



**MORIN-HEIGHTS**  
**1855**

# Info Morin-Heights

*In harmony with nature!*

Fall 2014 - Vol. 17, no 3



All Journées de la culture activities in Morin-Heights are free and will be held in the heart of the village on **SATURDAY SEPTEMBER 27**, don't miss it!

## Live Book with Pirate Jacques and Prince Gilles

[at 10:00, 823 chemin du Village]

Finding themselves expelled from their giant book, Jacques the pirate and prince Gilles are thrown in the real world. The two heroes will need the children's imagination to overcome obstacles and complete their incredible adventures. The children decide the direction the story will take like "books where you are the hero," therefore the story will be unique! (for 4-9 years old and their family)



## Djembe Workshop

[at 11:00 and 12:30, 823 chemin du Village]

Percussion workshop for the whole family with three percussionists from Jam Experience. Discover the rhythm of djembes! 45-minute workshops, 30 djembes available, first come, first served! Percussionists will also offer a performance at noon!

## Family Picnic, Exquisite Corpse Activity, Djembes Performance and a Presentation by the Elementary School's Choir

[between 12:00 and 13:00, at 823 chemin du Village]

We welcome visitors to bring their picnic or grab a hotdog offered by IGA Morin-Heights and enjoy the heart of the village which will be closed to traffic for the occasion. An interactive performance by Jam Experience will launch the beginning of the picnic and will be followed at 12:15 by a short number by the MHES children's choir. Each family or group of friends is invited to create its exquisite corpse (collective creation made by starting a drawing with traces left by the previous contributor). Arts Morin-Heights members will be present to guide you or contribute to your creation.

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## Summary

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## News from the mayor

Dear citizens,

Summer always goes by too quickly! The work is on-going and new projects are being planned.

This year, apart from the maintenance work on the roads network, major repair work will be done to the Domaine Balmoral, Domaine des Bories and in the Feux-Follets area.

Over the next few weeks, users of the Ski Morin Heights drinking water network will have to make a decision with regards to a borrowing by-law for their area which will decree the integration of a private network into the Village network.

The Municipality is also pursuing steps to consolidate mountain bike, cross-country ski and snowshoe trails along with the construction of the Mont Bellevue chalet which is still in the planning stages.

Furthermore, engineers are planning the replacement of the main water line along with the repairs to chemin du Village between rue Bélisle and Route 364 which should be undertaken in 2015, if the grants come through.

I would like to mention that the MRC des Pays-d'en-Haut has inaugurated VÉLOCITÉ, the new cycling path which connects the « Le P'tit Train du Nord » to the « Corridor Aérobie ». This project, which began more than fifteen years ago, uses the paving of the road shoulders so that bikes and cars can both be safe. The work from rue Bélisle to the Corridor Aérobie includes the development of a crossing on Route 364 and a bridge over the Rivière-à-Simon which is planned for next year.

The project is evaluated at 2,3 million dollars for which 50% is paid by the Quebec Minister of Transport whereas the other half will be paid by the MRC and its ten participating municipalities through a financial reserve created in 2011.

Celebrations and cultural activities such as Canada Day, Shakespeare-in-the-Park and the Arts Morin-Heights summer exhibit were a great success and I invite you to participate in the Cultural Day activities to be held in the Village core on September 27<sup>th</sup>.

Council always welcomes your comments. I would like to take this opportunity to thank our municipal employees and numerous volunteers for their enthusiasm and dedication to improve the lives of the citizens of Morin-Heights.

Enjoy the Fall!



Tim Watchorn, ing.  
**Mayor**

## Automated Verification Call in September

**A call will be launched to all residents currently in the emergency call system's data base between September 5<sup>th</sup> and 7<sup>th</sup>. This will confirm if you are registered to the service.** The system also recognizes voicemail and leaves a message. If on September 8<sup>th</sup> you have not received a call or a message, then you are not registered.

The data base remains confidential and cannot be used for telemarketing purposes.

If you wish to register to be contacted in case of an emergency (water supply interruption, environmental accident, etc.), send your information by email (name, address and phone numbers through which you wish to be contacted) at [bulletin@morinheights.com](mailto:bulletin@morinheights.com) or leave your information at the municipal office.

## Winter Job Offers

We are looking for motivated candidates interested in working for the Morin-Heights Cross-country Ski and Snowshoe Trails Network this winter. Positions include: **ticket agents and trail patrollers**. Please send your resume to: [loisirs@morinheights.com](mailto:loisirs@morinheights.com) by September 26<sup>th</sup> or drop a copy at the municipal office. Selected candidates will be contacted in October for interviews.

**Positions also available:**  
**Rink supervisors**

## Council Meetings

Council meetings take place the second Wednesday of each month at 19:30. Visit the municipal website for more details or to read the minutes.



The Pair program provides a free service of automated calls to contact **seniors** to ensure their good health. Subscribers receive a call, once or more per day, if one of them does not respond, an alert is triggered. A check is then performed by system managers to determine whether the person is in distress.

**Anyone feeling the need to be checked up on and residing on the territory of the MRC des Pays-d'en-Haut can now benefit from the program offered for free by Les Aidants de Laurel de Wentworth-Nord.**

To subscribe to this new PAIR service, please contact Nathalie Labelle or Ronald Sauvé at **450 226-3912**.

## IMPORTANT REMINDER

The emergency service response time can be greatly affected due to a wrongly placed or missing civic number. Whether at night or during the day, your civic number must be **VISIBLE AT ALL TIMES FROM THE ROAD**; your safety depends on it. There is a municipal by-law to that effect and a fine can be given to those who do not respect it. In case of an emergency, every second counts!

## Garden at home?

Do you have a vegetable garden at home? Do you have too many veggies and want to share them? Why not give them to the local food bank, the *Garde-Manger des Pays-d'en-Haut*?

All you have to do is bring your harvest to 148, chemin Watchorn on Tuesdays between 11:00 and noon until September 16<sup>th</sup>.

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



## Breakfast Program at Morin-Heights Elementary School

Children have a greater capacity for concentrating and learning when they have had a good meal. Since 2010, we have been serving breakfast to our students at Morin-Heights Elementary School. The program is funded by Trinity Church and the Municipality of Morin-Heights.

Breakfast is served to our students on Tuesdays and Thursdays. In order to continue offering the program, we need volunteers. All we need is your availability one week a month: breakfast is prepared from 7:15 to 8:10 and served from 8:15 to 8:30. We are usually all done by 8:45.

If you would like to volunteer, please contact:

Dorothy Garayt: 450 226-3845

MHES (school): 450 226-2017

Peter MacLaurin: 450 226-3555 or mclaurin@sympatico.ca

Jean Dutil: renojeandutil@gmail.com



## Present for the community

The Municipality of Morin-Heights acknowledges the undisputed support of local businesses who contribute for the community activities organized by the Recreation and Culture Department.

