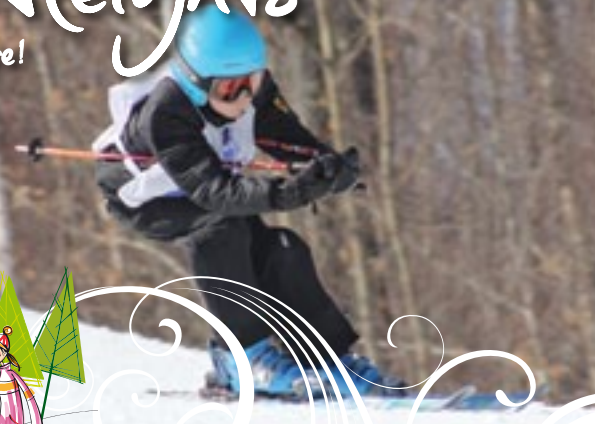




**MORIN-HEIGHTS
1855**

Info Morin-Heights

In harmony with nature!



Winter 2013-2014 - Vol. 16, no 4

PLAISIRS D'HIVER



Happy Holidays and may
2014 be filled of
happiness and success!

Torchlight Snowshoeing **FREE!**

The Municipality of Morin-Heights and the *Club Optimiste de la Vallée de Saint-Sauveur* invite you to a torchlight snowshoe event. A 5 km snowshoe course awaits you for a great family time under the stars (headlamp suggested)!

At the end of the activity, you can all sip on a hot chocolate or a glass of caribou while enjoying Yvon Boutin's storytelling.

The whole family is welcome on **Saturday January 18th** at Mont Bellevue (99, chemin du Lac-Écho). There will be consecutive starts; the first will be at 18:00 for families and the last one at 19:30.

Check the "**Winter Carnival**" leaflet that will be mailed in January to find out all details.

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

Information: 450 226-3232, ext. 111

Torchlight Skating **FREE!**

The annual evening of torchlight skating takes place on **Saturday February 22nd**. The evening will begin with the presentation of the season-ending show from the local skating program, with a surprise guest! Celebrate the joys of winter with your family at the rink! Outdoor fire, music, hot chocolate and fun are on the program for the evening!



Dogsled Ride **FREE!**

**Tuesday, March 4th at Mont Bellevue,
13:00 to 15:00**

Come with your family and enjoy an experience with dog sledding with Expédition Hautes-Laurentides' team! You can steer or take a ride, you can discover the world of mushers and watch husky pups.

For security reasons, pregnant women and babies cannot take part in this activity. Also for security reasons, no dogs are allowed on site.

For more information, communicate with Catherine at **450 226-3232**, ext. 102.

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Mayor's Report on the Financial Situation

October 2nd, 2013

Fellow citizens,

This being the last council meeting before the election, here is the report on the Municipality's financial situation, as required by the *Code municipal du Québec*.

I invite you to consult www.morinheights.com to find all documents pertaining to finances submitted to the *ministère des Affaires municipales, des Régions et de l'Occupation du territoire*.

The financial report for the year ending December 31st, 2012, prepared by the auditor Richard Deslauriers C.A., presents the **state of the financial situation** on page 3. The accumulated surplus is mostly the taxpayers' holdings. This year, organization's accounting activities have reached \$822 468.

The financial year ended with a \$315 707 surplus, stemming primarily from taxes collected over the previous years, and amounts previously paid by the Quebec government for various programs.

Management indicators, which complete the financial report, were presented last June and confirm the Municipality's very good financial health and the efficiency of services.

Throughout 2012, the Municipality has undertaken immobilization work totalling \$3 184 219 for which 1,2 million pertaining to Public works and 1,7 million for drinking water networks.

In 2013, heavy rainfall and wind storms caused substantial damages to forest and the road infrastructure. Town workers' time and part of the Public works budget have been reallocated to fix roads, shoulders, and ditches. In addition, a special collection of fallen trees was done.

The intermunicipal Écocentre's popularity is undisputable and their acceptance of dangerous domestic and electronic products are increasing. We have reserved part of the surplus to cover additional costs related to the disposal of branches due to the bad weather we've been having.

The amounts available in the Parks fund have been allocated to the construction of a garage and repair shop for the equipment used to maintain our four-season trail network. This project was 60% financed (maximum of \$54 411) by the *MRC Pays-d'en-Haut*.

The Parking fund amount was used to complete the library parking lot.



Throughout 2013, Council has allocated the non-invested surplus as follows:

Settlement between the Municipality with <i>Entreprise Bernard Sauvé</i> since 2007	\$109 044
Bastien Water Works infrastructure updates	\$109 300
Fire-hydrant replacement	\$22 000
Repair work on Guénette dam	\$20 000
Environnemental study - chemin Blue Hills & Lac Peter	\$5 000
Environnemental study - Protection of drinking water sources ESSIDES	\$20 000
Work on chemin du Village	\$150 000

Finally, a snow removal truck to replace the 2000 Volvo and the replacement of the backhoe were financed by a loan to the working capital.

As part of the shoreline protection program in the Lac Cook, Lac Corbeil & Lac Écho areas, the *Service de l'Environnement* has completed its inspections. A notable progress was observed and the few sites remaining requiring improvement will continue to be monitored.

Only five fines have been issued to owners in default for not pumping their septic tank. In all other cases, owners have complied.

The ski chalet at Parc Basler is progressing; the architects have submitted a proposal to Council which is under study. Such a building would allow us to consolidate and develop our networks (cross-country ski, snowshoe and mountain bike trails) to respond to growing demand.

Financial activities are monitored closely. We foresee ending 2013 with a slight surplus since the Québec government will reimburse some of the expenses created by the storm in 2012, and the heavy rainfall of July.

I would like to thank all Council members and municipal employees for their concerted and sustained efforts in providing the Municipality of Morin-Heights with modern infrastructures while respecting the tax payers' ability to pay. In Council's name, I would like to give thanks to the tremendous volunteers who dedicate their time in the community's interest.

It will be up to the Council elected in November to establish the next budget's priorities.

As stipulated by Law, I am presenting to Council the list of all suppliers with whom transactions have exceeded \$25 000 during the current year and the details regarding Council's earnings:

The Mayor's yearly income is \$22 166,88, to which \$5 805,24 is added for acting as the Municipality's representative on the MRC Pays-d'en-Haut's Board, the Council of Mayors, and \$150 to sit at the MRC's committee.

A councillor's yearly income is \$7 389,84, to which \$120,98 per month is added for councillors acting as Pro-mayor, and \$65,99 monthly for Councillors who preside over one of the eleven Council Committees.

In addition to this compensation, members of the Council are also allowed an expense amount equal to half their income.

The Mayor,



Tim Watchorn, ing.



