

INFO

Morin-Heights

In harmony with nature



MORIN-HEIGHTS
1855



**Les journées
de la culture**

**Live theatre returns
to Morin Heights from
September 25 to
November 8**



***Journées de la culture, our play readings, and
November production all in one!***

Throughout the fall, **Theatre Morin Heights** will present a selection of one-act plays that will be performed three times a week on Wednesday, Friday, and Sunday afternoons from 16:00 to 17:00.

In partnership with the Municipality, the large public room at Chalet Bellevue will be transformed into a theatre venue designed for a small viewing audience. All appropriate protocols related to COVID-19 will be in place to ensure the health and safety of performers and viewers alike. Audience members will be asked to wear masks, sanitize their hands upon entry, and respect all other social distancing rules.

Five plays are in the works that range in length from 30 to 60 minutes each. Only one play will be presented at each performance. Over the six weeks of presentations, the plays will be rotated into different time slots giving everyone a chance to see them.

(continued on page 11)

MUNICIPAL INFORMATION

FALL 2020

SEPTEMBER / OCTOBER / NOVEMBER
VOL. 23 NO 3

03 équiterre conferences

05 concert-conference

12 halloween

02 news

05 municipal services

06 collections calendar

11 activities

14 classes

News from the Mayor



Dear fellow citizens,

I hope that you have enjoyed your summer despite the COVID situation. The Municipality reopened its doors on June 22nd, and you have undoubtedly noticed that we are living a different reality: hidden faces, 2m distancing, the constant washing of hands, etc. It has to be done to protect public health, but we must admit that it is less hospitable and not as friendly as it used to be.

The Municipality decided to limit access to Lummis Park to residents only and hire additional patrollers for the other parks to ensure that sanitary measures are being respected. As I am writing these lines (mid-July), these measures are working well. The Municipality has not had any additional cases for four weeks, and the number of cases since the beginning of the pandemic totals nine. Let's remain vigilant!

The planned work on Village, Christieville, and Blue-Hills roads should be completed and will be an improvement to these sectors.

The challenges pertaining to speeding on our municipal roads are a priority for citizens, and your municipal Council is well aware. For too long, we have counted on the *Sûreté du Québec* to control speeding on our roads, and the results are clearly inadequate...

Over the summer, we installed extra stop signs and bollards in certain particularly problematic areas. We will adopt a resolution asking the Quebec Ministry of Transport (MTQ) to reduce the speed limit on chemin du Village (Route 329) to 30 km/h between the Aerobic Corridor and Route 364. We will also begin an advertising campaign to sensitize motorcyclists that the excessive noise they emit is disturbing to our citizens, and we will be

working along with the SQ to issue traffic tickets to offenders. Furthermore, we will purchase and install additional radar speed signs to ensure everyone respects the posted speed limit.

This fall, Council will analyze the complaints received from citizens regarding speeding, along with the traffic analysis results that we have gathered, to establish a comprehensive strategy regarding speeding on our territory. Every option will be on the table in order to prepare an Action and Implementation Plan for the spring of 2021.

Your municipal Council is always here for you and will continuously work on improving the quality of life of all residents of our beautiful municipality.

Sincerely,

Tim Watchorn, ing.
Mayor of Morin-Heights

Municipal Photographer

The Municipality is looking for an amateur photographer to cover local events and daily life in Morin-Heights. The ideal candidate will be able to provide quality photos to illustrate the municipal bulletins, website and various visual products (brochures, advertisements, etc.).

Images will have to be re-sized in a precise format; a financial compensation is offered. No equipment is provided. We invite you to signify your interest to

karyne.bergeron@morinheights.com.

Automated Citizen Alert System

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

www.morinheights.com/Forms-Summary

www.morinheights.com



Équiterre conferences open to everyone!

Free!

