

INFO

Morin-Heights

In harmony with nature



MORIN-HIGHTS
1855

MUNICIPAL INFORMATION

SPRING 2023

MARCH / APRIL / MAY
VOL. 26 NO 2

12 / day camp

15 / concerts

02 / news

05 / municipal services

14 / cultural programming

16 / activities

20 / classes

Children's Fishing Day at Simon River

At Lummis Park, Saturday, May 27, 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



Dear fellow citizens,

I am writing these lines at the end of January with all the projects that we will have to carry out in 2023 in mind; there are many! All the Municipality's services will be involved, and here is a summary of the main projects:

- The procedures for the adoption of our new urbanism by-laws should be completed in the spring and will allow the implementation of the citizens' vision for the future of Morin-Heights. The harmonious development of our territory, the protection of forest cover and wetlands are at the heart of our new plan. After two years of work, it is time to implement it.
- The purchase of the 35 acres of land and the Basler family building in the center of the village will allow us to expand and preserve our central municipal park and maintain flexibility for the eventual implementation of a wastewater treatment station.
- The village core wastewater treatment system project is in the planning stages in order to obtain a Certificate of Approval from the Ministry of the Environment. The next step will be to maximize the subsidies applicable to the project to minimize the costs to the users. We will keep you informed of developments, and there will be a public presentation at the appropriate time.
- Several sections of streets will be undergoing major rehabilitation this summer, including Bennett Street, Lakeshore and Watchorn Road (between Belisle and Route 364). A grant covering 75% of the cost of upgrading Bennett Street has been obtained!
- The call for tenders for our 30-unit seniors' residence, Habitat Morin-Heights, will be issued shortly. The desire to take full advantage of the new programs offered by the SHQ has delayed our timeline somewhat, but with the increased construction costs, we want to ensure the financial viability of the project.

- The addition of decorative lighting and street furniture on Village Road, the launch of our new citizen portal, the call for tenders for the Lac Peter dam and the preparation of plans for the expansion of the fire hall are all projects that will see the light of day in 2023. Follow the evolution of all these projects on our website, our official Facebook page and soon, on the citizen portal.

I want to welcome Mrs. Marie-Ève Gauthier as our new Director of Recreation, Culture and Community Life. She will have some great projects to accomplish, such as the library renovation and creating a master plan for Basler Park. We are confident that she will do it with flying colours!

I would like to acknowledge the dedication and excellent work of the entire Public Works team, who worked 24 hours a day from December 22 to 25 to battle a 90 cm snowstorm. The streets of Morin-Heights were the best plowed in the entire region! It's not said often enough, but they sacrifice their family holidays to provide service to the community. We thank them for that!

I will close with a suggestion. The proliferation of stories of fraud and abuse of seniors disturbs me greatly. The majority of the citizens of Morin-Heights can count on family or close friends to support them, but not all of them... The organization *Prévoyance envers les aînés* offers a training called "*Les Éclaireurs*" to detect situations where an elderly person would need help. Some of our employees have already been trained for a few years now, but soon, several other of our municipal employees will be participating. I suggest that everyone take the training:

<https://prevoyanceaines.org/formation/>

Take care of each other and take advantage of this last winter month to get outside and experience nature in Morin-Heights.

Yours truly,

Tim Watchorn, ing.
Mayor

Recognition 2023

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

Louise Atkinson > 30 years in October
Vicky Deslauriers > 25 years in October
Francis Falardeau > 20 years in February
Richard Nesbitt > 20 years in October
Karyne Bergeron > 15 years in August
Sylvia Fendle > 15 years in November
Dominick Gladu > 15 years in October
Francis Pilon > 15 years in June
Mathieu Roy > 10 years in September

Why a citizen card?

It allows you to register online for our activities and to benefit from the reduced rates or free access offered to residents, including:

- Resident rates for courses and activities;
- Cultural activities;
- Events and shows;
- Free access to our outdoor tennis and pickleball courts;
- Obtaining a library card;
- Access and registration to the *Centre sportif Pays-d'en-Haut*;
- and much more!

Information :

www.morinheights.com/Citizen-Card



Animal Control

How do I file a report?

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

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

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



Damage and losses, where to claim?

After spending several days without electricity, you may notice damage to your home or experience financial losses. Visit this Hydro-Québec website to find out where to turn depending on the situation.

www.hydroquebec.com/contact-us/complaints-claims/claims.html



**March 24 to April 13 (online at 20:00)
April 15 & 16 (on site at 13:00)**

Chalet Pauline-Vanier, Saint-Sauveur

DIPLOMA OF APTITUDE
FOR THE FONCTIONS OF

Ville de
Saint-Sauveur



**DIPLOMA OF APTITUDE
FOR THE FONCTIONS OF
ANIMATOR**
**Mandatory certification
(33 h) to work in
animation in the
municipal day camps of
the MRC des Pays-d'en-
Haut.**

REGISTRATION & SCHEDULE
programmedafa.com
February 15 to March 24, 2023
\$ 90 per participant

INFORMATION
450 227-0000, #4000
communautaire@vss.ca



Photo: Alain Orvoine

Photo Contest

Please share your best shots: it could be local landscapes, local activities, events, or Morinheighters who are all smiles!

