



MORIN-HEIGHTS
1855

Info Morin-Heights

In harmony with nature!



Spring-Summer 2014 - Vol. 17, no 2

Environment and Family Day

Saturday, May 24th, 2014

At the Town Hall, rain or shine!

- Pick-up day for free tree seedlings, available as of 9:00;
- Municipal day-care and bus shuttle registrations for Camp Tamaracouta, from 9:00 to 11:00;
- Princesses and mascots on-site from 10:00 to 13:00; they will do two small presentations;
- Inflatable play area for children;
- Fire Prevention Department Open House: come see the equipment we use to respond to emergencies and meet the people who have your health and safety at heart. Training on portable extinguisher offered, see details on page 12;
- Various information kiosks: Pépinière rustique, green products, composting, horticulture, gardening, etc.;
- Discounts on water testing of private wells by Bio-Services until 11:00 (recommended once annually).



Free tree seedlings

Time for tree planting! The Municipality, with the collaboration of the *Ministère des ressources naturelles* and the 4-H Club, will be giving away free tree seedlings to its citizens for their landscaping projects. Quantities are limited and seedlings will be distributed on a first come, first serve basis (max. 25 per family).

Please note that:

- seedlings are mostly coniferous and average 25 cm in height;
- the type of seedlings will only be known on the day they are distributed.

Small reforestation projects

Those who wish to get more than 25 seedlings for a specific planting project on their property must come back to the Town Hall between noon and 13:00; distribution will be made according to the availability and type left.

Canada Day
all details on page 18

Collections Calendar
on page 7

Day Camp
on page 16
(new: online registration!)



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News from the Mayor

My fellow citizens,

With the long cold winter behind us, we welcome spring's warm weather and plan a season filled with projects.

Here is a brief summary of projects proceeding in 2014:

Domaine Balmoral property owners have approved a major road repair project for Augusta, Balmoral and Glen Abbey roads. This work will begin after the thaw.

The project for the paving of roads in the Domaine des Bories was submitted to property owners and the work should be completed by the end of the year.

Report on the possibility of connecting the Ski Morin Heights drinking water network to the Village distribution network have been studied and the project, which benefits from financial assistance in the amount of \$491,500 will be submitted to the citizens of the area for approval.

Council, along with architect Jean Damecour, is presently revising the plans and the tender for the construction of a community chalet at Mont Bellevue (Parc Basler). The rental of a trailer during the ski seasons was a good alternative, but is not appropriate for a cross-country ski capital. The project will be submitted to the public in the near future.



The *Travaux Publics* Department will once again be very busy with the maintenance of the roads network which remains a priority and interventions have been targeted for a large number of roads, including work on ditches, tree trimming and road repair.

The drinking water network repair program is on-going and this year, the work on the Bastien and Beaulieu distribution networks will be completed.

We appreciate your patience on work sites and ask that you respect the signage as we are working for you.

Morinheighters thrive on community life. So on behalf of Council's and myself, I would like to invite you to participate in the following activities:

- Our annual Fishing Tournament, in cooperation with the *Association chasse et pêche des Laurentides*, will be held at Parc Lummis on **Saturday, May 17th** and we welcome families to take part and taste fresh trout cooked on-site.
- Environment and Family Day which will be held on **May 24th** at the Town Hall, is the perfect opportunity for adults to familiarize themselves with certain issues

such as home safety, the regeneration of riverbanks and environmental themes, whereas children will have the opportunity to visit the Fire Hall and take part in a demonstration. An inflatable play area for young children will be set up and the Municipality will be giving away free tree seedlings to citizens.

- Canada Day celebrations in Morin-Heights will be held on at Ski Morin Heights on **July 1st**. A day of festivities for the whole family awaits you along with live music and fireworks.
- Arts Morin-Heights' summer exhibit will be held at St-Eugène church **from July 25th to August 3rd**. Throughout the summer, local artists will also show their works of art at the Library's Remembrance Hall.
- On **July 12th**, in partnership with *Montreal's Repercussion Theatre* and *Theatre Morin-Heights*, the Municipality will present Harry the King outdoors, at Mont Bellevue, (chemin du Lac-Écho). We invite Morin-Heights citizens as well as neighbouring municipalities to attend the only representation to be held in the Laurentians.

Finally, as president of the *Garde-Manger des Pays-d'en-Haut*, I urge you to generously support this organization which offers food to anyone in need residing in our MRC. Poverty exists throughout our region even if it is less apparent. More than 21,000 boxes of food, meals and school lunches were delivered in 2013, as well as 700 Christmas vouchers.

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

Have a great summer,

Tim Watchorn, ing.
Mayor



Walking, a physical activity for everyone!

30 minutes of physical activity daily is required to maintain good health. Integrating walking into your routine is the best way to move every day. It is an accessible, safe and free activity people of all ages can practice. You don't need to be an athlete to walk; all you need is a good pair of shoes... and a little willpower. Whether with your family, friends or alone, don't dismiss walking as a physical activity!

Doctors are unanimous in listing the virtues of walking:

- increases blood supply to lower limbs;
- reinforces the heart;
- strengthens legs and gluteus muscles;
- sensibly improves lung function.

So don't hesitate to put on your shoes! Walk and take in our magnificent landscapes, walk during your breaks at work, to do your shopping or to get wherever you need to be!

This capsule was written by the healthy living habits team at the *Centre de santé et de services sociaux (CSSS) des Pays-d'en-Haut*. To get a free meeting with the team, dial 450-227-8760 ext. 4391.

www.0-5-30.com



In 2007, Morin-Heights adopted its "Family and Seniors Policy" including an Action Plan for the period covering 2008-2011.

This policy was the product of two years of reflections about our vision and services pertaining to families and seniors. Led by a group of volunteers, this consultation committee was supported by the Council and the director of the *Service des loisirs* in place at that time.

Since then, the *MRC des Pays-d'en-Haut* and its ten municipalities have decided to adopt the Quebec government program "Municipalité amies des aînés" (MADA) - Age-friendly municipalities Initiative.

The World Health Organization considers the Quebec society as very advanced in its approach regarding the adoption of measures allowing seniors to maintain an active lifestyle, making it the world leader in finding innovative solutions.

In 2006, in the province of Quebec seniors represented 14% of the population. The percentage should reach 28% in 2056. Within the *MRC des Pays-d'en-Haut*, the number of citizens 65 and over is a bit more than the provincial average.

A MADA municipality is a municipality which:

- Slows down age discrimination;
- knows how to adapt its policies, services and structures to seniors' needs;
- acts globally and inclusively;
- encourages seniors' participation;
- uses dialogue and mobilises the community as a whole.

The aim of this program is to ascertain the great challenges we face in dealing with an aging population and promote the development of a culture which includes seniors in the community.

For the past year, the volunteer committee in Morin-Heights, assisted by specialists of various spheres, works at identifying actions, policies, services, as well as social and political structures that can support seniors and encourage them to stay active as they age.

More information will be published in the fall and a consultation meeting will be held next November.



