



INFO MILLE-ISLES

**SPECIAL
BUDGET EDITION**



February 2012 Edition

Graphic Design: Natalie Roy Design Graphik

Included in this Edition:

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TO WATCH: "Special Leisures 2012" Fascicle



My Health in Mind : *For youth 12 to 17 years!*

PIZZA Culinary workshop!!!

Saturday, February 25, 2012 from 1 PM to 3 PM.
Details on page 13



Snowshoeing activity, see details on page 13

SEE ON PAGE 6, THE WINNER OF THE HOME-MADE SOUP CONTEST



BOOK OF MILLE-ISLER'S RECIPES

We will create a recipe book on the web site of the municipality which will include the best recipes of Mille-Isles. Please send your recipe with your name to: caubertin@mille-isles.ca or at the following address: Mille-Isles Municipality, 1262 Mille-Isles Road, Mille-Isles, Quebec J0R 1A0



Special 2012 Budget

- The Broad
- Important Issues
- Planned Investments in 2012
- Draft Study - Analysis - Feasibility (to be done in 2012)



TO READ IN THE CENTRAL PAGES OF THIS INFO MILLE-ISLES



WORD from the MAYOR

February 2012 Edition

Dear fellow citizens:

Once again, I am presenting you the "**main financial highlights**" as well as the "**general aims**" of the 2012 budget unanimously adopted by your council during the December 14 special meeting.

IMPORTANT FINANCIAL HIGHLIGHTS

- Freeze on administration expenses;
- Restraining growth on "public safety" expenses (fire, etc.);
- Transport expenses increase of 12.58% (public works);
- The "environment health" point represents an increase of 37.1% (environmental code, septic system, lake protection, ecocentre, etc.);
- The "land-use planning and development" point represents a reduction of 22.62% in comparison to 2011. The planning program to be revised entailed important costs in 2011;
- The "leisure and culture" point represents a small reduction of 2.87%;
- Our SQ contribution increases of 3.11%;
- Our contribution to the MRC increases of 6.37% (11 240\$) for 2012; Last year, the increase represented 15.74%, that is \$23 000.

In brief, we have been able to maintain our tax rate under the 2011 consumer price index (inflation rate).

This budget reflects the 2012 general aims that your council gave itself for the present year:

- Rehabilitation and maintenance of our road network;
- Protection of the environment;
- Land-use planning and economic development;
- Community development and voluntary work.

All through this year, your council will invest in accordance with the general aims. We are also conscious that we will need to take some decisions with regard to important issues. One of these issues is the municipal building which will need a major investment. We are already working on this issue to evaluate the situation and take a decision as soon as possible.

In conclusion, I would like to point out that through 2011, your council has managed the municipal funds rigorously and will continue in that sense for the 2012 fiscal period.

If you have questions, do not hesitate to contact me by email or by attending the monthly public meetings, which schedule is posted on the Web site.

Thank you,

Yvon Samson
Mayor





The COLUMNS

February 2012 Edition

Only the columns are signed

The General Director's column

First, I wish to extend my warmest wishes as we enter 2012, may health be with you.

Many projects have been put on the table in 2011, and should emerge in 2012. The Municipality works to offer you high-quality services, while constantly improve them, and this, in the interest of the people of Mille-Isles.

It is important to point out that under the **Municipal Ethics and Good Conduct Act**, the local municipalities and regional county municipalities whose warden is elected by universal suffrage needed to adopt, before December 2, 2011, a **code of ethics and conduct applying to the elected municipal officers**.

Your council adopted its code during the **November 2, 2011 regular meeting**. We invite you to consult the by-law no 2011-09 "**Code of ethics and conduct of the elected officers of the Municipality of Mille-Isles**" on the municipality's Web site at www.mille-isles.ca. For further information, visit the Web site of the Ministère des Affaires municipales, des Régions et de l'Occupation du territoire at www.mamrot.gouv.qc.ca (French only).

In conclusion, going to the source of the information in order to be aware of issues concerning case files always serves our interests best. I strongly suggest you register to the "mailing list" specially created for you so that you can keep up to date with public interest case files.

Johanne Ringuette, General Director

Nomination

Mrs. Caroline Aubertin was recently named **Assistant General Director and Secretary-Treasurer**. She will assist Mrs. Ringuette, Director General and Secretary-Treasurer, in her responsibilities within the municipal administration.



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www.facebook.com/gaiecoutte





The COLUMNS

February 2012 Edition

Only the columns are signed.

YOHANN CHAMPAGNE's Column



Hello everyone,

I first take this opportunity to wish you a happy New Year. 2012 promises to be again a busy year, with many new challenges.

You probably have closely or remotely followed the adoption process of the new planning by-laws. I would like to specify certain facts that have been the object of different opinions with regard to the entire procedure. Many citizens asked questions relating to the municipal approach and the legal obligations. I, therefore, propose to present a "Q&A" (questions and answers) referring to questions and inquiries that have been raised concerning the approach taken to adopt the new by-laws. I sincerely hope that these precisions will help shed some light on certain points, and this, for the community.

Q: Does the Municipality have a legal obligation regarding the planning by-laws following the adoption of a revised land use and development plan (MRC plan) by the regional county municipality (MRC)?

R: In actual fact, all the subsumed municipalities of an MRC are obliged to comply with the new provisions of the MRC plan in a delay of 24 months following the coming into force of the new MRC plan (An Act respecting land use planning and development, section 59) to ensure the conformity. We, as a matter of fact, had to put a request to the Minister for extending this delay in order to have enough time to complete the whole process.

Q: Could the Municipality have proceeded differently when wanting to adopt the planning by-laws following the adoption of the new MRC plan?