The winner will receive a gift card from a local shop. Send your favourite 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. Pictures received for this contest must be free of rights and will be kept

in our municipal bank of images and could be used to illustrate our various communication tools or ads.

The contest winner from the previous edition is **Alain Orvoine**, who submitted a superb photo of Lac Franc and won a \$50 gift certificate from IGA Morin-Heights, located at 680 Village Road. Congratulations!

Next editions!

SUMMER EDITION

June 1 to August 15, 2023

Deadline: April 3, 2023

Distribution: May 24, 2023

FALL EDITION

August 15 to December 1, 2023

Deadline: May 31, 2023

Distribution: August 15, 2023

WINTER EDITION

Dec. 1, 2023, to March 15, 2024

Deadline: October 3, 2023

Distribution: November 23, 2023

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

www.morinheights.com

Town Planning and Environment

Too much light at night: not a good thing!

Who is not captivated by looking at a starry sky on a dark night? Who doesn't marvel at the sight of a shooting star? In big cities, we can barely see the stars; if we're not careful, that could become the case in rural areas.

Too much artificial light can do more than just make it harder to see stars. It can affect species migration, predator-prey relationships, and the circadian rhythms of many organisms. In short, it is not a good thing.



The International Dark Sky Association defines light pollution as «the inappropriate or excessive use of artificial light.» One of the priorities identified by the Morin-Heights Environmental Advisory Committee is to reduce pollution – including light pollution.

At the municipal level, Morin-Heights now requires that the use of outdoor lights be limited to «safety purposes only», which means, for example, that 30 outdoor lights would not be allowed. Another requirement is that the colour of the outdoor lights be a soft white or amber and that the lights be directed downward. In addition, Morin-Heights is working with a firm that specializes in operating energy-efficient solutions to replace the municipality's street lights with LED lights to transition to a «dark sky model».

As residents, we can also do our part. In addition to following municipal bylaws, we can turn off lights when they are not needed and implement motion sensors and/or timers instead of leaving lights on all night. These are easy steps to take and will save money. Ultimately, these tips will allow us to continue to marvel at the stars for years to come.

Text provided by members of the AEC Pollution subcommittee.

Invasive Species of Concern

Dr. Lena Measures, a citizen of Morin-Heights and scientific researcher, has graciously provided us with a list of invasive species of concern to monitor, both for flora and fauna.

The purpose of this list is to identify the various harmful species and to raise awareness among the citizens of our municipality. From that list, we have identified the most widespread and common species. You can consult it, as well as other documents of the same type, by visiting the following web page: www.morinheights.com/Information-activities-workshops.



The arrival of spring coincides with good resolutions!

To protect the quality of our drinking water and its supply:

- Use only products without phosphates – dish soap, detergents, cleaning products, stain remover, shampoo, etc.
 - These products are available everywhere.
 - They can be identified by the words «phosphate-free» on the label or the ECOLOGO logo.
- Avoid toxic products such as bleach, disinfectants, etc.
 - A little research on the net will help you on all occasions.
 - You will realize that homemade products are just as effective.
- Ask yourself if it is necessary to water your lawn with drinking water. It will always rain eventually!
- Buy a water collector, it is relatively inexpensive and very satisfying.
- Avoid the old-fashioned washdowns with large amounts of water!

To protect the water of our lakes and rivers

- Do not spread any fertilizer (even organic) if you live near a stream or a lake.
- Have your septic systems checked in case of odour if it's more than 25 years old or in case of doubt.
- Clean your boats and equipment when you have been fishing or on other water bodies. An invasive plant is so quickly introduced!
- Respect nature, the forest and the riparian strips that will do the job of protecting the water much better than we can.

These recommendations are made to you by the members of the AEC – Water Subcommittee.

Ecocentre

The inter-municipal Ecocenter is located at 2155 Jean-Adam Road, Saint-Sauveur, 450 227-0000, ext. 3200, ecocentre@vss.ca.

OPENING HOURS

April 1 to November 30:

open daily (except Wednesday), 7:30 to 16:45

December 1 to March 31:

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

www.vss.ca/services-aux-citoyens/services/ecocentre

Earth Day

Every year on April 22, Earth Day, we can celebrate our beautiful planet! It is an opportunity for all of us to question our daily actions and adopt good habits to impact the environment positively.

This year, the team of the Town Planning and Environment Department, as well as the members of the Environmental Advisory Committee, invite you to come and meet them and participate in the various activities that will take place, such as the presence of a conference speaker on the adoption of good individual practices on eco-responsibility. Seed distribution booths and workshops on eco-responsibility will also be held in the heart of the village. Details will follow on our website and Facebook page.

We look forward to seeing you there!



Library

The municipal library is located at 823 Village Road and is closed on holidays. Library membership is free for all residents.

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.

Hours: Tuesday to Friday from 10:00 to 18:00
Saturday from 9:00 to 17:00

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



Les Z'animés, presented by the library

To ensure that you have a place, please register through the Municipality's website: www.morinheights.com. We will be happy to assist you with the registration process if necessary!

