall edition is scheduled for distribution on August 27th.

The deadline to submit your articles is July 7th. This edition will cover the period between September 1st and December 1st, 2010.

Please send your information to Karyne Bergeron by e-mail at **bulletin@morinheights.com** or at the Town Hall.

Graphic Design: Julie Allard

Production: Les Imprimés Triton

450 229-1054 • www.groupetriton.com

Environment

Do not mow the ditches!

For several years, we have been asking residents to clean the ditches in front of their property. By cleaning it was meant to remove garbage and ensure that no debris or accumulation of sediments prevented the free movement of water. That could be stones, sticks or other such obstructions. This still applies, however some citizens have gone a step further and have begun to mow and landscape the ditches and this is leading to problems.

The vegetation in ditches plays an important role in stabilizing the soil and limiting erosion. It also slows down the flow of water reducing its erosion capacity thus permitting the water to percolate into the soil and prevent eroding the embankments. Much of the vegetation also filters the water, in the case of bulrushes; they are capable of removing heavy metals such as lead and mercury.

The humid nature of many ditches is often responsible for the growth of a wide array of wildflowers: asters, daisies, jewelweed, bladder campion, hawkweed, wild iris, joe pye weed and cow vetch are just a few of the myriad of plants that grow naturally in ditches, and these plants support bees and butterflies along with insects that certain songbirds thrive on, and all of which are under threat due to habitat loss. A good example is found along Route 364 between Cote St. Gabriel and Meadowbrook.

These reasons, along with maintenance costs, are why the MTQ is rethinking its policy of mowing the medians on its highways, and sections of the 417 are no longer cut until the autumn when the vegetation has died.

It is possible that some invasive weeds such as ragweed can grow, but these can be removed manually without affecting the surrounding plants, so put the mower away and let a natural garden grow!



Lake Association Activity

Since the blue-algae scare of 2007, the lake associations have taken an active role in educating residents. All of the associations along with the Municipality have worked hard to encourage neighbors to replant the first 5 meters of shoreline and to refrain from cutting grass to within 15 meters of the high water mark.

They have also become involved in regular water testing and have enrolled in the provincial *RSV Lacs* program, and most have embarked on additional testing and observations, thus building a scientific data base to track the quality of their water.

The Lake Echo Association's environmental committee, chaired by Diane Lanctôt has pushed the bar even farther by organizing a roundtable group that involves all the major players:

MDDEP, CRELA, *MRC Pays-d'en-Haut*, the Municipality, other associations in the watershed and a private company Dessau-Soprin who have carried out independent research on Lake Echo. The research has been expanded to study the entire watershed of Lake Echo and its impact on the quality of its water. A pilot project is being developed to use the area as a test model to track the long term impact of residential development on a lake. The aim is to determine what level of impact is due to natural causes compared to human influence. The Municipality's role has been to help co-ordinate and assist in the research wherever possible.

Some of the research has already started and included taking water samples in all the tributaries last November to evaluate phosphorus, and material in suspension levels. Also a series of core samples were taken in Lac Danaïva last January under the direction of the MDDEP to evaluate the level of sedimentation, while Dessau-Soprin did a complete inventory of the aquatic plants in the lake. Already some of the initial results are proving to be very interesting and the long term results should provide beneficial information for all lakefront owners.

Environment (continued)

Water Hardness

The Municipality continues to receive calls asking about water hardness and what can be done about it. The problem stems from calcium deposits precipitating out and once heated, either leaving behind a white stain on shower heads, in dishwashers, on faucets or building up on hot water heating elements.

The problem is prevalent throughout the Laurentians and in 90% of all well water in North America, and despite claims to the contrary, to date there has not been a foolproof, economical, straightforward method to correct the problem for all types of hard water - however some progress has been made.

Recently the Municipality has been approached by a reputable, innovative company, Corro-Protec, who developed a titanium sacrificial anode for water heaters that not only prevents the build-up of calcium deposits in the hot water heater, but also eliminates corrosion and bacteria that can occur if the water temperature falls below 165°F (74°C). It will also eliminate any odors that may occur from the release of sulfur compounds. The product has been in use in Europe for over 12 years and has had outstanding results.