"The best garbage is the one we don't produce"

Marie-Laure Riel from Équiterre has been invited by the Municipality of Morin-Heights to present a conference (in French) on source reduction to consume better and make informed choices. **At Chalet Bellevue on Saturday, September 19, at 11:00.**

"Obsolescence – the role of the consumer"

To address this worrying issue, the speaker will shed light on the subject of obsolescence and the understanding that Canadians have of it, and the causes of the rapid replacement of common electronic devices and possible solutions to increase their lifespan. Find out why obsolescence is not always planned and how it is a shared responsibility between citizens, businesses, and public authorities. **At Chalet Bellevue on Saturday, October 17, at 11:00.**

Information:

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



Association historique de Morin-Heights

Morin Heights Historical Association

CP / P.O. Box 2693

Morin Heights, Qc, Canada J0R 1H0

morinheightshistory.org

Heritage Awards Dinner

Each year, the Morin-Heights Historical Association holds its Heritage Awards Dinner to honor a person who has made a significant contribution to preserving our history, and a building of architectural and historical importance. This year's event is scheduled for **Friday, October 23, at 18:00** at the Chalet Bellevue. Tickets are \$50 (\$25 tax receipt available on request) and will be available at Marché Vaillancourt or through the Association at mhha98@hotmail.com.



Currently in recruitment period!

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

450 229-6677 • marteau-plumeau.com

Annual grants for community organizations

The Municipality of Morin-Heights invites non-profit groups and organizations to submit their 2021 requests for financial and technical assistance. Foreseeing community needs allows Council to set aside the necessary funds in its annual budget.

The required form is available on the municipal website (Online Services / Online Forms). It must be completed and returned by **October 15, 2020**. Council will analyze requests in November and send out replies by **February 2021**.



Animal Control

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

Knitting Trees

Thanks to the generosity of many knitters, more than 120 items – tuques, mittens, socks, and scarves – were hung on our knitting trees last winter. All these knitted goods have been distributed in regional schools and through the *Garde-manger des Pays-d'en-Haut*.

We will be “planting” our trees again on November 15 at the Chalet Bellevue, the Town Hall, and if indoor access is permitted at that time, at the library. They will be in place until the beginning of January, and we’ll “pick” the knitted items once the trees are full, and for sure, just before Christmas, to distribute them among less-fortunate families in the region.

So, knitters, to your needles!

Contact Monique Bélisle at **450 226-8464** for more information.



Garde-Manger des Pays-d'en-Haut

The *Garde-Manger des Pays-d'en-Haut* provides access to **food aid** 50 weeks a year for people living in a precarious situation. Distribution in Morin-Heights is at Chalet Bellevue (27 rue Bellevue), every Tuesday from 14:15 to 15:00. **Registration required by phone:** 450 229-2011 & 450-227-3757.

La Fouillerie is managed by the *Garde-Manger*; we encourage the public to donate their used items and thus providing customers with valuable items. ALL profits go to the *Garde-Manger des Pays-d'en-Haut*'s food aid.

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



Unexpected Reunions

In recent months, have we really had a choice but to return to our own authenticity? How many pleasures have we rediscovered? Cooking, gardening, purging, the joy of listening to our favorite music, or reading a novel, taking the time to reflect on our own lives and our desires. Isolation has also led many of us to discover new technologies such as Zoom and Skype. All of these means have prevented our solitude from becoming suffering.

Several community organizations exist to help you deal with this stress and appreciate what is important in your life. Recently in the Laurentians, hope has been reborn as several organizations and employers are reaching out to their volunteers and employees that are 70 and older. Communities need this experienced workforce to thrive and function at 100%. What could be better than connecting with the people you love... here is to the small pleasures of life!

Communication committee of the Table des aînés des Pays-d'en-Haut, for info: 450 340-0520.

www.gardemangerpdh.ca

secretariat@gardemangerpdh.ca

www.facebook.com/100morinsteadelepq/

www.morinheights.com

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.

Please note that the municipal library does not accept book donations. We regularly find bags and boxes of abandoned books outside our doors. These books are automatically thrown away, so we ask that you dispose of them yourself.

Information:

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



Free activity!

Michel Zenchiki

Dubeau and the Japanese bamboo flute called shakuhachi, in a **concert-conference** format.

A presentation of the *MRC des Pays-d'en-Haut* on October 18, at Chalet Bellevue, at 11:00.

Information:

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

We operate in contactless outdoor loan service only until further notice.

Temporary measures are in place:

- the suspension of late fees;
- the number of books that can be borrowed by one person is five and the rental period is four weeks;
- reservations can be made through the catalog on the **mabiblioamoi.ca** website. It is also possible to do so by email at bibliotheque@morinheights.com or, as a last resort, by phone at 450 226-3232, extension 124. You will then be contacted to arrange an appointment to pick up the books at the library or to have them delivered to you via our Library on Wheels service;
- all books must be returned via the book chute accessible outside, on the side of the building facing the parking lot. The books should not be in a bag, just slide them into the chute, which will be disinfected twice a day.