Un conte de Pâques (in French)

APRIL 1, 10:30, CHILDREN

Sit back and enjoy Gloria Prenafeta's newest show! For Easter, two fantastic and colourful tales will be presented to children.

Faites la cour aux oiseaux (in French)

APRIL 15, 10:30, CHILDREN

Ready for a great way to court birds and attract these winged friends to your home? Come to the eco-friendly feeder display with coconuts, onion nets and containers to recover. You'll see ostrich eggs, a hummingbird nest, owl talons, and some pellets.

Storytime with Tina

MAY 13, 10:30, CHILDREN

Tina offers story time for children ages 3 to 6. Two stories will be presented, followed by a simple animation where the only goal is to have fun (game, craft, song)!

Art History Class: 17th century (in French)

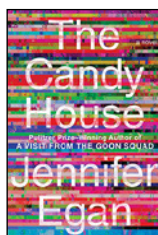
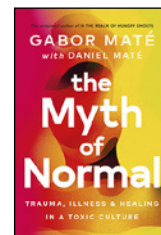
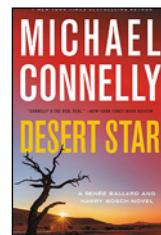
AVAILABLE FOR VIEWING FROM MAY 19 TO JUNE 1

Sylvie Coutu is back to help us discover the Dutch Golden Age. The 17th century is full of renowned artists whose works are so sublime that they have left their mark on the imagination. From Rembrandt to Vermeer, tune into the Morin-Heights YouTube channel to learn more about the maestros of the brush.

New Releases

The library keeps its collection up to date! Here is an overview of our new acquisitions:

The Mitford Affair / Marie Benedict
Any Other Family / Eleanor Brown
Desert Star / Michael Connelly
The Candy House / Jennifer Egan
The Twist of a Knife / Anthony Horowitz
The Myth of Normal / Gabor Maté
1989 / Val McDermid
Cold, Cold Bones / Kathy Reichs
Spare / Prince Harry



Collections Calendar

2023

MARCH							APRIL							MAY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3							1		1	2	3	4	5	6
5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27
26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31			
							30							Place bulky items by the street on the evening of May 15. The pick-up truck will come by once on May 16 or 17.						

2023

MARCH							APRIL							MAY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3							1		1	2	3	4	5	6
5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27
26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31			
							30							Place bulky items by the street on the evening of May 15. The pick-up truck will come by once on May 16 or 17.						



INFO-COLLECTE

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

www.lespaysdenhautrecyclent.com



MRC des Pays-d'en-Haut

lespaysdenhaut
recyclent.com



Wondering what goes where?



With the free application **CA VA OÙ?**
you'll know where things go!

<https://cavaouwebapp.recyc-quebec.gouvqc.ca/>



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



No garbage pick-up



Morin-Heights Fire Department and First Responders

Hot ashes

Each year, there are an average of 140 building fires caused by poor storage of hot ashes. Statistics show that the container was unsuitable or had inadequate storage in most cases. This heat source is among the top 10 heat sources identified by firefighters when investigating the causes and circumstances of fires.

How to get rid of it

- Empty the ash from the fireplace regularly.
- Dispose of hot ashes in a metal container with a raised bottom and a metal lid.
- Never use a vacuum cleaner to collect hot ashes.
- Place the container outside on a non-combustible surface.
- Keep a minimum distance of one meter between the metal container and the walls of the house, garage, shed and any other combustible material, such as a hedge or a canvas shelter (see photo).
- Ashes should be placed in this container at least 7 days before being disposed of in another container, such as the organic material bin or the garbage can. To this end, also consult the recommendations of your municipality.
- Before transferring the ash to another type of container, make sure that the ash is completely cool. Brew the ashes regularly to make sure no heat is released.
- For extra precautions, keep the ashes throughout the winter and dispose of them only in the spring.

WARNING!

Hot ashes give off **carbon monoxide**; that's why they should be stored **outside** the home or garage.



Civic number

The civic number of a building is more than just a decorative or useful element for the mail. This number is the main reference for quickly locating a place by emergency responders, day or night.

A clearly visible civic number allows emergency services to locate a building more quickly and thus save significant delays.



View from under a balcony where a container of ashes has been placed.

Outdoor Network

Work Bees

To prepare our trails to welcome mountain bikers and hikers this summer, there will be a few work bees scheduled. As these events are weather dependent, please check our website at www.morinheights.com/outdoors for upcoming dates.

To register as a volunteer, please send your contact information to:
velo@morinheights.com

Aerobic Corridor Pavilion

For the opening hours of the Pavilion and the sanitary services offered, please visit the following website: **corridoraerobique.ca**.

Mountain Biking and Hiking Trails

People are always eager to start biking again in the spring, but please respect the closure signs and the 24-hour rule. It is best to let the trails dry out completely in the spring to avoid erosion. We will post notices on the municipal website (morinheights.com/outdoors), and at the network's welcome sites.

Chalet Bellevue is accessible to those who practice outdoor sports. There are rest rooms and bathrooms with showers. The Aerobic Corridor Pavilion and Basler Park have tool stations for bikes.

Société de Plein Air des Pays-des-Pays-d'en-Haut (SOPAIR) 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 always be courteous. Travel in small groups of ten people or less is preferable.
- 7) Yield to ascending cyclists and pedestrians, always. 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 landowners.



