

# INFO

## Morin-Heights

In harmony with nature



**MORIN-HEIGHTS**  
1855



**All the Morin-Heights Journées de la culture activities will be held on SATURDAY, SEPTEMBER 28 and are FREE!**

### MUNICIPAL INFORMATION

#### FALL 2019

SEPTEMBER / OCTOBER / NOVEMBER  
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#### Art Exhibit [ from 10 :00 to 14 :00 ]

**Arts Morin-Heights** is pleased to present works inspired by the theme "Encounters". You are invited to come and meet our artists and play a game of search and find. Look at the artworks and find particular elements or anything that seems odd. This is an interactive, intergenerational, and fun game that will challenge your eagle eye and test how observant you are!

#### Conference and Exhibition: [ from 10:00 to 10:45 ]

##### "Diversity and Achievement in Anglophone Quebec"

By its nature, the English-speaking community in Quebec is a wonderful mix of cultures, communities, and geographic diversity. Although it is linked by language and by certain historical, social, and political characteristics, in reality, the English-speaking community is a patchwork of distinct ethnic and regional groups - some with surprisingly unique histories, cultures, and outlooks. Presented by the **Morin-Heights Historical Association** (MHHA), and produced by the **Quebec Anglophone Heritage Network** (QAHN), this exhibition highlights communities and regions that form only a small part of the collage that makes up English-speaking Quebec in the 21<sup>st</sup> century, but together they convey the rich history and diversity that characterizes the community.

To launch the exhibition, **Ka' nahsohon Kevin Deer**, Mohawk elder from Kahnawake, Quebec will present the history of the Iroquois Confederacy from the perspective of the Haudenosaunee.

(continued on page 15)

# Mayor's report regarding the highlights of the financial and external auditor's reports



Ladies, Gentlemen,  
In accordance to Article 176.2.2 of the Quebec Municipal Code, I hereby present my report regarding the highlights of the Municipality's 2018 financial report tabled on June 12<sup>th</sup>, 2019 along with the auditor's report prepared according to the Law.

The Finance and Administration department prepared the financial report under the management of Mr. Michel Grenier. It has been verified and audited by the firm Papillon et associés. They have also produced the independent auditor's report.

We invite you to visit the Municipality's website at [www.morinheights.com](http://www.morinheights.com), where you will find all of the financial documents presented and adopted during this sitting. You will find the certificate prepared by the Municipality's Secretary-treasurer, the independent auditor's report along with the statement of results, the statement regarding the financial situation, the statement of net financial asset fluctuations and cash flow statement.

The 2018 financial year ended with an operating surplus of \$ 17,430 in comparison to \$ 2,113 in 2017. The Municipality pursues its momentum aimed at accelerating infrastructure investments and the completion of various projects which were undertaken to expand the aqueduct network, expedite road repairs, as well as the maintenance of the level of rainwater drainage.

The Municipality has also seized unexpected and inescapable opportunities to expand and create a protected nature reserve according to the Act respecting the conservation and development of wildlife. In fact, exceptional donations from the Lake Echo Buyer's Club and contributions from foundations have resulted in the Municipality contributing to this investment which has allowed for the town to purchase, to the benefit of its population and local economy, an extensive zone

which will be protected in perpetuity and therefore has rendered Morin-Heights a leader in terms of protecting the environment by rising above the standings within the Quebec municipalities that devote the highest percentage of their territory into protected areas.

Municipal Council has authorized investments into the renewing of equipment to allow municipal employees to access all of the necessary resources to guarantee quality service, therefore, being the envy of many and a reference within the municipal world. We will also devote energy to better structure the management of our assets. Our drinking water management plan has produced convincing results from which we all benefit from and sets a good example to follow for other infrastructures such as roads and transportation equipment.

In this regard, the Municipality is in a good position to face its population's increasingly constant challenges resulting from the interest manifested by many people in Morin-Heights as an exceptional and desirable living environment. We are on track with our recommended 2018-2023 action plan adopted in June 2018.

These elements are therefore reflected in the financial report, particularly in the statement of results as well as in the cash flow statement. Many investments have also been made in cash, which has contributed in influencing the cash flow and reducing its balance at the end of the financial year.

Furthermore, the Municipality has also used part of its financial leeway available from its unallocated surplus and its earmarked funds to maintain the Municipality's debt at a reasonable level. In fact, the financial report confirms this reality since the Municipality has a level of debt located below the level of other towns the same size. The Municipality's net debt has declined compared to last year.

The auditor has confirmed that the financial statements provide, in all of their significant aspects, an accurate image of the Municipality's financial situation to December 31<sup>st</sup>, 2018 as well as the results of its activities, the variation of the

net financial assets and of the net debt and cash flow statement for the financial year ending on this date, in accordance to the Canadian accounting standards for the public sector.

The Municipality includes certain financial information in its financial statements which are not required by the Canadian accounting standards for the public sector but are required by the Minister of Municipal Affairs.

I would like to point out our Municipality's excellent performance with regards to the matter of controlling our operating budgets and expenses. The financial report presented reveals a net decrease in operating expenses compared to last year. Over a longer period, it must be stated that we have maintained an increase in expenses below inflation, the result of strong control mechanisms and of all of the municipal employee's vigilance. The report states that, within all municipal departments, we have registered either a freeze or a decrease in expenses related to operations.

We will continue to firmly plan out investments over the next few years and hope to fully benefit from provincial and federal government investment programs in order to limit the fiscal impact of these infrastructure investments for the Municipality's citizens.

The Public Works department has also multiplied its interventions in many areas, and you must undoubtedly have noticed the constant improvements in road, ditch, and roadside infrastructures.

The Fire department and First Responders have pursued their relentless work to maintain quality services and therefore greatly contributing to the sense of security, which is characteristic of Morin-Heights. The number of interventions has increased, which is reflected in the financial statements.

The Recreation, Culture and Community Life department is very active in making sure that your living environment is dynamic which highlights Morin-Heights' exceptional quality of life, along with contributing in developing a sense of belonging for its population and businesses.

The Urbanism and Environment department is hard at work implementing Council's vision, particularly by making sure that the development regulations and common rules of life are being

respected throughout the territory. It ensures constant support to citizens in order to allow them to accomplish their projects.

The Finance and Administration department strives at meeting the highest standards in public municipal administration. It contributes to the fact that the Municipality is regularly being quoted in reference to the quality of its administration. The team is always on the lookout for ways to continuously improve its administrative procedures.

In brief, the entire team is working relentlessly to offer you a distinct municipality which is innovative and committed to its citizens, devoted and close to its population.

I want to thank the members of Council and all of the municipal employees for their continued support and efforts in providing the Municipality of Morin-Heights with modern infrastructures while taking into account its citizens' ability to pay. I would also like to thank all of the volunteers that donate their time for the well-being of the community.

