



INFO

Morin-Heights

In harmony with nature



MORIN-HIGHTS
1855

MUNICIPAL INFORMATION WINTER 2019-2020

DECEMBER / JANUARY / FEBRUARY
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Morin-Heights' Fest'Hiver!

The Municipality is preparing a Cross-Country Ski Weekend on **February 22nd and 23rd**. Guided classic and nordic cross-country ski tours, classes for beginners and skating technique, Loppet, workshops, and more! **Activities taking place on the 22nd are all free** and will end with a get together at Chalet Bellevue.

Keep an eye open for more details coming up in the new year!

Torchlight Snowshoeing

At Basler Park (99 ch. du Lac-Écho)

The Municipality of Morin-Heights invites you to two wonderful torchlight snowshoe events. A 5 km snowshoe course, as well as a shorter one, awaits you for a great family time under the stars. We suggest that families start at 18:30; last authorized start is at 19:30. Check the "**Winter Carnival**" leaflet that will be mailed in early January to find out all the details.

Saturday, January 18, starting at 18:30

After the snowshoe course, gather around the campfire to share a hot chocolate while enjoying a **storyteller's** tales.

Saturday, February 29, starting at 16:00

Take part in our ice sculpture activity, or have fun sliding down the hill on your toboggan before going on a hike! Barbecue, campfire, and hot chocolate will follow.

In the event of bad weather, activities will be canceled.

Information: 450 226-3232, ext. 132

News from the Mayor



Dear fellow citizens,

I hope that you have all enjoyed the last sunshine-filled months. Many of you have participated in the Municipality's activities, and I would like to congratulate the organizers of the Canada Day festivities, the Arts Morin-Heights exhibit, *Journées de la culture*, and

Superfolk events which have shown community spirit and showcased the many talents of Morin-Heights' citizens.

We have received confirmation that Ian Kelly will once again present the Superfolk festival in 2020. We invite you to celebrate the musical culture of Morin-Heights next August!

Here is the latest news regarding the current projects.

The relocation of the skating rink and the expansion of the Chalet Bellevue parking area will be done during the 2020 summer. The requests for tenders for these projects will be made over the winter.

We are still awaiting grant confirmations for the repairs of Watchorn Road. We are aiming at a program which could cover 66% of the costs. Our objective is to begin the work after the 2020 thaw.

We are also waiting for confirmation from Quebec regarding the financing of our semi-autonomous seniors housing near Chalet Bellevue. We hope to make an announcement shortly.

The Environment Advisory Committee (CCE) has begun its work and will surely have recommendations for the energy transition to be included in the budget.

The Municipality is presently in a transition period with regard to personnel. Our Director general, Mr. Hugo Lépine, has recently completed his first year with us, and I can confirm that he is working closely with the Council and the employees for the common good of all of our citizens.

Mr. Alain Bérubé, our Director of Public works, has recently retired after 16 years of loyal services, and

we wish him a happy retirement. Our new director, Mr. Sacha Desfossés, joined the team this summer. We are convinced that Mr. Desfossés is the perfect fit for Morin-Heights, as well as being an engineer; he is a cross-country ski master's champion! Welcome to the team!

Mr. Chris Schlachter, who has been one of the architects of our mountain bike and cross-country ski trails, has also retired this fall. He will begin his acting career, and you will be able to see him in various productions of Theatre Morin Heights. Happy retirement, Chris!

I cannot fail to mention our most illustrious retiree, Mr. James Jackson. For over 40 years, James has been the project manager of the Municipality's trails. His work, his vision, and his devotion to the outdoors were recently rewarded when he was inducted into the Laurentian Ski Museum's Hall of fame as a builder. We are proud of James for having chosen to live in Morin-Heights. Today, we can all benefit from the fruits of his labor. Thank you!

In closing, I would like to invite all citizens to join our Facebook page to remain in the know of all of the current news!

Have a great winter!

Tim Watchorn, ing.
Mayor



www.morinheights.com



L'Inter des Laurentides

This winter, travel safely between Mont-Tremblant and St-Jérôme (stops at Carrefour du Nord on weekends). Incitive parking in Piedmont.

Information: every day from 8:00 to 19:00 at 1 877-604-3377 or www.linter.ca.

My mobility, my freedom!



Anti-influenza Vaccination

The flu shot clinic is now by appointment. It will be held in Morin-Heights on **Friday, December 6th, 2019**, between 9:00 and 15:00 at Chalet Bellevue (27 rue Bellevue). Interested parties must make an appointment by Internet at clicsante.ca. For anyone needing assistance in making an appointment, you can do so by phone at 1 888 664-2555.



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

Garde-Manger des Pays-d'en-Haut's Guignolée

Identified volunteers will knock at your door to collect donations and non-perishables on Saturday, **December 14th**, rain or shine. We need you to be generous; each person can make a difference "Because eating is essential".

Registration for Christmas vouchers: Every Tuesday in November at the Town Hall during the foodbank distribution. Bring your documents.

Information: **450 229-2011**

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

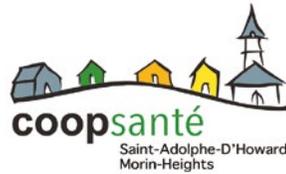
karyne.bergeron@morinheights.com;

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 **Caitlin Elizabeth Power**. You win a \$50 gift certificate from Marché Vaillancourt located at 878 ch. du Village. Congratulations!



Health Coop

Over the last year, 1500 new patients have found a family doctor at the Coop santé, and over 10 280 medical appointments have been given. Our organization facilitates access to local health care and makes it possible to maintain a medical clinic in Morin-Heights.

For 2019-2020, join the Coop santé by becoming a member yourself!

Are you a member of the Coop? In 2019-2020, why don't you join and support a collective project of proximity, be proud, and become a member!

