



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

# Info Morin-Heights

*In harmony with nature!*



Winter 2015-2016 - Vol. 18, no 5

## Torchlight Snowshoeing

**FREE!**

The Municipality of Morin-Heights invites you to a torchlight snowshoe event. A 5 km snowshoe course, as well as a shorter one, awaits you for great family time under the stars.

At the end of the activity, you can all sip on a hot chocolate or a glass of caribou while enjoying **Benoit Davidson's storytelling**.

The whole family is welcome on **Saturday January 16<sup>th</sup>** at Parc Basler (99, chemin du Lac-Écho). There will be consecutive starts; the first will be at 18:00 for families and the last one at 19:30.

Check the "**Winter Carnival**" leaflet that will be mailed in January to find out all details.

In the event of bad weather, the activity will be cancelled. No reservation necessary.

**Information:** 450 226-3232, ext. 111



## PLAISIRS D'HIVER

### Dogsled Ride

**FREE!**

**Tuesday, March 1<sup>st</sup>, 13:00 to 15:00**  
**at Parc Basler (99, ch. du Lac-Écho)**

Come with your family and enjoy a dog sledding experience with *Expédition Hautes-Laurentides'* team! You can steer or take a ride and discover the world of mushers.

For security reasons, pregnant women and babies cannot take part in this activity. Also for security reasons, no other dogs are allowed on site.

Other activities will also be offered: bonfire, inflatable game and sliding (bring your toboggan).

Come on down!

**NO RESERVATION: first come, first served!**

**Information:** 450 226-3232, ext. 111

We would like to offer you  
our **Season's Greetings**  
and our **Best Wishes**  
for the new year!

Mayor's Report on the financial  
situation on pages 2-3



## Summary

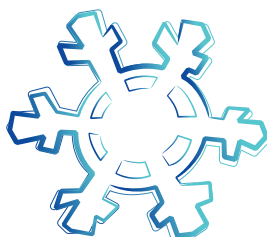
**P2**  
News

**P7**  
Municipal  
Services

**P7**  
Collections  
Calendar

**P13**  
Activities

**P21-22**  
Classes



## Mayor's report on the Financial Situation

**November 11<sup>th</sup>, 2015**

Fellow citizens,

This being the last council meeting before presenting the budget, here is the report on the Municipality's financial situation in accordance to the provisions of the *Code municipal du Québec*.

I invite you to consult [www.morinheights.com](http://www.morinheights.com) to find all documents pertaining to finances submitted to the *ministère des Affaires municipales et de l'Occupation du territoire*.

The financial report for the year ending December 31<sup>st</sup>, 2014, prepared by the auditor Richard Deslauriers, c.a., reports a surplus of \$259,815, on a budget of \$8 317,067. This surplus stems mostly from the increase in property values and property real estate transactions.

The accumulated surplus represents taxpayers' holdings. This year, the Municipality's worth has increased by \$706,685 to reach \$18 114,499. Throughout 2014, the Municipality has undertaken infrastructure work totalling \$3 344,205.

Management indicators which complete the financial report were presented last May and confirm the Municipality's excellent financial health and the efficiency of our services.

This year, we have continued our infrastructure modernization program. Along with road maintenance, major work has been done on Bob-Seale, Trois-Pierre and Blue Hills roads and projects have been completed in Domaine Balmoral and in the Bories area. Water pipes have been replaced on Voce Road and in the des Chutes area. The Public Works Department has also multiplied interventions in many other areas and you must certainly have noticed the constant improvement in the road infrastructure, ditches and shoulders.

To help protect our environment, we now recycle: electronic products, domestic dangerous goods, mattresses and construction material at the intermunicipal Écocentre. Large items are also being sorted and sent to recycling companies. The next step, the collection of compostable materials will be set-up in 2018. In order to meet the objectives set by the Quebec Government, the ten municipalities of the *Pays-d'en-Haut* have transferred residual material management program to the MRC.

As part of our shoreline protection program, the Environment Department inspections are ongoing. Waterfront property owners have greatly cooperated with their associations.

Moreover, only three property owners have not yet had their septic tanks emptied.

The increasing popularity of the cross-country ski and snowshoe trails, over the last few seasons, have shown the need to have a proper base facility. For this reason, the Municipality



has purchased the property at 27, Bellevue, near Basler Park and the Aerobic Corridor. The Bellevue Chalet will allow for the consolidation of the cross-country, snowshoe and mountain bike trails, answering the increasing needs of its users. Also, the availability of multi-functional rooms will serve the community for recreational and exercise activities.

This purchase was paid for with the accumulated surplus over the last few years. Renovations will be carried out throughout 2016 in order for the property to be functional as of September 2016. This winter, the chalet's ground floor will serve as the outdoor network's welcome center.

Finally, financial activities are closely monitored and we foresee ending 2015 with a slight surplus.

I would like to thank all Council members and municipal employees for their concerted and sustained efforts in providing the municipality of Morin-Heights with modern infrastructures while respecting the taxpayers' ability to pay. I would also like to thank the tremendous volunteers who dedicate their time in the community's interest.

As stipulated by Law, I am presenting to Council the list of all suppliers with whom transactions have exceeded \$25,000 during the current year.

Here are the details regarding Council's earnings:

The Mayor's yearly income is \$22 679,52 to which \$5 921,28 is added for acting as the Municipality's representative on the *Pays-d'en-Haut* MRC's Council of Mayors, and \$150 per month to sit at the MRC's committees.

## Financial situation to December 31<sup>st</sup>, 2014

Page 13	2014	2013	2012	2011	2010
Financial assets	\$2 605 749	\$2 768 065	\$3 227 997	\$2 909 834	\$2 398 729
Liabilities	\$3 537 002	\$1 331 409	\$3 380 031	\$1 809 752	\$661 330
Debt	\$7 278 172	\$8 046 916	\$6 298 555	\$6 057 995	\$6 648 824
Net debt	(\$8 209 425)	(\$6 610 260)	(\$6 450 589)	(\$4 957 913)	(\$4 911 425)
Non financial assets	\$26 323 924	\$24 017 774	\$23 009 100	\$20 693 956	\$19 856 219
Net accumulated surplus	<b>\$18 114 499</b>	\$17 407 514	\$16 558 511	\$15 736 043	\$14 944 794

## Net financial value

See page 15-7	2014	2013	2012	2011	2010
Fixed assets costs	\$34 068 128	\$30 980 441	\$29 140 256	\$26 087 25	\$24 395 957
Accumulated depreciation	(\$7 921 862)	(\$7 119 400)	(\$6 278 980)	(\$5 561 070)	(\$4 727 240)
Net book value	<b>\$26 146 266</b>	\$23 861 401	\$22 861 276	\$20 526 185	\$19 668 717

## Financial results statement

Pages 7-8	RESULTS 2014	BUDGET 2014	RESULTS 2013	BUDGET 2013	RESULTS 2012
Operating revenues	\$8 455 164	\$8 317 067	\$8 236 405	\$7 891 121	\$7 720 457
Investment activities	\$183 627	\$0	\$600 137	\$0	\$605 434
Charges (operating expenses with amortization)	(\$7 931 806)	(\$8 572 280)	(\$8 007 881)	(\$8 011 248)	(\$7 503 391)
Surplus	\$706 985	(\$255 213)	\$828 661	(\$120 127)	\$822 500
Minus investment income	(\$183 627)	\$0	(\$600 137)	\$0	(\$605 434)
Fixed assets	\$1 059 340	\$1 028 023	\$999 280	\$875 422	\$849 096
Operating surplus before reconciliation	\$522 358	(\$255 213)	\$228 524	(\$120 127)	\$217 066
Financing	(\$674 357)	(\$674 357)	(\$703 356)	(\$698 441)	(\$581 416)
Allocations	(\$648 526)	(\$98 453)	(\$233 236)	(\$56 854)	(\$169 039)
Surplus	<b>\$259 815</b>	\$0	\$291 212	\$0	\$315 707

A councillor's yearly income is \$7 560,72, to which \$123,78 per month is added for councillors acting as pro-mayor and \$67,51 per month for councillors who preside over one of the twelve Council's committees.