Photo contest

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

The winner will receive a \$50 gift card from a local shop.

Send your favorites shots to **karyne.bergeron@morinheights.com**.

The winner will be announced in the next issue of this bulletin.

Your pictures must have a minimum weight of 1 MB. If you want to submit numerous photos, we ask that you send them through wetransfer.com, a free and user-friendly website. Pictures received for this contest must be free of rights and will be

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



Collections Calendar

lespaysdenhaut
recyclent.com



- Recycling (blue bin)
- Organic (brown bin)
Collection every two weeks from October to May
- Garbage (black bin)
- Bulky items
- Change in pick-up day

INFO-COLLECTE

1855 PDH-RECY

450 229-8052

infocollecte@mrcpdh.org

SECTOR 2

SEPTEMBER 2020							OCTOBER 2020							NOVEMBER 2020						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5					1	2	3	1	2	3	4	5	6	7
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28
27	28	29	30				25	26	27	28	29	30	31	29	30					

Place bulky items by the street on the evening of September 6th. The pick-up truck will come by once Monday 7th or Tuesday 8th.

Place bulky items by the street on the evening of October 11th. The pick-up truck will come by once Monday 12th or Tuesday 13th.

⚠ Warning, no garbage pick-up. From November to April, garbage picked-up once a month only.

SECTOR 3

SEPTEMBER 2020							OCTOBER 2020							NOVEMBER 2020						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5					1	2	3	1	2	3	4	5	6	7
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28
27	28	29	30				25	26	27	28	29	30	31	29	30					

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Morin-Heights Fire Department and First Responders

Electricity

If you are working from home now and have added more components to your computer equipment, be careful not to overload your electrical outlets or power bars. For useful advice visit:

www.securitepublique.gouv.qc.ca/securite-incendie/prevenir-incendie/conseils-prevention/dangers-electricite.html (in French)

Home Evacuation Plan

An evacuation plan is a sketch representing every level of your house and is designed to help you escape quickly in case of a fire or another emergency. By knowing where and how to get out, you put the odds on your side.

www.securitepublique.gouv.qc.ca/en/fire-safety/preventing-a-fire/home-evacuation-plan.html



REMINDER

Do not forget to change your smoke detectors' batteries when we return to Standard Time in November.

A big thank you is in order for Mr. Mario Millette, who left the Fire Dept. after 27 years of service.

www.morinheights.com

Garbage: Monthly collections starting in November

This November, the garbage collection (black bin) will be reduced to once a month for the winter season throughout the MRCPDH territory.

This measure thus meets the objective of reducing the quantity of waste that goes to landfill and increasing the sorting of organic and recyclable materials. In addition, it reduces the emission of greenhouse gases emitted by the garbage trucks runs, as well as the costs related to the collection itself, and the transport and processing at the landfill site. It's a win-win situation for all!

How can I reduce the quantity of garbage in my household?

For the most part, recyclables and organic waste represent the most significant part of household waste. So ultimately, to reduce our waste production, we should apply the 3 Rs+V: Reduce, Reuse, Recycle, and Extracting Value.

Here are ten tips to succeed:

1. I reduce at source by consuming as little overwrapped products as possible;
2. I avoid buying single-use (disposable) products;
3. I re-use containers (glass or plastic);
4. I buy products made from recycled materials;
5. I recycle items that cannot be repaired or reused;
6. I participate in the collection of recyclable materials and the collection of organic materials;
7. I choose less dangerous cleaning products;
8. I give or sell the items I want to get rid of;
9. I safely dispose of hazardous household waste;
10. I use reusable bags for my purchases.

For optimal collection, even in winter!

As winter collections become monthly, it is important that the bins are placed correctly at the curb to avoid missing a collection. To ensure optimal collection, you should place your bin the evening before the day of collection with the wheels oriented towards your residence. The bin must be at a maximum distance of 1.5 meters from the street to allow the collection truck to reach the bin. In winter, you must collaborate with the collection and snow removal. Your bin must be placed in your driveway, not in the street, to prevent it from being knocked over by the snow removal truck. Knocked down bins will not be emptied.



Don't wait for November!