Annual Blood Drive

The next blood drive in Morin-Heights will be on **August 11th, from 13:00 to 19:30** in the Héma-Québec mobile unit which will be parked at the Town Hall. The maintenance of the collective blood supply depends entirely on the generosity of people who care about sharing the priceless gift of health. Each single donation saves multiples lives.

Only 3% of the population of our province who are eligible to donate blood actually give this gift of life. Every 80 seconds someone needs blood in Québec. **Give blood. Give life.**

For any question concerning admissibility for a blood donation, please call: **1-888-666-HEMA** or visit www.hema-quebec.qc.ca.

Laurentians Film and TV Commission

Since 1997, the Laurentians Film and TV Commission (officially known as the BCTL - *Bureau du cinéma et de la télévision des Laurentides*) has evolved into an incontrovertible point of reference for the domestic and international film and TV industry.

They are always looking for new locations to add in their digital photo library:

- Waterfront isolated shacks or lakefront big houses/cottages
- Heritage / historical house, manors
- Large "open-concept" houses (preferably original architecture)
- Abandoned buildings (houses, farms, factories, churches, etc.)
- Warehouses (with high ceilings, at least 24 feet high)
- Quarries, mines, tunnels
- Caves, cliffs
- Breathtaking sceneries
- Uncropped fields
- Farm buildings

If you are interested, please contact the BCTL at info@filmlaurentides.ca.

You can have a look at their website for more details about their activities and mandate: www.filmlaurentides.ca as well as their Facebook page (in French only) www.facebook.com/filmlaurentides.

Emergency Automated Calling System

Morin-Heights is able to contact its residents by phone in case of an emergency using an automated calling system. This system is used in case of an interruption of water supply, an environmental crisis or any other emergency. The message delivered could include instructions to follow.

You have a confidential number? You are only using a cell phone or have moved in recently? Please send your information by email (name, address and phone number) at: bulletin@morinheights.com in order to be called by the Municipality in case of an emergency.

If you have a physical impairment, please contact the municipality at: 450 226-3232, ext. 101 or at municipalite@morinheights.com in order to be added to a priority list in case of an emergency.



There are many road work sites throughout the province. During your vacation or simply before leaving, plan your route by consulting www.quebec511.gouv.qc.ca.

You can dial 511 on any telephone to access information on the road conditions, almost in real time.



Parking Prohibited

Parking is prohibited at all times on public roads throughout the territory and can be sanctioned by a fine or your vehicle being towed. A section of chemin du Village (west side) offers some authorized parking spaces and so does a section of rue Campbell (east side), between Village and Glen, but only between 8:00 and 22:00 on both. Please respect the by-law.

We invite you to use one of our public parkings:

- at the library,
- at the Town Hall,
- at Parc Lummis,
- at the Corridor Aérobieque,
- at Mont-Bellevue,
- or the parking lot on rue des Bouleaux.



The *Transport Adapté et Collectif des Laurentides* (TACL) has a brand new website. All information regarding the inter-municipal services, bus, taxi-buses and paratransit can be found there. Users can even book their paratransit and taxi-buses online.

www.transportlaurentides.ca

The Royal Canadian Hussars

On May 25th, the municipality of Morin-Heights will be pleased to honour The Royal Canadian Hussars by granting them the Freedom of the City. The unit will march to Town Hall in column of route, colours cased and bayonets unfixed. This symbolic ceremony will then proceed assisted by the mayor and the municipal Council.

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.

Tournenvert, a Horticultural and Ecological Society

Created in 1989, the Horticultural and Ecological Society TOURNENVERT is a non-profit organization and a member of the *Fédération des sociétés d'horticulture et d'écologie du Québec*. We are active in the Pays-d'en-Haut region and act collectively for the conservation and embellishment of our natural environment! Over the last 25 years, Tournenvert has multiplied its projects with the young (schools) and the not so young (families, social groups & recreational enthusiasts). Our projects include the development of an arboretum, planting trees in school yards and public spaces (an oak was planted in Morin-Heights to celebrate its 150th anniversary). Our activities also include maintenance work in our community gardens, garden tours (five visits in private gardens) and sitting on various municipal committees with regards to citizens quality of life issues (MADA, consultation committee regarding seniors, Environment days in the region of *Pays-d'en-Haut*).

You can become a member of our society and share our passion to diffuse the knowledge, the respect and the importance of preserving the beauty of nature!

For information about the organization:
www.shtournenvert.fsheq.org or
tournenvert@bell.net



Privates gardens

The Municipality would like to show some of the magnificent private gardens that exist in the village. If you would like to have your garden on display on the municipal website or bulletin, please send your pictures to bulletin@morinheights.com.

Contributors can choose to remain anonymous.

Did you know that all the photos of landscapes found in our municipal bulletins were taken in Morin-Heights?



Morin-Heights Collective Garden

Thanks to the citizens of Morin-Heights, the garden members are pleased to announce a second year which will be even more prolific than the last!

With the success of our fundraising event at La Grange last February, we were able to garner support to expand our perennial food forest plan with the Adopt-A-Tree program. Thanks to everyone who participated and danced the night away!

To learn more about the collective garden, please visit our website:
www.marchemorinheights.com/projets-speciaux/ or write us at:
morinheightsmarket@gmail.com.



DON'T COOK YOUR DOG!



CRUELTY TOWARDS ANIMALS IS A CRIME !

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



Corridor Aérobie

The Corporation du Parc Linéaire Le P'tit Train du Nord, who maintains and patrols one of Laurentides' beloved treasure, the Corridor Aérobie, is looking for devoted individuals who would like to be patroller-ambassador of the trail.

Requirements:

- Be available a minimum of 3 hours a week;
- Own a bike and helmet;
- Present a completed criminal record check;
- Hold a certification for first-aid (a 16 hours training course, reimbursable at the end of the season).

Each volunteer patroller will be given three trainings:

- Basic training in bicycle repair;
- Basic tour-guide overview for the area;
- A technical training on how to intervene regarding the code of conduct and the emergency plan.

For more information, please communicate with Mathieu Aubin at 450 745-0185 or by email at info@traindunord.com.

To be informed of our summer activities and events, you are invited to like our Facebook page at www.facebook.com/parclineaire.



Dust off!

If you need help cleaning your home or business (options available), we offer simple, safe and efficient solutions:

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

Gift certificates available.

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

La Fouillerie

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

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

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

Saturday: 9:00 to noon

Information: 450 644-0087



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:

819 326-4059 • www.spcall.ca

Graphic Design: Julie Allard

Production: Les Imprimés Triton

450 229-1054 • www.groupetriton.com

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

Environment

Trapping in Morin-Heights

The municipality will only become involved with the trapping of animals if they are a threat to human health and safety (ie : rabies), or if they pose a threat to damaging municipal infrastructure (ie: beavers blocking culverts on municipal roads). The municipality will work in conjunction with the MDDEFP, and in the case of beavers, with the MRC as well.