Pierre Desmanches and François Soucy from IGA Morin-Heights, Mike Tott's team from Gourmet du Village and La Grange restaurant, Pierre Charest's team from Ski Morin Heights (MSSI) and Johanne Roy from *Caisse Desjardins de la Vallée des Pays-d'en-Haut*.

These companies are key partners for municipal events such as Children's Fishing Day, Seniors' Outings, Journées de la culture, Viking Loppet, Canada Day and more.

The municipal Council has adopted a resolution to recognize their contribution, to thank them for their significant support and their constant involvement in the community!



## Annual grants for community organizations

The Municipality of Morin-Heights invites non-profit groups and organizations to submit their 2015 requests for financial and technical assistance. Foreseeing community needs allows Council to set aside the necessary funds in its annual budget. The required form is available on the municipal website. It must be completed and returned by **October 15<sup>th</sup>**, 2014. Council will analyze requests in November and send out replies by **February** 2015.

## Alarm System

It is suggested to all residents to equip their residence with an alarm system linked to a calling center. Doing so would improve the response time of the Fire Department.

## Professional legal information

M<sup>e</sup> Stephanie Carriere, lawyer, is offering free interactive information sessions (no consultation) on various subjects. At the Library's Remembrance Hall (823, chemin du Village), every third Monday of the month (January to April), at 19:00. To register or suggest a topic, simply send an email to frenchlawstudent@hotmail.com.

We welcome your suggestions for upcoming sessions.

## Instructors Wanted!

We are looking for instructors for various courses to offer to our population.

If you are a qualified and bilingual instructor, send your resume to [bulletin@morinheights.com](mailto:bulletin@morinheights.com) with a short description of the course you could teach (ex. pilates (in the evening), cardio nature (in the evening), English for children or adults, computer classes, etc.).

## Animal Control

Article 9.6 of the municipal by-law 503 on the control of animals states that no animal can be left in a car unattended.



## André Perry

A great honor was recently accorded to Mr. André Perry, a long time supporter of Morin-Heights and creator of the Studio, a world-class recording facility.



On June 14<sup>th</sup>, Université Laval awarded him an Honoris Causa doctorate in music for his exemplary achievements. In his mythical studio in Morin-Heights, Ferland and Charlebois recorded their classics, but also some of the biggest names on the international scene: the Bee Gees, The Police, Rush, David Bowie, Bryan Adams, Sarah McLachlan and Cat Stevens to name only a few.

Mr. Perry also recorded "Give Peace a Chance" during John Lennon and Yoko Ono's famous bed-in in 1969.

## La Fouillerie

Sponsored by *Le Garde-Manger des Pays-d'en-Haut*, La Fouillerie located at 148, chemin Watchorn, continues to offer to the population a service of gathering and distribution of new and second hand clothing, toys, dishes, books, and more, at really low prices.

Céline and her volunteers warmly invite you and welcome your donations every day.

**Monday, Thursday, Friday:** 10:00 to 15:00 (closed from noon to 12:30)

**Saturday:** 9:00 to noon

**Information:** 450 644-0087



# Recycling and Garbage Collection

## Municipal Services

### Bins

The garbage and recycling materials must be placed in the black and blue 360 litre wheeled bins provided by the Municipality. Nothing must be placed on top or on the side of the bin as it will not be picked up if you do. The collection with an automated arm requires a clearance of 60 cm (2 feet) around each bin.

Bins must be placed at the roadside, as close as possible to the road without hindering traffic, in front of your property, at the earliest at 18:00 the day before, wheels towards the property.

The collection is made between 7:00 and 20:00. The bins must be moved back to a distance of at least 9m from the center of the road, in the 24 hours following the collection.

### Écocentre

#### Opening hours until November 30<sup>th</sup>:

Monday to Sunday from 7:30 to 16:00



#### The Écocentre services are all free.

#### It is located at:

2125, chemin Jean-Adam in Saint-Sauveur  
450 227-2451  
cdufour@ville.saint-sauveur.qc.ca

You must present a proof of residence or ownership to the attendant.

#### Accepted material (residents only):

- Pre-sorted construction materials (wood, shingles, drywall, bricks, asphalt, concrete, ceramic, etc.)
- Branches
- Green waste (grass, leaves, garden clippings, uncontaminated soil)
- Tires
- Metals
- Refrigerating appliances (refrigerator, freezer, air conditioner, heat pump, wine cellar, dehumidifier)
- Electric and electronic material
- Recyclables (paper, cardboard, glass, plastic and metal containers)
- Car batteries
- Propane tanks
- Compact fluorescent and neon
- Mattresses, carpets, furniture
- Hazardous domestic products and chemicals (such as batteries, paint, thinner, oil, glue, chlorine, gasoline and all products marked with a red octagon with a pictogram)

### Collection of large or bulky items

Large objects must be left at the roadside. This collection takes place once a month; the maximum number of big items is set at ten per household.

#### Accepted material

(commercial and institutional):

- Propane tanks (BBQ and camping formats)
- Mercury lamps (CFLs, fluorescent, UV, germicides, UHP and DHI)
- Car batteries
- Recyclables (paper, cardboard, glass, plastic and metal containers)
- Computer and electronic devices, cell phones, ink cartridges
- Metals
- Tires

#### Refused material

- Mixed up construction debris or in bulk (over 100 cubic feet)
- Household garbage
- Trees and stumps
- Industrial hazardous waste
- Tires more than 48 inches wide
- Asbestos tailings
- Animal carcasses
- Contaminated soil and excavation waste
- Weapons, explosives and ammunition

*Together to reduce landfill.*

## Recycling and Garbage Collection Calendar 2014

### September

| 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 |    |    |    |    |

### October

| 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 |    |

### November

| 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 |    |    |    |    |    |    |

### December

| 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



Recycling



Recycling and garbage



Large items

#### COMPLAINTS:

1 855 425-3797 or  
rcmillermorinheights@gmail.com



## Environment

### Sweet Clover and Saving the Honeybees

If you passed by the hockey rink this summer you may have noticed that the entire rink was filled with sweet clover. Sweet clover is a tall plant that grows to a metre in height and has delicate white or yellow flowers on a long stem. In July, Regan Moran who is in charge of the collective garden, brought to our attention that the area was filled with honeybees and that sweet and white clover are the preferred flower species for honeybees.

As wild honeybees are highly threatened, with their populations recently reduced by 75%, everything should be done to help preserve their habitats. The pollination carried out by bees is crucial to the existence of many food crops of which we are highly dependent upon. With this discovery, the cutting at the rink was immediately delayed until autumn.

Sweet clover is a very high clover that grows in poor soil or gravel and is frequently found on roadsides as it requires full sun. Although it is considered a weed, it is very fragrant and helps prevent erosion. The next time you are close to a plant, look closely and you will most likely find bees collecting the nectar.