Even though the monthly garbage collection begins in November only, don't wait to revise your habits. It is important to assess the management of residual materials in your home. Tools are available to assist you:

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

Ecocentre

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

DUE TO THE PANDEMIC CONTEXT, THE OPENING HOURS HAVE CHANGED: Friday to Tuesday, from 7:30 to 11:45 and from 13:00 to 16:00.

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



To report this plant's presence, contact the municipality and the Ministry of Sustainable Development, Environment and Parks at 1 800 561-1616. We ask that you kindly photograph the plant to allow your observation to be confirmed by professionals.

To eliminate the plant, please consult the document on the Ministry's website: "*Gestion et contrôle de la berce du Caucase*".



If you believe you have been in contact with giant hogweed or would like more information on what to do in the event of burns, contact the Info-santé service at 8-1-1.

Town Planning and Environment

Identification of giant hogweed

Giant hogweed (*Heracleum mantegazzianum*) is an invasive plant that can be very dangerous to human health. It was first introduced to North America at the beginning of the last century for horticultural reasons and inventoried for the first time in Quebec in 1990. Its sap contains toxins that are activated by ultraviolet rays. Contact with the sap, combined with exposure to light, can cause skin lesions like burns. In addition, giant hogweed is very invasive and quickly colonizes various environments. It interferes with the growth of native plants, which can lead to a loss of biodiversity, therefore representing a risk to health and the environment.

For the above-mentioned reasons, it is imperative to limit the spread of this plant, never to sell, sow it, plant it, propagate it or transport it. If this plant has been spotted or identified, it is desirable to report its location and eliminate it.

It is important to know how to correctly identify the plant before any control or elimination operation, as it can be easily confused with "woolly hogweed" (*Heracleum lanatum*), which is a native species to Quebec (see "Description of hogweed").

Description of giant hogweed

Giant hogweed is a giant herbaceous plant that can reach up to five meters in height and is a perennial of the Apiaceae family (formerly Umbelliferae). This plant prefers cool and humid habitats. It can spread easily from its whereabouts and colonize environments such as riverbanks, ditches, railways, and roads. It can also develop in meadows and vacant lots, as well as in agricultural fields. Because it produces a large number of seeds, it disperses quickly and sometimes occupies vast areas. Given the invasiveness of this plant and its toxic properties, it is essential to curb its dispersion and avoid being exposed to it.

Individual protection measures

Before touching the plant, it is crucial to protect yourself adequately to avoid burns caused by the hogweed sap. The following measures are strongly recommended:

- Cover all parts of the body with non-absorbent protective clothing (synthetic and waterproof materials): pants, long sleeves, waterproof gloves with long sleeves, closed shoes;
- Pay attention to the joining of protective clothing (wrists, ankles, neck);
- Remove clothing and gloves by turning them inside out. Avoid contact of the contaminated clothing with other objects or clothing and thoroughly clean it before any subsequent use;
- Protect the eyes or, at best, the whole face with a visor.

Additional protective measures are recommended during control operations (see the document "*Gestion et contrôle de la berce du Caucase*").

Giant Hogweed
H. mantegazzianum

Woolly Cradle
H. lanatum

Plant Height



2-5 meters



1-3 meters

Inflorescence



Main umbel composed of 50 to 150 rays
Umbel diameter of 20-50 cm
White flowers sometimes pink



Main umbel composed of 15 to 50 rays
Umbel diameter of 15-20 cm
White flowers sometimes pink

Stem



Rough white hairs present especially at the base of the leaf stems
Numerous and well-scattered raspberry red to purple spots
Robust, grooved, hollow stem
Diameter 4-10 cm



Flexible white hairs cover the entire stem giving the stem a felted appearance
Few or sometimes absent raspberry red to purple spots
Robust, grooved, hollow stem
Diameter 4-10 cm

Leaf



Divided into 1 to 3 leaflets deeply cut and indented
Petioles of lower leaflets less than 10 cm



Divided into 3 to 5 leaflets, leaflets, less cut and lesser indented
Petioles of lower leaflets more than 10 cm

Underside leaf



Smooth to slightly scaly, may have scattered rough, white hairs



Covered with abundant soft, woolly white hairs and felted texture

Outdoors Network

Cross-country Ski, Snowshoe, Fat Bike

Season passes will be available for sale at the Chalet Bellevue, and online, starting October 13. Watch our website from this date for all the details and from mid-September to find out the prices for the 2020–2021 season.

