

NEWS FROM THE MAYOR

THE MAYOR'S REPORT ON THE FINANCIAL SITUATION

My Fellow Citizens,

In compliance with the Municipal Code requirements, this is the report on the Municipality's financial situation.

The financial report for the year ending on December 31st, 2007, prepared by Richard Deslauriers C.A., auditor, presents the following results of the **Financial activities for budget purposes**:

Revenues	\$ 6 122,127
Operating expenses	\$ 4 708,448
Debt reimbursement (capital)	\$ 542,719
Investment activities	\$ 476,595
Allocation of reserve funds	\$ 17,110
Budgetary surplus	\$ 377,255

The balance sheet reads as follows:

	December 31 st 2007	December 31 st 2006	December 31 st 2005	December 31 st , 2002
Assets	\$ 19,650,963	\$ 13,686,018	\$ 12,008,520	\$ 5,291,392
Liabilities	\$ 8,666,554	\$ 6,167,998	\$ 5,581,410	\$ 3,247,412
Taxpayers holdings	\$ 10,984,409	\$ 7,518,020	\$ 6,427,110	\$ 2,043,980

The year 2007 has been a year of continued real estate growth, allowing the administration to invest additional sums in the improvement of the road network, and the management indicators confirm the very good financial standing and the effectiveness of services.

The upgrading of the groundwater capture for drinking water supply networks: Village, Alpino, Bastien, Beaulieu and Salzbouurg, an investment of nearly 3 million dollars was covered (approximately 50%) by Canada-Quebec Infrastructure Programs. Consequently, as of 2009, the debt service chargeable to the taxpayers using these drinking water supply systems will be adjusted.

Council has applied the entire reimbursement of the Excise Tax, in the amount of \$ 563 565, to repair the Lac-Echo road water main.

The year 2008 will allow for the consolidation of measures that were put into place by the Municipality in order to pursue the Quebec Government's objective to reduce 60% of the contents of our garbage bags. We have recognized the first anniversary of the opening of the intermunicipal Ecocenter, which accepts domestic

hazardous wastes. The use of black bins for garbage collection has eliminated ripped bags being left on road sides, and this despite the reduction of the number of collections. The increase in the collection of recyclables has translated into an increase in the quantity and quality of reusable material.

The protection of shorelines and waterways has been the main focus for the Urbanism and Environment Department's interventions. The lake Associations' enthusiastic participation has allowed us to set up serious programs which will ensure the long-term water quality. Public works also applied the Urbanism department's recommendations with regards to the control of water runoffs in the Lac Echo area. These new applications will reduce the discharge of sediment into waterways. These improvements will be made throughout the territory over the next few years.

The compilation of septic tanks receipts for the last two years is underway and the first notices to property owners will be sent out in the spring.

After two years of diligent work done by a group of citizens and Council members, the Municipality now has a Family and Seniors Policy. This document will give the Municipality guidelines for years to come with regards to development and organization.

At this time, Council is studying the Basler Park Advisory Committee's recommendations. Over the winter, Council intends to initiate this major community project aimed at regrouping the recreational infrastructures and at protecting Mont Bellevue.

Financial activities are closely monitored and we believe that the 2008 financial year will end with a slight surplus.

Council will establish its administrative priorities and adopt the 2009 budget. Your elected officials are continuously trying to provide the Municipality of Morin-Heights with modern infrastructures while respecting tax payers' ability to pay.

As stipulated by Law, I am presenting to Council the list of suppliers whose transactions exceeded \$25 000 during the current year, and reporting on the earnings of the Council:

The Mayor's annual income is \$ 20,160 with an additional \$ 5,283.96 for acting as the Municipality's representative on the MRC's Board, composed of all regional mayors.

A Councillor's annual income is \$ 6,720 to which is added the sum of \$ 110 monthly for the Councillor acting as Pro-mayor and \$ 60 monthly for Councillors presiding over various Council Committees.

In addition to this compensation, Councillors have a right to an expense allowance equal to half their annual income.

As Mayor, my involvement at the regional level has allowed me to express the Council's points of view and has given the Councillors an opportunity to be informed about the great challenges facing our region:

Vice-President at the Executive Committee and CA Director of the Centre local de développement (CLD) des Pays-d'en-Haut;

Member of the Board of Directors of the Société d'aide au développement des collectivités des Laurentides (SADC);

Director of the Permanent Committee on Public Safety and Transportation in Quebec for the Fédération québécoise des municipalités (FMQ);

Vice-president of the MRC des Pays-d'en-Haut's Public Safety Committee as well as;

President of the Fire safety Committee and, Director of the MRC Committee in charge of all waterways on its territory, and Administrative director of the Gardemanger des Pays-d'en-Haut

The volunteers' participation in various activities is remarkable and is worth a special mention proving that in Morin-Heights, we support each other and offer our time for the well-being of our community. Well done and thank you for your support.

I would like to thank all Council members and Municipal employees for their concerted and continued effort throughout the year. You can consult our website for details and listings: www.morinheights.com.

The Council, the administration and I wish to extend our best wishes to everyone for this holiday season.



*We hope next year brings
you joy, peace, and
continued good health.*

The Mayor, Michel Huet.

Quebec Winter Games

Voluntary Workers Needed for Quebec Winter Games!

The 44th Quebec Winter Games will take place in the Laurentians this winter. The organizing committee is looking for volunteers.

