

INFO

Morin-Heights

In harmony with nature



MORIN-HEIGHTS
1855

MUNICIPAL INFORMATION

SUMMER 2022

JUNE / JULY / AUGUST
VOL. 25 NO 3

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REMINDER:

Simon River's Children Fishing Day
at Lummis Park, Saturday, May 28,
from 8:00 to 15:00!

Canada Day

On Friday, July 1st, starting at 14:00, at Sommet Morin Heights (231 rue Bennett).

An evening of rock'n'blues with **Colin Moore** and **Steve Hill!**

Face painting and tattooing, street entertainers, impromptu musical performances, inflatable games and skill games, jumpaï, farm and carousel, fireworks and more!

A complete program will be mailed shortly.

We need two bilingual volunteers for the welcome kiosk between 14:00 and 17:00; please contact us at 450 226-3232, ext. 132.



News from the Mayor



Fellow citizens,

For the first time in two years, we will be able to experience some normalcy this summer. We are all looking forward to seeing each other on Canada Day, at the annual Arts Morin-Heights exhibition, Shakespeare-in-the-Park and the Superfolk festival. I hereby invite all of you to participate in our numerous summer activities. I am convinced that the weather will be on our side, allowing for an exhilarating summer!

The process of revising the urban planning by-laws is well underway. Public consultations will be held this fall prior to their adoption. This is the first time in 15 years that we will be renewing the by-laws, and it is a unique opportunity to participate in the vision of what Morin-Heights will be in the years to come. Send us a brief, describing what you would like as a municipality, your vision. The greater the participation, the better the regulations! Our goal is to have the new by-laws in effect by January 1st, 2023.

The Public Works and Infrastructures Department has a lot of work to do this summer with road-work on Bélisle, Christievillie, Groulx, Lakeshore and Range 2 roads, as well as work on the aqueducts on Campbell and Argyle. Grants for 50% of the value of this work have been previously obtained.

Those who frequent the new dog park can attest to its popularity and the benefits for our pets and their owners! The surface and drainage will be improved this summer. Benches will be installed as well as a dog watering hole. I would like to sincerely thank Mr. Jean Dutil and his wife Jocelyne, who are the instigators of this project and who have worked hard for its realization.

We are pleased to announce that access to the mountain bike trails will be free for all Morin-Heights citizens! There will be a fee for non-residents and a preferential rate for residents of the *MRC des Pays-d'en-Haut*. This summer, a similar principle will be applied for access to Lummis Park.

The *Club de vélo des Pays-d'en-Haut* will move forward with its project to build mountain bike trails at the Sommet Morin Heights campground. They have been awarded a \$150,000 grant. As the Municipality is a partner in this project, links will be created with Basler Park, which should help relieve the congestion in this very popular area.

In finishing, I invite you to walk on our trails, do some mountain biking, play pickleball or tennis on our new courts or attend an FCMH soccer game at the school field. Enjoy the outdoors, it's what Morin-Heights is all about!

Tim Watchorn, ing.
Mayor



Recognition

2022

The Municipality of Morin-Heights wishes to celebrate a few anniversaries that deserve to be acknowledged. Council is proud to recognize the excellence of these employees and the work they have accomplished over the years and offers warm congratulations to each of them!

Richard Dubois > 25 years in May 2022

Patrick Groulx > 10 years in November 2022

Charles Bernard > 15 years in December 2022

Digital Newsletter

Did you receive our first email newsletters in April and May? We invite you to subscribe to the mailing list to get news from the last municipal meeting, reminders of upcoming events and activities, and other one-time or last-minute information.

Register via the link on the main page at www.morinheights.com.



Animal Control

Cruelty towards animals is a crime! If you see an animal locked up in a vehicle in hot weather, call the police.

How do I file a report?

If you witness a situation in your neighbourhood that is a source of nuisance, such as a stray dog, excessive barking, a dog exhibiting aggressive behaviour, etc., or if you witness an animal victim of negligence or cruelty, you must report it to the SPCALL. The complaint will be confidential.

To reach the SPCALL 7 days a week, between 9:00 and 18:00: 819 326-4059 or toll-free **1-866 960-SPCA** (7722).

For any urgent situation outside of service hours, call 911.

Morin Heights Historical Association

**On Sunday, June 5, at 13:30,
Annual General Meeting at the Chalet Bellevue.**

This event is for members only. If you would like to be a member, you can visit our website: <https://morinheightshistory.org/> and join online or, if you prefer, at the door before the meeting.



Books Boxes

Our book boxes are back in our parks! Users of these free libraries may leave, exchange, take or borrow a book of their choice, free of charge and without obligation. We invite young and old alike to bring the book boxes to life by participating in this swapping activity as they wish!

The boxes are located: in Basler Park, Lummis Park, the village entrance park, at the Aerobic Corridor Welcome Pavilion and the Chalet Bellevue.

Laurentian Region Cancer Support Group

The group offers English-Speaking support services to cancer patients, caregivers, and their families in the Laurentian Region. Free monthly meetings are held at Chalet Bellevue (27 rue Bellevue) or online via ZOOM. Donations are welcome (tax receipts provided).

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.

Looking for Morinheighters!