Eliminating the calcium build-up maintains the efficiency of the unit and by eliminating or preventing corrosion your water tank's life is extended. This is critical as 80% of water damage insurance claims are due to faulty water heaters. As proof, after one year of use Corro-Protec will insure the life of the tank for the next 20 years!

Most hot water tanks have a magnesium anode which needs to be replaced about every two years, and in general most water tanks do not last much longer than five to eight years before requiring replacement. The titanium anode can be installed in any water heater and could be transferred to another heater if the present one is already near the end of its useful life.

As of March the Municipality has installed the anodes in all its public buildings, and the same program is being adopted by St.Sauveur and Piedmont who have similar issues. By the time you read this we will have a good idea of its performance. Corro-Protec will have a kiosk with more information on Environment Day.

In the meantime the best way to remove the stains and deposits is with any diluted acid solution such as vinegar.

Reminder for Septic Tank Emptying

As of January, all permanent residents must have submit a copy of the receipt for the emptying of the septic tank to the Municipality to prove it has been emptied in the last two years. Part-time residents have until 2012 to do so. A fine is applicable for residents who have not respected this regulation.

Hogweed Alert

We were alerted last fall to the presence of a very invasive and dangerous plant in Morin-Heights called Hogweed. European by nature, Hogweed has a very large flower that can grow up to 5 feet high, looking much like a cauliflower. The flower is not dangerous but the sap in the stalk can cause lesions resembling a third degree burn if in contact with skin exposed to sunlight or when coming into contact with water. It grows in poor soils, in abandoned fields and along roadsides, so be on the look-out and be careful.



The Quebec Waste Management Policy

The government intends to build a greener economy and its waste management policy is in keeping with that objective. Presently, some 13 million tons of waste are produced in Quebec each year, representing an undeniable economical potential, which could be used to produce goods as well as energy.

The main objective of this policy is to create a non-wasteful society through efficient waste management by maximizing the value added. The provincial policy's fundamental goal is to have only ultimate disposal waste to eliminate.

In its action plan, the Government intends to prohibit in 2013, paper and cardboard from entering landfills, and develop a strategy in order to prohibit, within ten years, the same for all organic waste. With this objective, the Government will develop an infrastructure program for anaerobic digestion and composting of putrescibles, intended for municipalities and private developers.

In this respect, Morin-Heights and all municipalities belonging to the *MRC des Pays-d'en-Haut* and *MRC des Laurentides*, have acquired the La Rouge landfill site. This on-going project is part of the plan to find a profitable alternative to burial in landfill sites.

Even though the number of properties and residents of Morin-Heights has greatly increased over the last few years, the Municipality has reduced the volume of waste transported to landfill sites and substantially increased the volume of recyclables. Congratulations to everyone!

	Burial in landfill sites	Recycling	Ecocentre	
YEAR	METRIC TONS			PERMANENT POPULATION
2004	1711,69	201,03		2827
2005	1972,02	291,81		2894
2006	1931,03	407,52		3023
2007	1751,90	488,41		3197
2008	1617,28	648,18	232,00	3561
2009	1563,06	615,06	462,02	3762

Citizens are encouraged to continue their efforts in reducing residual waste and to start composting at home.

Ecocentre

Summer hours are in effect from April 1st to November 30th, 8:15 am to 11:45 am and 1:15 pm to 4:30 pm.

In addition to regular recycling materials such as paper, cardboard, plastic and metal, the Ecocentre will accept stoves, washers, dryers, large appliances, tires, old clothes, propane containers, computer equipment as well as small electronic devices and furniture but not mattresses, sofas or rugs. The latter can be put out for regular garbage pick-up.

Hazardous domestic products and chemicals such as paint, thinner, and oil can also be disposed of, including all types of batteries, as well as compact fluorescent and neon that are not broken. Regular light bulbs are not accepted.

Construction material such as gypsum, wood, shingles, cement bricks, asphalt, and dead leaves are accepted at a cost of \$0.50 per cubic foot.