All trapping is overseen by the MDDEFP in Saint-Jérôme who will intervene directly in certain instances, especially if large animals are involved (ie : bears, moose, deer) or in the case of diseased animals. All trapping must be done by licensed trappers who have the right to trap on public land, or on private land with the landowner's permission, during the appropriate trapping season. If out of season, then the MDDEFP must authorize the trapping.

In the case of small mammals (or birds like wild turkeys) menacing private property or personal pets, residents should attempt to deter the mammals first, but if unsuccessful, may hire a trapper to regulate the problem. This applies to raccoons, rabbits, squirrels, ground-hogs, skunks, fischers, foxes, coyotes and other small mammals. Property owners can also rent live traps from Rona Dagenais to trap certain animals themselves. Check with the MDDEFP whenever you are uncertain about an animal situation.

Note that it is illegal to feed wild animals. In many instances, the type and quantity of food can disrupt their digestive systems.

In order to protect your pets, never feed feral cats. They are a major cause of spreading animal disease and are a major killer of birds and small mammals. House cats should be kept inside as they can easily become prey for wild predators. Dogs should always be on a leash when off their property to avoid a confrontation with other dogs or wild animals and to prevent any mishap that could occur from contact with an animal trap.



Morin-Heights still has large areas of forest and open spaces and we are fortunate to have a wide variety of wildlife around us. The loss or elimination of these animals would greatly diminish our quality of life in the area.



Municipal Services

Recycling and Garbage Collection Calendar 2014

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

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

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

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



Garbage



Recycling



Garbage and recycling



Large items

COMPLAINTS:

1 855 425-3797 or

rcmillermorinheights@gmail.com

Drinking Water Conservation

The municipality operates six different drinking water networks within its territory and all have undergone extensive improvements since 2008. Although all six networks had their distribution and treatment rebuilt in 2007-08, improvements have continued within the pumping stations. Most notably the conversion to variable drive pumps to reduce electricity costs as well as the wear and tear on the pumps themselves.

During this period, a great deal of work has also been done to rebuild the waterlines in certain areas. Large sections of the Bastien, Alpino and Beaulieu networks as well as major sections of the Village network, most recently on main street, have been carried out and the results have been significant.

Currently, with the exception of the Village network, the other networks are essentially leak-free. The continuous computer monitoring of the networks show that these other networks frequently drop to zero at various times indicating a leak-free network. In the cases of the three rebuilt networks water consumption has dropped by 75% and the Village network is using half the water it consumed in 2007.

All these improvements help minimize operational and maintenance costs as well as minimize the stress on the aquifers that supply them thus helping to ensure water for a long period of time while minimizing the long term costs of operation. The municipality is continuously reinvesting these savings by upgrading its water distribution infrastructure and helping to conserve water.

Morin-Heights is well on its way to meeting the Provincial goals on water conservation and although the present consumption of **625 litres per person per day** is ahead of schedule, more still needs to be done to help conserve water for future generations.



The Importance of Well Protection

Well water is not limitless and underground water is a complex phenomenon that should be treated with great care and respect.

Underground aquifers can cover many square kilometres and there is a high probability that your well is being shared with other wells in the area. It is not uncommon for a well to be linked with another well over a kilometre away.

The contamination of any well is a serious issue as it is next to impossible to rectify, which is why several measures must be taken to protect your well.

- The well tubing should extend at least 30 cm (1 foot) above ground to prevent any infiltration into the well.
- The well should have a sealed cap to prevent any animal or organic matter from entering the well.
- There should be a mound at the base of the well tubing made of cement or impermeable material such as clay to divert run-off away from the well tubing.
- Every precaution should be taken to ensure that no petroleum products are used in and around a well, as 1 ml of a petroleum derivative can contaminate a 1000 litres of water.
- Ensure that all run-off from the surrounding terrain, as well as any ditches and drains are directed away from the well.
- Take at least one bacteriological water sample every year, preferably in the spring, to check your water's safety, and to monitor any changes over time.

Residents with wells can take advantage of the special offer to have their water tested at Environment Day on May 24th.

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.

Japanese Knotweed

Inspections throughout the municipality last summer have revealed that the area has a large presence of a very invasive plant known as Japanese knotweed. The plant has a bamboo like stalk and can grow into a very large white flowering bush that can reach 3m in height. It usually flowers in the early fall and has a white lilac-type flower. Its root system is very aggressive and will strangle all plants surrounding it and can descend to a depth of 2m. It prefers moist soil and can frequently be found near waterways and in humid soil. Its root system is so strong that it can penetrate and enlarge cracks in concrete foundations, making it a real danger around foundations and septic systems.

It is becoming a major problem throughout Quebec as it is extremely difficult to control or eradicate. Studies are being conducted on how to control its spread, but no solution is easy. Cutting it will often cause it to spread more rapidly and digging out the roots requires machinery, and even the smallest amounts of roots will quickly regenerate and proliferate. Fortunately the plant does not pose any health risk.

Cutting small areas can help over time but any cut stalks should be burnt. Do not compost or transport stalks elsewhere. Covering the area in the spring with a thick, opaque tarp to starve it from sunlight will reduce growth. There is a large amount of information about the plant on the Internet.



Municipal Services

Water Conservation and You

To further reduce water consumption users of these networks should regularly practice conservation techniques. Presently the biggest use of water occurs in the summer with the filling of swimming pools and the watering of lawns. Consumption skyrockets during long heat spells and measures can be taken to minimize the use of water for both situations.

A pool cover can greatly reduce evaporation and should be removed during rainstorms. Likewise, a simple system to redirect water from rain gutters either directly, or via a water barrel can easily make up water losses without using treated water. Also pools do not have to be completely emptied unless repairs are required. If pools need to be filled, do so slowly during the evening or overnight.

The overwatering of lawns is commonplace and even with automatic sprinklers is often excessive. Grass needs very little water and will go dormant during dry periods. Only 2,5 cm of water per week is required to keep a lawn green. There are several keys to a green lawn: do not cut it too short in summer and not at all during dryspells, aerate the lawn in spring and fall, and add topsoil to dry patches. A brochure on lawn care can be picked up at the Town Hall.

As far as household use is concerned, check for leaky faucets, especially outside, and continuously running toilets which can use up to 25 litres of water per hour. When replacing a toilet choose low flush or double-flush toilets to reduce water consumption. As 98% of all residents are on septic systems, it is in your best interest to conserve water to protect your septic system. An Eco-fitt kit with water reducers and dye to test for toilet leaks can be purchased from the municipality.

New Mountain Bike Map

The MRC has published a mountain bike map for Morin-Heights. This is one of a series of four maps in the region and follows a standard format with the code of ethics printed on each map. The maps can be found on our website.

There will be two trail work bees in the spring and two in the fall. As it is difficult to assign dates well in advance, please check our municipal website for details or send us your name and we will put you on our mountain bike contact list.



Écocentre, towards sustainable development

The Écocentre is located at:

2125, chemin Jean-Adam (Route 364)
in St-Sauveur, 450 227-2451

Opening hours:

From April 1st to November 30th open
Monday to Sunday from 7:30 to 16:00.

