



MORIN-HEIGHTS
1855

Info Morin-Heights

In harmony with nature!



Spring-Summer 2013 - Vol. 16, no 2

Environment and Family Day

Saturday May 25th, 2013

At the Town Hall, rain or shine!

- Pick-up day for free tree seedlings, available as of 9:00;
- Municipal day-care and bus shuttle registrations for Camp Tamaracouta, from 9:00 to 11:00;
- A musical performance by **Les Veuves Joyeuses** duo will enchant young and old and make you travel through the different ages of Québec music, at noon;
- Toy swap at 10:00. Children can each bring a toy that they can exchange with others. More participants means more variety!
- Inflatable play area for children;
- Fire Prevention Department Open House: come see the equipment we use to respond to emergencies and meet the people who have your health and safety at heart;
- Various information kiosks: Pépinière rustique, green products, composting, horticulture, gardening, etc.;
- Discounts on water testing of private wells by Bio-Services until 11:00 (recommended once annually).



Free tree seedlings

Time for tree planting! The Municipality, with the collaboration of the *Ministère des ressources naturelles* and the 4-H Club, will be giving away free tree seedlings to its citizens for their landscaping projects.

Quantities are limited and seedlings will be distributed on a first come, first serve basis (max. 25 per family).

Please note that:

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

Small reforestation projects

Those citizens who wish to reserve more than 25 seedlings for a specific planting project on their property, are invited to put in a request before May 25th, at the Town Hall or by e-mail at:

environnement@morinheights.com.

Distribution will be made according to the availability of seedlings on May 27th.

Canada Day
all details on page 17

**Follow-up on the
December 21st Storm**
on page 3 and 9

Seniors' Outing
on page 14

Day Camp
on page 16



Summary

P2
News

P7
Municipal
Services

P12
Collections
Calendar

P13
Activities

P22
Classes

News from the Mayor

My fellow citizens,

Morinheighters thrive on community life.

**Personally and in Council's name,
I would like to invite you to participate
in the following activities:**

- Our annual Fishing Tournament, in cooperation with the *Association chasse et pêche des Laurentides*, will be held at Parc Lummis on Saturday, May 18th and we invite families to participate and taste fresh trout.
- Environment and Family Day which will be held on May 25th at the Town Hall, is the perfect occasion for adults to familiarize themselves with certain dossiers such as home safety, the regeneration of riverbanks and environmental dossiers whereas children will have the opportunity to visit the Fire Hall and take part in a demonstration. An inflatable play area for the kids will be installed and the Municipality will be giving away free tree seedlings to citizens.
- Canada Day celebrations in Morin-Heights will be held on the Ski Morin Heights site on Monday, July 1st. A day of festivities for the whole family awaits you along with live music and fireworks.
- Arts Morin-Heights' exposition will be held at the St-Eugène Hall from July 26th to August 11th. Throughout the summer, local artists will present their works of art at the Library's Remembrance Hall. I strongly suggest that you take the time to appreciate the work of our talented artists who are celebrating their 30th anniversary this year.
- In partnership with *Montreal's Repercussion Theatre* and *Theatre Morin-Heights*, the Municipality will present Shakespeare's *A Midsummer Night's Dream* outdoors at Mont-Bellevue (chemin du Lac-Écho). We invite Morin-Heights citizens as well as neighbouring municipalities to attend this only presentation to be held in the Laurentians.
- The senior's annual party will be held on August 17th in the St-Eugène Hall. This event will include a variety of food, dancing and music.
- This year will be the 12th edition of our golf tournament and it will be held at the Balmoral golf club on August 27th. The revenues allow the Municipality to financially support local organizations that benefit our community's children and seniors. I would like to take this opportunity to thank all of the event's players and sponsors as they are greatly appreciated.

Many other projects will be undertaken this year:

The second phase of the Parc Basler mountain bike trails project will begin in April. As many have shown interest following the work undertaken last year, the Municipality will continue the network on the property adjacent to Mont-Bellevue, as an agreement was entered into with Ski Morin Heights.

Architect Jean Damecour was given the mandate to prepare plans and the tender for the construction of a service building for the park. The rental of a trailer for the ski season was a good alternative but less convenient for a cross-country ski capital.

(continued on page 3)



Important numbers

Town Hall:

567, chemin du Village,
Morin-Heights (Québec)
J0R 1H0

Phone: 450 226-3232

Fax: 450 226-8786

www.morinheights.com

Emails:

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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 -
Emergency Public Works (night and holidays)

Dog catcher:

819 326-4059 • www.spcall.ca

Change of address

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

Graphic Design: Julie Allard

Production: Les Imprimés Triton

450 229-1054 • www.groupepetriton.com



HÉMA-QUÉBEC

Annual Blood Drive

A blood drive was held on February 27th where 31 people donated blood. This will allow 124 medical interventions! We gratefully thank each one of the donors for this generous and significant gift.

The next blood drive in Morin-Heights will be on **August 12th**, from 13:00 to 19:30 at St-Eugène Church (148. ch. Watchorn). The maintenance of the collective blood supply depends entirely on the generosity of people who care about sharing the priceless gift of good health. **Each single donation saves multiples lives.** Only 3% of the population of our province who is eligible to donate blood actually give this gift of life. Every 80 seconds someone needs blood in Québec.

Give blood. Give life.

For any question concerning admissibility for a blood donation, please call: **1-888-666-HEMA** or visit www.hema-quebec.qc.ca.

Next Info Morin-Heights

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

The fall edition is scheduled for distribution on August 21st, 2013. The deadline to submit articles is Friday July 5th. This edition will cover the period between September 1st to December 1st, 2013.

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

(News from the Mayor, continued)

Infrastructure work on chemin du Village will be completed this spring with the construction of retaining walls and final road paving.

The Travaux Publics Department will be very busy with the following:

The maintenance of the roads network remains a priority and interventions have been targeted for a large number of roads. In many cases, this involves work on ditches, tree trimming and road repair.

We will continue working on repairing the drinking water networks and this year, a correction will be made to the Bastien distribution network. The latter work will include asphalt repair on Rang 2 and rue du Loup-Garou.

The Domaine Balmoral property owners have approved a major repair project for Augusta, Balmoral and Glen Abbey roads. Engineers in this dossier intend to begin work after the construction holidays.

We would appreciate your patience at the work sites and ask that you respect signage as we are working for you.

Finally, as President of the *Garde-Manger des Pays-d'en-Haut*, I invite you to generously support this organization which ensures food access to anyone residing on the MRC's territory. Poverty exists throughout our territory even if it is less apparent. More than 21,000 boxes of food, meals and school lunches were delivered in 2012 as well as 700 Christmas certificates.

In closing, I would like to remind you that your participation in community and municipal life is crucial. The success of our activities depends on it. Step up and make a difference!

Have a great summer,

Tim Watchorn, ing.

Mayor



Follow-up on the December 21st Storm

The *Ministre de la sécurité publique* established a financial assistance program for people who have experienced damages to their property or who had temporary accommodation expenses.

