

## NEWS FROM THE MAYOR

### *My fellow citizens,*

Since the beginning of the year, all of the administration's major dossiers may be consulted on our revamped website: [www.morinheights.com](http://www.morinheights.com). Along with the minutes of council meetings, you will find public notices, policies, by-laws, budgetary and financial reports as well as information pertaining to the municipal administration's current activities.

We are proud of the fact that the calendar of events as well as the support of the community's groups and associations distinguishes our site from most other municipal organizations.

The 2008 financial year ended with a slight surplus of \$ 13,011. Over the past few years, the administration invested the surplus from revenues into the improvement of the roads network as soon as they became available. This year, because of the economic slowdown, expenses will be those stipulated in the presentation of the budgetary forecast.

The environment dossier remains a prominent matter among the administration's priorities.

Our objective to reduce garbage is always relevant. Citizens are invited to continue their efforts in order to reduce, reuse and recycle their residual waste. We remind you that grass cuttings and plants are not garbage and will not be picked up when garbage is collected.

The EcoCenter is available for you to bring almost anything that is not included in the pick-ups.

The shoreline and littoral protection program as well as the septic installation control program will continue into its second year. This year, we will study the evolution of these dossiers thanks to the citizens' willingness and if necessary, more powerful measures will be put into place in order to force citizens that are not interested in the protection of the environment.

The Canada and Quebec governments have set up investment programs which represent more than 33 billion dollars aimed at stimulating the economy and which also allow communities to benefit from quality infrastructures.

The administration intends to participate in an unprecedented investment program especially as the region's representatives are unanimous in offering their support.

Pursuant to the Family and Seniors Committees Policies which were adopted last year, your municipality has entered into an agreement with Piedmont and Saint-Sauveur to guarantee its population, access to an inter-municipal interior swimming pool. This partnership will be finalized as soon as the financing has been confirmed by both levels of government.

Also, you will find in these pages, a summary of the Basler Park project. All citizens will be invited to consultation meetings regarding this project once the amounts of financial assistance have been confirmed.

In Council's name, I would like to thank all of the Basler Park advisory committee members, Shawna Dunbar, Barbara Jones, Corina Lupu, Catherine Maillé, Penny Rose, Michael Latremouille, Andy Stewart as well as Maryse Émond, Recreation and Culture Director, Éric L'Heureux, Urbanism Director along with Councillor Mona Wood, delegated to Recreation, Councillor Rita O'Donoughue, delegated to Community Affairs, Councillor Claude P. Lemire, delegated to Finances and President of the Seniors committee, Councillor Gilles Coutu, President of the Family committee and Councillor Tim Watchorn chairman and delegated to Infrastructures, all of whom have worked for over one year to prepare this elaborate project.

Finally, road infrastructure improvement projects may also be accelerated because of the financial assistance announced by the Federal Government.

This summer, the Public Works Department will continue its work on ditches and the control of surface water. I would like to take this opportunity to underline the excellent work of our public works employees who have ensured the citizens' safety and maintained our roads in such a fine way, unparalleled throughout the region.

I would like to invite you to the Environment and Family Day on May 23<sup>rd</sup>: Day Camp registrations, environmental workshops, Fire Department demonstration, drinking water infrastructure visits and even a fishing tournament.

The Council members join me in wishing you all an excellent summer.



*The Mayor, Michel Hout.*

## Job offer, lifeguards

### Candidates must:

- Hold a current National Lifeguard certificate
- Red Cross Instructor (considered an asset)
- Be available from June 25 to August 14,
- Monday to Friday from 9 :00 a.m. to 7 :00 p.m.

### To apply:

Send your CV to the Municipality of Morin-Heights, 567, Village Road, Morin-Heights, Québec, J0R 1H0 or by e-mail to: [loisirs@morinheights.com](mailto:loisirs@morinheights.com)

## Self-guided tour of the village

You can visit the village by foot, at your own pace, by following the self-guided historical tour available at the Town Hall.

This guide will permit you to locate certain historical sites where plaques are installed and to better understand the beginning of the Morin-Heights community.

## Summer Events Calendar 2009

A new 2009 Summer Events Calendar inserted in this edition of Info Morin-Heights is also available at the Town Hall and in local business and tourist offices throughout the region. The calendar lists many of the socio-cultural activities organized in Morin-Heights throughout the summer.

It is also available on the Municipality's new website at [www.morinheights.com](http://www.morinheights.com)

## Blood Drive

Monday, August 10<sup>th</sup>, 2009, from 1 :00 to 8 :00 p.m.

At the Fire Station located behind the Town Hall at 567, Village Road.

For any question concerning admissibility for blood donation, please call 1-888-666-HEMA or visit the web site at: [www.hema-quebec.qc.ca](http://www.hema-quebec.qc.ca) or [www.morinheights.com](http://www.morinheights.com)

## WWW.MORINHEIGHTS.COM

We invite you to consult the Morin-Heights municipal website. Along with being able to consult the evaluation role online, you will find everything pertaining to municipal life, by-laws, Council's minutes, municipal services, activities, directory and particularly, the calendar of events.

You will also find the Info Morin-Heights archived so you have access anytime to the information that was previously published.

## Tree planting

Spring is the time for tree planting. The Municipality, with the collaboration of the Ministry of Natural Resources and the 4-H Club will be giving away free tree seedlings to its citizens for their reforestation projects.

Quantities are limited and seedlings will be distributed on a first come, first serve basis. Citizens are invited to pick up their free seedlings (max 25 seedlings per family) at the Town Hall, Saturday, May 23<sup>rd</sup>, starting at 9 a.m. at 567, Village Road.

### Please note that:

- The type of seedlings will only be known on the day they are distributed.
- Seedlings are mostly coniferous and average 25 cm in height.

### Small reforestation projects

For those citizens who wish to order more than 25 seedlings for a specific planting project on their property, you are invited to inquire about the availability of seedlings after May 23<sup>rd</sup>, at the Town Hall, Monday to Friday, 8:30 a.m. to noon and 1 p.m. to 4:30 p.m. or by e-mail at: [servicetechniques@morinheights.com](mailto:servicetechniques@morinheights.com)

## The 8<sup>th</sup> Mayor's Golf Tournament

The Mayor's Golf Tournament, which raises funds for local community groups, will be held at the Golf Club Balmoral on August 25<sup>th</sup> 2009.

The Mayor warmly invites you.

## NEW IN MORIN-HEIGHTS

### Simon River Sports

Simon River Sports, also known as SRS, located at 43 Lac-Echo Road, now operates 12 months per year; it sells SRS products as well as selling and renting plastic canoes and kayaks and, **and as of this year**, selling and renting cross-country skis and snowshoes. SRS is well known for manufacturing in Quebec kayaks, canoes, dragon-boats and paddles in fiberglass, carbon and carbon/fiberglass.

