

INFO

Morin-Heights

In harmony with nature



MORIN-HEIGHTS
1855

MUNICIPAL INFORMATION SUMMER 2018

JUNE / JULY / AUGUST
VOL. 21 NO 3

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collection

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Canada Day

On Sunday, July 1st, starting at 14:00, at Sommet Morin Heights
(231, rue Bennett)

BBQ, face painting, skill games, inflatable games, jumpai, children's show, painting with Charlem Lepeintre, fireworks and more!

Performance by Morinheighter **Ryan Kennedy**, and as a main event, **Fred Lebel & the Hard Times Band**.

A complete program will be mailed shortly.

We need two bilingual volunteers for the welcome kiosk between 14:00 and 17:00; please contact us at 450 226-3232, ext. 132.



News from the Mayor



Fellow citizens,

We have all been through a rough winter which was challenging for everyone especially for our Public Works Department who have looked after snow removal and for our Outdoor Network Department

who have tracked all of the cross-country ski trails. They must be congratulated! Despite such conditions, they have always been able to accomplish their work exceptionally. We are very proud!

The nice weather has finally returned, and I would like to tell you about our projects and summer activities.

This summer, **Canada Day** festivities will be celebrated at Sommet Morin Heights. Our Recreation and Culture Department is currently working on a project which could bring the event on Village Road in summer 2019. We will work alongside business owners, the Historical Association and a group of volunteers, which will be set up in the near future, to bring the festivities closer to the people of the community, therefore, rekindling the sense of belonging within Morin-Heights.

I invite you to come and enjoy **Shakespeare-in-the-Park's Romeo and Juliet on Saturday, August 4th** at Basler Park. I would also like to congratulate Mr. Ian Kelly on the birth of his baby! We hope to renew the success of his Superfolk festival in the summer of 2019, after his well-deserved parental leave!

This summer, **Arts Morin-Heights** will be celebrating its 35th anniversary, and its exhibition at Chalet Bellevue will surely be grandiose!

The Chalet Bellevue has been occupied all winter, and everyone agrees that it is a wonderful place to gather, meet and participate in many activities. Catherine Maillé and Karyne Bergeron of our Recreation and

Culture Department have moved their offices there in order to coordinate the various activities better. Our community center is an undeniable success and the envy of many of our neighbors. The demand is high so you must act quickly should you want to make a reservation.

The chalet also houses the cross-country ski and mountain bike network service center. This summer, the Outdoor Network Department will continue its work developing new trails. You are invited to participate in the early spring work bee at Basler Park on June 3rd.

The Municipality of Morin-Heights is known as being a role model with regards to the conservation of land for the practice of outdoor sports. Did you know that since 2001, we have acquired and permanently protected more than 450 acres of land for you and future generations? We will continue as such, keeping sustainable development at the forefront and attempt to preserve other strategic areas for the outdoor network.

On that note, have a beautiful summer, wonderful vacations and enjoy all of the great things your Municipality has to offer.

Regards,
Tim Watchorn, ing.
Mayor

P.S. We were saddened by the recent passing of Mr. Owen LeGallee who was a municipal councillor in Morin-Heights for 22 years. Mr. LeGallee was involved in his community as a father, volunteer, co-owner alongside his spouse of Mickey's store, taxi driver and municipal council member.

He was passionate about his community, sometimes controversial, but always dedicated. He was a good friend of my father's and for myself, a councillor and unparalleled supporter. We have lost another of our community's major contributors, and I would like to offer my condolences to his entire family.

Annual Blood Drive



The next Morin-Heights blood drive will be held on **August 16th at Chalet Bellevue** (27, rue Bellevue), from 13:00 to 19:00.

For any question concerning admissibility for blood donation, please call **1-888-666-HEMA** or visit www.hema-quebec.qc.ca

Saving lives starts right here.



www.morinheights.com



Shakespeare-in-the-Park's *Romeo and Juliet*

Come celebrate Repercussion Theatre's 30th season of Shakespeare-in-the-Park with a contemporary, gender-bent take on a classic love story: *Romeo & Juliet: Love is Love* at **Basler Park** (99, Lac-Écho Road) on **Saturday, August 4th at 19:00**. In this tragic tale of young love and old grudges, we enter a world calcified by hate. As two young people gallop full speed towards love, they are broken by, and ultimately break down, the walls erected by the previous generation. With a cast of ten dynamic performers, eye-catching design, and live music, this show is not to be missed.

