

INFO

Morin-Heights

In harmony with nature



MORIN-HEIGHTS
1855



Les journées de la culture

All activities are FREE and will be held
at Chalet Bellevue!

MUNICIPAL INFORMATION

FALL 2024

SEPTEMBER / OCTOBER / NOVEMBER
VOL. 27 NO 4

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“Amas et espaces” Photo Exhibition by Yoan Charlebois

**Vernissage on Friday,
September 27, from 17:00
to 19:00**



Building, deconstructing, accumulating, possessing, and abandoning are words that arise in Yoan Charlebois's mind as he explores different places. This exhibition of photographs and moving images delves into the complexities of managing our territory, resources and possessions. Through his pictorial captures, the Morin-Heights-born artist aims to give new meaning to different spaces, forgotten objects and unfinished projects.

Ongoing exhibition at Chalet Bellevue, from September 27 to October 6.

(continued on page 13)

News from the Mayor



Dear fellow citizens,

I hope you enjoyed our summer activities such as the Children's Fishing Day, the BBQ at Castel Marie, Canada Day, the Superfolk festival and all the other activities organized in our wonderful community.

Music was the order of the day this summer with concerts at Mickey's Café, Comfort's Pub, Chalet Bellevue, Basler Park and Lummis Park. Musical tradition continues to be part of our DNA!

Sporting events also include the *Course Ozone*, the *Coupe Québec* mountain bike race organized by the *Club de vélo des Pays-d'en-Haut* and the "Défi roule à fond" charity event for children suffering from epilepsy. Moreover, you can always catch a good game of FC Morin-Heights soccer on the elementary school field or take advantage of the MRC's swimming pool and skating rink. This complex belongs to all of us.

We have launched a protected area project at *Parc des Bouleaux*. The aim is to preserve public land for recreational and tourism use and to prevent logging and other uses. We have received the support of the other municipalities in the MRC for our project and I would like to thank them.

The construction of Habitat Morin-Heights seniors' residence is well underway and we expect our first residents towards the end of the year. We are proud to be able to offer our seniors a place to call home.

The public consultation on the future vocation of the Castel Marie Park has been completed and the majority has spoken: the majority want to preserve the site in its current state allowing people to walk, enjoy nature and the peace and quiet of the place. Council acknowledges the results of the consultation. A small parking area has been created to allow access to everyone and picnic tables have been installed. The only other intervention will be to preserve the existing buildings. We await the engineers' reports to see what needs to be done.

I'd also like to mention that our recently renovated municipal library retained its 5th Seal of Excellence in the latest evaluation by *Réseau Biblio Laurentides*. We're proud of the quality of service we offer!

On the human resources front, we recently welcomed Pierre Aubé, ing. as Director of Public Works and Infrastructures. We are convinced that his experience and enthusiasm will be an asset to the community. We also wish success to Nathalie Morneault who worked in the Urbanism and Environment Department for seven years. She left us to take a position with the Town of Rosemère. We will miss her competence and good humour!

In closing, I would like to wish everyone a wonderful autumn filled with indoor and outdoor family activities. As I often say, we live in the most beautiful community in the Laurentians, so let's make the most of it !

Yours truly,

Tim Watchorn, ing.
Mayor



www.morinheights.com

Laurentian Business Women's Networking Group

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

Our group occasionally hosts community events, and our monthly meetings feature insightful presenters who share valuable information on business-related topics (in English). We gather one evening each month from 19:00 to 20:30 at Chalet Bellevue in Morin-Heights. For more information, do not hesitate to contact Lori Leonard at 450 224-7472 or leonard.lori@outlook.com.

Knitting trees

Thanks to the generosity of many knitters, more than 100 items (tuques, mittens, socks and scarves) were hung on our knitting trees last winter. All these knitted goods have been distributed to regional schools.

We'll be planting our trees once again on Friday, November 1st at Chalet Bellevue, the Town Hall and the library, where they will remain until the beginning of January. We'll "harvest" the knitted goods once the trees are full - surely just in time for Christmas - to distribute them to less fortunate families in the region.

So, knitters: grab your needles!

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



CITIZEN CARD DISCOVER IT!



Citizen & Membership Cards

Reminder

This card allows you to register online for our activities and benefit from the free or reduced rates offered to residents.

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

Keep Your Membership Card

Remember to retain your membership card, which is valid for two years. It is essential for renewing your cross-country ski/snowshoe passes next year. Your passes can be downloaded directly onto your membership card. A \$5 fee is charged for any card lost and renewed before its expiry date.

Statistics

We keep track of the frequency of use of our recreational services among different user groups (residents, non-residents, etc.). Therefore, when you arrive in our parks, or our patrol comes across you on the trail, you will be asked to show them your membership card and tell them what activity you participated in. It will allow us to gather a more detailed statistical picture to help us improve our services.

Information:

www.morinheights.com/Citizen-Card



If you belong to the English-speaking community, live in the Laurentians, and want your voice heard to thrive in an inclusive society, you should become an official 4Korners member!

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

The organization also offers a wide range of activities that focus on healthy lifestyles and mental health, foster creativity, improve employability, and

provide support for youth, families, individuals, seniors, and caregivers of people 65 years and older.

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

For more information:

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



The *CJE des Pays-d'en-Haut* welcomes and accompanies young people aged 15 to 35 from its territory, free of charge, to support and inform them in realizing their life projects.

The CJE PDH is available for all your projects!

- Your studies
- Your job
- Your involvement
- Your entrepreneurial project
- Your finances
- Your life in the region

Our contact info:

22 rue Goyer, Saint-Sauveur, QC, J0R 1R0

Phone: 450 227-0074

Email: info@cjepdh.ca

Facebook: @CJEPDH

Instagram: [cje_pdh](https://www.instagram.com/cje_pdh)

Visit our website!

Annual Grants for Community Organizations

Non-profit organizations operating in Morin-Heights can already submit their 2025 financial and/or technical assistance requests. Foreseeing community organizations' needs allows Council to set aside the necessary funds in its annual budget.

