



MORIN-HEIGHTS
1855

Info Morin-Heights

In harmony with nature!

Spring-Summer 2011 - Vol. 14, no 2

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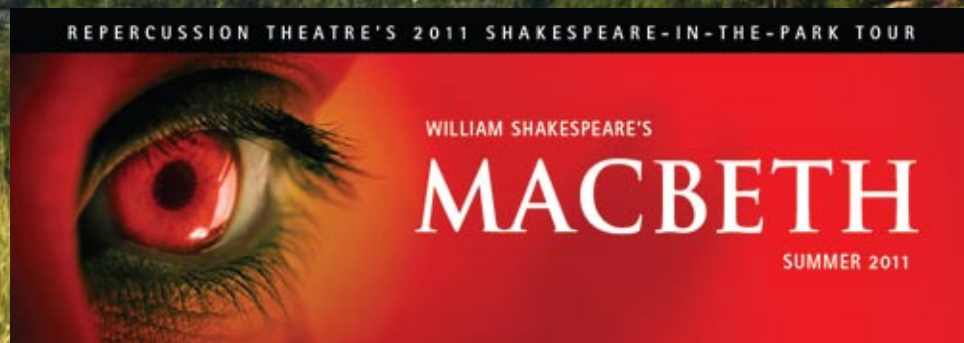
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This summer, the Municipality of Morin-Heights has invited Montreal's Repercussion Theatre to present William Shakespeare's great tragedy, "**Macbeth**", at the Mont Bellevue site (99, Lac Echo Road). This professional production will be performed on **August 13th, at 4 pm**. It will be the only performance in the Laurentians.

Shakespeare-in-the-Park is a summer event renowned for almost 25 years. The play is presented in English, but it is visually dynamic which makes it accessible and captivating for all. This activity is free and open to everyone; we suggest your bring a chair and a parasol. In case of rain, the play will be presented at St-Eugene Church (148, Watchorn Rd.).

Information: 450 226-3232, ext. 102



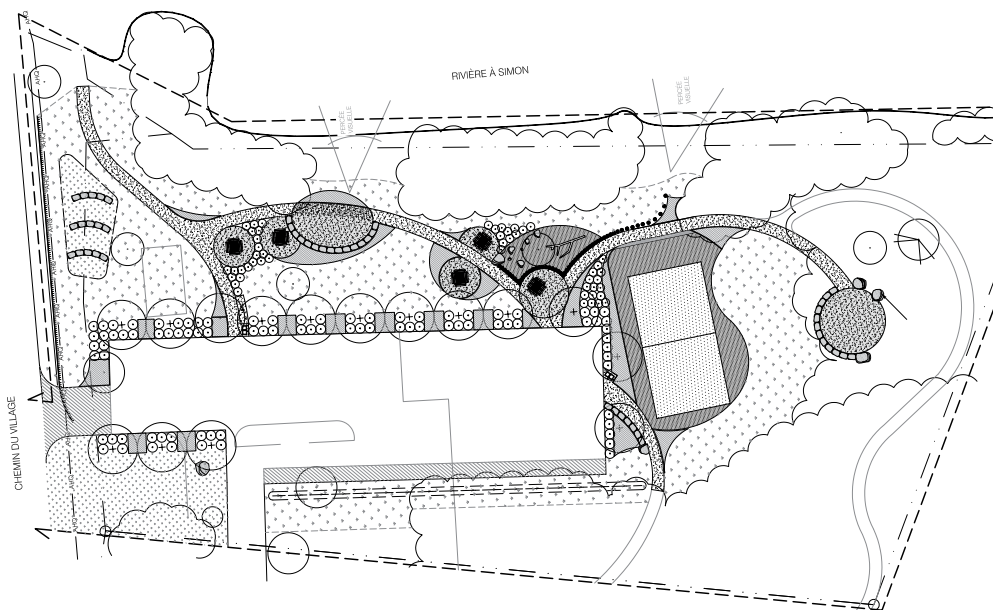
News from the Mayor

My fellow citizens,

The summer season is quickly approaching and the Municipality looks forward to getting many projects underway.

Here is a summary:

- This spring, we will begin the landscaping of Lummis Park with the granting of a contract for the restoration of the banks and plantation. This project will spread out over many years and provides for the replacement of the park equipment, repairs to the volleyball field, relocation of the park's entrance in order to make it safer and the development of natural trails (See attached plan. A detailed version will soon be available on our municipal website).



- Our Annual Fishing Tournament, in cooperation with the *Association chasse et pêche des Laurentides*, will be held in Lummis Park and we invite families to participate.
- The repair work to the soccer field will be on-going with the installation of a fence around the perimeter (to deter vandalism), the installation of an automatic sprinkling system and the purchase of removable nets to allow for easier repairs to goal zones. The costs of these projects will be equally shared with the Sir Wilfrid Laurier School Board.
- The Municipality will proceed with the development of a community garden near *Château des Aînés* (Bellevue Road). This pilot project organized by Councilor Leigh MacLeod will benefit everyone: our community's seniors, youth as well as families, as it will be combined with the school's composting activities. This project will promote interactions between gardeners of all ages. We invite anyone interested in this project to contact the Municipality (see page 6), as a coordination meeting will be organized for the month of May. (continued on page 3)

Blood Drive



Each single donation saves multiples lives. Only 3% of the population of Quebecers who are eligible to donate blood actually give this gift of life. Every 80 seconds someone needs blood in Québec. The maintenance of the collective blood supply depends entirely on the generosity of people who care about sharing the priceless gift of good health.

Give blood. Give life.

Our blood drive will take place on **Monday, August 8th, 2011**, from 1 to 7:30 pm, at the Fire Station located behind the Town Hall, at 567, Village Road.