You will find the application form on the following website:

<http://www.jeuxduquebec.com/jh2009/>



27 février au 7 mars 2009

Mexican fiesta in honour of our volunteers

This past November 1st took place a mexican fiesta in honour of our many volunteers. Mariachis, margaritas, guacamole and piñatas were there to heat up the celebration! We wish to express once again our great appreciation to our volunteers for all the time and efforts they offer to the community. You make all the difference!



Murielle Saint-Germain of Coureurs des bois and Social Club for singles 60 and up, James Jackson, of the dragon-boat team, Philippe Daigneault of Arts Morin-Heights, Michel Plante, Mayor of Morin-Heights and Mike Tott of Gourmet du Village, main sponsor of the evening.



Photos: Chris Beames



The mariachi trio "La Fiesta Mexicaine", Maryse Emond, Recreation and Culture Director and Catherine Maillé, recreation technician, the two organisers for this fun event!

Happy Holiday

Holiday Schedule

Seasons Greetings and a happy New Year!

The Municipality office will be closed for the holidays from Tuesday December 23rd to Friday January 2nd inclusively.

Please note that garbage and recycling will be picked up as usual. Garbage collection will be on Monday, December 15th and 29th and recycling on Monday, December 22nd and January 5th.

THE MAYOR'S COLUMN



Blue-green algae (cyanobacteria) – Zero tolerance

Congratulations to all citizens on waterfronts and members of lake associations who have already undertaken the restoration of the first 5 meters of protected shoreline.



Go with the flow

Fill out Hydro-Quebec's ENERGIE WISE home diagnostic and get a personalised report. For each returned questionnaire, \$30 (+ \$5 if completed online) will go to the MRC des Pays-d'en-Haut to be invested in creating a link between Le P'tit Train du Nord Linear Park and the Aerobic Corridor.

<http://courantcollectif.com>



The Mayor's Golf Tournament

We would like to thank the 131 players, the many sponsors and volunteers who participated in the 7th Mayor's Golf Tournament. Your contribution generated more than \$10 000. Mark your calendar for Tuesday, August 25th, 2009, which is the proposed date for the 8th edition of the tournament to be held at the Balmoral Golf Course.



Recycling objectives

The Ministry of Sustainable Development recommended for the province the reduction of 60% of the waste sent to dump sites. As you can see on page 5, the percentage for the last 12 months adds up to 38%, that's more than half the objective. Well done, your efforts are producing results that will help meet our goal. Let's take advantage of the inter-municipal EcoCenter (located in St. Sauveur) and get involved into composting, an effective way to reduce waste and to do our part collectively.



Fundraising Campaign

In October of 2006, the Fondation médicale des Laurentides et des Pays-d'en-Haut, sponsored by the 25 mayors and their councils, had launched a three-year fundraising campaign with a 2 million dollars objective.

On September 30th, 2008, donations from Morin-Heights residents reached \$17 067,48 (donation form attached).

Health for all generations, I'm getting involved!

Good health for all ages - I want to be part of it!



FONDATION MÉDICALE
DES LAURENTIDES ET DES PAYS-D'EN-HAUT

1067, rue Principale,
Sainte-Agathe-des-Monts
(Québec) J8C 1L8
Téléphone : 819 323-4565
Télécopieur : 819 323-4566
NE : 13973 3406
fondation.laurentides@bellnet.ca
www.cstss-sdmnet.ca

Name: _____
Address: _____
Town/City: _____
Postal Code: _____
Telephone: _____

Card #:

Expiry Date:

Signature:

☐ I wish to receive information on Donations by legacy or other planned Donations.

☐ I wish that my Donation remains confidential.

☐ \$30 ☐ \$50 ☐ \$100 ☐ \$200 ☐ Other : \$ _____
☐ Monthly Donations may also be provided by preauthorised payments.
Please send me the documentation.

Terms of Payment

Cheque (Please make out your cheque to Fondation médicale des Laurentides et des Pays-d'en-Haut)

A receipt will be issued for Donations of \$20 or more.



IMPORTANT NUMBERS

Town Hall

567, ch. du Village, Morin-Heights
(Quebec) J0R 1H0

Departments: 450 226-3232

Administration / Fire Prevention / Public Works
Urbanism / Library / Recreation and Culture

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

Emergency: 9-1-1

Police / Fire / Ambulance / Emergency
Measures / Emergency Public Works

Dog catcher: 450 227-2768

Internet: www.morinheights.com

Courriel:

comptabilite@morinheights.com
environnement@morinheights.com
inspection@morinheights.com
loisirs@morinheights.com
municipalite@morinheights.com
mutation@morinheights.com
taxes@morinheights.com
travauxpublics@morinheights.com
urbanisme@morinheights.com

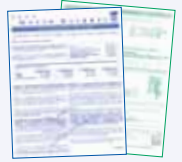
NEXT INFO MORIN-HEIGHTS

Deadline for submission of articles is
Wednesday March 18th, 2009.

The spring edition is scheduled for
distribution on April 30th.

This edition will cover the period from
May 1st to August 31st 2009.

Send your texts to Karyne Bergeron at
bulletin@morinheights.com or at the Municipal office.



It is important to notify
the Municipality in **WRITING**
of any change of address
of correspondence.