Regards,

Tim Watchorn, ing.  
Mayor

Council's remuneration forms an integral part of the financial report, as follows:

Council members	Remuneration	Expense allowance
Dorais, Jean-Pierre	\$9 986	\$4 993
Dutil, Jean	\$10 829	\$5 414
Lemire, Claude-Philippe	\$10 829	\$5 414
Mac Laurin, Peter	\$8 757	\$4 378
MacLeod, Leigh	\$9 986	\$4 993
Cossette, Louise	\$9 248	\$4 624
Watchorn, Timothy	\$33 384*	\$16 595*

\* Includes the MRC's remuneration

	2018 Budget	Results	Difference	Details
<b>Revenues</b>	\$9 335 293	\$12 275 797	\$2 940 504	Real estate transfers (\$166 468) Taxation revenues – new residences (\$93 343) Provincial grants (\$1 922 339) Investment revenues (\$758 354)
<b>Expenses</b>	\$8 400 798	\$8 363 653	-\$ 37 144	Aqueduct work (-\$42 184)
<b>Long term financing</b>	\$782 990	\$921 422	\$138 431	Equipment purchases – Public works department Land purchase (\$45 000)
<b>Allocations</b>	\$151 505	\$419 600	\$268 095	Roadwork (\$169 934) Land purchase (\$75 000)
<b>Surplus</b>		<b>\$17 430</b>		

State of the financial situation	2018	2017	2016	2015	2014
<b>Financial assets</b>	\$3 782 300	\$2 397 641	\$2 367 726	\$3 375 448	\$2 605 749
<b>Liabilities</b>	\$2 588 595	\$7 367 736	\$3 034 837	\$3 588 981	\$3 537 002
<b>Debt</b>	\$12 791 516	\$8 360 010	\$9 254 997	\$8 433 031	\$7 278 172
<b>Net debt</b>	\$11 597 811	\$13 330 105	\$9 922 108	\$8 646 564	\$8 209 425
<b>Non financial assets</b>	\$34 076 069	\$33 306 474	\$29 254 683	\$27 769 257	\$26 323 924
<b>Net accumulated surplus</b>	<b>\$22 478 258</b>	\$19 976 369	\$19 332 575	\$19 122 693	\$18 114 499

Fixed assets	2018	2017	2016	2015	2014
<b>Cost of fixed assets</b>	\$46 412 528	\$44 455 381	\$39 107 227	\$36 566 974	\$34 068 128
<b>Accumulated amortization</b>	\$12 537 472	\$11 343 607	\$10 050 639	\$8 986 712	\$7 921 862
<b>Net book value</b>	<b>\$33 875 056</b>	\$33 111 774	\$29 056 588	\$27 580 262	\$26 146 266

Debt analysis	December 31 <sup>st</sup> , 2018
<b>Debt area (drinking water and local improvement)</b>	\$7 085 534
<b>Total debt</b>	\$4 611 811
<b>Debt paid by the Quebec government</b>	\$1 144 497
<b>Debt to December 31<sup>st</sup></b>	<b>\$11 697 345</b>
<b>Investments to finance</b>	\$222 601
<b>Municipality's long term debt</b>	<b>\$11 919 946</b>
<b>MRC des Pays-d'en-Haut's share of the debt</b>	\$775 730
<b>Total long term debt</b>	<b>\$12 695 676</b>

## Conference: «Être un citoyen éco-responsable»

Geneviève Puskas from Équiterre has been invited by the Municipality of Morin-Heights to present a conference (in French) at Chalet Bellevue on **Saturday, October 26** at 11:00. Free!

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

## 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 \$50 gift card from a local shop. Send your favorites shots to: 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 and have a minimum resolution of 300 dpi. If you want to submit more than one or two photos, we ask that you send them through 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 different communication tools or ads.

The winner of the contest from the previous edition is **Charles Paquette**. You win a \$50 gift certificate from Créations d'aujourd'hui gift shop located at 910 ch. du Village. Congratulations!



## A.-N. Morin High School Awards Gala

Last June, municipal counselors Claude-Philippe Lemire and Leigh MacLeod presented, in the name of the Municipality, three grants at A.-N. Morin High School Awards Gala.

The recipients of the grants are **Émile Patry** grade 5, **Ugo Deniger** grade 5, **Samuel Leduc** grade 3 (pictured above).

Congratulations for your sustained efforts!



HÉMA-QUÉBEC

## Reminder: Annual blood drive

Our next blood drive will take place **August 15<sup>th</sup> at the Chalet Bellevue** (27 rue Bellevue) from 13:00 to 19:00.

The spokesperson this year is, 13 years old, Léo Cole from Morin-Heights. He was a micro-preemie and had to spend 136 days in the neonatal intensive care unit before going home for the first time. During his hospitalization, blood transfusions were paramount to his survival. Léo invites everybody to make this vital donation of their blood!

[www.hema-quebec.qc.ca](http://www.hema-quebec.qc.ca)

*Save a life today!*



## Animal Control

Article 9.6 of the Animal Control By-Law 503 stipulates that **no animal may be left in an unattended vehicle.**

## Parkinson Québec

Saturday, September 28 at St-Sauveur's John-H Molson Park will be the third edition of the "Parcours". Support our regional section of *Parkinson Québec - Cœur des Laurentides* by either walking or running the 1, 3 or 5 km. Together, let's ensure the sustainability of our regional services while sharing pleasant moments..



**QUÉBEC**  
CŒUR DES LAURENTIDES

**Information:** 450 630-4122

## Garde-Manger des Pays-d'en-Haut

The *Garde-Manger* offers food aid 50 weeks a year to people living in precarious situations. *La Fouillerie* is managed by the *Garde-Manger*; we encourage the public to participate by donating their used items and thus providing customers with valuable items. ALL profits go to the *Garde-Manger des Pays-d'en-Haut*.



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

28 rue Bennett,  
450 644-0087

### **Opening hours:**

Thursday: 10:00 to 15:00  
Friday: 10:00 to 15:00  
First Saturday of the month: 9:00 to 14:00

## Automated Emergency Calling System



Morin-Heights can contact its residents by phone in case of an emergency using a computerized calling system. If you recently moved to Morin-Heights, have new tenants, have changed your phone number or are not registered in the system, you can register directly on our website through the «Online Services» menu, then «Online Forms» submenu. Registration is also possible by sending your information by email (name, address, and phone number) at [telephone@morinheights.com](mailto:telephone@morinheights.com).

## Farmers Market

The market will run **until October 25<sup>th</sup>**, weather permitting. It takes place on Fridays from 13:00 to 19:00.

For more information, 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.





## Répit, Bien-Être Activities and Services for Seniors

Returning September 9, **community lunches** prepared by *Soupe et Cie* at the Chalet Bellevue (27 rue Bellevue). **Mondays at noon** every other week. Meal includes soup, main dish, salad, dessert, tea, or coffee. A voluntary donation of \$6 is suggested.

**Various activities and outings are offered during the year:** <http://repitbienetre.weebly.com/>

**We are looking for volunteers for different activities.**

**Home respite service:** Specifically, trained interveners are sent to your home to take over the care of your loved-one (day, evening, night) while you, the caregiver, attend other activities. The service is offered to Morin-Heights senior residents/caregivers. Also available for caregivers throughout the MRC Pays-d'en-Haut territory.

**Information:** 450 224-2657



### L'Inter des Laurentides

New schedule since July 1<sup>st</sup>. Travel from Mont-Tremblant to St-Jérôme (stops at the Carrefour du Nord on weekends). Accessible to wheelchairs and mobility impaired users, incentive parking in Piedmont.

**Information:** every day from 8:00 to 19:00,  
1 877-604-3377

*My mobility, my freedom!*



## Sûreté du Québec: Safety Tips When Closing Cottages

When the fall season arrives, people often close their cottages for the winter, and they become easy targets for thieves. Here are some helpful hints that you can use as owners to help protect your cottage.

- / First of all, don't leave any tools hanging around that can be used by thieves (ladders, large containers, or trash/recycling bins near windows).
- / Tell your neighbors who are full-time residents about your plans for the winter so they can keep an eye open during your absence. Leave a contact number or e-mail address so they can reach you in case of an emergency.
- / Have your driveway cleaned to give the impression that your house is lived in.
- / Use timers to light your house inside and near entrances.
- / Get an outdoor motion sensor lighting system.
- / Installing hunting cameras that take pictures when there is movement can tremendously help us during an investigation should a break-in occur.
- / Install good quality locks and lock garage doors during prolonged absences.
- / Having an alarm system can be an excellent deterrent.
- / Make a list of all your valuables.
- / Have valuables etched when possible; this is an excellent way to dissuade thieves from taking them and trying to sell them.

