

Newsletter Spring 2024



Ice out was early this year! After a winter of less than normal snow fall, early spring warmth and thinner than normal ice, many of you have been able to reach your lake access cottages early this year!

Unfortunately, this has also left our forests dryer, and many concerned about the upcoming forest fire season (April to October). Contrary to what we may think, springtime, especially with low snow levels, is a very dangerous time for forest fires. We are sure most of you remember the smoke-filled June last year, and many officials are speculating that this spring's fire season will be active.

The fire department's focus right now is fire prevention, therefore please read the section below regarding fire safety and keep an eye out for communications from the municipality regarding fire bans and other security measures. Additionally, please ensure that you verify the [fire risk level](#) prior to doing ANY burning on your property.

FOR YOU THIS SPRING

ENVIRONMENT

*LTN Protected Area Project
Cyanobacteria and water quality*

BYLAWS

*Municipal vision
Permit applications
Infractions to our bylaws
Light pollution (Dark Sky)*

SAFETY MEASURES

Forest fire prevention

SERVICES TO CITIZENS

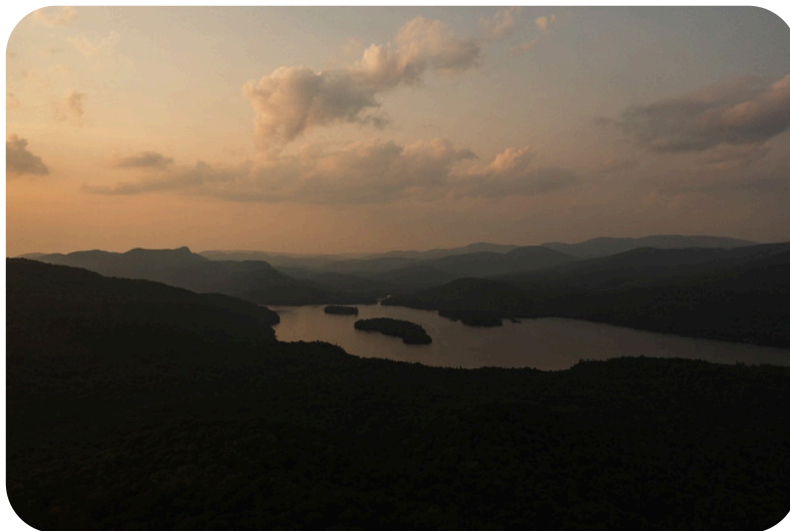
*Welcome guide
Municipal programs
Access to lakes Tremblant and Bibite
Mont-Tremblant Access Card
History Committee*

UPCOMING EVENTS

*Environment Day
Regatta and BBQ*

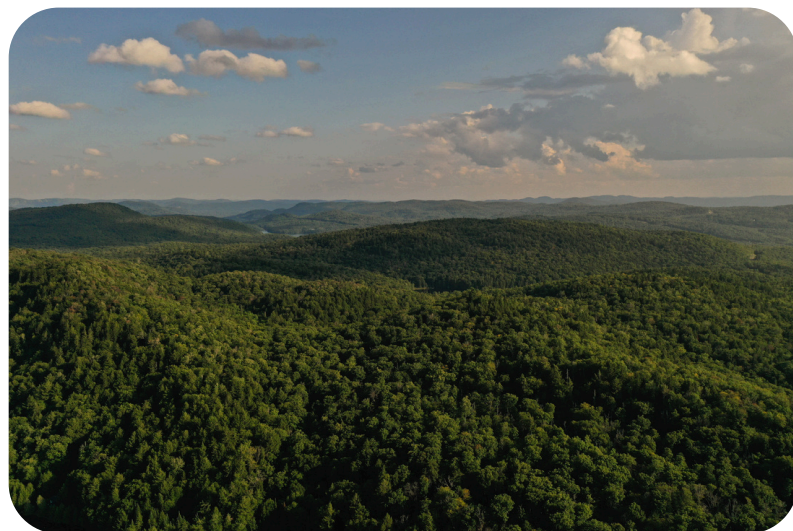
GENERAL INFORMATION

According to [SOPFEU](#), 50% of spring forest fires are caused by citizens near their homes and many are caused by cigarette butts (80 fires every spring), which was the cause of the Oka National Park fire on March 30th.