You have surely appreciated the beauty and quality of the photos that illustrate our various communication tools. The eye and talent of our municipal photographer and Morin-Heights resident, Paul Mackay, make us proud to share his images!

To present a broader range of our population through these photos, we are looking for groups (families, couples, friends) for different photo sessions organized throughout the seasons.

A photo session will be planned in two blocks of one or two hours on the same day. If you are a fan of a local activity, photos can be taken in action (mountain biking, cross-country skiing, skating, etc.) and others in our various parks, infrastructures, and trails. Gift certificates from local businesses and a few surprises will be given to participants as a thank you!

To let us know if you are interested in taking part in one or more of the upcoming photoshoots, please contact us at the following email address: karyne.bergeron@morinheights.com. Provide us with a brief description of your family or group (number of people, age-range and preferred activities) so that we can plan according to your interests and our needs.



Photo Contest

Share your best pictures of Morin-Heights, its activities or its citizens! The winner will receive a gift card from a local shop. Send your best photos to karyne.bergeron@morinheights.com. The winner will be announced in the next issue of this bulletin.

Your pictures must have a minimum weight of 1 MB. If you want to submit numerous photos, we ask that you send them through wetransfer.com, a free and user-friendly website. Pictures received for this contest must be free of rights and will be kept in our municipal bank of images and could be used to illustrate our various communication tools or ads.



The contest winner from the previous edition is **Karine Beaudry**, who won a \$50 gift certificate from Écho Aloha located at 43 chemin du Lac-Écho. Congratulations!

Citizen card

Why a citizen card?

- Free access for the following activities:
 - mountain biking, snowshoeing, hiking
 - tennis & pickleball
 - Lummis Park
- Resident rates for courses and activities
- To facilitate access to the municipal events and the brand-new sports complex
- To obtain a library membership

How to get it?

- In-person, during the Chalet Bellevue opening hours (9:00 to 16:00, 7 days a week). Each family member must bring proof of residency to have their picture taken and complete their application. **IMPORTANT!** Check before you come; the chalet may be closed on certain holidays.

- **Online by uploading your proof of residence and your photo.**

New!

A 24 to 72 hours delay is necessary before your card is activated. Please plan your activities accordingly.

- Once confirmed, residency status will be valid for two years.

How to renew it?

New!

- Two weeks before the expiration date, you will receive an email notifying you that your card is expiring. Follow the link provided to follow the steps to upload your proof of residence. Your card will be automatically renewed.
- If you encounter any problems, please contact us or come to Chalet Bellevue for assistance. You will find information and procedures on our website. You can also call us at 450 226-3232, ext. 132 for assistance.

Proof of residence and identification documents

Recognized proof of residence

(issued within 12 months)

- Driver's license
- Municipal or school tax account
- Utility bill (landline telephone, electricity, cable tv)
- Government correspondence
- Notarized bill of sale
- Provincial or federal government document, for example, a notice of assessment
- Confirmation from SQCA (*Service québécois de changement d'adresse*)
- Other accounts (electricity, gas, insurance) issued in the last three months

Children :

- School report or birth certificate **AND** proof of residence of one of the two parents

Proof of residence not recognized

- Any lease, including the one from the *Régie du logement*
- Cell phone bill
- Bank statement
- House or cottage rental contract

Recognized identification documents

- Drivers license
- Health insurance card with photo
- Passport
- Student card with photo



du gourmet village

40TH IÈME ANNIVERSARY ANNIVERSAIRE



Gourmet du village celebrates their 40th anniversary in 2022

Gourmet du Village started as a dream in the fall of 1982 in the home kitchen of the Tott family (Linda & Mike) right here in the village of Morin-Heights. Their first sales were from a shopping mall cart in Place Bonaventure in Montreal, featuring packages of spices for Holiday drinks. Today they exhibit and display all across North America with over 3000 retail outlets carrying products from their catalogue of over 300 products with "Gourmet du Village Morin Heights" on every one.

Over the years, the hobby business grew and grew, the product collection got bigger and bigger. Today the family dream continues to grow on both sides of the border and is recognized as one of the most exciting and creative gourmet food manufacturing companies. Over 90% of their business is exported out of Quebec.

Gourmet du Village remains "family" owned and operated. Acquired by the Reich family in 2018, they brought with them years of experience in the specialty food industry along with renewed energy and new investments in quality and efficiency while maintaining the business and remaining among the largest employers here in our village.

The Reich and Tott families working together pride themselves on 40 years of building great relationships while ensuring their core family values continue. Ashley Tott continues the family tradition as VP General Manager, and Mike, co-founder, is semi-retired and continues part-time as Creative Director.

Their commitment continues, to maintain the creative innovation and high quality of their products, still made with pride, right here, in their home "Village" of Morin-Heights.

Gourmet du Village 539 chemin du Village, 1-800-668-2314 www.gourmetduvillage.com
(Excerpt, official press release)

Coueurs des bois

For many years, a group of residents gathered regularly for walking, cycling or snowshoeing outings on local and regional trails. This club eventually dissolved, but the need and desire still seem to be there to resume activities. Members were mainly composed of people 60 years and older, and the hikes were organized during the day on weekdays.