*Info Morin-Heights is printed on
100% post-consumer fiber paper.*

ENVIRONMENTAL SAVINGS

Contains 100% post-consumer fiber
Certified EcoLogo, Processed Chlorine Free and FSC Recycled
Manufactured using biogas energy

The use of every ton of Rolland Enviro100 Print switched
from virgin paper reduces your ecological footprint by:

- » 17 mature trees
- » 1,081 lb. of solid wastes
- » 10,196 gallons of water
- » 6.9 lb. of suspended particles in the water
- » 2,098 lb. of air emissions
- » 2,478 cubic feet of natural gas



COMMUNITY AID GROUPS

SORE CO-OP

Coopérative de Solidarité, de Répit et d'Entraide for
caregivers of Pays-d'en-Haut

Activities

Every Monday: Collective kitchens for caregivers
Every 2nd Tuesday: Outings for caregivers and care-receivers
Every Wednesday: Lectures for caregivers

Information:

Claire Lefebvre 450 226-2466 or sore@cgocable.ca

Upcoming projects

Camp for caregivers and care-receivers
Home support for caregivers
Summer student help with yard maintenance

La Fouillerie de Morin-Heights

Now open 7 days a week!

Sponsored by Le Garde-Manger des Pays-d'en-Haut, La
Fouillerie de Morin-Heights, located at 148, Watchorn rd. in
Morin-Heights, still offer to the population a service of
gathering and distribution at real low prices of used clothes,
toys and decoration articles etc. and that, 7 days a week.

Therefore, we invite the population to go on bringing us
those articles still usable, taking into account our opening
hours. Because of a lack of space, we cannot accept furniture
neither other big or non-recyclable things (like computers or
computers screens).

Thanks for your support and understanding.
Patricia Plante 450 226-2844

Openings Hours

Monday to Thursday 8:30 a.m. to 4:30 p.m.
Friday, Saturday and Sunday 9 a.m. to 4 p.m.

Recycling and garbage collections

Bin storage and care

We are reminding you that property owners are responsible for their bins. The replacement of a missing, broken, modified or damaged bin, will cost the building owner 100\$ + taxes. Last winter, numerous bins were damaged due to private snow removal or because they were left by the road past collection day. Heavily damaged bins or those with broken wheels will not be emptied.

The Municipality strongly urges you to take the necessary measures to store your bins between collections. Doing so will at the same time minimize the visual impact on the neighbourhood. All residents, including part-time, must store bins in a place which is not visible from the road or in a structure exclusively built (permit required) for their storage.

For more information on related by-law:

<http://www.morinheights.com>



Summary of waste collection results

Year	Volume of garbage produced per address	Volume of recycling produced per address	Total residual waste produced per address
In 2004	1719 lbs	198 lbs	1917 lbs
Last 12 months	1421 lbs	551 lbs	1972 lbs

Although we recycle more than before, we produce more waste today than in 2004. The volume of residual matter recovered is 38%, while the reduction objective proposed by the government is 60%. Be a better consumer; opt for products with less packaging or in buy bulk.

Composting at home is without any doubt the best way to significantly reduce what goes to landfill. Check for notices in the spring of 2009 to register for the next composting workshop offered at the municipality.

Recycling and garbage collections calendar

2008

■ Garbages and large items:
December 1st, 15th and 29th

● Recycling: December 8th and 22nd

2008

DÉCEMBRE / DECEMBER

d/s	l/m	m/t	m/w	j/t	v/f	s/s
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

2009

■ Garbages and large items:
January 12th and 26th, February 9th and 23rd

● Recycling: January 5th and 19th, February 2nd and 16th

2009

JANVIER / JANUARY

d/s	l/m	m/t	m/w	j/t	v/f	s/s
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

2009

FÉVRIER / FEBRUARY

d/s	l/m	m/t	m/w	j/t	v/f	s/s
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28



Morin-Heights Fire Department and First Responders

The Department has begun its door-to-door visits for smoke detectors inspections and was extremely surprised that so many smoke detectors are not in working order. A smoke detector can save lives. Think about it!

If you don't remember how to change the battery, ask your children or grand-children, whom we visited at the school or daycare, they can help!

Do you have an evacuation plan? It is a plan put together with the family to make sure that everyone knows what to do in case of a fire, generally followed by an exercise. The plan should include:

- A meeting point (outside);
- An indication of where your exits are;
- How and where to contact 911.

The cold season is here. Don't forget to have your chimney cleaned by a professional

The Fire department and First Responders are now looking for serious candidates. Do you want to join a dynamic and professional team? Are you available during the day time, and ready to be trained? Do you want to help your community? Send in your request to Mr. Charles Bernard at the Fire department.

ssi@morinheights.com



Wood heating

Wood stoves are the cause of many fires every year. Follow these steps.

- Installation should be done by an approved professional
- Burn only good quality dry wood
- Ashes should be put away in a metallic container outside and away from combustibles
- Chimneys should be cleaned after 3 mm of creosote or 2 cords of wood
- Install a smoke and a carbon oxide detector inside the house



Central heating

- Keep a distance of 1 meter around your central heating equipment and 4 inches away from electrical heaters
- Annual maintenance of your central heating should be done
- Contact 911 to report a leak or a smell of gas in the case of gas heating

Library

The Municipal Library is located at 823, Village Road and is run by volunteers.

Opening hours:

Tuesday and Thursday: from 1 p.m. to 4 p.m.
Wednesdays: from 10 a.m. to noon
and 2 p.m. to 4 p.m.
Friday: from 7 p.m. to 9 p.m.
Saturday: from 10 a.m. to 2 p.m.
Sunday: from 11 a.m. to 1 p.m.



N.B.: Library is closed on civic holidays.