R: When the new MRC plan was filed, the Municipality had the obligation to comply with the new provisions of the MRC plan. If it believes its by-laws are recent enough and compliant so that it does not need to proceed with an amendment, it may adopt concordance by-laws, which will modify the planning program and the existing by-laws to ensure conformity. It could also state by resolution that, if no amendment is required, it did not need to modify its planning program, since it was already in compliance. However, when the planning program and the planning by-laws are considered out-dated, it is preferable for the municipality to proceed with a complete revision. Which is the case for Mille-Isles, where the planning program and the planning by-laws dates from 1996 (15 years). For your information, the law provides a provision to revise the by-laws (five-year revision), but this procedure can be done after five (5) years minimum. Therefore, a municipality having a by-law dating back to 2008 would have to proceed with an amendment, and not with a complete revision.

Q: Is the Municipality of Mille-Isles the only one who started this procedure?

R: No. Wentworth Township as already completed the entire process, but Mille-Isles should normally be the second municipality to complete the process. However, note that their by-laws dated from 2006 and the exercise was therefore, less laborious. The other municipalities of the MRC are at different stages of the exercise, but they all have to comply with the legal provisions and are therefore obliged to ensure the conformity.

Q: What are the next steps before the planning program and the planning by-laws come into force?

R: Following the public consultation meeting, we held a registration process to determinate if the by-law should be submitted to a referendum poll. Since the minimum number of signatures needed was not attained, the zoning and the subdivision bylaws are considered approved by the qualified voters. We are currently waiting for the 30-day delay to pass, during which citizens may request that the Commission municipale du Québec evaluates the conformity of the planning program by-laws. Following this delay, we will wait for the regional conformity from the MRC. Once the MRC certificate of conformity is delivered, the coming into force of the by-laws is immediate. We are therefore aiming for a coming into force in March 2012.

Q: Is it possible to modify the planning by-laws once they have come into force?

R: Of course, the planning by-laws can be modified following their coming into force. Besides, municipalities that have completed an entire revision of their by-laws frequently have to reevaluate them after a certain time to ensure that the new by-laws are efficient, and correct, if required, certain provisions deemed problematic or not pragmatic once they try to apply them. The Municipality may decide on her own to proceed with a by-law amendment, via a resolution of the municipal council, or following a by-law amendment request from a citizen.

In conclusion, I hope this column will have help clear some of the questions citizens had.

Sincerely,

Yohann Champagne, Urban planning and environment director





The COLUMNS

February 2012 Edition

Only the columns are signed

The Comité consultatif d'urbanisme Column

We are currently looking for a new member to join the CCU

The requirements are:

- Must be 18 years or older and reside on Mille-Isles' territory;
- Must be available one or two evenings per month (meetings are usually held on Monday nights);
- On occasion, be available for certain studies;
- Working proficiency in French, written and oral.

Comments

Taking into account the confidential nature of the information, the nominated member must accept to sign a non-disclosure agreement. Each new member receives a starter kit.

Applicants must submit a short text explaining what motivates them to be part of this work committee. A resume can also be attached to the letter.

Please, send your application to Louise Leblanc, councillor, at the following email address: lleblanc@mille-isles.ca or by mail at:

Municipality of Mille-Isles
1262 Mille-Isles Road
Mille-Isles, Quebec
JOR 1A0

Louise Leblanc, councillor responsible for urban planning, environment and forestry



Course 101

What is a CCU

The **comité consultatif d'urbanisme (CCU)** [Town Planning Advisory Committee] is a body mandated by the municipal council to give opinions on the applications submitted to it in matters of land use planning and environment.

Usefulness

The **CCU** is a task force composed of residents appointed by the municipal council and at least one member of the municipal council to guide, orient and support its actions in terms of land use planning and environment.

The **CCU's recommendations and opinions allow the municipal council to benefit from input of citizens coming from different environments**, who can contribute their life experience and express their special concerns regarding the planning of their territory. The establishment of such a committee allows to bring citizens closer to land use planning issues.

In some cases, the elected officials and citizens can provide a specific expertise or represent a certain socioeconomic group concerned with commercial development, protecting the environment, safeguarding heritage, and so forth.

Until now, Mille-Isles' **CCU** had been mandated to transmit its recommendations when a minor exemption was requested and upon request of the municipal council to work on different applications regarding to land use planning.

Translated from source: www.mamrot.gouv.qc.ca (French only)





CITIZEN'S INFORMATION

February 2012 Edition

INFORMATIONS

A Look Back at the Home-Made Soup Contest

Our third and last culinary contest took place on January 28. Its theme: **home-made soups**. The number of participants kept increasing from contest to contest. This time, many people concocted their best soup recipe. Numerous tasters have come to challenge their palate in order to discover the best soup of Mille-Isles. To do so, they needed to consider many criteria. During this contest, **Mr. Charles Lapointe**, member of the *My health in mind* organizing committee, has presented interesting facts regarding soups, which lead to different discussions on the subject.

Congratulations to the winner of the home-made soup contest, **Ms. Marion Roberts**, who won a magnificent crock pot. **Ms. Mathilde Ganzini** was the winner of the participation prize and received a non-adhesive high-sided frying pan. **Thanks to all the participants!**



Since all our culinary contests are done, we will now hold a workshop specially designed for our teens (12 to 17 years of age) called "**Make up your own pizza**". This workshop will take place on **February 25 from 1:00 p.m. to 3:00 p.m.** For further information, consult the table of upcoming activities published in this edition of the Info Mille-Isles.



PUMPKIN BISQUE (RECIPE FROM MRS. MARION ROBERTS)

- 4 strips bacon (chopped fine)
- 1 medium onion (chopped)
- 3 garlic cloves (minced)
- 6 cups chicken broth
- 1 can (798 gr) solid pack pumpkin
- ½ teaspoon salt
- ¼ teaspoon nutmeg
- 1/8 teaspoon pepper (pref. white)
- 1 cup whipping cream
- 1 cup shredded Gouda cheese
- 1 tablespoon minced fresh parsley

Cook the bacon on medium until crisp. Remove bacon to paper towels. Save some drippings (1-2 tablespoons) to sauté onion until tender. Add garlic sauté one minute. Stir in pumpkin, chicken broth, salt, nutmeg, pepper. Bring to a boil. Reduce heat and simmer 10 minutes. Cool slightly. Blend in batches (blender or food processor). Return to pan. Add cream. Heat through. Add gouda cheese. Heat until melted.

