

INFO

Morin-Heights

In harmony with nature



MORIN-HEIGHTS
1855

MUNICIPAL INFORMATION

WINTER 2024-2025

DECEMBER / JANUARY / FEBRUARY / MARCH
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Library

Author Meetup

NOVEMBER 29, 18:00 TO 20:00, CHALET BELLEVUE

Morin-Heights authors welcome you! Come and discover our local writers, their inspirations, their challenges, and their works. You'll have the chance to chat with them and buy their books.





News from the Mayor

Dear fellow citizens,
Once again, winter is at our doorstep; where did the summer go?

As I am writing this, our Recreation Department is preparing the Halloween party, which

will be concentrated on Village Road with a Mardi Gras theme (Jeudi Gras in our case!). We hope the young and not-so-young will have a great time.

I encourage everyone to participate in the Remembrance Day ceremonies in early November. Our Royal Canadian Legion, Local 171, does a remarkable job supporting our active military and commemorating our veterans. In today's global climate, they will be called upon to defend our freedom worldwide, and they need our support. Wear your poppy with pride!

Our alpine ski resort, Sommet Morin Heights, is getting a facelift this year with the replacement of the main chairlift ("Après-vous" for those in the know) with a fast quad chair with loading carpet. Skiers and snowboarders are in for a treat!

On the municipal front, a new triennial assessment roll will be filed this year. The value of your property is based on the sales values of similar properties and is done by accredited appraisers contracted by the MRCPDH. In many cases, you'll notice that your appraisal has increased significantly. It is important to note that an increase in assessment does not automatically mean an increase in taxes. The Municipality does everything in its power to limit increases by adjusting the tax rate downwards to counter assessment increases. The municipal budget normally follows the inflation rate, which is around 2% this year. A property that is within the average increase should, therefore, see a tax increase of 2%. If you believe that your assessment does not reflect the true value of your property, you will have until May 1st, 2025, to notify the MRC.

A year ago, I wrote to tell you that our 30-unit seniors' project, Habitat Morin-Heights, would soon be breaking ground. I'm pleased to inform you that construction is nearing completion, and the first residents will move in at the beginning of 2025!

This project has taken over five years to set up and will enable our seniors to remain in their community. I must thank the members of the volunteer board of directors: Mrs. Lucille Green, Mrs. Nicolem Bélanger-King, Mr. Raymond Roberge, Mrs. Louise Cossette, Mr. Hugo Lépine, as well as Mrs. Ève Robinson of the CISSS, Mrs. Agnès Grondin, MNA for Argenteuil, Mr. Stéphane Lauzon, MNA for Argenteuil-La Petite Nation, and our Minister responsible for Seniors, Mrs. Sonia Bélanger, who all believed in the project from the start and supported us through to completion. Thank you all so much!

On that note, I wish you a wonderful winter full of outdoor activities in the snowy Laurentians. We are truly fortunate to live in such a beautiful environment.

Yours truly,

Tim Watchorn, ing.,
Mayor



www.morinheights.com

Membership and Citizen Cards



The membership card and citizen card allow you to register online for our activities and benefit from the reduced or free rates offered to residents.

Morin-Heights residents, residents of towns and municipalities within the *MRC des Pays-d'en-Haut* and people who do not live within the MRC territory can obtain a card directly at the Chalet Bellevue (27 rue Bellevue), seven days a week, from 9:00 to 16:00.

Keep your membership card

Don't forget to keep your citizen's card or membership card, which is renewable and valid for two years. It will come in handy when you buy your cross-country ski passes or snowshoe passes. Your passes can be downloaded directly onto your card. A \$5 fee is charged for any card lost or renewed before its expiry date.

Statistics

We're continuing to track the frequency of use of our various recreational services on our territory. So, when you arrive at our parks or trails, we'll ask you to show us your citizen card or membership card and tell us what activity you've done. This will enable us to obtain a more detailed statistical portrait with a view to improving our services.

Information: www.morinheights.com/Citizen-Card

Laurentian Business Women's Networking Group

If you are an entrepreneur or business owner seeking connections with fellow local businesswomen, consider joining our fantastic group. We exchange ideas, offer support, and help promote each other's services.

Our group occasionally hosts community events, and our monthly meetings feature insightful presenters who share valuable information on business-related topics (in English). We gather one evening each month from 19:00 to 20:30 at Chalet Bellevue in Morin-Heights.

For more information, do not hesitate to contact Lori Leonard at 450 224-7472 or leonard.lori@outlook.com.



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 or Chalet Bellevue and hang them on the trees that will be in place until early January.

As we did in the past years, we will “pick” the trees when they are full and distribute the knitted goods to less fortunate families in the region. So, knitters, pick your needles and get to work!

For more information, contact Monique Bélisle at 514 608-2323.



Photo Contest

Now is the time to showcase your most beautiful local images!

Submit your finest snapshots to karyne.bergeron@morinheights.com for a chance to win a gift card from a local shop! The winner will be announced in the upcoming bulletin.

To be accepted, your photos must:

- have a minimum size of 1 MB;
- be free of rights.

Please note that selected photos will be kept in our municipal image bank and may be used to illustrate our various communication tools or ads.

The previous edition's contest winner, **Linda Beauvais**, won a \$75 gift card from Amériska Spa Nordique, located at 160 chemin Watchorn. Congratulations!

Laurentian Region Cancer Support Group

The group offers English-speaking support services to cancer patients, caregivers and their families in the Laurentian Region in a friendly and welcoming setting. The meeting format includes group discussions and relevant information from guest speakers. 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.

4Korners works toward empowering the regional partners and the Laurentian English-speaking community to improve service access. We aim to connect individuals with programs and services to meet their identified needs in a secure and inclusive environment.

The organization also offers a wide range of activities that focus on healthy lifestyles and mental health, foster creativity, improve employability, and provide support for youth, families, individuals, seniors, and caregivers of people 65 years and older.