Information: 450 226-3232, ext. 124

Children's Story Hour

The children's Story Hour will continue to take place every Wednesday at 10 a.m. at the Library. Kathy Weary, Michelle and Terry Ryan, and Eva Wilkinson will be our hosts this season.

New English Novels

Ibi Kaslik
Jennifer Haigh
Tan Twan Eng
Andrew Pyper
Andrew Taylor
Daniel Silva
Stephen L Carter
Jonathan Miles
Kathy Reichs
Karin Slaughter

The Angel Riot
The Condition
The Gift of Rain
The Killing Circle
Bleeding Heart Square
Moscow Rules
Palace Council
Dear American Airlines
Devil Bones
Fractured

Non-Fiction

Marlena de Blast
Barrie Wilson
Michael Pollan
Germaine Greer
Randy Pausch

That Summer in Sicily
How Jesus Became Christian
In Defence of Food
Shakespeare's Wife
The Last Lecture

MUNICIPAL SERVICES

Environment

Snow removal

Citizens should ensure that all garbage boxes, fences, lamp posts, mailboxes and any other structures are at *least* 1 metre inside their property line. Also be certain that there is no debris in the ditches in front of your property, and inspect your culvert to make sure that it is not blocked with sand or dirt.

It is illegal to plough snow from your driveway onto roads or sidewalks, nor is it permitted to shovel snow from rooves onto Municipal roads or sidewalks.

Parking is prohibited at all times on all public roads between November 15th and April 15th with the exception of Village road, where it is prohibited between midnight and 7 a.m. Watch for snow removal signs in the village core after a snowstorm.

Note that road sanding, which often is mixed with 5% salt, is only applied once the snow has stopped falling, and that salt is ineffective below -5 degrees C.



Spring Conferences

Check for bulletins in your mail in March for conferences on the environment, or leave your co-ordinates on where to be contacted when the information is available at the municipal office.

Two conferences are already being planned for next April: one on **composting** and another on **tree maintenance**. The second will deal with subjects on how to prune, space, as well as recognize and treat diseases.

Ecocentre

The Ecocenter is located at 2125 Jean Adam (Route 364), St. Sauveur, next to the Sureté du Québec station. The opening hours are changing from December 1st 2008 to March 3rd 2009. The centre will be open Fridays and Saturdays between 8:15 a.m. to 11:45 a.m. and 1:15 p.m. to 4:30 p.m. Ecocenter: 450 226-4633 ext. 2123.

All residents are encouraged to use the Ecocenter in order to reduce and recycle garbage in an effort to save our environment and help the Municipality meet the Provincial objectives to reduce waste by 65% by 2008. A brochure outlining all the products that can be taken to the Ecocenter may be obtained at the Town Hall. Although most of the recyclable items can be dropped off free of charge, there is a fee for construction materials, which is **\$10 per cubic yard** or **\$13 per cubic meter**. It is also important to note that not all construction materials are recyclable and at least half of the load must be recyclable otherwise it will be refused. Residents must have a proof of residency and are required to sort the materials on site into the different containers.



Tires are accepted free of charge but must have the rims removed, otherwise there will be a fee of \$5 per wheel. Clothing in good condition is now accepted too.

CLASSES OFFERED

Weight Loss Challenge

12 weeks program; weekly nutrition and lifestyle class, free personal coaching and average prize pot payout for top 3 winners! For all ages.

Community Centre

Starts on January 12, 2009, 3 different schedules offered:

Mondays from 5 p.m. to 5:40 p.m. or

Mondays from 7:45 p.m. to 9 p.m. or

Tuesdays from 11:45 a.m. to 1 p.m.

Resident and non-resident: 45\$

NEW!

Information / Registration: Suzie Bureau 450 226-8847

Drawing and painting

Promote the development of the right side of the brain while improving your capacity of observation and appreciating of life around you. For adolescents and young adults.

Community Centre

Saturdays from 4 to 6 p.m.

January 9th to april 9th 2009

Free! A few art supplies required



Instructor / Registration: Ronald Marleau 514 212-3658
25 years experience as an artist

CLASSES OFFERED

Yoga and Spiritual Teaching

An experience in Hatha Yoga, meditation, and spiritual teaching.

Community Centre

Mondays, 6 to 7:30 p.m.

Monthly fees

Instructor: Louise Bloom Spunt 450 226-5844

Information: Diane Labrie 450 226-5341

Participants are also welcome to join a women's spiritual group which meets intermittently.

Gentle Yoga

Yoga for stiff and injured bodies. Exercises and breathing to mobilize joints, stretch and strengthen muscles and relax the mind. Individual attention in an atmosphere of non judgement and humour.

Community Centre

Thursdays, 10:45 a.m. to noon

Starts in January

Residents: 85\$

Non-residents: 90\$

Instructor / Registrations: Donna Berry 450 226-1311

Positive Mind, Positive Energy

Whether you are 'stressed out' or in search of personal development, this course will help you to make more positive and creative choices in your mind and life through various presentations, practical exercises and discussion on how to let go of negative energy and how to develop a more reliable positive energy.

You are welcome to try out the first class free of charge, reservation required.

Salle du souvenir (library)

Thursdays, 7:30 to 9 p.m.

January 15th to March 12th 2009

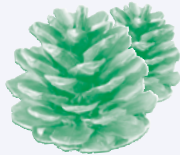
Residents: 120\$

Non-residents: 125\$

Instructor / Registration:

Grace Bubeck 450 226-3251

www.heartoftransformation.org



The Laurentian Classical Ballet Conservatory

Courses are taught with respect to student's individual physical aptitudes and age. Each level has their own set of objectives and requirements. These classes are an excellent way of staying fit while developing ones artistic talent.

