



MORIN-HEIGHTS
1855

Info Morin-Heights

In harmony with nature!

Fall 2015 - Vol. 18, no 4



All *Journées de la culture* activities in Morin-Heights are **FREE** and will be held on **SATURDAY SEPTEMBER 26TH**:



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



Historical Rally - Vernissage / Happening

[from 11:00 to 12:30, starting point at the Remembrance Hall, 823 chemin du Village]

Start with visiting **Arts Morin-Heights'** exhibition themed "Disappeared Buildings in Morin-Heights." Then participate in a family rally to discover the location of these missing buildings. **Theatre Morin-Heights'**

actors will share with you facts and stories prepared by the **Morin-Heights Historical Association**. Take the opportunity to grab the historical self-guided tour and add these locations to your walk across the village! Visit each rally's site, collect all the chips back and pick your reward at the Remembrance Hall at the very end! Vernissage at 13:30.

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News from the Mayor

My fellow citizens,

Fall is just around the corner and summer has flown by, as it always does!

The events and cultural activities including Canada Day, Shakespeare-in-the-Park and Arts Morin-Heights' summer exhibition were well received and I invite you to attend the second edition of our summer Wine and Beer Tasting event on August 22nd and the *Journées de la culture's* activities on September 26th in the heart of the village.

This year, besides maintenance work, the Municipality has added the following projects to its schedule: restoration and municipalization of the water line on Voce Street, the repair of a section of water line near Route 329, the reconstruction of 800 meters on Blue Hills Road, 250 meters on Forest Hill Road and 300 meters on the 4th Range, asphaltting of Bob-Seale Street as well as Trois-Pierre Road and finishing the work in Les Bories and Balmoral areas. Some of the work will continue until the first snowfall.

You should know that the Municipality has established a street repair funding program. When citizens of a sector request the paving of their street or a major repair, the general fund pays 25% of the costs and citizens of that area pay 75% through a local improvement tax. Municipal Council believes that this approach can accelerate the rejuvenation of our infrastructure and improve the financial health of the municipality. Some of the work described above is being carried out under this program.

The Bellevue chalet, acquired last June, will get basic repairs this fall in order to welcome skiers as soon as this December. The chalet is one more step taken by the Municipality towards consolidating its mountain biking, cross-country skiing and snowshoeing networks. Given the scale of the building, Municipal Council will determine its intentions regarding the recreational and community use of the chalet and more comprehensive renovation work will be done next year.

Here is a glimpse of what is planned for 2016. On our schedule: finalizing the municipalization of Ski Morin Heights' drinking water network by connecting it to the Village network, replacing the water lines and repairing Village Road between Bélisle Road and Route 364, the redevelopment of the bike path from Bélisle Road to the Aerobic Corridor, including the construction of a cycling and cross-country skiing bridge over the Simon River.

All 10 municipalities of the *MRC des Pays-d'en-Haut* are collaborating in a project to establish the collection of organic waste throughout the territory to achieve the objectives set by the government. Soon, these materials will no longer be allowed in landfills, so a regional strategy will be set forth during the next year. The modes of collection and processing are presently being evaluated.

Council listens to your needs, and works with municipal staff and our many volunteers to improve the lives of the citizens of Morin-Heights. On that note, I want to thank them for their enthusiasm and dedication.

I wish you a great autumn.



Tim Watchorn, ing.
Mayor

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:

MHES (school): 450 226-2017

Dorothy Garayt: 450 226-3845

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

Jean Dutil: renojeandutil@gmail.com



Become a Red Cross Volunteer! Join our emergency response team in the MRC des Pays-d'en-Haut!

Red Cross volunteers assist victims of disasters such as fires and floods. They are ready to respond at any time, to provide emergency support, comfort and emotional warmth to those who have been affected.

As a Red Cross volunteer you will:

- be part of a specialized, dynamic and motivated team;
- receive accredited training in first aid and emergency response.

For information:

www.partenairescroixrouge.ca

1 844 540-5410

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.



The mission of the cooperative is to offer home care assistance. Whether you are a person with a temporary or permanent disability, a single person or a family, we offer:

- regular housekeeping services which may include meal preparation (no special diet) and shopping;
- heavy housekeeping services like a spring cleaning, window cleaning, preparing for a move;
- seasonal work such as raking, gardening, packaging, cleaning the garage or shed, etc.

Please give us a call to find out more about our services.

450 229-6677 • www.marteau-plumeau.com

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.