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

Le P'tit Train du Nord

The "P'tit Train du Nord" Linear Park Corporation invites all citizens, elected representatives and users of the linear park to a spring duty in a perspective of consultation and preservation. On **Sunday June 5**, World Environment Day, the theme of the day will be "*Mon Parc linéaire, j'en prends soin*" ("I Care About My Linear Park"). We hope this community gathering becomes a tradition. Gathering point will be at kilometre zero (50, Lac Echo Road) of the Aerobic Corridor.

Information:

www.laurentides.com/parclineaire



Laurentians Intermunicipal Public Transportation (TCIL)

A RESPONSIBLE AND ECONOMICAL
WAY TO COMMUTE

Between Saint-Jérôme and Mont-Tremblant, up to 20 bus circuits are available every day plus 9 taxibus circuits offering service to neighbouring municipalities, morning and evening, Monday through Friday.

For information: www.tcil.qc.ca

877 604-3377 or 819 681-3377

SPCA: Gimme shelter cocktail-auction 2011

• **When:**

Saturday, May 7,
from 5:30 to 10 pm

• **Where:**

Ski Morin Heights
231, Bennett

• **How much:** \$60 per ticket (includes hors-d'œuvres and drinks)

• **Why:** for the great deals, the gastronomic event and the entertainment, but above all for the love of the animals!



For the SPCA Laurentides-Labelle, 2011 marks the 26th anniversary; the 6th edition of their cocktail-auction will be held under the honorary presidency of actress Patricia Tulasne and Gourmet du Village's owner, Mike Tott. You are all invited to the cocktail-auction which this year's theme is "Gimme Shelter".

Donations in articles or services for the auction are welcome. Also money donations are always needed to support the SPCA activities.

For more information:

SPCA Laurentides-Labelle

Telephone: 819 326-4059 or

1 866 960-7722 (toll free)

E-mail: gala2010@spcall.ca

Web Site: www.spcall.ca

News from the Mayor (continued)

• This year, the Arts Morin-Heights' Exhibition will be held in the large room at the Saint-Eugène Parish Hall (148, Watchorn, from July 15th to 24). Year after year, I am impressed by our artists' talents and I believe that you will be too.

• There will be major changes to this year's Seniors' party which will be held, as always, in August. The Municipality, along with Repercussion Theatre of Montreal, will present "**Macbeth**", under the stars, on the Mont Bellevue site (99, Lac Echo Rd). Seniors will enjoy the play from the VIP section. This presentation is open to everyone and we invite the citizens of Morin-Heights as well as anyone from neighbouring municipalities to attend the only performance to be held in the Laurentians.

• The Public Works Department will be very busy with the following:

-Repairs and paving of the Doral area

-Paving of Dwight road

-Repairs to a section of Kirkpatrick road

-Repairs to a section of Village road

-Repairs to a section of Clover Leaf road

-Repairs to a section of Campbell road

-Repairs to a section of Salzbourg road

-Replacement of the pipes on the Alpino aqueduct

We appreciate your patience when travelling near these worksites as we are working for you.

• Our major summer activity remains the Canada Day activities and we invite you to join us for this celebration at Ski Morin Heights on July 1st.

I have recently been elected President of the *Garde-Manger des Pays-d'en-Haut* pursuant to a great year sitting on the board of directors. This organization ensures food access to anyone residing on the MRC's territory. More than 21,000 boxes of food, meals and school lunches were delivered in 2010. Poverty exists throughout our territory even if it is less apparent. I am committed to supporting and promoting the *Garde-Manger's* financing activities in order to fulfill their mission. I ask the population of Morin-Heights to be generous at the time of the 2011 food drive to be held in December.

In closing, I would like to remind you that your participation in community and municipal life is crucial. The success of our activities depends on it. Step up and make a difference!

Yours truly,

Tim Watchorn, eng.

Mayor of Morin-Heights



Environment and Family Day

At the Town Hall, 567, Village Road

Saturday May 28, 2011

Rain or shine!

- Pick-up day for free tree seedlings from 9 to 11 am;
- Éducazoo and their amazing animals by 8 am;
- Municipal day-care and bus shuttle registrations and a Tamaracouta information booth, from 9 to 11 am;
- La Rochelle preschool kiosk;
- Fire Prevention Department Open House: come see the equipment we use to respond to emergencies and meet the people who have your health and safety at heart;
- Various information kiosks: Pépinière rustique, green products, composting, Corro-Protec (water heater protection);
- Water testing by Bio-Services until 11 am.

Free tree seedlings

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 landscaping 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 per family) starting at 9 am.

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

Those citizens who wish to reserve more than 25 seedlings for a specific planting project on their property, are invited to put in a request before May 28th, at the Town Hall, Monday to Friday, 8:30 am to noon and 1 to 4:30 pm or by e-mail at: environnement@morinheights.com. Distribution will be made according to the availability of seedlings on May 30.



Héma-Québec Mobile Unit Blood Drive

Héma-Québec needs over 1,000 donations every day of the year. Please be generous and give an hour of your time and the gift of LIFE.

Only 40 places available by appointment only!

Please call Tania or Niki Courte at 450-226-2515 to schedule your appointment.

Call Info Collecte at 1-800-847-2525 for any donor eligibility questions you may have.

Monday, May 2
from 13:00 to 16:30 and
from 17:30 to 20:00

Refreshments served



MegaWatt
636, Route 364
Morin-Heights

The 10th Mayor's Golf Tournament

The Mayor's Golf Tournament raises funds to support local community groups. The 10th edition will be held at the Lachute Golf Club on Tuesday, August 30th. The Mayor warmly invites you. Many community groups have been funded by the tournament in the last few years and their needs are still a reality.

To register your foursome or to make a donation, contact Karyne Bergeron at **450 226-3232, ext. 111** or at bulletin@morinheights.com.