The only representation in the region! This English activity is free. Bring chairs and blankets.

Information: 450 226-3232, ext. 132



Open to everyone!

INFORMATION AND REGISTRATION SESSION

On June 8th at 19:00 at Chalet Bellevue
(27, Bellevue St., Morin-Heights, J0R 1H0)

The Coop's Board of Directors invites you to an information session. Mr. Tim Watchorn, Mayor of Morin-Heights will also be present.

Dre Vanessa Gatti, physician, will be starting her medical practice in September 2018, at the Morin-Heights Health COOP. She will be taking in new patients who do not already have a family physician and joins Dr. Lisa-Marie Tassé and Dr. François Mercier at our clinic. Her arrival in Morin-Heights will help increase services offered to the Laurentian population and open doors to development projects aimed at improving access to proximity health care.

Your Health COOP is proud to thank its 1730 members who support efforts made each day to attract new doctors, and improve access to health care in our region.

Some of the questions often asked about the Coop:

- What is a Health Coop? What is its mission?
- Who has access to the Coop's services?

- Why joining? What are the registration fees? How to register?
- Will I get a family doctor? Can I see a doctor?
- What are the projects in the near future?

SERVICES IN MORIN-HEIGHTS (450 644-0522)

Walk-in Clinic

Saturday from 10:00 to 12:00 • Appointments given on site at 9:00

Psychologist (\$)

Jacqueline Gravel 438 990-1322

Hypnotherapy and overall health (\$)

Ilona Fristcht 514 592-4946

SERVICES IN ST-ADOLPHE (819 327-3534)

Walk-in Clinic

Monday from 8:30 to 12:00 •

Thursday from 8:30 to 12:00

1st Friday of the month from 17:00 to 19:00 •

Appointments given on site at 8:00 or 16:30

Blood tests (\$)

Every two weeks, Friday 7:00 to 9:00 •
on appointment, no waiting

Laboratoire Ross (\$)

Monday on appointment, 1-800-465-7433

Flu Vaccination clinic, November 2018

Subscribe to our newsletter at
www.coopsante.org !



Retirement

Last December, **Mr. Murray Kirkpatrick**, a labourer-driver-operator for more than 39 years with the Public Works Department, has retired. During those years, Mr. Kirkpatrick also served as on-call employee and team leader. We wish him a long and excellent retirement!



Play Box

Soon, a new play box will find its home in Lummis Park! This community treasure box will offer children who visit the park the possibility to get active by playing with the games and equipment available.

The “*Coffre à jouer* Project” comes from the 2017-2018 Action Plan developed by the *Pays-d'en-Haut en Forme* group and its partners, including eight municipalities of our MRC.



Did you know that a **taxibus** can take you from Morin-Heights to St-Sauveur, and back, twice a day during weekdays? This shared taxi service is offered for \$4 per person, upon reservation.

Once in St-Sauveur, you can hop on one of the brand new **buses** of *L'Inter des Laurentides*.

Those new buses run from Mont-Tremblant to St-Jerome bus station ten times a day on weekdays and four times a day on weekends (\$6 per person), with free wifi.

Information: 1 877-604-3377 or linter.ca



Cruelty towards animals is a crime!

If you see an animal locked up in a vehicle in hot weather, call the police.



Books at large!

Our book boxes are back in Lummis Park (928, chemin du Village) and Basler Park (99, chemin du Lac-Écho). Users of these free libraries may leave, exchange, take or borrow a book of their choice without any charges or obligations. We invite young and old to keep these boxes alive by participating, at their leisure, in this fantastic bartering system.



The Municipality of Morin-Heights wishes to celebrate a few milestone anniversaries.

Many members of the municipal team have accumulated a significant number of years of service. The Council wants to proudly congratulate those employees and thank them for their excellent work.

