

# INFO

## Morin-Heights

In harmony with nature



**MORIN-HIGHTS**  
1855



### Les journées de la culture

#### MUNICIPAL INFORMATION

#### FALL 2022

SEPTEMBER / OCTOBER / NOVEMBER  
VOL. 25 NO 4

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#### Concert by the Claudel-Caminex Quartet

On September 30, at 19:30, at Chalet Bellevue

Formed in 1989, with a repertoire ranging from Baroque to contemporary masters, the quartet is composed of women who play on three Stradivari, a Guadagnini, as well as bows of great masters. After the concert, the musicians will be available to answer your questions. **Online registration is required, and seating is limited.** ([www.morinheights.com](http://www.morinheights.com), "online services" menu)

#### The History of Basler Park

On October 1, from 10:00 to 14:00

Enjoy a visit to Basler Park to learn more about its history, when it was a farm, then a ski center, when the St-Jean Ambulance center was based there, etc. Come and meet the directors of the **Morin-Heights Historical Association** who will be present to share pictures and facts about the many lives of this place so important to Morinheighters!

(continued on pages 12-13)

# News from the Mayor



Dear fellow citizens,

As I write this, the Municipality is still working on the collection of trees and branches that fell during the storm of May 21. After two years of pandemic, the last thing we needed was a natural disaster...

However, it is often in difficult situations that we see the best in people. This is definitely the case with the citizens who were busy helping their neighbours by cutting down fallen trees, and it is also the case with all of our municipal employees who worked hard to ensure the safety and well-being of everyone.

Our firefighters secured areas with downed wires and went door-to-door in the most affected areas to ensure people were okay. Public Works employees cleared streets, kept municipal water systems running and coordinated tree removal. Our Urbanism and Environment staff managed the branch drop-off site. Our administrative staff worked to restore communication services as quickly as possible and informed citizens of the emergency services we had in place. And let's not forget the Recreation employees who, with their usual cheerful nature, welcomed our citizens, and even those from neighbouring municipalities, at the Chalet Bellevue so that they could relax, charge their phones, and take a shower, 24 hours a day. They were all terrific, and I thank them!

Hydro-Quebec has scheduled a tour of the dangerous trees on the territory, and we hope they will proceed with the cutting before the next major storm.

For the first time in two years, we were able to resume our usual summer activities such as the children's fishing day, Canada Day, Shakespeare-in-the-Park, the Arts Morin-Heights summer exhibition, etc., and everyone appreciated this return to normality.

The new urban planning bylaws will be entering their final approval phase following public consultations. We are working very hard to ensure they represent the community we want to build.

So let's all take advantage of the fall to get outside, explore our trails, participate in local events and reconnect with our community that we have missed so much during the confinement of the past two years.

Yours truly,

Tim Watchorn, ing.  
Mayor of Morin-Heights

## Animal Control

**Cruelty towards animals is a crime! If you see an animal locked up in a vehicle in hot weather, call the police.**

## Citizen Card

### Why a citizen card?

- Free access for the following activities:
  - mountain biking, snowshoeing, hiking
  - tennis & pickleball
  - Lummis Park
- Resident rates for courses and activities
- To facilitate access to the municipal events and the brand-new sports complex
- To obtain a library membership

**Information:** [www.morinheights.com/IMG/pdf/brochure\\_carte\\_citoyenne\\_bilingue.pdf](http://www.morinheights.com/IMG/pdf/brochure_carte_citoyenne_bilingue.pdf)

## Automated Citizen Alert System

If you have not done so, we invite you to register for the citizen alert system, allowing us to reach our residents quickly and efficiently during emergencies or disasters. The service is entirely **free**. The parameters are adjustable, so you can choose how you will be contacted by phone call, SMS (text message) and/or email.

[www.morinheights.com/Forms-Summary](http://www.morinheights.com/Forms-Summary)



## Knitting trees

Thanks to the generosity of many knitters, more than 100 items - tuques, mitts, socks, and scarves - were hung on our knitting trees last winter. All these knitted goods have been distributed at regional schools.

We'll be planting our trees on Friday, November 2, at Chalet Bellevue, the Town Hall and the library, and they will be in place until the beginning of January. We'll "pick" the knitted items once the trees are full, and for sure just before Christmas, to distribute them among less-fortunate families in the area.

So, knitters, to your needles!

Contact **Monique Bélisle** at **450 226-8464** for more information.



## The "Coach du bac" Tour will be stopping in Morin-Heights for a conference

**September 13, at 19:00, at the Chalet Bellevue**

**Free!**

This awareness program presented by Tricentris is focused on learning and sharing. This unique evening, offered exclusively in person, is a real extension of the Tricentris Facebook page. The "Coach du bac" event provides a 101 course on the art of recuperating in order to recycle even better. During this conference-discussion, questions will be answered on how recuperating and recycling work, the results obtained through citizen involvement, what really happens to the material deposited in the recycling bin, and a few myths may even be broken in the process.

This event is for those who care about the environment and the planet's well-being. As Tricentris often says, recuperating and recycling are a real team effort. If you want to learn more about the role you can play, this evening is for you! The conference will be in French, but questions can be asked and answered in English.

## Bursaries Available for Youth — Sports Excellence

This municipal policy recognizes our young residents' high level of achievement in sports, ages 12 to 25. Amateur athletes must meet eligibility criteria and submit a completed application form **before October 15<sup>th</sup>, 2022** (available on [www.morinheights.com](http://www.morinheights.com) under "Online Services", then "Online Forms" or at the Chalet Bellevue).

## Laurentian Region Cancer Support Group

The group offers English-Speaking support services to cancer patients, caregivers, and their families in the Laurentian Region. **Free monthly meetings are held at Chalet Bellevue (27 rue Bellevue)** or online via ZOOM. Donations are welcome (tax receipts provided).

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**.



## Benevolence is the language of the heart

Gestures to improve the well-being of others are the result of kindness. Described as a posture of openness, non-judgment and interest in others, this quality can have a greater impact than it seems on a community.

When you ask people what is the last nice thing someone did for them was, the gesture doesn't have to be flamboyant to spark a twinkle in their eyes. For example, someone took the time to hold the door while the person had their arms full of bags or even a stranger in a queue who gave a sincere smile. While kindness should, above all, be used to improve the care for our seniors, it is also applicable to the whole of society. Indeed, young and old can contribute to this movement of the heart, which solidifies the feeling of solidarity.

It is as simple as respecting the life story of others, being interested in them, and respecting the rhythm of others even if we have to slow down our own. Cultivating benevolence throughout society leads to more dignity, inclusion and empowerment for all citizens. Moreover, children questioned about the last kind gesture made towards them did not really remember it but spontaneously recounted a kind gesture they made. Why do they think this is so? "It's because it makes you feel really good," one spontaneously replies.

**Let's act together to counter abuse and promote kindness!**

### Next edition!

#### WINTER EDITION

December 1, 2022, to March 15, 2023

Deadline:

October 7, 2022

Distribution:

November 24, 2022

Visit [www.morinheights.com](http://www.morinheights.com) to sign up for our new email newsletter to receive last-minute announcements, important reminders and details on current programming!



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

## Installation of nesting boxes for endangered birds –

### Presentation at Chalet Bellevue

In 2021, *Développement ornithologique Argenteuil* (DOA), Ruisseau Jackson Protected Natural Area (RJANP) and the Municipality of Morin-Heights identified sites to install bird nesting boxes for two endangered bird species; the wood duck and the tree swallow. This initiative was organized in the spirit of Ruisseau Jackson's nature conservation mission. Four wood duck and ten tree swallow nests were installed on the creek banks.

