



MORIN-HEIGHTS
1855

Info Morin-Heights

In harmony with nature!



Shakespeare-in-the-Park in Morin-Heights

*«If this were played upon a stage now,
I could condemn it as an improbable
fiction.» - act 3, scene 4*

This summer, the Municipality of Morin-Heights has invited Montreal's Repercussion Theatre to present William Shakespeare's, *Twelfth Night: Or What You Will*, at Basler Park (99, ch. du Lac-Écho). This professional production will be performed **on July 4th, at 19:00. It will be the only performance in the region!**

The play is presented in English, it is visually dynamic which makes it accessible and captivating for all. This activity is free and open to everyone; we suggest you bring a chair and a blanket. If you would like to give a hand to the theatre company on that day, please contact Repercussion Theatre directly. In case of rain, venue to be determined.

Information: 450 226-3232, ext. 102 or
www.repercussiontheatre.com



Découvertes vins et bières Morin-Heights

The second edition of this event will be held on **Saturday, August 22nd**, in a big tent at **Basler Park**. Discover different wines and local beers, pair them with appetizers, enjoy some live music: a great activity to end the vacation season! Details will be available on the municipal website shortly. Limited places, online registration!



Summer 2015 - Vol. 18, no 3

Morin-Heights Annual
Blood Drive
on page 2

Arts Morin-Heights
Summer Exhibition
on page 5

Farmers' Market
on page 6



Summary

P2
News

P3
Municipal
Services

P5
Activities

P8
Classes

News from the Mayor

My fellow citizens,

In 2007, the municipality purchased the Mont-Bellevue property. Since then, Council has been working on a cross-country ski chalet and community center project. A citizens' committee was formed and the first estimate of 4 million dollars was discussed.

Space then became available in the building belonging to Notre-Dame-des-Monts Parish as a result of the closing of the Morin-Heights CLSC. The Municipality and the Parish then formed a partnership for the rental of this space answering some community needs.

The present Council reviewed the Bellevue project, decreasing the size and the budget to approximately 1.2 million dollars and worked on obtaining grants for its construction.

Over the winter, we were made aware of the Plamondon family's decision to not continue operating the Château des Aînés residence (formerly Hôtel Bellevue), following an 18-month search for a buyer.

I would like to salute the Plamondon family's work throughout this process. They have done their best to keep the Château des Aînés in operation over many years.

It is essential for Council that the Château's residents find a new home properly and if possible, close to Morin-Heights. The Plamondon family has found a residence in St-Adolphe-d'Howard which would be able to accommodate everyone, should they so choose, and will pay all of their moving costs.

The closing of the Château was inevitable so the Municipality decided to purchase it for \$375,000 with the intent of saving and reviving this historic building located within the village core.

The building is approximately 50 years old. Its construction is solid, but needs some renovations to make it work as a public space.



Council is very proud of this purchase which will allow us to:

1. have a long awaited base for cross-country ski activities;
2. have two additional acres of land close to the trails;
3. have a building in the village core to use for community activities;
4. no longer have to rent a construction trailer to shelter our skiers each winter;
5. have a center to further develop our mountain bike project;
6. protect and bring the former Hôtel Bellevue to life;
7. accomplish everything with less than half of the budget for the construction of a new chalet.

The new Bellevue chalet will allow us to truly be, as it says on the sign at the entrance of the municipality: - The Cross-country ski capital of the Laurentians -.

Furthermore, our health COOP is now open and has more than 250 members. I therefore invite all citizens who are in need of a family doctor or who simply would like to benefit from other services offered by the COOP to visit the website and become a member of this great community project.

Finally, I would like to invite you to participate in our summer activities which are listed in the present bulletin.

Have a wonderful summer,

Tim Watchorn, ing.
Mayor of Morin-Heights

Morin-Heights Annual Blood Drive

The next blood drive in Morin-Heights will be on **August 10th, from 13:00 to 19:30** at St-Eugène Church (148, Watchorn Road). Only 3% of the population of our province who are eligible to donate blood actually give this gift of life. For any question concerning admissibility for a blood donation, please call: **1-888-666-HEMA** or visit **www.hema-quebec.qc.ca**.

Give blood. Give life.

CrossFit : ENDO Project

ENDO Project is a CrossFit competition for women and men to be held on **June 13th and 14th** at CrossFit 15Nord in Morin-Heights. The goal is to raise money for endometrial cancer, so come and encourage participants and contribute to the fundraising. So far nearly \$7,000 has been collected for the cause, so we are confident that the 3rd edition will exceed our expectations!

www.crossfit15nord.com



**CRUELTY TOWARDS ANIMALS
IS A CRIME !**

**IF YOU SEE AN ANIMAL
LOCKED UP IN A VEHICLE
IN HOT WEATHER,
CALL THE POLICE.**

Public Works

We are counting on you to keep ditches clear of branches and other materials which might fall in, obstructing the natural flow of water which can damage the road infrastructure. Please don't empty your grass clippings to avoid blockage. We recommend you leave existing natural vegetation in the ditch as much as possible.