<https://4korners.org/event-calendar/>

For more information: info@4korners.org • 450 974-3940 • <https://4korners.org>



Christmas MARKET

december 7 10:00 - 16:00	december 8 10:00 - 15:00
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CHALET BELLEVUE
27, Bellevue Street
Morin-Heights



GARDE-MANGER DES PAYS-D'EN-HAUT

FOOD AND CLOTHING ASSISTANCE

The Garde-Manger des Pays-d'en-Haut is a non-profit organization established since 1995. We provide food and clothing assistance to those in need in the MRC des Pays-d'en-Haut.

FOR INFORMATION/REGISTRATION FOR THE FOOD COUNTER IN MORIN-HEIGHTS

📞 450 227.3757 | 450 229.2011 Monday to Thursday
8:30 a.m. to 4 p.m.
@ info@gardemangerpdh.ca
🌐 gardemangerpdh.ca

To receive food assistance, each person is assessed according to their socio-economic situation.



LA FOUILLERIE

VÊTEMENTS & ARTICLES DE MAISON USAGÉS
USED CLOTHING & HOUSE ITEMS

The Fouillerie is managed by the Garde-Manger. We sell used clothing, household items and toys at low prices, which are donated by citizens of the region.

ALL PROFITS GO DIRECTLY TO THE GARDE-MANGER DES PAYS-D'EN-HAUT.

Open | Thursday and Friday 9 a.m. to 3 p.m.
1st Saturday of the month 9 a.m. to 2 p.m.

28 Bennett Street, Morin-Heights | 450 644-0087



ENTRAIDE BÉNÉVOLE
DES PAYS-D'EN-HAUT
Centre d'action bénévole



Are you or a loved one in need of meal delivery and/or transportation assistance for medical appointments?

Our team is here to help.

L'Entraide bénévole des Pays-d'en-Haut is a community organization in the *MRC des Pays-d'en-Haut* that supports the quality of life and well-being of seniors and individuals with permanent or temporary loss of autonomy.

We are also looking for volunteers for the following services (with mileage reimbursement) :

- Medical transportation assistance
- Meals on Wheels

General information: 450 229-9020

Volunteering:

actionbenevole@entraidebenevolepdh.com.

Medical transportation assistance service:

acc-transport@entraidebenevolepdh.com

Meals on Wheels:

services.ebpdh@entraidebenevolepdh.com



THANK YOU TO THE 2,550 MEMBERS WHO FINANCIALLY SUPPORT COOP SANTÉ!

TO BECOME A MEMBER, register directly on our website www.coopsante.org.

Did you know that the Coop Santé is:

- 2 medical clinics that develop local health services for Morin-Heights's citizens.
- 6,200 people who have a family doctor.
- 18,000 appointments offered annually.
- Medical team of 9 family doctors and 3 nurse practitioners who provide medical services.

Our goal is to diversify our services in order to meet the growing needs of the community:

New!

Blood tests every Friday morning by appointment at the St-Adolphe clinic - \$5 for members - \$15 for non-members

Coming soon at the Morin-Heights clinic! Stay tuned!

New!

Monthly workshops and conferences on topics that interest you!

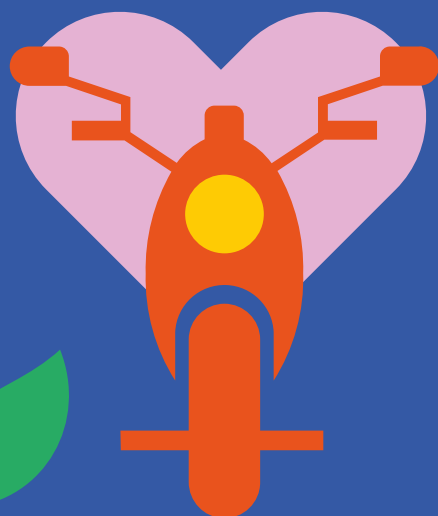
FREE for members - \$15 for non-members

Visit www.coopsante.org to stay up to date on organized activities

BE PROUD OF YOUR COOP SANTÉ!



MORIN-HEIGHTS
1855



Drive at nature's pace

We are working hard to engage the goodwill of motorists, motorcyclists and trucks to reduce noise and improve the quality of life of our citizens.

As you know, our geographic location is both wonderful and challenging. Our roads are much appreciated, whether for exploring the Laurentians, travelling to Outaouais, or simply exploring the mountains of our magnificent region.

We know that this causes inconvenience for our citizens. Whether it's the motorcycles that travel our roads in groups, the trucks and heavy goods vehicles that use our roads to get from one village to another, or the many cars that come in during the summer season, the noise is constant, heavy, and very present.



We explored all possible options

We talked to the *Ministère des Transports du Québec* and evaluated the possibility of a roundabout. We've asked for lower speed limits, installed sound meters and more. Nothing can be changed, and the reality remains the same: we are a central municipality with a large number of passers-by.



We are working on raising awareness

We know that there will always be noise and constant traffic, but we're trying to improve the situation. In the last three years, we've put up billboards, an informative website, posts on social media, and other actions to reach out to passers-by.

We ask for your help and your visitors' support

Let's be ambassadors of our collective happiness. Let's drive gently, respect the limits, accelerate gradually and make the necessary efforts to minimize our noise impact. If we support these measures and ask our visitors to do the same, we'll slowly reduce noise and speed in our beautiful village.

We understand that an engine will always make noise, but we sometimes ignore that these small actions have a big impact when they are done collectively.



Scan the QR code
to find out more
or visit letsheareachother.com



**Let's hear
each other and
get along**

Environment

Winter is settling in at Morin-Heights, and our beautiful landscape is gradually turning white. The first signs of the cold season are transforming our environment into an enchanting winter wonderland. This period also marks an important transition in our daily routines. To adapt to the winter season, we would like to remind you of a few good practices:

Civic Number

To ensure and enhance public safety, especially during the winter season, it is essential that your civic number is displayed clearly and remains visible from the street. Snow accumulation during winter can reduce the visibility of civic numbers, so it is crucial to ensure their proper visibility. This allows emergency services (fire, ambulance, police, etc.) to quickly locate your residence if needed.