Citizens who are eligible for compensation must leave their name, address and telephone number with the municipality at 450 226-3232, ext. 111 or by email at bulletin@morinheights.com before June 15. Subsequently, an evaluator from the ministry will communicate directly with the concerned citizens.

For information regarding the municipal program for the clean-up of trees, please read the article on page 9.

Emergency Automated Calling System

Morin-Heights is now able to contact its residents by phone in case of an emergency using a new automated calling system.

This new system is able to join a maximum number of persons in a minimal amount of time. It can be used by sector or for certain streets only, in case of an interruption of water supply, an environmental crisis or any other emergency. The message could include instructions to follow.

The phone service is actually comprised of all listed phone numbers in the phone book (Bell's white pages). Please note that the data base of the Municipality remains confidential and cannot be used for telemarketing purposes. It is managed by a few members of the municipal staff.

You have a confidential number? You are only using a cell phone or have moved in recently? Please send your information by email (name, address and phone number) at: bulletin@morinheights.com in order to be added to the data base and be on our automated calling list in case of an emergency.



If you have a physical impairment, please contact the municipality at: 450 226-3232, ext. 101 or at municipalite@morinheights.com in order to be added to a priority list in case of an emergency. This list will remain confidential.

Municipal Elections

We remind the owners of an immovable who are not domiciled in the territory of the municipality, that they can ask to be entered on the Morin-Heights list of electors by filling the form that they received with their tax account. The form is also available on the municipal website.

The Act respecting elections and referendums in municipalities states that elections are held every four years, on the first Sunday of November. The electoral period will begin on September 20th.

Advance poll: Sunday October 27th • **General election:** Sunday, November 3rd.

Individuals interested in working on one or both of these two dates are invited to communicate with the Municipality at 450 226 3232 ext. 105 or at municipalite@morinheights.com.

Public notices will be posted as required by law at the Town Hall, the post office, at St-Eugène Church and will also be available under the "Public Notices" index at www.morinheights.com.

Emergency measures during extended power outages

Every citizen must be able to provide for their needs and those of their family for 72 hours in emergency situations. To get information on how to do so, visit:

www.getprepared.gc.ca/index-eng.aspx.

You can also find information on our municipal website under "Sécurité civile" and on www.securitepublique.gouv.qc.ca/securite-civile.html.

What to do in case of an outage that affects your entire neighbourhood?

- Please report the outage by calling **1 800 790-2424**. Your assistance is important. Hydro-Québec uses customer reports to determine the extent of an outage.

After reporting the outage, follow these steps:

- Turn off any electrical appliances that were on, to prevent them from coming back on when the power is restored.
- If you heat with electricity, set all of your thermostats to zero to avoid overloading the distribution system when power is restored.
- Leave two lights on—one inside and one outside. This will let you know when power has been restored, and will also help emergency crews identify the houses that are still without power.
- Do not use fuel-burning heaters, lights, generators or portable stoves designed for outdoor use inside your home. Because they are operated without a chimney, these devices can cause asphyxiation or carbon monoxide poisoning.

For more information on the safe use of electricity and the measures to be taken in case of an outage, visit Hydro-Québec's Power Safety web page:

www.hydroquebec.com/securite/index.html.

The municipal website has been revitalized to offer a dynamic interface and simple and efficient surfing. You will continue to find the assessment roll, the by-laws, the directory of local businesses and organizations, etc. You will have a more direct access to the calendar of activities and various public notices. You will also find the Info Morin-Heights and its archives so you can have continuous access to information as well as photo albums where you can admire the splendor of our territory and those who inhabit it.

Go explore it and add it to your favorites!

Protecting our animals: something to be proud of!

The citizens of Morin-Heights can now rejoice! It is with great pleasure that we announce that the municipality has recently decided to entrust the SPCA Laurentides-Labelle (SPCA LL) with the mandate of animal control service on its territory. This is very gratifying as the SPCA LL offers an *ethical* service of animal control. The municipal regulations must correspond in all respects with the organization's mission, which is among the most respected in the community for its high standards of animal care and health.

Citizens wishing to support their new ethical animal control center, and help to save cats and dogs, can participate in the **annual fundraising cocktail auction**, Gimme Shelter, which will be held Saturday, **May 4** at Ski Morin Heights at 17:30.

Visit the website at www.spcall.ca for details on this event or other services offered by the team of the SPCA LL.



MADA Committee

All MRC des Pays-d'en-Haut municipalities undertook an exercise to be recognized as "Municipalité amie des aînés" (MADA). With this new project, Morin-Heights takes the opportunity to update the seniors part of its family policy in force since April 30, 2008. The committee's work will extend over the next 18 months.

Get legal information from professionals

M^e Stephanie Carriere, lawyer, and M^e Antoine Chabod, notary, are offering a free interactive information session regarding wills and **testaments**, to be held at the Library's Remembrance Hall (823, chemin du Village), on Monday May 13, at 19:00.

To register, simply send an email confirming your presence to frenchlawstudent@hotmail.com. Please send ideas as well about any topics that may interest you for further fall sessions.

Achievement of a fellow citizen

On February 9 and 10, **Mrs. Anita Stranzl**, municipal employee and Morin-Heights resident, celebrated her 50th birthday in a remarkable way by skiing through the 160 km of the Canadian Ski Marathon and by completing the Coureur des bois gold! With her husband Carl and son Tom, Anita has achieved the feat of skiing 80 km per day and sleeping under the stars in the freezing cold.

Anita, we congratulate you and commend your perseverance and passion!



News

Queen Elizabeth II Diamond Jubilee Medals Ceremony

As part of the Diamond Jubilee of Queen Elizabeth II, two citizens of Morin-Heights were honored for their community involvement and achievements, **Mrs. Penny Rose** and **Mrs. Dorothy Garayt**.

The award ceremony took place on February 23, 2013 in Lachute in the presence of the Member of Parliament for Argenteuil-Papineau-Mirabel, Ms. Mylène Freeman and two Morin-Heights councilors, Mrs. Mona Wood and Mr. Jean Dutil.

Congratulations to our two outstanding citizens!



Business Directory

The Municipality keeps a directory of local and nearby businesses on its website. If you wish to see your company listed on it, communicate with Karyne Bergeron at: bulletin@morinheights.com to receive the appropriate registration form.

To take a look, visit: www.morinheights.com/spip.php?rubrique69

Pictures of private gardens for our website

The Municipality would like to show some of the magnificent private gardens that exist in the village. If you would like to have your garden on display on the municipal website or bulletin, please send your pictures to Karyne Bergeron at bulletin@morinheights.com.

Contributors can remain anonymous if they choose.

Photo: Lynda Workman



Photo: Robert Chartrand

Welcome to our village!

A new business is installed in Morin-Heights, computer services company, "North Shore Computer" (Informatique Rive-Nord), located at 707 chemin du Village, suite 102. The company offers residential and commercial service, in the workshop or on site. Emmanuel and Philippe, certified computer technicians are ready to assist you in your technology decision-making and maintenance of your equipment. Business hours are Monday to Friday from 10:00 to 18:00 and Saturday from noon to 17:00.