Statement of financial position				
Page 20	2012	2011	2010	2009
Financial assets	\$ 3 227 997	\$2 909 834	\$2 398 729	\$2 170 909
Liabilities	\$ 3 380 031	\$1 809 752	\$661 330	\$1 234 826
Debt	\$ 6 298 555	\$6 057 995	\$6 648 824	\$6 883 916
Net debt	\$ (6 450 589)	\$(4 957 913)	\$(4 911 425)	\$(5 947 833)
Non financial assets	\$ 23 009 100	\$20 693 956	\$19 856 219	\$19 449 783
Net accumulated surplus	\$16 558 511	\$15 736 043	\$14 944 794	\$13 501 950

Net financial value				
See page 22-7	2012	2011	2010	2009
Fixed assets costs	\$29 140 256	\$26 087 255	\$24 395 957	\$23 244 060
Accumulated depreciation	\$6 278 980	\$5 561 070	\$4 727 240	\$3 981 339
Net book value	\$22 861 276	\$20 526 185	\$19 668 717	\$19 262 721

Financial results statement	BUDGET		RESULTS	
Pages 14-15	2012	2012	2011	
Operating revenues	\$7 555 187	\$7 720 457	\$7 414 798	
Investment activities		\$605 434	\$84 536	
Charges (operating expenses with amortization)	\$7 671 746	\$7 503 391	\$7 008 083	
Surplus	\$(116 559)	\$822 500	\$791 251	
Minus investment income		\$(605 434)	\$(84 536)	
Fixed assets	\$825 556	\$849 096	\$833 830	
Operating surplus before reconciliation	\$104 159	\$217 066	\$706 715	
Amortization of capital assets	\$825 556	\$840 860	\$833 830	
Financing	\$(566 087)	\$(581 416)	\$(522 310)	
Affectations	\$(142 910)	\$(160 803)	\$(502 775)	
Surplus	\$0	\$315 707	\$515 640	

Debt analysis page 37	DECEMBER 31ST, 2012
Debt by sectors	\$2 964 890
Total debt	\$2 730 874
Debt paid by the Québec government	\$608 641
Debt paid by other	\$3 869
Long term debt	\$6 308 274
MRC debt	\$43 255

Fund analysis to Dec. 31st, 2012	VALUE OF FUNDS	COLLECTED	ALLOCATIONS
Working capital	\$400 000	\$348 987	\$51 013
Parks and green space fund		\$75 858	
Road repair fund		\$45 073	
Parking fund		\$5 000	
Balance on closed borrowing by-laws		\$69 992	
Financing of operation activities		\$9 719	
Committed surplus			\$224 457
Non committed surplus		\$427 646	

November 2013 Election Results

MAYOR		
Richard Turcot	153	12,75 %
Tim Watchorn	(ELECTED) 1047	87,25 %
COUNCILLOR SEAT NUMBER 4		
Heidi Le Gallee	551	47,34 %
Mona Wood	(ELECTED) 613	52,66 %
People who voted 1221	Voters 3366	% of vote 36,3 %

Mrs. Leigh MacLeod, Mr. Claude Philippe Lemire, Peter MacLaurin, Jean Dutil and Jean-Pierre Dorais were all re-elected without opposition.

Important notice The emergency service response time can be greatly affected due to a wrongly placed or missing civic number. Whether at night or during the day, your civic number must be visible at all times from the road; your safety depends on it. There is a municipal by-law to that effect and a fine can be given to those who do not respect it. In case of an emergency, every second counts!



Collective Garden

The hard work of the Morin-Heights collective garden team payed off with a weekly harvest of fresh vegetables beginning mid-August and delivered to the **Garde-Manger des Pays-d'en-Haut**: peas, radishes, leafy greens, zucchinis, potatoes, turnips and various herbs and edible flowers were harvested and a part of this harvest was also given to the Château des aînés who have generously allowed their land to be transformed into a biodiverse landscape garden. Experimenting with season extension the team built three coldframes which will produce greens well into the fall.

This collective garden has a specific purpose: to grow food which will mostly be donated. It is different from a community garden where people are allocated a specific plot, are responsible for its upkeep and where the food grown is for their personal use. The collective garden is part of the federally incorporated non-profit company "**Marché fermier de Morin-Heights**".

For more information, please visit the Marché fermier de Morin-Heights website and look for the "Special Projects" page (marchemorinheights.com/projets-speciaux) or telephone this number: 450 226 8464.

Retirements

2013 marked the retirement of two long-time municipal employees. **Mr. Henry Weekes** was laborer-driver-operator for the *Service des Travaux publics* for 29 years, while **Ginette Charette** served as *Directrice des Services administratifs* for over 12 years. We wish them both a long and happy retirement!

We announce at the same time the promotion of **Mr. Michel Grenier** as *Directeur des Services administratifs*. Mr. Grenier is employed by the Municipality since 2009. We wish him success in his new duties.

Parking Prohibited

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

We invite you to use one of our public parkings:

- at the library,
- at the Town Hall,
- at Parc Lummis,
- at the Corridor Aérobieque,
- at Mont-Bellevue,
- or the parking lot on rue des Bouleaux.

Transport Adapté et Collectif des Laurentides

The *Transport Adapté et Collectif des Laurentides* (TACL) has a brand new website. All information regarding the inter-municipal services, bus, taxi-buses and paratransit can be found there. Users can even book their paratransit and taxi-buses online.

www.transportlaurentides.ca



Professional legal information

M^e Stephanie Carriere, lawyer, is offering free interactive information sessions on various subjects. At the Library's Remembrance Hall (823, chemin du Village), every third Monday of the month (January to April), at 19:00.

To register, simply send an email confirming your presence to:

frenchlawstudent@hotmail.com

Feel free to share your ideas and suggestions about any topics that may interest you for further sessions.

MADA Committee

All *MRC des Pays-d'en-Haut* municipalities undertook an exercise to be recognized as "**Municipalité amie des aînés**" (MADA). With this project, Morin-Heights takes the opportunity to update the "Seniors" part of its family policy in force since April 2008.

If you would like to join the committee to share your ideas and improve the well-being of seniors in our community, contact Christine Gouin, project manager, at:

819 327-2724 or christinegouin@cgocable.ca.



Drinking Water

In case of a power failure or water supply interruption, you can get drinking water from an outdoor tap located at the Town Hall.

Retirement Residences

Residence Morin-Heights

Residence Morin-Heights provides comfortable, affordable one and two-bedroom apartments for autonomous adults. Set on beautiful grounds near the centre of Morin-Heights, the residence is within walking distance of shopping and other amenities, as well as hiking, snowshoeing and ski trails. The two-storey building offers a lounge for residents' use, outdoor seating areas, laundry facilities, parking and even a shed where bicycles can be locked.

For information, call toll-free at 450 662-6950.

Le Château des Aînés

Château des Aînés is an ASSS certified residence and has been at your service for the past 25 years! An architectural heritage for the town of Morin-Heights, the residence was previously the Hotel Bellevue; a resort for tourists and skiers from Montreal and other areas. To this day it has kept the charm of its time!

Today, *Château des Aînés* offers a variety of rooms and studios that can suit all budgets and that is destined for independent and semi-independent retirees. The residence stands out by its unique bilingual environment. The *Château* also counts on a solid team of qualified and welcoming employees that offers personalized services and activities. Everything to make you feel at home!

Making the decision to move to a residence represents a big change and we put all our efforts to help. In that state of mind, we invite you for a visit, a meal or a short stay in order to help make the right decision. *Château des Aînés* is welcoming you; a few rooms are still available! Please contact us to find out more about our services!

27 rue Bellevue à Morin-Heights • 450 226-6393 • chateauaines@gmail.com

Kim Moerman, rentals

Francine Bélanger, manager



The Immune System

Did you know that your lifestyle has a great impact on your ability to fight infections? Tobacco addiction for example, harms smokers' immunity by exposing them to toxic products which diminish their natural defenses. However, regular exercise has a positive impact by improving blood circulation, which allows substances in the immune system to flow easily in the body. Finally, eating fruits and vegetables containing vitamin C and antioxidants including citrus fruit, strawberries, kiwi, broccoli, peppers and tomatoes, reinforces the immune system. Some mushrooms, garlic and onions also stimulate your defenses.

