



**MORIN-HEIGHTS**  
1855

# Info Morin-Heights

*In harmony with nature!*

**DAY CAMP**  
**2012**

on page 10

**Register now!**

Winter 2011-2012 - Vol. 14, no 4

## Winter Carnival

We wish you

**Happy Holidays and a  
New Year full of  
happiness and success!**

Mayor's Report on the  
Financial Situation on pages 2-3

### Torchlight Cross-Country Skiing and Snowshoeing

**New feature!**

The Municipality of Morin-Heights and the *Club Optimiste de la Vallée de Saint-Sauveur* invite you to their torchlight cross-country ski event. Enjoy gliding through the Basler trail (2.5 km) lit by torchlights!

This year, a new torchlight snowshoe course awaits you (headlamp suggested nonetheless) for a great family time under the stars!

At the end of the activity, you can all sip on a hot chocolate while enjoying enchanting storytelling. The whole family is welcome on **Saturday January 21<sup>st</sup>** at Mont Bellevue (99, Lac-Echo Road). The two events start simultaneously at 18:00 and again at 19:00. Bring your equipment and your smile, this should be an evening to remember!

**FREE!** No reservation necessary. In the event of bad weather, the activity will be cancelled.

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

### Introduction to Cross-Country Skiing

On **Tuesday March 6<sup>th</sup>**, the Municipality of Morin-Heights and the *Club Optimiste de la Vallée de Saint-Sauveur* offer the opportunity to children 5 to 14 years of age to learn the bases of cross-country skiing. The activity, supervised by professionals, is offered free of charge, equipment included.

Mandatory reservation starting on January 30<sup>th</sup> onwards (places are limited).

Contact Catherine at 450 226-3232, ext. 102

### Spring Break Discounts at Ski Morin Heights

From **March 5<sup>th</sup> to 9<sup>th</sup>**, get a special discount for the whole family on ski tickets for Ski Morin Heights. A great way to get moving during Spring Break!

This offer is for residents only. **Tickets will be available at the Town Hall** on those days.

Watch your mailbox by early January for the "**Winter Carnival**" mailing that will inform you about all the winter activities offered.

### Torchlight Skating

On **Saturday, February 25<sup>th</sup>**, come with your family and lace up your skates for some magical torchlight skating under the winter sky! Outdoor fire, music, hot chocolate and fun are on the program for the evening!



## Summary

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## The Mayor's Report on the Financial Situation

**November 12<sup>th</sup>, 2011**

My fellow citizens,

In compliance with the Quebec Municipal Code, I would like to present the report on the Municipality's financial situation to December 31<sup>st</sup>, 2010.

I invite you to consult the financial documents, specifically, the Financial report and the Performance indicators which are presented annually to the Minister of Municipal Affairs, Regions and Land Occupancy at [www.morinheights.com](http://www.morinheights.com).

The financial report for the year ending on December 31<sup>st</sup>, 2010, prepared by Richard Deslauriers C.A., auditor, presents the results on page 3.

### **The year 2010**

The Municipality is in a sound financial state and management indicators, presented last August, confirm its efficiency. In 2010, the real estate value has increased to \$713,606,400.

In 2010, the Municipality has invested major funds into the improvement of roadwork along with the reconstruction work to the Beaulieu drinking water network.

Now that the work on the improvement of the six municipal drinking water networks has been completed, the administration must concentrate on updating the conduits which have reached their life span.

The administration has entered into an agreement with its unionized employees with the signature of a five-year (2010-2014) contract which will benefit both parties.

The enthusiastic participation of the citizens' associations living on waterfront properties has allowed for the consolidation of the protection of shoreline program which will, in the long term, ensure the quality of water.

As the intermunicipal ecocentre's popularity is on the rise, the acceptance of domestic dangerous products along with the increase in the use of garbage and recycling bins have concluded in the positive effect on the roadside cleanliness.

### **The year 2011**

As we approach the end of the year, we intend to complete the year with a slight surplus. The housing development remains on the rise. The evaluation role has increased over the last nine months by 2.5%.



Council adopted a remuneration policy for management and non-unionized employees aimed at keeping key people within the organization.

This year, Council invested major amounts into the roads network. Other than work as per the current budget, specifically, on Christieville, Village, Rang 4 and Grand Orme Roads, Council invested a large amount of the surplus into the reconstruction of Lakeshore and Campbell Roads. Finally, the work on Kirkpatrick Road was done thanks to amounts collected from the sandpit over the past two years.

The improvement to the roads network is a priority for Council and during the preparation of the 2012 budget, objectives will be found in order to provide for the project.

Phase I of the Lummis Park project has been completed because of the funds made available in the Parks and Playground Fund.

Also, the reconstruction work on the Alpino drinking water network have been completed and the Public works department will begin work on the Bastien network.

The protection of the environment remains one of the Administration's major concerns. Recently, first notices have been sent out to property owners who have not yet had their septic tanks emptied and the Town Planning and Environment departments will ensure a follow-up.

### **2012 budget**

Over the next few weeks, management employees and Council will be preparing the 2012 budgetary forecasts. The work will be planned and prioritized. Results of this work will be made public at the special budget meeting on December 14<sup>th</sup>.

As stipulated by Law, I am presenting to Council the list of suppliers whose transactions exceeded \$25,000 during the current year. This information is also available on our website.

Finally, here is the Council members' remuneration:

The Mayor's annual income is \$21,078.01 with an additional \$9,265.57 for acting as the Municipality's representative on the MRC's board composed of all regional mayors.

A Councillor's annual income is \$6,888.24 to which is added the amount of \$115.02 per month for the Councillor acting as Pro-mayor and \$62.75 per month for Councillors presiding over various Council Committees.

In addition to this compensation, Councillors have a right to a non-taxable expense allowance equal to half their annual income.

I would like to thank the Council members and all Municipal employees for their concerted and continued effort to provide the Municipality of Morin-Heights with modern infrastructures while respecting taxpayers' ability to pay.

In Council's name, I would like to thank all of the municipal employees and volunteers who dedicate their time for the well-being of the community.



**Tim Watchorn, ing.**

Mayor



<i>Financial situation statement</i>	<b>RESULTS</b>		
<b>Page 20</b>	<b>2010</b>	<b>2009</b>	<b>2008</b>
Financial assets	\$2 398 729	\$2 170 909	\$3 270 172
Liabilities	\$661 330	\$1 234 826	\$2 351 178
Debt	\$6 648 824	\$6 883 916	\$6 937 822
Net debt	\$(4 911 425)	\$(5 947 833)	\$(6 018 828)
Non financial assets	\$19 856 219	\$19 449 783	\$19 183 577
Net accumulated surplus	<b>\$14 944 794</b>	<b>\$13 501 950</b>	<b>\$13 164 749</b>

The accumulated surplus is the term which replaces the one for taxpayers' assets.