News

The advertisement features the MRC des Pays-d'en-Haut logo in the top left. In the center is a graphic of a bicycle with the word 'VÉLOCITÉ' in large, bold letters, and '-TRAJET CYCLABLE-' and 'Pays-d'en-Haut' below it. To the left of the text is a sign showing a pedestrian, a bicycle, and a car, with a plus sign between the pedestrian and bicycle, and an equals sign between the bicycle and car. Below the sign is a red banner that says 'APRÈS-VOUS!'. The main text reads: 'PREPARING FOR 2016 IN MORIN-HEIGHTS. Construction plans and specifications for a footbridge crossing the Simon River and a multipurpose path connecting it to the Aerobic Corridor parking lot are underway. In the meantime, we invite you to use the designated section on Village Road for traveling!'. At the bottom, it says 'TO LEARN MORE ABOUT THE VÉLOCITÉ BIKE PATH' and 'WWW.TRAJET-VELOCITE.CA | FOLLOW US ON' with a Facebook icon.

La Fouillerie

Sponsored by *Le Garde-Manger des Pays-d'en-Haut*, *La Fouillerie* located at 148, chemin Watchorn, continues to offer 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

Note that we do not accept furniture, computers and televisions.

We also ask that you do not leave defective or broken items in the parking lot or outside the premises. The Fouillerie is a store, not an ecocentre nor a dump: their volunteers do not have the resources to manage your bulky items!

Information: 450 644-0087





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 by October 1st or leave a copy at the municipal office. Selected candidates will be contacted later in October for interviews.

Positions also available: rink supervisors.



MRC des Pays-d'en-Haut's Sûreté du Québec

If you are a victim or witness of a crime (theft, mischief, assault, etc.) or accident:

9-1-1 or 310-4141

Cell phone: *4141

For general information about the services provided by the Sûreté du Québec, visit www.surete.qc.ca.

To provide information on illegal activities linked to organized crime such as murders, attacks, threats, intimidation, drugs production or trafficking:

Criminal Information Central:

1 800 659-4264 (24 hours a day)

To report cases of child sexual exploitation on the Internet: www.cyberaide.ca.

Police station located at 2141, chemin Jean-Adam (Route 364), St-Sauveur.

450 227-6848

13 septembre

25 ans
Fondation de l'Hôpital régional de Saint-Jérôme



Vélo à notre santé



The organizing committee of "Vélo à notre santé" invites everyone to its 16th edition on **Sunday, September 13th**. Since 1999, this activity has raised over 2,5 million dollars enabling the *Fondation de l'Hôpital régional de Saint-Jérôme* to invest in specialized equipment for the hospital. The 2015 financial goal of "Vélo à notre santé" is \$225,000.

Participants must choose between the Road Challenge or the traditional options on the *P'tit Train du Nord* linear park. The Road Challenge, sponsored by Nord Sud Honda and La Petite Bretonne, offers options of 75, 110, 155 or 200 km supervised by Gran Fondo Eco. Options on *P'tit Train du Nord* linear park are 25, 50, 70, 107km or 200km /2 days.

Fundraising is not mandatory, learn all about it on the website.

To see detailed maps, register and to get more information, visit www.veloanotresante.com

Mitten Trees

We live in a country environment, surrounded by trees. With your help we will create "**MITTEN TREES**" at the library and at the Town Hall.

If you like to knit and would like to help less fortunate families, here's what we're proposing. Find your knitting needles and wool and start knitting child-sized mittens, scarves, toques, and neck warmers. Once they're finished, hang them on the mitten trees that will be installed at the library entrance and in the reception area and meeting room at Town Hall. The trees should be in place by November 1st at the latest and will remain until February 2016. We'll collect the mittens when the trees are full - and of course before Christmas - to be distributed through the *Garde-Manger-des-Pays-d'en-Haut* to families and some elementary schools.

So knitters, take up your needles!

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



Environment

Mountain Bike Update

The mountain bike network at Basler Park is constantly being expanded and now features almost 18 km of trails. New this season is the Upper Rockcliff, Pont, Cage and Rive Gauche trails. Many small sections have been added or completed to allow the cyclist to enjoy a variety of interesting loops. There is a recommended direction, but all trails are bidirectional.

The signage has been upgraded and there are now two recommended loops - the Purple and Yellow loops with accompanying signs.

A new technical practice park has recently been built at the base of the hill, near the labyrinth, and there are plans to expand the bike park. The map has been updated and can be accessed via the municipal website.