Respect for Private Property

Most of the cross-country ski trails are accessible only in the winter, from December 1 to April 15. 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.

To obtain maps of accessible trails, please visit www.morinheights.com/Maps.

New Mountain Bike Trail Project

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

Reminder Regarding 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 upon your return. To ensure safety for everyone, please always keep your dog **on a leash**.

The Canine Corridor and Dog Park are the preferred choices to walk your dog in total security or to have him socialize with other dogs.

Canine Corridor: located at the intersection of Midi Road and Route 364

Dog Park: 100 Lac-Écho Road (opening hours 10:00 to 18:00)



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



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



[www.instagram.com/
municipalitedemorinheights](http://www.instagram.com/municipalitedemorinheights)



[youtube.com/
@MunicipaliteMorinHeights](http://youtube.com/@MunicipaliteMorinHeights)



t.me/morinheights

Emergency 9-1-1:

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

Photos: Paul Mackay

*Legal deposit – Bibliothèque et Archives nationales
du Québec, 2023*

Graphic Design:

Turquoise Design

Production:

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

Day Camp

Piedmont's Campuses, accredited by the Association des Camps du Québec, will welcome Morin-Heights' children this summer at **Mont Habitant** (12 des Skieurs Rd., St-Sauveur) from June 26 to August 18.



Day camp for 4 to 14 years old • Regular schedule from 9:00 to 16:00 •
Online registration only through piedmont.ca for
Morin-Heights's residents: March 20, 2023, at 10:00



Camp for 4-5 years old (4 y. o. before 30-09-22)

PER WEEK

Monday to Friday	1 st child	2 nd child	3 rd child
Piedmont and Morin-Heights' residents	\$150	\$145	\$140
Non-residents	\$250	\$250	\$250

Camp for 5-12 years old (5 y. o. before 30-09-22)

FULL SUMMER

June 26 to August 18	1 st child	2 nd child	3 rd child
Piedmont and Morin-Heights' residents	\$800	\$775	\$750
Non-residents	\$1500	\$1500	\$1500

PER WEEK

Monday to Friday	1 st child	2 nd child	3 rd child
Piedmont and Morin-Heights' residents	\$125	\$120	\$115
Non-residents	\$225	\$225	\$225

Camp for 12-14 years old (12 y. o. before 30-09-22)

PER WEEK

Tuesday to Thursday	1 st child	2 nd child	3 rd child
Piedmont and Morin-Heights' residents	\$150	\$145	\$140
Non-residents	\$250	\$250	\$250

Daycare for 5-12 years old

From 7:00 to 9:00 and 16:00 to 18:00

After 18:00, a fee of 1\$ per minute of delay per child is charged.

FULL SUMMER

June 26 to August 18	1 st child	2 nd child	3 rd child
Piedmont and Morin-Heights' residents	\$230	\$220	\$220
Non-residents	\$275	\$275	\$275

PER WEEK

Monday to Friday	1 st child	2 nd child	3 rd child
Piedmont and Morin-Heights' residents	\$35	\$30	\$30
Non-residents	\$50	\$50	\$50

OTHER FEES

Camp t-shirt	\$15
Additional fees for registration after June 1	\$25

Proof of residency required (driver's license, tax account, utility account (cable, telephone) **required for registration.**

Refund policy in case of cancellation: No refunds will be possible after June 12, 2023, except upon the presentation of medical evidence. A 20% administrative fee will be charged.

Questions? 450 227-1888, ext. 230 or techloisirs@piedmont.ca

www.morinheights.com

Pays-d'en-Haut Sports Centre

Spring Program 2023

- Swim for Life Program: from April 17 to June 11 (8 weeks)
- Aquatic Fitness Program: from April 17 to June 11 (8 weeks)
- Fitness Program: from April 17 to June 25 (10 weeks)

To learn more about the programs offered, the public is invited to visit www.centresportifpaysdenhaut.com.

Registration

Registration is:

- From March 19 to March 25, for residents of the partner cities and municipalities of the Pays-d'en-Haut Sports Centre (Estérel, Lac-des-Seizes-Îles, Morin-Heights, Piedmont, Saint-Adolphe-d'Howard, Saint-Sauveur, Sainte-Adèle, Sainte-Anne-des-Lacs and Sainte-Marguerite-du-Lac-Masson)
- From March 26 to April 1, for all

How to register

- Online: www.centresportifpaysdenhaut.com, from March 19, at 9:00, to April 1, until 20:00
- In person, at the Sports Centre, from March 19 to April 1, Monday to Friday from 9:00 to 20:00, Saturday and Sunday from 9:00 to 17:00



Free level evaluation

You don't know which course corresponds to the level of the swimmer to be registered, to their aptitudes? Don't worry; the *Centre Sportif Pays-d'en-Haut* offers a free evaluation of the swimmers' level (swimsuit and bathing cap required).