A branch chipping service is available on Tuesdays and Saturdays. The first 15 minutes are free.

**The Ecocentre is located at 2125 Jean Adam Road (Route 364) in St. Sauveur.
Phone: 450 227-2451**

Town Planning

Temporary winter shelters

Residents have until May 1st to remove the tarp covering the frame and until May 15th 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.

Pools

With summer around the corner, pool safety becomes a priority. The town planning by-laws require all in-ground pools, new or existing, to be fenced in or surrounded by a wall meeting certain conditions including having to be at least 1.2 meters high.

Only permanent above-ground pools are now authorized. All other types of above-ground pools, which have to be taken down for the winter, are no longer accepted (including inflatable & self-supported).

If you are considering installing a pool, please consult our website to learn more about the latest regulation, the documents required to submit a request, and download the form to apply for a certificate of authorization, or inquire at the Town Hall. Furthermore, for lots supplied with municipal water, an additional water tax of \$281 will be added annually to your tax bill.

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.

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.

Fences, hedges, low walls and flower beds by the road

If you wish to do any of the above-mentioned work, make sure to obtain a permit before starting. It is important to know that there is a road's right of way, which is a minimal distance of one (1) meter from your front setback and the road, not necessarily the edge of the road or asphalt. This road's right of way must remain clear of plants, walls, fences, etc. This distance is required and must remain clear, mainly to allow for snow removal operations. 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.

Ditches layout and purpose

We would like to remind residents who live on a street with ditches, that any work, including prolonging the landscaping (for ex. grass) is prohibited without a formal authorization from Public Works. 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.

Erosion control

The *MRC des Pays-d'en-Haut* has recently adopted a by-law aiming at controlling erosion, particularly to protect shorelines (around lakes and waterways) and ditches. The people responsible for any soil alteration or amendment during excavation or landscaping work, have to take the necessary measures to avoid transporting any sediment away from the work site. Consequently, the Municipality is presently working on adopting a by-law in concordance to the MRC's, to come into effect in May. An information flyer published by the MRC will be available at the Town Hall.



Recycling and Garbage Collection Calendar **2010**

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

Library

The Municipal Library is located at 823, Village Road and is run by volunteers.
Information: 450 226-3232, ext. 124.

Opening hours:

Tues. and Thur.: from 1 pm to 4 pm
Wednesday: from 10 am to noon and 2 pm to 4 pm
Friday: from 7 pm to 9 pm
Saturday: from 10 am to 2 pm
Sunday: from 11 am to 1 pm

*N.B.: Library is closed on civic holidays. Please take note that a **drop box** is accessible on the side of the building for you to return your books at the time that suits you best.*

Important notice

Laurentian libraries, including Morin-Heights' library, will be changing over to a new computer program, going from "Multilisse" to "Symphony". This is taking place until May 17th, 2010. Library opening hours remain the same except for May 2nd to 17th where it will be closed for the final change-over and training of the volunteers. Library will re-open on May 18th with full service.

Note to our readers: Please note that children's books are bought regularly, but we do not list them. Recently, we added 50 more books to this section.

The **Children's Story Hour** takes place every Wednesday at 10 am at the Library. Kathy Weary, Michelle and Terry Ryan, and Eva Wilkinson are our devoted readers.

NEW ACQUISITIONS

Novels

Jack Higgins
The Wolf At The Door

John Lescroart
Treasure Hunt

Elizabeth Gilbert
Committed: A Skeptic Makes Peace with Marriage

Reginald Hill
Midnight Fugue

Alexander McCall Smith
The Unbearable Lightness of Scones

Alice Munro
Too Much Happiness

Kate Atkinson
When Will There Be Good News?