Note: Please respect the rule of not riding for 24 hours after a heavy rain fall. Doing so leads to erosion and destroys the surface for other cyclists. It also causes maintenance issues which can be costly and time consuming.

Écocentre, towards sustainable development

Opening hours until November 30th:

Monday to Sunday from 7:30 to 16:00

The Écocentre services are all free.

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

2125, chemin Jean-Adam in Saint-Sauveur

450 227-2451 • cdufour@ville.saint-sauveur.qc.ca

The Ecocentre is a deposit point of the ARPE (*Association pour le recyclage des produits électroniques*) and RecycFluo, so computers, electronic equipment and mercury lamps (neon lights, compact fluorescent, etc.) from all sources (residential, commercial, institutional and industrial) are accepted.

Working together to reduce landfill.



Recycling and garbage collection **2015**

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					



Garbage



Recycling



Garbage and
recycling



Large items

COMPLAINTS:
1 855 425-3797 or
rcmillermorinheights@gmail.com

Morin-Heights Fire Department and First Responders

Is your family prepared for an emergency?

In Quebec, the Civil Protection Act establishes a shared responsibility for civil security among citizens, businesses, municipalities and the Quebec government. Each citizen must provide for their essential needs during the first hours following a disaster.

Indeed, in the case of a major disaster, emergency services could take some time before arriving to lend you a hand. By taking a few simple steps, you can prepare yourself and your family to cope with the first 72 hours of an emergency.

In collaboration with several public safety organizations, Public Safety Canada issued an emergency preparedness guide, proposing the following three steps to prepare adequately (continued on the right).



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!



1) Know the risks:

The risks likely to arise on the territory of Morin-Heights include, among others, heavy rainfall, high winds, forest fires and ice storms.

2) Make a plan:

Prepare an evacuation plan for your home, as well as your neighbourhood, and designate meeting points in safe locations in both cases. Make sure to include special considerations for children, the elderly or disabled and pets.

3) Prepare an emergency kit:

In emergency situations, it may be necessary to get by without power or water for several days. Assemble items that will be needed, such as drinking water, medicines, flashlights, battery-operated radio, blankets, etc. and create an emergency kit for your home or your car by putting items all in one bag or a portable suitcase.

Do not wait for a disaster to happen. You can do simple things right now to prepare yourself and your loved ones. Make sure everyone in your home knows the emergency plan and the location of the emergency kit.

For complete information, please visit:
www.getprepared.gc.ca



Municipal Services



Important numbers

Town Hall

567, ch. du Village,
Morin-Heights (Québec)
J0R 1H0

Phone: 450 226-3232

Fax: 450 226-8786

www.morinheights.com

Emails:

bulletin@morinheights.com
comptabilite@morinheights.com
conseil@morinheights.com
environnement@morinheights.com
inspection@morinheights.com
loisirs@morinheights.com
municipalite@morinheights.com
mutation@morinheights.com
servicestechniques@morinheights.com
ssi@morinheights.com
taxes@morinheights.com
travauxpublics@morinheights.com
urbanisme@morinheights.com

Sûreté du Québec des

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

Emergency: 9-1-1

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

Dog catcher:

1-866-960-7722 • www.spcall.ca

Legal deposit - Bibliothèque et Archives nationales
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1 888 990-3486 • www.groupetriton.com

Photos: Tara Kirkpatrick, Denis Laplante
and others

Library

The municipal library is located at
823, chemin du Village, it is 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

NEW ACQUISITIONS (Novels)

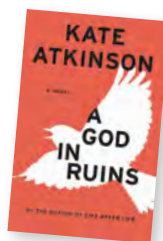
Kate Atkinson
A God in Ruins

W. Bruce Cameron
A Dog's Purpose

Helen Humphreys
The Evening Chorus

John Lescroart
The Fall

John Vaillant
The Jaguar's Children



(Non-fiction)

Bill Browder
Red Notice

Eugene Rogan
The Fall of the Ottomans:
The Great War in the
Middle East, 1914-1920



(Audio books)

Richard Bachman
Blaze

(Children)

Adam Rubin
Dragons Love Tacos



Activities

Meditation Workshop: YOUR OWN WAY

presented by **Véronique Pierre**, founder of Yoga Laurentides

Discover five different meditation techniques. When thinking about meditation, we often think of sitting still in perfect silence, but there are many ways to meditate, each with a specific purpose.