Catherine Maillé	Recreation and Culture Director		10 years	James Jackson	Parks and Trails Director		16 years
Karyne Bergeron	Recreation and Culture Assistant and Communications Assistant		10 years	Éric L'Heureux	Town Planning and Environment Director		17 years
Francis Pilon	Public Works Foreman		10 years	Olivier Rondeau Lapierre	Firefighter		18 years
Natasha Caron	Public Works Assistant Foreman		12 years	Vicky Deslauriers	First Responder		19 years
Guy Labelle	Laborer-driver-operator		12 years	Yves Desmarais	Director General and Secretary-Treasurer		20 years
Stéphane Labelle	Laborer-driver-operator		12 years	Richard Dubois	Laborer-driver-operator		22 years
Timothy Archibald	Fire Department Captain and First Responder		13 years	Charles Bernard	Fire Department and First Responders Director		24 years
Francis Falardeau	Firefighter		13 years	Mario Millette	Fire Department Lieutenant, First Responder and Laborer-driver-operator		24 years
Pierre Côté	Laborer-driver-operator		14 years	Louise Atkinson	Administrative Assistant to Council and General Management		25 years
Alain Bérubé	Public Works Director		15 years				



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

Volunteering, should I, should I not?

That is the question.

You keep on pondering the matter and perhaps now is an opportune time to seek an answer to your quest. You feel compelled to do so, yet you hesitate. Could it be that you weigh the pros and cons of volunteering because you cherish your long-sought freedom and wish to set your personal agenda?

Know that volunteering is based primarily on an opportunity to pair your personal interests with existing needs within a community. It is a unique avenue to meet like-minded people eager to give and share of oneself with others. The fear of the unknown often masks a genuine desire to contribute to society, but fear not! In this endeavor, the volunteer chooses how, when and where he or she accepts to explore various aspects of this type of commitment.

To find oneself alone and living in solitude depletes energy and severely affects the quality of life. Social media, although a tremendous innovation that allows us to remain connected to our fellowmen, is not a substitute for personal contacts and nurturing relationships.

Should you be inclined to give it a try, here are some of the references you may consult to decide where and how to engage in volunteer work.

Répertoire des ressources pour les 55+ at your Town Hall, or on your municipality's website.

The website site **www.jebenevole.ca** is designed to assist community organizations who seek to recruit new volunteers. It is an effective pairing approach that suits both organizations and potential volunteers. You select an organization in keeping with your interests and subsequently register to indicate your desire to offer your services.

The synergy that occurs among people willing to contribute to the well-being of others, whether directly or indirectly, accounts for the incommensurable force and impact of such a collectivity. The interdependence among members of society remains an undeniable element to improve and sustain each other's quality of life. "We are the world..."

A date to note:

Gather on **September 30th, 2018** at Hôtel Mont Gabriel to celebrate **Seniors International Day**. For information, contact Violaine Guérin, coordinator, *Table des Aînés* at **450 340-0520**.

Public Works

RESPECT ROAD SIGNAGE AND THE FLAGMAN'S INSTRUCTIONS!

Various construction sites will be opened for road repair over the summer, across the territory. Pay attention to warning road signs and obey the flagman's instructions. He is present to ensure your safety and the safety of our workers. Note that the flagman has the last word on the road and that you are required to **respect** his authority, as rules and penalties imposed by the Highway Safety Code apply (demerit points may be lost).

Be vigilant and follow instructions!

Ditches

Please remember that green clippings and other materials cannot be dumped or left in ditches; given that their primary function is to capture and direct the run-off water. Contact the Municipal Ecocentre to inquire about their services (page 7).

Watering lawns, hedges, trees, shrubs, flower beds and gardens

WATERING SEASON: from May 20 th to September 10 th	
Manual watering with a hose or with portable sprinklers	
EVEN civic numbers	Monday and Wednesday, between 20:00 and 23:00
ODD civic numbers	Tuesday and Thursday, between 20:00 and 23:00
Automatic sprinkler systems	
EVEN civic numbers	For a maximum of one hour Monday and Wednesday, must start between 23:00 and 01:00
ODD civic numbers	For a maximum of one hour Tuesday and Thursday, must start between 23:00 and 01:00

Exceptions are made for new lawns. An authorization for a two-week exemption from the rule can be obtained by calling the Town Planning and Environment Department to register your address (450 226-3232, ext. 115).

Do your part, conserve water for future generations.

www.morinheights.com

Environment

Why an Annual Maintenance Contract for your Ecoflo, Bionest, Enviro-septic or Bio-B System?

The maintenance contract is a Provincial Regulation requirement for the newest systems such as Ecoflo, Bionest, Enviro-septic, Bio-B, etc. It includes the maintenance of your system, sustaining its smooth running and protecting your investment.