In addition to this compensation, Council members are also allowed an expense amount equal to half their income.

The Mayor,



Tim Watchorn, ing.

## Debt analysis page 37

	DECEMBER 31 <sup>ST</sup> , 2014
Debt by sectors	\$3 014 106
Total debt	\$3 526 142
Debt paid by the Quebec Government	\$779 475
Long term debt	<b>\$7 319 723</b>

## Fund analysis to Dec. 31<sup>st</sup>, 2014

	VALUE OF FUNDS	COLLECTED	ALLOCATIONS
Working capital	\$500 000	\$219 000	\$280 999
Parks and Green Spaces Fund		\$65 867	
Road Repair Fund		\$48 885	
Parking Fund		\$0	
Balance on closed borrowing by-laws		\$67 197	
Financing of operation activities		\$478	
Committed surplus		\$102 458	
Non committed surplus		\$338 676	





## Creation of an affordable housing committee for seniors

To further its recent MADA initiative (Senior-Friendly Municipality), the Municipality's 2015-2017 action plan foresees the creation of a committee for affordable housing for seniors.

To support the work of this committee, the Municipality will benefit from the services of Monique Ménard, social housing development officer for the *Regroupement des tables de concertation et des partenaires de la MRC des Pays-d'en-Haut*.

Accompanied by Mrs. Ménard, this committee's first mandate will be to study the needs for adapted housing for seniors in our municipality. Secondly, according to the results obtained and the needs identified, the same committee will study the feasibility of such a project on the territory of the municipality, in line with the expectations of local elders.

We are currently recruiting seniors interested in participating in the work of this committee, which would start at the beginning of December 2015.

**For more informations, please communicate with: Monique Ménard**, social housing development officer at 514 912-3149 or moniquemenardconsultante@gmail.com

## Opération Nez Rouge is back in our area!

Opération Nez rouge is back in service on our territory. The Sainte-Adèle's *Maison des Jeunes* will ensure the coordination of activities. People wishing to register as volunteers can easily do it online. As for partners and sponsors, they are asked to contribute to the operation to secure its success and thusly making the roads safer in our region during the holiday season.

The 2015 campaign will be held from November 27 to December 31, throughout Quebec. Details of the campaign are communicated daily via *Opération Nez rouge* Sainte-Adèle's Facebook page. **The Red Nose mascot will meet with Morin-Heights residents at their IGA on November 27 and 28!**

**Information:** Marie-Andrée Cyr or Élise Gauthier at 450 229-7452



Opération  
Nez rouge™



## Eating, a pleasure and a right for seniors!

Food is a basic need to stay alive and healthy. To age in the best way possible, a healthy and quality diet is crucial. The MADA municipalities from the Pays-d'en-Haut's MRC offers community meals, Meals on Wheels, cooking workshops and other resources to enable seniors to eat well while building a support network. *Bon appétit!*

The Pays-d'en-Haut MRC's **Food Resources Directory** will inform you about all the services available.

For information on services for seniors, contact the **Table des aînés** liaison agent at 450 340-0520.



*By-law states that it is not permitted to leave your pet unattended in your car, whatever the season!*

## Welcome to Maryse Compositions Florales!

Have you stopped by the new florist in town?

Located at 800, chemin du Village, "Maryse Compositions florales" offers flowers, plants and various arrangements to meet your needs: centerpieces, wreaths, outdoor thematic settings. December opening hours will be: Tuesday to Saturday from 10:00 to 17:00 and Sundays from 10:00 to 14:00, closed on Mondays.

**450 340-3002** • [www.facebook.com/maryse.compositions.florales](http://www.facebook.com/maryse.compositions.florales)

## The Breadshop now has a storefront!

At last! The **Breadshop micro-boulangerie** offers, since late October, superior quality breads and pastries, as well as coffee, sandwiches and delicacies that will sure please you. We are happy to continue to serve our Farmers Markets customers in a new environment. Local products such as pies, cakes, prepared meals, meats and organic teas are also available.

We are located at 707, chemin du Village (besides SAQ) and are open from Wednesday to Sunday.

Come visit us!



## The Balmoral's Owners Association

The Balmoral's Owners Association wishes to inform you of its new coordinates:

[info@domainebalmoral.ca](mailto:info@domainebalmoral.ca)  
[www.domainebalmoral.ca](http://www.domainebalmoral.ca)



## Safe Winter Practices

The Sûreté du Québec reminds drivers that the *Code de la sécurité routière* states that all vehicles registered in Québec must be equipped with **winter tires from Decem-**

**ber 15<sup>th</sup> to March 15<sup>th</sup>.** As for studded tires, their use is permitted from October 15<sup>th</sup> to May 1<sup>st</sup>. Once again this winter, the police will be watching: owners of regulation's non-compliant vehicles will face a fine of more than \$200. For information on these regulations, please visit:

[http://www.saaq.gouv.qc.ca/en/road\\_safety/vehicles/winter\\_tires/index.php](http://www.saaq.gouv.qc.ca/en/road_safety/vehicles/winter_tires/index.php)

**Get a good visibility:** The person who drives a vehicle whose windshield or windows are not free from material that can impair driver visibility, commits an offense and is liable to a fine of more than \$100.

**Keep a safe distance between vehicles:** The driver of a vehicle following another vehicle at a distance that is not reasonable and safe, given the speed, traffic density, weather conditions and road conditions is liable to a fine of more than \$100.

Have a good winter!

## La Fouillerie

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

### NEW BUSINESS HOURS

#### **Monday and Thursday:**

10:00 to 15:00  
(closed from noon to 12:30)

#### **Friday:**

10:00 to 16:00  
(closed from noon to 12:30)

#### **First Saturday of the month:**

9:00 to noon

**Information:** 450 644-0087

## La guignolée

The *Garde-Manger des Pays-d'en-Haut's Guignolée* will take place on Saturday **December 12<sup>th</sup>.**

Identified volunteers will knock at your door to collect donations and non-perishables. If you are away at that time, they will leave a hanger with information on where to bring food, toys, donations, etc.

There are currently 600 registrations at the foodbank. We need you to be generous, each person can make a difference.

*"Because eating is essential"*

**The Fouillerie will be exceptionally open on the day of the Pays-d'en-Haut's Guignolée on Saturday, December 12<sup>th</sup>, from 9:00 to 14:00.**



## Thank you to Marché Vaillancourt!

We would like to acknowledge the contribution of Mr. and Mrs. Dad, Marché Vaillancourt's owners, who helped to beautify the heart of the village by installing an outdoor terrace for their customers and thus improve the quality of life of our citizens!