The goal of this 10-year-long program is to provide nesting sites for bird species that nest in cavities but rarely breed in the area because of the lack of natural spaces. These species have been declining over the years, and the initiative will foster their recovery locally and regionally.

The nesting boxes are not visible or accessible from municipal trails, but one can learn more about them by attending a short presentation this fall!

A first inspection of the nesting boxes will take place this October. It will be the occasion to determine if any new winged tenants have arrived. Join us to find out!

Martin Picard, ornithologist and director of DOA, will present the project and provide information on the birds of the region. The free presentation will be in French (participants can ask questions in English).

Where? Chalet Bellevue

When? **Saturday, 12 November, from 9:00 to 9:45.** Anyone interested in nature and biodiversity is welcome!

**Information:** [www.ruisseaujackson.org](http://www.ruisseaujackson.org)



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

## Annual grants for community organizations

The Municipality of Morin-Heights invites non-profit groups and organizations to submit their 2023 financial and technical assistance requests. Foreseeing community needs allows Council to set aside the necessary funds in its annual budget.

A new and improved form will be available online shortly. It must be completed and returned by **October 15, 2022**. Council will analyze requests and send out replies by the end of February.



Since 1995, the *Garde-manger des Pays-d'en-Haut* has given food support 50 weeks a year to people in precarious situations.

For information or to register:  
[info@gardemangerpdh.ca](mailto:info@gardemangerpdh.ca)  
450 227-3757 or 450 229-2011

Reservation: 450 712-4038

Distribution: every Tuesday from 14:15 to 15:00 at the Morin-Heights Town Hall located at 567 chemin du Village.

### **La Fouillerie, thrift store**

*Le Garde-Manger* runs *La Fouillerie*; we encourage the public to participate by donating their used items, thus providing clients with choice items.

**ALL profits go directly to the Garde-Manger des Pays-d'en-Haut.**

28 rue Bennett at the junction of Route 329 •  
450 644-0087

Opening hours:

Thursday: 9:00 to 15:00

Friday: 9:00 to 15:00

First Saturday of the month: 9:00 to 14:00

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

[secretariat@gardemangerpdh.ca](mailto:secretariat@gardemangerpdh.ca)

Facebook : La fouillerie GMPDH

## Photo Contest

Share your best pictures of Morin-Heights! The winner will receive a gift card from a local shop. Send your best photos to [karyne.bergeron@morinheights.com](mailto:karyne.bergeron@morinheights.com). The winner will be announced in the next issue of this bulletin.

**Your pictures must have a minimum weight of 1 MB.** If you want to submit numerous photos, we ask that you send them through [wetransfer.com](http://wetransfer.com), a free and user-friendly website. Pictures received for this contest must be free of rights and will be kept in our municipal bank of images and could be used to illustrate our various communication tools or ads.

The contest winner from the previous edition is **Michel Roux**, who won a \$50 gift certificate from Brasserie Anorak Broue Pub located at 2 rue Meadowbrook, congratulations!



Photo : Michel Rioux

## Looking for Morinheighters!

You have surely appreciated the beauty and quality of the photos that illustrate our various communication tools. The eye and talent of our municipal photographer and Morin-Heights resident, Paul Mackay, make us proud to share his images!

To present a broader range of our population through these photos, we are looking for groups (families, couples, friends) for different photo sessions organized throughout the seasons.

A photo session will be planned in two blocks of one or two hours on the same day. If you are a fan of a local activity, photos can be taken in

action (mountain biking, cross-country skiing, skating, etc.) and others in our various parks, infrastructures, and trails. Gift certificates from local businesses and a few surprises will be given to participants as a thank you!

To let us know if you are interested in taking part in one or more of the upcoming photoshoots, please contact us at the following email address: [karyne.bergeron@morinheights.com](mailto:karyne.bergeron@morinheights.com). Provide us with a brief description of your family or group (number of people, age range and preferred activities), so we can plan according to your interests and our needs.



## **Le Rucher Collectif: our bees arrive in town!**

The Municipality of Morin-Heights opens its arms and its environment to the bees of *Le Rucher Collectif*, a community urban beekeeping project, in its fourth year in the *MRC des Pays-d'en-Haut*. It is with the concern of contributing to biodiversity and rising awareness to the issues related to bees, food security and the importance of working together as bees do, that Morin-Heights is partnering with the *Rucher Collectif* and its mission.

Morin-Heights joins Saint-Sauveur and Sainte-Adèle in allowing the organization's volunteers to have two beehives near the Chalet Bellevue. At *Le Rucher Collectif*, the end goal is not to produce honey, but above all, it is a tool for social awakening that uses bees as a natural link between humans and pollinators. Pollination is crucial for our environment and food, while beneficial bees have seen their survival rate drop drastically in recent years.

With nearly 100,000 honeybees in the Morin-Heights skies, the community is challenged to create a healthy and nurturing environment for its little foragers of hope. As *Le Rucher Collectif* puts it so well, «It's a case of the community and the bees helping each other»!

Citizens are invited to take small practical steps around them to offer a gift to our bees. Nothing could be simpler than creating landscapes that are both beautiful and nourishing. Sow clover, let the dandelions bloom, improve your lawn, and plant more colourful flowers! Make room for native species, and choose trees and bushes that also delight the birds. Give them access to a water source and avoid pesticides. It is so easy and

rewarding in so many ways to create a biodiversity-rich environment that will draw a wide range of pollinators.

**We welcome *Le Rucher Collectif* and its bees who will contribute to our collective well-being; in Morin-Heights, it is in our nature!**

Visit [www.facebook.com/leruchercollectif](http://www.facebook.com/leruchercollectif) to follow the organization's activities and subscribe to the page.



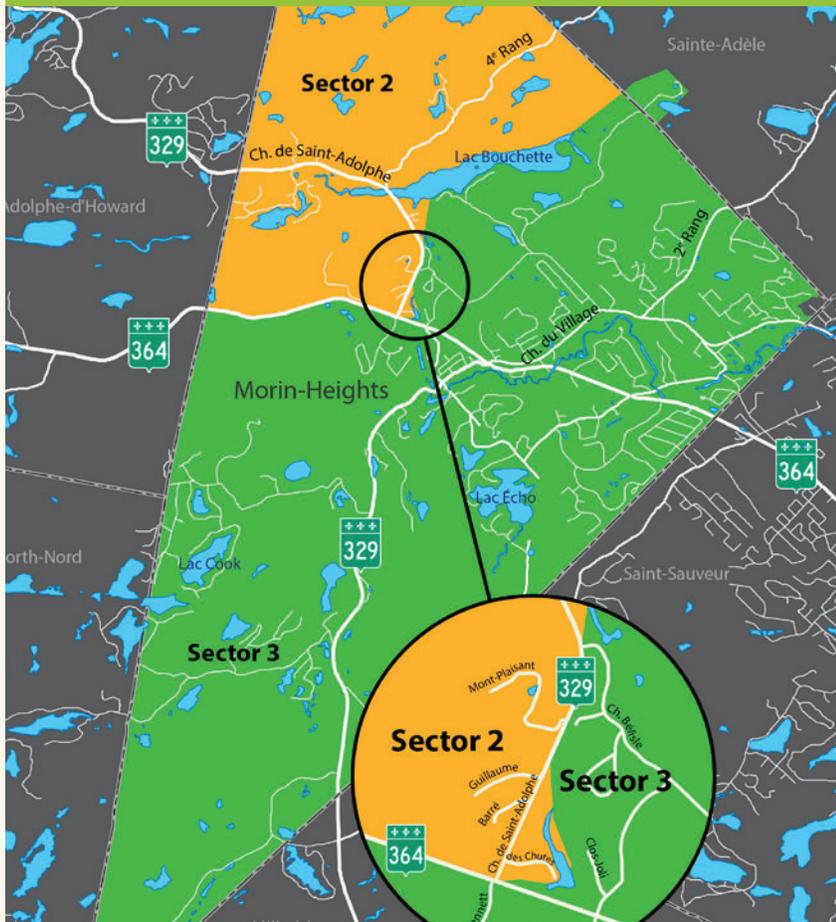
# Collections Calendar

## SECTOR 2-YELLOW

SEPTEMBER 2022							OCTOBER 2022							NOVEMBER 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3							1			1	2	3	4	5
4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12
11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19
18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26
25	26	27	28	29	30		23	24	25	26	27	28	29	27	28	29	30			
Place bulky items by the street on the evening of September 11. The pick-up truck will come by once on September 12 or 13.							30 31 Place bulky items by the street on the evening of October 16. The pick-up truck will come by once on October 17 or 18.													