Proof of Septic Tank Cleaning

You will soon receive a reminder inviting you to book a service appointment for the emptying of your septic tank. To attest to a seasonal use (180 days or less per year), the owner must complete a declaration. The form is available on the Municipality's website or at the Town Hall.

Remember to provide a copy of the emptying receipt (your invoice) to the Municipality **no later than the 45th day following the date of the emptying.**

Lakes and Streams

We invite you to remain watchful by being a proactive citizen to preserve and improve the quality of our lakes and waterways.

Grass and vegetation in the shoreline area are essential as they allow for the slowing of the sediment and filtration of the run-off water.

As you know, no work is allowed in the 15-meter shoreline area from the high-water mark and in the shoreline, except for those authorized by town planning regulations.

For more information, you can consult the Environment section of the Municipality's website.

Reminder!

Starting in September, a new collection will be added to your calendar with the arrival of the brown bin for composting. The *MRC des Pays-d'en-Haut* will distribute bins in August.

Two information sessions will be organized by the *MRC des Pays-d'en-Haut* at the Chalet Bellevue on August 2nd and September 19th, 19:00.

Very soon, a green patrol will travel through our territory to answer all of your questions.

You can also visit the website www.lespaysdenhautrecyclent.com.

Ecocentre

The intermunicipal Ecocentre is located at **2125, chemin Jean-Adam** in St-Sauveur, **450 227-2451**.

It is **open seven days a week**, from 7:30 to 16:00 and services are **free**.

Ask for more information, including the maximum amount of materials allowed and the materials accepted.

Recycling and Garbage Collection

JUNE						
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

JULY						
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				

AUGUST						
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	

-  Recycling
-  Garbage
-  Bulky items

CUSTOMER SERVICE:
 1 888 482-6676 (option 2)
info@comporecycle.com



Mountain Bike News

This year, Chalet Bellevue will be open to mountain bikers. Services will include showers, a workshop area, and a bike wash. The Chalet is conveniently located at 27, rue Bellevue, across from Basler Park and very close to the Aerobic Corridor. Note that all services will be transferred to the Chalet and the Aerobic Corridor building will be unattended.

This season, the Lollipop trail will be redesigned and integrated into the main network. A new route to extend the Chickadee to the lower parking lot at Sommet Morin Heights is also in the planning stages. A **work bee is scheduled for June 3rd at 9:00 in Basler Park.**

Please respect the 24-hour rule not to ride after a heavy rain storm.

Once again, the *Club de Vélo des Pays-d'en-Haut* will be organizing regional mountain bike races on Saturday, **June 2nd** (morning), **June 20th** (evening) and on **July 7th** (morning). The courses will be closed during the event, but access to the unused sections of trails will still be possible.

Next edition!

To submit a text for the bulletin, send a French and an English version to bulletin@morinheights.com