Sprinkle each serving with bacon and parsley

"Family Skating Day"



The "**Family skating day**" was held on the afternoon of Saturday, January 7. A total of **35 people**, mainly families, reunited on that mild day to have fun at the municipality's ice-skating rink. There was **free skating with ambient music**, and **games** were also organized. Among others, relay races took place as well as other types of races and games. Many prizes were given, such as **dried fruits and healthy sweet treats**. **Joy and family spirit were in the air!** Kids and parents shared this activity and had lots of fun.

A hot **spiced apple juice** was offered during the day. Simply delicious, **we only received positive comments!** A snack was given inside the skate shack. Skaters could choose from *orange juice, water, cookies, cakes, as well as fruits*. This snack was well-appreciated by the skaters.

We would like to thank everyone who made and maintained the ice throughout the holidays! With the weather we add before Christmas this fun activity almost did not take place!



SPICED APPLE JUICE RECIPE

For 3 litres of juice.

Pour the juice in a saucepan and add:

- 1 teaspoon of cinnamon
- ½ teaspoon of ginger
- ½ teaspoon of coriander
- ½ teaspoon of anise
- 2 cloves

Place the saucepan over medium heat for 10 minutes. Let it cool down for 10 minutes. Then filter and serve.



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MILLE-ISLES' FIRST TRIAL BY FIRE

On January 21, the Mille-Isles' Fire safety service was called to lend a hand to Sainte-Anne-des-Lacs' Fire safety service when a massive fire broke out. The new tank truck had its first "trial by fire" by carrying no less than **48 000 gallons of water**, which is the equivalent of 30 runs over a 15-hour period.

Five other tank trucks also took part in the task force, and our new truck performed well within this group. Since no municipality is immune to such an incident, we saw and can confirm that entering into agreements to provide ongoing and mutual assistance is of the utmost importance.



Count of births



In 2011, there were **16 births** in our municipality. Each of them received the book of welcome to the child " **Bébé chevreuil découvre Argenteuil** " produced by the MRC Argenteuil. Moreover, this book has earned them the price development and Culture of Arts and the City in May 2010.

Welcome to all those little new Mille-Isler!

RETIREMENT OF MRS RYAN "MADAM POSTMISTRESS"

We learned in late January the departure of Ms. Ryan for a well deserved retirement! Our dear "Madam postmistress" finished her work at Canada Post last Friday, January 27. The municipality of Mille-Isles would like to thank her for all these years (50 years) mail delivery. Always in good mood, she braved the storms to give us our mail.

A big thank you for your outstanding service, good retirement Mrs. Ryan!

From the municipality of Mille-Isles and the Mille-Isler

Message relating to the January 17 registration process

We would like to thank the citizens who came during the January 17 registration process regarding the Zoning by-law no RU.02.2011 and the Subdivision by-law no RU.03.2011.

That being said, we are well aware that all kinds of information have been spread to incite people in coming and signing the registers for the by-laws to be submitted to a referendum poll. To that regard, we always suggest that you ask your municipal government to confirm the information that is transmitted, and this, concerning all municipal affairs.

By adopting these by-laws, the municipal council considers that it answers citizens' concerns and has produced a vision casting Mille-Isles ahead in time. The January 17 registration process has even so stirred up a lot of emotions. We invite you to continue sending your comments and suggestions regarding the different land use planning by-laws. The council will subsequently ask the municipality's Comité consultatif d'urbanisme [Town Planning Advisory Committee] to study some by-law amendment requests.

Know that these documents are prone to change with time and can be amended at any time in accordance with the process provided in An Act respecting land use planning and development.

Yours truly,

The municipal council of Mille-Isles



Stores and Businesses - Register to the Company Directory!

Be visible and get noticed!

Mille-Isles wishes to promote the businesses in its region and invite you to publish, free of charge, information about your business via the CLD d'Argenteuil and *Tourisme Argenteuil*. All businesses of the MRC d'Argenteuil are indexed on the CLD d'Argenteuil Web site www.cld.argeuteuil.qc.ca. Verify if your company appears in the register, and if not, you simply need to contact the CLD d'Argenteuil by email at cld@argeuteuil.qc.ca or by phone at **450-562-8829 extension 2200**, to inform them of the existence of your business, and you will be listed in the MRC d'Argenteuil company directory.

All new businesses can be indexed, free of charge, in the municipality directory published on the Web site of each municipality of the MRC Argenteuil as well as on the MRC's site.



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CITIZEN'S INFORMATION

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INFORMATIONS

ZERO TOLERANCE



Given the recent events that occurred in Verchères, the Association des Directeurs municipaux du Québec (ADMQ) reminds us that violence toward municipal employees is unacceptable and promptly react with a press release stating that *"although psychological harassment is decried and victims are protected by An Act respecting labour standards as well as by each municipality's anti-harassment policies, the scope of violence is still neglected; almost taboo. Over the last few months, the ADMQ has been working hard to obtain the buy-in from different groups to launch a large-scale campaign against violence in municipal environment, among others by implementing a Violence zero-tolerance policy, for a healthy and secure working environment. This policy, formulated by the ADMQ, is intended for the municipalities. This project is already supported by some organizations, but the ADMQ strongly believes that **the current situation requires an immediate positioning of all municipal players with regard to this subject.**"*

With everything going on in working environments, the ADMQ suggests that municipalities formulate a **zero-tolerance** policy, which will protect the municipal employees' work environment. Employees have the right to work in utmost respectful working conditions, and this, regardless of their title or experience. This case file will be reviewed by elected officials throughout the following months.

"We hope that such a policy be adopted by each Quebec municipality so that employers, employees and citizen are made aware of this issue. Any violent situation, either physical or psychological, is utterly unacceptable and the ADMQ aims to support its members and guide them in the process of formulating a policy adapted to their reality", said Mr. Charles Ricard, president of the ADMQ and general director and secretary-treasurer of the municipality of La Pêche.