The form must be completed and returned by **October 15, 2024**. Council will analyze requests and send replies by the end of February.

Youth Excellence Grants – Sports Category

The mission of this municipal policy is to recognize the excellence of young people aged 12 to 25 who are residents of the municipality and contribute to enhancing Morin-Heights' sporting life. The amateur athletes must meet the eligibility criteria, submit a duly completed application form (available at www.morinheights.com under the «Online Services» menu, submenu «Forms» or at Chalet Bellevue), and submit it **before October 15, 2024**.

Good luck to all sports enthusiasts of our beautiful region!



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



L'Entraide bénévole des Pays-d'en-Haut has been established in the MRC des Pays-d'en-Haut for more than 44 years. Its mission is to promote and develop voluntary action from a perspective of mutual aid and community involvement and to actively participate in improving the quality of life of seniors or people with loss of autonomy living at home, with respect and integrity through our different services and activities.

A multitude of services are offered to our clientele, including medical accompaniment and transportation, meals on wheels, friendly visits, calls of kindness, and income tax service, to name just a few. In addition, l'Entraide can count on

two community workers (ITMAV Program) whose mandate is to support, intervene and direct seniors and any vulnerable person towards services and resources they need.

Visit our website: entraidebenevolepdh.com

We are looking for volunteers. Please complete the form available through scanning this QR code:



Invitation to residents and organizations wishing to contribute to seniors' well-being

We invite you to join the **Table de concertation des aînés des Pays-d'en-Haut**, a dynamic group open to its residents and members' ideas and projects.

The participation of seniors is of major importance in the community planning of our aging population.

Together, we can influence the factors that shape our daily lives. It's a question of uniting, talking to each other, naming the issues that are important to us, and bringing seniors' voices to the ears of those who are listening.

For more information, please don't hesitate to call us at 450 512-8435 or email us at tableainespdh@gmail.com.

Laurentian Region Cancer Support Group

The group offers English-speaking support services to cancer patients, caregivers and their families in the Laurentian Region in a friendly and welcoming setting. The meeting format includes group discussions and relevant information from guest speakers. Free monthly meetings are held at Chalet Bellevue (27 rue Bellevue) or online via ZOOM. Donations are welcome (tax receipts provided). For more information about the group's services, meetings, and guest speakers, call June Angus at **450 226-3641** or email cancer.laurentia@yahoo.ca.



Photo: Quentin Kavas

Next edition!

WINTER EDITION

December 1, 2024 to March 15, 2025

Deadline: September 27, 2024

Distribution: November 22, 2024



Photo Contest

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

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

To be accepted, your photos must :

- Have a minimum size of 1 MB.
- Be free of rights.

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

Congratulations to the previous edition's contest winner, **Quentin Kavas**, who won a \$75 gift card for La Fouine restaurant, located at 139 chemin Watchorn. Congratulations!

Town Planning and Environment

Did You Know National Tree Day is Held Every September During National Tree and Forest Week?

This fall, once again, we'll be able to celebrate National Tree Day! This day is held on the Wednesday during the National Tree and Forest Week.

A whole day during which you can reflect on the connections between your life and that of trees, especially if you live in the city! Did you know that 80% of Canadians live in urban areas? With the phenomenon of heat islands, the presence of forests or urban parks becomes essential to their quality of life. The National Tree and Forest Week offers you the opportunity to take care of the trees in your environment, organize plantings, and learn about the species that grow in Quebec and in other Canadian provinces.

A Tree is Useful For...

Trees are essential to our lives! First, they absorb carbon dioxide (CO₂), which is currently in excessive amounts in the atmosphere. They are, in a way, valuable companions in the fight against pollution!

Furthermore, the leaf, which needs air, inhales it, filters it, and returns it to nature in the form of oxygen. Therefore, trees purify the air we breathe. Moreover, they often serve as shelter for animals and form the complex ecosystems that forests are.

Made of Wood

Wood is a crucial raw material for many industries because it is the basis for several useful products, such as paper and some hygiene products. Wood is also used, among other things, to:

- heat our buildings;
- construct our houses and make furniture;
- produce essential oils and resin;
- produce various medicines.

Trees play an essential economic role because each of their parts is useful to us: leaves, roots, wood, and bark.

So, here are several good reasons to pay attention to the trees around you. Talk about them with your friends!



SOURCE : https://www.environnement.gouv.qc.ca/jeunesse/sais_tu_que/2011/07-journee-arbre.htm

Public Works

The Public Works and Infrastructure Department is pleased to announce the arrival of its new director, Mr. Pierre Aubé, ing., in mid-May. Welcome to our team!

Winter Preparation

The Public Works and Infrastructure Department would like to remind you that it is possible to prepare for the snow removal season to minimize the impacts of these operations on your property.

Drainage Check

In the fall, it is a good idea to check that nothing clogs ditches, culverts, gutters and drainpipes on your property. Make sure that the water can flow freely in anticipation of spring snowmelt and thus avoid flooding and gullies.

Temporary Winter Structure

The structure for a temporary winter shelter can be erected from October 1, and the canvas covering it can be installed from October 15. The structure and the canvas must be withdrawn by May 15.

Curb Layout

The following precautions must be observed by the citizen to avoid damage to their property caused by snow thrown, blown, pushed or deposited on private land during winter maintenance of public streets.

The owner or occupant of the property located along the frontage of the road must, between October 1 and April 30 of each year:

- a) Along the road: install snow fences, barriers or other protection that is strong enough and made to adequately protect trees, shrubs and other plants, as well as any equipment susceptible of being damaged.
- b) On private property: install snow fences, barriers or other protection strong enough to adequately protect, and clearly indicate with a sign the presence of trees, shrubs or other plants as well as equipment susceptible of being damaged.

Responsibility in case of absence of precautions or in the case of non-respect of these measures, the Municipality cannot be held responsible for the material prejudice caused to the owner or occupant of a property.

