



MORIN-HEIGHTS
1855

Info Morin-Heights

In harmony with nature!

Spring 2015 - Vol. 18, no 2

Morin-Heights Environment and Family Festival

Saturday, May 23rd, AT THE SCHOOL,

from 9:00 to 16:00!

(Postponed to May 30th in case of rain)

- Pick-up day for free tree seedlings, available as of 9:00;
- **M.H.E.S Spring Bazaar: local artisans will offer their products;**
- **Football Club Morin-Heights' Annual iFoot Bazaar;**
- Animation and music;
- Inflatable play area for children;
- Camp Tamaracouta, municipal day-care and bus shuttle registrations;
- Come meet our firefighters and see the equipment they use to respond to emergencies and witness a demonstration.
- Various environmental information kiosks until noon;
- Discounts on water testing of private wells by Bio-Services from 9:00 to 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 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 school after 15:30; distribution will be made according to the availability and type left.

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647, chemin du Village

www.morinheights.com | 1

News from the Mayor

My fellow citizens,

Ever since the CSSS des Pays-d'en-Haut moved the Morin-Heights CLSC to Piedmont, local bilingual health services within our municipality have become nonexistent.

It became your municipal council's priority in 2015, to re-establish these health care services. We have therefore entered into an agreement with the *Coopérative de solidarité de santé globale de Saint-Adolphe-d'Howard* in order to establish a new health COOP in Morin-Heights.

We will be setting-up four offices which will be made available to doctors in order to make local family health services accessible to our citizens. As every COOP needs members, everyone is invited to join.

The summer season is quickly approaching which is synonymous with roadwork. We therefore ask the citizens living in the Blue Hills and Range 4 areas to be patient as our equipment will be on-site this summer in order to improve their roads.

I invite the entire population to take advantage of and enjoy our walking and moun-



tain bike trails, our local soccer club, the day camp or Lummis Park in order to remain active and healthy.

It is great to have access to a family doctor but it is even better when it is not needed.

Regards,

Tim Watchorn, ing.
Mayor

Business Directory

The Municipality keeps a directory of local and nearby businesses on its website. 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 browse through the directory, visit:

www.morinheights.com/Directory-categories



The *Transport Adapté et Collectif des Laurentides* (TACL). All information regarding the inter-municipal services, bus, taxi-buses and paratransit can be found at **www.transportlaurentides.ca**.

Users can even book their paratransit and taxi-buses online.

Also available now: **a carpooling service!** All details at: **www.laurentides.covoiturage.ca**.

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.

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

Saturday: 9:00 to noon

Information: 450 644-0087

Laurentians Help Center to victims of head injury or with physical disabilities

The *Centre d'Aide aux Personnes Traumatisées Crâniennes et Handicapées Physiques des Laurentides* (CAPTCHPL) is a community organization that works with victims of a traumatic brain injury or physically disabled adults. Our mission is to promote the social integration of these people through individual or group interventions and through various educational and community activities.

If you, or a loved one, are in this situation, do not hesitate to contact us at **1-888-431-3437**.



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



Morin-Heights COOP Santé

The Municipality of Morin-Heights along with the Coopérative de Solidarité Santé globale de Saint-Adolphe-d'Howard have entered into an agreement in order to establish a family medical clinic in Morin-Heights. As of June 1st, 2015, the office will be located at 2, Meadowbrook, on the second floor of La Grange bistro.

If you were unable to attend the information sessions which were held on March 13th and 14th, you may still obtain information and become a member of the COOP santé.

- Call 450 644-0522.
- Drop by the Coop santé St-Adolphe at 1937, Village Road, Saint-Adolphe-d'Howard.
- Visit the COOP santé website: www.coopsante.org.

The *Fondation médicale des Laurentides* is a partner in this project. The Municipality, who is participating financially, is also accepting donations in order to establish this local health-care service and will issue receipts for income tax purposes.

First Aid Training



Laurentian Caregivers is organizing a First Aid and CPR / AED (defibrillator) training in Morin-Heights (\$95). Reserve a spot as it's limited to 15 participants: 1-855-522-7372.

English training: March 28th, from 9:00 to 18:00

French training: March 29th, from 9:00 to 18:00

Mobile version of the municipal website

Have you noticed that the municipal website changed its look when you visit it with your cell phone or tablet? We have developed a mobile version which offers a clean and simple access to our most useful links right on the first page.

The search tool allows access to all content, but if you prefer, a link at the bottom of the page takes you to the full version.

Be aware that depending on the brand or version of your device, the presentation may differ and certain documents or features could require a newer technology than your device allows.

Let us know what you think at **bulletin@morinheights.com**!