You will get a \$5 discount per pass if purchased up to November 22.

Landowners: Free VIP passes for landowners with trails on their property will also be available at that time. Obtaining your pass during this period will also help alleviate the rush at the beginning of the season.

The Morin-Heights network also gives you access to:

- the Viking Club ski network, creating a combined network of 200 km of nordic trails groomed mechanically;
- the FIS approved Fondeurs ski trail (5 km);
- 30 km of snowshoe trails also accessible to fat bikes

Information:

Chalet Bellevue (27 rue Bellevue)
450 226-3232, ext. 130 during the season
450 226-3232, ext. 132 offseason
pleinair@morinheights.com

Comments and complaints:

daniel.charbonneau@morinheights.com

Winter Job Offers

We are looking for interested and motivated candidates to work for the municipal cross-country ski and snowshoe network this winter.

Ticket attendants and trail patrollers are needed.

Please send your resume to

daniel.charbonneau@morinheights.com before **September 30**. You may also drop it off at the Town Hall or Chalet Bellevue. Interviews will be held in mid-October.

Work Bee

A fall work bee will take place on **October 24** to clean specific trails. For more information, visit **www.morinheights.com** in early September.

Reminder of instructions on the trails:

- Respect the social distancing safety measures
- Keep dogs on a leash
- Courtesy between the different trail users
- Bring back your garbage
- My safety... is my responsibility!



Cultural Programming

Theatre Morin Heights (continued)

All performances are offered free of charge, although donations are appreciated. Since the number of seats at each presentation is very limited, reservations are required. To register (and donate if you wish), visit www.morinheights.com: “Online Services Menu”, and then “Online Registrations” option.

The selection of plays includes three comical farces by David Tristram that chronicle the misadventures of a small-town community theatre troupe famous for being very bad. These will be presented as rehearsed play readings whereby the actors will read from their scripts and incorporate some stage movement.

Two adaptations of classics with a more serious slant round out the program: “The Stronger” by August Strindberg and Anton Chekhov’s “Swan Song”. Both will be presented as traditional formal performances.

Details regarding the play schedules will be posted on both the Municipality and Theatre Morin Heights’ websites. Updates will also be posted on TMH’s Facebook page.

For more information:

www.theatremorinheights.ca

theatremorinheights@gmail.com • 579 765-3999

facebook.com/TheatreMorinHeights/



The Development of Skiing in the Laurentians

The Morin-Heights Historical Association, in conjunction with the Quebec Anglophone Heritage Network, will host a presentation on “The Development of Skiing in the Laurentians” by James Jackson, Laurentian Ski Hall of Fame member. The event will take place at the Chalet Bellevue on **November 22, 13:30**.

www.morinheights.com

French-language Reading Club (CLEF)

The *Club de lecture en français* launches its seventh year of monthly meetings. The club meets every fourth Tuesday of the month from 14:00 to 16:00 to discuss reading: new finds, books we re-read, and favorites.

For information about the club, including where the meetings will take place, contact Monique Bélisle, 450 226-8464 or mg.belisle@sympatico.ca.

Knitting Group

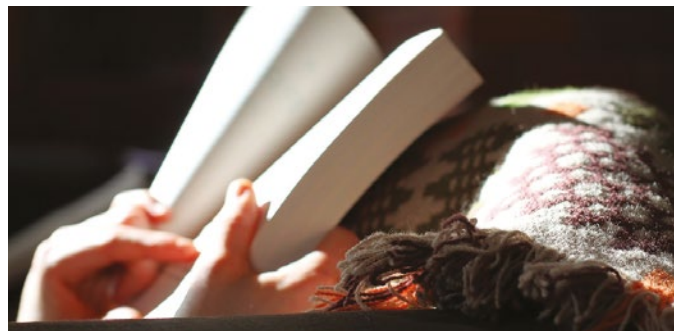
The knitting group meets twice a month to knit, chat, and share ideas. And it’s not just for knitters; those who like to crochet, do embroidery or other needlework are also welcome!

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

It 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 **450 226-8464** or mg.belisle@sympatico.ca if you have questions and to know where the meetings will be held.

Laurentian Reading Club

The Laurentian Reading Club has been meeting every month for over 60 years for a lively discussion of books and reading. Meetings are held in English. For more information, please contact Jane Philibert at **450 226-6947** or janephil@cgcable.ca.