In a harmonious environment, come learn in 15 minutes periods, five different techniques from the world of yoga.

Véronique Pierre is a certified yoga teacher since 2012. She has been practicing yoga and meditation for over 15 years.



The workshop will be on **Sunday September 20th**, at the Remembrance Hall (823, ch. du Village) from **10:00 to noon**.

Price: \$30 if you register before September 4th, \$40 from then onwards, **LIMITED PLACES!**

Information and tickets: 514 803-8376 or www.yogalaurentides.com

Halloween

Glittering forest fairies, tiny moustachioed gentlemen with long feet and other funny odd-balls come together in the heart of the village on **October 31st**! 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 live up the activities on the night of October 31st. Contact Catherine Maillé at 450 226-3232, ext. 102.



Youth Sports Refund Policy

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

The activities must be offered by a town located in the *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** under "Forms" or at the Town Hall.





(continued)

All *Journées de la culture* activities in Morin-Heights are **FREE** and will be held on **SATURDAY SEPTEMBER 26TH**

Performance by Keltik Pilgrim and family picnic

[between 12:30 and 13:30, at the library, 823, chemin du Village]

We invite you to bring a picnic or take a hot dog offered by IGA Morin Heights and enjoy Irish music performed by Laurentian band, Keltik Pilgrim. (In case of rain this event will be held at St-Eugène Church, 148, chemin Watchorn)



Play Reading by Theatre Morin-Heights

[at 15:00, at St-Eugène Church, 148, chemin Watchorn]

Curious Savage by John Patrick, directed by Penny Rose, will be presented (in English) as a dramatic reading by the local theatre company.



Arts Morin-Heights discovering upcoming talents!

Arts Morin-Heights' next themed show will open with *les Journées de la culture*; information about this show can be found in the upcoming *Journées de la culture* flyer.

We want to take advantage of this edition of Info Morin-Heights to tell you about a new involvement of Arts Morin-Heights. For some time now, we have invited children from the Val-des-Neiges daycare to visit our themed shows at the library. We explain the theme, then ask them to tour the show and choose their favourite work – and to explain why they chose it. At the last two exhibitions, the children surprised us by bringing their own drawings and paintings on the same theme as Arts Morin-Heights artists had worked on!

What a pleasure to see their work, not to mention their eyes sparking with pride when they showed us their creations! The theme of the show that finished on June 13th was "In the style of a Canadian artist." Each child chose a painting from a book on Canadian art and did their own drawing or painting based on it. You can see some of the results in the photos accompanying this article. We believe the future is assured! Our thanks to the educators at the daycare who put a great deal of energy and enthusiasm into encouraging and helping these budding artists.

For all information about Arts Morin-Heights, please consult:

www.artsmorinheights.com or call 450 226-3832.



Activities

Annual grants for community organizations

The Municipality of Morin-Heights invites non-profit groups and organizations to submit their 2016 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 15th**, 2015. Council will analyze requests in November and send out replies by **February** 2016.

Laurentian Reading Club

For over 50 years, the Laurentian Reading Club has been meeting every month for lively discussions of books and reading. For more information please contact Shirley Adelson at 450 227-4270 or at adelson.se@gmail.com.

Morin-Heights Bridge Club

The Morin Heights Bridge Club meets **every Thursday at 13:00 beginning September 10th** at 148, Watchorn Road. Welcome to the friendliest club in the Laurentians!

Information: Joan Ford at 450 226-2322

French-language Reading Club (CLEF)

The **Club de lecture en français** continues its second year of monthly meetings. The club meets monthly to discuss reading: new finds, books we are re-reading, and favourites.

For information about the club, contact Monique Bélisle:

Monique Bélisle, 450 226-8464



Word kept!

Following the victory of the Morin-Heights dragon boat team, the city of Sainte-Marguerite-du-Lac-Masson kept its word and hoisted our colors at their Town Hall! In the last few years, our flag was also raised three times in Saint-Adolphe-d'Howard and last year, St-Adolphe's flag was hoisted at our Town Hall!

Congratulations to the champions: our local team!

La Rochelle Preschool



Bilingual preschool for children aged 3 to 5 years old, Monday to Thursday, from 9:00 to 11:30 or 12:30 to 15:30 at Morin-Heights Elementary School. For more information, contact us by email at prematernellelarochellepreschool@yahoo.ca

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

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.





Cruise and Wine Route

On Tuesday September 22nd, 2015

Visit of vineyards and cruise: site, price and details to be determined; watch for the publicity in the village.