### What to do if your cottage is unfortunately broken into?

- / Call 310-4141 to report the break-in.
- / Do not touch anything until the police arrive, giving them a chance to see if the thieves left any traces.
- / You can then contact your insurance with the event number given to you by the police.

## Monarch Butterfly

The monarch butterfly, *Danaus plexippus*, with its striking orange, black, and white colors is familiar to many of us. Its life cycle is truly remarkable, but this beloved butterfly is highly endangered due to habitat loss and degradation, use of pesticides, and frequency of severe weather during the migration or on its wintering grounds.

### Life cycle and migration

Vitally dependent on several species of milkweed plants, such as *Asclepias syriaca*, a mated female monarch butterfly lays up to 500 eggs, depositing one egg under the leaf of each milkweed plant to ensure enough food for the hatched caterpillar. Milkweeds get their name due to the milk-like latex within their leaves and stem. This latex does not harm the caterpillar but renders it distasteful to most predators, such as birds, which thus avoid the caterpillar and the butterfly. After two weeks of growth, the fully developed yellow and black banded caterpillar suspends itself under a leaf and forms a pupa or chrysalis. Within the chrysalis, the final stage of complete metamorphosis takes about 9 to 21 days resulting in the emergence of a butterfly. It rests for several hours while pumping fluids into its wings until they are fully extended and hardened. The butterfly then feeds on the nectar of various flowers. This cycle is repeated during the summer depending on temperature with butterflies usually living a month. As daylight and temperatures decrease, the last “super-generation” of monarchs undertakes a migration, 4,000 to 5,000 km to fir forests in Mexico, where the butterflies live seven to nine months roosting over the winter. The western population of monarchs migrates south to California to overwinter. During migration, monarchs rest in forested areas and have even been seen resting on calm water. In spring, these butterflies begin the migration north, producing several generations along the route as temperatures and day length increase. The butterflies that arrive in Quebec are thus the great-grandchildren of those that migrated to the wintering grounds – indeed a remarkable migration for an insect! The discovery of the migration and wintering grounds of the monarch butterfly was made using wing tags in 1976 by Canadian biologist, Dr. Fred Urquhart, and Norah Urquhart.



### Current status

The eastern monarch population, which was estimated at over one billion in the late 1990s decreased to approximately 200 million in 2015–2016. In spring 2016, a storm with cold temperatures caused high mortality in Mexico. However, there is recent good news – numbers wintering in Mexico in spring 2019 increased 144% compared to 2018.

### How to help monarch populations

Habitats for breeding and feeding may include meadows, marshes, prairies, gardens, and roadsides, wherever milkweed grows. Milkweeds are often cut down or removed by those who consider them undesirable “weeds”. Many roads or rights-of-way maintenance crews inadvertently destroy milkweed plants when mowing roadsides, forest edges, trails, train or hydro rights-of-way. Milkweed seeds or seedlings can be planted in various habitats; however, it can take two to three years for flowers and seed pods to appear. Planting nectar-rich native species of flowering plants, such as asters and goldenrods, is particularly important as these end-of-summer species help butterflies build up food reserves for the long migration. Survival of monarchs can also be increased by eliminating the use of pesticides.

Written by **Dr. Lena Measures**

# Collections Calendar

## SECTOR 2-YELLOW

SEPTEMBER 2019							OCTOBER 2019							NOVEMBER 2019						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7			1	2	3	4	5						1	2
8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9
15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16
22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23
29	30						27	28	29	30	31			24	25	26	27	28	29	30

Place bulky items by the street on the evening of September 8<sup>th</sup>. The pick-up truck will come by once Monday 9<sup>th</sup> or Tuesday 10<sup>th</sup>.

Place bulky items by the street on the evening of October 6<sup>th</sup>. The pick-up truck will come by once Monday 7<sup>th</sup> or Tuesday 8<sup>th</sup>.

## SECTOR 3-GREEN

SEPTEMBER 2019							OCTOBER 2019							NOVEMBER 2019						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7			1	2	3	4	5						1	2
8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9
15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16
22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23
29	30						27	28	29	30	31			24	25	26	27	28	29	30

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Place bulky items by the street on the evening of October 6<sup>th</sup>. The pick-up truck will come by once Monday 7<sup>th</sup> or Tuesday 8<sup>th</sup>.

### Ecocentre

The intermunicipal Ecocentre is located at **2125 ch. Jean-Adam** in Saint-Sauveur, 450 227-2451.

It is **open seven days a week**, from 7:30 to 16:00 and services are free.

For more information, including the maximum amount of materials allowed and accepted materials, contact them directly.



### Legend

- Recycling (blue bin)
- Organic (brown bin)  
Collection every two weeks from October to May
- Garbage (black bin)
- Bulky items

### HOW TO PLACE YOUR BIN CORRECTLY

Waste collection is robotic for ALL rolling bins (no matter the color), thus it is essential to place them properly by the side of the road on the EVE of the collection day in the following manner:

- Maximum distance of 1.5 m (4.5 ft) from the road
- Lid must be closed and free of any objects
- Wheels and handles positioned house-side
- Approx. 50 cm (18 inches) between each bin.



### INFO-COLECTE

1 855 PDH-RECY (1 855 734-7329) or 450 229-8052  
[infocollecte@mrcpdh.org](mailto:infocollecte@mrcpdh.org)



## Morin-Heights Fire Department and First Responders


 Government of Canada / Gouvernement du Canada

Canada

# Do you have a wood smoke problem?



Did you know that wood smoke contains more than a 100 different toxic substances such as polycyclic aromatic hydrocarbons (PAH), volatile organic compounds (VOC), fine particulate matter (PM<sub>2.5</sub>) and carbon monoxide (CO)? Indeed, on an annual basis in Canada, wood heating contributes to almost 30% of fine particulate matter emissions coming from human activities (industrial, transport,...). Particulate matter can be inhaled deep into the lungs. Those suffering from cardiovascular and respiratory disease, as well as young children and the elderly, are especially vulnerable to the presence of these pollutants in the air. Here are some tips to reduce wood smoke created by your appliance:

### Don't...

- ... use your wood stove or fireplace if you don't have to
- ... heat with wood when a smog alert is in effect unless wood heat is your main heating source
- ... burn garbage, plastic or glossy magazines and cardboard
- ... burn wet, green, shore drift wood, painted or treated wood
- ... store your wood in a wet area
- ... don't let a fire smoulder overnight and don't dampen down your fire.



### Do...

- Use your wood stove or fireplace **only** if you have to
- Be informed of winter smog condition and follow the advice regarding wood heating
- Make a small hot fire
- Burn dry, clean wood
- If possible, switch to another type of heating
- If you must heat with wood, upgrade to a new EPA certified wood stove.



## Reminder

Do not forget to change the batteries of your smoke detectors when we go back to Standard Time in November.



## Free activity:

a thematic exhibition on geology, around the world and in our Laurentians on October 19<sup>th</sup> at 11:00, welcome to all!

## A ton of resources!

Your subscription to the Morin-Heights Library gives you free access to digital resources from the comfort of your home via [mabiblioamoi.ca](http://mabiblioamoi.ca):

/ French and English books

/ Magazines

/ Courses in languages, computer science, music, personal development, etc.

