

# INFO

## Morin-Heights

In harmony with nature



**MORIN-HEIGHTS**  
1855

### MUNICIPAL INFORMATION

#### SUMMER 2021

JUNE / JULY / AUGUST  
VOL. 24 NO 3

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### Summer Solstice Concert

The Municipality of Morin-Heights is happy to present **Annie Dominique and her guests for a free concert on Saturday, June 26, at 16:30 in Basler Park** (99 chemin du Lac-Écho).

Festive music from the traditional jazz repertoire with a New Orleans flavour! Saxophones, trumpet, trombone, clarinet, accompanied by an energetic rhythm section, will brighten your afternoon!

Come and celebrate summer and the end of classes; bring your chairs, blankets and a picnic! The event will be cancelled in case of heavy rain.

The sanitary measures in force at that time will be applied and must be respected. A limit of spectators will likely be imposed. We ask those who can travel by foot or bicycle to give preference to this option.

**Information:** 450 226-3232, ext. 132



Photo credit : Gabriel Aldama

## News from the Mayor

Fellow citizens,

I am getting vaccinated tomorrow! Like many of you, it is now my turn, and I am very happy to have reached this step towards a return to our normal lives. Since we are all tired of hearing about the pandemic, I have decided to reconnect with tradition and inform you of our summer activities!

If our provincial and federal government grants are made available, repair work to chemin Watchorn should begin over the summer. There will also be major roadwork on chemin Corbeil and rue des Bouleaux.

Council developed a strategy to control speeding, which consists of adding mandatory stop signs at strategic locations, adding four additional speed signs and better coordination with the *Sûreté du Québec*. Bollards installed during the summer of 2020 were deemed effective and will return this summer. Operations aimed at countering the noise from modified vehicles will also be undertaken by the SQ.

Very soon, there will be exciting additions to Basler Park. We will be installing a synthetic surface onto the large skating rink to create two tennis courts. The small skating rink will be paved to offer pickleball courts. You will be able to reserve your time slots with the Recreation Department as soon as the courts are ready. As of now, the date is still undetermined but check our website or Facebook page for further information. Once again this summer, Lummis Park will only be accessible to Morin-Heights residents as vaccinations are still underway. Furthermore, we invite you to register online to obtain a citizen's card, which will facilitate your access to this park (see p.15).

Since we cannot predict the public health measures that will be in effect during our usual July 1<sup>st</sup> festivities, we are planning instead to present fireworks on June 24<sup>th</sup> and July 1<sup>st</sup>, at 22:00. The fireworks will start from a strategic point that should allow the vast majority of our residents to see them from their homes! Also, on July 1<sup>st</sup>, we will animate the village with ephemeral shows. No details will be disclosed to avoid crowds; the lucky ones who will be there at the right time will be the only spectators!

We have high hopes that Superfolk will be held outdoor in Basler Park in August. Ian Kelly and his team are hard at work to make this happen and are also organizing various small shows throughout the summer. Also in August, we will be welcoming a unique dance festival, the Festival Tournant.

Our major project is the renewal of the Urbanism Plan. It is the basis of all development and orientations of our community. The draft plan will have been presented to Council by the end of April, and public consultations will be held in May and June and will probably be underway by the time you read these lines. Council's objective is to preserve as much wooded area as possible and to do so, will increase the surface area of lots to be developed. Morin-Heights' popularity is undeniable, and the pandemic exacerbated the exodus of those living in the city towards the country. We welcome them but intend on maintaining our vision for the outdoors and avoid housing densification. We look forward to hearing from you regarding this matter and invite you to write to us expressing your point of view at the time of the consultations.

I wish you a wonderful summer filled with outdoor activities and health!

**Tim Watchorn**, ing.  
Mayor



# TAXIBUS

RÉSERVATION REQUISE



RÉSERVATIONS / INFORMATIONS :  
**1 877-604-3377**

**linter.ca**



The taxibus service (shared taxis on reservation) connecting Morin-Heights to Saint-Sauveur, Saint-Adolphe-d'Howard, Wentworth-Nord and Lac-des-Seize-Îles, benefits from several improvements:

- New stops added
- Service now offered seven days a week
- New types of tickets available
  - Monthly pass
  - Duo pass (combining the Inter bus and the taxibus)
  - Single ticket at \$6, and connections available (Inter/taxibus)

The Inter bus, which connects the towns between St-Jérôme and Mont-Tremblant, going through Saint-Sauveur, also adds schedules on weekends.