So, a healthy lifestyle and a good night's sleep will make you a superhero fighting winter's viruses!



Zéro tabagisme **Cinq** fruits et légumes **Trente** minutes d'activités physique

This capsule was written by the healthy living habits team at the *Centre de santé et de services sociaux (CSSS) des Pays-d'en-Haut*. For a free consultation with a member of our team, dial 450 227-8760 extension 4391.

www.0-5-30.com

Les Aidants de Laurel

Opening of a new PAIR agency for *MRC des Pays-d'en-Haut*. The Pair program provides a free service of automated calls to contact seniors to ensure their good health.

Subscribers receive a call, once or more per day, if one of them does not respond, an alert is triggered. A check is then performed by system managers to determine whether the person is in distress. **Anyone aging or in loss of autonomy and residing on the territory of the MRC des Pays-d'en-Haut can now benefit from the program offered for free by Les Aidants de Laurel de Wentworth-Nord.**

To subscribe to this new PAIR service, please contact Nathalie Labelle or Ronald Sauvé at **450 226-3912**.



Important numbers

Town Hall

567, chemin du Village,
Morin-Heights (Québec),
JOR 1H0

Phone: 450 226-3232

Fax: 450 226-8786

www.morinheights.com

Emails:

bulletin@morinheights.com
comptabilite@morinheights.com
conseil@morinheights.com
environnement@morinheights.com
inspection@morinheights.com
loisirs@morinheights.com
municipalite@morinheights.com
mutation@morinheights.com
servicetechniques@morinheights.com
ssi@morinheights.com
taxes@morinheights.com
travauxpublics@morinheights.com
urbanisme@morinheights.com

Sûreté du Québec des

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

Emergency: 9-1-1

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

Dog catcher:

819 326-4059 • www.spcall.ca

Holiday Schedule

The Municipal office will be closed for the Holidays from Monday, December 23th to Friday, January 3rd inclusively.

Graphic design: Julie Allard

Production: Les Imprimés Triton

450 229-1054 • www.groupeptriton.com

Environment Garbage & Bin Update

The new provincial standards are becoming very strict as to what can be sent to a dump site. The contractor and the Municipality are subject to fines if the regulations are not followed and each load is inspected. The biggest problem is construction materials as they must be taken to the Écocentre by the citizens and cannot be dealt with as garbage. Note that nothing left alongside your bin will be picked up.

Bins are to be placed with their wheels toward the house, and if 2 bins or more are present, they must be at least 60 cm (2 feet) apart in order for the robotic arm to be able to grab them. Also this distance prevents raccoons from using one bin to open the other! Remember that there cannot be any restraints on the cover – bungee cords, bricks, clamps, or they will not be picked up. Also note that all bins have to be at the roadside by 7 o'clock in the morning and moved back to a distance of at least 9m from the center of the road within 24 hours after collection. Please remove your bin as soon as possible during or after a snowstorm.



Despite an increase of over 80 points, the Municipality fell just 20 points shy of gaining its 4th fleuron during its evaluation last July. The Municipality improved its evaluation in all five sections but of considerable note was a score of 144 out of a possible 160 points in the sustainable development category. This is five fleuron status and speaks volumes about our combined environmental initiatives. Our emphasis has been toward accentuating the natural beauty and charm of our municipality and regulations to help preserve our surroundings. The vast trail network combined with non-motorized activities along with shoreline regeneration, erosion control and strong tree cutting management all played a part in the high score.

Another point of pride was the comment that many of our residences have gardens that merit 5 fleuron status. This is a testament to the many residents who take pride in landscaping their properties. Regardless of the classification, the tremendous improvements are enjoyed by everyone and if left to the opinion of the townspeople and the general public, we all agree we live in a very beautiful area.

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Recycling and Garbage Collection Calendar 2014

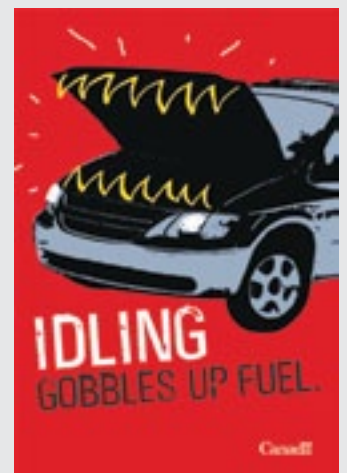
January						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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	



To find out about January and February 2014 large items collection dates, visit the municipal website in December 2013.

INFORMATION AND COMPLAINTS:
1 855 425-3797 or
rcmillermorinheights@gmail.com



Environment (continued)

Trail Notes

The Municipality received another Volet II trail grant this year to continue developing its mountain bike network. François Létourneau and Chris Schlachter have designed and built a whole new series of single track mountain trails around Mont Bellevue creating a very interesting network, the majority of which will be transformed into snowshoe trails this winter.

Note that bicycling is prohibited on both snowshoe and cross-country trails during the winter once the snow arrives. Last year, a new regulation was passed where people not respecting the vocation of a designated trail can be fined.

Trapping and Dogs

Every season there are unfortunate accidents between traps and dogs on public lands, as well as private land where landowners have given a trapper the right to trap. A new brochure has just been published by MDDEFP and the MRC about trapping along with recommendations about taking precautions during the trapping season. A copy can be found on our website, in the "Parks & trail networks" section.



Écocentre, towards sustainable development

The Écocentre is located at:

2125, chemin Jean-Adam, in Saint-Sauveur, 450 227-2451.

Opening hours:

December 1st to March 31st:

Tuesday to Saturday from 7:30 to 11:45 and from 13:00 to 16:00.

April 1st to November 30th:

Monday to Sunday from 7:30 to 16:00.

The Écocentre will be closed from December 24th to 26th and from December 31st to January 2nd.

Together to reduce landfill.

Public Works

Parking and snow removal

Snow removal is Public Works' main responsibility in wintertime. The speed and efficiency of snow clearing operations **depend on your cooperation**. Here are a few important reminders:

- **Parking is prohibited on all public roads at all times** with the exception of certain spaces on chemin du Village and rue Campbell, from 8:00 to 22:00 only. **If your vehicle is parked where it hinders snow removal operations, it will towed at your expense.**

- Citizens must avoid installing lamp posts, mailboxes, fences, hedges, bins, retaining walls, etc. in the road allowance*. The Municipality is not responsible for damages to items installed in that space.

** Hedges, fences, and landscaping should be located 1 (one) meter within front setbacks and protected. It is important to remove debris and eliminate obstructions in road ditches to ensure proper flow of surface waters and to not damage the structure of the road once the snow melts.*

- Install property markers at the limits of your property, rather than the edge of the street. Opt for the non-metallic kind to avoid damage to municipal equipment, such as fiberglass or wood.

- It is illegal to shovel or plough snow from your roof, driveway or car onto municipal roads, sidewalks and in front of fire-hydrants. It is your responsibility to notify your private snow removal contractor, as you may be held accountable for his non-compliant activities.

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

Your cooperation is key.

Winter abrasive

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. This combination of abrasives is more efficient and easier on the environment.