Town planning

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 no matter where they are installed on the property or what they are used for.

Residential pools

If you are planning to put in a 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 supplied by one of the municipal water networks, a water tax of \$200 per year will be added to your 2015 tax bill. Please fill your pool at night to avoid putting strain on the network during times of high demand.

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 the Municipality. Property owners must make sure the water can run freely in the ditch and we suggest you leave the natural vegetation intact as much as possible.

Construction and renovation permits

Do you have a construction or renovation project in mind? Please call the Town Planning Department or go to our website to find out which types of work require a permit before you start the project. This way you will avoid surprises and be assured that you meet the applicable by-law requirements. An interactive permit request form can be found on our municipal website and submitted along with your documents, at the Town Hall or sent by e-mail.

Please note that in some areas, mainly at the heart of the village, renovation and construction is governed by a by-law regarding architectural integration. Work to be done has to be evaluated by the Town Planning Committee and recommended to Council for approval. Allow for additional delays when planning your projects.

Ditches: layout and purpose

With climate change, we are getting more precipitations than in previous years. Culvert diameters under private driveways should accommodate the quantity of surface water present in different areas. It is possible that your existing culvert is no longer functional, that it is damaged or that it no longer meets standards. Galvanized steel culverts are no longer permitted as they rust and do not last as long.

Established in 2009, standards regarding driveway configuration have helped improve the general appearance of our roads, as well as limit maintenance costs and corrective measures on ditches and road structures.

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 Public Works before doing anything in that space. The Municipality cannot be held responsible for damages to assets if the regulatory distance is not respected.



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. As a general rule, the first meter inside your front property line must remain clear of plants, trees or structures. Only a vegetative cover such as grass or grass seed is permitted.

This space is mainly required for snow removal operations. 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 respect the required setbacks from electric aerial lines. Please consult Hydro-Québec's website: www.hydroquebec.com/trees/index.html to find tips and advice.

Using pavement on public roads

As a general rule, it is not allowed to use the pavement of a public road, the curb-side or the ditch to store materials even temporarily or to park vehicles and/or equipment. Under certain exceptional conditions, the Municipality can issue a daily occupation certificate. Please speak to the Town Planning Department to submit a request.

Tree cutting permits

Cutting a tree on private property, including dead and sick trees, requires a permit beforehand, which can be obtained free of charge, by calling the Environment Department. If a tree is already down or you just want to prune a tree, you don't need a permit. Please note that the inspector will come by to assess the validity of your request.

Recycling and Garbage Collection Calendar 2015

April						
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		

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				



Garbage



Recycling



Garbage and recycling



Large items

COMPLAINTS:

1 855 425-3797 or

rcmillermorinheights@gmail.com

Animal Control

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



Environment Tree Information

Landowners should inspect their trees on a regular basis to check for diseases or insect infestations and address the problem quickly as it could spread rapidly to other trees in the immediate area. There are several infestations that landowners should be aware of.

Dutch elm disease is prevalent throughout North America and present in the area. Many of the dead trees along roadsides are elms and they can be easily spotted as their bark starts to peel off. The disease stems from a fungus spread by insects living just under the bark. Trees can die very quickly and can be spotted when the leaves start to turn yellow. Trees should be cut down and burnt to prevent the spread of the disease. If you wish to use the wood for firewood then the bark should be peeled off and burnt before storage. Likewise, do not chip the branches on site as the disease can quickly spread. That goes for all diseased trees.

Recently, many birch trees in the area are dying due to the spread of the bronze birch borer and leafminer disease. The trees usually die from the crown down so if you see leaves prematurely turning yellow and falling in the summer, be suspicious. The disease is airborne and can affect neighbouring trees, so infected trees should be disposed of as soon as possible. Birch trees do not prune well so saving the tree by cutting off dead branches is not likely to help.

The emerald ash borer has been found in Montreal and anyone with ash trees should stay on the alert to see if any of their trees get infected. The bright green insect bores into the tree and can attack many varieties of ash trees. To date, none have been spotted in Morin-Heights.

Pine trees often go yellow in the spring. This is primarily due to dehydration and is aggravated by air pollution. That is why you often see the pine trees along the highways turning yellow as the wind and pollution from vehicle traffic accelerates the process. The tree will recover provided drought conditions do not follow a spring thaw.

Spruce and fir trees that quickly turn reddish/orange during the summer are infected with a root disease that cannot be cured. It is one of the reasons why there should be good spacing between trees. Use the 1-2-3 rule when culling or planting trees. 1m between very young trees, 2m for trees that are 5-10 years old and 3m for mature trees. The distances help the trees obtain enough nourishment from the surrounding soil and will grow in a balanced fashion while becoming more resistant to the wind. Clusters of trees act as one giant tree and when thinned late in their life leaves the remaining trees weakened and exposed.