Winter Shelter

Your shelter should be erected in the driveway of your parking area at a minimum distance of 2 meters from sidewalks, fire hydrants, and the roadway.

Snow Accumulation

It is prohibited to push snow onto roadways and the shoulders of public roads. In addition to complicating snow removal operations, this practice can pose a safety risk to road users. Accumulated snow can reduce visibility and create obstacles, increasing the risk of loss of control and accidents.

Sanitary Installation

To maintain the proper functioning of your sanitary installation, it is strongly recommended to let snow cover your leach field and septic tank. Snow acts as an excellent insulator, protecting your installation from freeze-related issues.

Firewood

A maximum of 10 cords of firewood stored outside is allowed per property for residential use. Firewood must be stored only in the rear and side yards. It should be stacked and corded to a maximum height of 2 meters. The firewood should not obstruct any openings or exits.

Compost Bins

Composting also adapts to the winter season! This time of year has the advantage of not causing odors, insects, or larvae inside the bin. However, cold and snow can make composting more challenging. Here are a few tips to make things easier:

- To prevent your materials from freezing and sticking to the bin, we recommend lining the sides and bottom of the bin with pieces of cardboard.
- Avoid placing liquids in the bin throughout the season.
- Wrap your wet food scraps in newspaper or cardboard to absorb moisture.

Ecocentre

The inter-municipal Ecocentre is located at 2125 chemin Jean-Adam, Saint-Sauveur.

Opening Hours

From April 1 to November 30: open every day (except Wednesdays), from 7:30 to 16:15.

From December 1 to March 31: open from Tuesday to Saturday, from 7:30 to 16:00.

During the Holidays, the Ecocentre will be closed on December 24, 25 and 26, and on December 31, January 1 and 2 inclusively.

www.vss.ca/services-aux-citoyens/services/ecocentre • ecocentre@vss.ca • 450 227-0000, ext. 3200



Collections Calendar






SECTOR 2 – YELLOW

DECEMBER 2024							JANUARY							FEBRUARY							MARCH						
S	M	T	W	T	F	S	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	5	6	7				1	2	3	4							1							1
8	9	10	11	12	13	14	5	6	7	8	9	10	11	2	3	4	5	6	7	8	2	3	4	5	6	7	8
15	16	17	18	19	20	21	12	13	14	15	16	17	18	9	10	11	12	13	14	15	9	10	11	12	13	14	15
22	23	24	25	26	27	28	19	20	21	22	23	24	25	16	17	18	19	20	21	22	16	17	18	19	20	21	22
29	30	31					26	27	28*	29	30	31		23	24	25*	26	27	28		23	24	25*	26	27	28	29
																					30	31					

SECTOR 3 – GREEN

DECEMBER 2024							JANUARY							FEBRUARY							MARCH						
S	M	T	W	T	F	S	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	5	6	7				1	2	3	4							1							1
8	9	10	11	12	13	14	5	6	7	8	9	10	11	2	3	4	5	6	7	8	2	3	4	5	6	7	8
15	16	17	18	19	20	21	12	13	14	15	16	17	18	9	10	11	12	13	14	15	9	10	11	12	13	14	15
22	23	24	25	26	27	28	19	20	21	22	23	24	25	16	17	18	19	20	21	22	16	17	18	19	20	21	22
29	30	31					26	27	28*	29	30	31		23	24	25*	26	27	28		23	24	25*	26	27	28	29
																					30	31					

Legend

-  Recycling (blue bin)
-  Organic (brown bin)
-  Garbage (black bin)
-  Bulky items
-  No garbage pick-up

lespaysdenhaut
recyclent.com 

 **MRC des**
Pays-d'en-Haut

INFO-COLLECTE

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

Holiday Schedule

All municipal offices will be closed for the holidays from Monday, December 23, 2024, to Friday, January 3, 2025.

We wish you a joyful Christmas and an exciting 2025!

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!

- Make sure 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 all bulky items such as toys, shoes, school bags, shovels, snowblowers, barbecues, stored garden furniture, etc.

Check that the civic number of your residence is always visible from the public highway to facilitate the intervention of emergency services in the event of an emergency.

Civic Number

Despite the accumulation of snow, make sure your civic address is visible at all times.



Reminder

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

And don't forget to have your chimney swept!

Guignolée

Remember the *Guignolée* on December 14, 2024. We will be located, as every year, near the IGA, at the intersection of chemin du Village and the 364.

During the holiday season, the demand for food increases. We stand together to allow everyone to celebrate this period with dignity.

The donations collected are also used in the months that follow, when donations are often rarer, but the needs are still present.





PREVENT FIRE HAZARDS WHEN DECORATING FOR THE HOLIDAYS

Keep the following prevention tips in mind for safe decorating during the festive season.



CHRISTMAS TREE

Choose an artificial tree because it is less likely to catch fire than a natural tree. If you choose a natural tree:

- Select a freshly cut tree, whose needles do not shed easily.
- Cut the trunk at an angle and place it in a container of water. Water it daily.
- Install the tree more than 1 metre away from all heat sources (electric baseboard, heater, fireplace, etc.).
- Unplug the Christmas lights when the tree begins to dry out.
- Please note that there is no Christmas tree collection in Morin-Heights and that the Ecocentre does not accept them. You will therefore have to dispose of your natural tree by your own means.



