



MORIN-HEIGHTS
1855

Info Morin-Heights

In harmony with nature!



Fall 2010 - Vol. 13, no 3



On Saturday September 25 and Sunday September 26, culture will be celebrated everywhere throughout the province. Morin-Heights joins the festivities and offers its citizens different art exhibits, cultural activities and workshops presented by our very own Morin-Heights' artists, in the heart of the village.

Here are all the detailed activities offered:

Morin-Heights Historical Association

Yesteryear display with some neat photos of Morin-Heights collected over the years. Also presented is the Association's publication, "Porcupine", 2-year memberships available for \$20. **Saturday only** at the Library's Remembrance Hall, from 1 to 4 pm.

For information: Susan Chirke, 450 226-7544

Arts Morin-Heights

Joan Beaugard, woodturner, is showing her work at the Remembrance Hall, **Saturday** from 1 to 4 pm.

Also, doors open at Jules and Joan Beaugard's woodturning studio with exhibit and demonstrations, **Saturday** from 10 am to 4 pm. Their studio is located at 15, du Lièvre.

Information: 450 226-3236

Roger Lauzon, artist, photograph and poet

Photo shooting workshop at the artist's studio, **Saturday** from 9 to 11 am. You must register in advance at 450 275-0049 or at atelierdeclic@sympatico.ca .

"Shapes and Light" photo exhibit and interactive writing workshop inspired by the exhibit; an invitation to recognize poetic worlds through a new look on nature. At the Remembrance Hall, **Saturday**, September 25th, from 1 to 3 pm.

Just' Art Reis Studio

Drawing and painting workshop with costumed figure models, animated by multidisciplinary artist, Sylvie Reis. You are invited to pose as a model, you can bring your own costumes and/ or materials if you wish. A few art materials will be available to use. Everybody, young or older, is invited to take part in this creative exercise.

Also, an initiation workshop on wood sculpting with chisels, by sculptor/ pruner, Denis Bergeron.

These two workshops will be offered through the weekend, from noon to 6 pm, at Just' Art Reis Studio, located at 800, Village Road. To get more information about the workshops, write to sylvielartiste@hotmail.com or call at 514 941-7347 or 450 438-5557.

Painter Marie-Claude Aubry and her guests

Live painting. Hors d'œuvre under the gazebo. Meet and converse with the artists. At the Marie-Claude Aubry Studio & Gallery, 798, Village Road, Saturday and Sunday, from noon to 5 pm.

Check our special on recycling and collections calendar on page 15



Roger Lauzon - Sérénité

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News from the Mayor

Hello,

As this remarkable summer comes to an end, I would like to recognize the diversified activities which took place in Morin-Heights which were successes across the board. I would like to congratulate the organizers and participants.

Environment and Family Day, the Seniors' outing to Quebec city, the Mayor's fishing tournament, Canada Day, Moonlight cinema, the Senior's Corn Roast, the volunteer's cocktail, the Arts Morin-Heights' exhibition, the golf tournament and the annual dragon boat race.

Summer work

Council has authorized repair paving work for a budget of \$250,000.

The prioritized work will be done on Glen, Campbell, Guy, and Beaulieu roads, Rang 2, Village Road, between Bourget and Épinettes, Bélisle, Christieville at the intersection of Route 364, Christieville near Legault, Normand and Val Simon roads. An amount of \$50,000 is reserved annually for repairs to potholes.

Moreover, the program for the replacement of fire hydrants on the Village network and the program for the search for leaks on the Bastien and Beaulieu networks are ongoing.

Soccer field

The Municipality has begun its program for repairs to the soccer field at the Morin-Heights Elementary School. This year, an amount of \$ 11,000 will be invested in order to preserve the field's surface. During the 2011 summer, we will proceed with major repairs, along with the School Board's assistance.

Intermunicipal pool

The pool project, co-owned by the Municipalities of Morin-Heights, Piedmont and Saint-Sauveur, had to be put on hold pursuant to the Quebec government's decision to not finance the project.

Survey

We would like to thank the 1,327 citizens who have taken the time to answer the survey prepared by Council at the end of June regarding the indoor pool. Here are the results:

	YES	NO
TOTAL	466	861
Percentage of answers	35,2%	64,8%
Number of envelopes which were mailed	2 680	
Rate of answers received	1 327 (49,5%)	



Excise tax

The Municipality has received confirmation that the Government will pay the Municipality an amount of \$1 014,349 over 2011 - 2012 - 2013 for the repairs to be made to the drinking water networks. The projects have already been prioritized by the Minister of Municipal Affairs, Regions and Land Occupancy and the Municipality will soon proceed with a call for tenders for professional services with the objective of undertaking the work in 2012.

Parks

Council is presently working on an investment management plan for parks. The results of this plan will be made public in December 2010.

Nominations

Following the departure of Maryse Emond, Director of the Recreation and Culture Department, to whom we wish the best of luck in her new career, major changes were therefore needed within the municipal organization.