White clover is another preferred flower species of honeybees. This is the white lawn clover that most people are familiar with, so if you have it in your lawn, you may want to delay mowing the lawn until the bees have moved on. White clover only grows a couple of inches high and makes beautiful ground cover.

Let's all do our part to help save the bees!

### New CN Mountain Bike Trail

The CN snowshoe trail that runs parallel to the Corridor Aérobieque was upgraded during the year to become mountain bike friendly. The trail starts off the Corridor near Rockcliff Road and remains in the right-of-way to Bennett Road. The trail was built with a subsidy from the MRC des Pays-d'en-Haut and constructed by Enviroforêt. The trail provides an alternative to the Corridor and is a good initiation into mountain biking for young riders.



**Next work bee on the Mont Bellevue mountain bike network will be on October 18<sup>th</sup>, at 9:00!**



## Organic Weed Control

The best way to control weeds is to cover the area with newspaper and then cover it with a 7-10 cm layer of mulch. The best mulch is chopped up dried leaves, but other commercial varieties are also available. Weeds will start to germinate as the new mulch decomposes so it will have to be topped up every once in a while to prevent the weeds from germinating.

Invasive plants and weeds are an ongoing problem and controlling them is very important. Ragweed for instance affects over 10% of the population and should be cut back and preferably pulled out.

Controlling weeds usually involves the same procedure which is to cut them back or, preferably, to pull them out and fill the holes with mulch. Whether it be Canada thistle, sow thistle, horsetail or coltsfoot, the same treatment applies.

Information taken from the Spring edition 2014 of CAA Touring magazine.



*Sow Thistle*



*Horsetail*



*Canada thistle*

## NEW ACQUISITIONS (NOVELS)

David Baldacci

The Target

Jeffery Deaver

The Skin Collector

Anthony Doerr

All the Light We Cannot See

Terry Hayes

I Am Pilgrim

Nancy Horan

Under the Wide and Starry Sky

Laura McHugh

The Weight of Blood

Jo Nesbo

The Son

James Patterson & Michael Ledwidge

Gone

Andy Weir

The Martian

## (NON-FICTION)

Chris Hadfield

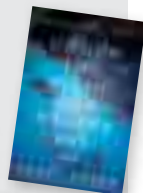
An Astronaut's Guide to Life on Earth

Edmund Levin

A Child of Christian Blood:  
Murder and Conspiracy in Tsarist Russia:  
The Beilis Blood Libel

Elaine Kalman Naves

Portrait of a Scandal:  
The Abortion Trial of Robert Notman



## Library

The municipal library, run by volunteers, is located at 823, chemin du Village. Closed on civic holidays.

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

### Opening hours:

Tuesday and Thur.: from 13:00 to 16:00

Wednesday: from 10:00 to noon  
and 14:00 to 16:00

Friday: from 19:00 to 21:00

Saturday: from 10:00 to 14:00

Sunday: from 11:00 to 13:00

**Story Hour** will be held at the Library every Wednesday at 10:00, from September 17<sup>th</sup> until June. Bring the kids in for this bilingual hour of fun!

### Inter Library Loans (ILL's)

Here is some information for those who are not familiar with our ILL service.

If a reader requests a title that is not in our collection, the librarian can do a search of all the libraries within the network (approximately 60) and if another library has the book, we can put in a request for it. It is important that you have your library card with you when requesting an ILL. If you have lost your card, the librarian will issue a new one. The cost of a new card is \$2.

Please note that ILL requests for newly published books that are on a library's new books list are generally refused.

ILL books usually take between five to ten days to arrive. Upon their arrival, we will contact you either by email or by phone. ILL's must be picked up within five days of notification. The loan is for three weeks and cannot be renewed under any circumstances. The fine for late ILL's is \$0,25 per book, per day.





## Morin-Heights Fire Department and First Responders



### Electrical safety

Electrical appliances are essential nowadays, but there is a danger inherent in their use. Did you know that it is estimated that one third of fires are of electrical origin? Whether it's due to wear and tear or non-compliance of an installation, you can protect yourself and your family by following these safety instructions for wiring and electrical appliances.

- Make sure that there is a minimum of ten centimeters between curtains or furniture and baseboard heaters;
- Do not place fabric on a lampshade; the heat from the bulb could ignite. Did you know that light bulbs can reach up to 200°C?
- Clean the elements and the mechanism behind the refrigerator. Dust and fat deposits may catch fire;
- **Do not overload electrical outlets, if a power strip is an ongoing need, install additional outlets;**
- Replace the protective covers of junction boxes, electrical outlets and switches as soon as they are damaged;
- Make sure all electrical connections are enclosed inside electrical junction boxes;
- Keep a distance of 1 m between the electrical panel and any storage;
- Do not use extension cords permanently and disconnect after each use. Instead of using an extension cord permanently, install an outlet near the appliance that requires electricity;
- Keep extension cords in view. Don't hide them under carpets or behind furniture, nor pass them through a wall or a doorway;
- Do not keep an extension cord rolled when plugged. The heat in the middle of the coil can damage the protective sheathing and cause an electrical arc;
- Replace a cord that is damaged or which produces too much heat;
- All electrical work must be performed by a qualified electrician;
- When you move into a new home or if you have doubts about the safety of your electrical installations, do not hesitate to call on the expertise of a qualified electrician to ensure its safety.

Check your knowledge of electrical safety by going online to answer the **Electroquiz** questionnaire: [www.hydroquebec.com/securite/pop\\_quiz.html](http://www.hydroquebec.com/securite/pop_quiz.html).



### Drinking Water

In case of a power failure or water supply interruption, you can get drinking water from an outdoor tap located at the Town Hall... unless the building is also affected by a water interruption!



## Carbon monoxide alarm

Carbon monoxide (CO) is produced when a vehicle or device burns fuel such as gasoline, oil, gas, kerosene, propane or wood. CO is present in most homes and it is odorless, colorless, tasteless and non-irritating.

There are hundreds of cases of CO poisoning annually in Quebec, including a dozen deaths. Only a CO alarm can detect its presence; a smoke alarm does not protect against CO.

### Follow the manufacturer's recommendations for installation and ensure that they are:

- on each floor of the house;
- in the corridor at a maximum distance of 5m from the bedrooms;
- close to the door of an attached garage;
- in the room above the attached garage;
- installed at any height on the wall since CO mixes almost equally with air. However, choose a location that facilitates monitoring and keeps them out of the reach of children and pets.
- in a house, do not ventilate in order to allow firefighters to identify the source of the CO;
- evacuate;
- call 9-1-1 or contact the Quebec Poison Control Centre at 1 800 463-5060;
- do not go back inside until you receive confirmation from the authorities that there is no more risk of CO.

