



INFO

Morin-Heights

In harmony with nature



MORIN-HEIGHTS
1855

MUNICIPAL INFORMATION

WINTER 2020-2021

DECEMBER / JANUARY / FEBRUARY / MARCH
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Torchlight Snowshoeing

At Basler Park (99 ch. du Lac-Écho)

Free!

The Municipality of Morin-Heights invites you to two fantastic torchlight events.

Saturday, February 6, starting at 18:30

Torchlight snowshoe hike or torchlight skating evening with music on the new large ice rink in Basler Park. After your activity, gather at the bonfire to share a hot chocolate while a storyteller livens up the evening with his tales and legends!

Saturday, March 6, starting at 18:30

Torchlight snowshoeing or cross-country skiing and bonfire.

Due to the pandemic context, we must limit the number of participants for each activity, so a reservation is required. Visit www.morinheights.com, "Online services" menu, and "Online registration" sub-menu.

For the snowshoeing activities, two courses of different lengths are offered. We suggest that families start at 18:30, the last authorized start is at 19:30.

In the event of bad weather, activities will be canceled. Check the "**Winter Carnival**" leaflet that will be mailed in early January to find out all the details.

Information: 450 226-3232, ext. 132

News from the Mayor

Dear fellow citizens,

We are well into the second wave of the COVID-19 pandemic, and the government is reporting cases in the province varying between 800 to 1100 per day. However, as I am writing these lines, the Laurentians remain in the orange zone.

The Morin-Heights community has done exceptionally well with a total of twelve cases since the month of March. Let's continue to practice public health measures and keep our loved ones safe!

This pandemic has forced us to review our urbanism plan since the arrival of a large number of cottagers, and the construction of new homes has put pressure on our transportation system as well as on the peace and tranquility of our environment.

At the September meeting, Council made the important decision of putting a moratorium on new subdivisions within the municipality for the months of September through November to be able to review the urbanism plan. Our objective is not to stop development in Morin-Heights but rather to better develop with less densification. Contrary to what people may think, there is not that much undeveloped land on our territory, and we would like to ensure that the remainder is well protected and preserved.

At the beginning of 2021, Council will present its revised urbanism plan, and we will consult the population to make sure that we are on the right path!

The pandemic implications affect all aspects of our operations, and it was unfortunate that we had to cancel Halloween on Village Road to protect our citizens.

I would like to especially thank all municipal employees and volunteers implicated in modifying their procedures and providing services to our citizens who needed to leave their homes safely. A big thank-you to the volunteers of the library, *Garde-Manger des Pays-d'en-Haut*, *Fouillerie*, *Entraide Bénévole*, and the Royal Canadian Legion who have

all ensured the well-being of the most vulnerable in its network, and to all of those in the background who have donated their time to help others in need.

I would also like to highlight our firefighters and first responders' implications as many have taken on a second job in CHSLDs or hospitals: Mickael Lamer, Oscar Diaz Camejo, Philippe Tremblay-Brien, Félix Ronceau, Cédrick Hollingdrake, Dominic Pomerleau, Karim-Laurent Bakry, and Vicky Deslauriers. Your dedication is commendable!

While we await a vaccine, I am asking everyone to make a last little effort by social distancing, wearing a mask, and washing your hands as recommended by our health officials.

Together, we will defeat this disease!

Yours truly,

Tim Watchorn, ing.
Mayor of Morin-Heights



www.morinheights.com

Youth Sports Refund Policy

The Municipality of Morin-Heights refunds the difference between the non-resident and resident fees up to a maximum of \$150 per child, per activity, per year, for enrollment in a minor hockey league, baseball, swimming or figure skating club.

The activities must be offered by a town located in the Laurentians, and the refund applies only to permanent residents of Morin-Heights, 17 years and younger.

The policy and refund forms are available at www.morinheights.com under "Online Services", then "Online Forms" or at the Chalet Bellevue.

Digital Newsletter

In the event of a major re-confinement and cancellation of activities in the coming months, we will not publish regular Info Morin-Heights. We will instead opt for more frequent communications via digital newsletters that will be sent by email. We invite you to subscribe to the mailing list so that you do not miss any relevant local information.

Citizen Alert System

If you have not already done so, we invite you to register for the citizen alert system, which allows us to quickly and efficiently reach our residents during emergency or disaster situations. The service is entirely **free**. The parameters are adjustable so you can choose how you will be contacted, either by phone call, SMS (text message), and / or email.

Register for these two services at www.morinheights.com/Forms-Summary.

Solidarity Calls

If you are over 70 and in need of resources and services in case of confinement, leave us your contact details so we can add you to our list of solidarity calls. 450 226-3232, ext. 132 or chaletbellevue@morinheights.com.



The *Garde-Manger* provides access to food aid 50 weeks a year to people living in precarious situations. Registration required by email or phone. Distancing measures and wearing a mask is always mandatory.

Registration for the 2020 Christmas vouchers by email at

info@gardemangerpdh.ca and in-person at the food distribution on November 10-17-24, at the Morin-Heights Town Hall (567 ch. du Village); bring all your documents.

La Fouillerie, thrift store,

28 rue Bennett, 450 644-0087

The *Garde-Manger* manages *La Fouillerie*; we encourage the public to donate their used items and provide customers with valuable items. ALL profits go to the Garde-Manger des Pays-d'en-Haut.

Opening hours: (may vary according to the conditions established by the Quebec Government)

Thursday and Friday, 9:00 to 15:00

The first Saturday of the month from 9:00 to 14:00

In December, the Fouillerie will be open every Saturday from 9:00 to 14:00!

Thank you for recycling, reusing, and repurposing!

The *Garde-Manger* des Pays-en-Haut's GUIGNOLÉE

On Saturday, December 12, the Guignolée will take place under a new format. Follow us on social media for all details.

Be generous; we need you, because eating is essential!