## Vegetable garden at Morin-Heights Elementary School

This last spring a small group of volunteers started a vegetable garden on the Morin-Heights Elementary School lands. In fact, with the collaboration, guidance and help of Charles Lapointe of Mille-Isles who supplied and handled a rototiller and Benny, Mickey's Café's Sheltey pony who supplied manure, we planted zucchinis, carrots, beans, potatoes as well as sunflowers and many more edibles. The local garden center **Au Coin du Jardin** helped by supplying a range of plants including tomatoes, broccolis, peppers, etc.; all traditional and local plants. **Vaillancourt's** provided newspapers and the **Écocentre** offered wood chips to create the pathways. The principal of the school gave lots of support and interest.

All the vegetables harvested were given to the regional food bank, *Garde-Manger-des-Pays-d'en-Haut* and we have already started sharing this whole experience with the students.

Next year, we intend to pursue our growing project, sharing with the *Garde-Manger* and opening the experience with more students.

If you wish to contribute by volunteering, please do not hesitate to contact Jane Marengi at 450 226-6453.



## Marteau et Plumeau

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](http://www.marteau-plumeau.com)**

## Mitten Trees

Our mitten trees are starting to bear fruit! Please continue to feed them with your knitted items for kids: tuques, scarves, neck warmers and mittens. Once these are finished, take them to the library or the Town Hall and hang them on the trees that will be in place until February. Once the trees are full, we will distribute the items to less fortunate families in our region through the Pays-d'en-Haut's food bank and at some primary schools. Knitters, take up your needles!

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



## Environment

### Welcome Fat Bikes

After studying the situation in other networks, the Municipality has decided to open its entire snowshoe network to cyclists using fat bikes for this winter season.

The decision was reached based on the growing demand and popularity of the sport, along with research into other networks where fat bikes were permitted. The 2015-16 season will be a test case to ensure that fat bikers respect the rules and regulations, and conform to the Code of Ethics.

- **Cyclists are forbidden to use cross-country ski trails;**
- **Cyclists must purchase a snowshoe day ticket or snowshoe pass;**
- **Cyclists must cede the right of way to snowshoers;**
- **Cyclists must cycle responsibly at all times;**
- **Cyclists are expected to be self-policing and are required to report inappropriate conduct to the patrollers;**
- **Regular mountain bikes are not permitted.**

Note that fat bikes are permitted on the MSSl and 5<sup>th</sup> Range snowshoe networks as well this season. Cyclists may use mountain bike trails that are not part of the cross-country network. However, the snow won't be compacted.

Also note that a \$100 fine can be issued to anyone not respecting the indicated trail vocation.

### New Addition to the Bike Park

Development continues on the mountain bike network and last fall a work bee constructed two bridges and 400 feet of boardwalk through the marsh area to link and extend the bike park, labyrinth and bike skills areas at the base of Mont Bellevue.

With the help of three experienced carpenters, and under the supervision of François Letourneau and Chris Schlachter, assisted by 20 volunteers, the entire project was completed in five hours. The area now serves as a great skills training ground and plans are underway to build skill structures in the forest area next year.

Happy trails!



## Municipal Services

### Recycling and Garbage Collection Calendar

December 2015						
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		

January 2016						
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						

February 2016						
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					

March 2016						
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



Large items

#### COMPLAINTS:

1 855 425-3797 or  
rcmillermorinheights@gmail.com

## Écocentre

Opening hours from December 1<sup>st</sup> to March 31<sup>st</sup>: Tuesday to Saturday from 7:30 to 11:45 and 13:00 to 16:00. Closed from December 24<sup>th</sup> to 26<sup>th</sup> and from December 31<sup>st</sup> to January 2<sup>nd</sup>. **The Écocentre's services are 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

Together to reduce landfill.

## Environment (continued)

### Winter Feeding White-Tailed Deer

Feeding is generally detrimental for the health of deer and may have numerous negative consequences.

- Diseases and death resulting from the consumption of inappropriate food.
- Transmission of diseases and parasites at the feeding site : ingestion of food contaminated by saliva, urine and excrements.
- Poaching : feeding facilitates the killing of deer out of season at a short distance using small-calibre firearms.
- Domestication of deer (they lose their fear of and become dependent on humans for food).
- Abandoning of seasonal migratory behaviour.
- Presence of deer in environments that are less conducive to their survival, namely outside yards.
- Traffic accidents involving deer when feeding sites are located near roads.

**Ministère des ressources naturelles et de la faune: [www.mrnf.gouv.qc.ca](http://www.mrnf.gouv.qc.ca)**

**In case of emergency, SOS poaching: 1 800 463-2191**

### New Outdoor Director's Position

As of January 1<sup>st</sup>, 2016 James Jackson will be retiring from his position as Director of the Environment and will take up the new position of *Directeur du Réseau Plein Air*. The new position will involve the planning, managing and co-ordination of all the park, trail and recreational infrastructure. His new office will be located in Chalet Bellevue where this season he will be overseeing the entire cross-country ski operation.

A new Environment inspector will be hired in the new year and he or she will work under the direction of the Town Planning Department.

### Chalet Bellevue

Chalet Bellevue will become the recreational centre for Morin-Heights and will be in partial operation this winter, before it undergoes major renovations, to be completed by September 2016. The main ticket office will be transferred from the Aerobic Corridor to Chalet Bellevue, with the Corridor becoming a satellite ticket booth.

The entrance and large dining room area on the main floor will be open to our network users where they can change, have lunch and have access to toilets. A parking lot accommodating 30 cars has been built behind the chalet and a room will also be available for the patrollers. Plans are also in place to have vending machines for drinks and snacks.



### Olivia Bouffard-Nesbitt on Canada's National Team

Olivia's outstanding results on the cross-country ski circuit qualified her for one of the women's World Cups last season and launched her onto the National Ski team for this season. Olivia had a tremendous summer racing in New Zealand where she won several events and solidified her position on the team. Olivia continues a tradition of excellence of Morin-Heights skiers, both cross-country and alpine who have made onto Canada's National and Provincial teams. Look for her on the World Cup circuit.

**Good Luck Olivia!**

### Canadian Ski Marathon (CSM) Partnership

The Municipality and Viking Ski Club have reached a partnership agreement with the Canadian Ski Marathon to co-promote their events. The CSM has decided to switch its dates to the week-end when the Morin-Heights Viking Loppet is normally held. In doing so, the Loppet will move two weeks forward to the former CSM date in early February.

In order to assist us, the CSM will promote our event through three of their e-blasts to over 5000 skiers totting our event as the recommended training event in preparation for the Marathon. The Loppet will also be allowed to use the CSM logo and will have a permanent official 35km CSM training loop using combined logos along existing trails. They will also be setting up a kiosk at the finish line of the Loppet.





## Important numbers

### Town Hall

567, chemin du Village,  
Morin-Heights (Québec),  
JOR 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  
servicetechniques@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  
du Québec, 2015

### Holiday Schedule

The Municipal office will be closed  
for the Holidays from Wednesday,  
December 23<sup>rd</sup>, 2015 to Friday,  
January 1<sup>st</sup>, 2016 inclusively.

**Graphic Design:** Julie Allard

**Production:** Les Imprimés Triton

1-888-990-3486 • www.groupeptriton.com

# Municipal Services

## Public Works

*Your cooperation is key to ensure the speed and efficiency of snow clearing operations.*

Here are a few reminders:

### Parking on public roads is prohibited in winter

Parking on public roads is prohibited at all times unless otherwise indicated. You risk a fine or to be towed at your expense. We ask that you please respect this by-law.

### Snow removal

Snow removal and sanding are Public Works' main activity in winter. Efficient snow clearing operations improve the safety on our roads, therefore we are reminding you that it is illegal to shovel or plough snow off your roof, driveway or car onto municipal roads, sidewalks and in front of fire-hydrants. It is also your responsibility to notify your private snow removal contractor, as you may be held accountable for his non-compliant actions.

