

INFO

Morin-Heights

In harmony with nature



MORIN-HEIGHTS
1855

MUNICIPAL INFORMATION

WINTER 2023-2024

DECEMBER / JANUARY / FEBRUARY / MARCH
VOL. 26 NO. 5

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Spring Break Fun

FEBRUARY 23 TO MARCH 3

Free activities!

Chalet Bellevue — Friday, February 23

Workshop 1, from 17:15 to 18:30 – Manga comics: How to draw your favourite superhero? For 7-15-year-olds and their family.*

Workshop 2, from 18:45 to 20:00 – LEGO City & Friends: Let's build the Morin-Heights village! For youngsters of all ages and their family.*

On trails — Tuesday, February 27

Dogsled rides from 11:00 to 14:00*

Basler Park — Saturday, March 2 and Sunday, March 3

Small farm, come and meet the animals from 10:30 to 15:30.

* **REGISTRATION REQUIRED** FOR SELECTED ACTIVITIES starting January 29 (10:00), online, in person or by phone. Hurry; places are limited!

For more information: 450 226-3232, ext. 132 or chaletbellevue@morinheights.com

Be sure to visit our Facebook page or website for more details in the weeks leading up to these activities!



News from the Mayor

Fellow citizens,

There are many great projects underway in our Municipality! Here is a brief overview.

We have acquired and protected 60 acres of land between Route 364 and the Aerobic

Corridor, commonly known as *Castel Marie*. This magnificent land and its seven buildings will undeniably benefit all citizens. A public consultation on their future uses will take place during winter.

We have also acquired 30 acres of land between Chalet Bellevue and Simon River, and the building housing Basler Enterprises. This purchase will enable us to protect cross-country ski trails on flat land and will serve as the future site of our wastewater treatment plant. A greening and redevelopment plan for Basler Park, including the parking lot, will also be implemented since we now own the entire site.

At the time of writing, the construction of the Habitat Morin-Heights project (30 housing units for people aged 75 and over behind Chalet Bellevue) should begin shortly. These are the results of five years of sustained efforts to keep our seniors in the community. Congratulations to everyone involved in this project!

The library renovation is now complete, and we invite you to discover our improved facilities. You can also take the opportunity to become a member and thank all the volunteers who have dedicated time and effort for so many years.

Lighting on chemin du Village and chemin du Lac-Écho has also been completed, and the results will give these roads an interesting cachet. This work marks the beginning of several phases in our plan to improve the village. A grant of over \$650,000 has been obtained to reduce the cost to taxpayers.

In closing, I encourage you to use our cross-country skiing, nordic hiking and snowshoeing trails, sliding hills, and skating rinks. We are fortunate to live in a community that offers great winter activities, so let's make the most of it!

Tim Watchorn, ing.
Mayor of Morin-Heights

A New Daycare Center in Morin-Heights?

The municipal council would like to invite all families looking for a place in a CPE or another childcare service to make sure they are registered on the government's dedicated website: www.laplace0-5.com.

The objective is to draw the best possible portrait of Morin-Heights residents' childcare needs and to increase the chances that the Ministry of the Family will fund a project for a new CPE on our territory.

The Municipality is working with community leaders to convince the government to invest more in Morin-Heights to meet all our families' needs.

Spread the word to your neighbours and friends!



Association Historique de
Morin Heights
Historical Association

Annual Gala

The Morin-Heights Historical Association will hold the Mayor's Heritage Awards Gala on January 13, 2024, at Chalet Bellevue.

Tickets and details are available on the municipal website or at Chalet Bellevue. For more information, contact us at mhha98@hotmail.com.

Citizen & Membership Cards



Why do I need a citizen card?

This card allows you to register online for our activities and also to benefit from the free or reduced rates offered to residents, including for:

- course offerings;
- seasonal passes (cross-country skiing, snowshoeing, fat bike);
- cultural activities;
- events and shows;
- free access to skating rinks and winter slides;
- to obtain a library card;
- access to and registration at the *Centre sportif Pays-d'en-Haut*;
- And much more!



MRC Membership Card

The MRC membership card is free for the residents of towns and municipalities throughout the *MRC des Pays-d'en-Haut* interested in participating in Morin-Heights activities at discounted rates.



Non-resident Membership Card

Non-residents of the *MRC des Pays-d'en-Haut* interested in participating in Morin-Heights activities are invited to request their free non-resident membership card.

New for This Year!

Cross-country skiing, snowshoeing and fat bike passes will no longer be offered as disposable season passes, as they will be replaced by membership cards (citizen card for Morin-Heights residents) to help preserve our environment. Seasonal passes will be purchased online, and your subscription will be automatically linked to your membership card.

We are also continuing to document the usage frequencies of the different recreational activities we offer throughout our territory. Therefore, when you arrive in any of our parks or when our patrol passes you on the trail, we will ask you to show us your membership card and specify the activity you carried out. By doing so, we will obtain a more precise statistical breakdown of the activities in which people participate, helping us further improve our services.

For more information: www.morinheights.com/Citizen-Card



Knitting Trees

Mittens, scarves, tuques, neck warmers; our knitting trees have started to bear their fruits! Please continue to feed them with your knitted items for children. Once your items are finished, please bring them to the library, Town Hall or Chalet Bellevue and hang them on one of the trees that will be up until early January.

As we have done in the past years, we will “harvest” the trees when packed and distribute the knitwear to our region’s less fortunate families through the *Garde-Manger des Pays-d’en-Haut* and some elementary schools. So, knitters, get busy to make children (and families) happy!

For more information, please call Monique Bélisle at 514 608-2323.



Photo: Mathieu Dumontier

Photo Contest

Please share your best shots: it could be local landscapes, local activities, events, or Morinheighters who are all smiles! The winner will receive a gift card from a local shop. Send your favourite photos to: karyne.bergeron@morinheights.com.

The winner will be announced in the next issue of this bulletin.

Your pictures must have a minimum size of 1 MB and be free of rights.

Please note that selected photos will be kept in our municipal image bank and may be used to illustrate our various communication tools or ads.

The contest winner from the previous edition is Mathieu Dumontier, who won a \$75 gift card from Familiprix Morin-Heights. Congratulations!

Laurentians Cancer Support Group

The group offers English-speaking support services to cancer patients, caregivers, and their families living in the Laurentians. 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, please contact June Angus by phone at **450 226-3641** or by email at cancer.laurentia@yahoo.ca.

Local Newspapers

Our territory has two outstanding local newspapers: one in French and one in English. Today, we are offering them space to introduce themselves to you.



Main Street Newspaper

For the past 23 years, Main Street has been dedicated to supporting Laurentian communities and businesses. On the second Friday of each month, our local English-language newspaper publishes a new edition featuring community news and topics relevant to the Laurentians. Our 14,000 copies can be picked up for FREE at your grocery stores and pharmacies. Our news can also be read online at www.themainstreet.org.