Prix littéraire de la Relève Archambault

(Archambault Upcoming Literary Talent)

Congratulations to Mr. Guy Mouton, Morin-Heights resident, whose novel "*Confidences en trompe-l'oeil*" was selected as one of the nine finalists for the *Prix de la Relève* 2011, part of book-seller Archambault's 11th Grands Prix Littéraires. The selected winner will be announced shortly. The list of finalists is available on this web site: <http://archambault.ca/grand-prix-litteraire-releve/>.



Le Tour du Courage

Do not miss the second edition of the **Tour du Courage PROCURE**, a cycling event taking place over two days, June 18th and 19th. Join us in the fight against prostate cancer.

Just like last year, the first day of the event will take place in Morin-Heights and neighbouring municipalities.

To find out all the details, to register or make a donation, visit www.tourducourage.com.



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News

Our Morin-Heights' Athletes

2011 Haywood Ski Nationals

Morin-Heights' cross-country skier, Olivia Bouffard-Nesbitt, 18, was crowned **canadian junior champion** at Haywood Ski Nationals last March in Canmore, Alberta. Olivia took part in four races in which she won a gold medal (10 km classic), a silver (20 km free), a bronze (1200 m sprint classic) as well as a 5th place (5 km free), which earned her first place on the championship cumulative results!



Congratulations Olivia, we salute your achievement and encourage your efforts!

Canada Games

Young Olivia Bouffard-Nesbitt also distinguished herself at the 2011 Canada Games in Halifax, last February.

She took part in four different competitions and was able to collect a 5th place for the 1000 m sprint classic, thereby ranking as the best Quebec participant. Olivia also won a silver medal at the sprint relay (4 X 3,75 km).



Olivia presently resides in British Columbia where she trains at the Callaghan Valley National Training Centre.

Quebec Games

We also wish to congratulate brothers Charles and Olivier Lavoie. They participated in the latest Quebec Games in Beauharnois / Sallaberry-de-Valleyfield as members of the men's handball team representing the Laurentians region.



Olivia can be seen on the left



© Bill Thompson



Environment

Fleurs du Québec

Morin-Heights received three *fleurs* last year and will be re-evaluated in three years to see if it merits a fourth fleuron. The Municipality is encouraging all landowners to use horticulture to embellish their property and is embarking on a three-year plan to improve public green spaces.

The first major project will be phase 1 of the re-landscaping of Lummis Park which will begin this spring. Plans include re-designing the parking lot, creating more bench space, upgrading the volleyball area and re-constructing the walkways in a more elegant and durable fashion.

Another project this spring will be the redesigning of the intersection of Route 364 and Village road by the MTQ which will include the installation of a 400m highway divider. Plans include landscaping the divider in a manner to beautify but minimize the maintenance of this area.

Also in the plans is the re-landscaping of the corner of Village road and the IGA where the parking lot was extended last autumn. This will occur once the MTQ has completed its work.

Gardening Committee Volunteers Needed

The Environment Department is looking for volunteers to help with a variety of landscaping projects throughout our municipality. Morin-Heights is noted for having many beautiful private gardens and the expertise of these gardeners would be most welcome.

There are three classes of volunteers being sought:

- creators and consultants: people with a flair for design and concept;
- donators of plants: people with gardens who are willing to provide plants for different projects;
- and planters: people who want to physically work on the project.

Volunteers may belong to more than one category if they so wish.

Please contact James Jackson at **450 226-3232, ext. 114** or at **environnement@morinheights.com**.

Town Planning

Temporary winter shelters

Residents have until May 1st to remove the tarp covering the frame and until May 15th 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.

New rules regarding residential pool safety

On June 23rd, 2010, the Quebec government adopted new legislation regarding residential pool safety which came into force on July 22nd, 2010. This law aims mainly at protecting access to residential pools to reduce risks of deaths by drowning, particularly of children under 5 years of age. According to the new law, municipalities have the responsibility to make sure this new regulation is enforced; Council has adopted a modifying by-law in order to adjust the provisions of the zoning by-law.

If you are planning to put in a new pool this summer, please consult draft by-law number 482 on our website or at the Town Hall to become familiar with it and find out which documents you need to submit along with your permit request. For lots serviced by one of the municipal water networks, an additional water tax of \$287 per year will be added to your tax bill.

Culverts and private entrances

Property owners looking to create or move a private entrance, install or replace a culvert must obtain a permit beforehand. Requests must be submitted at the Town Hall. A \$500 deposit is required at the time of the request, which is reimbursable once the project is completed by the owner, inspected and approved 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 in the ditch.

Ditches - layout and purpose

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



a specific purpose. The wrong intervention with inadequate materials can cause damage to the infrastructure. In addition, ditches are generally located within the road's right of way, which is the property of the Municipality. We recommend to owners to leave the vegetation in its natural state, as established in the ditch, and suggest that you read the text to this effect in the Environment section of the web site.

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

Are you planning to landscape this summer near the road? Are you thinking about installing a fence, erecting a wall, or planting a hedge or a tree in front of your property? Make sure you ask if a permit is required. **Only grass is permitted in the first meter inside your front property line;** nothing else can be installed or planted in that first meter.

This road's right of way must remain clear of plants, trees, walls, fences, etc., mainly to allow 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.

Tree cutting permits

Cutting a tree on private property, (including dying and/or sick trees), requires a permit; one can be obtained for free, 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.

Reminder regarding erosion control

In the summer of 2010, new provisions regarding erosion control during excavation work were added to the zoning by-law, following the adoption of a new *MRC des Pays-d'en-Haut* regional regulation.

From now on, for all excavation work or any type of work, landscaping and other work requiring soil alteration, the people responsible for carrying out the work will have to use the necessary measures in order to avoid transporting any sediment outside the work site, particularly in the protected zone along the shoreline of lakes, waterways, and ditches. An information flyer published by the MRC is available at the Town Hall.