Outing for 50 years old and up. Adults of all ages can register on a waiting list in case there would be remaining places. Transportation by a Galland Deluxe bus (comfortable seating) with two snacks provided by IGA Morin-Heights.

Information:

450 226-3232, ext. 102

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 24th and Sunday October 25th, 9:00 to 13:00. At the Town Hall, 567, chemin du Village. **Bilingual training.**

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

Registration required at the Town Hall before October 13th: 450 226-3232, ext. 111.

For more information you may contact the instructor:

Kim Maurice at 514 916-9904

Theatre Morin-Heights

- Presentation of a dramatic reading as part of the *Journées de la culture* activities (see page 9).
- **Welfarewell** by Cat Delaney presented from the **5th to the 8th of November** at Ski Morin Heights. A touching drama with its share of lighter moments.

Tickets: \$20. Evening performances on Thursday, Friday and Saturday, and matinees on Saturday (**ideal for families 13+**) and Sunday. Also watch the municipal website for our fall activities like evening readings, workshops and a children's course.

For more information please call:

450 226-2746 or email Penny Rose at pennyrose@jenanson.com.



Activities

Royal Canadian Legion Events

All welcome! Darts every Wednesday night at 19:00. Military Whist: 1st and 3rd Monday of the month, cribbage: 2nd and 4th Monday of the month.

SATURDAY AUGUST 15

**Gerry Hecklinger's Golf Tournament
& Steak Dinner**

FRIDAY, AUGUST 21

TGIF Smoked Meat Night, at 18:00

SATURDAY AUGUST 29

Flea Market #4 (rain date August 30)

SATURDAY, SEPTEMBER 5

Labour Day Steak Supper, at 18:00

FRIDAY, SEPTEMBER 25

TGIF Smoked Meat Night, at 18:00

SUNDAY OCTOBER 11

Thanksgiving Brunch, 9:00 to 13:00

FRIDAY, OCTOBER 16

TGIF Smoked Meat Night, at 18:00

SATURDAY OCTOBER 24

Oktoberfest Supper, at 18:00

SATURDAY NOVEMBER 7

Remembrance Day Parade

FRIDAY, NOVEMBER 20

TGIF Smoked Meat Night, at 18:00

SATURDAY NOVEMBER 29

Grey Cup Party (hamburgers, etc.)

Information:

450 226-2213 (after 13:00),
127, chemin Watchorn

Joyful Noise Choir

Everyone who likes to sing is welcome!

St-Eugène Hall, (148, chemin Watchorn),
Tuesdays 19:00, from September 8th to
December 8th, \$125.

Information and registration:

Penny Rose at 450 226-2746 or
pennyrose@jenanson.com

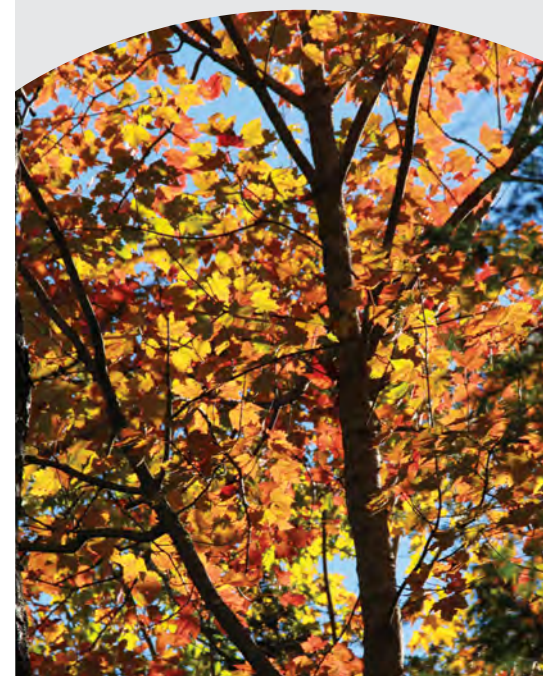
Instructors Wanted!

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** with a short description of the course you could teach (ex. pilates (in the evening), English for children or adults, etc.).

Next edition

Please send your information to Karyne Bergeron by email at:

bulletin@morinheights.com or at the Town Hall. The winter edition is scheduled for distribution on **November 27th, 2015**. The deadline to submit articles is Wednesday October 7th. This edition will cover the period between December 1st, 2015 to March 20th, 2016.



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 15th, 2015 (available on the website: www.morinheights.com under "Forms" or at the Town Hall).