If you are interested in planning monthly or bi-monthly outdoor excursions for fellow citizens, please let us know at chaletbellevue@morinheights.com.

To speak with a former club leader about the ins and outs of the mandate, contact Judy Rogers at judyrogers222@gmail.com.





Association de la
fibromyalgie
des Laurentides

Laurentian Fibromyalgia Association

Information:

450 569-7766 or 1-877-705-7766

or visit

www.fibromyalgie-des-laurentides.ca

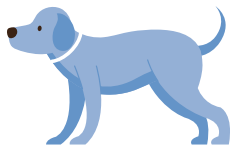
Services offered

- Support hotline
- Website, Facebook, Twitter
- Physical therapy classes designed for people with fibromyalgia
- Support groups in different areas of the Laurentians to break isolation
- Newsletter "Fibro-Soleil"
- Conferences and workshops
- Rental of books and audio/visual materials
- DVD: Conference by Dr. Pierre Arsenault on fibromyalgia (detailed explanation of the disease, research avenues, medications, treatments, etc.). French version only.

Dog Park

TIPS FOR AN ENJOYABLE VISIT

- If this is your first visit to a dog park:
 - tell the other owners;
 - take the time to read the rules;
 - stay calm.
- If you have a large dog and a small dog, use the large dogs' area.
- Limit the use of your cell phone to keep an eye on your pet. Instead, use your visit to interact with other owners.
- Leave the pen with your pet immediately if it is aggressive or frightened.
- Don't touch two dogs that are fighting, as you may be injured yourself. Shout, whistle or throw water to stop them.



EN ALERTE
ON ALERT



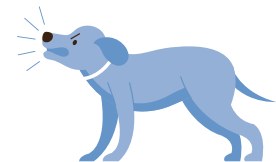
APEURÉ/STRESSÉ
FRIGHTENED/STRESSED



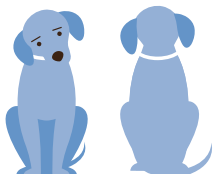
S'IL-TE-PLAIT
PLEASE



EN PAIX
AT PEACE



PRÊT À ATTAQUER
READY TO ATTACK



JE NE VEUX PAS DE CONFLIT
I DON'T WANT CONFLICT



ON S'AMUSE!
WE HAVE FUN!



HEUREUX/SOUMIS
HAPPY/SUBMISSIVE



MORIN-HEIGHTS
1855

www.morinheights.com

Town Planning and Environment

Environmental Policy Survey

The Town Planning and Environment Department and the Environmental Advisory Committee (EAC) would like to thank the Morinheighters who participated in the Environmental Policy Survey. Your voice and involvement are important to us. Over 200 citizens have spoken out and told us their priorities. The full results of the survey are available on our website. Here are some of the comments received:

"Let the wild flourish."

"Allow beach access to lakes; create public beaches."

"Balancing development with preserving forest is a key."

"I believe that the lot size should be increased to a minimum of 8,000 sqm and also reduce the % of trees that are allowed to be cut."

Noise pollution

With the nice weather comes yard maintenance, days of playing outside, BBQ and evenings with friends that go on and on. While all these moments are enjoyable, we invite you to think of your neighbours and remember the words "respect, consideration, discussion and tolerance".

Please note that a window of hours allows for noise from construction and some maintenance equipment.

Outdoor storage

In a municipality like Morin-Heights, with close to 5 000 inhabitants, it is essential that everyone does their part to preserve its beauty! Among the rules to follow, one of the most important concerns waste and outdoor storage. We remind you that the outdoor storage of any waste, object, material or other in residential areas is strictly prohibited. Maintaining the cleanliness of your property ensures a good

neighbourhood, a quality living environment and supports the beautification of the Morin-Heights landscape!

Are you planning to do some work during the summer season? Do you have your permit?

We remind you that the issuance of a permit or certificate of authorization is required prior to executing any work on your property. In order not to delay the issuance of your permit, please ensure that you submit a complete application, including all required documents, according to the type of permit requested. All permit application forms and the current regulations are available on the Municipality's website, and permit applications can be dropped off at the Town Hall or sent by email to service.urbanisme@morinheights.com. Happy building!

Don't be surprised to see our inspectors in the field this summer!

If you have any questions regarding town planning and environment, please do not hesitate to contact us at service.urbanisme@morinheights.com.

Public Works and Infrastructures

Road Signage and Construction Sites

Various construction sites will be opened for road repair over the summer across the territory. Pay attention to warning road signs and obey the flagman's instructions. He is present to ensure your safety and the safety of our workers. Note that the flagman has the last word on a worksite and that you are required to respect his authority, as rules and penalties imposed by the Highway Safety Code apply (demerit points may be lost).

Be vigilant and respect the instructions for the safety of all.

Ditches

We want to remind residents living on a municipal street that any intervention in a ditch or on the curbside is prohibited, including extending the landscaping. Ditches are a part of the road's right of way, and their primary function is to capture and direct the runoff water. We suggest you leave the natural vegetation intact as much as possible. Backfilling it, lining it with river stones or leaving material of any kind in it is also forbidden, such as grass clippings, branches, wood, sand, etc.