Environment (continued)

Echo Ridge Park

Negotiations are underway for the transfer of 31 acres of land to the municipality from a group of environmentally concerned citizens who want to have this land protected in perpetuity. The land is part of the Lac Echo watershed and was purchased by a group of citizens to protect it from development and help protect the lake, and will hence be called Echo Ridge Park. The land will become a park with a minimum of intervention, the most notable being the formalizing of the existing trails that pass along the property. To preserve the park's natural character, there will only be a walk-in access via the trail network, through the Triangle trail.

This extraordinary generous gift to the municipality is a great example of the environmental concern of its citizens, and will become part of the 8.8% of the territory now protected as green space within the municipality.

More details will be forthcoming once the transfer is completed.

Tree Care

Your trees add beauty and value to your property and play a critical role within the environment turning carbon dioxide into oxygen. Landowners should closely examine their trees at least twice a year to check the state of their health. Diseased or dead limbs should be removed and severely damaged trees pruned to help in their recovery.

Dead trees and trees in the advanced stages of dying should be removed for security reasons, while diseased trees should be cut and burnt to help prevent the spread of the disease.

Presently a variety of diseases in the area are affecting elm, ash, white birch and trembling aspen. In the case of white birch, the trees start dying from the crown down, while large black patches of fungus appearing on aspen are a clear sign of disease. Also notify the municipality if you notice any major insect infestations, particularly the presence of the emerald ash borer on ash trees or the Asian long horn beetle on maple trees. Their presence needs to be reported to the MNRF immediately.

When planting trees, think long term as many trees will grow a foot a year until maturity. Plant trees at least 10 feet away from the foundation, hydro wires and septic fields. Think long term by trying to visualize a mature tree in the spot where you plan to plant. Use the 1-2-3 m rule when planting or thinning trees. At least 1 m apart for very young trees, after 5-10 years, the distance should be 2 m between trees and after 10 years, 3 m. This ensures that tree branches will fully develop and create a balanced and healthy tree.

Tree permits are required for cutting any standing tree whose trunk is a minimum of 10 cm in diameter at 1 m above the ground. An inspection is required beforehand but permits are free when granted.

Garden Photos for our website

The Municipality would like to show some of the magnificent private gardens that exist in the village. If you would like to have your garden on display on the municipal website, please contact Karyne Bergeron at bulletin@morinheights.com. Contributors can remain anonymous if they so wish.

Septic Tank Emptying

Provincial regulation requires all residents to have their septic tanks emptied every two years for permanent residents and every four years for part-time residents. Since 2008, a copy of the receipt must be submitted to the Municipality. Forward us a copy if you have not done so already.

Morin-Heights Fire Department and First Responders

Prevention visits

In 2010, 300 visits were made from which 150 preventive inspections were conducted. This year again, our firefighters will be going from door-to-door to check smoke detectors and offer advice on fire safety. The Quebec government's website www.msp.gouv.qc.ca offers additional information on fire safety.

Civic number reminder

A badly located civic number, which is not visible from the street or simply missing, greatly affects the emergency services response time. Whether at night or during the day, your civic number must be visible at all times, for your own safety. There is a municipal by-law to that effect and a fine can be given to those who do not respect it.

Private roads & entrances

For narrow private roads and driveways, trees have to be pruned at a minimum height of 12 feet by 15 feet wide to allow emergency vehicles to get by without being damaged – they belong to you.

Open air fires

Outdoor fires are allowed providing certain rules are respected. First, one has to get a free fire permit at the Town Hall. A new regulation has come in effect this year. Make sure you act safely by getting a permit.

One must have a water source which can reach the fire pit, monitor the fire and control the flames at all times. Even a small fire can quickly become out of control and be devastating.



Part-time Firefighters & First Responders

The Morin-Heights Fire Department is presently taking applications for part-time firefighters and first responders to compile a list of possible candidates.

Requirements:

- be 18 years of age and over;
- live in Morin-Heights;
- meet the fitness standards required for the position;
- be able to work within a team and have people skills;
- be available to be on call and/or on duty;
- be willing to get a Class 4 driver's license;
- be available for a training session paid by the Municipality (185 hours min.)

Retired and semi-retired individuals are welcome.

Please send your resume to: Municipality of Morin-Heights, Fire Department, 567 Village Rd., Morin-Heights, (QC) J0R 1H0 or by email at: ssi@morinheights.com

For more information, please contact Mr. Charles Bernard, head of the Morin-Heights Fire Department at 450 226-3232, ext. 116.

We will only contact selected candidates.



Library



The Municipal Library is located at 823, Village Road and is run by volunteers. It is closed on civic holidays.

Information:

450 226-3232, ext. 124

Opening hours:

Tuesday and Thursday: from 1 pm to 4 pm
 Wednesday: from 10 am to noon and 2 pm to 4 pm
 Friday: from 7 pm to 9 pm
 Saturday: from 10 am to 2 pm
 Sunday: from 11 am to 1 pm

Important notice

User cards are needed to help facilitate book loans and inter-biblio reservations. From now on, please bring your user card to the Library counter. If you have lost your card, ask for a replacement; it's free!

NEW ACQUISITIONS (English novels)

Kathy Reichs
Virals

James Patterson and Michael Ledwidge
Tick Tock

Tom Clancy
Dead or Alive

J.D. Robb
Treachery in Death

M.C. Beaton
Death of a Chimney Sweep

NEW ACQUISITIONS (Non-Fiction)

Laura Hillenbrand
Unbroken: A World War II Story of Survival, Resilience and Redemption

Karen Armstrong
Twelve Steps to a Compassionate Life

Jonathan Franklin
33 Men

Joyce Carol Oates
A Widow's Story: A Memoir

Recycling and Garbage Collection Calendar **2011**

MAY						
S	M	T	W	T	F	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				

JUNE						
S	M	T	W	T	F	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		

JULY						
S	M	T	W	T	F	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						

AUGUST						
S	M	T	W	T	F	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			



Garbage and large items



Recycling



Garbage and recycling

Municipal Services

Ecocenters, for sustainable development

The ecocenter is located at: 2125 Jean-Adam Road, in St-Sauveur, 450 227-2451.