Come to the *Centre Sportif Pays-d'en-Haut*, where our experts will be available to evaluate the swimmer and recommend the appropriate level according to age and swimming skills. Free service without an appointment, according to the following evaluation schedule:

- Thursdays, March 9 and 16, from 17:30 to 19:00
- Fridays, March 10 and 17, from 17:30 to 19:00
- Saturday, March 11, from 14:00 to 18:00

CONTACT INFORMATION

Centre sportif Pays-d'en-Haut: 252, boulevard de Sainte-Adèle, Sainte-Adèle (QC) J8B 0K6
info@cspdh.com • 579 202-1722 • www.centresportifpaysdenhaut.com

Subscribe to the *Centre Sportif Pays-d'en-Haut*'s newsletter to be informed of the latest news.



Club optimiste de la Vallée de Saint-Sauveur

Several activities for youth

Information:

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

Cultural Programming

Joyful Noise Choir Spring Concert

The Joyful Noise Choir will crown its season with a **concert on June 4 at 15:00** at United Church (831 Village Road). The show is free, and donations to the Church are welcome!

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



Theatre Morin Heights Features a Spring Play

Get ready for some drama this spring with the **Theatre**

Morin Heights production of "Hansard" by Simon Woods, April 26 to 30. Six performances will include four evening shows and two matinees. The play, which premiered at England's National Theatre in 2019, is a family drama set in the heart of the divergent and divisive Thatcher-era politics that still ring true today. Tickets are now on sale for \$20 on the Morin-Heights municipal website or from the reception desk at Chalet Bellevue (the presentation is in English only).

For information or to volunteer, call 579 765-3999 or email theatremorinheights@gmail.com. For details and news about other future events, visit www.theatremorinheights.ca.

Theatre Morin Heights also hosts a **free** rehearsed/staged **play reading** evening on **March 29** at Chalet Bellevue. Actors will read from scripts while working with some stage directions and props. Sit back, relax and enjoy! Doors open at 19:00. Reading begins at 19:30. Cash bar.

Morin-Heights Historical Association

Annual General Meeting, Sunday, May 28 at 13:30 at the Chalet Bellevue. This event is for members only. You can become a member now by visiting our website: <https://histoiremorinheights.org/> under the «Membership» page or at the door before the meeting.

Following the meeting, at 14:30, we will launch Porcupine #15, our 25th Anniversary issue.

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. Members are asked to contribute \$25 a year to cover the cost of books. For more information, please get in touch with Jane Philibert at 450 226-6947 or janephil@cgocable.ca.

Club de lecture en français (CLEF) de Morin-Heights

The *Club de lecture en français* continues its monthly meeting. The club meets at the Chalet Bellevue every fourth Tuesday monthly from 13:30 to 15:30 in April and May to discuss reading: new finds, books we re-read, and favourites.

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

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 do other needlework are also welcome!

Meetings are held at Chalet Bellevue on the first and third Thursdays each month from 13:00 to 16:00. You are welcome for the full three hours or less, depending on your availability.

This is an informal group, no need to sign up or book. 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.



www.morinheights.com



Robert Dethier Presents His Show, Racine

On the menu of our 2023 musical program, we present **Robert Dethier and his band on Saturday, April 22, at 19:30, at the Chalet Bellevue**. Limited seating, registration required at www.morinheights.com (menu "Online services", sub-menu "Online registration"): \$5 or free with the citizen card.

Aboriginal songs and the philosophy of life of these nations have always been the primary inspiration for Dethier's creations.

Also influenced by the ancestral rhythms of the different nations, his music is greatly influenced by this energy and transports us into a folk-rock-native sound. He is the founder of the three schools of percussion, Jam Expérience, a founding member of the 90's band RMD, and has also played with many renowned bluesmen such as Jim Zeller, Carl Tremblay and Bob Harrisson. Discover his personal musical universe this spring!

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

Arts Morin-Heights

The year 2023 marks the **40th anniversary** of the formation of our group. Since 1983, each year, we have held a summer show in various locations in Morin-Heights.

For this occasion, Arts Morin-Heights changes its program. In 2023, we invite you for two shows, each lasting three days.

The first show, this spring, will open on the first weekend of May: the public opening is on Friday, May 5 at 10:00, and the artists invite you to the vernissage on Saturday, May 6, from 17:00 to 19:00. The exhibition will end on Sunday, May 7 at 17:00. The dates to remember are **Friday, May 5 to Sunday, May 7**, open daily from 10:00 to 17:00, at Chalet Bellevue. The activity is free, don't miss it!

We will wait for you with new work, please diffuse the information among your neighbours and friends, and come in a crowd! For more information, contact the president, Ginette Fontaine, by phone at 514 913-2087 or 450 226-3832 or by email at maagfontaine@hotmail.com.



SUPERFOLK MORIN-HEIGHTS



Superfolk Presents Steel Rail

Friday, May 12, at 20:00 at Mickeys Café (doors open at 19:00)
Tickets \$20 at superfolk.ca

A fresh acoustic sound, striking three-part harmonies and strong original material have made Steel Rail a favourite of fans and critics alike. Steel Rail gets its sensibility from folk music and its soul from bluegrass and old-style country. Prévost-based lead singer Tod Gorr, bass player Ellen Shizgal of Hudson and Montreal guitarist Dave Clarke all contribute original material that has evoked comparisons with renowned singer-songwriters like Gordon Lightfoot and Ian Tyson.