BY-LAW 495 REGARDING THE USE OF TREATED WATER

ARTICLE 7.2.1

Watering schedule

Watering lawns, hedges, trees, shrubs or all other plants using a hose or portable sprinkler is permitted only between 20:00 and 23:00 on the following days:

Monday & Wednesday for EVEN civic numbers
Tuesday & Thursday for ODD civic numbers

For automatic sprinkler systems, you can water for 1 hour on the appropriate nights, between 23:00 to 1:00.

ARTICLE 7.2.3

Exception for new lawns or new flower beds

Notwithstanding article 7.2.1, it is permitted to water every day at the times stated in article 7.2.1, after new lawns and any other new plantings, during 15 consecutive days after the seeding or installation of sod (however, an authorization from the Environment Department is required. **450-226-3232**, ext. 114).

Municipal Services

Zero Run-offs

The concept of *Zero Run-Off* was developed in Vermont and states that any drop of water falling on a property should remain on that property. The concept was developed to retain water and reduce erosion. Water tends naturally to return to the water table, evaporate, or be directed to rivers and lakes. Other ways to manage water on properties can be used, such as the creation of catch basins, using rain barrels, filtering marshes, vegetation, etc. Properly managing water on your property leads to water conservation and protects the environment.

Whenever possible, direct water from asphalt and gutters into catch basins or towards garden areas. Use water barrels to water plants and lawns, or direct toward a small pond that supports aquatic plants such as irises or bulrushes. Excess water can often be used to top off swimming pools or to wash your car. There is a cost to water whether it is from a well or treated, so any initiative to reduce its use is in everyone's favour.

Water is an undervalued resource that is essential to life and it must not be squandered so that future generations can enjoy this precious life giver.

Library

The municipal library is located at 823, chemin du Village, it is closed on civic holidays.

Opening hours:

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

Information: 450 226-3232, ext. 124



CRAVING CULTURE ? DISCOVER OUR UPCOMING EVENTS !



SEARCH



LOCATE



DISCOVER

LIKE TO PROMOTE AN EVENT ?
BROADCAST IT !



Recycling and garbage collection 2015

July						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

 Garbage  Garbage and recycling  Large items

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

Écocentre, towards sustainable development

The Écocentre is located at **2125, chemin Jean-Adam in St-Sauveur**, it is open Monday to Sunday from 7:30 to 16:00 (closed on June 24th).
450 227-2451

Together to reduce landfill.

Welcome to Créations d'aujourd'hui!

A new gift shop is now located in the heart of the village, *Créations d'aujourd'hui*, located at 910, Village Road. The shop is open from Thursday to Sunday, go check it out!

450 644-0089

www.facebook.com/creationsdaujourdhui

A message from the Morin-Heights Fire Department and First Responders



It is important to respect the priority given to emergency vehicles. In fact, your driving behaviour may save a life. According to the Highway Safety Code, the driver of a motor vehicle or a bicycle must yield to any emergency vehicle whose lights or sirens are operating by reducing their speed, moving as far as possible to the right and, if necessary, by stopping the vehicle. **Be aware!**

Sharing the road safely

The *Sûreté du Québec* would like to remind you of a few rules of safety and courtesy between drivers, cyclists and pedestrians.

Drivers, you have to be the most vigilant; slow down and keep your distance! Pay more attention to cyclists and pedestrians, especially at intersections where they are found in greater numbers. You must stop and yield to pedestrians:

- at an intersection, when the white silhouette of the pedestrian light appears, or before turning a green light if there is no pedestrian light;
- in front of a sign indicating a crossing reserved for them;
- before a stop sign.



Cyclists, be visible at all times by making sure your bike has wheel reflectors, a white reflector at the front and a red one at the back. Be alert and watch for potential hazards. Respect road signs, yield to pedestrians and do not ride on the sidewalk. Travel in the same direction than traffic, signal your intentions with the sign code and look behind you before turning or making a lane change. For your own protection, wear a safety helmet. Riding a bike or driving a car, remember that there are rules to follow according to the Highway Safety Code.

Pedestrians, use the sidewalk. If there are none, walk on the shoulder or on the edge of the road, in the opposite direction of traffic. Cross only at the intersection. If there are pedestrian lights, you have to respect them. If there are only traffic lights, you have the right of way at the green light. Failure to follow these rules may result in a fine.