Hours: April 1st to November 30th, Monday to Sunday from 8:15 am to 4:30 pm.

Reuse. Recycle. Reduce. Re-evaluate.



Chart for accepted materials in recycling bins

Containers, packaging, printed matter and newspapers

PAPER AND CARDBOARD

- newspapers, flyers, magazines
- paper sheets, envelopes and bags
- books, phonebooks
- cardboard rolls
- cardboard boxes
- egg cartons
- gable top milk and juice cartons
- aseptic containers (Tetra Pak™ type)



PLASTIC

- bottles, containers and wrappings for food products, drinks, cosmetics, personal hygiene products and household cleaning products featuring one of these symbols:



- caps and lids
- bags and plastic wrappers



GLASS

- bottles and jars, regardless of colour



METAL

- aluminum foil and containers
- aluminum bottles and cans
- tin cans
- caps and lids



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ON RECYCLABLE MATERIALS

Activities

Arts Morin Heights Summer Exhibitions

Thirty artists, painters, sculptors, ceramists & photographers will present their most recent work at the St-Eugene Church Hall (148, Watchorn Rd.).

From July 16th to 24th. Open every day from 11 am to 4 pm. Free admission.

Vernissage: Friday July 15th, from 6:30 to 9 pm.

Arts Morin-Heights is also presenting a summer-long exhibition at the Remembrance Hall of the Library (823, Village Rd.), from **June 24th to September 5th.**

Free admission, open during Library's hours (see page 8).

Information: Joan Beauregard, president: 450 226-3236 or artsmorinheights@gmail.com.

www.artsmorinheights.com

Canada Day, Friday July 1st, at Ski Morin Heights

A day of festivities for the whole family awaits you at Ski Morin Heights. Street performers, inflatable structures, face paintings, challenges and other free family activities. As usual, the ladies from Trinity Church's Strawberry Social will be there with their famous strawberry shortcake. This year again, the municipal Council is organizing a baking contest followed by an auction for the benefit of Morin-Heights Elementary School's breakfast program. Live music, fireworks and more in the evening — the celebration starts at 2 pm. Don't miss it!

Watch for upcoming publicity.

We are looking for volunteers! We need help with site set-up and clean-up and/ or to man a variety of activities during the day. If you can offer an hour or more, please let us know at 450 226-3232, ext. 111.

For more information, consult: www.morinheights.com



Moonlight Cinema

**at Camping & Cabines Nature
Morin-Heights (185, Bennett St.)**

**Saturday July 16th, in French/
Saturday August 13th, in English**

The Municipality of Morin-Heights, in collaboration with Ski Morin Heights, is proud to present its Moonlight Cinema again this year! A shuttle is offered to take you into the heart of the forest; come enjoy a movie outdoors with your family!

Rain or Shine!

FREE!

**Family movie
(Titles are to be announced)**

Doors open 30 minutes before sun-down, bring a chair and a blanket.

Information: www.morinheights.com, under calendrier or 450 226-3232, ext. 111.

Joyful Noise Choir Concert

Joyful Noise Choir presents its annual spring concert on Sunday, June 5th. The concert takes place at United Church (831, Village Rd.) at 3 pm. The concert itself is free, but donations to the Church are welcome.

For additional information about the concert or the choir, contact Penny Rose at 450 226-2746 or by email at jenanson@hydroponix.com.

Route des Arts

The 12th edition of Route des Arts studio tour will take place from July 23rd to 31st (11 am to 6 pm). Professional artists and artisans working in a variety of media open their studios in and near the Argenteuil region.

Information: www.routedesarts.ca, info@routedesarts.ca or 450 562-3298

Brochures available in tourist offices.

Laurentian Reading Club

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

Information:

Eileen Meillon at 450 226-6904 or
Joan Beauregard at 450 226-3236

La Rochelle Preschool



La Rochelle is a bilingual, parent co-operative preschool, for children 3 to 5 years old. A "Learn Through Play" philosophy aims to help the children develop an awareness of

their individual capabilities and attempts to foster global growth.

The preschool operates Mondays, Wednesdays and Fridays (9 am to noon) from the United Church basement (831 Village Rd.). There is a \$65 annual registration fee as well as monthly tuition fees of \$150.

Registration and information:

Lucie Levasseur at 450 226-6605 or prematernellelarochelle@gmail.com

http://web.me.com/merciera/La_Rochelle/BIENVENUE%21_WELCOME%21.html

Babysitting course

For 11 year olds and older who are interested in babysitting, here is a diverse and complete course that will prepare participants for this important responsibility.

They will learn a lot of practical things, including making snacks, inventing games and activities for kids, changing diapers, but also what to do if a serious accident should occur by practising basic first aid skills. They will also learn valuable tips about prevention and security, how to cope with common problems, like tantrums and crying and even their rights and responsibilities as a babysitter.

The course is offered for \$50 per person and includes a manual and card wallet upon the successful completion of the course.

At the Library's Remembrance Hall, 823, chemin du Village. Bilingual training.

Saturday June 4th and Sunday June 5th, noon to 4 pm.

Registration required at the Town Hall before May 20th, 450 226-3232, ext. 111.

For more information you may contact the instructor: Kim at 514 916-9904



Day Camp

The Municipality invites our children to live a real camp experience from July 4th to August 19th, at Tamaracouta Scout Camp!

Tamaracouta Reserve is the oldest running scout camp in the world, proudly hosting thousands of kids from around the globe every year since 1912. The camp is located on 1000 acres of pristine woodlands, offering accommodations and activities. Tamaracouta is proud of its traditions and history, and continues to thrive offering its quality programs and accommodations for year-round outdoor fun. The camp welcomes children from 5 to 13 years of age and offers activities such as swimming, canoe tripping, hiking, ecology and arts & crafts.

