



MORIN-HEIGHTS
1855

Info Morin-Heights

In harmony with nature!



Fall 2011 - Vol. 14, no 3



Halloween

Beware of vampires, zombies and other monsters! On **October 31st**, do not miss Halloween in the village! Village Road will be closed between 17:00 and 20:00.

We are looking for young at heart adults, who would be interested in joining a Halloween committee to organize and/ or liven up the entrance of the village on the night of October 31st.

Contact Catherine Maillé at 450 226-3232, ext. 102.

October 1st activities

- A special edition of **Story Hour** is organized at the **municipal library at 10:00**. Reading will be done in French and English. Children are invited in great numbers!

- **Roger Lauzon**, a visual artist who combines photography with poetic writing is organizing a **photo safari** as well as a **creative literary workshop** on October 1st.

Photo safari outdoors, from 9:00 to noon. Leaving from the artist's studio at **901, des Primeroses**, participants will be invited to take pictures while travelling through trails along the river and in the forest.

Creative literary workshop from 13:30 to 16:00 at the **Remembrance Hall of the library**, at 823, chemin du Village. Interactive and creative exercise where participants will first look at cubic photographs and then be invited to express on paper what comes to mind.

In case of rain, activities will take place the next day.

R.S.V.P. at 450 275-0049

Information: www.rogerlauzon.net

- A **play reading**, in English, will be done by **Theatre Morin-Heights** the same day. The presentation will be held at **O'Petit Restaurant** (879, chemin du Village) by 16:00; coffee, tea and cake will be served to the audience. More details are available on our municipal website, in the Calendar section.

Everything you need to know
about the **ecocentre**
on page 5

The **collections**
calendar on page 6



Roger Lauzon

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News from the Mayor

I hope everyone had a wonderful summer.

Our summer projects are still underway. Due to the bad weather in June, many of these projects were postponed and Public works is working twice as hard to complete them before the first snow fall.

Other than the paving of Dwight, Doral, Grand Cypress, Pinehurst and Riviera, which was paid by landowners in these areas, repair work for more than \$400 000 is in progress on Christieville, Village, Kirkpatrick, Clover Leaf, Carver, Lac-Théodore, Lakeshore and Campbell roads.

Council intends to pursue this maintenance program, as established by priority.

Transport Québec will redesign the intersection of the 364 and Village road starting this fall, and finish the work next spring. The Municipality will participate by creating flower beds to improve the area and will review the signage on the south-east side, in front of IGA.

Finally, the contract has been granted to an engineering firm after a public call for tenders to replace the water line on Village road, between Watchorn and Carver. This project is planned for 2012-2013 and will include redesigning the center of the village. This will be financed with a portion of the Federal Excise Tax on Gasoline given back to the Municipality by the Federal government.

The Municipality, earned three *fleurons* while participating in the *Fleurons du Québec* provincial program last year. A continued effort this summer has been given to improve the appearance of planted municipal grounds, particularly at the entrance of the village with the help of Mrs. June Angus.

I would like to thank Daniel Corbeil and his team for their work; for many years, they have been taking care of the landscaping and maintenance of our municipal green spaces and flower beds.

The redesigning and beautification of Lummis Park has produced great results and Council will set aside funds for the completion of the second phase when planning the next budget.



Last spring, the Municipality called for tenders for canine control services in our town. Despite the number of grievances recorded at present, no one has come forth to offer their services. I have therefore proposed to the Council of our MRC mayors, that this question be considered a regional matter. The working group should come up with ideas for solutions for 2012.

Fire prevention projects as put forth by par the *Schéma de couverture de risques* (risk coverage program) are progressing. Three dry fire hydrants have been installed, one on Christieville Road, one on Riviera and another one on Sommet. These three reservoirs will provide an adequate water supply in case of fire. In addition property owners within a 1000 metres radius, could benefit from an insurance premium reduction. These sites had been identified by the Fire Department based on priorities.

Sunset Hill, with the support of Councillor Leigh MacLeod is initiating a Neighbourhood Watch program, in collaboration with the Sûreté du Québec. Interested citizens can find further information on this program, on the municipal site under "public safety" and be directed to the SQ's website.

St-Eugene Parish had agreed to transfer over the ownership of their building to the Municipality. This win-win formula will provide the community with a great room to hold activities, while conserving space for the parish.

Our summer has been marked by successful community events: congratulations to all for Canada Day, the seniors' day-trip, the Seniors Annual Celebration, Shakespeare-in-the-Park and the Moonlight Cinema presentations. Let's not forget to mention our participation in the dragon-boat race for the benefit of the *Fondation médicale des Laurentides*.

In closing, I would like to thank all the volunteers, our sponsors and municipal employees, who lend their support and work hard to make sure our community is a great place to live.

Yours truly,

A handwritten signature in blue ink, which appears to read "Tim Watchorn".

