

THE MAYOR'S REPORT ON THE FINANCIAL SITUATION

Speech presented on October 1st, 2009, at the Town Hall.

My Fellow Citizens,

At the time of this last Council meeting and in compliance with the Municipal Code requirements, I would like to present the report on the Municipality's financial situation.

I would like to emphasize that the presentation of accounting activities within municipalities is presently in transition, with the result of rendering the Financial Report more complex. I invite you to visit www.morinheights.com in order to read the documents which were presented to the Minister of Municipal Affairs, Regions and Land Occupancy.

The financial report for the year ending on December 31st, 2008, prepared by Richard Deslauriers C.A., auditor, presents the following results of the *Financial activities for budget purposes*:

	December 31 st 2008	December 31 st 2007	December 31 st 2006	December 31 st , 2005
Assets	\$ 22,515,397	\$ 19,650,693	\$ 13,686,018	\$ 12,008,520
Liabilities	\$ 9 350,648	\$ 8,666,554	\$ 6,167,998	\$ 5,581,410
Taxpayers holdings	\$ 13,164,749	\$ 10,984,409	\$ 7,518,020	\$ 6,427,110

Taxpayers holdings have doubled over the past four years and the debt increase reflects investments for the upgrading of the Village, Alpino, Bastien, Beaulieu and Salzburg drinking water networks. It must be noted that these amounts are only charged to taxpayers who benefit from these networks.

The balance sheet reads as follows:

Financial activities	Operating	Investment
Revenues	\$ 6,654,441	\$ 1 833,407
Operating and fixed assets expenses	\$ 5,495,809	
Fixed assets expenses		\$ 1,903,110
Debt reimbursement (capital)	\$ 739,532	
Long term investment financing		\$ 2,114,180
Investment activities	\$ 420,985	
Allocations and reserve funds	\$ 28,083	\$ 786,966
Year's Deficit	(\$ 29,968)	
Recovery of surplus from previous years	\$ 39,740	
Accumulated surplus to December 31 st , 2008	\$ 165,138,00	
Year's investment		\$ 2,831,443

Throughout the year, Council has allocated the amount of \$ 377,780 from the surplus non-allocated to investment activities.

The value of the Parks and Playground Area fund is \$ 126,741 and the Parking fund is \$ 5,000. Finally, the working capital balance is \$ 195,078 on a value of \$ 200,000.

The year 2008 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 presented last June, confirm the very good financial standing and the effectiveness of services.

The year 2009 will be remembered for its heavy rains which caused substantial damage to roads. The numbers and part of the Public Works budget were reallocated in order to repair roads, ditches and shoulders. Not being eligible for financial assistance from the Government's decrees, the Administration will present requests for financing before the end of the year.

NEWS

With regards to the Environment chapter, the work on the Balmoral drinking water network is almost complete and the Municipality is persevering with its objective to reduce the content of our garbage bags. The intermunicipal EcoCenter's popularity and their acceptance of dangerous domestic products are increasing and the use of garbage bins and those used for recycling has had a positive effect on roadside cleanliness.

The lake associations' enthusiastic participation has allowed us to consolidate the protection of shorelines program which will, in the long term, ensure the quality of waterways. The compilation of results of the emptying of septic tank receipts from the past two years is presently underway and first notices to property owners will be sent out in the spring.

Council has created and assists the Director of Recreation and Culture with a Parks and Green Spaces Committee in order to study the development of its infrastructures and the consolidation of the cross-country ski network.

Council recognizes the Basler Park planning committee's recommendations and last April, presented requests for financial assistance within the infrastructure programs. This major community project is aimed at regrouping recreational equipment and the protection of Mont Bellevue. The Quebec government should follow through with this dossier sometime next winter.

Financial activities are followed closely. Although housing construction is still good, the economic slowdown has had an influence on revenues, mostly pertaining to transfers. All departments are experiencing budgetary restrictions in order to balance the 2009 financial year.

I would like to thank all Council members and Municipal employees for their concerted and continued effort to provide the Municipality of Morin-Heights with modern infrastructures while respecting tax payers' ability to pay. In Council's name, I would like to thank all the volunteers who dedicate their time for the well-being of the community.

A new Council will be elected in November and it will be their responsibility to establish priorities for the next budget.

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 \$ 20,400.72 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 \$ 6,800.64 to which is added the sum of \$ 166.98 monthly for the Councillor acting as Pro-mayor and \$ 60.72 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.



Tim Watchorn
Mayor

Type A influenza (H1N1)

The Municipality has a plan in case the influenza epidemic worsens, in which case, information will be updated daily on the municipal web site: www.morinheights.com.

The vaccine is safe and remains the best way to protect those close to you from Type A influenza (H1N1). As of December 3rd, and until the 18th, the immunization clinic for the Pays-d'en-Haut's MRC will be at the Golf Club La Vallée de Sainte-Adèle located at 465, Vallée du Golf.

Hours: Monday to Friday from 1-8 pm and from 9-3 pm on weekends (closed on December 5 and 6).