Shop Local! Support Local!

Main Street—Maintaining communities.

Enjoy the read!



Journal Accès: A Bold, Independent Media for Over 25 Years



For the past 25 years, *Journal Accès* has informed and inspired the *Pays-d'en-Haut*. We reach out to communities and tell their stories. We report on municipal news and cover the events that make our towns and villages thrive.

Whether it be municipal politics, education, the economy, the environment or culture, the outdoors and sports, we publish weekly articles and features about local people.

Alongside our printed editions, we also have a strong online presence, as we have more extensive and diversified content (videos, images, interactions) on the Internet.

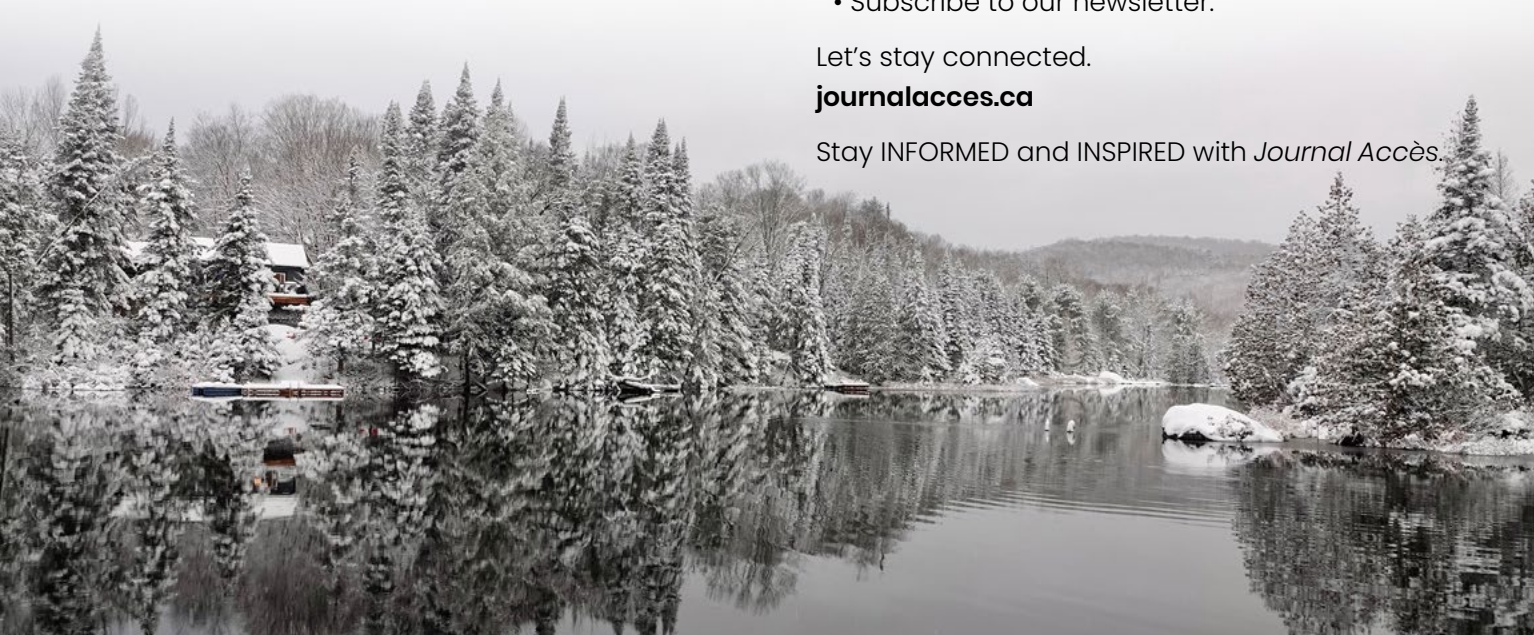
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- Read our printed edition, available in your *Publisac*.
- Download our application.
- Visit our website.
- Subscribe to our newsletter.

Let's stay connected.

journalaccès.ca

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Public Works

The Municipality is seeking the population's cooperation to respect the municipal instructions and regulations for the winter period and thus allow our snowplows to intervene quickly and effectively this winter.

Streets Snow Removal

Snow removal and the spreading of abrasive are the main activities of the Public Works Department during winter. The speed of execution of these activities improves safety on our streets. For this reason, we remind you that when removing snow from driveways, parking lots and pedestrian walkways, you must deposit snow on your private land and not on the Municipality's land to not interfere with snow removal operations. It is your responsibility to notify your private contractor. Anyone who contravenes this by-law is liable to a minimum fine of \$ 100 for a first offence (By-law 569 2019). **Remember that parking is prohibited on all public roads, under the penalty of a fine and the risk of being towed at your expense.**

Sanding

The mixture spread on the roads is made of sand to which 5% of salt is added and is generally applied once the snow has stopped falling. This mixture is more efficient and easier on the environment than salt alone, as salt is efficient only when temperatures range between 0°C and -15°C.

Courtesy and Respect

During snow removal operations, we invite you to show courtesy by giving way to snow removal vehicles so that they can perform safe maneuvers during their various operations. **During a loading operation, you should never overtake the convoy of trucks unless a flag person gives you permission to do so.** Likewise, compliance with the flaggers' instructions is always essential during detours since the objective remains to accelerate all snow removal activities, allowing users to regain full access to the public highway in the areas as fast as possible.

Sidewalks Snow Removal

Snow removal on sidewalks and widening of roads is done with various vehicles and a snowblower. By-law 401 (available online) allows snow blowing on private properties.

Temporary Winter Shelters and Property Markers

Be sure to set up your temporary winter shelter and markers on your property. The structures and markers installed in the street right-of-way interfere with snow removal operations and slow down the work of operators. Use wood or fibreglass poles since metal poles can damage snow removal equipment, causing significant costs and delaying work. In addition, if breakages are caused to structures located within the municipal right-of-way, the Municipality cannot be held responsible for the damage because it is the citizens' responsibility to respect this area.

Private Property

Whether there is a fence, a hedge or a flower bed in front of your property, it is important to protect it in the fall. Note that the first metre within your property line, not from the curb or the ditch, must remain free of any installations or structures. This clearance is required primarily for snow removal operations. This principle also applies to garbage, recycling, and compost bins.

All owners remain responsible for their landscaping installations bordering a road, and the Municipality will not accept any liability claims for damages incurred to these structures or plants.

Curbside Collection

At all times, it is important to place the bins at the curb only on collection day; extra care must be taken in the winter.