DECORATIVE LIGHTS

- Choose lights that are certified by a recognized organization, such as the CSA or ULC, and choose low-heat-emitting bulbs, such as LED bulbs.
- Examine your lights before installing them and discard any that are defective, desiccated, or cracked and make sure your replacement bulbs have the same voltage as the old ones.
- Avoid putting indoor-use decorative lights outdoors, or vice versa.
- Plug any item used outdoors into a ground fault circuit interrupter (GFCI) outlet.
- Never overload the electrical system and use a timer or always unplug your decorative lights when you leave home or go to bed.
- After the festive season, bring in outdoor lights to prevent damage from the weather and sun. Decorative lights are not designed for long-term use.



EXTENSION CORD

- If you must use extension cords, choose models approved by a recognized organization such as the CSA or ULC.
- Avoid cords that are too long and would need to be coiled, as the cable may overheat and cause arcing.
- If you must use an extension cord for your outdoor decorations, make sure it is designed for outdoor use.
- Do not overload outlets and extension cords. Use a power strip instead.
- Do not hide your extension cords under a rug or carpet. The weight of people walking on them and the friction they cause can damage the cord and increase the risk of fire.
- Do not leave an extension cord in a doorway. The insulation of the cord could be damaged if the door closes on it.
- Use only one extension cord at a time. Do not connect extension cords end to end.

Outdoor Network

Events Calendar

- *Première Neige* Race at Sommet Morin Heights: December 6 & 7
- Torchlight snowshoe hike at Basler Park: January 25
- Disco-Skating at the big rink: February 7
- Palliaccio's hike under the stars at Basler Park: February 22
- The 53rd Viking Loppet: February 23
- *Coupe Québec* at Sommet Morin Heights: March 28, 29 & 30



The Network: more than 160 km of cross-country ski, snowshoe and fatbike trails within your reach!

Cross-country skiing: Whether it's for classic, skate or off-trail (nordic) cross-country skiing, we have trails that will allow you to take a nature break from various access points.

The trails on the Viking Club territory (chemin Jackson) are also accessible; however, parking is limited.

Snowshoeing: Several trails nearby (Basler Park, Bouleaux sector, Sommet Morin Heights). You will find views of lakes, mountains, and ice rocks! Depending on the conditions, it is possible to walk with crampons.

Fatbike: About fifteen kilometres are accessible; the passage of snowshoers maintains these trails.

Landowners / Ski or snowshoe trails: Do you own a property with a municipal cross-country ski or snowshoe trail on it? Come to the Chalet Bellevue (27 rue Bellevue) or send an e-mail to chaletbellevue@morinheights.com with your proof of residence and lot number to receive free VIP passes for you and two of your guests (transferable guest passes). Once your request has been submitted, processing time may take up to 7 to 14 days before your passes are issued.

Conditions and opening of the trails: Want to know the conditions? Visit morinheights.com/Outdoors. An update is made daily, as well as the date of the last mechanical maintenance. Some conditions do not allow the use of the trails in order to preserve their quality or restoration; please respect these instructions when notices are issued. In addition, some trails have been modified. It is crucial to respect signage and private properties.

Equipment rental:

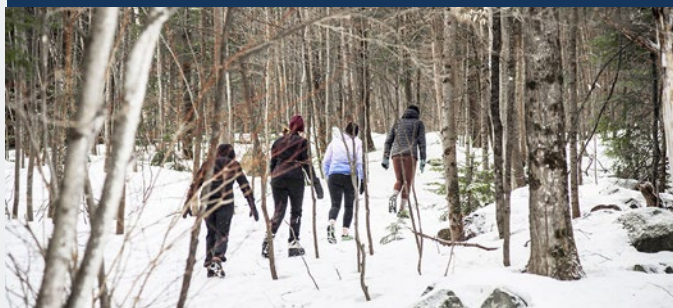
Cross-country skiing: the rentals are located at 27 rue Bellevue, in the basement of Chalet Bellevue.

Snowshoeing: at the Basler Park booth located at 99 chemin du Lac-Écho.

Reminder about dogs: Dogs are allowed on snowshoe trails **only** and must be on a leash. It is also possible to walk your dog at the Canine Corridor on chemin du Midi or at the dog park located at 100 chemin du Lac-Écho.

Pricing

- Seasons passes can be purchased online or at the Chalet Bellevue. Collect your 2024-2025 sticker at the Chalet after your online purchase.
- No charge for children 17 years old and under.
- Access to the snowshoe and fatbike trails is free upon presentation of the citizen card (info on page 3).
- Details: www.morinheights.com/Outdoors



Service Centers

WELCOME CENTERS	SERVICES OFFERED AT EACH WELCOME CENTER	ACTIVITIES STARTING AT EACH CENTER	OPENING HOURS
Chalet Bellevue 27 rue Bellevue	<ul style="list-style-type: none"> • Waxing room • Ticket office • Restrooms • Showers • Rest area • Rentals (cross-country ski) • Ready-made meals 	<ul style="list-style-type: none"> • Classic cross-country skiing 	9:00 to 16:00 Holidays and school break included
Basler Park 99 chemin du Lac-Écho	<ul style="list-style-type: none"> • Restrooms • Rentals (snowshoes) 	<ul style="list-style-type: none"> • Classic cross-country skiing • Sliding • Snowshoeing • Fatbike 	
Bouleaux Park 19 rue des Bouleaux	<ul style="list-style-type: none"> • Chemical toilet 	<ul style="list-style-type: none"> • Nordic cross-country skiing • Snowshoeing 	
Aerobic Corridor Pavillion 50 chemin du Lac-Écho	<ul style="list-style-type: none"> • Restrooms 	<ul style="list-style-type: none"> • Classic and skating cross-country skiing • Walking trail 	
Castel Marie Park 900-910 Route 364	<ul style="list-style-type: none"> • Heated chemical toilet 	<ul style="list-style-type: none"> • Classic and skating cross-country skiing • Snowshoeing 	

Next Issues!

The budget edition of Info Morin-Heights will be mailed with your 2025 tax bill.