Dutch elm

Fir trees grow very rapidly but have a very shallow root structure and are prone to falling in high winds or during ice storms, often breaking at the root structure. Although similar to spruce, the spruce family is much stronger and less prone to disease. During the storm of December 2013, the vast majority of destruction was caused by weakened fir trees. Once the crown of the tree is broken, it becomes very susceptible to disease and will most likely die.

Maple trees are the kings of the forest, but the threat of the Asian long horned beetle is worrying. The insect has been located in Toronto and could work its way north with climate change thus threatening our magnificent maple forests. It is why individuals should never transport wood from one region to another.

Trees go through a cycle of dormancy in winter with their leaves lasting approximately 100 days through summer. During the spring when the tree comes out of hibernation an average size tree will absorb over 115 litres of water. This explains why the forest floor dries out so quickly in the spring. However, as the tree goes into its dormant period in the fall, the forest floor often becomes soupy at that time of year due to the lack of absorption.

If you suspect your trees are in trouble, research can easily be done on the Internet. In the case of major infestations, please contact the Environment Department.

Leafminer disease



Mountain biking

Although everyone is anxious to start mountain biking again, please do not use the trails before they are officially open to allow them to dry out and prevent erosion. Also please respect the 24 hour rule to not use the trails after a heavy rainstorm.

The new Lollipop trail was completed last year but requires a small bridge. All the materials are on site and will be part of a work bee next spring. The projected date is **May 10th**, but consult the municipal website in case of a date change due to weather. Part of the work bee will also address some soft spots on various trails in the network.

A great deal of work was done last fall near the beginning of the Lac Lefebvre trail. There now is a small boardwalk to avoid the muddy and rocky sections; however it could be a bit challenging for lesser skilled cyclists.

The new Rockcliff trail was opened last fall at the foot of Bellevue hill providing a new access to the network.

A new 2 km trail will be built from the Lac Lefebvre trail to the Pioneer trail this summer to create a long loop. The trail will have some fast sections to complement the twisty character of the network in general. This trail will be called Molly's Folly as the land was generously donated as park space to the Municipality by the Lackman family and will be named in Molly Lackman's honour.

Remember that all trails are shared with walkers. Please ride respectfully!



Écocentre, towards sustainable development

The Écocentre is located at:

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

Opening hours:

December 1st to March 31st:

open Tuesday to Saturday from 7:30 to 11:45 and 13:00 to 16:00.

April 1st to November 30th:

open Monday to Sunday from 7:30 to 16:00.

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

Together to reduce landfill.

Rivière-à-Simon Fishing Day

**At Lummis Park, Saturday May 23rd,
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*.



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

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1 888 990-3486 • www.groupetriton.com

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Morin-Heights Fire Department and First Responders

Prevention visits

In 2014, the Fire Department conducted 574 fire prevention visits including 385 residential smoke alarm inspections and more than 50 commercial inspections.

As we do every year, this summer, the firefighters will be knocking on your door to ensure that your smoke alarm is functional and in the right place to ensure proper detection. We will also be happy to answer any questions you may have concerning fire safety.

We invite you to visit the Québec Fire Prevention site: www.msp.gouv.qc.ca for more information on fire prevention.

Hot ashes

For 2012, the *Ministère de la sécurité publique* reported over 21 000 fires, including buildings, garbage, barbecues, etc. Of these, several were due to improper disposal of fireplace ashes. Did you know that ashes can remain hot enough to start a fire after 72 hours, and sometimes even a week?

Here's how to get rid of your fireplace ashes safely and prevent fires:

- Dispose of the ashes in a metal container with a raised bottom and a properly fitting lid (ideally one which opens automatically).
- Take the ashes out and keep them outside, away from any combustible material. In this regard, it is recommended to move the container to an area at least 1m away from the exterior wall of your home.
- Check if the ashes are cooled after 72 hours. Cooled wood ash actually makes a wonderful fertilizer for your garden in the spring. They say it even acts as an effective repellent for slugs and snails!



Remember to change the batteries in your smoke and carbon monoxide alarms at the same time as you move your clocks forward on Saturday, March 28th!

Carbon monoxide

Do you have a carbon monoxide detector? If you have a garage attached to the house or wood or gas heating appliances, protect yourself against this invisible, colorless and odorless gas by installing a carbon monoxide detector on each floor of your home on which there are bedrooms.

Come visit us!