Management of the trails network has been entrusted to Mr. James Jackson, Director of the Environment Department. We are encouraged and confident that his knowledge of the network and its challenges will ensure its perenniality.

Mrs. Catherine Maillé was named Coordinator of the Recreation Department. Over the past three years, Mrs. Maillé has familiarized herself with the organization's operations and her enthusiasm and eagerness will be appreciated.

Finally, the community dossier will now be entrusted to the members of Council. Any request must be directly forwarded to the Administration who will ensure its follow-up.

We would also like to welcome Mrs. Karen Arredondo who has held the position of inspector for the Urbanism Department since last May.

We invite you to visit www.morinheights.com which remains your community's main source of information.

Have a great fall,

Tim Watchorn

Mayor

Blood Drive



A great turnout for the seventh edition of the Morin-Heights' blood drive with 59 donors this year. Thank you for your generosity and we hope to see you next year!

For any question concerning admissibility for a blood donation, please call: 1-888-666-HEMA or visit the web site at www.hema-quebec.qc.ca or www.morinheights.com.

www.morinheights.com

Since Info Morin-Heights is published only three times a year and that regional newspaper often publish partial information, we wish to remind you that the municipal website is regularly updated and offers a great variety of information and services. You will find everything pertaining to municipal life: by-laws, Council's minutes, different policies and forms, activities but also a directory and a calendar of community events. Add it to your favourites!

Maximum driving speed standardized on all our territory

Please take note that starting in September, all streets and residential roads in the Municipality will have their maximum driving speed set at 40 km an hour. Collector roads will remain at a speed limit of 50 km an hour.



One more of our citizens honoured!

Mrs. Rita O'Donoghue, who sat on the municipal Council as delegate for the community affairs, from 2001 to 2009, was awarded this past April with a Senior's silver medal from the Quebec's Lieutenant Governor. Her active involvement in the community, mostly with the elders, made her deserve this honorary distinction.

The recipients of this medal are worthy of this honor because their voluntary work began or continued after the age of 64 and has had a palpable effect in their community. Congratulations to Mrs O'Donoghue, we are gladdened with the idea of seeing you active for many more years!



Day Camp

We would like to thank Lindsay Grant, Day Camp Director, as well as all head staff, counsellors and lifeguards for another unforgettable summer!



Recreation and Culture's Department Director's Departure

The Council, municipal staff and the community's volunteers got together on July 13th at the last Volunteer's Party to pay a tribute to Maryse Emond, Director of the Recreation and Culture Department for the last 14 years. Mrs. Emond is leaving to undertake new challenges for which we wish her all the necessary energy and determination. She leaves an indelible mark in Morin-Heights; her vast experience, her tenacity and her dynamism will undoubtedly be missed.

Mr. Mayor also seized the occasion to emphasize the involvement and constant work of the devoted volunteers of our community. A big thank you to each and every one of them for making Morin-Heights an exceptional place to live!



Job Offers

at the 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: managers, ticket agents and trail patrols. Please send your résumé to loisirs@morinheights.com by September 30th or drop a copy at the municipal office. Interviews will take place in October. For all details, visit www.morinheights.com.

Share your talent!

If you have good pictures that you wish to see published on our website or in a future edition of Info Morin-Heights, you can send them to bulletin@morinheights.com. It may be an outdoors activity or local event or either a great landscape snapped in Morin-Heights that you wish to share. Do not hesitate to show off your talent!

Please note that the Law of Personal Information Protection and Privacy requires that we ask for an authorization before publishing a picture where people are identifiable. Remember to provide it with your images.

You should all know that most of the pictures used on the municipal website and bulletin are taken by our photographer, Mr. Chris Beames, who does his very best to be present at as many different community activities as possible.

Annual Grants for local organizations

The Municipality of Morin-Heights invites its non-profit groups and organizations to submit their 2011 requests for financial and technical assistance. Foreseeing community needs allows Council to better plan for them in their annual budget. The required form is available on the municipal website and must be completed and returned by October 29th, 2010. Council will analyze submitted requests in November and send out replies by early 2011.

The Municipality is now a member of Fleurons du Québec

This past May, the municipality of Morin-Heights announced its adhesion to the horticultural classification program Fleurons du Québec. This program was initiated in 2006, in order to recognize the efforts of municipalities across Quebec for enduring beautification. The classification levels range from 1 to 5 floral emblems, and are attributed for a three year period following a professional evaluation of the town, which took place this summer.

In adhering to Fleurons du Québec, Morin-Heights is engaging in a long term process of improving its environment and in doing so wishes to motivate its citizens to do the same. Already, more than 250 municipalities across Quebec have obtained their floral emblems.

Morin-Heights had its classification visit on August 24th from Fleurons du Québec. The evaluator visited at least 60% of our territory, and also visited the horticultural arrangements and landscapes visible to the public.