<i>Financial year results statement</i>	<b>BUDGET</b>	<b>RESULTS</b>	
<b>Pages 14-15</b>	<b>2010</b>	<b>2010</b>	<b>2009</b>
Revenues	\$7 122 185	\$8 013 150	\$6 540 715
Costs (operations expenses)	\$7 108 627	\$6 570 284	\$6 194 304
Surplus	\$13 558	\$1 442 866	\$346 411
Less investment revenues		\$(332 500)	\$(11 881)
Fixed assets	\$760 011	\$795 456	\$803 316
Financing	\$(720 457)	\$(844 981)	\$(866 369)
Allocations	\$(53 112)	\$(640 066)	\$(112 479)
Accumulated surplus	\$-	\$420 775	\$158 998

<i>Net accounting value</i>	<b>RESULTS</b>		
<b>See page 22-7</b>	<b>2010</b>	<b>2009</b>	<b>2008</b>
Immobilization costs	\$24 395 957	\$23 244 060	\$22 315 636
Accrued amortization	\$4 727 240	\$3 981 339	\$3 310 130
Net accounting value	<b>\$19 668 717</b>	<b>\$19 262 721</b>	<b>\$19 005 506</b>

<i>Debt analysis</i>	<b>DECEMBER 31, 2010</b>
Area debts	\$3 345 906
Total debt	\$2 562 997
Debt paid by the Quebec Government	\$781 957
Long term debt	<b>\$ 6 690 860</b>
MRC debt	\$31 207
Investment activities to be financed	\$161 201
Long term total net debt	<b>\$ 6 101 311</b>
Surplus accumulated net	<b>\$ 14 944 794</b>

<i>Fund analysis to Dec. 31<sup>st</sup>, 2010</i>	<b>VALUE OF FUND</b>	<b>FUND</b>	<b>ALLOCATIONS</b>
Working capital fund	\$300 000	\$239 444	\$60 556
Parks and playground fund		\$218 252	
Repairs of certain roads fund		\$52 462	
Parking fund		\$5 000	
Allocated surplus			\$45 458
Non-allocated surplus		\$486 811	

# News

## 2011 Road Map

A new Morin-Heights road map is now available for free, thanks to the participating sponsors. You can get a copy at the Town Hall or consult it on the municipal website: [www.morinheights.com](http://www.morinheights.com).



## Neighbourhood Watch

A Neighbourhood Watch program has been put into effect in the Sunset Hill area. If you wish to see a similar program implemented in your neighbourhood, read the related information on [www.morinheights.com](http://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](mailto:conseil@morinheights.com).

## Halloween in the village

The Municipality of Morin-Heights wishes to thank everybody, young and old, who participated in the production of the Haunted House at the municipal library. Many children from the Elementary School got involved in the creation of the Haunted House and who made it come to life.

**Thank you** to Mrs. Shawna Dunbar whose involvement and creativity served the community again for everybody's enjoyment.



## Alarm System

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

## Volunteers Cocktail

This past November 12<sup>th</sup>, the Municipality had celebrated volunteer contribution with a Western themed party! With live music, appetizers and cocktails, everybody had a good time! In a festive and joyful atmosphere, the invaluable work and devotion of our volunteers was underlined and applauded.

A volunteer like Charlie Andiqwar of the Football Club Morin-Heights, has been giving time and organizing skills for nearly 18 years. Mrs. Lucille Green has been involved with Cosy Corner for many years and Mrs. Joan Beaugard is involved in several local organizations. Individuals like them have a direct impact on our community life whether it affects the social, cultural or leisure activities. Their volunteer work is a gift that the municipal council salutes and greatly appreciates.

## SPCM

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

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

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



## Marteau et Plumeau

### Dust off!

If you need help cleaning your home or business (options available), we offer simple, safe and efficient solutions:



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

450 229-6677 • [www.marteau-plumeau.com](http://www.marteau-plumeau.com)

## Laurentians Intermunicipal Public Transit (TCIL)

A RESPONSIBLE AND ECONOMICAL WAY TO COMMUTE

Up to 20 bus circuits are available between Saint-Jérôme and Mont-Tremblant every day, as well as 9 taxibus circuits offering service to neighboring municipalities, morning and evening, Monday through Friday.

**For information:** [www.tcil.qc.ca](http://www.tcil.qc.ca)

877-604-3377 ou 819-681-3377

### 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!

Please note that there is a by-law concerning the visibility of your civic number. Not conforming can result in a fine.

## Défi-vélo « Voyage de rêve »

This last August 20<sup>th</sup>, «Défi-vélo Voyage de rêve» took place. This cycling event consisted in a 300 km ride done in one day, from Montreal to Quebec City. The objective was to raise funds to send 175 either mentally or physically challenged children, and/or underprivileged, from the Montreal region, to Walt Disney World Resort, Orlando for one unforgettable day.



Caroline Boisselle

Caroline Boisselle, a Morin-Heights resident, Ironman triathlete, road races Quebec champion, Studio Cycle Garneau store's representative and a Sureté du Québec police officer, took part of the 60 cyclists team. Each participant had to raise \$1000, for a total of \$60 000 for the whole team. The objective was greatly exceeded and on October 22<sup>nd</sup>, a cheque of over \$100 000 was given to the «Voyage de rêve» organization.

The trip took place on November 2<sup>nd</sup> and Caroline was lucky enough to accompany the children for the day. They got the privilege to board directly from the hangar at the Air Canada base.

We applaud the athletic and volunteer commitment of this Morin-Heights resident!

[www.defivelovoyagedereve.ca](http://www.defivelovoyagedereve.ca)



## Parking Prohibited

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

Please respect the by-law.

## Maximum driving speed standardized



Since September 2010, all streets and residential roads within the Municipality saw their maximum driving speed lowered at 40km/hr. Collector roads remain with a speed limit set at 50km/hr. **Have you noticed?**



## Ecocenters, for sustainable development

### The ecocenter is located at:

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

### Hours:

From December 15<sup>th</sup> to March 15<sup>th</sup>, Tuesdays, Thursdays & Saturdays from 7:30 to 11:45 and 13:15 to 16:30. Closed on December 24<sup>th</sup> and 31<sup>st</sup>.

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

## Public Works

### Parking and snow removal

Snow removal is Public Works' main responsibility in wintertime. The speed and efficiency of snow clearing operations are greatly improved with the cooperation of all citizens. Here are a few important points to remember:

- **Parking is prohibited on all public roads at all times** with the exception of certain spots on Village and Campbell Roads, only from 8:00 to 22:00.

- Citizens must avoid installing lights, mailboxes, fences, hedges, retaining walls or erect any structure between their lot line and the edge of the road in winter. This space is municipal property reserved for snow removal operations and the Municipality is not responsible for damages occurring in that space.

*Note: Hedges should be planted one meter within front setbacks and protected. It is very important to remove all debris and obstructions from road ditches to ensure proper flow of surface waters when the snow melts.*

- It is important to use **non-metallic** property markers or reflectors to avoid damage to municipal equipment. Opt for fibreglass or wooden ones and install them at the limits of your property, rather than at the edge of the driveway.

- It is illegal to shovel or plough snow from your roof, driveway or car onto municipal roads, sidewalks and in front of fire-hydrants.

Please note that by-law 401, available online, exists and allows snow blowing on private property.

**Your cooperation is of essence.**

**The sand we spread on roads, mixed with 3% salt, is generally only applied once the snow has stopped falling, salt is ineffective below -15°C. The combination sand/salt is more efficient and easier on the environment.**



# Recycling and Garbage Collection Calendar 2012

JANUARY						
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				

FEBRUARY						
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			

MARCH						
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

APRIL						
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					



**Garbage and large items**



**Recycling**

**Holidays:** Please note that garbage and recycling will be picked up as usual. Recycling collection will be on Monday, December 19<sup>th</sup> and January 2<sup>nd</sup> and garbage collection on Monday, December 26<sup>th</sup> and January 9<sup>th</sup>.