We invite you to consult the By-law 569-2019 on snow removal on the Municipality's website:

<https://www.morinheights.com/By-laws>



Collections Calendar

SECTOR 2-YELLOW

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

SECTOR 3-GREEN

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

Ecocentre

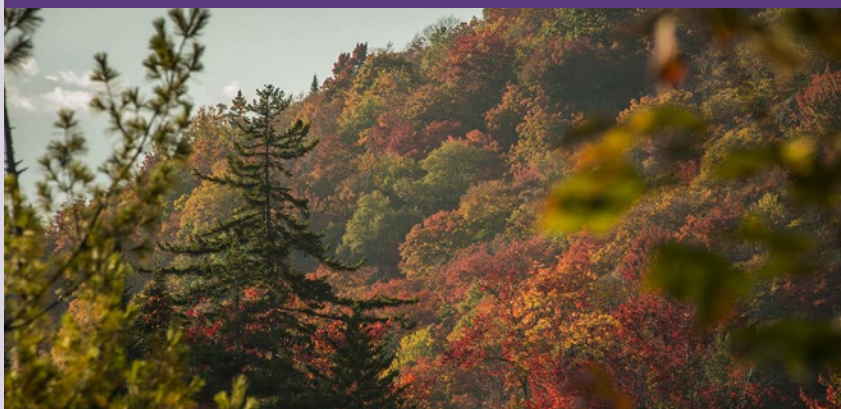
The inter-municipal Ecocentre is located at **2125 chemin Jean-Adam**, Saint-Sauveur.

It is open daily (except Wednesdays) from 7:30 to 16:15.

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






ecocentre@vss.ca

450 227-0000, ext. 3200



www.morinheights.com

Legend

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

[lespaysdenhaut
recyclent.com](http://lespaysdenhautrecyclent.com)



INFO-COLLECTE

1 855 PDH-RECY

450 229-8052

infocollecte@mrcpdh.org

Morin-Heights Fire Department and First Responders

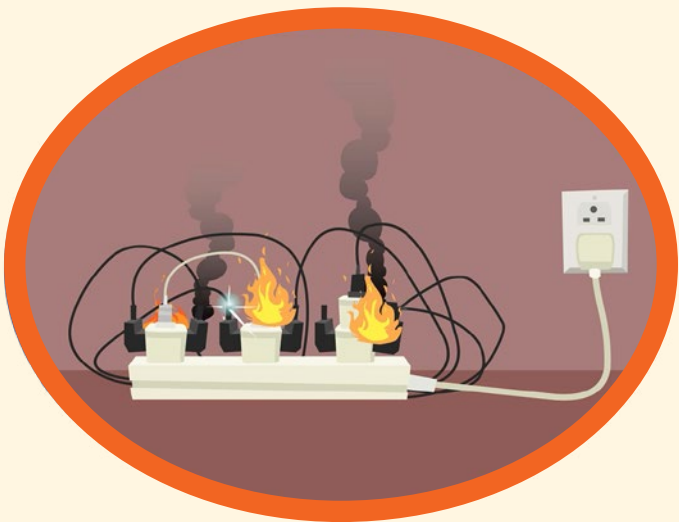


To prepare for fall and winter, here are a few recommendations from the Morin-Heights Fire Department.

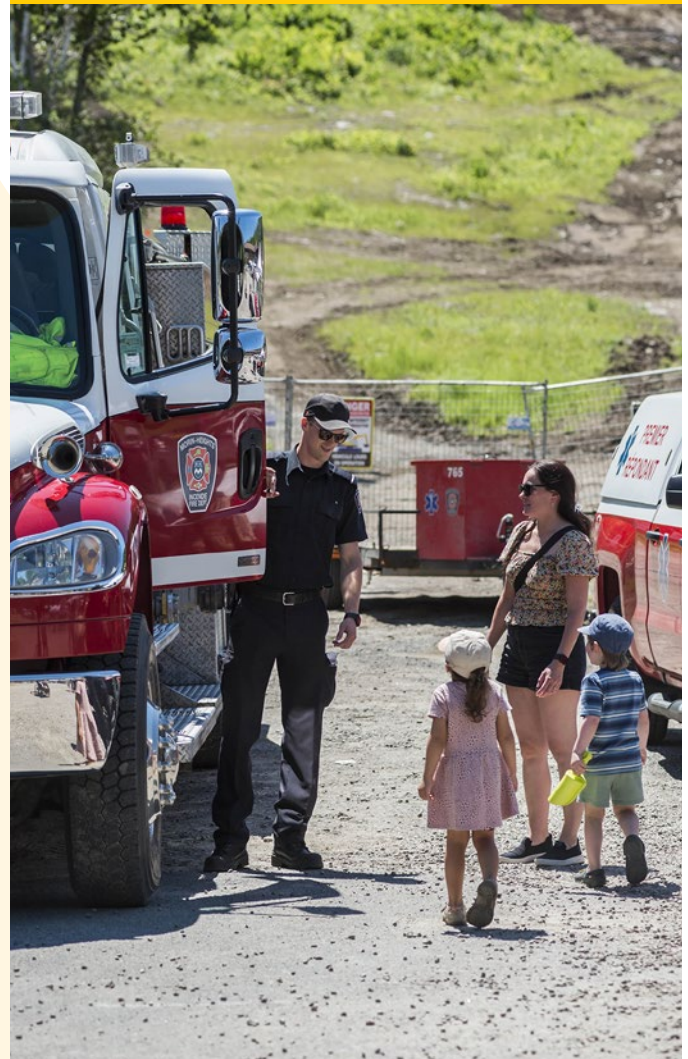
Check whether you are due to have your chimney swept before you need to heat your home. We strongly recommend that you have your chimney swept twice a year. It's also essential to make sure your chimney sweeping is carried out by certified professionals. Make sure you have a carbon monoxide alarm.