The Fire Department will be happy to welcome you at the local school on **Saturday, May 23rd** during the Family and Environment Festival where you can meet us and see the equipment that is available for all the different types of interventions that we face. Meet the people who have your health and safety at heart!





NEW ACQUISITIONS (Novels)

David Baldacci
The Escape

David Bezmozgis
The Betrayers

Lee Child
Personal: A Jack Reacher Novel

Michael Connelly
The Burning Room

John Grisham
Gray Mountain

Ann-Marie MacDonald
Adult Onset

Sean Michaels
Us Conductors

James Patterson
Hope to Die

Jodi Picoult
Leaving Time

Miriam Toews
All My Puny Sorrows

(Non-fiction)

Atul Gawande
Being Mortal

(Audio books)

J.D. Robb
Kindred in Death

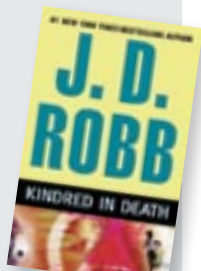
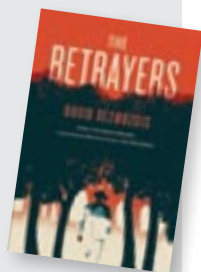
J.D. Robb
Promises in Death

(Children books)

Anna Dewdney
Nelly Gnu and Daddy Too

Melissa Guion
Baby Penguins
Love their Mama

Gemma O'Neill
Oh Dear Geoffrey



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

Good news!

Membership to the Morin-Heights Library is now free for residents of Morin-Heights so come in and join your local library, just a bring proof of residency (drivers licence, Hydro bill, etc.).

New releases in both French and English are purchased throughout the year. We also have a collection of English books on cd. Members can also borrow e-books in both French and English to download to their Kobo e-readers or tablets. Bring the children to the library, as we have a wonderful collection of books in French and English for kids of all ages.

We also have a great collection of French comic books for both adults and children, which are always popular.

Also, we are in the process of adding our collection of periodicals to the computer system. This means that members will be able to borrow periodicals in the same manner as books. The librarians will scan them out to readers, and we will then have a record of usage which will be valuable in making future purchases.

Municipal Services



Activities

Day Camp

The Municipality invites children to experience Camp Tamaracouta this summer from **June 29th to August 7th**. 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 and offers 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, orienteering and navigation, archery, outdoor cooking, climbing wall, high and low ropes courses, fishing, archery, ecology and arts & crafts or just playing some first-rate camp games! A before and after camp child supervision service (\$) is available at camp from 7:30 to 8:30 and from 16:30 to 18:00 (for the municipal day-care, see the box at the bottom of the page).

Older campers (11 to 15) can register to the enriched Eagle camp and lunch is included for them.

The 20% subsidy is changed this year in the sense that the percentage will be deducted from the total invoice by Tamaracouta (includes camp fees and registration fees) and not reimbursed by cheque by the Municipality at the end of summer. For children who attend other camps in neighboring municipalities, the reimbursement by cheque remains the same.

DAY CAMP FEES	1 st CHILD per week	2 nd CHILD per week	3 rd CHILD per week
Chickadee Camp 5 to 7 years old	\$100	\$90	\$80
Falcon Camp 8 to 11 years old	\$100	\$90	\$80
Eagle Camp Enriched camp 11 to 15 years old	\$200	\$190	\$180

All prices include taxes.

Registration is made directly at camp; please register as soon as possible since there are a limited number of places. There is a \$90 registration fee per child (not applicable to Scouts Canada members). Final payment is due by June 5th, postdated cheques are accepted, but have to be received by June 1st.

To register your child to the municipal day-care and/or bus shuttle service, come to the Environment and Family Festival on **Saturday May 23rd, from 9:00 to 16:00, at Morin-Heights elementary school (647, ch. du Village).**



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
- \$90 for registration fees

Also this year, **Piedmont's CAMPUCES** located at Mont-Habitant **offers reduced rates to Morin-Heights residents.**

The camp is open to children aged 5 to 14 years; it will be in activity from **June 25th to August 21st**. Registration for those who attended the camp in 2014 are held on April 11th and 13th and on April 18th for new registrations. We invite you to read Campuces' complete information, as it is now available on www.morinheights.com. For any additional questions, call 450 227-1888 ext. 223 or write to loisirs@piedmont.ca.



Place aux aînés

For a third consecutive year, the different Recreation Services from our MRC's municipalities are organizing a day of activities for seniors at Hôtel du Mont Gabriel in Sainte-Adèle. Given the resounding success of this initiative, a second date is added this year to accommodate a larger number of people.