Think about teaching your children good habits such as frequent hands and nails washing; 15 to 20 seconds is easy enough and prevents contagion. If you have no tissue paper, cough or sneeze on your sleeve to protect others. The virus can survive up to 48 hours on hard surfaces, but a mixture of one part bleach for 50 parts water is sufficient to disinfect those surfaces efficiently.

To read more about preventative measures, please consult this government website: www.pandemiequebec.gouv.qc.ca.

If you are concerned about your health or the health of someone close, do not hesitate to call the Info-Santé (8-1-1) telephone line. The service is available 24 hours a day, 7 days a week.

Citizen Awarded the Lieutenant Governor's Medal

On Saturday April 25th, the Honourable Pierre Duchesne awarded Mrs. Lina Bélisle-Côté the Lieutenant Governor's medal for her involvement with seniors in the Laurentians, during a ceremony held at the Curé Mercure High School.



A mother of 7, Lina is now working for the Morin-Heights community that she knows so well, having been born and raised here. Always smiling and available to help out, this warm-hearted woman is involved in several social and church activities. Her knowledge of the community and caring about others make her a valued resource for people living alone or suffering from an illness isolating them from their peers. Lina's social contribution is invaluable and vital to those around her.

Registration numbers have changed

Please note that registration numbers have changed on all tax bills last year after the cadastral operation. Remember to let your financial institution know about the change and provide them with the current registration number; or change the number in your profile if you pay by Internet, to avoid unnecessary delays. Remember this number is also used by the School Board Tax Department.

NEWS

Your new Council

On Friday November 6, the new Council was sworn in at the Remembrance Hall in the library. The Mayor, Timothy Watchorn, took this opportunity to thank all the candidates and to highlight the work accomplished by the non re-elected councillors: Mrs. Rita O'Donoghue who was councillor for 8 years, Mr. Owen Le Gallee for an astonishing 24 years and Mr. Gilles Coutu who sat for 4 years.

To learn more about the new Council, visit the municipal website: www.morinheights.com



photo : Chris Beames

Left to right: Mrs. Mona Wood, Mr. Peter MacLaurin, Mrs. Leigh MacLeod, Mr. Mayor Timothy Watchorn, Mr. Jean-Pierre Dorais, Mr. Jean Dutil and Mr. Claude-Philippe Lemire.

Football Club Morin-Heights' successes

FC Morin Heights U14 girls won both the Division II and play-off cup with a record of 17 games played; 15 wins, 2 ties, scoring 64 goals and conceding only 9 goals all season. Congratulations to our champions!

Back:

Sophie Donoghue,
Kristina Seiter, Cody
Nowostawky,
Christiane Burge,
Catherine Burge,
Meagan Palfreeman.

Front: Marie-Lea

Thibault, Erin Yeats, Norah Gathercole-Van Leewwen, Steffi Barnard-Rycroft,
Chloe Gordon, Julia St-Jean Maron, Valerie Barrette-Mayrand, Donna Riedel.
Coaches: Mark Burge and Terry Nowostawky



Change of address

It is important to notify the Municipality in writing of any change of address of correspondence. A form is available at www.morinheights.com or at the Town Hall.

November 1st Election Results

Mayor			
Gilles Saulnier		416	34%
Timothy Watchorn	The Common Sense Team	788	64%
Rejected bulletins		32	3%
Councillor seat number 2			
Andrea Basler	The Common Sense Team	584	47%
Peter Mac Laurin		590	48%
Rejected bulletins		62	5%
Councillor seat number 3			
Claude Coté		449	36%
Leigh Mac Leod	The Common Sense Team	557	45%
Michel G. Tremblay		146	12%
Rejected bulletins		83	7%
Councillor seat number 4			
Yvette Hébert Wiseman		563	46%
Mona Wood	The Common Sense Team	609	49%
Rejected bulletins		64	5%
Councillor seat number 5			
Jean Dutil		679	55%
Rita O'Donoghue	The Common Sense Team	505	41%
Rejected bulletins		30	4%
Councillor seat number 6			
Jean Pierre Dorais		468	38%
Joseph Owen LeGallee	The Common Sense Team	381	31%
Marie-Eve Mercier		325	26%
Rejected bulletins		62	5%
Number of voters registers on the electoral roll			
		3219	
Number of voters having voted			
		1206	38%

ENVIRONMENT DEPARTMENT

Septic Tank Emptying

As of January 2010, all permanent residents must have submitted a receipt to the Municipality as proof of having emptied their septic system in the last 2 years. If you are a seasonal resident, you must be registered as such and have until January 2012 to empty your tank, otherwise you will be considered permanent resident.

Residents who have not complied with the regulation according to our records will be notified early in the new year as a reminder. Fines are applicable.

Help reduce air pollution

Wood stove smoke greatly contributes to air pollution. This is an ever-increasing problem in Canada causing smog warnings across the country throughout the winter. If you use a wood stove, use one that is CSA approved and burn according to the instructions. Use dry wood and never burn construction materials or painted wood. Make certain your chimney is inspected and cleaned in the fall to avoid the possibility of a chimney fire.

Don't idle!

During the winter cars are often left idling to warm up or while waiting for someone. A car will only take four minutes to warm up once it's going. Avoid unnecessary idling; ten minutes a day of idling will use up 100 litres of gas per year and release 240 kilograms of carbon dioxide into the atmosphere.