We'll change the time on November 2, 2024, so don't forget to change the batteries in your smoke alarm. If your smoke alarm is over 10 years old, you must replace it. If you need to change it, we strongly recommend buying smoke alarms with a lithium battery. The lithium battery will last as long as your smoke alarm, so you won't have to change the battery when the time changes.

Please be careful with your power supply. Do not overload your outlets with multiple extension cords. Here's an example of what's dangerous and could cause a fire in your home.



This year, Fire Prevention Week will occur **from October 7 to 13, 2024**. We'll be at the IGA in Morin-Heights. We'll get back to you with the exact date(s) we'll be there. This will be a good time to visit us, and we'll be happy to answer any questions you may have.



Outdoor Network

Trail Clean-ups

Two trail clean-ups will take place on our mountain bike, cross-country ski and snowshoe trails on **September 29 and October 19**, from 9:00 to 13:00. More information will be available closer to the date at morinheights.com/plein-air.

Condition of Trails

You can consult the status of the trails on the municipal website: morinheights.com/outdoors.

Mountain Biking

Please respect the signage regarding closed trails and the 24-hour rule after heavy rain to preserve the condition of the trails. Also, this fall, be careful with the presence of leaves on the trails!

Construction of New Trails or Obstacles

It is forbidden to build modules, obstacles, or new trails without the Municipality's approval. Before proceeding, it is essential to notify us of your projects to receive the necessary authorizations, as they could affect the safety of users and/or medical assistance provided by emergency services.

Winter Pricing

Pricing will be available on our website by mid-September. Membership for 2024-2025 winter activities will be available for purchase online at www.morinheights.com.

Waxing Workshop

On November 30, from 9:00 to 12:00. Places are limited; registration is required from September 15 on www.morinheights.com under the "Online Services" menu.

Respect for Private Property

It is important to note that closed trails may be located on private property. We are not authorized to allow their use outside the operating season; hence, access is prohibited.

Reminder of Dog Regulations

Dogs must be on a leash at all times. It is important to bring your bags back and not leave them in the forest. If you have not already done so, we invite you to discover the Canine Corridor, located at the intersection of Route 364 and Rue du Midi, or the dog park, located at 100 chemin du Lac-Écho. Opening hours of the dog park are from 10:00 to 18:00, 7 days a week.



Library

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

Hours:

Tuesday to Friday: from 10:00 to 18:00

Saturday: from 9:30 to 16:30

Contact:

823 chemin du Village

450 226-3232, ext. 124

bibliotheque@morinheights.com

mabiblioamoi.ca

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



Digital Independence Courses

Digital literacy facilitator Sophie Courchesne invites you to her smart tablet workshops. iPad or Android, beginner or curious!

The tablet and its settings

NOVEMBER 11, 10:30

Web browsing on the tablet

NOVEMBER 25, 10:30

The tablet and its apps

DECEMBER 2, 10:30

New Releases

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

I Will Ruin You/Linwood Barclay

Think Twice/Harlan Coben

Bad Dreams in the Night/Adam Ellis

Funny Story/Emily Henry

Until August/Gabriel Garcia Marquez

Fight Right/John Gottman

The Husbands/Holly Gramazio

Blank/Zibby Owens

Alex Cross Must Die/James Patterson

The Paris Novel/Ruth Reichl

Storytime with Tina

OCTOBER 26, 10:30

During this storytime in Shakespeare's language, children will have a chance to practice their English. Two amusing stories will capture the attention of the little ones! Stay afterwards, as a story-related activity (game, craft, song) will follow.

Storytime

EVERY SATURDAY, 10:00

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



Cultural Programming



Concert by Elizabeth Shepherd

Velvety-voiced key-boardist Elizabeth Shepherd made her international debut in 2006. Since then, this soul-jazz innovator

based in Montreal has established herself as one of the most captivating and imaginative artists on the current scene. Elizabeth, a classically trained pianist who turned to jazz through her love of old-school hip-hop, has been hailed as a “jazz virtuoso with a pop sensibility.” Nominated six times for the JUNO Awards and twice for the Polaris Prize, she has released seven widely acclaimed albums. She has extensively toured North America, Europe, Japan, and Mexico. Come hear her perform on **November 9 at 19:30** at Chalet Bellevue!

elizabethshepherd.com

Limited seating, reservations required:
www.morinheights.com (“Registration” button).

\$5 or free with a resident card.

Information :

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

Couleurs Suspendues Exhibition

This creative project is part of the desire to share with the public the fruits of the creative work of four artists from the **Les Barbouilleuses** collective: Manon Bastien, Sylvie Giroux, Pascale Poudrette and Lyne Santerre.

The proposed theme, **Couleurs suspendues**, is rooted in the desire to play with colour mixing, tonal variation and light exploration. The singularity of these four artists’ outlooks and their four different pictorial approaches will allow us to see all kinds of colours.

The exhibition will be held from **November 5 to 24**, with an opening reception on **November 16**, from 13:00 to 16:30. Refreshments will be served, and artists will discuss their work. What a great way to beat the November grayness by adding a touch of colour and lighting up your day!



Les journées de la culture

(continued from front page)

Concert by Kawandak

Saturday, September 28, 19:30

A powerful fusion of tradition and music! The Kawandak Quartet, which translates as “white spruce” in Algonquin, was founded by jazz bassist Normand Guilbeault as a crossroad between occidental and traditional North American native music.

Everything about this music resonates with its listeners: the songs, the rhythms, the ode to nature and the sacred. Guilbeault and his musicians (Annie Poulain, Sylvain Provost, Claude Lavergne) successfully and beautifully combine jazz, blues, rock and native music!

Limited seating, reservations required:
www.morinheights.com. After the performance, join us for a meet-and-greet with the musicians!

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

Exhibition by the Morin-Heights Historical Association

Sunday, September 29, from 11:00 to 14:00

For *Les Journées de la Culture*, the Morin-Heights Historical Association will offer a photo display of community events over the past decades. Long-time residents can look for pictures of themselves, and others will discover the flavour of “old-time” Morin-Heights.