Together to reduce landfill.

Town Planning

New applicable regulation regarding zones liable to flooding by the *Rivière-à-Simon*

Last January, following the notice of motion given on November 27th 2013, the *MRC des Pays-d'en-Haut* has adopted Interim Control by-law # 284-2013 for the adoption of new regulation regarding the 20 years and 100 years flood levels along the *Rivière-à-Simon*. These zones were identified across Morin-Heights, St-Sauveur, Ste-Adèle and Piedmont. The goal of these measures is to protect persons and property in regards to flooding (a natural risk). This by-law pertains to a specific portion of the *Rivière-à-Simon* located in Morin-Heights, between rue des Chutes (on the northern limit) and the border between Morin-Heights and St-Sauveur (southern limit). From now on, properties identified on the map will be subjected to normative provisions, which will affect construction and certain interventions. We are suggesting you contact the *Service de l'urbanisme* if you are a landowner within that area. This by-law includes a map, which will be available on the municipal website when it comes into force.



Culverts and private entrances

Property owners looking to create or move a private entrance, install or replace a culvert must obtain a permit beforehand. Requests must be submitted at the Town Hall. A \$500 deposit is required at the time of the request, which is reimbursable once the project is completed by the owner, inspected and approved by *Service des Travaux Publics*. Please note that the maintenance of the culvert is the responsibility of the property owner who must make sure the water can run freely in the ditch.

Fences, hedges, low walls, planting trees and flowers by the road

If you are planning to landscape near the road, installing a fence, erecting a wall, or planting a hedge or a tree in front of your property, make sure you ask if a permit is required. Only grass is permitted in the first meter inside your front property line; nothing else can be installed or planted in that space.

The road's right of way must remain clear of plants, trees, walls, fences, etc., mainly to allow for snow removal operations and to prevent damages. This also applies to garbage and recycling bins, mail boxes, sand boxes, and other similar structures. The Municipality cannot be held responsible for damages to assets if this regulatory distance is not respected.

Also, if you are planning to plant a tree at the edge of your property, make sure to use a suitable variety and to respect the required setbacks from electric areal lines. Please consult Hydro-Québec's website: www.hydroquebec.com/trees/index.html to find tips and advice.

Tree cutting permits Cutting a tree on private property, (including dying and/or sick trees), requires a permit; one can be obtained for free, beforehand, by calling the *Service de l'Environnement*. Pruning does not require a permit or if the tree has already fallen. Please note that the inspector will come by to assess the validity of your request.

Ditches: layout and purpose

We would like to remind citizens living along municipal roads with an existing ditch, that any landscaping work cannot be prolonged into the ditch, including grass or stone work, without a formal authorization by the *Service des Travaux Publics*. We recommend that the natural vegetation be kept untouched in the ditch.

Ditches are a part of the road's right of way and serve a specific purpose. Interfering with that space using inadequate materials can cause damages to the infrastructure. To find out what is authorized, contact the *Service des Travaux Publics* before doing anything in that space. The Municipality cannot be held responsible for damages to assets if the regulatory distance is not respected.

Temporary shelters

Residents have **until May 1st** to remove the protective tarp and **until May 15th** to dismantle the frame itself. The provisions apply to all temporary shelters independently from their location on the property or what they are used for.

Residential pools

If you are planning to put in a new pool this summer, please consult the municipal regulation on our website or inquire at the Town Hall to learn about the particulars and find out which documents you need to submit along with your permit request. For lots serviced by one of the municipal water networks, an additional water tax of \$200 per year will be added to your 2014 tax bill. Please fill your pool at night to avoid putting strain on the network during times of high demand.



NEW ACQUISITIONS

(Novels)

Peter Ackroyd

Three Brothers

Jo Baker

Longbourn

Ishmael Beah

Radiance of Tomorrow

Patricia Cornwell

Dust

Craig Davidson

Cataract City

Ivan Doig

Sweet Thunder

Mary Lawson

Road Ends

Claire Messud

The Woman Upstairs

Sue Monk Kidd

The Invention of Wings

Andrew Pyper

The Demonologist

Don Stewart (Morin-Heights author)

Spring Forward

Donna Tartt

The Goldfinch

Dan Vyleta

The Crooked Maid

(Non-Fiction)

Ann Dowsett Johnston

Drink: The Intimate Relationship
Between Women And Alcohol

Ari Shavit

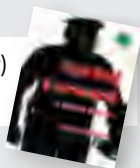
My Promised Land:
The Triumph and Tragedy of Israel

Graeme Smith

The Dogs Are Eating Them Now:
Our War In Afghanistan

(Children)

Miss Brooks Loves Books!
(And I Don't)



Library

The Municipal Library is located at 823, chemin du Village and is run by volunteers.

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



Did you know that you can download the free app **Bookmyne** to your iPad, iPhone or Android? With this app you can search by author, title or keyword to see if the library has a particular book. You can also check the due dates of books that you have on loan, renew loans (as long as they do not have a reservation and are not a PEB) and also make a reservation on a book.

E-books are now available in both French and English. Instructions on how to borrow e-books are available at the library. You need the membership number on the front of your library card, as well as your PIN; ask the librarian for that number. E-books are borrowed for a period of three weeks and will disappear from your device afterwards. You must be a member of the library in order to borrow e-books. Membership is \$15.00 per year for residents and \$40.00 for non-residents.



Morin-Heights Fire Department and First Responders

By-law pertaining to open-air fires

Outdoor fires are permitted, but under certain conditions. A free burning permit can be obtained at the Town Hall and is given for four consecutive days at a time. The regulation explains the safe way to proceed. Without a valid burning permit, you are subjecting yourself to a fine according to Article 13 of by-law 474.

It is essential that a source of water be near the fire pit, that you monitor the fire and control the flames at all times. Even a small fire can quickly get out of control and be devastating... We suggest to have a reserve of water if you are not on town water.

Open House

We will be happy to see you on **May 24th** at the Fire Hall for Environment & Family Day. You'll be able to see the equipment we use to respond to emergencies and meet the people who have your health and safety at heart.

A free training on buying, using and maintaining a portable extinguisher will be given on-site, **you must register in advance** by contacting Moira Smith at tpi@morinheights.com or at 450 226-3232, ext. 216. You can also leave your contact information if you would like to attend at a later date.

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!

Did you remember
to change the battery in
your smoke detectors
when you moved the
clock forward?



Life in a wooded area

There are many advantages to living in a forested area. You live close to large green spaces? Caution is key. Read the following advice to help protect yourself.

Protect your life and your loved ones'

- Verify the fire risk index established by SOPFEU at www.morinheights.com before starting an outdoor fire. Consult the media to find out about forest fires in the area.
- Do not use exterior fireplaces during dry spells.

Protect your house

The roof:

- Remove birds' nests, dead leaves and branches from the roof and gutters. Cut branches and vegetation overhanging on the roof.
- Cover the chimney opening with a spark screen.
- Have the chimney swept every year.