### Snow removal on sidewalks

Removing snow on sidewalks and the widening of roads are done with various vehicles and a snow blower. Please note that by-law 401 (available online) allows snow blowing on private property.

### Property markers

Markers for your driveway should be installed at the property limits rather than the edge of the pavement. Opt for the non-metallic kind, such as fiberglass or wood, to avoid damage to municipal equipment which would slow down operations and cost a lot of money.

### No structures or plants too close to the road

Avoid having structures, plants, fences, lamp posts, rocks, walls, bins, temporary car shelters, etc. within the road allowance (hedges, landscaping & other installations should be located one (1) meter within your front lot line and be protected for the winter). Note that the Municipality is not responsible for damages to items in that space.

### Ditches

Ditches have to be cleared of debris and obstructions to ensure proper flow of surface waters and avoid damage the road's infrastructure during the thaw.

### Sanding

The mixture we spread on roads is mainly made of sand to which we add 5% of salt and is generally applied once the snow has stopped falling. This mixture is more efficient and easier on the environment. Salt is ineffective below -15°C.



## Morin-Heights Fire Department and First Responders

### Cooking fires

#### Did you know?

- Cooking is the leading cause of house fires as well as injuries due to house fires.
- Unattended cooking is the leading cause of cooking fires.
- Thanksgiving is the peak day for cooking fires, followed by Christmas Day and Christmas Eve.

Based on the annual average between 2007-2011 (in the US), here are the figures regarding cooking fires:

- Two-thirds (67%) of home cooking fires started with the ignition of food or other cooking materials;
- The clothes are the first element ignited in less than 1% of these fires, however they accounted for 15% of deaths during cooking fires;
- The stovetop represented the largest part (57%) of cooking fire incidents, whereas the ovens accounted for 16%;
- Over half (55%) of non-fatal injuries caused by home cooking fires occurred when the victims tried to extinguish the flames themselves;
- Frying poses the greatest risk of fire;
- Unattended cooking was by far the main factor contributing to these fires.

### IMPORTANT REMINDER

Have you thought about changing the batteries in your smoke detectors when you set your clocks back?



### 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!

### Frying

Kitchen fires due to cooking oil or grease igniting into flames cause the fastest-spreading and most destructive type of residential fire. When cooking with grease or oil, it is important that you plan ahead so that you will know how to react fast in the case of a fire. Here are some tips:

- The best way to fry foods such as chicken or fries is to use an electric fryer with a thermostat;
- Keep a lid or cookie sheet handy if grease or oil catches fire. Slide the lid or cookie sheet on top of the pan to smother the fire;
- Never attempt to move a pot or a pan on fire. The movement can fan the flames and spread the fire.





## Cook safely!

1. Stay in the kitchen when frying food or cooking with oil or grease.



NO



YES

2. Never cook when you are tired.



NO



YES

3. To put out a pan fire, slide a lid over the pan.  
Turn off the stove and let the pan cool.



NO



YES

4. If you have a fire and it does not go out, get out of the home and call the fire department.



NO



YES

5. Keep things that can burn away from the stove.



NO

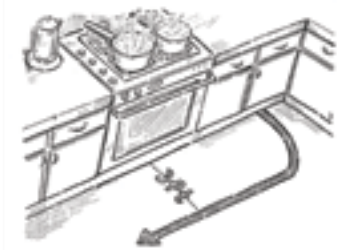


YES

6. Keep kids at least three feet from the stove.



NO



YES



Take part in the  
*Guignolée* next  
December 12<sup>th</sup>!





## 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



## Halloween in the village

The Municipality of Morin-Heights wishes to thank everybody, young and old, who participated in the production of Halloween this year. Many children from the elementary school got involved in the creation of the Haunted House and made it come to life. Special thanks to Shawna Dunbar, Tania Courte and Jeff McDonald for their involvement and creativity which was enjoyed by all!



### NEW ACQUISITIONS (Novels)

Charles Belfoure  
House of Thieves

Philippa Gregory  
The Taming of the Queen

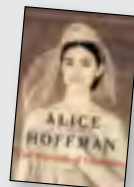
Nadia Hashimi  
When the Moon is Low

Alice Hoffman  
The Marriage of Opposites

David Lagercrantz  
The Girl in the Spider's Web

Louise Penny  
The Nature of the Beast

Don Winslow  
The Cartel



### NEW ACQUISITIONS (Non-fiction)

Aziz Ansari  
Modern Romance

Ashlee Vance  
Elon Musk: Tesla, SpaceX, and the Quest for a Fantastic Future

Alexandra Witze  
Island on Fire: The Extraordinary Story of a Forgotten Volcano that Covered a Continent in Darkness



### NEW ACQUISITIONS (Children)

Akiko Miyakoshi  
The Tea Party in the Woods

Devin Scillian  
Memoirs of a Goldfish

Mélanie Watt  
Bug in a Vacuum



## Gymnasium Sports

From January 11<sup>th</sup> to April 19<sup>th</sup>, 2016

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

### BADMINTON

One court 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

### 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

## Football Club Morin-Heights

### 2016 REGISTRATIONS

Register online starting by January 15<sup>th</sup>  
at [www.fcmorinheights.com](http://www.fcmorinheights.com) or at  
the Remembrance Hall (823, chemin du Village) on Saturday, March 5<sup>th</sup> and 12<sup>th</sup>  
from 11:00 to 13:00.



## Coueurs des bois

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



## The 44<sup>th</sup> edition of the Morin-Heights Viking Loppet

On **February 7<sup>th</sup> 2016**, our town will welcome more than 500 skiers for the Morin-Heights Viking Loppet. Whether as a skier, volunteer or spectator, the Loppet provides fun and a good dose of fresh air for all!

The date change allows us a great association with the **Canadian Ski Marathon (CSM)**. Our event becomes the **official marathon's training race!** This partnership offers a lot of visibility for the Loppet which will surely make the number of participants climb. Skiers enrolled in the Marathon will be able to get their CSM racer kit on the Loppet's arrival plateau.

The races are organized for participants of all ages and all levels: tourers, families and racers. The courses are short, medium and long distance (10, 20 and 33 km), depending on your experience. **Special rates are in effect until January 8<sup>th</sup>, don't miss the chance to save on your registration fees!**

We hope to see you in large numbers at Basler Park (99, ch. du Lac-Écho) to encourage and cheer on the skiers at the finish line!

The event involves more than a hundred volunteers, if you would like to join our team, simply leave your contact information to Karyne Bergeron at 450 226-3232 ext. 111 or at [bulletin@morinheights.com](mailto:bulletin@morinheights.com).

For additional information and registration, please visit: [www.skiloppet.com](http://www.skiloppet.com).



## Breakfast Program at Morin-Heights Elementary School is looking for volunteers!

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](mailto:mclaurin@sympatico.ca)

**Jean Dutil:** [renojeandutil@gmail.com](mailto:renojeandutil@gmail.com)

# Activities

# Activities

## Cross-country Ski and Snowshoe

Have you thought about offering a season pass to a loved one for Christmas?

**PURCHASE PASSES AND TICKETS ONLINE**

starting on November 27<sup>th</sup>

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

"Online Registrations" tab

### PRE-SALE DISCOUNT:

Get a \$5 discount on your cross-country and/or snowshoe pass if purchased the weekend of **November 28<sup>th</sup> and 29<sup>th</sup>** at the new Bellevue Chalet, from 9:00 to 17:00.