Culverts and Private Entrances

Property owners looking to create or move a private entrance, or install a culvert, must obtain a permit beforehand. Requests must be submitted at the Town Hall. A deposit is required at the time of the request, which is reimbursable once the project is inspected and approved by the Municipality.

The owner of a culvert must ensure that it is free of stones, branches, and other objects that can obstruct the water flow.



Collections Calendar

SECTOR 2-YELLOW

JUNE 2022							JULY 2022							AUGUST 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4						1	2		1	2	3	4	5	6
5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13
12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20
19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27
26	27	28	29	30			24	25	26	27	28	29	30	28	29	30	31			

31 Place bulky items by the street on the evening of July 5. The pick-up truck will pass by once on July 6 or 7.

SECTOR 3-GREEN

JUNE 2022							JULY 2022							AUGUST 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4						1	2		1	2	3	4	5	
5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	
12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	
19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	
26	27	28	29	30			24	25	26	27	28	29	30	28	29	30	31			

31 Place bulky items by the street on the evening of July 5. The pick-up truck will pass by once on July 6 or 7.



Legend

- Recycling (blue bin)
- Organic (brown bin)
Pick-ups every two weeks from October to May
- Garbage (black bin)
Monthly pick-ups from November to April
- Bulky items Place bulky items by the street the night before pick-up

lespaysdenhaut
recyclent.com



INFO-COLLECTE

1 855 PDH-RECY • 450 229-8052 •
infocollecte@mrcpdh.org

Ecocentre

The intermunicipal Ecocentre is located at
2125 chemin Jean-Adam in Saint-Sauveur.
450 227-4633, ext. 3200.

OPENING HOURS

April 1 to November 30:

open daily from 7:30 to 16:15, except on
Wednesdays

www.ville.saint-sauveur.qc.ca/services-aux-citoyens/environnement/ecocentre.html

www.morinheights.com

TD Summer Reading Club

For children aged 0 to 12, registration at the library, membership required

The TD Book Club will keep your children busy by encouraging them to discover the joy of reading! Come register them at the library for a summer full of adventures, discoveries, and exciting reading! The more they read, the more chance they have of winning a great prize! Prepare them by consulting the official website: clubdelecturetd.ca.

From June 13 to September 5,
discover the StoryWalk on
the Aerobic Corridor!

Municipal Library

The municipal library is located at
823 chemin du Village.

To consult the sanitary measures
in effect in the library, visit our
website: [morinheights.com/
Bibliotheque-municipale](http://morinheights.com/Bibliotheque-municipale)

Opening hours

Tuesdays, Thursdays, and Saturdays,
from 10:00 to 16:00; closed on civic
holidays.

Information:

bibliotheque@morinheights.com
or 450 226-3232, ext. 124



Italian Pasta Workshop

June 11, 10:30 at Chalet Bellevue, 4 to 10 y.o.

It is now the kids' time to cook with Gloria Prenafeta! After a presentation of a story on food, a talk about the different types of pasta and the ingredients to use, your little chefs will make their own ravioli et tagliatelle (in French)!

Antoni Gaudi: Architecture Between Genius and Madness

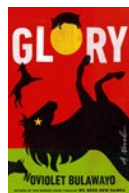
Available for viewing from June 10 to 16

Art history course in French presented by Sylvie Coutu. Learn about the unique and organic style of the Catalan architect behind multiple masterpieces adorning Spain. With seven of his concepts listed as World Heritage, his vision is worth a look!

Legends, Superheroes and Adventures

July 23, 11:00 at the library, 6 to 10 y.o.

The TD Book Club presents six short films full of magic! Come and see the beautiful works of the NFB!



NEW ACQUISITIONS

The library keeps its collection up to date! Here is a glimpse of some of our new books:

Glory /
[Noviolet Bulawayo](#)

Find Me /
[Alafair Burke](#)

The Postmistress
of Paris /
[Meg Waite Clayton](#)

The Midnight Lock /
[Jeffrey Deaver](#)

Three Rooms /
[Jo Hamya](#)

High Stakes /
[Iris Johansen](#)

Run Towards the
Danger / [Sarah Polley](#)

The Violin Conspiracy /
[Brendan Slocumb](#)

Love in the Time
of Bertie / [Alexander
McCall Smith](#)

Laurentian Reading Club's Book Suggestion:
Cloud Cuckoo Land by [Anthony Doerr](#)



Is your civic number
clearly visible from
the street,
day and night?

Morin-Heights Fire Department and First Responders



Fire Extinguisher

A fire extinguisher is used to put out an incipient fire that does not threaten your safety. It is strongly recommended to have a portable fire extinguisher at home.

However, if the fire spreads or if there is significant smoke, you must evacuate your home immediately and call 911.

How to choose a fire extinguisher?

All fire extinguishers must meet Canadian standards and have the “ULC” logo from the Underwriters’ Laboratory of Canada. Choose a multi-purpose powder extinguisher marked “ABC”.