NEW ACQUISITIONS (Novels)

Chimamanda Ngozi Adichie
Americanah

Tash Aw
Five Star Billionaire

James Craig
Never Apologise, Never Explain

Vanessa Diffenbaugh
The Language of Flowers

Ann Easter Smith
The King's Grace

Jenni Fagan
The Panopticon

Robert Galbraith
The Cuckoo's Calling

Philippa Gregory
The White Princess

Mohsin Hamid
How to Get Filthy Rich in Rising Asia

A.S.A Harrison
The Silent Wife

Alexander Maksik
A Marker to Measure Drift

Maggie O'Farrell
Instructions for a Heatwave

James Patterson & David Ellis
Mistress

Louise Penny
How the Light Gets in: A Chief Inspector Gamache Novel

Kathy Reichs
Bones of the Lost: A Temperance Brennan Novel

Daniel Silva
The English Girl

Jeannette Walls
The Silver Star

NEW ACQUISITIONS (Non-Fiction)

Bernard Anton
Living Earth

Reza Aslan
The Life and Times of Jesus of Nazareth

AUDIO CDS

John Twelve Hawks
The Traveler



Library

The municipal library, run by volunteers, is located at 823, chemin du Village.

Always closed on civic holidays.

Information: 450 226-3232, ext. 124

Opening hours:

Tuesday and Thur.: 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



The library has recently purchased many new books in French and English whose titles are listed below, so come in and browse; we are bound to have something for you.

Story Hour for pre-school children has started again every Wednesday at 10:00 o'clock, so bring the kids in for this bilingual hour of fun.

Donations to the library

Many people like to donate unwanted books to the library. Please note that we accept donations of books that are in good condition and have been published within the last five years. We do not accept donations of encyclopaedias or collections of periodicals such as National Geographic.



We ask that you please not drop off donations in the chute. Also, please do not leave donations outside the library, as they are frequently damaged by rain or snow overnight and have to be discarded.



Morin-Heights Fire Department and First Responders

Heating with wood

Using wood burning stoves as a secondary heat source is popular especially since the ice storm. Being well informed about the risks regarding the use of this type of heating is important. It is during the winter months that chimneys fires are the most common.

Choosing a stove or fireplace

- Consult the municipal by-laws regarding the use of wood burning stoves (or inserts). Some municipalities are now restricting their use.
- Look for the ACNOR or US/EPA stamps of approval on any stove you might want to buy. These certified units are more efficient in reducing air pollution (smoke and ash emissions), indoor and outdoor.

Professionals to install & inspect

- Have a professional install the wood burning stove as well as the chimney.
- Have them inspected at least once a year by a professional, ideally before winter.
- Have an inspection made if the wall behind the chimney becomes hot.

Quality wood, adequate storage

- Choose hard wood such as oak, maple or beech. It must be dry for at least 6 months. To know if wood is dry, check for large cracks at the end of a piece. Green wood increases creosote buildup.
- Store it outside, away from the house.
- Cover the logs to protect them from the elements. Wet wood combusts poorly and increases creosote deposits. Bring in only a few pieces at a time, keeping them at a distance from the stove.

IMPORTANT REMINDER

Have you thought about changing the batteries in your smoke detectors when you set your clocks back?

Burn properly to limit creosote deposits

Creosote is a smoke produced deposit. It sticks to chimney walls and is very flammable. Only a good chimney sweeper can eliminate it.

- Burn small size split logs. They will burn cleaner, producing less creosote.
- Burn few logs at a time.
- Let some air into the slow combustion stove to generate a complete combustion, which produces less smoke. That way, flames will not emit toxic products.

Sweeping to eliminate creosote buildups

- Have the chimney swept by a professional every 5 cords of wood if you burn a lot. Otherwise, once a year is enough, preferably in the spring because creosote deposits left in the chimney can corrode steel and create obstruction in warm and humid weather;
- In the fall, examine the chimney using a small mirror to make sure no obstructions such as a bird's nest, a detached piece, etc. has lodged itself in it.
- Do not attempt to set fire in the chimney to eliminate the creosote. The house could burn down;
- Do not rely on logs or powder additives designed to clean chimneys. These products can only eliminate 60% of creosote when a sweeper can remove 75 to 90% of it.



Safe use

- Burn only logs. Avoid burning any other burnable products, such as treated or painted wood, plastic and other wastes. Their toxic emissions increase creosote build-ups and can poison you;
- Do not use fuel, kerosene or barbecue lighting fluid to start a fire;
- Stop using the stove if the glass on the door is cracked or broken;
- Always use the screen when burning wood;
- Move any combustible objects away from the stove;
- Make sure the floor and wall covering close to the stove are fire resistant;
- Make sure the masonry and joints inside the fireplace are intact;
- Make sure the fire brick inside the stove are whole and the seal in the door is not split or missing a section;
- Make sure no rust or corrosion appears on the outer side of the chimney;
- Install Christmas or Halloween decorations far away from the fireplace. Do not hang anything on the mantle, like Christmas stockings, as they could catch fire.

Other important precautions

- Keep ashes outdoors, in a metal container with a raised bottom, away from any combustible materials, as they can remain hot up to 72 hours;
- Install a smoke and carbon monoxide (CO) detector in the hallway, close to bedrooms;
- Install a smoke detector on every floor, including in the basement;
- Install a carbon monoxide (CO) detector close to fireplaces and woodstoves.

If you have a chimney fire...

- Close the trap;
- Get out immediately;
- Dial 9-1-1 at a neighbour.

Part-time Firefighters & First Responders

The Morin-Heights Fire Department is presently taking applications for part-time firefighters and first responders to compile a list of possible candidates.

Requirements:

- be 18 years of age and over;
- live in Morin-Heights;
- meet the fitness standards required for the position;
- be able to work within a team and have people skills;
- be available to be on call and/or on duty, available for intervention, prevention, training;
- be willing to get a Class 4 driver's license;
- be available for a training session paid by the Municipality (185 hours min.)

Retired and semi-retired individuals are welcome.

Please send your resume at the Town Hall or by email at: ssi@morinheights.com.

For more information, please contact Mr. Charles Bernard, head of the Morin-Heights Fire Department at **450 226-3232**, ext. 116.

We will only contact selected candidates.



Activities

Arts Morin-Heights

Arts Morin-Heights' 30th year of existence is nearly complete. It was a productive year, with 5 exhibits at the Library and a two-week long summer season exposition. The summer exposition had record attendance; it included numerous demonstrations, and introduced a new prize- the "Artists' Choice".

The members of Arts Morin-Heights would like to thank all the visitors, sponsors, the Municipality and everyone who participated in the success of this banner season.

Planning for 2014 is underway, so watch for posters announcing future exhibits. All activities will be posted soon on our website: www.artsmoringheights.com.



Joyful Noise Choir

Joyful Noise Choir together with Theatre Morin-Heights presents a **free Christmas show** on Thursday **December 12th** (19:00), at United Church, 831, chemin du Village (donations welcome).

A new session is about to begin. If you want to share your voice with us, and get ready for spring, now is the time! Joyful Noise Choir sings an eclectic assortment of music in four part harmony.

St-Eugène Hall, Tuesdays 19:00, from January 14th to June 3rd, \$125.

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

Information and registration:
Penny Rose au 450 226-2746 or pennyrose@jenanson.com



Village Noise: watch for street carollers in December!

Delightful spring concert to come on June 8th, all details in the next edition of this bulletin.

Discipline, Child's Play

Free English conference

To live in harmony with your child, it is important to establish a strong bond of attachment and trust.