Tim Watchorn, eng.
Mayor of Morin-Heights

Children Items Yard Sale



Yard sale organized by the parents from Val-des-Neiges day-care center in Morin-Heights.

You will find: clothes, various articles, toys and sports equipment.

Part of the benefits will go to the **St-Jerome Hospital Foundation's** pediatric department.

Date: September 3rd from 8:30 to 16:30. Postponed to the following day in case of rain.

Location: Val-des-Neiges parking lot, 867, Village Rd., at the corner of Watchorn Rd.

Information:

Gilbert Smith: gilsmith@hotmail.fr

Société protectrice canine des Monts

Please remember that your dog needs a licence. You can purchase this licence at the offices of **Société protectrice canine des Monts (SPCM)** located at 288, Sainte-Adèle Boulevard or at the Morin-Heights Town Hall.

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

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



SPONSOR



STATION BALTIQUE

160, chemin Watchorn, Morin-Heights
450 226-7722 • 1-866-AMERISPA
www.amerispa.ca
amerispastationbaltique@amerispa.ca



Neighborhood Watch

A Neighborhood Watch program is being put into effect in the Sunset Hill area. If you wish to see a similar program established in your neighborhood, read the related information on www.morinheights.com under "Municipality" and "Public safety".

To undertake the project, contact Councillor Leigh MacLeod at the Town Hall or at: conseil@morinheights.com

Beautifying our village

We would like to thank June Angus for her gardening expertise and consulting services who helped us with the landscaping of the park at the entrance of the village.

Thanks to Ib Andren for all his time and efforts invested into the landscaping at the library, which is even nicer to visit!

Thanks to Dan Corbeil and his team for their excellent maintenance and landscaping some of the municipal grounds.

All their hard work has contributed to beautify our municipality, make it colorful and nice to live in! We wish to thank each and everyone of them, as well as the proud residents who are also great gardeners.

Mayors for a day

At the Council meeting of June 8th, 2011, Council members welcomed Milane Servantie and Marine Thuin, students of Chez Denyse Montessori School, to participate in the monthly meeting.

The students were chosen by their peers to be "Mayors for one day" and spent the afternoon with Morin-Heights Mayor Tim Watchorn, learning about the Municipality and its various departments.



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 patrollers. Please send your resume to loisirs@morinheights.com by September 30th or drop a copy at the municipal office. Selected candidates will be contacted in October.

Positions also available: Rink supervisors

For more details, visit www.morinheights.com

Marteau et Plumeau

Dust off!

If you need help cleaning your home or business (more options available), here is a simple, safe and efficient solution:



Please give us a call to find out more about our services:

450 229-6677 • www.marteau-plumeau.com

Quebec 511 Info Transports



Quebec 511 is a tool for information on the road network through an abbreviated 511 telephone number available everywhere in North America.

To consult Québec 511, free of charge outside of Quebec, call 1-888-355-0511.

The information is also available online at: www.quebec511.gouv.qc.ca/en/

Give it a try!

Blood Drive



A great turnout for the eighth edition of the Morin-Heights' blood drive with 70 donors this year. Thank you for your generosity and we hope to see you again next year!

For any question concerning admissibility for blood donations, 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, we wish to remind you that the municipal website is regularly updated and offers a variety of information and services. You will find everything pertaining to municipal life:

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

Bookmark it!

François Doyon, two-time Canadian cycling champion

A resident of Morin-Heights and Montreal firefighter, François Doyon placed first twice at the 2011 Canadian Road Championship on July 1st to 3rd, where three races were organized in the Toronto area. Mr. Doyon, from the Quilicot-Rackultra team, was first at the finish line for the criterium in the "masters 30-39" category as well as in the road race in the same category. Congratulations on this double achievement!



Environment

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 to 16:30, Monday to Friday.



ECOCENTRE

What is accepted at the ecocentre:

- Metal (aluminum, copper, iron, steel);
- Construction materials, renovation/demolition debris (gypsum, cement, cinder blocks, stone, asphalt, brick, shingles, wood), \$;
- Pricing for construction, renovation and demolition materials is established by its volume at \$0,50/ cubic foot, with a proof of residency, \$1/ cubic foot for non-residents.*
- Grass, garden clippings, leaves* \$;
- * The ecocentre will accept leaves for free, proof of residence required, between October 15th and November 20th inclusively.*
- \$ Pricing for green residues is established upon the same criteria described for construction materials right above.*
- Branches;
- A branch chipping service is offered on Tuesdays and Saturdays, from April 1st to November 30th. With a proof of residence, you will get a free 15 minutes. For every 5 minutes afterwards, the fee is \$10.*

- Kitchen appliances;
For refrigerators 10 years old and older, you can call Recyc-Frigo at this toll-free number 1-877-493-7446, or contact them online at www.recyc-frigo.com to schedule a pick-up, free of charge. Appliances must be in working order and plugged in come pick-up time. A \$30 cheque will be mailed to you a few weeks later. This program ends in December. 
- Small electric appliances;
- Wooden and non reusable metal furniture;
- Hazardous domestic waste;
- Computers and electronic devices;
- Recyclables containers (paper, cardboard, glass, plastic & metal);
- Tires (\$5 per tire on rim#);
- Propane tanks & car batteries;
- Clothes;
- Mattresses;
- Empty paint cans.