We wish them success!

Information: 450 644-0097



There are many road work sites throughout the province. During your vacation or simply before leaving, plan your route by consulting the Info Transports website at:

www.quebec511.gouv.qc.ca

You can dial 511 on any telephone to access information on the road conditions, almost in real time.



Environment

Well water testing

Well water is not limitless and underground water is a complex phenomenon that should be treated with great care and respect. Take at least one bacteriological water sample every year, preferably in the spring, to check your water's safety, and to monitor any changes over time. Residents with wells can take advantage of the special offer to have their water tested at **Environment Day on May 25th**.

Changez D'Air Program

The AQLPA has introduced a program to subsidize homeowners who want to upgrade their wood burning stoves and the Municipality of Morin-Heights is a participating member.

To determine if you qualify as well as the amount of subsidy you are entitled to, visit www.changezdair.org for details. Subsidies range from \$200-\$700 plus a \$100 municipal subsidy. The goal is to reduce air pollution and improve wood burning efficiency. The site also lists the types of stoves that qualify.

Ecofitt Water Conservation Program

Water conservation is vital whether you are on a municipal network or a private well. We are fortunate to have an abundance of fresh water in this country but this is an extraordinary resource that must be conserved and protected for future generations.

To help conserve water the Municipality has partnered with Ecofitt to offer a variety of products to help reduce water usage. An expanded program will be offered this year that will include products such as rain barrels and low flush toilets. For more information check our website and/or visit us in May on Environment Day.



Municipal Services

Septic Tank Evaluation

A great deal can be learned about the performance of your septic system when it is being emptied. Most operators are well aware of the performance indicators of a system and you need only ask them about it when your tank is being emptied.

A septic tank is divided into 2 parts; the first compartment serves to decant and collect the solids while the second compartment collects the grey water before it goes into your septic field. Contrary to popular belief the tank is not left completely empty. The first compartment is normally completely emptied of liquids and solids and then the grey water is returned to restore the bacterial medium for decomposition. Only the solids are removed. If there are less than 60 cm (2 ft) of solids in the first compartment then your system would be considered to be functioning normally.

It is very difficult to measure the solid level in the first compartment as the solids are in the form of a liquid sludge and often do not form a solid layer. The key is to have the second compartment emptied as well. Doing so allows you to see if solids have infiltrated into the second chamber and to see if there is any backflow from the septic field. The liquid level should always be just below the outlet. If it is not, and if there is backflow, then there is cause for concern. It could mean that your field is saturated.

Emptying the second chamber is also important in order to access and clean the prefilter. All tanks built after 2010 have a prefilter installed and any advanced system such as an Ecoflo, Bionest or Enviroseptic will have a prefilter in the tank. This is obviously the best time to clean it. At the same time an inspection can be made of the condition of the cement baffles in the tank to see if they have not deteriorated due to the reaction with the uric acid in the grey water. Ask the operator to give you an assessment of your tank during the process.

Note that the maintenance contract for a secondary system has nothing to do with the periodical emptying of the septic tank, every 2 or 4 years without exceptions, and cleaning of the prefilter. It is recommended that prefilters be cleaned at least once a year.

To help prolong the life of your septic system avoid pouring cooking grease or oil down the drains or toilet. Before it congeals, pour it into an empty milk or juice carton and once it solidifies throw it out with your garbage. Fat and oils can clog your system and over time will pollute the groundwater table.



Environment (continued)

Mountain Bike & Hiking Trails

The Municipality has received another Volet II grant to help develop its mountain bike trail network from Mont-Bellevue, but still needs volunteers to help refine and construct new trails. Due to the heavy damage this winter, users are being asked to assist in removing broken branches that have fallen on the trails.

Spring work bees have been scheduled for three Sundays from 9:00 to noon April 28th, May 5th and May 12th.

Please do not ride on the trails until they are declared open in order to avoid surface damage. Signs will be posted when the network is open and it will be announced on our website.

A standardized code of ethics has been developed by the MRC and the *Association pour le développement des sentiers de vélo de montagne au Québec* (ADSVMQ) and is as follows:

1. Get a trail map, wear a helmet, ride within your ability and carry the necessary supplies.
2. Ride on open trails only. If they are closed, it's for a good reason.
3. Do not ride on rainy days and the following 24 hours to prevent erosion and damage to the trails.
4. Always stick to the trail in order to respect the natural environment.
5. Tidy up after yourself. Never leave litter on the trail.
6. Pass with caution and be courteous at all times. Travelling in small groups of ten or less is preferable.
7. Yield to others: climbing cyclists and pedestrians always have the right of way. Ride slowly when there is traffic.
8. Respect private property. Riding on private land is a privilege, not a right. Be grateful for the generosity of owners.
9. Get involved in your community by volunteering in trail maintenance.

Please respect the limits of the network in order to avoid landowner conflicts, and note that all trails are shared with hikers.



Fleurons du Québec Re-evaluation

Morin-Heights will be re-visited in 2013 to see if it merits a fourth "fleuron". Much has been done in the last 3 years to embellish the town and further projects will be underway this spring.

Last autumn, phase II of Parc Lummis was completed which included a new playground structure, stabilizing and replanting the shoreline, constructing a rock fishing patio and delimiting another area with a rock wall that provides a seating option in front of the river. In combination with phase I this has been a huge upgrade to the area.

Last year the municipality planted the medians along Route 364, landscaped the right of way along chemin du Village between Carver and Route 364 and integrated a new bulletin board, which will be completed this spring.

The landscaping along chemin du Village where the water line was replaced last fall will be completed along with the construction of rock retaining walls in several areas along main street. Other plans include upgrading the entrances at the municipal boundaries.

Please help the town by ensuring your property is well kept and tidy, and where possible plant trees, bushes or flowers to help beautify your property and improve the environment. Together we can show our town pride and achieve an illustrious fourth "fleuron".



Town Planning

Temporary winter shelters

Residents have until May 1st to remove the tarp covering the frame and until May 15th to dismantle the structure itself, after which date a fine could be issued. This directive is in force for all temporary winter shelters, no matter where they are located on the property or what they are used for.

Residential pools

If you are planning to put in a new pool this summer, please consult the municipal regulation on our website or inquire at the Town Hall to learn about the particulars and find out which documents you need to submit along with your permit request. For lots serviced by one of the municipal water networks, an additional water tax of \$200 per year was added to your 2013 tax bill.

Culverts and private entrances

Property owners looking to create or move a private entrance, install or replace a culvert must obtain a permit beforehand. Requests must be submitted at the Town Hall. A \$500 deposit is required at the time of the request, which is reimbursable once the project is completed by the owner, inspected and approved by *Travaux Publics*. Please note that the maintenance of the culvert is the responsibility of the property owner who must make sure the water can run freely in the ditch.