To see the interactive map showing the stops and schedule: [www.transportlaurentides.ca/inter/territoire](http://www.transportlaurentides.ca/inter/territoire)

**For more information:** 1-877 604-3377 or [www.linter.ca](http://www.linter.ca)

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



The *Garde-Manger des Pays-d'en-Haut* provides access to **food aid** 50 weeks a year for people living in a precarious situation. **NEW! To reduce food waste and the handling burden of our staff and volunteers, we ask that you reserve your food counter each week.**

**Information:** [info@gardemangerpdh.ca](mailto:info@gardemangerpdh.ca) or 450 227-3757 or 450 229-2011

**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

**The *Garde-Manger* manages la Fouillerie;** we encourage the public to donate their used items, thus providing customers with valuable items. **ALL profits go to the *Garde-Manger des Pays-d'en-Haut's* food aid.**

28 rue Bennett, at the corner 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)

[www.facebook.com/100morinsteadelepq/](https://www.facebook.com/100morinsteadelepq/)

### 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](mailto:cancer.laurentia@yahoo.ca)**.



### Photo Contest

Share your best shots: it could be local landscapes, local activities or events, or Morinheighters who are all smiles!

The winner will receive a gift card from a local shop. Send your favourites shots 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 winner of the contest from the previous edition is **Mieke Cullen**, who won a \$50 gift certificate from Café Mickey's located at 832 chemin du Village. Congratulations!



### Books Boxes

Our book boxes are back in Lummis Park (928 chemin du Village) and Basler Park (99 chemin du Lac-Écho). Users of these free libraries may leave, exchange, take or borrow a book of their choice without any obligations. We invite young and old to keep these boxes alive by participating in this fantastic swapping system.

Three new book boxes will be set up throughout the summer at the Chalet Bellevue, the Aerobic Corridor Welcome Pavilion and in the village's entrance park located at the intersection of Village Road and Route 364. We hope that these boxes will attract even more local and visiting readers!

### Cruelty towards animals is a crime!

If you see an animal locked up in a vehicle in hot weather, call the police.

# DON'T COOK YOUR DOG!



**DOGS DIE EVERY SUMMER**  
even with windows down,  
in minutes cars turn into coffins

**You and your family have just arrived  
in the MRC des Pays-d'en-Haut?**



**You would like to discover the  
family activities and resources  
offered in your community?**

**You have a new baby?**



## **2 WAYS TO GET INFORMED!**

**Enjoy a free  
Important Visit for Parents**  
*Visite importante  
pour les parents (VIP)*

A liaison officer will welcome you  
and provide information for you and  
your children. A welcome bag will  
be offered!

**Subscribe to the Info-Famille  
des Pays-d'en-Haut newsletter**

The newsletter is sent twice a month  
and keeps you up-to-date with the family  
activities in your community.



**Contact us to sign up !**  
450 275-9894  
visitesvip.pdh@gmail.com



Project funded by the  
MRC des Pays-d'en-Haut



Follow us  
on Facebook

### **Morin-Heights' Artists, Artisans, and Cultural Workers!**

The Recreation, Culture, and Community Life Department wishes to identify all the artists, artisans, and cultural employees residing or working on our territory. We want to update our inventory of local resources and develop our cultural offer to support these workers who have been greatly affected by the pandemic. Send a short description of your specialization, contact details, status (professional or amateur), website, and photos, if you wish, to [karyne.bergeron@morinheights.com](mailto:karyne.bergeron@morinheights.com).

**A big thank you!**

## Hybrid Vehicle Added to Municipal Fleet

As one of its service vehicles had reached the end of its life, the Municipality decided to turn to a hybrid model to replace it. Since the beginning of 2021, a Mitsubishi Outlander hybrid SUV has been assigned to the Public Works and Infrastructure Department.

Because they are increasingly autonomous, efficient and affordable, and thanks to the *Roulez vert* program, hybrid and electric vehicles are gaining popularity. Since we are concerned about limiting our environmental impact, the Municipality has decided to give it a try!