Points are divided into 5 areas:

- 310 points are reserved for the efforts of the town
- 270 points are reserved for the efforts of its residents
- 180 points are reserved for the efforts of its institutions
- 140 points are reserved for the efforts of its industries and businesses
- 150 points are reserved for the initiatives of the community and in the area of sustainable development

Similar to the stars for a hotel, the emblems that will be awarded to the town are a public recognition of the collective efforts of the town for promoting a clean, green and healthy environment.

All our citizens are invited to partake in this project by cleaning and preparing their immediate environment. The classification officially given by Fleurons du Québec next fall will be posted at the entrance of our town and will be the reward of our efforts.

For the listing of municipalities that are members of Fleurons du Québec or more information you may visit their website at www.fleuronsduquebec.com or keep a watch for upcoming news on www.morinheights.com.



Transport-Quebec will rearrange the intersection of Route 364 and Village Road in Fall 2010

The Minister of Transport, Laurentians-Lanaudière region, has informed its users that during the Fall of 2010, it will proceed with the improvement of the road network on Route 364 at the intersection of Village Road in the Municipality of Morin-Heights.

The work will consist of the construction of a center divider strip on Route 364, the reorganization of streetlights, the addition of an exclusive phase of left turns as per the traffic light cycles and the adjustments to accesses by separating entrances and exits. These interventions will be undertaken in order to ensure safer conditions in this area.

Access will be maintained for the duration of this work. The public is asked to cooperate with partial delays, without any closures.

Quebec 511 Info Transports

Once again, the number of road work sites is very high throughout Quebec. Before leaving, plan your outings by consulting the Transport Quebec website at www.quebec511.gouv.qc.ca. The Minister of Transport also asks that you be vigilant behind the wheel and to respect the speed limits when approaching road work sites.



A call to all artists

The *Haïti-Laurentides* Committee is organizing the *Sourire Haïti* Auction as a call for help in support of the reconstruction of the Eddy-Pascal College that left more than 450 students without a school after the recent earthquake. The college is located in one of the most underprivileged neighborhoods of Port-au-Prince. They are looking for visual artists to offer artwork for the auction; a base amount will be given for each piece donated.

The Committee has a direct and tangible impact on the College's student life and their striking needs. Every penny is invested for that purpose.

For more information, call Denise or Pieter at 450 226-1944 or 514 770-8990 or write to denpiet@gmail.com.

Eddy Pascal



Septic Tank Emptying

Provincial regulation requires all residents to have their septic tanks emptied every two years for permanent residents and every four years for part-time residents. A copy of the receipt must be submitted to the Municipality. Forward us a copy if you have not done so already. Reminder notices will be sent out to those who have failed to send their receipts.

Fall is an excellent time to have the job done as it will give the bacteriological medium time to stabilize. Although somewhat unpleasant, an important inspection can be made of your system when it is emptied.

Here are some things to look for or at least ask the operator to examine:

- check the baffles for corrosion or breakage;
- if water flows from the outlet back into the tank it is an indication that your field may be saturated;
- if water runs continuously into the tank, there is a leak in your plumbing (probably the toilet) and it could saturate your field;
- ask the operator to estimate the level of solids. If the level is 60 cm (2 ft) or less, then your system is working very well;
- if you have a pre-filter installed at the outlet, this is the time to clean it.

When the tank is emptied, the operator will re-fill the tank with grey water to re-establish the bacteria medium. Many people do not realize that only the solids are removed when a tank is emptied.

Water Hardness Part 3

Last April, the Municipality installed an innovative device on the Riverview network for a trial period to see if it would solve the problem of water hardness. The device has been used throughout the USA and by a large number of food processing companies, such as AgroPur, to neutralize the problems caused by hard water.

The device keeps the calcium and magnesium ions in suspension without adding anything to the water. In June, a more powerful upgrade was installed. To date, the results have been very favorable, helping to reduce the stains and the calcium build-up that has been appearing on kettles and shower heads, all the way to the chlorine injector nozzles at the main pumping station. There is also a noticeable improvement in the sudsing of soap and detergents.

The device not only neutralizes the build-up of calcium, but also helps breakdown the existing accumulation of deposits in the system. One of the most notable results is the breakdown that occurs in water heaters. This cleaning effect can create more deposits which will show up in your hot water, turning the water brown or whitish.

It is highly recommended that residents on the Village water system flush their water heaters this autumn as it will have been 6 months since the device was installed. Try to flush the system outside to avoid taxing your septic system. The cleansing of the electrical element, as well as the removal of deposits will also improve the efficiency of your water heater.

This advice applies to all owners and landlords since it's a question of durability and efficiency of the water heater.

Tree Inspection

Autumn is also the time to inspect the trees on your property. Much attention is paid to flower gardens in the fall but few people inspect their trees. A thorough inspection should include looking for weaknesses in the root systems, woodpecker holes, insect infestation and dead branches. Quick action to limb dead and diseased branches can not only save a tree but also help promote a healthier tree.



Dead and dangerous trees should be cut before wind can make them fall causing major damage to homes, roads or power lines. Diseased trees should be burnt, whereas other trees can be chipped on site. Branches can be disposed of at the ecocenter.