Archer Mayor
The Price of Malice

John Bemrose
The Last Woman

Mark Billingham
Bloodline

Stuart Woods
Kisser

James Patterson
Worst Case

J. D. Robb
Fantasy In Death

Non-Fiction

Wade Davis
The Wayfinders

Jane Goodall
Hope for Animals and Their World: How Endangered Species Are Being Rescued from the Brink

O: The Oprah Magazine
Dream Big: Guide to Discovering Your Best Life

Frans de Wall
The Age of Empathy: Nature's Lessons for a Kinder Society

Greg Mortenson
Stones Into Schools

Daniel Poliquin
René Lévesque

John English
Just Watch Me: The Life of Pierre Elliott Trudeau

Morin-Heights Fire Department and First Responders



Prevention visits

Firefighters will be stopping door-to-door throughout the year to check smoke detectors, and offer advice on fire safety. The Quebec government's website www.msp.gouv.qc.ca offers additional information on fire safety.

Smoke detectors

After visiting about 250 homes in 2009 to check smoke detectors, we noted that 80% of people have a secondary heating source, a fireplace, a slow combustion or a propane heater, and that 90% of these homes are not equipped with carbon monoxide detectors. These devices are inexpensive and can save lives.

Open air fires

Anyone wanting to make an open air fire must obtain a free burning permit at the municipal office beforehand, and read about the restrictions listed on the back.

Private roads & entrances

For narrow private roads and driveways, trees have to be pruned at a minimum height of 12 feet by 15 feet wide to allow emergency vehicles to get by without being damaged – they belong to you.

Civic number reminder

Make sure your civic number is visible from the road, 24 hours a day, all year round for your own safety, in case emergency services need to get to you quickly.

Open House

We will be happy to see you on May 29th 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.

New firefighters

We are proud to announce that the following candidates have been selected to join the Department and will be trained soon: Nancy Gauthier, Marc Bérubé, and Yves Lanteigne. We take names on a waiting list for those interested by this profession.

Ex-firefighters

We would like to thank Mr. Serge Côté for all his years of service. He has been fire-chief, Captain and Director of the Department; he even closed his business a few times to answer calls. As he is leaving, Mr. Côté, would like to recognize a young man's passion for fire trucks - every one knows him - Ryan Courte. The Fire Department had given him an autographed fire-man's hat. Ryan visits the Fire Hall regularly and makes sure the trucks are spotless!



Ready to intervene at the Loppet

Let us also thank Mr. Daniel Morisset who has been firefighter and assistant-director for many years; he is now captain in Montreal. He always made sure that all firefighters were safe on the job and they always made sure to follow his recommendations. Thanks to Mr. Christian Blain as well for his contribution to the community; with three children now, he has decided to devote more time to his family.

The next time you meet them on the street, don't hesitate to thank them yourselves!



Morin Heights Day Camp 2010

- For children 5* to 13 years of age (*5 before Oct. 1st, 2010)
- Seven weeks: from June 28th to August 13th, no camp on July 1st
- Ratios of 1 counselor to 10 children ages (5-6-7), 1:12 (8-11) & 1:13 (12-13)
- Monday to Friday, from 9 am to 4 pm
- Day care from 8 to 9 am and from 4 to 6 pm
- Day camp located at Ski Morin Heights
- 5 outings or special activities
- Theme weeks
- Daily swimming

Our mission

At the Morin-Heights Day Camp we want campers to develop physically, intellectually, socially and psychologically through a wide variety of recreational and educational experiences offered in a safe environment, while learning to respect one another.

Our motto

Keep them coming back for more!

Information

Municipality of Morin-Heights, Recreation & Culture Department, 567, du Village, Morin-Heights, Québec, J0R 1H0 • Phone: 450 226-3232, ext. 111 • E-mail: camp@morinheights.com

Prior to registrations verify www.morinheights.com, under Municipality/ Recreation and Culture/Day camp for further Camp information.



Day Camp

Save by registering on time!