### If the alarm beeps:

- turn off all combustion appliances;
- any one showing symptoms of intoxication should go outside immediately;
- in a detached dwelling, duplex, apartment or townhouse, open windows to avoid poisoning the neighbors;

For more information on fire prevention at home, you can access the Ministry of Public Security's website at:

[www.securitepublique.gouv.qc.ca/securite-incendie.html](http://www.securitepublique.gouv.qc.ca/securite-incendie.html)



# Activities

**SATURDAY  
SEPTEMBER 27**



## *Les Journées de la culture* (continued)

### **Photo Safari**

[9:00 to 12:00, at 901 rue des Primeroses.]

[Postponed to the next day in case of rain.]

Photo creations during an outdoors photo safari through nature. Starting in the artist's studio, the participants will be invited to take pictures through the proposed artistic approach. Afterwards, while hiking in the trails along the river and the mountain, everyone will be invited to capture images beyond the first glance. It's an experience which will enhance the way you see the world!

**RSVP at 450 275-0049.**

**Information:** [www.rogerlauzon.net](http://www.rogerlauzon.net)



### **Creating with Clay**

[at 13:15, at 823 chemin du Village]

Arts Morin-Heights' Sheila Watson invites you to a workshop on clay modeling and ceramic sculpture.



### **Vernissage / Happening / Demonstration by Arts Morin-Heights**

[at 14:00 and 15:00, at the Remembrance Hall, 823 chemin du Village]

Exhibition prepared using the "exquisite corpse" process by the artists of Arts Morin-Heights. Description of the creative process. Exercise by the public, led by the artists.

**Information:** [www.artsmorinheights.com](http://www.artsmorinheights.com) or 450 226-3832.

### **Play Reading by Theatre Morin-Heights**

[at 16:00, at Café Mickey's, 832 chemin du Village]

Bearings by Colleen Curran will be presented (in English) as a reading by the local theatre company. A great opportunity to discover the flavors of the new café in town!



### **Photo Exhibit themed "The History of Skiing in the Morin-Heights area"**

[10:00 to 16:00, at 823 chemin du Village]

The Morin-Heights Historical Association presents a wonderful selection of archive photographs chronicling the history of skiing in our region.



Please note that chemin du Village (Route 329) will be closed between Baker Street and Watchorn Road from 9:00 to 17:00 on Saturday, September 27<sup>th</sup>. The detour will be by Watchorn Road and Route 364, while residents of the closed area will be invited to use Baker, Hillside or Millard Street. Watch for road signs to that effect that day!

## Arts Morin-Heights

This year's third themed exhibit by Arts Morin-Heights at the library will start on *Journées de la culture*. Certain activities will be integrated with the *Journées de la culture* program and the theme will be "Cadavre exquis".

Don't be put off by the name of this theme! "Cadavre exquis" (Exquisite Corpse) is an activity initiated by Surrealist artists in the 1920's. To create a piece, several participants would draw on a sheet of paper, fold it to conceal what they drew, and then pass it to the next person for a further contribution. When everyone had added their drawing, the whole piece would be unfolded to reveal the entire creation.

Join us to participate with friends, family and members of Arts Morin-Heights to create a collaborative art piece.

The exhibit will be launched on Saturday September 14<sup>th</sup> at 14:00, at the library's Remembrance Hall. This exhibit will continue until December 13<sup>th</sup>, during library hours.

Entry is free, however donations for the food bank of the Pays-d'en-Haut will be gratefully accepted.

For more information about Arts Morin-Heights and its activities, please browse through [www.artsmorinheights.com](http://www.artsmorinheights.com) or call 450 226-3832.





## Laurentian Reading Club

For more than 50 years, the Laurentian Reading Club has been meeting monthly for lively discussions about books and reading.

For more information, please contact Jane Philibert at 450 226-6947 or at [janephil@cgocable.ca](mailto:janephil@cgocable.ca).

## CLEF Book Club

Do you enjoy reading? Do you like discussing the books you read, your new finds, your favorites? Why not join the CLEF (Morin-Heights French-language book club)? We meet every month at the municipal library. To get information, communicate with Monique Bélisle at 450 226-8464.

## The Morin-Heights Historical Association

The Morin-Heights Historical Association will be presenting a new guided bilingual tour of the Argenteuil Museum and additional selected buildings of historical interest, en route.

Tour date is **September 14<sup>th</sup>**, from 13:00 to 17:00. Cost of museum admission is \$5 per person. All cars are to meet at Lummis Park, where those unable to drive, will be offered transportation.

The Association will also be participating in les Journées de la culture on **September 27<sup>th</sup>**, on chemin du Village, from 10:00 to 16:00. We will present a wonderful photo selection from our archives themed "The History of Skiing in the Morin-Heights area".

Later in October, we will present a photographic essay of Morin-Heights in days remembered... Stay tuned, it should be quite interesting for all!

For further up-to-date information please view our website at [www.morinheightshistory.org/](http://www.morinheightshistory.org/).

## Cruise and Wine Route

**On Wednesday September 24<sup>th</sup>, 2014**

Outing for 50 years old and up. Adults of all ages can register on a waiting list in case there would be remaining places.

### Visit of three vineyards and discovery cruise on Lake Champlain

Le Château de cartes, Les Côtes d'Ardoise and le Domaine du Ridge (time: 4 hours). Tasting of four products by winery.

Discover Venise-en-Québec and its stunning natural environment aboard the Missisquoi, a vessel of 170 seats. You will discover the Missisquoi Bay, the Quebec side of Lake Champlain, its history and enjoy a stopover in Saint-Armand.

- **Departure** from Mont Bellevue (99, chemin du Lac-Écho) at 8:00.
- **Return** scheduled for 19:00.

Bring a lunch! A buffet meal is offered on site but must be paid in advance (not included in the cost of the outing) and get at least 20 reservations. Ask about it when you register. Transportation by a Galland Deluxe bus (washroom and comfortable seating) with two snacks provided by IGA Morin-Heights.

**Cost:** resident \$70 • non-resident \$80  
**Information:** 450 226-3232, ext. 102

## Theatre Morin-Heights



Visit the municipal website or check your monthly copy of Main Street to find out about our upcoming productions and other activities.

Try your hand at play reading or just relax and listen in at pub La Grange, located at 2, Meadowbrook on **Wednesdays September 17<sup>th</sup>, October 15<sup>th</sup> and November 19<sup>th</sup>, 19:00.**

For more information or to be added to the Theatre Morin-Heights email list, please call 450 226-2746.

## Joyful Noise Choir

Everyone who likes to sing is welcome!  
St-Eugène Hall, (148, chemin Watchorn), Tuesdays 19:00, from September 16<sup>th</sup> to December 9<sup>th</sup>, \$120.