## Farmers Market

The market will be starting **June 4<sup>th</sup>** at Basler Park and will run until **October 8<sup>th</sup>**. It will be open on Fridays from 13:00 to 19:00, and everything will be organic, local, artisanal or environmentally friendly. We will have meats, bread, honey, flowers and flours, herbs, vegetables, plastic-free shampoos, soaps, gems and minerals, olive oil and much more!

You can find us on Facebook at "Marché Fermier Parc Basler à Morin Heights" or contact Stephen Matthews at [mielmatthewshoney@gmail.com](mailto:mielmatthewshoney@gmail.com) or **514 512-9135**.

## Next Editions!

FALL EDITION

**August 15 to December 1, 2021**

Deadline: June 11, 2021

Distribution: August 13, 2021

WINTER EDITION

**December 1, 2021, to March 15, 2022**

Deadline: October 8, 2021

Distribution: November 26, 2021



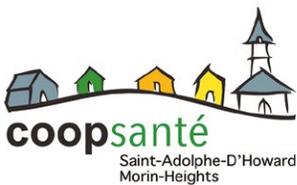
## ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT Centre d'action bénévole

### Are you concerned about a senior citizen?

**L'Entraide bénévole is offering the services of two highly qualified and skilled contributors.**

L'Entraide bénévole des Pays-d'en-Haut's team is highly qualified. Two of its members are seasoned professionals whose primary mandate is to **identify, intervene, inform, direct, and support seniors** regarding the free services they are entitled to receive and ensure that these services are adequately given.

Do not hesitate to request their services, whether for yourself or a senior whose situation you are concerned about by calling 450 229-9020.



**Thank you to the 2,150 members who financially support the Coop Santé!**

Become a member too, register directly on our website at [www.coopsante.org](http://www.coopsante.org).

For the past year, the pandemic has worried us and disrupted our daily lives. Your Coop and its entire team were able to adjust to changes in medical practices quickly. They were able to maintain high accessibility for their patients and the citizens of Morin-Heights. **Let's be proud!**

### **Always more services here in Morin-Heights.**

Your Coop, in addition to its six doctors, now brings together several other health professionals (\$) and is becoming a diversified medical center:

- **NEW!** Michel Thérien, psychoeducator and psychotherapist, 514 238-2091
- **NEW!** Carmen L'Allier, social worker and psychotherapist, 514 715-0571
- Audrey Dubé, physiotherapist, [www.physiotherapieactive.com](http://www.physiotherapieactive.com), 450 822-5714
- Louise Perrin, perineal and pelvic rehabilitation, 514 278-5906
- Jacqueline Gravel, psychologist, 450 280-1545
- Johanne Bernier, psychologist, 450 744-0380
- Benjamin Brossard, osteopath, 450 227-2222
- Clinique Ostéosport, [www.cliniqueosteosport.com](http://www.cliniqueosteosport.com), 450 227-2222

### **You don't have a family doctor? To help you, here is the procedure\*\*:**

- Register with the government orphan client desk at [www.gamf.gouv.qc.ca](http://www.gamf.gouv.qc.ca). If you have a family doctor, you will have to do it by phone at 1-844 834-4263
- Visit our website at [www.coopsante.org/doctors](http://www.coopsante.org/doctors) for more information and be informed by subscribing to our **newsletter** at [www.coopsante.org](http://www.coopsante.org)

*\*\* The Coop does not guarantee a family doctor. The mission of our non-profit organization is to facilitate access to local health care and health prevention.*

### **Schedules of walk-in clinics:**

Morin-Heights, Tuesday & Friday: 450 644-0522

St-Adolphe-d'Howard, Monday, Wednesday, Thursday: 819 327-3534

+ appointments are given by phone from 8:00 the same morning

+ schedules may vary, visit our website at: **[www.coopsante.org](http://www.coopsante.org)**

+ for emergencies only / no complete medical exam will be done at the walk-in clinics

# Town Planning and Environment

## Are you planning on doing any construction work during the summer season? If so, do you have your permit?

We want to remind you that the issuance of a permit or a certificate of authorization is required prior to the undertaking of any work. The Town Planning Department is here to inform you of the regulations currently in force and assist you with your projects.