### Season passes\*

Cross-country and snowshoe passes may be purchased weekdays, at the Chalet Bellevue (27, rue Bellevue), every weekend beginning December 12<sup>th</sup> or any day by December 19<sup>th</sup>, conditions permitting.

The trail map is also be available for \$3.

- **Bring a small photo and proof** of residence •

Cash or Interac payments  
(credit cards accepted online only)

Specific agreements with the Viking Ski Club and Ski Morin Heights allow access to their networks to holders of season passes and daily tickets from our network.

SEASON PASS (taxes included)		
CROSS-COUNTRY & SNOWSHOE		
CATEGORY	Pays-d'en-Haut MRC Resident	Non-resident
<b>Adults</b> (18 +)	\$75	\$95
<b>Students</b> (13 to 22) and <b>Seniors</b> (65 +)	\$50	\$70
<b>Children</b> (12 and under)	FREE	FREE

SEASON PASS (taxes included)		
SNOWSHOE AND FAT BIKE		
CATEGORY	Pays-d'en-Haut MRC Resident	Non-resident
<b>Adults</b> (18 +)	\$35	\$45
<b>Students</b> (13 to 22) and <b>Seniors</b> (65 +)	\$20	\$25
<b>Children</b> (12 and under)	FREE	FREE

### Carte réseau

Carte Réseau passes may be purchased for \$35 by M-H. pass holders (cross-country and snowshoe or snowshoe only). It allows pass holders to one visit to each of the 22 participating centres this winter.

### Day tickets

Day tickets may be purchased at the Bellevue Chalet, Corridor Aérobique, Basler Park and Ski Morin Heights.

DAY TICKET (taxes included)			
CROSS-COUNTRY SKI*		SNOWSHOE*	
Regular ticket	\$14	Regular ticket	\$8
<b>Guest</b> (accompanied by a 2015-2016 pass holder) (max. 4 guests / day)	\$12	<b>Children</b> (12 and under)	FREE
<b>Students</b> (13 to 22) and <b>Seniors</b> (65 +)	\$12	<b>FATBIKE</b>	
<b>Children</b> (12 and under)	FREE	<b>13 and older</b>	\$8

\*Special rates for groups

### Informations:

Corridor Aérobique **450 226-3232, ext. 130** • [corridor@morinheights.com](mailto:corridor@morinheights.com) • 27, rue Bellevue

**Comments and complaints:** [parcs@morinheights.com](mailto:parcs@morinheights.com)





The Fondeurs-Laurentides club's mission is to introduce the practice of skiing and develop competitive athletes. Activities are available for all from the age of 4 years old.

Online registration via our website [www.fondeurslaurentides.ca](http://www.fondeurslaurentides.ca) for our youth groups (4-12 years) and our adults courses.

Come enjoy the joys of winter with us!

## Informations:

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

## Head Coach:

Rémi Brière 450-712-5478  
or [remi.briere@gmail.com](mailto:remi.briere@gmail.com)

## Ice Skating Program

Every Saturday at the Morin-Heights skating rink, 8-week session.

AGE/COST	RESIDENT	NON-RESIDENT
<b>Beginner</b> (3 ½ - 5 years old)	\$45	\$55
<b>Intermediate and advanced</b>	\$50	\$60

## SCHEDULE:

(the level will be determined on the first class)

9:45 to 10:30:

**Beginner** - 3 ½\* to 5 year olds -  
(\*born before July 1<sup>st</sup>, 2012)

10:45 to 11:45:

**Intermediate** - 6 year olds and up -

12:00 to 13:15:

**Intermediate and advanced**

**REGISTER before January 6<sup>th</sup>, classes start on January 9<sup>th</sup>!**

Online at [www.morinheights.com](http://www.morinheights.com) ("Online Registrations" tab) or at the Town Hall, Monday to Friday – 8:30 to 12:00 and 13:00 to 16:30. No registrations will be accepted at the skating rink.

**Information:** Karyne Bergeron,  
450 226-3232, ext. 111

## Pick-up Youth Hockey

**FREE!**

**For children 7 to 15 years old**

This recreational hockey program offers children 7 to 15 years of age, an opportunity to play traditional pick-up hockey at the local outdoor skating rink for free!

Emphasis is on fun, team spirit and participation. The program will mostly take place at the skating rink, except for two or three exhibition games which may be organized within the MRC. Since the program is free, since the places are limited and since it is entirely run and supervised by volunteers, please honor their involvement by your participation! Hockey is a sport where team spirit is essential; your children's presence to all games is key.

**The following equipment is required:** helmet with visor, neck shield, hockey skates and stick.

**On Tuesdays:**

**7 to 10 years old** from 18:30 to 19:30 • **11 to 15 years old** from 19:30 to 21:00

**Starts on Tuesday January 5<sup>th</sup>,** ice and weather conditions permitting, at the rink on chemin Watchorn. Program ends on February 23<sup>rd</sup>, 2016.

**Ice conditions:** 450 226-3232, ext. 122

**REGISTRATION: Places are limited\***, you must register at the Town Hall. Contact Jonathan Savard at 450 226-3232, ext. 102.

*\*Priority will be given to Morin-Heights residents until **January 4<sup>th</sup>**. Following this, all remaining places in the program will be filled with non-residents who are on the waiting list, first come, first served!*

**Information:** Robert Leblanc, Volunteer Head Coach, 450 226-1392.





# Activities

## 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.



## ACTIVITIES INCLUDED IN THE INTERMUNICIPAL AGREEMENT

### YOUTH

#### Babysitting Course

Saint-Sauveur

#### Creative Arts Workshop

Saint-Adolphe-d'Howard

#### Dance Expression (7-14 year olds)

Sainte-Adèle

#### Hip Hop Dance (various age groups between 5 to 13 years old)

Saint-Adolphe-d'Howard, Saint-Sauveur and Sainte-Anne-des-Lacs

#### Judo

Saint-Sauveur and Sainte-Marguerite-du-Lac-Masson

#### Piano or Singing (individual lesson)

Saint-Sauveur

#### Sports ABC (2-3 year olds)

Saint-Sauveur

#### Techno Fun (5-8 year olds)

Saint-Sauveur

#### Teen Knitting

Sainte-Anne-des-Lacs

### PARENT - CHILD

#### Djembe (12 +)

Saint-Adolphe-d'Howard

### ADULTS

#### Aikibudo and Kobudo (15 +)

Sainte-Marguerite-du-Lac-Masson

#### Animal Assisted Therapy

(Anicoeur Program) Sainte-Anne-des-Lacs

#### Cardio Mix

Piedmont

#### Chinese Health Exercises (Qi Gong)

Sainte-Adèle

#### Computer (various classes)

Saint-Sauveur

#### Dance Cardio (50+)

Sainte-Adèle

#### Eastern Dances & Baladi

Piedmont

#### Emergency Aid (child care)

Sainte-Anne-des-Lacs

#### Emergency Aid and CPR

Sainte-Anne-des-Lacs

#### English (beginner 1)

Sainte-Anne-des-Lacs

#### Firm Up Express

Sainte-Marguerite-du-Lac-Masson

#### Fitness & Well-being

Piedmont & Saint-Sauveur

#### Flamenco

Sainte-Anne-des-Lacs

#### Gypsy Dances

Piedmont

#### Judo

Saint-Sauveur

#### Knitting

Sainte-Anne-des-Lacs

#### Line Dancing (beginner and intermediate)

Saint-Adolphe-d'Howard

#### Live Guitar Workshop

Saint-Adolphe-d'Howard

#### Painting (mixed techniques)

Saint-Adolphe-d'Howard

#### Painting (oil and acrylic)

Saint-Sauveur

#### Piano or Singing (individual lesson)

Saint-Sauveur

#### Piyo

Saint-Adolphe-d'Howard

#### Tai chi Chuan

Saint-Sauveur

#### Relaxation and well-being with touch ball

Sainte-Adèle

#### Tap Clac Cardio

Saint-Adolphe-d'Howard

#### Spanish (beginner 1)

Sainte-Anne-des-Lacs

#### Yoga for all

Sainte-Marguerite-du-Lac-Masson

### For information

#### Piedmont:

450 227-1888, ext. 223 •

[www.piedmont.ca](http://www.piedmont.ca)