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

**Christmas presentation to come on December 11<sup>th</sup>, all details in the next edition of this bulletin.**



# Activities



# Activities

## Babysitting course

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

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

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

**Saturday October 25<sup>th</sup> and Sunday October 26<sup>th</sup>, 9:00 to 13:00**

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

**You must bring:** a pen or pencil and paper, colouring crayons and a doll or stuffed animal (baby size if possible).

**Registration required at the Town Hall before October 10<sup>th</sup>:**

450 226-3232, ext. 111.

**For more information you may contact the instructor:**

Kim Maurice at 514 916-9904

## Notre Dame-des-Monts Parish Activities

**St-Eugène Church (148, chemin Watchorn)**

### • FAMILY BBQ

**Sunday, September 7<sup>th</sup>, from 11:00 to 16:00**

Activities for the whole family, information kiosks on the community's different organizations and services, face painting, inflatable play area, small fee for food only, registration deadline for anglophone confirmation, free entry!

### • BEGINNING OF ANGLOPHONE CONFIRMATION CLASSES

September 21<sup>st</sup> at 9:00, 14 years old and up.

### • ANGLOPHONE FAMILY MASS CELEBRATIONS

**Sunday, October 19<sup>th</sup> and November 16<sup>th</sup>  
from 13:00 to 14:00**

Monthly celebrations all in English, the Gospel explained using today's language. Moment of reflection, time for discussion over coffee, moment of prayer. Everyone welcome: grandparents, parents, children!

### • DINNER AND DANCING ON FRIDAY OCTOBER 24<sup>TH</sup>

**Information:** 450 226-2844



## Morin-Heights United Church

Morin-Heights United Church (MHUC) has been a central institution in the village for over 80 years. A pastoral charge of the United Church of Canada, the church offers Sunday Worship Services once a week at 10:30. Following service, a coffee hour provides a warm and friendly place for individuals to visit and chat.

MHUC holds an annual community Thanksgiving Supper each year on the Saturday of Thanksgiving weekend, as well as an annual Pancake Breakfast on Shrove Tuesday. The church hosts the Joyful Noise Choir choral group twice a year, providing the community with a pleasant afternoon of musical entertainment. The free will offering from these concerts help support many activities, including the Morin-Heights Elementary School Breakfast program and our food basket ministry at Christmas.

The Church is particularly proud of its outreach ministry which supports Cosy Corner Senior Citizen's Club (see article on page 13).

Mark your calendar for the Christmas Eve Candlelight Service on December 24<sup>th</sup>, 16:00.

The church is located at 831, chemin du Village, 450 226-2637.



## The Cosy Corner Club

The Cosy Corner Club is the Morin-Heights United Church's outreach program for senior citizens, which meets every Tuesday, year round, for fellowship and games at 13:00 (at noon during the winter months for a soup luncheon).

The club is interdenominational and involves many different nationalities (English, French, German, Italian, Polish, etc.).

A small weekly donation is collected from members and a few fundraisers events are held, such as Military Whist. The Municipality of Morin-Heights also supports the program through an annual grant.

**For information,** contact Lucille Green at 450 226-6681

## Morin-Heights Bridge Club

The Bridge Club is back in action at 148, chemin Watchorn on **Thursday September 11<sup>th</sup>**, at 13:00. It is a must for the usual participants and something to discover by new members. Welcome to the friendliest club in the Laurentians! Membership: \$5.

## Coueurs des Bois

This group organizes outings in the Laurentians. According to the season, the excursions are hiking, cycling or snowshoeing. This season's outings schedule is available at:

**[www.morinheights.com/Groupe-Coueurs-des-Bois](http://www.morinheights.com/Groupe-Coueurs-des-Bois)**

### Information:

Eileen Meillon at 450 226-6904



## Discipline, Child's Play

### Free English conference

To live in harmony with your child, it is important to establish a strong bond of attachment and trust.

When a child feels loved, valued and secure, when he sees that we believe in him and we share moments of pleasure with him, he wants to collaborate and be a part of a relationship where everyone is attentive to each other's needs. Look no further; it's as simple as that; it's child's play.

The speaker, Brigitte Racine, defines what is meant by incentive based discipline. Providing concrete and effective strategies, she warns parents against the negative effects of punishments and rewards. She emphasizes the benefits of remedial action which brings out the best in your child and thereby promotes family harmony.

CHU Sainte-Justine, in collaboration with **4 Korner's Family Resource Center**, will present this conference at St-Eugène Church (148, chemin Watchorn) on **Thursday, November 13<sup>th</sup>** at 19:00.

**Mandatory registration:** 1-888-974-3940 or by email at [kim@4kornerscenter.org](mailto:kim@4kornerscenter.org)

## Halloween

Little princesses, great superheroes and monsters of all kinds come together in the heart of the village on **October 31!** Halloween activities will be held in the village with a haunted house at the library. Chemin du Village will be closed between 17:00 and 20:00.

We are looking for adults young at heart, who would be interested in joining a Halloween committee to organize and/or liven up the activities on the night of October 31<sup>st</sup>. Contact Catherine Maillé at 450 226-3232, ext. 102.





# Activities

## Royal Canadian Legion Events

**All welcome! (127, chemin Watchorn)**

SATURDAY, AUGUST 30

Labour Day Steak Supper, at 18:00

FRIDAY, SEPTEMBER 19

TGIF Smoked Meat Night, at 18:00

SUNDAY OCTOBER 12

Thanksgiving Brunch, 9:00 to 14:00

FRIDAY, OCTOBER 17

TGIF Smoked Meat Night, at 18:00

SATURDAY OCTOBER 25

Oktoberfest Supper, at 18:00

SATURDAY NOVEMBER 8

Remembrance Day Parade

FRIDAY, NOVEMBER 21

TGIF Smoked Meat Night, at 18:00

SATURDAY NOVEMBER 30

Grey Cup Party (hamburgers, etc.)

Darts every Wednesday night at 19:00.

Military Whist: 1<sup>st</sup> and 3<sup>rd</sup> Monday of the month, cribbage: 2<sup>nd</sup> and 4<sup>th</sup> Monday of the month.

**Information:** 450 226-2213 (after 13:00)

**LAST FLEA MARKET THIS YEAR on Saturday September 6  
(postponed to Sunday in case of rain)**



## Senior Citizens Heritage Club

The Senior Citizens Heritage Club invites you to join, ages 55 & over. Monthly activities are organized for members, including interesting day trips during the months of April, May, June, September and October.

### Information:

Marion Roberts at 450 432-7324

Isabel Ellis at 450 226-8882

Mona Wood at 450 226-1454

## Morin-Heights Farmers' Market

Join us every Friday from **13:00 to 18:00** until **October 3<sup>rd</sup>** at 148, chemin Watchorn.

Fresh, local vegetables, preserves, baked goods, prepared meals, music, art, and variety. Outdoor market only, rain or shine!