Day Camp Registration Fees UNTIL MAY 31 ST , 2010						
FULL SUMMER				WEEKLY RATES		
5 to 11 year olds <i>(includes outing fees)</i>				Per child		
Categories	1 st child	2 nd child	3 rd child	1 st child	2 nd child	3 rd child
Resident	\$430	\$360	\$280	\$75	\$70	\$65
Non-resident	\$545	\$480	\$395	\$130	\$125	\$120
12 & 13 year olds <i>(includes outing fees & one extra weekly activity)</i>				1 st child		2 nd child
Resident	\$495	\$425	--	\$90		\$85
Non-resident	\$610	\$540	-	\$145		\$140
Other services						
Day Care	\$125	\$110	\$100	\$20/week/child		
T-shirt	\$15	\$12	\$10			

REGISTRATIONS AFTER MAY 31ST

Day camp fees increase on June 1st and only weekly registration fees are available. Spaces are limited in each age group. Save yourself disappointment: **register on time!**

Day Camp Registration Fees AFTER MAY 31 ST , 2010			
WEEKLY RATES			
5 to 11 year olds	1 st child	2 nd child	3 rd child
Resident	\$80	\$75	\$70
Non-resident	\$135	\$130	\$125
12 & 13 year olds	1 st child		2 nd child
Resident	\$95		\$90
Non-resident	\$150		\$145
Other services			
Day Care	\$20/week/child		

Registration period

Morin-Heights' residents & all returning 2009 campers: Friday, May 28th - 1 to 6 pm
 For everyone: Saturday, May 29th - 9 am to 12:30 pm and Monday, May 31st - noon to 5:30 pm
 At the Morin-Heights Town Hall, 567, Village Rd.

Bring your child's health insurance card number. Payment can be made by cheque, cash or Interac.

Teen Camps

Leaders-in-training Program (LIT)

For 14* to 16 years old (*must be at least 14 by October 1st, 2010)

Designed in line with the YMCA's Teen Leadership Training Program at camp, the LIT program will help teens develop general leadership skills.

The three main components of this program are:

- to help participants figure out what good leaders do and say;
- to practice good leadership skills;
- to have fun along the way.

Schedule: Monday to Friday, 9 am to 4 pm from June 28th to July 16th (3 weeks) at Ski Morin Heights.

The LIT program is considered terrific preparation for the CIT program.

Cost: Resident: \$215 • Non-resident: \$265

New! Counsellors-in-training Program (CIT)

For 15 to 17 years

Designed in line with the YMCA's Teen Leadership Training Program at camp, the new CIT program will help youth to continue developing their leadership skills and to lead children in a camp setting.

Interested youth will be invited to a short interview in order to evaluate the applicant's level of motivation, responsibility, maturity and commitment to children.

Schedule: Monday to Friday, 9 am to 4 pm from July 19th to August 13th (4 weeks) at Ski Morin Heights

Cost: Resident: \$215 • Non-resident: \$270

Registrations: Participants must be at least 15 by October 1st, 2010 and available for the entire four week period. Interested candidates may pick up and complete a registration/application form at the Town Hall during regular office hours. Deadline for applying: **May 19th.**

Information: 450 226-3232, ext. 111.

New! Youth Pick-Up Baseball

This new baseball program is organized by your favourite volunteers, Jim Lawson and Jennifer Rycroft. The 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 1st 2010)

Wednesdays, 6:30 to 8 pm, from June 30th to August 18th.

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 3rd at the Town Hall on weekdays from 8:30 am to noon and 1 to 4:30 pm.

Information:

Catherine Maillé 450 226-3232, ext. 102.

Open-House at Viking Canoe-Kayak Club

Come give paddling a try on June 12th from 1 to 4 pm. Paddle with us or train in a canoe, kayak and/or dragon boat this summer. The Club is located at the Montfort Pavilion and welcomes paddlers of all abilities and ages. For more info: www.canoekayakviking.ca



Football Club Morin-Heights (Soccer Club)



Phone: 450 226-0011

Visit the website:

www.fcMorinheights.com

Email: **fcMorinheights@hotmail.com**

Welcome to everyone! (players, referees, parents, volunteers, sponsors, etc.)

Coueurs des Bois Group

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

Information: Eileen Meillon 450 226-6904

Simon River Fishing Tournament



**At Lummis Park,
Saturday May 22nd, 7 am to 3 pm**

Children's initiation to trout fishing, \$5 registration fees. They must bring 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*.



Sporting Activities



Pool and Tennis Season Passes Ski Morin Heights 2010

The Recreation and Culture Office and Ski Morin Heights are pleased to offer reduced rates to Morin-Heights residents for exterior pool and tennis passes.