## Library

### NEW ACQUISITIONS (English novels)

Louise Penny

A Trick of the Light: A Chief Inspector Gamache Novel

Anne Perry

Acceptable Loss: A William Monk Novel

Debbie Macomber

Hannah's List

Mary Horlock

The Book of Lies

A.D. Miller

Snowdrops

Michael Ondaatje

The Cat's Table

Kathy Reichs

Flash and Bones

Jeffrey Archer

Only Time Will Tell

S.J. Watson

Before I Go To Sleep

Daniel Silva

Portrait of a Spy

Bill Haugland

The Bidding

James Patterson & Marshall Karp

Kill Me If You Can

Peter Behrens

The O'Briens

Tom Clancy

Against All Enemies

Eric Van Lustbader

Robert Ludlum's The Bourne Dominion: A New Jason Bourne Novel

Robert Rotenberg

The Guilty Plea

Jeffrey Deaver

Carte Blanche: The New James Bond Novel

### NEW ACQUISITIONS (Non-Fiction)

David Leigh & Luke Harding

Wikileaks: Inside Julian Assange's War on Secrecy

Gayle Tzemach Lemmon

The Dressmaker of Khair Khana

Gwynne Dyer

Crawling From the Wreckage

Geneen Roth

Lost and Found: Unexpected Revelations About Food and Money



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

**Information: 450 226-3232, ext. 124.**

You will be pleased to know that you can renew loans, and request inter-library loans, from your home computer through this website: [www.reseaubiblioduquebec.qc.ca/morin-heights](http://www.reseaubiblioduquebec.qc.ca/morin-heights). All you need is your membership number (see membership card) and your PIN (NIP). If you do not know your PIN number, just ask the librarian. Please note that inter-Library loans (PEB's) are not renewable.



### Opening hours:

Tuesday and Thursday: from 13:00 to 16:00

Wednesday: from 10:00 to noon  
and 14:00 to 16:00

Friday: from 19:00 to 21:00

Saturday: from 10:00 to 14:00

Sunday: from 11:00 to 13:00

**Children's Story Hour** is held at the Library every Wednesday morning, from 10:00 to 11:00.

Ask about a special edition of Story Hour to be organized during Spring Break!

**A special Story Hour took place in the library on October 1<sup>st</sup>, as part of Les Journées de la culture (see pictures). Stories were read in French and English, some animated with hand puppets. What fun! A special thanks to our beloved readers Kathy, Michel, Terry and Eve.**

## Morin-Heights Fire Department and First Responders

### Emergency exits in winter

In the event of a fire, a house can become a trap as many obstacles, indoor or outdoor, can prevent your family from getting out to safety. Snow accumulations blocking your secondary exits (balconies, patios, access paths, etc.) can also hinder a fast evacuation. Owners of propane heaters should make sure that the vent is free of snow and that the manufacturer's minimal clearing is respected. See to it!

### Venmar® Ventilation Systems

Venmar has released an important notice concerning their ventilation systems manufactured between 1983 and 2001 or between October 2006 and August 2007. An unlikely series of circumstances could lead to a motor overheating, which may result in a potential fire hazard.

#### Instructions:

1. Shut down the system and unplug it;
2. Contact Venmar:
  - [www.venmar.ca](http://www.venmar.ca), under "Product Recall Safety Upgrade Program"
  - Telephone 1-866-441-4645

### Carbon Monoxide

A smoke detector does not detect carbon monoxide (CO): a CO detector is therefore also needed. 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 inexpensive devices save lives.

To learn more, visit: [www.securitepublique.gouv.qc.ca/en/securite-incendie/citoyen-averti/conseils-prevention/monoxyde-carbone.html](http://www.securitepublique.gouv.qc.ca/en/securite-incendie/citoyen-averti/conseils-prevention/monoxyde-carbone.html)



### Fire burns, smoke kills

Did you know that smoke is more likely to be deadly than fire itself? A smoke detector is still the cheapest and easiest device to install and maintain to alert residents of the presence of smoke at the start of a fire, even before flames are visible. Since it was marketed in the early 80's, the smoke detector has helped reduce the average number of fire-related deaths from 180 to 70 each year.

### According to the regulation in force in Morin-Heights, all residences must have smoke alarms.

In accordance with the new standards CNB 2010 and CNPI 2010, it is recommended to install a smoke detector (ULC approved) in each bedroom where people sleep with the door closed, in each hallway near bedrooms, near staircases and on each floor, including the basement. These safety tips apply for main residences as well as cottages/cabins. A smoke detector with a long-lasting lithium battery is a good choice; the battery, located in a sealed compartment, has a lifetime of ten years.

Two easy steps to verify your battery-operated or electric smoke detectors:

- Verify the battery **once a month** using the test button. You should hear the signal immediately. If they are connected to a surveillance center, let them know you will test them and follow instructions.
- Test the detector with smoke **once a year**. In a safe container, burn incense, a cotton string or blow out a candle under the detector. You'll be able to check if it works. With time, corrosion, dust and grease can prevent it from working properly.

Visit:

[www.securitepublique.gouv.qc.ca/en/securite-incendie/citoyen-averti.html](http://www.securitepublique.gouv.qc.ca/en/securite-incendie/citoyen-averti.html) to learn more about smoke detectors.



## Preparing a home escape plan: child's play!

An evacuation plan is a drawing of each floor of your home that simplifies the evacuation of your residence to increase your chances of survival in case of a fire. All occupants must be familiar with the evacuation plan and it must be practiced at least once a year. A few safety procedures can also accompany your plan. Here are the necessary tools to make your own.