Since we are currently receiving a very high number of applications, we suggest that you submit your permit applications in advance. Furthermore, to not delay the process of issuing your permits, please make sure to submit a complete application that includes all the documents required in accordance with the type of permit requested. On the Municipality's website, you can find all our permit application forms, as well as the regulations in force.

Finally, we thank you in advance for your understanding of the possible delays in processing your requests, considering that some services are provided remotely at the moment.

Happy building!

## Car Shelters

Winter is over! It is time to dismantle your temporary car shelters. Therefore, we wish to remind you that the municipal regulations stipulate that: the shelter can be maintained during the period between the fifteenth (15<sup>th</sup>) day of October and the first (1<sup>st</sup>) day of May of the following year, but the structure can be installed from the first (1<sup>st</sup>) day of October. It must be removed no later than the fifteenth (15<sup>th</sup>) day of May of the following year.

## Outdoor Storage

In a municipality like Morin-Heights, with nearly 5,000 inhabitants, everyone must do their part to preserve its beauty! Among the rules to follow, one of the most important concerns waste and outdoor storage. We remind you that outdoor storage of any waste, objects, materials, or other is strictly prohibited in residential areas. Maintaining the cleanliness of your property ensures a good neighbouring practice, a quality living environment and supports the beautification of the Morin-Heights landscape!

Despite the current health crisis, we wish to remind you that municipal regulations still apply! Don't be surprised to see our friendly inspectors out on the road this summer!

For any questions relating to urban planning and environment, do not hesitate to write to us [service.urbanisme@morinheights.com](mailto:service.urbanisme@morinheights.com).

## Current Operating Mode

Free access inside the library is allowed and the use of one of the computer stations. Considering the size of the building, the number of people allowed inside is ten, of which seven are permitted in the library room (not including the team of workers). When this limit is reached, visitors will have to wait outside. Social distancing is mandatory for all, as well as wearing a face covering for visitors aged 10 and over.



## Municipal Library

The municipal library is located at **823 chemin du Village**; it is closed on civic holidays. The annual membership is **free** for all residents.

### Opening hours

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

### Information :

[bibliotheque@morinheights.com](mailto:bibliotheque@morinheights.com)  
or 450 226-3232, ext. 124

## NEW ACQUISITIONS (Novels)

Melanie Benjamin  
The Children's Blizzard

Steve Berry  
The Kaiser's Web

Steve Cavanagh  
Fifty Fifty

Alyssa Cole  
When No One is Watching

Patricia Cornwell  
Spin

Clive Cussler  
Fast Ice

Farzana Doctor  
Seven

Francesca Ekwuyasi  
Butter Honey Pig Bread

Lisa Gardner  
Before She Disappeared

Rachel Hawkins  
The Wife Upstairs

Kazuo Ishiguro  
Klara and the Sun

Iris Johansen  
The Persuasion

Dean Koontz  
Elsewhere

Jo Nesbo  
The Kingdom

Lauren Oylar  
Fake Accounts

James Patterson  
Deadly Cross

Kiley Reid  
Such a Fun Age

Nora Roberts  
The Awakening

Douglas Stuart  
Shuggie Bain

Natalie Zina Walschots  
Hench

Stuart Woods  
Hush-Hush

## (Non-fiction)

Ronald Brownstein  
Rock Me on the Water:  
1974 the Year Los Angeles  
Transformed Movies,  
Music, Television and  
Politics

Jessica J. Lee  
Two Trees Make a Forest

Brandy Schillace  
Mr. Humble and  
Dr. Butcher

Emma Smith  
This is Shakespeare

Andrew Steele  
Ageless: The New Science  
of Getting Older Without  
Getting Old

Simon Winchester  
Land: How the Hunger for  
Ownership Shaped the  
Modern World

## (Youth)

Sophie Blackall  
If You Come to Earth

Max Brallier  
Last Kids on Earth and the  
Skeleton Road

Don Brown  
A Shot in the Arm!