In winter, your cooperation is key regarding the collection and snow removal operations. Your bin must be placed in your driveway at no more than 1.5 metres from the road to avoid being knocked over by the snowplow. **Fallen bins cannot be emptied.**



Collections Calendar

SECTOR 2-YELLOW

DECEMBER 2023							JANUARY 2024							FEBRUARY 2024							MARCH 2024						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	1	2	3	4	5	6	1	2	3								1	2			
3	4	5	6	7	8	9	7	8	9	10	11	12	13	4	5	6	7	8	9	10	3	4	5	6	7	8	9
10	11	12	13	14	15	16	14	15	16	17	18	19	20	11	12	13	14	15	16	17	10	11	12	13	14	15	16
17	18	19	20	21	22	23	21	22	23	24	25	26	27	18	19	20	21	22	23	24	17	18	19	20	21	22	23
24	25	26	27	28	29	30	28	29	30	31				25	26	27	28	29			24	25	26	27	28	29	30
31																					31						

SECTOR 3-GREEN

DECEMBER 2023							JANUARY 2024							FEBRUARY 2024							MARCH 2024						
S	M	T	W	T	F	S	D	L	M	M	J	V	S	D	L	M	M	J	V	S	D	L	M	M	J	V	S
					1	2	1	2	3	4	5	6	1	2	3								1	2			
3	4	5	6	7	8	9	7	8	9	10	11	12	13	4	5	6	7	8	9	10	3	4	5	6	7	8	9
10	11	12	13	14	15	16	14	15	16	17	18	19	20	11	12	13	14	15	16	17	10	11	12	13	14	15	16
17	18	19	20	21	22	23	21	22	23	24	25	26	27	18	19	20	21	22	23	24	17	18	19	20	21	22	23
24	25	26	27	28	29	30	28	29	30	31				25	26	27	28	29			24	25	26	27	28	29	30
31																					31						

Ecocentre

The inter-municipal Ecocentre is located at:
2125, chemin Jean-Adam, Saint-Sauveur.

Opening Hours





From April 1 to November 30: Opened every day (except on Wednesdays), from 7:30 to 16:15.

From December 1 to March 31: Opened from Tuesday to Saturday, from 7:30 to 11:45 and from 13:00 to 16:00.

During the Holidays, the Ecocentre will be closed on December 24, 25 and 26, and on December 31, January 1 and 2.

www.ville.saint-sauveur.qc.ca/services-aux-citoyens/environnement/ecocentre.html
 ecocentre@vss.ca • 450 227-0000, ext. 3200

Legend

-  Recycling (blue bin)
-  Organic (brown bin)
Collection every two weeks from October to May
-  Garbage (black bin)
-  Aucune collecte de déchets



INFO-COLLECTE

1 855 PDH-RECY
 450 229-8052
infocollecte@mrcpdh.org

Town Planning and Environment

Presentations on Lyme disease and Toxoplasmosis

The Biodiversity Subgroup of the Environmental Advisory Committee invites citizens to a presentation by Dr. Lena Measures on Saturday, March 16, 2024, at Chalet Bellevue. This presentation will cover two topics, namely:

Lyme Disease, Deer, and Ticks

Lyme disease is an emerging disease of concern in Québec, including in the Laurentians. This presentation will provide more information on the bacterium causing Lyme disease, its life cycle, hosts, transmission, public health issues, animal health issues, diagnosis, treatment and prevention.

In French: 13:30

In English: 14:30

Toxoplasmosis and Domestic Cats

In French: 14:00

In English: 15:00

Toxoplasmosis is a disease occurring in a large percentage of the human population worldwide. This presentation will provide more information on the protozoan parasite causing toxoplasmosis, its life cycle, hosts, transmission, public health issues, animal health issues, diagnosis, treatment and prevention.

Outdoor Storage

The Town Planning and Environment Department reminds you that outdoor storage of firewood, recreational vehicles and household trailers is authorized in the rear and side yards of a property previously occupied by a primarily residential building.

Septic Tank

As snow is a good insulator, we suggest you keep it on your septic tank covers during the winter.

We also want to remind you that it is mandatory to empty your septic tank every two years for permanent residences and every four years for secondary residences. You must provide proof of emptying by sending an invoice to the Town Planning and Environment Department.

Wheeled Bins Storage

Wheeled bins may be placed at the curbside of your driveway from 17:00 on the day before collection day, and must be removed by 21:00 on collection day. No bins may be left at the curb outside these hours.

The Town Planning and Environment Department team would like to take this opportunity to wish you a pleasant winter and Happy Holidays.

Library

The municipal library is located at 823 chemin du Village and is closed on statutory holidays. Membership is free for all residents.

Opening hours:

Tuesday to Friday: 10:00 to 18:00

Saturday: 9:30 to 16:30

For more information:

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

We invite you to reserve your documents in advance on mabiblioamoi.ca or by email at bibliotheque@morinheights.com. For returns, the book chute is always accessible on the side of the building.



Storytime

EVERY SATURDAY AT 10:00

Come and discover stories for every taste! The pleasure of reading is shared in a group activity where children are brought into an imaginary world. A craft or drawing may conclude this wonderful experience. Depending on the storyteller, this activity is available in French and/or English.



Les Z'animés, presented by the library (in French)

To reserve your place, please register through the municipality's website: www.morinheights.com. We will gladly assist you with the registration process if necessary!

Life and Work of Marc-Aurèle Fortin

AVAILABLE FOR VIEWING FROM NOVEMBER 24 TO
DECEMBER 7, ADULTS

A devotee of the revered theme of the Quebec landscape, Marc-Aurèle Fortin continually renews his craftsmanship and techniques to sing his hymn to nature in various ways.

The Nutcracker's Christmas

DECEMBER 16, 10:30, CHILDREN

Roxanne Turcotte presents The Nutcracker with a twist! The host enriches the interactive activity, encouraging children to anticipate the story and understand its outcome. A pure delight for young and old alike!

The Exuberant Pieter Paul Rubens (1577-1640)

FROM FEBRUARY 16 TO MARCH 1, ADULTS

Rubens is undoubtedly the most important Flemish painter of the 17th century. His style embodies the most characteristic aspects of the Northern Baroque. He lent his talent to celebrating the European princes of the 17th century. An in-depth study of each of his paintings within the gallery is planned, enabling us to explore the history of this outstanding artist of French history.

Les lettres attachées with Louis-Jean Cormier

FEBRUARY 24, 14:00, ADULTS

Are you interested in Louis-Jean Cormier's journey and process as a singer-songwriter? *Les Lettres attachées* is back with a live videoconference format. During this workshop, you will be guided through creating your work. You will then have the opportunity to enter the competition to win the prize for the best piece.

Zoologist in Action! Animals in disguise!

MARCH 9, 10:30, CHILDREN

Discover the world of camouflaged animals! How do these animals escape their predators? Is their colour change permanent? Do we have many of these secretive creatures living in the province of Quebec? Meet some of these living animals up close!