/ Encyclopedia

/ Career and employment resources

/ A genealogy software

/ All *Protégez-vous* magazine articles

/ A resource directory for caregivers

**These services are available for FREE.**

**To access it, get your library card and PIN at the library.**



## 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:

Tuesday and Thursday: from 13:00 to 16:00  
Wednesday: from 10:00 to noon and 14:00 to 16:00  
Friday: from 19:00 to 21:00  
Saturday: from 10:00 to 14:00  
Sunday: from 11:00 to 13:00

**Information:** 450 226-3232, ext. 124

### NEW ACQUISITIONS

#### Novels

Alafair Burke  
The Better Sister

Harlan Cohen  
Run Away

Clive Cussler  
Celtic Empire

Jeffrey Deaver  
The Never Game

Martha Grimes  
The Knowledge

Jonathan Kellerman  
The Wedding Guest

Ann Lambert  
The Birds That Stay

Matthew Quirk  
The Night Agent

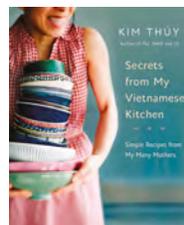
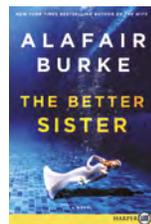
Ali Smith  
Winter

#### Non-fiction

Jared Diamond  
Upheaval

Kim Thuy  
Secrets from my Vietnamese Kitchen

Peter Wohlleben  
The Secret Wisdom of Nature



#### Youth

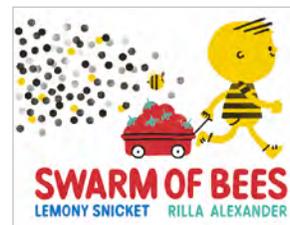
Robert Bateman  
The Boy who Painted Nature

Kathleen Glasgow  
How to Make Friends with the Dark

Kenneth Oppel  
Inkling

Ben Philippe  
The Field Guide to the North American Teenager

Lemony Snicket  
Swarm of Bees



# Outdoors Network

## Cross-country ski, Snowshoe, Fat bike



Season passes will be available for sale at the Chalet Bellevue starting August 31. You will get a \$5 discount per pass if purchased up to November 18. Bring a proof of residence and a recent photo, small format, or download a photo while creating your profile on the Municipality's web site.

**Details of the rates are available on the website [www.morinheights.com](http://www.morinheights.com) now!**

**Landowners:** Free VIP passes for landowners with trails on their property will also be available at this time. Obtaining your pass during this period will also help alleviate the rush at the beginning of the season.

**The Morin-Heights network also gives you access to:**

- / the Viking Club ski network, creating a combined network of 200 km of nordic trails groomed mechanically;
- / the FIS approved Fondeurs ski trail (5 km);
- / 30 km of snowshoe trails also accessible to fat bikes.

### Information:

Chalet Bellevue (27 rue Bellevue)  
450 226-3232, ext. 130 during the season  
450 226-3232, ext. 132 offseason  
[pleinair@morinheights.com](mailto:pleinair@morinheights.com)

### Comments and complaints:

[daniel.charbonneau@morinheights.com](mailto:daniel.charbonneau@morinheights.com)

## Winter Job Offer

We are looking for interested and motivated candidates to work for the municipal cross-country ski and snowshoe network this winter.

**Ticket attendants and trail patrollers** are needed.

Please send your resume to [daniel.charbonneau@morinheights.com](mailto:daniel.charbonneau@morinheights.com) before **September 29**. You may also drop it off at the Town Hall or Chalet Bellevue. Interviews will be held later in mid-October.

## Work Bee

A fall work bee will take place on October 20 to clean specific trails. For more information, visit [www.morinheights.com](http://www.morinheights.com).



Association Historique de  
**Morin Heights**  
Historical Association

## Annual Heritage Awards Gala

The Morin-Heights Historical Association invites you to their 4<sup>th</sup> Annual Heritage Awards Gala banquet and ceremony on **Friday, October 25** at Chalet Bellevue. Tickets available at Marché Vaillancourt or from MHHA.

Cocktails at 18:00 – Dinner at 19:00 – \$50 / person – Full course gourmet dinner (taxes and tip included)

**Information:** Suzanne Rankin 450 226-1279

## Morin-Heights Scouts

Scouting activities for boys and girls age 5 to 17 years old: Beavers, Cubs, Scouts, and Venturers. Meetings are on Wednesday from 18:30 to 20:00 at MHES, starting on **September 11** until June. Registration is on September 11 at the school. First child is \$230, \$180 for siblings.

**Information:** Brian Weaver 514 473-7096 or [scoutsmorinheights@live.com](mailto:scoutsmorinheights@live.com)

# Cultural Programming

## Arts Morin-Heights

From October 12 to November 23, two of our members, Gilles Massé and Carole Ducharme, will present their latest works at Chalet Bellevue. The vernissage will take place on October 12, from 14:00 to 16:00. Free!

For all information regarding this duo exhibition or on Arts Morin-Heights, please visit our website [www.artsmorinheights.com](http://www.artsmorinheights.com) or call 450 712-9943.



## Theatre Morin Heights



Thank you to all of our volunteers, members, and patrons who supported our community theatre troupe throughout 2018-19. We are now having fun preparing the 2019-20 season.

We are delighted to present our main stage production, an adaptation of Ibsen's "**An Enemy of the People**" – a tragic, comical political farce of our time on **November 7, 8, 9, and 10** at Chalet Bellevue.

We will also be part of the *Journées de la culture* (see page 15).

To volunteer behind the scenes, join or renew your membership, or find out about our latest activities, visit us online at [theatremorinheights.ca](http://theatremorinheights.ca) or [facebook.com/TheatreMorinHeights/](https://facebook.com/TheatreMorinHeights/). You can also reach us at [theatremorinheights@gmail.com](mailto:theatremorinheights@gmail.com) or call **579 765-3999**.

## Creative Writing Group

Are you interested in joining with others to write just for fun, using exercises that encourage creativity and sharing? This writing group works in a respectful atmosphere, and members take charge of the activity in turns.

Bring a pen and paper and let's meet at the municipal library (823 chemin du Village) on Saturdays, from 10:00 to noon. It's that easy and it's free!

As writer Marité Villeneuve put it: "Everybody can write as long as they know how to hold a pen and make sentences. Everybody has something to say and stories to tell. Poetry lies in the very heart of life."

**Information:** Louise Roy 514 813-9701 or [louetpa@gmail.com](mailto:louetpa@gmail.com)

## Joyful Noise Choir

**Welcome to all who love to sing, no matter what your age!**

NEW TIME! At Chalet Bellevue, on Tuesdays at 15:00 from September 17 to December 17, \$130.

Christmas Show on December 19.

### Information and registration:

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

Visit our Director's website: [www.thephysicalvoice.com](http://www.thephysicalvoice.com)

## French-language Reading Club (CLEF)

The *Club de lecture en français* pursues its sixth year of monthly meetings. The club meets every fourth Tuesday, from 14:00 to 16:00, September to December, to discuss reading: new finds, books we re-read, and favorites.

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



# Cultural Programming (continued)

## Materials and Colour in *plein air* sketching

At Lummis Park, on Saturday, August 17, from 13:00 to 17:00

This intensive single-session workshop offers artists of all levels a unique opportunity to explore new directions in working from nature outdoors. They will consider the natural environment as a source for color and texture relationships in drawing and painting. A variety of media is welcome, and experimentation is encouraged. Participants will engage in three hours of guided creative fieldwork to develop an original artwork in response to the landscape. A group critique in the final hour will provide direction and inspiration for further developing.

Price: R: \$25 NR: \$30

Teacher: Elizabeth Whalley 438 885-2370 or [elizabethbwhalley@gmail.com](mailto:elizabethbwhalley@gmail.com)

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## 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 other needlework are also welcome!

Meetings will be held in the Library's Remembrance Hall on the first and third Thursdays, from September to December, 13:00 to 16:00. You are welcome for the full three hours, or less, depending on your availability.

It is an informal group, no need to sign up or rsvp. So 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.



## Creative Arts Lab (LAC)

Give free rein to your imagination in this visual arts workshop. "Le LAC" will involve a monthly thematic meeting to be led each time by a different participant. Bring the medium of your choice to work with.