### Information:

450 226-2789

[morinheightsmarket@gmail.com](mailto:morinheightsmarket@gmail.com)

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





## Intermunicipal Agreement

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

### Registration process:

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

### Refunds:

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

### For information

#### Piedmont:

450 227-1888, ext. 223 •  
www.piedmont.qc.ca

#### Saint-Adolphe-d'Howard:

819 327-2626 •  
www.stadolpshedhoward.qc.ca

#### Sainte-Anne-des-Lacs:

450 224-2675, ext. 262 •  
www.sadl.qc.ca

#### Sainte-Adèle:

450 229-2921, ext. 244 •  
www.ville.sainte-adele.qc.ca

#### Saint-Sauveur:

450 227-2669, ext. 420 •  
www.ville.saint-sauveur.qc.ca

*For a complete schedule of the classes offered in Morin-Heights, please consult the course schedule on pages 18-19.*

## Activities

### ACTIVITIES INCLUDED IN THE AGREEMENT

#### ADULTS

**Bridge (beginner class)**  
Saint-Sauveur

**Computer (various classes)**  
Saint-Sauveur

**Eastern Dances & Baladi**  
Piedmont

**English**  
Sainte-Anne-des-Lacs

**Fitness Plus (outdoors)**  
Piedmont

**Fitness & Well-being**  
Piedmont & Saint-Sauveur

**Gypsy Dances**  
Piedmont

**Initiation to African Drumming**  
Saint-Sauveur

**Listen to your body (well-being workshop)**  
Sainte-Adèle

**Painting (oil and acrylic)**  
Saint-Adolphe-d'Howard & Saint-Sauveur

**Pilates**  
Piedmont

**Practical Writing Workshop**  
Saint-Adolphe-d'Howard

**Qi Gong Wu Tang**  
Sainte-Adèle

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

**Spanish (1 and 2)**  
Sainte-Adèle

**Stained-glass**  
Saint-Adolphe-d'Howard

**Tai-chi Chuan**  
Saint-Sauveur

**Tap Clac Cardio**  
Saint-Adolphe-d'Howard

**Watercolour (beginner)**  
Sainte-Anne-des-Lacs

**Writing (level 1)**  
Saint-Adolphe-d'Howard

#### YOUTH

**Babysitting Course**  
Sainte-Anne-des-Lacs

**Creative Dance (3-5 year olds)**  
Saint-Adolphe-d'Howard

**Decorative painting (5-7 & 8-11 year olds)**  
Saint-Adolphe-d'Howard

**Educational Workshop**  
Piedmont

**Gymnastics**  
Sainte-Anne-des-Lacs

**Hip Hop Dance (6-8 & 9-11 year olds)**  
Saint-Adolphe-d'Howard

**Introduction to music (3-5 year olds)**  
Saint-Sauveur

**Judo**  
Saint-Sauveur

**Mini-Gigote (Let's Move!)**  
Sainte-Adèle

**Piano**  
Saint-Sauveur

**Singing**  
Saint-Sauveur

**Singing & Initiation to Theatre**  
Sainte-Adèle



# Activities

## Gymnasium Sports

**From September 15<sup>th</sup> to December 15<sup>th</sup>, 2014**

At the school's gymnasium, 647, chemin du Village

### **BADMINTON**

Two courts available, bring your equipment.

Rotation every 20 minutes

Family hours: Monday 18:00 to 19:30

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

### **BALL HOCKEY**

Bring your equipment.

16+ hours: Tuesday 18:00 to 19:00

### **VOLLEYBALL**

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



### **Daily fee per sport / per person**

(payable on site)

**\$3** resident • **\$5** non-resident

### **or Semester fee per sport**

(passes available through «Online Registrations» on [www.morinheights.com](http://www.morinheights.com))

**\$30** resident • **\$50** non-resident

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

## Bursaries Available for Youth Sports Excellence

This municipal policy recognizes our young residents' high level of achievement in sports, ages 12 to 25. Amateur athletes must meet eligibility criteria and submit a completed application form **no later** than October 15<sup>th</sup>, 2014 (available on the website [www.morinheights.com](http://www.morinheights.com) under "Forms" or at the Town Hall).

## Hiking Trails

Did you know that many of the trails from the Morin-Heights cross-country ski and snowshoe network are located on private land and that permission has been granted by land-owners for that specific use only? That is why, in order to maintain the privilege of using these trails in winter, it is important that citizens do their part, by not using ski trails during the summer months.

A map of the municipality's hiking trails is now available at the Town Hall and on the municipal website. As for the *Corridor Aérobique*, access is free for walking, running and cycling from May to October.



## Important numbers

### **Town Hall:**

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

**Phone:** 450 226-3232

**Fax:** 450 226-8786

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

### **Emails:**

[bulletin@morinheights.com](mailto:bulletin@morinheights.com)  
[comptabilite@morinheights.com](mailto:comptabilite@morinheights.com)  
[conseil@morinheights.com](mailto:conseil@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)  
[servicetechniques@morinheights.com](mailto:servicetechniques@morinheights.com)  
[ssi@morinheights.com](mailto:ssi@morinheights.com)  
[taxes@morinheights.com](mailto:taxes@morinheights.com)  
[travauxpublics@morinheights.com](mailto:travauxpublics@morinheights.com)  
[urbanisme@morinheights.com](mailto: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:**

819 326-4059 • [www.spcall.ca](http://www.spcall.ca)

**Graphic Design** Julie Allard

**Production:** Les Imprimés Triton

**450 229-1054 • [www.groupepetriton.com](http://www.groupepetriton.com)**

**Photos:** Tara Kirkpatrick and others



## Morin-Heights Scouts

Scouting activities for boys and girls from 5 to 17 years old: beavers, cubs, scouts and venturers.

Meetings are on Wednesday from 18:45 to 20:15 at Morin-Heights Elementary School, starting September 17<sup>th</sup> 2014 to June 3<sup>rd</sup> 2015.

Registration will be at the school (647, chemin du Village) on September 10<sup>th</sup> at 18:45. Cost is \$205 per child.

**\* We are looking for volunteers for all sections! \***

### Information:

Tom Noakes at 450 229-1234  
or [scoutsmorinheights@live.com](mailto:scoutsmorinheights@live.com)

## Next Info Morin-Heights

Please send your information to Karyne Bergeron by email at:

**[bulletin@morinheights.com](mailto:bulletin@morinheights.com)** or at the Town Hall.

The winter edition is scheduled for distribution on **November 28<sup>th</sup>, 2014**. The deadline to submit articles is Wednesday October 8<sup>th</sup>. This edition will cover the period between December 1<sup>st</sup>, 2014 to April 30<sup>th</sup>, 2015.

## Pictures of private gardens 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 send your pictures to:

**[bulletin@morinheights.com](mailto:bulletin@morinheights.com)**.

Contributors can remain anonymous if they choose.