Vegetation near buildings:

- Keep vegetation and combustible materials three meters away from propane tanks.
- Chip and compost green clippings or take them to the Ecocentre. Do not burn them.
- Call Hydro to prune trees which have grown near the electrical wires.
- To reduce risks around buildings, control all combustibles.



Come spring, think about:

- having your chimney swept, it will be easier to get an appointment at a time that suits you;
- having a hose hooked up and ready in case of a fire outbreak;
- pruning trees and branches obstructing traffic over private roads (20 feet wide x 12 feet high).
- putting a screen on top of the chimney and in front of all smoke conduits;
- preparing an evacuation plan for the whole family; identifying a meeting place outside the home in case of a fire.

Prevention visits

In 2013, our firefighters knocked on 880 doors and were able to check smoke alarms in 274 homes. The Fire Department (SSI) has also made more than fifty commercial inspections, evacuation practices (school, day-care services and homes for the elderly, etc.) as well as educational sessions.

This year again, our firefighters will be going from door-to-door to ensure that your smoke alarm is in good condition and in the right place and offer advice on fire safety. The Quebec government's website www.securitepublique.gouv.qc.ca/en/accueil.html offers additional information on fire safety.



Life in a wooded area (continued)

Vegetation control

To reduce the risk of damage caused by fire, it is important to plan the landscaping around buildings in zones that will effectively lower flammability level.

Zone 1: First 10 meters (fire-proof zone)

- In the first 10 metres from the building remove any vegetation that could catch fire such as bushes, trees, and undergrowth. Keeping this zone free prevents a fire from spreading from the forest to the building or from the building the forest. It also gives firefighters a chance to save your house.
- Decorative shrubs are okay.
- Keep fire wood, construction materials, debris, and fences out of this zone.
- Ideally install a propane tank at least 10m from any building.
- Mow and water the grass regularly around buildings.

Zone 2: from 10 to 20 metres (buffer zone)

- When you landscape, choose the right kind of trees such as maple, birch, aspen or which have low degree of flammability. Avoid jack pine, white and black spruce, as they are highly combustible.
- Limit the number of coniferous in this zone, since they can catch fire more rapidly than deciduous trees.
- Cut coniferous tree branches 2 meters from the ground.
- Remove wood debris, thick bushes and mature trees from this zone. They could contribute to the propagation of a surface fire which could climb to the top of the forest and become uncontrollable.
- Ideally, tree tops should not touch each other.

This **buffer zone** can sustain a low intensity fire, but is useless if the forest around is only composed of deciduous trees. If the land is on a slope, the zone should be widened, because fire is propagated faster on an ascending slope. For example, on a 30% slope, it is recommended to make this buffer zone 30m wide.



Activities

MRC Churches Open Day NEW!

To mark the start of the summer season, the *MRC des Pays-d'en-Haut*, together with some local organizations, offers the churches of its territory to partake in the activity implemented by Belgium's *Fondation Églises Ouvertes*, inviting them to open their doors on **Saturday, May 31st**, 2014. Different cultural activities will be held.

Throughout the MRC's territory, there are several churches and chapels from different architectural styles and eras. This is a unique opportunity to discover the beauty and rich heritage that lurk in these often overlooked locations.

Please visit the MRC's website at www.lespaysdenhaut.com to find out more about the event. A leaflet will also be available in tourism offices, at the MRC and in local municipalities.

More details to come!



Joyful Noise Choir Concert

Joyful Noise Choir with Morin-Heights Elementary School choir presents its annual spring concert on Sunday, **June 8th**, at 15:00. The concert takes place at United Church (831, chemin du Village), it is a free event, but donations to the church are welcome.

For additional information about the concert or the choir, contact Penny Rose at 450 226-2746.



Arts Morin-Heights launches its 2014-2015 season

For the fourth consecutive year Arts Morin-Heights will host a series of mini art exhibits at the municipal library. These four exhibits will take place throughout the seasons until March 2015.

Remembrance Hall will be converted into an art gallery. The artists will present art work inspired by a specific theme for each show.

See www.morinheights.com/bibliotheque-municipale to find out opening hours.

The theme for the current exhibit is "INSPIRED BY A BOOK", it will run until June 14th and will be followed by an exhibit with "SPORT" as the theme. This second exhibit will run until September 27th. Admission to all our events is free, however donations for the food bank of the Pays-d'en-Haut will be gratefully accepted.

Arts Morin-Heights will also be hosting its major summer-season exhibit at St-Eugene Hall from July 25th to August 3rd.

For additional information about their events, visit our website:

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



Theatre Morin-Heights

Visit www.morinheights.com or check your monthly copy of Main Street to find out about our upcoming productions, workshops and other activities.

We will hold a reading at pub La Grange, located at 2, Meadowbrook on **May 14th**, 19:00. Try your hand at play reading or just relax and listen in... Come early for dinner or enjoy coffee and dessert or drinks and snacks.

Information:

Penny Rose at 450 226-2746

CLEF Book Club

The CLEF (*Club de lecture en français*) starts 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: **450 226-8464**

Morin-Heights Historical Association

The Morin-Heights Historical Association will be presenting a speaker, Mr. Peter MacLaurin from the Sir Wilfrid Laurier Board, to discuss the history of education in Morin-Heights on Sunday **June 8th**, from 14:30 to 16:00. The presentation will be in the CLSC room at 148, chemin Watchorn.

Admission is free.

Contact mhha98@hotmail.com for information.

Activities

Montreal Old Port Outing

On Wednesday June 11th, 2014

The municipality invites its citizens, age 55 and over, to a visit in Montreal Old Port.

Activities to choose from (\$):

- Pointe-à-Callière Museum:
 - Marco Polo exhibition
 - Where Montreal Was Born exhibition (plus multimedia show)
 - Lives and Times of the Plateau exhibition
- Montreal Science Centre:
 - The Cave of Lascaux exhibition
 - Permanent exhibitions
- Imax 3D Cinema:
 - Galapagos
 - Madagascar
- Cruise
- Amphibus (guided tour on Montreal history)
- or free activities



Transportation fees (activities not included): Resident \$15 • Non-resident \$25

Transportation by bus (no washroom, comfortable seating), lunch is up to you (picnic or restaurant). Information will soon be posted in the village and on www.morinheights.com with more details and pricing.

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

Shakespeare-in-the-Park in Morin-Heights

"The Famous Victories of Henry V"

This summer, the Municipality of Morin-Heights has invited Montreal's Repercussion Theatre to present William Shakespeare's, Harry the King, at Mont-Bellevue (99, ch. du Lac-Écho). This professional production will be performed on **July 12th, at 19:30. 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 is a play about leadership and honour; about fathers and sons; about love and laughter; and about fighting for what you believe in, despite impossible odds.

This activity is free and open to everyone; we suggest your bring a chair and a blanket. In case of rain, venue to be determined.