Staged Play Reading

Sunday, September 29, 15:00

Get ready to sit back, relax and enjoy a play reading presented by Theatre Morin-Heights. Actors perform with scripts in hand in a staged reading following a few rehearsals. Dressed in costumes and supported by sound, lights and a few props, this is a great way to learn about acting without having to memorize lines. If you are interested in performing, contact us before August 31!

Information:

theatremorinheights.ca
theatremorinheights@gmail.com or
579 765-3999

Cultural Programming

Lummis Park Cultural Program

Have you been enjoying the cultural activities presented at Lummis Park since the beginning of the summer? The following concerts are still to come:

Thursday, August 29, 18:00, Trio Brasil — The trio offers timeless melodies from the greats of bossa, samba and Latin jazz and renditions of cult hits from pop icons. Their acoustic-sounding southern music is guaranteed to create a relaxed, festive atmosphere. *(In case of rain postponed until September 19 at 17:30)*

Thursday, September 5, 18:00, Les Barockers

With a diverse repertoire ranging from Guns'N'Roses' "Sweet Child O' Mine" to AC/DC's "Thunderstruck," including Queen, Jethro Tull and Gerry Boulet, Les Barockers will take you back in time with sounds from another time! *(In case of rain postponed until September 8 at 15:00)*



Thursday, September 12, 18:00, Myriam Trinh Quang and Charles Royer — Myriam is a multi-instrumentalist who will transport you into her world, performing songs in various styles: pop, francophone, alternative, world songs and more! It's a heartfelt show filled with magic, and you could be invited to join in if you feel like it! *(In case of rain postponed until September 15 at 15:00)*

Saturday, September 21, between 11:00 and 13:45, Connexions momentanées — Ambulatory performance with five dancers and two musicians between the library and Lummis Park, and in the surroundings of Chalet Bellevue, Aerobic Corridor and Basler Park. Inspired by the architecture of the places they visit, the artists explore what forges a tightly woven community; camaraderie and spontaneous encounters are at the heart of this work that invites collective rejoicing. (Presentation made possible thanks to the financial support of the Conseil des arts et des lettres du Québec)



Arts Morin-Heights is an association of artists specializing in visual arts, created in Morin-Heights in 1983. Since

then, the group has participated in various shows and activities in the municipality. Again this year, we invite you to our annual show, which will take place from **September 6 to 8 at Chalet Bellevue**. We will be there every day, from 10:00 to 16:00.

Don't miss the vernissage scheduled on Saturday, September 7, starting at 14:00. Come meet the artists; you could also win one of the prizes offered for the occasion. The activity is free, so bring families and friends!

Information: Ginette Fontaine at 514 913-2087 or maagfontaine@hotmail.com

TMH Presents "GamePlan" and a Staged Play Reading



"GamePlan" — October 23 to 27

Make "GamePlan" by Alan Ayckbourn part of your fall plan as Theatre Morin Heights presents this comedy at Chalet Bellevue, from October 23 to 27 (six performances, including two matinees). Tickets are \$25 and go on sale in mid-September. The play is cast, and rehearsals are well underway. Let us know if you want to be part of the behind-the-scenes action. We are always looking for volunteers to join our exciting team.

The "GamePlan" storyline features a teenager who fights to keep herself and her abandoned mother, once a dot.com businesswoman, financially afloat by setting up as a classy call girl, advertising for clients on the Internet and persuading her tearful school chum to act as her secretary. Just when you wonder what will happen in this terrible situation, the play becomes a farce about body disposal, police questioning and media intrusion. The playwright admits to his delight when an audience leaves a performance, saying: "Well, I never saw that coming!"

Cultural Programming

Laurentian Reading Club

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

The Laurentian Reading Club meets on the third Tuesday of every month, from September to June, at 13:00 at Chalet Bellevue in Morin-Heights. Our meetings are held in English.

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

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

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

For information about the club

Monique Bélisle, 514 608-2323

Knitting Group

The knitting group meets every Thursday to knit, chat and share ideas. And it's not just for knitters: anyone who enjoys crochet, embroidery or other needlework is welcome!

Meetings are held at the library, from 13:00 to 16:00. Depending on your availability, you are welcome to join us for the afternoon or just part of the time.

This is an informal group, so there is no need to sign up or book. All you have to bring are your supplies. If you have any questions, contact Monique Bélisle at **514 608-2323**.

Morin-Heights Historical Association Gala

The Morin-Heights Historical Association will hold its annual Mayor's Heritage Awards Dinner at Chalet Bellevue on November 23. This event honours a person who has made a significant contribution to the preservation of local history and the owner of a heritage building faithfully maintained in original condition. There will be a delicious dinner and a silent auction of items donated by local people and merchants. Tickets and details will be available on the municipal website in early October.

Les Stations Éphémères

The *MRC des Laurentides* and the *MRC des Pays d'en-Haut*, in collaboration with the community, are proud to present a new edition of the *Stations Éphémères* project, an outdoor cultural project involving visual arts along the Aerobic Corridor.

This cultural mediation project consists of presenting a pop-up artistic creation in the spirit of land art at six locations (stations) along the Aerobic Corridor, between Morin-Heights and Amherst, while integrating several types of media (crafts, sculpture, painting, etc.). The creations will be completed during the month of July, and the pop-up exhibitions will run from August to October.

Explore the Aerobic Corridor on foot or by bike to discover all six stations!

For further information, please visit corridoraerobique.ca/stations-ephemeres/.

Joyful Noise Choir

Welcome to all who like to sing,
no matter your age!

Tuesdays at 15:00
from September 17 to December 17

Information: Penny Rose at 450 226-2746
or pennyrose@jenanson.com

Visit our Director's (Ian Lebofsky) website
at <http://www.thephysicalvoice.com>



50 Years of Fondeurs-Laurentides!

Cross-Country Ski Competitive Program (10 years and up)

Cross-country ski technique instruction, training and competitions.