Information: 450-226-7821  
[www.simonriversports.com](http://www.simonriversports.com)

### Just'Art Reis Studio

Sylvie Reis has opened an art studio in Morin-Heights. Classes are offered for adults and children, with various workshops and art exhibits; you can learn about pottery, painting and sculpting.

Go and take a peek at 800, Village Road or contact the artist: 450-438-5577 or 514-941-7347, [sylvielartiste@hotmail.com](mailto:sylvielartiste@hotmail.com)

## 2009 ELECTION

The Act respecting elections and referendums in municipalities stipulates that an election be held every four years, the first Sunday in November. The general election will therefore be held on **Sunday, November 1<sup>st</sup>** and the advance poll will be on **Sunday, October 25<sup>th</sup>**. Public notices will be published as stipulated by Law and will also be available under the "NOTICE" index at [www.morinheights.com](http://www.morinheights.com).

Those residing in the Municipality are automatically included on the Municipality of Morin-Heights and MRC des Pays-d'en-Haut's electoral lists.

The sole owners of a property, the sole occupants of a business establishment, joint-owners of a property and joint-owners of a business establishment who are not already entitled to have their names listed on the electoral list as domiciled persons, must request to be registered on the municipal electoral list as well as on the MRC's electoral list for the 2009 elections.

The form is available at [www.morinheights.com](http://www.morinheights.com)

## ELECTORAL PERSONNEL

The Quebec Government has issued a moratorium regarding the use of the electronic mechanism. Consequently, this year, if all seats are up for election, citizens will have to handle 8 voting ballots (1 Mayor + 6 Councillors + MRC Prefect).

The number of polling stations will be increased in order to facilitate the process as much as possible; therefore, many positions will be available.

Anyone interested in working are invited to notify us by e-mail at: [municipalite@morinheights.com](mailto:municipalite@morinheights.com), by fax at 450-226-8786 or by stopping by the Town Hall.

## SUMMARY REPORT ON THE STATEMENT OF REVENUES AND EXPENSES FOR THE FINANCIAL YEAR ENDING DECEMBER 31<sup>ST</sup>, 2008

Revenues amount to \$ 6 805 724 while operating expenses total \$ 5 481 681. The amount of \$ 687 017 was reserved for long term financing and \$ 624 015 was transferred to investment activities. A slight surplus of \$ 13 011 was revealed which brings the non-allocated surplus to \$ 17 101.

The Municipality recorded investments in drinking water infrastructures in the amount of \$ 4 017 351 and \$ 623 986 in road investments.

The value of the Working Capital Fund is in the amount of \$ 250 000, with only \$ 54 921 being presently allocated.

The value of the Parks and Playground Fund is in the amount of \$ 126 741 along with the Parking Fund in the amount of \$ 5 000.

The detailed report is available at [www.morinheights.com](http://www.morinheights.com)

## The Red Cross needs volunteers!

Would you like to play a vital role in your community?  
Would you like to develop and use your skills as an emergency responder?

Become a Red Cross emergency response volunteer to help victims of disaster.

Certified training is provided.

Canadian Red Cross Québec Division, 1-877-356-3226  
[volunteer@redcross.ca](mailto:volunteer@redcross.ca)



## Watering

Watering is authorized, unless otherwise specified:

For even civic numbers :

On Tuesdays and Fridays from 8 :00 p.m. to 10 :00 p.m.

For odd civic numbers :

On Wednesdays and Saturdays from 8 :00 p.m. to 10 :00 p.m.

An automatic watering system may be used between 11:00 p.m. and 1:00 a.m. the next day, from Monday to Friday.

## Québec 511 Info Transports

**Québec 511** is a new tool for information on transportation through an abbreviated 511 telephone number available everywhere in North America. It is also possible to consult Québec 511 free of charge from anywhere in North America by calling 1-888-355-0511. The purpose is to facilitate access to information on transportation, both by phone and on the Web, allowing road users to plan their trips better throughout Québec, regardless of the season. Give it a try!



## Entrepreneurial Project

If you own a business or need some advice to start, expand or consolidate your company, the Centre Local de Développement des Pays-d'en-Haut can support and help you in your entrepreneurial project.

[www.cldpdh.org](http://www.cldpdh.org)



## IMPORTANT NUMBERS

**Town Hall: 567, ch. du Village,  
Morin-Heights (Quebec) J0R 1H0**

**Departments: 450 226-3232**

Administration / Fire Prevention / Public Works  
Urbanism / Library / Recreation and Culture

Sûreté du Québec des Pays-d'en-Haut:  
**450 227-6848**

**Emergency: 9-1-1**

Fire / Police / Ambulance / Emergency Measures  
Emergency Public Works (at night)

Dog catcher: 450 227-2768

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

**E-mail: [comptabilite@morinheights.com](mailto:comptabilite@morinheights.com)**

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

[inspection@morinheights.com](mailto:inspection@morinheights.com) • [loisirs@morinheights.com](mailto:loisirs@morinheights.com)

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

[mutation@morinheights.com](mailto:mutation@morinheights.com) • [taxes@morinheights.com](mailto:taxes@morinheights.com)

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

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

## Environment Day

**Saturday, May 23, 2009 Morin-Heights Town Hall.**

There will be information on water conservation, alternatives to pesticides, composting as well as updated information for recycling at the newly expanded Ecocentre in St. Sauveur.

**Bio-Services** will be on hand to offer a special discount for well water testing for residents who have wells.

Kiosks will be on site with information and helpful tips on how to reduce your impact on the environment.

### Water Tours on Environment Day

This year, residents will be able to visit the new drinking water installations. Tours will be arranged to show the new water system controls and functioning of the drinking water system. Reservations are required as tours are limited to 15 people at a time. Please reserve at [environnement@morinheights.com](mailto:environnement@morinheights.com)

## Water Hardness Information

Over 90% of the well water in North America is classified as hard water and the Laurentians is no exception. Whereas surface water, such as a lake is normally soft water, hard water results when underground water comes into contact with rock that contains primarily calcium and/or magnesium minerals. Hard water poses no health hazard and these minerals are actually beneficial to human health.

All six municipal aqueducts are supplied with well water, and the vast majority of private residences in Morin-Heights have their own wells.

When hard water is heated the carbon dioxide evaporates and the calcium in the water precipitates into a solid. This forms as a white stain on heated surfaces such as a cooking pot, or on glassware after it has been cleaned in a dishwasher. This stain can also appear on bathroom fixtures or on car surfaces that are washed in the sunshine or crystallize on hot water heating elements.