For any offense for which you want to file a complaint, call 310-4141 on a landline or *4141 on a cell phone. For additional information, visit www.saaq.gouv.qc.ca. For questions regarding signaling and cycling facilities, visit www.mtq.gouv.qc.ca.

Have a good summer!

Julie Côté, Sergeant

Community Policing Liaison

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

Phone: 450-227-6848



Arts Morin-Heights Activities

The artists of Arts Morin-Heights continue to be busy working on the themed exhibitions on display at the Morin-Heights library. Starting Saturday, June 13th, the theme will be "MONOCHROME". You can visit during library hours.

And don't forget our annual summer exhibition, to be held this year from **Friday, July 24th, until Sunday, August 2nd, inclusive**. This show will be open from 11:00 to 17:00 in Saint-Eugène Hall located at 148, Watchorn Road. The vernissage will be Saturday, July 25th, from 17:00 to 19:00. Several special demonstrations will be held throughout the week.

For complete details, visit our website at www.artsmorinheights.com.

Entry to all our exhibitions is free but donations of non-perishable goods for le *Garde-Manger des Pays-d'en-Haut* are greatly appreciated. For all information about Arts Morin-Heights, please consult our website or call **450 226-3832**.



Viking Canoe and Kayak Club SUMMER CAMPS

This year, the Viking Canoe Kayak Club is offering half-day and full day summer **Canoe Kids** camps for children aged 5 to 12 years old. Held weekly from June 29th to August 14th. Campers follow National Canoe Kayak Canada's "CanoeKids" skills development program, learn safe boating practices and water safety and develop skills and fitness through games and fun.

- **Cost:** \$125/week half day, \$225/week full day
- All equipment is supplied

Additional programs offered include our **PaddleAll** programs for youth and adults with special needs, recreational programs in kayak, canoe and dragon boat, as well as competition development and performance training for youth and adults of all abilities.

For more information, fees and registration forms, email us at info@canoekayakviking.ca.

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

A day of festivities for the whole family awaits you: inflatable games, face paintings, clown, challenges and other free family activities. The ladies from Trinity Church's Strawberry Social will be there to keep the tradition going with their famous strawberry shortcake; the 60th edition! Live music in the evening by Jérôme Charlebois followed by Motel 72, fireworks and more — the celebration starts at 14:00. You won't want to miss it!

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

Watch for the flyer which will be mailed shortly.



Activities

MRC des PAYS-D'EN-HAUT

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

The new **VÉLOCITÉ** bike path promotes user-friendly travel and contributes to the active modes of transportation in the territory, while responding to the needs of a diverse clientele. Taking place in the municipalities of Piedmont, Saint-Sauveur and Morin Heights, this 11 km road cycling section has become the ideal way for **cyclists, pedestrians and motorists** to coexist in an enjoyable way.

FOR THE WHOLE STORY ON THE VÉLOCITÉ BIKE PATH
WWW.TRAJET-VELOCITE.CA | FOLLOW US ALSO ON **f**

Morin-Heights Farmers' Market

Stop by and fuel up on fresh produce, prepared meals, snacks and the best of local fare every Friday from 13:00 to 18:00, on the grounds of 148, Watchorn Road. Rain or shine! For more information, visit our Facebook page:

www.facebook.com/MarcheFermierMH



La Rochelle Preschool

La Rochelle is a non-profit organization operated by a parent cooperative that has the education of their children at heart! Bilingual preschool for children aged 3 to 5 years old, opening September 2015 at Morin-Heights Elementary school.

Email:

prematernellelarochellepreschool@yahoo.ca

Website:

www.prematernellelarochellepreschool.ca

Information: 450 644-0087

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, Watchorn Road). 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

Coueurs des bois

This group organizes outings in the Laurentians. According to the season, the excursions are hiking, cycling or snowshoeing.

Information:

Eileen Meillon at 450 226-6904

Change of address

It is important to notify the Municipality in writing of any change in your mailing address. A form is available at the Town Hall or at **www.morinheights.com**.



Important numbers

Town Hall:

567, chemin 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

Graphic Design: Julie Allard

Production: Les Imprimés Triton

1 888 990-3486 • www.groupepetriton.com

*Photos: Tara Kirkpatrick, Denis Laplante,
Raphaëlle Labadie and others.*

Tamaracouta Day Camp:

Weeks 7 and 8

Camp Tamaracouta is adding two weeks of day camp from August 10th to 14th and from August 17th to 21st. These two weeks will be held at Camp Jackson Dodds instead of Tamaracouta. The programming will be slightly different, but the costs remain the same.