SCHEDULE: Tuesdays, from 18:30 to 20:00, and Sundays, from 9:00 to 11:30

START DATE: between September and November 2024 (TBD; based on groups)

LOCATION: 185 rue Bennett, Morin-Heights (Sundays) and 655 rue Filion, St-Jérôme (Tuesdays)

PROGRAM DETAILS AND REGISTRATION:
www.fondeurslaurentides.ca

Online registration period from August 26 to October 15, 2024. A public visit is scheduled for September 8 in St-Jérôme.

INFORMATIONS: info@fondeurslaurentides.ca, 579 888-2005, 450 712-5478

Jackrabbit Program (6-10 years)

Jackrabbit National Cross-country Ski Program (8 classes of 90 minutes)

SCHEDULE: Sundays, at 9:00 or 11:00

START DATE: January 2025

LOCATION: 185 rue Bennett, Morin-Heights

COST: \$200

PROGRAM DETAILS AND REGISTRATION:
www.fondeurslaurentides.ca from September 23 to December 1, 2024

CONTACT: ecoledeski@fondeurslaurentides.ca, or by phone at 579 888-2005

Adult Program (16 years and up)

Cross-country ski training and technique instruction for all levels of skiers (cross-country skiing experience required)

SCHEDULE: Thursdays, from 13:30 to 15:00 (Morin-Heights), Thursdays, from 19:00 to 20:30 (Morin-Heights) or Wednesdays, 19:00 to 20:30 (St-Jérôme)

START DATE: October 2024 (20 trainings), November 2024 (15 on-snow training sessions), January 2025 (10 on-snow training sessions)

LOCATION: 185/231 rue Bennett, Morin-Heights (Thursdays) and 655 rue Filion, St-Jérôme (Wednesdays)

COST: \$300 (20), \$255 (15), \$200 (10)

PROGRAM DETAILS AND REGISTRATION:
www.fondeurslaurentides.ca.

Online registration period from August 26 to December 1, 2024. A public visit is scheduled for September 8 in St-Jérôme.

CONTACT: info@fondeurslaurentides.ca, or by phone at 579 888-2005



Accès-Loisirs Pays-d'en-Haut

Free activities for low-income individuals

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

REGISTRATION – FALL 2024 SESSION

WHEN: September 9

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

OR

WHEN: September 11

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

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

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

Family Policy – Sports Activity Reimbursement

The Municipality of Morin-Heights reimburses the difference between the resident and non-resident registration fees, up to a maximum of \$200 per child, per activity, per year, for activities offered to minors, such as minor hockey league, baseball, figure skating or swimming club.

Activities must be organized by a town located in the Laurentians, and reimbursement is available only to young people aged 17 and under who are permanent residents of Morin-Heights.

Requests for reimbursement must be submitted no later than sixty (60) days following the activity start date. **Refunds will be issued at the end of the season or session.**

The «Reimbursement Request» form is available on the municipal website under the «Online Services» menu, «Forms» submenu, or at Chalet Bellevue and must accompany all requests.

Inter-Municipal Agreement

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

Registration Process

Enquire directly about the registration process, dates, schedules, prices, and availability with the town offering your chosen course(s). Proof of residence is required. We suggest you contact the municipality offering the course or visit their website for information. The refund terms and conditions are determined by the town offering the course.

The list of courses offered through this agreement for Fall 2024 is available on this webpage:

www.morinheights.com/coursesactivities-offered

INFORMATION

Municipality of Piedmont:

450 227-1888, ext. 230 / piedmont.ca

Municipality of Sainte-Anne-des-Lacs:

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

City of Sainte-Adèle:

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

City of Sainte-Marguerite-du-Lac-Masson:

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

City of Saint-Sauveur:

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

Consult the complete schedule of courses offered in Morin-Heights on pages 21 to 24.



Pumpkin Decorating Contest



Contest - Pumpkin Decorating!

Have fun decorating the Morin-Heights Haunted Village!

Whether your pumpkin is empty or not, you can bring it to the library, located at the heart of the village (823 chemin du village) on Saturday, October 26, between 9:30 and 16:30, or from Tuesday, October 29, to Thursday, October 31, between 10:00 and 18:00. Be sure to complete the draw coupon directly at the library to be eligible for the draw!



December 7
10:00 - 16:00

December 8
10:00 - 15:00



CHALET BELLEVUE
27, Bellevue Street
Morin-Heights

www.morinheights.com

Inter-municipal Youth Field Hockey League

This year, we're confident that the league will actually take off! To help us plan and avoid cancellations, we invite you to register your children early.

This program offers children aged 5 to 15 (age as of September 30, 2024) who can already skate the chance to play field hockey in their community on an outdoor rink, completely free of charge!

One practice and one game per week, **every Tuesday or Thursday.**

Novice* (5-6 years): from 16:30 to 18:30

Atom (ages 7 to 10): from 18:30 to 19:30

Pee-Wee (ages 11 to 13): from 19:45 to 20:45

Monday and Wednesday for Bantam

Bantam* (ages 14 to 16): Mondays, from 19:30 to 20:30, and Wednesdays, from 19:30 to 21:00

*We will form a team for this age group if enough children are registered..

The field hockey program emphasizes team spirit, fun and participation. Games are held at the municipal rink, except for a few classics and inter-municipal matches across the MRC.

As this program is free, places are limited. And as field hockey is a sport where team spirit is fundamental, children's presence at all games is essential.

Full equipment required: helmet with full face protector, neck, shin and knee protectors, gloves, field hockey shell, stick and skates. ***Before purchasing equipment, please make sure there are enough registrations to start the team.***

The program will take place on the big rink located at 99 chemin du Lac-Écho.

Ice conditions:

450 226-3232, ext. 122 or
www.morinheights.com/Patinoires-Skating-Rinks

REGISTRATION online only FROM August 14 to November 24 at www.morinheights.com. Places are limited**.

**Morin-Heights residents have priority over non-residents until November 24. After this date, remaining spaces will be offered to non-residents until December 8.

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

WANTED!