The general director, whose essential function is to be the link between citizens and the municipal council, is often at the receiving end of bursts of anger and acts of violence, since they are perceived as the embodiment of the municipal council decisions, when, in fact, they are only doing their job by applying them.

"We must fight the problem, the violence in municipalities, because no one is immune, public servants, elected officials and employees. We are preoccupied with the violence in the broad sense, whether they are insidious, startling, repeated or marginal acts of violence", said Mr. Ricard. "At the ADMQ, we are refusing to see violent situations be part of our working environment. Receiving threats from a citizen, a colleague or anyone, for that matter, is not part of our work description. No one deserves to be hit because a tax account is considered too expensive, be pushed because a by-law was applied or find their tires slashed upon leaving work", explains Mr. Ricard. "

The municipal world is currently shocked by the events, the verbal abuse, and the physical coercion present in our societies, in spite of what people think. For that matter, an article regarding violence in working environment was published in the last edition of the ADMQ Scribe magazine.

Reference: summary of the January 16, 2012 press release, assault on a general director and his assistant in Verchères - the ADMQ reminds us that violence toward municipal employees is unacceptable

Translated from source: www.admq.qc.ca

Municipal Associations of General Directors stand together to promote a healthy and secure work environment

"The Association des directeurs municipaux du Québec (ADMQ), the Association des directeurs généraux des municipalités du Québec (ADGMQ) as well as the Association des directeurs généraux des MRC du Québec (ADGMRCQ) stand together to proclaim the violence in municipal environments.

The three organizations, gathering together almost 1 500 members, have taken the opportunity to declare to the press that they are in favour of a healthy and secure working environment... This event demonstrates that it becomes essential to quickly reunite the municipal world players to launch a campaign against violence at work. "

Reference: Press release of the ADMQ, the ADGMQ and the ADGMRCQ, January 20, 2012





Lake Associations Speak Out

February 2012 Edition

ENVIRONMENTAL CAPSULE

Lake Associations Speak Out

Word from the Association des résidents du lac Paul

On December 11, the action committee of the Association des résidents du lac Paul [Lake Paul Residents' Association] was holding the second edition of the activity consisting of decorating lake Paul's Christmas tree.

Over forty residents joined the festivities. Mille-Isles' volunteer firefighters came, with their chief, Mr. Alain Charbonneau, to show the municipality's fire trucks and demonstrate how the portable tank works. All the citizens who were present appreciated this initiative.

We would like to thank the mayor, Yvon Samsom, and the volunteer firefighters who accepted the invitation.

Furthermore, an owner had installed his "backhoe loader" and let the kids handle the lever. So much fun and smiles too!

Great activity!

Serge Robert, president of the Association des résidents du lac Paul
seropaul@videotron.ca



It is with great pleasure that we are announcing that a section of the **Info Mille-Isles** is, from this day, forward be reserved exclusively for the different lake associations' communications. Please send your texts to the following email address caubertin@mille-isles.ca.

We look forward to hearing from you!

Eco Friendly Tips - Second Edition: "Paper and Carton" Edition

- When buying eggs, choose the ones that are in a container made of a cardboard carton instead of polystyrene, since the latter has a lifespan of 1 000 years and, for the moment, you must discard it in the garbage! The carton can be put in your recycling bin.
- Avoid paper napkins and tablecloths as well as carton dishware. Napkins and tablecloths made of fabric and real dishware always make a better impression and do not, in rare occasion, cause important extra work.
- Avoid the casual and abusive use of paper towels. In the kitchen, at home or at the office, ensure you have on hand a washable rag made of fabric or microfiber, or a sponge to clean workspaces, sinks, plastic placemats and messes on the counter; they are as efficient as and much cheaper than paper towels.



Some tips:

- Keep the roll in a closet instead of keeping it in plain sight and so easy to unroll.
- Dry and reuse without a problem a paper towel that was only used to wipe some water.

- Before putting your magazines and journals in the recycling bin, offer them to someone or give them to your doctor or dentist for their waiting room. Reuse is also very important!
- Always opt for the recycled version when buying greeting cards, business cards, post cards or any other paper product.

Indeed, the Canadian pulp and paper industry annually recycles, on the average, almost 5 million tonnes of papers and cartons, of which 1,8 million come from Quebec, but we can always do better and more. **We need to buy paper and products made of recycled paper, because if there are no consumers, the recovery and recycling are useless.**

Translated from sources: *1001 petits gestes pour sauver la planète*, Pierre Lemire, *Les éditions Quebecor* and *Vos déchets et vous*, Marlène Hutchinson, *Editions Multimondes*



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CITIZEN'S INFORMATION

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PUBLIC SAFETY CAPSULE

Secure them to life!

Did you know that each year in Quebec, approximately 1,150 children aged 9 years and under, passengers in a vehicle, die or are injured in an accident? The car seat is the solution to this problem. When it is correctly installed, it reduces up to 70% the probability of death or critical injury.

An investigation headed by the SAAQ in 2009 demonstrated that car seats are correctly installed only 50% of the time. A correct use suggests that the child is in a car seat that corresponds to his weight and height, that the car seat is well fastened to the back seat of the vehicle and that the child is securely tied in.

In a vehicle in motion, your child must use a seat adapted to his weight and height until he reaches the height of 63cm in a seated position. This size corresponds to an average child of 6 ½ years of age. If your child is smaller than average, then he will need to use a car seat for a longer period of time. Children change quickly. It is important to measure your child regularly and to carefully read the manufacturer's instructions that came with your car seat to verify that it is still suitable for your child.

The police officers from the Sûreté du Québec of the Argenteuil MRC invite you to communicate with them in order for them to verify the installation of your child's car seat.