### The plan should identify:

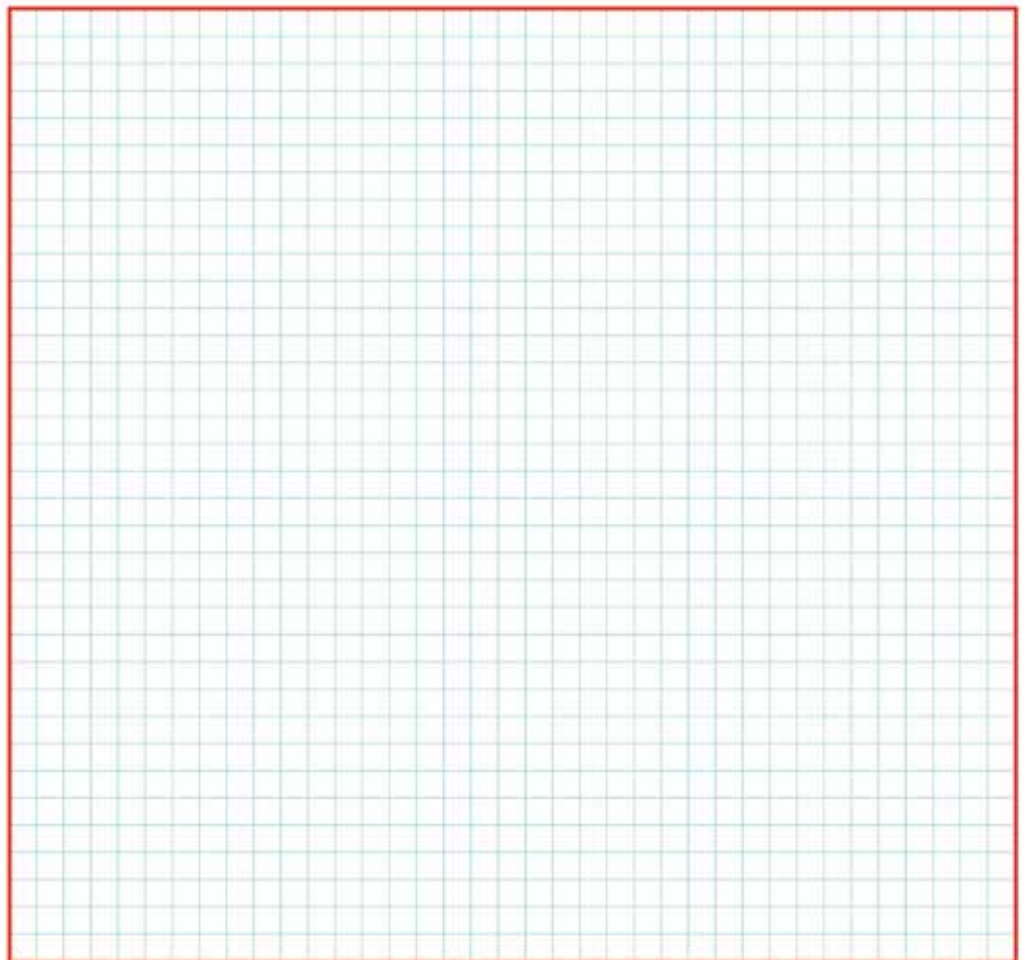
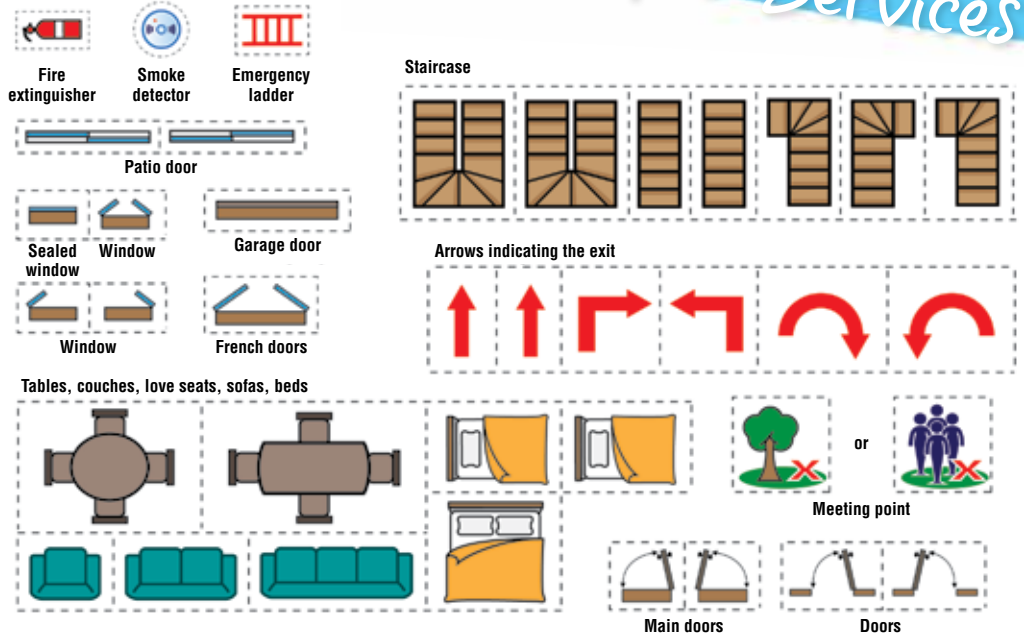
- all possible exit paths from each room leading outside;
- all windows and doors that can serve as exits, ideally two per room;
- the location of smoke and carbon monoxide (CO) detectors, as well as portable extinguishers;
- a meeting point outside, usually at the front of the house;
- how and where to contact 9-1-1.

### Remember to:

- crawl on all fours under smoke;
- once you reach the meeting point, count heads to see if you have everyone;
- exit the building before dialing 9-1-1;
- never go back inside the building.

Visit our municipal website under "Municipality" and "Public Safety" for more information or visit:

[www.securitepublique.gouv.qc.ca/en/securite-incendie/citoyen-averti/conseils-prevention/plan-evacuation-maison-incendie.html](http://www.securitepublique.gouv.qc.ca/en/securite-incendie/citoyen-averti/conseils-prevention/plan-evacuation-maison-incendie.html)



To draw your evacuation plan online or to print the necessary elements in a bigger format, visit: [www.securitepublique.gouv.qc.ca/securite-incendie/citoyen-averti/conseils-prevention/plan-evacuation-maison-incendie.html](http://www.securitepublique.gouv.qc.ca/securite-incendie/citoyen-averti/conseils-prevention/plan-evacuation-maison-incendie.html).

# Activities

## Day Camp 2012

The Municipality invites Morin-Heights children to experience Tamaracouta Camp this summer, from July 2<sup>nd</sup> to August 17<sup>th</sup>.



Tamaracouta Reserve is the oldest running scout camp in the world. Kids from around the globe benefit from this amazing site every year since 1912. The camp is located on 1000 acres of pristine woodlands, offering accommodations and activities. Rich in tradition and history, Tamaracouta continues to thrive offering quality programming for year-round outdoor fun. The camp welcomes children from 5 to 16 years of age and offers activities such as swimming, canoe tripping, hiking, climbing wall, archery, ecology and arts & crafts (activities varies depending on the program chosen).

The Municipality will provide transportation for the children (residents of Morin-Heights): a bus will leave the Town Hall every morning at 8:15 and will be back at 16:30. Please note that this year, lunch is not included.

A day-care service will be available at the Town Hall, from 7:00 to 8:15 and from 16:30 to 18:00. Parents who prefer to bring their child directly to camp can register for Tamaracouta's day-care service.

RATES				
<b>Regular Program</b> 5 to 11 years old (prices valid until June 1 <sup>st</sup> )	<b>1<sup>st</sup> child</b>	<b>2<sup>nd</sup> child</b>	<b>3<sup>rd</sup> child</b>	<b>Municipal Grant</b>
<b>Full summer</b>	\$700	\$630	\$560	20%
<b>4-week Program</b>	\$400	\$360	\$320	20%
<b>3-week Program (minimum)</b>	\$300	\$270	\$240	20%
<b>Enriched Program</b> 11 to 15 years old (prices valid until June 1 <sup>st</sup> )	<b>1<sup>st</sup> child</b>	<b>2<sup>nd</sup> child</b>	<b>3<sup>rd</sup> child</b>	<b>Municipal Grant</b>
<b>Weekly</b>	\$200/per week	\$190/per week	\$180/per week	\$20/per week
<b>Leader-in-Training Program (LIT) 15-16 years old</b>	<b>Per child</b>			-
<b>8-week Program (June 25<sup>th</sup> to July 17<sup>th</sup>)</b>	\$2500 (includes all certifications, lodging, food and transport)			-

*The Municipality of Morin-Heights will offer a compensation to parents upon presentation of proof of registration and full payment. Morin-Heights parents who choose a municipal summer camp in a neighboring municipality will receive a 20% refund from our municipality. You must bring the proof of payment to the Town Hall before August 15<sup>th</sup> to receive your refund in September.*

DAY-CARE SERVICE	AM and PM	AM or PM
<b>Week</b>	\$40	\$20
<b>Day</b>	\$10	\$5



### REGISTRATIONS

**Registration is open now and made directly at camp this year.** Please register as soon as possible since there is a limited number of places.