- A :** Extinguishes a fire caused by flammable materials such as wood, paper, fabric
- B :** Extinguishes a fire caused by flammable liquids such as oil or gasoline
- C :** Extinguishes a fire caused by a live electrical device

Choose a powder extinguisher with a minimum rating of 2A 10B C. This rating is listed on the label. Also, there are single-use disposable fire extinguishers and rechargeable fire extinguishers. Disposable extinguishers have a 12-year life span. The date is written under the device. Choose a lightweight model and learn how to use it by reading the manufacturer’s instructions.

Where to install a fire extinguisher in the house?

Place it in plain sight, near an exit. It should never be placed on the ground. It must be **installed on a support specially designed for the extinguisher**, at least 10 centimetres (4 inches) from the ground and at a maximum of 1.5 meters (5 feet). If its weight exceeds 18 kilos (40 pounds), it can be installed 1 meter (3 feet) from the ground.

- / Install it within easy reach but out of the reach of children.
- / Avoid placing it too close to potential fire sources such as stoves and heaters.
- / Place operating instructions in plain view.
- / Do not hang clothes or other objects on it.
- / Do not remove the tag showing the last inspection or service date.
- / Check that the seal and handling indicator are not broken or missing.

Outdoor network

Hiking

Access to hiking in Basler Park and Bouleaux Park trail networks (snowshoeing trails) is free for all users. Please note that the winter trails located at Sommet Morin Heights are closed during the summer season.

Trail conditions

You can check the status of the trails on the municipal website:

www.morinheights.com/Outdoors. Please respect the 24-hour rule after heavy rain to preserve the condition of the trails, as well as the signage regarding closed trails.

Parking

Street parking is always prohibited, as well as on private lots adjacent to the parks. It is imperative that you use the municipal parking lots near the various trail networks.



Respect of private property

It is important to note that the closed trails may be located on private property. Therefore,

it is forbidden to use them outside of the operating season since we do not have the necessary authorizations.

Upcoming mountain bike races at Basler Park

REGIONAL FINAL QUEBEC GAMES 2022

June 11, 2022

Sector: Mountain
Level: Regional
Event: Cross-country
Region: Laurentians

REGIONAL FINAL QUEBEC GAMES 2022

June 28, 2022

Sector: Mountain
Level: Regional
Event: Cross-country
Region: Laurentians
Series: Regional finals Quebec games - mountain bike 2022

New mountain bike trail project

The *Club de vélo des Pays-d'en-Haut*, *Sommet Morin Heights*, and the Municipality of Morin-Heights are pleased to announce the development of a new mountain bike trail network. The project, directed, managed, and operated by the VPDH-SMH Trails Committee, foresees the realization of 13 km of trails, which will be linked to the Basler Park network, where 15 km of bike trails are already accessible.

Mountain Biking

New this year! Access to Basler Park for mountain biking will be free for Morin-Heights residents (**upon presentation of a valid citizen card, details on page 5).

2022 MOUNTAIN BIKE PRICING

SEASON PASSES	MORIN-HEIGHTS RESIDENTS	MRCPDH RESIDENTS	NON-RESIDENTS
Adults 18 years and older	FREE**	\$55.00	\$65.00
Students 18-22 years old (with proof)	FREE**	\$40.50	\$53.25
Children 17 years and under (with proof)	FREE	FREE	FREE

DAY TICKETS	MORIN-HEIGHTS RESIDENTS	MRCPDH RESIDENTS	NON-RESIDENTS
Adults 18 years and older	FREE**	\$8.00	\$10.00
Students 18-22 years old (with proof)	FREE**	\$8.00	\$10.00
Children 17 years and under (with proof)	FREE	FREE	FREE

Taxes included. Prices are subject to change without notice.

Cultural Programming

Joyful Noise Choir's Spring Concert

The Joyful Noise Choir will present its Spring concert on May 29 at the United Church (831 chemin du Village). A donation to the church in lieu of admission is welcome.

Information: **450 226-2746** or
pennyrose@jenanson.com



Book launch of Margaret Cook's biography "Life as it Is"

Local non-profit organization **Les Sentiers de Gore, in collaboration with the Morin-Heights Historical Association**, invite

you to the launch of the first biography on Margaret Cook, written by H  l  ne Beauchamp and Jean-Fran  ois Hamilton and titled "Life As It Is: Biography of Margaret Cook, Argenteuil Author".

The book launch will be held **Sunday, June 5 at 15:30**, following the Historical Association's Annual General Meeting at **Chalet Bellevue**.

Having produced the film "*Le Triomphe de la nature: Margaret Cook et les pionniers de Gore*" in 2021, *Les Sentiers de Gore* is proud to present the first-ever biography written about the life and work of Margaret Cook. "Life as it Is" brings together in a single volume three years of research, including quotes, maps, exclusive pictures and stories describing the life story of this exceptional woman who, through her chronicles and her novel, was able to share her love for our region.

For additional information, please send an email to lessentiersdegore@gmail.com or visit our website at lessentiersdegore.com.



CINE-PIANO with Roman Zavada

Pianist Roman Zavada, of Ukrainian and Quebecois origin, pays tribute to the greatest geniuses of silent cinema by bringing to life on the screen specially selected, hilarious extracts from M  li  s, Chaplin, Keaton and Laurel & Hardy. The musician improvises an extraordinary piano performance in perfect symbiosis with the action of the film. The laughter and the magical atmosphere under the stars will make for an unforgettable experience for all generations during this **film-concert presented at dusk on June 11, at Basler Park**.