Waste management

	Volume of garbage produced per address	Volume of recycling produced per address	Total waste produced per address
2004	1984 lb	242 lb	2204 lb
2008	1741 lb	859 lb	3968 lb

We are reminding you that owners are responsible for the bins assigned to their property. The replacement of a missing, broken or damaged bin will be invoiced to the owner. By-law 425 on waste management requires you to put away the bins between collections to minimize the visual impact on the neighbourhood and to spare them from snow removers as many get damaged in winter. Please call the inspector if wheels break; the bin won't be emptied if it's broken.

Please remove unnecessary garbage boxes from the side of the road before winter, if you still have one. You can easily turn it into a composter by cutting the bottom and making sure it is well-ventilated. Thank you for your cooperation.

Ecocentre

Opening hours: December 1st to March 31st: Tuesdays, Thursdays & Saturdays from 8:15 am to 4:45 pm.

April 1st to November 30th: Monday to Sunday, from 8:15 am to 4:45 pm.

Accepted material:

- Metal (aluminium, copper, iron, steel)
- Construction materials, renovation/demolition debris (concrete, rock, cement, asphalt, brick, shingles, wood) \$
- Grass, leaves and garden clippings \$\$\$
- Branches
- Appliances & small electrical appliances/devices
- Non-reusable wooden and metal furniture
- Hazardous waste
- Computers and electronic material
- Recyclables (paper, cardboard, glass, plastic and metal containers)
- Tires, propane tanks & car batteries
- Good condition clothing

Non-accepted material:

- Mixed up construction debris
- Household garbage
- Industrial hazardous waste
- Mattresses, sofas, carpet (these items are picked up on regular municipal garbage day)

Please note:

- \$5 per tire on rim; \$10 per cut tire. No need to cut them off if they are on rims: it's cheaper!
- Empty paint cans can be brought to the Ecocenter.

The Ecocentre is located at 2125 Jean-Adam (Route 364), St-Sauveur, 450 227-2451

Recycle!

Batteries, old cell phones and ink cartridges can be dropped off at the Town Hall. A special container has been installed just inside the main door to accept these items.

Recycling and garbage collections calendar

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
24/31	25	26	27	28	29	30

MARS / MARCH

d/s	l/m	m/t	m/w	j/t	v/f	s/s
					1	2
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	30		

FÉVRIER / FEBRUARY

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

AVRIL / APRIL

d/s	l/m	m/t	m/w	j/t	v/f	s/s
					1	2
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	

 **Ordures et gros objets**
Garbage & large items

 **Recyclage**
Recycling

FIRE DEPARTMENT AND FIRST-RESPONDERS



Part-time Firefighters & First-Responders

The Morin-Heights Fire Department is presently collecting applications for part-time Firefighters and First-Responders to create a list of possible candidates.

Requirements:

- be 18 years of age and over;
- live in Morin-Heights;
- meet the fitness standards required for the position;
- be able to work within a team and have people skills;
- be available to be on call and/or on duty;
- be willing to obtain a Class 4 driver's license;
- commit for a training session paid by the Municipality (185 hours min.)

Retired and semi-retired individuals are welcome.

Please send your resume to:

**Municipalité de Morin-Heights
Service de sécurité incendie
567, chemin du Village
Morin-Heights, Qc
JOR 1H0**

or by email at: ssi@morinheights.com

For more information, please contact Mr. Charles Bernard, head of the Morin-Heights Fire Department at 450 226-3232, ext. 116.

We will only contact the candidates who are selected for an interview.



Emergency exits

During winter, a residence may present certain traps, inside and outside posing risks in case of a need to evacuate residents in the event of a fire. Snow accumulation at the secondary exits such as balconies, patio, access paths and other exits can hinder a fast evacuation. See to it!

Heating with wood

Many wood stove fires could be avoided every year.

Make sure:

- the installation of your wood stove and chimney is done by a professional according to manufacturer's instructions;
- to burn only good quality dry wood;
- that ashes are stored in a metal container outside the home and away from combustibles;
- chimneys need cleaning once 3 mm of creosote has build up or 2 cords of wood have been burned;
- and to install smoke and a carbon monoxide detectors in the house.

Central heating

- Keep a one-meter clearance around central heating equipments and a 4-inch clearance from electrical heaters;
- Annual maintenance of the central heating system and air ducts is required;
- Contact 911 to report a gas leak or smell if you are using a gas heater.

MUNICIPAL SERVICES

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.
Wednesday: 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.

IMPORTANT NOTICE

Laurentian libraries, including Morin-Heights' library, will be changing over to a new computer program in 2010, going from "Multilisse" to "Symphony". This will take place over a period of five months, from January 1st to May 17th, 2010. Library opening hours will remain the same except for May 2nd to 17th where it will be closed for the final changeover and training of the volunteers. Library will re-open on May 18th with full service.

Library service will continue, with a few temporary changes:

- Inter-library loans will stop during the changeover. All inter-library requests made up to December 31st, 2009 will be honoured.
- There will be no inter-library rotation of books next spring. There are usually three rotations a year: spring, summer and fall.
- The internal reservation service will continue to operate as usual.