When a child feels loved, valued and secure, when he sees that we believe in him and we share moments of pleasure with him, he wants to collaborate and be a part of a relationship where everyone is attentive to each other's needs. Do not look any further; it's as simple as that; it's child's play.

The speaker, Brigitte Racine, defines what is meant by incentive based discipline. Providing concrete and effective strategies, she warns parents against the negative effects of punishments and rewards. She emphasizes the benefits of remedial action which brings out the best in your child and thereby promotes family harmony.

The CHU Sainte-Justine in collaboration with the **4 Korners Family Resource Center**, will present this conference at St-Eugène Church (148, chemin Watchorn) on Thursday, **March 13th** at 19:00.

Quilting group

Beginner quilting courses. Learn to make 12 different traditional quilt blocks by hand (appliqué & piecing). At the Remembrance Hall, Thursdays from 13:00 to 16:00.

Resident \$125 • Non resident \$150

Price includes patterns and work book, but excludes materials.

Information and registration:
Eleanor Dunford at 450 226-3055

CLEF Book Club

Having taken a summer break, Morin-Heights' French-language book club has resumed its monthly meetings. The club meets monthly to discuss new finds, books we read over again and favourites. To join or to get information about the club, contact Monique Bélisle at 450 226-8464.



Theatre Morin-Heights

For upcoming productions, acting workshops and other activities, please check the Morin-Heights website and your monthly copy of Main Street.



We will hold readings at pub La Grange (2, Meadowbrook) at 19:00 on January 15th, February 19th, March 19th, April 16th and May 14th.

Theatre Morin-Heights is preparing its annual Christmas presentation which will begin by our elementary school children's Christmas Show, followed by a Joyful Noise Choir performance. The event is scheduled on December 12th (19:00) at United Church (831, chemin du Village). Free (donations welcome).

Laurentian Reading Club

For more than 50 years, the Laurentian Reading Club has been meeting monthly for lively discussions about books and reading. We have a waiting list at the moment, but for more information please contact Jane Philibert at **450 226-6947** or at: janephil@cgocable.ca.



When spring comes, Morin-Heights History Association will present two speakers on the following topics:

- On **April 6th**, the history of the Royal Canadian Legion in Morin-Heights
- On **May 25th**, the history of education in Morin-Heights

Please check our website for further details or send us an email at:

mhha98@hotmail.com to open or renew memberships or purchase issues of the Porcupine.

Activities

Royal Canadian Legion Event Calendar

All welcome, 127, chemin Watchorn.

FRIDAY NOVEMBER 22ND

Smoked Meat TGIF, at 18:00

SUNDAY NOVEMBER 24TH

Grey Cup Party 2014 (hamburgers, etc.)

SATURDAY DECEMBER 7TH

Trim a Tree, at 14:00

SUNDAY DECEMBER 15TH

Children's Christmas Party, at 13:00

SATURDAY JANUARY 11TH

Honours and Awards, at 17:00

FRIDAY JANUARY 24TH

Smoked Meat TGIF, at 18:00

SUNDAY FEBRUARY 2ND

Super Bowl Party

SATURDAY FEBRUARY 15TH

Valentine's Day Supper, at 18:00

FRIDAY FEBRUARY 21ST

Smoked Meat TGIF, at 18:00

SATURDAY FEBRUARY 22ND

Annual Legion Snowball Game, at 13:00

FRIDAY MARCH 7TH

65th Kids' Ski Races at Ski Morin Heights, at 9:00

SATURDAY MARCH 15TH

St-Patrick's Day Supper, at 18:00

FRIDAY MARCH 21ST

Smoked Meat TGIF, at 18:00

SATURDAY APRIL 5TH

Italian Night, at 18:00

SUNDAY APRIL 20TH

Easter Brunch, from 9:00 to 14:00

FRIDAY APRIL 25TH

Smoked Meat TGIF, at 18:00

Darts every Wednesday nights at 19:00.

Military Whist: 1st and 3rd Monday of the month, cribbage: 2nd and 4th Monday of the month.

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



Activities

Continued

Outing to Ski Bromont

Wednesday, March 5th

Bring your skis or snowboard for a day of fun at Ski Bromont!

Departure will be at 8:00 from Mont Bellevue (99, chemin du Lac-Écho) and return is scheduled for 19:00.

Transport by Galland deluxe bus (w/wash-room) is included as well as a chairlift ticket for the day. You can bring a lunch or buy a meal on-site.

55 places, residents can register in priority until February 10th inclusively.

Waiting list for non-residents.

RESIDENT:

Adult	\$45
55 year olds + and 14 to 23 year olds students (w/proof)	\$35
Children (6 to 13)	\$25
Children (5 and -)	\$5

NON-RESIDENT:

Adult	\$55
55 year olds + and 14 to 23 year olds students (w/proof)	\$40
Children (6 to 13)	\$30
Children (5 and -)	\$10

For more information, contact Catherine at 450 226-3232, ext. 102.

Spring Break Discounts for Ski Morin Heights

From **March 3rd to 7th**, 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 (proof required). Tickets will be available at the Town Hall during Spring Break.

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



Laurentian Region Cancer Support Group

Offers English-speaking support services to cancer patients, caregivers and their families in the Laurentian region. Meetings are held monthly at St-Eugène Church in Morin-Heights (148, chemin Watchorn).

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.

Morin-Heights Bridge Club

The Morin-Heights Bridge Club gets together every Thursday at 12:30 at Saint-Eugène Hall (148, chemin Watchorn) until May 15th. All are welcome to the best social bridge club in the Laurentides!

Marché Fermier Morin-Heights presents a Holiday Market!

Come savour the best local treats in town! Here you'll find last minute artisanale cuisine, baked goods, holiday gift ideas a tea room and raffle.

Saturday December 21st, 10:00 to 16:00 at St-Eugène Church (148, ch, Watchorn).

Contact Heather and Regan at: 450 226-2789 or at: morinheightsmarket@gmail.com.

www.marchemorinheights.com



Senior Citizens Heritage Club

The Senior Citizens Heritage Club invites you to join, ages 55 & over. Monthly activities are organized for members, including interesting day trips during the months of April, May, June, September and October.

Information:

Marion Roberts at 450 432-7324
Isabel Ellis at 450 226-8882
Mona Wood at 450 226-1454

Coop SORE

Cognitive stimulation workshops are offered by Coop SORE on Mondays, at St-Eugène Church from 9:30 to 15:30.

Don't miss our upcoming social activities opened to all (fee for non-members): **Christmas party and Casino Night**. Details to be published on CGO cable billboard and local newspapers.

Info and reservations: 450-224-2657 or sore.lantraidant@bell.net

Viking Ski Club

Viking Ski Club offers ski programs beginning January 4th, 2014.

- Bunnyrabbits: 4 - 5 year olds
- Jackrabbits: 6 - 13 year olds
- Arrows Racing: 11 - 15 year olds
- Challenge: Teenagers 12 years +
- Biathlon Bears: 9 - 15 year olds
- Recreational Biathlon; 16 years +
- Adult lessons
- Private lessons
- Adult touring program held on Thursdays and Saturdays.

The chalet is located at 393, chemin Jackson, in Morin-Heights.

Visit www.vikingskiclub.ca or write to vikingskiclub@gmail.com.



St-Eugène Community Activities

148, chemin Watchorn

Art Exhibit by Yanik Falardeau

Saturday, November 30th from 11:00 to 16:00 and 18:00 to 21:00

Sunday, December 1st from 11:00 to 16:00
Mixed media art, hand painted jewelry made from natural materials and hand painted as well as more treasures. 30% of all profits will be offered to support the *Comité Haiti-Laurentides*.