- Visit our website for the walk-in clinics' schedules
- Subscribe to our Facebook page «Coop Santé St-Adolphe / Morin-Heights»
- Register to our newsletter via our website and stay informed about new developments at *Coop Santé*

2 rue Meadowbrook (2nd floor)
450 644-0522

www.coopsante.org

What can the *Table des aînés* do for you?

The *Table des aînés des Pays-d'en-Haut* (Seniors' Table) is one of consultation where its members-citizens, organizations, and seniors' clubs identify issues concerning the quality of life of seniors and defend them with the municipal, provincial and federal authorities. It raises questions about the lack of services for seniors in our MRC, which includes ten municipalities.

The *Table des aînés* carries out its mission through consultations, occasional and long-term projects, as well as representations to the authorities.

Because the population in local seniors is increasing, the majority of which are active and healthy, why not turn to them to make up for the lack of volunteers and part-time workers? They have time and energy combined with precious knowledge and experience! As a citizen, you can be a member of the *Table des aînés*; contact us at 450 340-0520.



www.morinheights.com

Public Works

Your cooperation is vital to ensure efficient snow clearing operations. Promptly remove the garbage, recycling, and composting bins after collection. Note that these must be placed in your entrance, not on the street. Parking on public roads is prohibited at all times, so please respect this by-law to avoid a fine or being towed at your expense.

Streets Snow Removal

Snow removal and sanding operations are Public Works' main winter activities. Quick and efficient snow clearing improves safety on our roads. Therefore, we are reminding you that it is forbidden to shovel or plow snow onto municipal roads, sidewalks, and in front of fire hydrants. It is also your responsibility to notify your private snow removal contractor, as you may be held accountable for any consequences resulting from his non-compliance. Please note that during periods of freezing rain, trucks are chained and take longer to complete their run.

Sidewalks Snow Removal

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

Sanding

The mixture we spread on roads is made of sand to which we add 5% of salt 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.

Property Markers

Markers for your driveway must be installed at the property limits rather than at the edge of the pavement. Opt for fiberglass or wood markers as metal ones can damage equipment, slow down operations, therefore increasing costs.

Arrangement of bins

To allow for effective snow removal, position your bins in your driveway with the **handles facing your house**. Please, promptly remove your bins after collection.



Structures or plants close to the road

Encroachment in the public road right-of-way

Property owners whose landscaping encroach on a portion of the street right-of-way must limit the use of that space to sod or access structures. These must not interfere with the Municipality's various maintenance operations, snow removal, hinder drainage, or constitute a nuisance to traffic or a danger to public safety.

Private property

Whether it's a fence, a hedge, or a flowerbed in front of your property, it is important to protect it in the fall. Note that the first meter inside your

property line, not from the curb or the ditch, must remain free of any installations and structures. This clearance is required primarily for snow removal operations. This principle also applies to garbage and recycling bins.

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

Collections Calendar

SECTOR 2-YELLOW

DECEMBER 2019							JANUARY 2020							FEBRUARY 2020							MARCH 2020						
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	3	4	5	6	7				1	2	3	4							1	1	2	3	4	5	6	7
8	9	10	11	12	13	14	5	6	7	8	9	10	11	2	3	4	5	6	7	8	8	9	10	11	12	13	14
15	16	17	18	19	20	21	12	13	14	15	16	17	18	9	10	11	12	13	14	15	15	16	17	18	19	20	21
22	23	24	25	26	27	28	19	20	21	22	23	24	25	16	17	18	19	20	21	22	22	23	24	25	26	27	28
29	30	31	26	27	28	29	30	31	23	24	25	26	27	28	29	29	30	31									

* The garbage pick-up on the 24th is brought forward to December 23rd.
 * The recycling pick-up on the 31st is brought forward to December 30th.
 * An additional recycling pick-up will be held on January 2nd.

SECTOR 3-GREEN

DECEMBER 2019							JANUARY 2020							FEBRUARY 2020							MARCH 2020						
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	3	4	5	6	7				1	2	3	4							1	1	2	3	4	5	6	7
8	9	10	11	12	13	14	5	6	7	8	9	10	11	2	3	4	5	6	7	8	8	9	10	11	12	13	14
15	16	17	18	19	20	21	12	13	14	15	16	17	18	9	10	11	12	13	14	15	15	16	17	18	19	20	21
22	23	24	25	26	27	28	19	20	21	22	23	24	25	16	17	18	19	20	21	22	22	23	24	25	26	27	28
29	30	31	26	27	28	29	30	31	23	24	25	26	27	28	29	29	30	31									

* An additional recycling pick-up will be held on January 3rd.

Ecocentre

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

Opening hours

From December 1 to March 31:

Tuesday to Saturday, from 7:30 to 11:45 and from 13:00 to 16:00.

From April 1 to November 30:

Monday to Sunday, from 7:30 to 16:00.

The Ecocentre will be closed from December 24 to 26, and from December 31 to January 2 inclusively.

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



Caption

-  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

Thank you to everyone who responded to our recent survey!

Free activity!

Geology Conference

Part 2: Wisconsin's glaciation and post-glacial landscape in the Laurentians on **February 15 at 11:00.** Presentation on the last North American glaciation period, its origin, climatic fluctuations, and traces left in our region. Check the municipal Facebook page shortly before the event to confirm where the event will take place.