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



Activities

NEW!
Register online at
www.morinheights.com

Tamaracouta Summer Camp

Tamaracouta Scout Reserve invites children to experience Camp Tamaracouta (CT) or Camp Jackson Dodds (CJD) this summer **from June 30th to August 15th**. Activities will be Monday through Friday from 8:30 to 16:30.

Located amongst almost 1000 acres of pristine woodlands and lakes, Tamaracouta Reserve is the oldest running scout camp in the world. Kids from around the globe have benefitted from this amazing venue every year since 1912. Rich in tradition and history, Tamaracouta continues to offer quality programming for year-round outdoor fun. The camp welcomes children from 5 to 15 years of age and offers activities such as swimming, canoeing, hiking, climbing wall, high and low ropes courses, fishing, archery, ecology and arts & crafts. Eagle campers have the choice of overnight activities. Please note that lunch is not included in the Chickadee and Falcon Camps. A before and after camp child supervision service (\$) is available from 7:00 to 8:30 and from 16:30 to 18:00.



DAY CAMP FEES	1 st CHILD Per week	2 nd CHILD Per week	3 rd CHILD Per week	Municipal grant
CT Chickadee Camp 5 to 7 years old	\$100 (tx incl.)	\$90 (tx incl.)	\$80 (tx incl.)	20%
CJD Falcon Camp 8 to 11 years old	\$100 (tx incl.)	\$90 (tx incl.)	\$80 (tx incl.)	20%
CT Eagle Camp Enriched camp 11 to 15 years old	\$200 (tx incl.)	\$190 (tx incl.)	\$180 (tx incl.)	20%
<i>The Municipality of Morin-Heights will offer a compensation to parents upon presentation of proof of registration and full payment. Morin-Heights parents who choose a municipal summer camp in a neighbouring municipality will receive a 20% refund from our municipality (up to resident rate). You must bring the proof of payment to the Town Hall before August 15th to receive your refund in September.</i>				

Registration is made directly at camp; please register as soon as possible since there are a limited number of places. There is a \$80 registration fee per child (not applicable to Scouts Canada members). Final payment is due by June 2nd, postdated cheques are accepted, but have to be received by June 1st.

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

To register, you must bring:

- child's medicare number
- parent's social insurance number (for Relevé 24)
- a deposit and postdated cheques or full payment
- \$80 for registration fees

NEW: REGISTER ONLINE!

To register your child to the municipal day-care and/or bus shuttle service, come to Environment and Family Day on **May 24th**, from 9:00 to 11:00, at the Town Hall (567, ch. du Village). It is also possible to register at the municipal office, Monday to Friday, 8:30 to noon and 13:30 to 16:30. **A completed form is required to confirm your child's transport.**

Music & Arts Mini Summer Camp

Children will learn the basics of rhythm, singing, guitar, drawing and painting. There will be a small presentation at the end of the program.

The 6-week program runs **from July 8th to August 14th**, for children aged 8 to 12. Tuesdays, Wednesdays and Thursdays from 9:00 to noon at the Morin-Heights Elementary School.

Cost: \$20 per day per child for 18 classes, all materials and instruments supplied. Total \$350 for residents (\$360 for non-residents, \$325 for additional children from the same family)

Limited places.

Registration deadline: May 16th

To get information or to register, please contact Shawna Dunbar at **450 226-5756** or at: shawna.dunbar@cgcable.ca.

Canoe and kayak Club Summer Camps



Viking Canoe Kayak Club is offering half-day summer Canoe Kids camps for children aged 6 to 12 years old. Camps run Monday to Friday, 8:30 to 12:30 and are held weekly from **June 30th to August 22nd**. 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, \$25/day (all equipment is supplied)

Additional programs offered include our **PaddleAll** and **Para canoe/kayak** 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 visit our website at www.canoekayakviking.ca

Information: info@vikingcanoekayak.ca

Football Club Morin-Heights

2014 CALENDAR

SOCCER BAZAAR BY IFOOT

May 10th from 10:00 to 15:00

At St-Eugène Church
(148, chemin Watchorn)

GRASSROOTS PROGRAM

**10 Saturdays: from June 14th to
August 16th from 9:00 to 10:00**

Development program for F & M
players born between 2007 and 2010
(4 to 7 years old).

Resident \$130, non-resident \$160,
including soccer ball, t-shirt, short and
socks.

Shin guards mandatory on the first day.

SOCCER ACADEMY

(Soccer Camp)

June 23rd to 27th from 9:00 to 15:00 at
the Morin-Heights soccer field.

For players F & M born between 2001
and 2007: 30 places only

Players must bring: shin guards,
indoor **AND** outdoor soccer shoes, a
water bottle, a lunch and snacks.

\$150 (including academy t-shirt and
soccer ball).

Day-care (optional) \$50, 8:00 to 9:00
and 15:00 to 16:00.

END OF SEASON PARTY

on August 16th

Grassroots (5 to 7 years old): 10:00 to 11:00
Competition (U8 and +): 11:00 to 13:00

For registration & information:

www.fcmorinheights.com
fcmorinheights@hotmail.com
or 450-226-0011



Morin-Heights Farmers' Market

New season, new hours!

Opening day on **June 6th**, join us every Fri-
day from 13:00 to 18:00 until **October 3rd** at
148, chemin Watchorn.

Fresh, local vegetables, preserves, baked
goods, prepared meals, music, art, and
variety.

Your favourite local vendors are back, along
with many new additions!

Outdoor market only - rain or shine.

Looking forward to serving Morin-Heights better!

Information: 450 226-2789 • morinheightsmarket@gmail.com • www.marchemorinheights.com



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, including a manual and wallet upon the successful
completion of the course.

Saturday June 7th and 8th, 9:00 to 13:00.

At the Remembrance Hall (municipal library), 823, chemin du Village. **Bilingual training.**

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

Registration required at the Town Hall before May 23rd: 450 226-3232, ext. 111.

For more information you may contact the instructor:

Kim Maurice at 514 916-9904.

Activities

Activities

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

A day of festivities for the whole family awaits you!

Street performers, inflatable structures, face paintings, 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. Live music, fireworks and more in the evening — the celebration starts at 14:00. You won't want to miss it!

Watch for upcoming publicity.

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

For more information:

www.morinheights.com



Royal Canadian Legion Events

All welcome!

127, chemin Watchorn

SATURDAY MAY 10

Mother's Day Supper, at 18:00

SATURDAY MAY 24

Legion Golf Tournament & Steak Supper

FRIDAY, MAY 30

TGIF Smoked Meat Night, at 18:00

SATURDAY JUNE 14

Father's Day BBQ, at 18:00

FRIDAY, JUNE 20

TGIF Smoked Meat Night, at 18:00

SATURDAY JUNE 28

Canada Day Special BBQ

FRIDAY, JULY 18

TGIF Smoked Meat Night, at 18:00

SATURDAY JULY 26

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

SATURDAY AUGUST 16

Gerry Hecklinger's Golf Tournament & Steak Dinner

FRIDAY, AUGUST 22

TGIF Smoked Meat Night, at 18:00

SATURDAY, AUGUST 30

Labour Day Steak Supper, at 18:00

Darts every Wednesday night at 19:00.