Morin-Heights Scouts

Scouting activities for boys and girls from **5 to 17 years old**: Beavers, Cubs, Scouts and Venturers.

Meetings are on Wednesday 18:45 to 20:15 at Morin-Heights Elementary School, starting September 16th, 2015 until June 1st, 2016.

The registration/BBQ event will be on September 12th, location and time to be determined, check our website in early September. Cost: first child is \$190, \$140 for siblings.

Information:

Tom Noakes at 450 229-1234 or scoutsmorinheights@live.com.

We are looking for volunteers for Beavers!



Gymnasium Sports

From September 14th to December 15th, 2015

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

BASKETBALL

Tuesday 18:00 to 19:00

Activities

VOLLEYBALL

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

Daily fee per sport / per person (payable on site)

\$3 resident • **\$5** non-resident

Semester fee per sport.

Passes available through "Online Registrations" on www.morinheights.com

\$30 resident • **\$50** non-resident

Information: 450 226-3232, ext. 102

The History of Morin-Heights

Join a group of people interested in the history of Morin-Heights, every Wednesday from 19:30 to 21:30, September 16th to October 21st at the Library's Remembrance Hall (823, chemin du Village). Course will be offered in English or bilingual.

Minimum of 8 participants, \$35 for a 6-week session.

Register anytime before September 11th with Don Stewart: 450 226-6622.

Morin-Heights Historical Association

Founded in 1997 as a bilingual organization, the MHHA serves two key purposes: the preservation of historic documents and artifacts relating to Morin-Heights and the surrounding areas and; through its periodic newsletters, Porcupine magazine, website and frequent public lectures, to communicate, educate and keep history alive in our community.

Membership Fees: \$10 per year individual, \$20 family

Contact: Audrey McDonough 450 226-7601 or mhha98@hotmail.com



Activities

ACTIVITIES INCLUDED IN THE INTERMUNICIPAL AGREEMENT

YOUTH

Creative Arts Workshop (3-16 year olds) Saint-Adolphe-d'Howard
Educational Workshop Piedmont
Hip Hop Dance (6-8 year olds) (9-13 year olds) Saint-Sauveur & Sainte-Adèle
Judo Saint-Sauveur & Sainte-Marguerite-du-Lac-Masson
Piano or Singing (individual lesson) Saint-Sauveur
Yoga Sainte-Adèle
PARENT - CHILD
Baby and Me Yoga Sainte-Adèle
Introduction to Fencing Saint-Adolphe-d'Howard
Stroller Cardio Sainte-Marguerite-du-Lac-Masson, Sainte-Anne-des-Lacs & Piedmont
Yoga for all Sainte-Marguerite-du-Lac-Masson

ADULTS

African Drumming Saint-Sauveur
Circus and specialties Saint-Sauveur
Computer (various classes) Saint-Sauveur & Sainte-Marguerite-du-Lac-Masson
Culture Workshop Piedmont
Eastern Dances & Baladi Piedmont
English Sainte-Anne-des-Lacs
Fitness Plus (outdoors) Piedmont
Firm Up Express Sainte-Marguerite-du-Lac-Masson
Fitness & Well-being Piedmont & Saint-Sauveur
Gypsy Dances Piedmont
Horticulture workshop (season closing) Sainte-Anne-des-Lacs
Judo Saint-Sauveur
Live Guitar Workshop Saint-Adolphe-d'Howard
Qi Gong Sainte-Adèle
Piano or Singing (individual lesson) Saint-Sauveur
Pilates Piedmont
Spanish (beginner) Sainte-Anne-des-Lacs
Spanish (1 and 2) Sainte-Adèle
Taï chi Chuan Saint-Sauveur
Tap Clap Cardio Saint-Adolphe-d'Howard
Watercolour (beginner) Sainte-Anne-des-Lacs
Yoga for all Sainte-Marguerite-du-Lac-Masson

Intermunicipal Agreement

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

Registration process:

Enquire directly about the registration process, dates, schedules, prices and availability with the town offering the class(es) of your choice. 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.ca

Saint-Adolphe-d'Howard:

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

Sainte-Anne-des-Lacs:

450 224-2675, ext. 225 •
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

Sainte-Marguerite-du-Lac-Masson:

450 228-2543, ext. 221 •
www.lacmasson.com

For a complete schedule of the classes offered in Morin-Heights, please consult the course schedule on pages 15-16.