## SECTOR 3-GREEN

SEPTEMBER 2022							OCTOBER 2022							NOVEMBER 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3							1			1	2	3	4	5
4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12
11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19
18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26
25	26	27	28	29	30		23	24	25	26	27	28	29	27	28	29	30			
Place bulky items by the street on the evening of September 11. The pick-up truck will come by once on September 12 or 13.							30 31 Place bulky items by the street on the evening of October 16. The pick-up truck will come by once October 17 or 18.													



### Legend

- Recycling (blue bin)
- Organic (brown bin)  
Pick-ups every two weeks from October to May
- Garbage (black bin)  
Monthly pick-ups from November to April
- Bulky items Place bulky items by the street the night before pick-up
- No garbage pick-up

lespaysdenhaut  
recyclent.com

### INFO-COLLECTE

1855 PDH-RECY  
450 229-8052  
infocollecte@mrcpdh.org

www.morinheights.com

# Town Planning and Environment

## Eco-responsible Morinheighters!

Following the adoption of its Environmental and Transition Policy, the Municipality of Morin-Heights wishes to sensitize and encourage all Morinheighters to become eco-responsible citizens. By changing our habits together, slowly but surely, we will reduce our impact on the environment.

Water is a precious and depletable natural resource that we must collectively protect. Here are some ideas and practices you can adopt to become an «eco-responsible citizen»:

/ install a rainwater harvesting system. Indeed, fall is the right time to do so, and there are many advantages to rainwater harvestings, such as the preservation of aquifers and the reduction of costs related to the treatment and distribution of drinking water;

/ replace your toilet with a low-flow toilet;

/ take a shorter shower, and don't let the water run unnecessarily when doing personal care such as brushing your teeth.

Other actions can help reduce our environmental footprint:

/ carpooling with a neighbour or co-worker or favouring biking or walking when possible;

/ planting trees;

/ reducing, reusing, recycling, and reconditioning to limit waste.

**Every action counts and makes a difference!**

## Quebec Goes Green!

In February 2022, Quebec has reached a significant milestone by having over 130,000 electric and hybrid vehicles on the road.

Are you the owner or lessee of a fully electric vehicle, new or used? Under the "Go Green" program, you can receive **\$600 in financial support from the Quebec government** for purchasing and installing a 240-volt charging station at your home. Proof of the installation is required.

We invite you to consult the government website at:

<https://vehiculeselectriques.gouv.qc.ca/english/rabais/domicile/programme-remboursement-borne-recharge-domicile.asp>

## Ecocentre

The intermunicipal Ecocentre is located at **2125 chemin Jean-Adam** in Saint-Sauveur. 450 227-4633, ext. 3200.

### OPENING HOURS

**April 1 to November 30:**

open daily from 7:30 to 16:15, except on Wednesdays

[www.ville.saint-sauveur.qc.ca/services-aux-citoyens/environnement/ecocentre.html](http://www.ville.saint-sauveur.qc.ca/services-aux-citoyens/environnement/ecocentre.html)

## Septic Tank Emptying

Septic tank emptying must be done every two years for permanently inhabited properties, and for declared seasonal residents every four years. To avoid delays, remember to make an appointment with your service provider before the winter and provide us with proof of the pumping in the form of an invoice.

# Outdoor Network

## Mountain biking

Please respect the signage regarding closed trails as well as the 24-hour rule after heavy rain to preserve the condition of the trails. Also, this fall, be careful with the presence of leaves on the trails!

## Construction of new trails or obstacles without authorization

It is forbidden to build modules, obstacles, or new trails without the approval of the Municipality. Before proceeding, it is essential to notify us of your projects to receive the necessary authorizations since these could affect the safety of users and/or the medical assistance that emergency services must provide.

## Respect for private property

It is important to note that closed trails may be located on private property. Therefore, using them outside of the operating season is forbidden since we do not have the necessary authorizations.

## Reminder on dog regulations

Dogs must be on a leash at all times. It is important to bring your bags back and not leave them in the forest. If you have not already done so, we invite you to discover the Canine Corridor at the intersection of Route 364 and rue du Midi.

## Condition of trails

You can consult the status of the trails on the municipal website: [morinheights.com/Outdoors](http://morinheights.com/Outdoors).

## Pricing

Pricing is available on our website.



## *Coueurs des bois*

For many years, a group of residents gathered regularly for walking, cycling or snowshoeing outings on local and regional trails. This club eventually dissolved, but the need and desire still seem to be there to resume activities. Members were mainly composed of people 60 years and older, and the hikes were organized during the day on weekdays.

If you are interested in planning monthly or bi-monthly outdoor excursions for fellow citizens, please let us know at [chaletbellevue@morinheights.com](mailto:chaletbellevue@morinheights.com).

To speak with a former club leader about the ins and outs of the mandate, contact Judy Rogers at [judyrogers222@gmail.com](mailto:judyrogers222@gmail.com).



# Morin-Heights Fire Department and First Responders



## Civic Number

A building's civic number is not a decorative element or useful only for the mail; this number is the main reference for the quick location of a residence by emergency responders, day and night.

A clearly visible civic number allows emergency services to locate a building more quickly and thus save significant delays in a critical situation.



Fire Prevention is

# YOUR RESPONSIBILITY!

## 10 FIRE-PREVENTION TIPS



### SMOKE DETECTORS

- Install a smoke detector on each floor, including the basement.
- Choose a photoelectric cell model, which triggers fewer unnecessary alarms.
- Change the detector according to the replacement date that the manufacturer indicates on the case.



### EVACUATION PLAN IN CASE OF FIRE

- Locate two possible exits.
- Identify an assembly point located outside and inform all the occupants of the residence.
- Rehearse with all the occupants the steps to be followed during an evacuation in case of fire.



### HOW TO EVACUATE YOUR RESIDENCE

- Close the doors behind you to prevent flames and smoke from spreading to other rooms or into other dwellings.
- Dial 911 once you are outside your residence.



### SMOKERS' ITEMS

- Do not throw cigarette butts into flowerpots or on mulch.
- Place butts in a metal container.



### SOURCES OF HEAT

- Move curtains or furniture at least 10 cm from radiators, electric baseboard heating units or any other heat source.



### ELECTRICITY

- Have a master electrician carry out the electrical installation in your residence.
- Use electrical appliances approved in Canada and bearing the CSA and ULC marks.



### CARBON MONOXIDE

- Install a carbon monoxide detector if your garage adjoins your residence or if you use non-electric heating or cooking units.
- Follow the manufacturer's instructions to install the carbon monoxide detector.



### PREVENT COOKING FIRES

- Constantly monitor food that is cooking and use a timer.
- Never heat oil in any type of cauldron to fry foods. Use a thermostat-controlled deep fryer.