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

819 327-2626 •

[www.stadolpshedhoward.qc.ca](http://www.stadolpshedhoward.qc.ca)

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

450 224-2675, ext. 225 •

[www.sadl.qc.ca](http://www.sadl.qc.ca)

#### Sainte-Adèle:

450 229-2921, ext. 244 •

[www.ville.sainte-adele.qc.ca](http://www.ville.sainte-adele.qc.ca)

#### Saint-Sauveur:

450 227-2669, ext. 420 •

[www.ville.saint-sauveur.qc.ca](http://www.ville.saint-sauveur.qc.ca)

#### Sainte-Marguerite-du-Lac-Masson:

450 228-2543, ext. 221 •

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

*For a complete schedule of the classes offered in Morin-Heights, please consult the course schedule on pages 21 and 22*







## Morin-Heights Scouts

**Scouts Morin-Heights Christmas Tree Sale** on December 5<sup>th</sup> at Morin-Heights Elementary School Bazaar. Proceeds go to Scouts Morin-Heights and Morin-Heights Elementary School. To order, call: 514 710-0682 (pre-sale available).

### 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 the school, until June 1<sup>st</sup>. Registration is \$190 for the first child, \$140 for siblings.

**Information:** Tom Noakes

450 229-1234 • [scoutsmorinheights@live.com](mailto:scoutsmorinheights@live.com)

**\*We are looking for volunteers for Beavers.\***



## DAFA Program: training to become a day camp counselor

The DAFA program is a mandatory training for new day camp counselors in all our MRC's municipalities. The program leads to an aptitude degree; it is a 34-hour training for 16 years old and older and will be held on March 18<sup>th</sup>, 19<sup>th</sup> and 20<sup>th</sup> and April 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>.

Registration for our residents is from January 11<sup>th</sup> to 31<sup>st</sup> at a cost of \$70 or \$90 as of February 1<sup>st</sup>.

**Information:** 450 227-2669, ext. 420  
[www.programmedafa.com](http://www.programmedafa.com)

## Viking Ski Club

Viking Ski Club offers ski programs beginning January 2<sup>nd</sup>, 2016.

- **Viking BR:** 4 - 5 year olds
- **Viking BR:** 6 - 13 year olds
- **Viking BR:** 11 - 15 year olds
- **Viking BR:** 12 years +
- **Viking BR:** 9 - 15 year olds
- **Viking BR:** 16 years +
- Adult lessons
- Private lessons
- Adult touring program held on Thursdays, Saturdays and Sundays, starting on January 9<sup>th</sup>.

The chalet is located at 393, chemin Jackson, in Morin-Heights.

Visit [www.vikingskiclub.ca](http://www.vikingskiclub.ca) or write to [info@vikingskiclub.ca](mailto:info@vikingskiclub.ca).



## Activities



## Spring Break Discounts for Ski Morin Heights

**From February 29<sup>th</sup> to March 4<sup>th</sup>**, get a special discount for the whole family on ski tickets for Ski Morin Heights. A great way to get some fresh air during Spring Break!

This offer is for residents only (proof required).

Tickets will be available at the Town Hall during Spring Break.

Watch your mailbox by early January for the **"Winter Carnival"** mailing that will inform you about all the winter activities offered.



# Activities

## Notre-Dame-des-Monts Parish

St-Eugene Community, 148, chemin Watchorn

### NEW PROGRAMS FOR SENIORS AND TEENS!

New session beginning in early January!

- Cooking classes for men (Mondays, at 15:00)
- Life 101 classes for teens (First Aid, budget, resumes, job search, etc.)
- Computer courses for seniors: everything to keep in touch with family members living at a distance: Skype, email, Facebook, cell phones, Google. (Mondays from 10:30 to 11:30)
- Monthly thematic dinners (one Sunday per month)

**Information and registration:** Johanne at 450 226-2844



## A Christmas Evening



Joyful Noise Choir and Morin-Heights Elementary School Choir invite you to an evening of Christmas on **Thursday, December 10<sup>th</sup>, at 19:00**, at United Church, 831 ch. du Village. The concert is free, donations to the Church are welcome!

## Joyful Noise Choir

A new session is about to begin. If you want to share your voice with us, and get ready for spring, now is the time!

**Starts** on January 12<sup>th</sup> at 19:00, at 148 ch. Watchorn, at St-Eugène Church.

Joyful Noise Choir sings an eclectic assortment of music in four part harmony. The choir will present a delightful concert on Sunday, May 29<sup>th</sup>, 2016. The cost for the session is \$130. Our choir director is Mr. Ian Lebofsky.

### Information and registration:

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



Watch for **VILLAGE NOISE** this holiday season!



## Arts Morin-Heights

The year 2015 – along with a variety of art exhibitions – is just about over. Arts Morin-Heights would like to thank our many visitors, loyal sponsors, the Municipality and all those, near and far, who encouraged us this year.

Arts Morin-Heights continues to host thematic shows at the library. Our exhibit with the theme "Disappeared buildings of Morin-Heights" opened on the weekend of the *Journées de la culture* and will continue until December 5<sup>th</sup>. Starting on that date, our next show, with a circus theme, will open. Once again, artists will draw from their imagination to offer thought-provoking and sometimes surprising works.

On your next visit to the library, be sure to stop in the Remembrance Hall and see our current exhibit and please don't hesitate to leave a note in our visitors book. Although entry is free, donations of non-perishable items for the food bank *Garde-manger des Pays-d'en-Haut* are always welcome.

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

## COOP SORE



### Activities and services for seniors

• **Home respite service:** For senior caregivers, in partnership with CSSS Pays-d'en-Haut. Specifically trained interveners are sent to your home to take over the care of the loved-one while the caregiver attends other activities. The service is offered to Morin-Heights and Pays-d'en-Haut's MRC senior residents/caregivers.

**Information:** 450-224-2657

• **Community lunch** prepared by *Soupe et Cie* every Monday at 11h50 at 148, ch. Watchorn, voluntary donation of \$5.00 is suggested. Meal includes: soup, main dish, salad, dessert, tea or coffee.

**Advance reservation mandatory on Fridays from 9:00 to 16:00,**  
**514 944-9335**

## Morin-Heights United Church

Morin-Heights United Church offers Sunday Worship Services **every Sunday at 10:30**, followed by a coffee social hour.

The church holds an annual community Thanksgiving Supper and an annual Pancake luncheon on Shrove Tuesday. We are honoured to host the Joyful Noise Choir concerts twice a year. Our church hall is also rented by other local groups and also for weddings and funerals.

The Cosy Corner Senior Citizens Club is an outreach program of our church. The club is interdenominational and involves many different nationalities (French, Italian, English, German, etc.). The club meets every Tuesday afternoon year round (soup lunches during the winter months). Once a month, the church and Cosy Corner Club hold a Military Whist fundraiser.

