



**MORIN-HEIGHTS**  
**1855**

# Info Morin-Heights

*In harmony with nature!*



Winter 2017-2018 - Vol. 20, no 5

## Torchlight Snowshoeing FREE!

**January 20<sup>th</sup>, starting at 18:00**  
**at Parc Basler (99, ch. du Lac-Écho)**

The Municipality of Morin-Heights invites you to a torchlight snowshoe event. A 5 km snowshoe course, as well as a shorter one, awaits you for a great family time under the stars.

At the end of the activity, you can all sip on a hot chocolate while enjoying a **storyteller's** tales.

We suggest that families start at 18:00. Last authorized start is at 19:30. Check the "**Winter Carnival**" leaflet that will be mailed in January to find out all details.

In the event of bad weather, the activity will be cancelled. No reservation necessary!

**Information:** 450 226-3232, ext. 111



## PLAISIRS D'HIVER

### Dogsled Ride FREE!

**On Tuesday March 6<sup>th</sup>, 13:00 to 15:00**  
**at Parc Basler (99, ch. du Lac-Écho)**

Come with your family and enjoy a dog sledding experience! You can steer or take a ride and discover the world of mushers.

For security reasons, pregnant women and babies cannot take part in this activity. Also for security reasons, no other dogs are allowed on site.

**Other activities will also be offered:** bonfire, inflatable game and sliding (bring your toboggan).

Come on down!

NO RESERVATION: first come, first served!

**Information:** 450 226-3232, ext. 111



**Annual Recycling and  
Garbage Collection  
Calendar**  
on pages 19-20  
**SAVE IT!**



## Summary

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## News from the Mayor

This edition being the last bulletin of the year, I would like to present the report on the Municipality's financial situation.

As of now, the electoral period is a thing of the past. The democratic health, as well as our community's financial health, is ensured. I would like to congratulate all of the candidates who have devoted their time and all of the citizens who have taken the time to vote.

I invite you to consult **[www.morinheights.com](http://www.morinheights.com)** to find all documents pertaining to finances submitted to the *Ministère des Affaires municipales et de l'Occupation du territoire*.

The financial report for the year ending December 31<sup>st</sup>, 2016, prepared by our auditors Papillon et Associés Inc., reports an operating surplus of \$345,932, on a budget of \$9,024,347. This surplus stems mostly from the increase in property values and real estate transactions.

The accumulated surplus represents taxpayers' holdings. This year, the Municipality's worth has increased to reach \$19,332,575. The on-going infrastructure work to December 31<sup>st</sup> totals \$1,986,576.

Finally, the Municipality's debt to December 31<sup>st</sup> totaled \$9,254,997, for which \$464,673 has been paid for by the Quebec Government and \$4,912,009 by part of the taxpayers from their local improvement taxes.

During 2017, we have continued our infrastructure modernization program. Along with the annual road maintenance, the water pipes and road infrastructure were done on Village Road as per the gasoline excise tax reimbursement program.

The Public Works Department has also multiplied interventions in many other areas, and you must certainly have noticed the constant improvement in the road infrastructure, ditches and shoulders.



A lot of energy was focused on the transformation of Chalet Bellevue into a community center and sports chalet. In order to do so, we have benefitted from financial support from the Government of Canada as per the Canada 150 Program.

All local municipalities have delegated the waste management dossier to the *MRC des Pays-d'en-Haut*. We now divert from landfills: electronics, dangerous domestic products, mattresses and construction materials at the intermunicipal Ecocentre. Large items are also sorted and diverted to recycling businesses. The next step, which is the collection of compostable material, will be up and running in 2018 to meet the goals set by the Quebec Government.

Finally, financial activities are closely monitored, and we foresee ending 2017 with a slight surplus.

I would like to thank all Council members and municipal employees for their concerted and sustained efforts in providing the Municipality of Morin-Heights with modern infrastructure while minimizing the tax burden. I would also like to thank the tremendous volunteers who dedicate their time in the community's interest.

**Tim Watchorn, ing.**

Mayor



## Inter Taxibus Services in Morin-Heights

Twice a day to St-Sauveur and back (bus stop located at the corner of Route 364 and chemin du Village), Monday to Friday, **reservations required**, \$4 per ride.

Once in St-Sauveur, you can take an Inter bus to Mont-Tremblant, Rivière-Rouge or St-Jérôme.

**Information and reservation:**  
linter.ca or 1 877 604-3377

## Morin-Heights Collective Garden

Another growing season under our belt. Things went very smoothly this year overall. In spite of the wet summer, we ended up with an extremely good crop, particularly with the potatoes. We planted two kilos and harvested about 45 kilos which impressed our gardening guide!

The Municipality set up a new watering source, wonderful solution to an ongoing problem since the inception of the garden. We'll surely put it to use next season.

The children's experimental project gave great results. Their harvest made its way into the classroom and was observed under microscopes: creatures, seeds, bits of vegetables, crystal-like formations in overgrown radishes like caves with its miniscule inhabitants being scrutinized with lots of ohhhs and ahhs, very satisfying!

For information or to join, please contact Jane Marengi at 450 226-6453.

## Municipal Photographer

The Municipality is looking for an amateur photographer to cover local events. The ideal candidate is involved in the community and will be able to provide quality photos that are free of rights, to illustrate the municipal bulletins and website and various visual products (brochures, advertisements, etc.).

Events to cover, as well as directives, are sent four times a year and might look like this:

- *Journées de la culture*
- Halloween
- The new Chalet Bellevue
- The new municipal Council
- Autumn (landscapes, village, trails, municipal buildings, parks, etc.)
- Remembrance Day Parade
- Other optional community events (theater, exhibitions, Legion activities)

We ask the photographer to send us a large selection of images (resolution of 1 to 5 megs approximately) and to resize in a precise smaller format a selection of images that will be added to the municipal website. Financial compensation is offered.

We invite you to signify your interest to Karyne Bergeron at [bulletin@morinheights.com](mailto:bulletin@morinheights.com) or at **450 226-3232, ext. 111** before December 15<sup>th</sup>.



## Buying on the Internet: Prevention Tips

The Sûreté du Québec police officers wish to caution the public when buying through a resale site on the Internet.

Here are some prevention tips:

- Be skeptical about offers that seem too good to be true;
- Validate all information given to you;
- Gather as much information as possible about the seller: do not hesitate to ask a lot of questions, the more, the better;
- Arrange a meeting in a public place when completing your transaction;
- Always be accompanied by another person for your appointment;
- Do not show up if the seller changes places at the last minute for a more isolated area.

The Sûreté du Québec reminds everyone that any information on criminal activities may be disclosed on a confidential basis, at any time, to the Criminal Intelligence Unit at 1 800 659-4264.





## Training to Become a Day Camp Counselor

The **DAFA** program is a mandatory training (in French) for new day camp counselors in all our MRC's municipalities. The program certifies participants; it is a 33-hour training course for 16 year olds and older and will be held on March 16<sup>th</sup>, 17<sup>th</sup> and 18<sup>th</sup> as well as April 13<sup>th</sup>, 14<sup>th</sup> and 15<sup>th</sup>.

Registration runs from January 15<sup>th</sup> to March 18<sup>th</sup>, 2018, at a cost of \$90.