The Municipality will provide transportation for the children (residents of Morin-Heights): a bus will leave the Town Hall every morning at 8:15 and will be back at 4:30 p.m. Take note that lunch is included in the price, you only have to supply peanut free snacks for your child.

A day-care service will be available at the Town Hall, from 7 a.m. to 8:15 and from 4:30 to 6 p.m. Parents who prefer to bring their child directly to camp can register for Tamaracouta's day-care service.

We invite you to register with Tamaracouta as soon as possible because there is a limited number of places.

Here is their contact information: **1-866-438-4096** or reservations@tamaracouta.com.

Registrations for municipal day-care and transportation for Morin-Heights residents will take place at the Town Hall (567, chemin du Village) on Saturday, May 28th, from 9 to 11 am. Representatives from Tamaracouta's Camp will be present to answer any questions you may have.

You can also visit their website at: www.tamaracouta.com.

RATES		
Until May 31 st	1 st child	2 nd child
Full summer	\$700	\$630
Weekly	\$110 each week	\$100 each week
From June 1 st and on	1 st child	2 nd child
Full summer	\$770	\$700
Weekly	\$120 each week	\$110 each week

The Municipality of Morin-Heights will offer a compensation to parents upon presentation of proof of registration and payment. The same compensation will be given to Morin-Heights parents who choose a municipal summer camp in a neighbouring municipality. You must bring your proof of payment to the Town Hall before August 15th to receive your refund in September.

REFUND BY THE MUNICIPALITY / EACH CHILD	
Full summer	\$140
Weekly	\$20

DAY-CARE SERVICE	AM and PM	AM or PM
Week	\$40	\$20
Day	\$10	\$5

Activities

Activities

Laurentians Care

Looking for health and social resources in your area but having difficulty conversing in French? Laurentians Caregivers Association Resource Center & Education (LCARE) can provide the English contact service you need. LCARE is a new non-profit organization in the Pays-d'en-Haut, Laurentides and Antoine-Labelle MRCs. If you live in any of these areas and are interested in working independently as a caregiver, please contact LCare.

Services are provided for caregivers as well as families in need.

For more information on provided services call 819 322-7608 or toll free at 1-855-522-7372. Email: laurentianscare@gmail.com

Laurentian Region Cancer Support Group

Offers English-speaking support services to cancer patients, caregivers and their families in the Laurentian region. Our meetings are held monthly in the Remembrance Hall of the Morin-Heights Library. For more information about the group's services or meetings and speakers, call June Angus at **450 226-3641** or email **cancer.laurentia@yahoo.ca**.

Royal Canadian Legion Events

Saturday May 7:

Mother's Day Supper at 6 pm

Saturday May 28:

Legion Golf Tournament & Steak Supper

Saturday June 18:

Italian Night at 6 pm

Saturday July 2:

Canada Day Steak Supper

Saturday July 23:

Barney's Famous Roast Beef Done On The Spit at 6 pm

Saturday August 20:

Gerry Hecklinger's Golf Tournament & Steak Dinner

Sunday August 28:

Children's Field Day

(All dates are to be confirmed)

Darts on Friday at 7:30 p.m., all welcome, \$3.

Flea markets

Rain or shine!

Saturday June 4 • Saturday July 9

Saturday August 6 • Saturday September 10

-no dogs allowed-

Information: 450 226-2213 (after 1pm)



Flea Market La Fouillerie

Sponsored by "Le Garde-Manger des Pays-d'en-Haut", La Fouillerie, 148, Watchorn Road, offers a service of gathering and distribution of new and second hand clothing, toys, dishes, books and more, at really low prices.

Céline, Doris and their volunteers warmly invite you and welcome your donations every day.

New hours: Monday, Thursday, Friday and Saturday, 10 am to 3 pm, closed from noon to 12:30 pm.

New phone number:

450 644-0087

Co-op SORE

Respite/ stimulation activities for caregivers and their care-receivers to start in summer 2011, in Morin-Heights. We require volunteers interested in receiving training (no fees) to assist during weekly stimulation workshops.

Information: Louise Laurin, 450 224-8905; sore@cgocable.ca

Senior Citizens Heritage Club

The Seniors Citizens Heritage Club is for age 55 & over; new members welcome. From April to October there are organized monthly activities or day trips to points of interest, including a lunch out.

A Military Whist is held on the 1st Wednesday of the month in the basement of the United Church. Non-members welcome at Whist and other events.

Information:

Isabel Ellis: 450 226-8882

Marion Roberts: 450 432-7324

Muriel Scofield: 450 229-3660



Activities

Hillside Chapel

Summer Sunday services are scheduled to commence on May 15th, at 6:30 pm, at Hillside Chapel (755, Village Road).

John Reid and The Eagle Band will be present on May 22nd and Reverend Vernon Scott on June 26th.

The public is invited.

Seniors' Annual Celebration

The Municipality is inviting its elders to the Seniors' Annual Party on August 13th, under the honorary presidency of Mrs. Rita O'Donoughue, to take place this year at the Mont Bellevue (99, Lac Echo Rd.). Our community's seniors are welcome by 1:30 pm; corn, hot-dogs and drinks will be served, music and activities are planned. Also organized, the presentation of the play "Macbeth" by 4 pm (see front page), a VIP section will be set up for our seniors.

Information: 450 226-3232, ext. 102



Football Club Morin-Heights (soccer club)

Welcome to everyone!

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

Phone: 450 226-0011

Visit the website:

www.fcmorinheights.com

Email: **fcmorinheights@hotmail.com**

Coueurs des bois

This group organizes outdoor outings in the Laurentians. According to the season, the outings are snowshoeing, hiking, or cycling. The current seasonal programme can be found on www.morinheights.com.