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



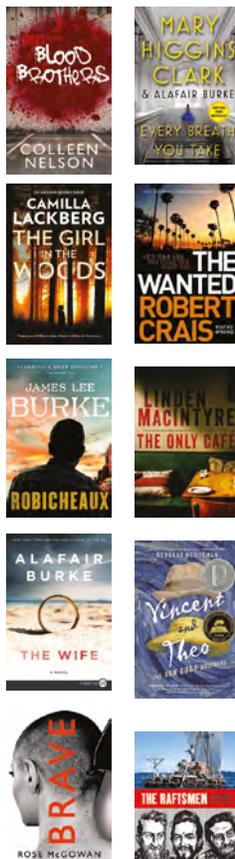
Municipal Library

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

Dan Brown
Origin

Alafair Burke
The Wife

James Lee Burke
Robicheaux

Mary Higgins Clark
and Alafair Burke
Every Breath You Take

Robert Crais
The Wanted

Lisa Gardner
Look For Me

Frances Itani
That's My Baby

Camilla Lackberg
The Girl in the Woods

Linden Mac Intire
The Only Café

Elizabeth Strout
Anything is Possible

Non-fiction

Ryan Barnett
The Raftsmen

Rose McGowan
Brave

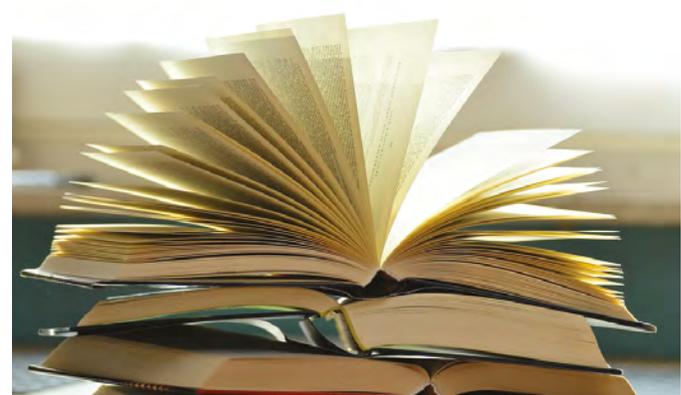
Adam Shoalts
A History of Canada
in Ten Maps

Youth

Deborah Heiligman
Vincent and Theo:
The Van Gogh Brothers

Colleen Nelson
Blood Brothers

David Alexander
Robertson
When We Were Alone



www.morinheights.com



Morin-Heights Fire Department and First Responders



Safety tips when using a BBQ

- / **Always use the barbecue outdoors**, in a well-ventilated area at least three meters (10 ft) from the house, away from doors, windows and vegetation, and from anything that could affect the air flow around the grill. If it rains, do not use it in the garage!
- / **Store tanks or cylinders outdoors in a safe, well-ventilated area**, and keep them vertical on a non-flammable, raised base.
- / **Never handle, store or transport propane tanks near a heat source** or potential sources of ignition (ex. flames, smoldering materials, barbecue, sparking power tools).
- / **Always open the barbecue lid before turning it on**, so that gas does not accumulate under the cover.
- / **Never leave your BBQ when it's on**. Constant surveillance is required.
- / **Keep a bucket of water or sand or a fire extinguisher** near your barbecue at all times.
- / **Check the tightness of hoses and gaskets with soapy water**. Before proceeding, close the barbecue's valve and open the gas bottle's valve. Take water, add a few drops of dishwashing liquid and pour this solution on all hoses and gaskets. If bubbles form and get bigger, this indicates a leak.
- / **Once the charcoal is done, do not throw away the coals or embers before 24 hours have gone by**: that's how long it takes to cool off completely.

By-law pertaining to open-air fires

Outdoor fires are permitted but under certain conditions. A **free** burning permit can be obtained at the Town Hall and is given for four consecutive days at a time. The regulation explains the safe way to proceed. Without a valid burning permit, you are subjecting yourself to a fine according to Article 13 of by-law 474.

It is essential that a source of water is near the fire pit, that you monitor the fire and control the flames at all times. Even a small fire can quickly get out of control and be devastating... We suggest you have a reserve of water if you are not on town water.

Additional advice:

- / Check the flammability index established by SOPFEU before making a fire outside.
- / Do not make a fire outside during a drought.



Balmoral Golf Club • Junior Summer Camp

Junior Camp **beginning on June 25th**, reserved for Morin-Heights residents. Progressive teaching, exclusive environment, equipment available.

Program leaders: Martin Plante, professional Class A, CPGA and Sylvain Pelletier, NCCP coach.

Introduction

/ Monday to Wednesday from 13:30 to 16:30,
4 weeks, from June 25th to July 18th

/ Price: camp, t-shirt and cap \$455

Intermediate

/ Monday to Wednesday from 13:30 to 16:30, 6
weeks, from June 25th to August 1st

/ Price: camp, t-shirt and cap \$655

Elite

/ Monday to Wednesday from 13:30 to 16:30, 8
weeks, from June 25th to August 16th

/ Price: camp, t-shirt and cap \$795

Lifestyle for your child

Sport – Nature – Passion

Information:

Club de golf Balmoral
100, chemin Balmoral, Morin Heights
450 226-5656, ext. 223
balmoral@lebalbalmoral.ca

Joyful Noise Choir

Joyful Noise Choir and Morin-Heights Elementary School Choir are presenting a spring concert on **Sunday, June 3rd, at 15:00**. The event is taking place at United Church (831, chemin du Village). The concert is free; donations to the church are welcome.

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

www.morinheights.com

Creative Writing Group

Are you interested in joining with others to write for pleasure, using exercises that encourage creativity and sharing? This self-managed writing group works in a respectful atmosphere, and members take care of the activity in turns.