Information:

450 226-3232, ext. 132



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

Information: 450 226-3232, ext. 124

NEW ACQUISITIONS

Novels

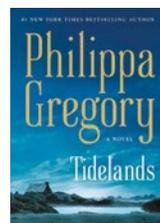
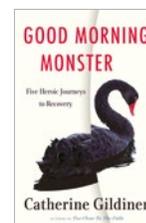
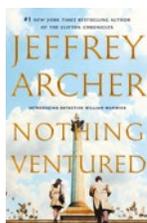
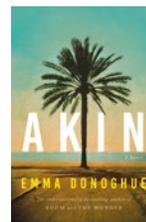
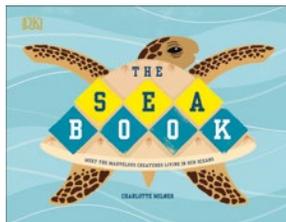
- Jeffrey Archer
Nothing Ventured
- Olivier Boudreault
Waiting for Bojangles
- Robert Crais
A Dangerous Man
- Emma Donahue
Akin
- Philippa Gregory
Tidelands
- Louise Penny
A Better Man
- Ann Perry
Death in Focus

Non-fiction

- Catherine Gildiner
Good Morning Monster
- Bina Venkataraman
The Optimist's Telescope

Youth

- Charlotte Milner
The Sea Book
- Rebecca Petruck
Boy Bites Bug
- Julia Sarcone-Roach
There Are No Bears in This Bakery
- Laura Scandiffio
Digging Deep



Ma BIBLIO à moi, c'est mes revues numériques disponibles en tout temps.

Et c'est GRATUIT!

www.morinheights.com

Outdoor Network



Canine Corridor

The canine corridor is located at 15 Midi Street. It is a flat, 1 km trail, where you will find parking and a bag distributor.

Opening hours

April 14 to October 14: 7:00 to 19:00
 October 15 to April 13: 7:00 to 22:00

Regulations

The dog owner must:

- / make sure the dog has a valid tag issued for the current year;
- / keep dog on a leash;
- / watch and control his dog;
- / pick up after the animal and dispose hygienically of the bag in a designated trash can;
- / refrain from using toys that might disrupt other dogs and could result in a competition or bring on aggression;
- / refrain from feeding his dog;
- / make sure his dog isn't sick, dangerous nor in heat (female);
- / bring a dog that's at least four months old.

Note that it is highly recommended that all dogs be vaccinated and receive the appropriate pest control.

In addition, the presence of children 12 years old and younger is not recommended.

In case of an emergency, call 911.

Outdoors Network's Free Activities

Date	Event	Time	Location
TBC in December	Ski waxing workshop	9:30	Chalet Bellevue
January 18	Torchlight snowshoeing	18:30	Basler Park
TBC in January	Ski waxing workshop	9:30	Chalet Bellevue
February 22	Fest'Hiver		Chalet Bellevue
February 29	Torchlight snowshoeing	18:30	Basler Park

Fatbike

Fatbikes and snowshoes share the same trail network. There is no mechanical maintenance. Fatbikes users must give way to snowshoers.

Winter Walking

The Aerobic Corridor's section between the bridge and chemin du Lac-Écho will be open to walkers during wintertime. This part of the Corridor will be illuminated. Walking remains forbidden on all cross-country ski trails.

Equipment Rental

A rental shop is located at Chalet Bellevue, where you will find the following equipment: cross-country skis (with poles and boots), snowshoes, shoe studs, and children's sleds.

There is also a rental shop at Sommet Morin Heights (185 Bennett Street).

Trail Conditions and Welcome Centers Status

You can easily find out our trail conditions and welcome centers status by clicking on the Outdoor Network icon on the Municipality's website or by typing in this URL:

morinheights.com/Outdoors. You can also reach us at 450 226-3232, ext. 130 as soon as the season starts.



The ONDAGO app is a great asset that will allow you to pinpoint your location accurately in our Outdoor Network. Just download the app for free through the App Store or the Google Play Store and download our map.



www.morinheights.com

Trail Network

Welcome centers	Services offered at each welcome center	Activities starting at each center	Opening hours
Chalet Bellevue 27 rue Bellevue	<ul style="list-style-type: none"> • Waxing room • Ticket office • Restrooms • Showers • Rest area • Rentals 	<ul style="list-style-type: none"> • Classic cross-country ski • Snowshoe • Fatbike 	9:00 to 16:00
Aerobic Corridor Pavillion 50 chemin du Lac-Écho	<ul style="list-style-type: none"> • Ticket office • Restrooms • Rest area 	<ul style="list-style-type: none"> • Classic cross-country ski • Skate ski • Snowshoe • Fatbike 	Weekends, week days during Christmas holidays and spring break, 9:00 to 16:00 N.B.: The parking will be closed all other weeks. Please use parking at Basler Park or Chalet Bellevue.
Basler Park 99 chemin du Lac-Écho	<ul style="list-style-type: none"> • Chemical toilet 	<ul style="list-style-type: none"> • Classic cross-country ski • Toboggan • Snowshoe • Fatbike 	9:00 to 16:00
Sommet Morin Heights 185 rue Bennett	<ul style="list-style-type: none"> • Ticket office • Restrooms • Rest area • Rentals 	<ul style="list-style-type: none"> • Classic cross-country ski • Skate ski • Backcountry ski • Snowshoe • Fatbike 	9:00 to 16:00
Montfort Pavillon 160 route Principale, in Wentworth-Nord	<ul style="list-style-type: none"> • Ticket office • Restrooms • Rest area 	<ul style="list-style-type: none"> • Classic cross-country ski • Skate ski • Backcountry ski • Snowshoe • Fatbike 	9:00 to 16:00
Des Bouleaux Park 19 rue des Bouleaux	<ul style="list-style-type: none"> • Chemical toilet 	<ul style="list-style-type: none"> • Backcountry ski • Snowshoe 	9:00 to 16:00



www.morinheights.com

Reminders

- Have you thought about changing the batteries in your smoke detectors when you set your clocks back?
- Join us for the *Guignolée* on December 14th!
- Don't forget the snow removal of the horizontal chimneys of your propane combustion appliances.

