

INFO

Morin-Heights

In harmony with nature



MORIN-HIGHTS
1855

MUNICIPAL INFORMATION SPRING 2021

MARCH / APRIL / MAY
VOL. 24 NO 2

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Children's Fishing Day at Simon River

At Lummis Park, Saturday, May 29, 8:00 to 15:00

Children initiation to trout fishing, \$5 registration fees. They must have fishing gear and be accompanied by an adult. This event for children is made possible by the **Association de chasse et pêche des Laurentides**.



News from the Mayor



Fellow citizens,

On this 15th of February 2021, only one word comes to mind to describe the period we live in now: uncertainty.

Uncertainty regarding our region's color code, uncertainty in how the Government will manage spring

break, uncertainty pertaining to hospitals' situation, and uncertainty regarding vaccines' arrival and distribution. For close to one year, we have been living with the uncertainties of this pandemic, and everyone is exhausted...

The citizens of Morin-Heights have done very well! You have been united and have respected the guidelines resulting in the COVID cases remaining very low. We all deserve a return to normal life, and I would like to encourage you and let you know that we are almost there! We are very hopeful that everyone over 65 years of age will be vaccinated before the publishing of the next municipal bulletin.

In regards to municipal activities, we hope to see you at the Children's Fishing Day, on the soccer field, at the Canada Day festivities, the Arts Morin-Heights summer exhibit, and the Superfolk Festival. However, we still have to deal with this same uncertainty...

I am therefore asking that you make one last collective effort for us to be able to enjoy the summer that we have all been waiting for. Wear your mask, wash your hands and avoid the temptation of gathering before vaccinations are well underway. This is all we can do faced with this uncertainty.

Until then, I look forward to seeing you virtually and answering all your questions during the municipal meetings, which are held online.

Regards,

Tim Watchorn, ing.
Maire



facebook.com/
MunicipaliteMorinHeights



Public Transport

It is now possible to directly follow L'inter des Laurentides buses on your phone or computer by downloading the free app Zenbus (iPhone or Android) or visiting linter.ca/zenbus. You will know precisely where your bus is at any time!

Information: 1-877-604-3377 • linter.ca

Animal Control

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



www.morinheights.com



COMITÉ DES
PARTENAIRES FAMILLE
des Pays-d'en-Haut



VIP Visits

- You are parents who just arrived in the *MRC des Pays-d'en-Haut*?
- Do you have a new baby?
- Would you like to know the services and activities offered for families in your community?

TWO WAYS TO GET INFORMED:

1. Enjoy a free VIP visit

A liaison agent will welcome you and will provide information for you and your kids. A welcome bag will be given to you!

2. Subscribe to the *Info-Famille des Pays-d'en-Haut* bulletin

The bulletin is sent twice per month, and it informs you of the family activities in your community.

Contact us to sign up:

450 275-9894 / visitesvip.pdh@gmail.com

The *Garde-Manger* provides access to a food bank 50 weeks a year to people living in precarious situations. **Food distribution in Morin-Heights:** every Tuesday from 14:15 to 15:00 at the Town Hall located at 567 chemin du Village. **Registration required by phone:** 450 229-2011 or 450 227-3757.

We also have a thrift store called **La Fouillerie**. We encourage the public to donate their used items and provide customers with valuable items at a low prices. ALL profits go to the **Garde-Manger des Pays-d'en-Haut** food bank.

La Fouillerie, thrift store

28 rue Bennett, 450 644-0087

Opening hours:

Thursday: 9:00 to 15:00 • Friday: 9:00 to 15:00

First Saturday of the month: 9:00 to 14:00

www.gardemangerpdh.ca



Currently in recruitment period, very competitive salary!

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

The Coop Santé is a non-profit organization that relies on a dynamic team whose priority is patient service.

Our mission is to facilitate access to local health care for Morin-Heights and St-Adolphe-d'Howard citizens. **Together we can make things progress!** Are you part of our team? Become a member now and register directly on our website at www.coopsante.org.

IN 2019-2020:

- 500 people obtained a family doctor in our two clinics;
- 12 600 appointments were made in the past year;
- Several new services: sports medicine from the public health care, osteopath (\$), perineal and pelvic physiotherapy (\$), psychologist (\$).

NEED A FAMILY DOCTOR?

Register with the government orphan client desk. When a doctor takes on new patients, the Québec Family Doctor Finder sends registered patients.