Information:

Eileen Meillon 450 226-6904

Thousand Islands Cruise

(for 55 years old and above)

On Wednesday, June 8th, 2011

On the 2,5 hour cruise, you'll hear stories and legends of triumph, tragedy, romance, shipwreck and piracy that have added to the 1000 Islands international reputation. You'll see the lavish homes of the rich and famous; captains of industry, railroad barons, song-writers and singers, as well as Boldt Castle. You'll see the haunts of vagabonds and villains on both sides of the international border between Canada and the United States.

- **Departure at 8 am** from Basler Park, 99 Lac Echo Road. Arrival in Gananoque around 11:30 am.
- Day trip will be on a Galland Deluxe bus (washroom and comfortable seating) with two snacks included. You can either have lunch on the boat or bring one.
- Estimated time of **return** to Basler Park is 8 pm.
- Registration at the Town Hall, Monday to Friday, 8:30 am to noon and 1 pm to 4:30 pm.
- Residents can register in priority until May 13th. Proof of residency required (tax bill or lease).
- 53 places available.
- Non-residents, 55 years and older, may register themselves on the waiting list, but will be confirmed only after May 13th, availability permitting.

Cost resident: \$45 • **Cost non-resident:** \$50

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



Activities

2011 Pool and Tennis Season Passes at Ski Morin Heights

The Recreation and Culture Department and Ski Morin Heights are pleased to offer reduced rates to Morin-Heights residents for exterior pool and tennis passes.



Exterior pool and tennis 2011 memberships

AGE CATEGORIES	PRICES
Adults	\$25 + taxes
Youth (from 6 to 12 years old)*	\$15 + taxes
Seniors (60 years old and over)	\$15 + taxes
Family pass	\$60 + taxes
<i>*Children under 13 must be accompanied by an adult.</i>	

Schedules

EXTERIOR POOL SCHEDULES**	TENNIS SCHEDULE
From June 24th to August 14th, 2011 and August 20, 21, 27 & 28th 11 am to 7 pm Monday to Friday 10 am to 7 pm Weekends and Holidays (June 24 th and July 1 st)	Friday, Saturday & Sunday From June 24th to September 11th, 2011 <u>Evening reservations before 5:30 pm</u> For tennis court reservation, please phone: 450 226-1515
** Please consult the weekly schedules for pool and court availability. <i>Note: Swimming pool and tennis courts will be closed on rainy and/or cold days.</i>	

PURCHASE YOUR PASSES AT SKI MORIN HEIGHTS.

For information: Ski Morin Heights 450 226-1515

Simon River Fishing Tournament

At Lummis Park, Saturday May 21st, 8 am to 3 pm.

Children's initiation to trout fishing, \$5 registration fees. They must have fishing gear and be accompanied by an adult holding a fishing permit (available at Rona H. Dagenais & Fils inc., in St-Sauveur).

This event is made possible by the *Association de Chasse et Pêche des Laurentides*.



Important numbers

Town Hall:

567, Village Road,
Morin-Heights (Quebec)
JOR 1H0

Phone: 450 226-3232

Fax: 450 226-8786

www.morinheights.com

Email:

comptabilite@morinheights.com
conseil@morinheights.com
environnement@morinheights.com
inspection@morinheights.com
loisirs@morinheights.com
municipalite@morinheights.com
mutation@morinheights.com
servicetechniques@morinheights.com
ssi@morinheights.com
taxes@morinheights.com
urbanisme@morinheights.com

Sûreté du Québec des

Pays-d'en-Haut: 450 227-6848

Emergency: 9-1-1

Fire / Police / Ambulance /
Emergency Measures /
Emergency Public Works
(night and holidays)

Dog catcher: 450 227-2768

Next Info Morin-Heights

The fall edition is scheduled for distribution on August 26th.

The deadline to submit your articles is July 7th. This edition will cover the period between September 1st and December 1st, 2011.

Please send your information to Karyne Bergeron by e-mail at **bulletin@morinheights.com** or at the Town Hall.