Dalai Lama  
The Seed of Compassion:  
Lessons from the Life and  
Teachings of His Holiness  
the Dalai Lama

Jessica Hische  
Tomorrow I'll Be Kind

Jerry Pinkney  
The Little Mermaid

Lucy Strange  
Our Castle by the Sea

Deborah Underwood  
Outside In

# Collections Calendar

## SECTOR 2-YELLOW

JUNE 2021							JULY 2021							AUGUST 2021						
D	L	M	M	J	V	S	D	L	M	M	J	V	S	D	L	M	M	J	V	S
		1	2	3	4	5					1	2	3	1	2	3	4	5	6	7
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28
27	28	29	30				25	26	27	28	29	30	31	29	30	31				

Place bulky items by the street on July 6.  
The pick-up truck will pass by once on July 7 or 8.

## SECTOR 3-GREEN

JUNE 2021							JULY 2021							AUGUST 2021						
D	L	M	M	J	V	S	D	L	M	M	J	V	S	D	L	M	M	J	V	S
		1	2	3	4	5					1	2	3	1	2	3	4	5	6	
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	
27	28	29	30				25	26	27	28	29	30	31	29	30	31				

Place bulky items by the street on July 6.  
The pick-up truck will pass by once on July 7 or 8.



### 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

### Ecocentre

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

#### OPENING HOURS

**From April 1 to November 30:**  
Monday to Sunday, from 7:30 to 16:00.

[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)

# Public Works and Infrastructures

## Road Signage and Construction Sites

Various construction sites will be opened for road repair over the summer across the territory. Pay attention to warning road signs and obey the flagman's instructions. He is present to ensure your safety and the safety of our workers. Note that the flagman has the last word on the road and that you are required to respect his authority, as rules and penalties imposed by the Highway Safety Code apply (demerit points may be lost).

Be vigilant and follow instructions!

## 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 deposit is required at the time of the request, which is reimbursable once the project is completed by the owner, inspected, and approved by the Municipality. The owner of a culvert ensures that it is free of stones, branches, and other objects that can obstruct the water flow.

## Ditches

We want to remind residents living on a municipal street that any intervention in a ditch or on the curbside is prohibited, including extending the landscaping (i.e., grass or stone). Ditches are a part of the road's right of way and serve a specific purpose; their primary function is to capture and direct the runoff water. We suggest you leave the natural vegetation intact as much as possible. Backfilling it, lining it with river stones or leaving material of any kind in it is also forbidden, such as grass clippings, branches, wood, sand, etc.

## Watering Lawns, Hedges, Trees, Shrubs, Flower Beds and Gardens

WATERING IS AUTHORIZED:  
From May 20<sup>th</sup> to September 10<sup>th</sup>

### Manual watering with a hose or portable sprinkler

EVEN civic numbers	Monday & Wednesday, between 20:00 and 23:00
ODD civic numbers	Tuesday & Thursday, between 20:00 and 23:00

### Automatic sprinkler systems

EVEN civic numbers	Program for one hour a day maximum, Monday & Wednesday, between 20:00 and 23:00
ODD civic numbers	Program for one hour a day maximum, Tuesday & Thursday, between 20:00 and 23:00

The Town Planning and Environment Department can issue a special authorization for a new lawn upon request.

## Reduce Your Water Consumption

Quebecers are sadly world champions of water consumption, and Morinheighters on municipal water networks are no exception. Over the summer, the average consumption in litres per person doubles, if not triples at times. Washing vehicles and various surfaces require a lot of water, but excessive lawn watering is by far the activity that consumes the most. Therefore, it is vital that you respect the fixed watering schedule prescribed in By-law 542 2016 concerning outdoor use of drinking water, available on the municipal website (or see table above).

The Municipality wishes to raise awareness regarding the use of drinking water. In addition to trying to attain the goal set by the province to **reduce by 20% the average production of water per person**, your efforts will also reduce the demand on our distribution networks, help preserve a natural resource essential to life and amount to collective and individual savings.

<http://www.arrosageeteconomiebeau.org>



The smoke detector does not detect carbon monoxide (CO): only a CO detector can.

# Morin-Heights Fire Department and First Responders



## Civic Number

A building's civic number is not a decorative or useful element only for the mail. This number is the primary reference for the quick location of a place by emergency responders, day or night.

A clearly visible civic number allows emergency services to locate a building more quickly, thus saving significant delays.

## Cigarette Butts

Never throw your cigarette butts into a flowerpot, garden or flower bed. Many soils are enriched with chemical fertilizers or other combustible substances, and a cigarette butt can burn for more than three hours, so you could easily start a fire.