The hot water heater is highly affected by hard water as limestone deposits will form on the heating element, thus reducing its efficiency. In every hot water heater there is also a sacrificial anode whose function is to neutralize the calcium and/or magnesium in the water. The degree of the deposit build up on the heating element and anode depends on the level of water hardness. Changing the anode from magnesium to aluminum is not recommended as it is less efficient, increases the amount of sediments in the tank, degrades quickly and can pose a health hazard.

**Note:** It is the recommendation of all water heater manufacturers to flush your water heater once a year to remove all sediments and to inspect both the heating element and anode for deposits. Failure to do so will reduce the unit's efficiency and shorten its lifespan. Hard water deposits can be removed with a chemical solution such as CLR.

## Ecocentre

Summer hours are in effect from April 1<sup>st</sup> to November 30<sup>th</sup>, 8 :15 a.m. to 11 :45 a.m. and 1 :15 p.m. to 4 :30 p.m.

A branch chipping service is available on Tuesdays and Saturdays. The first 15 minutes is free and the fee is \$30 for every 15 minutes afterwards.

In addition to regular recycling materials such as paper, cardboard, plastic and metal, the Ecocentre will accept stoves, washers, dryers, large appliances, tires, old clothes, propane containers, computer equipment as well as small electronic devices and furniture but not mattresses, sofas or rugs. The latter can be put out for regular garbage pick-up.

Hazardous domestic products and chemicals such as paint, thinner, and oil can also be disposed of, including all types of batteries, as well as compact fluorescent and neon that are not broken. Regular light bulbs are not accepted.

Construction material such as gypsum, wood, shingles, cement bricks, asphalt, and dead leaves are accepted at a cost of \$0.50 per cubic foot.

The Ecocentre is located at 2125 Jean Adam (Route 364) in St. Sauveur. Phone: 450-227-2451

Water softening units are not the answer for several reasons. Apart from the high cost of installation and maintenance, the regular backwash that is required consumes large amounts of water that can saturate your septic field. Furthermore, most softening units use sodium to soften the water which will corrode the cement in your septic tank. For these reasons the Provincial Law on septic installations prohibits their installation. From a health standpoint adding sodium to the drinking water can also be a health hazard.

For more information consult Wikipedia for hard water on the internet or visit [www.waterheaterrescue.com](http://www.waterheaterrescue.com).

## Septic Tank Emptying Reminder

The Provincial regulation states that permanent residences must empty their septic tanks every two years and seasonal residents every four years. As of January 2008, property owners must submit a receipt to the Municipality as proof of compliance and a database has been created to track the receipts. All permanent residents who did not have their tank emptied last year are **due this year**. The best time to empty a septic tank is in the spring or autumn.

## Batteries, Phones and Ink Cartridges

A new collection container has been installed inside the front lobby at City Hall to collect old batteries, cell phones and ink cartridges. A similar container will be installed at the library in the near future.



# ENVIRONMENT DEPARTMENT

## Recyc-Frigo

The new recycling program for refrigerators and freezers started last year and is working very well. Residents can call toll-free at 1-877-493-7446, or contact them on line at [www.recyc-frigo.com](http://www.recyc-frigo.com) to schedule a pick-up free of charge. Owners will receive a cheque for \$60 by mail a few weeks later.

Double your payback! You could also get a cheque by mail for \$50 for a refrigerator or \$25 for a freezer when you buy an ENERGY STAR® qualified appliance.

For more information:

<http://www.hydroquebec.com/residential/energystar/index.html>

## Environment Conferences

Once again a series of environmental conferences are scheduled for the spring. A flyer was sent out in April outlining the schedule. If you did not receive one check our web site at: [www.morinheights.com](http://www.morinheights.com).

The conferences are being held on week nights and this year's topics are:

**Septic systems:** How they function, care, maintenance and replacement.

**Composting:** How to efficiently and easily compost at home.

**Tree Care:** Trimming, pruning, spacing and identifying diseases..

**Eco-Lawns:** Lawn care without pesticides or fertilizers. How and when to Cut without raking. Special attention to waterfront properties.

# TOWN PLANNING

## Temporary winter shelters

Residents have until May 1<sup>st</sup> to remove the tarp protecting these structures and until May 15<sup>th</sup> to dismantle the structure itself, after which date a fine could be issued. This directive is in force for all temporary winter shelters, no matter where they are located on the property or what they are used for.

## Tree cutting permit

Cutting a tree on private property, (including dying and/or sick trees), requires a permit; one can be obtained beforehand by calling the Environment Department. Pruning does not require a permit. Please note that the inspector will come by to assess the validity of your request.

## Creation and function of ditches

We would like to remind residents who live on a street with ditches, that any work, including prolonging the landscaping (for ex. grass) is prohibited without a formal authorization from Public Works. Ditches are an integral part of the road's infrastructure and they are created for a specific function.

The wrong intervention with inadequate materials can cause damages to the infrastructure. In addition, ditches are generally located within the road's right of way which is the property of the Municipality.

## Pools

Since the adoption of the new town planning by-laws in September 2007, inground pools (new or existing) must be fenced or surrounded by a wall with a minimum height of 1.2 meters.

In addition, only inground and permanent above-ground pools are now authorized. All other types of above-ground pools which have to be taken down for the winter are no longer accepted (inflatable, self-supported, etc.)

If you are considering installing a pool this summer, please inquire at the Town Planning Department for the latest regulation and complete the necessary form for your certificate of authorization.

## Fences, hedges, low walls and flower beds by the road

If you wish to do any of the above-mentioned work, make sure to obtain a permit before starting. It is important to know that a minimal distance of one (1) meter from the road's right of way and the front property line must remain clear of plants, walls, fences, etc. Note that it is not necessarily calculated from the edge of the road. This distance is required mainly for snow removal operations. This also applies to garbage and recycling bins, mail boxes, sand boxes, and other similar structures. The Municipality cannot be held responsible for damages to assets if this regulatory distance is not respected.

## Culverts and private entrances

From now on, property owners looking to move a private entrance or create a new one, or install or replace a culvert, must obtain a permit beforehand. Requests must be submitted at the Town Hall. A \$500 deposit is required at the time of the request which is reimbursable once the project is completed following a final inspection by Public Works. Please note that the maintenance of the culvert is the responsibility of the property owner, who must ensure the water runs freely.



## Morin-Heights Fire Department and First Responders

### Open air fires

Anyone wishing to make an open-air fire must obtain a free burning permit beforehand at the municipal office. This document has all the instructions on how to burn safely.

### Beware of forest fires

If you live in a wooded area, you know that summertime (May to September) is the high-risk period for forest fires. Whether they originate naturally or are caused by human activity, forest fires are devastating and everyone has the responsibility to be extremely careful.

### Seasonal Dry spells

Clear the perimeter around the house by eliminating or moving away from foundations any flammable materials which may propagate fire: fire wood, dry grass and bushes, toys, etc.