### CHIMNEY SWEEPING

- Have an expert inspect and sweep your chimney once a year, before the heating season begins. The same applies to the outlet pipes of pellet fireplaces.



### HOT ASHES

- Let hot ashes cool off outside in a metal container with a metal lid.
- Wait at least seven days before transferring them to a trash bin.

# Library

The municipal library is located at 823 chemin du Village and is closed on official holidays. Library membership is free for all residents.

Schedule: Tuesdays, Thursdays, and Saturdays, from 10:00 to 16:00.

## Information :

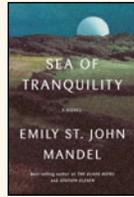
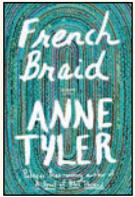
bibliotheque@morinheights.com or 450 226-3232, ext. 124

We invite you to reserve your documents on [mabiblioamoi.ca](http://mabiblioamoi.ca) or by email at [bibliotheque@morinheights.com](mailto:bibliotheque@morinheights.com). For returns, a book chute is accessible on the side of the building.

## Storytime for children

ON SATURDAYS AT 10:30

It's story time in the library again! Introduce your child to the world of books and the pleasure of reading. The library's collection offers an opportunity to spark the imagination and practice language skills. Craft workshops can follow storytime.



## New arrivals

**The library keeps its collection up to date! Here is an overview of our new arrivals:**

- Dream Town / David Baldacci
- City of the Dead / Jonathan Kellerman
- Quicksilver / Dean Koontz
- Run, Rose, Run / James Patterson

- Wish You Were Here / Jodi Picoult
- Abandoned in Death / J. D. Robb
- Nightwork / Nora Roberts
- Sea of Tranquility / Emily St. John Mandel
- French Braid / Anne Tyler
- A Safe House / Stuart Wood

## Les Z'animés, program of activities at the municipal library

### Zoologist in Action: Reptiles Are WOW!

SEPTEMBER 17, 10:30, 9-12 Y.O.

Biodiversity and science workshop combined: come meet live animals! Zoologist Hélène Caron presents the clawed world of animals, then invites children to participate in a memorable workshop (in French).

### Monstrotête: Full to the Brim!

OCTOBER 29, 10:30, 6-8 Y.O.

Come paint the head of a hideous monster to decorate your Halloween candy bags and buckets. At the end of this thrilling workshop, a grotesque, slimy, toothy, hairy creature will be born! Limited places, online registration. Animation in French.

### Journée de la culture: Meeting Through the Art of Portraits

OCTOBER 1, 10:30, ADULTS AND CHILDREN

The Centre des Arts Mamuse offers fun encounter activities through the art of visual and literary portraiture. Participate in intergenerational workshops and develop your creative side as a family!

### Rethink Retirement

NOVEMBER 19, 10:30

Retirement is being redefined and transformed. With life expectancy on the rise, retirees are challenging the status quo by forging new lifestyles. Speakers Jeannette Lalonde and Mary Morency look at this transitional period from several angles and share their advice.

### Art History Conference: The Group of Seven

ON OUR YOUTUBE CHANNEL FROM OCTOBER 14 TO 20

Few painters have marked the history of Canada like the Group of Seven. Having rejected European traditions, these local artists were able to distinguish themselves in the world of Fine Arts. Sylvie Coutu presents the history of their work (in French).

# Cultural Programming

(continued from front page)



## Les journées de la culture

### Theatrical Reading

**On October 1, at 14:30**

Sit back, relax and enjoy a lively reading of a comedy in English presented at Chalet Bellevue by our local community theatre group, **Theatre Morin Heights**.

### Conference and tasting on lacto-fermentation

**On October 2, from 11:00 to 12:30 at Chalet Bellevue**

Theory, demonstration, and tasting of a homemade product, the result of lacto-fermentation. Among the fermentations, we find kimchi, sauerkraut, and pickles, to name a few. These fermented foods have several benefits since they contain probiotics and prebiotics. In addition to the health benefits, this process allows food to be preserved longer. Isabelle Meunier of fermentationvegetale.org will present the conference. 30 seats available. **Reserve your free seat online!**

**Info:** chaletbellevue@morinheights.com or 450 226-3232, ext. 132.



The cinematic artwork “Fresque Laurentienne” will be projected on an exterior wall of Chalet Bellevue on **Saturday, September 17, between 19:30 and 21:30**. The 35-minute animation will be presented in a loop; you may arrive at any time. Bring a chair and/or a blanket. **Free!**

In this animated celebration of the beauty of the natural world around us, visitors of all ages will be immersed in a fabulous journey of the seasons. This visual and sound experience aims to reveal and highlight the collective wealth of our heritage and landscapes.

The multimedia show Fresque Laurentienne is an artistic projection on architecture whose music and animation were created by Sainte-Adèle artist Samuel Charrois.



### Les Fils du Diable Concert

Les Fils du Diable invite you to a wild show where the sounds of fiddle, accordion and piano blend with Cajun, Celtic and Quebec rhythms!

On November 26 at 19:00 at Chalet Bellevue. Limited seating, registration required through [www.morinheights.com](http://www.morinheights.com) (“Online Services” menu, “Online Registration” submenu): \$5 or free with a citizen card.

**Information:** chaletbellevue@morinheights.com or 450 226-3232, ext. 132



## Joyful Noise Choir

We invite you to sing! Every Tuesday at 15:00 at Chalet Bellevue from September 13 to December 13, \$140. Choir's director, Ian Lebofsky:  
[www.thephysicalvoice.com](http://www.thephysicalvoice.com)

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

## Morin-Heights' French-language Reading Club (CLEF)

The *Club de lecture en français* continues its monthly meeting this fall. The club meets at Chalet Bellevue every fourth Tuesday from 13:30 to 15:30 to discuss reading: new finds, books we re-read, and favourites.

**For information about the club,** contact Monique Bélisle, 450 226-8464.

## Knitting Group

The knitting group meets twice a month to knit, chat and share ideas. And it's not just for knitters; those who like to crochet, do embroidery or do other needlework are also welcome!

Meetings are held at Chalet Bellevue on the first and third Tuesdays of each month, from 13:00 to 16:00. You are welcome for the entire three hours or for part of the time, depending on your availability.

This is an informal group, no need to sign up or book. Join us to work, share and chat! All you have to bring are your supplies. Contact Monique Bélisle at **450 226-8464** if you have questions.

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**Auteurs**  
DES GENÈRES

## FOIRE DES BOUQUINISTES

Vente de livres et CD à petits prix.

**Vendredi**

**12 août**  
**12h à 17h**

**Samedi**

**13 août**  
**10h à 17h**

**Dimanche**

**14 août**  
**10h à 15h30**

**CHALET BELLEVUE À MORIN-HEIGHTS**



**MANY  
 ENGLISH  
 BOOKS  
 AVAILABLE**

## Theatre Morin Heights Presents!



Our **big stage production**, at the Chalet Bellevue from October 19 to 23, will be a comedy! We all need to laugh! Check out [theatremorinheights.ca](http://theatremorinheights.ca) for details. Tickets go on sale in mid-September.

We will be present at the *Journées de la culture*; you can discover the details of the program on pages 1, 12 and 13.

Please contact us if you want to get involved on stage or behind the scenes. There are numerous ways that you can volunteer to become part of our thriving local English community theatre troupe - just let us know if you are interested.

For more information or to inquire about getting involved, call 579 765-3999, email [theatremorinheights@gmail.com](mailto:theatremorinheights@gmail.com) or visit our website [theatremorinheights.ca](http://theatremorinheights.ca).