**Information:** 450 227-2669, ext. 420 or [www.programmedafa.com](http://www.programmedafa.com)

## Mayor's Trophy Presented to Ruisseau Jackson

On August 12<sup>th</sup>, 2017, Mathieu Régnier, president of Ruisseau Jackson Protected Natural Area (RJANP), was presented with the Mayor of Morin-Heights' Trophy during a community activity organized by the Lac Écho Association. The trophy, which was presented by Tim Watchorn, Mayor of Morin-Heights, was accepted by Mathieu Régnier on behalf of all members of RJANP, with special thanks to the team responsible for the initiative and those who are closely involved in it. The Mayor's trophy, presented by the Lac Écho Association, is given to residents of the municipality who have distinguished themselves for community involvement.



## La Fouillerie

For all of your purchases at very low prices, as well as for your generous donations, Morin-Heights' *La Fouillerie* now welcomes you at its one and only location at 28, rue Bennett. All profits go to the local food bank, the *Garde-Manger des Pays-d'en-Haut*.

Business hours:

**Monday:** 10:00 to 15:00

**Tuesday:** 12:30 to 15:00

**Wednesday:** closed

**Thursday:** 10:00 to 15:00

**Friday:** 10:00 to 15:00

**First Saturday of the month:**

9:00 to noon

Now open during lunch time!

**Information:** 450 644-0087

La guignolée

*Garde-Manger des  
Pays-d'en-Haut's Guignolée*

**The Garde-Manger des Pays-d'en-Haut's Guignolée will take place on Saturday, December 9<sup>th</sup>.** Identified volunteers (ID badges) will knock at your door to collect donations and non-perishables. We will **need volunteers**, you can communicate with Monique Bélisle at 450 226-8464 to offer a helping hand.

Registration for Christmas vouchers: November 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, and 28<sup>th</sup> at Chalet Bellevue (27, rue Bellevue), from 14:00 to 15:00.



The mission of the cooperative is to offer home care assistance. Whether you are a person with a temporary or permanent disability, a single person or a family, we offer:

- regular housekeeping services which may include meal preparation (no special diet) and shopping;
- heavy housekeeping services like a spring cleaning, window cleaning, preparing for a move;
- seasonal work such as raking, gardening, packaging, cleaning the garage or shed, etc.

Please give us a call to find out more about our services.

450 229-6677 • [www.marteau-plumeau.com](http://www.marteau-plumeau.com)

## Do you rent or have tenants?

Whether you rent or own an income property, it is important to be both entered in the automated call system for emergencies. Please send your information by email (name, civic number, street name and phone number) at [telephone@morinheights.com](mailto:telephone@morinheights.com) in order to be informed in case of an emergency. A registration form is also available on the municipal website or at the Town Hall.



skiing a joy and a major descent on the newly created Triangle has been softened and is much easier to handle. The Horizon ski trail from Lac Vert has been relocated and improved to be a much more enjoyable ski. A new section of the Portageur, from the Baldy to the Aerobic Corridor, replaces the difficult rocky section in front of the face of Mont Baldy and eliminates skiing through *Les Fondeurs* network.

The Aerobic Corridor between km 2 and 6 has been widened so that a BR can pass periodically when conditions are difficult and *Les Fondeurs* trail is being upgraded to meet FIS standards with the drainage being addressed in the fall and surface finishing in the spring.

A new map will be printed and available by mid-December.

**Chalet Bellevue:** The new headquarters for outdoors sports will be the Chalet Bellevue which features a new ticket booth, waxing room with ventilation, boot dryers, ample space for changing boots and showers. Welcome to "*La Capitale du ski de fond*"!

**Dog Policy Amendment:** After studying the situation last winter, it has been decided to amend the presence of dogs on the snowshoe network during the winter.

For the upcoming winter season (December 1<sup>st</sup>, 2017 to April 1<sup>st</sup>, 2018) dogs will be permitted on snowshoe trails, except during the weekends and Christmas holidays, between 10:00 and 14:00.



## Parks and Trails

**New Basler Park Trails:** Work has continued on the trails in the new park. The new trails replacing the Lavabo, Rockcliff and Lollipop snowshoe/mountain bike trails will be a huge addition to the network. The new Lavabo passes in front of the lookout overlooking Lac Écho and is a masterpiece of trail design.

A new by-pass on the Bellevue return makes

## Online Community Board

To keep up with an array of information and community activities, please visit the municipal's website "Community" section which is a **regional community board**. All documents found on that page are posters, press releases, brochures and other that are intended for the Laurentian community.

For information about local community events, see the calendar of events that appears on every page of the municipal website.

## Mitten Trees

Our mitten trees are starting to bear fruit! Please continue to feed them with your knitted items for kids: tuques, scarves, neck warmers and mittens. Once your items are finished, take them to the library, Town Hall or Chalet Bellevue and hang them on the trees that will be in place until January 2018. As we did last year, we will "pick" the trees when they are full and distribute the knitted goods to less-fortunate families in the region through the *Garde-Manger des Pays-d'en-Haut* and some elementary schools. So knitters, pick up your needles and get to work!

For more information, contact Monique Bélisle at **450 226-8464**.



## Ecocentre

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

Services are free. You must present a proof of residence or ownership to the attendant.

### Opening hours

December 1<sup>st</sup> to March 31<sup>st</sup>: Tuesday to Saturday from 7:30 to 11:45 and 13:00 to 16:00.

April 1<sup>st</sup> to November 30<sup>th</sup>: Monday to Sunday from 7:30 to 16:00.

Closed from December 24<sup>th</sup> to 26<sup>th</sup> and from December 31<sup>st</sup> to January 2<sup>nd</sup>.

### New at the Ecocentre:

#### Polystyrene is recyclable!

Good news! The days when we threw out our number 6 plastic containers and styrofoam items in the trash are over! It is now possible to bring them to the Ecocentre. These materials will then be transported to Groupe Gagnon in Prévost, where they will be dissolved and treated to produce new polystyrene.

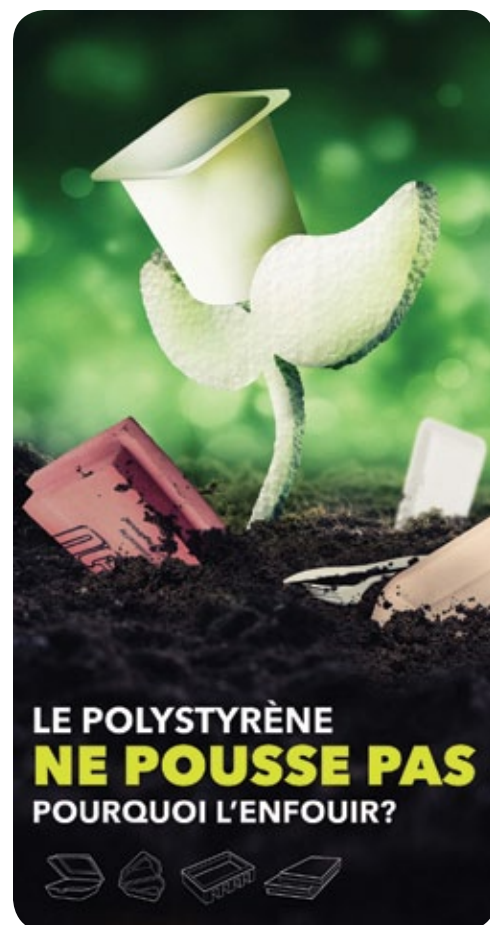
By recovering these materials, you can significantly increase the lifetime of our municipal waste disposal site. Despite their low weight, these materials occupy a large amount of space in a landfill site. According to the *Régie Inter-municipale de Déchets de la Rouge* (RIDR), a ton of polystyrene takes up the equivalent of 35 tons of household waste! This simple little gesture makes a big difference.