Sûreté du Québec
Mrc Argenteuil
350, Ave Bethany
Lachute,
450-562-2442



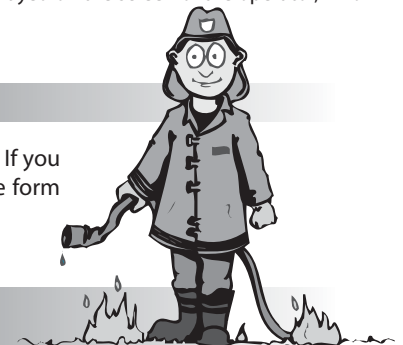
WATCH AT : http://www.saaq.gouv.qc.ca/en/accident_prevention/childseats/video_clips/index.php

9-1-1 Emergency Centre

- 9-1-1, must only be used in **case of emergencies** requiring the immediate response of firefighters, police officers or paramedics.
- **If you call 9-1-1 by mistake, DO NOT HANG UP!** Explain the error to the operator who answers. This avoids having an emergency vehicle dispatched with no reason.
- Avoid programming 9-1-1 into your phone. This habit often results in 9-1-1 calls, simply because the person misdials. It ties up the 9-1-1 lines uselessly and may actually cause an urgent call to be put on hold!
- **9-1-1 keeps track of you.** The origin of emergency calls is posted on the screen of the emergency call operator. Should you lose consciousness, panic or be obliged to exit the premises once 9-1-1 has been dialled, an emergency vehicle is dispatched to the premises.
- **You may dial 9-1-1 from a phone booth, and this, free of charge.** The address of the phone booth will be displayed on the screen of the operator, who will therefore be able to track down your location.

Part-time firefighters needed

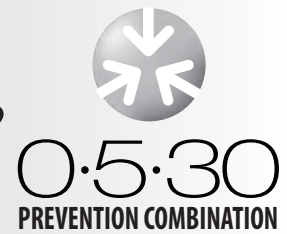
The fire department of Mille-Isles is currently recruiting to fill some positions as part-time firefighters. If you are interested in serving your community, we offer you this opportunity! To apply, please fill out the form online on our website or directly to the Town Hall in order to complete the form.



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0.5.30 Program Healthy Lifestyle Habits



February 2012 Edition

0 tobacco CAPSULE

January was the month of resolutions!

You wanted to quit smoking? Here are some tips to help you quit once and for all.

About 72% of Quebec's smokers were seriously thinking about quitting; however nicotine addiction is part of the dependencies which are the hardest to break.

Why is it so hard to quit?

- Some people simply do not believe they have a dependency. According to the American Psychological Association (APA), 80 to 90% of smokers do.
- People are not seeking professional help. Nevertheless, according to the latest studies, an adequate preparation and a tailored support are as instrumental as the right choice of treatment to succeed in combating this drug addiction.
- Perseverance is key since 5 to 7 trials are in average necessary to be able to quit smoking for good.
- People are afraid of gaining weight.

Here are several resources available to help you stop smoking:

- Test de Fagerström (French only) (see the December 2011 Info Mille-Isles)
- Quit Smoking Centres (QSCs) – Free services adjusted to each smoker's need (individual or group support) in each region of Quebec. Contact your local CSSS (previously called CLSC).
- iQuitnow helpline 1-866-527-7383
- **Challenge Quit to Win** : www.defitabac.qc.ca/defi/en
- Canadian Cancer Society with its Quit smoking guides: One Step at a Time , 1-888-939-3333
- RAMQ – Prescription Drugs Covered – Stop-Smoking Products

SEE DETAILS • PAGE 14

Translated from source: *Protégez-Vous* magazine December 2011

CAPSULE 5 fruits and vegetables portions

MRS. PION RECIPE - CHOCOLATE FONDANT



Ingredients:

- 250 g of good-quality dark chocolate (e.g.: Poulain, Nestlé, Côte d'Or or Lindt)
- 125 g of unsalted butter
- 125 g of sugar (ideally, 110 g of granulated sugar + 2 packets of vanilla sugar)
- 4 large eggs
- 2 tablespoons of potato starch (or corn starch)
- 1 tablespoon of plain flour

Recipe:

Using a double boiler, slowly melt the chocolate chopped in pieces and the butter. While the chocolate is melting, pour the sugar into a large bowl and add the 4 egg yolks (when separating the yolks, keep a little white with each yolk, do not trouble yourself by separating all the white). Using an electric beater, whisk the sugar and the yolks until you get a creamy and pale yellow substance.

Remove the chocolate and butter mixture from heat and stir with a spoon until smooth. Gently fold, a little at a time, into the yolks and sugar mixture.

Preheat the oven at 200 degrees C (400 degrees F). Add the flour and the starch. At this stage, your mixture should be a bit grainy; it is normal. Beat the egg whites until stiff, and then gently fold into your mixture, using a spoon in a cutting movement while slightly lifting the utensil. Do not stir quickly. By the end, your mixture should be smooth, thick and look like a chocolate mousse.

Pour into a 20 cm sandwich tin and cook for 12 to 15 minutes. Be especially careful not to exceed the cooking time, because the fondant would overcook... When the fondant is removed from the oven, the centre should still be soft and this is how it is perfectly fondant!!!

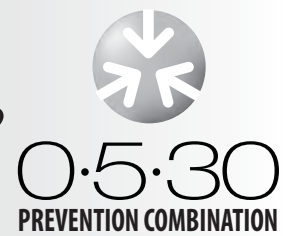
Should you feel like it, you can add some fresh raspberries; making it even more colourful.



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0.5.30 Program Healthy Lifestyle Habits



February 2012 Edition

DELIVERY OF BASKETS OF ORGANIC VEGETABLES FROM A LOCAL PRODUCER

We propose you, here in Mille-Isles, delivering baskets of organic vegetables for summer 2012. Indeed the **farm Serres Michel Jetté et Réjeanne Huot of Mirabel** produced good organic vegetables and deliver them during 15 weeks from late June until end of September. Registration begins in March and April.

Watch your mail, we will send you more details soon.



CAPSULE 5 fruits and vegetables portions

Vegetables and fruits available in Quebec in February

For those who are interested in promoting purchases of local products, here is a list of fruits and vegetables produced in Quebec and available in February.

Remember that fruits and vegetables produced locally or not, the important thing is to eat it!