The sessions will run from 13:30 to 15:30 at the Chalet Bellevue on the fourth Saturday of September, October, and November. No experience needed, open to all, informal and unpretentious!

For more information, visit the Facebook page **LaboLACMorinHeights**.



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

From 11:45 to 13:45, a caterer will be at the Chalet Bellevue to sell burgers and salads so you can have lunch on site, if you wish.

### Guided Tour «Meeting the Skiers»

[ at 11:00 or 13:00, at Chalet Bellevue ]

During the first half of the 1900s, skiing became popular with folks from the city who came to Morin-Heights by train for weekends of fun on the cross-country trails, and beginning in the '40s, for downhill skiing. They were a big part of transforming the area from agriculture to tourism. Take a guided tour explaining their arrival and transport by horse-drawn sleds from the railway station to various boarding houses and hotels, and see the hill where ski jumping and downhill skiing originated in our town.



### Mi'gmafrica

[ from 11:30 to 12:30 ]

The Municipality of Morin-Heights presents a unique show where two worlds meet: **Mi'gmafrica**, which is the fusion of two projects. **Mafrica** is the talent of high caliber percussionists put to use in a festive explosion of pure energy, joy, and catchy African rhythms! A group who deploys high energy through percussion while touching the depth, the magic, and the spell of Mandingo acoustic music with Sadio Sissokho. **Ivy, in memory of my ancestors:** Ivy, of the Micmac Nation of Gespeg presents the traditional songs of her community accompanied by her hand drum.



### Gumboots Workshop [ from 12:45 to 13:30 ]

Put your rain boots on and come dance with us following the rhythms of the drums played by the Mi'gmafrica musicians! All ages!

All the Morin-Heights **Journées de la culture** activities will be held on **SATURDAY, SEPTEMBER 28** and are **FREE!**



### Creative Arts Lab (LAC)

[ from 13:30 to 15:30 ]

Give free rein to your imagination in this visual arts workshop. Bring the medium of your choice or use the equipment available on site. No experience needed, open to all, informal and unpretentious! For more information, visit the Facebook page **LaboLACMorinHeights**.



### African Drumming Show

[ from 14:00 to 14:30 ]

«Bern Dez» accompanied by Jam Experience presents a short amateur drum session.



### “Les stations éphémères”, along the Aerobic Corridor

Morin-Heights is one of three different areas (stations) along the Aerobic Corridor which will host an ephemeral artistic creation. Inspired by land art, the artwork will be created on September 1 and 2. The public is invited to partake. It will then be on display until September 29. For more information, visit [lespaysdenhaut.com/stations-éphémères](http://lespaysdenhaut.com/stations-éphémères).

### Play Reading [ at 14:30 ]

Sit back, relax, and enjoy a series of play readings in English presented by our community theatre, **Theatre Morin Heights**. On the menu for this special day highlighting “*les rencontres*” or “encounters” is Arthur Miller’s *Elegy for a Lady* along with selected scenes from David Sherman’s *Rickey’s Café: Tales from Lost Valley*.



## Babysitting Course

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

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

The **bilingual** course is offered at \$60 per person, including a manual and wallet upon the successful completion of the course.

**Sunday, November 17, 9:00 to 16:00** at Chalet Bellevue (27 rue Bellevue).

**Registration required before November 7 online or at Chalet Bellevue:** 450 226-3232, ext. 132.

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

## “Building Resilience – Bounce Back Better®” Workshops

Would you like to be able to better cope with life’s numerous challenges? Are you going through a difficult transition period? Do you want to learn how to better control your thoughts and emotions in stressful situations? Come and discover the basic skills of resilience by participating in this series of discussion workshops.

**Three modules:** At Chalet Bellevue, price: \$50 (+tx.) per module or \$120 (+tx.) for all modules.

**1- Growth Mindset:** From Judgments to Curiosity;

**2- Leveraging Positivity** and Befriending Negativity;

**3- Physical Activity:** Balanced Strength and Flexibility

Module 1: Friday, November 15,  
9:30 to 11:30 (in English)  
13:30 to 15:30 (in French)

Module 2: Friday, November 29,  
9:30 to 11:30 (in English)  
13:30 to 15:30 (in French)

Module 3: Friday, December 13,  
9:30 to 11:30 (in English)  
13:30 to 15:30 (in French)

### Instructors:

Jeannette Lalonde and Mary Morency  
[www.coachingretraite.ca](http://www.coachingretraite.ca)

[jeannette.lalonde@coachingretraite.ca](mailto:jeannette.lalonde@coachingretraite.ca)  
[mary.morency@coachingretraite.ca](mailto:mary.morency@coachingretraite.ca)

514 653-6425 • 514 235-7310

## Duplicate Bridge Club

The Morin-Heights Bridge Club meets every Thursday from September to May. Play begins at 13:00 at Chalet Bellevue (27 rue Bellevue). All bridge players are most welcome. For more information, please call Joan Ford at **450 226-2322**.

## Instructors wanted!

We are looking for instructors to offer different courses to our population: French, cardio, Zumba, dance, etc. If you are a qualified, bilingual instructor, please send us your resume and a short description of your course at [loisirs@morinheights.com](mailto:loisirs@morinheights.com).

## Change of address

It is important to notify the Municipality in writing of any change of address. A form is available at [www.morinheights.com](http://www.morinheights.com) or at the Town Hall.

## Next edition!

To submit a text, send both a French and English version to [karyne.bergeron@morinheights.com](mailto:karyne.bergeron@morinheights.com)

WINTER EDITION

**December 1<sup>st</sup>, 2019 to March 15<sup>th</sup>, 2020**

Deadline: October 7, 2019

Distribution: November 25, 2019

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



## Halloween

Invitation to all the monsters, princesses and magicians of Morin-Heights to meet in the heart of the village on Halloween night! Village Road will be closed between Route 364 and Watchorn Road from 16:00 to 19:00.

We invite all businesses and organizations who wish to offer candy to children to join the party in the village by letting us know of your interest as soon as possible. We also invite the residents with homes in the center of the town to contact us to help create a festive atmosphere!

Village Road will be closed to traffic during the event: motorists will have to take Watchorn Road as an alternative route and exercise extra caution on this evening when all children roam the streets freely in search of goodies.

## Knitting Trees

Thanks to the generosity of many knitters, more than 120 items - tuques, mittens, socks, and scarves - were hung on our knitting trees last winter. All these knitted goods have been distributed in regional schools and through the *Garde-manger des Pays-d'en-Haut*.

We'll be "planting" our trees once again on November 15 at the 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 also just before Christmas - to distribute them among less-fortunate families in the region.

So, knitters, to your needles!

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



**New**

### Vegetarian and Organic Family Collective Kitchen

(Babies, children and grand-parents are welcome)

Want to discover new dishes as well as meet new people? Come and join our vegetarian collective kitchen. You will be guided through new recipes, healthy snacks, home-baked bread, local fresh vegetable in the cold season, and much more. All ingredients come from organic farming. Baby carriers are welcomed! A room and a caretaker for the kids will be available for participants.

**Dates:**

Tuesday, September 17: 10:00 to 12:00 or 13:00 to 15:00  
 Tuesday, October 15: 10:00 to 12:00 or 13:00 to 15:00  
 Tuesday, November 19: 10:00 to 12:00 or 13:00 to 15:00

**For all three workshops:** \$51 or \$21 per workshop

Register before September 10 with Karoline Lachaine  
**450 858-4628** or [info@karoline.ca](mailto:info@karoline.ca).

### Annual grants for community organizations

The Municipality of Morin-Heights invites non-profit groups and organizations to submit their 2019 requests for financial and technical assistance. Foreseeing community needs allows the Council to set aside the necessary funds in its annual budget.

The required form is available on the municipal website (Online Services / Online Forms). It must be completed and returned by **October 15, 2019**. Council will analyze requests in November and send out replies by **February 2020**.