### The new materials accepted at the Ecocentre are as follows:

- **Rigid containers and food containers** such as plastic utensils and plates, small yogurt jars, fruit and mushroom trays, plastic wine glasses, small milk and coffee cream containers and any other #6 plastic containers.
- **Styrofoam containers and food containers** such as coffee cups, plates, meat trays and egg boxes.
- **Protective styrofoam packaging or "packing peanuts"** that can be found, for example, in the boxes of our new electronics or household appliances, vegetable crates from the garden centre and winter protection articles for outdoor plants.
- **Insulation panels** used in construction, pink, green or blue.

Be sure to clean and rinse food containers thoroughly before bringing them to the Ecocentre. You must also remove labels, packaging films and absorbent pads.

*Together we CAN reduce landfill.*





## Public Works

Your cooperation is key to ensure efficient snow clearing operations. Parking on public roads is prohibited at all times, so please respect this by-law to avoid a fine or being towed at your expense.

### Streets snow removal

Snow removal and sanding operations are Public Works' main winter activity. Quick and efficient snow clearing improves safety on our roads. Therefore, we are reminding you that it is forbidden to shovel or plough snow onto municipal roads, sidewalks and in front of fire-hydrants. It is also your responsibility to notify your private snow removal contractor, as you may be held accountable for any consequences resulting from his non-compliance. Please note that during periods of freezing rain, trucks are chained and take longer to complete their run.

### Sidewalks snow removal

Snow removal on sidewalks and widening of roads are done with various vehicles and a snow blower. By-law 401 (available online) allows snow blowing on private properties.

### Sanding

The mixture we spread on roads is mainly made of sand to which we add 5% of salt and is generally applied once the snow has stopped falling. This mixture is more efficient and easier on the environment than salt alone, as salt is efficient only when the temperature is below -15°C.

### Property markers

Markers for your driveway must be installed at the property limits rather than at the edge of the pavement. Opt for fiberglass or wood markers as metal ones can damage equipment, slow down operations, therefore increasing costs.

### Structures or plants close to the road

#### Encroachment in the public road right-of-way

Property owners whose landscaping encroach on a portion of the street right-of-way must limit the use of that space to sod or access structures. These must not interfere with the Municipality's various maintenance operations, snow removal, hinder drainage, or constitute a nuisance to traffic or a danger to public safety.

#### Private property

Whether it's a fence, a hedge, or a flowerbed in front of your property, it is important to protect it in the fall. Note that the first meter inside your property line, not from the curb or from the ditch, must remain free of any installations and structures. This clearance is required primarily for snow removal operations. This principle also applies to garbage and recycling bins.

All owners remain responsible for their installations bordering a road and the Municipality will not accept any liability claims for damages incurred to these structures or plants.



We wish you a  
**Merry Christmas!**  
Health and  
happiness for the  
**New Year!**



## Morin-Heights Fire Department and First Responders



**In preparation for the holiday season, here are some fire prevention tips that will be useful when setting up your Holiday tree and decorations.**

- If you choose to use a natural tree, make sure that it is freshly cut. The needles should all be green and not come off easily.
- Install the tree at a safe distance from busy areas and exits.
- Do not install it too early so that it does not dry out before the end of the holiday season.
- Place it in a container filled with water and add water daily. Dry pine trees can catch fire easily and quickly.
- Install the tree more than one meter away from any heat source or flame.
- Do not burn your tree in the fireplace or wood stove as it can leave significant creosote deposits in the chimney, which increases the risk of fire.



### IMPORTANT REMINDER

**Have you thought about  
changing the batteries in your  
smoke detectors when you set  
your clocks back?**



**When installing decorative lights, be sure to use only those that are approved by a recognized organization such as CSA or ULC.**

- Make sure they are in good condition.  
Do not install garlands if the cord is damaged or dried, if the sockets are cracked or the connections are loose.
- Do not install decorations or lights in front of your house number.
- Use extension cords approved by a recognized organization such as CSA or ULC. Avoid cords that are too long because when coiled, cables may overheat and cause an electric arc.
- If you need to use an extension cord for your outdoor decorations, first make sure it is suitable for outdoor use.
- Be careful not to overload the electrical circuit.
- Turn off the light decorations as soon as you leave the house or go to bed! The use of a timer is recommended.

#### **Also:**

- When you give a gift that requires batteries, provide it with the gift. Thus, no one will be tempted to remove the battery from the smoke alarm to operate the object.
- Do not burn gift wrappers in the fireplace or wood stove. The inflamed paper can fly into the chimney, create a fire or settle on the roof or in the yard.



## Exit routes

In case of fire, it is essential to be able to evacuate your home quickly. However, in winter, the accumulation of snow or ice outside your doors and windows can hinder evacuation. You could have less than three minutes to get out safely! To help ease evacuation in the event of an emergency, here are some safety tips:

- After each snowfall, clear the snow from your exits, your balconies and your terrace.
- Ensure that you have emergency exits other than the main doors, such as a balcony or a window, and make sure that the exit is cleared at all times.
- Make sure windows are not only cleared, but thawed. A window trapped by ice can prevent evacuation.
- Clear your exits inside and out. Bulky items such as toys, shoes, school bags, shovels, snowblowers, patio furniture, should be out of the way.
- Check if older family members, experiencing a loss of autonomy, are aware of the risk of fire and if their emergency are cleared at all times.
- If there is a fire hydrant on your property, avoid covering it during snow removal.
- Check if your child's daycare center has an emergency exit other than the main exit and if the emergency exits are clear and cleared of snow.

To obtain more advice on fire prevention, visit the *Ministère de la Sécurité Publique's* website at:

[www.securitepublique.gouv.qc.ca/securite-incendie/prevenir-incendie.html](http://www.securitepublique.gouv.qc.ca/securite-incendie/prevenir-incendie.html)

## IMPORTANT REMINDER

For your own safety, make sure that your street number is **clearly visible from the street; day and night, summer and winter.** This will ensure a quick response in case of an emergency. **Every second counts in an emergency situation!**



La guignolée.

Take part in the  
Guignolée next  
December 9<sup>th</sup>!





# Municipal Services



## Library

The municipal library is located at 823, chemin du Village. It is closed on civic holidays.

The annual membership is free for all residents.