Graphic Design: Julie Allard

Production: Les Imprimés Triton

450 229-1054 • www.groupepetriton.com

Photos: Chris Beames

Class/ Location	Rates	Day	Session dates	Teacher	Description
Body design / Community Hall	Pass or card	Mon. 9:30 to 10:30 am	April 11 to June 13	Lisa McLellan Diane, Steph & Claire Registrations: 450 530-3920 www.lisamclellan.com Fitness Pass (2 or + class/ week): \$251 taxes included Card (9 classes): \$135 taxes included 10 week session Spring = Green Summer = Yellow <i>Summer hours</i> <i>subject to change</i> Join anytime during a session	Cardio dance, strengthening and matwork
Body design / Community Hall	Pass or card	Thurs. 9:30 to 10:30 am	June 30 to Sept. 1		
Cardio Tai Chi / Community Hall	Pass or card	Mon. 10:45 to 11:45 am	April 11 to June 13		Body & mind: a gentle cardio workout
Cardio Tai Chi / Community Hall	Pass or card	Thurs. 10:45 to 11:45 am	June 30 to Sept. 1		
Aquafitness / Chanteclerc Pool	Pass or card	Mon. 11 am to noon	April 11 to June 13		Safe and complete water workout
Aquafitness / Chanteclerc Pool	Pass or card	Mon. 9:30 to 10:30 am	June 27 to August 29		
Stretch and Strengthen / St-Eugene Hall	Pass or card	Mon. 9:30 to 10:30 am	April 11 to June 13		Improve posture, relieve pain
Combo 50+ / Community Hall	Pass or card	Tues. 9:30 to 10:30 am	April 12 to June 14		Overall workout, improve strength and vitality
Combo 50+ / Community Hall	Pass or card	Tues. 9:30 to 10:30 am	June 28 to August 30		
Nature Cardio** / Community Hall	Pass or card	Tues. 9:15 to 10:30 am	April 12 to June 14		Cardio strengthening outdoors (every second week)
Hatha Yoga / Community Hall	Pass or card	Tues. 1:30 to 2:45 pm	April 12 to June 14		Gentle yoga: breath, postures, centering calm
Stretch and Strengthen / Community Hall	Pass or card	Wed. 9:15 to 10:30 am	April 13 to June 15		Improve posture, relieve pain
Stretch and Strengthen / Community Hall	Pass or card	Wed. 9:30 to 10:30 am	June 29 to August 31		
Stretch and Strengthen / Community Hall	Pass or card	Wed. 11 am to noon	April 13 to June 15		
Stretch and Strengthen / Community Hall	Pass or card	Wed. 10:45 to 11:45 am	June 29 to August 31		
Stretch and Strengthen / Community Hall	Pass or card	Wed. 5:15 to 6:15 pm	April 13 to June 15		Improve posture, relieve pain, become more supple
Combo 50+ / Community Hall	Pass or card	Thurs. 9:30 to 10:30 am	April 14 to June 16		Overall workout, improve strength and vitality
Hatha Yoga / Community Hall	Pass or card	Thurs. 6:00 to 7:15 pm	April 14 to June 16		Breath, postures, inner transformation
Hatha Yoga / Community Hall	Pass or card	Thurs. 7:30 to 8:45 pm	April 14 to June 16		Breath, challenging Vinyasa, transformation
Zumba / St-Eugene Hall	Pass or card	Thurs. 9:30 to 10:30 am	April 14 to June 16		Zumba dance olé! (minimum 7 participants)
Zumba / St-Eugene Hall	Pass or card	Wed. 9:30 to 10:30 am	June 29 to August 31		
Essentrics and Pilates / St-Eugene Hall	Pass or card	Fri. 9:30 to 10:30 am	April 15 to June 17		Strengthen and lengthen your muscles
Essentrics and Pilates / St-Eugene Hall	Pass or card	Tues. 9:15 to 10:15am	June 28 to August 30		
Qi Gong / Community Hall	Pass or card	Fri. 9:45 to 10:45 am	April 15 to June 17		Body/mind health and stress relief
Qi Gong / Lummis Park (weather permitting)	Pass or card	Thurs. 8:30 to 9:15 am	June 30 to Sept. 1		
Stretch and Strengthen / Community Hall	Pass or card	Fri. 11 am to noon	April 15 to June 17		Gentle all around stretching, restorative
Yoga / St-Eugene Hall	Pass or card	Thurs. 9:30 to 10:30 am	June 30 to Sept. 1		Breath, postures, inner transformation
Gentle Yoga / Community Hall	R: \$95 NR: \$95	Thurs. 10:45 am to 12:15 pm	May 7 to June 30	Donna Berry 450 226-1311	Yoga for stiff and injured bodies
Karaté (5 years old+ and adults) / Com. Hall	*	Fri. 5:30 to 6:30pm	until June	Shihan Gilles Labelle 450 432-4570	Develops concentration, respect, confidence. Increases physical condition. Tool against bullying.
Tai Chi Chuan / Community Hall	R: \$135 NR: \$140	Sat. 9 to 10:30 am	April 9 to June 25	Robert Lee 450 227-8829	For harmony of the mind and body and for health

Legend
R: resident
NR: non-resident
**: annual fees, 2 free trial courses*
***.: every second week*

REGISTRATION POSSIBLE AT ANY TIME FOR ALL CLASSES

Initiation au ski de fond pour les enfants Children's Introduction to Cross-Country Skiing

Le mercredi 2 mars dernier, la Municipalité et le Club Optimiste de la Vallée de Saint-Sauveur s'associaient à nouveau pour offrir aux jeunes entre 5 et 14 ans l'occasion d'apprendre les techniques de base du ski de fond, et ce tout à fait gratuitement. Quarante enfants étaient du rendez-vous lors de cette superbe journée!

On Wednesday March 2nd, the Municipality and the Club Optimiste de la Vallée de Saint-Sauveur gave this year again the opportunity to children 5 to 14 years of age to learn the basics of cross-country skiing, free of charge. 40 children signed and enjoyed that day under the sun!



Ski de fond aux flambeaux

Torchlight Cross-Country Skiing

Aussi présentée par la Municipalité et le Club Optimiste de la Vallée de Saint-Sauveur, la soirée de ski aux flambeaux a eu lieu le 22 janvier. Près de 75 skieurs ont parcouru la piste Basler et partagé un chocolat chaud en fin de soirée en écoutant les contes et légendes d'Yvon Boutin.

Also presented by Municipality and the Club Optimiste de la Vallée de Saint-Sauveur, the torchlight skiing evening took place on January 22nd. Around 75 skiers met on the Basler trail and shared a hot chocolate later on while listening the stories and legends of Yvon Boutin.





Photo retrospective of our winter events

39^e Loppet Viking de Morin-Heights

39th Morin-Heights Viking Loppet



Le dimanche 27 février dernier, Morin-Heights et le Club de ski Viking étaient hôtes du 39^e Loppet Viking de Morin-Heights où 421 participants s'inscrivent. Le soleil était au rendez-vous et l'atmosphère toujours chaleureuse. Plus de 130 bénévoles étaient à l'œuvre pour mener la voie, abreuver et encourager les skieurs et raquetteurs. Année après année, cet événement convivial continue d'attirer les amoureux de sports d'hiver et de plein air.

Sunday, February 27th, the Municipality of Morin-Heights and the Viking Ski Club jointly hosted the 39th edition of the Viking Loppet. 421 participants registered this year. The sun was out and the atmosphere warm and inviting. More than 130 volunteers led the way, with registrations, handing out refreshments, manning road crossings, and encouraging both skiers and snowshoers along the way to the finish line at Basler Park.



Photo: Sylvia Fendie



Photos: Chris Beames