SPRING EDITION

March 15 to June 1, 2025

Deadline: January 24, 2025

Distribution: March 11, 2025

SUMMER EDITION

June 1 to August 15, 2025

Deadline: March 31, 2025

Distribution: May 26, 2025

FALL EDITION

August 15 to December 1, 2025

Deadline: June 4, 2025

Distribution: August 12, 2025

WINTER EDITION

December 1, 2025, to March 15, 2026

Deadline: September 25, 2025

Distribution: November 25, 2025

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

Library

The municipal library is closed on statutory holidays. Library membership is free for all residents.

Hours:

Tuesday to Friday: 10:00 to 18:00

Saturday: 9:30 to 16:30

The library will be closed from December 22, 2024, to January 1, 2025, inclusively.

823 chemin du Village

450 226-3232, ext. 124

bibliotheque@morinheights.com

mabiblioamoi.ca

We invite you to reserve your documents in advance on mabiblioamoi.ca or by email at bibliotheque@morinheights.com. For returns, the book chute is always accessible on the side of the building.



Les Z'animés, presented by the library (in French)

To ensure that you have a place, please register through the municipality's website:
www.morinheights.com.

A Christmas Story

DECEMBER 14, 10:30, CHILDREN

The magic of Christmas is sweeping through the library! Come and listen to the beautiful stories of the holiday season with Gloria Prenafeta.

Iconography of the Bathing Woman

AVAILABLE FOR VIEWING ON THE MUNICIPAL YOUTUBE CHANNEL FROM JANUARY 17 TO 31

The widespread iconography of the woman in the bath explores themes such as fables, myths and religion, then practically becomes a genre in its own right in the 20th century. Discover the history of feminine hygiene and aesthetics from Antiquity to the present day.

Royal Tales

FEBRUARY 15, 10:30, CHILDREN

Every child loves kings, princes and princesses! Here are some different tales about imperfect kings and not-so-great princesses!

Storytime

EVERY SATURDAY, 10:00

Come and discover stories for all tastes! The pleasure of reading is shared in a group activity where children are transported into an imaginary world. A craft or drawing may conclude this wonderful experience. Activity in French and/or English, depending on the storyteller.

Lettres attachées Workshops (in French)

Take part in a live creative workshop via videoconference, where a seasoned author will suggest writing exercises to create a work of art. After an interview with the host, the artist will suggest a few exercises, revisiting the spirit of his or her work.

Afterwards, you'll have the chance to win the prize for the best work by submitting it. For details, visit the *Lettres attachées* website.

DECEMBER 7, 14:00

Orbie, live from Gaspésie presents: the youth book

MARCH 15, 14:00

Yves P. Pelletier, live from Chaudière-Appalache, presents: the humorous text.



The Quebec Public Library Association and its jury offered a flower to the Morin-Heights library! That's right, it was one of the finalists for the Prix Gérard-Desrosiers for its superb renovations and brand-new layout!

Morin-Heights is growing, and deserved a library worthy of its status in a building that once housed a police station, fire station and town hall. These long-awaited renovations were put on hold by the recent pandemic, but are now a reality, achieved

by maximizing our space and creativity on a limited budget.

We'd like to thank the team of employees who helped get the project off the ground, as well as the municipal council, who understood the importance of providing the Municipality with a library that brings people together and is better adapted to new needs. Our thanks also go to the volunteers and the Réseau Biblio Laurentides team for their support and invaluable expertise!



New Releases! The library keeps its collection up to date! Here's a glimpse of what's new:

The Rose Arbor / Rhys Bowen

There Are Rivers in the Sky /
Elif Shafak

The Heart in Winter /
Kevin Barry

Jimi Hendrix Live in Lviv /
Andrey Kurkov

This Is Why We Lied: A Will
Trent Thriller / Karin Slaughter

Fire and Bones / Kathy Reich

By Any Other Name /
Jodi Picoult

What Time the Sexton's Spade
Doth Rust / Alan Bradley

So You Shall Reap /
Donna Leon

The Wind Knows My Name /
Isabel Allende



Cultural Programming

Prairie Comeau Concert

Prairie Comeau is an acoustic duo featuring Saskatchewan-born Anique Granger and Benoît Archambault, a member of the group Mes Aïeux.

The two songwriters draw on the repertoire of the last century. Not only do they wish to revive this heritage, but the duo also explores how these songs might be experienced today and how they have transcended time. The result is a timeless sonority, a gentle, nostalgic new perspective on the traditional repertoire that lives in our collective unconscious.

Prairie Comeau draws a line in time, a thread that reminds us that we are made of past and present.

On December 15, at 15:00, at Chalet Bellevue.

Limited seating, reservations required at www.morinheights.com ("Registration" button): \$5 or free with a resident card.

Information:

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



Cultural Programming (continued)



Theatre Morin Heights' Winter Season

We thank all our loyal patrons and hard-working volunteers for making our fall production of "GamePlan" by Alan Ayckbourn a resounding success!

Save these dates for our events at Chalet Bellevue at 19:00 (complete details will be available on our website shortly):

- **January 22:** Cold play reading, so anyone can join in to read a few lines or sit back and listen.
- **February 19:** Annual General Meeting, followed by a short play reading. TMH members for 2025 are eligible to vote.
- **March 26:** Rehearsed play reading, complete with some costumes and props, but scripts in hand. Let us know if you would like to be part of the show!

If you want to get involved on stage, behind the scenes or even as part of our board of directors, please contact us. There are numerous ways that you can volunteer to become part of our thriving local English community theatre troupe – just let us know if you are interested.

For more information or to inquire about getting involved, call 579 765-3999, email theatremorinheights@gmail.com or visit our website theatremorinheights.ca.

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. Our meetings are held in English.

Members are asked to contribute \$25 annually to cover the cost of books. For more information, please contact Jane Philibert at 450 226-6947 or janephil@cgocable.ca.