### Opening hours:

Tuesday and Thur.: from 13:00 to 16:00

Wednesday: from 10:00 to noon  
and 14:00 to 16:00

Friday: from 19:00 to 21:00

Saturday: from 10:00 to 14:00

Sunday: from 11:00 to 13:00

**Information:** 450 226-3232, ext. 124

### NEW ACQUISITIONS (Novels)

Jussi Adler-Olsen  
The Scarred Woman

Sandra Brown  
Seeing Red

Armando Lucas Correa  
The German Girl

Joseph Finder  
The Switch

Laurie R. King  
The Murder of Mary Russell

Alexander McCall Smith  
A Distant View of Everything

Abir Mukherjee  
The Rising Man

Annie Proulx  
Barkskins

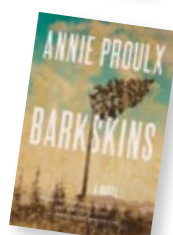
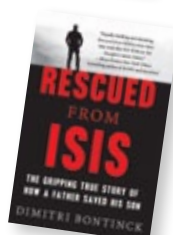
Daniel Silva  
House of Spies

Karin Slaughter  
The Good Daughter

### (Non-fiction)

Dimitri Bontrick  
Rescued from ISIS

Pauline Dakin  
Run, Hide, Repeat



Alexander Franken  
A Giant of the Senate

Chris Turner  
The Patch

### (Youth)

Maria Birmingham  
Biometrics:  
Your Body and  
the Science of  
Security

Jack Cheng  
See You in the Cosmos

Jennifer Gold  
On the Spectrum

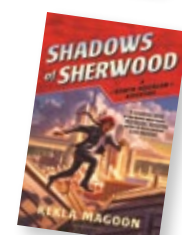
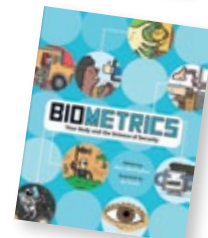
Kekla Magoon  
Shadows of Sherwood

Diana Murray  
Grimelda and the  
Spooktacular Pet Show

Kathy Reichs and  
Brendan Reichs  
Code

Reshma Saujani  
Girls Who Code:  
Learn to Code and  
Change the World

Tom Watson  
Stick Dog Craves Candy





## Ice Skating Program

**Instructor needed to teach the basics to the youngest and to teach figure skating techniques to the older children.** Communicate with Catherine Maillé at 450 226-3232, ext. 102.

Every Saturday at the Morin-Heights skating rink, 8-week session.

AGE/COST	RESIDENT	NON-RESIDENT
<b>Beginner</b> (3 ½ - 5 years old)	\$45	\$55
<b>Intermediate and advanced</b>	\$50	\$60

**SCHEDULE** (the level will be determined on the first class)

9:45 to 10:30:

**Beginner** - 3 ½\* to 5 year olds -  
(\*on January 1<sup>st</sup>, 2018)

10:45 to 11:45:

**Intermediate** - 6 year olds and up -

12:00 to 13:15:

**Intermediate and advanced**

**REGISTER before December 22<sup>nd</sup>,  
classes start on January 6<sup>th</sup>!**

No registrations will be accepted at the skating rink.

**Information:** Karyne Bergeron,  
450 226-3232, ext. 111



## Pick-up Youth Hockey **FREE!**

**For children 5 to 15 years old**  
(as of September 30<sup>th</sup>, 2017)

This recreational hockey program offers children 5 to 15 years of age, an opportunity to play traditional pick-up hockey at the local outdoor skating rink for free!

Emphasis is on fun, team spirit and participation. The program will mostly take place at the skating rink, except for two or three exhibition games which may be organized within the MRC. The program is free, places are limited, and it is entirely run and supervised by volunteers, so please respect their involvement by showing up! Hockey is a sport where team spirit is essential; your children's presence to all games is key.

**The following equipment is required:** helmet with visor, neck shield, hockey skates and stick.

**7 to 10 years old:** Tuesdays from 18:30 to 19:30

**11 to 15 years old:** Thursdays from 19:00 to 20:30

*If a sufficient number of children aged 5 and 6 is reached, we will start a team for this age group.*

**Starts on Tuesday January 9<sup>th</sup>** ice and weather conditions permitting, at the rink (148, chemin Watchorn). Program ends on February 27<sup>th</sup>, 2018.

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

**Register online at [www.morinheights.com](http://www.morinheights.com)** (click on "Online Registrations") **before December 15<sup>th</sup>. Places are limited\*.**

*\*Priority will be given to Morin-Heights residents up to **December 15<sup>th</sup>**. Following this date, all remaining places in the program will be filled with non-residents who are on the waiting list, first come, first served!*

**Information:** Robert Leblanc, Volunteer Head Coach, 450 226-1392.



## Activities



# Activities



## The 46<sup>th</sup> Edition of the Morin-Heights Viking Loppet

On **February 25<sup>th</sup>**, 2018, our town will welcome more than 500 skiers for the Morin-Heights Viking Loppet. Whether as a skier, volunteer or spectator, the Loppet provides fun and a good dose of fresh air for all!

The races are organized for participants of all ages and all levels: tourers, families and racers. The courses are short, medium and long distance (10, 20 and 33 km), depending on your experience. **Special rates are in effect until January 19<sup>th</sup>! Don't miss the chance to save on your registration fees!**

We hope to see you in large numbers at Parc Basler (99, ch. du Lac-Écho) to encourage and cheer on the skiers at the finish line!

The event involves more than a hundred volunteers, if you would like to join our team, simply leave your contact information to Karyne Bergeron at 450 226-3232 ext. 111 or at [bulletin@morinheights.com](mailto:bulletin@morinheights.com).

For additional information and registration, please visit: [www.skiloppet.com](http://www.skiloppet.com).



## Football Club Morin-Heights

### 2018 REGISTRATIONS

Register online starting on January 1<sup>st</sup> at [www.fcmorinheights.com](http://www.fcmorinheights.com) or at Chalet Bellevue (27, rue Bellevue) on Saturday, January 27<sup>th</sup>, or Sunday, February 18<sup>th</sup> between 13:00 and 15:00 or on Saturday, March 24<sup>th</sup>, between 10:00 and 12:00.

### Information:

[www.fcmorinheights.com](http://www.fcmorinheights.com) • 450 226-0011  
Facebook: Soccer FC Morin-Heights



## Important Numbers

### Town Hall

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

**Telephone:** 450 226-3232

**Fax:** 450 226-8786

**www.morinheights.com**

### Emails:

[bulletin@morinheights.com](mailto:bulletin@morinheights.com)  
[comptabilite@morinheights.com](mailto:comptabilite@morinheights.com)  
[conseil@morinheights.com](mailto:conseil@morinheights.com)  
[sfiala@morinheights.com](mailto:sfiala@morinheights.com)  
[karredondo@morinheights.com](mailto:karredondo@morinheights.com)  
[loisirs@morinheights.com](mailto:loisirs@morinheights.com)  
[municipalite@morinheights.com](mailto:municipalite@morinheights.com)  
[mutation@morinheights.com](mailto:mutation@morinheights.com)  
[parcs@morinheights.com](mailto:parcs@morinheights.com)  
[servicetechniques@morinheights.com](mailto:servicetechniques@morinheights.com)  
[ssi@morinheights.com](mailto:ssi@morinheights.com)  
[taxes@morinheights.com](mailto:taxes@morinheights.com)  
[travauxpublics@morinheights.com](mailto:travauxpublics@morinheights.com)  
[urbanisme@morinheights.com](mailto:urbanisme@morinheights.com)

### Sûreté du Québec des

**Pays-d'en-Haut:** 450 227-6848

### Animal Control:

1-866-960-7722 • [www.spcall.ca](http://www.spcall.ca)

### EMERGENCY: 9-1-1

#### Public Works

(evenings, nights, weekends and holidays) -

**Fire - Police - Ambulance -**

**Emergency Measures**

*Legal deposit - Bibliothèque et Archives nationales du Québec, 2017*

*Photos: Tara Kirkpatrick and Denis Laplante*

### Holiday Schedule

The Municipal office will be closed for the Holidays from Monday, **December 25<sup>th</sup>**, 2017 to Tuesday, **January 2<sup>nd</sup>**, 2018 inclusively.