**** The Coop does not guarantee a family doctor ****

- On the Internet at www.gamf.gouv.qc.ca
- By phone at 1-844-834-4263

WALK-IN CLINICS:

(2 rue Meadowbrook)

- Schedule is subject to change, visit our website: www.coopsante.org
- Appointments are given only by phone starting 8:00 on the same day at 450 644-0522

DOCTORS:

**** No transfer of files between our two clinics ****

- **Dre Eveline Gagné**
- **Dr Ian Shrier** – sports medicine
- **Dre Vanessa Gatti**
- **Dr Marc Paquin**
- **Dre Lisa-Marie Tassé**
- **Dre Annie Filion**

HEALTH PROFESSIONALS IN MORIN-HEIGHTS:

CLINIQUE OSTÉOSPORT (\$)

Tuesday, by appointment

450 227-2222 • www.cliniqueosteosport.com

PHYSIOTHERAPIST (\$)

Audrey Dubé

Monday and Wednesday, by appointment

450 822-5714 • www.physiotherapieactive.com

PHYSIOTHERAPIST – perineal and pelvic

Louise Perrin

Thursday and Friday, by appointment

514 278-5906

PSYCHOLOGIST (\$)

Jacqueline Gravel

Thursday, by appointment

450 280-1545

PSYCHOLOGIST (\$)

Johanne Bernier

Monday and Wednesday, by appointment

450 744-0380

Subscribe to our NEWSLETTER at www.coopsante.org.

819 327-3534 / 450 644-0522



www.morinheights.com



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

Are you concerned about a senior citizen?

L'Entraide Bénévole is offering the services of two highly qualified and skilled contributors.

Since the start of this sanitary crisis, *Entraide bénévole des Pays-d'en-Haut* has been implementing several initiatives to address the rising of requests in essential services to ensure its senior's welfare clientele and allow them to stay at home.

The *Entraide bénévole des Pays-d'en-Haut's* team is highly qualified. Two of its members are seasoned professionals whose main mandate is to **identify, intervene, inform, direct, and support** seniors regarding the free services they are entitled to receive and make sure that these services are adequately given.

Recently retired from the Health and Social Services network, **Andrée Nadeau** and **Normand Aubé** are both passionate about senior care. After having worked for 35 years in the network, they have an in-depth understanding of its administrative components. When combined, their expertise covers long-term care residential centers (CHSLD), readaptation centers and external services, psychosocial aspect, home support, gerontology, specialized education, and psychiatry for an adult clientele.

Do not hesitate to request their services, whether for yourself or a senior whose situation you are concerned about, by calling 450 229-9020.

www.entraidebenevolepdh.com

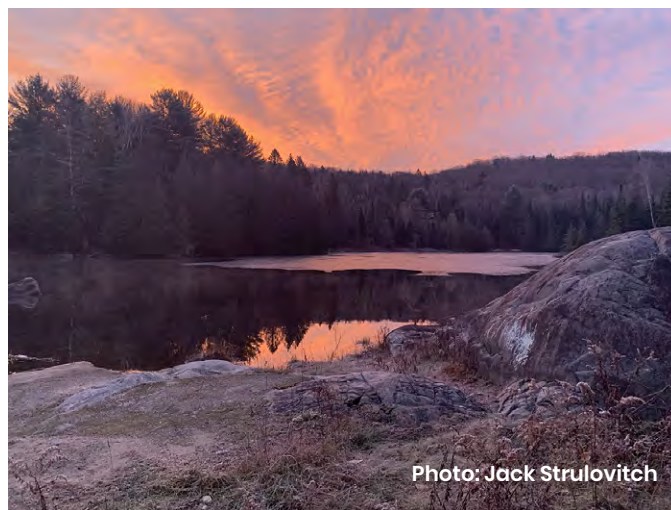


Photo: Jack Strulovitch

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 various communication tools or ads.

The winner of the contest from the previous edition is **Jack Strulovitch**, who won a \$50 gift certificate from Familiprix Danielle Gauthier located at 707 chemin du Village. Congratulations!



Town Planning and Environment

Temporary Shelters

With our hard winters, temporary shelters are undoubtedly useful. However, when spring comes, they become an eye-sore, so we ask residents to please respect the following deadlines: May 1 to remove the protective tarp from the structure, and May 15 to dismantle the structure. These provisions are in effect for all temporary winter shelters, regardless of their location on the property or their use. In addition, compliance with the regulations greatly simplifies the inspector's work.

Tree Cutting Permits

Cutting a tree on private property, including dead and sick trees, requires a permit, which can be obtained free of charge. Please note that an inspection needs to be done beforehand to assess the validity of your request. A permit is not required for pruning trees.

Septic Installation: Maintenance

For the optimal functioning of your septic system, preventive maintenance is recommended to preserve the quality of the environment. For this purpose, for tanks fitted with a prefilter (second cover), it is recommended to rinse it once or twice a year to remove suspended solids.

Also, your septic tank has to be emptied every two years for permanent residents and every four years for seasonal residents (180 days or less per year). You must provide a copy of the receipt to the Municipality within 45 days following the date of emptying.

For owners of an advanced secondary or tertiary septic system such as Bionest, Écoflo, Enviroseptic, etc., you must be bound at all times by an annual maintenance contract from the system's manufacturer and provide a copy to the Municipality.

Construction and Renovation Permits – Be informed!

Do you have a construction or renovation project in mind?