NEW BOOKS

Novels

Arnaldur Indridason	Arctic Chill
Jack Whyte	Templar Trilogy Vol. 3: Order In Chaos
Robin Cook	Intervention
Phillipa Gregory	The White Queen
Stieg Larsson	The Girl Who Played With Fire
Susan Crandall	Seeing Red
Sandra Brown	Smash Cut
Nicholas Sparks	The Last Song
Stuart Woods	Hothouse Orchid
Alexander McCall Smith	The World According To Bertie
Lori Lansens	The Wife's Tale
Jeff Lindsay	Dexter By Design
Margaret Atwood	The Year Of The Flood
Joseph Findlay	Vanished
Dan Brown	The Lost Symbol

Non-Fiction

Edward Kennedy	True Compass
Adrienne Clarkson	Norman Bethune
Christopher Buckley	Losing Mum And Pup

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 are our devoted readers.

PUBLIC WORKS

Parking and snow removal

Snow removal is Public Works' main activity in wintertime. The speed and efficiency of the snow clearing are greatly improved with the cooperation of all citizens.



We are reminding you that parking is prohibited on all public roads at all times with the exception of Village Road during the day and in the evening. Snow removal on Village Road will be done between midnight and 7 am. Watch for snow removal signs after a snowstorm.

Citizens must make sure that no garbage or recycling bins (except the day of the curb collection), lampposts, mailboxes, fences or any other structures remain within a metre of the road in winter, which is reserved for snow removal, as the Municipality is not responsible for damages occurring in that space. This includes hedges, which should be planted one meter within your front setback and protected. It is also important to use non-metallic property markers or reflectors, as they cause damage to equipment. Install them at the limits of your property, not by the road.

It is illegal to shovel or plough snow from your driveway onto roads, sidewalks and fire-hydrants, nor is it permitted to shovel snow from roofs onto municipal roads and sidewalks. Please note that there is an existing by-law permitting snow blowing on private property. By-law number 401 can be consulted online.

Note that the sand we spread on roads, which is often mixed with 3% salt, is generally only applied once the snow has stopped falling, and that salt is ineffective below -15°C. The combination sand/salt is easier on the environment and more efficient.

Also note that it is very important to remove all debris and obstructions from ditches in front of your property to ensure a proper flow of surface waters when the snow melts.

Thank you for your cooperation.

Infocrime

Morin-Heights joins the Infocrime program in the Pays-d'en-Haut's MRC, do not hesitate to call if you believe you are a witness to a crime. The service is completely anonymous. "A crime? We report it!"



MUNICIPAL SERVICES

Holiday Schedule

We would like to offer you our Season's Greetings and our best wishes for the New Year!

The Municipality office will be closed for the Holidays from Monday December 21st to Friday January 1st inclusively.

Please note that garbage and recycling will be picked up as usual. Garbage collection will be on Monday, December 14th and 28th and recycling on Monday, December 21st and January 4th.



CULTURAL ACTIVITIES

Quilting group

Beginner quilting courses. Learn to make 12 different traditional quilt blocks by hand (appliqué & piecing)

At the Library, Thursday from noon to 3 p.m., January 6th to March 10th.

\$125 resident/ \$150 non-resident.

Price includes patterns and work book, but excludes materials.

Information/ registration : Eleanor Dunford at 450-226-3055 or eleanor-clark@sympatico.ca

Theatre Morin-Heights

Meetings, rehearsals, play readings.
Library's Remembrance Hall
Every second Wednesday – 7:30 p.m.
From January 13 to June 2
Free, all ages.

Information/ registration: Penny Rose, 450-226-2126 or jenanson@hydroponix.com



Laurentian Reading Club

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

Information: Eileen Meillon 450 226-6904

Joyful Noise Choir

Choir and eclectic songs.
All ages welcome.
Concert in June.
Library's Remembrance Hall, Tuesdays 7 p.m.
From January 12th to June 1st 2010, \$105
Ian Lebofsky, Choir Director, (450 458-4767, cotelebo@total.net)

Information/ registration: Penny Rose, 450-226-2126, jenanson@hydroponix.com

Joyful Noise Choir in association with Theatre Morin-Heights, invite you to a **Christmas evening** at the United Church on **Thursday December 10**, at 7pm. Donations to the Church are welcome.



NEXT INFO MORIN-HEIGHTS

The summer edition is scheduled for distribution on April 30th 2010.

Deadline for submission of articles is Wednesday March 17th.

This edition will cover the period from May 1st to August 31st, 2010.

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

ACTIVITIES AND WORKSHOPS

Courses offered through intermunicipal agreement

An intermunicipal agreement with the towns of Morin-Heights, Piedmont, Saint-Adolphe-d'Howard, Sainte-Adèle, Sainte-Anne-des-Lacs, Sainte-Marguerite-du-Lac-Masson and Saint-Sauveur now allows Morin-Heights citizens to register in the following selected classes at resident rates.