We support the food bank ministry, have a Foster Child in India and help others in need.

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



## Royal Canadian Legion Events

**All welcome, 127, chemin Watchorn**

**Darts** every Wednesday nights at 19:00. **Military Whist:** 1<sup>st</sup> and 3<sup>rd</sup> Monday of the month.

SUNDAY NOVEMBER 29

### **Grey Cup Party**

(hamburgers, etc.), at 17:00

TUESDAY DECEMBER 1

### **The Route 50 Band,**

at 19:00

FRIDAY DECEMBER 11

### **Smoked Meat TGIF,**

at 18:00

FRIDAY JANUARY 1

### **President's Levee,**

at 13:00

TUESDAY JANUARY 5

### **Tuesday Winter Blues,**

at 19:00

FRIDAY JANUARY 22

### **Smoked Meat TGIF,**

at 18:00

TUESDAY FEBRUARY 2

### **Tuesday Winter Blues,**

at 19:00

SUNDAY FEBRUARY 7

### **Super Bowl Party**

SATURDAY FEBRUARY 13

### **Valentine's Day Supper,**

at 18:00

FRIDAY FEBRUARY 19

### **Smoked Meat TGIF,**

at 18:00

SATURDAY FEBRUARY 27

### **Annual Legion Snowball Game,**

at 13:00

TUESDAY MARCH 1

### **Tuesday Winter Blues,**

at 19:00

FRIDAY MARCH 4

### **67<sup>th</sup> Kids' Ski Races at Ski Morin Heights,**

at 9:00

SATURDAY MARCH 12

### **St-Patrick's Day Supper,**

at 18:00

FRIDAY MARCH 18

### **Smoked Meat TGIF,**

at 18:00

SUNDAY MARCH 27

### **Easter Brunch,**

from 9:00 to 13:00

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





# Activities



## Maison de la Famille des Pays-d'en-Haut

You have **0-5 years old children**? You want to engage them in play activities and enjoy a respite? **The Maison de la Famille des Pays-d'en-Haut's Méli-Mélo workshops** are held on Wednesdays from January 13<sup>th</sup> to April 27<sup>th</sup>, from 9:00 to 11:30 at St-Eugene Church (148, ch. Watchorn). Some Wednesdays, chat lunches are also organized, from 11:30 to 13:30. Get information or register with Julie at **450 229-3354** or visit **www.maisondela famille.com**.

## La Rochelle Preschool



Bilingual preschool for children aged 3 to 5 years old, situated in Morin-Heights Elementary School (647, chemin du Village), Monday to Thursday. Pre-K program designed to prepare children for school routine through the "Learn to play" philosophy. Morning session 9:00 to 11:30 or afternoon 12:30 to 15:30. All day availability.

**Information:** 450 821-2566 or [prematernellelarochellepreschool@yahoo.ca](mailto: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

## Next edition!

The budget edition of Info Morin-Heights will be mailed with your 2016 tax account. To submit a text for the bulletin, send a French and an English version to:  
[bulletin@morinheights.com](mailto:bulletin@morinheights.com)  
or at the Town Hall.

### SPRING EDITION

March 20 to early June, 2016

Deadline: January 28, 2016

Distribution: March 18, 2016

### SUMMER EDITION

June 5 to August 20, 2016

Deadline: April 22, 2016

Distribution: June 3, 2016

### FALL EDITION

August 20 to December 1, 2016

Deadline: June 15, 2016

Distribution: August 12, 2016

### WINTER EDITION

December 1, 2016 to March 20, 2017

Deadline: October 5, 2016

Distribution: November 25, 2016



## Play reading

**Theatre Morin-Heights** will have an evening of play reading. Come enjoy and maybe read! At the Royal Canadian Legion 127, ch. Watchorn, **Wednesday, January 20<sup>th</sup>, at 19:00.**

### For information:

Penny Rose 450 226-4746 or  
[pennyrose@jenanson.com](mailto:pennyrose@jenanson.com)

## Morin-Heights French-language Reading Club (CLEF)

The *Club de lecture en français* is in its third year of monthly meetings where we discuss new books, books we are re-reading, and old favourites. We meet at the Morin-Heights' Library on the third Wednesday every month from 13:30 to 15:30.

For information about the club, contact **Monique Bélisle** at **450 226-8464.**

## Morin-Heights Historical Association

Life in Morin Flats changed forever one lovely spring day in 1895. Do you know why? The railroad came to town!

Join us to learn more of our fascinating history. You can find us at:

**[morinheightshistory.org](http://morinheightshistory.org)** or email us at **[mhha98@hotmail.com](mailto:mhha98@hotmail.com)**.

Looking for a unique gift for whatever occasion? Think an issue of The Porcupine, full of stories from our past!

We look forward to seeing you!



Class / Location	Rates	Schedule	Dates	Instructor	Description
Body Design / St-Eugène Hall		Monday 9:00 to 10:00	January 11 to March 28	<p>Lisa McEllan</p> <p>For more detailed info:  <a href="http://www.agesmartfitness.com">www.agesmartfitness.com</a>  <a href="mailto:lismcclan07@gmail.com">lismcclan07@gmail.com</a>  <b>450 560-2803</b></p> <p>Small groups, individual attention!</p> <p><b>Please reserve by phone or email to guarantee your spot</b></p> <p><b>Fitness pass</b>            \$240 + taxes (2 classes / week)            \$264 + taxes (3 classes or more / week)</p> <p><b>Carte (10 classes): \$120 + taxes</b>            NR: \$5 more            12-week session</p> <p><b>Join anytime during a session</b></p>	Work hard! Cardio, resistance training and mat work.
Stretch & Strengthen / Community Hall		Monday 9:30 to 10:30			Improve posture, range of motion and relieve pain.
Combo 50+ / St-Eugène Hall		Tuesday 9:30 to 10:30	January 12 to March 29		Overall workout to improve strength and prevent chronic disease.
Pilates Fusion / Community Hall		Wed. 9:30 to 10:30			Improve posture, strengthen and lengthen, relieve pain (intermediate).
Stretch & Strengthen / Community Hall		Wed. 10:45 to 11:45	January 13 to March 30		Improve posture, relieve pain, become more supple.
Stretch & Strengthen / St-Eugène Hall		Wed. 17:30 to 18:30			Stretch, strengthen and relaxation.
Zumba / St-Eugène Hall	Pass or card	Thursday 9:00 to 10:00			Dance exercise to latin music. Olé, olé!
Body & Mind Cardio / St-Eugène Hall		Thursday 10:30 to 11:30	January 14 to March 31		Improve strength and endurance and find peace of mind.
Yoga / Community Hall		Thursday 17:30 to 18:45			Yoga for clarity, self knowledge and peacefulness.
Yoga / Community Hall		Friday 9:15 to 10:30	January 15 to April 1		Restorative. Improve posture, range of motion and relieve pain.
Stretch & Strengthen / Community Hall		Friday 10:45 to 11:45		<p><b>Join anytime during a session</b></p>	
Aquafitness / Mont Gabriel Pool	R: \$144 NR: \$149	Monday 11:00 to 12:00 Thursday 11:00 to 12:00	January 11 to March 28 January 14 to March 31		Safe pool workout for strength and health.
Essentrics / Community Hall	R: \$144 NR: \$154	Monday 11:00 to 12:00 Thursday 19:00 to 20:00	January 9 to March 31	<p>Ginette Ouirmet</p> <p><b>Certified instructor level 3</b>            450 543-0308 • <a href="mailto:soleil-vif@hotmail.com">soleil-vif@hotmail.com</a></p>	Muscular strengthening technique: balances the whole body, releases the joints, improves posture and increases flexibility.
Cardio Vitalité / starts at the school's parking lot	\$140 + taxes for 10 weeks, 2 classes per week	Monday and Wednesday 10:00 to 11:00	January 11 to March 16	<p><b>Cardio Plein Air</b></p> <p>Certified trainers, register on  <a href="http://www.cardiopleinair.com">www.cardiopleinair.com</a>            or via Julie Raymond            450 643-0465  <a href="mailto:st-sauveur@cardiopleinair.ca">st-sauveur@cardiopleinair.ca</a></p>	For people over 50. Enjoy training outdoors at your own pace in order to get in shape in serenity.
Power Yoga / Community Hall	R: \$10,50 / class R: \$9,50 / class when registered to 2+ classes / week R: \$15 drop in NR: \$12 / class NR: \$11 / class when registered to 2+ classes / week NR: \$16 drop in	Monday 19:00 to 20:00 Tuesday 9:00 to 10:00	<p><b>1<sup>st</sup> session:</b> Nov. 30 to January 20</p> <p><b>2<sup>nd</sup> session:</b> Feb. 1 to March 30</p>	<p><b>Écho Aloha</b>            Pascale            514 709-0808  <a href="mailto:echoaloha@gmail.com">echoaloha@gmail.com</a></p>	Safe, but strong yoga practice to develop strength and endurance, as well as flexibility and peace of mind.
Yoga and meditation / Community Hall	\$15 / class if registered \$20 / class drop-in	Monday 17:15 to 18:45	December to March	<p>Louise Bloom            450 226-5844</p>	Hatha yoga, meditation and spiritual disciplines.
Tai Chi Yang stretch and meditation / Community Hall	R: \$120 NR: \$125	Tuesday 10:30 to 12:00	March 1 to April 12	<p>Michelle Gendron            450 712-6834 • <a href="mailto:ecoledechiilibre.com">ecoledechiilibre.com</a></p>	Increase mind and physical abilities. Join anytime during a session!