Please contact the Town Planning Department or visit our website to find out which type of work requires a permit before beginning a project. An interactive permit request form can be found on our municipal website and submitted along with your documents at the Town Hall or by email.

Also, note that in some areas within the Municipality, mainly in the village core, renovation and construction work is governed by a by-law regarding architectural integration. Work to be done has to be evaluated by the Town Planning Committee (CCU) and recommended to the Council for approval. Allow for additional delays when planning your projects in these sectors.

2021 Collections Calendar

SECTOR 2

JANUARY 2021							FEBRUARY 2021							MARCH 2021							APRIL 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		1	2	3	4	5	6		1	2	3	4	5	6					1	2	3	
3	4	5	6	7	8	9	7	8	9	10	11	12	13	7	8	9	10	11	12	13	4	5	6	7	8	9	10	
10	11	12	13	14	15	16	14	15	16	17	18	19	20	14	15	16	17	18	19	20	11	12	13	14	15	16	17	
17	18	19	20	21	22	23	21	22	23	24	25	26	27	21	22	23	24	25	26	27	18	19	20	21	22	23	24	
24	25	26	27	28	29	30	28							28	29	30	31				25	26	27	28	29	30		
31 An additional recycling pick-up is scheduled on January 7. The brown bin will be picked-up on the 14 th .																												
MAY 2021							JUNE 2021							JULY 2021							AUGUST 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			1	2	3	4	5					1	2	3	1	2	3	4	5	6	7	
2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	
9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	
16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	
23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31	29	30	31					
30 31 Place bulky items by the street on the evening of May 16. The pick-up truck will come by once on May 17 or 18.														Place bulky items by the street on July 6. The pick-up truck will pass by once on July 7 or 8.														
SEPTEMBER 2021							OCTOBER 2021							NOVEMBER 2021							DECEMBER 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						1	2		1	2	3	4	5	6					1	2	3	4
5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11	
12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18	
19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25	
26	27	28	29	30			24	25	26	27	28	29	30	28	29	30					26	27	28	29	30	31		
Place bulky items by the street on the evening of September 12. The pick-up truck will come by once on September 13 or 14.							31 Place bulky items by the street on the evening of October 17. The pick-up truck will come by once on October 18 or 19.																					

Legend



- Recycling (blue bin)
- Organic (brown bin)
Pick-ups every two weeks from October to May
- Garbage (black bin)
Monthly pick-ups from November to April
- Bulky items Place bulky items by the street the night before pick-up
- Change in pick-up day
- No garbage pick-up