Offered to adults

Watercolour:	Sainte-Anne-des-Lacs
Belly dance:	Sainte-Anne-des-Lacs
Fresh air cardio:	Piedmont
Singing lessons:	Sainte-Adèle
Afro-Jazz:	Saint-Sauveur
Flamenco:	Saint-Sauveur
Spanish:	Sainte-Adèle
Pilates:	Morin-Heights, Piedmont and Sainte-Adèle
Photography:	Saint-Adolphe-D'Howard
African drums:	Sainte-Anne-des-Lacs and Saint-Sauveur
Archery:	Sainte-Marguerite-du-Lac-Masson
Meditation & Yoga :	Sainte-Adèle
Vitality workshop :	Sainte-Anne-des-Lacs

Offered to children

Arts & Crafts:	Piedmont
Singing lessons:	Sainte-Adèle
Musical comedy:	Saint-Sauveur
Archery:	Sainte-Marguerite-du-Lac-Masson
Dance group:	Saint-Sauveur

Parent - kids

Gymnastics 1 to 6 years old:	Sainte-Adèle
Scrapbooking:	Saint-Adolphe-D'Howard

Registration procedures

We suggest you inquire about registration procedures, dates and schedules, prices and availability directly with the town offering the class(es) of your choice. A proof of residency is required.

Information

Piedmont :	450 227-1888, ext. 223 www.municipalite.piedmont.qc.ca
Saint-Adolphe-d'Howard :	819 327-2626 www.stadolphedhoward.qc.ca
Sainte-Adèle :	450 229-9605, ext. 244 www.ville.sainte-adele.qc.ca
Sainte-Anne-des-Lacs :	450 224-8717 www.sadl.qc.ca
Sainte-Marguerite-du-Lac-Masson :	450 228-2543, ext. 228 www.ste-marguerite.qc.ca
Saint-Sauveur :	450 227-2669, ext. 420 www.ville.saint-sauveur.qc.ca

For a complete schedule and description of the classes offered in Morin-Heights, please consult the course schedule in this publication.

University for Seniors

NEW!

French conversation

UTA FRENCH CONVERSATION

Marie-Claire Jubinville Buss, Bacc. & M.A in Arts, Philosophy and French

Why not speak French and have fun at the same time? Yes, it's possible! If you already understand a little French, this is the right course for you.

You are invited to take part in this very dynamic learning process through:

- discussion of newspaper and magazine articles
- watching videos and movies
- listening to and rehearsing well-known French songs and
- writing and performing sketches in teams

The purpose of this course is not learning grammar but rather developing conversation and communications skills, without feeling shy, in an interactive setting.

Information: Marie-Claire Jubinville, 450 226-7296

Mondays from 1:30 to 4 p.m., from February 1st to March 22nd (20-hour course)

Location: Library's Remembrance Hall
823 Village rd.

Minimum/maximum registrations: 20/30

Initiation to English

UTA 100 Anglais II

Marie-Andrée Langevin, B. in translation, M. in linguistics

Exploring comprehension, oral and written expression, pronunciation, common verbs, auxiliaries, prepositions and often used idioms, basic grammar and syntax. Different means will be used. Handbook used: Basic English Grammar, Betty Schramper Azar (3rd edition including 2 CDs), available on the 1st course for \$44.95 + tax.

Wednesdays from 1:30 to 4 p.m., from February 3rd to April 7th (25-hour course)

Location: Library's Remembrance Hall,
823 Village rd.

Fees: \$110

Minimum/maximum registrations required: 20/30

Information : Mr Serge Meunier 450 227-6727
(between 9:a.m. and 5 p.m.)

Registration and information session:

Thursday, January 14th, at the Pauline-Vanier Chalet in St-Sauveur. Registration deadline: January 25th, 2010.

SPORTING ACTIVITIES

Viking Ski Club

Viking Ski Club offers a cross-country ski program for children beginning January 2nd, 2010.

- Bunnyrabbits 4 - 5 years old
- Jackrabbits 6 -13 years old
- Challenge 13 years old and +

Adult lessons are available and there is a touring program on Thursdays and Saturdays.

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

The Viking Ski Club is located at 393, Jackson Road.

Coueurs des Bois Group

Snowshoe outings are organized on trails in the Laurentians, from January 5th to March 30th, 2010. This activity is offered to adults and seniors.

Every Tuesday, 10 a.m., annual contribution of \$5.

Information : Eileen Meillon 450 226-6904

Volleyball

All volleyball lovers, 16 and older, are invited to join a recreational group of players every Tuesday from 7 to 8 p.m. at the Morin Heights Elementary School gymnasium. The winter session starts on January 12 for 11 weeks (no game on March 2nd) and the spring session starts on April 6th for 11 weeks as well.

Registrations: at the Town Hall during office hours

Minimum of 12 players registered by January 7th (winter session) and/ or April 8th (spring session)

\$40 resident - \$45 non-resident.

Information : Catherine at 450 226-3232, ext. 102

Torchlight Cross-Country Ski

The Municipality of Morin-Heights and the Club Optimiste de la Vallée de Saint-Sauveur invite you to their torchlight cross-country ski event. Come enjoy the 2.5 km Basler trail lit by torchlights! At the end of the trail, you can all sip on a hot chocolate while enjoying some magical storytelling by Yvon Boutin. The whole family is invited on **Saturday January 23rd**, at 6 p.m. This should be a memorable evening. Bring your skis and your smile! FREE!

