



**MORIN-HEIGHTS  
1855**

# Info Morin-Heights

*In harmony with nature!*

Spring 2017 - Vol. 20, no 2

## Morin-Heights Environment and Family Festival

**Saturday, May 6<sup>th</sup>, AT THE SCHOOL, from 9:00 to 16:00! (Postponed to May 7<sup>th</sup> in case of rain)**

- Pick-up day for free tree seedlings, available as of 9:00;
- M.H.E.S Spring Bazaar: local artisans will offer their products;
- Animation and games;
- Inflatable play area for children;
- Come meet our firefighters and see the equipment they use to respond to emergencies and witness a demonstration.
- Various environmental information kiosks until noon;
- Discounts on water testing of private wells by H2Lab (formerly Bio-Services) from 9:00 to 11:00 (recommended once annually). The bottles will be available at the Town Hall during the week prior to the event.

**Note that the tree seedlings will be distributed at Lummis Park on May 27<sup>th</sup>.**



## Children's Fishing Day at Rivière-à-Simon

**At Lummis Park, Saturday, May 27<sup>th</sup>, 8:00 to 15:00**

Children initiation to trout fishing, \$5 registration fees. They must have fishing gear and be accompanied by an adult. This event for children is made possible by the **Association de Chasse et Pêche des Laurentides**.

### Free tree seedlings

Time for tree planting! The Municipality, with the collaboration of the *Ministère des ressources naturelles* and the 4-H Club, will be giving away tree seedlings to citizens for their landscaping projects. Quantities are limited and seedlings will be distributed on a first come, first serve basis (max. 25 per family).

Please note that:

- seedlings are mostly coniferous and average 25 cm in height;
- the type of seedlings will only be known on the day they are distributed.



*Place aux 50 ans  
et mieux  
on page 4  
Day Camp  
on page 9*

*Babysitting Course  
on page 10*

## Elections Staff Sought!

### Advance poll:

Sunday October 29<sup>th</sup>

### General election:

Sunday, November 5<sup>th</sup>

Individuals interested in working on one or both of these two dates are invited to communicate with the Municipality at 450 226 3232, ext. 106 or at [mutation@morinheights.com](mailto:mutation@morinheights.com).

## Summary

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## News from the Mayor

My fellow citizens,

We are entering into the last year of our mandate with a lot of work to do.

Our first objective is to complete the renovation work at Chalet Bellevue for September 1<sup>st</sup>. The Government of Canada has seen the light and has agreed to provide us with a grant in the amount of \$500,000 in order to help complete the work. This grant will help the Municipality to reduce costs and allow the citizens of Morin-Heights to benefit from a cultural and community centre that would meet all of its needs. I would like to thank our Federal representative, Mr. Stéphane Lauzon, for his support in helping us obtain a positive response to our request.

The next major project will be the repairs to the aqueduct, sidewalks and pavement on Village Road, between Route 364 and Grand-Orme Road. This work should be completed by the fall.

Completion of the waterline and landscaping in the Sommet Morin Heights, Prime-roses and chemin des Hauteurs areas will also occur during the month of June.

The Fondeurs' new training trail has been a major success. The first two cross-country races which were qualifications of the Quebec Games during the month of January and a Quebec Cup trial on March 11<sup>th</sup> and 12<sup>th</sup> proved that Morin-Heights is an undeniable competitive cross-country ski area and is considered as a provincial leader. We are the cross-country ski capital of the Laurentians! I would like to thank our partners: Club Fondeurs Laurentides, Caisses Desjardins and Les Sommets (versant Morin-Heights). This partnership proves what we can do in a short amount of time!



I invite you to take advantage of everything Morin-Heights has to offer; parks and trails to practice outdoor sports, library, municipal events such as the Children's Fishing Day and the Family and Environment Festival as well as various activities proposed by many of the community's organizations such as Arts Morin-Heights and the Historical Association's expositions.

In closing, on a philosophical note, I write these words following the terrorist attack in Quebec City. I hope that all citizens will step outside of their comfort zone a little more often to get to know their neighbours. Getting to know each other allows us to understand each other which means we can therefore live in harmony.

We live a good life here in Morin-Heights, in Quebec and in Canada. We must do whatever is necessary to maintain this well-being by remaining open-minded and welcoming. It is easy to see what can happen if fear takes over empathy and compassion; our neighbours to the south of us, as well as the world pay the price...

Regards,

**Tim Watchorn, ing.**  
Mayor

## Laurentian Region Cancer Support Group

Offers English-speaking support services to cancer patients, caregivers and their families in the Laurentian region. Free monthly meetings are held at St-Eugène Church in Morin-Heights (148, ch. Watchorn). Donations are welcome (tax receipts offered).

For more information about services, meetings, guest speakers, call June Angus at **450 226-3641** or email **cancer.laurentia@yahoo.ca**.

## High-level Cross-country Ski Trail

Last November, the announcement was made of a \$100,000 donation by Desjardins to Club Fondeurs-Laurentides for the development of a 5 km cross-country ski trail at Sommet Morin Heights. This important grant, in addition to the support from Sommet Morin Heights and the Municipality of Morin-Heights, is a major step towards the possibility of hosting high level competitions. Thanks again to Desjardins!