Morin-Heights Fire Department and First Responders



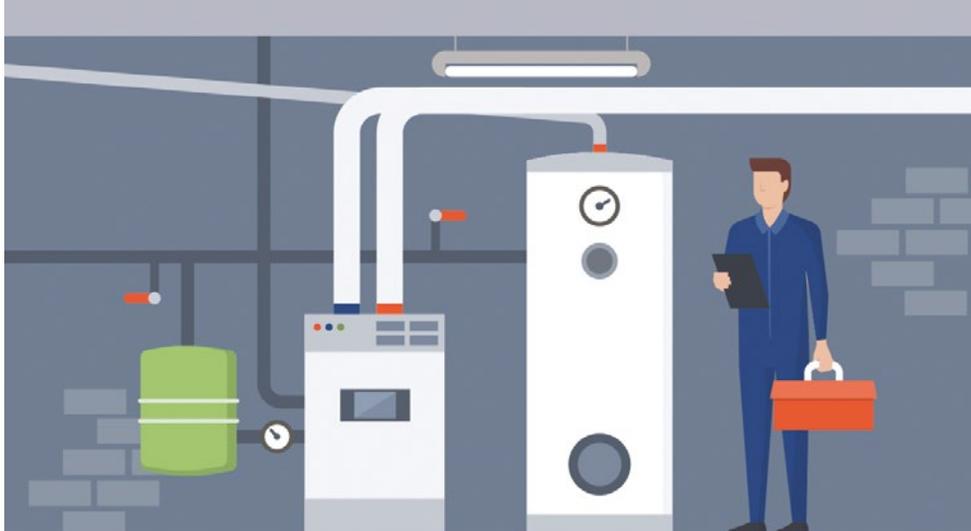
Prevent carbon monoxide poisoning

Each year, Canadians **die or become** ill because of carbon monoxide poisoning.

Do you know that the risk of exposure to carbon monoxide is higher in the winter months? That's because homes in Canada are usually heated by furnaces, fireplaces, gas stoves, and water heaters. It's time to ensure your fuel-burning appliances are well maintained and inspected by a professional.



When was the last time you had your *furnace inspected*?



CANADA.CA/HEALTH

Canada

Protect your family from carbon monoxide exposure with these tips:

Never use:

- / gas-powered machines in the garage, such as generators, lawnmowers or snowblowers;
- / a barbecue or portable fuel-burning camping equipment inside a home, garage or tent;
- / kerosene or oil heating appliances or oil lamps in enclosed areas unless designed for such use.

Visit the "Healthy Canadians" Facebook page for more information.

www.morinheights.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, January to March, to discuss reading: new finds, books we re-read, and favorites.

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

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 the month, January to March. No experience needed, open to all, informal and unpretentious!

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

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 the second Saturday of every month, 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

Joyful Noise Choir

Joyful Noise Choir and the Morin-Heights Elementary School choir invite you to a Christmas Concert on December 19 at 19:00, at United Church (831 chemin du Village). The concert is free, donations to the Church are welcome!

Watch for VILLAGE NOISE's **street carollers on December 21**, between 12:30 and 14:30, from Marché Vaillancourt to IGA.

www.morinheights.com

Cultural Programming



African drumming show, free and open to all!

You enjoyed them on Journées de la culture, so we invited them back for a show where they will be featured! Come and warm up with **Bern Dez'** percussions, accompanied by **Jam Experience** on Saturday, February 8th at 15:00 at Chalet Bellevue!

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 are held in the Library's Remembrance Hall on the second and fourth Thursdays, from January to March, from 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 book. 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.

Theatre Morin-Heights



Thank you to all of our renewing members and patrons for helping make our fall production "An Enemy of the People" a resounding success!

Play reading evenings are planned for January 29, February 19, and March 25 at 19:00 at the Royal Canadian Legion (127 ch. Watchorn). Free.

Want to participate on stage or behind the scenes, become a member or renew membership?

For more information and to check out our latest activities, visit theatremorinheights.ca, email theatremorinheights@gmail.com or call 579 765-3999.

Accès Loisirs des Pays-d'en-Haut Program



Following the implementation of the program in the participating cities (Sainte-Adèle, Saint-Sauveur, Morin-Heights, Sainte-Anne-des-Lacs, Piedmont, Sainte-Marguerite-du-Lac-Masson), the partners continue to offer the *Accès-Loisirs Québec* Program in the Pays-d'en-Haut area, in collaboration with the *Maison de la Famille des Pays-d'en-Haut*.

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

Registration for the winter season will be on **Wednesday, January 8, 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 (450 226-3232, ext. 132).

Spring Break

Tuesday, March 3 from 13:00 to 16:00 at Basler Park (99, ch. du Lac-Écho)

Many activities will be offered, and details will be published later. Check out our Facebook page in February for more information.

Information: 450 226-3232, ext. 132



Gymnasium Sports

From January 13 to April 28, 2020 (closed on April 13)

At the school's gymnasium, 647 chemin du Village

PICKLEBALL

One court available, equipment available
Monday 18:00 to 19:00

BADMINTON

Family activity, one court available, rotation every 20 minutes
Tuesday 18:00 to 19:30

VOLLEYBALL (16 years+)

Tuesday 19:00 to 21:00

Daily fee per sport (payable on-site)

\$4 resident • **\$6** non-resident

Semester passes per sport, available online at www.morinheights.com ("Online Services", then "Online Registrations").

\$40 resident • **\$60** non-resident

Football Club Morin-Heights



2020 REGISTRATIONS

Online registrations starting on **January 1st** at **www.fcmorinheights.com** or on Saturday, **February 15th**, from 10:00 to 12:00, Sunday, **February 23rd**, from 13:00 to 15:00 or Sunday, **March 7th**, from 10:00 to 12:00 at Chalet Bellevue (27 rue Bellevue).