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

FLEA MARKETS

(postponed to Sunday in case of rain)

Saturday June 7 • Saturday July 5

Saturday August 2 • Saturday September 6

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

Morin-Heights Legion Golf League

Every Tuesday from May to October, we play on local courses. Golf fees vary from \$32 to \$40, depending on the course. Social hour at the Legion after the game. **Open to everyone!** If you are interested in playing, contact Jules at 450 226-3236 or julesb@bell.net.

Legal Information Session

M^e Stephanie Carrière organizes a monthly legal information evening open to all, for free. Note that there is no consultation. These information sessions will resume in the fall, in the meantime please let us know what topics might interest you at:

bulletin@morinheights.com

Laurentian Region Cancer Support Group

Offers English-speaking support services to cancer patients, caregivers and their families in the Laurentian region. Our meetings are held monthly at St-Eugène Hall 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**.

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



We would like to invite citizens of Morin-Heights to join our Club as volunteers to help offer children a greater variety of cultural, athletic and community activities. We are already volunteering in several activities held in your town (Winter Carnival, tennis, awards presentations in schools, etc.). We need your help to ensure that Morin-Heights children benefit from more activities organized or sponsored by the Club Optimiste. Your involvement, which could be a few hours per month or per year, would be much appreciated! Your mayor, Mr. Tim Watchorn, will soon join us and we are proud to welcome him.

You have time, ideas and energy? Please call us! Membership form available at the Town Hall upon request.

Information: Marcel Lareau at 450 227-1213 or covss@live.ca

St-Eugène Community's Activities

148, chemin Watchorn

You have teenagers between 14 and 18 years old who would like to get involved in various projects for youth, less fortunate people, sick or elderly? They can join a group who meet on alternate Wednesdays to plan and organize projects.

SATURDAY MAY 14th, 18:00

Fundraising dinner at O'Petit restaurant

Reservations required • Ticket: \$40

SATURDAY JUNE 21st, 18:00

Pork and beef on the spit and dance party.

Ticket: 25\$

FRIDAY AUGUST 8th, 11:00

Golf Tournament at Arundel Golf Club

Price includes golfing fees, cart, brunch and buffet dinner • Ticket: \$140

SUNDAY SEPTEMBER 7th, 11:00 TO 16:00

Family BBQ with inflatable play area, youth activities, information kiosks on the community's different organizations and services. Low cost on BBQ, free entry, all welcome!

Information and reservations:

450 226-2844



Activities

Laurentians CARE

English support for caregivers

(family members, volunteers and professional support workers)

Open discussions on problem solving and lifestyle changes due to health challenges. Support groups for caregivers will focus on two distinct types of caregivers.

One group is specifically designed for the family member caregiver supporting a loved one on a full or part time basis. Another support group will be directed towards the personal support worker or assistant to the family caregiver. Both type of positions face unique and difficult situations and often feel isolated, especially in rural areas where English support is limited.

Having someone available to turn to for advice, venting and finding solutions can be of huge importance in the actual health and care of the caregiver and ultimately an improvement in the quality of care they provide. Laurentians CARE is dedicated to providing support, guidance and problem solving skills to deal with many of the difficult situations all caregivers face on a daily basis.

The groups meet monthly on the first and second Monday, from 10:00 to noon at the Royal Canadian Legion (127, chemin Watchorn).

For more info contact Laurentians CARE toll free at **1-855-522-7372**.



The P.I.E.D Program, to prevent falls in elders (65 years and older)

Laurentians Care is organizing the P.I.E.D. Program in English, to be given in Morin-Heights for the summer of 2014 (maximum 15 people per group).

- An intensive 12-week program
- A twice weekly series of group exercises
- A discussion period with information on safe behaviour and adapting the home
- An exercise program to do at home
- A program run by qualified trained professionals from the local CLSC
- Improve your balance and strengthen your legs
- Keep your bones healthy
- Give yourself self confidence

One in three people over the age of 65 suffer from at least one fall a year. Most of them could be prevented. This free workshop is offered by the *CSSS des Pays-d'en-Haut* in collaboration with Laurentians CARE.

Contact Laurentians CARE toll free at **1-855-522-7372**



La Rochelle Preschool

The La Rochelle Preschool is hoping to open its doors again in September! We will be looking for teachers as well as students aged 3 to 5 years old.

If you are interested, please call 450 927-0209 for more information.

Business Directory

The Municipality keeps a directory of local and nearby businesses on its web-site. If you wish to see your company listed on it, communicate with Karyne Bergeron at: bulletin@morinheights.com to receive the appropriate registration form.

To take a look, visit:

www.morinheights.com/Directory-categories

Coueurs des Bois Group

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

www.morinheights.com/spip.php?article321

Information:

Eileen Meillon at 450 226-6904



Youth Sports Refund Policy

The Municipality of Morin-Heights reviewed its refund policy last October. We will now refund 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 for the 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.



CROSSFIT 15NORD



PROJET ENDO PROJECT

Endo's competition for fitness & health professionals
Endo's award Grand support & training

COME ENCOURAGE THE ATHLETES
and contribute to the fundraiser by selling
Pleasures Gastronomiques products
available on-site.

14-15 JUIN 2014

www.crossfit15nord.com

Activities

Next Info Morin-Heights

Please send your information to Karyne Bergeron by email at: bulletin@morinheights.com or at the Town Hall.

The fall edition is scheduled for distribution on **August 20th**, 2014. The deadline to submit articles is **Friday July 4th**. This edition will cover the period between September 1st to December 1st, 2014.

Rivière-à-Simon Fishing Tournament

**At Parc Lummis, Saturday May 17th,
8:00 to 15:00.**

Children initiation to trout fishing, \$5 registration fees. They must have fishing gear and be accompanied by an adult holding a fishing permit (available at Rona H. Dagenais & Fils inc., in St-Sauveur). This event is made possible by the *Association de Chasse et Pêche des Laurentides*.



Activities

Pool Season Pass

Ski Morin Heights offers reduced rates to Morin-Heights residents for exterior pool and tennis passes. Ask about the season passes that also gives access to Acro-Nature!

Passes to be purchased at Ski Morin Heights.



AGE CATEGORIES	PRICES
Adults	\$30 + taxes
Youth (from 4 to 12 years old)*	\$20 + taxes
Seniors (60 years old and over)	\$20 + taxes
Family pass (2 adults, 2 children of 12 years of age or less)	\$80 + taxes
<i>*Children under 13 must be accompanied by an adult. Free for children 3 years of age or less.</i>	

SCHEDULE
June 21 to August 17, 10:30 to 19:00 and August 23-24, 30-31 and September 1, 11:00 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



Hiking Trails

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

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

Historical tour

You can visit the village at your own pace by following the self-guided historical tour available at the Town Hall. This printed guide will allow you to locate certain historical sites where plaques are installed and to better understand the beginning of the Morin-Heights community.