Ditches: layout and purpose

We would like to remind citizens living along municipal roads with a ditch that any landscaping work cannot be prolonged into the ditch, including grass or stone work, without a formal authorization by the *Travaux Publics* Department. We recommend that the natural vegetation be kept untouched in the ditch.

Ditches are a part of the road's right of way and serve a specific purpose. Interfering with that space using inadequate materials can cause damages to the infrastructure. To find out what is authorized, contact the *Travaux Publics* Department before doing anything in that space. The Municipality cannot be held responsible for damages to assets if the regulatory distance is not respected.

Fences, hedges, low walls, planting trees and flowers by the road

If you are planning to landscape near the road, installing a fence, erecting a wall, or planting a hedge or a tree in front of your property, make sure you ask if a permit is required. Only grass is permitted in the first meter inside your front property line; nothing else can be installed or planted in that first meter.

The road's right of way must remain clear of plants, trees, walls, fences, etc., mainly to allow for snow removal operations and to prevent damages. This also applies to garbage and recycling bins, mail boxes, sand boxes, and other similar structures. The Municipality cannot be held responsible for damages to assets if this regulatory distance is not respected.

Also, if you are planning to plant a tree at the edge of your property, make sure to use a suitable variety and to respect the required setbacks from electric aerial lines. Please consult Hydro Québec's website: www.hydroquebec.com/arbres/index.html to find tips and advice.

Tree cutting permits

Cutting a tree on private property, (including dying and/or sick trees), requires a permit; one can be obtained for free, beforehand, by calling the *Environnement* Department. Pruning does not require a permit or if the tree has already fallen. Please note that the inspector will come by to assess the validity of your request.

Municipal Services

Spring Tree Clean-Up

The extensive destruction caused by the snowstorms last December will necessitate a major clean-up this spring. The Municipality will be undertaking a large program to clear the ditches of trees and branches that have been buried in the snow since that time.

In an effort to reduce air pollution and to assist citizens in cleaning their property, the Municipality will collect tree trunks of over 10 cm (4 in) in diameter, provided they have been cut into 1.2m (4 ft) lengths and piled in the driveway on public roads, 2-3m from the edge of the pavement. Logs are **not** to be piled in ditches. Once ready for pick-up residents are being asked to leave a message on the designated phone line:

450 226-3232, ext. 222. Log recuperation will be done in May.

Tree cutting permits will not be required for one or two broken trees, but will be required where large numbers of trees have been affected. Residents will be allowed to burn branches only, but a fire permit will be required, and where large numbers of trees are involved, an inspection will be performed beforehand. Fire size will be strictly enforced. From an environmental standpoint, residents are being urged to chip the branches rather than burn them either by hauling them to the Ecocenter or by hiring a contractor who offers a shredding service on site.



Morin-Heights Fire Department and First Responders

We work hard!

Fire Department numbers:

- 29 staff members • 1 director, 4 lieutenants • 15 firefighters - first responders • 11 firefighters • 4 citizens first responders • 4 vehicles used in interventions • between 306 and 1185 hours of training required to become a firefighter • 90 hours of training to become an officer • 60 hours of training to become first responder • At least 72 hours of practice per year for firefighters •

In 2012...

- 325 calls to the Fire Department • 142 interventions by first responders • 923 prevention residential visits, including 554 home inspections •

Rules and Regulations Regarding Outdoor Fires

The aftermath of December 21st storm has left us with extensive tree damage in our town. Many of you will need to burn branches this spring (trunks may be picked up, see details on page 9). Outdoor fires are permitted providing certain rules are followed. A free burning permit may be obtained at the Town Hall, which will be valid for four days at a time (the rules are explained at the back). Fines can be issued for those who burn without a permit, according to Article 13 of By-law 474.

It is essential that a source of water be near the fire pit, that you monitor the fire and control the flames at all times. Even a small fire can quickly get out of control and be devastating... We suggest to have a reserve of water if you are not on town water.



Come spring, think about:

- having your chimney swept. It will be easier to get an appointment at a time that suits you;
- having a hose hooked up and ready in case of a fire outbreak;
- cutting branches overhanging your roof and cleaning your gutters;
- pruning trees and branches obstructing traffic over private roads (20 feet wide x 12 feet high).
- putting a screen on top of the chimney and in front of all smoke conduits;
- preparing an evacuation plan for the whole family; identifying a meeting place outside the home in case of a fire.

Important notice

A badly located civic number, which is not visible from the street or simply missing, greatly affects the emergency services response time. 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!

Alarm System

It is suggested to new residents, as well as full-time residents, to equip their residence with an alarm system linked to a calling center. Doing so would improve the response time of the Fire Department.



Safety tips when using a BBQ

We recommend you to...

- Always use the barbecue outdoors, in a well ventilated area at least three meters (10 ft) from the house, away from doors, windows and vegetation, and from anything that could affect the air flow around the grill. If it rains, do not use it in the garage!
- Store tanks or cylinders outdoors in a safe, well ventilated area, and keep them vertical on a non flammable, raised base.
- Never handle, store or transport propane tanks near a heat source or potential sources of ignition (ex. flames, smoldering materials, barbecue, sparking power tools).
- Always open the barbecue lid before turning it on so that gas does not accumulate under the cover.
- Never leave your BBQ when it's on. Constant surveillance is required.
- Keep a bucket of water or sand or a fire extinguisher near your barbecue at all times.
- Check the tightness of hoses and gaskets with soapy water. Before proceeding, close the barbecue's valve and open the gas bottle's valve. Take water, add a few drops of dishwashing liquid and pour this solution on all hoses and gaskets. If bubbles form and get bigger, this indicates a leak.
- Once the charcoal is done, do not throw away the coals or embers before 24 hours have gone by; that's how long it takes to cool off completely.



Prevention visits

In 2012, 923 visits were made and 554 preventive inspections were conducted. This year again, our firefighters will be going from door-to-door to check smoke detectors and offer advice on fire safety. They will also check the presence of carbon monoxide detectors for those who have a secondary heating source.

The Québec government's website www.msp.gouv.qc.ca offers additional information on fire safety.

Open House

We will be happy to see you on **May 25th** at the Fire Hall for Environment & Family Day. You'll be able to see the equipment we use to respond to emergencies and meet the people who have your health and safety at heart.



Library

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

Information: 450 226-3232, ext. 124

Reminders for our users:

- There is a chute on the side of the library facing the parking lot for dropping off books when the library is closed. Please note that this chute is specifically for the return of books that have been borrowed from the library. If you wish to donate books to the library, please contact the librarian. Also, please note that we cannot accept donations of encyclopedias, reference books and collections of periodicals such as National Geographic.
- You can renew loans and request inter-library loans from your home computer through this website: 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 and that late fees are 0,25\$ / book per day.
- **Children's Story Hour** is held at the library every Wednesday morning, at 10:00 until June.