Creative Arts Lab (LAC)

Give free rein to your imagination in this visual arts workshop. "Le LAC" will involve a monthly thematic meeting to be led each time by a different participant. Bring the medium of your choice to work. The sessions will run from 13:30 to 15:30 at the Chalet Bellevue on the fourth Saturday of the month, September to November. No experience needed, open to all, informal and unpretentious! For more information, visit the Facebook page **LaboLACMorinHeights**.

Halloween

Invitation to all the humanoid robots, mystical fairies, and disheveled clowns of Morin-Heights to meet in the heart of the village on Halloween night! Village Road will be closed between Route 364 and Watchorn Road from 16:00 to 19:30. You're invited to walk the path leading to the Aerobic Corridor from the bridge near Route 364, which will be animated for the pleasure of young and old.

We invite all businesses and organizations who wish to offer candy to children to join the party in the village by letting us know of your interest as soon as possible. We also invite the residents with homes in the center of the town to contact us to help create a festive atmosphere!

Village Road will be closed to traffic during the event: motorists will have to take Watchorn Road as an alternate route and exercise extra caution that evening when all children roam the streets freely in search of goodies.



Next edition!

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

WINTER EDITION **December 1, 2020, to March 15, 2021**

Deadline: October 8, 2020

Distribution: November 27, 2020

In these uncertain times, the regular production of municipal bulletins may be temporarily canceled if most activities are to be stopped again. In this case, we will produce a newsletter that will be sent by email. To subscribe to the mailing list for these newsletters, visit www.morinheights.com/Formulaires-sommaire.



www.morinheights.com



Open House 2020 at the *Maison de la famille des Pays-d'en-Haut*

Come visit your quintessential family organization in the *Pays-d'en-Haut* region, no matter where you live in the MRC. On **Friday, September 11**, from 10:00. to 14:00 at 480 rue des Capucines in Sainte-Adèle.

- Get your membership card.
- Sign up for our fall 2020 activities.
- Meet our team!
- Take advantage of the free outdoor thrift clothing store for the occasion.

It's a date! A drink will be served to all.



Laurentian Region Cancer Support Group

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

While activities were suspended during the COVID-19 confinement, we will resume regular meetings in person or via ZOOM throughout fall 2020.

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.

Club Optimiste Vallée de Saint-Sauveur

Many activities for youth, for information visit our Facebook page:

www.facebook.com/cluboptimistevss

Mailing address:

C.P. 4, Saint-Sauveur (Québec) J0R 1R0

optimistevallleestsauveur@gmail.com

Fondeurs Laurentides



Cross-country Ski Competitive Program

(10 years old +):

DAY: Tuesday, 18:30 in St-Jérôme and Sunday, 9:00 in Morin-Heights

START: to be determined

REGISTRATIONS and details about our programs:
www.fondeurslaurentides.ca in September

INFORMATION:

clubfondeurslaurentides@gmail.com or 579 888-2005 or 450 712-5478

Jackrabbit Program (6-10 years old):

DAY: Sunday, 9:00 or 11:00

START: January 10, 2021

LOCATION: 185 rue Bennett, Morin-Heights

REGISTRATIONS and details about our programs:
www.fondeurslaurentides.ca in September

INFORMATION:

clubfondeurslaurentides@gmail.com or 579 888-2005

Course Schedule

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

Cardio Tonus

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

Location: Chalet Bellevue

Rate: R: \$190/ 1x week
or \$350/ 2x week
or \$15/ class
NR: \$235/ 1x week
\$435/ 2x week

Day: Monday 9:00 to 10:00

Dates: September 14 to December 18
(14 weeks)

Instructor: Andr  a Beaulieu /
450 822-7486 /
espritalpin@gmail.com

English Conversation

Course for beginners, adults, and seniors.

Location: Chalet Bellevue

Rate: R: \$140 / NR: \$160

Day: Monday 13:30 to 15:30

Dates: September 14 to November 23
(10 weeks) (no class on Oct. 12.)