Start date: January 18th until June 2009

Classes Offered:

Creative Dance	3 1/2 - 5 years (1/wk)
Ballet - Beginner	6 - 7 years (1/wk)
Ballet - Grade 1	8 - 9 years (1/wk)
Ballet - Grade 2	10 - 12 years (2/wk)
Ballet - Teenager	13 years & over (2/wk)
Ballet - Adult	18 years & over (1 /wk)
Medieval Dances	Adult (1/wk)



Information / Registration: Mrs. Isabeau 514 608-3381

Tai Chi Chuan

Learn and practice Wu style Tai Chi Chuan for body and mind harmony and to maintain good health.

Community Center

Saturdays, 9 a.m. to 10:30 a.m.

Resident: 130\$

Non-resident: 135\$

Winter session from January 10th to March 28th

Spring session from April 4th to June 27th (except May 30th)

Information / Registration: Robert Lee 450 227-8829

Drawing course

Beginner to intermediate students will learn and develop the fundamental drawing skills moving from black and white into colour. Students will develop their ability to see and translate what they see onto paper and will get to experiment with different drawing media, including; graphite, charcoal, conte, and pastel.

Salle du souvenir (library)

Mondays, 7 to 8:30 p.m.

18 weeks session starting on January 12th until June 1st 2009

Residents: 250\$

Non-residents: 255\$, some materials included

Registration / Instructor: Shawna Dunbar 450 226-5756

Scotish Highland Dance

Traditional Scotish Highland dance for children 6 years of age and older.

Community Center at the Town Hall

Sundays from 4 p.m. to 5:30 p.m.

January to May 2009

Information / Registration: Heather McNabb 514 486-3480

ACTIVITÉS COMMUNAUTAIRES

Gourmet du Village

Annual Factory Sale

Friday November 28th – 1 p.m. to 8 p.m.
 Saturday November 29th – 10 a.m. to 6 p.m.
 Sunday November 30th – 10 a.m. to 5 p.m.
 Saturday December 6th – 10 a.m. to 6 p.m.
 Sunday December 7th – 10 a.m. to 5 p.m.



539, chemin du Village
www.gourmetduvillage.com

Duplicate Bridge Club

The Morin-Heights Duplicate Bridge Club meets once a week.

Community Centre

Thursday, 1 to 4:30 p.m.
 Beginning January 8th, 2009
 Weekly fees are 3,50\$

Information: Mrs. Ardley Edgar 450 226-3968

Morin Heights Elementary School Annual Christmas Bazaar

You are invited to this year's Christmas bazaar, it will take place on Saturday, December 6th, from 10 a.m. to 2 p.m. The school is located at 647 Village road.

For additional information: Susan Heid 450 224-5731

Social Club for singles 60+

Weekly outings : Sunday brunches, dinner dances, theatre, sports outings and more! Schedule usually available the month prior.

Information: Murielle Saint-Germain 450 226-7142 or m.stgermain@cgocable.ca

Maison de la Famille des Pays-d'en-Haut

La Maison de la Famille des Pays-d'en-Haut invites all young families to join us in our Coffee Workshops Thursday mornings, 9:30 p.m. to 11:30 p.m. at the Chalet Pauline-Vanier, 33 rue de L'Église, Saint-Sauveur. Subjects and guests for parents with young children (0 – 5).

Informations: Nadine Beauséjour 450 229-3354
 Maison de la Famille des Pays-d'en-Haut,
 480 rue des Capucines, Sainte-Adèle (Québec) J8B 1W5
 Fax: 450 229-2314
 Email: maisonfamillepdh@citenet.net

Royal Canadian Legion Branch #171

2008 Calendar

Sunday December 7 Trim a Tree (2 p.m.)
 Sunday December 21 Children's Christmas Party (1 p.m.)

2009 Calendar

(All these dates are tentative)

Sunday February 1 Super Bowl Party
 (Margaret's hamburgers)
 Saturday February 14 Valentine's Day Supper (6 p.m.)
 Sunday February 15 Daytona 500 Party (2 p.m.)
 (hamburgers, hot dogs, etc.)
 Saturday February 21 Annual Legion Snowball Game (1 p.m.)
 Friday March 6 60th anniversary Kid's Races
 at Ski Morin-Heights (9 a.m.)
 Saturday March 14 St. Patrick's Day Supper (6 p.m.)
 Sunday April 12 Easter Brunch (from 9 a.m. to 2 p.m.)
 Saturday April 25 Italian Night (6 p.m.)

SPORTING ACTIVITIES

Football Club Morin-Heights

Open to players from 4 to 21 years old, coaches and referees, or those who want to be.
 Everybody should bring a picture, and players should also bring their medicare and 2 cheques.

Registration: February 14th 2009

F.C. Morin-Heights

601, route 364 (Bureau RE/MAX)
 Morin-Heights, Qc, J0R 1H0
 Phone: 450 226-0011
 Fax: 450 226-3811



Website: www.fcMorinheights.com
 Email: fcMorinheights@hotmail.com

2009 Morin-Heights Viking Loppet

A great cross-country skiing event, you won't want to miss will take place on February 22nd 2009.

The Morin-Heights Viking Loppet! All skiers are welcome to participate, tourers, racers and families Three different distances are offered: 10km, 20km or 33km.