NEW ACQUISITIONS

(Novels)

Cathy Marie Buchanan
The Painted Girls

Lisa Gardner
Touch & Go

Reginald Hill
The Woodcutter

Herman Koch
The Dinner

Lilian Nattel
Web of Angels

James Patterson and Mark Sullivan
Private Berlin

Ian Rankin
Standing in Another Man's Grave

Ruth Rendell
The Saint Zita Society

Qiu Xiaolong
Don't Cry, Tai Lake: An Inspector Chen Novel

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

(Non-Fiction)

Blain Harden
Escape From Camp 14

Deirdre Kelly
Ballerina: Sex, Scandal, and Suffering Behind the Symbol of Perfection

David Maraniss
Barack Obama: The Story

Carol Shaben
Into the Abyss: How a Deadly Plane Crash Changed the Lives of a Pilot, a Politician, a Criminal and a Cop

(Audio CDS) **New!**

Mischa Berlinski
Fieldwork

Thomas Childers
History of Hitler's Empire

Robert B. Parker
Cold Service

James Preller
Jigsaw Jones Mystery #28: The Case of the Food Fight (children)

Recycling and Garbage Collection Calendar 2013

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

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

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

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



Garbage



Recycling and Garbage



Recycling



Large items

Recycling and Garbage Collection

In the context of the government's waste reduction program, our future landfill waste site will be the *Régie inter-municipale des déchets de la Rouge* one, which the municipality is a member of.

Note that as of May 20, in addition to the new landfill site, a new company will be in charge of the curb collections. The rules were tightened on the type of materials to be collected so they meet the requirements of the government program. You'll see that the materials that were normally carried in the past (ex: green waste, leaves, televisions, etc..) will no longer be. Fortunately, the local Écocentre now offers complete free access to all residents.

Keep this calendar and note that large objects will now be collected on one Tuesday per month.

By May 20 and onwards, any complaint or information needed in respect to the curb collections should be addressed to **Marie-Ève Roy** at: rcmillermorinheights@gmail.com or at **1 855 425-3797**.
(Les Services RC Miller inc.)

Écocentre

The municipality of Morin-Heights is proud to offer all its citizens **completely free** service at the Écocentre since January 1st, 2013.

The Écocentre is located at 2125, chemin Jean-Adam (Route 364) in St-Sauveur.

ecocentre@ville.saint-sauveur.qc.ca,
450 227-2451

Opening hours from April 1st to November 30th: Monday to Sunday from 7:30 to 16:00. (The Écocentre will be closed on June 24th)

Together to reduce landfill.

Activities

Elder Abuse

The *Table de concertation "Parole aux aînés"*, in collaboration with the 4 Korner Family Resource Center, presents Grandpa Is Not a Cash Cow and Grandma Won't Take Any Bull, an English play that puts elder abuse in its everyday manifestations on center stage; abuse which is very real and too frequently ignored.

The show will be presented at the Morin-Heights Elementary School (647, ch. du Village) on Saturday, June 8, at 14:00.

Tickets will be available at door at a \$5 cost.

Arts Morin-Heights Summer Expositions

Arts Morin-Heights is continuing its 2013 programme with two expositions at the library. A group exposition on May 4, 5, 11 and 12 (Sat.-Sun., 11:00 to 17:00) will present works on the theme of "Growth". Then, on June 1, 2, 9 and 10, will be a duo exposition by Ilania Abileah and David Roffey, entitled "Home Sweet Home" (Sat.-Sun., 11:00 to 17:00).

At the end of July will be the traditional summer-season exposition at St-Eugène Hall, every day from 10:00 to 17:00. Admission is always free to Arts Morin-Heights events, but you are invited to bring non-perishables for the *Garde-manger des Pays-d'en-Haut* food bank.

2013 marks Arts Morin-Heights 30th anniversary. To celebrate, special activities have been included to the regular program including a series of demonstrations and workshops throughout the exposition and a reunion of all members back to the beginning of Arts Morin-Heights, on August 3rd. The exposition will exceptionally be one week longer this year, so the dates are July 26th to August 11th. The vernissage will be on Saturday July 27th, from 17:00 to 19:00. The full programme is available on www.artsmorinheights.com.

For additional information about Arts Morin-Heights and their events, visit their website or call 450 226-3832.



Activities

Joyful Noise Choir Concert

Joyful Noise Choir presents its annual spring concert on Sunday, **June 2nd**, at 15:00. The concert takes place at United Church (831, chemin du Village), it is a free event, but donations to the church are welcome.

For additional information about the concert or the choir, contact Penny Rose at: 450 226-2746 or at pennyrose@jenanson.com.

Outing in Shawinigan's Cité de l'énergie

(for people age 55 and over)

Wednesday, June 12th, 2013

Discover the Cité de l'énergie in Shawinigan through interactive tours! In the morning we will visit the multimedia science center with a giant 360° screen, promised to be a multi-sensory experience! We will then visit a few exhibitions on the evolution of energy through the ages, on the greatest stories about the development of energy and then visit an observation tower.

In the afternoon, the Cité de l'énergie offers its visitors a pontoon ride on Rivière St-Maurice to reach the historic site where you will find several gems of the Canadian industrial heritage. Crossing the river will allow everyone to enjoy the beautiful landscape bordering the St-Maurice. In the historic area, tram-like buses will provide transport. In addition, rest areas and gardens enrich the exceptional beauty of our itinerary.

Subsequently, activities to choose from are possible (duration 1h15) and must be reserved and paid for when registering.

Choices are:

- **Jardin de la synergie**, free
- **Pontoon cruise**, \$11 (taxes included)
- **City tour in an electric tramway**, \$11 (taxes included)

- **Departure at 8:00** from Mont-Bellevue, 99 ch. du Lac-Écho. Arrival in Shawinigan at 10:00.
- Transportation by a Galland Deluxe bus (washroom and comfortable seating) with two snacks provided by IGA.
- **Return** to Mont-Bellevue scheduled for **18:45**.

Register now at the Town Hall, Monday to Friday, 8:30 to noon and 13:00 to 16:30. Proof of residency required. Residents can register in priority until May 23rd.

- 54 places available.
- Non-residents may register themselves on the waiting list, but will be confirmed only after May 23rd.
- No refund

Cost resident: \$35 • Cost non-resident: \$45

Information and registration:

450 226-3232, ext. 102



Theatre Morin-Heights

Join Theatre Morin-Heights!

Meetings on Wednesdays at 19:00, every second week.

FREE

Penny Rose at 450 226-2746 or pennyrose@jenanson.com

Laurentian Reading Club

For more than 50 years, the Laurentian Reading Club has been meeting monthly for lively discussions about books and reading.

Information:

Jane Philibert at 450 226-6947 or janephil@cgocable.ca

French Book Club (CLEF)

Morin-Heights now has a club for those interested in French-language books. The club meets monthly to discuss reading, new finds, books we re-read, and favourites.

For information, please contact: Monique Bélisle at 450 226-8464

Laurentian Region 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 St-Eugène Hall 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.