### Laurentian Region Cancer Support 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). 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).



### Edible Plant Workshop

**On Saturday, September 21, from 9:00 to 12:00**

Starts at Basler Park, 99 ch. du Lac-Écho  
 Online registration, maximum of 20 participants

Have a look at what nature is generously offering, edible, and medicinal plants for you to discover. This workshop is an initiation and sharing on ancestral knowledge of the native flora of the Laurentians, with horticulturist and botanist Christelle Leynaert. She works among several organizations for the protection, restoration, and enhancement of our forests. It is with passion that this adventurer will share her experiences of the wonderful plant world!

**Free**



**Classic Orienteering  
Event on Sunday,  
October 17, 2019**

Viking Ski Club offers ski programs beginning January 4, 2020. Registrations will be accepted from September 15, 2019.

- / **Bunny Rabbit:** 4 - 5-year-olds
- / **Jack Rabbit:** 6 - 12-year-olds
- / **Arrows:** 11 - 15-year-olds
- / **Challenge:** 12+ year-olds
- / **Biathlon Bears:** 9 - 15-year-olds
- / **Masters:** training and racing, 25+ year-olds
- / **Ski Orienteering:** all ages
- / **Private** lessons
- / **Adult** lessons

**Adult** touring programs held on Thursdays, Saturdays, and Sundays, starting in January.

**The Viking chalet** is located at 393 ch. Jackson, in Morin-Heights.

Visit [www.vikingskiclub.ca](http://www.vikingskiclub.ca) or write to [info@vikingskiclub.ca](mailto:info@vikingskiclub.ca).



**MAISON  
DE LA FAMILLE  
DES PAYS-D'EN-HAUT**

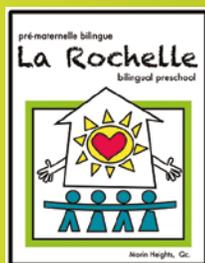
**Is the Maison  
de la famille  
for you?**

If you answer yes to any of these questions, it means that you have a place with us!

- Are you the parent of children from 0 to 12 years old and looking for advice, exchanges, activities for you or your children?
- Are you expecting a baby, or are you a new parent?
- Is your child with you full time and want to meet other children?
- Are you a mother or father at home and want to break the routine?
- Would you like to know more about topics such as discipline, education, food, babywearing, etc.?
- Are you a parent and you feel overwhelmed, isolated?
- Does your baby or child need clothes? Do you appreciate the «pay it forward» movement and preach the environment through the circulation of clothes?

The *Maison de la famille des Pays-d'en-Haut* is located in Ste-Adèle and offers some activities in Ste-Anne-des-Lacs, Ste-Marguerite-du-Lac-Masson, St-Sauveur and soon St-Adolphe-d'Howard. Even if our events do not take place in your municipality, you can participate!

We invite you to contact us directly at 450 229-3354, to visit our website [www.maisondelafamille.com](http://www.maisondelafamille.com) or to visit us at 480 rue des Capucines in Ste-Adèle.



Only bilingual preschool in the Laurentians for children aged 3 to 5 years old, Monday to Thursday from 8:45 to 13:00 or from 8:45 to 15:30 at Morin-Heights Elementary School (647 chemin du Village).

Now taking registrations for 2019-2020; all preschool fees are tax deductible.

For more information, please contact us at 450 821-2566 or [prematernellelarochellepreschool@yahoo.ca](mailto:prematernellelarochellepreschool@yahoo.ca).



## Royal Canadian Legion Activities

**Darts every Thursday at 15:00. Military Whist the first and third Monday of the month at 13:00. New players welcome! Hall rental at competitive pricing!**

SATURDAY, AUGUST 10  
**50s and 60s music with The Classic J Band,**  
 at 20:00

SATURDAY, AUGUST 17  
**Legion Golf Tournament & Steak Dinner**

FRIDAY, AUGUST 23  
**Corn Roast & Sausages,**  
 17:00 to 19:00

SATURDAY, AUGUST 31  
**Labour Day BBQ Supper,**  
 at 18:00

SATURDAY, SEPTEMBER 14  
**Posa Blue Band,** at 20:00

FRIDAY, SEPTEMBER 20  
**TGIF Smoked Meat,**  
 18:00 to 19:00

SATURDAY, SEPTEMBER 28  
**Country Night with The Stragglers,** at 20:00

SATURDAY, OCTOBER 5  
**Paul Arthur & Raisin' Cain,**  
 at 20:00

SATURDAY, OCTOBER 12  
**Oktoberfest Supper,**  
 at 18:00

FRIDAY, OCTOBER 18  
**TGIF Smoked Meat,**  
 18:00 to 19:00

SATURDAY, OCTOBER 19  
**Ian Hanchet & Tarantula Dreams,** at 20:00

SATURDAY, NOVEMBER 9  
**Remembrance Day Parade & Luncheon**

FRIDAY, NOVEMBER 15  
**TGIF Smoked Meat,**  
 18:00 to 19:00

SATURDAY, NOVEMBER 23  
**Paolo Stante Band,**  
 20:00 to 23:00

SUNDAY, NOVEMBER 24  
**Grey Cup Party & Chili Dinner,** at 16:00

SUNDAY, DECEMBER 1  
**Trim a Tree,** at 15:00

**The last flea market of the season will take place on September 7. Breakfast and lunch BBQ available on-site (\$).**

**Welcome to all!**  
 127 chemin Watchorn  
**Information:**  
[www.legion171.net](http://www.legion171.net) or  
 450 226-2213 (after 15:00)

## Gymnasium Sports

**From September 9 to December 10**  
 (closed on October 14)

At the school's gymnasium, 647 chemin du Village

### BADMINTON

One court available, bring your equipment. Rotation every 20 minutes.

**Family hours:** Monday 18:00 to 19:30

**16 years+ hours:** Monday 19:30 to 21:00

### PICKELBALL

Tuesday 18:00 to 19:00

### VOLLEYBALL

16 years+ hours: Tuesday 19:00 to 21:00

**Daily fee per sport** (payable on site)

**\$4** resident • **\$6** non resident

**Semester pass per sport**, available online at [www.morinheights.com](http://www.morinheights.com) ("Online Services", then "Online Registrations").

**\$40** resident • **\$60** non-resident

## Fondeurs Laurentides Cross-Country Ski Club



### Cross-Country Ski Competitive Program (10 years old +):

On Tuesday 18:30 (St-Jérôme) and on Sunday 9:00 (Morin-Heights).



Registration will take place on Sunday, September 15 at Centre Notre-Dame located at 655 rue Filion in St-Jérôme starting at 11:00.

### Jackrabbit Program (6-10 years old):

Sunday 9:00 or 11:00, 8 lessons, starting in January 2020 in Morin-Heights.

Registration starts on Monday, September 23 at 10:00 through our website:

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

### Information:

[www.fondeurslaurentides.ca](http://www.fondeurslaurentides.ca) • 579 888-2005 • [clubfondeurslaurentides@gmail.com](mailto:clubfondeurslaurentides@gmail.com)

### Executive Director and Head Coach:

Rémi Brière, 450 712-5478 or [remi.briere@gmail.com](mailto:remi.briere@gmail.com)

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

## Youth Sports Refund Policy

The Municipality of Morin-Heights refunds the difference between the non-resident and resident fees up to a maximum of \$150 per child, per activity, per year, for enrollment in a minor hockey league, baseball, swimming or figure skating club.

The activities must be offered by a town located in the 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. Refund will be made at the end of the season or session.

The policy and refund forms are available at [www.morinheights.com](http://www.morinheights.com) under "Online Services", then "Online Forms" or at the Chalet Bellevue.