/ Always put out your butts in an ashtray or in a non-combustible container (e.g. can) filled with sand or water.

/ Place the ashtray on a stable surface, away from any flammable object.

/ Make sure all butts are put out before emptying the ashtray.

## BBQ

A propane or natural gas barbecue is a safe appliance, but there are risks of injury, explosion and fire. To learn more about its use, maintenance and storage, consult this link:

<https://www.securitepublique.gouv.qc.ca/securite-incendie/prevenir-incendie/conseils-prevention/barbecue.html>

## Open Fires

Before lighting an open fire, first check with your municipality to see if open fires are allowed in your area. Also, check with SOPFEU for current restrictions. If there are no restrictions in your town, follow these guidelines:

/ I understand that only ONE fire is allowed on a lot.

/ The fire must be completely extinguished with water before leaving the premises.

/ Burning of construction materials or debris as well as leaves, needles, grass clippings or yard trimmings is prohibited.

/ It is forbidden to use toxic materials to start a fire (tires, gasoline, oil).

/ The fire must not cause any inconvenience to neighbouring buildings (smoke, soot, volatile debris, etc.).



# Outdoor Network

## Dogs

A dispenser for dog waste bags will be installed at Basler Park.

Dogs must be on a leash at all times. It is important to bring your bags back and not leave them in the woods.

## Hiking

Access to Basler Park and Bouleaux Park (snow-shoeing trails) is free for hiking. Please note that the winter trails located at Sommet Morin Heights are closed during the summer season.

## Condition of Trails

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

## Parking

Street parking is prohibited at all times, as well as on private lots adjacent to the parks. You must use the municipal parking lots near the various trail networks.

## Respect of Private Property

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

## Construction in the Mountain Bike Network

It is forbidden to build modules, obstacles, or new trails without the approval of the Municipality.

## Lummis Park

/ Access reserved for Morin-Heights residents as of June 24, 2021

/ Attendant at the park entrance gate

/ Citizen card or proof of residency required, maximum of five non-resident guests allowed

/ Dogs are not allowed

## Mountain Biking

A fee is now required to use the mountain bike network to support the maintenance of the network. However, we will announce in more detail in a subsequent bulletin that the cross-country ski pass for Morin-Heights residents will be reduced in price. Thus, a Morinheighter practicing cross-country skiing and mountain biking, will pay for both passes an amount equivalent or similar to what the cross-country ski pass cost last winter.

**If you had a cross-country ski pass for the 2020-2021 season, email your contact information and pass number to [chaletbellevue@morinheights.com](mailto:chaletbellevue@morinheights.com), and we will convert your cross-country ski pass to a mountain bike pass at no charge!** The pass will be available the next day at Basler Park.

**Please respect the 24-hour rule after a heavy rain to preserve the condition of the trails, as well as the signage regarding closed trails.**

## Rates for Mountain Bike Pass

(valid from May 15 to October 15)

Age Group and Place of Residence	Rate
12 y.o. and under, all regions	free
13 to 17 y.o. M-H resident	free
18 to 22 y.o. (student with proof) M-H resident	\$12.50
18 to 64 y.o. M-H resident	\$35.00
65 y.o. and over M-H resident	\$12.50
13 to 17 y.o. MRC PDH resident	\$40.50
18 to 22 y.o. (student with proof) MRC PDH resident	\$40.50
18 to 64 y.o. MRC PDH resident	\$55.00
65 y.o. and over MRC PDH resident	\$40.50
13 to 17 y.o. non-resident	\$53.25
18 to 22 y.o. (student with proof) non-resident	\$53.25
18 to 64 y.o. non-resident	\$65.00
65 y.o. and over non-resident	\$53.25



FROM  
**AUGUST**  
**13 TO 15**  
2021

### **Le Festival Tournant dance festival**

Keep an eye open for the municipal communication tools in the coming months to learn when and how to obtain tickets. Until then, here is an overview of the programmation:

SUNDAY, August 8 - PM

**Improvisation training** for experienced dancers -  
Chalet Bellevue

FRIDAY, August 13 - EVENING

**Cocktail hour** - Chalet Bellevue

**Dance performance Bois Flotté**

by Collectif Bermuda - Chalet Bellevue

SATURDAY, August 14 - PM

**Swing workshops** - Chalet Bellevue

SATURDAY, August 14 - EVENING

**Imprudanses match** with regional dancers -  
Basler Park

**Swing evening** with the Royal Pickles *thanks to the collaboration of SuperFolk Morin-Heights*

SUNDAY, August 15 - PM

**Citizen performance** *Danser de mille feux*  
by Jessica Viau - Basler Park

**Dôme dance performance** by *Ballet de ruelles*  
on chemin du Village in front of the library

SATURDAY, August 21 - PM

in collaboration with **SUPERFOLK**  
MORIN-HEIGHTS

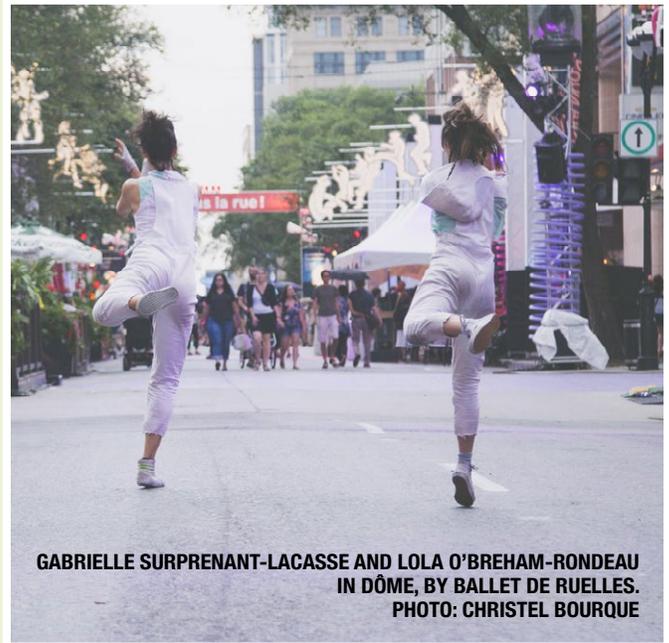
**Line dance class** - Basler Park

**Country music show** with the Wheel Club Band  
Basler Park

**Country-contemporary flash mob**

by Le Black Hole - Basler Park

**Information:** [www.festivaltournant.com](http://www.festivaltournant.com)  
or [direction@festivaltournant.com](mailto:direction@festivaltournant.com)



**GABRIELLE SURPRENANT-LACASSE AND LOLA O'BREHAM-RONDEAU**  
**IN DÔME, BY BALLET DE RUELLES.**  
**PHOTO: CHRISTEL BOURQUE**



The pandemic will determine the number of guests permitted to the Festival. To be in attendance, you must have an advanced reservation for the concerts. We invite you to sign up for our mailing list at **SUPERFOLK.CA**. You will receive the latest information and have the opportunity to be among the first to reserve for the SuperFolk 2021 edition.

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



### La Tournée des Auteurs

The Association des auteurs des Laurentides is organizing the “Tournée des Auteurs” this summer throughout the MRC des Pays-d’en-Haut. The tour will stop in Morin-Heights on Saturday, July 24, from 10:00 to 16:00 at Basler Park (99 chemin du Lac-Écho).

Through literary animations, come and discover Laurentian authors, attend a bookbinding demonstration, and listen to the *Chuchoteurs* over a wine tasting. Also interactive animations, games and prize draws!

#### Information:

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



Be on the lookout for the “Les Arts de la rue” project that will be coming to Morin-Heights in the next few months! Supported by Espace 15-35, this is a hands-on project linked to arts and culture, emerging from the “Déclaration jeunesse des Pays-d’en-Haut” issued by and for youth! The first virtual meeting will be held on June 10 from 17:00 to 18:30. For more information, follow the Facebook page «Pays d’en Haut 15-35 ans»!

**Information:** c david@cjepdh.ca

### Club Optimiste de la Vallée de Saint-Sauveur

#### Several activities for youth

#### Information:

www.facebook.com/cluboptimistevss  
optimistevalléestsauveur@gmail.com  
C.P. 4, Saint-Sauveur (Québec) J0R 1R0



### Citizen Card

We invite everyone to get their citizen card. This free card, valid for one year, will identify you as a Morin-Heights resident, and for example, will allow simpler access to Lummis Park or for sports fee reimbursements for those 17 and under. It will also give you free access to the future tennis and pickleball courts at Basler Park, as well as the snowshoeing and fatbike trails in winter.