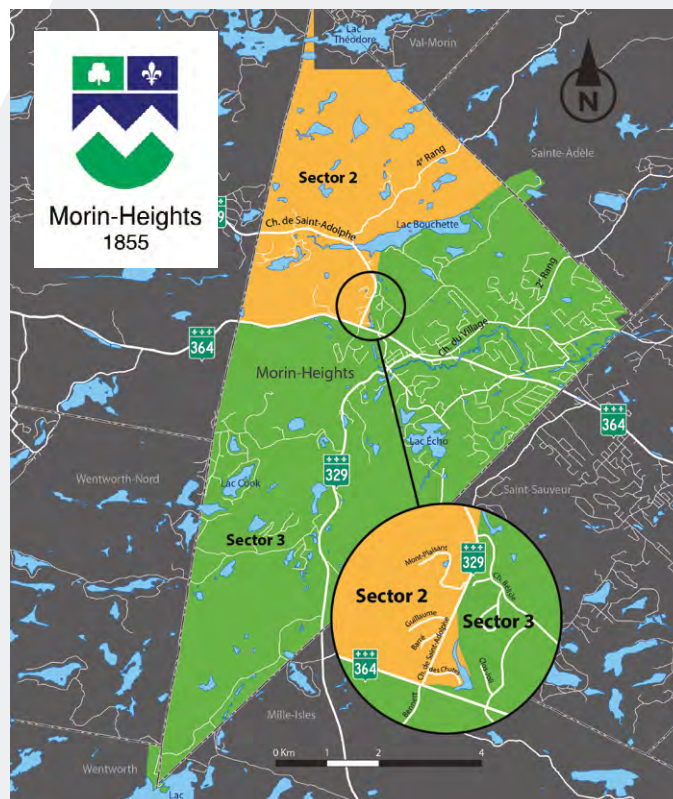
lespaysdenhaut
recyclent.com



INFO-COLLECTE

1855 PDH-RECY • 450 229-8052

infocollecte@mrcpdh.org



2021 Collections Calendar

SECTOR 3

JANUARY 2021	FEBRUARY 2021	MARCH 2021	APRIL 2021
<p>D L M M J V S</p> <p>1 2</p> <p>3 4 5 6 7 8 9</p> <p>10 11 12 13 14 15 16</p> <p>17 18 19 20 21 22 23</p> <p>24 25 26 27 28 29 30</p> <p>31</p> <p>An additional recycling pick-up will be held on January 8. The brown bin will be picked-up on the 15th.</p>	<p>D L M M J V S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28</p>	<p>D L M M J V S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30 31</p>	<p>D L M M J V S</p> <p>1 2 3</p> <p>4 5 6 7 8 9 10</p> <p>11 12 13 14 15 16 17</p> <p>18 19 20 21 22 23 24</p> <p>25 26 27 28 29 30</p>
MAY 2021	JUNE 2021	JULY 2021	AUGUST 2021
<p>D L M M J V S</p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30 31</p> <p>Place bulky items by the street on the evening of May 16. The pick-up truck will come by once on May 17 or 18.</p>	<p>D L M M J V S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30</p>	<p>D L M M J V S</p> <p>1 2 3</p> <p>4 5 6 7 8 9 10</p> <p>11 12 13 14 15 16 17</p> <p>18 19 20 21 22 23 24</p> <p>25 26 27 28 29 30 31</p> <p>Place bulky items by the street on July 6. The pick-up truck will pass by once on July 7 or 8.</p>	<p>D L M M J V S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31</p>
SEPTEMBER 2021	OCTOBER 2021	NOVEMBER 2021	DECEMBER 2021
<p>D L M M J V S</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30</p> <p>Place bulky items by the street on the evening of September 12. The pick-up truck will come by once on September 13 or 14.</p>	<p>D L M M J V S</p> <p>1 2</p> <p>3 4 5 6 7 8 9</p> <p>10 11 12 13 14 15 16</p> <p>17 18 19 20 21 22 23</p> <p>24 25 26 27 28 29 30</p> <p>31</p> <p>Place bulky items by the street on the evening of October 17. The pick-up truck will come by once on October 18 or 19.</p>	<p>D L M M J V S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30</p>	<p>D L M M J V S</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>

INFO-COLLECTE

1 855 PDH-RECY • 450 229-8052

infocollecte@mrpcpdh.org



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



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 chemin Jean-Adam in Saint-Sauveur.

Our phone number has changed:

450 227-4633, ext. 3200.

OPENING HOURS

From December 1 to March 31:

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

From April 1 to November 30:

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

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

Public Works

Street sweeper

Because we live in the Laurentians, a considerable amount of sand and stones (¼) is spread on roads because of the icy conditions. We sweep the streets in late spring, but unfortunately, we can't pick up material that can be propelled on your land during the winter. **Do not leave piles of sand on the shoulder**, as our sweeper is not built to pick them up. This could cause the equipment to break..

www.morinheights.com



Morin-Heights Fire Department and First Responders



Be connected to your security!

Practical advice for your installation or your electrical appliances

Be smart!

/ Make sure the electrical panel or other service equipment is accessible at all times. Leave a clearance distance of one meter.

Replacing a fuse or reclosing a circuit breaker

/ The electrical panel contains fuses or circuit breakers necessary for your safety, as these will respond to an overload and may prevent a fire.

/ When a fuse blows or a circuit breaker trips, it's often due to an overload: too many appliances are plugged into the same outlet. If this happens, unplug some appliances.

/ If you replace a fuse, always use a fuse with the same characteristics (type, number of amps).

Electricity: misuse + improper installation = FIRE HAZARD!

Electricity-related fires are often preventable. Why take risks with an overloaded extension cord or poorly maintained electrical system? Did you know that one-third of all known causes of fires are mechanical or electrical? Fires can be caused by wear and tear, misuse, or improper installation.

When you move into a new home, don't hesitate to have the electrical installation checked by a master electrician.

Content is extracted from a flyer produced in French by:

Sécurité publique Québec

Avec la collaboration de :
• Régie du bâtiment du Québec

Next editions!

To submit a text for the bulletin, send a French and an English version to karyne.bergeron@morinheights.com.

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



Outdoor Network

Work Bees

On May 1 and 15, from 9:00 to 16:00

Work on walkways and mountain biking and hiking trails. In case of bad weather, go to www.morinheights.com/Outdoors for new dates.

To register as a volunteer, send your info to chaletbellevue@morinheights.com or call 450 226 3232, ext. 132.

About Dogs

Dogs are forbidden on the Aerobic Corridor but accepted **on a leash** on other walking trails. Feces must be picked up and discarded in a garbage bin. To ensure safety for everyone, please keep your dog on a leash **at all times**.

The Canine Corridor is the preferred choice to walk your dog in total security. It is situated at the intersection of Midi Road and Route 364.

Trail Conditions

To find out which trail is open or the status of each one, you can consult

www.morinheights.com/Outdoors.

Closing the Bike Network After Thaw or Rain

Please respect closure signs. Do not use the trails after heavy rain, when the soil is too damp, or in the spring when it is not entirely dried out. Riding in a muddy trail can cause unnecessary damage and erosion.