New Releases

The Adversary/
Micheal Crummey

Learned by Heart/
Emma Donoghue

The Wren, The Wren/
Anne Enright

The Armour of Light/
Ken Follet

Wellness/Nathan Hill



The Invisible Hour/
Alice Hoffman

On the Ravine/
Vincent Lam

Forever Home/
Graham Norton

Making It So/
Patrick Stewart

The Breakaway/
Jennifer Weiner



Morin-Heights Fire Department and First Responders

Preventing Fire Hazards When Decorating for the Christmas Holidays

Remember the following prevention tips for a safe decorating season as the festive season approaches.

Christmas Tree

Choose an artificial tree, as it is less likely to catch fire than a natural one.

If you choose a natural tree:

- choose a freshly cut tree with needles that do not shed easily;
- bevel the trunk and place it in a container filled with water;
- water it daily;
- place the tree more than 1 metre from all heat sources (electric plinths, heaters, fireplaces, etc.);
- unplug the Christmas lights when the tree begins to dry out.

Decorative Lights

- Choose lights certified by a recognized organization such as the CSA or ULC.
- Choose low-heat-emitting bulbs such as LEDs.
- Examine your lights before installing them, and discard any defective, desiccated, or cracked ones.
- Make sure your replacement bulbs have the same voltage as your old ones.
- Avoid putting indoor-use decorative lights outdoors, or vice versa.
- Plug all outdoor items into a ground-fault circuit interrupter (GFCI) socket.
- Never overload the electrical system.
- Always use a timer or turn off your decorative lights when you leave the house or go to bed.
- After the festive season, bring outdoor lights inside to prevent damage from the sun and weather. Decorative lights are not designed for long-term use.

Extension Cord

- If you must use extension cords, choose those approved by a recognized organization such as CSA or ULC.
- Avoid too long cords that need to be coiled, as the cable may overheat and cause arcing.
- If you must use an extension cord for your outdoor decorations, ensure it is designed for outdoor use.
- Do not overload outlets and extension cords. Use a power strip instead.
- Do not hide your extension cords under rugs or carpets. The weight of people walking on them and the friction they cause can damage the cable and increase the risk of fire.
- Do not leave an extension cord in a doorway. The cable's insulation could be damaged if the door closes on it.
- Use only one extension cord at a time. Do not connect extension cords end to end.

The *Garde-Manger des Pays-d'en-Haut*'s Guignolée will take place on Saturday, December 9. Please be generous!

Reminders

- > Have you thought about changing the batteries in your smoke detectors when you set your clocks back?
- > Don't forget to have your chimney swept!

Civic Address

To facilitate emergency response, ensure your civic address (house number) is always clearly visible from the public road.

A snow-cleared civic address also helps us help you more quickly when you dial 9-1-1.



Outdoor Network

Events Calendar

- *Première Neige* Race at Sommet Morin Heights: December 8 and 9
- Torchlight snowshoe hike at Basler Park: January 28
- Palliocco's hike under the stars at Basler Park: February 17
- The 52nd Viking Loppet: February 25



Our network offers over 160 km of cross-country ski, snowshoe and fatbike trails!

Cross-country Skiing: Whether you prefer classic, skate or backcountry skiing, our trails provide the perfect nature getaway from various access points.

The Viking Club trails (chemin Jackson) are also accessible. However, parking space is reserved for their members.

Snowshoeing: Several trails are nearby (Basler Park, des Bouleaux sector, Sommet Morin Heights). Enjoy breathtaking views of lakes, mountains and ice rocks! If conditions permit, it is possible to walk with crampons.

Fatbike: About fifteen kilometres are accessible. The passage of snowshoers maintains the trail.

Conditions and Trails Opening: Do you want to know the latest conditions? Visit morinheights.com/Outdoors. It is updated daily and shows the date of the last mechanical service.

Certain weather conditions prevent the use of trails to preserve their quality or restoration. Please respect these guidelines when these notices are issued. Furthermore, some trail routes may be modified. Please respect all signs and private property.

Ski school: It will be possible to take a cross-country ski initiation lesson or to master specific techniques! Equipment rental is available. By reservation at 450 226-3232, ext. 132. The site for the ski lessons is located at 185 rue Bennett.

Equipment Rental:

Cross-country skiing and skating: The rentals are located at 50 chemin du Lac-Écho (Aerobic Corridor Pavilion). For the skating equipment, the rentals are located at 185 rue Bennett.

Snowshoeing: The rentals are located at Basler Park's parking booth at 99 chemin du Lac-Écho.

Dogs Reminder: Dogs are allowed on snowshoe trails **only** and must be on a leash. You may also walk your dog at the Canine Corridor on chemin du Midi or at the dog park located at 100 chemin du Lac-Écho.

Pricing

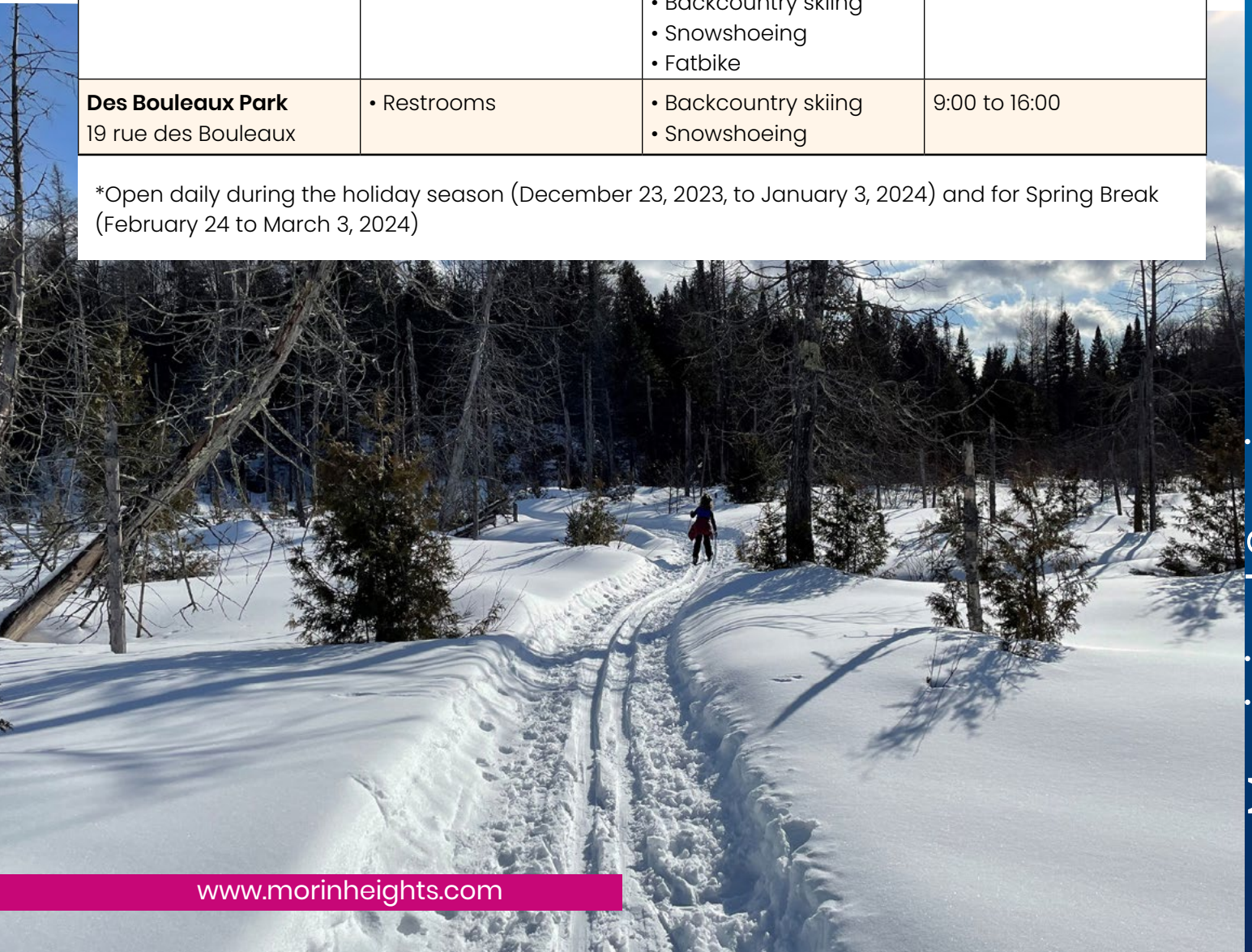
- Seasons passes can be purchased online.
- No charge for children 17 years old and under.
- Access to the snowshoe and fatbike trails is free upon presentation of the citizen card (info on p.3)
- Details : www.morinheights.com/Outdoors