Bring pens and paper on Saturdays, 10:00 to noon at the municipal library, 823, chemin du Village. It's that easy and, it's free!

And as writer Marité Villeneuve put it, "Everybody can write as long as they know how to hold a pen and make sentences. Everybody has something to say and stories to tell. Poetry lies in the very heart of life."

Information: Guillemette Le Masson at
guillemette.lemasson@gmail.com or 514 942-8776

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A series of art exhibitions

Salle polyvalente de la Gare de Piedmont,
146, chemin de la Gare, Piedmont

ROGER LAUZON, LOUISE BARITEAU
AND CRISTINE ROLLAND

June 16th and 17th from 13:00 to 16:00
(open daily until June 25th, from 13:00 to 16:00)

CAROLINE BOYER AND LUCIEN LISABELLE

July 21st and 22nd from 13:00 to 16:00
(open daily until July 29th, from 13:00 to 16:00)

KARINA MARQUIS AND NATHALIE MOREL

August 25th and 26th from 13:00 to 16:00
(open daily until September 3rd, from 13:00 to 16:00)

For additional information, please consult
laculture.ca website or contact Philippe Laplante
at 450 229-6637, ext. 119.



How Well Do You Know “Le P’tit Train du Nord” Linear Park?

Come and enjoy this jewel, famous beyond our Laurentian borders.

Here is what awaits you:

- / A 232-km multi-use path built over an old railway line from Bois-des-Filion to Mont-Laurier, with free access in the summertime;
- / Enjoy it on foot, on your bike or in rollerblades (dogs are not allowed);
- / A secure trail with 50 patrollers, a maximum permitted speed of 22 km/h), and repair stations in several spots;
- / Bistros, animation, exhibitions, lodging accommodations, a shuttle, lakes and rivers and much more to discover on your summer outings.

Follow us on www.facebook.com/parclineaire

La Fouillerie

La Fouillerie, located at 28, rue Bennett, welcomes you to donate or purchase. 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
Thursday:	10:00 to 15:00
Friday:	10:00 to 15:00
First Saturday of the month:	9:00 to 14:00

Information: 450 644-0087



The Maison de la famille des Pays-d’En-Haut, yours to discover!

Parents of children from 0 to 12 years old, discover or rediscover the *Maison de la famille des Pays-d’En-Haut*. Established since 1994, it offers a space and services made available to families.

Don’t miss our summer activities **from July 3rd to August 24th** and participate in Tuesday’s family outings, Wednesday’s mini-camp for children 1 to 5 and Thursday’s 6-12 Club!

Visit our website at www.maisondelafamille.com, call us at 450 229-3354 or visit the house located at 480, rue des Capucines in Sainte-Adèle. Discover everything your *Maison de la famille* has to offer!

Viking Canoe and Kayak Club Summer Camp



DAY CAMP

From June 25th to August 17th, the Viking Canoe Kayak Club is offering half-day summer Canoe Kids camp for children aged 5 to 12 years old (Monday to Friday, 8:30 to 12:30). 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
- / 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.

Information: info@canoeKayakViking.ca



Pool Season Passes

Sommet Morin Heights offers special rates for the outdoor pool season passes to Morin-Heights residents.

Passes must be purchased at Sommet Morin Heights.

Information: 450 226-1515

AGE CATEGORIES	PRICES ¹ (pool only)	PRICES ¹ (pool and Acro-Nature)
Adult	\$34,99	\$73,99
Youth (from 4 to 12 years old)*	\$24,99	\$54,99
Youth (3 years old or less)	free	---
Senior (60 years old and over)	\$24,99	\$54,99
Family pass (2 adults, 2 children of 12 years of age or less)	\$99	---

¹ Plus taxes

* Children under 13 must be accompanied by an adult.

SCHEDULE

June 30 to August 19, August 25-26 as well as September 1-2-3 from 11:00 to 19:00

Please consult the weekly schedule for pool availability as it may sometimes be reserved for groups. The swimming pool will be closed on rainy and/or cold days.



Quebec National Holiday

Gather everyone on **June 23rd, by 17:00 at Adolphe-Jodoin Park** (1878, ch. du Village) in **Saint-Adolphe-d'Howard** to celebrate Quebec's National Holiday!

www.stah.ca



Knitting Group

The knitting group meets twice a month to knit, chat and share ideas. Meetings will be held on the second and fourth Thursdays of **June, July and August, from 13:00 to 16:00**. You can join us for the full three hours or for a shorter time, depending on your availability.