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

(((SiriusXM)))  
PRESENTS  
**FESTIVAL**  
**SUPERFOLK**  
*Morin-Heights*

**2022 AUGUST 19-20-21**  
TICKETS ON SALE AT:  
**SUPERFOLK.CA**  
FREE FOR 17 AND UNDER

**CITIZEN RATE:** TO TAKE ADVANTAGE OF A SPECIAL RATE, RESIDENTS OF MORIN-HEIGHTS MUST GO TO THE CHALET BELLEVUE SERVICE COUNTER WITH A PROOF OF ADDRESS. \$10 DISCOUNT WILL BE APPLIED ON THE 3-DAY PASS, \$5 DISCOUNT ON DAILY ACCESS.

Logos: Canadian Heritage, MRC des Pays d'en-Haut, ROSE BUDDHA, Hydro Québec, tempo, NAT CORREIL, SUPERSETHILL, SUPERFOLK.CA

## Les Stations éphémères

The MRC des Laurentides and the MRC des Pays-d'en-Haut are proud to present a new edition of the *Stations éphémères* project, an outdoor cultural project involving visual arts along the Aerobic Corridor.

This cultural mediation project presents a temporary artistic creation in the land art spirit at six “stations” along the Aerobic Corridor while integrating various mediums (crafts, sculpture,

painting, etc.) Creations will be realized in August, and the *Stations éphémères* will be exhibited until Thanksgiving.

Travel along the Aerobic Corridor, on foot or bike, to discover the six ephemeral stations!

For any additional information, visit the [corridoraerobique.ca/stations-ephemeres/](http://corridoraerobique.ca/stations-ephemeres/) website.



## “Discovery of Sophrology” Workshop led by Suzanne Viot

Strengthen the positive side of life and harmonize your body and mind through relaxation exercises, visualization, and movement. At the Chalet Bellevue, August 17, 10:30 to 11:45

**Information:** 438 274-9019

Online registration via our website or by phone at 450 226-3232, ext. 132



## Accès Loisirs des Pays-d'en-Haut Program

Sainte-Adèle, Saint-Sauveur, Morin-Heights, Sainte-Anne-des-Lacs, Piedmont, and Sainte-Marguerite-du-Lac-Masson continue to offer the *Accès-Loisirs Québec* Program in the *Pays-d'en-Haut* area, in collaboration with *Maison de la Famille des Pays-d'en-Haut*.

This program enables people from 0 to 99 facing a low-income situation to participate, at no cost, in different recreational activities. This opportunity allows this clientele to break the isolation and join in the social life of their neighbourhood in complete confidentiality.

Registration will take place on **September 14, from 17:00 to 20:00** at *Maison de la Famille*, located at 480 rue des Capucines in Ste-Adèle. To benefit from this program, you must bring proof of your revenue.

Find out more by contacting your local Recreation Department at 450 226-3232, ext. 132.

## Art Exhibition: Works in bronze by Peter Whalley and in wood by David Hodgson



### DAVE HODGSON /PETER WHALLEY SCULPTURE EXHIBITION

November 12 - 13, 2022

vernissage

Friday, November 11, 5 - 7 pm

Chalet Bellevue, 27 rue Bellevue, Morin Heights



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



# Fondeurs Laurentides

CLUB DE SKI DE FOND

## **Cross-country Ski Competitive Program** (10 y.o.+)

Technical learning of cross-country skiing, training, and competitions.

DAY: Tuesday 18:30-20:00 (St-Jérôme) and Sunday 9:00-11:30 (Morin-Heights)

START: depending on the group, will start between September and November 2022

REGISTRATIONS and details about the programs: [www.fondeurslaurentides.ca](http://www.fondeurslaurentides.ca) by September

### INFORMATION:

[clubfondeurslaurentides@gmail.com](mailto:clubfondeurslaurentides@gmail.com) or 579 888-2005 or 450 712-5478

## **Jackrabbit Program** (6-10 y.o.)

Jackrabbit national cross country ski program, 8 classes of 1h30.

DAY: Sunday 9:00 or 11:00

START: January 2022

LOCATION: 185 rue Bennett, Morin-Heights

REGISTRATIONS and details about the programs: [www.fondeurslaurentides.ca](http://www.fondeurslaurentides.ca) by September

### INFORMATION:

[clubfondeurslaurentides@gmail.com](mailto:clubfondeurslaurentides@gmail.com) or 579 888-2005

## Halloween

We invite all winged fairies, big-armed superheroes, bolt-wielding robots and horror movie characters from Morin-Heights to meet in the heart of the village on Halloween night between 16:00 and 19:30!

Village Road will be closed between Route 364 and Watchorn Road during the event. Other activities may be added, so stay tuned!

We invite all businesses and organizations who wish to offer candy to children to join the festivities in the village center by indicating their interest at the following email address: [chaletbellevue@morinheights.com](mailto:chaletbellevue@morinheights.com) before October 1<sup>st</sup>. Residents of the village center are also invited to contact us to concentrate on Village Road activities and create a festive atmosphere there!

We invite motorists to be extra careful on an evening when children roam freely.



## Gym Sports

Gymnasium sports are unfortunately cancelled for this session. We hope to be able to offer them again soon.

## Pick-up Hockey for children 5 to 15 years old

This FREE recreational hockey program offers children 5\* to 15 years of age (as of September 30, 2022) an opportunity to play traditional pick-up hockey at the local outdoor skating rink.

\*If a sufficient number of children aged 5 and 6 is reached, we will start a team for this age group.

Emphasis is on fun, team spirit, and participation. The program will mostly take place at the skating rink, except for a few exhibition games, which will be organized within the MRC.

Since this program is free, places are limited, and hockey is a sport where team spirit is fundamental, your children's presence to all games is key.

**A full equipment is required:** helmet with full face protector, neck protector, shin and knee guards, gloves, pelvic protector, hockey stick, and skates.

**7 to 10 years old:** Tuesdays from 18:30 to 19:30

**11 to 15 years old:** Thursdays from 19:00 to 20:30

**Starts on Tuesday, January 3**, ice and weather conditions permitting, at the Basler Park rink, 99 chemin du Lac-Écho. The program ends on February 28.

**Ice conditions:** 450 226-3232, ext. 122  
or on the municipality's website at  
[www.morinheights.com/Patinoires-Skating-Rinks](http://www.morinheights.com/Patinoires-Skating-Rinks)

**Online registrations only, starting on October 1 at [www.morinheights.com](http://www.morinheights.com)** ("Online Services" menu, then "Online Registrations"). Places are limited\*\*.

\*\*Priority will be given to Morin-Heights' residents up to December 9. Following this date, all remaining places in the program will be filled with non-residents, first come, first served.

**Information:** [chaletbellevue@morinheights.com](mailto:chaletbellevue@morinheights.com)  
or 450 226-3232, ext. 132.

## Open House Day and the Mayor's BBQ

Keep your Saturday, September 10 open to come and meet with the members of the municipal council as well as the various municipal services.

Activities and animation will be organized at Basler Park, the library, and Chalet Bellevue between 10:00 and 14:00.

### During the event, you can:

- / enjoy a light bbq lunch cooked and served by your Mayor Tim Watchorn and municipal councillors;
- / climb aboard the Public Works and Fire Safety Department vehicles;
- / meet some of the teachers from our course program and even stretch your legs by trying out some of our courses;
- / take advantage of the event to have your family's citizen card produced; this card will give you access to certain services free of charge, including access to the snowshoeing and fat biking network this winter;
- / meet with the Town Planning and Environment Department team and also pick up a container to perform a water test at a reduced price;
- / chat with our outdoor team, who will be on hand to show you our trail network;
- / and have fun on the site with dynamic activities for the whole family!