SOPAIR's Code of Ethics for Mountain Biking, in force in our network

- 1) Get a map of the trails, wear a helmet, respect your capacities, and have a repair kit.
- 2) Do not ride on closed trails. If they are closed, it is for a good reason.
- 3) Do not ride on heavy rain days and for the next 24 hours to prevent trail erosion.
- 4) Always ride on existing open trails to respect the natural environment.
- 5) Bring back your garbage. Leave no trace.
- 6) Be careful when passing others and be courteous at all times. Travel in small groups of ten people or less is preferable.
- 7) Yield to climbing cyclists and all pedestrians at all times. Ride slowly on a busy trail.
- 8) Do not make new trails or perform unauthorized work. Make sure you have the permission of the landowner or manager before any maintenance activity.
- 9) Respect private property where applicable. Riding on private property is a privilege and not a right. Be grateful for the generosity of the owners.

Respect for Private Property

Most of the cross-country ski trails are accessible only in the winter, from December 1st to April 15th. Come spring, it is imperative to respect these dates to ensure that access to these trails does not become permanently closed. Not all our trails are accessible during the summer season. Please visit the outdoor page found on the Municipality's website to view maps and trail conditions for the current season.

Aerobic Corridor Pavilion

To find out about opening hours and services at the Aerobic Corridor Pavilion, visit this website: corridoraerobique.ca.

Citizen Card

A citizen card will be offered soon! We invite you to create your user account, if you have not already done so, via the registration page on our website (menu «Online Services») to accelerate the registration and card issuance process once it begins.

The citizen card will give access to different infrastructures and activities for free such as tennis and pickleball. Follow us on our different platforms to know all the details!

Lummis Park

Once again this summer, in the context of the pandemic, Lummis Park will be reserved exclusively for Morin-Heights residents.

Hours of operation: 9:00 to 18:00

Access for Mountain Biking at Basler Park

This year, access to the mountain bike trails will be priced. It will be possible to purchase a season pass; online only. Daily tickets will be available online or at the park's parking booth. For assistance with online purchases, call 450 226-3232, ext. 132.

Note that cross-country ski passes for the 2020-2021 season will be accepted this summer for access to the mountain bike trails.

	Morin-Heights Residents	MRC PDH Residents	Non residents
Season Pass	\$35	\$55	\$65
Daily Ticket	\$5	\$5,50	\$6

Hours of operation: 9:00 to 20:00



www.morinheights.com



Abolition of late fees and changes to the Service Policy

Some temporary measures put in place at the beginning of the pandemic were so appreciated by our members that we have decided to make them permanent! In addition to the new opening hours, from now on, each member will be entitled to borrow five books at a time, for four weeks, renewable once, if there is no reservation on the document.

Also, late fees are permanently abolished to promote accessibility and the pleasure of reading!

Finally, seasonal renters can get a temporary subscription, ask our team for details.



Ma BIBLIO à moi,
c'est mes revues numériques
disponibles en tout temps.

Et c'est GRATUIT!



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 latest books on our shelves, contact us directly!

Note that the library's new official opening hours are as follows: Tuesdays, Thursdays, and Saturdays, from 10:00 to 16:00.

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

To consult the list of animations and activities presented by the library this spring, take a look at the next page.

Current Operating Mode

Free access inside the library is once again allowed and the use of one of the computer stations! Considering the size of the building, the number of people allowed inside is ten, of which seven are permitted in the library room (not including the team of workers). When this limit is reached, visitors will have to wait outside. Social distancing is mandatory for all, as well as wearing a face covering for visitors aged 10 and over.

We invite you to continue to reserve your documents on **mabiblioamoi.ca** or by email at **bibliotheque@morinheights.com**. For returns, the book chute is always accessible on the side of the building. All returns are quarantined for 24 hours before being made available again.

We also offer a Library on Wheels service if you wish to receive your books directly at home!



**Les Z'animés,
online activities
and conferences
(in French)
presented by the
Municipal Library**

Easter Tales

AVAILABLE FOR VIEWING FROM APRIL 1 TO 7

Gloria Ramia Prenafeta will animate two Easter tales.

Workshop on Blues Music

AVAILABLE FOR VIEWING FROM APRIL 9 TO 15

If there is one musical style that has influenced all of North America's music, it's blues! With Philippe Emmanuel David, discover its history, aesthetics, and language for the pleasure of playing it or simply listening to it with a fresh ear.

Ten Basic Medicinal Plants

AVAILABLE FOR VIEWING FROM APRIL 16 TO 22

Discover the virtues of ten plants that can be part of the family pharmacy to alleviate everyday life's minor discomfort: difficult digestion, fever, cold, etc. These plants grow wild around us or in our gardens. Herbalist Johanne Fontaine will talk about the precious nettle, yarrow, the perfect febrifuge, plantain for minor ailments, dandelion for optimal digestion, lemon balm, an asset against stress, and much more!

How to Support the Immune System

AVAILABLE FOR VIEWING APRIL 23 TO 29

There are ways to take care of our immunity and be stronger against colds, flu, and other infectious diseases. Herbalist Johanne Fontaine will help you better understand and support your immune system and discover simple tools that are easy to integrate into your daily life. Thyme and garlic, condiment plants, are among the allies to discover.