## Morin-Heights Elementary School's Community Garden

Full heart of winter, a look back onto the year completed. We had the good fortune to set the school garden "to bed" for the winter. Good manure provided from two different sources, the sheep and the lama from Ron Wood's and the horses from Rick Blackburn's, was spread over the earth and tilled in with a little rototiller offered by Gilles Saulnier (who received it from a client). Gilles also offered his services by delivering the horse manure. Two young German women who were temporarily in Morin-Heights as "woofers" helped unload and spread the manure with much good humour and energy. This garden is most certainly a collective effort!

A look forward to the year that is starting. We will soon be getting down to the business of seed selection and garden planning. Already certain teachers are sharing ideas for projects that they would like to take on with the students. For example: flowers for the pollinators and "bug hotels" for the young ones; seeds to be sprouted in class for biology study for the older ones. We must mention the wonderful gathering with the school personnel, the people in charge of the CLC (Community Learning Center) as well as different members of the community with the aim to start a "Community Conversation" including the multiple organizations that already enliven village life. More and more connections being woven! The spiders would be proud to see these human webs!



Table des aînés  
de la MRC des Pays-d'en-Haut

# News

### I can go where I want, when I want!

You're at home and either by necessity or simply for a change, you wish to go to another municipality. You don't have a car and your friends are busy. Seem impossible? There are several inexpensive solutions available to you!

**L'Entraide bénévole des Pays-d'en-Haut** allows you to do your groceries (\$8), your shopping in St-Jérôme (\$13) or in Rosemère (\$15) on different days, depending on the municipality. Also, *l'Entraide* offers volunteer transport for medical appointments (\$). You can call **450 229-9020** or **1-855-226-5626** for more information.

If *Entraide* doesn't come to your area, you can take a **TAXIBUS** to bring you to the departure point of the *Entraide* transport for a cost of \$4. For example: Ste-Marguerite to Ste-Adèle; St-Adolphe to St-Sauveur; Ste-Anne-des-Lacs to St-Sauveur. Other routes are also available. Don't hesitate to call **1-877-604-3377**.

Another option is **Transport adapté et collectif des Laurentides** which offers transport to and from medical appointments: **1-800-717-9737**.

To take advantage of the services offered by these organizations, you must make a reservation (obligatory) and have the exact amount of money ready when you travel.

You can also travel from St-Jérôme to Tremblant by bus (**l'Inter des Laurentides**); there are several departures a day with several stops, even on holidays: **1-877-604-3377**.

Even Montréal isn't inaccessible! You can take the train from St-Jérôme or the bus with **Auto-bus Gallant**, who offers the service between Montréal and Mont-Laurier with several stops along the way: **450 687-8666**.

And finally, there's car-pooling: **laurentides.covoiturage.ca**

Your freedom and your independence are part of your quality of life – take advantage!

### Significant Involvement

The "*Vieux Bamboos de Morin-Heights*", two teams of parents from the Sommet Morin Heights' competition team, participated in the last edition of **Tremblant's 24h**. They raised more than \$100,000 for the *Fondation Charles Bruneau* working with children with cancer.

Congratulations on your accomplishment!



At the *Maison de la famille* you can benefit from:

- workshops on parental competence
- chat & coffee
- parent / child workshops and activities
- a collective kitchen
- drop-in daycare
- a dinner with other families

**Information and registration:**  
**450 229-3357**



Photo: Mathieu Madison

## Ruisseau Jackson: A Haven of Biodiversity

A new study on the natural resources in the area surrounding Ruisseau Jackson paints a picture of an ecosystem rich in biodiversity. In a brief visit to the area in the spring of 2016, 33 species of birds were identified! This sample is representative of the area's total biodiversity – the diversity of living species: flowers, insects, mammals, reptiles and so on. There are even a few rare species, such as the Pickerel frog.

The composition of the area covered by **Ruisseau Jackson: Protected Natural Area** (RJANP), which is connected to many of the region's natural environments, is nearly 84% intact forest, 7% wetlands and 3% water bodies. RJANP often organizes "nature discovery" events, so stay tuned: [www.ruisseaujackson.org](http://www.ruisseaujackson.org).



## Theatre Morin Heights

[www.theatremorinheights.ca](http://www.theatremorinheights.ca)

TMH presents a rehearsed reading of "**War of the Worlds**" by H.G. Wells on Thursday, March 30<sup>th</sup>, 19:00, at the Morin-Heights' Legion (127, ch. Watchorn)

Free! Come sit back, relax and enjoy!

### For information:

[theatremorinheights@gmail.com](mailto:theatremorinheights@gmail.com) or 450 226-5352.

### Special Event: Saturday, May 6<sup>th</sup> at 19:30 "Being Hank & Patsy".

Musical memoire featuring the tunes of Hank Williams and Patsy Cline (with Laura Teasdale & Ralph Steiner).



Produced by Penny Rose, sponsored by Theatre Morin Heights. At Morin-Heights' United Church, 831, ch. du Village. Tickets \$20 in advance at Marché Vaillancourt starting April 1<sup>st</sup> or \$25 at the door.