### Information:

[chaletbellevue@morinheights.com](mailto:chaletbellevue@morinheights.com) or  
450 226-3232, ext. 132



## F.C. MORIN-HEIGHTS

### **What a great start to the season we had!**

A special thank you to our parent volunteers, our coaches, our referees, and our players/educators who pass on their passion for soccer every Saturday morning to our youngest players through our Grassroots program. With a record number of registrations again this year, we can say that the next generation of players is very promising at FCMH! Thank you also to all the parents and athletes for renewing your confidence in us year after year.

I can't forget the immense generosity of the Municipality without which we could not exist but also that of our main sponsors, IGA Morin-Heights, and JOLY CPA inc., with whom we have been collaborating for several years. You are precious to us. Thank you for your involvement in our club!

We would also like to announce that our annual fundraiser in collaboration with IGA Morin-Heights will finally be held again this year and will take place in early September.

I want to conclude by reminding you that our next General Assembly will be held - as it is every year - on the first Saturday of October. We look forward to seeing you there!

Nadine Boutin  
President

### **Youth Sports Refund Policy**

The Municipality of Morin-Heights refunds the difference between the non-resident and resident fees up to a maximum of \$200 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 Laurentians, and the refund applies only to permanent residents of Morin-Heights, 17 years and younger.

A completed request is mandatory for refunds and must be submitted at the latest sixty (60) days following the beginning of the activity. Refunds will be made at the end of the season or session.

The new refund form is available at [www.morinheights.com](http://www.morinheights.com) under "Online Services", then "Online Forms", or at Chalet Bellevue.

## You'll be welcomed at Trinity Anglican Church

Has the pandemic uncovered a gap in your life? Are you asking questions about spiritual aspects of our existence on Earth? If so, come join a community of local people learning and seeking answers to life's big questions together, following the teachings of Jesus.

Trinity Anglican Church is located at 757 chemin du Village and is part of the Anglican Church of Canada and the worldwide Anglican Communion.

We meet in person every Sunday morning at 11:00 and online for weekday evening prayer at 17:00.

For information and links, including Covid measures currently in place in our community, visit [www.montreal.anglican.ca](http://www.montreal.anglican.ca), our Facebook page "Trinity Anglican Church Morin Heights", or contact the Rev. Tania Lesack at 514 607-0414 or [tania.lesack@gmail.com](mailto:tania.lesack@gmail.com).

### Please join us, you'll be welcomed.

You can visit this website to read a "First-Time Guide to Visiting an Anglican Church": [www.montreal.anglican.ca/what-to-expect-in-an-anglican-church](http://www.montreal.anglican.ca/what-to-expect-in-an-anglican-church).



## Women's hockey Mini-Palettes

It is with a contagious joy that Les Palettes Roses League announces its new MINI-PALETTES WOMEN'S HOCKEY project.

Due to the success of the initiation days and the demand from girls to play regularly, the league is pleased to offer an initiation/participation formula for girls aged 7-12. Players will be able to develop their skills in an environment that promotes fun, respect, teamwork, and safety. The format will be simple and fun, combining practices and games. Our coaches, referees and Palettes Roses volunteers will be happy to share their passion with you!

Ice time at the new *Centre Sportif Pays-d'en-Haut* will be available. The season will run from September 2022 to March 2023, an hour per week. The time slot will be the same each week.

Prices for MRC residents \$175

Prices for non-residents\* \$350

\*generally, a portion is refundable by your city

Follow the **Ligue de hockey les Palettes Roses** Facebook page for more information. The registration link will be available soon on Facebook. For more information, please email us at: [inscription.palettesroses@gmail.com](mailto:inscription.palettesroses@gmail.com).

# Intermunicipal agreement

An intermunicipal agreement between Morin-Heights, Piedmont, Sainte-Adèle, Sainte-Anne-des-Lacs, Saint-Sauveur, Saint-Adolphe-d'Howard, and Sainte-Marguerite-du-Lac-Masson allows citizens from these seven towns to register **in the following selected courses at resident rates**. The purpose of this agreement is to promote courses that do not reach the minimum number of participants required to start the session and thereby allow access to a more varied service offer.

## Registration process

Enquire directly about the registration process, dates, schedules, prices, and availability with the town offering the class(es) of your choice. Proof of residence is required. We suggest that you contact the municipality offering the course or visit their website to get information. The refund terms and conditions are those in effect in the town offering the class.

### FOR INFORMATION

**Municipality of Piedmont:**  
450 227-1888, ext. 230 /  
piedmont.ca

**Municipality of Sainte-Anne-des-Lacs:**  
450 224-2675, ext. 262 /  
sadl.qc.ca

**Municipality of Saint-Adolphe-d'Howard:**  
819 327-2626 /  
stadolphedhoward.qc.ca

**City of Sainte-Adèle:**  
450 229-2921, ext. 7244 /  
ville.sainte-adele.qc.ca

**City of Sainte-Marguerite-du-Lac-Masson:**  
450 228-2543, ext. 221 /  
lacmasson.com

**City of Saint-Sauveur:**  
450 227-0000, ext. 4000 /  
vss.ca

## YOUTH

**Ceramic painting**  
Morin-Heights

**Contemporary dance**  
Sainte-Adèle

**Creative dance**  
Sainte-Adèle

**Floor hockey**  
Sainte-Adèle

**Hip-Hop dance**  
Sainte-Adèle

**Judo For teens**  
Saint-Sauveur

**Mad Science**  
Sainte-Marguerite-du-Lac-Masson

**Soccer**  
Saint-Adolphe-d'Howard

**Traditional Scottish Highland dancing [6+]**  
Morin-Heights

## ADULTS

**20 cardio, 20 weight training, 20 abs and stretching**  
Piedmont

**Baladi dance**  
Piedmont

**Cardio latino**  
Morin-Heights

**Cardio swing**  
Morin-Heights

**Ceramic painting**  
Piedmont and Morin-Heights

**English Conversation**  
Morin-Heights

**Essentrics**  
Sainte-Adèle

**Fitness**  
Piedmont

**Flexi-Dance**  
Morin-Heights

**Gipsy dances**  
Piedmont

**Hiking club**  
Sainte-Adèle

**How to use an iPad**  
Sainte-Anne-des-Lacs

**How to use an iPad [intermediate]**  
Sainte-Anne-des-Lacs

**Line dances**  
Sainte-Anne-des-Lacs and Saint-Sauveur

**Qi Gong**  
Saint-Adolphe-d'Howard and Morin-Heights

**Regenerating Yoga**  
Morin-Heights

**Solo latino**  
Morin-Heights

**Spanish [all levels]**  
Sainte-Adèle and Morin-Heights

**Stained glass**  
Piedmont

**Stretching and toning**  
Sainte-Anne-des-Lacs

**Tai Chi**  
Saint-Sauveur and Piedmont

**Tai Chi Yang**  
Morin-Heights

**Yogalates**  
Morin-Heights

**Yoga on a chair**  
Sainte-Anne-des-Lacs

**Yoga**  
Saint-Adolphe-d'Howard et Piedmont

**Zumba**  
Saint-Adolphe-d'Howard

**Zumba Gold**  
Sainte-Anne-des-Lacs

## PARENT-CHILD

**Cooking workshop**  
Sainte-Adèle

**Mother-baby fitness**  
Saint-Sauveur

**Stay Safe course [8-12 y.o.]**  
Sainte-Adèle

**Yoga**  
Piedmont

*Consult the complete schedule of courses offered in Morin-Heights on pages 22-26.*

# Courses offered

FOR INFORMATION OR REGISTRATION, COMMUNICATE WITH THE INSTRUCTOR  
R: resident • NR: non-resident / \*\*: contact instructor for more information.

## Alpine Cardio

You will work your cardio, toning, endurance, and flexibility from the mountain to the floor mat! The perfect complement for all your outdoor activities this fall!