**Registration ends April 13<sup>th</sup>, 2012.** After this date, an extra charge will be added if places are still available. Final payment is due by June 1<sup>st</sup>, post-dated cheques are accepted but have to be received by June 1<sup>st</sup>.

### REGISTRATIONS AT TAMARACOUTA CAMP:

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

**Open House - March 16<sup>th</sup> and 17<sup>th</sup>, from 8:30 to 20:30.**

499 Tamaracouta Road,  
Mille-Isles, J0R 1A0  
1-866-438-4096  
reservations@tamaracouta.com  
www.tamaracouta.com

### To register your child you must bring:

- a proof of residency;
- in case of ALLERGIES: 2 recent photos of your child;
- child's medicare number;
- parent's social insurance number (for Relevé 24);
- \$75 for registration fees (not applicable for Scouts Canada members);
- full payment or leave a deposit with postdated cheques.



**TAMARACOUTA: 1-866-438-4096**

## Ice Skating Program

**Instructor needed to teach the basics to the youngest and to teach figure skating techniques to the older children.**

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

Every Saturday at the Morin-Heights skating rink.

**Instructor:** to be determined

**Begins on:** Saturday, January 7<sup>th</sup>

**Ends on:** Saturday, February 25<sup>th</sup>

**Schedule:**

9:45 to 11:00 **Intermédiaire et avancé**

11:00 to 11:45: **Débutant** - 3 ½\* à 5 ans -

(\*né avant le 1<sup>er</sup> juillet 2008)

Noon to 12:45: **Intermédiaire** - 6 ans et plus -

Minimum required per level: 7 kids

COST	RESIDENT	NON-RESIDENT
<b>Beginner 3 ½ to 5 years old</b>	\$45	\$55
<b>Other levels</b>	\$50	\$60

### REGISTRATION

Full payment by check, cash or debit must be made at the time of registration at the Town Hall, until January 6<sup>th</sup>, Monday to Friday – 8:30 to noon and 13:00 to 16:30.

Registration forms available at [www.morinheights.com](http://www.morinheights.com)

**No registrations will be taken at the skating rink.**

Note that a \$10 per person late fee will be charged after January 6<sup>th</sup>.

**Information:**

Karyne Bergeron, 450 226-3232, ext. 111



## Activities

### Pick-up Youth Hockey FREE! For children 7 to 10 and 11 to 14 years old

**\*The team is looking for an assistant-coach. If you are interested, please contact the coach\***

This recreational hockey program offers children 7 to 10 and 11 to 14 years of age, an opportunity to play traditional pick-up hockey at the local outdoor skating rink for free!

Emphasis is on fun, team spirit and participation. The program will mostly take place at the skating rink, except for two or three exhibition games which may be organized within the MRC. Since the program is free, places are limited and is it entirely ran and supervised by volunteers, please honour their involvement by your participation. Hockey is a sport where team spirit is essential; your children's presence to all games is key.

**The following equipment is required: helmet with visor, neck shield, hockey skates and stick.**

**On Tuesdays:**

7 to 10\* years old from 18:30 to 19:30 • 11 to 14 years old from 19:30 to 21:00

\* Classification will be made depending on skills for children that age.

Starts on Tuesday January 10<sup>th</sup>, ice and weather permitting, at the rink on Watchorn Road. Program ends on February 28<sup>th</sup>, 2012.

**Ice conditions: 450 226-3232, ext. 122**

**REGISTRATION: places are limited\*\***, you must register at the Town Hall by December 17<sup>th</sup> at the latest (the municipal office is closed over the Holidays). Contact Catherine Maillé at 450 226-3232, ext. 102.

\*\*Priority will be given to Morin-Heights residents until January 5<sup>th</sup>. Following this, all remaining places in the program will be filled with non-residents who are on the waiting list.

**Information:** Volunteer Head Coach, Robert Leblanc, 450 226-1392

### Coueurs des Bois Group

This group organizes outings in the Laurentians. According to the season, the excursions are snowshoeing, hiking, or cycling. This season's outings schedule is available at: [www.morinheights.com/spip.php?article321](http://www.morinheights.com/spip.php?article321)

**Information:**

Eileen Meillon at 450 226-6904



# Activities

## Ski Morin Heights

Discounts for \*residents of Morin-Heights, St-Adolphe-d'Howard, Gore, Mille-Isles, Lakeview, Lakefield, Wentworth, Hawkesbury and Lachute.

\*get your card at the Customer Service desk with a proof of residence and an I.D. card with a photo.

### ADVANTAGE CARD 59 + taxes

BENEFITS:

- From January 6<sup>th</sup>, 2012, ski every Friday night starting at 15:00.
- Ski day and night **until December 16<sup>th</sup>, 2011 and after March 9<sup>th</sup>, 2012** (depending on business hours).
- "2 for 1" rebate on rental equipment.
- 10 % off at the boutique.



### ADVANTAGE CARD PLUS \$129 + taxes

BENEFITS:

- Ski Monday to Friday from 9:00 to 16:00.
- From January 6<sup>th</sup>, 2012, ski every Friday night starting at 15:00.
- Ski day and night **until December 16<sup>th</sup>, 2011 and after March 9<sup>th</sup>, 2012** (depending on business hours).
- "2 for 1" rebate on rental equipment.
- 10 % off at the boutique.

## The 40<sup>th</sup> Morin-Heights Viking Loppet

Take part in this Tour de ski des Laurentides event to become eligible for the SEPAQ grand prize!

On Sunday February 26<sup>th</sup>, 2012, you won't want to miss this great cross-country skiing event. Come celebrate the 40<sup>th</sup> anniversary of the Morin-Heights Viking Loppet! Devotees and amateurs gather together for this annual event; all types of skiers are welcome to participate: tourers, racers as well as families. Three distances are offered to skiers: 10, 20 and 33 km, and one 5 km race is offered to snowshoers so more people can enjoy this great winter celebration! Take part in the most prestigious cross-country celebration in Eastern Canada! Early-bird discounts are available until January 23<sup>rd</sup>.

For additional information and registration, please visit:

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

If you wish to join the organization and its dynamic team of 140 volunteers, please leave your name and phone number to:

Karyne Bergeron at 450 226-3232, ext. 111 or at [bulletin@morinheights.com](mailto:bulletin@morinheights.com).



## Intermunicipal Agreement

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

### Registration process

Enquire directly about the registration process, dates, schedules, prices and availability with the town offering the class(es) of your choice. A proof of residence is required. We suggest that you communicate with the municipality offering the class or that you visit their website to get information about registrations, dates, prices and availability.