Bring your chairs and/or blankets, we expect you around 20:30, and the show will start at sunset. Free and open to all!

Information: chaletbellevue@morinheights.com
or 450 226-3232, ext. 132

Shakespeare-in-the-Park's All Shall Be Well

Repercussion Theatre, the *MRC des Pays-d'en-Haut*, and the Municipality of Morin-Heights invite you to attend a free professional theatrical production. This funny, fascinating, playful, and poignant multidisciplinary show weaves together scenes and snippets from some of Shakespeare's most beloved plays as well as songs, sonnets, and the words of his contemporaries.

The play will be presented at **Basler Park** (99 ch. du Lac-  cho) on **Friday, July 15 at 19:00**. Only representation in the region! Bring lawn chairs and blankets.

Information: chaletbellevue@morinheights.com
or 450 226-3232, ext. 132

www.morinheights.com



Arts Morin-Heights

For 2022, Arts Morin-Heights adopts a simplified approach for its activities and rules.

Summer show: **Arts Morin-Heights will have its annual show at Chalet Bellevue on the last two weekends of July: July 22, 23, 24 and 29, 30, 31.** Artists will be on location to greet you and present their work from 11:00 to 14:00. They can also accommodate you during the week by appointment. Transactions will be done directly with the artists by cash, check or Interac.

Continuous exhibition: Some works will be presented in the Chalet Bellevue until September 22.

For more information,
please contact Ginette Fontaine:
87 Balmoral, Morin-Heights, J0R 1H0
maagfontaine@hotmail.com
450 226-3832, cell. 514 913-2087



Join the Theatre Morin Heights Team!

Following our very successful production of the play "Now and Then" by Sean Grennan performed last fall to sold-out crowds, we extend heartfelt thanks to all of our patrons, members, sponsors, the Municipality of Morin-Heights, and our devoted team of volunteers for their continued support.

Planning is already underway for our next big show that will take place from October 19 to 23, 2022. Please contact us if you would like to be involved on stage or behind the scenes. There are many ways that you can volunteer or become part of our thriving local English community theatre troupe – just let us know!

Last year, Theatre Morin Heights introduced video into its communications mix. We filmed promo videos and recorded the fall production of "Now and Then" using borrowed equipment from FADOQ. **A free viewing of this recording will take place on June 2, from 17:00 to 19:00, at the Chalet Bellevue.**

The technical limitations we experienced in the production of the video were educational, and we are now taking this one step further. We are delighted to announce that after receiving a generous municipal grant, we are acquiring the much-needed equipment to enhance our future multi-media capabilities. We are excited!

For more information on how to get involved or about the free screening, call 579 765-3999, email theatremoringheights@gmail.com or visit our website at theatremorinheights.ca.



Visual Arts Exhibition: Ducharme and Faucher

The Municipality of Morin-Heights is pleased to present the works of artists Robert Ducharme and Philippe Faucher for the first time together.

The exhibition will take place from August 2 to August 8 at the Chalet Bellevue, and a vernissage open to all will be held on Friday, August 5, from 17:00 to 20:00.

Come and discover the works of these two artists. Robert Ducharme is a resident of Morin-Heights; his painting is rooted in his nature as a photographer, playing with nuances, space, and emptiness. Philippe Faucher will present works that combine colour and depth through the play of reflections and transparencies that only oil allows. A resident of Sainte-Anne-des-Lacs, he was at the origin of the collective “*Les Artistes des Lacs*”.

For a taste of their work, visit toilesrobertducharme.com and philippefaucher.com.

Information: chaletbellevue@morinheights.com or 450 226-3232, ext. 132

Book Fair of the Association des auteurs des Laurentides, at the Chalet Bellevue from August 12 to 14. More details to come in the next Info Morin-Heights!



The *Carrefour jeunesse-emploi des Pays-d'en-Haut*, in partnership with the *MRC des Pays-d'en-Haut*, is carrying out a cultural mediation project involving street arts and young people aged 15 to 35. Following the three projects realized in the municipalities of Saint-Adolphe d'Howard, Sainte-Anne-des-Lacs and Saint-Sauveur, it is now Morin-Heights, Sainte-Marguerite-du Lac-Masson and L'Estérel's to receive the artist Gabi Macaluso for a musical and visual project. With the help of four questions asked to the youth, the lyrics of a song will then be painted in the streets of the municipalities on the weekends of **June 11-12 and 18-19**. You are invited to take the brush and color the streets with us!

Follow us on the Facebook page “*Pays-d'en-Haut 15-35 ans*” for more details.





MAISON
DE LA FAMILLE
DES PAYS-D'EN-HAUT



The *Maison de la famille des Pays-d'en-Haut* will be closed for the summer. The whole team wishes you a great summer filled with adventures! We will see you again in September with a brand new program of activities, including the "halte-garderie", clothing counter, "Entr'amis" and workshops for parents! Also, keep an eye out for the date of our Open House in September, which will be announced on our Facebook page! See you soon!

www.maisondelafamille.com

Lummis Park

This summer, access to Lummis Park will be fee-based for non-residents but FREE for all residents with their citizen cards. In addition, each resident can invite five people for free upon presentation of their citizen card.