Information: **450 229-2011**

www.gardemangerpdh.ca

info@gardemangerpdh.ca

www.facebook.com/100morinsteadelepq/

Knitting trees

Mittens, scarves, tuques, neck warmers, our knitting trees are starting to bear fruit! Please continue to feed them with your knitted items for children. Once your items are finished, take them to the library, Town Hall or Chalet Bellevue and hang them on the trees that will be in place until early January.

As we did the past years, we will "pick" the trees when they are full and distribute the knitted goods to less-fortunate families in the region through the *Garde-Manger des Pays-d'en-Haut* and some elementary schools. So, knitters, to your needles!

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



Currently in recruitment period!

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 spring cleaning, window cleaning, preparing for a move;
- **seasonal work** such as raking, gardening, packaging, cleaning the garage or shed, etc.
- **respite services** for caregivers.

Contact us now to find out about all of our services!

450 229-6677 • marteau-plumeau.com



L'Inter des Laurentides will safely transport you to your favorite destination. Information on public transit in your area: www.linter.ca or 1-877-604-3377.



Association Historique de
Morin Heights
Historical Association

Heritage Awards Dinner

Each year, the Morin-Heights Historical Association holds its Heritage Awards Dinner to honor a person who has made a significant contribution to preserving our history and a building of architectural and historical importance. **This year's event is scheduled for Friday, February 25, at 18:00, at the Chalet Bellevue.**

Tickets are \$50 (\$25 tax receipt available on request) and will be available at Marché Vaillancourt or through the Association at mhha98@hotmail.com.

MORINHEIGHTSHISTORY.ORG



Animal Control

Article 9.6 of the Animal Control By-Law 503 stipulates that no animal may be left in an unattended vehicle.

“While our buildings are closed, our churches remain active”

While the **United Church** has been physically closed since March, they have still been able to meet for worship thanks to the Internet. There have been bible studies and exercise classes online, as well as picnics, charity events, and fundraisers together with the other congregations in the Laurentian Area Ministry. In an ever-changing pandemic situation, the United Church is giving in-person distanced worship a try, every second Sunday, at 11:00.

While **Trinity Anglican Church** has also been closed since March, the slogan on their sign is very appropriate “**While our buildings are closed, our churches remain active**”. They offer Sunday Service, daily evening prayer, and bible study online with Zoom, sharing with other churches in the Laurentian Regional Ministry. While they cannot continue their MHES breakfast program, they are supporting the *Garde-Manger des Pays-d'en-Haut* foodbank. They did open for in-person services in mid-September but have decided to pause since October due to the increase in Covid-19 cases in the area.

Maintaining their worshippers’ safety while providing online support and pastoral care remains the priority for both churches.

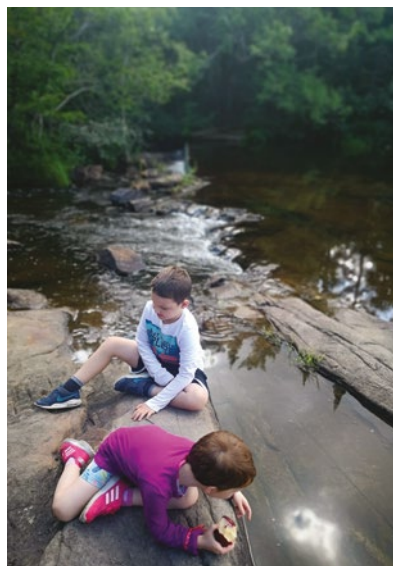


Photo contest

Share your best shots! It could be local landscapes, local activities or events, or Morinheighters who are all smiles!

The winner will receive a \$50 gift card from a local shop. Send your favorites shots 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 different communication tools or ads.

The winner of the contest from the previous edition is **Émilie Contant**, who won a \$50 gift certificate from Breadshop, micro-boulangerie located at 707 chemin du Village. Congratulations!



Disposable Protective Masks

The CNESST now requires employees in certain workplaces to wear exclusively disposable protective masks of the surgical or procedural type to protect themselves and others against the COVID-19 virus.

To be effective, these masks must be changed at least once a day, and specific professions require that they be changed several times a day.

This brings out an environmental problem. The Municipality is proud to come up with a solution by providing its employees, members of the administration, and its citizens with boxes to collect and recycle disposable masks.

These boxes, called “Zero Waste Box”, come from the company TerraCycle and are located at the Town Hall, Chalet Bellevue, library, and municipal garage. The only items accepted are: disposable surgical masks (procedures), nitrile and latex gloves, beard and hairnets, earplugs, and safety glasses. No other item can be deposited.

Let’s protect each other while protecting the environment!

Collections Calendar

SECTOR 2-YELLOW

DECEMBER 2020							JANUARY 2021							FEBRUARY 2021							MARCH 2021						
D	L	M	M	J	V	S	D	L	M	M	J	V	S	D	L	M	M	J	V	S	D	L	M	M	J	V	S
		1	2	3	4	5						1	2		1	2	3	4	5	6		1	2	3	4	5	6
6	7	8	9	10	11	12	3	4	5	6	7	8	9	7	8	9	10	11	12	13	7	8	9	10	11	12	13
13	14	15	16	17	18	19	10	11	12	13	14	15	16	14	15	16	17	18	19	20	14	15	16	17	18	19	20
20	21	22	23	24	25	26	17	18	19	20	21	22	23	21	22	23	24	25	26	27	21	22	23	24	25	26	27
27	28	29	30	31			24	25	26	27	28	29	30	28							28	29	30	31			
							31																				
							An additional recycling pick-up is scheduled on January 7. The brown bin will be picked-up on the 14 th .																				