### Refunds

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

### For information

#### Piedmont:

450 227-1888, ext. 223 • [www.municipalite.piedmont.qc.ca](http://www.municipalite.piedmont.qc.ca)

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

819 327-2626 • [www.stadolphedhoward.qc.ca](http://www.stadolphedhoward.qc.ca)

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

450 224-2675, ext. 25 • [www.sadl.qc.ca](http://www.sadl.qc.ca)

#### Sainte-Adèle:

450 229-9605, ext. 244 • [www.ville.sainte-adele.qc.ca](http://www.ville.sainte-adele.qc.ca)

#### Saint-Sauveur:

450 227-2669, ext. 420 • [www.ville.saint-sauveur.qc.ca](http://www.ville.saint-sauveur.qc.ca)

*The selected activities are listed on page 13.*

*For a complete schedule of the classes offered in Morin-Heights, please consult the course schedule on page 17.*

## Cross-country Skiing and Snowshoe

### ACTIVITIES INCLUDED IN THE AGREEMENT

#### ADULTS

<b>Acrylic and oil painting</b> Saint-Sauveur
<b>African Drumming</b> Saint-Sauveur
<b>Afro-jazz dance</b> Saint-Sauveur
<b>Bridge Class</b> Saint-Sauveur
<b>Fitness &amp; Quality of Life</b> Piedmont
<b>Flexibility Yoga</b> Sainte-Adèle
<b>Gentle Gymnastics</b> Piedmont
<b>Pilates</b> Piedmont
<b>Photography</b> Saint-Adolphe-d'Howard
<b>Spanish (beginner and advanced)</b> Sainte-Adèle
<b>Tai-Chi chuan</b> Saint-Sauveur
<b>Watercolour</b> Sainte-Anne-des-Lacs
<b>Wine Class</b> Saint-Adolphe-d'Howard
<b>Zumba gold</b> Saint-Adolphe-d'Howard

#### CHILDREN

<b>Acrylic painting</b> Sainte-Anne-des-Lacs
<b>Arts &amp; Crafts</b> Piedmont
<b>Babysitting</b> Sainte-Adèle and Saint-Sauveur
<b>Judo</b> Saint-Sauveur
<b>Painting and art creation</b> Saint-Sauveur
<b>Photography</b> Saint-Sauveur
<b>Singing lessons and theatre</b> Sainte-Adèle
<b>Zumbatomic</b> Saint-Adolphe-d'Howard

#### NEW THIS YEAR PRE-SALE DISCOUNT:

Get a **\$5 discount on your cross-country and/or snowshoe pass** if purchased the week-end of November 26<sup>th</sup> and 27<sup>th</sup> at the Aerobic Corridor Welcome Pavilion, 9:00 to 16:00.

#### Season passes

Cross-country and snowshoe passes may be purchased weekdays, at the Morin-Heights Town Hall during regular office hours until December 16<sup>th</sup>, at the Aerobic Corridor Welcome Centre (50, Lac-Echo Road) every weekend beginning December 3<sup>rd</sup>, and every day beginning December 19<sup>th</sup>, conditions permitting.

Trail maps are available for \$2.

You can purchase a snowshoe pass giving you access to 27 km of trails across the Morin-Heights and Ski Morin Heights snowshoe networks.

Please take note that cross-country trails are reserved to skiers only and snowshoers should stay on the snowshoe network. Snowshoers taking the Aerobic Corridor or coming across an intersection, should be careful not to step on the ski tracks but rather off the trail. Thank you for your cooperation!

- Bring a **small photo** and **proof** of residence.
- Cash or Interac payments only.

CROSS-COUNTRY & SNOWSHOE		
SEASON PASS		
Category	Pays-d'en-Haut MRC Resident	MRC Non-resident
<b>Adults</b> (18 +)	<b>\$70</b> (taxes incl.)	<b>\$90</b> (taxes incl.)
<b>Students</b> (18 to 22) <b>Seniors</b> (65 +)	<b>\$50</b> (taxes incl.)	<b>\$70</b> (taxes incl.)
<b>Children</b> (17 and under)	<b>FREE</b>	<b>FREE</b>

SNOWSHOE ONLY		
SEASON PASS		
Category	Morin-Heights Resident	Non-resident
<b>Adults</b> (18 +)	<b>\$30</b> (taxes incl.)	<b>\$40</b> (taxes incl.)
<b>Students</b> (13 to 17) <b>Seniors</b> (65 +)	<b>\$15</b> (taxes incl.)	<b>\$20</b> (taxes incl.)
<b>Children</b> (12 and under)	<b>FREE</b>	<b>FREE</b>

#### Carte réseau

Carte Réseau passes may be purchased for \$25 by M.H. pass holders (cross-country and snowshoe or snowshoe only). It allows pass holders to one visit to each of the 22 participating centres this winter.

#### Day tickets

Day tickets may be purchased at the Aerobic Corridor, Mont Bellevue and Ski Morin Heights' camping.

SPONSOR



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

CROSS-COUNTRY AND SNOWSHOE DAY TICKETS		SNOWSHOE ONLY DAY TICKETS	
<b>Adults</b> (18 +)		<b>Adults</b> (13 +)	<b>\$7</b> (tx. incl.)
Weekends and holidays	<b>\$10</b> (tx. incl.)	<b>Children</b> (12 and under)	<b>FREE</b>
Weekdays	<b>\$8</b> (tx. incl.)		
<b>Children</b> (17 and under)	<b>FREE</b>		

#### Information:

Aerobic Corridor 450 226-1220  
(beginning December 3<sup>rd</sup>)

# Activities

## 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 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 at [prematernellelarochelle@gmail.com](mailto:prematernellelarochelle@gmail.com)

[http://web.me.com/merciera/La\\_Rochelle/BIENVENUE%21\\_WELCOME%21.html](http://web.me.com/merciera/La_Rochelle/BIENVENUE%21_WELCOME%21.html)

## Activities at the Royal Canadian Legion, Branch 171



### Sunday, December 18<sup>th</sup>:

Children's Christmas Party at 13:00

### Sunday, February 5<sup>th</sup>:

Super Bowl Party  
(Margaret's famous hamburgers)

**Email:** [legion171@cgocable.ca](mailto:legion171@cgocable.ca)

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

## Football Club Morin-Heights (soccer club)



We had a great 2011 season! We would like to say a big THANK YOU to all coaches, volunteers, parents, referees and players: without you we wouldn't have a soccer club!

### 2012 Registrations at the Town Hall:

January 28<sup>th</sup> from 13:00 to 17:00 • January 29<sup>th</sup> from 10:00 to 14:00

For more information please contact us:

[fcmorinheights@hotmail.com](mailto:fcmorinheights@hotmail.com) • [www.fcmorinheights.com](http://www.fcmorinheights.com) • 450 226-0011



## Viking Ski Club

Viking Ski Club offers a cross-country ski program for children beginning January 7<sup>th</sup>, 2012.

- Bunnyrabbits: 4 - 5 years old
- Jackrabbits: 6 - 13 years old
- Challenge: Teenagers 12 - 16 years old
- Biathlon: Bears 9 - 14 years old and adults, racing or recreational

Adult lessons are available and there is a touring program held on Thursdays and Saturdays.

For information: [www.vikingskiclub.ca](http://www.vikingskiclub.ca)

• [vikingskiclub@gmail.com](mailto:vikingskiclub@gmail.com).

The chalet is located at 393, Jackson Road.

## Morin-Heights Historical Association

Our presence at the Legion's August flea market yielded new and renewed membership and sales of our Porcupine magazines. To renew yours, call Audrey at 450 226-7601.

Our new directors are Audrey McDonough, Joan Hudson and Eileen Meillon and Susan McNabb as a permanent volunteer.

Work on Archives is progressing. Check our website for our upcoming events and look for us at the Morin-Heights Elementary School's Christmas Bazaar in December!