- put a screen on top of the chimney and in front of all smoke conduits;
- have a hose hooked up and ready;
- if you are not on town water, have a reserve of water;
- you must prepare an evacuation plan for the whole family;
- identify a meeting place outside the home in case of a fire.

### Alarm systems

Make sure your alarm system is in working order. Most alarm systems' detection units have a ten-year life span. In 2008, more than \$ 20 000.00 was paid in firefighters' salaries to respond to emergency calls, endangering their lives, often to find out that you were only renovating your house and the detector was simply full of dust.

### Private roads & entrances

For small private roads and driveways, you have to make sure the trees are pruned at a minimum height of 12 feet by 15 feet wide to ensure that emergency vehicles can get by without being damaged – it is your equipment.

### Prevention visits

Firefighters will be stopping by during the year to check your smoke detectors, and offer advice on fire safety. You can go to Quebec's fire safety web site [www.msp.gouv.qc.ca](http://www.msp.gouv.qc.ca) for more information.

If you are interested in becoming a firefighter or first responder for your Municipality and would like to have information regarding training, contact Mr. Charles Bernard, Director of Morin-Heights Fire Department, by calling 450 226-3232, ext. 116. If you need to contact us or make a comment, e-mail: [ssi@morinheights.com](mailto:ssi@morinheights.com)

### Civic number reminder

Make sure your civic number is visible from the road, 24 hours a day, summer and winter: for your own safety. It allows emergency services to get to you quickly.

### Open House

We will be happy to see you on May 23<sup>rd</sup> for Environment and Family Day at the Fire Hall where you'll be able to meet us and see the equipment we use to respond to various situations. Come and meet the people who have your health and safety at heart. Always be cautious.



## Recycling and garbage collections calendar

MAI / MAY						
d/s	l/m	m/t	m/w	j/t	v/f	s/s
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

JUIN / JUNE						
d/s	l/m	m/t	m/w	j/t	v/f	s/s
		1	2	3	4	5
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

JUILLET / JULY						
d/s	l/m	m/t	m/w	j/t	v/f	s/s
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

AOÛT / AUGUST						
d/s	l/m	m/t	m/w	j/t	v/f	s/s
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29

 **Ordures et gros objets**  
Garbage & large items

 **Recyclage / Recycling**

 **Ordures et recyclage**  
Garbage & recycling

# SPECIAL EVENTS

## Outing to the Canadian Tulip Festival

Wednesday May 13<sup>th</sup> 2009



We will visit Lansdowne's Park and the Commissioner's Park where artists, musicians, street animators and over 300 000 tulips will dazzle you! Come and enjoy the only Tulips Festival in Canada.

### Rain or shine!

- Bus from Morin-Heights to Ottawa on a Galland deluxe bus (bathroom & comfortable seating). Two snacks are included. Bring lunch or money for lunch.
- Departure at 7:15 am and return around 6 pm  
Pick-up: Bellevue/ Basler Park, 99 Echo Road in Morin-Heights

### Inscription:

- Morin-Heights residents, 60 years old and over, can register Tuesday to Friday starting on April 7<sup>th</sup>. Proof of residency required (lease or tax bill).  
Non-resident and 55 years old and over, may register starting on April 28<sup>th</sup> if places are still available.
- Cost: 26\$. The fees must be paid in totality at the Morin-Heights Town Hall and will be completely reimbursed if the activity is cancelled by the Municipality.

Information and registration:  
Catherine 450-226-3232 ext. 102



Info Morin-Heights is printed on 100% post-consumer fiber paper.

## Celebrations Morin-Heights



Multiculturalism Day and Canada Day on June 27<sup>th</sup> 2009, from noon to midnight.

A free day of festivities for the whole family at Ski Morin Heights.

Carnival games and family activities, live music and entertainment, fireworks, and more.

Watch out for publicity.

We are looking for volunteers! We need help with site set-up and clean up and/or a variety of activities on the day. If you can give an hour, or more, please let us know.

Call at 450 226-3232, ext. 111

## Moonlight Cinema at Ski Morin-Heights

### NEW!!

On Friday July 10<sup>th</sup>, in English

On Friday July 24<sup>th</sup>, in French

The Morin-Heights Municipality in collaboration with Ski Morin-Heights is proud to present its first Moonlight Cinema! Come enjoy a pre-release (not available in stores yet) on a 9'x15' widescreen and enjoy the outdoors!

Rain or Shine!

Families welcome • General movie • Title to be announced

Doors open 30 minutes before sundown, bring a chair and a blanket.

FREE

Information : [www.morinheights.com](http://www.morinheights.com) under Calendar

## Saturday, May 23, 2009 - Rain or shine

### ENVIRONMENT AND FAMILY DAY

#### Morin-Heights Town Hall

Pick-up day for free seedlings (max. 25 per family) from 9 to 11 a.m.

Workshops for children, 10 a.m. to 2 p.m.

Registration Day for Morin-Heights Day Camp from 9 a.m. to 1 p.m.

Fire Prevention Department Open door with demonstrations  
Information Kiosks



#### Simon River Fishing Tournament

Children's initiation to trout fishing.

Children must bring fishing gear and be accompanied by an adult holding a fishing permit available at Rona H. Dagenais & Fils inc., in St-Sauveur.

Registration of participants, at Lummis Parc, on May 23<sup>rd</sup> 7 a.m. to 3 p.m.

\$ 5,00 registration fees for children

This event is made possible with the contribution of the Association de Chasse et Pêche des Laurentides.



# DAY CAMP

- For children 5\* to 13 years of age (\*5 before Oct. 1<sup>st</sup> 2009)
- Seven weeks: from June 29<sup>th</sup> to August 14<sup>th</sup>, no camp on July 1<sup>st</sup>
- Ratios of 1 counselor to 10 children ages (5-6-7), 1:12 (8-11) & 1:13 (12-13)
- Monday to Friday, from 9:00 a.m. to 4:00 p.m.
- Day care from 8:00 to 9:00 a.m. and from 4:00 to 6:00 p.m.

- Day camp located at Ski Morin Heights
- 5 outings or special activities
- Theme weeks
- Daily swimming



**OUR MISSION...** at the Morin-Heights Day Camp is to help campers develop physically, intellectually, socially and psychologically through a wide variety of fun and challenging recreational and educational experiences offered in a safe and respectful environment.