Tennis & Pickleball

Our synthetic double and single tennis courts, as well as our four asphalt pickleball courts, will reopen this spring. The courts are located at Basler Park (99 Lac-Écho Rd).

Please visit the municipal website for details, reservation procedures and rules, and follow us on Facebook to find out our opening date!



Accès-Loisirs Pays-d'en-Haut

**Free activities for
lower-income
individuals
and families**

The *Accès-Loisirs* program offers individuals living on low incomes the opportunity to participate in recreational activities, free of charge, in a confidential and respectful manner. To benefit from the program, you must present income proof when registering.

Please note that the courses offered in the program will be announced at the registration.

REGISTRATION FOR SPRING SESSION 2023

- **When:** Monday, April 3, from 13:00 to 16:00
- **Where:** at *Garde-Manger des Pays-d'en-Haut* (100 Morin St. in Sainte-Adèle)

For more information on this program:
450 226-3232, ext. 132



F.C. Morin-Heights

***Save \$20 on
registrations received
before March 31***

Last chance to register for the summer season:
online at www.fcmorinheights.com.

Grassroots program CDC - Introductory program that is part of the *Centre de Développement de Club* (CDC) for U4 to U7, children can learn the basics and joys of soccer on Saturday mornings for twelve weeks, from June to August. Players born between 2016 and 2019.

U8-U12 program CDC - Our program is based on the Canadian Soccer Association (CSA) Long Term Player Development Plan (LTPD). The CDC is a new training program that focuses on individual player development through various drills and games.

U13-U21 competitive program - Participation in a regional competitive league without selections. For the player who wants to improve their skills during the competitive season or simply for the fun of the game!

**Will you be 14 or older in 2023 and want
to earn money, have a
part-time job and stay active?
Become a referee with us!
Email us at info@fcmorinheights.com
for more information.**

www.morinheights.com



Canoe Kids Summer Program

Looking for activities in nature for your children? Here is an idea to consider.

From June 26 to August 18, the Viking Canoë & Kayak Club offers a half-day summer camp, from 8:30 to 12:30, for children aged 5 to 11. Campers follow the Canoe Kayak Canada's national "CanoeKids" skills development program, learning safe boating practices and water safety, developing paddling skills and fitness through games and fun..

Cost: \$135/week, equipment supplied

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

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

For more information and to register:

www.canoekayakviking.ca/
canoekayakviking@gmail.com / 450-226-1876

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 Bellevue St.) 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.

Senior Citizens Heritage Club

In Morin-Heights, a seniors' club offers its members various social activities. We typically have monthly activities, including visits to theatres, cinemas, card games, etc. Lunch is usually included in the plan for the day.

Membership fees are a modest \$20 per year or \$30 for a couple.

The Club's Annual General Meeting will be held on March 15, where members can renew their annual memberships. We invite any senior who is interested in joining us. The meeting will be held at the Morin-Heights United Church at noon, with a lunch followed by the business meeting. In addition to the membership fees, a charge of \$20 for the meal is required. We look forward to welcoming seniors to our Club at any time.

For information, contact Eddy Black at 450 712-8606



4Korners

4Korners is a registered Canadian charitable organization founded in 2005. We connect English-speaking individuals of the Laurentians with programs and services to meet their identified needs in a secure and inclusive environment. We work collectively to serve and enrich the lives of communities in the Laurentian region.

Become a member: \$10 annually/adult, free for children

Contact us for more information about our wide range of activities and services!

450 974-3940 ext. 601 • info@4korners.org •
www.facebook.com/4KornersCenter •
www.4korners.org



Royal Canadian Legion Activities

At 127 Watchorn Road



The Legion's flea markets will take place on
June 3, July 8, August 5 and September 9.
Breakfast and BBQ lunch available on site (\$).

SATURDAY, MARCH 18

St. Patrick's Day Supper, at 18:00

FRIDAY, MARCH 31

TGIF Smoked Meat, 17:00 to 19:00

SATURDAY, APRIL 1

Pepper Grass R&B Band, at 20:00

SUNDAY, APRIL 9

Easter Brunch, from 9:00 to 12:00

SATURDAY, APRIL 15

Italian Night, at 18:00

FRIDAY, APRIL 28

TGIF Smoked Meat, 17:00 to 19:00

SATURDAY, APRIL 29

West deVillie Show Band, at 20:00

SATURDAY, MAY 13

Mother's Day Supper, at 18:00

SATURDAY, MAY 20

The Paolo Stante Band, at 20:00

FRIDAY, MAY 26

TGIF Smoked Meat, 17:00 to 19:00

Events are open to all! Dart games every Thursday
at 15:00. Hall rental available (info via email).

Information:

legion171@cgocable.ca / www.legion171.net /
Facebook: legion171 / 450 226-2213



Trinity Anglican Church

Has the pandemic uncovered a gap in your life? Are you asking questions about spiritual aspects of our existence on Earth? If so, come join a community of local people learning and seeking answers to life's big questions together, following the teachings of Jesus.

Everyone is most welcome to attend in-person services every Sunday at 11:00, plus all upcoming special events at Trinity Anglican Church. You can also join us for Evening Prayer at 17:00 every weekday when seekers from across the Laurentians gather for a 30-minute online service. For the Zoom link, contact the Rev. Tania Lesack at tania.lesack@gmail.com or 514 607-0414.