SECTOR 3-GREEN

DECEMBER 2020							JANUARY 2021							FEBRUARY 2021							MARCH 2021						
D	L	M	M	J	V	S	D	L	M	M	J	V	S	D	L	M	M	J	V	S	D	L	M	M	J	V	S
		1	2	3	4	5						1	2		1	2	3	4	5	6		1	2	3	4	5	6
6	7	8	9	10	11	12	3	4	5	6	7	8	9	7	8	9	10	11	12	13	7	8	9	10	11	12	13
13	14	15	16	17	18	19	10	11	12	13	14	15	16	14	15	16	17	18	19	20	14	15	16	17	18	19	20
20	21	22	23	24	25	26	17	18	19	20	21	22	23	21	22	23	24	25	26	27	21	22	23	24	25	26	27
27	28	29	30	31			24	25	26	27	28	29	30	28							28	29	30	31			
* The brown bin pick-up of December 25 will be held on the 31 st .							31 * An additional recycling pick-up will be held on January 8. The brown bin will be picked-up on the 15 th .																				

Residual Materials

The garbage collection (black bin) is now reduced to once a month for the winter season throughout the MRCPDH territory. Thus, this measure meets the objective of reducing the quantity of waste that goes to landfill and increasing the sorting of organic and recyclable materials. In addition, it reduces the emission of greenhouse gases emitted by the garbage trucks runs, as well as the costs related to the collection itself and the transport and processing at the landfill site.

Tools are available to assist you:

- <https://lespaysdenhaut.com/services-aux-citoyens/environnement/>
- Ligne info-collecte : 1 855 PDH-RECY or 450 229-8052 | infocollecte@mrcpdh.org



Caption

- 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
- Change in pick-up day
- No garbage pick-up

Ecocentre

The intermunicipal Ecocentre is located at 2125 ch. Jean-Adam in Saint-Sauveur, 450 227-2451.

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

Opening Hours:

Friday to Tuesday, from 7:30 to 11:45 and from 13:00 to 16:00.

Public Works

The Municipality is seeking the population's cooperation in order to respect the municipal instructions and regulations for the winter period and thus allow our snowplows to intervene quickly and effectively this winter.

Streets Snow Removal

Snow removal and the spreading of abrasive are the main activities of the Public Works Department during winter. The speed of execution of these activities improves safety on our streets. For this reason, we remind you that when removing snow from driveways, parking lots, and pedestrian walkways, you must deposit snow on your private land and not on the municipal property so as not to interfere with snow removal operations. It is your responsibility to notify your private contractor. Anyone who contravenes this by-law is liable to a minimum fine of \$ 100 for a first offense (By law 569 2019). **Remember that parking is prohibited on all public roads, under penalty of a fine, and the risk of being towed at your expense.**

Sidewalks Snow Removal

Snow removal on sidewalks and widening of roads is done with various vehicles and a snowblower. By-law 401 (available online) allows snow blowing on private properties.

Sanding

The mixture spread on the roads is made of sand in which is added 5% of salt and is generally applied once the snow has stopped falling. This mixture is more efficient and easier on the environment than salt alone, as salt is efficient only when temperatures range between 0°C and -15°C.

Temporary winter shelters and property markers

Be sure to set up your temporary winter shelter and markers on your property. The structures and markers installed in the street right-of-way interfere with snow removal operations and slow down operators' work. Choose wood or fiberglass poles since metal poles can damage snow removal equipment causing significant costs and delaying work. In addition, if breakages are caused to structures located within the municipal right-of-way, the Municipality cannot be held responsible for

the damage because it is the citizens' responsibility to respect this area.

Collection of bins

We ask for your cooperation to promptly put away your bins after collection (garbage, recycling, and composting). You must place your bins in your driveway and not in the street or on the sidewalk. The required distance is 1 to 1.2m (3 to 4 ft) between your bin and the roadway.

Courtesy and respect

During snow removal operations, we invite you to show courtesy by giving way to snow removal vehicles so that they can perform safe maneuvers during their various operations. During a loading operation, you should never overtake the convoy of trucks unless a flag person gives you permission to do so. Likewise, compliance with the flaggers' instructions is always essential during detours since the objective remains to accelerate all snow removal activities to allow users to regain full access to the public highway as fast as possible.

Structures or plants close to the road

Encroachment on the public road right-of-way

Property owners whose landscaping encroach on a portion of the street right-of-way must limit the use of that space to sod or access structures. These must not interfere with the Municipality's various maintenance operations, snow removal, hinder drainage, or constitute a nuisance to traffic or a danger to public safety.

Private property

Whether there is a fence, a hedge, or a flowerbed in front of your property, they must be protected in the fall. Note that the first meter inside your property line, not from the curb or the ditch, must remain free of any installations and structures. This clearance is required primarily for snow removal operations. This principle also applies to garbage, compost, and recycling bins.

All owners remain responsible for their installations bordering a road, and the Municipality will not accept any liability claims for damages incurred to these structures or plants



Reminder

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

Morin-Heights Fire Department and First Responders

Clearance of exits

In the event of a fire, being able to **evacuate your home quickly** is essential. In winter, the accumulation of snow or ice in your outdoor exits can interfere with evacuation.

- After each snowfall, remove snow from your exits, balconies, patio and windows.
- Make sure windows are cleared of snow and thawed. A window blocked by ice can prevent escape.
- Provide a meeting point accessible in winter and visible to firefighters upon their arrival.

In a fire, you and your family may have **less than three minutes** to get out of your home safe and sound. Imagine the precious seconds you would lose if the exit you had to use during a fire were snowy!

- Ensure that windows that can be used as emergency exits are accessible from the inside to a young child and that the child knows how to open and access them.
- Make an evacuation plan for your home and practice evacuating with your family members to increase your chances of getting out safe and sound in a fire.

Clear your exits from **any bulky items** such as toys, shoes, school bags, shovels, snowblowers, barbecue, stored garden furniture, etc.