Information: 450 226-0011

Soccer Technical School

Dates: Fridays from March 13th to May 16th
(off on April 10th)

Age: 8 to 13 years old

Location: Morin-Heights Elementary School
(647 ch. du Village)

Time: 18:00 to 19:30

Cost: \$125 including a t-shirt

Grassroots program

Soccer initiation program for the 4 to 7 years old (born between 2011 and 2016) from June 6th to August 22nd, 2020. 10 Saturdays from 9:00 to 10:00 at the Morin-Heights soccer field (647 ch. du Village). Includes a complete uniform (socks, shorts, and shirt) and a soccer ball. Closed for the construction holidays July 25th and August 1st.

Registration: www.fcmorinheights.com

www.morinheights.com

Pick-up Hockey for children 5 to 15 years old

Free!

This recreational hockey program offers children 5* to 15 years of age (as of September 30th, 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.*

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 7th ice and weather conditions permitting, at the rink located at 148 chemin Watchorn. The program ends on February 27th, 2020.

Ice conditions: 450 226-3232, ext. 122

Online registrations only: www.morinheights.com ("Online Services" menu, then "Online Registrations").

Places are limited.**

***Priority will be given to Morin-Heights residents up to December 13th. 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



www.morinheights.com

Ice Skating Program

Every Saturday at the Morin-Heights skating rink, 8-week session.



COST	RESIDENT	NON-RESIDENT
Beginner (3 ½ - 5 years old)	\$50	\$60
Intermediate and advanced	\$60	\$65

SCHEDULE (the level will be determined on the first class)

Beginner - 3 ½* to 5-year-olds -
(*on January 1st, 2020) 9:45 to 10:30

Intermediate - 6-year-olds and up -
10:45 to 11:45

Intermediate and advanced
12:00 to 13:15

Mandatory equipment:

- / Helmet, elbow and knee pads
- / Protective eyewear or helmet with a face mask is recommended, especially for small children who will do exercises on their hands and knees
- / Adjusted «bib type» neck guard to cover the neck and upper chest area
- / Water-resistant gloves or mittens

REGISTER online or at Chalet Bellevue before January 6th, classes start on January 11th! No

registrations will be accepted at the skating rink.

Information: 450 226-3232, ext. 132





Fondeurs Laurentides

Fondeurs–Laurentides

Fondeurs–Laurentides Cross-Country Ski Club is proud to present “Invitation Première Neige” on **December 6 and 7**. This race will take place at Sommet Morin Heights and will bring the best skiers in the province. You are invited to attend this major event!

Dates: December 6-7

Hours: 18:00 to 21:00

Location: Sommet Morin Heights, 231 rue Bennett

Information: www.fondeurslaurentides.ca

We are currently looking for volunteers for this event and the Quebec Cup on **April 10-12, 2020**. If you want to be part of a dynamic and passionate team, please contact us at clubfondeurslaurentides@gmail.com or 579 888-2005. **Welcome to all!**

Spring Break Discounts for Sommet Morin Heights

From **March 2nd to 6th**, get a special discount for the whole family on ski tickets for Sommet Morin Heights. A great way to get some fresh air during Spring Break!

This offer is for residents only (proof required).

Tickets will be available at Chalet Bellevue during Spring Break.

Watch your mailbox by early January for the “**Winter Carnival**” leaflet that will inform you about all the winter activities offered.

Viking Ski Club

2020 VIKING LOPPET – ON FEBRUARY 23

Mark your calendar for the 48th edition of the Viking Loppet! This regional classic cross-country ski race is designed for intermediate to advanced skiers of all ages. Last season’s Loppet registrations closed early, having reached maximum capacity. Register at www.vikingskiclub.ca and enjoy racing on some of the most beautiful trails in the Laurentians!

VIKING SKI-O – ON FEBRUARY 16

Orienteering event on cross-country skis opened to newcomers as well as experts. Three courses will be offered: approximate straight-line length of 2km, 5km, and 10km. The starts will be timed individually. Registration starts at 9:30 and departures between 10:00 and noon. Participants have a maximum of 2 hours to complete the course. Team entries will be allowed and encouraged for families and beginners. It is a non-competitive event, but the results and “splits” will be provided to compare your route choices. Cookies and hot chocolate will be available to all!

Entry fees for Viking Ski-O:

- / Viking full members: free of charge.
- / Adults non-members: \$12 with online registration at <https://zone4.ca/>, or \$17 on-site.
- / Children under 18 years of age: \$5 online or \$10 on-site.

No special equipment required for the race. Bring your skis and a compass if you have one. If not, compasses will be available for rent for \$1.



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 **450226-3641** or email cancer.laurentia@yahoo.ca.



Royal Canadian Legion Activities

Darts every Thursday at 15:00. Military Whist the first and third Monday of the month at 13:30. New players welcome!

Hall rental at competitive pricing!