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

Pick Up Youth Hockey Free!

This recreational hockey program offers children 7 to 11 years old the opportunity of playing traditional pick up hockey at their local outdoor skating rink... for free!

Emphasis is on fun and participation. This volunteer run activity includes basic skill development and hockey scrimmages. The program runs entirely out of the skating rink with the exception of two or three exhibition games that may be organized with local neighbouring towns.

The following minimum equipment is required: a helmet with visor, a neck shield, as well as hockey skates and a stick.

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

Starts on Thursday January 7th, ice and weather permitting.

Ice conditions: 450-226-3232, ext. 122

REGISTRATIONS: Places are limited*. You must register at the Town Hall by **December 17th** at the latest (the municipal office is closed from December 21st to January 1st).

Call Catherine Maillé at 450-226-3232 ext. 102.

*Priority will be given to Morin Heights residents until January 5th. Following this, all remaining places in the program will be filled with non-residents who have previously placed their child's name on the waiting list.

Information: Jim Lawson, Volunteer Head Coach, 450 227-0533

2010 Morin-Heights Viking Loppet

New addition this year, a 5 km snowshoe competition will be organized so more participants can enjoy this great winter celebration!

A great cross-country skiing event, you won't want to miss will take place on **Sunday February 28th, 2010**. It's the Morin-Heights Viking Loppet! All skiers are welcome to participate: tourers, racers as well as families. Three different distances are offered: 10, 20 and 33 km. Don't miss the most prestigious cross-country celebration in Eastern Canada!

Early-bird discounts are available until January 25th, 2010.

Volunteers welcome to call 450 226-3232, ext. 102.

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

We look forward to see you on the trails!

SPORTING ACTIVITIES



SKI MORIN HEIGHTS

ADVANTAGE CARD

\$59 + taxes price per person

Exclusive passes!

Benefits

- Ski or surf day and night before December 19, 2009 and after March 12, 2010.
- From January 8, 2010 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 19, 2009 to January 3, 2010.)

Get your card at the Customer Service desk 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, Hawkesbury and Lachute.

231, Bennett Street, Morin-Heights
Information: 450.227.2020

THE TIME OF MY LIFE **MSS1.CA**

Introduction to Cross-Country Skiing

On Tuesday March 2nd 2010, 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 required.

Reservation required from February 2nd onwards (places are limited).

Contact Catherine at 450 226-3232, ext. 102

Football Club Morin-Heights

www.fcMorinheights.com

Registrations will take place on Saturday January 23rd, from 11 a.m. to 2 p.m., at the Town Hall, 567 chemin du Village.

Information: 450 226-0011 or soccer@fcMorinheights.com



Ski Morin-Heights Spring Break Discounts

March 1st 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!

Watch your mailbox around mid-January for a mailing that will inform you about discounts and all the winter activities offered.

Skating program

NEW!

Every Saturday at the Morin-Heights skating rink

Instructor: Mijanou Dubuc
Begin: Saturday January 2nd
End: Saturday February 20th

Schedule:

10 am to 11 am: Intermediate level
11:15 am to 12:15: Beginner and intermediate level, 6 years old and up
12:30 to 1:15 pm: Beginner (from 3 1/2* to 5 years old) (*born before July 1st 2006)

Cost	Resident	Non-Resident
Beginner 3 1/2 to 5 years old	\$45	\$50
Other levels	\$50	\$55

REGISTRATION

Full payment (check, cash or debit) must be made at the time of registration and payable to the Municipality of Morin-Heights **until December 17th**, Monday to Friday – 8:30 to 12:00 and 13:00 to 16:30 at the Town Hall, 567, du Village.

Registration form available at www.morinheights.com

No registrations will be taken at the skating rink.

Note that a \$25 late fee per person will be charged after December 17th, 2009.

Information : Catherine Maillé 450 226-3232, ext. 102

SPORTING ACTIVITIES

CROSS-COUNTRY AND SNOWSHOE

SEASON'S PASSES

Cross-country and snowshoe passes as well as trail maps may be purchased weekdays, at the Morin-Heights Town Hall during regular office hours until December 18th and at the Aerobic Corridor Welcome Centre, 50 Echo Rd every weekend beginning December 5th and every day beginning December 19th, 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 Interac payments only.