Also visit:

- www.securitepublique.gouv.qc.ca/en/fire-safety/preventing-a-fire/smoke-alarms.html
- www.securitepublique.gouv.qc.ca/en/fire-safety/preventing-a-fire.html

Think about:

- Checking that the civic number of your residence is visible at all times from the public highway to facilitate the intervention of emergency services in the event of an emergency. Did you know that most municipalities in Quebec have regulations on this subject? Check it out!
- Informing your municipality if the fire hydrant located near your residence is not cleared of snow.

Part-time Job Offer

The Morin-Heights Fire Department is currently recruiting for its bank of candidates. Morin-Heights firefighters must also act as first responders.

Selected candidates must:

- be 18 years or older, and be full-time residents of Morin-Heights at the date of hiring;
- have followed one of the following firefighter training programs: Fireman 1, DEP in Fire Safety Intervention or DEC in Fire Safety Techniques or be ready to follow Firefighter 1 and First Responders training;
- have a valid class 4A Quebec drivers license;
- have no criminal record and be able to provide proof at the time of hiring;
- have great availability.

Those interested in applying can send their resume by January 1st, 2021, to the attention of Mr. Charles Bernard at **ssi@morinheights.com** or drop it off at 567 chemin du Village.

www.morinheights.com

Outdoor Network



Cross-country Ski, Snowshoe, and Fatbike

The cross-country ski, snowshoe, and fatbike season will be taking place under public health guidelines. Therefore, you should expect some adjustments to our usual mode of operation (rental of equipment, waxing room, ticket sales method) according to the regulations and measures in force.

Otherwise, you can take full advantage of the great outdoors!

Morin-Heights network gives you access to:

- The Viking Ski Club network, creating a combined 200 km of nordic and mechanically groomed trails;
- The FIS certified Fondeurs ski trail (5 km);
- 30 km of snowshoe trails also accessible to fatbikes.

Season passes and tickets

Online sales only. Call 450 226-3232, ext. 132 if you need assistance to do so.

Information on rates at

www.morinheights.com/Outdoors.

Morin-Heights residents!

New!

Free snowshoeing and fatbike passes for Morin-Heights residents. You still need to reserve a season pass online, at no charge.

Landowners

Free VIP passes for landowners with trails on their property are also available. All you need to do is contact us to validate your property rights. Leave your name, telephone, and address of the residence in Morin-Heights on which there are trails at 450 226-3232, ext. 140.

Reminder of the rules on the trails

- Respect the public safety measures in force from the area you live in
- Keep dogs on a leash
- Courtesy between the different trail users
- Bring back your trash
- My safety... my responsibility!

Information:

www.morinheights.com/Outdoors

pleinair@morinheights.com

450 226-3232, ext. 130

450 226-3232, ext. 132 (off-season)

Chalet Bellevue (27 rue Bellevue)

Complaints and comments:

daniel.charbonneau@morinheights.com



Rinks

This year, two new rinks will open at Basler Park (99 ch. du Lac-Écho)!

You will find a smaller rink ideal for families and a bigger one with the NHL's regulatory dimensions. More on rinks status and scheduling at www.morinheights.com/Patinoire-Skating-Rink.

Ice conditions:

450 226-3232, ext. 122



Municipal Library

The municipal library is located at **823 chemin du Village**; it is closed on civic holidays. The annual membership is free for all residents.

To find out about the new books on our shelves, contact us directly!

Information:

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

Current Operating Mode

Indoor access to library users is authorized again but is **limited to the loans desk only** and for two visitors (or couples, or families) at a time. Two people (or couples, or families) can wait in the entrance hall, maintaining social distancing; the others must wait outside. Entrance is from the front, and exit is at the back of the building. Wearing a face covering and social distancing is mandatory for all visitors.

It is recommended that you continue to make your reservations online at **mabiblioamoi.ca** or by email at **bibliotheque@morinheights.com**, but you can also simply go to the counter and ask for the titles that you are interested in. You will not be able to walk around the library, sit there to read or use the computers. For book returns, we invite you to continue to use the book chute accessible outside, on the side of the building. Otherwise, a bin is installed in front of the loan desk where books can be left. All returns are quarantined for 72 hours before they are available again.

The late fees remain suspended, the number of authorized loans is five per person and the rental period is still four weeks at the moment. We also offer a Library on Wheels service if you wish to receive your books directly at home!

Note that the library's opening hours are as follows: Tuesdays, Thursdays, and Saturdays, from 10:00 to 16:00. The volunteer team missed its visitors, so drop by soon!

Medialab Project

We are working on a medialab project at the municipal library, mainly with teenagers in mind (10-17 y.o.). We want to take the pulse of what would appeal to them, so we invite all Morin-Heights' teenagers and the surrounding areas to complete a short online survey: www.morinheights.com/Survey-for-our-teens.

If this project sounds exciting to you, no matter your age, don't hesitate to take the survey!

Please note that the municipal library does not accept book donations. We regularly find bags and boxes of abandoned books outside our doors. These books are automatically thrown away, no matter what condition they are in, so we ask that you dispose of them yourself or share them through our book boxes at Basler and Lummis parks (not available in wintertime).

Cultural Programming

Online activities and conferences (in French) presented by the municipal library



Zoom links to attend these activities will be available later on through our website and Facebook page.

«Christmas stories» on December 22, at 14:00

Gloria Ramia Prenafeta presents two Christmas stories for children 0 to 12 years old.

«Guitar, etc.» on January 20, at 19:00

We all know and love guitars. But did you know about all of its siblings, cousins, and other relatives? With Philippe-Emmanuel David's help, discover all about acoustic, baritone, gypsy jazz guitars, mandolin, ukulele, etc. In all, fifteen instruments will be presented.

«When composers have fun» on February 14, at 13:30

Discover the humorous side of classical music in this conference by Catherine Mathieu, where pastiches, caricatures, parodies, and musical mind games by great composers will make you smile!