**OUR MOTTO...** Keep them coming back for more!

**SAVE BY REGISTERING ON TIME!**

**DAY CAMP REGISTRATION FEES – Before or on May 25<sup>th</sup>, 2009\***

Categories	Full Summer			WEEKLY RATES		
	1 <sup>st</sup> child	2 <sup>nd</sup> child	3 <sup>rd</sup> child	1 <sup>st</sup> child	2 <sup>nd</sup> child	3 <sup>rd</sup> child
<b>5 to 11 year olds (includes outing fees)</b>						
Resident	415 \$	345 \$	265 \$	70 \$	65 \$	60 \$
Non-resident	530 \$	465 \$	380 \$	125 \$	120 \$	115 \$
<b>12 &amp; 13 year olds (includes outing fees &amp; one extra weekly activity)</b>						
Resident	480 \$	410 \$	--	85 \$	80 \$	--
Non-resident	595 \$	525 \$	--	140 \$	135 \$	--
<b>Other services</b>						
Day Care	120 \$	100 \$	90 \$	20 \$/week	5 \$/day	
T-shirt	15 \$	12 \$	10 \$			

**NEW! REGISTRATION PERIOD FOR ALL CAMP PROGRAMS:  
MAY 22 TO MAY 25, 2009**

**Morin-Heights' residents\* & all returning 2008 campers**

Friday, May 22<sup>nd</sup> from 4:30 to 6:30 p.m. and Saturday, May 23<sup>rd</sup> from 9 to 11 a.m.

**General public**

Saturday, May 23<sup>rd</sup> from 11:15 a.m. to 1 p.m. and Monday, May 25<sup>th</sup> from noon to 5:30 p.m.

**At the Morin-Heights' Town Hall, 567, du Village**

**LATE REGISTRATIONS after May 25<sup>th</sup>:**

Day camp fees increase beginning May 26<sup>th</sup> and only weekly registration fees are available.

Spaces are limited in each age group.

Save yourself disappointment: **register on time!**

Categories	1 <sup>st</sup> child	2 <sup>nd</sup> child	3 <sup>rd</sup> child
<b>5 to 11 year olds</b>			
Resident	80 \$	75 \$	70 \$
Non-resident	135 \$	130 \$	125 \$
<b>12 &amp; 13 year olds</b>			
Resident	95 \$	90 \$	--
Non-resident	150 \$	145 \$	--
<b>Other services</b>			
Day Care	20 \$/week/child		

\* Bring tax bill or signed lease as proof of residency

**INFORMATION:** Municipality of Morin-Heights, Recreation & Culture Department, 567, du Village, Morin-Heights, Quebec, J0R 1H0.

**Phone:** 450 226-3232, ext. 111 **E-mail:** camp@morinheights.com

Prior to registrations verify [www.morinheights.com](http://www.morinheights.com), under Municipality/Recreation and Culture/Day camp for further Camp information.

**NEW! Leadership-in-Training Program (L.I.T.)  
(Formally called the CIT program)**

**For 14\* & 15 years old**

Redesigned in line with the YMCA's Teen Leadership Training Program for camps, the new LIT program will help teens develop leadership skills which they will use throughout their lives to assist themselves and others in identifying and achieving their goals.

The three main components of this program are:

- Helping participants figure out what good leaders do and say
- Practising good leadership skills
- Having fun along the way

Monday to Friday, 9 am to 4 pm with two choices of camp dates offered:

**Group 1-** July 6<sup>th</sup> to July 24<sup>th</sup> - **Group 2-** July 27<sup>th</sup> to August 14<sup>th</sup>

Cost: Resident: \$ 200 Non-resident: \$ 250 \*Must be 14 by October 1<sup>st</sup>, 2009

This program is required to apply to the Junior-Counsellor Program, where selected participants will complete their training by learning skills for leading children.

# POOL AND TENNIS

## POOL AND TENNIS SEASON PASSES SKI MORIN HEIGHTS 2008

The Recreation and Culture Office and Ski Morin Heights are pleased to offer reduced rates to Morin Height residents for summer pool and tennis passes.

### RATES POOL AND TENNIS MEMBERSHIPS

CATEGORIES	RATES
Adults	25 \$
Youth (from 6 to 12 years old)*	15 \$
Seniors (60 years old and over)	15 \$
Family pass (from same family)	60 \$
	plus taxes

\* Children under 13 must be accompanied by an adult.

Full-time campers in Morin-Heights Day Camp are entitled to a regular free summer pass, valid until juin 29<sup>th</sup>.

### SCHEDULES\*\*

#### POOL SCHEDULE

From June 24 to August 16<sup>th</sup> and  
22, 23, 29, 30, 2009:

10 a.m. to 7 p.m.	Monday to Friday
9 a.m. to 7 p.m.	Weekends and Holidays (June 24 <sup>th</sup> and July 1 <sup>st</sup> )

#### NEW

#### TENNIS SCHEDULE

Friday, Saturday and Sunday  
From June 24 to September 13<sup>th</sup> 2009  
and upon reservation :

from 9 a.m. to 10 p.m. – Seven (7) days a week,  
evening reservations before 5:30 p.m.

For tennis court reservation, please phone: 450 226-1515

\*\* The swimming pool is shared with day camp swimming lessons Monday to Friday from 10 a.m. to 12 p.m.

Limited access to the pool will be available to the public on weekdays.

Swimming pool and tennis courts will occasionally be reserved for private groups. Please consult the weekly schedules for pool and court availability.

**Note:** Swimming pool and tennis courts will be closed on rainy days.

## RESIDENT PASSES MUST BE PURCHASED AT SKI MORIN-HEIGHTS

#### BRING WITH YOU FOR REGISTRATION:

- ✓ Proof of your Morin Heights residence (tax bill or lease).
- ✓ Full payment by cheque.
- ✓ Photo (snap shot) for each pass holder.

FOR INFORMATION: Ski Morin-Heights: 450-226-1515



## Library

The Municipal Library is located at 823, Village Road and is run by volunteers.

#### Opening hours:

Tuesday and Thursday: from 1 p.m. to 4 p.m.

Wednesdays: from 10 a.m. to noon and 2 p.m. to 4 p.m.

Friday: from 7 p.m. to 9 p.m.

Saturday: from 10 a.m. to 2 p.m.

Sunday: from 11 a.m. to 1 p.m.

N.B.: Library is closed on civic holidays.

Information: 450 226-3232, ext. 124

The **Children's Story Hour** will continue to take place every Wednesday at 10 a.m. at the Library. Kathy Weary, Michelle and Terry Ryan, and Eva Wilkinson will be our hosts this season.

#### Novels

J. Patterson Run For Your Life  
A. Shreve Testimony  
J. Grisham The Associate  
D. Baldacci Divine Justice  
V. Flynn Extreme Measures  
W. Lamb The Hour I First Believed  
G. Martenson Three Cups of Tea  
R. Rendell Portobello  
P. D. James The Private Patient  
P. Cornwell Scarpetta

#### NEW

#### Non-fiction

H. Bashir Tears of The Desert  
T. Grescoe Bottomfeeder  
A. Merrifield The Wisdom of Donkeys  
J. Rosen The Life of The Skies  
D. Davies Secret History of The War On Cancer  
M-H. Rubio Lucy Maud Montgomery: The Gift of Wings

# SPORTING ACTIVITIES

## Viking Canoe-Kayak Club

Come paddle with us or train in a canoe, kayak and/or dragon-boat this summer! The Club is located at the Montfort Pavilion and offers instruction by certified coaches on week nights from mid-June to September to paddlers of all abilities. Day camps are also available.