Advent Sunday School

Sundays, December 1st, 8th, 15th, & 22nd from 10:15 to 11:30

Advent Sunday School aimed at children ages 3 to 7 years old. We offer bilingual animation and different activities (singing, games and crafts).

Bake Sale: Meat pies and sweet dessert pies

Sunday, December 15th between 11:00 and 15:00

Don't have time to make your own home-made Christmas goodies? No problem, our annual Christmas bake sale will help you out; our famous meat pies are always a hit!

Children's Daycare and Gift Making Workshop

Saturday, December 21st from 10:00 to 15:00

Last minute shopping needs to get done? Why not leave your kids with us for a few hours? We are organizing different Christmas related activities for them such as gift-making for mom and dad as well as making of cards and decorations.

Christmas Masses

December 24th: family mass at 18:00, bilingual mass at 21:00

Family Mass Celebration

Sunday October 20th, November 17th, January 19th, February 16th and March 16th, begins at noon. Bring your lunch for a community gathering followed by a celebration from 13:30 until 14:00. Come celebrate the Word in a more informal family setting.

Bingo

Sunday January 26th, February 23rd, March 23rd, May 18th, June 22nd at 13:00.

Come spend a few hours with your family and your community playing bingo.

Bilingual mass every Sunday at 10:30

Information: 450 226-2844



Activities



The 42nd edition of the Morin-Heights Viking Loppet

The Morin-Heights Viking Loppet will take place on **Sunday February 23rd**. Join this great cross-country skiing event where devotees and amateurs gather together to compete or simply celebrate winter sports! All types of skiers are welcome to participate: tourers, racers as well as families; the distances offered are 10, 20 or 33 km. Take part in the most prestigious cross-country celebration in Eastern Canada, the Morin-Heights Viking Loppet! **Early-bird discounts are available until January 24th**.



For additional information and registration, please visit: www.skiloppet.com.

Note that the snowshoe course is put on hold this year to be reassessed. 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.

Youth Sports Programs Refund Policy

The Municipality of Morin-Heights reviewed its refund policy last October. We will now refund the difference between the non-resident and resident fees up to a maximum of \$150 per child, per activity, per year, for enrollment in a minor hockey league, baseball, swimming or figure skating club.

The activities must be offered by a town located in the Laurentides and the refund applies only to permanent residents of Morin-Heights, 17 years and younger.

Completed request for refunds for the must be submitted at the latest sixty (60) days following the beginning of the activity. Refund will be made at the end of the season or session.

The policy and refund forms are available at www.morinheights.com under "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. We suggest that you contact the municipality offering the class or that you visit their website to get information.

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.piedmont.qc.ca

Saint-Adolphe-d'Howard:

819 327-2626 •
www.stadolphedhoward.qc.ca

Sainte-Anne-des-Lacs:

450 224-2675, ext. 25 •
www.sadl.qc.ca

Sainte-Adèle:

450 229-9605, ext. 244 •
www.ville.sainte-adele.qc.ca

Saint-Sauveur:

450 227-2669, ext. 420 •
www.ville.saint-sauveur.qc.ca

The selected activities are listed on page 17.

For a complete schedule of the classes offered in Morin-Heights, please consult the course schedule on pages 21-22.

ACTIVITIES INCLUDED IN THE AGREEMENT

ADULTS

Bridge (class 1 and 2) Saint-Sauveur
Classical and Contemporary Dance Sainte-Anne-des-Lacs
Drawing Sainte-Adèle
Eastern dances and baladi Piedmont
English Sainte-Anne-des-Lacs and Saint-Adolphe-d'Howard
Fitness & Well-being Piedmont
Initiation to African Drumming Saint-Sauveur
Painting (oil and acrylic) Saint-Adolphe-d'Howard and Saint-Sauveur
Pilates Piedmont
Photography Saint-Adolphe-d'Howard
Photography (intermediate) Saint-Sauveur
Spanish (1 and 2) Sainte-Adèle
Tai-chi Chuan Saint-Sauveur
Tap Clap Cardio Saint-Adolphe-d'Howard
Weight loss challenge Saint-Adolphe-d'Howard
Wine tasting (initiation, 1 st part) Sainte-Anne-des-Lacs
YOUTH
Art of moving Saint-Adolphe-d'Howard
Babysitting Course Saint-Sauveur
Decorative painting Saint-Adolphe-d'Howard
Gymnastics Sainte-Anne-des-Lacs
Introduction to music (3 to 5 years old) Saint-Sauveur
Judo Saint-Sauveur
Magic Sainte-Anne-des-Lacs
Singing & Initiation to Theatre Sainte-Adèle

Pick-up Youth Hockey **FREE!**

For children 7 to 15 years old

This recreational hockey program offers children 7 to 15 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 honor 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 15 years old from 19:30 to 21:00

Starts on Tuesday January 7th, ice and weather permitting, at the rink on chemin Watchorn. Program ends on February 25th, 2014.

Ice conditions: 450 226-3232, ext. 122

REGISTRATION: Places are limited*, you must register at the Town Hall. Contact Catherine Maillé at 450 226-3232, ext. 102.

Priority will be given to Morin-Heights residents **until January 6th. Following this, all remaining places in the program will be filled with non-residents who are on the waiting list, first come, first served!*

Information:

Volunteer Head Coach,
Robert Leblanc, 450 226-1392

Ice Skating Program

Every Saturday at the Morin-Heights skating rink.



AGE / COST	RESIDENT	NON-RESIDENT
Beginner (3 ½ - 5)	\$45	\$55
Intermediate and advanced	\$50	\$60

Instructor: Stéphanie Morrissette

Begins on: Saturday, January 4th • **Ends on:** Saturday, February 22nd

SCHEDULE: (the level will be determined on the first class)

9:45 to 10:30: **Beginner** - 3 ½* to 5 year olds - (*born before July 1st, 2010)

10:45 to 11:45: **Intermediate** - 6 year olds and up -

12:00 to 13:15: **Advanced**

Minimum required per level: 7 kids

REGISTRATION

Full payment by check, cash or debit must be made at the time of registration at the Town Hall, **until December 20th**, Monday to Friday – 8:30 to noon and 13:00 to 16:30. Registration forms available on www.morinheights.com.

No registrations will be taken at the skating rink.

Information: Karyne Bergeron
450 226-3232, ext. 111

Cross-country Skiing and Snowshoe

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

SEASON PASS (taxes included)		
SNOWSHOE ONLY		
Category	Morin-Heights Resident	Non-resident
Adults (18 +)	\$30	\$40
Students (18 to 22) Seniors (65 +)	\$15	\$20
Children (17 and under)	FREE	FREE

Carte réseau

Carte Réseau passes may be purchased for \$30 (\$35 as of January 1st, 2014) 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 Corridor Aérobieque, Mont-Bellevue and Ski Morin Heights' camping.

DAY TICKET (taxes included)			
CROSS-COUNTRY SKI*		SNOWSHOE*	
Morin-Heights and MRC des Pays-d'en-Haut residents	\$11	Morin-Heights residents	\$7
Non-residents	\$12	Non-residents	\$11
Guest (accompanied by a 2013-2014 pass holder) (max. 4 guests / day)	\$9	Children (12 and under)	FREE
Students (13 to 22) and Seniors (65+)	\$9		
Children (12 and under)	FREE		

*Special rates for groups, ask about it!