Exterior pool and tennis 2010 memberships	
AGE CATEGORIES	PRICES
Adults	\$25 + taxes
Youth (from 6 to 12 years old)*	\$15 + taxes
Seniors (60 years old and over)	\$15 + taxes
Family pass	\$60 + taxes
<i>*Children under 13 must be accompanied by an adult.</i>	

Full-time campers in Morin-Heights Day Camp are entitled to a regular free summer pass, beginning June 28th.

Schedules	
EXTERIOR POOL SCHEDULES*	NEW TENNIS SCHEDULE
<p>From June 24th to August 16th, 2010 and August 21, 22, 28 & 29th</p> <p>10 am to 7 pm Monday to Friday 9 am to 7 pm Weekends and Holidays (June 24th and July 1st)</p>	<p>Friday, Saturday & Sunday From June 24th to September 12th, 2010 Evening reservations before 5:30 pm.</p> <p>For tennis court reservation, please phone: 450 226-1515</p>
<p><i>*The outside swimming pool is shared with day camp swimming lessons Monday to Friday from 10 am to noon. Limited access to the pool will be available to the public on weekdays between 10 am and noon. 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 (pool).</i></p>	

PURCHASE YOUR PASSES AT SKI MORIN HEIGHTS.

Bring with you:

- Proof of your Morin-Heights residency (tax bill or lease)
- Photo (snap shot) for each pass holders

For information:

Ski Morin Heights: 450 226-1515

Cultural Activities

Canada Day, Thursday July 1st, at Ski Morin Heights

A day of festivities for the whole family awaits you at Ski Morin Heights. Street performers, inflatable structures, face paintings, challenges and other free family activities. As usual, the ladies from Trinity Church's Strawberry Social will be there with their famous strawberry shortcake. This year, the municipal Council is organizing a baking contest followed by an auction in benefit of the Morin-Heights Elementary School's breakfast program. Live music, fireworks and more in the evening. The celebration starts at 2 pm, don't 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, consult: www.morinheights.com

Arts Morin Heights Summer Exhibit

Thirty artists, painters, sculptors, ceramists & photographers will present their recent work at the Morin-Heights Town Hall from July 17th to 26th. Open from 11 am to 4 pm.

Free admission.

Vernissage: Friday July 16th, from 6:30 pm to 9 pm.

Information: Philippe Daigneault, president: 450 226-1043 or dgphil@hotmail.com
www.artsmorinheights.com

Moonlight Cinema at Ski Morin Heights

Saturday July 10th, in French/ Saturday August 7th, in English

The Municipality of Morin-Heights, in collaboration with Ski Morin Heights, is proud to present its Moonlight Cinema for a second year! Come enjoy a movie outdoors with your family!

Rain or Shine!

FREE

Family movie.

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

Information: www.morinheights.com, under Calendar or 450 226-3232, ext.102

Route des Arts

Route des Arts 2010 invites you to join in on their 11th open studio tour July 31st to August 8th, 2010. 35 artists and artisans welcome you to their studios. A new feature this year is a gallery at the Morin-Heights Library, with works from many of the artists. For more information watch for the brochure or visit their website at: www.routedesarts.ca.

Wild Roots Festival



A FREE music and arts festival for the whole family - August

28th, 12 pm to midnight at the Royal Canadian Legion, 127 Watchorn Rd (will be held indoors in case of rain).

We are now accepting applications from: musicians, artists, vendors, and not-for-profit, charitable, and educational organizations interested in having a table or kiosk at the event. Tables are free for not-for-profit, charitable, and educational organizations.

For information, applications or to join our team of volunteers, contact Shawna Dunbar at **450 226-5756** or by e-mail at shawna.dunbar@cgocable.ca.

Send demo cds to: 24 Clover Leaf, Morin Heights, Qc, J0R 1H0

Laurentian Reading Club

The Laurentian Reading Club meets monthly for lively discussions about books and reading.