Coaches and volunteers are needed to get involved with the Morin-Heights League. If you'd like to get involved, contact the person in charge: eliane.charbonneau@morinheights.com



Viking Ski Club (founded 1929) is open to anyone wishing to become a member. Membership and program registrations will open **around the end of September** at www.vikingskiclub.ca.

Viking has two membership classes: "Trail" and "Full."

The "Trail" membership gives access to some 50 km of cross-country ski and snowshoe trails only, which may appeal to many Morin-Heights residents.

The "Full" membership includes the "Trail" membership and access to junior programs

(Bunny Rabbit, Jackrabbit, Arrows and Challenge,) and adult programs (beginner, intermediate, skate and biathlon), as well as organized hikes and orienteering activities.

Details of our programs and activities are available on the Viking Ski Club's website.

Day passes are also available online by scanning the QR code located in the Chalet Viking parking lot (on chemin Jackson) or in the Chalet on weekends.

You can email us at any time at the following emails: info@vikingskiclub.ca, biathlonvikingours@gmail.com or loppet@vikingskiclub.ca.



CENTRE SPORTIF Pays-d'en-Haut

Fall Session 2024

For more details about the upcoming fall session, visit :

www.centresportifpaysdenhaut.com

And follow us on our Facebook page
<https://www.facebook.com/centresportifpdh>

Open Gym Activities

Gymnasium Activities Starting:
Week of September 9

Closed at Thanksgiving (Monday, October 14)

BASKETBALL

Open basketball on Wednesdays, from 18:00 to 19:00
Payable at once: \$5 for residents, \$7 for non-residents
Free for people aged 17 and under

PICKLEBALL

Registration starts August 14 for a 12-week Pickleball session without an on-site instructor. Players must use rotation.

Sessions:

Mondays, from 18:00 to 20:00 – Beginner
Tuesdays, from 18:00 to 20:00 – Intermediate
Thursdays, from 18:00 to 20:00 – Intermediate
6 people per time slot

\$60 for residents, \$84 for non-residents

Registration from August 14 to August 30, with priority given to Morin-Heights residents.

Registration from August 31 to September 8 for non-residents.

VOLLEYBALL

Check the municipal website in early September for details of this service offer.

“Donne-toi don” Race

Looking for a stimulating and inclusive physical activity for the whole family? Come run with us at the “Donne-toi don!” race!

The activity is accessible to everyone and offers a 1 km, 3 km or 6 km course on the trails of Basler Park. All proceeds will be donated to the Jérémy Paradis Foundation.

The Jérémy Paradis Foundation is a real gem in promoting sports for young people in the region. Following the death of their son Jérémy in an all-terrain vehicle accident, the young athlete's parents decided to support young athletes by providing equipment and financial support to many teams of hockey, soccer, volleyball, and more.

On site on race day, you'll get prizes and entertainment with giant games and music; smiles all around are guaranteed!

On **October 20**, give yourself; when we give by giving our best, everyone wins!

Hurry, places are limited. For information on upcoming registrations, please consult our usual communication tools.

DONNE-TOI DON !

On October 20th 2024, we run for the
Jérémy Paradis Foundation
Basler Park in Morin-Heights
Circuit of 1km, 3km, and 6km



Registration information coming soon !

**Organised by students of the
Cégep de Saint-Jérôme**

www.morinheights.com

Important Numbers

Town Hall:

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

Telephone: 450 226-3232

Fax: 450 226-8786

www.morinheights.com
municipalite@morinheights.com

Emails:

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

**Sûreté du Québec des
Pays-d'en-Haut:**
450 227-6848

Animal Control:

1 866 960-7722 • www.spcall.ca

Citizen Portal:

<https://citoyen.morinheights.com>



[www.facebook.com/
MunicipaliteMorinHeights](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, 2024*

Graphic Design:
Turquoise Design

Production:
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www.groupetriton.com

FALL PACKAGE

Several classes

ALL FOR A SINGLE PRICE!

Stay in shape

THIS AUTUMN!



REGISTRATIONS starts on August 14

BY INTERNET:

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

BY PHONE

450 226-3232, ext. 132

IN PERSON

Chalet Bellevue, Monday to Sunday from 9:00 to 16:00

INFORMATION

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

INTERMUNICIPAL AGREEMENT

Courses with * are offered under the intermunicipal agreement.

Fall Program – Physical Activity

Course registration is required.

SPORTS ACTIVITY	DAY	AGE GROUPE	INSTRUCTOR	TIME	SESSION LENGTH	START DATE	RESIDENTS	NON-RESIDENTS
Cardio Latino*	Thursday	adults	Francisco De La Calleja	11:45 – 12:45	14 weeks	Sept. 5	\$182	\$210
Scottish Dance for Beginners*	Sunday	everyone	Heather McNabb	9:30 – 10:15	10 weeks	Sept. 29	free	free
Line Dancing Beginner 1*	Tuesday	adults	Sylvie Labelle	17:15 – 18:15	10 weeks	Sept. 10	\$100	\$115
Line Dancing Beginner 2*	Tuesday	adults	Sylvie Labelle	18:30 – 19:30	10 weeks	Sept. 10	\$100	\$115
Couples Latino Dance*	Thursday	teens, adults	Francisco De La Calleja	18:30 – 19:30	14 weeks	Sept. 5	\$182	\$210
Couples Swing Dance*	Thursday	teens, adults	Francisco De La Calleja	17:30 – 18:30	14 weeks	Sept. 5	\$182	\$210
Flexi-Dance*	Thursday	adults	Francisco De La Calleja	13:00 – 14:00	14 weeks	Sept. 5	\$182	\$210
Karate	Friday	adults	Gilles Labelle	17:30 – 18:30	1,3,5 or 10 months	Sept. 6	based on the length of the session	based on the length of the session
<i>For registration, please contact Kyoshi Gilles Labelle at 450 431-1444</i>								
Swiss Ball Pilates*	Friday	adults	Mariem Valdes	17:30 – 18:30	10 weeks	Sept. 13	\$190	\$218
Solo Latino*	Thursday	adults	Francisco De La Calleja	10:30 – 11:30	14 weeks	Sept. 5	\$182	\$210
Tai Chi Chuan Open Practices	Saturday	adults	Robert Lee	9:00 – 11:00	12 weeks	Sept. 14	free	free
Yoga for Beginners*	Wednesday	teens, adults	Lynda Dupont	17:00 – 18:00	10 weeks	Sept. 25	\$130	\$150
Yoga Intermediate*	Wednesday	teens, adults	Lynda Dupont	18:30 – 19:30	10 weeks	Sept. 25	\$130	\$150
Yoga 65 +*	Wednesday	seniors	Lynda Dupont	10:30 – 11:30	10 weeks	Sept. 25	\$130	\$150
Zumbaaa!*	Tuesday	adults	Mariem Valdes	17:30 – 18:30	10 weeks	Sept. 3	\$190	\$218