NEW

Class / Location	Rates	Schedule	Dates	Instructor	Description
<b>Relaxation Yoga / Community Hall</b>	R: \$10.50 / class R: \$9.50 / class when registered to 2+ classes / week R: \$15 drop in	Monday 20:15 to 21:15	<b>1<sup>st</sup> session:</b> Nov. 30 to January 20 <b>2<sup>nd</sup> session:</b> Feb. 1 to March 30	<b>Écho Aloha</b> Pascale 514 709-0808 echoaloha@gmail.com	Stretching, deep breathing and relaxing to find comfort and calm within.
<b>Power Yoga / Community Hall</b>	NR: \$12 / class NR: \$11 / class when registered to 2+ classes / week NR: \$16 drop in	Wed. 17:15 to 18:15 (no class on the 2 <sup>nd</sup> Wed. of each month)	<b>1<sup>st</sup> session:</b> Nov. 30 to January 20 <b>2<sup>nd</sup> session:</b> Feb. 1 to March 30		Safe, but strong yoga practice to develop strength and endurance, as well as flexibility and peace of mind.
<b>Adult Group Guitar / St-Eugène Hall</b>	R: \$150 NR: \$160 Manual Included	Wed. 19:00 to 20:00	January 6 to March 16 (no class on March 2)	Celia Fuentes music@celiafuentes.com www.celiafuentes.com	Technique, tabs, chords, group pieces with multiple parts.
<b>Trampoline Fitness / St-Eugène Hall</b>	R: \$150 R: \$17 drop in NR: \$160 NR: \$18 drop in	Thursday 18:00 to 19:00	January 7 to March 10	Laetitia Duquénoy 819 631-1060 Registrations at <b>www.studio820.ca</b> Limited places!	68% more effective than any aerobic exercise on hard surfaces, 80% reduction of the impact on joints, neck and back, 900 calories burned per class, accelerated toning of the bottom, thighs, calves and abs, increases endurance, balance, lymph circulation and drainage of toxins from the body.
<b>Karate / Community Hall</b>	*	Friday 17:30 to 18:30	December 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. Two free trial classes.
<b>Essentrics / St-Eugène</b>	R: \$144 NR: \$154	Saturday 9:00 to 10:00	January 9 to March 31 preceded by a mini session, see «Description»	Ginette Oumet <b>Certified instructor level 3</b> 450 543-0308 • soleil-vif@hotmail.com	+ <b>MINI SESSION: November 28 to December 12</b> (R: \$36 NR: \$46) Muscular strengthening technique: balances the whole body, releases the joints, improves posture and increases flexibility.
<b>Children Group Guitar (10-12 years old) / St-Eugène Hall</b>	R: \$135 • NR: \$145 Manual Included	Saturday 9:00 to 10:00	January 9 to March 19 (no class on March 5)	Celia Fuentes music@celiafuentes.com www.celiafuentes.com	Basic concepts, technique, tabs, rhythmic and melodic playing.
<b>Teen Group Guitar (13-17 years old) / St-Eugène Hall</b>	R: \$150 • NR: \$160 Manual Included	Saturday 10:15 to 11:15			More theory, technique, tabs, chords, different genres.
<b>Wu Style Tai Chi Chuan / Community Hall</b>	R: \$140 NR: \$145	Saturday 9:00 to 10:30	January 9 to April 3 (no class on March 26)	Robert Lee 450 227-8829 or robertlmh@gmail.com	Relaxation, tonification of the muscles and joints, stimulation of the energy and health, improvement to equilibrium.
<b>Snowshoe and Yoga / Community Hall</b>	**	Saturday 13:00 to 16:00	January 30, February 13 and 26, March 12 and 26	<b>Écho Aloha</b> Pascale 514 709-0808 • echoaloha@gmail.com	Snowshoe outing followed by a hot beverage and a free-flowing yoga session and stretching indoors.
<b>Traditional Scottish Highland Dancing / Community Hall</b>	R: \$60 NR: \$70	Sunday 16:00 to 17:30	January 10 to March 20	Heather McNabb 514 486-3480 or heathermcnabb@hotmail.com	For children and adolescents 6 years of age and older.
<b>Creative Dance / Community Hall</b>	**	Sunday 9:15 to 10:15 Sunday 10:15 to 11:15 Tuesday 18:00 to 19:00			3 1/2 to 5 years old
<b>Primary Ballet / Community Hall</b>	**	Sunday 11:15 to 12:30			6 to 7 years old
<b>Ballet Grade 1 / Community Hall</b>	**	Sunday 12:30 to 14:00			8 to 11 years old
<b>Ballet Grade 2 and 3 / Community Hall</b>	**	Sunday 14:00 to 15:30 Friday 18:45 to 20:15	January to June	Isabeau 514 608-3381	12 to 14 years old
<b>Ballet Grade 4 and adults / Community Hall</b>	**	Sunday 14:00 to 15:30 Tuesday 19:00 to 20:30 Friday 20:15 to 22:15			13 to 18 years old and up. Points from 20:30 to 21:00 on Tuesday.

Legend R: resident • NR: non-resident \*. The cost depend of the time of the inscription (1, 3, 5, or 10 months). \*\*: See instructor for more information

FOR INFORMATION OR REGISTRATION, COMMUNICATE DIRECTLY WITH THE INSTRUCTOR