French-Language Reading Club/ *Club de lecture en français (CLEF)*

The French-Language Reading Club continues its monthly meetings. We discuss new finds, books we rediscover, and favourites. Meetings are held at Chalet Bellevue every fourth Tuesday of the month from 13:30 to 15:30.

For information about the club:
Monique Bélisle, 514 608-2323

Knitting Group

The knitting group meets 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 in Morin-Heights' library every Thursday from 13:00 to 16:00. You are welcome for the full three hours – or for part of the time, depending on your availability.

This is an informal group, no need to sign up or book. So, join us to work, share and chat. All you have to bring are your supplies. Contact Monique Bélisle at 514 608-2323 if you have questions.

Cultural Programming (continued)

MORIN FLATS, QUEBEC, IN WINTER.



Association Historique de
Morin Heights
Historical Association



What year did Morin Flats change its name to Morin-Heights?

Guess what year the small hamlet of “Morin Flats” changed its name to “Morin-Heights,” a far more appropriate name for a growing vacation community, with the arrival of the railway and opening of boarding houses (answer at the bottom).

How well do you know your village?

The Historical Association is the perfect place to start; we are a volunteer association with a common goal to gather, preserve and share our history. If you have photos, documents, or memorabilia from family or the village, please consider donating or sharing them. We can make copies if you would prefer to share, not donate. Follow us on Facebook, and check our website for events and interesting articles. Consider joining as a member or volunteer.

“Raising Spirits” Film Festival – Sunday, February 23, at Chalet Bellevue, 13:00 to 16:00, free admission.

Raising Spirits: Exploring the cemeteries, crossroads and vanishing places of rural Quebec. Do you

remember the hamlets of Britonville or Shrewsbury? Presented in English, in collaboration with “QAHN” (Quebec Anglophone Heritage Network).

Have you read, seen or heard of “The Porcupine?”

This bilingual publication is one of the hidden gems of the Historical Association. Easy to read, magazine-style publication full of interesting articles, history and social history. Order current or past issues online: morinheightshistory.org/porcupine

Facebook: **Morin Heights Historical Association**

Website: **morinheightshistory.org**

Email: **mhha98@hotmail.com**

(The answer to the headline question is 1911; however, it was not until 1950 that the name was legally adopted by the entire Municipality)

Outdoor Skating Rinks, Sliding and Fire Pit at Basler Park

Enjoy winter fun at our facilities in Basler Park! (99 chemin du Lac-Écho)

RINKS	ACTIVITY	SCHEDULE*
Small Rink	Free skating	• Everyday, 9:00 to 21:00
Big Rink (NHL-sized rink)	Hockey	• Monday, Wednesday, Thursday and Friday, 9:00 to 21:00 • Tuesday, 9:00 to 16:00 and 18:00 to 21:00 • Saturday, 11:00 to 21:00 • Sunday, 9:00 to 16:00 and 18:00 to 21:00
	Free skating	• Tuesday, 16:00 to 18:00 • Saturday, 9:00 to 11:00 • Sunday, 16:00 to 18:00

On-site, you will find:

- / Trailer for change of clothes.
- / Heated washrooms.
- / Stabilizing supports for skating aids (for children).

*VISIT OUR WEBSITE to:

- Check the condition of the ice before you come.
- Check the reservation calendar. Certain times may be reserved exclusively for sports clubs, specific activities or courses organized by the Recreation Department.

Bring your skates, equipment and water bottle!

Slide

Enjoy our unique slide! Bring your sled, saucer, or crazy carpet!

Open daily from 9:00 to 16:00, weather permitting (information on the website).

Fire Pit

A fire pit is also available in the park. During busy periods, the fire is fed by our team for those who feel like warming up a little. Bring your own marshmallows, hot chocolate and blankets for a cozy time!

For ice conditions during the season: www.morinheights.com/Patinoires-Skating-Rinks



Spring Break Activities

Family Zumbaaa

MARCH 2, 9:00 TO 9:45, AT CHALET BELLEVUE

Come and practice Zumbaaa as a family! Take advantage of this session to let off steam and let your kids burn off some energy! A snack will be served after the session. No registration required; just show up at Chalet Bellevue.

Free: residents and children 17 and under /
\$5: non-resident

Seedling Workshop

MARCH 3, BETWEEN 13:00 AND 14:30, AT CHALET BELLEVUE

Reserved for children aged 5 to 12. This workshop will enable them to learn more about vegetable gardening, thanks to the presentation of a seeder. Children can prepare their own tomato plant and take it home to watch it grow. Materials provided on site. Reservations required.

Free: resident / **\$5:** non-resident

Carriage Rides

MARCH 7, BETWEEN 17:30 AND 20:30, AT BASLER PARK

Enjoy a horse-drawn sleigh ride through the village of Morin-Heights. While waiting for your turn, relax by the fire in Basler Park with a cup of hot chocolate. No registration required.

Introduction to cross-country skiing

MARCH 4 AND 6, AT CASTEL MARIE PARK

Free introductory cross-country skiing session for children and parents.

By appointment only, at Chalet Bellevue:
450 226-3232, ext. 132 /
chaletbellevue@morinheights.com

TUESDAY, MARCH 4	THURSDAY, MARCH 6
Cross-country ski - CLASSIC 9:30 to 11:00	Cross-country ski - SKATING 9:30 to 11:00
Cross-country ski - SKATING 13:30 to 15:00	Cross-country ski - CLASSIC 13:30 to 15:00

Zoologist in action! Bird of prey

MARCH 8, 10:30, AT THE LIBRARY

Come and discover the fascinating world of birds of prey with a dynamic zoologist! Dare to become a zoologist in action for a memorable science workshop? Find out for yourself by dissecting a real owl regurgitation pellet!

Cross-country Ski Torchlight Evening

MARCH 8

Enjoy a night-time cross-country ski outing in a magical torch-lit setting. Details on the municipal website.