Informations:

Corridor Aérobieque **450 226-1220**
(beginning December 7th)



AGAIN THIS YEAR, PRE-SALE DISCOUNT:

Get a \$5 discount on your cross-country and/or snowshoe pass if purchased the weekend of November 23rd and 24th at the Corridor Aérobieque Welcome Pavilion, from 9:00 to 16:00.

Season passes

Cross-country and snowshoe passes may be purchased weekdays, at the Corridor Aérobieque Welcome Pavilion (50, chemin du Lac-Écho), every weekend beginning December 7th or any day by December 21st, conditions permitting.

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

Please take note that cross-country trails are reserved to skiers only and snowshoers should stay on the snowshoe network. Snowshoers taking the Corridor Aérobieque or coming across an intersection, should be careful not to step on the ski tracks but rather off the trail. Article 3.2 now states that it is prohibited to use a recreational trail for any use other than what it is designated for during the appropriate season as indicated by the trail signage. Ex.: cycling and walking are prohibited on cross-country ski trails during the winter. Failure to comply with any of the articles in the by-law will result in a \$200 fine.



Next Info Morin-Heights

Please send your information to Karyne Bergeron by email at:

bulletin@morinheights.com or at the Town Hall.

The spring-summer edition is scheduled for distribution on **April 25th, 2014**.

The deadline to submit articles is Friday March 7th. This edition will cover the period between May 1st to August 31st, 2014.

Volleyball

Adults and youth, 16 and over, are invited to join a recreational group of volleyball players, every Tuesday at 19:00 at the Morin-Heights Elementary School gymnasium, January 7th to April 22nd.

Registrations at the Town Hall. Minimum of 12 players required. Annual rate.

Information: 450 226-3232, ext. 102

Coueurs des bois

This group organizes outings in the Laurentides. According to the season, the excursions are snowshoeing, hiking and cycling. The schedule is available on the municipal website:

www.morinheights.com

Information:

Eileen Meillon at 450 226-6904



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 made it come to life. Thank you to Mrs. Shawna Dunbar for her involvement and creativity which was enjoyed by all our little monsters!

Tamaracouta Scout Reserve Activities For All

New Year's and March Break Camps

We will be hosting New Year's and March Break Camps to coincide with the school holidays. The New Year's camp will take place from **December 30th to January 3rd** and the March Break camp from **March 3rd to 7th**. These camps are open to all youth aged 8 to 13 and we offer a fully animated program consisting of crafts, games, survival, and a lot of outdoor winter fun. The cost is \$290 for Scouts Canada members and \$365 for non-members.

Day camps for children 6 to 13 years old will also be offered in the same period for \$130 a week, hot lunch and a special optional activity one evening included.

Note that the \$75 registration fee included in the non-member price is valid for the whole 2013-2014 year, including the summer day camp. **Registration for summer day camp will begin January 3rd.**

Winter Family Fun Day

Our annual Winter Family Fun Day will be held on **February 22nd**. Come and enjoy free equipment rentals, a piping hot lunch and some crazy games - did someone mention canoe-sledding? This is a great opportunity to visit our facilities and bring the family for a great day of fun, all for free!



Recognition

Sponsors of the 12th Mayor's Golf Tournament

Thanks to all participants, sponsors and volunteers who made it possible to raise \$4 750 which will benefit the organizations and community projects for our children and seniors.

Auberge et spa Le Refuge

Morin-Heights

Beaudry, Jarry & Garneau, arpenteurs

Sainte-Adèle

Boisclair et fils Inc.

Piedmont

Carruthers Financial Services inc.

Montréal

Centre de rénovation Marcil

Saint-Sauveur

Construction Brisson Tremblay

Morin-Heights

Danny Morrow Excavation

Lachute

David Riddell Excavation Transport

Saint-Sauveur

Déneigement Carruthers Snow Removal

Morin-Heights

Entreprises Claude Rodrigue

Saint-Sauveur

EROD Communications inc.

Saint-Sauveur

Étude Major Lazure, notaires

Saint-Sauveur

Familiprix Danielle Gauthier

Morin-Heights

Fournitures de bureau Denis

Saint-Jérôme

Gingras et fils Ressorts

Saint-Jérôme

Invesco Habitation

Saint-Sauveur

Jean Damecour, architecte

Sainte-Marguerite-du-Lac-Masson

Lachute Schriners Club

Lachute

Lafarge Canada Inc.

Sainte-Adèle

Le Corps-y-Dort

Morin-Heights

La Grange

Morin-Heights

Leigh MacLeod, conseillère

Morin-Heights

Les machineries Saint-Jovite

Saint-Jovite

M. Anthony Masciangelo

Morin-Heights

M.A. Fondation

Boucherville

Marché Vaillancourt

Morin-Heights

M.I. Viau & Fils Ltée

Mirabel

Multiprêts St-Sauveur

Saint-Sauveur

Papillon, Dion et associés

Saint-Sauveur

Pneus Sarrazin

Saint-Jérôme

Prévost, Fortin, D'Aoust, avocats

Saint-Jérôme

**Productions Pierre Legault
(Théâtre des Pays-d'en-Haut)**

Saint-Sauveur

R. Piché Dynamitage

Sainte-Sophie

Richard Deslauriers, C.A.

Saint-Sauveur

Royal Canadian Legion, Branch 171

Morin-Heights

Sir Wilfrid School Board

Rosemère

Solmatech

Repentigny

Tricentris

Lachute

Valleyfield Nissan

Valleyfield

Yves David opticien

Saint-Sauveur



**CAISSE DES JARDINS DE LA
VALLÉE DE ST-SAUVEUR**

Saint-Sauveur

CLUB DE GOLF BALMORAL

Morin-Heights

IGA MORIN-HEIGHTS

Morin-Heights

MASSAGES SUR LE POUCE

Mmes Annie Bujold and Chantal Maillé

**LES STATIONS DE LA VALLÉE
DE ST-SAUVEUR INC.**

Saint-Sauveur

RONA H. DAGENAI

Saint-Sauveur

RÔTISSERIE ST-HUBERT

Piedmont

*Thanks to
all of them!
Because they care
about our community,
they deserve your
patronage.*



Classes

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 instructor for more information