Come be a part of the most prestigious cross-country celebration in Eastern Canada! Early-bird discounts are available until January 26th 2009

For additional information and registration, please visit www.skiloppet.com

SPORTING ACTIVITIES

Ski Morin-Heights



SKI MORIN HEIGHTS

Buy your **ADVANTAGE CARD** for only

\$59 + taxes
price per person

[585 + tx starting February 12, 2009]

Benefits
Ski or surf day and night before December 20, 2008 and after March 13, 2009.
From January 9, 2009, ski or surf every Friday night starting at 3 p.m.
"2 for 1" rebate on rental equipment.
10% off at the boutique.

Limited quantities

ADVANTAGE CARD PLUS

\$129 + taxes
price per person

Get all the benefits of the Advantage Card
+ ski Monday to Friday from 9 a.m. to 4 p.m.
[Not valid from December 22, 2008 to January 4, 2009.]

Get your card at the Customer Service, with a proof of residence and a photo I.D. card. Participant municipalities: Morin-Heights, Milles-Iles, Gore, St Adolphe-d'Howard, Lakeview, Lakefield, Wentworth and Lachute.

231, Bennett Street, Morin-Heights
Information: 450.227.2020 - 1.800.363.2426

THE TIME OF MY LIFE 5551.CA

Volleyball

Adults and youth, 16 years and older, are invited to join our recreation group of volleyball players.

Morin Heights Elementary School

Tuesdays, 7 p.m. to 8 p.m.

Winter session: Begins January 13th for 11 weeks,
no game on March 3rd

Spring session: Begins April 7th for 11 weeks

Minimum of 12 players pre-registered before January 10th
(or April 4)

Resident: 40\$

Non-resident: 45\$, taxes included

Registration policy: Town Hall office during office hours
You may also register by dropping an envelope containing your name, address, telephone number and e-mail and your cheque for the exact amount, in the mail box at the door of the Town Hall, before January 10th (or April 4th).

Information: Catherine 450 226-3232, poste 102

Torchlight Skating

On Friday February 20th, bring your family for some magical torchlight skating under the winter sky!

Ski Morin-Heights Special Discount

March 2nd to 6th, get a special discount for the whole family on ski tickets at Ski Morin-Heights. A great way to spend time outside during Spring Break! **Information will be mailed shortly.**

Free Youth Hockey

Pick Up Hockey!

Children in grades 1 to 6

(Minimum equipment required: helmet with visor and a neck protector)

Thursdays from 6:30 p.m. to 7:45 p.m.

Teenagers in sec. (13 to 17 years old)

(Minimum equipment required: helmet with visor and a neck protector)

Thursdays from 8 p.m. to 9:15 p.m.

Register at the Town Hall by January 7th (we are closed over the Holidays), places are limited! Begins at Morin-Heights rink on January 8th, weather permitting.

Ice conditions: 450 226-3232, ext. 122

Info: Jim Lawson 450 227-0533
or Jennifer Rycroft 450 226-6177

Volunteers will be required to run this program, please let us know if you are interested!

Skating Rinks

One large multi-use rink and a smaller rink mainly used for free skating are available for your pleasure. The rinks are located on Watchorn road next to the CLSC. The chalet is open weekdays from 4 p.m. to 10 p.m. and weekends and holidays from 10 a.m. to 10 p.m.

Information: 450 226-3232, ext. 122.

Les Coureurs des bois

Snowshoeing in the mountains in different areas of the Laurentians, for adults and seniors. Varied levels of difficulty. Annual contribution of 5\$ is requested.

From January to April 2009, Tuesdays at 10 a.m.

Information: Murielle Saint-Germain 450 226-7142 or
m.stgermain@cgocable.ca

Karate

For youth 5 years and up and adults of all ages. Develop concentration, respect, confidence and increase your physical fitness. Gives children tools to avoid bullying.

Community Centre

Fridays- Youth - 6 to 7 p.m. / Adults - 7 to 8:30 p.m.

The cost depends on the duration of registration (1, 3, 5 ou 10 months)

From January until June

2 free trial courses

Information / Registration: Shihan Gilles Labelle 450 432-4570

SPORTING ACTIVITIES

Season's passes

Passes for cross-country and snowshoe, and trail maps may be purchased weekdays, at the Morin-Heights Town Hall during regular office hours until December 19th and at the Aerobic Corridor Welcome Centre, 50 Echo Rd every weekend from December 6th and every day beginning December 20th, ski conditions permitting.

You can purchase a snowshoe pass giving you access to 24 km of snowshoe trails across the Morin-Heights and Ski Morin Heights networks.

- **Bring a photo and proof of residence.**
- **Cash or cheque payments only**

CROSS-COUNTRY AND SNOWSHOE

SEASON PASSES *

Categories	Pays-d'en-Haut Resident	Non-resident
Adults (18 +)	50\$	70\$
Children (17 and under)	Free	Free
Seniors and Students (65 +, 13 to 17)	45\$	60\$

* Taxes included

SNOWSHOE ONLY

SEASON PASSES *

Categories	Pays-d'en-Haut Resident	Non-resident
Adults (18 +)	20\$	25\$
Seniors and Students (65 +, 13 to 17)	15\$	20\$
Children (12 and under)	Free	Free

* Taxes included

Viking Ski Club

Viking Ski Club offers a cross-country ski program for children beginning January 3rd, 2009.

Bunnyrabbits: 4 - 5 years old
Jackrabbits: 6 - 13 years old
Challenge: 13 and up
Adult lessons are available



There is a touring program on Thursdays and Saturdays.