Vegetables

- Beet
- Carrot
- Celeriac
- Mushroom
- Savoy cabbage
- Red cabbage
- Green cabbage
- Pickle fresh
- French shallot
- Endive
- Hydroponic Boston lettuce
- Yellow onion
- Red onion
- Parsnip
- Sweet potato
- Leek
- Potato
- Turnip
- Rutabaga
- Greenhouse tomatoes

Fruits

- Apple

You can have the full schedule at www.passeportsante.net in reference documents

Source: Quebec Produce Growers Association

The municipality with the highest of inscription rate will make draw the bike among the participants ... many people have already registered!



30 Minutes of Physical Activity CAPSULE

Economic physical activities ideas

Unless we live near a park or a ski centre, we do not practise winter sports daily like we take walks or practise other interior activities. However, winter sports allow us to take a breath of fresh air and take in some natural light, which are essential for the spirit. Plus, after a good day of fresh air, we can take a "30-minute break" the next day!

Cross-Country Skiing and Snowshoeing

Cross-country skiing and snowshoeing are ideal activities to make the heart and muscles work and burn calories. We can choose a place near our home to quickly do our "30 minutes" or take an adventure and uncover the different tracks and trails of Quebec. Some parks even organize night trips. When taking the family, plan an indoor or outdoor picnic or at least a break to play in the snow. **It breaks the rhythm, and kids love it!** You will find trail and track suggestions at the following site: **Géo Plein Air** (French only) and at **Quebec Getaways**.

Alpine Skiing and Snowboarding

Excellent sports to firm **the thighs, calves and buttocks**, while working on **skills, flexibility, balance and coordination**. **Bonus:** fun and delight down the slopes! It may, however, take a few lessons to master the technique. For more information, visit the **Quebec Ski Area Association** site on which you will find many affordable packages.



Translated from source: www.defisante530.com



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CULTURAL ACTIVITIES AND SPORTS

February 2012 Edition

Leisure and culture CAPSULE

Activities coming soon



- **Saturday, February 11, 2012 from 1 PM to 3 PM at the Community Hall of the Town Hall**
Free conference in Mille-Isles in the context of *My Health in Mind*: "The benefits of regular physical activity"

Given in French by Pascale Bellemare, a kinesiologist at the CSSS d'Argenteuil

Actively, Mrs. Bellemare will talk about the benefits of regular physical activity. Moreover, his approach has three points:

- Awareness of the importance of physical activity on health;
- The recommendations on physical activity and benefits on your health;
- The different types of physical activity and to choose what suits you.

An appointment with your health not to be missed! A minimum of 10 participants is required, so sign up now with Nathalie Bouchard at 450 438-2958, extension 2608, or nbouchard@mille-isles.ca



- **Saturday, February 25, 2012 from 1 PM to 3 PM at the Community Hall of TownHall**
Culinary workshop as part of *My Health in Mind* for young people aged 12 to 17
"Come and make your pizza"

You will learn how to make pizza dough. Traditional manufacturing and creating new pizza. You have nothing to bring, everything is provided. To register, contact Nathalie Bouchard at 450 438-2958 voicemail 2608 or nbouchard@mille-isles.ca

- **Saturday, March 10, 2012 at 10 AM at the Tamaracouta Scout Camp**
Snowshoeing activity



As part of *My Health in Mind*, come move with us at Tamaracouta Scout Camp. Enjoy the warmer weather to get outside and go snowshoeing. There is no entry fees for this activity. Take up the challenge 30 minutes of activity a day for *My Health in Mind*. Two departures are planned: 10 AM and 1:15 PM, please come register 15 minutes before departure (9:45 AM or 1 PM), **you must register at the Tamaracouta Scout Camp reception before departure**. A trail map will be provided and you will be escorted by a volunteer.



The Tamaracouta Scout Camp offers a place where we can lunch together at noon. So bring your lunch and your snowshoes. For those who do not have snowshoes, you can rent a pair directly to the Scout Camp \$10 for the day. *My Health in Mind* will distribute apples and water.



- **Saturday March 17, 2012 at the Community Hall of the Town Hall**
Celebrating St-Patrick Day

It's with pleasure that we are announcing St-Patrick's day celebration. Details will follow shortly, see you soon.



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CULTURAL ACTIVITIES AND SPORTS

February 2012 Edition

Leisure and culture CAPSULE

Activities coming soon

- **Saturday, March 31, 2012 from 11 AM to 3 PM at the Community Hall of the Town Hall**
Sugar Shack

Our annual Sugar Shack activity will be held on the 31 of March 2012, from 11 AM to 3 PM. It will be held at the Community Hall. It is open to one and all. Come enjoy a hearty Brunch of *pancakes, eggs, sausages, beans, pea soup and pork rinds*, all this with lots of maple syrup. There will also be maple taffy in the snow and a Sleigh Rides for all. The event is free for everyone.



Are you tired of the winter? Come and celebrate Spring with us!!!

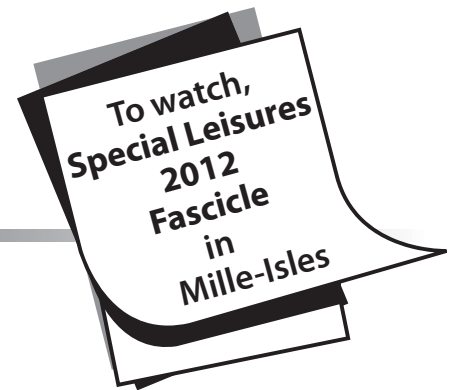
- **From March 1 to April 11**
National campaign – Challenge Quit to win
Make a commitment not to smoke for 6 weeks.



Join the Challenge your own way: alone, with the help of a non-smoking sponsor or with another smoker who also wants to crush. To successfully meet your Challenge, choose the tools and resources that suit your needs from among those offered. It's free!

Register before March 1st at www.defitabac.qc.ca/defi/en

Source : www.defitabac.qc.ca



- **March 2 to June 15, 2012, Fridays from 1:30 PM to 2:30 PM**
at the Community Hall of the Town Hall • Free activity: Viactive



Sessions led by dynamic people along with a more catchy music!

What is it?

Viative is a set of simple exercises, safe for the joints and promoting blood circulation, coordination, muscle strength, balance and flexibility!