«Clowning Workshop» on March 5, at 15:30

Martin Silversmith Lefebvre, a public entertainer for more than 20 years, invites you into his hilarious world. Together, we will explore clownish gaits, manipulating ordinary objects for comic purposes, mime, grimaces, and clownish situations. Basically, how do you make people laugh?! To conclude this workshop, he will talk about his involvement in developing countries with Clowns Without Borders. Fun for the whole family!

Theatre Morin Heights

Thank you to our loyal audience for coming out to share and enjoy live theatre last fall during our Little Grimley Festival of one-act plays by David Tristram. Free play reading evenings, open to everyone, are being planned for January, February, and March 2021. Dates, times, and venue will be confirmed shortly.

For more information and to check out our latest activities, visit theatremorinheights.ca, email theatremorinheights@gmail.com or call 579-765-3999.



Laurentian Reading Club

Enjoying reading, ideas, and each other's company since 1959.

The Laurentian Reading Club meets on the third Tuesday of every month from September to June, at 13:00 at Chalet Bellevue in Morin-Heights. Why not join us for lively discussions of books and reading? Our meetings are held in English. Members are asked to contribute \$20 a year to cover the cost of books. For more information, please contact Jane Philibert at 450 226-6947 or janephil@cgcable.ca.

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

The *Club de lecture en français* carries on its seventh year of monthly meetings. The club meets at Chalet Bellevue every fourth Tuesday of every month, from 13:30 to 15:30 to discuss reading: new finds, books we re-read, and favorites.

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

Knitting Group

The knitting group meets twice a month to knit, chat, and share ideas. And it's not just for knitters; those who like to crochet, do embroidery, or other needlework are also welcome!

Meetings are held at Chalet Bellevue on the second and fourth Thursdays from January to March, from 13:00 to 16:00. You are welcome for the full three hours or part of the time, depending on your availability.

This is an informal group, no need to sign up or reserve. Join us to work, share, and chat! All you have to bring is your supplies. Contact Monique Bélisle at 450 226-8464 if you have questions.

Spring Break

Tuesday, March 2 and Thursday, March 4
from 13:00 to 16:00 at Basler Park (99 ch. du
Lac-Écho)

Many activities will be offered. Details will
be published later. Check out our Facebook
page in February for more information.

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). Donations
are welcome (tax receipts provided).

This fall and winter, our meetings will take place via
a combination of in-person sessions and via ZOOM.

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.

Accès Loisirs des Pays- d'en-Haut Program



Following the implementation of
the program in the participating
cities (Sainte-Adèle, Saint-
Sauveur, Morin-Heights, Sainte-Anne-des-Lacs,
Piedmont, Sainte-Marguerite-du-Lac-Masson), the
partners continue to offer the Accès-Loisirs Québec
Program in the Pays-d'en-Haut area, in collabora-
tion with the *Maison de la Famille des Pays-d'en-
Haut*.

This program enables people from 0 to 99, facing
a low-income situation to participate, at no cost,
in different recreational activities. This opportunity
allows this clientele to break the isolation and join
in their neighborhood's social life and in complete
confidentiality.

Registration for the winter season will be on
Wednesday, January 13, from 17:00 to 20:00 at
Maison de la Famille, located at 480 rue des
Capucines in Ste-Adèle. To benefit from this pro-
gram, you must bring proof of your revenue. Find out
more by getting in touch with your local Recreation
Department (450 226-3232, ext. 132).

PROGRAMME
DAFA

DIPLÔME D'APTITUDE AUX FONCTIONS D'ANIMATEUR

26-27-28 mars &

9-10-11 avril 2021

MONT HABITANT
12 CHEMIN DU SKIEUR
SAINT-SAUVEUR QC.

Certification obligatoire (33 h) pour travailler en animation dans les camps de jour municipaux de la MRC des Pays-d'en-Haut.



INSCRIPTION

1ER FÉVRIER AU 25 MARS 2021

WWW.PROGRAMMEDAFA.COM

COÛT 90 \$

INFORMATION

450 227-1888 POSTE 230

TECHLOISIRS@PIEDMONT.CA

Ice Skating Program

We are looking for an instructor to teach the basics of skating to the little ones and figure skating to the older ones. Contact Mrs. Catherine Maillé at catherine.maille@morinheights.com.

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



COST	RESIDENT	NON-RESIDENT
Beginner (3 ½ - 5 years old)	\$55	\$65
Intermediate and advanced	\$60	\$70

SCHEDULE (the level will be determined on the first class)

Beginner - 3 ½* to 5-year-olds - (*on January 1st, 2021) 9:45 to 10:30

Intermediate - 6-year-olds and up - 10:45 to 11:45

Intermediate and advanced
12:00 to 13:15

Mandatory equipment:

- / Helmet, elbow, and knee pads
- / Protective eyewear or helmet with a face mask is recommended, especially for small children who will do exercises on their hands and knees
- / Adjusted «bib type» neck guard to cover the neck and upper chest area
- / Water-resistant gloves or mittens

REGISTER online or at Chalet Bellevue at the latest on January 4th; classes start on January 9th! No registrations will be accepted at the skating rink.

Information: 450 226-3232, ext. 132



www.morinheights.com

Pick-up Hockey for children 5 to 15 years old

Free!

Considering the current pandemic, we are only accepting twelve registrations per level. A draw will be made from all the registrations received to allocate the available places. Four against four games, more than ever, your presence is required.

This recreational hockey program offers children 5* to 15 years of age (as of September 30th, 2020), an opportunity to play traditional pick-up hockey at the local outdoor skating rink.

**If a sufficient number of children aged 5 and 6 is reached, we will start a team for this age group.*

Emphasis is on fun, team spirit, and participation. The program will mostly take place at the skating rink, except for a few exhibition games, which will be organized within the MRC (if the situation allows it in the context of the pandemic).