What is NOT accepted at the ecocentre:

- 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).

Reminder:

- You must show a proof of residence to the ecocentre attendant upon your arrival, pay the required fees if applicable and sort out your materials in the appropriate container.
- The ecocentre attendant is not required to sort out nor unload your materials.
- A container that is not properly sorted out can be refused by the recycling associate and be redirected towards a landfill site.
- The ecocentre attendant is responsible of the branch chipping.

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

Hours:

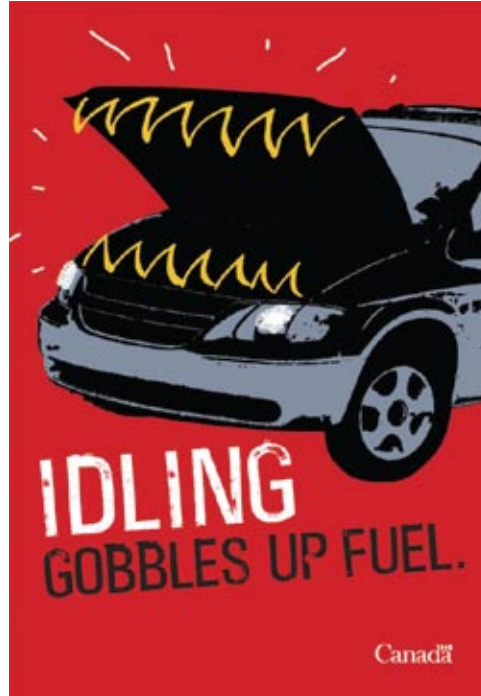
April 1st to November 30th, from
7:30 to 16:30, Monday to Sunday.

Environment (continued)

Dealing with gas price increases

Good driving and maintenance habits can greatly influence fuel consumption and reduce greenhouse gas emissions.

- **Accelerate and brake smoothly:** Aggressive driving can increase fuel consumption up to 25%.
- **Respect the speed limit:** Traveling at 100 km/h instead of 120 km/h reduces fuel consumption by 20%.
- **Moderate use of air conditioning:** Using A/C can increase fuel consumption by 20%.
- **Maintenance:** Regular tune-ups will avoid a greater fuel consumption and reduce emissions.
- **Tires:** Tires that are not properly inflated will increase fuel consumption and speed up wear and tear.
- **Engine:** Generally, engines do not need to be warmed-up. Running your engine for about 30 seconds will properly lubricate it and driving slowly for a few kilometres will allow it to warm-up gradually. For cold mornings (-5°C and colder), the use of a block-heater is recommended. Plugging it a few hours prior to start-up reduces fuel consumption and pollutant emissions.
- **Reduce resistance:** Any object that increases the weight or wind resistance of the vehicle will contribute to increase its fuel consumption.






Recycling and Garbage Collection Calendar 2011

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

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

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

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

-  Garbage and large items
-  Recycling
-  Garbage and recycling



Public Works

Temporary Winter Shelters

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

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 minimum 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. 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 all culverts, gutters, french drains and 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 flooding or washouts.



Library

The Municipal Library, located at 823, Village Road, is run by volunteers. Closed on civic holidays.

Information: 450 226-3232, ext. 124

Opening hours:

Tuesday and Thursday: from 13:00 to 16:00
 Wednesday: from 10:00 to 12:00 and 14:00 to 16:00
 Friday: from 19:00 to 21:00
 Saturday: from 10:00 to 14:00
 Sunday: from 11:00 to 13:00

Important notice

User cards are needed to borrow books and for inter-library reservations. **Please present your user card at the Library counter.** If you have lost yours, ask for a free replacement.

NEW ACQUISITIONS (Novels)

Joy Fielding
Now You See Her

Lisa See
Dreams of Joy

Elizabeth Hay
Alone in the Classroom

James Patterson & Maxine Paetro
10th Anniversary

John Sandford
Buried Prey

David Baldacci
The Sixth Man

Mark Billingham
Bloodline

Tom Cain
The Accident Man

Jeffery Deaver
Twisted: The Collected Stories of Jeffery Deaver

Nicole Krauss
Great House

Laura Lippman
I'd Know You Anywhere

Kim Edwards
Lake of Dreams

Jean M. Auel
The Land of Painted Caves

Miriam Toews
Irma Voth

Lisa Scottoline
Think Twice

Barbara Kyle
The Queen's Lady

Henning Mankell
The Troubled Man

NEW ACQUISITIONS (Non-Fiction)

D'Arcy O'Connor
Montreal's Irish Mafia: The True Story of the Infamous West End Gang

Adam Goodheart
1861: The Civil War Awakening

Timothy Appleby
A New Kind of Monster: The Secret Life and Chilling Crimes of Colonel Russell Williams

Joe Schwarcz
Dr. Joe's Brain Sparks: 179 Inspiring and Enlightening Inquiries Into the Science of Everyday Life

Matthew Logelin
Two Kisses for Maddy: A Memoir of Loss & Love

Barbara Sinatra
Lady Blue Eyes: My Life With Frank Sinatra

Parking:

Please note that two parking spots in the municipal parking lot have reserved signs. These spots are for the library volunteers who frequently arrive with large boxes of books and often work when the library is closed. We thank you for not using them and for choosing another available spot.