**Graphic Design:** Julie Allard

**Production:** Les Imprimés Triton

1 888 990-3486 • [www.groupetriton.com](http://www.groupetriton.com)



## Gymnasium Sports

**From January 8<sup>th</sup> to May 1<sup>st</sup>**

At the school's gymnasium,  
647, chemin du Village

*We are looking for an activity  
supervisor!*

### **BADMINTON**

One court available, bring your  
equipment. Rotation every 20 minutes.  
Monday 18:00 to 19:30

### **TENNIS**

Monday 19:30 to 21:00

### **PICKLEBALL**

Tuesday 18:00 to 19:00

### **VOLLEYBALL**

Tuesday 19:00 to 21:00

**FEE: daily, per sport or semester  
pass per sport.**

(payable on site)

**\$4** resident • **\$6** non-resident

**Passes available** via «Online Registra-  
tions» at: [www.morinheights.com](http://www.morinheights.com)

**\$40** resident • **\$60** non-resident

**Information:** 450 226-3232, ext. 102

## Coueurs des bois

The *Coueurs des Bois* group organizes  
outdoor outings in the Laurentians -  
hiking in the fall and snowshoeing in  
winter. The schedule is available at:  
[www.morinheights.com/](http://www.morinheights.com/)  
Groupe-Coueurs-des-Bois

### **Information:**

Judy Rogers at 450 226-2885 or at  
[judyrogers222@gmail.com](mailto:judyrogers222@gmail.com)



## Spring Break Discounts for Sommet Morin Heights

From **March 5<sup>th</sup> to 9<sup>th</sup>**, get a special discount for the whole family on ski tickets for Sommet Morin Heights. A great way to get some fresh air during Spring Break!

This offer is for residents only (proof required).

Tickets will be available at the Town Hall during Spring Break.

Watch your mailbox by early January for the "**Winter Carnival**" mailing that will inform you about all the winter activities offered.

## Tai Chi Chuan

From **January 6<sup>th</sup> to March 24<sup>th</sup>**, come together for free practices and form exercises at Chalet Bellevue (27, rue Bellevue) on Saturdays from 9:00 to 11:00. Maintain regular tai chi chuan exercises with fellow enthusiasts to improve health, to keep in a calm and relaxed state, to improve joint movements, to increase blood circulation, to stimulate your nervous system and to improve your balance. Please join our group who enjoys practicing Tai Chi Chuan together.

For more information, please call Robert Lee at 450 227-8829.

## 2018 Ski-Jeunesse

Time has come to register your children aged **from 6 to 14** to the *Ski-Jeunesse* activity by the *Club Optimiste de la Vallée de Saint-Sauveur* at Sommet Morin Heights ski center.



### **Friday Ski or Snowboard Lessons**

(18:30 to 20:00)

Registrations: December 16<sup>th</sup>, from 9:00 to 12:00 at Sommet Morin Heights  
Ski (140 places) - Snowboard (40 places)  
\$60 (non-refundable, cash only)

### **Friday Free Ski or Snowboard** (no lessons)

Registrations: December 16<sup>th</sup>, from 9:00 to 12:00 at Sommet Morin Heights  
\$40 (non-refundable, cash only)

(Admission ticket valid from 15:00 to closing, starting January 5<sup>th</sup> until March 9<sup>th</sup>, 2018)



# Activities

## Intermunicipal Agreement

An intermunicipal agreement between 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 citizens from these seven towns to register **in the following selected courses** at resident rates.

### Registration process

Enquire directly about the registration process, dates, schedules, prices and availability with the town offering the class(es) of your choice. A proof of residence is required. We suggest that you contact the municipality offering the class or that you visit their website to get information.

### Refunds

The refund terms and conditions are those in effect in the town offering the class.