The program is **free**, places are limited, and it is entirely run and supervised by volunteers, so please respect their involvement by showing up! Hockey is a sport where team spirit is essential; your children's presence at all games is key.

Full equipment is required: helmet with full face protector, neck protector, shin and knee guards, gloves, pelvic protector, hockey stick, and skates.

7 to 10 years old: Tuesdays from 18:30 to 19:30

11 to 15 years old: Thursdays from 19:00 to 20:30

Starts on Tuesday, January 5th ice and weather conditions permitting, at the new rink located at Basler Park (99 ch. du Lac-Écho). The program ends on February 27th.

Ice conditions: 450 226-3232, ext. 122

Online registrations only: www.morinheights.com ("Online Services" menu, then "Online Registrations").

Places are limited.**

***Priority will be given to Morin-Heights residents up to December 11th. Following this date, all remaining places in the program will be filled with non-residents, first come, first served.*

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



SUPERFOLK MORIN-HEIGHTS

To all seniors, we want to gather your recipes to bring them together in a special project to come.

Send your best recipe to info@superfolk.ca.

Receive your personal invitations for SUPERFOLK EVENTS, register with www.superfolk.ca.



Next edition!

The budget edition of Info Morin-Heights will be mailed with your 2021 tax account. To submit a text for the bulletin, send a French and an English version karyne.bergeron@morinheights.com.

SPRING EDITION

March 15 to June 1, 2021

Deadline: January 22, 2021

Distribution: March 12, 2021

SUMMER EDITION

June 1 to August 15, 2021

Deadline: April 16, 2021

Distribution: May 28, 2021

FALL EDITION

August 15 to December 1, 2021

Deadline: June 11, 2021

Distribution: August 13, 2021

WINTER EDITION

December 1, 2021, to March 15, 2022

Deadline: October 8, 2021

Distribution: November 26, 2021

2021 Viking Loppet – on February 28

Mark your calendar for the 49th edition of the Viking Loppet! This regional classic cross-country ski race is designed for intermediate to advanced skiers of all ages. Register at www.vikingskiclub.ca and enjoy racing on some of the most beautiful trails in the Laurentians!



Holiday schedule

The offices of the Municipality will be closed for the holiday season **from Wednesday, December 23, 2020, to Monday, January 4, 2021, inclusively.**

We wish you a Merry Christmas! Health and happiness for the New Year!

Inter-municipal agreement

An inter-municipal agreement between Morin-Heights, Piedmont, Saint-Adolphe-d'Howard, Sainte-Adèle, Sainte-Anne-des-Lacs and Sainte-Marguerite-du-Lac-Masson allows citizens from these six towns to register **in the following selected courses at resident rates**. The purpose of this agreement is to promote courses that do not reach the minimum number of participants required to start the session and thereby allows access to a more varied service offer.

Registration process

Enquire directly about the registration process, dates, schedules, prices, and availability with the town offering the class(es) of your choice. Proof of residence is required. We suggest that you contact the municipality offering the course or visit their website to get information. The refund terms and conditions are those in effect in the town offering the class.

FOR INFORMATION

Municipality of

Morin-Heights:

450 226-3232, ext. 132 /
morinheights.com

Municipality of Piedmont:

450 227-1888, ext. 223 /
piedmont.ca

Municipality of

Saint-Adolphe-d'Howard:

819 327-2626, ext. 1 /
stadolphedhoward.qc.ca

Municipality of

Sainte-Anne-des-Lacs:

450 224-2675, ext. 262 /
sadl.qc.ca

City of Sainte-Adèle:

450 229-2921, ext. 7244 /
ville.sainte-adele.qc.ca

City of Sainte-

Marguerite-du-Lac-Masson:

450 228-2543, ext. 221 /
lacmasson.com

YOUTH

Club Nature Famille

Sainte-Marguerite-du-Lac-Masson

Contemporary Dance

Sainte-Adèle and Saint-Adolphe-d'Howard

Creative Dance (3-5 y.o.)

Sainte-Adèle and Saint-Adolphe-d'Howard

Floor Hockey

Sainte-Adèle

Hip-Hop Dance (6-13 y.o.)

Sainte-Adèle and Saint-Adolphe-d'Howard

Science en folie

Sainte-Marguerite-du-Lac-Masson

Self-Defense

Sainte-Adèle

Traditional Scottish Highland Dancing

Morin-Heights

PARENTS-CHILD

Club Nature Famille

Sainte-Marguerite-du-Lac-Masson

Stay Safe Program

(8-12 y.o.)
Sainte-Adèle

ADULTS

Ashtanga

Saint-Adolphe-d'Howard

Cardio latino

Morin-Heights

Cardio swing

Morin-Heights

Cardio / HIIT

Morin-Heights

Essentrics Aging Backwards

Morin-Heights and Saint-Adolphe-d'Howard

Fitness

Saint-Adolphe-d'Howard

Fitness Center

Sainte-Marguerite-du-Lac-Masson

Flexibility, Strength, and Mobility

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

Gipsy Dances

Piedmont

Hatha Yoga

Morin-Heights

How to use an iPad

Sainte-Anne-des-Lacs

Meditation

Sainte-Anne-des-Lacs and Sainte-Marguerite-du-Lac-Masson

Middle Eastern Dances

Piedmont

Painting and Creativity

Morin-Heights and Sainte-Adèle

Photography

Morin-Heights

Pilates

Saint-Adolphe-d'Howard

Qi Gong

Sainte-Adèle and Morin-Heights

Qi Gong yoga

Saint-Adolphe-d'Howard

Solo latino

Morin-Heights

Spanish (all levels)

Ste-Adèle and Morin-Heights

Spanish Conversation Club

Sainte-Adèle and Morin-Heights

Stretching and Toning

Sainte-Anne-des-Lacs

Tai chi

Piedmont

Taijifit

Saint-Adolphe-d'Howard

Yoga

Saint-Adolphe-d'Howard

Yoga and meditation

Morin-Heights

Yoga and snowshoe for all

Sainte-Marguerite-du-Lac-Masson

Yoga for all

Sainte-Marguerite-du-Lac-Masson

Yoga on a chair

Sainte-Anne-des-Lacs

Yoga Yin

Saint-Adolphe-d'Howard

Vini yoga

Saint-Adolphe-d'Howard

Yoga 50+

Sainte-Marguerite-du-Lac-Masson

Zumba

Saint-Adolphe-d'Howard

For a complete schedule of the classes offered in Morin-Heights, please see pages 16-18.