### For information:

Call June at **450 226-3641**



**Laurentian Caregivers Association**  
[www.laurentiancare.org](http://www.laurentiancare.org) • [info@laurentiancare.org](mailto:info@laurentiancare.org)

**Personalized Quality Home Care Assistance**

**Contact with English Resources available in Community Health & Social Services**

**Support and Respite for Seniors and Caregivers**

**BILINGUAL SERVICE | Toll Free : 1-855-522-7372**

*Your care is our primary goal*

## COOP SORE • Activities and services for seniors

• **Community lunch** prepared by *Soupe et Cie* every Monday at 12:00 at St-Eugène Church (148, ch. Watchorn). Voluntary donation of \$6 is suggested. Meal includes: soup, main dish, salad, dessert, tea or coffee.

**Advance reservation mandatory on Fridays from 9:00 to 16:00 at 514 944-9335.**

• **Home respite service.** Specifically, trained interveners are sent to your home to take over the care of your loved-one while you, the caregiver, attend other activities (day, evening, night).

The service is offered to *MRC Pays-d'en-Haut's* senior residents/caregivers.

**Information:** 450 224-2657

## PLACE

AUX **50** ANS  
et **MIEUX**

### 5 years, let's celebrate!

For five years now, the different municipal Recreation Services from our MRC have been organizing a day of activities for seniors (50+) at Hôtel du Mont Gabriel in Sainte-Adèle, **Place aux 50 ans et mieux.**

The theme this year will be "Lève-toi, on bouge!" and the guest ambassador will be none other than **Josée Lavigne** (casual clothing recommended)! The day offers a wide variety of activities and information in the form of workshops, conferences, information booths and a buffet offered at lunch. There will also be some surprises!

Do not miss it on **May 8<sup>th</sup>, from 8:45 to 15:30!** Go to your Town Hall to purchase a **\$17** ticket.

Limited places, so get your ticket now!



## Town Planning and Territory Development

### 2016-2018 Fleurons du Québec

It was with great pride that the Municipality obtained its fourth fleuron last October, after the presentation of the report by the classifiers who inspected our territory last August. These four fleurons recognize a remarkable horticultural embellishment in the majority of categories. The upgrading of the flower beds under the entrance signs and the improvements made to Basler Park, the Aerobic Corridor and the library are responsible for the increase in scoring.

This recognition is the result of the subcontractors' hard work and their employees, including Mr. Gilles Saulnier, manager of horticultural development and Mr. Daniel Corbeil, responsible for lawn care. Congratulations on your dedication!

For the 2017 season, we will complete the landscape work we started last year at the library. We are also inviting all citizens to improve the greenery and beautify our territory.

### Residential pools

If you plan to install an above-ground, in-ground or temporary pool this summer, please consult the municipal regulations on our website or inquire at the Town Hall to learn about the particulars and find out which documents you need to submit along with your permit request. For lots supplied by one of the municipal water networks, a water tax of \$200 per year will be added to your 2017 tax bill.

Since the Beaulieu, Alpino, Loup-Garou and Salzborg drinking water reservoirs are smaller and contain limited quantity of water, please contact Technical Services at 450 226-3232, ext. 115 to inform them of the date you've chosen to fill your pool and therefore avoid interruptions of water supply for other users of your network. Please note that any pool must be refilled during the night to avoid overloading the water system during high demand periods.

### Construction and renovation permits

Do you have a construction or renovation project in mind? Please call the Town Planning Department or visit our website to find out which type of work requires a permit before you start the project. An interactive permit request form can be found on our municipal website and submitted along with your documents, at the Town Hall or by e-mail.

Please note that in some areas, mainly at the heart of the village, renovation and construction is governed by a by-law regarding architectural integration. Work to be done has to be evaluated by the Town Planning Committee (CCU) and recommended to Council for approval. Allow additional delays when planning your projects.

### Temporary shelters

Residents have until May 1<sup>st</sup> to remove the protective tarp and until May 15<sup>th</sup> to dismantle the frame itself. The provisions apply to all temporary shelters no matter where they are installed on the property or what they are used for.

## Environment

We invite you to visit [www.morinheights.com](http://www.morinheights.com), in the Environment section where new useful information is available.

### Tree cutting permits

Cutting a tree on a private property, including dead and sick trees, requires a permit beforehand, which can be obtained free of charge. Please note that an inspection needs to be done to assess the validity of your request. If a tree is already down or you just want to prune a tree, you don't need a permit.

### Analyze the water in your well

Did you know that as the owner or operator of a water distribution system, you are required to provide users with drinking water that meets the requirements of the Provincial Drinking Water Quality Regulation Q -2, r.40 ? Think about analyzing the water in your well this spring.

The Ministry of *Développement durable, de l'Environnement et de la Lutte contre les changements climatiques* recommends two water analyses annually; in the spring and fall. To do so, contact the laboratories accredited by the Ministry. Again this year, we invite you at the Family and Environment Festival where you can benefit from a discount on the analysis of water samples from private wells, offered by the Municipality, in collaboration with the *Laboratoire d'analyses Bio-Services*.



## Recycling and 2017 Garbage Collection

### APRIL

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

### MAY

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

Garbage
  Recycling
  Bulky items

**INFO-COLLECTION:**  
**1 888 482-6676 (option 2)**  
 or [info@comporecycle.com](mailto:info@comporecycle.com)

## Écocentre, Towards Sustainable Development

The Écocentre is located at 2125 chemin Jean-Adam (Route 364) in St-Sauveur, 450 227-2451.