**Morin-Heights Historical Association,  
C.P. 2693, Morin-Heights, Qc, J0R 1H0**

## St-Eugène Activities (Notre-Dame-des-Monts Parish)

### Saturday, December 17<sup>th</sup>:

Bake Sale, 10:00 to 14:00.

### Saturday, December 24<sup>th</sup>:

Christmas Mass at 19:30.

## Cancer Support Group

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

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

## Senior Citizens Heritage Club

The Senior Citizens Heritage Club is for ages 55 & over; new members are welcome. Monthly activities are organized including day trips and dining out.

A Military Whist is also held on the 1<sup>st</sup> Wednesday of the month, in the United Church basement. Non-members are welcome to all events.

### Information:

Isabel Ellis: 450 226-8882  
 Marion Roberts: 450 432-7324  
 Muriel Scofield: 450 229-3660

## Laurentian Reading Club

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

**Information:** Eileen Meillon 450 226-6904 or Joan Beauregard 450 226-3236

## Joyful Noise Choir

Choir and eclectic song selection. All ages welcome.

At the Library's Remembrance Hall on Tuesdays at 19:00, from January 17<sup>th</sup> to May 29<sup>th</sup>, \$110.

Ian Lebofsky, Choir Director, 450 458-4767, [cotelebo@total.net](mailto:cotelebo@total.net)

**Information and registration:** Penny Rose 450 226-2746 • [jenanson@hydroponix.com](mailto:jenanson@hydroponix.com)



## Theatre Morin-Heights

For all ages! We will read plays during our meetings from January through May 2012.

**Information and tickets:** Penny Rose at 450 226-2746 • [jenanson@hydroponix.com](mailto:jenanson@hydroponix.com)

### To join the company:

meetings at the Remembrance Hall, every second Wednesday at 19:30, January 18<sup>th</sup> to May 30<sup>th</sup>. **Free!**

## Bridge Club

The Morin-Heights Bridge Club is always on the lookout for new players. Joan Ford continues on as Director.

Winter and spring activities will be held **from January 5<sup>th</sup> to May 31<sup>th</sup>**, game starts at 13:00 sharp.

**St-Eugène Hall, 148, Watchorn Road.**

- Annual membership: \$5
- Weekly play: \$4
- Drop-in fee for guests: \$5
- The Christmas lunch will take place on December 15<sup>th</sup>. On this special occasion, you are asked to arrive at 12:30 to enjoy the lunch, a chat and then play bridge.
- Another social event will be organized in the spring of 2012, members will be notified later on.

### Information:

André Poirier at 450 226-3049 • [poirier-thibault@sympaqtico.ca](mailto:poirier-thibault@sympaqtico.ca) ou  
 Richard Harling at 819 326-4406

## Evening of Christmas

**Joyful Noise Choir** and **Theatre Morin Heights** invite you to an evening of Christmas on Thursday, December 8<sup>th</sup>, at 19:00. This free presentation is being held at the United Church (831, Village Road). Donations to the Church are welcome.

**Information:** Penny Rose at 450 226-2746 • [jenanson@hydroponix.com](mailto:jenanson@hydroponix.com)



A concert is scheduled for June 3<sup>rd</sup>, 2012. Details to come in the next issue of Info Morin-Heights.

# Activities

## Arts Morin-Heights

After 28 years of hosting its annual summer exposition, Arts Morin-Heights is expanding. Many of our artists now have paintings on display at the Town Hall. In December, we plan to take part in the Morin-Heights Elementary School Christmas Bazaar. Starting in February, we will continue to exhibit **at the Library**, alternating group presentations with solo exhibits from Carolle Ducharme, Ginette Fontaine, Judy Lazarus, Nicole Rozon, Joan Scott and Angie Wilby. For more details, visit the library or visit our website: [artsmorinheights.com](http://artsmorinheights.com).



We thank all the visitors who attended our annual show at St-Eugène Hall, and look forward to see you at the same location next summer.

All our activities are free, but you can bring non-perishable food items which will be given to the Laurentians food bank.

**Contact:** Ginette Fontaine at 450 226-3832 or [maagfontaine@hotmail.com](mailto:maagfontaine@hotmail.com)

## Next Info Morin-Heights

Please send your information to Karyne Bergeron by email at [bulletin@morinheights.com](mailto:bulletin@morinheights.com) or at the Town Hall.

The spring-summer edition is scheduled for distribution on April 27<sup>th</sup>, 2012.

The deadline to submit articles is March 7<sup>th</sup>. This edition will cover the period between May 1<sup>st</sup> to August 31<sup>st</sup>, 2012.

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

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

### **Pictures of private gardens for our website**

The Municipality would like to offer the possibility of showing some of the magnificent private gardens in our town. 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 so choose.



## Important numbers

### **Town Hall:**

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

**Phone:** 450 226-3232

**Fax:** 450 226-8786

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

### **Email:**

[bulletin@morinheights.com](mailto:bulletin@morinheights.com)  
[comptabilite@morinheights.com](mailto:comptabilite@morinheights.com)  
[conseil@morinheights.com](mailto:conseil@morinheights.com)  
[environnement@morinheights.com](mailto:environnement@morinheights.com)  
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[travauxpublics@morinheights.com](mailto:travauxpublics@morinheights.com)  
[urbanisme@morinheights.com](mailto:urbanisme@morinheights.com)

### **Sûreté du Québec des**

**Pays-d'en-Haut :** 450 227-6848

### **Emergency: 9-1-1**

Fire / Police / Ambulance /  
Emergency Measures /  
Emergency Public Works  
(night and holidays)

### **Dog catcher:**

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

### **Holiday Schedule**

The Municipal office will be closed for the Holidays from Friday, December 23<sup>rd</sup> to Monday, January 2<sup>nd</sup>.

## 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](http://www.morinheights.com) or at the Town Hall.

**Graphic Design:** Julie Allard

**Production:** Les Imprimés Triton

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



**Legend**

R: resident  
 NR: non resident  
 \*\*: The cost depend of the time of the inscription (1, 3, 5, or 10 months). Two free trial classes.  
 \*\*: See teacher for more information.