### For information

#### Municipality of Piedmont:

450 227-1888, ext. 223 •  
piedmont.ca

#### Municipality of Saint-Adolphe-d'Howard:

819 327-2626, ext. 222 •  
stadolphedhoward.qc.ca

#### Municipality of Sainte-Anne-des-Lacs:

450 224-2675, ext. 225 •  
sadl.qc.ca

#### City of Sainte-Adèle:

450 229-2921, ext. 244 •  
ville.sainte-adele.qc.ca

#### City of Saint-Sauveur:

450 227-2669, ext. 420 •  
ville.saint-sauveur.qc.ca

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

450 228-2543, ext. 221 •  
www.lacmasson.com

## ACTIVITIES INCLUDED IN THE AGREEMENT

### YOUTH

**Acting** (6-8 and 9-14 years old)  
Saint-Sauveur

**Babysitting**  
Saint-Sauveur

**Creative Dance** (3-5 years old)  
Sainte-Adèle

**Elite Hip Hop Dance** (9-13 years old)  
Sainte-Adèle

**Fantasy Makeup** (8+)  
Saint-Sauveur

**Initiation to Circus Arts** (5-6 and 7-12 years old)  
Saint-Sauveur

**Initiation to Skating** (2-7 years old)  
Sainte-Adèle

**Judo**  
Saint-Sauveur

**Katag** (6-12 years old)  
Saint-Sauveur

**Little Kangaroos Club** (4-6 years old)  
Sainte-Adèle

**Piano** (individual lesson)  
Saint-Sauveur

**"Science en fête"**  
Sainte-Adèle

**Sculpture Workshop**  
Saint-Adolphe-d'Howard

**Singing** (individual lesson)  
Saint-Sauveur

**Sports ABC** (4-6 years old)  
Saint-Sauveur

### PARENT - CHILD

**Artisanal Chocolate Making Workshop**  
Sainte-Marguerite-du-Lac-Masson

**Dance** (1-2 years old)  
Sainte-Adèle

**Sports ABC** (2-3 and 3-4 years old)  
Saint-Sauveur

**Valentine's Day Cooking Workshop** (2-8 years old)  
Sainte-Adèle

**Yoga**  
Saint-Adolphe-d'Howard

### ADULTS

**Artisanal Chocolate Making Workshop**  
Sainte-Marguerite-du-Lac-Masson

**Cardio Fit Pilates**  
Piedmont

**Culinary Workshop**  
Sainte-Adèle

**Digital Photography**  
Sainte-Marguerite-du-Lac-Masson

**Fantasy Makeup**  
Saint-Sauveur

**Firm Up Express**  
Sainte-Marguerite-du-Lac-Masson

**Fit Plus**  
Piedmont

**Fitness Centre**  
Sainte-Marguerite-du-Lac-Masson

**Fitness & Well-being**  
Piedmont and Saint-Sauveur

**Gypsy Dances**  
Piedmont and Morin-Heights

**Knitting**  
Sainte-Marguerite-du-Lac-Masson

**Middle Eastern Dances & Baladi**  
Piedmont and Morin-Heights

**Piano (individual lesson)**  
Saint-Sauveur

**Qi Gong**  
Saint-Adolphe-d'Howard and Sainte-Adèle

**Sculpture Workshop**  
Saint-Adolphe-d'Howard

**Singing** (individual lesson)  
Saint-Sauveur

**Snowshoe & Yoga**  
Sainte-Marguerite-du-Lac-Masson

**Spanish** (beginner 1 & 2)  
Sainte-Anne-des-Lacs

**Spanish** (beginner 1, intermediate 1 & 2)  
Sainte-Adèle

**Taijifit Flow**  
Saint-Adolphe-d'Howard

**Tap Clap Cardio** (65+)  
Saint-Adolphe-d'Howard

**Therapeutic Yoga** (beginner)  
Saint-Sauveur

**Writing Workshop** (all levels)  
Sainte-Adèle

**Yoga 50+**  
Sainte-Marguerite-du-Lac-Masson

**Yoga for all**  
Sainte-Marguerite-du-Lac-Masson

**Yoga Kundalini**  
Saint-Adolphe-d'Howard

**Yoga Vini**  
Saint-Adolphe-d'Howard





# Activities



## Viking Ski Club

Viking Ski Club offers ski programs beginning January 6<sup>th</sup>, 2018.

- **Bunny Rabbit:** 4 - 5 year olds
- **Jack Rabbit:** 6 - 13 year olds
- **Arrows:** 11 - 15 year olds
- **Challenge:** 12 years +
- **Biathlon Bears:** 9 - 15 year olds
- **Adult Biathlon:** 16 years +
- Adult lessons
- Private lessons
- Adult touring program held on Thursdays, Saturdays and Sundays, starting in January.

The chalet is located at 393, chemin Jackson, in Morin-Heights.

Visit [www.vikingskiclub.ca](http://www.vikingskiclub.ca) or write to [info@vikingskiclub.ca](mailto:info@vikingskiclub.ca).



Thank you to all of our renewing members and patrons for helping make our fall production "I'll Be Back Before Midnight" a success. Play reading evenings are planned for November 23, February 15 and April 19, at Chalet Bellevue (27, rue Bellevue).

Want to participate on stage or behind the scenes, become a member or renew membership?

For more information and to check out our latest activities, visit: [theatremorinheights.ca](http://theatremorinheights.ca), email [theatremorinheights@gmail.com](mailto:theatremorinheights@gmail.com) or call 514 865-5356.



## Arts Morin-Heights

As 2017 comes to an end, we can look back on another year of beautiful and varied exhibitions! Arts Morin-Heights would like to take this opportunity to thank its many visitors, loyal sponsors, the Municipality and everyone near and far who helped us throughout the year. As part of our continuing thematic exhibitions at the library, we invite you to visit our show "Botanicals" which opens on November 25<sup>th</sup> and runs until March 24<sup>th</sup>, 2018.

The year 2018 will mark the **35<sup>th</sup> anniversary** of Arts Morin-Heights. We will celebrate this important anniversary with you at our show next summer at Chalet Bellevue. Stay tuned for more information in the spring.

Admission to our exhibitions is always free, but donations of non-perishable goods for the *Garde-Manger des Pays-d'en-Haut* are greatly appreciated.

[artsmorinheights.com](http://artsmorinheights.com) • [info@artsmorinheights.com](mailto:info@artsmorinheights.com) • 450 226-3832



## La Rochelle Preschool

Only bilingual preschool in the Laurentians for children aged 3 to 5 years old, Monday to Thursday from 8:45 to 13:00 or from 8:45 to 15:30 at Morin-Heights Elementary School (647, chemin du Village). All preschool fees are tax deductible.

**Information:** 450 821-2566 or [prematernellelarochellepreschool@yahoo.ca](mailto:prematernellelarochellepreschool@yahoo.ca)



## Senior Citizens Heritage Club

The Senior Citizens Heritage Club invites you to join, ages 55 & over. Monthly activities are organized for members, including interesting day trips during the months of April, May, June, September and October.

### Information:

Isabel Ellis at 450 226-8882 • Marion Roberts at 450 432-7324 • Mona Wood at 450 226-1454



# Activities

## CLEF, French-language Reading Club

The *Club de lecture en français* (CLEF) continues its monthly meetings. The club meets every third Wednesday of the month to discuss reading: new finds, books we're re-reading and favourites.

For information about the club, contact Monique Bélisle at 450 226-8464.



## Laurentian Reading Club

The Laurentian Reading Club has been meeting every month for over 50 years for lively discussion of books and reading. Meetings are held in English. We have room just now for a couple more members. For more information, please contact Jane Philibert at 450 226-6947 or at [janephil@cgocable.ca](mailto:janephil@cgocable.ca).



## COOP SORE • Activities and services for seniors

- **Community lunch** for all prepared by *Soupe et Cie* every **Monday at 12:00** at Chalet Bellevue (27, rue Bellevue). A voluntary donation of \$6 is suggested. Meal includes: soup, main dish, salad, dessert, tea or coffee. **Advance reservations are mandatory on Fridays from 9:00 to 16:00 at 514 944-9335.**
- We are looking for volunteers for different activities.
- **Home respite service:** specifically trained staff are sent to your home (day, evening, night) to take over the care of your loved-one while the caregiver attends other activities. The service is offered to Morin-Heights' senior residents/caregivers and caregivers on the *MRC des Pays-d'en-Haut's* territory.

**Information:** 450 224-2657



## Joyful Noise Choir

Joyful Noise Choir and Morin-Heights Elementary School Choir invite you to a **Christmas Evening** on **Thursday, December 7<sup>th</sup>, at 19:00**, at United Church (831, chemin du Village). The concert is free, donations to the Church are welcome!

Watch for **VILLAGE NOISE**, street carolers, on **December 16<sup>th</sup>** between 13:00 and 15:00.

## Morin-Heights' United Church

Sunday service held from 10:30 to 11:30 followed by "coffee time and fellowship".

Our church's senior outreach "Cosy Corner Club" meets every Tuesday at 13:00 for the spring, summer and fall months. During the winter months they serve soup at 12:00 before the activities. They play cards, games, talk and enjoy a "snack time" at 15:00. Welcome to all!

**This is Cosy Corner's 25<sup>th</sup> anniversary!**

For information, contact Lucille Green at 450 226-6681.

## Stay Safe Course!

This class offers basic first aid and safety skills for youth 9-13 years old. Participants learn about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities.

They will learn the importance of responsibility and respect while being accountable for themselves, as well as the importance of setting and following safety rules when on their own. They will learn how to prepare for, recognize and respond to unexpected situations (e.g., inclement weather, strangers, and unanticipated visits).

The **bilingual** course is offered at \$60 per person, including a workbook and a completion certificate upon the successful completion of the course.

**Sunday, January 7<sup>th</sup>, from 9:00 to 15:30**, at the Remembrance Hall (823, chemin du Village).

**Registration required before December 21<sup>st</sup>, at the Town Hall:** 450 226-3232, ext. 111.

For more information on the content of the course, you may contact the instructor: Kim Maurice at 514 916-9904.





## Laurentian Region Cancer Support Group

Offers English-speaking support services to cancer patients, caregivers and their families in the Laurentian region. Meetings are held monthly at Chalet Bellevue (27, rue Bellevue). 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](mailto:cancer.laurentia@yahoo.ca).