Class / Location	Rates	Schedule	Dates	Instructor	Description
Body Design / St-Eugène Hall		Monday 9:15 to 10:15	January 13 to March 31	Lisa McLellan www.lmfitness.ca info@lmfitness.ca Call to reserve: 450 226-1079	Work hard, get into shape! 30 minutes of Zumba
Stretch & Strengthen / Community Hall		Monday 9:30 to 10:30			Improve posture, range of motion and relieve pain
Aquafitness / Chantecler		Monday 11:00 to 12:00			Workout for strength and health
Combo 50+ / St-Eugène Hall		Tuesday 9:30 to 10:30	January 14 to April 1	Registrations at the Community Hall January 9 th 13:00 to 17:00	Overall workout, improve strength and vitality
Yoga / Community Hall		Wednesday 9:30 to 10:45			Improve posture, relieve pain, become more supple (intermediate)
Stretch & Strengthen / Community Hall	Pass or card	Wednesday 11:00 to 12:00	January 15 to April 2	Fitness Pass 2 classes / week: \$240 + tx 3 classes+ / week: \$264 + tx	Improve posture, relieve pain, become more supple
Stretch & Strengthen / St-Eugène Hall		Wednesday 17:30 to 18:30		Card (10 classes) \$120 + tx Non-residents \$5 more	Stretch, strengthen and relaxation
Combo Cardio / St-Eugène Hall		Thursday 10:45 to 11:45	January 16 to April 3		Overall workout, improve strength and vitality
Hatha Yoga / Community Hall		Thursday 17:30 to 18:45			For clarity, body / mind integration and peacefulness
Eccentrics & Pilates / St-Eugène Hall		Friday 9:15 to 10:15	January 17 to April 4		Strengthen and lengthen for better posture
Qi Gong & Stretch / Community Hall		Friday 11:00 to 12:00			Gentle, restorative, pain relief
Italian (beginner 1) / CLSC St-Eugène	R: \$140 NR: \$150 (+ \$30 for the book)	Monday 9:00 to 10:30 or 17:00 to 18:30 day to be determined	Jan. 13 to March 17	Franca Collavoli francacollavoli@live.ca 450 562-8095	Book: <u>L'italiano per tutti</u> by Bruno Villata, Terza Edizione. Minimum 5 students.
Italian (beginner 2) / CLSC St-Eugène		Monday 13:00 to 14:30 or 18:30 to 20:00 day to be determined			Level 1 must be completed. Taught entirely in Italian. Same book. Minimum 5 students.
Italian (beginner 3) / CLSC St-Eugène		Monday 10:30 to 12:00			Level 2 must be completed. Taught entirely in Italian. Same book. Minimum 5 students.
Circus: 2 to 4 year olds (parent / child class) / St-Eugène Hall	R: \$100 NR: \$115	Monday 16:20 to 17:10	1st session: Jan. 20 to March 17 (no class on March 3)	École de Cirque VireVolte Caroline Goulet-Auger 514 963-7490 info@cirquevirevolte.com www.cirquevirevolte.com	Circuits, games and workshops: pyramid, acrobatics, scarves, balls, flower sticks, rola-bola, cylinder, balancing ball, chinese plates, diabolo, jump rope and more! Juggling games and tricks in all activities mentioned above.
Circus: 5 to 7 year olds / St-Eugène Hall	R: \$120 NR: \$135	Monday 17:15 to 18:15	2nd session: March 31 to June 2 (no classes on April 21 and May 19)		
Circus: 8 to 12 year olds / St-Eugène Hall	R: \$135 NR: \$145	Monday 18:30 to 19:45			
Juggling / St-Eugène Hall	R: \$135 NR: \$145	Monday 18:30 to 19:45			
Yoga and meditation / Community Hall	\$15 / class if registered \$20 / class drop-in	Monday 17:30 to 19:15	January to April	Louise Bloom 450 226-5844	Hatha yoga, meditation and spiritual disciplines.
Tai Chi Yang stretch and meditation / Community Hall	\$120 per session	Tuesday 10:30 to noon	1st session: Feb. 4 to March 25 2nd session: April 1 to May 20	Michelle Gendron 450 712-6834 ecoledeatachilibre.com	Increase mind and physical abilities. Join at anytime!
Swiss Ball Pilates (beginner) / St-Eugène Hall	R: \$220 NR: \$240 or drop-in rate R: \$12 NR: \$13	Tuesday 16:30 to 17:30	Dec. 3 to April 29 (no classes on Dec. 24 and 31)	Bernadett Seles pilatesainsauveur@gmail.com 450 644-0220	Gain strength, flexibility, coordination, balance and concentration. Bilingual class. Minimum 6, maximum 10 people.
Swiss Ball Pilates (intermediate) / St-Eugène Hall		Tuesday 17:30 to 18:30			

FOR INFORMATION OR REGISTRATION, COMMUNICATE DIRECTLY WITH THE INSTRUCTOR

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Classes

Class / Location	Rates	Schedule	Dates	Instructor	Description
Gentle Yoga / Community Hall	1 st session: R: \$90 NR: \$95 2 nd session: R: \$70 NR: \$75	Thursday 10:45 to noon	1 st session: Jan. 9 to Feb. 27 2 nd session: March 20 to April 24	Donna Berry 450 226-1311	Yoga for stiff and injured bodies. (drop-in rate \$15 / class)
Spanish (beginner) / St-Eugène Hall	R: \$120 NR: \$125 per session	Thursday 18:00 to 19:00	1 st session: Dec. 12 to Feb. 27 (no classes on Dec. 26 and Jan. 2) 2 nd session: March 13 to May 15	Monica Guzman 450 744-0674 or 450 276-6003	For intermediate classes, communicate with the teacher.
Karate / Community Hall	*	Friday 17:30 to 18:30	until June	Shihan Gilles Labelle 450 432-4570 or lgilles@shorinjiryu.net	Develops concentration, respect, self-confidence and increases physical fitness. Gives children tools to avoid bullying. Children 5 and up and adults.
Wu Style Tai Chi Chuan / Community Hall	R: \$140 NR: \$145	Saturday 9:00 to 10:30	January 11 to March 29	Robert Lee 450 227-8829 or lee.roberttmh@gmail.com	For harmony of the mind and body and your health
Singing classes for children and adults / St-Eugène Hall	R: \$150 NR: \$160	Saturday 10:00 to 11:00 (8 to 15 year olds) Saturday 11:00 to noon (16+)	March 22 to May 17 (no class on April 19)	École de chant Louise Fontaine 450 227-0094 Registrations at the Town Hall on March 15 between 10:00 and 12:00	Vocal technique with a professional teacher: breathing, interpretation, musical expression. Discover the pleasure of singing!
Flamenco for adults and teens / Community Hall	R: \$190 NR: \$200	Saturday 11:00 to 12:15 (beginner) Saturday 12:15 to 13:30 (advanced)	January 11 to March 29	Sarah Vincent info@flamencolaurentides.com www.flamencolaurentides.com	Both classes will learn technique and a complete choreography.
Kids Yoga (7 to 12 year olds) / Community Hall	R: \$12 NR: \$15 per class	every second Saturday 15:30 to 16:30	Nov. 30 to April 5 (no class on Dec 28)	Brigitte Vaissade 450 675-0515	Yoga adapted for children, breath and body awareness in a fun setting.
Tandem Yoga (parent-child) / Community Hall	R: \$21 NR: \$25 per class	every second Saturday 16:30 to 17:30	January 5 to April 27 (no classes on Feb. 23 and April 20)	Heather McNabb 514 486-3480 or heathermcnabb@hotmail.com	A unique opportunity to enjoy yoga postures together, to practice meditation which leads to stronger bonds.
Traditional Scottish Highland Dancing / Community Hall	R: \$60 NR: \$70	Sunday 16:00 to 17:30	January 12 to June 3	Isabeau 514 608-3381	For children and adolescents, 7 years of age and older. Beginner adult class if enough interest.
Creative Dance / Community Hall	**	Sunday 10:15 to 11:15 Tuesday 18:00 to 19:00			3 1/2 to 5 years old
Primary Ballet / Community Hall	**	Sunday 11:15 to 12:30			6 to 7 years old
Standard Ballet 1 - Grade 1 / Community Hall	**	Sunday 12:30 to 14:00			8 to 11 years old
Ballet Standard 4 - Grade 4 and adults / Community Hall	**	Sunday 14:00 to 15:30 Tuesday 19:30 to 21:00			12 years old and up. Points from 15:30 to 16:00 on Sundays

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 instructor for more information

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