### Opening hours until March 31<sup>st</sup>:

Tuesday to Saturday from 7:30 to 11:45 and 13:00 to 16:00.

### Opening hours from April 1<sup>st</sup> to November 30<sup>th</sup>:

Monday to Sunday from 7:30 to 16:00.

The Écocentre's services are free. For more information on materials and quantities accepted, check with our Écocentre.

*Working together to reduce landfill.*

## Environment (continued)

### Renaturalization of the riparian zones

In order to prevent the emergence of blue algae, as some bodies of water in Quebec have experienced during the last decade, actions must be taken, such as the control of septic installations and the renaturalization of riparian zones. To this end, the Town Planning Department will inspect certain targeted waterfront properties and educate citizens about the benefits of water bodies, riparian zones and their health.

This inspection will help us to establish the situation of the riparian areas of certain bodies of water and to define the improvements to be made, if necessary.

We appreciate the cooperation and understanding of all Morin-Heights citizens and lake associations to help carry out this project.

### Fences, hedges, low walls, planting trees and flowers by the road

If you are planning to landscape near the road, installing a fence, erecting a wall or planting a hedge or trees in front of your property, make sure you ask if a permit is required. In most situations, the first meter inside your front property line must remain clear of structures and hedges.

Also, if you are planning to plant a tree at the edge of your property, make sure to use a suitable variety and respect the required setbacks from electric lines. Please consult Hydro-Québec's website: [www.hydroquebec.com/trees/index.html](http://www.hydroquebec.com/trees/index.html) to find tips and advice.

### Culverts, private entrances and ditches

Property owners looking to create or move a private entrance, install or replace a culvert must obtain a permit beforehand. Requests must be submitted at the Town Hall. A \$500 deposit is required at the time of the request, which is reimbursable once the project is completed by the owner, inspected and approved by the Municipality. Property owners must ensure the water can run freely in the ditch and we suggest you leave the natural vegetation intact as much as possible.

We would like to remind residents living on a municipal street with ditches, that any intervention in a ditch is prohibited without the authorization of the Public Works Department, including the extension of the landscaping (e.i. grass or stone). Ditches are a part of the road's right of way and serve a specific purpose. An intervention with unsuitable materials can cause damage to the infrastructure. Backfill or excess of material of any kind is also prohibited, for example, grass clippings, branches, wood, sand, river stones, debris, etc.



## Public Works

### Sweeper

Because we live in the Laurentians, large quantities of sand and small stones are spread on the roads because of icy winter conditions. We sweep the roads at the end of spring, but unfortunately cannot pick up the sand which extends onto the front of your property over the winter. Avoid making piles on the shoulders as our sweeper is not built to pick up such piles and could cause the equipment to break.

### Using public roads as a storage area

As a general rule, it is not allowed to use the public roadway, the curbside or the ditch to even temporarily store materials or to park vehicles and/or equipment. Under certain exceptional conditions, the Municipality can issue a daily occupation certificate. Please speak to the Town Planning Department to submit a request.

## Next edition!

The summer edition of Info Morin-Heights will be distributed in early June. To submit a text for the bulletin, send a French and an English version to [bulletin@morinheights.com](mailto:bulletin@morinheights.com) at the latest on April 24<sup>th</sup>.

### FALL EDITION

August 20 to December 1, 2017

Deadline: June 15, 2017

Distribution: August 11, 2017

### WINTER EDITION

December 1, 2017 to March 20, 2018

Deadline: October 5, 2017

Distribution: November 24, 2017

## 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 and new titles are added regularly to the collection.

### 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



## Parks and Trails

### Mountain Bike Trail Update

Please respect the trail network by not biking on the trails until they are declared open as the damage can be extensive if the ground has not fully dried out. The opening date will be posted on the board at the base of the mountain and on our website. Your cooperation is appreciated.

There will be a substantial amount of new trail building this summer to replace the trails that are being lost in the new subdivision. All the trail markers have been removed from the trails that are to be abandoned as home construction will begin this spring in the area.

It is for this reason that we are planning our work bee for Sunday June 11<sup>th</sup>, so that we can layout and pre-cut the new trails ahead of time and focus on finishing work during the work bee.

Signage in the new sector will be matched to the signs that were installed at the beginning of the network last summer.

Due to major renovations underway at Chalet Bellevue, the building will not be accessible this summer. If all goes well, it will be in operation this autumn.

## Arts Morin-Heights

Our next themed show is "Childhood" and starts on **March 25<sup>th</sup> until June 17<sup>th</sup>** at the municipal library. Please check the opening hours of the library to plan your visit.

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

For all information about Arts Morin-Heights and its activities, please visit our website at

[www.artsmorinheights.com](http://www.artsmorinheights.com) or call 450 226-3832.





## Morin-Heights Fire Department and First Responders

### Spring Cleaning

Once the snow has melted, it's time to pick up the debris left on the ground. Be aware that the municipal open fire regulations specify that burning debris, building materials, leaves and pine needles are prohibited. These items can be taken back to the Ecocentre, recycled or composted.