MHES XMAS Bazaar

Morin-Heights Elementary School is hosting its Christmas Bazaar on Saturday, November 30th, from 9:30 to 15:30, at 647 chemin du Village.

Get into the holiday spirit and shop for gifts and crafts by local artisans. We will also have a bake sale, incredible raffle prizes, used books, toys, clothing, and so much more! This is an event not to be missed!

To book a table or for more information, please contact Stephanie Cabral at scabral@swlauriersb.qc.ca.

Profits go to the MHES Parent Participation Organization (PPO).



The *Maison de la Famille des Pays-d'en-Haut* is dedicated to supporting the growth and well-being of parents and their children. We offer a variety of activities, including parent-child programs, respite care, collective kitchens, family walks, and more, all in a warm and welcoming environment.

Don't miss the Magic of Christmas!

On December 11, 2024, from 10:00 to 13:30, we invite you to The Magic of Christmas, a festive event exclusively for families who are members of the *Maison de la Famille des PDH*. Join us at the Sainte-Anne-des-Lacs Community Hall, located at 1 chemin Fournel, Sainte-Anne-des-Lacs. Gift-giving, a musical show, and magical family moments await!

For more information, visit our Facebook page, www.facebook.com/mdfpdh, or our website www.maisondelafamille.com.



Free activities for low-income individuals

This program offers low-income individuals aged 0-99 the opportunity to participate in leisure activities free of charge, in a respectful and confidential manner. This opportunity enables our *Pays-d'en-Haut* clientele to break their isolation and become socially active, in a respectful and confidential environment, on equal footing with all other citizens.

REGISTRATION – WINTER 2025 SESSION

WHEN: Wednesday, January 8,
from 9:30 to 11:00

WHERE: Church basement,
205 rue Principale, Saint-Sauveur

or

WHEN: Monday, January 13,
from 13:00 to 16:00

WHERE: *Garde-Manger des Pays-d'en-Haut*,
100 rue Morin, Sainte-Adèle

To benefit from the program, you must provide proof of income when you register.

To find out more about this program, please call 450 226-3232, ext. 132.

Club optimiste de la Vallée de Saint-Sauveur

Many activities for youngsters

For more information:

www.facebook.com/cluboptimistevss
cluboptimistedesaintsauveur@gmail.com
P.O. Box 4, Saint-Sauveur, Qc, J0R 1R0



The Royal Canadian Legion's Activities

127 chemin Watchorn

FRIDAY, DECEMBER 13

TGIF Smoked Meat + Trivia – 17:00 to 19:00

SATURDAY, DECEMBER 21

Christmas Party + Live Band – 20:00

FRIDAY, JANUARY 17

TGIF Smoked Meat Supper – 17:00 to 19:00

SATURDAY, FEBRUARY 15

Valentine's Day Supper – 18:00

FRIDAY, FEBRUARY 21

TGIF Smoked Meat + Trivia – 17:00 to 19:00

SATURDAY, FEBRUARY 22

Annual Wacky Snowball Game – 13:00

SATURDAY, MARCH 15

St. Patrick's Day Supper – 18:00

All events are open to the public!

Darts every Thursday at 15:00.

Hall rentals are available.

For more information:

legion171@cgocable.ca • 450 226-2213



Gym Activities

Gymnasium activities will be offered in late January. Check the Municipality's website for program details.

Inter-Municipal Agreement

An inter-municipal agreement between Morin-Heights, Piedmont, Sainte-Adèle, Sainte-Anne-des-Lacs, Saint-Sauveur, Saint-Adolphe-d'Howard, and Sainte-Marguerite-du-Lac-Masson allows residents from these seven towns to register **for the following courses at resident rates**. This agreement aims to promote specific courses and to offer our residents access to a more varied range of options.

Registration Process

Follow the registration procedure of the municipality offering the activity of your choice. Proof of residence is required to register with each municipality. We suggest you consult the website or contact the municipality concerned about the registration process, dates, schedules, prices, and availability. The refund terms and conditions are determined by the town offering the course.

The list of courses offered through this agreement for Winter 2025 is available on this webpage:

www.morinheights.com/coursesactivities-offered

INFORMATION

Municipality of Piedmont:

450 227-1888, ext. 230 / piedmont.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

Municipality of Saint-Adolphe-d'Howard:

819 327-2044, ext. 241 / stadolphedhoward.qc.ca

City of Saint-Sauveur:

450 227-0000, ext. 4000 / vss.ca

Consult the complete Morin-Heights course schedule on pages 23 to 26.

www.morinheights.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
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

Citizen Portal:
<https://citoyen.morinheights.com>

 **www.facebook.com/
MunicipaliteMorinHeights**

 **www.instagram.com/
municipalitedemorinheights**

 **youtube.com/
@MunicipaliteMorinHeights**

 **t.me/morinheights**

Emergency 9-1-1:

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

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www.groupepetriton.com

Course Offered

REGISTRATION STARTS ON NOVEMBER 27

BY INTERNET

Go to www.morinheights.com and click the
"Registration" button on the home page.

BY PHONE

450 226-3232, ext. 132

IN PERSON

at Chalet Bellevue, 7 days a week, from 9:00 à 16:00

INFORMATION

For details on course content, contact Chalet Bellevue
or the course instructor directly.

COURSE DESCRIPTIONS

You will find course descriptions by visiting the following
link: morinheights.com/Courses-activities-offered

WINTER PACKAGE

The Winter Package gives you access to four different
courses for one price!