Classes

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

Class / Location	Rates	Schedule	Dates	Instructor	Description
Body Design / St-Eugène Hall		Monday 9:00 to 10:00	Sept. 14 to Dec. 7	Lisa McLellan www.lisamclellan.com Reserve a spot at 450 560-2803 Small groups, individual attention! Registrations at the Community Hall September 10 13:00 to 17:30	Work hard! Cardio, resistance training and mat work
Stretch & Strengthen / Community Hall		Monday 9:30 to 10:30	Sept. 14 to Dec. 7		Improve posture and range of motion, relieve pain
Combo 50+ / St-Eugène Hall		Tuesday 9:30 to 10:30	Sept. 15 to Dec. 8		Overall workout to improve strength and prevent chronic disease
Pilates Fusion / Community Hall		Wednesday 9:30 to 10:30	Sept. 16 to Dec. 9		Improve posture, strengthen & lengthen, relieve pain (intermediate)
Stretch & Strengthen / Community Hall		Wednesday 10:45 to 11:45	Sept. 16 to Dec. 9		Improve posture, relieve pain, become more supple
Stretch & Strengthen / St-Eugène Hall	Pass or card	Wednesday 17:30 to 18:30	Sept. 16 to Dec. 9	Fitness Pass \$260 + taxes (2 classes/ week) \$286 + taxes (3 or more classes/ week)	Stretch, strengthen and relaxation
Zumba / St-Eugène Hall		Thursday 9:00 to 10:00	Sept. 17 to Dec. 10	Card (10 classes) \$120 + taxes NR: \$5 more	Dance exercise to latin music. Olé, olé!
Body & Mind Cardio / St-Eugène Hall		Thursday 10:30 to 11:30	Sept. 17 to Dec. 10	13 weeks Join anytime during a session	Improve strength and endurance, find peace of mind
Yoga / Community Hall		Thursday 17:30 to 18:45	Sept. 17 to Dec. 10	*NO classes on Thanksgiving*	Hatha Yoga for clarity, self knowledge and peacefulness
Yoga / Community Hall		Friday 9:15 to 10:30	Sept. 18 to Dec. 11		Yoga for clarity, body & mind integration and peacefulness
Stretch & Strengthen / Community Hall		Friday 10:45 to 11:45	Sept. 18 to Dec. 11		Safe pool workout for strength and health
Aquafitness / Mont Gabriel Pool	R: \$144 NR: \$149	Monday 11:00 to noon Thursday 11:00 to noon	Sept. 14 to Dec. 7 Sept. 17 to Dec. 3		
Power Yoga / Community Hall	R: \$90 9-class session R: \$180 unlimited 27 classes R: \$15 drop-in NR: \$100 9-class session NR: \$190 unlimited 27 classes NR: \$16 drop-in	Monday 19:00 to 20:15 Tuesday 9:00 to 10:00 Thursday 8:00 to 9:00	Sept. 14 to Nov. 19 (no class on Oct. 15, 19 and 20)	Écho Aloha Pascale 514 709-0808 echoaloha@gmail.com	Discover a safe but strong yoga practice to develop strength and endurance, as well as flexibility and peace of mind.
SUP Yoga / Lummis Park (on a paddle board)	R: \$23/class 4-class session R: \$26/class 5-card class R: \$30 drop-in NR: \$24/class 4-class session NR: \$27/class 5-card class NR: \$33 drop-in	Monday 9:30 to 10:45 Wednesday 17:15 to 18:30 Sunday 10:15 to 11:30	Sept. 9 to Oct. 5		Practice yoga on a paddleboard on the water and celebrate the changing seasons with nature!
Yoga and meditation / Community Hall	\$15/ class if registered \$20/ class drop-in	Monday 17:15 to 18:45	Sept. to Dec.	Louise Bloom 450 226-5844	Hatha yoga, meditation and spiritual disciplines
Italian beginner 2 / St-Eugène	R: \$120 NR: \$125 (+ \$30 for the book)	Monday 18:00 to 19:30	Sept. 21 to Nov. 9	Franca Collavoli francacollavoli@live.ca 450 562-8095	Taught entirely in Italian. Knowledge of the irregular verbs and the three conjugations required. Book: L'italiano per tutti by Bruno Villata, Terza Edizione.
Italian intermediate and advanced / St-Eugène	R: \$200\$ NR: \$205\$ (+ \$30 for the book)	Monday 10:00 to noon	Sept. 21 to Nov. 23		Taught entirely in Italian. Knowledge of the three conjugations, irregular verbs and prepositions and knowledge of direct and indirect object pronouns. Same book.