Environment (continued)

Composting

It is possible to avoid sending a great volume of organic matter to landfill sites by composting. Whether you use the compost you produce or not, it does not bother anyone where it is and you have less garbage at the curb.



What can you compost at home?

All organic matter can be composted. It is important to use a judicious mix of organic matter to obtain maximum performance.

GREEN MATTER (garden clippings)	KITCHEN WASTES
<ul style="list-style-type: none"> • leaves (decompose faster if shredded) • grass & garden clippings (dry is best) • plants • weeds, not if they are with seeds • old potted plants 	<ul style="list-style-type: none"> • fruits clippings • vegetables clippings • egg shells (crushed) • tea bags, coffee grounds (with filters) • Shredded paper
DO NOT PUT IN	
<ul style="list-style-type: none"> • Meat, fish or bones • Dairy products • Grease and oils • Sauces • Plastic 	<ul style="list-style-type: none"> • Metal • Weeds such as: rag weed in bloom, poison ivy, quack grass, bind weed, etc. • Chemical products (ex. treated grass) • Animal excrement



Help Reduce Air Pollution

Smoke from open air fires is a major contributor to air pollution and should be avoided whenever possible. Alternatives include bringing the organic matter to the ecocenter, chipping, burying the materials on site or composting it. These four recycling methods are preferable to burning and should always be considered as options.

Only branches, trees, shrubs or natural non-treated wood can be burnt. **Please note that burning leaves is prohibited by municipal by-law** and that they are not picked up by the garbage collection either. However, the ecocenter will accept leaves for free for our citizens for their disposal during the last week of October and the first week of November (**October 24th to November 7th inclusively**). At any other time, the ecocenter accepts all organic matter, including leaves at 0,50¢ per square foot. A chipping service is also available on Tuesdays and Saturdays.

A very large air pollutant is the smoke from wood stoves. This is an ever-increasing problem in Canada that is causing smog warnings across the country throughout the winter. If you use a wood stove, use one that is CSA approved and burn according to the instructions. Use dry wood and never burn construction materials or painted wood.

Make certain your chimney is inspected and cleaned in the autumn to avoid the possibility of a chimney fire.

Avoid letting your car idle for more than a minute. Ten minutes of car idling per day will consume 100 litres of gasoline in a year and put over 240 kilograms of carbon dioxide into the atmosphere.

Temporary Shelters

The structure for temporary shelters may be constructed as of October 1st, and the tarp may be affixed as of October 15th.

Public Works



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

If you have a fence, hedge, low wall or flower bed by the road, make sure to protect them before winter so as not to hinder snow removal operations. Please note that there is a right of way, which is a minimal distance of one meter from your front setback and the road, not necessarily the edge of the road or asphalt. This 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.

Drainage check

Autumn is a good time to inspect any culverts, gutters, french drains or drainage ditches on your property. Make sure that they are clear and free from any obstructions so that they will be able to handle the spring run-off and prevent any flooding or washouts.



Library

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

Opening hours:

Tuesday and Thursday: 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

The parking lot will go through a redesign in the upcoming months. We thank you for your patience.

Children's Story Hour will be held at the Library every Wednesday morning, starting September 22nd, from 10 am to 11 am.

Important notice

User cards are needed to help facilitate book loans and inter-biblio reservations. From now on, please produce your user card at the Library counter. If you have lost your card, ask for a replacement; there will be no charge.

NEW ACQUISITIONS (Novels)

Yann Martel
Beatrice & Virgil

David Baldacci
Deliver Us From Evil

Iris Johansen
Eight Days To Live

Ian McEwan
Solar

Alexander McCall Smith
The Double Comfort Safari Club

Isabelle Lafèche
J'adore New York

James Patterson
The 9th Judgment

Sharon Doyle Dreyger
An Irish Heart

Elizabeth George
This Body Of Death

John Sandford
Storm Prey

Lee Child
61 Hours

Scott Turow
Innocent

NEW ACQUISITIONS (Non-Fiction)

Michael J. Fox
A Funny Thing Happened On The Way To The Future

Dr. Izzeldin Abuelaish
I Shall Not Hate: A Gaza Doctor's Journey

Colm O'Gorman
Beyond Belief



Morin-Heights Fire Department and First Responders

Evacuation plan

Do you have one?

It is a plan prepared in advance and known by the whole family to make sure that everyone knows what to do in case of a fire. Once established, the family should go through an exercise to validate it. The plan should:

- identify a meeting point (outside the building);
- indicate all exits;
- clarify how and where to contact 9-1-1.

And remember to...

- crawl on all fours under any smoke;
- once you reach the meeting point, count heads to see if you have everyone;
- exit the building before dialing 9-1-1;
- do not go back inside the building.

Smoke detectors

According to the regulation in force in Morin-Heights, all residences must have a smoke alarm. A smoke detector remains the cheapest device available and the easiest to install and maintain to alert the occupants of a dwelling if there is smoke from the start of a fire.