## Next edition!

The budget edition of Info Morin-Heights will be mailed with your 2018 tax account. To submit a text for the bulletin, send a French and an English version to [bulletin@morinheights.com](mailto:bulletin@morinheights.com).

### SPRING EDITION

March 20 to June 1, 2018  
Deadline: January 25, 2018  
Distribution: March 15, 2018

### SUMMER EDITION

June 1 to August 15, 2018  
Deadline: April 23, 2018  
Distribution: May 31, 2018

### FALL EDITION

August 15 to December 1, 2018  
Deadline: June 14, 2018  
Distribution: August 10, 2018

### WINTER EDITION

December 1, 2018 to March 20, 2019  
Deadline: October 5, 2018  
Distribution: November 23, 2018

Note that if the deadlines are not respected, your texts will not be published.

## Royal Canadian Legion Activities

**All welcome!** 127 ch. Watchorn

**Darts** every Thursday at 15:00, **military whist** on the 1<sup>st</sup> and 3<sup>rd</sup> Monday of the month at 13:00.  
**Information:** [www.legion171.com](http://www.legion171.com) or 450 226-2213 (after 15:00)

SUNDAY, NOVEMBER 26

**Grey Cup Party** (hamburgers, etc.)

WEDNESDAY, DECEMBER 6

**Live Music: Dwane Dixon & Friends,**  
 from 19:00 to 22:00

SATURDAY, DECEMBER 9

**Special Traditional Quebec Meal,**  
 at 18:00

FRIDAY, DECEMBER 15

**TGIF Smoked Meat & Karaoke Night,**  
 at 18:00

SATURDAY, DECEMBER 23

**Christmas Party - Open Mic Night,**  
 at 18:00

WEDNESDAY, JANUARY 3

**Live Music: Posa Blues Band,**  
 from 19:00 to 22:00

FRIDAY, JANUARY 19

**TGIF Smoked Meat & Karaoke Night,**  
 at 18:00

SUNDAY, FEBRUARY 4

**Super Bowl Party**

WEDNESDAY, FEBRUARY 7

**Live Music: Paul Arthur & Raisin' Cain,**  
 from 19:00 to 22:00

SATURDAY, FEBRUARY 10

**Valentine's Day Supper,** at 18:00

FRIDAY, FEBRUARY 16

**TGIF Smoked Meat & Karaoke Night,**  
 at 18:00

SATURDAY, FEBRUARY 24

**Annual Legion Snowball Game,** at 13:00

WEDNESDAY, MARCH 7

**Live Music: The T-Birds,**  
 from 19:00 to 22:00

FRIDAY, MARCH 9

**69<sup>th</sup> Kids' Ski Races at Sommet Morin Heights,** at 9:00 at Sommet Morin Heights

SATURDAY, MARCH 17

**St-Patrick's Day Supper,** at 18:00

FRIDAY, MARCH 23

**TGIF Smoked Meat & Karaoke Night,**  
 at 18:00

SUNDAY, APRIL 1

**Easter Brunch,** from 9:00 to 13:00

## Knitting Group

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

Meetings will be held at the Library's Remembrance Hall on the second and fourth Thursdays of January, February and March from 13:00 to 16:00. In December, there will only be one meeting, on the 14<sup>th</sup>. You are welcome for the full three hours, or less, depending on your availability.

This is an informal group, so there is no need to sign up or to confirm your presence. Please join us to knit, share and chat! All you have to bring are your supplies. If you have any questions, please contact Monique Bélisle at 450 226-8464.



Class / Location	Rates	Schedule	Dates	Instructor	Description
<b>Essentrics</b> / Chalet Bellevue	12-week session 1-class /week R: \$140 NR: \$160	Monday 11:00 to 12:00 Wed. 11:00 to 12:00	January 8 to March 28	Ginette Oujmet <b>certified Essentrics instructor level 3</b> 450 543-0308 essentricsaveginette@gmail.com essentricsaveginette.vpweb.ca	Muscular strengthening technique: balances the whole body, releases the joints, improves posture and increases flexibility. Therapeutic technique adapted for all conditions as well as various sports activities.
<b>Essentrics Aging Backwards</b> / Chalet Bellevue	2-class /week R: \$240 NR: \$280 <b>REGISTRATION MANDATORY!</b>	Monday 9:00 to 10:00			Prevents, slows and heals the aging of the whole body. Designed for people with stiffness related to atrophy, progressive or severe limitations, chronic pain or for those who are starting to exercise after a sedentary period or a convalescence.
<b>Yoga and meditation</b> / Chalet Bellevue	*	Monday 16:30 to 18:30 Wednesday 7:30 to 8:30	December to March	Louise Bloom 450 226-5844	Hatha yoga, meditation and spiritual disciplines
<b>Gypsy Dancing</b> / Chalet Bellevue	8-week session	Tuesday 17:30 to 18:30	January 16 to March 20 (expect two cancellations due to bad weather)	Hélène Sanschagrin <b>Rakshohemia</b> 450 227-4019 rakshohemia@gmail.com	Body and mind combined to express freedom, fluidity, tenderness, sensuality, passion. Brings body awareness, flexibility, strength, coordination, balance, release of stress and tension, self-confidence.
<b>Middle Eastern Dances</b> / Chalet Bellevue	R: \$110 NR: \$125	Tuesday 19:00 to 20:15			From the popular baladi, to the aerial sharki, through the mesmerizing Saidi, improve your posture and develop body conscience, grace, flexibility, coordination and balance, while toning up your stomach and pelvic muscles. For women of all ages.
<b>Tai Chi Yang stretch and meditation</b> / Chalet Bellevue	R: \$110 NR: \$130	Tuesday 10:30 to 11:45	March 6 to April 17	Michelle Gendron 450 712-6834 <b>ecoledeatathiblere.com</b>	Physical, mental and emotional balance. Possibility of joining the course at any time.
<b>Painting &amp; creativity</b> / Chalet Bellevue	R: \$20/ class NR: \$25/ class (payable per session)	Wed. 13:00 to 15:00	1 <sup>st</sup> session: 7-class December 6 to January 31	Liliflore 514 638-5810 <b>liliflore.ca</b> liliflore.ca@gmail.com	Develop your creativity, learn techniques and get advice with your painting project. Beginners and intermediates welcome! Bring your own material, detailed list provided.
<b>Painting &amp; creativity (7 years old and up)</b> / Chalet Bellevue		Wed. 17:45 to 19:45	2 <sup>nd</sup> session: 5-class March 14 to April 11		Creative exploration and technical advice to progress in painting. Various projects proposed. Have your own basic material, detailed list provided.
<b>Karate</b> / Chalet Bellevue	*	Friday 17:30 à 18:30	until June	Kyoshi Gilles Labelle 450 431-1444 or lgilles.budo@gmail.com	Develops concentration, respect, self-confidence and increases physical fitness. Gives children tools to avoid bullying. Children 5 and up and adults. Two free trial classes.
<b>Cardio-snowshoe</b> / Corridor Aérobieque	10-week session 1-class /week \$129,35 2-class /week \$178,21	Saturday 10:30 to 11:30	January 8 to March 18	<b>Cardio Plein Air</b> <b>certified trainers</b> Register on <a href="http://www.cardiopleinair.com">www.cardiopleinair.com</a> or via Julie Raymond 450 643-0465 st-sauveur@cardiopleinair.ca	Interval training that combines cardiovascular and muscular exercises. Ideal for diversifying your training and enjoying an effective session that combines the pleasures of winter with the benefits of structured, supervised coaching.
<b>Traditional Scottish Highland Dancing</b> / Chalet Bellevue	R: \$60 NR: \$70	Sunday 16:00 to 17:30	January 14 to March 25	Heather McNabb 514 486-3480 or heatheramcnabb@hotmail.com	Traditional dance for 6 years old and over
<b>Pre-ballet</b> / Chalet Bellevue		Sunday 9:00 to 9:45			3 <sup>1/2</sup> to 5 year olds
<b>Ballet 1</b> / Chalet Bellevue		Sunday 9:45 to 11:00			6 to 7 year olds
<b>Ballet 2</b> / Chalet Bellevue		Sunday 11:00 to 12:30 Friday 17:00 to 18:15			8 to 10 year olds
<b>Ballet 3</b> / Chalet Bellevue	*	Sunday 12:30 to 14:30 Tuesday 18:30 to 20:30 Friday 18:15 to 20:15	until June	<b>Conservatoire de ballet classique des Laurentides</b> Madame Isabeau 514 608-3381	11 to 15 year olds
<b>Elementary ballet: teens and adults</b> / Chalet Bellevue		Sunday 12:30 to 14:30 Tuesday 18:30 to 20:30 Friday 18:15 to 20:15			16 year olds and over