Landowners/Ski or Snowshoe Trails: Do you own a property with a municipal cross-country ski or snowshoe trail? Come to Chalet Bellevue (27 rue Bellevue) to receive free VIP passes for you and two of your guests (guest passes are transferable).

Service Centres

WELCOME CENTRES	SERVICES OFFERED AT EACH WELCOME CENTRE	ACTIVITIES STARTING AT EACH CENTRE	OPENING HOURS
Chalet Bellevue 27 rue Bellevue	<ul style="list-style-type: none"> • Waxing room • Ticket office • Restrooms • Showers • Rest area 	<ul style="list-style-type: none"> • Classic cross-country skiing • Snowshoeing • Fatbike 	9:00 to 16:00, Friday to Sunday*
Aerobic Corridor Pavillion 50 ch. du Lac-Écho	<ul style="list-style-type: none"> • Ticket office • Restrooms • Rest area • Rentals (classic skis) 	<ul style="list-style-type: none"> • Classic cross-country skiing • Skate skiing • Snowshoeing • Fatbike 	9:00 to 16:00
Basler Park 99 ch. du Lac-Écho	<ul style="list-style-type: none"> • Restrooms • Rentals (snowshoes) 	<ul style="list-style-type: none"> • Classic cross-country skiing • Sliding • Snowshoeing • Fatbike 	9:00 to 16:00
Sommet Morin Heights 185 rue Bennett	To be confirmed	<ul style="list-style-type: none"> • Classic cross-country skiing • Skate skiing • Backcountry skiing • Snowshoeing • Fatbike 	To be confirmed
Des Bouleaux Park 19 rue des Bouleaux	<ul style="list-style-type: none"> • Restrooms 	<ul style="list-style-type: none"> • Backcountry skiing • Snowshoeing 	9:00 to 16:00

*Open daily during the holiday season (December 23, 2023, to January 3, 2024) and for Spring Break (February 24 to March 3, 2024)



Cultural Programming

Concert by É.T.É

Founded by three young musicians with eclectic backgrounds, É.T.É offers a dynamic, contemporary take on traditional Quebec music. Combining influences from folk, jazz, progressive rock and classical music, Élisabeth Moquin, Thierry Clouette, and Élisabeth Giroux unveil their universe to the sound of a fiddle, Irish bouzouki, cello and jig.

On December 17, at 15:00, at Chalet Bellevue.

Places are limited; registration is required at www.morinheights.com, under "Online Services," "Online Registration." \$5 or free with your citizen card.

For more information:

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



"Suivre les lucioles" Concert

Singer-songwriter Claude Hurtubise explores her inner world throughout this performance. Her jazz-pop songs suggest a nomadic journey through Latin America, West Africa and Europe. Her poetry and intoxicating melodies, enhanced by astute arrangements, sweep us off on an adventure. Piano, accordion, violin, saxophone, clarinet, flute, double bass, guitar, percussion and vocal harmonies create a colourful atmosphere for an evening that guarantees poetry and emotion!

On February 2 at 19:30, at Chalet Bellevue.

Seats are limited. Registration is required at www.morinheights.com, under "Online Services," "Online Registration." \$5 or free with your citizen card.

For more information:

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



Cultural Programming (continued)



Joyful Noise Choir Concert

Christmas concert on Thursday, December 21 at 19:00, at the United Church, 831 chemin du Village. Donations to the church as an entrance fee are welcome.



Knitting Group

The knitting group meets to knit, chat, and share ideas. Moreover, it is not just for knitters: people who like to crochet, do embroidery, or do other needlework are also welcome!

Meetings are held at Chalet Bellevue in Morin-Heights every Thursday from 13:00 to 16:00. Depending on your availability, you can attend the whole meeting or just part of it.

This is an informal group, so no registration or reservation is required – you just need to bring your material. If you have any questions, please call Monique Bélisle at 514 608-2323.

Laurentian Reading Club

Enjoying reading, ideas, and each other's company since 1959.

The Laurentian Reading Club meets on the third Tuesday of every month from September to June at 13:00 at Chalet Bellevue in Morin-Heights. Why not join us for lively discussions of books and other readings? Our meetings are held in English.

Members are asked to contribute \$25 annually to cover the cost of books. For more information, please contact Jane Philibert at 450 226-6947 or by email at janephil@cgocable.ca.

Recommended book: "Demon Copperhead," by Barbara Kingsolver, a copy of which is available at our local library.

French-Language Reading Club / Club de lecture en français (CLEF)

The *Club de lecture en français* continues its monthly meeting. The club members meet at Chalet Bellevue on the fourth Tuesday of the month, from 13:30 to 15:30, to discuss reading: new finds, books we rediscover, and favourites.

For more information:

Monique Bélisle, 514 608-2323



Cultural Programming (continued)



This past year has been busy for Theatre Morin Heights, and we are not slowing down now! Thanks to all our volunteers for our two major productions in 2023, the many fun readings, and the ongoing planning of a Performing Arts Centre in Morin-Heights. We have one more event this year, and our 2024 season will launch in January.