For more info: [www.canoekayakviking.ca](http://www.canoekayakviking.ca)

## Les Coureurs des Bois Group

Cycling outings on trails mainly in the Laurentians, from May to July 2009.

Starting in August, mountain hiking in the Laurentians, variable difficulty levels.

These activities are offered to adults and seniors; annual contribution of \$ 5.

Every Tuesday, 10 a.m.

Information: Murielle St-Germain 450-226-7142 or [m.stgermain@cgocable.ca](mailto:m.stgermain@cgocable.ca)

## Seniors' Fitness Day

Ste-Marguerite-du-Lac-Masson, host this year of this event, will present this activity on Wednesday, June 17. Pétanque, historical walking, tennis and billiards, will all take place at the Recreation Center between 10:30 a.m. and 4 p.m. Possibility of transportation to be confirmed.

Information: Catherine Maillé 450-226-3232 ext. 102

## Football Club Morin-Heights (Soccer Club)

**Office:** 601, route 364, Morin-Heights  
**Phone:** 450 226-0011 • **Fax:** 450 226-3811

**Office hours:** Tuesday to Friday 10 a.m. to 2 p.m.

Visit our website:  
[www.fcmorinheights.com](http://www.fcmorinheights.com) or  
e-mail us at: [soccer@fcmorinheights.com](mailto:soccer@fcmorinheights.com)



Everyone welcome (players, referees, parents, volunteers, sponsors, etc.)

## Volleyball

Adults and youth, 16 years and older, are invited to join our recreation group of volleyball players.

Morin Heights Elementary School

Tuesdays 7pm to 8pm

Spring session: Begins April 7<sup>th</sup> for 11 weeks

Minimum of 12 players

40\$/ Resident - 45\$/ Non-resident, taxes included

**Registration policy:** Town Hall office during office hours

You may also register by dropping an envelope containing your name, address, telephone number and e-mail and your cheque for the exact amount, in the mail box at the door of the Town Hall.

Information: Catherine 450-226-3232, ext. 102

# CULTURAL ACTIVITIES

## Arts Morin-Heights exposition

Arts Morin-Heights invites you to its summer exposition at the Morin-Heights Town Hall, from July 17<sup>th</sup> to the 26<sup>th</sup>. Free admission.

Vernissage: Friday, July 17<sup>th</sup>, 6:30 p.m. to 9 p.m.

Exposition: July 18<sup>th</sup> to 26<sup>th</sup>, between 11 a.m. and 4 p.m.

Information: 450-226-1043, [dgphil@hotmail.com](mailto:dgphil@hotmail.com)

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

## Laurentian Reading Club

The Laurentian Reading Club meets monthly for lively discussions about books and reading.

Information: Eileen Meillon 450-226-6904

## University for the Golden Age

University for the Golden Age has finally arrived in Morin-Heights! We invite you to express your opinion about the classes that interest you! Classes are 2 hours and 30 minutes long, mornings or afternoons. The suggested weekdays are Monday, Tuesday and Friday.

- The World's Great Gardens
- Astronomy
- The History of the USA
- Initiation to French
- Writing Workshop
- The World of Wine, etc.

I am waiting to hear your opinion!

Information: Catherine 450-226-3232 ext. 102

## NEXT INFO MORIN-HEIGHTS

The fall edition is scheduled for distribution September 1<sup>st</sup>, 2009.

Deadline for submission of articles: July 15<sup>th</sup>, 2009.

This edition will cover the period between September 1<sup>st</sup>, 2009 and the end of December 1<sup>st</sup>, 2009.

Please send your information to Karyne Bergeron by e-mail at [bulletin@morinheights.com](mailto:bulletin@morinheights.com) or at the Municipal Town Hall.



# COMMUNITY ACTIVITIES

## Royal Canadian Legion Branch 171

Saturday, May 9	Mother's Day Supper at 6 p.m.
Saturday, May 16	Flea Market
Saturday, May 30	Legion Golf Tournament & Supper
Saturday, June 13	Italian Night at 6 p.m.
Saturday, June 20	Flea Market
Saturday, June 27	Canada Day Steak Supper
Saturday, July 25	Barney's Famous Roast Beef On The Spit at 6 p.m.
Saturday, August 1	Flea Market
Saturday, August 15	Gerry Hecklinger's Golf Tournament & Steak Supper
Saturday, September 5	Labour Day Steak Supper at 6 p.m.
Sunday, September 6	Children's Field day at 1 p.m.
Saturday, September 12	Flea Market

Information : 450 226-2213 (afternoon)

## Senior Citizen's Heritage Club

The Senior Citizen's Heritage Club organizes day outings and longer trips for members and non members.

Every first Wednesday of the month, the Club also organizes a Military Whist at 1 p.m. at the Town Hall's Community Centre. We welcome new members.

\$ 3,00  
All welcome.

Information / Reservations and trip schedule:  
Muriel Scofield: 450 229-3660  
Isabel Ellis: 450-226-8882



## COURSE DESCRIPTIONS (COURSE SCHEDULE ON PAGE 13)

### Vinyasa Hatha Yoga (beginner, intermediate)

One hour 15 minutes of Vinyasa Yoga Flow to cultivate breathing, suppleness and integration with self. Experience deep relaxation and well-being. Transform your life for the better.

### Fresh Air Cardio (Spring session)

Enjoy your exercise out of doors. One hour and 15 minutes of combined cardiovascular and strength training on the Aerobic Corridor in Morin Heights.

It's a go - good or inclement weather!

### Cardio Tai Chi

A low impact cardiovascular routine inspired by Tai Chi movements. Improve your endurance, balance and flexibility. Get into the body mind flow.

### Restorative Exercise

A restorative exercise program for both men and women. Great for older adults who are more fragile or who are recovering from illness or injury. Relieve your aches and pains. Develop your body awareness and augment your vital energy! Simple, effective and safe exercises in a joyful and relaxing atmosphere.

### Tai Chi Chuan

Learn and practice Wu Style Tai Chi Chuan for body and mind harmony and to maintain good health.

Spring session from April 4<sup>th</sup> to June 27<sup>th</sup> (except May 30<sup>th</sup>)

### Combo 50 + (beginner, intermediate)

Improve your posture, balance, flexibility and strength through a series of exercises including weight training and low impact cardiovascular routines. The class is given in a non-competitive and joyful environment with great music.