If you do make a fire to get rid of branches, shrubs, trunks etc., be sure to obtain a permit at the Town Hall beforehand. All relevant regulations governing open fires within the municipality's territory are explained on the back of the permit, which is free and valid for a period of four days.

### Product Recall

The manufacturer Kidde recalls smoke and carbon monoxide voice detectors Nighthawk KN-COSM-IBCA and KN-COSM-ICA.

You can get more information by visiting this web page:

<http://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2016/60990r-eng.php>



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

### Civic number

**IMPORTANT!** For your own safety as well as to ensure a prompt response from emergency services, make sure that your civic number is visible from the street day and night, summer and winter. In an emergency, every second counts!



### Preventive visits

As in previous years, in 2017, firefighters will conduct residential prevention visits to ensure that your smoke and carbon monoxide alarms are functional and to provide you with fire safety advice. At any time you can go to the Ministry of Public Security's website to obtain more information about fire safety at:

[www.securitepublique.gouv.qc.ca/en/fire-safety/preventing-a-fire.html](http://www.securitepublique.gouv.qc.ca/en/fire-safety/preventing-a-fire.html).

In 2016, as part of residential prevention visits, firefighters knocked on 524 doors and managed to offer advice to 445 residents. In addition, the Fire Department carried out 33 commercial visits and 18 public information events, including fire drills. The Municipality is proud to be able to ensure the safety of the citizens while meeting the requirements of the fire safety cover plan as established by the Ministry of Public Security!



# Day Camp



Piedmont's Campuces will welcome Morin-Heights' children this summer at **Mont Habitant** (12, ch. des Skieurs, St-Sauveur).

**REGISTRATIONS at Piedmont's Town Hall (670, rue Principale)**  
**Friday, March 31<sup>st</sup> from 18:00 to 21:00 • Saturday, April 1<sup>st</sup> from 8:00 to 16:00 •**  
**Monday, April 3<sup>rd</sup> from 8:30 to 16:00**

To validate the registration, you must bring:

- a proof of residence
- two recent photos of your child
- the medical insurance card number of your child
- your social insurance number (for relevé 24)
- the payment for one-third of the total amount, by cheque, cash or debit card to be paid upon registration. Balance payable in two equal installments by post-dated cheques made to the "Municipalité de Piedmont", dated May 8 and June 8, 2017.

**No refund.**

Camp for 5-11 year olds • Monday June 26 <sup>th</sup> to Friday August 11 <sup>th</sup> , from 9:00 to 16:15			
	1 <sup>ST</sup> CHILD	2 <sup>ND</sup> CHILD	3 <sup>RD</sup> CHILD
<b>Full summer</b>	<b>\$450*</b>	<b>\$420*</b>	<b>\$400*</b>
<b>Weekly</b>	<b>\$110*</b>	<b>\$105*</b>	<b>\$100*</b>

(\*) After April 28<sup>th</sup>, prices will be increased by 10%.

**One outing per week.**  
**Details will be available**  
**at the registrations (price**  
**of the outings are not included).**

Additional week - August 14 <sup>th</sup> to 18 <sup>th</sup>		
1 <sup>ST</sup> CHILD	2 <sup>ND</sup> CHILD	3 <sup>RD</sup> CHILD
<b>\$95</b>	<b>\$90</b>	<b>\$85</b>

**Tennis classes** for 5-11 year olds, 5 weeks (1 hour/ week), \$46 taxes included.

# Activities

## DAYCARE 5-11 YEAR OLDS

**from 7:30 to 9:00 and 16:15 to 18:00**

No daily fee. Late fee after 18:00: \$1/ minute payable the same day.

**5-day card:** \$30 per child (purchase at registration) or

**Full summer:**

(June 26 <sup>th</sup> to August 11 <sup>th</sup> )		
1 <sup>ST</sup> CHILD	2 <sup>ND</sup> CHILD	3 <sup>RD</sup> CHILD
<b>\$135</b>	<b>\$115</b>	<b>\$115</b>

## Teen Club 12-14 year olds

**Tuesday, June 27<sup>th</sup> to Thursday**  
**August 10<sup>th</sup> (hours to be determined depending on the outings)**

\$30(\*) basic fee payable at registration. Several outings every week, cost to be confirmed with the list of outings.

(\*) After April 28<sup>th</sup>, prices will be increased by 10%.

## Questions?

450 227-1888

or [loisirs@piedmont.ca](mailto:loisirs@piedmont.ca)



# Activities

## Babysitting Course

For children 11 to 15 years old who are interested in babysitting, this complete course will help them acquiring the necessary skills to face this important responsibility.

They will learn practical things, such as preparing snacks, inventing games and activities for kids of all ages, changing diapers, and also what to do in case of a serious accident using basic first-aid skills. They will learn valuable tips about prevention and security, including how to cope with tantrums and crying, plus learn about their rights and responsibilities as babysitters.

This **bilingual** course is offered at \$50 per person, including a manual and wallet upon the successful completion of the course.

**Saturday June 3<sup>rd</sup> and Sunday June 4<sup>th</sup>, 9:00 to 13:00.**

At the Library's Remembrance Hall, 823, chemin du Village.

**Registration required before May 25<sup>th</sup> at the Town Hall:** 450 226-3232, ext. 111

**For more information you may contact the instructor:**

Kim Maurice at 514 916-9904.