# Classes

Class / Location	Rates	Day	Session	Teacher	Description
Body design / St-Eugene Hall		Monday 9:15 to 10:15	January 16 to April 2	Lisa McLellan www.lmfitness.ca	Work hard! Get into shape
Stretch and Strengthen / Community Hall		Monday 9:30 to 10:30			Improve posture, mobility and relieve pain
Aquafitness / Le Chanteclerc		Monday 11:00 to noon		Moira, Steph, Claire & Brigitte	Pool workout for strength and health
Cardio Flow / St-Eugene Hall		Tuesday 10:45 to 11:45		<b>For more detailed info:</b>	Gentle body/mind cardio workout
Combo 50+ / St-Eugene Hall		Tuesday 9:30 to 10:30	January 17 to April 3	450 530-3920	Overall workout: improve strength, balance and vitality
Aquafitness / Manoir de la Vallée		Tuesday 9:30 to 10:30		Changes to the schedule are possible	Pool workout for strength and health
Hatha Yoga / Community Hall		Tuesday 10:45 to 11:45			Gentle Yoga for clarity, focus and peacefulness
Stretch and Strengthen / St-Eugene Hall		Tuesday 13:30 to 14:45	January 18 to April 4	Registrations at the Comm. Hall, Jan. 13, 13:00 to 18:00	Improve posture, relieve pain, become more supple
Stretch and Strengthen / Community Hall	Pass or card	Wed. 9:15 to 10:30			For balance, improved range of motion and stress management
Stretch and Strengthen / St-Eugene Hall		Wed. 11:00 to noon			Overall workout, improve strength and vitality
Combo 50+ / St-Eugene Hall		Wed. 17:30 to 18:30			Pool workout for strength and health
Aquafitness / Manoir de la Vallée		Thurs. 9:30 to 10:30	January 19 to April 5	<b>Fitness Pass</b> (2 classes/week): \$240 + taxes (3 or more classes/week): \$264 + taxes	Breath, postures, inner transformation
Hatha Yoga / Community Hall		Thurs. 9:30 to 10:30		<b>Card (9 classes):</b> \$118 + taxes	Breath, challenging Vinyasa, inner transformation
Hatha Yoga / Community Hall		Thurs. 10:45 to 11:45			Breath, challenging Vinyasa, inner transformation
Essentrics - Pilates / St-Eugene Hall		Thurs. 17:30 to 18:45			Strengthen and lengthen for better posture
Qi Gong / Community Hall		Thurs. 19:00 to 20:15	January 20 to April 6	<b>Join anytime during a session</b>	Health and well being: breath, movement and mental focus
Stretch and Strengthen / Community Hall		Friday 9:30 to 10:30			Gentle, restorative and effective
Stretch and Strengthen / Community Hall		Friday 9:45 to 10:45			
Stretch and Strengthen / Community Hall		Friday 11:00 to noon			
Yoga and Spiritual Teaching / St-Eugene Hall	\$15/ class with registration \$20/ class drop-in	Monday 17:30 to 19:30	starting on January 9	Louise Bloom Spunt 450 226-5844	Hatha yoga, meditation and spiritual disciplines
Tai Chi Yang stretch and meditation / Community Hall	\$120 per session	Tuesday 10:45 to 12:15	<b>You can join a session at any time</b> 1 <sup>st</sup> session: Jan. 31 to March 20 2 <sup>nd</sup> session: Apr. 3 to May 22	Michelle Gendron 450 712-6834	Increase mind and physical abilities
Gentle Yoga / Community Hall	\$115 by session (11 classes)	Thursday 10:45 to noon	January 19 to April 5	Donna Berry 450 226-1311	Yoga for stiff and injured bodies
Karate / Community Hall	*	Friday 17:30 to 18:30	December to June	Shihan Gilles Labelle 450 432-4570	Develop concentration, increase physical fitness. Children 5 and up and adults.
Wu Style Tai Chi Chuan / Community Hall	R: \$140 NR: \$145	Saturday 9:00 to 10:30	January 7 to March 24	Robert Lee 450 227-8829 or lee@robertmh@gmail.com	For your body and mind and your health
Highland Dance / Community Hall	\$60	Sunday 16:00 to 17:30	**	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			3 1/2 to 5 years old
Primary Ballet / Community Hall	**	Sunday 10:15 to 11:15			6 to 7 years old
Standard Ballet 1 - Grade 1 / Comm. Hall	**	Sunday 11:15 to 12:30			8 to 11 years old
Ballet Grade 3 / Community Hall	**	Sunday 12:30 to 14:00	Winter 2012	Isabeau 514 608-3381	12 to 16 years old.
Ballet adults / Community Hall	**	Sunday 14:00 to 15:30			
Ballet adults / Community Hall	**	Tuesday 18:00 to 19:30			
Ballet adults / Community Hall	**	Sunday 17:30 to 19:30			Points from 19:00 to 19:30 on Sunday
Ballet adults / Community Hall	**	Tuesday 19:30 to 21:00			

FOR INFORMATION OR REGISTRATION, COMMUNICATE DIRECTLY WITH THE INSTRUCTOR.

# Mayor's Golf Tournament

## Sponsors of the 10<sup>th</sup> Mayor's Golf Tournament

*Thank you to all of them, they deserve your patronage.*

*Thank you to all the participants, sponsors and volunteers who made it possible this year to raise almost \$11 000 which will serve the children and seniors of our community.*

### **CAISSE DESJARDINS DE LA VALLÉE DE ST-SAUVEUR**

*Saint-Sauveur*

### **EROD COMMUNICATION**

*Saint-Sauveur*

### **IGA DESMANCHES ET SOUCY**

*Morin-Heights*

### **MSSI**

*Saint-Sauveur*

### **RONA H. DAGENAI**

*Saint-Sauveur*

### **RÔTISSERIE ST-HUBERT**

*Piedmont*

### **SPORTS EXPERTS**

*Saint-Sauveur*



**Amerispa Station Le Baltique**  
Morin-Heights

**Auberge et spa Le Refuge**  
Morin-Heights

**Banexco**  
Laval

**Centre de rénovation Marcil**  
Saint-Sauveur

**Comforts Bar**  
Morin-Heights

**Construction P. de Koninck**  
Saint-Sauveur

**Construction Stewart**  
Sainte-Adèle

**Créations de la Sablonnière**  
Morin-Heights

**David Riddell Excavation Transport**  
Saint-Sauveur

**Député David Whissell**  
Lachute

**Dessau**  
Saint-Jérôme

**Déneigement Carruthers Snow Removal**  
Morin-Heights

**Développement immobilier Chap**  
Morin-Heights

**Étude Major Lazure, notaires**  
Saint-Sauveur

**Excavations Richard Gauthier**  
Sainte-Adèle

**Familiprix Danielle Gauthier**  
Morin-Heights

**Fournitures de bureau Denis**  
Saint-Jérôme

**Gingras et fils Ressorts**  
Saint-Jérôme

**Gîte touristique Le Corps-y-dort**  
Morin-Heights

**Gourmet du Village**  
Morin-Heights

**Groupe Brite-Lite**  
Laval

**Groupe Beudet, club de golf de Lachute**  
Lachute

**Jean Coutu**  
Saint-Sauveur

**Les Entreprises Robert Gauthier**  
Morin-Heights

**Les Boisés du Sommet**  
Saint-Sauveur

**Les entreprises PLG Lauzon**  
Sainte-Adèle

**Les laboratoires Bio-Services**  
Sainte-Agathe

**Les machineries Saint-Jovite**  
Saint-Jovite

**M. Anthony Masiangelo**  
Morin-Heights

**M.A. Fondation**  
Ville Mont-Royal

**M. George Gardner**  
Morin-Heights

**Main Street**  
Lachute

**Maxi Métal**  
Ville St-Georges

**M.I. Viau & Fils Ltée**  
Mirabel

**Moe's Bar & Grill**  
Saint-Sauveur

**Pneus Sarrazin**  
Saint-Jérôme

**Prévost, Fortin, D'Aoust**  
Saint-Jérôme

**Résidence Mozart Desforges et fils**  
Lachute

**R.G.C.**

**R. Piché Dynamitage**  
Sainte-Sophie

**Rénovations Jean Dutil**  
Morin-Heights

**Richard Deslauriers, C.A.**  
Saint-Sauveur

**Roch Labelle, arpenteur**  
Saint-Sauveur

**Royal Canadian Legion**  
Morin-Heights

**Simon River Sports**  
Morin-Heights

**Sir Wilfrid School Board**  
Rosemère

**Supérieur Propane**  
Laval

**Solmatech**  
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Valleyfield