**Location:** Chalet Bellevue

**Rate:** R: 10-class card \$125 or \$15 per class

NR: 10-class card \$155 or

\$17.50 per class

**Day:** Monday  
8:45 to 9:45

**Dates:** Sept. 12 to Dec. 19  
(14 weeks) –no class on Oct. 10-

**Instructor:** Andréa Beaulieu /  
450 822-7486 /  
espritpin@gmail.com

## Restorative Yoga

Restore and rest with gentle stretches and restorative yoga poses. For stress release and management. Open to all!

**Location:** Chalet Bellevue

**Rate:** R: \$120 • NR: \$135

**Day:** Monday  
17:30 to 18:30

**Dates:** Sept. 19 to  
Nov. 14 (8 weeks)

–no class on Oct. 10-

**Instructor:** Daphnee  
Rosenberg / 819 692-1020 /  
holisticfitness@live.ca

## Tai Chi Yang Stretch and Meditation

Physical, mental, and emotional balance. Possibility of joining the course at any time.

**Location:** Chalet Bellevue

**Rate:** R: \$110 • NR: \$140

**Day:** Tuesday 10:30 to 11:45

**Dates:** Session 1: Sept. 6 to Oct. 18 (7 weeks)  
Session 2: Oct. 25 to Dec. 6 (7 weeks)

**Instructor:** Michelle Gendron / 450 712-6834 /  
mich.gendron@yahoo.ca / ecoledetaichilibre.com

## Yogalates

Fusion of yoga and pilates with emphasis on back health, good breathing and releasing stress. Open to all!

**Location:** Chalet Bellevue

**Rate:** R: \$120 • NR: \$135

**Day:** Monday 16:15 to 17:15

**Dates:** Sept. 19 to Nov. 14 (8 weeks) –no class on Oct. 10-

**Instructor:** Daphnee Rosenberg / 819 692-1020 /  
holisticfitness@live.ca

## English Conversation – Beginner

Course for beginners, adults, and seniors.

**Location:** Chalet Bellevue

**Rate:** R: \$150 • NR: \$175

**Day:** Monday 13:30 to 14:30

**Dates:** Sept. 12 to Nov. 21 (10 weeks) –no class on Oct. 10-

**Instructor:** Thérèse Mascis – registration at  
www.morinheights.com (online services / online registration)

## English Conversation – Intermediate New!

Course for intermediates, adults, and seniors.

**Location:** Chalet Bellevue

**Rate:** R: \$150 • NR: \$175

**Day:** Monday 14:45 to 16:15

**Dates:** Sept. 12 to Nov. 21 (10 weeks) –no class on Oct. 10-

**Instructor:** Thérèse Mascis – registration at  
www.morinheights.com (online services / online registration)

## Alpine Yoga

An all-level class where the postures' inspiration and fluidity unite with nature's elements. A rejuvenating moment where you will find a connection with body and mind.

**Location:** Chalet Bellevue

**Rate:** R: 10-class card \$125 or \$15 per class •  
NR: 10-class card \$155 or \$17.50 per class

**Day:** Wednesday 8:45 to 9:45

**Dates:** Sept. 14 to Dec. 21 (15 weeks)

**Instructor:** Andréa Beaulieu / 450 822-7486 / [espiritpin@gmail.com](mailto:espiritpin@gmail.com)

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## Spanish Level 1

Beginner course to develop a first contact with Spanish.

**Location:** Chalet Bellevue

**Rate:** R: \$165 • NR: \$190

**Day:** Thursday 9:00 to 10:30

**Dates:** Sept. 22 to Nov. 24 (10 weeks)

**Instructor:** Yoalli Gallegos / 819 326-7706 / [laurentidescasaespagnol@hotmail.com](mailto:laurentidescasaespagnol@hotmail.com)

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## Spanish Level 3

For those who can express themselves in the present, past, and future. Participants enrich their vocabulary in order to establish a conversation adapted to daily life. Initiation to conversation course.

**Location:** Chalet Bellevue

**Rate:** R: \$165 • NR: \$190

**Day:** Thursday 10:30 to 12:00

**Dates:** Sept. 22 to Nov. 24 (10 weeks)

**Instructor:** Yoalli Gallegos / 819 326-7706 / [laurentidescasaespagnol@hotmail.com](mailto:laurentidescasaespagnol@hotmail.com)

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## Spanish Conversation

This intermediate-level course focuses primarily on conversation and includes reading, writing and listening activities.

**Location:** Chalet Bellevue

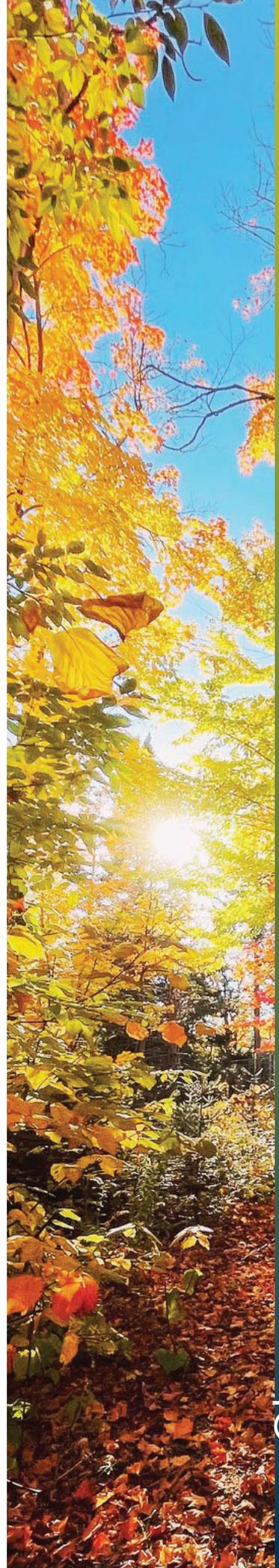
**Rate:** R: \$165 • NR: \$190

**Day:** Thursday 12:00 to 13:30

**Dates:** Sept. 22 to Nov. 24 (10 weeks)

**Instructor:** Yoalli Gallegos / 819 326-7706 / [laurentidescasaespagnol@hotmail.com](mailto:laurentidescasaespagnol@hotmail.com)

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### Cardio Swing

Fitness with swing dance movements, for everyone!

**Location:** Chalet Bellevue

**Rate:** R: \$140 • NR: \$165

**Day:** Thursday 9:15 to 10:15

**Dates:** Sept. 8 to Dec. 8 (14 weeks)

**Instructor:** Francisco De La Calleja  
514 436-0567  
fikomex@gmail.com

### Solo Latino

Latin dance lessons without a partner, for everyone!

**Location:** Chalet Bellevue

**Rate:** R: \$140 • NR: \$165

**Day:** Thursday 10:30 to 11:30

**Dates:** Sept. 8 to Dec. 8 (14 weeks)

**Instructor:** Francisco De La Calleja  
514 436-0567  
fikomex@gmail.com

### Cardio Latino

Fitness with Latin dances movements, for everyone!

**Location:** Chalet Bellevue

**Rate:** R: \$140 • NR: \$165

**Day:** Thursday 11:45 to 12:45

**Dates:** Sept. 8 to Dec. 8 (14 weeks)

**Instructor:** Francisco De La Calleja / 514 436-0567 / fikomex@gmail.com

### Flexi-Dance New!

Stretching program with dancing music, for everyone!