For whom?

Viative is for adults retired or semi-retired.

For information and registration:

Louise Leblanc lleblanc@mille-isles.ca or voice mail 2627

Nathalie Bouchard nbouchard@mille-isles.ca or voice mail 2608



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INFORMATIONS

EMERGENCY: 911 

The Municipal Council



Yvon Samson, Mayor
Economic Development & Internet,
Governmental Affairs, Inter-Municipal Relations,
Communications and marketing
ysamson@mille-isles.ca



André Durocher, Seat # 1
adurocher@mille-isles.ca



Daniel Maurice, Seat # 2
Public Works and Municipal Buildings
dmaurice@mille-isles.ca



Cindy Smith, Seat # 3
Public Safety and Civil
csmith@mille-isles.ca



Louise Leblanc, Seat # 4
Urbanism, Environment and Forestry
Environmental health
lleblanc@mille-isles.ca



Michel Mégélas, Seat # 5
mmegeles@mille-isles.ca



Noreen Howden, Seat # 6
Leisure & Volunteering, community
development and *My health in mind*
nhowden@mille-isles.ca

Municipal Services 450-438-2958

- **Johanne Ringuette :**
General Director
jringuette@mille-isles.ca
- **Caroline Aubertin**
Assistant General Director (AGD)
caubertin@mille-isles.ca
- **Yohann Champagne :**
Director in Urban planning
and environment
ychampagne@mille-isles.ca
- **Alain Charbonneau :**
Fire Department Director
acharbonneau@mille-isles.ca
- **Chrystine Slight :**
Administrative assistant
cslight@mille-isles.ca
- **Marc Auclair :**
Municipal Public Work
mauclair@mille-isles.ca
- **Valérie Harcourt :**
Accounting Clerk
comptabilite@mille-isles.ca
- **Nathalie Bouchard**
Leisure Clerk and
Environmental Technician
nbouchard@mille-isles.ca

Working Committees

- Post available on the leisure committee
- Post available on the civil security committee

To send your application, you can fill out the form available on our web site and at the municipal office.

Installment of 2012 Municipal Taxes

▶ **March 13th • June 13th • Septembre 13th**

To reach us: **DEBIT CARD, VISA**

1262, Mille-Isles road, Mille-Isles
(Quebec) J0R 1A0
info@mille-isles.ca

Phone: 450.438-2958 Fax: 450.438.6157
Website: www.mille-isles.ca

Town Hall

Monday to Thursday • From 8 AM to 12 PM and from 1 PM to 4 PM
Friday from 8 AM to 1 PM

On the following holidays municipal services are interrupted:

- New Year's Day
- January 2nd
- Easter Friday
- Easter Monday
- Victoria Day
- Quebec Day
- Canada Day
- Labour Day
- Thanksgiving
- December 24th
- Christmas
- December 26th
- December 31st



MEDAL REQUIRED

Canine Patrol : 450-434-9702
Email : patrouillecanine@videotron.ca



Would you like to be on a mailing list for messages of public interest issued by the municipality of Mille-Isles? Easy... just click on the **Mailing List Registration** link in our website, and when a message of public interest is made available it will be our pleasure to forward it to you.





BUDGET 2012

Les grandes orientations / The Broad



- Réfection et entretien de notre réseau routier / Rehabilitation and maintenance of our road network
- Protection de l'environnement / Environmental Protection
- Urbanisme & développement économique / Urban Planning & Economic Development
- Développement communautaire et bénévolat / Volunteering and community development

BUDGET 2012

Les enjeux importants / Important issues



- Édifice municipal (santé et sécurité) / City hall (Health and safety)
- Communications avec les citoyens / Communications with citizens
- Sécurité publique / Public safety
- Positionnement de Mille-Isles / Positioning of Mille-Isles

BUDGET 2012

Investissements projetés en 2012 / Planned investments in 2012



- Réseau routier / Road Network
- Équipement et outillage pour la voirie municipale / Equipment and machinery for public works
- ÉcoCentre / EcoCentre
- Urbanisme: ordinateur / Urbanism: computer
- Loisirs et culture : sentiers forestiers et récréatifs / Leisure and culture: recreational and forest trails

BUDGET 2012

Projet d'étude - analyses - faisabilité (à effectuer en 2012) / Draft study - analysis - feasibility (to be done in 2012)



- Hôtel de ville / City Hall
- Centre multifonctionnel / Recreative center
- Parc Hammond-Rodgers / Hammond-Rodgers park
- Sentiers forestiers et récréatifs / Recreation and forest trails
- Hébergement pour personnes âgées / Accomodation for the elderly
- Positionnement de Mille-Isles / Positioning of Mille-Isles

	BUDGET		ÉCART / VARIANCE	
	2011	2012	2011 vs 2012	
CONTRIBUTION SQ	214 086 \$	220 746 \$	6 660 \$	3,11%
MRC				
Législation / Legislation	11 569 \$	14 207 \$	2 637,97 \$	22,80%
Gestion financière / Financial Management	36 873 \$	40 939 \$	4 066,05 \$	11,03%
Autres dépenses / Other expenses	3 595 \$	4 416 \$	821,11 \$	22,84%
Hygiène du milieu / Environmental Health	218 \$	- \$	-218,46 \$	100,00%
Sécurité publique / Public Safety	11 644 \$	10 984 \$	-660,31 \$	-5,67%
Loisirs / Leisure	3 902 \$	4 962 \$	1 060,64 \$	27,18%
Aménagement et urbanisme / Planning and urbanism	37 024 \$	46 260 \$	9 236,29 \$	24,95%
Support Technique / Technical Support	16 033 \$	17 281 \$	1 247,46 \$	7,78%
CLD	10 574 \$	10 949 \$	375,13 \$	3,55%
V.V.A.P., musée et corridor route 344 / Museum and route 344 corridor	- \$	- \$	0,00 \$	0,00%
Transport adapté / Adapted Transport	3 314 \$	2 353 \$	-960,82 \$	-28,99%
Équipement supralocal / Equipment supralocal	28 185 \$	4 493 \$	-23 692,48 \$	-84,08%
Centre Multi-sport / Multi-Sport center	852 \$	20 413 \$	19 561,21 \$	100,00%
Routes Vertes / Green Routes	1 465 \$	1 357 \$	-107,97 \$	-7,37%
Fibre optique / Optical Fiber	2 390 \$	203 \$	-2 186,90 \$	-91,51%
Belvédère HQ / Belvedere HQ	- \$	- \$	0,00 \$	0,00%
RFU 2007 Wentworth	(293) \$	- \$	293,30 \$	-100,00%
RFU 2008	- \$	- \$	0,00 \$	0,00%
FCM	1 091 \$	1 091 \$	0,00 \$	0,00%
FCM	203 \$	- \$	-203,00 \$	100,00%
Hôpital Argenteuil / Argenteuil Hospital	566 \$	537 \$	-28,84 \$	-5,06%
QP CRAIE	- \$	(462) \$	-462,16 \$	-
Grand total *	169 206,48 \$	179 984,90 \$	11 240,58 \$	6,37%