High-speed Internet:

The Municipality is happy to announce the renewal of its computer equipment at the library. The updated two stations equipped with high-speed Internet access, are available to everybody with a valid membership.

Children's Story Hour

will be held at the Library every Wednesday morning, starting mid-September, at 10:00.

Morin-Heights Fire Department and First Responders



National Evacuation Plan Day

Sécurité Publique Québec is inviting everybody to participate to its National Evacuation Plan Day on **October 12th**. Between 18:00 and 20:00, everybody should put their evacuation plan to the test for a national practice. Test your smoke detectors as well while you're at it!

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.

Visit our municipal website under "Municipality" and "Public Safety" for more information.

Firefighters Day

The Pays-d'en-Haut MRC is organizing a Firefighters Day on September 17th. The activity will be held at La Vallée School in St-Sauveur (167, rue Principale), from 10:00 to 15:00. All fire departments within the MRC will be on site as well as the Sûreté du Québec and other public safety representatives. There will be simulations and demonstrations such as vehicle extrication, a car fire, a stove fire, etc.

Cool drinks will be sold for the ASBL (Aid to Victims in the Lower Laurentians).



SECONDARY HEAT SOURCE

Follow these important safety tips for all types of auxiliary heating systems:

- Have a fire extinguisher easily accessible in case of a fire.
- Install a ULC approved carbon monoxide detector near the bedrooms.

Wood burning stoves

- Do not overload your fireplace or wood burning stove;
- all chimneys should be cleaned and inspected regularly by a certified person, according to municipal rules;
- do not burn garbage;
- remove ashes, place in a covered metal container outdoors, since ashes stay warm for **72 hours**;
- no inflammable liquid (gas, fuel, oil, etc.) should be used to start a fire;
- make sure the chimney is adequate for a secondary heat source.



Gas Heating

- Before buying a gas system, make sure it has an accredited sticker and that a qualified technician will install it;
- look for unusual flames, they mean that the system is not working properly;
- make sure the ventilation system and air shafts are clean and free of any obstruction;
- also make sure that the vent is free of any debris or snow. Make sure that the manufacturer's minimal clearing is respected.

Oil burning stoves

- Use the recommended quality of oil;
- when purchasing the system, make sure it has an accredited sticker;
- have the installation done by a qualified technician;
- ensure the proper burner calibration in order to minimize carbon monoxide emissions;
- inspect the condition of the tank for leaks to avoid contamination.



IMPORTANT NOTICE

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 find you quickly. In case of an emergency, every second counts!

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 at the start of a fire.

- Only install ULC approved smoke detectors.
- In accordance with the new standards CNB 2010 and CNPI 2010, it is recommended to install a smoke detector in each bedroom, each hallway and on each floor, including in the basement.
- 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.

Carbon Monoxide

After visiting many homes to check smoke detectors, we found out that 80% of people have a secondary heating source: a fireplace, a slow burning wood stove or a propane heater, and that 90% of these homes are not equipped with carbon monoxide detector(s). These devices are inexpensive (\$25 - \$70) and save lives. Regular smoke detectors cannot detect carbon monoxide. To learn more, visit:

www.msss.gouv.qc.ca/sujets/santepub/environnement/index.php?monoxyde_de_carbone_en