REGISTRATIONS AT TAMARACOUTA CAMP, Monday to Friday, from 8:30 to 15:00

499 chemin Tamaracouta, Mille-Isles, J0R 1A0 • 450 438-4096 • 1-866-438-4096
reservations@tamaracouta.com

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, JUNE 6

(rain date June 7)

Flea Market #1

FRIDAY, JUNE 12 & SATURDAY, JUNE 13

Neil Diamond Tribute Show

FRIDAY, JUNE 19

TGIF Smoked Meat Night, at 18:00

SATURDAY, JUNE 27

Canada Day BBQ

SATURDAY, JULY 4

(rain date July 5)

Flea Market #2

FRIDAY, JULY 17

TGIF Smoked Meat Night, at 18:00

SATURDAY, JULY 25

Famous Roast Beef Done On The Spit,
at 18:00

SATURDAY, AUGUST 1

(rain date August 2)

Flea Market #3

SATURDAY, AUGUST 15

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

FRIDAY, AUGUST 21

TGIF Smoked Meat Night, at 18:00

SATURDAY, AUGUST 29

(rain date August 30)

Flea Market #4

Information: 450 226-2213 (after 13 h),
127, Watchorn Road



Classes


Legend

R: resident • NR: non-resident

†: Buying a 10-class card allows you to attend the SUP yoga in Morin-Heights and elsewhere, it is important to book with the instructor in this case.



Summer Session

Class / Location	Rates	Schedule	Dates	Instructor	Description
Combo 50+ / St. Eugene Hall	Pass or card	Tuesday 9:30 to 10:30	June 30 to Sept. 1	Reserve your spot please: Lisa McLellan 450 560-2803 Register first day of class Fitness Pass: 2 classes or more/ week \$253 taxes included 10 classes card: \$138 taxes included 10-week session Join anytime during a session!	Overall workout, improve strength and vitality
Yoga / St. Eugene Hall		Tuesday 17:30 to 18:45	June 30 to Sept. 1		Breath, asanas, transformation, peace
Yoga / Town Hall		Wednesday 9:30 to 10:30	July 1 to Sept. 2		Improve posture, relieve pain, become more supple
Stretch and Strengthen / Town Hall		Wednesday 10:45 to 11:45	July 1 to Sept. 2		Strength & cardio training, improve strength and vitality
Combo 50+ Mix / St-Eugene Hall		Thursday 9:30 to 10:30	July 2 to Sept. 3		
NEW! SUP Yoga / Lummis Park (on a paddle board)	R: \$115 / 5 classes or \$260 / 10-class card† NR: \$120 / 5 classes or \$280 / 10-class card† Drop-in fee: R: \$31 NR: \$33	Monday 7:15 to 8:30 Monday 9:30 to 10:45 Thurs. 17:30 to 18:45 Please arrive 10 minutes ahead of time to get ready!	1st session: June 15 to July 16 2nd session: August 3 to Sept. 3	 Écho Aloha Pascale 514 709-0808 echoaloha@gmail.com	A yoga class on a paddle board, on water. A fun and relaxing activity for everyone. A great way to work on your flexibility, endurance, abs, stabilizers and to relax and enjoy the outdoors throughout the summer at the same time!
NEW! Power Yoga / Town Hall	R: \$55 / 5 classes or \$80 / 10 classes NR: \$65 / 5 classes or \$100 / 10 classes drop-in fee: R: \$15 NR: \$17	Monday 19:45 to 21:00	1st session: June 15 to July 13 2nd session: August 3 to 31	Écho Aloha Pascale 514 709-0808 echoaloha@gmail.com	A safe but strong practice to develop strength and endurance as well as flexibility and peace of mind.

FOR INFORMATION OR REGISTRATION, COMMUNICATE DIRECTLY WITH THE INSTRUCTOR

Pool Season Passes

Ski Morin Heights offers reduced rates to Morin-Heights residents for exterior pool passes.

Passes to be purchased at Ski Morin Heights.



AGE CATEGORIES	PRICES ¹ (Pool only)	PRICES ¹ (Pool and Acro-Nature)
Adults	\$30	\$69
Youth (from 4 to 12 years old)*	\$20	\$49
Seniors (60 years old and over)	\$20	\$49
Family pass (2 adults, 2 children of 12 years of age or less)	\$80	
¹ Plus taxes *Children under 13 must be accompanied by an adult. Free for children 3 years of age or less.		

SCHEDULE
June 20 to August 23, August 29-30 and September 5-6-7: 10:30 to 19:00
Please consult the weekly schedule for pool availability as it may sometimes be reserved for groups. Swimming pool will be closed on rainy and/or cold days.

Information: 450 226-1515