# Activities

## Youth Sports Refund Policy

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

The activities must be offered by a town located in the Laurentides and the refund applies only to permanent residents of Morin-Heights, 17 years and younger.

Completed request for refunds must be submitted at the latest sixty (60) days following the beginning of the activity. Refund will be made at the end of the season or session.

The policy and refund forms are available at **[www.morinheights.com](http://www.morinheights.com)** under "Forms" or at the Town Hall.

## Laurentian Region Cancer Support Group

Offers English-speaking support services to cancer patients, caregivers and their families in the Laurentian region. Meetings are held monthly at St-Eugène Church in Morin-Heights (148, chemin Watchorn).

For more information about the group's services, meetings and guest speakers, call June Angus at: **450 226-3641** or email **[cancer.laurentia@yahoo.ca](mailto:cancer.laurentia@yahoo.ca)**.

**MRC**  
PAYS D'EN-HAUT

**VELOCITÉ**  
- TRAJET CYCLABLE -  
Pays d'en-Haut

VELOCITÉ will promote **safe and pleasant cycling**. It will also contribute to the active means of transportation in the territory and meet the diversified needs of different clientele.

The construction of this **11 km bike path** began last May 20<sup>th</sup>. Taking place mainly in **Piedmont** and **Saint-Sauveur**, the first phase of the project is scheduled for completion at the end of summer 2014 and the second phase, in **Morin-Heights**, will be completed in 2015.

FOR THE WHOLE STORY ON THE VELOCITÉ BIKE PATH:  
**[TRAJET-VELOCITE.CA](http://TRAJET-VELOCITE.CA)**



# Classes

| Class / Location                       |  | Rates   | Schedule  |                     | Dates   | Instructor  | Description |
|--|--|---|---|---------------------|---|---|-------------|
| Body Design / St-Eugène Hall           |  |   | Monday 9:15 to 10:15  | Sept. 15 to Dec. 8  | Lisa McLellan<br>www.lmfitness.ca<br>450 530-3920<br>Call now to reserve your place!<br><div>Registrations at the Community Hall on <b>September 11<sup>th</sup></b> from 13:00 to 17:30</div>                                | Work hard! Cardio, resistance training and mat work.  |             |
| Stretch & Strengthen / Community Hall  |  |   | Monday 9:30 to 10:30  | Sept. 15 to Dec. 8  |   | Improve posture, range of motion and relieve pain.  |             |
| Aquafitness / Mont Gabriel Pool        |  |   | Monday 11:00 to 12:00   | Sept. 15 to Dec. 8  |   | Safe pool workout for strength and health.  |             |
| Cardio Nature / Aerobic Corridor       |  |   | Tuesday 9:00 to 10:15   | Sept. 16 to Nov. 4  |   | Cardio and strengthening outdoors.  |             |
| Combo 50+ / St-Eugène Hall             |  |   | Tuesday 9:30 to 10:30   | Sept. 16 to Dec. 9  |   | Overall workout to improve strength & prevent chronic disease.  |             |
| Pilates Fusion / Community Hall        |  |   | Wednesday 9:30 to 10:30   | Sept. 17 to Dec. 10 | <b>Fitness Pass</b><br>\$260 plus taxes<br>(2 classes/ week)<br>\$286 + taxes<br>(3 or more classes / week)<br><b>Card</b> (10 classes)<br>\$120 + taxes<br>\$5 more for non-residents<br>Small groups, individual attention! | Improve posture, strengthen & lengthen, relieve pain (intermediate).  |             |
| Stretch & Strengthen / Community Hall  | Pass or card                             |   | Wednesday 10:45 to 11:45  | Sept. 17 to Dec. 10 |   | Improve posture, relieve pain, become more supple.  |             |
| Stretch & Strengthen / St-Eugène Hall  |  |   | Wednesday 17:30 to 18:30  | Sept. 17 to Dec. 10 |   | Stretch, strengthen and relaxation.   |             |
| Zumba / St-Eugène Hall                 |  |   | Thursday 9:15 to 10:15  | Sept. 18 to Dec. 11 |   | Dance exercise to latin music. Olé, olé!  |             |
| Combo Cardio / St-Eugène Hall          |  |   | Thursday 10:30 to 11:30   | Sept. 18 to Dec. 11 |   | 25 minutes of muscle work and 35 minutes of cardio, improve strength and energy.  |             |
| Hatha Yoga / Community Hall            |  |   | Thursday 17:30 to 18:45   | Sept. 18 to Dec. 11 | <b>13-week session</b><br>Join anytime during a session   | For clarity, self knowledge and peacefulness.   |             |
| Yoga / St-Eugène Hall                  |  |   | Friday 9:15 to 10:30  | Sept. 19 to Dec. 12 |   | For clarity, body/mind integration and peacefulness.  |             |
| Stretch & Strengthen / Community Hall  |  |   | Friday 10:45 to 11:45   | Sept. 19 to Dec. 12 |   | Restorative. Improve posture, range of motion and relieve pain.   |             |
| Tap & Clac Cardio / St-Eugène Hall     |  | R: \$60 NR: \$65  | Tuesday 11:00 to 12:00  | Sept. 24 to Nov. 25 | <b>No class on Thanksgiving</b>   | Playful, rhythmic and invigorating! Aerobic exercises program on chairs, for seniors. Simple, effective and safe!                 |             |
| Stroller Training / park to determined |  | R: \$96 NR:\$101 for 1 class/ week 40% on the 2 <sup>nd</sup> class/ week | Monday 13:30 to 14:30 or Friday 13:30 to 14:30                    | Sept. 8 to Oct. 31  | <b>Studio Moov</b><br>450 951-9561<br>info@studiomoov.com<br>www.studiomoov.com<br>Studio Moov: train in an energetic and friendly atmosphere!  | To get back in shape: improve cardio and muscular endurance! Yoga mat and training elastics with handles necessary.               |             |
| Zumba / Community Hall                 |  | R:\$140 NR: \$145   | Monday 19:00 to 20:00   | Sept. 8 to Nov. 10  |   | Improve cardio, get back energy, decrease fatigue and lose a few pounds. Simple choreographies on pop music, fun, fun, fun!       |             |
| Turbo Kick / Community Hall            |  | R:\$140 NR: \$145   | Monday 20:00 to 21:00   | Sept. 8 to Nov. 10  |   | Cardiovascular and strength training with music. Choreographies that combine movements inspired by martial arts. Real fat burner! |             |
| Italian (beginner 1) / St-Eugène       |  |   | Monday 9:00 to 10:30 Tuesday 17:00 to 18:30                       | Sept. 29 to Nov. 24 |   | Book: L'italiano per tutti by Bruno Villata, Terza Edizione.  |             |
| Italian (beginner 2) / St-Eugène       | R: \$120 NR: \$125 (+ \$30 for the book) | Monday 17:00 to 18:30   | Level 1 must be completed. Taught entirely in Italian. Same book. |                     |   |   |             |
| Italian (beginner 3) / St-Eugène       |  | Monday 10:45 à 12:15  | Level 2 must be completed. Taught entirely in Italian. Same book. |                     |   |   |             |

## Legend

R: resident

NR: non-resident

\* The cost depend of the time of the inscription (1, 3, 5, or 10 months).  
Two free trial classes.