SUNDAY, DECEMBER 1

Trim a Tree, at 14:00

SATURDAY, DECEMBER 14

Quebec Traditional Supper, at 18:00

FRIDAY, DECEMBER 20

TGIF Spaghetti Supper, at 18:00

SATURDAY, DECEMBER 21

Christmas Party with Posa Blues & Friends, at 20:00

FRIDAY, JANUARY 18

TGIF Smoked Meat, at 18:00

SATURDAY, JANUARY 25

Honours and Awards Supper, at 18:00

SUNDAY, FEBRUARY 2

Super Bowl Party, at 17:00

SATURDAY, FEBRUARY 15

Valentine's Day Supper, at 18:00

FRIDAY, FEBRUARY 21

TGIF Smoked Meat, at 18:00

SATURDAY, FEBRUARY 22

Wacky & Crazy Annual Legion Snowball Game, at 13:00

FRIDAY, MARCH 6

71st Kids' Ski Races at Sommet Morin Heights, at 9:00

SATURDAY, MARCH 14

St-Patrick's Day Supper, at 18:00

FRIDAY, MARCH 20

TGIF Smoked Meat, at 18:00

SATURDAY, MARCH 28

Rockabilly Night with The Runaway Boys, from 20:00 to 23:00

127 chemin Watchorn

Information:

www.legion171.net or facebook.com/legion171

450 226-2213 or legion171@cgocable.ca

Scouts Canada Morin-Heights Group



Scouting activities for boys and girls from 5 – 17 years: Beavers, Cubs, Scouts, and Venturers. Meetings are on Wednesday from 18:30 to 20:00 at Morin-Heights Elementary School, September until June.

Registration online <https://www.myscouts.ca/fr>

First child is \$230, \$180 for siblings.

Information:

Sarah Andrews at scoutsmh@gmail.com

Annual Spaghetti Dinner Fundraiser

When: **Saturday, February 1st, 18:00**

Where: Morin-Heights Legion, 127 ch. Watchorn

Tickets: \$15, on sale starting in January at the Legion or by calling 450 431-9243



Elves Hunt and Pajamas Yoga

As Christmas time is getting closer, *Ti-Mousse dans Brousse des Laurentides* and *Esprit Alpin*, have put together a family activity, on Sunday, December 8th from 13:00 to 16:00 at Chalet Bellevue.

13:00	Greetings
13:30 to 14:15	Yoga in pajamas for everyone
14:30 to 15:30	Elves Hunt: a walk in a magic forest to help Santa find the lazy elves who must go back to the workshop and help to make gifts so everyone can receive something for Christmas this year!
15:30	Campfire, hot chocolate, and snacks

Put on your nicest pajamas and dress warmly for the hike! Reservation required at the "*Ti-mousse dans Brousse*" website: **\$25** per family (2 adults - 3 children).

For more information, contact Andréa at espritalpin@gmail.com or at 450 822-7486.



Morin-Heights Elementary school Christmas Bazaar

What are you doing on **Saturday, November 30th**? Get an early start on your holiday shopping and enjoy a day out in the community at the Christmas Bazaar!

Join us at Morin-Heights Elementary School (647 chemin du Village) from 10:00 to 15:00. Shop for beautiful hand-crafted items from our vendors, baked goods, houseplants, Christmas trees, and enjoy lunch at a delicious food truck.

Get into the spirit with fun activities for the kids or by having pictures taken with Santa and Mrs. Claus. Don't miss out on a chance to win some of our amazing raffle prizes and silent auction items!

Support local vendors and the children at MHES. See you there!

For more information:
fomhes.events@gmail.com



www.morinheights.com

Inter-municipal agreement

An inter-municipal agreement between Morin-Heights, Piedmont, Saint-Adolphe-d'Howard, Sainte-Adèle, Sainte-Anne-des-Lacs, Sainte-Marguerite-du-Lac-Masson and Saint-Sauveur 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. 3 /
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

YOUTH

Artisanal Chocolate Making Workshop Valentine's Day Special
Sainte-Marguerite-du-Lac-Masson

Babysitting
Sainte-Anne-des-Lacs

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

Olympic Boxing Training
Saint-Sauveur

Piano or Singing (individual lesson)
Saint-Sauveur

Self-Defense
Sainte-Adèle

Sports ABC
Saint-Sauveur

ADULTS

Artisanal Chocolate Making Workshop Valentine's Day Special
Sainte-Marguerite-du-Lac-Masson

Bridge
Saint-Sauveur and Morin-Heights

Country Dance
Sainte-Anne-des-Lacs

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
Saint-Adolphe-d'Howard

Gipsy Dances
Piedmont

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

Introduction to Meditation
Saint-Adolphe-d'Howard

Judo
Saint-Sauveur

Meditation
Sainte-Marguerite-du-Lac-Masson

Middle Eastern Dances
Piedmont

Olympic Boxing Training
Saint-Sauveur

Painting and Creativity
Morin-Heights and Sainte-Adèle

Piano or Singing (individual lesson)
Saint-Sauveur

Soft Gym
Piedmont

Spanish (all levels)
Sainte-Adèle and Morin-Heights

Qi Gong
Sainte-Adèle

Tai chi
Morin-Heights, Piedmont, and Sainte-Adèle

Therapeutic Yoga
Saint-Sauveur

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

Yoga Vini
Saint-Adolphe-d'Howard

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

Zumba
Sainte-Anne-des-Lacs

PARENT-CHILDREN

Artisanal Chocolate Making Workshop Valentine's Day Special
Sainte-Marguerite-du-Lac-Masson

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

Sports ABC
Saint-Sauveur

For a complete schedule of the classes offered in Morin-Heights, please see pages 18-21.

Courses Schedule

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

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. Registration required, limited places!

Location: Chalet Bellevue

Rate: R: \$125 / NR: \$145

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

Dates: January 13 to March 25 (11-week session)

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

essentricsavecginette@gmail.com
essentricsavecginette.vpweb.ca

New!

English conversation

Course for beginners, adults, and seniors. Minimum of 7 students required.

Location: Chalet Bellevue

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

Day: Monday 14:00 to 15:30

Dates: January 13 to March 16 (10-week session)

Instructor: Thérèse Mascis 450 224-8833

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. Registration required, limited places!