This day offers a wide variety of activities and information in the form of workshops, conferences, information booths, a meal and a performance by France Castel and Monique Richard accompanied by their pianist Nadine Turbide, « *Mes blues me font pu!* ». The presentation includes their very favourite blues songs, Quebec classics, hits from boogie-woogie to Brel and other medleys for everyone's delight!

Just make your choice between **Monday May 4th and Tuesday, May 5th** and go to your Town Hall to purchase a **\$15** ticket. Limited places, so get your ticket now!

If you would like to carpool, let us know.

Information: 450 226-3232, ext. 102

Theatre Morin-Heights

The local theatre company presents a reading at Café Mickey's (832, chemin du Village): new location and new evening. The event will be on **April 16th at 19:00**, come and join us!

Joyful Noise Choir Concert

Joyful Noise Choir presents its annual spring concert on **May 31st**, at 15:00 at United Church (831, chemin du Village).

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

Outing in Magog

Wednesday June 10th, 2015

The municipality invites citizens, age 50 and over, to a visit in the Magog area.

Before finalizing the details of the outing, we would like to offer you the opportunity to express your preference on the mandatory activity in the morning. Only one of these two activities is possible and we will choose the one that will spark your interest more. Please leave a message to Catherine Maillé **as soon as possible** at 450 226-3232, ext. 102 with your information and your preferred activity.

YOUR VOTE IS EXPECTED TO RESERVE AND FINALIZE!

• BLEU LAVANDE

Stroll through the beautiful lavender fields and marvel your senses! Be amazed by the story of Bleu Lavande, culture and distillation of the thousand virtues' flower during a 45 minutes tour. Also visit the shop which offers a wide range of products inspired by lavender. Besides cosmetics and home products, there is a large selection of decorations items and gourmet products.

OR

• SAINT-BENOIT-DU-LAC'S ABBEY

Guided tour on the church and other buildings' architecture, as well as the history of the Abbey. A short video on the monks' life is presented, followed by a question / answer session and finally a visit to the shop. Weather permitting, you will have access to the terrace of the bell tower. A gregorian chants mass is celebrated at 11:00. It is also possible to reserve a tasting of the Abbey's own cheeses and cider. Know that the building does not have all the structures for people with limited mobility and the tour includes stairs and walking certain distances.

Activities to choose from for the afternoon:

- Cruise on beautiful Memphrémagog Lake (\$)
- Free afternoon downtown and by Memphrémagog Lake

The morning's visit will be followed by free time for lunch (restaurant at your expense or your own lunch). Restaurant suggestions and a list of suggested activities will be offered the day of the outing. Bus transportation is provided (washroom, comfortable seats).

Transportation and first activity fee: Resident **\$30** • Non-resident **\$40**

Information will soon be posted in the village and on www.morinheights.com with more details.

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



Activities

Arts Morin-Heights

Arts Morin-Heights continues to host thematic exhibits at the library in 2015. The themes encourage the artists to explore new approaches, subjects and techniques – and to have fun. At the same time, visitors enjoy discovering how different artists interpret them.

The theme of the next exhibition, starting March 28th, is **IN THE STYLE OF A CANADIAN ARTIST**. This show runs until June 13th when a new exhibition based on the theme **MONO-CHROME** will open and run until September 26th.

On your next visit to the library, be sure to check out the current works on display in the Remembrance Hall and please leave a note in the visitors' book.

The next edition of Info Morin-Heights will contain details for our annual summer show.

Although entry to all our shows is free, donations of non-perishable items for the *Garde-Manger des Pays-d'en-Haut* food bank are always welcome.

For information regarding Arts Morin-Heights and its activities, please visit our website at www.artsmorinheights.com or call 450 226-3832.

Coueurs des bois

This group organizes outings in the Laurentians. According to the season, the excursions are hiking, cycling or snowshoeing. This season's outings schedule is available at: www.morinheights.com/Groupe-Coueurs-des-Bois.

Information:

Eileen Meillon at 450 226-6904



Laurentian Region Cancer Support Group

Offers English-speaking support services to cancer patients, caregivers and their families in the Laurentian region. Meetings are held monthly at St-Eugène Church in Morin-Heights (148, chemin Watchorn). For more information about the group's services, meetings and guest speakers, call June Angus at **450 226-3641** or email cancer.laurentia@yahoo.ca.

Morin-Heights French-language Reading Club

The *Club de lecture en français* (CLEF) is in its third year of monthly meetings. The club meets monthly to discuss reading: new finds, books we are re-reading and favourites. Meetings are held at the municipal library.

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



COOP SORE activities and services for seniors

- **Home respite service** in partnership with *CSSS des 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 *MRC Pays-d'en-Haut's* seniors caregivers.