Royal Canadian Legion Events

Saturday May 11

Mother's Day Supper, at 18:00

Friday, May 17

TGIF Smoked Meat Night, at 18:00

Saturday May 25:

Legion Golf Tournament & Steak Supper

Saturday June 15:

Father's Day Special BBQ, at 18:00

Friday, June 21

TGIF Smoked Meat Night, at 18:00

Saturday June 29:

Canada Day Steak Supper

Friday, July 19

TGIF Smoked Meat Night, at 18:00

Saturday July 27:

Barney's Famous Roast Beef Done On The Spit, at 18:00

Saturday August 17:

Gerry Hecklinger's Golf Tournament & Steak Dinner

Friday, August 23

TGIF Smoked Meat Night, at 18:00

Saturday, August 31

Labour Day Steak Supper, at 18:00

Darts every Wednesday nights at 19:00 and Friday nights at 19:30

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

All welcome, 127, ch. Watchorn.

FLEA MARKETS

rain or shine!

**Saturday June 8 • Saturday July 6
Saturday August 3 • Saturday Sept. 7**

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



Activities



Shakespeare-in-the-Park in Morin-Heights

"The course of true love never did run smooth."

This summer, the Municipality of Morin-Heights has invited Montreal's Repercussion Theatre to present one of William Shakespeare's most beloved play, *A Midsummer Night's Dream*, at Mont-Bellevue (99, ch. du Lac-Écho). This professional production will be performed on **August 3rd, at 19:30**. It will be the only performance out of Montréal.

Shakespeare-in-the-Park is a summer event celebrating its 25 years. The play is presented in English, but it is visually dynamic which makes it accessible and captivating for all. This activity is free and open to everyone; we suggest your bring a chair and a blanket. In case of rain, the play will be presented at Ski Morin Heights (231, rue Bennett).

Information: 450 226-3232, ext. 102 or www.repercussiontheatre.com

Cinété

At St-Eugène Church (148, chemin Watchorn)

The Municipality of Morin-Heights is proud to present a summer movie night on July at 17:00. Come see "Les Croods" with your family in order to celebrate the end of the school year and the beginning of summer! Hot-dogs and beverages for all!

The activity is free; movie in French.

Information: www.morinheights.com or 450 226-3232, ext. 111



Seniors' Annual Celebration

The municipality is inviting its elders to the Seniors' Annual Party on August 17th, to take place at St-Eugène Church (148, ch. Watchorn). Our community's seniors are welcome by 13:30; corn, hot-dogs and drinks will be served, music and activities are planned.

Information: 450 226-3232, ext. 102

Activities

Day Camp 2013 at Tamaracouta

Registration is open now and made directly at camp, places are limited. Final payment is due by June 1st, postdated cheques are accepted but have to be received by June 1st.

REGISTRATIONS AT TAMARACOUTA CAMP:

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

499, ch. Tamaracouta, Mille-Isles, J0R 1A0

reservations@tamaracouta.com

www.tamaracouta.com

1-866-438-4096



Tamaracouta Summer Activities

Different training options and camping experiences are offered for children from 8 to 16 years old. The camp is ACQ and CITQ certified.

Space is limited, so call now!

1-866-438-4096 or

reservations@tamaracouta.com

You can register your child to the municipal day-care and/or bus shuttle services on Environment and Family Day on **May 25th, 9:00 to 11:00**, at the Town Hall (567, ch. du Village). It is also possible to register at the municipal office, Monday to Friday, 8:30 to noon and 13:30 to 16:30.

Babysitting course

For children 11 to 15 years old who are interested in babysitting, this complete course will help them acquiring the necessary skills to face this important responsibility.

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

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

Saturday June 8th and 9th, 9:00 to 13:00.

At St-Eugène Hall (kitchen room), 148, chemin Watchorn. **Bilingual training.**

You must bring: a pen or pencil and paper, colouring crayons and a doll or stuffed animal (baby size if possible).

Registration required at the Town Hall before May 23rd: 450 226-3232, ext. 111.

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

St-Eugène Community's Activities

NOTRE-DAME-DES-MONTS PARISH

May 15

Benefit supper for Notre-Dame-des-Monts Parish at École hôtelière des Laurentides at 18:00. Tickets available now.

June 8

Dinner and a magic show, at 18:00.

Come see an amazing magic show! Professional magician, Magislain will perform at your table during the meal and will end the evening with a magic show. Dinner includes a caesar salad, lasagna and dessert. Tickets available now.

August 8

GOLF TOURNAMENT

Have fun and support your community! This great day will include brunch, cart, golfing fees and dinner. Come discover the wonderful course at the Arundel Golf Club. Brunch at 11:00, tee-off at 12:30 and supper at 18:30.

Tickets: \$125 all included.

Youth Initiative

You have a teenager (12+) who would like to do something meaningful, be involved in the community? We have a place for him!

Bilingual Sunday Mass

Every Sunday at 10:30, welcome all!

Youth Choir

Children (10+) are invited to join the choir. Bilingual.

Information and reservations (tickets):

450 226-2844 • St-Eugène Church,
148 chemin Watchorn.

Senior Citizens Heritage Club

The Senior Citizens Heritage Club invites new members to join, ages 55 & over. Monthly activities are organized which include 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

Morin-Heights Farmers' Market

Opening day: May 24th

Join us every Friday from 14:00 to 19:00 until October 11th. Fresh, local vegetables, preserves, baked goods, and more!

Outside market only - rain or shine!
(148, ch. Watchorn)

FUNDRAISER FOR THE MORIN- HEIGHTS FARMERS MARKET ON SATURDAY APRIL 27

A delta blues night with Clarkdale Moan and Daniel McKell at St-Eugène (148, ch. Watchorn), 17:00-20:00

Tickets: \$20 at the door.

To reserve tickets call Heather and Regan at **450 226-2789**.

Please visit our website for more information:

www.marchemorinheights.com

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



Activities

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

A day of festivities for the whole family awaits you!

Street performers, inflatable structures, face paintings, challenges and other free family activities. The gracious ladies from Trinity Church's Strawberry Social will be there to keep the tradition going with their famous strawberry shortcake. Once again, there will be a baking contest followed by an auction for the benefit of Morin-Heights Elementary School's breakfast program. Live music, fireworks and more in the evening — the celebration starts at 14:00. You won't want to miss it!

Watch for upcoming publicity.

We are looking for volunteers! We need help with site set-up and clean-up and/or to man a variety of activities during the day. If you can offer an hour or more, please let us know at 450 226-3232, ext. 111.

For more information:

www.morinheights.com



Activities



National Québec Day in St-Adolphe-d'Howard

On Sunday June 23, at Parc Adolphe-Jodoin (1878, chemin du Village). Many activities from 15:00 to 23:30, performance by Motel 72 in the evening.