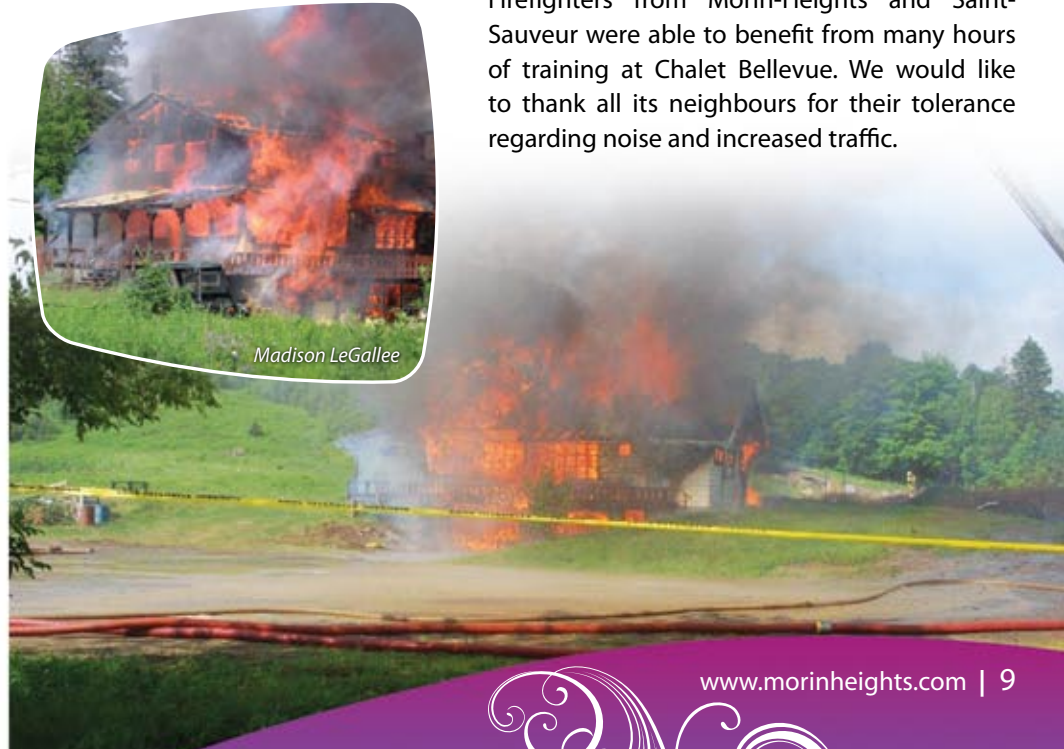
Bellevue Chalet

Under the supervision of our local firefighters, the Bellevue Chalet was burnt down on June 30th, during a water supply practice. The practice was thoroughly planned in accordance with the NFPA 1403 standard. All environment damaging material that could be removed from the building were taken off before ignition.

The building served for many different simulations and training sessions such as rescue simulations, victim search in dense smoke with thermal cameras, victims evacuation when a staircase is collapsed, evacuations of firefighters trapped in a basement, etc.



Firefighters from Morin-Heights and Saint-Sauveur were able to benefit from many hours of training at Chalet Bellevue. We would like to thank all its neighbours for their tolerance regarding noise and increased traffic.



Activities

Babysitting course

For children 11 years old and over who are interested in babysitting, this 2-day diverse and complete course will prepare them for this important responsibility.

They will learn practical things, such as preparing snacks, inventing games and activities for kids of all ages, changing diapers, and also what to do in case of a serious accident using basic first-aid skills. They will learn valuable tips about prevention and security, including how to cope with tantrums and crying, plus learn about their rights and responsibilities as babysitters.

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

Saturday October 15th and Sunday October 16th, 9:00 to 13:00.

At the Library's Remembrance Hall, 823, chemin du Village. **Bilingual training.**

Registration required at the Town Hall before September 30th, 450 226-3232, ext. 111.

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

Annual Grants for community organizations

The Municipality of Morin-Heights invites non-profit groups and organizations to submit their 2012 requests for financial and technical assistance. Foreseeing community needs allows Council to reserve the necessary funds in its annual budget. The required form is available on the municipal website and must be completed and returned by October 14th, 2011. Council will analyze submitted requests in November and send out replies by February 2012.

Volleyball

Adults and youth, 16 and over, are invited to join a recreational group of volleyball players. Every Tuesday from 19:00 to 20:00, from September 20th to December 20th and January 10th to April 24th, at the Morin-Heights Elementary School gymnasium. Minimum of 12 players required.

Annual rate, all details available by early September on www.morinheights.com

Information: 450 226-3232, ext. 102

Minor Hockey and Figure Skating Refund Policy

The Municipality of Morin-Heights refunds the difference between the non-resident and resident fees up to a maximum of \$100 per child, per year for enrollment in a minor hockey league or figure skating club offered by a town located in the Laurentians.

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

Completed request for refunds for the 2011-2012 season must be submitted no later than November 10, 2011, 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.

Intermunicipal Agreement

An intermunicipal agreement between the towns of Morin-Heights, Piedmont, Saint-Adolphe-d'Howard, Sainte-Adèle, Sainte-Anne-des-Lacs and Saint-Sauveur now allows citizens from these six towns to register in the following selected classes at resident rates.

Registration process

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

Refunds

The refund terms and conditions are those in effect in the town offering the class.

For information

Piedmont:

450 227-1888, ext. 223 •

www.municipalite.piedmont.qc.ca

Saint-Adolphe-d'Howard:

819 327-2044, ext. 238 •

www.stadolphedhoward.qc.ca

Sainte-Anne-des-Lacs:

450 224-2675 • www.sadl.qc.ca

Sainte-Adèle:

450 229-9605, ext. 244 •

www.ville.sainte-adele.qc.ca

Saint-Sauveur:

450 227-2669, ext. 420 •

www.ville.saint-sauveur.qc.ca

The selected activities are listed on page 11.