Ask for it via the registration page on our website (“online services” menu) and then pick up your card at either the Chalet Bellevue or Basler Park, according to the information given upon registration. For any assistance in this process, contact us at 450 226-3232, ext. 132 or at **chaletbellevue@morinheights.com**. Please note that you will need to present valid proof of residency when you take possession of your citizen card.



THM is looking for about 50 citizens aged 10 and over to participate in the citizen performance “Danser de mille feux” as part of the Festival Tournant 2021 to be held on August 15 in Basler Park. Participants will learn and perform a choreography and enjoy an enriching and unifying experience. We hope you will join us!

We are also preparing our program for the 2021-22 season. For more information and to check out our latest activities, visit [theatremorinheights.ca](http://theatremorinheights.ca), email **theatremorinheights@gmail.com** or call 579 765-3999.

## Essentrics

Open to all

Strengthening of muscles by extension. Improves posture and increases flexibility. Open to all ages.

**Location:** Lummis Park

**Rate:** per class

**Day:** 9:00 to 10:00, day varies according to weather

**Dates:** June 14 to August 27

**Instructor:** Ginette Ouimet (certified Essentrics instructor level 4)  
450 543-0308

essentricsavecginette@gmail.com  
essentricsavecginette.vpweb.ca

## Stretch & Strengthen

Improve posture, increase mobility and strength, eliminate pain in a joyful and relaxing atmosphere.

**Location:** Chalet Bellevue

**Rate:** \$100

**Day:** Tuesday 9:00 to 10:00

**Dates:** July 13 to August 31 (8 weeks)

**Instructor:** Lisa McLellan  
450 560-2803  
lisamclellan07@gmail.com

## Yoga

Freedom through breath, balanced strength and flexibility, deep well-being, and serenity.

**Location:** Chalet Bellevue

**Rate:** \$120

**Day:** Wednesday 9:00 to 10:15

**Dates:** July 14 to September 1 (8 weeks)

**Instructor:** Lisa McLellan  
450 560-2803  
lisamclellan07@gmail.com

## Ballet Camp

7 to 12-year-olds

Repertoire variation, strengthening, ballet classes, dance history. Maximum of eight students, or as determined by health regulations.

**Location:** Chalet Bellevue

**Rate:** R: \$212,50+tx NR: \$250+tx

**Dates:** July 12 to 16, from 9:00 to 16:00

**Instructor:** Conservatoire de ballet classique des Laurentides  
Madame Isabeau / 514 608-3381  
isabeau\_b@hotmail.com

If it is impossible to hold this course in a classroom, it will be held online or outside.

For information or registration, communicate with the instructor.

## Photography

Learn how to use your camera in manual mode. For beginners and intermediates, 16+. You must have your equipment.

**Location:** Chalet Bellevue

**Rate:** \$155

**Day:** Wednesday 10:00 to 12:00

**Dates:** June 2 to July 7

**Instructor:** Bruno Larue  
514 830-0432  
www.brunolarue.com  
brunolarue@me.com

## Qi Gong - Do In - Meditation

Qigong 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:** \$135

**Day:** Thursday 17:30 to 19:00

**Dates:** June 3 to July 29 (9 weeks)

**Instructor:** Geneviève Pepin  
514 995-8441  
gene.pepin@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 practising Tai Chi Chuan!

**Location:** Chalet Bellevue

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

**Dates:** July 10 to August 28

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

## Important numbers

### Town Hall

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

**Telephone:** 450 226-3232

**Fax:** 450 226-8786

**www.morinheights.com**

**municipalite@morinheights.com**

### Emails:

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loisirs@morinheights.com  
mutation@morinheights.com  
pleinair@morinheights.com  
service.urbanisme@morinheights.com  
ssi@morinheights.com  
taxes@morinheights.com  
travauxpublics@morinheights.com

### Sûreté du Québec des

### Pays-d'en-Haut:

450 227-6848

### Animal Control:

1 866 960-7722 • www.spcall.ca



**www.facebook.com/  
MunicipaliteMorinHeights**

## Emergency 9-1-1

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

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www.morinheights.com