Information: 450 224-2657

- **Community lunch** prepared by *Soupe et Cie*. Every **Monday at 11:45** at St-Eugène Church (148, chemin Watchorn). Voluntary donation of \$5 suggested; the meal includes a soup, main dish, salad, dessert and tea or coffee.

Lunch is followed by social activities from 13:00 to 15:30 for caregivers, care receivers and senior citizens of Morin-Heights and *MRC Pays-d'en-Haut*. A specialised intervener is present to assist those in loss of autonomy. Free for COOP's members, \$2 for non-members.

Reservation required on Fridays from 9:00 to 16:00 at 514 944-9335.

The Cosy Corner Club

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

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

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

For information, contact:

Lucille Green at 450 644-0456

The Morin-Heights Collective Garden

For all those who may be interested in learning more about this effort, there will be a discovery get together on April 1st at 19:00 at the library's Remembrance Hall.

This project is entering its third year and is growing in a wonderfully organic manner. For you, your children and your children's children's children... a step towards a greener world.

Please contact Jane Marengi at:

450 226-2453

janemarengi@hotmail.com



Volunteer Patrol

If you want to get involved and make a good citizen action, join our volunteer patrol!

For information: 450 745-0185, ext. 26

Morin-Heights Farmers Market

Thank you to all who helped make 2014 a success! We are looking forward to putting our 2015 season together for you.

Whether you're up for the weekend or on your way home from work, the farmers' market is the freshest way to fuel up this summer!

Fresh produce, prepared meals, snacks and the best of local fare. Get back into the growing mode with new recipes, flavours and friends!

The new season is planned **from June 5th to October 9th**, every Friday 13:00 to 18:00, on the grounds of 148, Watchorn Road, rain or shine!

For more information, visit our Facebook page:

www.facebook.com/MarcheFermierMH

Questions? Suggestions? Email us!

morinheightsmarket@gmail.com

Activities



Royal Canadian Legion Events

All welcome! 127, chemin Watchorn
Darts every Wednesday night at 19:00, military whist: 1st and 3rd Monday of the month, cribbage: 2nd and 4th Monday of the month.

FRIDAY MARCH 20TH

TGIF Smoked Meat Night, at 18:00

SUNDAY APRIL 5TH

Easter Brunch, from 9:00 to 14:00

SATURDAY APRIL 11TH

Italian Night, at 18:00

FRIDAY APRIL 24TH

TGIF Smoked Meat Night, at 18:00

SATURDAY MAY 9TH

Mother's Day Supper, at 18:00



SATURDAY MAY 23RD

Legion Golf Tournament & Steak Supper

FRIDAY, MAY 29TH

TGIF Smoked Meat Night, at 18:00

SATURDAY JUNE 6TH

(postponed to the next day in case of rain)
Flea Market

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



Activities

Babysitting course

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

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

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

Saturday May 2nd and 3rd, 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 April 20th: 450 226-3232, ext. 111.

For more information you may contact the instructor:

Kim Maurice at 514 916-9904

Morin-Heights Scouts

Scouting activities for boys and girls from 5 to 17 years old: beavers, cubs, scouts and venturers. Meetings are on Wednesday from 18:45 to 20:15. Registration until June is \$125 per youth.

Upcoming activities include camping at Tamaracouta scout camp, working with the Legion to reset headstones in the cemetery, a three day canoe trip and a year-end BBQ in June.

We are looking for volunteers for all sections!

Contact info:

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



aison de la Famille
des
Pays-d'en-Haut

Maison de la famille des Pays-d'en-Haut's Workshops

Annual Membership is \$20

MÉLI-MÉLO WORKSHOPS

Free and bilingual stimulation workshops for children 2 to 5 years old which also give respite to parents so they can participate in organized activities. Wednesdays from 9:00 to 12:00, April 15th to June 10th (no workshop on May 20th) at St-Eugène Church (148, chemin Watchorn).

Registration required.

FAMILY ZONE

The Family Zone is an informal place for parents to get together to meet, share and play with their children (0-5 years old). On Wednesday **March 25th, April 22nd, May 27th and June 10th**, from 12:00 to 14:00 at St-Eugène Church.

Follow *Maison de la famille PDH* on Facebook for a complete list of their activities in the area.

info@maisondefamille.com
www.maisondefamille.com

Information and registration:
450 229-3354

Next edition

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

The new summer edition is scheduled for distribution on **June 5th, 2015**. The deadline to submit articles is Friday April 24th. It will cover the period between early June to August 20th, 2015.