CROSS-COUNTRY AND SNOWSHOE		
SEASON'S PASSES		
Category	Pays-d'en-Haut Resident	Non-resident
Adults (18 +)	\$60	\$80
Students (18 to 22) Seniors (65 +)	\$50	\$70
Children (17 and under)	Free	Free

Taxes included

SNOWSHOE ONLY		
SEASON'S PASSES		
Category	Morin-Heights Resident	Non-resident
Adults (18 +)	\$20	\$25
Students (13 to 17) Seniors (65 +)	\$15	\$20
Children (12 and under)	Free	Free

Taxes included

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

Taxes included

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

Taxes included

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

Information :

Aerobic Corridor 450 226-1220 (beginning December 5)

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

Fire / Police / Ambulance / Emergency Measures
Emergency Public Works (at night)

Dog catcher: 450 **227-2768**

www.morinheights.com

E-mail: comptabilite@morinheights.com

environnement@morinheights.com

inspection@morinheights.com • loisirs@morinheights.com

municipalite@morinheights.com

mutation@morinheights.com • taxes@morinheights.com

servicetechniques@morinheights.com

urbanisme@morinheights.com

ssi@morinheights.com

COMMUNITY ACTIVITIES

Royal Canadian Legion, Branch 171

Activities

Saturday, December 5 Trim a Tree
Sunday, December 13 Children's Christmas Party at 1 p.m.

Most suppers and events offer music & dancing for all.

Darts on Friday at 7:30 p.m., all welcome, \$3.

This information is also available on the Morin Heights website under Community/ Associations and Groups.

Email: legion171@cgocable.ca

Information: 450-226-2213 (afternoon only)

Senior Citizen's Heritage Club

The Senior Citizen's Heritage Club organizes monthly activities and day outings for members.

The first Wednesday of the month, the Club organizes a Military Whist at 1 p.m. at the Town Hall's Community Centre. All non-members are welcome to attend this and other events.

Information: Isabel Ellis : 450 226-8882
Marion Roberts : 450 432-7324
Muriel Scofield : 450 229-3660

Valentine Tea

The Trinity Anglican Church invites you for a Valentine Tea on February 13th. The gathering will take place from noon to 2 p.m. at the United Church Hall (831, Village road).

Duplicate Bridge Club

The Morin-Heights Duplicate Bridge Club meets once a week, beginning on Thursday January 7th until May 13th.

Information/ registration:
Mrs. Ardley Edgar 450 226-3968

WWW.MORINHEIGHTS.COM

We invite you to consult the Morin-Heights municipal website. Along with being able to consult the evaluation role online, you will find everything pertaining to municipal life, by-laws, Council's minutes, municipal services, activities, directory and particularly photo albums and the calendar of events. You will also find the Info Morin-Heights archived so you have access anytime to the information that was previously published.

Morin-Heights Elementary School Annual Christmas Bazaar

The Morin-Heights Elementary School students invite you to their Annual Christmas Bazaar on **Saturday December 5**, from 10 a.m. to 2 p.m.

There will be a gymnasium full of local artisans, a cafeteria and bistro style dining, White Elephant room as well as gently used toys, videos, games etc. As always a table full of wonderful raffle prizes donated from various local merchants, a kid's tombola and what would a Christmas bazaar be without a visit from jolly old St. Nick! So come one and all and support our great Elementary School (647, Village Road).

Gourmet du Village Annual Factory Sale

Saturday December 5th – 9am to 6pm
Sunday December 6th – 11am to 5pm
Saturday December 12th – 9am to 6pm
Sunday December 13th – 11am to 5pm
Gourmet du Village, 539, chemin du Village
www.gourmetduvillage.com



Halloween night in the village

The Municipality of Morin-Heights wishes to thank everybody, young and old, who participated in the production of the Morin-Heights Library's Haunted House. More



than 47 children from the Elementary School got involved in the creation and animation of the Haunted House, which was, this year again, a big success!

Thank you to Shawna Dunbar who was able to put her creativity to work once again, for all Morin-Heights residents' great pleasure.

La Rochelle Bilingual Pre-school

La Rochelle is a non-profit organization operated by a parent cooperative that has the education of their children at heart! The preschool runs out of the United Church Hall, 831 Village Road.

Information : Anna at 450 226-6908

COURSE DESCRIPTIONS

(COURSE SCHEDULE ON PAGE 15)

Karate

For youth 5 years old and over and also adults of all ages. Develop concentration, respect, confidence and increase your physical fitness. Gives children tools to avoid bullying. Two free trial courses

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

From January until June

The Laurentian Classical Ballet Conservatory

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

Fall session: January to June

Creative Dance	3 1/2 - 5 years old (1/wk) \$40.67/ month or \$162.68
Ballet - Beginner	6 - 7 years old (1/wk) \$44.94/ month or \$162.68
Ballet - Grade 1	8 - 9 years old (1/wk) \$44.94/ month or \$162.68
Ballet - Grade 2	10 -12 years old (2/wk) \$80.92/ month or \$323.68
Ballet - Teenagers	13 years old & over (2/wk) \$80.92/ month or \$323.68
Modern Dance	Teenagers & Adults (1/wk) \$80.92/ month or \$323.68
Competition	2hrs/ week \$100

Cardio Tai Chi

A low impact cardiovascular routine inspired by Tai Chi movements. Improve your endurance, balance and flexibility. Get into the body mind flow.

From January 18th to April 5th

Cardio Tae-Boxing

Come discover Cardio Tae-boxing which consists of 30 minutes of cardiovascular training with movement inspired by martial arts and boxing, followed by 30 minutes of muscle strengthening exercises.

January 18th to April 5th

Compulsory registration before January 18th

Traditional Scottish Highland dance

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

January 3rd until May 9th

Belly Dance

NEW!