An overall fitness approach which helps to prevent the onset of chronic disease, eliminate pain and build functional strength.

### Body Sculpt (intermediate) NEW!

Total body toning using body weight, resistance materials, balance and stabilisation exercises.

Become empowered and energized to good music and good fun.

### Body Mind Centering (intermediate) NEW!

A process oriented class in which we learn a sequence created by Bonnie Bainbridge Cohen called the "Developmental Movements". This sequence retraces the evolution of movement from birth to walking. A profound experience which reconnects us to the foundational patterns which support body/mind integration, power and grace.

### Yoga and Spiritual Teaching

An experience in Hatha Yoga, meditation, and spiritual teaching by Louise Bloom Spunt.

Participants are also welcome to join a women's spiritual group which meets intermittently.

## Stretch and Strengthen

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

## Gentle Yoga

Yoga for stiff and injured bodies. Exercises and breathing to mobilize joints, stretch and strengthen muscles and relax the mind. Individual attention in an atmosphere of non judgment and humour.

From May 7<sup>th</sup> to June 25<sup>th</sup>

By Donna Berry

## Karate

For youth 5 years and over and adults of all ages. Develop concentration, respect, confidence and increase your physical fitness. Gives children tools to avoid bullying.

Fridays - Youth 6 to 7 p.m.

Adults 7 to 8:30 p.m.

The cost depends on the duration of registration (1, 3, 5 or 10 months).

Until June

## Retro Dances and Work Out Dance

Choreographies: Disco, Bump, Hustle, Twist, Conga, Macarena, Frug, Mashed-Potato.

Also aerobic and low-impact exercises which work all the muscle groups and articulations.

## The Laurentian Classical Ballet Conservatory

Courses are taught with respect to students' individual physical aptitudes and age. Each level has their own set of objectives and requirements. These classes are an excellent way of staying fit while developing ones artistic talent.

Start date: January 18<sup>th</sup> until June 2009

Classes Offered:

Creative Dance	3 - 5 years (1/wk)
Ballet - Beginner	6 - 7 years (1/wk)
Ballet -Grade 1	8 - 9 years (1/wk)
Ballet -Grade 2	10 -12 years (2/wk)
Ballet -teenager	13 years & over (2/wk)
Ballet -Adult	18 years & over (1 /wk)
Medieval Dances	Adult (1/wk)

Information/ Registration: Mrs. Isabeau 514-608-3381

## Qi Gong

A traditional Chinese exercise which uses breathing, concentration and movement to improve the flow of vital energy and calm the body and mind. Improve the flexibility of your tendons and ligaments, stimulate your vital functions and strengthen your muscles (legs, back, arms). We will learn a sequence of 18 movements.

## Aerobics

Get into shape this fall with 30 minutes of cardio and 30 minutes of strengthening.

Good music, good fun.

## Weight Loss Challenge NEW!

10 weeks program; weekly nutrition and lifestyle class, free personal coaching and average prize pot payout for top 3 winners! For all ages. After the first 12 weeks program, the 10 participants have loss 117 lbs!

Challenge succeed!

Starts on April 20<sup>th</sup> to June 22<sup>nd</sup>.

## Drawing and painting

Promote the development of the right side of the brain while improving your capacity of observation and appreciating of life around you. For adolescents and young adults.

## Scottish Highland Dance

Traditional Scottish Highland dance for children 6 years of age and older.

## La Fouillerie de Morin-Heights

Open 7 days a week!

Sponsored by "Le Garde-Manger des Pays-d'en-Haut", La Fouillerie de Morin-Heights, 148, Watchorn Road still offers to the population a service of gathering and distribution of used clothes, toys, and decorations etc., at really low prices, and that, seven days a week.

We invite the population to continue bringing us those articles still usable, during our opening hours. Due to a lack of space, we cannot accept furniture nor other big or non-recyclable things (like computers or computer screens).

Thanks for your support and understanding.

Patricia Plante (450) 226-2844

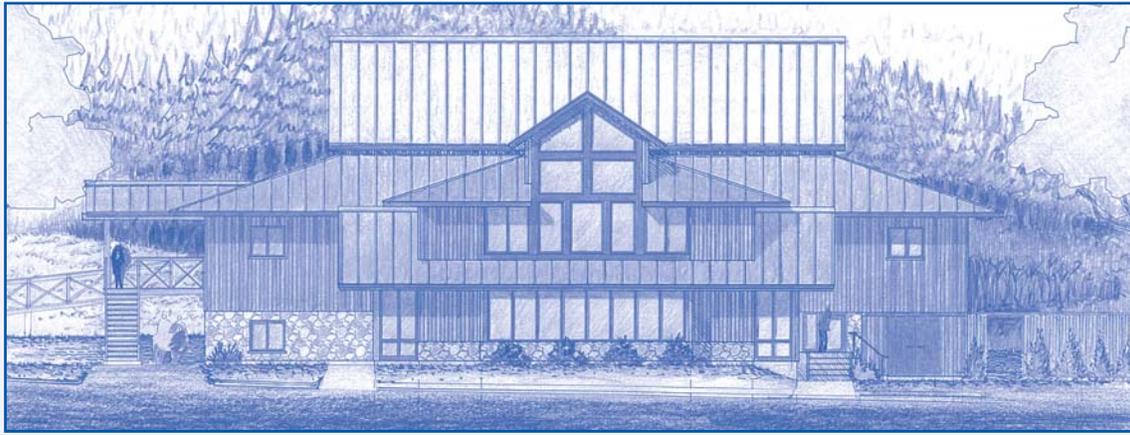
From Monday to Sunday, 9 a.m. to 4 p.m.