For information: www.vikingskiclub.ca or vikingskiclub@gmail.com

The Viking Ski Club chalet located at:
393 Jackson Rd, Morin Heights

Carte Réseau

Carte Réseau passes may be purchased for 20\$ by M.H. pass holders. It allows pass holders to one visit to each of the 22 participating centres this winter.

DAY TICKETS

Day tickets may be purchased at the Aerobic Corridor and Ski Morin Heights.

CROSS-COUNTRY AND SNOWSHOE DAY TICKETS *

Adults (18 +)	
Weekends and holidays	10\$
Weekdays	8\$
Children (17 and under)	Free

* Taxes included

SNOWSHOE ONLY DAY TICKETS *

Adults (13 +)	7\$
Children (12 and under)	Free

* Taxes included

New 2009 Ski and snowshoe maps

are sold for 2\$ at all ski centres as well as the Municipal office.

Information: Aerobic Corridor 450 226-1220

Torchlight Cross-Country Skiing

On Saturday January 31st 2009

The municipality of Morin-Heights and the Club Optimiste de la Vallée-de-Saint-Sauveur are proud to offer this year again, torchlight cross-country skiing. Come enjoy the 2.5 km Basler trail all lit by torchlights! Starting at 6 p.m., this should be a memorable evening for the whole family, bring your skis and your smile!

FREE

For additional information: Catherine 450 226-3232 ext.102

Introduction to cross-country skiing

On Tuesday March 3rd 2009

The Municipality of Morin-Heights and the Club Optimiste de la Vallée-de-Saint-Sauveur join forces this year again to offer the opportunity to children 5 to 14 years of age to learn the basics of cross-country skiing. The activity is offered free of charge and no equipment is needed.

Reservation required from February 2nd onwards (places are limited) Catherine 450 226-3232 ext. 102

CULTURAL ACTIVITIES

Theatre Morin-Heights

Meetings / Rehearsals / Play Readings

Salle du souvenir - library

Every second Wednesday – 7:30 p.m.
From January 14 to June 10
All ages

FREE

Performances: December 11 with Joyful Choir Noise at United Church and a new play in November 2009

Information / Registration: Penny Rose 450 226-2126

Joyful Noise Choir

Come and sing! Choir rehearsals.
Soprano-Alto-Tenor-Bass. Four part harmony.

Salle du souvenir - library

Tuesday 8 p.m. • From January 13 to June 2nd 2009
105\$ • Ian Lebofsky, Choir Director

Christmas Concert on Thursday December 11 with Theatre Morin-Heights.

Spring Concert on Sunday, June 7th, 2009 at 3 p.m.

Information / Registration: Penny Rose 450 226-2126

Laurentian Reading Club

The Laurentian Reading Club meets monthly for lively discussions about books and reading.

Information: Eileen Meillon 450 226-6904

Performing Arts Program

If you don't know what your talent is, come and discover it! Maybe it's acting, singing, dancing, stand-up comedy or visual art. At PAP, we get a chance to try it all while working together to create a final production.

Offered to children from 5 to 12 years old, every Tuesday from 3:30 p.m. to 5:30 p.m.

Next session starts on January 13th and goes until June 2nd 2009.

Resident: 220\$ for 18 weeks

Non-resident: 230\$ for 18 weeks

Information / Registration: Shawna Dunbar 450 226-5756 or shawna.dunbar@cgocable.ca

FITNESS CLASSES

Introduction to Yoga

One hour and 15 minutes of Yoga Flow for breathing, suppleness, deep relaxation and integration with self, in a fluid body.

Learn to experience a profound sense of wellbeing and serenity.

Community Centre

Tuesdays, 1 p.m. to 2:15 p.m.

Starts on January 20th

Resident: 150\$

Non-resident: 155\$

Fitness Pass (any combination of two classes or more): 260\$

Instructor / Registration: Lisa McLellan 450 530-3920



Vinyasa Hatha Yoga

One hour and 15 minutes of Vinyasa Yoga Flow for breathing, suppleness, deep relaxation and integration with self, in a fluid body. Learn to experience a profound sense of wellbeing and serenity.

Community Centre

Thursdays - Group I - 6:00 p.m. to 7:15 p.m.

- Group II - 7:30 p.m. to 8:45 p.m.

Starts on January 22nd

Resident: 150\$

Non-resident: 155\$

Fitness Pass (any combination of two classes or more): 260\$

Instructor / Registration: Lisa McLellan, 450 530-3920

Stretch and Relaxation

Practice breathing, body awareness techniques and stretching exercises to manage your stress and enhance your wellbeing.

Community Centre

Wednesday, 5:15 to 6:15 p.m.

Starts on January 21st

Resident: 165\$

Non-resident: 170\$

Card of 10 classes: 130\$

Fitness Pass (any combination of two classes or more): 260\$

Aerobics

Get into shape with 30 minutes of cardio and 30 minutes of strengthening. Good music, good fun!

Community Centre

Tuesday, 6:30 p.m. to 7:30 p.m.

Starts in January 20th

Resident: 130\$

Non-resident: 135\$

Fitness Pass (any combination of two classes or more): 260\$

Instructor: Stéphanie Morneau

Registration: Lisa McLellan 450 530-3920

50+ FITNESS CLASSES

Registration

Registration Fees for Fitness Classes 50+

Residents: 165\$
Non-residents: 170\$
Card of 10 classes: 130\$
Fitness Pass (any combination of two classes or more): 260\$

Information / Registration: Lisa McLellan 450 530-3920

Older Adult Specialist with 30 years of teaching experience

Body Design

This **intermediate** level class combines intervals of low impact cardiovascular conditioning with muscular endurance training. An energizing and functional approach which strengthens the body and improves cardiovascular health. A total body workout to great music!