Instructor: Th  r  se Mascis /
450 227-9093 /
robertmascis@gmail.com

Essentrics Aging Backwards

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

Location: Chalet Bellevue

Rate: R: \$155 / NR: \$175

Day: Monday and/or Wednesday 9:30 to 10:30

Dates: September 14 to December 16 (13 weeks)
(no class on October 12 and 14)

Instructor: Ginette Ouimet (certified Essentrics instructor level 4) / 450 543-0308 /
essentricsavecginette@gmail.com / essentricsavecginette.vpweb.ca

Essentrics

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

Location: Chalet Bellevue

Rate: R: \$155 / NR: \$175

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

Dates: September 14 to December 16 (13 weeks)
(no class on October 12 and 14)

Instructor: Ginette Ouimet (certified Essentrics instructor level 4) / 450 543-0308 /
essentricsavecginette@gmail.com / essentricsavecginette.vpweb.ca

Hatha Yoga

Embodiment, deep relaxation and transformation.

Location: Chalet Bellevue

Rate: R : \$15 / class or \$20 / 2x week
NR : \$17,25 / class or \$23 / 2x week

Day: Monday 17:30 to 18:45 and/or Friday 9:00 to 10:15

Dates: September 7 to November 30 (no class on October 12)

Instructor: Lisa McLellan / 450 560-2803 /
lisamcclellan07@gmail.com

Stretch & Strengthen

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

Location: Chalet Bellevue

Rate: R: \$15 / class or \$20 / 2x week
NR: \$17,25 / class or \$23 / 2x week

Day: Tuesday 9:00 to 10:00

Dates: September 8 to November 24

Instructor: Lisa McLellan / 450 560-2803 /
lisamclellan07@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: R: \$110 / NR: \$130 per session

Day: Tuesday 10:30 to 11:45

Dates: Session 1: September 1 to October 13 (7 weeks)
Session 2: October 20 to December 1 (7 weeks)

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

Acrylic Painting & Creativity

LiliFlore's courses focus on discovering your style through the **exploration** of different painting techniques as well as your own **creativity**. Theme of this session: master the language of colors (acrylic and oil). Beginners welcome!

Location: Chalet Bellevue

Rate: Session 1: (8 weeks): R: \$268 +tx / NR: \$308 +tx
Session 2: (4 weeks): R: \$148\$ +tx / NR: \$170 +tx

Day: Wednesday 13:30 to 16:30

Dates: Session 1: September 16 to November 4
Session 2: November 11 to December 2

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

Intermunicipal Agreement

An intermunicipal agreement between Morin-Heights, Piedmont, Saint-Adolphe-d'Howard, Sainte-Adèle, Sainte-Anne-des-Lacs, Sainte-Marguerite-du-Lac-Masson and Saint-Sauveur allows citizens from these towns to register to selected courses at resident rates. We suggest that you contact the Recreation Department of the municipalities concerned to find out about courses, registration procedures, dates, times, costs and places available.

Combo 55+

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

Location: Chalet Bellevue

Rate: R: \$15 / class or \$20 / 2x week
NR: \$17,25 / class or \$23 / 2x week

Day: Thursday 9:00 to 10:00

Dates: September 10 to November 26

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

Yoga Stretching

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

Location: Chalet Bellevue

Rate: R: \$190/ 1x week or \$350/ 2x week or \$15/class
NR: \$235/ 1x week or \$435/ 2x week

Day: Wednesday 9:00 to 10:00

Dates: September 14 to December 18 (14 weeks)

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

Joyful Noise Choir

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

Christmas concert on December 17.

Location: Chalet Bellevue

Rate: \$140

Day: Tuesday 15:00 to 16:45

Dates: September 15 to December 15

Instructor: Penny Rose / 450 226-2746 /
pennyrose@jenanson.com



www.morinheights.com

Karate

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

Location: Chalet Bellevue

Rate: The cost varies according to the duration of the registration (1, 3, 5 or 10 months)

Day: Friday 17:30 to 18:30

Dates: September to June

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

Vinyasa Flow Yoga

Free

A dynamic yoga based on breath flow, rhythm, and alignment. 16+, maximum of 15 students.

Location: Chalet Bellevue

Rate: Friday 8:30 to 9:45

Dates: September 11 to November 13

Instructor: Brigitte Vaissade /
450 675-0515 /
brigittevaissade@gmail.com

Spanish Level 1

Semi-private beginner level lessons. Material included, 16+, limited places!