## Annual Benefit Dinner for St-Eugène Church

Annual benefit dinner at *École hôtelière des Laurentides* located in Sainte-Adèle, on May 17<sup>th</sup>, from 18:00 to 22:00.

**Tickets:** \$45, on sale at the church's office.

For more information, ask for Cathy Savard or Johanne Leblond at 450 226-2844.

St-Eugène Church, 148, chemin Watchorn • [www.paroissendm.vpweb.ca](http://www.paroissendm.vpweb.ca)



## Important numbers

### Town Hall

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

**Telephone:** 450 226-3232

**Fax:** 450 226-8786

**[www.morinheights.com](http://www.morinheights.com)**

### Emails:

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### 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

(night and holidays) -  
Fire - Police - Ambulance -  
Emergency Measures

Graphic Design:

#### Turquoise Design

514 592-8153 • [www.turkoisedesign.com](http://www.turkoisedesign.com)

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## Viking Canoe and Kayak Club



### SUMMER CAMPS

This year again, the Viking Canoe Kayak Club is offering half-day summer **Canoe Kids** camps for children aged 5 to 12 years old. The camp runs Monday to Friday, 8:30 to 12:30, from June 26<sup>th</sup> to August 16<sup>th</sup>. Campers follow National Canoe Kayak Canada's "CanoeKids" skills development program, learn safe boating practices and water safety and develop skills and fitness through games and fun.

- **Cost:** \$125/week half day (Monday to Friday, 8:30 to 12:30)

- All equipment is supplied.

Additional programs offered include our **PaddleAll** programs for youth and adults with special needs, recreational programs in kayak, canoe and dragon-boat as well as **competition development** and performance training for youth and adults of all abilities.

For more information, fees and registration forms email us at [info@canoekayakviking.ca](mailto:info@canoekayakviking.ca)



## Morin-Heights' French-language Reading Club

The *Club de lecture en français* (CLEF) continues its fourth year of monthly meetings. The club meets every fourth Tuesday monthly from 14:00 to 16:00 to discuss reading, new finds, books we're re-reading and favourites.

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

## Royal Canadian Legion Events

**All welcome!** 127, chemin Watchorn  
Darts every Friday at 14:30, military whist on the 1<sup>st</sup> and 3<sup>rd</sup> Monday of the month at 13:00, live music every 1<sup>st</sup> Wednesday of the month.

FRIDAY, MARCH 17

**Smoked Meat TGIF**, at 18:00

SATURDAY, MARCH 18

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

WEDNESDAY, APRIL 5

**The T-Birds**, from 19:00 to 22:00 (\$10)

SATURDAY, APRIL 8

**Italian Night**, at 18:00

SUNDAY, APRIL 16

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

FRIDAY, APRIL 21

**Smoked Meat TGIF**, at 18:00

WEDNESDAY, MAY 3

**Special Show with the one and only Dwane Dixon Band**, from 19:00 to 22:00 (\$10)

SATURDAY, MAY 13

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

FRIDAY, MAY 19

**Smoked Meat TGIF**, at 18:00

SATURDAY, MAY 20

**Annual Spring Golf Tournament & Steak Supper**

SATURDAY, JUNE 10

(postponed to the next day in case of rain)  
**Flea market #1**

WEDNESDAY, JUNE 7

**Stormy Weather**, from 19:00 to 22:00 (\$10)

**Information:** 450 226-2213 (after 15:00)

## Coueurs des bois

This group organizes outings in the Laurentians. According to the season, the excursions are, hiking, cycling or snowshoeing. This season's outings schedule is available at: [www.morinheights.com/Groupe-Coueurs-des-Bois](http://www.morinheights.com/Groupe-Coueurs-des-Bois)

### Information:

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

# Activities

## Soccer Club "Football Club Morin-Heights" (FCMH)

The **Grassroots Program** offers children aged four to seven year olds to play house league soccer. The philosophy of the program is not based on victory or loss, but on learning a new sport, making new friends, and just having fun!

**Saturday mornings from June 17<sup>th</sup> to August 19<sup>th</sup>** (10 Saturdays).

Female and male players born between 2010 and 2013.

**Location:** Morin-Heights soccer field (Morin-Heights Elementary School)

**Price:** Residents \$150 • Non-residents \$180

Register at any time for the Grassroots program: [www.fcmorinheights.com](http://www.fcmorinheights.com)

## 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**

**Mona Wood at 450 226-1454**

**Marion Roberts at 450 432-7324**

## Morin-Heights Scouts

**Scouting activities for boys and girls aged 5 to 17 years old:** Beavers, Cubs, Scouts and Venturers.

Meetings are on Wednesdays from 18:45 to 20:15 at Morin-Heights Elementary School, until June 7<sup>th</sup>. We are looking for volunteers.