Courses Schedule

FOR INFORMATION OR REGISTRATION, COMMUNICATE WITH THE INSTRUCTOR.
R : resident NR : non-resident / * : contact instructor for more information.

If there is a cancellation of activities,
this course will continue online.

Cardio / HIIT

This stimulating class alternates between cardiovascular training and resistance training. The movements are simple, effective, and varied. Complete, fun, and very motivating!

Location: Chalet Bellevue
Rate: R: \$165/ 1x week or \$325/ 2x week or \$15/ class
NR: \$205/ 1x week or \$405/ 2x week or \$17,50/ class
Day: Monday 9:00 to 10:00
Dates: January 6 to March 23 (12 weeks)
Instructor: Andr  a Beaulieu / 450 822-7486 /
espritalpin@gmail.com

Stretch & Strengthen

Improve posture, eliminate pain. Strengthen muscles, increase vitality, and well-being.

Location: Chalet Bellevue
Rate: R: \$15 / class or \$20 / 2x week NR: \$17,25 / class or \$23 / 2x week
Day: Tuesday 9:00 to 10:00
Dates: January 12 to March 30
Instructor: Lisa McLellan / 450 560-2803 /
lisamcclellan07@gmail.com

Ballet

Location: Chalet Bellevue
Rate: *
Day: **Tuesday** 17:00 to 18:00 pre-ballet (3 1/2 to 5-y.o.)
18:00 to 20:00 ballet 3 / elementary
(11-y.o. and +)
Friday 17:00 to 18:15 ballet 2 (8 to 10-y.o.)
18:15 to 20:15 ballet 3 / elementary
(11-y.o. and +)
Sunday 9:00 to 9:45 pre-ballet (3 1/2 to 5-y.o.)
10:00 to 11:15 ballet 1 (6 to 7-y.o.)
11:30 to 13:00 ballet 2 (8 to 10-y.o.)
13:00 to 15:00 ballet repertoire
(ballet 3 / elementary)
Dates: until June
Instructor: Conservatoire de ballet classique des
Laurentides / Madame Isabeau /
514 608-3381

Essentrics Aging Backwards

Prevents, slows, and heals the aging of the body. For people with stiffness related to atrophy, progressive or severe limitations, chronic pain, or for those who are starting to exercise after a sedentary period. Small groups for a better experience. 15 to 90 years old.

Location: Chalet Bellevue
Rate: R: \$145 / NR: \$165
Day: Monday and/or Wednesday 9:30 to 10:30
Date: January 11 to March 31 (12 weeks)
Instructor: Ginette Ouimet (certified Essentrics instructor level 4) / 450 543-0308
essentricsavecginette@gmail.com / essentricsavecginette.vpweb.ca

Essentrics

Muscular strengthening technique that balances the whole body, releases the joints, improves posture, and increases flexibility. A therapeutic technique adapted for all conditions. Small groups for a better experience. Registration required, limited places!

Location: Chalet Bellevue
Rate: R: \$145 / NR: \$165
Day: Monday and/or Wednesday 11:00 to 12:00
Dates: January 11 to March 31 (12 weeks)
Instructor: Ginette Ouimet (certified Essentrics instructor level 4) / 450 543-0308
essentricsavecginette@gmail.com / essentricsavecginette.vpweb.ca

Yoga and Meditation

Hatha yoga, meditation, and spiritual disciplines.

Location: Chalet Bellevue
Rate: *
Day: Monday 16:30 to 18:30
Dates: January to March
Instructor: Louise Bloom / 450 226-5844

Combo 55+

Strength training, cardio, balance, and coordination! Fun, effective, and great music!

Location: outside of Chalet Bellevue
Rate: R: \$15 / class or \$20 / 2x week
NR: \$17,25 / class or \$23 / 2x week
Day: Thursday 9:30 to 10:30
Dates: January 14 to April 1
Instructor: Lisa McLellan / 450 560-2803 /
lisamcclellan07@gmail.com

Photography

The theme of this session is the **portrait** (light, composition, expression of the subject). In Bruno Larue's photo lessons, you will not only learn to get comfortable with your camera (digital with manual mode), but also experiment with your creativity. Beginners welcome!

Location: Chalet Bellevue
Rate: R: \$268 / NR: \$308
Day: Tuesday 9:00 to 12:00
Dates: January 19 to March 9 (8 weeks)
Instructor: Bruno Larue / 514 830-0432 / www.brunolarue.com / brunolarue@me.com

Acrylic Painting & Creativity

The theme of this session: shape, line, gesture, composition (acrylic and oil). LiliFlore's courses focus on discovering your style through the **exploration** of different painting techniques, as well as the taming of your **creativity**. Beginners welcome!

Location: Chalet Bellevue
Rate: Session 1: (8 weeks): R: \$268 +tx / NR: \$308 +tx
 Session 2: (4 weeks): R: \$148\$ +tx / NR: \$170 +tx
Day: Wednesday 13:30 to 16:30
Dates: Session 1: January 13 to March 3
 Session 2: March 10 to 31
Instructor: LiliFlore / 514 638-5810 / liliflore.ca / liliflore.ca@gmail.com

Qi Gong

New!