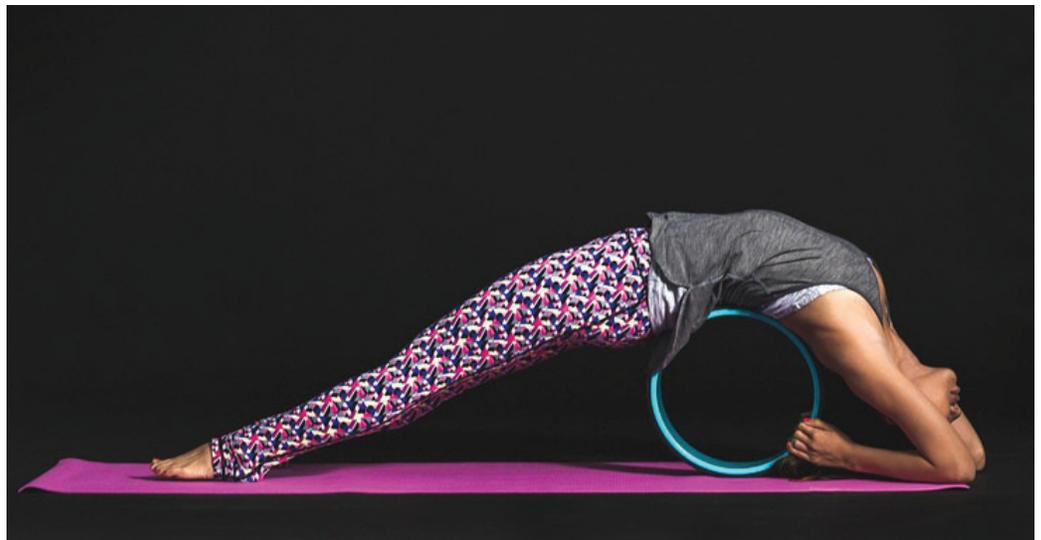
**Location:** Chalet Bellevue

**Rate:** R: \$140 • NR: \$165

**Day:** Thursday 13:00 to 14:00

**Dates:** Sept. 8 to Dec. 8 (14 weeks)

**Instructor:** Francisco De La Calleja / 514 436-0567 / fikomex@gmail.com



## Acrylic painting **New!**

Alternating practical exercises and personal practice to become familiar with the medium, acquire the basics, and discover one's style!  
For all levels.

**Location:** Chalet Bellevue

**Rate:** R: \$435 •  
NR: \$500

**Day:** Friday  
9:00 to 12:00

**Dates:** Sept. 16 to  
Nov. 25  
(11 weeks)

**Instructor:** Nathalie Candelon Morel /  
registration at  
[www.morinheights.com](http://www.morinheights.com)  
(online services / online  
registration)

## Qi Gong - Do In - Meditation

Qi Gong is a component of traditional Chinese medicine that combines movement, meditation, and regulation of breathing to enhance the flow of energy in the body.

**Location:** Chalet Bellevue

**Rate:** R: \$210 • NR: \$240

**Day:** Thursday  
16:30 to 18:00

**Dates:** Sept. 22 to  
Dec. 8  
(12 weeks)

**Instructor:** Geneviève Pepin /  
514 995-8441 /  
[gene.pepin@gmail.com](mailto:gene.pepin@gmail.com)

## Tai Chi Yang Stretch and Meditation for beginners **New!**

Physical, mental, and emotional balance. Possibility of joining the course at any time.

**Location:** Chalet Bellevue

**Rate:** R: \$110 • NR: \$140

**Day:** Friday 10:30 to 11:15

**Dates:** Session 1: Sept. 9 to Oct. 21 (7 weeks)  
Session 2: Oct. 28 to Dec. 9 (7 weeks)

**Instructor:** Michelle Gendron / 450 712-6834 /  
[mich.gendron@yahoo.ca](mailto:mich.gendron@yahoo.ca) / [ecoledetaichilibre.com](http://ecoledetaichilibre.com)

## Karate

Develops concentration, respect, and self-confidence and increases physical fitness. Gives children the tools to avoid bullying. Children 5+ and adults. **Two free trial classes.**

**Location:** Chalet Bellevue

**Rate:** \*\*The cost varies according to the duration of the registration (1, 3, 5 or 10 months)

**Day:** Friday 17:30 to 18:30

**Dates:** September to June

**Instructor:** Kyoshi Gilles Labelle / 450 431-1444 /  
[lgilles.budo@gmail.com](mailto:lgilles.budo@gmail.com)

## Tai chi Chuan **Free!**

Free practice and exercise session (no teaching), no registration required. Improve health, maintain a calm and relaxed state, improve joint movements, increase blood circulation, stimulate the nervous system, and improve balance. Please join our group who enjoy practicing Tai Chi Chuan!

**Location:** Chalet Bellevue

**Day:** Saturday 9:00 to 11:00

**Dates:** Sept. 10 to Dec. 17

**Info:** Robert Lee / 450 227-8829



## Yoga & Relaxation for parents and children New!

Come move, breathe, relax, and strengthen the bond with your child during this fun family yoga course! You will both leave with tools to help you manage stress and emotions while improving your physical well-being. Please bring your yoga mat.

**Location:** Chalet Bellevue

**Rate:** R: \$195 • NR: \$225 (\*\*rate for adult/child pair; contact coach if more than two people)

**Day:** Saturday 10:30 to 11:30

**Dates:** Oct. 1 to Nov. 26 (9 weeks)  
-No class on oct. 8-

**Instructor:** Sophie Maranda /  
819 216-8454 / sophie@petitsyogis.ca

## Ceramic painting workshop New!

Teaching of diverse painting techniques on ceramics through the use of various processes. For teens, adults, and seniors.

**Location:** Chalet Bellevue

**Rate:** R: \$300 • NR: \$345

**Day:** Saturday 13:00 to 15:00

**Dates:** Sept. 17 to Dec. 17 (12 weeks)  
-No class on oct. 8-

**Instructor:** Nina Peyron / registration at [www.morinheights.com](http://www.morinheights.com) (online services / online registration)

## Traditional Scottish Highland Dancing Free!

Traditional Scottish dance for six years old and over.

**Location:** Chalet Bellevue

**Day:** Sunday 16:00 to 17:30

**Dates:** September to December

**Instructor:** Heather McNabb / 514 486-3480 / heatheramcnabb@hotmail.com

## Ballet

*Conservatoire de ballet classique des Laurentides.*

**Location:** Chalet Bellevue

**Rate:** \*\*

<b>Day:</b>	Tuesday	18:30 to 20:30	ballet 3 / elementary (11-y.o. and +)
	Friday	18:00 to 19:15	ballet 2 (7 to 10-y.o.)
		19:15 to 21:15	ballet 3 / elementary (11-y.o. and +)
	Sunday	9:00 to 9:45	pre-ballet (3 1/2 to 5-y.o.)
		10:00 to 11:00	ballet 1 (5 to 6-y.o.)
		11:30 to 13:00	ballet 2 (7 to 10-y.o.)
		13:00 to 15:00	ballet repertoire (ballet 3 / elementary)

**Dates:** September to June

**Instructor:** Madame Isabeau / 514 608-3381

## Important numbers

### Town Hall:

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

**Telphone:** 450 226-3232

**Fax:** 450 226-8786

[www.morinheights.com](http://www.morinheights.com)  
[municipalite@morinheights.com](mailto:municipalite@morinheights.com)

### Emails:

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[travauxpublics@morinheights.com](mailto:travauxpublics@morinheights.com)

### Sûreté du Québec des

### Pays-d'en-Haut:

450 227-6848

### Animal Control:

1 866 960-7722 • [www.spcall.ca](http://www.spcall.ca)



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[t.me/morinheights](https://t.me/morinheights)

### Emergency 9-1-1:

Public Works (evenings,  
nights, weekends, and  
holidays) - Fire - Police -  
Ambulance Emergency  
Measures

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