Location: Chalet Bellevue

Rate: R: \$125 / NR: \$145

Day: Monday 11:00 to 12:00 and/or 19:00 to 20:00 and/or Wednesday 11:00 to 12:00

Dates: January 13 to March 25 (11-week session)

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

essentricsavecginette@gmail.com / essentricsavecginette.vpweb.ca

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!

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: January 6 to March 23

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

Yoga and Meditation

Hatha yoga, meditation, and spiritual disciplines.

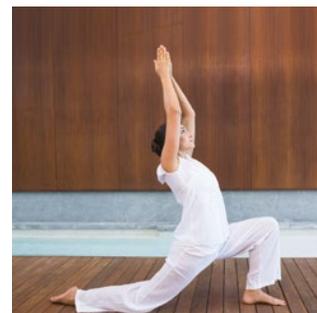
Location: Chalet Bellevue

Rate: **

Day: Monday 16:30 to 18:30

Dates: January to March

Instructor: Louise Bloom 450 226-5844



Flow Flamenco New!

Traditional flamenco – new approach with fun and consciousness. Choreography, all levels.

Location: Chalet Bellevue

Rate: R: \$150 / NR: \$170

Day: Monday 18:30 to 19:45

Dates: January 13 to March 16
(10-week session)

Instructor: Sarah Vincent
819 324-9347
flamenco@cgcable.ca

Tai Chi Yang Stretch and Meditation

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

Location: Chalet Bellevue

Rate: R: \$110 / NR: \$130 per session

Day: Tuesday 10:30 to 11:45

Dates: February 18 to March 31
(7-week session)

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

Kundalini yoga

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: January 7 to March 28
(12-week session)

Instructor: Linda Corbeil
450 660-2883
info@ayurvedalinda.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 \$15\$/ class
NR: \$184/ 1x week or \$350/ 2x week or \$17,50/ class (12-week session)

Day: Wednesday 8:30 to 9:30

Dates: January 8 to March 25

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

Photography

Session 1:

Learn how to use your camera in manual mode, without the need to do calculations, to avoid out of focus pictures and/or too dark and to do basic touch-ups, which is the technical part of photography. Also, learn to gain confidence and develop your photographer's eye to bring your creativity into your pictures. For beginners and intermediates, 16+. You must have your equipment.

Session 2:

You will be guided through a photo project to improve your pictures; you will learn how to make photos more creative, more personal, whether in snapshot mode or other. Lighting, composition, flash use: all these notions will be addressed to equip you in your creative choices better. You must be able to manage basic settings on your camera and possess your own material. 16+.

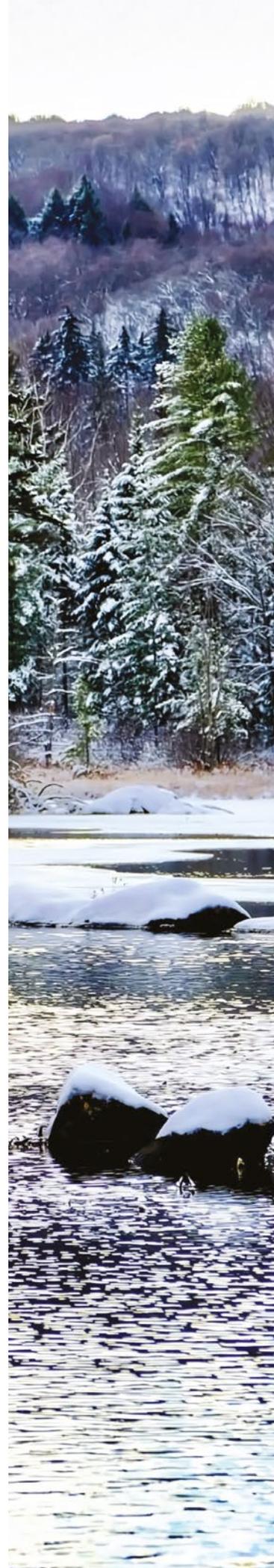
Location: Chalet Bellevue

Rate: R: \$150 / NR: \$188 (per 6-week session)

Day: Wednesday 10:00 to 12:00

Dates: session 1: January 15 to February 19
session 2: February 26 to April 1

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



Spanish conversation

For those who already know how 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: January 9 to March 19
(10-week session)

No class on March 5

Instructor: Yoalli Gallegos
819 326-7706

laurentidescascasapagnol@hotmail.com

Spanish beginner level 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: January 9 to March 19
(10-week session)

No class on March 5

Instructor: Yoalli Gallegos
819 326-7706

laurentidescascasapagnol@hotmail.com

Spanish beginner level 2

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

Location: Chalet Bellevue

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

Day: Thursday 13:30 to 15:30

Dates: January 9 to March 19
(10-week session)

No class on March 5

Instructor: Yoalli Gallegos
819 326-7706

laurentidescascasapagnol@hotmail.com

Acrylic Painting & Creativity

LiliFlore's courses focus on discovering your style through different painting techniques as well as the exploration of your own creativity. Beginners welcome! Theme of this session: develop your painter's eye by working «form and composition» intuitively.

Location: Chalet Bellevue

Rate: R: \$268+tx / NR: \$308+tx (8-week session)
R: \$168+tx / NR: \$193+tx (5-week session)

Day: Wednesday 13:00 to 16:00

Dates: January 15 to March 4 (8-week session)
March 11 to April 8 (5-week session)

Instructor: LiliFlore / 514 638-5810

liliflore.ca / liliflore.ca@gmail.com

Contemporary Dance

Back again!

Technical classes and choreographic sequences. For adults (17+), all levels.

Location: Chalet Bellevue

Rate: R: \$120 / NR: \$140

Day: Thursday 18:00 to 19:15

Dates: January 9 to February 27

Instructor: Caroline Dussault / 514 264-8004
da@dussodanse.com

Vinyasa Flow Yoga

Free!