- Only install ULC approved smoke detectors.
- Install and maintain the detector according to manufacturer recommendations.
- Remember their life span is 10 years.
- Verify the battery once a month using the test button.
- Change the battery twice a year at the time change, in the spring and fall.
- Test the detector with smoke twice a year.

For your own safety, make sure your civic number is visible from the road, 24 hours a day, summer through winter, in order to allow emergency services to get to you quickly. In case of an emergency, every second counts!



Firefighter: A profession that involves the entire family

To our spouse, children and friends to whom we promised a cozy evening or to spend the next Saturday with, we thank you for accepting that those hours are often spent away from you for a training session, so we can safely do our work.





Babysitting course

If you are 11 years old or older and are interested in babysitting, here is a diverse and complete course that will prepare you for this important responsibility.

Learn a lot of “cool” practical things, including making snacks, inventing games and activities for kids, changing diapers, but also what to do if a serious accident should occur by practising basic first aid skills. You will also learn valuable tips about prevention and security, how to cope with common problems, like tantrums and crying and even your rights and responsibilities as a babysitter.

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

At the Community Hall of the Town Hall.

In French: Saturday October 9th and Sunday October 10th, noon to 4 pm

In English: Saturday October 16th and Sunday October 17th, noon to 4 pm

If the number of registrations is not high enough, only one date will be selected and the training will be given in both languages.

Registration required before September 21st.

Information and registration:

Kim at 514 916-9904

Security on bike

On July 13th and 15th 2010, SQ agent Elizabeth Basralian visited the children of the Morin-Heights Day Camp. She gave two conferences on the rules of security when riding a bicycle. She met with 50 kids from age 5 to 9. The children were invited to participate in a draw and 3 of them ended up winning a bike helmet. All other kids received a colouring book and a SQ cardboard kepi. Everybody, including the counsellors, really enjoyed the police officer’s visit.



Intermunicipal Agreement

An intermunicipal agreement with 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 procedures

Enquire directly about registration procedures, dates, schedules, prices and availability with the town offering the class(es) of your choice. A proof of residency is required.

Refund procedures

The refund terms 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.stadolpheedhoward.qc.ca

Sainte-Anne-des-Lacs:

450 224-8717 • 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

For a complete schedule of the classes offered in Morin-Heights, please consult the course schedule on page 14.

ACTIVITIES OFFERED IN THIS AGREEMENT	
ADULTS	CHILDREN
Watercolour Sainte-Anne-des-Lacs	Arts & Crafts Piedmont
Belly dancing Sainte-Anne-des-Lacs	Music is mathematical! Sainte-Anne-des-Lacs
Choir Sainte-Adèle	Singing, Theatre & Improvisation Sainte-Adèle
Afro-jazz dance Saint-Sauveur	Cheerleading Saint-Sauveur
Fitness & Quality of Life Piedmont et Saint-Sauveur	Musical comedy Saint-Adolphe-d’Howard
Pilates Piedmont	Judo Saint-Sauveur
Photography Saint-Adolphe-d’Howard	PARENT-CHILD
African drumming Saint-Sauveur	Exploratory dance Sainte-Adèle
Yoga-Pilates Sainte-Adèle	Scrapbooking Saint-Adolphe-d’Howard



Activities

Call for Candidates for Youth Sports Excellence Bursaries

These bursaries are intended to recognize the excellence of young students, 12 to 25 years of age, residents of Morin-Heights, who contribute to enhancing sports excellence in the Municipality. The amateur athlete must meet eligibility criteria and submit a completed application form **no later** than October 15th (available on the website under “municipality” and “forms” or at the Town Hall).

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 enrolment in a minor hockey league or figure skating club offered by a town located in the Laurentians.

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

Request for refunds for the 2010-2011 season must be submitted no later than November 10, 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 office.



You're between 13 and 17 years old? How would you like to get active and in shape in your own village? We are working on something for you, whether it's outdoors activities or sports!

Check our website www.morinheights.com by mid-September for all details.

Volleyball

Adults and youth, 16 and older, are invited to join our recreational group of volleyball players. Every Tuesday from 7 to 8 pm, beginning September 21st until December 14th, at the Morin-Heights Elementary School gymnasium.

Minimum of 12 players registered by September 17th,

\$40 resident • \$45 non resident

Registrations:

at the Town Hall during office hours

Information : 450 226-3232, ext. 102

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 at 450 226-6904





Seniors' Corn Roast

Congratulations to Rita O'Donoughue who organized her 6th Seniors' Corn Roast Party, with support from the Recreation Department. Once again a memorable picnic with great entertainment that gave our very often lonely elders, an occasion to spend a good time together. Another great success Mrs. O'Donoughue!



Joyful Noise Choir

Choir and eclectic songs.

All ages welcome.

Library's Remembrance Hall, Tuesdays 7 pm.
From September 7 to December 7.

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 evening on December 16. More details to come in the next Info Morin-Heights.

Canada Day

Canada Day this year was memorable! Over 30 volunteers and several community groups helped throughout the day and all deserve a warm thanks. Special thanks to Pierre Charest and all the staff at Ski Morin Heights for hosting Canada Day and for their terrific co-operation.