For a complete schedule of the classes offered in Morin-Heights, please consult the course schedule on page 16.



ACTIVITIES INCLUDED IN THE AGREEMENT
ADULTS
Acrylic and oil painting Saint-Sauveur
Acrylic painting Saint-Adolphe-d'Howard
African Drumming Saint-Sauveur
Afro-jazz dance Saint-Sauveur
Bridge Class Saint-Sauveur
Choir Sainte-Adèle
Energizing Diet Sainte-Anne-des-Lacs
Fitness & Quality of Life Piedmont
Flexibility Yoga Sainte-Adèle
Gentle Gymnastics Piedmont
Gold Zumba Saint-Adolphe-d'Howard
Photography Saint-Adolphe-d'Howard
Pilates Piedmont
Spanish Sainte-Adèle
Tai-Chi chuan Saint-Sauveur
Watercolour Sainte-Anne-des-Lacs
Wine Class Saint-Adolphe-d'Howard
CHILDREN
Arts & Crafts Piedmont
Babysitting Sainte-Adèle and Saint-Sauveur
Cheerleading Sainte-Anne-des-Lacs
Judo Saint-Sauveur
Singing, Theatre & Improvisation Sainte-Adèle
Tonic Zumba Saint-Adolphe-d'Howard
PARENT-CHILD
Psychomotricity Saint-Adolphe-d'Howard

Youth Sports Excellence Bursaries Available

This municipal Policy aims at recognizing high level of achievement of our residents, from 12 to 25 years of age, in sports. The amateur athlete must meet eligibility criteria and submit a completed application form **no later** than October 14th, 2011 (available on the website under "municipality" then "forms" or at the Town Hall).

Cancer Support Group

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

For more information about the group's services, meetings and speakers, call June Angus at **450 226-3641** or email **cancer.laurentia@yahoo.ca**

Joyful Noise Choir

Choir and eclectic songs.

All ages welcome.
Library's Remembrance Hall, Tuesdays 19:00.
From September 13th to December 6th.

Fees: \$110
Ian Lebofsky, Choir Director
450 458-4767, cotelebo@total.net

Information and registration:
Penny Rose at 450 226-2746 or
jenanson@hydroponix.com

Joyful Noise Choir, in association with Theatre Morin-Heights, will present a Christmas performance on December 8th.
More details to come in the next Info Morin-Heights.



Activities



Theatre Morin-Heights

Join Theatre Morin-Heights!

Rehearsals take place on Wednesdays at 19:30, every second week, from September 21st to December 7th, at the Library's Remembrance Hall.

The next play to be presented:

Goodbye Picadilly, by Douglas Bowie, at Ski Morin Heights:

Friday, November 4th, at 20:00 • Saturday, November 5th, at 20:00 • Sunday, November 6th, at 14:00

Doors open one hour prior to performance. **Pre-sale only: \$20.**

Information and tickets: Penny Rose at 450 226-2746 or jenanson@hydroponix.com



Royal Canadian Legion, Branch 171 Events Schedule

SEPTEMBER

Saturday, September 3rd

Labour Day Steak Supper at 18:00

Saturday September 10th

Flea Market (*rain or shine*) - no dogs-

OCTOBER

Sunday, October 9th

Thanksgiving Brunch from 9:00 to 14:00

Saturday, October 15th

Oktoberfest Supper at 18:00

NOVEMBER

Saturday, November 5th

Remembrance Day Parade

Sunday, November 27th

2011 Grey Cup Party (hamburgers, etc.)

DECEMBER

Saturday, December 3rd

Trim a Tree at 14:00

Sunday, December 18th

Children's Christmas Party at 13:00

Email: legion171@cgocable.ca

Information: 450 226-2213 (afternoon only)



Photo Neil Cameron





La Rochelle Preschool



La Rochelle is a bilingual, parent co-operative preschool, for children 3 to 5 years old. A "Learn Through Play" philosophy aims to help the children develop an awareness of their individual capabilities and attempts to foster global growth.

The preschool operates Mondays, Wednesdays and Fridays (9:00 to noon) from the United Church basement (831 Village Rd.). There is a \$65 annual registration fee as well as monthly tuition fees of \$150.

Registration and information:

Lucie Levasseur at 450 226-6605 or prematernellelarochelle@gmail.com

http://web.me.com/merciera/La_Rochelle/BIENVENUE%21_WELCOME%21.html

Bridge Club

The Morin-Heights Bridge Club wishes to welcome back old friends and looks forward to meeting new players as the upcoming season arrives. Joan Ford, will continue on as Director.

Fall activities will be held **from September 15th to December 15th**, game starts at 13:00 sharp.

Please note that we have a new location: Salle St-Eugène, 148, Watchorn Road.

- Annual membership is \$5
- Weekly play is set at \$4
- Drop-in fee for guests is set at \$5

Information:

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

Richard Harling at 819 326-4406, dickharling@hotmail.com

Notre-Dame-des-Monts Parish

Reunion party on Sunday **September 11th**, 10:30, at St-Eugène Church, following mass. 148, Watchorn Road.