## 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>**, 2019 (available on [www.morinheights.com](http://www.morinheights.com) under "Online Services", then "Online Forms" or at the Chalet Bellevue).



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



This recreational hockey program offers children 5\* to 15 years of age (as of September 30<sup>th</sup>, 2019), an opportunity to play traditional pick-up hockey at the local outdoor skating rink. 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.

The program is free, places are limited, and it is entirely run and supervised by volunteers, so please respect their involvement by showing up! Hockey is a sport where team spirit is essential; your children's presence to all games is key.

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

**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 7<sup>th</sup>** ice and weather conditions permitting, at the new Basler Park rink. The program ends on February 27<sup>th</sup>, 2020.

**Ice conditions:** 450 226-3232, ext. 122

**Online registrations start on September 30<sup>th</sup> 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 13<sup>th</sup>**. Following this date, all remaining places in the program will be filled with non-residents, first come, first served.*

**Information:** Robert Leblanc, Volunteer Head Coach, 450 226-1392.

# Inter-municipal agreement

An inter-municipal agreement between the towns of Morin-Heights, Piedmont, Saint-Adolphe-d'Howard, Sainte-Adèle, Sainte-Anne-des-Lacs, Sainte-Marguerite-du-Lac-Masson and Saint-Sauveur now allows citizens from these seven towns to register **in the following selected courses at resident rates.**

## Registration process

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

## Refunds

The refund terms and conditions are those in effect in the town offering the class.

## INFORMATION

**Municipality of Piedmont:**  
450 227-1888, ext. 223 /  
piedmont.ca

**Municipality of Saint-Adolphe-d'Howard:**  
819 327-2626, ext. 221 /  
stah.ca

**Municipality of Sainte-Anne-des-Lacs:**  
450 224-2675, ext. 225 /  
sadl.qc.ca

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

**City of Saint-Sauveur:**  
450 227-2669, ext. 420 /  
ville.saint-sauveur.qc.ca

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

For a complete schedule of the classes offered in Morin-Heights, please see pages 23-26.

## YOUTH

**Acting**  
Saint-Sauveur

**Artisanal Chocolate Making Workshop Halloween Special**  
Sainte-Marguerite-du-Lac-Masson

**Babysitting Course**  
Saint-Sauveur and Morin-Heights

**Cardio Boxing**  
Saint-Sauveur

**Contemporary Dance**  
Sainte-Adèle

**Creative Dance (3-5 y.o.)**  
Sainte-Adèle

**Floor hockey**  
Sainte-Adèle

**Hip-Hop Dance (9-13 y.o.)**  
Sainte-Adèle

**Judo (6-15 y.o.)**  
Saint-Sauveur

**Learning English Through Games**  
Saint-Sauveur

**Musical Awakening**  
Saint-Adolphe-d'Howard

**Olympic Boxing Training**  
Saint-Sauveur

**Piano (individual lesson)**  
Saint-Sauveur

**Self-defense**  
Sainte-Adèle

**Singing (individual lesson)**  
Saint-Sauveur

**Sports ABC**  
Saint-Sauveur

## PARENT-CHILD

**Artisanal Chocolate Making Workshop Halloween Special**  
Sainte-Marguerite-du-Lac-Masson

**Sports ABC**  
Saint-Sauveur

**Stay Safe Course (8-12 y.o.)**  
Sainte-Adèle

## ADULTS

**Artisanal Chocolate Making Workshop Halloween Special**  
Sainte-Marguerite-du-Lac-Masson

**Body-Paper-Scissors Workshop**  
Saint-Adolphe-d'Howard

**Choir**  
Sainte-Anne-des-Lacs and Morin-Heights

**Cooking Class**  
Sainte-Anne-des-Lacs

**Country Dance**  
Sainte-Anne-des-Lacs

**Bridge**  
Saint-Sauveur and Morin-Heights

**Essentrics Aging Backwards**  
Saint-Adolphe-d'Howard and Morin-Heights

**Fitness Centre**  
Sainte-Marguerite-du-Lac-Masson

**Fitness & Well-being**  
Piedmont

**Flexibility, Strength, and Mobility 50+**  
Saint-Adolphe-d'Howard

**Gypsy Dances**  
Piedmont

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

**Introduction to Meditation**  
Saint-Adolphe-d'Howard

**Judo**  
Saint-Sauveur

**Mandarin**  
Sainte-Anne-des-Lacs

**Meditation**  
Sainte-Marguerite-du-Lac-Masson

**Meditative Stretching**  
Saint-Adolphe-d'Howard

**Middle Eastern Dances**  
Piedmont

## "Musclez vos méninges"

Sainte-Adèle

**Olympic Boxing Training**  
Saint-Sauveur

**Painting and Creativity**  
Morin-Heights and Sainte-Adèle

**Piano (individual lesson)**  
Saint-Sauveur

**Qi Gong**  
Sainte-Adèle and Saint-Adolphe-d'Howard

**Singing (individual lesson)**  
Saint-Sauveur

**Soft Gym**  
Piedmont

**Spanish (beginner level, intermediate 1 and 2)**  
Sainte-Adèle and Morin-Heights

**Spanish (beginner level 1)**  
Sainte-Anne-des-Lacs

**Tai Chi**  
Morin-Heights and Piedmont

**Tai Chi (Yang and Wu styles)**  
Sainte-Adèle

**Taijifit Flow**  
Saint-Adolphe-d'Howard

**Therapeutic Yoga**  
Saint-Sauveur

**Writing class**  
Saint-Adolphe-d'Howard

**Yoga for all**  
Sainte-Marguerite-du-Lac-Masson

**Yoga Kundalini**  
Saint-Adolphe-d'Howard and Morin-Heights

**Yoga Vini**  
Saint-Adolphe-d'Howard

**Yoga 50+**  
Sainte-Marguerite-du-Lac-Masson

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

# Programming

FOR INFORMATION OR REGISTRATION, COMMUNICATE WITH THE INSTRUCTOR.

R : resident NR : non-resident / \*\* : contact instructor for more information.

## Cardio Tonus

This stimulating intermediate class alternates between cardiovascular training and resistance training. The movements are simple, effective, and varied. Complete, fun, and very motivating. Be ready to move with a smile!

**Location:** Chalet Bellevue

**Rate:** R: \$160/ 1x week or \$305/ 2x week or \$15\$/ class  
NR: \$184/ 1x week or \$350/ 2x week or \$17,50/ class (12-week session)

**Day:** Monday 9:00 to 10:00

**Dates:** September 9 to December 15

**Instructor:** Andr ea Beaulieu / 450 822-7486  
espritalpin@gmail.com

New

## English conversation

Course for beginners, adults, and seniors.

**Location:** Chalet Bellevue

**Rate:** R: \$110 / NR : \$120

**Day:** Monday 19:00 to 20:30

**Dates:** September 9 to October 28 (8-week session)

**Instructor:** Th r se Mascis / 450 224-8833

## Essentrics Aging Backwards

Prevents, slows, and heals the aging of the body. For people with stiffness related to atrophy, progressive or severe limitations, chronic pain or for those who are starting to exercise after a sedentary period. Small groups for a better experience.

**Location:** Chalet Bellevue

**Rate:** R: \$155 / NR: \$170

**Day:** Monday 9:30 to 10:30 and/or Wednesday 9:30 to 10:30

**Dates:** September 9 to December 18 (14-week session) (no class on October 14 and 16)

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

essentricsavecginette@gmail.com / essentricsavecginette.vpweb.ca

## Essentrics

Muscular strengthening technique: balances the whole body, releases the joints, improves posture, and increases flexibility. A therapeutic technique adapted for all conditions. Small groups for a better experience.