Belly dancing with the Brazilian teacher and professional dancer, Claudia Olivieri. Warm up and technical instruction, as well as the learning of a simple choreography. Excellent for toning abdominal muscles, loosening the lower back and the hips. Sensual and feminine. Very enjoyable.

Daytime, schedule to be determined.



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

Registration for Lisa McLellan's classes

FRIDAY JANUARY 15TH AT 1 p.m. UNTIL 5 p.m.

At the Town Hall, 567 Village road, Morin-Heights

Twelve weeks session: \$132 with taxes

\$15/ per class

Fitness Pass: \$271 (taxes included) for 2 or more classes a week

COURSE DESCRIPTIONS

(COURSE SCHEDULE ON PAGE 15)

Vinyasa Hatha Yoga (beginner, intermediate)

One hour 15 minutes of Vinyasa yoga to cultivate breathing, flexibility and integration with self. Experience deep relaxation and well-being. Transform your life for the better. Three schedules offered, see calendar.

From January 19th to April 8th

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.

Starts in January

Yoga and Spiritual Teaching

An experience in Hatha Yoga, meditation, and spiritual teaching. Participants are also welcome to join a women's spiritual group which meets intermittently.

Starts in January

Tai Chi Chuan

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

January 9th until March 27th

Qi Gong

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

From January 22nd to April 9th

Aerobics

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

From January 19th to April 6th

Body design

Total body toning using body weight, resistance, balance and stabilization exercises. Become empowered and energized. Good music good fun!

From January 18th to April 5th

Combo 50+

Improve your posture, balance, flexibility and strength through a sequence of exercises including weight training and low impact cardiovascular routines. The class is given in a non-competitive and joyful environment with great music. An overall fitness approach which helps prevent the onset of chronic disease, eliminate pain and build functional strength. Two levels offered

From January 19th to April 6th

Stretch and Strengthen

This class is specifically designed to further flexibility through strategic stretching and strengthening exercises. Improve your posture and the elasticity of your muscles to obtain greater flexibility and functional strength. This gentle yet effective approach will help reduce stiffness and pain, increase range of motion and strengthen the abdominal muscles, arms, legs and back. You will be delighted with the results! Four schedules offered.

From January 20th to April 9th

Pilates+

An hour of dynamic exercise inspired by Joseph Pilates' method.

January 19th until April 6th

Compulsory registration before January 18th

COURSE SCHEDULE

(COURSE DESCRIPTIONS ON PAGE 13 AND 14)

Courses / Location	Rates		Schedule	Instructors	Information & registration
Body design Community Hall	R: \$133	NR: \$133	Monday 9:30 am to 10:30 am	Diane Sherman	450 530-3920
Cardio Tai Chi Community Hall			Monday 10:45 am to 11:45 am		
Combo 50+ Community Hall			Tuesday 9:30 am 10:30 am Thursday 9:30 am to 10:30 am	Lisa McLellan	450 530-3920
Hatha Yoga Community Hall			Tuesday 1:15 pm to 2:30 pm Thursday 6 pm to 7:15 pm		
Hatha Yoga avancé Community Hall			Thursday 7:30 pm to 8:45 pm		
Stretch and Strengthen Community Hall			Monday 1:30 pm to 2:30 pm Wednesday 9:15 am to 10:30 am Wednesday 5:15 pm to 6:15 pm Friday 11 am to noon		
Stretch and Strengthen, inter. Community Hall			Wednesday 11 am to noon		
Belly Dance NEW! Community Hall			Friday 1:30 pm to 2:30 pm		
Qi Gong / Community Hall			Friday 9:45 am to 10:45 am		
Yoga and Spiritual Teaching Community Hall			**		
Aerobic Community Hall	R: \$133	NR: \$133	Tuesday 6:30 pm to 7:30 pm	Stéphanie Morneau	450 530-3920
Cardio Tae-Boxing Community Hall	R: \$120	NR: \$120	Monday 4:45 pm to 5:45 pm	Jeannine Brusadin	450 227-6678
Pilates+ Community Hall			Tuesday 10:45 am to 11:45 am		
Gentle yoga Community Hall	R: \$105	NR: \$110	Thursday 10:45 am to noon	Donna Berry	450 226-1311
Karate / Community Hall	*	*	Friday 5:30 pm to 6:30 pm	Shihan Gilles Labelle	450 432-4570
Tai Chi / Community Hall	R: \$130	NR: \$135	Saturday 9 am to 10:30 am	Robert Lee	450 227-8829
Ballet Community Hall	**	**	Sunday 9:15 am to noon 1:15 pm to 2:15 pm 2:30 pm to 4 pm	Isabeau	514 608-3381
Moderne Dance Community Hall			Sunday 5:30 pm to 7 pm		
Scottish Highland Dance Community Hall	*	*	Sunday 4 pm to 5:30 pm	Heather McNabb	514 486-3480

R = resident - NR = non-resident - * = Annual fees - ** = See course descriptions

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Thank you to all of them, they deserve your patronage.

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Thank you to all the participants, sponsors and volunteers who made it possible this year to raise \$8570 which will serve the children and seniors of our community.