- Bottle Drive on May 27<sup>th</sup>

**Information:** Tom Noakes at 450 229-1234 or [scoutsmorinheights@live.com](mailto:scoutsmorinheights@live.com)

## 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 •  
lacmasson.com

INCLUDED IN THE AGREEMENT	
YOUTH	
<b>Ball Hockey</b>	Sainte-Marguerite-du-Lac-Masson
<b>Contemporary Dance</b> (7 to 14 year olds)	Sainte-Adèle
<b>Creation of Short Lego Movies</b>	Saint-Sauveur
<b>Creative Dance</b> (3-5 year olds)	Sainte-Adèle
<b>Dance Cheer</b> (8-13 year olds)	Sainte-Adèle
<b>Initiation to Circus Arts</b> (5-6 and 7-12 year olds)	Saint-Sauveur
<b>Judo</b>	Saint-Sauveur and Sainte-Marguerite-du-Lac-Masson
<b>Lil' Kangaroos Club</b> (2-3 and 4-6 year olds)	Sainte-Adèle
<b>Piano</b> (individual lesson)	Saint-Sauveur
<b>Singing</b> (individual lesson)	Saint-Sauveur
<b>Sports ABC</b> (4-6 year olds)	Saint-Sauveur
<b>Yoga</b>	Saint-Sauveur
PARENT / CHILD	
<b>Dance</b> (1-2 year olds)	Sainte-Adèle
<b>Judo</b>	Sainte-Marguerite-du-Lac-Masson
<b>Sewing</b>	Sainte-Marguerite-du-Lac-Masson
<b>Sports ABC</b> (2-3 year olds)	Saint-Sauveur

*For a complete schedule of the classes offered in Morin-Heights, please consult the course schedule on pages 13-14.*

ADULTS	
<b>Basic Computer Skills and Windows</b>	Sainte-Marguerite-du-Lac-Masson
<b>Cardio Plein Air</b> (4 different programs)	Saint-Sauveur
<b>Cardio Tonus, Weight Training and Stretching</b>	Piedmont
<b>Creative Writing Workshop</b>	Sainte-Marguerite-du-Lac-Masson
<b>Culinary Workshop</b>	Sainte-Adèle
<b>Digital Photography</b> (beginner)	Sainte-Marguerite-du-Lac-Masson
<b>Eastern Dances &amp; Baladi</b>	Piedmont
<b>Face Painting</b>	Saint-Sauveur
<b>Fit Plus</b> (outdoor)	Piedmont
<b>Fitness &amp; Well-being</b>	Piedmont & Saint-Sauveur
<b>Gypsy Dances</b>	Piedmont
<b>Health Workshop</b>	Sainte-Anne-des-Lacs
<b>Introduction to Apple Electronic Tablet</b>	Sainte-Adèle
<b>Introduction to Internet</b>	Sainte-Marguerite-du-Lac-Masson
<b>Jogging</b> (beginner)	Sainte-Adèle
<b>Judo</b>	Sainte-Marguerite-du-Lac-Masson
<b>Kundalini Yoga</b>	Saint-Adolphe-d'Howard
<b>Piano</b> (individual lesson)	Saint-Sauveur
<b>Sewing</b>	Sainte-Marguerite-du-Lac-Masson
<b>Qi Gong</b>	Saint-Adolphe-d'Howard
<b>Singing</b> (individual lesson)	Saint-Sauveur
<b>Taï Chi Chuan</b>	Saint-Sauveur
<b>Tap Clap Cardio</b>	Saint-Adolphe-d'Howard
<b>Therapeutic Yoga</b>	Saint-Sauveur
<b>Writing Workshop</b>	Sainte-Adèle
<b>Yoga for All and 50+</b>	Sainte-Marguerite-du-Lac-Masson
<b>Yoga on a Chair</b>	Saint-Sauveur



# Legend

R: resident  
NR: non-resident  
\* The cost depends on the registration term (1, 3, 5, or 10 months).  
\*\* See instructor for more information