For information:

819-327-2626 ext. 221, loisirs@stadolphedhoward.qc.ca or www.stadolphedhoward.qc.ca



- Homecare Assistance
- Care in a Residence
- Accompaniment,
- Supervision & Mobility Stimulation
- Employment opportunities for Caregivers

Spring & Summer Information Workshops
Technical Training
Contact with Health & Social Resources

**FOR MORE INFORMATION & REGISTRATION PLEASE CONTACT
LAURENTIANS CARE AT 855.522.7372**

Seniors Day!

The municipalities of the MRC des Pays-d'en-Haut are organizing a day of activities for their elders on May 8. All activities will take place at Hotel Chantecler in Sainte-Adèle. The cost of the ticket is \$5, which includes all activities, buffet lunch and bus transportation from Morin-Heights to Sainte-Adèle.

The workshops offered are laughter yoga, self-defense, active lifestyle and line dancing, informational booths will be on site and a play will be presented in the afternoon. All activities are held between 9:30 and 16:15.

50 places available, reservation mandatory with Catherine at 450 226-3232, ext 102.

Coueurs des Bois Group

This group organizes outings in the Laurentians. According to the season, the excursions are hiking, cycling or snowshoeing. This season's outings schedule is available at:

www.morinheights.com/spip.php?article321

Information:

Eileen Meillon at 450 226-6904

Jogging

Running with a group is a good way to get motivated, to improve and to meet people who share your interest in physical activity and the outdoors. Running on the Corridor Aérobique is safe and alluring!

Join the group on Saturday mornings, in the Corridor Aérobique parking lot (starting on the official opening for summer activities). Starts at 10:00, distance depending on your ability and mood!

For information:

Pierre at 450 226-1250



Football Club Morin-Heights

2013 CALENDAR

SOCCER BAZAAR

April 27th from 11:00 to 15:00

At St-Eugène Church
(148, chemin Watchorn)

GRASSROOTS PROGRAM

**10 Saturdays, June 15th to August 17th
from 9:00 to 10:00**

Players born in 2009-2008-2007-2006
(4 to 7 years old)
Resident \$120, non-resident \$150,
including soccer ball and uniform

SOCCER ACADEMY

(Soccer Camp)

June 24th to 28th from 9:00 to 15:00

Day-care 8:00 to 9:00 and 15:00 to 16:00
Players U8 to U14 F & M (players born
between 1999 and 2005)
\$130/week (including Academy t-shirt
and soccer ball)
+ \$50 day-care services (if needed).
Places are limited, register before
May 31st at 450 226-0011.

For registration & information:

www.fcmorinheights.com
info@fcmorinheights.com
or 450-226-0011



Activities

2013 Pool and Tennis Season Passes at Ski Morin Heights

Ski Morin Heights offers reduced rates to Morin-Heights residents for exterior pool and tennis passes. **Ask about the season passes that also gives access to Acro-Nature!**

| Exterior pool and tennis membership | |
|---|--------------|
| AGE CATEGORIES | PRICES |
| Adults | \$30 + taxes |
| Youth (from 4 to 12 years old)* | \$20 + taxes |
| Seniors (60 years old and over) | \$20 + taxes |
| Family pass (2 adults, 2 children of 12 years of age or less) | \$80 + taxes |
| *Children under 13 must be accompanied by an adult. Free for children 3 years of age or less. | |

| Schedules | |
|---|---|
| EXTERIOR POOL SCHEDULES** | TENNIS SCHEDULE |
| From June 22 to August 18 and August 24, 25, 31 and September 1-2, 10:30 to 19:00. | Friday, Saturday & Sunday from June 22 to Sept. 2, 9:00 to 22:00. Evening reservations before 17:30. |
| ** Please consult the weekly schedules for pool and court availability. Note: Swimming pool and tennis courts will be closed on rainy and/or cold days (pool). | |

PURCHASE YOUR PASSES AT SKI MORIN HEIGHTS

Information: 450 226-1515

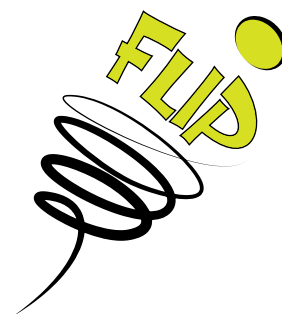
Flip, Circus School

The first full-time circus school in the Laurentians, Flip is offering new, fun and exciting programs giving the opportunity to all ages and abilities to try their hand at the circus arts with the equipment used by professionals. The teaching staff is nationally certified and has over 25 years experience in circus arts. This new, non-profit, school offers the possibility to discover many circus disciplines:

- Trampoline (recreational & competitive)
- Circus gymnastics
- Children's party, circus performances
- Summer camp for 6 to 14 years old

The school is located in Ste-Adèle, come and FLIP out!

www.flipcirque.com • flip@flipcirque.com • 450 512-8436



Activities

Viking canoë-kayak Club

This year, Viking Canoe Kayak is offering half-day Canoe Kids summer camp for children aged 7 to 12 years old. Camp runs Monday to Friday, 8:30 to 12:30, starting on July 2nd. Campers follow National Canoe Kayak Canada's "CanoeKids" skills development program, they learn safe boating practices and water safety and develop skills and fitness through games and fun.

Cost: \$125/week or \$25/day (all equipment is supplied)



Additional programs offered include our PaddleAll and Para canoe/kayak programs for youth and adults with special needs, recreational programs in kayak, canoe and dragon boat as well as competition development and performance training for youth and adults of all abilities. For more information, fees and registration forms, visit:

www.canoekayakviking.ca.



Rivière-à-Simon Fishing Tournament

At Parc Lummis, Saturday May 18th, 8:00 to 15:00.

Children initiation to trout fishing, \$5 registration fees. They must have fishing gear and be accompanied by an adult holding a fishing permit (available at Rona H. Dagenais & Fils inc., in St-Sauveur). This event is made possible by the *Association de Chasse et Pêche des Laurentides*.



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

Saint-Adolphe-d'Howard:

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

Sainte-Anne-des-Lacs:

450 224-2675, ext. 262 •
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 21.

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

ACTIVITIES INCLUDED IN THE AGREEMENT

ADULTS

Afro dance

Saint-Sauveur

Bridge Class (intermediate class)

Saint-Sauveur

Fitness & Well-being

Piedmont et Saint-Sauveur

Initiation to African Drumming

Saint-Sauveur

Painting (oil and acrylic)

Saint-Sauveur

Photography

Sainte-Anne-des-Lacs

Pilates

Piedmont

Tai-Chi Chuan

Saint-Sauveur

Watercolour

Sainte-Anne-des-Lacs

CHILDREN

Babysitting Class

Sainte-Anne-des-Lacs

Introduction to music (3 to 5 years old)

Saint-Sauveur

Judo

Saint-Sauveur

The 12th Mayor's Golf Tournament

The Mayor's Golf Tournament raises funds to support local community groups. The tournament will be at the Balmoral Golf Club, on Tuesday August 27th. Mayor Tim Watchorn warmly invites you. Many community groups have been funded by the tournament in the last few years and their needs are still a reality.