# COURSE SCHEDULE (COURSE DESCRIPTIONS ON PAGE 11 AND 12)

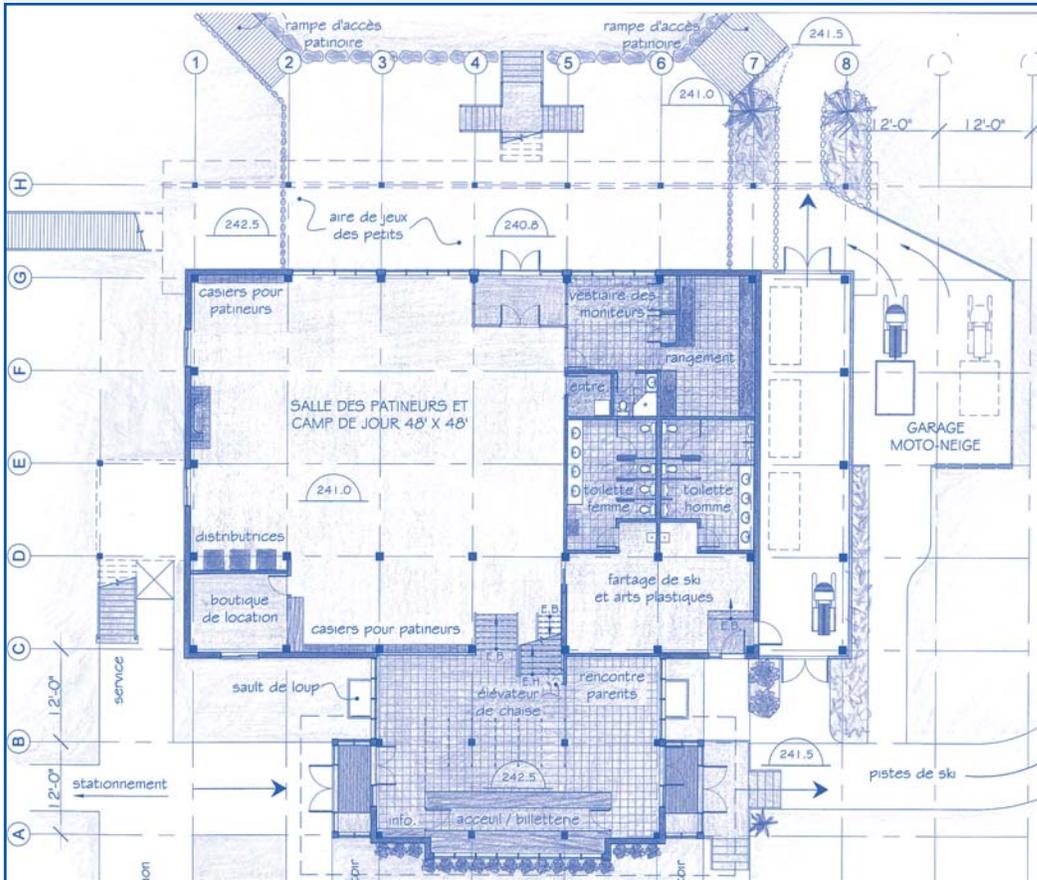
Courses / Location	Rates		Schedule	Instructors	Information & regist.
Body Sculpt (New) / Community Hall	R: \$133	NR: \$133	Monday 9:30am to 10:30am	Lisa McLellan	450-530-3920
Cardio Tai Chi / Lummis Park			Monday 10:45am to 11:45am		
Combo 50+ / Community Hall			Tuesday 9:30am à 10:30am		
Hatha Yoga / Community Hall			Tuesday 1pm to 2:30pm		
Stretch and Strengthen / Community Hall			Wednesday 9:15am to 10:30am		
Bodymind Centering (New) / Community Hall			Wednesday 11am to noon		
Stretch and Strengthen / Community Hall			Wednesday 5:15pm to 6:15pm		
Combo 50+ / Community Hall			Thursday 9:30am à 10:30am		
Yoga I / Community Hall			Thursday 6pm to 7:15pm		
Yoga II / Community Hall			Thursday 7:30pm to 8:45pm		
Qi Gong / Lummis Park			Friday 9:45am to 10:45am		
Restorative Exercise / Community Hall		Friday 11am to noon			
Weight Loss Challenge / Community Hall	R: \$35	NR: \$35	Monday Noon to 1:30pm	Suzie Bureau	450-226-8847
Yoga and Spiritual Teaching / Community Hall			Monday 6pm to 7:30pm	Louise Bloom Spunt	450-226-5341
Outdoors Cardio Workout (New) / Aerobic Corridor	R: \$133	NR: \$133	Tuesday 9:15am to 10:30am	Stéphanie Morneau	450-530-3920
Aerobics, inter. / Community Hall			Tuesday 6:30pm to 7:30pm		
Gentle yoga / Community Hall	R: \$85	NR: \$90	Thursday 10:45am to noon	Donna Berry	450-226-1311
Karate / Community Hall	annual fees		Friday 6pm to 8:30pm	Shihan Gilles Labelle	450-432-4570
Tai Chi / Community Hall	R: \$130	NR: \$135	Saturday 9am à 10:30am	Robert Lee	450-227-8829
Drawing and Painting / Community Hall	Free		Saturday 4pm to 6pm	Ronald Marleau	514-212-3658
Ballet for Kids / Community Hall	annual fees		Sunday 9:15am to noon	Isabeau	514-608-3381
Ballet for Kids / Community Hall			Sunday 12:15pm to 1:15pm		
Ballet for Kids / Community Hall			Sunday 2:30pm to 4pm		
Ballet for Teenagers / Community Hall			Tuesday 8pm to 9:30 pm		
Scottish Highland Dance / Community Hall	annual fees		Sunday 4pm to 5:30pm	Heather McNabb	514-486-3480
Retro Dances and Work Out Dance / Community Hall	R: \$20 per class		Sunday 7pm to 8:30pm	Holly Byers	450-226-7892

**R** = resident - **NR** = Non-resident

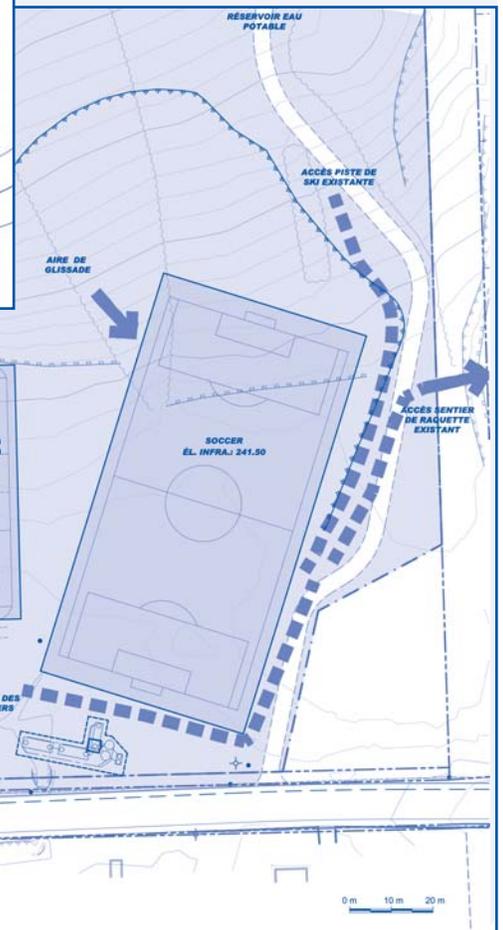
# BASLER PARK / LE PARC BASLER



Chalet



Plan du site / Site plan



Pour consulter les plans plus en détail, visitez le : [www.morinheights.com](http://www.morinheights.com)

To consult the plan in more detail, visit: [www.morinheights.com](http://www.morinheights.com)