A gentle but profound energy exercise that strengthens the immune system and increases vitality and happiness.

Location: Chalet Bellevue
Rate: R: \$15 / class or \$20 / 2x week
 NR: \$17,25 / class or \$23 / 2x week
Jour: Thursday 11:00 to 12:00
Dates: January 14 to April 1
Instructor: Lisa McLellan / 450 560-2803 / lisamclellan07@gmail.com

Spanish Level 1

Semi-private beginner-level lessons for those who are not familiar with the language. Material included, 16+, limited places!

Location: Chalet Bellevue
Rate: R: \$165 / NR: \$190
Day: Thursday 12:00 to 13:30
Dates: January 14 to March 24 (10 weeks)
Instructor: Yoalli Gallegos / 819 326-7706 / laurentidescascasapagnol@hotmail.com

Tai Chi Yang Stretch and Meditation

Physical, mental, and emotional balance. Possibility of joining the course at any time.

Location: Chalet Bellevue
Rate: R: \$110 / NR: \$130
Day: Tuesday 10:30 to 11:45
Dates: February 9 to March 23 (7 weeks)
Instructor: Michelle Gendron / 450 712-6834 / mich.gendron@yahoo.ca / ecoledetaichilibre.com

Yoga stretching

This class is specifically designed to restore your muscles' elasticity, flexibility, and the oxygenation needed to keep them healthy. Yoga stretching helps the fundamental amplitude of the body. No previous experience required. For adults and seniors.

Location: Chalet Bellevue
Rate: R: \$165/ 1x week or \$325/ 2x week or \$15/ class
 NR: \$205/ 1x week or \$405/ 2x week or \$17,50/ class
Day: Wednesday 9:00 to 10:00
Dates: January 6 to March 23 (12 weeks)
Instructor: Andréa Beaulieu / 450 822-7486 / espritalpin@gmail.com

Spanish Conversation Club

For those who have reached an advanced level and want to make progress in conversation. We write, we read, we listen, but mostly, we speak Spanish. Material included, 16+, limited places!

Location: Chalet Bellevue
Rate: R: \$165 / NR: \$190
Day: Thursday 8:45 to 10:15
Dates: January 14 to March 24 (10 weeks)
Instructor: Yoalli Gallegos / 819 326-7706 / laurentidescascasapagnol@hotmail.com

Cardio Snowshoe

60-minute interval training that combines cardiovascular and muscular exercises. Ideal for diversifying your training and enjoying a practical session that combines the pleasures of winter with the benefits of structured supervised coaching.

Location: Aerobic Corridor
Rate: \$11,50/class x 11 weeks = \$156,95 tx in.
Day: Saturday 10:00 to 11:00
Dates: January 4 to March 21 (11 weeks)
Instructor: Cardio Plein Air (Julie Raymond or Lyne Bissonnette) / 450 643-0465 / st-sauveur@cardiopleinair.ca or register directly at www.cardiopleinair.ca

 If there is a cancellation of activities, this course will continue online.

Cardio Latino

New!

Fitness with Latin dances movements, for everyone!

Location: Chalet Bellevue
Tarif: R: \$112 / NR: \$132
Rate: Thursday 11:45 to 12:45
Dates: January 7 to March 23 (12 weeks)
Instructor: Francisco De La Calleja /
514 436-0567 / fikomex@gmail.com

Hatha Yoga

Embodiment, deep relaxation, and transformation.

Location: Chalet Bellevue
Day: R: \$15 / class or \$20 / 2x week
NR: \$17,25 / class or \$23 / 2x week
Jour: Friday 9:00 to 10:15
Dates: January 15 to April 2
Instructor: Lisa McLellan / 450 560-2803 /
lisamclellan07@gmail.com

Karate

Develops concentration, respect, self-confidence, and increases physical fitness. Gives children the tools to avoid bullying. Children 5+ and adults. Two free trial classes.

Location: Chalet Bellevue
Rate: The cost varies according to the duration of the registration
Day: Friday 17:30 to 18:30
Dates: until June
Instructor: Kyoshi Gilles Labelle / 450 431-1444 /
lgilles.budo@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 your balance.

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

Traditional Scottish Highland Dancing

Free!

Traditional Scottish dance for 6 years old and over.

Location: Chalet Bellevue
Day: Sunday 16:00 to 17:30
Dates: January 10 to March 14
Instructor: Heather McNabb /
514 486-3480 /
heatheramcnabb@hotmail.com

Cardio Swing

Fitness with swing dance movements, for everyone!

Location: Chalet Bellevue
Rate: R: \$112 / NR: \$132
Day: Thursday 9:00 to 10:00
Dates: January 7 to
March 23 (12 weeks)
Instructor: Francisco De La Calleja /
514 436-0567 / fikomex@gmail.com

Solo Latino

Latin dance lessons without a partner, for everyone!

Location: Chalet Bellevue
Rate: R: \$112 / NR: \$132
Day: Thursday 10:30 to 11:30
Dates: January 7 to
March 23 (12 weeks)
Instructor: Francisco De La Calleja /
514 436-0567 / fikomex@gmail.com

Joyful Noise Choir

Welcome everyone who loves to sing, no matter your age! Visit our director's website:
www.thephysicalvoice.com.

Location: Chalet Bellevue
Rate: \$140
Day: Thursday 15:00 to 16:45
Dates: January 14 to May 27
Info: Penny Rose /
450 226-2746 /
pennyrose@jenanson.com

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
pleinair@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

Animal Control:

1 866 960-7722 • www.spcall.ca



[www.facebook.com/
MunicipaliteMorinHeights](http://www.facebook.com/MunicipaliteMorinHeights)

Emergency 9-1-1:

Public Works

(evenings, nights,
weekends and holidays)

Fire - Police - Ambulance
Emergency Measures

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