Trinity Anglican Church is located at 757 Village Road and is part of the Anglican Church of Canada and the worldwide Anglican Communion.

For information, visit www.montreal.anglican.ca, our Facebook page "Trinity Anglican Church Morin Heights", or contact Tania Lesack.

Please join us. You'll be welcomed.

www.morinheights.com

Comité des partenaires famille des Pays-d'en-Haut

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

Enjoy a free VIP visit for parents!

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

Subscribe to the *Info-Famille* bulletin

The bulletin is sent twice per month, informing you of your community's family activities.



Information and registration:

visitesvip.pdh@gmail.com
450 275-9894

Follow us on Facebook!

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 citizens from these seven towns to register **in the following selected courses at resident rates**. This agreement aims to promote specific courses and offer our citizens access to a more varied range of options.

Registration process

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

The list of courses offered through this agreement in Spring 2023 is available via this webpage:

www.morinheights.com/Courses-activities-offered

FOR 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

Municipality of Saint-Adolphe-d'Howard:

819 327-2626 / stadolphedhoward.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

City of Saint-Sauveur:

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

Consult the complete schedule of courses offered in Morin-Heights on pages 20 to 22.

Courses Offered

Registration procedures through the Recreation, Culture and Community Life Department for identified courses * :

REGISTRATION from March 1 (at 10:00) to March 19 (16:00)

- **ON INTERNET:** Go to www.morinheights.com and click on the « online services » menu and « online registration » submenu.
- **BY PHONE** at 450 226-3232, ext. 132 OR **IN PERSON** at Chalet Bellevue from Monday to Sunday, 9:00 to 16:00

INFORMATION

- For details on course content, please get in touch with the instructor directly.
- Legend: R: resident • NR: non-resident

INTERGENERATIONAL ACTIVITIES

Traditional Scottish Dance for Parent & Child

Free!

New!

Discover traditional Scottish Dance; courses for beginners and advanced. For all!

Location: Chalet Bellevue

Day: Sunday: beginners 16:00 to 16:40
advanced 16:45 to 17:30

Dates: Mar. 19 to May 28 (10 weeks) – no class on Apr. 9 –

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

Registration: *

Karate

Develops concentration, respect, and 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 (1, 3, 5 or 10 months)

Day: Friday 17:30 to 18:30

Dates: September to June

Information and registration:

Kyoshi Gilles Labelle / 450 431-1444 /
lgilles.budo@gmail.com

Yoga and Relaxation for Parents & Children

Come move, breathe, relax, and strengthen the bond with your child during this fun family yoga course! You will both leave with tools to help you manage stress and emotions while improving your physical well-being. Please bring your yoga mat.

Location: Chalet Bellevue

Rate: adults R: \$70 • NR: \$80
children R: \$55 • NR: \$65

Day: Saturday 10:30 to 11:30

Dates: 1st session: March 18 to April 22 (5 weeks)
– no class on April 8 –
2nd session: April 29 to May 27 (5 weeks)

Teacher: Sophie Maranda / 819 216-8454 /
sophie@petitsyogis.ca

Registration: *

YOUTH ACTIVITIES

Creative Workshop

New!

This workshop will help you develop your creativity. With different materials and techniques, individual and group work, come and put your brain to the test. For everyone!

Location: Chalet Bellevue

Rate: R: \$100 • NR: \$150

Day: Saturday 10:00 to 11:30

Dates: April 4 to April 30 (4 weeks)

Teacher: Blandine Ouellet / 450 419-4738 /
blandiouellet2@gmail.com

Registration: *

ADULTS ACTIVITIES

Creative Workshop

New!

This workshop will help you develop your creativity. With different materials and techniques, individual and group work, come and put your brain to the test. For everyone!

Location: Chalet Bellevue

Rate: R: \$100 • NR: \$150

Day: Saturday 13:00 to 15:00

Dates: April 4 to April 30 (4 weeks)

Teacher: Blandine Ouellet / 450 419-4738 /
blandiouellet2@gmail.com

Registration: *

“My Cognitive Health and Memory, I Take Care Of It” Workshop

New!

Act now to prevent Alzheimer's! Dynamic presentation explaining the risk factors and prevention tools with supporting scientific studies. Practical activities and sharing of tools to develop cognitive health habits.

Location: Chalet Bellevue

Rate: R: \$30 • NR: \$35

Day: Tuesday 9:30 to 12:00

Dates: April 4 to May 2 (5 weeks)

Information and registration:

Geneviève L'Abbé / 450 821-2048 /
atelier.sante.cognitive@gmail.com

www.morinheights.com

Alpine Cardio

You will work your cardio, toning, endurance, and flexibility from the mountain to the floor mat! The perfect complement for all your outdoor activities this spring!