Tales and Fun Reading Activities

AVAILABLE FOR VIEWING FROM APRIL 30 TO MAY 6

Mireille Villeneuve tells one of her stories for children and then offers them various reading activities related to the book presented.

"Rouge Pamplemousse" and Jig Dance Workshop

AVAILABLE FOR VIEWING FROM MAY 7 TO 13

Presentation of a hybrid video work integrating contemporary jig and poetry, "Rouge Pamplemousse" explores different facets of the feeling of bitterness. The workshop that follows will introduce you to Quebec jig, a dance style at the heart of *Rouge Pamplemousse's* creation. For shoes of all types and sizes!

Facing Change and Staying Zen

LIVE ON MAY 16 AT 11:00 AND AVAILABLE FOR VIEWING FOR SEVEN DAYS AFTERWARD

Do you feel like you are subjected to changes instead of choosing them? We are in a space-time where change happens at the speed of sound, but change is also part of life... During this "edu-animation" by Carole Miville, you will discover tools to accentuate your resistance to change; to help you review your beliefs, values, and power, to choose to maintain your integrity through change; to learn how to mourn the known to move towards the unknown, and to take action. In short, you will learn to stay zen!

**Marc Chagall, Eternal Lover:
From Vitebsk to Paris**

AVAILABLE FOR VIEWING FROM MAY 26 TO JUNE 1

At the heart of the *École de Paris*, a sparkling star will rise and shine throughout the century. It will be the great Marc Chagall. By imposing, even in times of war, his fabulous, colorful, celestial, fairytale universe, he is an eternal optimist, a great sage with a child's heart, and a significant actor of the modern art scene. A conference presented by Sylvie Coutu.



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, or via Zoom while under Covid19 restrictions. 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.



Thank you to all of the volunteers, members, and patrons who supported our community theatre troupe throughout 2020. We are now preparing options for the rest of 2021.

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



For more than 30 years, the Arts Morin-Heights artists have been part of the municipality's cultural life through our summer exhibition and various thematic and individual shows held throughout the year.

Like all other groups, the pandemic has put a stop to the group's collective activities. In the current context, we must respect the health directives in force. We hope to resume our activities as soon as the situation returns to normal.

Until next time,
Ginette Fontaine, maagfontaine@hotmail.com

Joyful Noise Choir

We are still active! Have you watched our Christmas performance recorded in lockdown? Visit the Superfolk Festival YouTube channel to watch it again! Also, stay tuned for an announcement of a possible concert or other song to be broadcast soon.

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

The *Club de lecture en français* begins its eighth 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.



www.morinheights.com



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 first and third Thursdays in April and May, 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 are your supplies. Contact Monique Bélisle at **450 226-8464** if you have questions.



The Festival Tournant in Morin-Heights

From **August 13 to 15**, the Municipality of Morin-Heights will host the *Festival Tournant*, a dance festival by and for the community! Stay tuned for the announcement of the various shows and activities!

Information: www.festivaltournant.com
direction@festivaltournant.com



Dôme de Ballet(s) de ruelle. On the picture: Corinne Crane, Sarah-Ève Grant-Lefebvre, Lola O'Breham-Rondeau and Gabrielle Surprenant-Lacasse.



Confirmed.
2021 Aug 20-21-22

WWW.SUPERFOLK.CA - DETAILS TO COME - MANDATORY REGISTRATION

The pandemic will determine the number of guests permitted to the Festival. To be in attendance, you must have an advanced reservation for the concerts. We invite you to sign up to our mailing list, and you will receive the latest plans and have the opportunity to be among the first to reserve for **SuperFolk 2021**.

Day Camp

Piedmont's Campuces, **accredited by the Association des Camps du Québec**, will welcome Morin-Heights' children this summer, at **Mont Habitant** (12 des Skieurs Rd., St-Sauveur).



Online REGISTRATION starting Friday, April 2,
through the Municipality of Piedmont's website:
www.piedmont.ca

Cancellation and refund

No refund for registration at Campuces or daycare in case of abandonment.

Camp for 5-11 years old

Monday, June 28 to Friday, August 13, From 8:45 to 16:15

FULL SUMMER PROGRAM

(Prices include five organized activities at camp and two outings)

June 28 to August 13, 2021	1 st child	2 nd child	3 rd child
Piedmont and Morin-Heights residents	\$600	\$570	\$550
Non-residents	\$700	\$700	\$700

4-WEEK BLOCK

(Fixed block – four first weeks of camp only)

(Prices include three organized activities at camp and one outing)

June 28 to July 23, 2021	1 st child	2 nd child	3 rd child
Piedmont and Morin-Heights residents	\$370	\$340	\$320
Non-residents	\$425	\$425	\$425

3-WEEK BLOCK

(Fixed block – three last weeks of camp only)

(Prices include two organized activities at camp and one outing)

July 26 to August 13, 2021	1 st child	2 nd child	3 rd child
Piedmont and Morin-Heights residents	\$280	\$250	\$230
Non-residents	\$320	\$320	\$320

ADDITIONAL WEEK (August 16 to 20, 2021)

Children from 5 to 11 years old	1 st child	2 nd child	3 rd child
Piedmont and Morin-Heights residents	\$105	\$100	\$95
Non-residents	\$115	\$115	\$115

Daycare 5-11 years old

from 7:00 to 8:45 and 16:15 to 18:00

No daily fee. Late fees after 18:00: \$1 / minute payable the same day.