Services offered

- Sand volleyball court
- Book box
- Children's park and toy box
- Parking
- Picnic tables
- Chemical toilets

FEES

Category	Daily fee
Morin-Heights residents	Free with citizen card
MRCPDH residents	Free with proof of residence*
Non-resident	\$5 ** Payment method by card only
Children 17 and under	Free with proof ***

* Proof accepted, driver's license or citizen card

** No refunds in case of rain or storms

*** With proof of school attendance and identification

"Discovery of Sophrology" Workshop led by Suzanne Viot

New!
Free!

Strengthen the positive side of life and harmonize your body and mind through relaxation exercises, visualization, and movement. At the Chalet Bellevue.

Three date choices:

- June 18, 13:15 to 14:30
- July 20, 10:30 to 11:45
- August 17, 10:30 to 11:45

Information: 438 274-9019 •

Online registration via our website or by phone at 450 226-3232, ext. 132

World Knitting in Public Day

This is the perfect opportunity to get to know each other while knitting and chatting! This year, we will knit together on **Saturday, June 11, at Chalet Bellevue, from 14:00 to 16:00**. Bring your knitting, embroidery, crocheting supplies, coffee, tea, goodies, and a folding chair to sit on the balcony or the lawn, but above all, bring your cheerfulness! Experienced knitters will be ready to share their knowledge with novice knitters. Rain or shine, we'll knit and chat!



Viking Canoe & Kayak Club



Canoe Kids Summer Program

From June 27 to August 19, we offer a half-day summer camp, from 8:30 to 12:30, for children aged 5 to 11.

Youth Competitive Development Program

This program for 9- to 14-year-olds runs for 4 to 8 weeks on Mondays, Wednesdays, and Fridays from 8:30 to 12:30.

Also offered is an **adult recreational program** (canoe, kayak and dragon boat) and an **adult performance program** (canoe and kayak). Additionally, we offer the **PaddleAll Program**, which aims at providing individuals with disabilities with the opportunity of participating in the sport of sprint canoe kayak.

All programs are subject to change without notice, pending registration and demand. All equipment is supplied.

Location: 160 Route Principale, Wentworth-Nord, beside the Montfort Pavillion.

For more information and to register:

www.canoeakayaviking.ca •
canoeakayaviking@gmail.com • 450-226-1876

Essentrics

We are looking for a **certified level 3 or 4 instructor** to take over our course for the Fall 2022 Program.

You can send your application to the following email address:
marilyne.lortie@morinheights.com.

Royal Canadian Legion Activities

At 127 chemin Watchorn

The flea markets will take place on
June 4, July 9, August 6 and September 10
Breakfast and BBQ lunch are available
on site (\$).

FRIDAY, JUNE 17

TGIF Smoked Meat, at 18:00

SATURDAY, JUNE 18

Branch 171 - 75th Anniversary

SATURDAY, JULY 2

Canada Day Steak Supper, at 18:00

FRIDAY, JULY 15

TGIF Smoked Meat, at 18:00

FRIDAY, AUGUST 19

TGIF Smoked Meat, at 18:00

SATURDAY, September 3

Labor Day Supper, at 18:00

Events are open to all! Darts and military whist are off for the summer.

Information:

www.legion171.net • facebook.com/legion171 •
 450 226-2213



www.morinheights.com

Tennis and Pickleball

This summer, access to the tennis and pickleball courts is FREE for all residents with their citizen cards.

Where: Basler Park (99 ch. du Lac-Écho)

Opening hours: Every day, from 9:00 to 18:00, last game at 17:00

Available to you	
1 double tennis court	Synthetic surface
1 single tennis court	
4 pickleball courts	Acrylic surface

RATES

Categories	Daily rate	Season's pass
Morin-Heights resident	Free with citizen card	Free with citizen card
Non-resident	\$5	\$100
Children 17 years old & under	Free with proof *	Free with proof *

* With proof of school attendance and/or identification.

TO PLAY :

- / No reservation is necessary.
- / Playtime will be based on a first-come, first-served basis, with hourly rotation.
- / The game's duration is one hour maximum and can be extended if no one is waiting.
- / Present yourself at the entrance of Basler Park with your citizen card for free access to the courts. A daily access fee will be charged to non-residents.
- / Non-residents may purchase their season pass at the Chalet Bellevue reception desk between 9:00 and 16:00, 7 days a week, and present their pass to enter Basler Park.

** New this year **

Join other pickleball enthusiasts in playing this popular sport! Organized pickleball time slots have been reserved for these groups.

League's schedule**

Monday	9:00 to 12:00	Organized pickleball	Courts 2, 3 & 4
Tuesday		Beginner/initiation to pickleball*	
Wednesday		Organized pickleball	
Thursday		Organized pickleball	
Saturday		Organized pickleball	

This schedule is subject to change without notice. Other than these reserved time slots, the pickleball courts may be used for free practice.