Community Centre

Monday, 9:30 a.m. to 10:30 a.m.

Starts on January 19th

Instructor: Diane Sherman

Stretch and Strengthen

Through strategic stretching and strengthening we will improve posture, flexibility and functional strength. This gentle yet effective approach will help reduce stiffness and pain, increase range of motion and strengthen the abdominal muscles, the arms, the legs and the back.

Community Centre

Wednesday – Group 1- 9:15 to 10:30 a.m.
– Group 2- 11:00 to noon

Starts on January 21st

Instructor: Lisa McLellan

Combo 50+

Improve your posture, balance, flexibility and strength through a series of exercises (including weight training) and low impact cardiovascular routines. The class is given in a non-competitive environment with upbeat music.

Community Centre

Beginner level

Tuesday, 9:30 a.m. to 10:30 a.m., starts on January 20th

Intermediate level

Thursday, 9:30 a.m. to 10:30 a.m., starts on January 22nd

Instructor: Lisa McLellan

Cardio Tai Chi

A low impact cardiovascular routine for all inspired by Tai Chi movements. Improve your strength and flexibility. Get into the body mind flow.

Community Centre

Monday, 10:45 a.m. to 11:45 a.m.

Starts on January 19th

Instructor: Diane Sherman

Qi Gong

A traditional Chinese exercise which uses breathing, concentration and movement to improve the flow of vital energy and calm the body and mind. Improve the flexibility of your tendons and ligaments, stimulate your vital functions and strengthen your the legs. We will learn a sequence of 18 movements.

Community Centre

Friday, 9:45 a.m. to 10:45 a.m.

Starts on January 23rd

Instructor: Lisa McLellan

Restorative Exercise

A restorative exercise program for both men and women. Great for older adults who are more fragile or who are recovering from illness or injury. Relieve your aches and pains, augment your vital energy! Simple, effective and safe exercises in a joyful and relaxing atmosphere.

Community Centre

Friday, 11 a.m. to noon

Starts on January 23rd

Instructor: Lisa McLellan

Fitness for Seniors 65+

Improve your posture and balance, become more supple and strong. Learn a progression of exercises designed to meet your needs and make you feel great. Simple, safe and efficient.

At Cosy Corner (basement of the United Church)

Tuesday, 11 a.m. to noon

Starts on January 20th

Information: Lisa McLellan 450 530-3920



Merci à tous les commanditaires du 7^e tournoi de golf du Maire, ils méritent votre soutien. Thank you to all the sponsors who made the Mayor's 7th Annual Golf Tournament such a great success!

Constructions Raymond et Fils, Avon Canada Inc., St-Hubert BBO, Caisse populaire Desjardins de la Vallée St-Sauveur, MSSI International, H. Dagenais & Fils Rona, Club de golf Balmoral, Galerie d'art Henry Giroux, Agence de placement Sélect, Allan Vaillancourt Remax, André Charest Assurance Inc., Beaudry, Jarry & Garneau Inc., Boni-Soir, Cage aux Sports, Carruthers Financial Services, Centre de rénovation Marcil, Comforts Pub, Commission Scolaire Sir-Wilfrid-Laurier, Construction Brisson Tremblay, Construction Geremont, Daniel Arbour et Associés (DAA) Inc., David Riddell Excavation/ Transport, Déménagement Morin-Heights Express, Domaine Lac St-Victor, Énergie Calfeutrage, Entreprises Robert Gauthier, Entreprise Zec, Envirosol, Équipe Laurence, Étude Major Lazure Notaires, Évimbec, Famili-Prix Danielle Gauthier, Feux d'artifices Saint-Jérôme Inc., Fournitures Denis, Gaston Contant Inc., George Gardner, Gîte Le Corps-Y-Dort,	St-Janvier Pointe-Claire Piedmont St-Sauveur St-Sauveur St-Sauveur Morin-Heights Morin-Heights Saint-Jérôme Morin-Heights Blainville Sainte-Adèle Morin-Heights Saint-Sauveur Morin-Heights Saint-Sauveur Morin-Heights Rosemère Morin-Heights Morin-Heights Montréal Saint-Sauveur Morin-Heights Wentworth-Nord Rawdon Morin-Heights Morin-Heights Ste-Agathe-des-Monts Piedmont Saint-Sauveur Sainte-Adèle Morin-Heights Saint-Jérôme Montréal Laval Morin-Heights Morin-Heights
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Photo Michel Guertin

Manon Desormiers du Gourmet du Village
et le maire Michel Plante



Photo Michel Guertin

Line Charrette, consultante en ressources
humaines au Gourmet du Village,
le maire Michel Plante



Photo Michel Guertin

Henry Giroux, peintre, Pierre Urquhart, d. g.
de la Chambre de commerce de tourisme
la Vallée Saint-Sauveur et le maire Michel Plante



Photo Michel Guertin

André Lavallée, Françoise Major, notaire,
le maire Michel Plante



Photo Michel Guertin

Linda Tott du Gourmet du Village
et le maire Michel Plante



Photo Michel Guertin

Gilles Leblanc et Lucie Longpré de Mercedes-Benz Laval, Luc
Lamarre et Julie Paquin