• Performing Arts Centre Information Session

| December 2 | 14:00 | Chalet Bellevue | Free |
Come by for coffee, viennoiseries, and learn more about the project of building a roof for the Morin-Heights' performing arts community!

• Play Reading

| January 24 | 19:00 | Chalet Bellevue | Free |
You can sit back and listen or be a reader for this casual, no-preparation performance.

• Annual General Meeting and Play Reading

| February 21 | 19:00 | Chalet Bellevue | Free |
Everyone is welcome, but only members can vote (why not register!). Find out what is happening within the group and have your voice heard. A play reading will follow the meeting.

If you want more information about participating in, attending, or getting involved in creating any of these events, please visit our website at theatremorinheights.ca or email us at theatremorinheights@gmail.com.

We are run entirely by volunteers, and we would love you to join us in making theatre!

Recycl-ART Workshop

The next Recycl-ART Workshop will take place at Chalet Bellevue on Saturday, December 2, from 14:00 to 16:00. Come and make holiday decorations using materials you usually put in the blue or black bins. We will provide supplies, but feel free to bring:

- Bags with a shiny interior (chip bags, for example).
- Empty toilet paper rolls.
- Leftover yarn or fabric of various colours.
- All other objects you think would be interesting to make decorations.

The workshop is open to people of all ages: children, parents, and seniors; everyone is welcome!

Recycl-ART Morin-Heights is an initiative of the Environment Subcommittee, whose goal is to reduce all forms of pollution, including waste. By creating "art" from disposable materials, we aim to raise awareness of this important environmental issue among residents of all ages and educate them on how to sort their waste better.

Rutenberg x 2 Exhibition

From February 2 to 18, the Municipality of Morin-Heights invites you to admire the works of the Rutenberg Sisters on display at Chalet Bellevue. Mona is a sculptor and will present her most recent works, while Linda, a photographer, will present her winter exhibition, "The Gaspé Peninsula: Land on the Edge of Time".

The vernissage will take place on Friday, February 2, from 15:00 to 19:00.



Inter-municipal Youth Ice Hockey League

Free!

What is it?

- A program that gives young people aged 5 to 15 (as of September 30, 2023) who already know how to skate the chance to play ice hockey in their community.
- Free!
- One inter-municipal game weekly (across the MRC).
- One practice weekly (at the municipal rink).
- From January 8 to February 22, 2024.

Novice (ages 5-6): Tuesday and Thursday, 17:30 to 18:30

Atom (ages 7-10): Tuesday and Thursday, 18:30 to 19:30

Pee-wee (ages 11-13): Tuesday and Thursday, 19:45 to 20:45

Bantam (ages 14-16): Monday, 19:30 to 20:30 and Wednesday, 19:30 to 21:00

This program focuses on:

- team spirit;
- fun;
- children's participation (they are expected to attend all the games).

Complete equipment is required: helmet with a full-face protector, neck protector, shin and knee protectors, gloves, pelvic protector, hockey stick, and skates.

Registrations:

Residents: in priority, until December 8
Non-residents: starting on December 9

At www.morinheights.com, under "Online Services," "Online Registration."

For more information:

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

WANTED! Coaches and volunteers are sought to get involved with the league in Morin-Heights. If you are interested, please contact Eliane Charbonneau at eliane.charbonneau@morinheights.com

www.morinheights.com



F.C. MORIN-HEIGHTS

Football Club Morin-Heights

SOCCER REGISTRATION 2024 online as soon as February. To register, visit www.fcmorinheights.com or come in person on Sunday, March 10, 2024, from 13:00 to 15:00 at Chalet Bellevue (27 rue Bellevue).

For more information:

450 226-0011 or info@fcmorinheights.com

Grassroots: Introduction to Soccer for Toddlers and Young Kids

Introductory soccer program for youngsters aged 4 to 8 (born between 2016 and 2020) from June 8 to August 24, 2024. Twelve Saturdays at Morin-Heights' soccer field (647 chemin du Village). This program includes a full uniform (socks/shorts/jersey) and a soccer ball.

Competitive Programs:

Competitive programs from U9 to U21 and local senior league. The season runs from mid-May to the end of August 2024.

Do you love soccer?

Become a Referee!

Requirements:

- Have a good knowledge of soccer
- Be 14 years of age or older
- Be in good physical condition

Advantages:

- Interesting income
- Training offered
- Flexible working hours

Contact us today:

info@fcmorinheights.com

Outdoor Skating Rinks and Sliding at Basler Park

Discover the joys of winter by taking advantage of the winter facilities installed at Basler Park! (99 chemin du Lac-Écho) For an enjoyable experience, you'll find on the site:

- / heated washrooms;
- / trailers for getting changed;
- / fire pit to keep warm.

Please bring your water bottles.

Skating Rinks

- / A small rink for free skating
- / An NHL-sized rink for ice hockey practice

When weather conditions permit, opening hours are everyday, from 9:00 to 21:00.

PLEASE NOTE: municipal activities have priority over free skating.

Sliding

Enjoy our unique slide! Bring your sled, saucer, or crazy carpet! Please note that tri-ski (three-ski) sleds are not allowed.

Fire Pit

A closed fire pit and benches are available on site. The fire is tended by our team during peak periods. If you want to warm up, bring your hot chocolate and blankets for a pleasant and cozy moment!

For ice conditions during the season:

450 226-3232, ext. 122

www.morinheights.com/Patinoires-Skating-Rinks



Accès-Loisirs Pays-d'en-Haut

Free activities for lower-income individuals and families

This program offers people aged 0 to 99, living on low incomes, the chance to take part in recreational activities free of charge, with respect and confidentiality. This opportunity enables our *Pays-d'en-Haut* residents to break out of isolation and become socially active.

Registration for *Accès-Loisirs'* winter activities:

- Wednesday, January 10, from 9:30 to 11:30
In the Saint-Sauveur Church's basement
- Monday, January 15, from 13:00 to 16:00
At the *Garde-manger des Pays-d'en-Haut*,
Sainte Adèle

Proof of income is required at registration to be eligible for this program.

For more information about this program, please call 450 226-3232, ext. 132.

Conference on Sleep

Why must we sleep well? Discover the secrets of sleeping and everything you never expected from sleep – a workshop on the role of sleep on your health.

Date: Tuesday, February 6, 13:00 to 15:00.

Cost: \$30 for residents, \$35 for non-residents

Location: Chalet Bellevue

Guest speakers: Julie McTear and Françoise Béliveau, naturopaths

Registration: online, in person at Chalet Bellevue or by phone at 450 226-3232 ext. 132

www.morinheights.com



CENTRE SPORTIF Pays-d'en-Haut

SESSION:

January 8 to March 8 (8 weeks):
Nager pour la vie (Swim for Life)

January 8 to March 22 (10 weeks):
Aqua Fitness

January 8 to March 22 (10 weeks):
Indoor Fitness

Classes will be suspended from February 26 to March 1, 2024.