FULL SUMMER

June 28 to August 13, 2021	1 st child	2 nd child	3 rd child
Piedmont and Morin-Heights residents	\$150	\$130	\$130
Non-residents	\$155	\$155	\$155

4-WEEK BLOCK

(Fixed block – four first weeks of camp only)

June 28 to July 23, 2021	1 st child	2 nd child	3 rd child
Piedmont and Morin-Heights residents	\$85	\$75	\$75
Non-residents	\$90	\$90	\$90

3-WEEK BLOCK

(Fixed block – three last weeks of camp only)

July 26 to August 13, 2021	1 st child	2 nd child	3 rd child
Piedmont and Morin-Heights residents	\$65	\$55	\$55
Non-residents	\$70	\$70	\$70

Teen club 12-14 years old

3 days/week: Tuesday, Wednesday, and Thursday

(Prices include special activities at camp and outings)

From June 29 to August 12, 2021	1 st child
Piedmont and Morin-Heights residents	\$150 per week
Non-residents	\$175 per week

Councillor-in-Training Program

Monday to Thursday from 9:00 to 16:00

(Prices include three organized activities at camp and one outing)

From July 5 th to July 29, 2021	Basic fees
Piedmont and Morin-Heights residents	\$325
Non-residents	\$350

QUESTIONS? Mary-Ann Delcourt, recreation technician, 450 227-1888, ext. 230, techloisirs@piedmont.ca

www.morinheights.com



Viking Canoe & Kayak Club

2021 Summer Camps and Programs

From June 28 to August 20, the Viking Canoe & Kayak Club offers a half-day summer Canoe Kids camp for children aged 5 to 12 years old, Monday to Friday, 8:30 to 12:30. Campers follow the Canoe Kayak Canada's national "CanoeKids" skills development program, learning safe boating practices and water safety; developing skills and fitness through games and fun.

Cost: \$125/week (all equipment is supplied)

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

Information: www.canoeKayakViking.com
450 226-1876 • canoeKayakViking@gmail.com

Laurentian Region Cancer Support Group

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

For more information about the group's services, meetings, and guest speakers, call June Angus at **450 226-3641** or email cancer.laurentia@yahoo.ca.



F.C. MORIN-HEIGHTS

Football Club Morin-Heights

Save \$20 on registrations received before March 31

Regular Soccer Program - for 9 to 21-year-olds, last chance to register for the summer season online at www.fcmorinheights.com.

Grassroots Program - initiation to soccer for children aged 4 to 7. Male and female players born between 2014 and 2017. Saturday mornings from June 12 to August 28 (no practice on July 24 and July 31). At the soccer field of the Morin-Heights Elementary School from 9:00 to 10:00.

For players who would like to become referees for the 2021 season, please register quickly, places are limited, call 450 226-0011.



Several activities for youth

Information:

www.facebook.com/cluboptimisteVSS
optimistevalleestsauveur@gmail.com
C.P. 4, Saint-Sauveur (Québec) J0R 1R0

Course Schedule If it is not possible to hold this course in a group, indoors, it will be held online.

FOR INFORMATION OR REGISTRATION, COMMUNICATE WITH THE INSTRUCTOR.

Cardio / HIIT

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

Location: Chalet Bellevue

Rate: \$15/class

Day: Monday 8:45 to 9:45

Dates: March 29 to May 3 (6 weeks)

Instructor: Andréa Beaulieu / 450 822-7486
espritalpin@gmail.com

Tai Chi Yang Stretch and Meditation

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

Location: Chalet Bellevue

Rate: \$120

Day: Tuesday 10:30 to 11:45

Dates: April 20 to June 1 (7 weeks)

Instructor: Michelle Gendron / 450 712-6834
mich.gendron@yahoo.ca / ecoledetaichilibre.com

Acrylic Painting & Creativity

The theme of this session: matter and light (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: \$268 +tx

Day: Wednesday 13:30 to 16:30

Dates: April 21 to June 9 (8 weeks)

Instructor: LiliFlore / 514 638-5810
liliflore.ca / liliflore.ca@gmail.com

Photography

Learn how to use your camera in manual mode. For beginners and intermediates, 16+. You must have your equipment.