\*\* See instructor for more information

FOR INFORMATION OR REGISTRATION, COMMUNICATE DIRECTLY WITH THE INSTRUCTOR

# Classes

| Class / Location                                       | Rates   | Schedule  | Dates  | Instructor  | Description   |
|--|---|---|--|---|---|
| Yoga and meditation / Community Hall                   | \$15/ class if registered<br>\$20/ class drop-in      | Monday 17:15 to 18:45   | September to December  | Louise Bloom<br>450 226-5844  | Hatha yoga, meditation and spiritual disciplines  |
| Tandem Yoga (parent-child 6+) / St-Eugène (CLSC)       | R: \$21 NR: \$25 per class<br>10-class card available | Monday 17:00 to 18:00   | September to December  | Brigitte Vaisade<br>450 675-0515  | A unique opportunity to exercise together, to practice meditation which leads to stronger bonds. Free trial class with the purchase of a 10-class card. |
| Tai Chi Yang stretch and meditation / Community Hall   | \$120 per session                                     | Tuesday 10:30 to 12:00  | 1 <sup>st</sup> session: Sept. 2 to Oct. 21<br>2 <sup>nd</sup> session: Oct. 28 to Dec. 16 | Michelle Gendron<br>450 712-6834<br>ecoledecalibre.com  | Increase mind and physical abilities.<br>Join anytime during a session!   |
| Line Dancing / St-Eugène Hall                          | R: \$80 NR: \$90                                      | Wednesday 14:30 to 16:00  | Sept. 17 to Nov. 19  | Micheline Gravel<br>450 438-0248<br>micheline-gravel@videotron.ca   | For an afternoon of fun! Bring a water bottle. Minimum 15 participants.   |
| Spanish / St-Eugène                                    | R: \$130 NR: \$135                                    | Wednesday 18:00 to 19:00  | September to November  | Monica Guzman<br>450 276-6003   | 10-week session. For intermediate classes, communicate with the teacher. Discount for couples.  |
| Tap Dancing / St-Eugène Hall                           | R: \$140 NR: \$150                                    | Wednesday 19:00 à 20h   | Sept. 10 to Nov. 26  | Nicola-Dawn Brook<br>nicola.brook@gmail.com<br>514 758-2131   | An introduction to tap dancing <b>for adults</b> . Fun and aerobic.   |
| Flamenco beginner - elementary 1 / Community Hall      | R: \$220 NR: \$225                                    | Wednesday 19:00 to 20:15<br>(no class on the 2 <sup>nd</sup> Wednesday of every month)<br>or Saturday 12:30 to 13:30  | Sept. 17 to Dec. 17<br>(no class on Oct. 11)   | Sarah Vincent<br>info@flamencolavie.com<br>819-324-9347   | Develop your sense of rhythm and self confidence. Easy to intermediate choreographies, fun first Olé!<br>(No class on October 1 <sup>st</sup> )         |
| Gentle Yoga / Community Hall                           | 9-week session<br>R: \$100 NR: \$105<br>\$15 drop-in  | Thursday 11:00 to 12:15   | Sept. 25 to Nov. 20  | Donna Berry<br>450 226-1311   | Yoga for stiff and injured bodies.  |
| Broadway Time! / St-Eugène Hall                        | R: \$140 NR: \$150                                    | Thurs. 18:00 to 19:00 (8-11 years old)<br>Thurs. 19:00 to 20:00 (12 years old +)<br>or Sat. 12:00 to 13:00 (8-11 years old)<br>Sat. 13:00 to 14:00 (12 years old +) | Sept. 11 au Nov. 27  | Nicola-Dawn Brook<br>nicola.brook@gmail.com<br>514 758-2131   | Sing, dance and act. An introduction to the Broadway Musical Theatre style.   |
| Karate / Community Hall                                | *   | Friday 17:30 to 18:30   | September to June  | Shihai Gilles Labelle<br>450 432-4570 or<br>lgilles@shortinjyru.net                                       | Develops concentration, respect, self-confidence and increases physical fitness. Gives children tools to avoid bullying. Children 5 and up and adults.  |
| Wu Style Tai Chi Chuan / Community Hall                | R: \$140 NR: \$145                                    | Saturday 9:00 to 10:30  | Sept. 13 to Dec. 6<br>(no class on Oct. 11)  | Robert Lee<br>450 227-8829 or<br>leerobertm@gmail.com   | Relaxation, tonification of the muscles and joints, stimulation of the energy and health, improvement to equilibrium.                                   |
| Singing / St-Eugène Hall                               | R: \$120 NR: \$130\$                                  | Saturday 10:00 to 11:00<br>(8-15 years old)<br>Saturday 11:00 to 12:00<br>(16+ years old)   | Sept. 13 to Nov. 1   | École de chant Louise Fontaine 450 227-0094<br>Registrations on Sept. 6 - 10:00 to 12:00 at the Town Hall | Vocal technique with a professional teacher: breathing, interpretation, musical expression. Discover the pleasure of singing!                           |
| Traditional Scottish Highland Dancing / Community Hall | R: \$60 NR: \$70                                      | Sunday 16:00 to 17:30   | Sept. 28 to Dec. 7<br>(No class on Oct. 12)  | Heather McHabb<br>514 486-3480 or<br>heathermchabb@hotmail.com  | Traditional Scottish Highland Dancing for children and adolescents 7 years of age and older.<br>Classes for adults possible.                            |
| Creative Dance / Community Hall                        | **  | Sunday 9:15 to 10:15<br>Sunday 10:15 to 11:15<br>Tuesday 18:00 to 19:00   | Sept. 2, 2014<br>to June 14, 2015  | Isabeau<br>514 608-3381   | 3 1/2 to 5 years old  |
| Primary Ballet / Community Hall                        | **  | Sunday 11:15 to 12:30   |  |   | 6 to 7 years old  |
| Ballet Grade 1 / Community Hall                        | **  | Sunday 12:30 to 14:00   |  |   | 8 to 11 years old   |
| Ballet Grade 2 and 3 / Community Hall                  | **  | Sunday 14:00 to 15:30<br>Friday 18:45 to 20:15  |  |   | 12 to 14 years old  |
| Ballet Grade 4 and adults / Community Hall             | **  | Sunday 14:00 to 15:30<br>Tuesday 19:00 to 20:30<br>Friday 20:15 to 21:45  |  |   | 13 to 18 years old and up.<br>Points from 20:30 to 21:00 on Tuesday.  |