REGISTRATION:

• **From December 10 to 16**, for residents of one of *Centre Sportif Pays-d'en-Haut's* partner municipalities.

• **From December 17 to 23**, for everyone.

Please note that between December 10 and 23, you can register online or in person as follows:

REGISTRATION SCHEDULE (ONLINE OR IN PERSON)		
Online		From 9:00 to 20:00 Everyday
In Person	From December 10 to 23	From 9:00 to 20:00 Monday to Friday
		From 9:00 to 17:00 Saturday and Sunday



www.morinheights.com

FREE SWIMMING ASSESSMENT:

Are you interested in enrolling yourself or a family member in a class offered by the Swim for Life Program? To ensure you have the right level when you register, come to the *Centre Sportif Pays-d'en-Haut*, where our experts will be available to assess the swimmer and recommend the appropriate level based on age or skills. The evaluation occurs **in the water**, so all swimmers must wear a cap and swimsuit.

- An assessment is not required for children aged 4 months to 3 years, as registration is based on the swimmer's age.
- This assessment only determines the swimmer's level and does not guarantee your registration.

The assessment service is free of charge, and no appointment is necessary. Hours are as follows:

- **Thursday, December 7**, from 17:30 to 20:00.
- **Saturday, December 9**, from 14:00 to 17:00.

Please go to the reception desk when you arrive, where someone will happily direct you!

PURSUE A CAREER AT CENTRE SPORTIF PAYS-D'EN-HAUT!

Are you like a fish in water? Are you looking for an employer who listens to your needs and lets you develop your leadership skills? There are many job opportunities for you! Vivaction Inc. is looking for **pool lifeguards** and **swimming instructors**.

To join our team, please visit www.centresportifpaysdenhaut.com/emplois/ (in French).

IGA ARENA

For more information on rink reservations and ice sports schedules for public skating, hockey, and Stick and Puck, please call the arena's manager, Sylvain Descoteaux, at 579 202-1722, ext. 8403, or send an email to sdescoteaux@cspdh.com.

www.centresportifpaysdenhaut.com



Fondeurs Laurentides

This winter, Fondeurs-Laurentides Cross-country Ski Club proudly presents two events in Morin-Heights. These races bring together the best skiers in the province, and you are invited to attend these major events.

EVENT: *Première Neige Race 2023*

DATES: December 8 and 9

TIME: from 18:00 to 21:00

WHERE: Sommet Morin Heights, 231 rue Bennett

FOR MORE INFORMATION:

<https://www.fondeurslaurentides.ca/evenement/invitation-premiere-neige-morin-heights/>

EVENT: *2024 Quebec Cup #3*

DATES: January 13 and 14

TIME: from 9:00 to 15:00

WHERE: Camping & Cabines Morin-Heights, 185 rue Bennett

FOR MORE INFORMATION: <https://www.fondeurs-laurentides.ca/evenement/coupe-quebec/>

We are looking for volunteers for these events. If you would like to be part of a dynamic and passionate team, please send us an email at info@fondeurslaurentides.ca or call us at 579 888-2005.

Welcome to everyone!



Gym Sports

At last, sports in the gym are back!

From January 15 to April 24 (closed on March 4 and 6 and April 1)

At the Morin-Heights Elementary School gymnasium (647 chemin du Village)

PICKLEBALL - Mondays, from 18:00 to 20:30

Equipment on site. Rotation is done every 30 minutes.

VOLLEYBALL - Wednesday, from 18:00 to 20:30

One court is available.

Price per day, per sport (payable on site; cash only)

\$5 for residents • **\$7** for non-residents

Session access fee per sport: the pass can be bought online at www.morinheights.com, under "Online Services," "Online Registration." Passes are not sold at the school.

\$50 for residents • **\$70** for non-residents

www.morinheights.com

Trinity Anglican Church

Come celebrate this special season at Trinity Anglican Church!

“God of love and power, your word stirs within us the expectation of the coming of your Son.” – from The Book of Alternative Services of the Anglican Church of Canada.

Everyone is most welcome to attend our in-person or Zoom services **every Sunday at 11:00**, plus all our upcoming special events. For example, our annual music-filled Service of Lessons and Carols -- focused on the time leading up to Christmas -- is Sunday, December 17 at 11:00. Then, on December 24, our Christmas Eve service begins at 22:00.

We are a community of local people learning and seeking answers to life's big questions together, following the teachings of Jesus. Trinity Anglican Church, featuring a new accessible pathway, ramp, and entrance, is located at 757 chemin du Village and is part of the Anglican Church of Canada and the worldwide Anglican Communion.

You can also find details on our Facebook page “Trinity Anglican Church Morin- Heights”, or at our diocesan website at www.montreal.anglican.ca.

You can also join us for Evening Prayer at 17:00 every weekday when seekers from across the Laurentians gather via Zoom for a 30-minute online service of gratitude for the day. For the Zoom links or information about Trinity, email the Rev. Professor Patricia G. Kirkpatrick at revprofpatricia@gmail.com or trinity-church.morinheights@gmail.com.

Please join us. You'll be welcomed.



www.morinheights.com

CHRISTMAS MARKET

SATURDAY, DECEMBER 9
10:00 - 16:00

CHALET BELLEVUE
27 BELLEVUE STREET

MORIN HEIGHTS ELEMENTARY SCHOOL

CHRISTMAS BAZAAR!

SATURDAY DECEMBER 9TH 2023
9:30AM-3:30PM

647 chemin du Village, Morin-Heights

Crafts / Bake sale /
Local artisans / Used toys/ Books

Free Admission

All profits go to MHES Parent Participant Organization (PPO)



The Royal Canadian Legion's Activities

127 chemin Watchorn

SATURDAY, DECEMBER 2

Quebec Traditional Supper – 18:00

FRIDAY, DECEMBER 8

TGIF Smoked Meat Supper – 17:00 to 19:00

SATURDAY, DECEMBER 16

Spaghetti Supper and Live Band – 18:00

FRIDAY, JANUARY 19

TGIF Smoked Meat Supper – 17:00 to 19:00

SATURDAY, FEBRUARY 10

Valentine's Day Supper – 18:00

FRIDAY, FEBRUARY 16

TGIF Smoked Meat Supper – 17:00 to 19:00

SATURDAY, FEBRUARY 24

Annual Wacky Snowball Game – 13:00

FRIDAY, MARCH 8

Annual Kids Ski Races – 9:00

SATURDAY, MARCH 16

St. Patrick's Day Supper – 18:00

All events are open to the public!

Darts every Thursday at 15:00.

Hall rentals are available (more information by e-mail).