INFORMATION :

/ Organized pickleball: By registration via email at chaletbellevue@morinheights.com

/ * Beginner/initiation to pickleball: By registration (maximum 8 players) via email to rdesmeules47@gmail.com

We invite pickleball players to purchase a membership from the Quebec Pickleball Federation at the cost of \$25. To do so, contact Sylvie Charland at the following email address: pickleball.laurentides@gmail.com.

Next editions!

FALL EDITION

August 15 to December 1, 2022

Deadline:
June 10, 2022

Distribution:
August 10, 2022

WINTER EDITION

December 1, 2022, to March 15, 2023

Deadline:
October 7, 2022

Distribution:
November 24, 2022

Visit www.morinheights.com to sign up for our new email newsletter to receive last-minute announcements, important reminders and details on current programming!

Gentle Summer Yoga New!

Gentle and fluid yoga practice to stretch, restore energy, and release tension. 17+.

Location: Chalet Bellevue
Rate: R: \$75 NR: \$90
Day: Monday 16:30 to 17:30
Dates: June 13 to July 18 (5 weeks)
 (no class on July 4)
Instructor: Daphnée Rosenberg
 819 692-1020 / holisticfitness@live.ca

Yoga

Freedom through breath, balanced strength and flexibility, deep well-being, and serenity.

Location: Chalet Bellevue
Rate: R: \$120 NR: \$138
Day: Wednesday 9:00 to 10:15
Dates: July 13 to August 31 (8 weeks)
Instructor: Lisa McLellan / 450 560-2803
 lisamcclellan07@gmail.com

Ballet Camp

A two half-day camp for the Ballet 2 and Ballet 3 levels for ages 7 to 12. Program: Variation, strengthening, pointe, ballet class.

Location: Chalet Bellevue
Rate: 1 week: \$90+tx
 2 weeks: \$180+tx
Dates: Week 1: August 8 and 9
 (Mon.-Tues.)
 Week 2: August 15 and 16
 (Mon.-Tues.)

Instructor: *Conservatoire de ballet classique des Laurentides /*
 Madame Isabeau / 514 608-3381 /
 isabeau_b@hotmail.com

Stretch & Strengthen

Improve posture, increase mobility and strength, and eliminate pain in a joyful and relaxing atmosphere.

Location: Chalet Bellevue
Rate: R: \$100 NR: \$115
Day: Tuesday 9:00 to 10:00
Dates: July 12 to August 30
 (8 weeks)
Instructor: Lisa McLellan / 450 560-2803
 lisamcclellan07@gmail.com

**FOR INFORMATION OR REGISTRATION,
 COMMUNICATE WITH THE INSTRUCTOR.
 R: resident NR: non-resident**

Introduction to Bridge Practices New! Free!

Initiation to bridge practices and guided bridge. Bilingual session and documents. This course is designed to initiate new players to join the regular sessions in the fall. IMPORTANT, we ask you to be on time! Minimum of 8 participants required.

Location: Chalet Bellevue
Day: Monday 10:00 to 11:30
Dates: June 20 to August 8
 (8 weeks)
Registration: morinheights.com
 (online services / online registration) or
 by phone at 450 226-3232, ext. 132
Instructor: Louise Lalonde
 louisevelo@gmail.com

Qi Gong - Do In - Meditation

Qigong is a component of traditional Chinese medicine that combines movement, meditation, and regulation of breathing to enhance the flow of energy in the body.

Location: Lummis Park
Rate: \$90
Day: Thursday 8:30 to 10:00
Dates: July 7 to August 11 (6 weeks)
Instructor: Geneviève Pepin /
 514 995-8441 / gene.pepin@gmail.com

Tai chi Chuan Free!

Free practice and exercise session (no teaching), no registration required. Improve health, maintain a calm and relaxed state, improve joint movements, increase blood circulation, stimulate the nervous system, and improve balance. Please join our group who enjoy practicing Tai Chi Chuan!

Location: Chalet Bellevue
Day: Saturday 9:00 to 11:00
Dates: July 9 to August 27
Info: Robert Lee / 450 227-8829

Important numbers

Town Hall

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

Telephone: 450 226-3232

Fax: 450 226-8786

www.morinheights.com

municipalite@morinheights.com

Emails:

bibliotheque@morinheights.com
 chaletbellevue@morinheights.com
 comptabilite@morinheights.com
 conseil@morinheights.com
 loisirs@morinheights.com
 mutation@morinheights.com
 pleinair@morinheights.com
 service.urbanisme@morinheights.com
 ssi@morinheights.com
 taxes@morinheights.com
 travauxpublics@morinheights.com

Sûreté du Québec des

Pays-d'en-Haut:

450 227-6848

Animal Control:

1 866 960-7722 • www.spcall.ca



**www.facebook.com/
 MunicipaliteMorinHeights**

Emergency 9-1-1:

**Public Works (evenings,
 nights, weekends, and
 holidays) Fire - Police -
 Ambulance Emergency
 Measures**

*Photos: Paul Mackay, Derek Shearer and
 Brigitte Cognard*

*Legal deposit - Bibliothèque et Archives nationales
 du Québec, 2022*

Graphic Design:

Turquoise Design / 514 592-8153
 www.turkoisedesign.com

Production:

Les Imprimés Triton / 1 888 990-3486
 www.groupepetriton.com