Seniors' Annual Celebration

The 7th annual picnic for Morin-Heights' seniors took place on Saturday, August 13th. This event is a great occasion for our community's seniors, who are living alone, at Château des aînés or Residence Morin-Heights as well as Cozy Corner members, to get together and celebrate for an afternoon while enjoying an outdoor picnic.

This year, the party was held at Mont Bellevue under the honorary presidency of Mrs. Rita O'Donoughue. Mayor Tim Watchorn seized the occasion to present an appreciation award to Mr. Chris Beames to emphasize his devoted work as a municipal photographer and reporter from 2001 to 2011.

Drinks and meals were served. Later on during the afternoon, the site was open to all for the Repercussion Theatre's presentation of "Macbeth", part of the well-known summer event: Shakespeare-in-the-Park.

Once again a superb picnic!

Hillside Chapel

Hillside Chapel is located at 755, Village Road. Sunday evening services are at 18:30.

Pastor Earl Conley invites the public to the following events:

- **August 28th**: Gospel concert by The Eagle Band of Belleville, Ontario
- **September 18th**: Reverend Vernon Scott of Arden, Ontario
- **September 25th**: Candlelight communion service



Coueurs des Bois Group

This group organizes outings in the Laurentians. According to the season, the excursions are snowshoeing, hiking, or cycling.

Information:

Eileen Meillon at 450 226-6904



Activities

Laurentian Reading Club

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

Information:

Eileen Meillon at 450 226-6904 or Joan Beaugard at 450 226-3236

Senior Citizens Heritage Club

The Seniors Citizens Heritage Club is for ages 55 & over; new members are welcome. From April to October, monthly activities are organized as well as day trips, including dining out.

A Military Whist is also held on the 1st Wednesday of the month, in the basement of the United Church.

Non-members are welcome at Whist and other events.

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, located at 148, Watchorn Road, collects and redistributes new and second-hand clothing, toys, dishes, books and more, at very low prices.

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

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

Info: 450 644-0087

Prochain Info Morin-Heights

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

The winter edition is scheduled for distribution on November 25th.

The deadline to submit articles is October 5th. This edition will cover the period between December 1st, 2011 to April 30th, 2012.

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

If you have good pictures that you wish to see share on our website or in a future edition of Info Morin-Heights, you can send them to bulletin@morinheights.com as well. It may be an outdoors activity, local event or a great landscape taken in Morin-Heights. 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. Please provide it with your image(s).

Pictures of private gardens for our website

The Municipality would like to show some of the magnificent private gardens that exist in the village. If you would like to have your garden on display on the municipal website, please send your pictures our way. Contributors can remain anonymous if they choose.



Important numbers

Town Hall:

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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

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450 229-1054 • www.grouperitron.com

Photos: Chris Beames

Canada Day

Canada Day this year was absolutely memorable!

A record attendance of **nearly 8000 people** showed up throughout the day. Children of all ages were entertained all day with a variety of free activities. The spectators were entertained by the Highland Dancers and two musical performances: The Roosters and Buzz Station who kept the energy levels up! The festivities ended with a firework display impressing the crowd.

A warm thanks to over 30 volunteers and various community groups whom helped throughout the day. A special thanks go to Pierre Charest and all the staff at Ski Morin Heights for hosting Canada Day and for their terrific co-operation.

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

Argenteuil-Papineau-Mirabel M.P., Mrs. Mylène Freeman was present and even took part in the activities.

Be there next year on July 1st for another fun-filled event!

Photos: Chris Beames and Tara Kirkpatrick.