Course Description

Cardio-Latino: Get fit with Latin dance moves, for everyone!

Scottish Dance for Beginners: Try traditional Scottish dancing, for kids and teens! No registration is required!

Line dancing Beginner 1: Introduction to line dancing, no experience required. Dance shoes strongly recommended.

Line dancing Beginner 2: Learning choreography. Dance shoes strongly recommended.

Couples Latino Dance: Introduction to Latin dances. No dance experience is required. Preferably with a partner, but also for participants without one.

Couples Swing Dance: Introduction to swing dances. No dance experience is required. Preferably with a partner, but also for participants without one.

Flexi-Dance: Stretching program with dance music!

Karate: Develops concentration, self-confidence, physical fitness and much more!

Swiss Ball Pilates: Pilates course with swiss ball

Solo Latino: Partnerless Latin dance classes for all!

Tai-Chi Chuan Open Practices: Free Tai Chi Chuan sessions. Regular practice is good for your health. Registration is required.

Yoga for Beginners: This class is perfect for discovering Hatha Yoga's physical, mental and spiritual benefits. Learn sun salutations and several breath-oriented postures.

Yoga Intermediate: Hatha Yoga for the more experienced, where you'll learn to respect your limits in movement and breathing.

Yoga 65+: Gently adapted yoga for beginners or those aged 65 and over. Respect your limits without performance; simply be in the present moment.

Zumbaaa!: Rhythmic Latin dance fitness class inspired by Zumba!

Fall Program – Cultural Courses

Course registration is required.

CULTURAL ACTIVITY	DAY	AGE GROUPE	INSTRUCTOR	TIME	SESSION LENGTH	START DATE	RESIDENTS	NON-RESIDENTS
Bridge (Beginner - Level 2)	Monday	adults	Louise Lalonde	10:00 – 11:30	8 weeks	Sept. 9	free	free
English Conversation (Beginners)*	Monday	teens, adults	Thérèse Mascis	13:00 – 14:30	10 weeks	Sept. 9	\$150	\$175
English Conversation (Intermediate)*	Monday	adults	Thérèse Mascis	14:45 – 16:15	10 weeks	Sept. 9	\$150	\$175
Spanish (Level 1)*	Thursday	adults, seniors	Yoalli Gallegos	11:30 – 13:00	10 weeks	Sept. 5	\$185	\$212
Spanish Conversation Club (Beginner)*	Thursday	adults	Yoalli Gallegos	13:00 – 14:30	10 weeks	Sept. 5	\$185	\$212
Spanish Conversation Club (Advanced)*	Thursday	adults	Yoalli Gallegos	10:00 – 11:30	10 weeks	Sept. 5	\$185	\$212

Course Description

Bridge Beginner - Level 2: Prerequisites: know the basics of the bridge game. Objective: to improve responses to your partner's ISA or suit opening.

Spanish Level 1: For those who are learning Spanish for the first time.

Spanish Conversation Club (Beginner): Introductory conversation course

Spanish Conversation Club (Advanced Level): For those who speak and understand Spanish fluently. Reading and writing activities are also integrated into the course.

Fall Program – Training

TRAINING	DAY	AGE GROUPE	INSTRUCTOR	TIME	DURATION	RESIDENTS	NON-RESIDENTS
Cardio-Secours (in French)	Tuesday October 8	adults	Gary Schlybeurt	8:30 – 12:30	4h	\$110	\$127
Cardio-Rescue (in English)	Wednesday October 9	adults	Gary Schlybeurt	8:30 – 12:30	4h	\$110	\$127

Training Description

Cardio-Secours/Cardio-Rescue: Basic training in CPR, AED use and choking techniques that will teach you life-saving skills for cardiac arrest emergencies. Includes manual and certification. Trainer from *Soins d'Urgences Québec*.

Fall Program—Courses for Children

PHYSICAL ACTIVITY	DAY	AGE GROUPE	INSTRUCTOR	TIME	DURATION	START DATE	RESIDENTS	NON-RESIDENTS
Ballet 3-6 y. o.	Friday	3 to 6 y. o.	Mariem Valdes	16:15 – 17:00	10 weeks	Sept. 13	\$190	\$218
Scottish Dance for Beginners*	Sunday	6 and up	Heather McNabb	9:30 – 10:15	10 weeks	Sept. 29	free	free
Karate	Friday	5 and up	Gilles Labelle	17:30 – 18:30	1,3,5 or 10 months	Sept. 6	based on the length of the session	based on the length of the session

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

Zumbaaa! Kids	Tuesday	6 to 10 y. o.	Mariem Valdes	16:15 – 17:00	10 weeks	Sept. 3	\$190	\$218
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Course Description

Ballet: Introductory ballet class for ages 3 to 6. Parents must remain outside the premises for the duration of the class.

Scottish Dance for Beginners: Try traditional Scottish dancing, for kids and teens! No registration is required!

Karate: Develops concentration, self-confidence, physical fitness and much more!

Zumbaaa! Kids: A Latin-inspired dance class where youngsters can let loose their crazy!