To register or to make a donation through a sponsorship, contact Karyne Bergeron at: **450 226-3232, ext. 111** or at **bulletin@morinheights.com**.



Classes

| Class / Location | Rates | Schedule | Dates | Instructor | Description |
|--|---|---|--|---|--|
| SPRING SESSION | | | | | |
| Body Design / St-Eugène Hall | | Monday 9:15 to 10:15 | April 15 to June 17 | Lisa McLellan and her team Information and registration: www.lmfitness.ca 450 530-3920 Call now to reserve your place, the classes fill up quickly! Fitness Pass (2 classes / week): \$200 + taxes (3 classes or + / week): \$264 + taxes Card (9 classes): \$120 + taxes 10-week SPRING session Join anytime during a session! | Work hard, get into shape! |
| Stretch and Strengthen / Community Hall | | Monday 9:30 to 10:30 | April 15 to June 17 | | Improve posture, mobility and relieve pain |
| Aquafitness / Chantecler | | Monday 11:00 to noon | April 15 to June 17 | | Pool workout for strength and health |
| Cardio Nature / Corridor Aérobie | | Tuesday 9:15 to 10:30 | April 16 to June 18 | | Cardio and strengthening outdoors |
| Combo 50+ / St-Eugène Hall | | Tuesday 9:30 to 10:30 | April 16 to June 18 | | Overall workout, improve strength and vitality |
| Yoga / Community Hall | | Wed. 9:15 to 10:30 | April 17 to June 19 | | Improve posture, relieve pain, become more supple |
| Stretch and Strengthen / Community Hall | Pass or card | Wed. 11:00 to noon | April 17 to June 19 | | Improve posture, relieve pain, become more supple |
| Stretch and Strengthen / St-Eugène Hall | | Wed. 17:30 to 18:30 | April 17 to June 19 | | 30 minutes Zumba and one hour cardio and strengthening |
| Zumba-Combo / St-Eugène Hall | | Thurs. 9:00 to 10:30 | April 18 to June 20 | | Overall workout, improve strength and vitality |
| Combo Cardio / St-Eugène Hall | | Thurs. 10:45 to 11:45 | April 18 to June 20 | | Breath, postures, inner transformation |
| Hatha Yoga / Community Hall | | Thurs. 17:30 to 18:45 | April 18 to June 20 | | Breath, vinyasa and inner transformation |
| Eccentrics & Pilates / St-Eugène Hall | | Thurs. 19:00 to 20:15 | April 18 to June 20 | | Strengthen and lengthen for better posture |
| Qi Gong / Parc Lummis or St-Eugène | | Friday 9:15 to 10:15 | April 19 to June 21 | | Health and well-being: breath, movement and mental focus. |
| Restorative Stretch / Community Hall | | Friday 10:30 to 11:30 | April 19 to June 21 | | Parc Lummis weather permitting. |
| Yoga and meditation / Community Hall | \$15/das if registered \$20/class drop-in | Friday 11:00 to noon | April 19 to June 21 | Louise Bloom 450 226-5844 | Gentle, restorative and effective |
| Tai Chi Yang stretch and meditation / Community Hall | \$120 per session | Monday 17:30 to 19:15 | May to August | Michelle Gendron 450 712-6834 ecoledeatchilibre.com | Hatha yoga, meditation and spiritual disciplines |
| Dance-Theatre Improvisation (9-12 year olds) / Remembrance Hall | R: \$90 NR: \$100 | Tuesday 10:45 to 12:15 | April 16 to June 4 | Ysabel Pénolope 819-217-5827 ou info@materdame.com | Increase mind and physical abilities. Register anytime. |
| Gentle Yoga / Community Hall | \$65 / 6 classes session \$70 non-resident | Tuesday 17:00 to 18:15 | May 7 to June 25 | Donna Berry 450 226-1311 | Move and play characters in French. Develops diction and listening skills. |
| Spanish (beginner) / St-Eugène Hall | R: \$120 NR: \$125 | Thursday 10:45 to noon | May 23 to June 27 | Maite Alfonso 450 563-3894 ou mcaimera@hotmail.com | Yoga for stiff and injured bodies |
| Yoga-Dance (3-4 year olds) / St-Eugène Hall | R: \$80 NR: \$85 | Thursday or Friday 17:30 to 19:00 | see "Description" | Ysabel Pénolope 819-217-5827 ou info@materdame.com | There must be 10 registrations minimum for the class to begin. |
| Creative Afro-Dance (5-7 year olds) / St-Eugène Hall | R: \$80 NR: \$8 | Friday 16:00 to 17:00 | May 3 to June 21 | Ysabel Pénolope 819-217-5827 ou info@materdame.com | Stretching, relaxation, exploration of spontaneous and improvised movement. Fun guaranteed, parents welcome! |
| Karate / Community Hall | * | Friday 17:15 to 18:15 | May 3 to June 21 | Ysabel Pénolope 819-217-5827 ou info@materdame.com | Introduction to creation and rhythmic dances to the sound of drums. Colorful journey to the land of Africa! |
| Wu Style Tai Chi Chuan / Community Hall | R: \$140 NR: \$145 | Friday 17:30 to 18:30 | until June 15 | Shihhan Gilles Labelle 450 432-4570 | Develop concentration, increase physical fitness. Children 5 and up and adults. |
| Hip Hop with Alexandre & Katherine Leblanc/ Studio Shake, 695 chemin Avila, Piedmont | R: \$55 NR: \$60 6-week session | Saturday 9:00 to 10:30 | April 6 to June 30 (no class on May 25) | Robert Lee 450 227-8829 ou leeoberthm@gmail.com | For harmony of the mind and body and your health |
| Ballet / Community Hall | ** | Children: Sunday 11:00 to noon Teenagers: Sunday noon to 13:00 | May 5 to June 9 | Lynne Leblanc 450 822-7911 ou info@studioshake.com | Learn a choreography and present a small showcase at the last class |
| SUMMER SESSION | | | | | |
| Combo 50+ / St-Eugène Hall | | Tuesday 9:30 to 10:30 | July 2 to September 3 | Lisa McLellan 450 530-3920 | Overall workout, improve strength and vitality |
| Yoga / Community Hall | | Wed. 9:30 to 10:30 | July 3 to September 4 | Fitness Pass (2 classes or + / week): \$253 taxes included | Improve posture, relieve pain, become more supple |
| Stretch and Strengthen / Community Hall | Pass or card | Wed. 10:45 to 11:45 | July 3 to September 4 | Card (9 classes) \$135 taxes included 10-week SUMMER session | Improve posture, relieve pain, become more supple |
| Qi Gong/ Parc Lummis | | Thursday 8:30 to 9:15 | July 4 to September 5 | | Body/mind health and stress relief |
| Combo 50+ Mix / St-Eugène Hall | | Thursday 9:30 to 10:30 | July 4 to September 5 | | Overall workout, improve strength and vitality |

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

FOR INFORMATION OR REGISTRATION, COMMUNICATE DIRECTLY WITH THE INSTRUCTOR