# Classes

Class / Location	Rates	Schedule	Dates	Instructor	Description
<b>Body Design</b> St-Eugène Hall		Monday 9:00 to 10:00	April 10 to June 12	<b>Lisa McLellan</b> <a href="mailto:agesmartfitness@lismcclellan.com">agesmartfitness@lismcclellan.com</a> <div>Call now to reserve your places! 450 560-2803</div>	Work hard: cardio, resistance training and mat work.
<b>Stretch &amp; Strengthen</b> Community Hall		Monday 9:30 to 10:30	April 10 to June 12		Improve posture, range of motion and relieve pain.
<b>Combo 55+</b> St-Eugène Hall		Tuesday 9:30 to 10:30	April 11 to June 13		Overall workout to improve strength and prevent chronic disease.
<b>Pilates Fusion</b> Community Hall		Wednesday 9:30 to 10:30	April 12 to June 14		Improve posture, strengthen and lengthen, relieve pain (intermediate).
<b>Taijifit &amp; Stretch</b> Community Hall		Wednesday 10:45 to 11:45	April 12 to June 14		Body & mind balance, pain relief, strength and flexibility.
<b>Stretch &amp; Strengthen</b> St-Eugène Hall	Pass or card	Wednesday 17:30 to 18:30	April 12 to June 14		Stretch, strengthen and relaxation.
<b>Cardio Fun</b> St-Eugène Hall		Thursday 10:30 to 11:30	April 13 to June 15		Improve strength and endurance. Fun!
<b>Hatha Yoga</b> Community Hall		Thursday 17:30 to 18:45	April 13 to June 15		Hatha yoga for strength, flexibility and peacefulness.
<b>Yoga</b> Community Hall		Friday 9:15 to 10:30	April 14 to June 16		Restorative. Improve posture, range of motion and relieve pain.
<b>Stretch &amp; Strengthen</b> Community Hall		Friday 10:45 to 11:45	April 14 to June 16		Join anytime during a session
<b>Essentrics</b> Community Hall	<b>10-week session</b> R: \$120 NR: \$130 REGISTRATION REQUIRED!	Monday 11:00 to 12:00	April 10 to June 12	Ginette Ouimet <b>Essentrics certified instructor level 3</b> 450 543-0308 <a href="mailto:essentricsaveginette@gmail.com">essentricsaveginette@gmail.com</a> <a href="http://essentricsaveginette.vpweb.ca">essentricsaveginette.vpweb.ca</a>	Muscular strengthening technique : balances the whole body, releases the joints, improves posture and increases flexibility. Therapeutic technique adapted for all conditions. 15 participants maximum.
<b>Yoga and Meditation</b> Community Hall	**	Monday 16:30 to 18:30	April to June	Louise Bloom 450 226-5844	Hatha yoga, meditation and spiritual disciplines.
<b>Contemporary Dance (beginners and intermediate)</b> Community Hall	R: \$120 NR: \$130	Monday 19:00 to 20:15	March 27 to May 15	Caroline Dusseault <a href="mailto:da@DUSOdanse.com">da@DUSOdanse.com</a> 514 264-8004	17 y.o. and +. Improve your technique, cardio, strength, posture, balance, flexibility and your creativity!
<b>Contemporary Dance (advanced and professionals)</b> Community Hall	<b>8-week session</b> R: \$120 or \$15 /class NR: \$130 or \$17 /class	Thursday 19:00 to 20:15	March 30 to May 18		17 y.o. and +. A la carte or per session. Improve your technique, strength, posture and balance through various exercises of technique, improvisation, interpretation and creation workshops.

FOR INFORMATION OR REGISTRATION, COMMUNICATE DIRECTLY WITH THE INSTRUCTOR.

# Classes

Class / Location	Rates	Schedule	Dates	Instructor	Description
<b>Cardio Vitality</b> Aerobic Corridor	<b>12-week session</b> \$131 +tx / 1 class per week or \$177,80 +tx / 2 classes per week	Tuesday 9:00 to 10:15 Thursday 9:00 to 10:15	March 27 to June 18	<b>Cardio Plein Air</b> certified trainers Register on <b>www.cardiopleinair.com</b> or via Julie Raymond 450 643-0465 st-sauveur@cardiopleinair.ca	For people over 50. Enjoy training outdoors at your own pace in order to get in shape in serenity.
<b>Tai Chi Yang Stretch and Meditation</b> Community Hall	R: \$120 NR: \$125	Tuesday 10:30 to 11:45	April 11 to May 23	Michelle Gendron 450 712-6834 ecoledeataichilibre.com	Increase mind and physical abilities. Join anytime during a session!
<b>Karate</b> Community Hall	*	Friday 17:30 to 18:30	April to 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>Wu Style Tai Chi Chuan</b> Community Hall	R: \$140 NR: \$145	Saturday 9:00 to 10:30	April 1 to June 17	Robert Lee 450 227-8829 or leerobertmh@gmail.com	Relaxation, tonification of the muscles and joints, stimulation of the energy and health, improvement to equilibrium.
<b>Broadway Theatre School</b> (all ages up to 15, taught in English) St-Eugène Hall	<b>5-week mini-session</b> R: \$65 NR: \$75	Saturday 12:00 to 13:00	May 20 to June 17	Nicola-Dawn Brook 514 758-2131 nicola.brook@gmail.com	An introduction to Broadway Musical Theatre Style. Learn sing, dance and act with a tutor direct from the West End & Broadway stage (credits: Kinky Boots, Mamma Mia, Fame, Cirque du Soleil).
<b>Traditional Scottish Highland Dancing</b> Community Hall	R: \$60 NR: \$70	Sunday 16:00 to 17:30	March 26 to May 28	Heather McNabb 514 486-3480 or heatheramcnabb@hotmail.com	For children and adolescents 6 years of age and older.
<b>Creative Dance</b> Community Hall	**	Sun. 9:15 to 10:15 Sun. 10:15 to 11:15 Tues. 18:00 to 19:00	until June	Isabeau 514 608-3381	3 <sup>1/2</sup> to 5 years old
<b>Primary Ballet</b> Community Hall		Sunday 11:15 to 12:30			6 to 7 years old
<b>Ballet Grade 1</b> Community Hall		Sunday 12:30 to 14:00			8 to 11 years old
<b>Ballet Grade 2 and 3</b> Community Hall		Sunday 14:00 to 15:30 Friday 18:45 to 20:15			12 to 14 years old
<b>Ballet Grade 4 and adults</b> Community Hall		Sun. 14:00 to 15:30 Tues. 19:00 to 20:30 Fri. 20:15 to 22:15			13 to 18 years old and up. Points from 20:30 to 21:00 on Tuesday.

## Legend

R: resident

NR: non-resident

\* The cost depends on the registration term (1, 3, 5, or 10 months).

\*\* See instructor for more information

FOR INFORMATION OR REGISTRATION, COMMUNICATE DIRECTLY WITH THE INSTRUCTOR.