Classes

Class / Location	Rates	Day	Session	Teacher	Description
Body Design / St-Eugene Hall		Monday 9:30 to 10:30	Sept. 19 to Dec. 12	<p>Lisa McLellan Diane, Steph, Claire & Brigitte</p> <p>For more detailed info: www.lmfitness.ca 450 530-3920</p> <p>Registrations at the Community Hall September 15th, 13:00 to 18:00</p> <p>Fitness Pass (2 classes/ week) \$240 + tax (3 or more classes/ week) \$264 + tax</p> <p>Card (9 classes) \$118 + tax</p> <p>12 week session</p> <p>Make-up classes Dec. 12th-16th</p> <p>Join anytime during a session. No class on Thanksgiving.</p>	Work hard! Get into shape
Cardio Tai Chi / St-Eugene Hall		Monday 10:45 to 11:45	Sept. 19 to Dec. 12		Gentle Body/ Mind cardio workout
Stretch and Strengthen / Comm. Hall		Monday 9:30 to 10:30	Sept. 19 to Dec. 12		Improve posture, mobility and relieve pain
Aquafitness / Le Chanteclerc		Monday 11:00 to noon	Sept. 19 to Dec. 12		Pool workout for strength and health
Combo 50+ / St-Eugene Hall		Tuesday 9:30 to 10:30	Sept. 20 to Dec. 6		Overall workout: improve strength, balance and vitality
Cardio Nature/ Aerobic Corridor		Tuesday 9:15 to 10:30	Sept. 20 to Dec. 6		Cardio and strengthening outdoors
Hatha Yoga/ Community Hall		Tuesday 13:30 to 14:45	Sept. 20 to Dec. 6		Gentle Yoga for clarity, focus and peacefulness
Stretch and Strengthen / Comm. Hall		Wed. 9:15 to 10:30	Sept. 21 to Dec. 7		Improve posture, relieve pain, become more supple
Stretch and Strengthen / Comm. Hall		Wed. 11:00 to noon	Sept. 21 to Dec. 7		Improve posture, relieve pain, become more supple
Stretch and Strengthen / St-Eugene Hall		Wed. 17:30 to 18:30	Sept. 21 to Dec. 7		For balance, improved range of motion and stress management
Combo 50+ / Community Hall	Pass or card	Thursday 9:30 to 10:30	Sept. 22 to Dec. 8	Overall workout, improve strength and vitality	
Zumba / St-Eugene Hall		Thursday 9:30 to 10:30	Sept. 22 to Dec. 8	Latin dance cardio olé!	
Aquafitness / Manoir La Vallée		Thursday 9:30 to 10:30	Sept. 22 to Dec. 8	Pool workout for strength and health	
Aquafitness / Manoir La Vallée		Thursday 10:45 to 11:45	Sept. 22 to Dec. 8	Pool workout for strength and health	
Hatha Yoga / Community Hall		Thursday 18:00 to 19:15	Sept. 22 to Dec. 8	Breath, postures, inner transformation	
Hatha Yoga / Community Hall		Thursday 19:30 to 20:45	Sept. 22 to Dec. 8	Breath, challenging Vinyasa, inner transformation	
Essentrics - Pilates / St-Eugene Hall		Friday 9:30 to 10:30	Sept. 23 to Dec. 9	Strengthen and lengthen for better posture	
Qi Gong/ Lummis Park		Friday 9:45 to 10:45	Sept. 23 to Dec. 9	Health and well being: breath, movement and mental focus	
Stretch / Community Hall		Friday 11:00 to noon	Sept. 23 to Dec. 9	Gentle, restorative and effective	
Yoga and Spiritual Teaching/ Community Hall	\$15/ class with registration \$20/ class drop-in	Monday 18:00 to 19:30	starting on September 12	Louise Bloom Spunt 450 226-5341	Hatha yoga, meditation and spiritual disciplines
Tai Chi Yang stretch and meditation / Community Hall	\$120 per session	Tuesday 10:45 to 12:15	Sept. 6 to Oct. 25 Nov. 1 to Dec. 13	Michelle Gendron 450 712-6834	Increase mind and physical abilities
Gentle Yoga / Community Hall	\$105 per session or \$13 per class	Thursday 10:45 to noon	Sept. 22 to Nov. 24	Donna Berry 450 226-1311	Yoga for stiff and injured bodies
Karate / Community Hall	*	Friday 17:30 to 18:30	Sept. to Dec.	Shihan Gilles Labelle 450 432-4570	Develop concentration, increase physical fitness. Children 5 and up and adults.
Tai Chi Chuan / Community Hall	R: \$140 NR: \$145	Saturday 9:00 to 10:30	Sept. 17 to Dec. 10	Robert Lee 450 227-8829 or leerobertm@gmail.com	For your body and mind (no class on October 8)
Highland Dance / Community Hall	\$60	Sunday 16:00 to 17:30	Sept. to Dec.	Heather McNabb 514 486-3480	Traditional Highland Dance for children 6 years old and over
Creative Dance / Community Hall	**	Sunday 9:15 to 10:15	<p>September 6, 2011 to June 10, 2012</p> <p>Registrations at the Community Hall Aug. 27 and Sept. 3 11:00 to 13:00</p>	<p>Isabeau 514 608-3381</p>	3 1/2 to 5 years old
Elementary Ballet / Community Hall	**	Tuesday 16:00 to 17:00			6 to 7 years old
Standard Ballet 1 - Grade 1 / Comm. Hall	**	Sunday 10:15 to 11:15			8 to 10 years old
Ballet Grade 2 and 3 / Community Hall	**	Tuesday 17:00 to 18:00			10 to 12 years old. Points from 15:30 to 16:00 on Sunday.
Ballet teenagers & adults / Community Hall	**	Sunday 11:15 to 12:30			By early January: points from 19:00 to 19:30 on Sunday
	**	Sunday 12:30 to 14:00			
	**	Sunday 14:00 to 15:30			
	**	Tuesday 18:00 to 19:30			
	**	Sunday 17:30 to 19:00			
	**	Tuesday 19:30 to 21:00			

Legend

R: resident

NR: non resident

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

** see teacher for more information