**Location:** Chalet Bellevue

**Rate:** R: \$155 / NR: \$170

**Day:** Monday 11:00 to 12:00 and/or Wednesday 11:00 to 12:00

**Dates:** September 9 to December 18 (14-week session) (no class on October 14 and 16)

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

essentricsavecginette@gmail.com / essentricsavecginette.vpweb.ca

## Yoga and Meditation

Hatha yoga, meditation, and spiritual disciplines.

**Location:** Chalet Bellevue

**Rate:** \*\*

**Day:** Monday 16:30 to 18:30

**Dates:** September to December

**Instructor:** Louise Bloom / 450 226-5844

## Combo 55+

Strength training, cardio, balance, and coordination! Fun, safe, effective, and great music! The teacher has 30 years of experience.

**Location:** Chalet Bellevue

**Rate:** R : \$120 / NR : \$138

**Day:** Tuesday 9:30 to 10:30 or Thursday 10:30 to 11:30

**Dates:** September 17 to December 3

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

## 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: \$130 per session

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

**Dates:** 1<sup>st</sup> session: September 10 to October 22  
2<sup>nd</sup> session: October 29 to December 10

**Prof:** Michelle Gendron / 450 712-6834 /  
ecoledetaichilibre.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 your balance.

**Location:** Chalet Bellevue

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

**Dates:** September 14 to December 14

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



## Acrylic Painting & Creativity

LiliFlore's acrylic painting courses focus on the discovery of your style through the exploration of various painting techniques and managing your own creativity. Beginners welcome! This session's theme: colors.

**Location:** Chalet Bellevue

**Rate:** R : \$288 / NR : \$332 (8-week session)

R : \$180 / NR : \$207 (5-week session)

**Day:** Wednesday 13:00 to 16:00

**Dates:** September 11 to October 30 (8-week session)  
November 6 to December 4 (5-week session)

**Instructor:** LiliFlore / 514 638-5810  
liliflore.ca / liliflore.ca@gmail.com

## Yoga Stretching

This class is specifically designed to promote suppleness through strategic stretching and strengthening. Improve posture and muscle elasticity, thus creating greater flexibility and functional strength. This gentle yet effective approach will help reduce stiffness and pain, increase range of motion, strengthen abdominal muscles, and tone the arms, legs, and back. You will be delighted with the results!

**Location:** Chalet Bellevue

**Rate:** R: \$160/ 1x week or \$305/ 2x week or \$155/ class  
NR: \$184/ 1x week or \$350/ 2x week or \$17,50/  
class (12-week session)

**Day:** Thursday 8:30 to 9:30

**Dates:** September 9 to December 15

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

## Introduction to Photography

Learn how to use your camera in manual mode to be sure to capture the photographic opportunities available to you, which is the technical part of photography. Also, learn to gain confidence and develop your photographer's eye to bring your creativity into your images. For beginners and intermediates. You must have your equipment.

**Location:** Chalet Bellevue

**Rate:** R: \$150 / NR: \$188 (material included)

**Day:** Wednesday 10:00 to 12:00 or 13:00 to 15:00

**Dates:** September 18 to October 23 (6-week session)  
October 30 to December 4 (6-week session)

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



### Kundalini yoga

New

A yoga that works on the different levels of the being from series called Kriyas, using breath, rhythm, dynamic or static postures, sound (mantras), relaxation and meditation.

**Location:** Chalet Bellevue

**Rate:** R: \$150 / NR: \$172,50

**Day:** Tuesday 17:00 to 18:15 and/or  
Saturday 9:15 to 10:30

**Dates:** September 10 to November 30 (12-week session)

**Instructor:** Linda Corbeil / 450 660-2883  
linda.corbeil@outlook.fr

### Yoga - Chakras

New

Exploring the chakras through mudra, asana, and embodiment. Deep relaxation and transformation.

**Location:** Chalet Bellevue

**Rate:** R: \$145 / NR: \$160

**Day:** Thursday 17:30 to 18:45

**Dates:** September 19 to December 5 (12-week session)

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

### Vinyasa Flow Yoga

Free

A dynamic yoga based on breath flow, rhythm, and alignment. 16+, maximum of 20 students.

**Location:** Chalet Bellevue

**Day:** Friday 8:30 to 9:45

**Dates:** September 6 to November 29

**Instructor:** Brigitte Vaissade  
450 675-0515  
brigittevaissade@gmail.com

### Spanish conversation

New

For those who already have the knowledge to express themselves in the present, past, and future tenses. We write, we read, we listen, but mostly, we speak Spanish. 16+.

**Location:** Chalet Bellevue

**Rate:** R: \$165 NR: \$190

**Day:** Thursday 9:30 to 11:00

**Dates:** September 26 to December 12 (10-week session)  
No class on October 31 and November 7 for Spanish immersion trip in Mexico.

**Instructor:** Yoalli Gallegos / 819 326-7706  
laurentidescascasapagnol@hotmail.com

### Spanish 1

Beginner level course for those who have no knowledge of Spanish.

**Location:** Chalet Bellevue

**Rate:** R: \$165 / NR: \$190

**Day:** Thursday 11:15 to 13:15

**Dates:** September 26 to December 12 (10-week session)  
No class on October 31 and November 7 for Spanish immersion trip in Mexico.

**Instructor:** Yoalli Gallegos / 819 326-7706  
laurentidescascasapagnol@hotmail.com

### Spanish 2

For those who have basic knowledge of Spanish (present time, can speak with «!»), material included. 16+

**Location:** Chalet Bellevue

**Rate:** R: \$140 / NR: \$160

**Day:** Thursday 13:30 to 15:30

**Dates:** September 26 to December 12 (10-week session)  
No class on October 31 and November 7 for Spanish immersion trip in Mexico.

**Instructor:** Yoalli Gallegos / 819 326-7706  
laurentidescascasapagnol@hotmail.com

## Ballet

**Location:** Chalet Bellevue

**Rate:** \*\*

<b>Day:</b>	<b>Tuesday</b>	17:00 to 18:00	pre-ballet (3 1/2 to 5-year-olds)
		18:00 to 20:00	ballet 3 / elementary (11-year-olds and +)
<b>Friday</b>	17:00 to 18:15	ballet 2 (8 to 10-year-olds)	
	18:15 to 20:15	ballet 3 / elementary (11-year-olds and +)	
<b>Sunday</b>	9:00 to 9:45	pre-ballet (3 1/2 to 5-year-olds)	
	9:45 to 11:00	ballet 1 (6 to 7-year-olds)	
	11:00 to 12:30	ballet 2 (8 to 10-year-olds)	
	12:30 to 14:30	ballet repertoire (ballet 3 / elementary)	

**Dates:** September to June

**Prof:** Conservatoire de ballet classique des Laurentides,  
Madame Isabeau / 514 608-3381

## Karaté

Develops concentration, respect, 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:** \*\*

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

**Dates:** September 6 to December 20

**Prof:** Kyoshi Gilles Labelle  
450 431-1444  
lgilles.budo@gmail.com

## Traditional Scottish Highland Dancing

Traditional dance for 6 years old and over.

**Location:** Chalet Bellevue

**Rate:** R: \$60 / NR: \$70

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

**Dates:** September 29 to  
December 8  
(10-week session)

**Prof:** Heather McNabb  
514 486-3480

heatheramcnabb@hotmail.com

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

In partnership with the cities of Sainte-Adèle, Saint-Sauveur, Morin-Heights, Sainte-Anne-des-Lacs, Piedmont, Sainte-Marguerite-du-Lac-Masson, and the *Maison de la Famille des Pays-d'en-Haut*, the *Accès-Loisirs Québec* Program will see the day in our MRC. 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 neighborhood and in complete confidentiality. Registration will be on **Wednesday, September 11 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 getting in touch with your local Recreation department.

## 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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ssi@morinheights.com  
taxes@morinheights.com  
travauxpublics@morinheights.com  
urbanisme@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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