For more information:

legion171@cgocable.ca • www.legion171.net

Facebook: legion171

Music show Facebook: morinheights live

450 226-2213



Inter-municipal Agreement

An inter-municipal agreement between Morin-Heights, Piedmont, Sainte-Adèle, Sainte-Anne-des-Lacs, Saint-Sauveur, Saint-Adolphe-d'Howard, and Sainte-Marguerite-du-Lac-Masson allows their citizens to register to the activities offered under this agreement and benefit from the resident rate. This agreement is intended to promote specific courses and to offer these municipalities and cities' residents access to a broader range of activities.

Registration Procedure

Follow the registration procedure for the municipality offering the desired activity. Proof of residency is required to register with each municipality. We suggest you visit the website or contact the corresponding municipality to learn more about its registration procedures, dates, schedules, costs and available spaces. Reimbursement terms are those in effect in the municipality offering the activity.

The list of activities offered through this agreement for the winter session is available at www.morinheights.com/courses-activities-offered

FOR MORE 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

See the complete schedule of activities offered in Morin-Heights on pages 24 to 26.

www.morinheights.com

Next Issues!

The budget edition of Info Morin-Heights will be mailed with your 2024 tax bill.

SPRING EDITION

March 15 to June 1, 2024

Deadline: January 25, 2024

Distribution: March 12, 2024

SUMMER EDITION

June 1 to August 15, 2024

Deadline: April 1, 2024

Distribution: May 24, 2024

FALL EDITION

August 15 to December 1, 2023

Deadline: June 6, 2024

Distribution: August 14, 2024

WINTER EDITION

December 1, 2023, to March 15, 2024

Deadline: September 27, 2024

Distribution: November 22, 2024

Visit www.morinheights.com to sign up for our email newsletter to receive last-minute announcements, important reminders, and program details!

Youth Sports Program Reimbursement Policy

The Municipality of Morin-Heights reimburses the difference between the resident and non-resident registration fees, up to a maximum of \$200 per child, per activity, per year, for activities offered within a junior ice hockey, baseball, figure skating or swimming club.

A town in the Laurentians must be the activities' organizer, and reimbursement is available only to youngsters aged 17 and under who are permanent residents of Morin-Heights.

Requests for reimbursement must be submitted no later than sixty (60) days following the activity start date. Refunds will be issued at the end of the season or session.

The "Reimbursement Request" form is available at www.morinheights.com, under "Online Services," "Online Forms," or at Chalet Bellevue, and there must be one form per request.

Holiday Schedule

All municipal offices will be closed for the holidays from Friday, December 22, 2023, at noon to Wednesday, January 3, 2024, inclusively.

We wish you a joyful Christmas and an exciting 2024!

Course Offerings

REGISTRATION BEGINS ON DECEMBER 4

ONLINE

Visit www.morinheights.com and click the «Registration» button on the home page.

BY PHONE

450 226-3232, ext. 132

IN PERSON

At Chalet Bellevue, seven days a week, between 9:00 and 16:00.

INFORMATION

For more course information, please enquire directly at Chalet Bellevue or with the instructor.

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:

bibliotheque@morinheights.com
chaletbellevue@morinheights.com
comptabilite@morinheights.com
conseil@morinheights.com
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

 www.instagram.com/municipalitedemorinheights

 youtube.com/@MunicipaliteMorinHeights

 t.me/morinheights

Emergency 9-1-1:
Public Works (evenings, nights, weekends, and holidays) - Fire - Police - Ambulance - Emergency Measures

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www.groupetriton.com

Winter PACKAGE



Monday	Tuesday
9 : 00 Hatha Yoga	9 : 00 Tae-boxe Drumming
	18 : 30 Cardio abs

Thursday	Friday
10 : 30 Solo-latino	9 : 00 Nordic walk

Starts January 15
10 weeks

ONE PRICE FOR THIS UNLIMITED OFFER
VISIT THE MUNICIPALITY'S WEBSITE FOR MORE DETAILS

Sports and Physical Activities

ACTIVITY	DAY	AGE GROUP	INSTRUCTOR	TIME	SESSION PERIOD	START DATE	RESIDENTS	NON-RESIDENTS
Cardio Latino	Thursday	adults	Francisco De La Calleja	11:45 - 12:45	12 weeks	Jan. 11	\$144	\$166
Cardio Swing	Thursday	adults	Francisco De La Calleja	9:15 - 10:15	12 weeks	Jan. 11	\$144	\$166
Scottish Dance	Sunday	everyone	Heather McNabb	15:00 - 16:30	10 weeks	Jan. 14	free	free
Flexi-Dance	Thursday	adults	Francisco De La Calleja	13:00 - 14:00	12 weeks	Jan. 11	\$144	\$166
Winter Package	various	adults	various	various	12 weeks	Jan. 15	-	-
Many courses for a single price! For more information, visit the Municipality's website.								
Karate	Friday	children (5 years old+) and adults	Gilles Labelle	17:30 - 18:30	1, 3, 5 or 10 months	Jan. 5	depends on the session length	depends on the session length
To register, call Kyoshi Gilles Labelle at 450 431-1444								
Solo Latino	Thursday	adults	Francisco De La Calleja	10:30 - 11:30	12 weeks	Jan. 11	\$144	\$166
Tai Chi	Saturday	everyone	Robert Lee	9:00 - 11:00	12 weeks	Jan. 6	free	free
Yoga Relaxation	Monday	teens and adults	Carol Karuna	16:45 - 18:00	10 weeks	Jan. 15	\$187	\$215
Gentle Yogalates	Thursday	teens and adults	Daphnée Rosenberg	14:30 - 15:30	8 weeks	Jan. 18	\$140	\$160
Yoga reconnection	Monday	teens and adults	Carol Karuna	18:15 - 19:15	10 weeks	Jan. 15	\$167	\$192

Cultural Activities

ACTIVITY	DAY	AGE GROUP	INSTRUCTOR	TIME	SESSION PERIOD	START DATE	RESIDENTS	NON-RESIDENTS
Bridge for Beginners, Level 2	Monday	adults	Louise Lalonde	10:00 - 11:30	8 weeks	Feb. 26	free	free

Requirements: some knowledge of bridge or having completed level 1

Beginner English Conversation	Monday	adults	Thérèse Mascis	13:00 - 14:30	10 weeks	Jan. 8	\$150	\$175
Intermediate English Conversation	Monday	adults	Thérèse Mascis	14:45 - 16:15	10 weeks	Jan. 8	\$150	\$175
Spanish, Level 2	Thursday	adults	Yoalli Gallegos	11:30 - 13:00	10 weeks	Jan. 11	\$185	\$212
Advanced Spanish Conversation Club	Thursday	adults	Yoalli Gallegos	10:00 - 11:30	10 weeks	Jan. 11	\$185	\$212