Location: Chalet Bellevue

Rate: R: \$165 / NR: \$190

Day: Thursday group A: 8:45 to 10:15
group B: 12:15 to 13:45

Dates: September 24 to November 26 (10 weeks)

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

Spanish Conversation Club

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

Location: Chalet Bellevue

Rate: R: \$165 / NR: \$190

Day: Thursday 10:30 to 12:00

Dates: September 24 to November 26 (10 weeks)

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





Ballet

Location: Chalet Bellevue

Rate: **

Days:	Tuesday	18:00 to 20:00	ballet 3 / elementary (11-y.o. and +)
	Friday	17:00 to 18:15 18:15 to 20:15	ballet 2 (8 to 10-y.o.) ballet 3 / elementary (11-y.o. and +)
Sunday		9:00 to 9:45	pre-ballet (3 1/2 to 5-y.o.)
		10:00 to 11:15	ballet 1 (6 to 7-y.o.)
		11:30 to 13:00	ballet 2 (8 to 10-y.o.)
		13:00 to 15:00	ballet repertoire (ballet 3 / elementary)

Dates: September to June

Instructor: Conservatoire de ballet classique des Laurentides /
Madame Isabeau / 514 608-3381

Cardio-musculation New

Mix of cardio and weight training in the trails.

Location: Aerobic Corridor

Rate: \$166 + tx

Day: Saturday at 10:00

Dates: September 14 to December 20
(14 weeks)

Instructor: Cardio Plein Air
(Julie Raymond or Lyne Bissonnette) 450 643-0465 /
st-sauveur@cardiopleinair.ca /
register directly at
www.cardiopleinair.ca

Traditional Scottish Highland Dancing Free

Traditional Scottish dance for 6 years old and over.

Location: Chalet Bellevue

Rate: Sunday 16:00 to 17:30

Dates: September 20 to
December 6

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



Cardio Swing

New

Fitness with swing dance movements, for everyone!

Location: Chalet Bellevue

Rate: R: \$140 / NR: \$165

Day: Thursday 8:45 to 9:45

Dates: September 10 to December 17 (15 weeks)

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

Solo Latino

New

Latin dance lessons without a partner, for everyone!

Location: Chalet Bellevue

Rate: R: \$140 / NR: \$165

Day: Thursday 10:00 to 11:00

Dates: September 10 to December 17 (15 weeks)

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

Salsa Baby

New

Fitness class for mom and baby (with baby carrier).

Location: Chalet Bellevue

Rate: R: \$140 / NR: \$165

Day: Thursday 11:15 to 12:15

Dates: September 10 to
December 17 (15 weeks)

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

Tai chi Chuan

Free

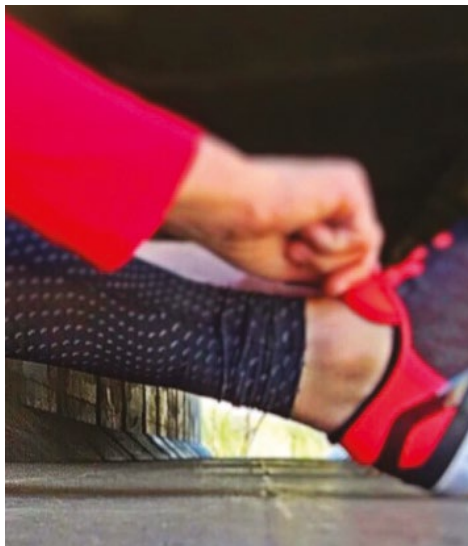
Free practice and exercise session (no teaching), no registration required. Improve health, maintain a calm and relaxed state, improve joint movements, increase blood circulation, stimulate the nervous system, and improve your balance.

Location: Chalet Bellevue

Day: Saturday 9:00 to 11:00

Dates: September 5 to December

Instructor: Robert Lee / 450 227-8829



Important numbers

Town Hall

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

Telephone: 450 226-3232

Fax: 450 226-8786

www.morinheights.com
municipalite@morinheights.com

Emails:

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

Sûreté du Québec des Pays-d'en-Haut:

450 227-6848

Animal Control:

1-866-960-7722 • www.spcall.ca



**www.facebook.com/
MunicipaliteMorinHeights**

Emergency 9-1-1:

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

Photos: Penny Vassilakos, Denis Laplante, Mark Metlej,
Chris Beames et Photographie PAG

Legal deposit - Bibliothèque et Archives nationales
du Québec, 2020

Graphic Design:

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

Production:

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