We also thank the Morin-Heights Fire Prevention Department and all the sponsors for helping to make this event fun, accessible and affordable for all.



Activities

Quilting group

Beginner quilting courses. Learn to make 12 different traditional quilt blocks by hand (appliqué & piecing).

Resident \$125 • Non-resident \$150

Price includes patterns and work book, but excludes materials.

At the Remembrance Hall, Thursdays from noon to 3 pm, September 16th to November 25th.

Information and registration:

Eleanor Dunford at 450 226-3055 or eleanor-clark@sympatico.ca

Theatre Morin-Heights

Join Theatre Morin-Heights! Rehearsals take place on Wednesdays at 7:30 pm, September 8 to December 8, at the Remembrance Hall.

The next play to be presented: Six Dance Lessons In Six Weeks, by Richard Alfieri.

At Ski Morin Heights:

Friday, November 5th, at 8 pm • Saturday, November 6th, at 8 pm • Sunday, November 7th, at 2 pm

Do not miss the reading of the play "Have A Heart" by David Sherman that will take place on December 8th, more details to come in our next edition.

Information and tickets: Penny Rose at 450 226-2746



Halloween

On October 31st, do not miss Halloween in the village! Village Road will be closed between 5 and 8 pm. Beware of ghosts and vampires!



University for Seniors

ASTRONOMY

(UTA 264 - group 15)

Teacher:

Kirk Armstrong, Bachelor in Education

The course is an introduction to astronomy.

These are the topics: basic sky coordinates, the celestial sphere, motions of the sun and moon, the solar systems and the planets, the birth, life and death of stars, what is outside the solar system, a brief history of astronomy; basics for enjoying the night sky

Mondays, 1:30 to 4 pm, from September 20 to November 15 (20 hours course)

Location: Library's Remembrance Hall, 823, Village Road

Fees: \$100

Information and registration: Thursday September 9th from 1:30pm to 4:30pm, at Pauline Vanier Chalet, Saint-Sauveur, de l'Église Street.

Laurentian Reading Club

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

Information:

Eileen Meillon at 450 226-6904

S.A.G.E. Workshop (Successful Aging – "Graceful Eldering") The New Old Age

In many cultures aging is celebrated as a time of wisdom and transformation. Our current extended life span provides us with unique opportunities to create a new vision of growing older. Come join us in a fun, enlightening and interesting discussion workshop as we explore the challenges, changes and creative potential of growing older; aging wisely and gracefully.

Information and registration:

Mrs. Henny Feldman at 450 226-8197

Trinity Anglican Church Annual Christmas Bazaar

You are invited to this year's Trinity Anglican Church Christmas Bazaar to be held in the United Church Hall, at 831, Village Road, on November 27th from 12 pm to 2 pm. Crafts and gifts tables, home-baked goods and a luncheon.

Adults: \$7 • **Children:** \$3

Information: 450 226-3845

Flea Market La Fouillerie

Sponsored by "Le Garde-Manger des Pays-d'en-Haut", La Fouillerie, 148, Watchorn Road, offers the population a service of gathering and distributing 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

Reunion Party

Sunday September 12, 10:30 am, at St-Eugène Church, right after mass. 148, Watchorn Road.

Information: 450 226-2844

Laurentian Region Cancer Support Group

Laurentian Region Cancer Support Group offers English-speaking support services to cancer patients, caregivers and their families in the Laurentians region. Meetings are held monthly in the Remembrance Hall of the Morin-Heights Library. Fall meetings are planned for the following Saturdays from 1 pm to 3 pm: September 18, October 16, November 20 and December 11. For up-to-date information regarding meetings and speakers, call June Angus at **450 226-3641** or email her at **cancer.laurentia@yahoo.ca**.

Activities

Activities at the Royal Canadian Legion, Branch 171

SEPTEMBER

Saturday, September 4

Labour Day Steak Supper at 6 pm

Saturday September 11

Flea Market (*rain or shine*)

OCTOBER

Sunday, October 10

Thanksgiving Brunch from 9 am to 2 pm

Saturday, October 16

Oktoberfest Supper at 6 pm

NOVEMBER

Saturday, November 6

Remembrance Day Parade

Sunday, November 28

Grey Cup Party (hamburgers)

DECEMBER

Saturday, December 4

Trim a Tree at 2 pm

Sunday, December 12

Children's Christmas Party at 1 pm

*** Date to be confirmed in the fall for a Senior's Luncheon ***

This information is also available on the Morin-Heights website under Community/Associations and Groups.

Email: legion171@cgocable.ca

Information: 450 226-2213 (afternoon only)



Photo Neil Cameron

Senior Citizens Heritage Club

The Seniors Citizens Heritage Club is for age 55 & over; new members welcome. There are organized monthly activities or day trips to points of interest, including a lunch out. A Military Whist is held on the first Wednesday of the month in the basement of the United Church. 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

Duplicate Bridge Club

The Morin-Heights Duplicate Bridge Club meets once a week in the Community Hall, beginning on Thursday September 16th until December 9th.