Information: Eileen Meillon 450 226-6904

Self-Acupressure Workshop

Saturday June 5, 11 am to 6 pm

Cost : \$60 per participant

This method is as natural as the simple gesture of touching a point that hurts on our body... Gently, it allows the life energy that flows through our body and which is so important for our health and well-being, to rebalance and to strengthen.

Taoistic exercises, learning the different acupressure points to help relieve specific problems. Followed by a complete practice session, a sequence of acupressure points to rebalance and heighten your vital energy.

Over 20 years of experience with the body-mind approach.

Information and registration:
Sujati A. Goernitz, massage therapist and psychotherapist, 819 322-7545 or 514 230-9036

<http://sujatigoernitz.wordpress.com>

Senior Citizens Heritage Club

The Seniors Citizens Heritage Club is for age 55 & over; new members welcome. From April to October there are organized monthly activities or day trips to points of interest, including a lunch out.

A Military Whist is held on the 1st Wednesday of the month in the basement of the United Church (please note this is a new meeting place). Non-members welcome at Whist and other events.

Further information:

Isabel Ellis: 450 226-8882

Marion Roberts: 450 432-7324

Muriel Scofield: 450 229-3660

Flea Market La Fouillerie

Sponsored by "Le Garde-Manger des Pays-d'en-Haut", La Fouillerie, 148, Watchorn Road, still offers to the population a service of gathering and distribution of new and second hand clothing, toys, dishes, books and more, at really low prices.

Céline, Doris and their volunteers warmly invite you and welcome your donations every day.

Monday to Friday, 9 am to 3:45 pm and weekends from 11 am to 3:45 pm.

Information: 450 226-2844

Laurentian Region Cancer Support Group

The Laurentian Region Cancer Support Group offers English-speaking support services to cancer patients, caregivers and their families in the Laurentian region. Their meetings are held monthly in the Remembrance Hall of the Morin-Heights Library.

For up-to-date information regarding meetings and speakers call June Angus at **450 226-3641**, or contact by email at cancer.laurentia@yahoo.ca.

Senior's Outing to Quebec City

Wednesday, June 9th, 2010

Come spend an interesting day exploring old Québec city browsing and exploring its historical sites or even window shopping. The upper Town is the place to be! Transportation from Morin-Heights to Dufferin Terrace in Quebec City. A day of activities you do at your own pace and plan according to your interests.

- Bus trip from Morin-Heights to Quebec City on a Galland Deluxe bus (washroom and comfortable seating) with two snacks included. Plan for a lunch and foresee pocket money for admission fees depending on the sites you chose to visit (suggestions below).
- Departure at 7 am from **Basler Park, 99 Echo Road**, estimated time of return to Morin-Heights is 7:30 pm.

Suggested activities:

- Notre-Dame-des-Victoires Church (free) • Capital's Observatory (\$4) • Many museums in the area • Parliament • Saint-Louis Forts and Castles historical site (free) • Dufferin terrace and its West wall up to Portes Saint-Jean (guided tour \$9.80) • Artillery Park Heritage Site (\$3.50) • D'Youville Place

Registration for Morin-Heights residents, 55 years and older Tuesday to Friday.

Proof of residency required (tax bill or lease).

Non residents 55 years and older may register beginning May 11th, availability permitting.

Cost: \$30, the fees must be fully paid at the Morin-Heights Town Hall and will be completely reimbursed if the activity is cancelled by the Municipality.

Cost for non resident is \$35.

Information and registration: Catherine Maillé at 450 226-3232, ext. 102

Royal Canadian Legion Events

- Saturday May 8** Mother's Day Supper at 6 p.m.
- Saturday May 29** Legion Golf Tournament & Steak Supper
- Saturday June 19** Italian Night at 6 p.m.
- Saturday July 3** Canada Day Steak Supper
- Saturday July 24** Barney's Famous Roast Beef Done On The Spit at 6 p.m.
- Saturday August 14** Gerry Hecklinger's Golf Tournament & Steak Dinner
- Sunday August 29** Children's Field Day

Information: 450 226-2213 (afternoon)

Flea markets

Rain or shine!