Legend R: resident • NR: non-resident \*: See instructor for more information

**FOR INFORMATION OR REGISTRATION, COMMUNICATE DIRECTLY WITH THE INSTRUCTOR**

NEW!





Morin-Heights  
1855

# Collection Calendar

## 2017 - 2018



### 2017

#### SEPTEMBER 2017

M	Tu	W	Th	F	Sa	Su
				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	

#### OCTOBER 2017

M	Tu	W	Th	F	Sa	Su
						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					

#### NOVEMBER 2017

M	Tu	W	Th	F	Sa	Su
			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		

#### DECEMBER 2017

M	Tu	W	Th	F	Sa	Su
				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

### 2018

#### JANUARY 2018

M	Tu	W	Th	F	Sa	Su
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				

#### FEBRUARY 2018

M	Tu	W	Th	F	Sa	Su
			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				

#### MARCH 2018

M	Tu	W	Th	F	Sa	Su
			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	

#### APRIL 2018

M	Tu	W	Th	F	Sa	Su
						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						

#### MAY 2018

M	Tu	W	Th	F	Sa	Su
	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			

#### JUNE 2018

M	Tu	W	Th	F	Sa	Su
				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	

#### JULY 2018

M	Tu	W	Th	F	Sa	Su
						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					

#### AUGUST 2018

M	Tu	W	Th	F	Sa	Su
			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	

- RECYCLING (blue bin)
- GARBAGE (black bin)
- BULKY ITEMS

**Black bin :**  
Every Thursday from June to September and every second Thursday from October to May.

**Blue bin :**  
Every second Friday all year long.

**BULKY ITEMS (4 times a year)**  
Place them at the curb on Sunday evening and the truck will pass by once during the week on your street.

#### FOR INFORMATION

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



**INFO-COLLECTE**  
**1 888 482-6676**

[info@comporecycle.com](mailto:info@comporecycle.com)

#### ECOCENTRE

450 227-2451 - 2125, ch. Jean-Adam, Saint-Sauveur

##### Business hours :

- December 1<sup>st</sup> - March 31<sup>st</sup>

Tuesday - Saturday 7:30-11:45 and 13:00-16:00

- April 1<sup>st</sup> - November 30<sup>th</sup>

Monday - Sunday 7:30-16:00

CLOSED June 24<sup>th</sup>, December 24<sup>th</sup> to 26<sup>th</sup> and December 31<sup>st</sup> to January 2<sup>nd</sup>.

#### TRIO COLLECTE APP - COMPO RECYCLE allows you to:



- View your personalized calendar.
- Receive notifications regarding collection days.
- Find out how to dispose of a specific item.
- Submit your requests, complaints and comments.



# REMINDER - ACCEPTED ITEMS


RECYCLING



- ✓ It's a container ?
- ✓ It's packaging ?
- ✓ It's printed material ?

**IT GOES IN THE BLUE BIN!**

## PLASTIC

- ✓ All containers # 1-2-3-4-5-7 with logo 
- ✓ Lids and caps
- ✓ Plastic bags and wrap placed in a closed plastic bag
- ✓ Cleaning, cosmetic and food containers

## PAPER AND CARDBOARD

- ✓ Magazines, newspapers and flyers
- ✓ Envelopes, paper, cardboard
- ✓ Juice and milk boxes
- ✓ Egg cartons

## GLASS

- ✓ Bottles
- ✓ Jars

## METAL

- ✓ Tin cans
- ✓ Lids and caps
- ✓ Foil and aluminum plates

GARBAGE




## SANITARY

- ✓ Diapers
- ✓ Toilet paper
- ✓ Tampons
- ✓ Vacuum bags

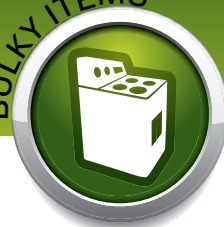
## PAPER AND CARDBOARD

- ✓ Soiled paper and cardboard
- ✓ Binders
- ✓ Waxed paper and cardboard
- ✓ Wallpaper

## OTHER

- ✓ Food waste
- ✓ Organic matter
- ✓ Light bulbs (except energy saving CFL)
- ✓ Styrofoam 
- ✓ Not numbered plastic
- ✓ Porcelain, pyrex
- ✓ Hair, animal fur, feathers

BULKY ITEMS



## 4 TIMES A YEAR - LARGE OBJECTS

- ✓ Furniture
- ✓ Appliances (except refrigerating appliances)
- ✓ Empty furnaces
- ✓ Hot water tanks
- ✓ Electric devices
- ✓ Carpets
- ✓ Mattresses and boxsprings
- ✓ Armchairs and couch

ECOCENTRE



- ✓ Construction, renovation and demolition materials (wood, gypsum, shingles, mineral wool, window glass, etc.)
- ✓ Christmas lights
- ✓ Branches
- ✓ Garden waste (grass clippings, leaves)
- ✓ Tires
- ✓ Metals
- ✓ Refrigerating appliances (ACs, freezers, refrigerators, wine fridges, heat pumps, etc.)
- ✓ Computer equipment, electric devices
- ✓ Car batteries
- ✓ Propane tanks
- ✓ Mercury lamps (energy saving, neon, etc.)
- ✓ Furniture, mattresses and carpets
- ✓ Household hazardous waste (batteries, paint, oil, glue, solvent, chlorine, and all products identified with a red octagon icon with a pictogram inside)
- ✓ Polystyrene packing
- ✓ Clean polystyrene food containers (rigid and styrofoam)

It is exclusively open to residents and property owners from Saint-Sauveur, Piedmont, Morin-Heights and Sainte-Anne-des-Lacs.

## FOR INFORMATION

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