A dynamic yoga based on breath flow, rhythm, and alignment. 16+, maximum of 15 students.

Location: Chalet Bellevue

Day: Friday 8:30 to 9:45

Dates: January 17 to March 13

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





Karate

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: December to June

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

Tai chi Chuan Free!

Free practice and exercise session (no teaching), no registration required. Improve health, maintain a calm and relaxed state, improve joint movements, increase blood circulation, stimulate the nervous system, and improve your balance.

Location: Chalet Bellevue

Day: Saturday 9:00 to 11:00

Dates: January 11 to March 28

Instructor: Robert Lee
450 227-8829

Traditional Scottish Highland Dancing Free!

Traditional Scottish dance for 6 years old and over.

Location: Chalet Bellevue

Day: Sunday 16:00 to 17:30

Dates: January 12 to March 15

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

Ballet

Location: Chalet Bellevue

Rate: **

Day:	Tuesday	18:00 to 20:00	ballet 3 / elementary (11-y.o. and +)
	Friday	17:00 to 18:15 18:15 to 20:15	ballet 2 (8 to 10-y.o.) ballet 3 / elementary (11-y.o. and +)
	Sunday	9:00 to 9:45 9:45 to 11:00 11:00 to 12:30 12:30 to 14:30	pre-ballet (3 ^{1/2} to 5-y.o.) ballet 1 (6 to 7-y.o.) ballet 2 (8 to 10-y.o.) ballet repertoire (ballet 3 / elementary)

Dates: December to June

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

Cardio Snowshoe

60-minute interval training that combines cardiovascular and muscular exercises. Ideal for diversifying your training and enjoying a practical session that combines the pleasures of winter with the benefits of structured, supervised coaching.

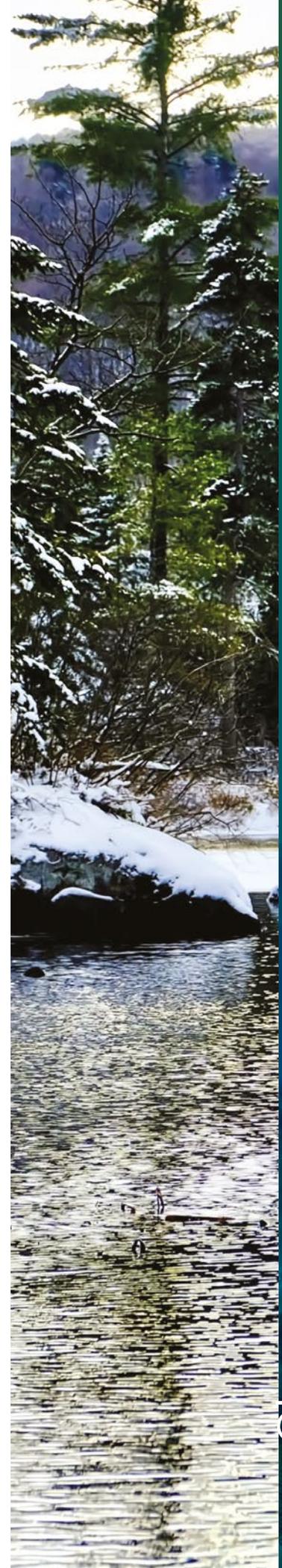
Location: Aerobic Corridor parking lot

Rate: \$11,50/class x 11 weeks = \$126,50 +tx

Day: Saturday 10:30 to 11:30

Dates: January 11 to March 21

Instructor: Julie Raymond or Lyne Bissonnette
450 643-0465 / laurentides@cardiopleinair.ca
or register directly at www.cardiopleinair.ca





Knitting trees

Mittens, scarves, tuques, neck warmers. Our knitting trees are starting to bear fruit! Please continue to feed them with your knitted items for children. Once your items are finished, take them to the library, Town Hall or Chalet Bellevue and hang them on the trees that will be in place until early January.

As we did the past years, we will “pick” the trees when they are full and distribute the knitted goods to less-fortunate families in the region through the *Garde-Manger des Pays-d’En-Haut* and some elementary schools. So knitters, pick your needles and get to work!

For more information, contact Monique Bélisle at 450 226-8464.

**We would like to offer you our
Season’s Greetings and our
Best Wishes for 2020!**



Animal Control

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

Next edition!

The budget edition of Info Morin-Heights will be mailed with your 2020 tax account. To submit a text for the bulletin, send a French and an English version to karyne.bergeron@morinheights.com.

SPRING EDITION

March 15 to June 1, 2020

Deadline: January 23, 2020

Distribution: March 13, 2020

SUMMER EDITION

June 1 to August 15, 2020

Deadline: April 16, 2020

Distribution: May 28, 2020

FALL EDITION

August 15 to December 1, 2020

Deadline: June 11, 2020

Distribution: August 14, 2020

WINTER EDITION

December 1, 2020, to March 15, 2021

Deadline: October 8, 2020

Distribution: November 27, 2020

Important numbers

Town Hall

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

Telephone: 450 226-3232

Fax: 450 226-8786

www.morinheights.com
municipalite@morinheights.com

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pleinair@morinheights.com
servicetechniques@morinheights.com
ssi@morinheights.com
taxes@morinheights.com
travauxpublics@morinheights.com
urbanisme@morinheights.com

**Sûreté du Québec des
Pays-d’En-Haut:**

450 227-6848

Animal Control:

1 866 960-7722 • www.spcall.ca



[www.facebook.com/
MunicipaliteMorinHeights](http://www.facebook.com/MunicipaliteMorinHeights)

Emergency 9-1-1:

Public Works

**(evenings, nights,
weekends and holidays)**

Fire - Police - Ambulance

Emergency Measures

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www.turcoisedesign.com

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