ACTIVITIES INCLUDED

ADULTS

African Drumming Saint-Sauveur
Cardio Oxygen Sainte-Adèle
Circus and specialties Saint-Sauveur
Computer (various classes) Saint-Sauveur
Eastern Dances & Baladi Piedmont
English Sainte-Anne-des-Lacs
Firm Up Express Sainte-Marguerite-du-Lac-Masson
Fitness & Well-being Piedmont & Saint-Sauveur
Gypsy Dances Piedmont
Judo Saint-Sauveur
Live Guitar Workshop Saint-Adolphe-d'Howard
Meridian Organs Qi Gong Sainte-Adèle
Outdoor Training Circuit Piedmont
Piano or Singing (individual lesson) Saint-Sauveur
Pilates Piedmont
Taï chi Chuan Saint-Sauveur
Taï chi (with fan) Sainte-Adèle
Tap Clac Cardio Saint-Adolphe-d'Howard
Watercolour (beginner) Sainte-Anne-des-Lacs
Yoga for all Sainte-Marguerite-du-Lac-Masson
YOUTH
Creative Arts Workshop (3-16 year olds) Saint-Adolphe-d'Howard
Gymnastics Sainte-Anne-des-Lacs
Hip Hop Dance (6-9 year olds) Saint-Adolphe-d'Howard
Hip Hop Dance (9-13 year olds) Saint-Sauveur
Judo Saint-Sauveur
"Kidsband" - L'enfanfare (African Drumming) Saint-Sauveur
Piano or Singing (individual lesson) Saint-Sauveur

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.

Information

Piedmont:

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

Saint-Adolphe-d'Howard:

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

Sainte-Anne-des-Lacs:

450 224-2675, ext. 225 •
www.sadl.qc.ca

Sainte-Adèle:

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

Saint-Sauveur:

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

Sainte-Marguerite-du-Lac-Masson:

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

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

Football Club Morin-Heights

FCMH (Morin-Heights Soccer Club) is currently in recruitment mode to make teams for the 2015 season. There is still time to register for players' ages 4 to 21 years old who wish to participate.

GRASSROOTS 2015

10 Saturdays from 9:00 to 10:00

Development program for kids aged 4 to 7 years old (born between 2008 & 2011), from June 13th to August 15th.

Cost:

Resident \$140 • Non-resident \$170
(includes jersey, shorts, socks and soccer ball)
Shin guards are not included but are mandatory on the field.

SOCCER ACADEMY 2015

For male and female players born between 2002 and 2007, only 20 places available. From June 29th to July 3rd, from 9:00 to 15:00. Payment must be received before the 31st of May in order to guarantee a place for your child.

Required equipment: shin guards, indoor and outdoor soccer shoes, water bottle, lunch and snacks.

Cost: \$160 (includes t-shirt and soccer ball) and, if needed, \$10 /day for daycare service from 8:00 to 9:00 and from 15:00 to 16:00.

Registration can be done anytime via the website: www.fcmorinheights.com

For more information:

450 226-0011 or info@fcmorinheights.com



Classes

**FOR INFORMATION OR REGISTRATION,
COMMUNICATE DIRECTLY WITH THE INSTRUCTOR**

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

Class / Location	Rates	Schedule	Dates	Instructor	Description
Body Design / St-Eugène Hall		Monday 9:00 to 10:00	April 13 to June 15	Lisa McEllan www.lmfitness.ca info@lmfitness.ca Reserve at: 450 530-3920	Work hard! Cardio dance, resistance training and mat work.
Stretch & Strengthen / Community Hall		Monday 9:30 to 10:30			Improve posture, range of motion and relieve pain.
Aquafitness / Mont Gabriel Pool		Monday 11:00 to 12:00			Safe pool workout for strength and health.
Cardio Nature / Aerobic Corridor		Tuesday 9:00 to 10:15	April 14 to June 16	Small groups, individual attention! Register on the 1 st class	Cardio and strengthening outdoors.
Combo 50+ / St-Eugène Hall		Tuesday 9:30 to 10:30			Overall workout to improve strength and prevent chronic disease.
Pilates Fusion / Community Hall		Wed. 9:30 to 10:30	April 15 to June 17	Fitness Pass (2 classes/ week): \$200 + taxes	Improve posture, strengthen & lengthen (intermediate).
Stretch & Strengthen / Community Hall	Pass or card	Wed. 10:45 to 11:45		(3 or more classes / week): \$220 + taxes	Improve posture, relieve pain, become more supple.
Stretch & Strengthen / St-Eugène Hall		Wed. 17:30 to 18:30	April 16 to June 18	Card (10 classes): \$120 + taxes	Stretch, strengthen and relaxation.
Zumba / St-Eugène Hall		Thursday 9:00 to 10:00			Dance exercise to latin music, olé!
Combo Cardio / St-Eugène Hall		Thursday 10:30 to 11:30			Improve strength & endurance and find peace of mind.
Hatha Yoga / Community Hall		Thursday 17:30 to 18:45			Hatha yoga for clarity, self knowledge and peacefulness.
Yoga / Community Hall		Friday 9:15 to 10:30	April 17 to June 19	10-week session Join anytime during a session	Yoga for clarity, body/mind integration and peacefulness.
Stretch & Strengthen / Community Hall		Friday 10:45 to 11:45			Restorative, improve posture, range of motion and relieve pain.
Yoga and meditation / Community Hall	\$15/ class if registered \$20/ class drop-in	Monday 17:15 to 18:45	April to June	Louise Bloom 450 226-5844	Hatha yoga, meditation and spiritual disciplines
Power Yoga Workshop / Community Hall	R: \$24 / 3 classes NR: \$30/3 classes drop-in: R: \$15 NR: \$18	Monday 19:15 to 20:45 and/or Saturday 10:45 to 12:15	April 11 to 27 and/or May 23 to June 8	Pascale 514 709-0808 echoaloha@gmail.com	Strong class to develop strength & endurance as well as flexibility and peace of mind.
Prenatal Yoga Workshop / Community Hall	R: \$27 / 3 classes NR: \$33/3 classes drop-in: R: \$15 NR: \$18	Tuesday 9:00 to 10:00	April 14 to 28 and/or May 26 to June 9		Gentle yoga, with emphasis on breathing, flexibility and endurance to help calm body aches from pregnancy and helps throughout delivery.
Tai Chi Yang stretch and meditation / Community Hall	R: \$120 NR: \$125	Tuesday 10:30 to 11:50	April 14 to June 2	Michelle Gendron 450 712-6834 ecoledecalibre.com	Increase mind and physical abilities. Join anytime during a session!
Meditative Dance / Remembrance Hall	8-week session R: \$70 NR: \$75	Tuesday 19:00 to 20:30	April 14 to June 2	Micheline Gravel 450 438-0248 micheline-gravel@ videotron.ca	Free trial class on April 14, welcome all! No need to know how to dance, this is not a dance class, but rather a different way to meditate. Get rid of your negative habits, stress and insomnia and enjoy this quiet time.
Gentle Yoga / Community Hall	1 st session R: \$70 NR: \$75 2 nd session R: \$82 NR: \$87	Thursday 11:00 to 12:15	1 st session: March 26 to April 30 2 nd session: May 14 to June 25	Donna Berry 450 226-1311	Yoga for stiff and injured bodies. (\$15, drop-in fee)
Line Dancing / St-Eugène Hall	10-week session R: \$100 NR: \$110	Friday 10:15 to 11:45	April 10 to June 12	Micheline Gravel 450 438-0248 micheline-gravel@ videotron.ca	Guaranteed fun! Bring a water bottle.
Couples Social Dancing / St-Eugène Hall		Friday 11:45 to 12:45			
Karate / Community Hall	*	Friday 17:30 to 18:30	until 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.
Wu Style Tai Chi Chuan / Community Hall	R: \$140 NR: \$145	Saturday 9:00 to 10:30	April 11 to June 27	Robert Lee 450 227-8829 or leerobertml@gmail.com	Relaxation, tonification of the muscles and joints, stimulation of the energy and health, improvement to equilibrium.
Traditional Scottish Highland Dancing / Community Hall	R: \$60 NR: \$70	Sunday 16:00 to 17:30	March 22 to May 31	Heather McHabb 514 486-3480 or heathermchabb@hotmail.com	For children and adolescents 6 years of age and older. Classes for adults possible.
Creative Dance / Community Hall	**	Sunday 9:15 to 10:15 Sunday 10:15 to 11:15 Tuesday 18:00 to 19:00			3 1/2 to 5 years old
Primary Ballet / Community Hall	**	Sunday 11:15 to 12:30			6 to 7 years old
Ballet Grade 1 / Community Hall	**	Sunday 12:30 to 14:00	until June 14	Isabeau 514 608-3381	8 to 11 years old
Ballet Grade 2 and 3 / Community Hall	**	Sunday 14:00 to 15:30 Friday 18:45 to 20:15			12 to 14 years old
Ballet Grade 4 and adults / Community Hall	**	Sunday 14:00 to 15:30 Tuesday 19:00 to 20:30 Friday 20:15 to 21:45			13 to 18 years old and up. Points from 20:30 to 21:00 on Tuesday.