Membership: \$5 • **Day Pass:** \$3

Information and registration: Mrs. Ardley Edgar at 450 226-3968

Classes

Class/Location	Rate	Day	Date	Teacher	Description
Body design / Com. Hall	Pass or card	Monday 9:30 to 10:30 am	Sept. 20 to Dec. 13	Lisa McLellan Diane, Steph & Claire 450 530-3920 www.lisamclellan.com Registrations at the Com. Hall Sept. 16 th , 2pm to 6:30pm Fitness Pass (2 or more classes/ week) \$271 tx incl. Card (9 classes) \$132 tx incl. 12 weeks session Join anytime during a session. No class on Thanksgiving. Fanny Mailhot Louise Bloom Spunt 450 226-5341 Michelle Gendron 450 712-6834 Donna Berry 450 226-1311 Shihan Gilles Labelle 450 432-4570 Robert Lee 450 227-8829 Heather McInabb 514 486-3480 Isabeau 514 608-3381	Level 3: Work hard! Get in shape! For all: Body/Mind cardio
Cardio Tai Chi / Com. Hall	Pass or card	Monday 10:45 to 11:45 am	Sept. 20 to Dec. 13		For all: Improve posture, relieve pain
Stretch and Strengthen / Com. Hall	Pass or card	Monday 1:00 to 2:00 pm	Sept. 20 to Dec. 13		Level 1: Overall workout, improve strength and vitality
Combo 50+ / Com. Hall	Pass or card	Tuesday 9:30 to 10:30 am	Sept. 21 to Dec. 7		Level 2: Outdoor cardio strengthening
Cardio Nature / Lummis Park	Pass or card	Tuesday 9:15 to 10:30 am	Sept. 21 to Dec. 9		Level 1: Gentle Yoga: breath, postures, calm
Hatha Yoga / Com. Hall	Pass or card	Tuesday 1:15 to 2:30 pm	Sept. 21 to Dec. 7		Level 2: Improve posture, relieve pain, become more supple
Stretch and Strengthen (2) / Com. Hall	Pass or card	Wed. 9:15 to 10:30 am	Sept. 22 to Dec. 8		For all: Improve posture, relieve pain, become more supple
Stretch and Strengthen / Com. Hall	Pass or card	Wednesday 11 am to noon	Sept. 22 to Dec. 8		Level 3: Increase range of motion, relieve stress
Stretch and Strengthen (3) / To be determined	Pass or card	+Wed. 5:15 to 6:15 pm	Sept. 22 to Dec. 8		Level 2: Overall workout, improve strength and vitality
Combo 50+ (2) / Com. Hall	Pass or card	Thursday 9:30 to 10:30 am	Sept. 23 to Dec. 9		Level 2: Breath, postures, inner transformation Level 3: Breath, challenging Vinyasa, transformation
Hatha Yoga / Com. Hall	Pass or card	Thursday 6:00 to 7:15 pm	Sept. 23 to Dec. 9	Level 3: Fun cardio!	
Body Groove / To be determined	Pass or card	Thursday 9:30 to 10:30 am	Sept. 23 to Dec. 9	Level 2: Strengthen the core, improve posture	
Pilates / To be determined	Pass or card	Friday 9:30 to 10:30 am	Sept. 24 to Dec. 10	For all: Body/Mind health	
Qi Gong / Lummis Park	Pass or card	Friday 9:45 to 10:45 am	Sept. 24 to Dec. 10	Level 1: Gentle and restorative	
Stretch and Strengthen / Com. Hall	Pass or card	Friday 11 am to noon	Sept. 24 to Dec. 10	Yoga for kids, age 6 to 9	
Yoga for kids / Com. Hall	R: \$60 NR: \$65	Saturday 1 to 2 pm	Oct. 30 to Dec. 11	Hatha yoga, meditation and spiritual teaching	
Yoga and Spiritual Teaching / Com. Hall	**	Monday 6 to 7:30 pm			
New! Tai Chi Yang stretch and meditation / Com. Hall	R: \$120 NR: \$125	Tues. 10:45 am to 12:15 pm	Sept. 7 to Oct. 26 Nov. 21 to Dec. 14	Increase mind and physical abilities	
Gentle Yoga / Com. Hall	R: \$120 NR: \$125	Thurs. 10:45 am to noon	Sept. 16 to Nov. 4	Yoga for stiff and injured bodies	
Karate / Com. Hall	*	Friday 5:30 to 6:30 pm	Sept. to June	Develop concentration and increase your physical fitness	
Tai Chi Chuan / Com. Hall	R: \$120 NR: \$125	Saturday 9 to 10:30 am	Sept. 4 to Dec. 18	For your body and mind	
Highland Dance / Com. Hall	R: \$120 NR: \$125	Sunday 4 to 5:30pm	Sept. 26 to Dec. 5	Traditional Highland Dance	
Creative Ballet for kids / Com. Hall	\$165	Sunday 9:15 to 10:15 am		Classical ballet for kids between 3 1/2 to 5 years old	
Elementary Ballet I / Com. Hall	\$182	Sunday 10:15 to 11:15 am		Classical ballet for kids from 6 to 7 years old	
Ballet 2 / Com. Hall	\$165	Sun. 11:15 am to 12:30 pm			
		Tuesday 5 to 6:30 pm			
		Sunday 2 to 4 pm			
Ballet 3 / Com. Hall	\$197	Tuesday 5 to 6:30 pm	Sept. 6 to Dec. 12	Classical ballet	
Ballet for teenagers & adults / Com. Hall	\$165	Sunday 12:30 to 2 pm			
		Tuesday 6:30 to 8 pm			
		Sunday 5:30 to 7 pm			
Creative Dance for teenagers / Com. Hall	\$182	Sunday to be determined		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