FOR INFORMATION OR REGISTRATION, COMMUNICATE DIRECTLY WITH THE INSTRUCTOR

Classes

Class / Location	Rates	Schedule	Dates	Instructor	Description
NEW! Cardio Poussette / Corridor Aérobie		Monday and Wednesday 10:00 to 11:15	Sept. 21 to Dec. 18	Cardio Plein Air certified trainers Register on www.cardiopleinair.com or at the Town Hall on August 22 between 9:00 and 11:00	Training with your baby and other mothers. Count on the founders of the movement: the real, the original, often initiated, unequalled!
NEW! Cardio Vitalité / Corridor Aérobie	\$187 + taxes for 13 weeks 2 classes per week	Monday and Wednesday 8:30 to 9:45			For people over 50. Experience and enjoy training outdoors at your own pace in order to get in shape in serenity.
NEW! Cardio Musculation / Corridor Aérobie		Tuesday and Thursday 17:00 to 18:15			Original Cardio Musculation program which will yield fast results and well-being.
Tai Chi Yang stretch and meditation / Community Hall	R: \$120 NR: \$125	Tuesday 10:30 to 11:50	1 st session: Sept. 1 to Oct. 20 2 nd session: Oct. 27 to Dec. 15	Michelle Gendron 450 712-6834 ecoledeatchilibre.com	Increase mind and physical abilities. Join anytime during a session!
NEW! Adult Group Guitar / St-Eugène Hall	R: \$150 NR: \$160	Wednesday 19:00 to 20:00	Sept. 16 to Nov. 18	Celia Fuentes music@celiafuentes.com www.celiafuentes.com	Technique, tabs, chords, group pieces with multiple parts. Manual included.
NEW! History of Morin-Heights / Remembrance Hall	\$35	Wednesday 19:30 to 21:30	Sept. 16 to Oct. 21	Morin-Heights Historical Association Donald Stewart 450 226-6622	See details in page 13
Line Dancing / St-Eugène	10-week session R: \$100 NR: \$110	Friday 10:30 to noon	Sept. 11 to Nov. 13	Micheline Gravel 450 438-0248 micheline-gravel@videotron.ca	Great exercise for body and mind, opportunity to make friends. Courses offered by a qualified and trained teacher.
Karate / Community Hall	*	Friday 17:30 to 18:30	Sept. to June	Kyoshi Gilles Labelle 450 431-1444 or lgilles.budo@gmail.com	Develops concentration, respect, self-confidence and increases physical fitness. Gives children tools to avoid bullying. Children 5 and up and adults.
NEW! Children Group Guitar (10-12 years old) / St-Eugène Hall	R: \$135 NR: \$145	Saturday 9:00 to 10:00	Sept. 12 to Nov. 21 (no class on Oct. 10)	Celia Fuentes music@celiafuentes.com www.celiafuentes.com	Basic concepts, technique, tabs, rhythmic and melodic playing. Manual included.
NEW! Teen Group Guitar (13-17 years old) / St-Eugène Hall	R: \$150 NR: \$160	Saturday 10:15 to 11:15			More theory, technique, tabs, chords, different genres. Manual included.
Wu Style Tai Chi Chuan / Community Hall	R: \$140 NR: \$145	Saturday 9:00 to 10:30	Sept. 12 to Dec. 12 (no class on Oct. 10)	Robert Lee 450 227-8829 or leerobertmh@gmail.com	Relaxation, tonification of the muscles and joints, stimulation of the energy and health, improvement to equilibrium.
Traditional Scottish Highland Dancing / Community Hall	R: \$60 NR: \$70	Sunday 16:00 to 17:30	Sept. 27 to Dec. 6	Heather McHabb 514 486-3480 or heathermcnabb@hotmail.com	For children and adolescents 7 years of age and older. Classes for adults possible.
Creative Dance / Community Hall	**	Sunday 9:15 to 10:15 Sunday 10:15 to 11:15 Tuesday 18:00 to 19:00	Sept. to June	Isabeau 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 Friday 18:45 to 20:15			12 to 14 years old
Ballet Grade 4 and adults / Community Hall	**	Sunday 14:00 to 15:30 Tuesday 19:00 to 20:30 Friday 20:15 to 21:45			13 to 18 years old and up. Points from 20:30 to 21:00 on Tuesday.

Caption

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