- Saturday June 12
- Saturday July 10
- Saturday August 7
- Saturday September 11

SORE CO-OP

Coopérative de Solidarité, de Répét et d'entraide pour proches aidants des Pays-d'en-Haut

Activities:

- Collective kitchens for caregivers
- Outings for caregivers and care-receivers
- Lectures for caregivers

To find out more:

Francine Mason at 450 227-8106 or sore@cgocable.ca.

Social Club for Singles 55+

Weekly outings such as Sunday brunches, concerts, sport outings, dinner and dancing. The schedule is available at the end of the previous month.

Information:

Murielle Saint-Germain at 450 226-7142.

Classes

Class / Location	Rates	Day	Session	Teacher	Notes
Body Design / Community Hall	P: \$226 C: \$132	Mon. 9:30 to 10:30 am	Apr. 12 to June 14	Lisa McLellan For more detailed info: 450 530-3920 www.lisamclellan.com P = Fitness Pass (2 or more classes/ week) C = Card	Level 3: Work hard!
Cardio Tai Chi / Community Hall	P: \$226 C: \$132	Mon. 10:45 to 11:45 am To be confirmed	Apr. 12 to June 14 June 29 to Aug. 30		For all: Body/ mind cardio
Combo 50+ / Community Hall	P: \$226 C: \$132	Tues. 9:30 to 10:30 am	Apr. 13 to June 15 June 29 to Aug. 30		Level 1: Overall workout
Nature Cardio / Aerobic corridor	P: \$226 C: \$132	Tues. 9:15 to 10:30 am	Apr. 13 to June 15		Level 3: Work hard outdoors
Stretch and Strengthen / Community Hall	P: \$226 C: \$132	Wed. 9:15 to 10:30 am	Apr. 14 to June 16		Level 2: Improve posture
Stretch and Strengthen / Community Hall	P: \$226 C: \$132	Wed. 9:30 to 10:30 am	June 30 to Sept. 1		For all: Improve posture Level 1
Combo 50+ / Community Hall	P: \$226 C: \$132	Wed. 11 am to noon Wed. 10:45 to 11:45 am	Apr. 14 to June 16 June 30 to Sept. 1		Level 2: Overall workout
Qi Gong/ Lummis Park (weather permitting)	P: \$226 C: \$132	Thurs. 9:30 to 10:30 am	Apr. 15 to June 17 July 1 st to Sept. 2		For all: Body/ mind health
Stretch and Strengthen / Community Hall	P: \$226 C: \$132	Fri. 9:45 to 10:45 am Tues. 8:30 to 9:15 am	Apr. 16 to June 18 July 1 st to Sept. 3		Level 1: Gentle and restorative
Yoga and Spiritual Teaching/ Community Hall	**	Mon. 6 to 7:30 pm			Louise Bloom Spunt 450 226-5341
Pilates NEW! / Community Hall	R: \$80 NR: \$80 R: \$80 NR: \$80	Mon. 4:45 to 5:45 pm Tues. 10:45 to 11:45 am	May 3 rd to June 22 nd May 3 rd to June 22 nd	Jeannine Brusadin 450 227-6678	Muscle strengthening, mat workout
Gentle Yoga/ Community Hall	R: \$65 NR: \$65	Thurs. 10:45 am to noon	May 13 th to June 17 th	Donna Berry 450 226-1311	Yoga for stiff and injured bodies
Karate / Community Hall	*	Fri. 5:30 to 6:30 pm	May & June	Shihan Gilles Labelle 450 432-4570	Develop concentration and increase your physical fitness
Tai Chi Chuan / Community Hall	R: \$135 NR: \$140	Sat. 9 to 10:30 am	Apr. 4 th to June 26 th	Robert Lee 450 227-8829	For your body and mind
Ballet for Kids / Community Hall	**	To be confirmed			
Ballet / Community Hall	**	To be confirmed		Isabeau 514 608-3381	
Creative Dance for teenager / Community Hall	**	To be confirmed			Many styles of dance for teenagers will be explored 12 years old and up

Legend

R: resident

NR: non-resident

*: annual fees

** : see teacher for more information