Location: Chalet Bellevue

Rate: R: 10-class card \$125 or \$15 / class
NR: 10-class card \$150 or \$17.50 / class

Day: Monday 8:45 to 9:45

Dates: April 17 to June 5 – no class on April 10 –

Information and registration:

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

Sophrology

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

Location: Chalet Bellevue

Rate: R: \$160 • NR: \$185

Day: Monday 10:00 to 11:15 or 1800: to 19:15

Dates: Mar. 20 to May 20 (9 weeks) – no class on April 10 –

Teacher: Suzanne Viot / 438 274-9019 /
viot.suzanne@gmail.com

Registration: *

Yogalates

Fusion of yoga and Pilates with emphasis on back health, good breathing and releasing stress. Open to all!

Location: Chalet Bellevue

Rate: R: \$90 • NR: \$115

Day: Monday 16:45 to 17:45

Dates: April 3 to May 15 (6 weeks)

Teacher: Daphnée Rosenberg / 819 692-1020 /
holisticfitness@live.ca

Registration: *

English Conversation Beginner Level

Course for beginners, adults & seniors.

Location: Chalet Bellevue

Rate: R: \$150 • NR: \$175

Day: Monday 13:00 to 14:30

Dates: Mar. 20 to May 29 (10 weeks) – no class on April 10 –

Teacher: Thérèse Mascis / 450 227-9093

Registration: *

English Conversation Intermediate Level

Course for intermediates, adults & seniors.

Location: Chalet Bellevue

Rate: R: \$150 • NR: \$175

Day: Monday 14:45 to 16:15

Dates: Mar. 20 to May 29 (10 weeks) – no class on April 10 –

Teacher: Thérèse Mascis / 450 227-9093

Registration: *

Acrylic Painting Beginner and Intermediate

Alternating practical exercises and personal practice to become familiar with the medium, acquire the basics, and discover one's style! For all levels. A list of equipment you will need to get will be given to you at the time of registration.

Location: Chalet Bellevue

Rate: R: \$144 • NR: \$170

Day: Tuesday 13:00 to 15:00

Dates: Mar. 28 to May 23 (8 weeks) – no class on May 16 –

Teacher: Nathalie Candelon Morel / 450 227-6214 /
talimo84410@gmail.com

Registration: *

Alpine Yoga

An all-level class where the postures, inspiration and fluidity unite with nature's elements. A rejuvenating moment Location you will find a connection with body and mind.

Location: Chalet Bellevue

Rate: R: 10-class card \$125 or \$15/class
NR: 10-class card \$150 or 17.50/class

Day: Wednesday 8:45 to 9:45

Dates: April 12 to June 7

Information and registration:

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

Spanish Conversation

Initiation to conversation course **for beginners and intermediates** who can express themselves in the past, present, and future. This course includes reading and writing activities.

Location: Chalet Bellevue

Rate: R: \$185 • NR: \$210

Day: Thursday 10:00 to 11:30

Dates: April 6 to June 8 (10 weeks)

Information and registration:

Yoalli Gallegos / 819 326-7706 /
laurentidescasaespanol@hotmail.com

Spanish Conversation Advanced Level

Spanish conversation for advanced students who speak fluent Spanish and understand it well. This course focuses on conversation and includes reading and writing activities.

Location: Chalet Bellevue

Rate: R: \$185 • NR: \$210

Day: Thursday 11:30 to 10:00

Dates: April 6 to June 8 (10 weeks)

Information and registration:

Yoalli Gallegos / 819 326-7706 /
laurentidescasaespanol@hotmail.com

Cardio Swing

Fitness with swing dance movements for everyone!

Location: Chalet Bellevue

Rate: R: \$140 • NR: \$165

Day: Thursday 9:15 to 10:15

Dates: April 6 to June 8 (10 weeks)

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

Registration: *

Solo Latino

Fitness with Latin dance movements for everyone!

Location: Chalet Bellevue

Rate: R: \$140 • NR: \$165

Day: Thursday 10:30 to 11:30

Dates: April 6 to June 8 (10 weeks)

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

Registration: *

Cardio Latino

Fitness with Latin dance movements for everyone!

Location: Chalet Bellevue

Rate: R: \$140 • NR: \$165

Day: Thursday 11:45 to 12:45

Dates: April 6 to June 8 (10 weeks)

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

Registration: *

Flexi-Danse

Stretching program with dancing music for everyone!

Location: Chalet Bellevue

Rate: R: \$140 • NR: \$165

Day: Thursday 13:00 to 14:00

Dates: April 6 to June 8 (10 weeks)

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

Registration: *

Qi Gong – Do In – Meditation

Qi Gong exercises combine movement, meditation, and regulation of breathing to enhance the flow of energy in the body.

Location: Chalet Bellevue

Rate: R: \$190 • NR: \$218.50

Day: Thursday 16:30 to 18:00

Dates: April 6 to June 8 (10 weeks)

Teacher: Geneviève Pepin / 514 995-8441 /
gene.pepin@gmail.com

Registration: *

Tai chi Chuan

Free!

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

Location: Chalet Bellevue

Day: Saturday 9:00 to 11:00

Dates: April 1 to June 10 (11 weeks)

Info: Robert Lee / 450 227-8829

Would you like to be part of our course program?

Download the course offer form on our website under the menu “online services”, “online forms” submenu, and follow the steps to submit your offer.

*We are currently looking for a person to offer French conversation classes.
Contact us if you are interested in this mandate!