Legend

R: resident

NR: non-resident

*: The cost depend
of the time of the
inscription (1, 3,
5, or 10 months).
Two free trial
classes.**: see instructor
for more
information

Classes

Class / Location	Rates	Schedule	Dates	Instructor	Description
SPRING SESSION					
Body Design / St-Eugène Hall		Monday 9:00 to 10:15	April 14 to June 16	Lisa McLellan For detailed info: www.lmfitness.ca info@lmfitness.ca Call to reserve: 450 530-3920 450 560-2803	Work hard: cardio, muscle building and mat work
Stretch and Strengthen / Community Hall		Monday 9:30 to 10:30			Improve posture, mobility and relieve pain
Aquafitness / Chantecler		Monday 11:00 to 12:00			Pool workout for strength and health
Cardio Nature / Corridor Aérobie		Tuesday 9:00 to 10:15	April 29 to June 17		Cardio and strengthening outdoors. 8-week class, \$80 plus taxes
Combo 50+ / St-Eugène Hall		Tuesday 9:30 to 10:30	April 15 to June 17		Overall workout, improve strength and vitality
Pilates Fusion / Community Hall	Pass or card	Wed. 9:30 to 10:30		Register on the first class Fitness Pass (2 classes / week): \$200 + tx (3 classes + / week): \$220 + tx Card (10 classes): \$120 + tx Non-residents \$5 more <i>10-week SPRING session</i> Join anytime during a session!	Strengthen and lengthen for better posture. Fun and challenging.
Stretch and Strengthen / Community Hall		Wed. 10:45 to 11:45	April 16 to June 18		Improve posture, relieve pain, become more supple
Stretch and Strengthen / St-Eugène Hall		Wed. 17:30 to 18:30			Improve posture, strengthen and stretch, eliminate pain
Combo Cardio / St-Eugène Hall		Thurs. 10:30 to 11:30	April 17 to June 19		25 minutes muscle building, 35 minutes gentle cardio
Hatha Yoga / Community Hall		Thurs. 17:30 to 18:45			Breath, asanas, inner transformation and deep relaxation
Hatha Yoga / Community Hall		Friday 9:15 to 10:30	April 18 to June 20		Gentle, restorative and revitalizing
Qi Gong and Stretch / Community Hall		Friday 10:45 to 11:45			
Yoga and meditation / Community Hall	\$15/ class if registered \$20/ class drop-in	Monday 17:30 to 19:15	May to August	Louise Bloom 450 226-5844	Hatha yoga, meditation and spiritual disciplines
Italian (beginner 1) / St-Eugène	R: \$120 NR: \$125 (+ \$30 for the book)	Monday 9:00 to 10:30 or 17:00 to 18:30		Franca Collavoli francacollavoli@live.ca 450 562-8095	Book: <u>L'italiano per tutti</u> by Bruno Villata, Terza Edizione. Minimum 5 students.
Italian (beginner 2) / St-Eugène		Monday 9:00 to 10:30 or 17:00 to 18:30	May 5 to June 23		Level 1 Must be completed. Taught entirely in Italian. Same book. Minimum 5 students.
Italian (beginner 3) / St-Eugène		Monday 10:45 to 12:15			Level 2 Must be completed. Taught entirely in Italian. Same book. Minimum 5 students.
Tai Chi Yang stretch and meditation / Community Hall	\$120 per session	Tuesday 10:45 to 12:00	April 1 to May 20	Michelle Gendron 450 712-6834 ecoletaichibvre.com	Increase mind and physical abilities. Join anytime during a session!

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Classes

Class / Location	Rates	Schedule	Dates	Instructor	Description
Swiss Ball Pilates (beginner) / St-Eugène Hall	Session 1: R: \$77 NR: \$84 or drop-in rate R: \$12 NR: \$13	Tuesday 16:30 to 17:30	Session 1 (7 classes): May 6 to June 17	Bernadett Seles pilatesainsauveur@gmail.com 450 644-0220	Gain strength, flexibility, coordination, balance and concentration. Bilingual class. Minimum 6, maximum 10 people.
Swiss Ball Pilates (intermediate) / St-Eugène Hall	7-week session R: \$80 NR: \$85 \$15 drop-in	Tuesday 17:30 to 18:30	May 15 to June 26	Donna Berry 450 226-1311	Yoga for stiff and injured bodies
Karate / Community Hall	*	Friday 17:30 to 18:30	Until June, back in September	Shihhan Gilles Labelle 450 432-4570 or lgilles@shoinjiyu.net	Develops concentration, respect, self-confidence and increases physical fitness. Gives children tools to avoid bullying. Children 5 and up and adults.
Wu Style Tai Chi Chuan / Community Hall	R: \$140 NR: \$145	Saturday 9:00 to 10:30	April 5 to June 28	Robert Lee 450 227-8829 or leeoberthm@gmail.com	For harmony of the mind and body and your health
Flamenco 50+ / Community Hall	R: \$103,50 NR: \$115	Saturday 12:30 to 13:30	May 10 to June 14	Sarah Vincent info@flamencolaurentides.com 819 324-9347	Learn flamenco gently. Gentle on the joints, slower rhythm, less complex and more explanations.
Tandem Yoga (parent-child) / Community Hall	R: \$21 NR: \$25 per class	every second Saturday 16:00 to 17:00 must call to confirm	May 10 to August 1	Brigitte Vaissade 450 675-0515	A unique opportunity to enjoy yoga postures together, to practice meditation which leads to stronger bonds.
Ballet / Community Hall	**	**	Until June, back in September	Isabeau 514 608-3381	3 ½ years old to adult
SUMMER SESSION					
Combo 50+ / St-Eugène Hall		Tuesday 9:30 to 10:30	July 1 to September 2	Reserve a spot: Lisa McLellan 450 530-3920 450 560-2803	Overall workout, improve strength and vitality
Yoga / Community Hall		Wednesday 9:30 to 10:30	July 2 to September 3	Register on the first class Fitness Pass (2 classes or + / week): \$253 taxes included Card (9 classes): \$135 taxes included 10-week SUMMER session Join anytime during a session!	Breath, asanas, inner transformation and peace
Stretch and Strengthen / Community Hall	Pass or card	Wednesday 10:45 to 11:45	July 2 to September 3		Improve posture, relieve pain, become more supple
Combo 50+ Mix / St-Eugène Hall		Thursday 9:30 to 10:30	July 3 to September 4		Overall workout, improve strength and vitality
Swiss Ball Pilates (beginner) / St-Eugène Hall	Session 2: R: \$88 NR: \$96 or drop-in rate R: \$12 NR: \$13	Tuesday 16:30 to 17:30	Session 2 (8 classes): July 8 to August 26	Bernadett Seles pilatesainsauveur@gmail.com 450 644-0220	Gain strength, flexibility, coordination, balance and concentration. Bilingual class. Minimum 6, maximum 10 people.
Swiss Ball Pilates (intermediate) / St-Eugène Hall		Tuesday 17:30 to 18:30			

Legend

R: resident

NR: non-resident

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

**: see instructor for more information

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