This summer, we'll meet on the porch at Chalet Bellevue. In case of bad weather, we'll have access to a room inside. Everyone who enjoys crochet, embroidery or other needlework is most welcome!

So this is your invitation to join us to share your tips and to chat! It is an informal group - no need to sign up or reserve. Just bring your supplies and a folding chair. If you have questions, please get in touch with Monique Bélisle at 450 226-8464.

World Wide Knit in Public Day

For the second year in a row, Morin-Heights will be part of **World Wide Knit in Public Day**. Last year, 17 local knitters gathered to knit and chat. And the same thing happened in 1,125 towns in 54 countries on the same day!

This year, we will knit together on **Saturday, June 9th, at Chalet Bellevue, from 13:00 to 16:00**. Bring your knitting, embroidery or crocheting supplies, as well as coffee, tea, goodies and a folding chair. But above all, bring your cheerfulness! Experienced knitters will share their knowledge and expertise with the less experienced. Rain or shine, we'll knit and chat!

To learn more about the international scope of this event, go to www.wkipday.com.

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 Chalet Bellevue (27, rue Bellevue). Donations are welcome (tax receipts provided).

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

Senior Citizens Heritage Club

The Senior Citizens Heritage Club invites you to join, age **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

Theatre Morin Heights



Theatre Morin Heights (TMH) is a grassroots, not-for-profit English community theatre troupe that has operated in the Laurentians for more than 30 years. Over the summer months, we will be preparing for our 2018 fall season including our major production in November. If you are interested in becoming a member, working behind the scenes or acting, call 579 765-3999 or email theatremorinheights@gmail.com.

For the latest news, visit theatremorinheights.ca or facebook.com/TheatreMorinHeights

Arts Morin-Heights



This year, Arts Morin-Heights will celebrate its 35th anniversary during its summer exhibition from **July 21st to 29th**. The show will be held at Chalet Bellevue in Morin-Heights (27, rue Bellevue), and will welcome visitors every day from 11:00 to 17:00.

More than 25 exhibitors will present their works, using our brand new hanging and display system. Come and admire paintings, sculptures, ceramics, photography and stained glass. Each day, we will hold a draw for a piece of artwork – so visit often!

We also invite you to join us for the vernissage on Saturday, July 21st, from 17:00 to 19:00. A draw for door prizes will be held.

As always, admission is free. Don't miss the opportunity to help us celebrate. We look forward to seeing you.

For all information, please consult our website or contact us by phone:

www.artsmorinheights.com
artsmorinheights@gmail.com
 450 226-3832 • 514 913-2087

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, salad, main dish, 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:** 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

“S’unir pour lire”: My Community Reads!

Because it takes a village to raise a child (African proverb), the *Conseil Jeunesse des Pays-d'en-Haut's* project, “S’unir pour lire” aims to raise awareness about the importance of reading for the development of young people from 0 to 20 years old.

From July 2017 to July 2018, many actions to promote existing initiatives and allowing greater accessibility to words were put in place. A web page is available and offers several tools for educators and parents including reference sites, reading tips, book suggestions, reading space planning guides, a portrait of regional initiatives, etc.

www.conseiljeunessepdh.com/accueil-conseil-jeunesse/realisations/s-unir-pour-lire

www.lespaysdenhaut.com/projet-sunir-lire/

Laurentian Reading Club

The Laurentian Reading Club has been meeting every month for 60 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@cgcocable.ca.

www.morinheights.com



Royal Canadian Legion Activities

Darts every Thursday at 15:00, military whist on the 1st and 3rd Monday of the month at 13:00.

The FLEA MARKETS will take place on June 9, July 7, August 4 and September 8 (postponed to the next day in case of rain). Breakfast and BBQ lunch available on site (\$).