LE BUDGET AVEC LES IMMOBILISATIONS / BUDGET WITH FIXED ASSETS

	BUDGET		ÉCART / VARIANCE	
	2011	2012	2011 vs 2012	
Revenu / Revenue	2 438 840 \$	2 640 423 \$	201 584 \$	8,27%
TOTAL	2 438 840 \$	2 640 423 \$		
Dépense / Expenses	2 442 559 \$	2 644 142 \$	201 584 \$	8,25%
Immobilisations / Fixed Assets	2 653 788 \$	4 090 374 \$	1 436 586 \$	54,13%
TOTAL	5 096 347 \$	6 734 516 \$	1 638 169 \$	32,14%
Financement à long terme / Long-term financing	1 720 237 \$	3 162 249 \$	1 442 012 \$	100,00%
Affectation du surplus affecté / Allocation of appropriated surplus	18 871 \$	138 255 \$	119 384 \$	632,63%
Subvention & investissement / Investment Grant	918 399 \$	793 589 \$	(124 810) \$	100,00%
TOTAL	- \$	- \$		

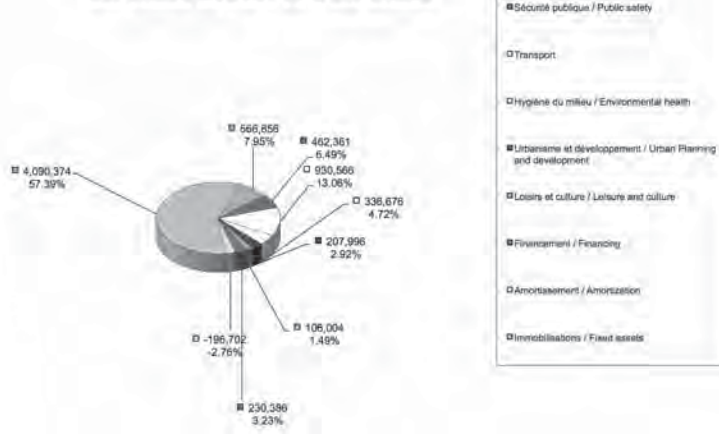
DÉPENSES PAR FONCTION / EXPENSES BY FUNCTION

DÉPENSES / EXPENSES	BUDGET		ÉCART / VARIANCE	
	2011	2012	2011 vs 2012	
Administration	567 267 \$	566 856 \$	-410 \$	-0,07%
Sécurité publique / Public Safety	476 151 \$	462 361 \$	-13 791 \$	-2,90%
Transport	826 590 \$	930 566 \$	103 976 \$	12,58%
Hygiène du milieu / Environmental Health	245 566 \$	336 676 \$	91 110 \$	37,10%
Urbanisme & développement / Urbanism & Development	268 807 \$	207 996 \$	-60 811 \$	-22,62%
Loisirs & culture / Leisure & Culture	109 131 \$	106 004 \$	-3 127 \$	-2,87%
Financement / Financing	134 908 \$	230 386 \$	95 478 \$	70,77%
Amortissement / Amortization	-185 861 \$	-196 702 \$	-10 841 \$	5,83%
Immobilisations / Fixed Assets	2 653 788 \$	4 090 374 \$	1 436 586 \$	54,13%
TOTAL	5 096 347 \$	6 734 516 \$	1 638 169 \$	

TAXATION				
	2011		2012	
	Taux / Rate		Taux / Rate	
Taxes foncières générales / General tax rate		0,5741 \$		0,5111 \$
R216 - camion incendie / B216 - Fire truck		0,0131 \$		0,0109 \$
Sécurité publique / Public Safety		0,0993 \$		0,0851 \$
QP MRC & évaluation / MRC & Evaluation		0,0957 \$		0,0782 \$
TOTAL DU TAUX / TOTAL RATE		0,7822 \$		0,6853 \$

Évaluation municipale / Municipal Assessment		Taxes		Total	
2011	2012				
80 000	93 600	626 \$	15 \$	210 \$	850 \$
100 000	117 000	782 \$	15 \$	210 \$	1 007 \$
150 000	175 500	1 173 \$	15 \$	210 \$	1 398 \$
200 000	234 000	1 564 \$	15 \$	210 \$	1 789 \$
250 000	292 500	1 955 \$	15 \$	210 \$	2 180 \$
300 000	351 000	2 347 \$	15 \$	210 \$	2 571 \$
350 000	409 500	2 738 \$	15 \$	210 \$	2 962 \$
400 000	468 000	3 129 \$	15 \$	210 \$	3 353 \$
450 000	526 500	3 520 \$	15 \$	210 \$	3 744 \$
500 000	585 000	3 911 \$	15 \$	210 \$	4 135 \$
550 000	643 500	4 302 \$	15 \$	210 \$	4 527 \$
600 000	702 000	4 693 \$	15 \$	210 \$	4 918 \$

DÉPENSES BUDGET 2012 EXPENSES



REVENUS BUDGET 2012 REVENUES