Location: Chalet Bellevue

Rate: \$155

Day: Wednesday 10:00 to 12:00

Dates: May 5 to June 9 (6 weeks)

Instructor: Bruno Larue / 514 830-0432
www.brunolarue.com / brunolarue@me.com

Essentrics Aging Backwards

Therapeutic technique adapted to all physical conditions. Prevents, slows down, and heals the aging of the body. For people with stiffness related to inactivity, progressive limitations, chronic pain, or those who return to physical activity after a sedentary period.

Location: Chalet Bellevue

Rate: \$130

Day: Monday 9:30 to 10:30

Dates: April 12 to June 16 (10 weeks)

Instructor: Ginette Ouimet (certified Essentrics instructor level 4) / 450 543-0308

essentricsavecginette@gmail.com / essentricsavecginette.vpweb.ca

Invigorating Essentrics

Complete and dynamic training. Improves posture, relieves tension and joints. Therapeutic technique adapted to all physical conditions.

Location: Chalet Bellevue

Rate: \$130

Day: Monday and/or Wednesday 11:00 to 12:00

Dates: April 12 to June 16 (10 weeks)

Instructor: Ginette Ouimet (certified Essentrics instructor level 4) / 450 543-0308

essentricsavecginette@gmail.com / essentricsavecginette.vpweb.ca

Yoga flow

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 is required. For adults and seniors.

Location: Chalet Bellevue

Rate: \$15/class

Day: Wednesday 8:45 to 9:45

Dates: March 31 to May 5 (6 weeks)

Instructor: Andréa Beaulieu / 450 822-7486
espritalpin@gmail.com

Stretch & Strengthen

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

Location: Chalet Bellevue

Rate: \$120

Day: Tuesday 9:00 to 10:00

Dates: April 6 to June 15 (10 weeks)

Instructor: Lisa McLellan / 450 560-2803
lisamclellan07@gmail.com



If it is not possible to hold this course in a group, indoors, it will be held online.

FOR INFORMATION OR REGISTRATION, COMMUNICATE WITH THE INSTRUCTOR.

Combo 55+

Strength training, cardio, balance, and coordination! Fun, safe, effective!

Location: Basler Park

Rate: \$120

Day: Thursday 9:00 to 10:00

Dates: April 8 to June 17 (10 weeks)

Instructor: Lisa McLellan / 450 560-2803
lisamclellan07@gmail.com

Qi Gong

Breath, deep relaxation, body & mind health, lightness of being.

Location: outdoors at Chalet Bellevue

Rate: \$120

Day: Thursday 10:30 to 11:30

Dates: April 8 to June 17 (10 weeks)

Instructor: Lisa McLellan / 450 560-2803
lisamclellan07@gmail.com

Hatha Yoga

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

Location: Chalet Bellevue

Rate: \$150

Day: Friday 9:00 to 10:15

Dates: April 9 to June 18
(10 weeks)

Instructor: Lisa McLellan
450 560-2803
lisamclellan07@gmail.com



www.morinheights.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

Rate: Saturday 9:00 to 11:00

Dates: April 10 to June 26

Info: Robert Lee / 450 227-8829

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: April to June

Instructor: Kyoshi Gilles Labelle / 450 431-1444
lgilles.budo@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: \$165

Day: Thursday 8:45 to 10:15

Dates: April 8 to June 10 (10 weeks)

Instructor: Yoalli Gallegos / 819 326-7706
laurentidescascasagnol@hotmail.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: \$165

Day: Thursday 10:30 to 12:00

Dates: April 8 to June 10 (10 weeks)

Instructor: Yoalli Gallegos / 819 326-7706
laurentidescascasagnol@hotmail.com



If it is not possible to hold this course in a group, indoors, it will be held online.

FOR INFORMATION OR REGISTRATION, COMMUNICATE WITH THE INSTRUCTOR.



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: April 11 to May 30

Instructor: Heather McNabb
514 486-3480
heatheramcnabb@hotmail.com

Cardio Swing

Fitness with swing dance movements, for everyone!

Location: Chalet Bellevue

Rate: \$112

Day: Thursday 9:00 to 10:00

Dates: April 1 to June 17 (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: \$112

Day: Thursday 10:30 to 11:30

Dates: April 1 to June 17 (12 weeks)

Instructor: Francisco De La Calleja / 514 436-0567
fikomex@gmail.com

Cardio Latino

Fitness with Latin dances movements, for everyone!

Location: Chalet Bellevue

Rate: \$112

Day: Thursday 11:45 to 12:45

Dates: April 1 to June 17 (12 weeks)

Instructor: Francisco De La Calleja / 514 436-0567
fikomex@gmail.com

Important numbers

Town Hall

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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

Emergency 9-1-1:

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

*Photos: Jean-Pierre Thuin, Paul Mackay, Denis Laplante, Émilie Contant and Sylwia Czarnota
Legal deposit - Bibliothèque et Archives nationales du Québec, 2021*

Graphic Design:
Turquoise Design / 514 592-8153
www.turkoisedesign.com
Production:
Le Groupe Triton / 1 888 990-3486
www.groupetriton.com