Winter
PACKAGE
PHYSICAL ACTIVITIES

MONDAY	TUESDAY	THURSDAY	FRIDAY
9:00 - 10:00 Pilates	8:45 - 9:45 Cardio-Tonus	10:30 - 11:30 Solo Latino	9:00 - 10:00 Nordic Walk
Chalet Bellevue	Chalet Bellevue	Chalet Bellevue	Outside

\$175 RESIDENTS / \$202 NON-RESIDENTS

10 weeks
Starts: January 20

Registrations starting
on November 27:
www.morinheights.com
450 226-3232 (132)
or in person at Chalet Bellevue



www.morinheights.com

Physical Activities

* course included in the inter-municipal agreement

PHYSICAL ACTIVITY	DAY	AGE GROUP	INSTRUCTOR	TIME	DURATION	START DATE	RESIDENTS	NON-RESIDENTS
Cardio Latino*	Thursday	adults	Francisco De La Calleja	11:45 – 12:45	12 weeks	Jan. 9	\$156	\$180
Cardio – Tonus* <i>offered in the package</i>	Tuesday	teens, adults	Manon Coulombe	8:45 – 9:45	10 weeks	Jan. 21	\$130	\$150
Line Dancing beginner 1*	Tuesday	teens, adults	Sylvie Labelle	17:15 – 18:15	14 weeks	Jan. 14	\$140	\$161
Line Dancing beginner 2*	Tuesday	adults	Sylvie Labelle	18:30 – 19:30	14 weeks	Jan. 14	\$140	\$161
Flexi-Dance*	Thursday	adults	Francisco De La Calleja	13:00 – 14:00	12 weeks	Jan. 9	\$156	\$180
Karate	Friday	adults	Gilles Labelle	17:30 – 18:30	1,3,5 or 10 months	Jan. 10	based on the length of the session	based on the length of the session

For registration, please contact Kyoshi Gilles Labelle at 450 431-1444.

Nordic Walk* <i>offered in the package</i>	Friday	adults	Jayne Pollock	9:00 – 10:00	10 weeks	Jan. 24	\$130	\$150
Pilates* <i>offered in the package</i>	Monday	adults	Mariem Valdes	9:00 – 10:00	10 weeks	Jan. 20	\$130	\$150
Cross-Country Skiing	various	children, adults	professionals referred by the Municipality	Session tailored to your needs and availability, regardless of your level. Private or small group courses are available. Contact us for more information at chaletbellevue@morinheights.com.				
Solo Latino* <i>offered in the package</i>	Thursday	adults	Francisco De La Calleja	10:30 – 11:30	12 weeks	Jan. 9	\$156	\$180
Tai Chi Chuan <i>open practices</i>	Saturday	adults	Robert Lee	9:00 – 11:00	12 weeks	Jan. 11	free registration required	free registration required
Yoga beginners*	Wednesday	teens, adults	Lynda Dupont Yoso Zen	17:00 – 18:00	10 weeks	Jan. 15	\$130	\$150
Yoga intermediate*	Wednesday	adults	Lynda Dupont Yoso Zen	18:30 – 19:30	10 weeks	Jan. 15	\$130	\$150
Yoga 65 y.o. +*	Wednesday	seniors	Lynda Dupont Yoso Zen	10:30 – 11:30	10 weeks	Jan. 15	\$130	\$150
Yoga Chair 75 y.o. +*	Wednesday	seniors	Lynda Dupont Yoso Zen	12:00 – 12:45	10 weeks	Jan. 15	\$130	\$150

www.morinheights.com

Cultural Activities

* course included in the inter-municipal agreement

CULTURAL ACTIVITY	DAY	AGE GROUP	INSTRUCTOR	TIME	DURATION	START DATE	RESIDENTS	NON-RESIDENTS
Creative Workshop <i>Dit-Vers-Ti Arts*</i>	Tuesday	adults	Sophie Chatagneau	17:30 - 19:00	10 weeks	Jan. 14	\$210	\$242
Creative Writing Workshop*	Monday	adults	Sophie Chatagneau	10:30 - 11:30	10 weeks	Jan. 13	\$180	\$207
Bridge beginner 2*	Monday	adults	Louise Lalonde	10:00 - 11:30	8 weeks	Feb. 24	free registration required	free registration required
French Course – beginner 1*	Tuesday	adults	Nathalie Girard	11:30 - 12:30	12 weeks	Jan. 21	\$140	\$161
French Course – beginner 2*	Tuesday	adults	Nathalie Girard	9:00 - 10:00	12 weeks	Jan. 21	\$140	\$161
French Course intermediate*	Tuesday	adults	Nathalie Girard	10:15 - 11:15	12 weeks	Jan. 21	\$140	\$161
Spanish level 1*	Thursday	adults, seniors	Yoalli Gallegos	11:30 - 13:00	10 weeks	Jan. 16	\$185	\$213
Spanish Conversation Club beginner*	Thursday	adults	Yoalli Gallegos	13:00 - 14:30	10 weeks	Jan. 16	\$185	\$213
Spanish Conversation Club advanced	Thursday	adults	Yoalli Gallegos	10:00 - 11:30	10 weeks	Jan. 16	\$185	\$213

Courses for Children

* course included in the inter-municipal agreement

COURSES FOR CHILDREN	DAY	AGE GROUP	INSTRUCTOR	TIME	DURATION	START DATE	RESIDENTS	NON-RESIDENTS
Creative Workshop <i>Dit-Vers-Ti-Arts*</i> Parent/Child	Saturday	parent and child	Sophie Chatagneau	13:00 – 14:30	10 weeks	Jan. 11	\$120 children \$210 adults	\$138 children \$242 adults
Ballet* 3-6 y.o.	Friday	3-6 y.o.	Mariem Valdes	16:15 – 17:00	10 weeks	Jan. 24	\$190	\$218
Dance Mix* 6-10 y.o.	Friday	6-10 y.o.	Mariem Valdes	17:15 – 18:00	10 weeks	Jan. 24	\$190	\$218
Karate	Friday	5 +	Gilles Labelle	17:30 – 18:30	1,3,5 or 10 months	Jan. 10	based on the length of the session	based on the length of the session
For registration, please contact Kyoshi Gilles Labelle at 450 431-1444.								