SATURDAY, JUNE 2
Special Music Show with The Keepers,
19:00 to 23:00 (\$)

FRIDAY, JUNE 15
Smoked Meat TGIF,
18:00 to 19:00

SATURDAY, JUNE 16
Open Mic & Jam,
19:00 to 23:00

WEDNESDAY, JUNE 20
Double D & Dwane Dixon, 19:00 to 22:00 (\$)

SATURDAY, JUNE 30
Canada Day Steak Supper and Live Band,
at 18:00

FRIDAY, JULY 6
Paul Arthur & Raisin' Cain, at 20:00

SATURDAY, JULY 21
Barney's Famous Roast Beef & Pork and Live Band, at 18:00

FRIDAY, JULY 27
Smoked Meat TGIF,
18:00 to 19:00

SATURDAY, JULY 28
Posa Blue, at 20:00

WEDNESDAY, AUGUST 1
Double D & Dwane Dixon, 19:00 to 22:00 (\$)

SATURDAY, AUGUST 18
Golf Tournament and Steak Dinner (open to all)

All welcome!
127, chemin Watchorn
Information:
www.legion171.net or
450 226-2213



Programming

FOR INFORMATION OR REGISTRATION, COMMUNICATE DIRECTLY WITH THE INSTRUCTOR.

R: resident NR: non resident / **: contact instructor for more information

Creative Cards and Decorative Boxes Workshop

Production of cards for different occasions as well as small 3D projects: gift boxes, candy boxes, note-pad cases, etc.

Location: Chalet Bellevue

Rate: R \$130 • NR \$150

Day: Monday 9:00 to 12:00 or Monday 18:00 to 21:00

Dates: June 4 to August 6

Instructor: Mireille F. Ledoux
514 231-8999
mireille55.ledoux@gmail.com

Yoga and meditation

Hatha yoga, meditation and spiritual disciplines

Location: Chalet Bellevue

Rate: **

Day: Monday 16:30 to 18:30 and/or Wednesday 7:30 to 8:30

Dates: June to August

Instructor: Louise Bloom
450 226-5844

NEW!

Vinyasa Flow Yoga

A dynamic yoga based on breath flow, rhythm and alignment. 16+

Location: Chalet Bellevue

Rate: R \$120 • NR \$138

Day: Friday 8:30 to 9:45

Dates: June 15 to Aug. 31

Instructor: Brigitte Vaissade
450 675-0515
brigittevaissade@gmail.com

SUP (paddle board)

Practice yoga or fitness on the water this summer: develop your balance, awaken your proprioception and get toned while enjoying the warm summer air and sun!

Focus of SUP Yoga: Flexibility, endurance, balance, stretching and relaxation.

Focus of SUP Fitness: tone, core work, buttocks, motor skills, endurance, strength, cardio and balance.

Location: Lummis Park

Rate: **

Instructor: Écho Aloha • 514 709-0808
echoaloha@gmail.com

SUP Fitness

Day: Monday 18:00 to 19:00 and/or Wednesday 18:30 to 19:45 and/or Thursday 18:00 to 19:00

intensive 3-week session

Date: June 4 to 28
(no class on the 21st)

SUP Fitness and yoga

Day: Monday 9:30 to 10:45

Date: July 2 to August 20

SUP Fitness

Day: Wednesday 17:25 to 18:25

Date: July 4 to Aug. 22

SUP Yoga

Day: Wednesday 18:30 to 19:45

Date: July 4 to August 22

SUP Fitness and Yoga Stretching

Day: Friday 13:00 to 14:15

Date: July 6 to August 24

Tai Chi Chuan

Free practice and exercise session (no teaching), no registration required. Improve health, maintain a calm and relaxed state, improve joint movements, increase blood circulation, stimulate nervous system and improve your balance.

Location: Chalet Bellevue

Rate: free

Day: Saturday 9:00 to 11:00

Dates: July 7 to August 25

Instructor: Robert Lee
450 227-8829

Important numbers

Town Hall

567, chemin du Village,
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J0R 1H0

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urbanisme@morinheights.com
velo@morinheights.com

Sûreté du Québec des Pays-d'en-Haut:

450 227-6848

Animal Control:

1-866-960-7722 • www.spcall.ca

Emergency: 9-1-1

Public Works
(evenings, nights,
weekends and holidays)
Fire - Police - Ambulance
Emergency Measures

Photos: Tara Kirkpatrick, Denis Laplante,
Derek Shearer and others

Legal deposit - Bibliothèque et Archives nationales
du Québec, 2018

Graphic Design:

Turquoise Design / 514 592-8153
www.turcoisdesign.com

Production:

Les Imprimés Triton / 1 888 990-3486
www.groupeptriton.com