+ : no class every 2nd Wednesday of the month

Recycling and Garbage Collection Calendar 2010




Recycling Special

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

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

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

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

-  Garbage and large items
-  Recycling
-  Garbage and recycling

Regulations regarding waste collection

Garbage, recyclables, and large items to be picked-up have to be put at the curb no earlier than 6 pm the day before the collection and the bins must be removed from the curb no later than midnight the day of the collection. The collection is made between 7 am and 8 pm. Bins must be rolled to the property limits, handles toward the road. Bins have to be stored so that they are not visible from the street. If you are unable to bring them back yourself, ask a neighbour, a friend or a teenager in your neighbourhood to do it for you. For a broken bin, or wheel, please leave a message at 450 226-3232, extension 121 with your address and leave the broken bin outside for easy access.

Nothing should be left on top or beside the bins and the cover should be closed.

Whoever needs to get rid of large items can leave them at the curb the day of the garbage pick up. There is a maximum of ten large items per address, per collection. Remember that construction materials and green waste are not picked up.

Ecocentre

The ecocenter is located at 2125 Jean-Adam, in St-Sauveur, 450 227-2451.

April 1st to November 30th, business hours are from 8:15 am to 4:30 pm, every day.

What is accepted at the ecocenter:

- Metal (aluminum, copper, iron, steel);
- Construction materials, renovation/ demolition debris (gypsum, cement, cinder blocks, stone, asphalt, brick, shingles, wood), \$;
- Grass & garden clippings, leaves *\$;
- Branches (Tuesdays & Thursdays, first 15 minutes for free);
- Kitchen appliances;
- Small electric appliances;
- Wooden and non reusable metal furniture;
- Dangerous domestic waste;
- Computers and electronic devices;
- Recyclables containers (paper, cardboard, glass, plastic & metal);
- Tires, propane tanks & car batteries;
- Clothes;
- Mattresses;
- Empty paint cans.

What is NOT accepted at the ecocenter:

- Mixed construction debris;
- Household garbage;
- Industrial waste;
- Cut or oversized tires;
- Armchairs, sofas and carpets (these items will be collected by the municipal garbage service).

***The ecocenter will accept leaves for free for our residents between the last week of October and the first week of November (from October 24th to November 7th inclusively).**

Recycling Special

Recyc-Frigo

Just call this toll-free number **1-877-493-7446**, or contact the organization online at **www.recyc-frigo.com** to schedule a pick-up of your old refrigerator, free of charge. Appliances must be in working order and plugged in come pick-up time. A \$60 cheque will be mailed to the owner a few weeks later.



The Kidney Car Program

Do the right thing: donate your old car!

The Kidney Car Program is a fundraising initiative of The Kidney Foundation of Canada. People are invited to donate their old or unwanted vehicles to the Foundation. The vehicles are towed free of charge and recycled, and the donor receives a tax receipt (the amount varies by region) for the vehicle. All parts – tires, battery and oil – are recycled in the most ecological way.

They can be reached at **514 325-7346**. For more details visit **www.rein.ca**.



Clean up!

Recycle your **batteries, cell phones & ink cartridges**. A special container is placed at the entrance of the Town Hall, which is accessible from 8:30 am to 4:30 pm every day of the week.

Your **old computers** can be brought to the ecocenter or to any *Bureau en gros* store that will recycle them free of charge. We suggest that you erase the memory of your cell phones and computers before you get rid of them.

As for **used clothes**, they can be dropped off at the flea market *La Fouillerie* (148, Watchorn Rd) or in the special container at the entrance of their parking lot.



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
conseil@morinheights.com
environnement@morinheights.com
inspection@morinheights.com
loisirs@morinheights.com
municipalite@morinheights.com
mutation@morinheights.com
servicetechniques@morinheights.com
ssi@morinheights.com
taxes@morinheights.com
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

Next Info Morin-Heights

The winter edition is scheduled for distribution on November 26th 2010.

Deadline for submission of articles is Wednesday October 6th.

This edition will cover the period from December 1st 2010 to April 30th 2011.

Send your texts to Karyne Bergeron at **bulletin@morinheights.com** or drop them at the Municipal office.

Change of address

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

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