Smoky sky in Lac-Tremblant-Nord – Summer 2023

On a more positive note, our [protected area project](#) was formally deposited to the Minister of the Environment in October with a formal request for a freeze on our territory. We are still waiting for a return from the ministry, but we have been able to discuss our project with various elected officials from different levels of government, and our initiative has been very well received and has gained a lot of support.



To increase the visibility of our project, Barbara McDonald and I presented the project at *Les Ateliers sur la conservation des milieux naturels 2024* in Quebec City in April, and we have received tremendous support following our presentation.

Additionally, we will hold the 3rd edition of our [Environment day on Saturday, June 15th at PLTN](#) (see details below), where a public consultation will be organized with biologists and experts in the protection of biodiversity to gather citizens' comments and vision on the protection of our territory, which will guide the preparation of the conservation plan attached to our project. During the event, a presentation will also be made to citizens on the quality of our lakes, detailing the results of the various studies completed in recent years.

In this newsletter, a large section is dedicated on compliance to our bylaws, both as a plea from your Council as well as an effort to provide pertinent, helpful information regarding work requiring permits, what kind of infractions the municipality has emitted and a highlight of our Dark Sky bylaw and its importance.

Over the years, we have made many changes to our bylaws, and citizen feedback is important in driving these changes. While many of our bylaws are in place for environmental reasons, to ensure that we reduce the visual impact of new constructions or to comply with provincial or regional obligations, bylaw compliance continues to be a time-consuming process for the administration and an irritant for citizens. Although completing permit requests can be time consuming, the administration is doing everything possible to make the process easier for citizens, consequently we ask everyone to please respect the bylaws and the permissions you are granted.

Prior to doing the work needed for your project, if you have questions about our bylaws or the permit emission process, please contact our administration.

The municipality is currently looking for a student to fill the position of environmental assistant for the summer season: [**Student job offer – Environmental officer \(summer 2024\)**](#)

The municipality is also looking for an urbanism and environment inspector to support our administrative team: [**Job offer – Urbanism and environment inspector**](#)



If you know someone who would be interested in either of these positions, please do not hesitate to contact our administration!

On a more personal note, last fall, I had the honor of being elected as the MRC des Laurentides' deputy prefect by the 19 other municipalities in our MRC to work with Marc L'Heureux, who has been prefect for several years. For many, the MRC is a government that is somewhat ambiguous, but which governs many aspects of our region. In addition to receiving the confidence of other mayors, this opportunity will allow me to have more influence on future decisions and increase the visibility for our municipality.

Finally, I want to take the time to thank our citizens!

Since 2021, a record number of municipal elected officials (800 out of 8000 in Quebec) have resigned as of February this year, many citing toxic environments. Decisions by Council are not always unanimous, but the majority of our citizens approach this difference of opinion in a constructive and positive manner, for which Council and I are thankful. I have always felt that divergent opinions and spirited discussions can only make for quality decisions, and I feel that within our Council and with citizens, this continues to be achieved. This positive and constructive approach allows our municipality to move forward, act, and continue to preserve the quality of our small community intact.

Hope to see you all this summer!

Kim Meyer and your Council

PROTECTED AREA PROJECT: RECAP AND NEXT STEPS

The municipality is actively working on its Protected Area project, launched in fall 2022. The project aims to enhance the protection of public (Crown) and municipally owned land from threats such as forestry and mining. Our initiative also seeks to safeguard the rich biodiversity we have on our territory and strengthen the existing ecological corridor, which has become an increasingly crucial zone for the migration of animals into Quebec and the North due to climate change.



In collaboration with [Les Amis de Lac-Tremblant-Nord](#), [Éco-Corridors laurentiens](#) and [SNAP Québec](#), our goal is to **protect up to 68.8% of our municipal territory**, by:

- **Increasing the quality of the protection** of our Crown land by asking for a biological reserve status (Protected Area) rather than the current protection status of the white-tailed deer (Confinement Area) and by **increasing the quantity of land protected** by including the totality of the Crown lands in this protection status;
- **Ensuring the perpetual protection of municipally owned lands** by transferring them into a land trust (Social Utility Trust) which will be governed by a group of fiduciaries;
- **Increasing the voluntary conservation** by citizens through various means.

To learn more about our project, we have created a page on our website where you can find, amongst other elements, a 2-page summary of the project, as well as the PowerPoint presentation on our initiative that was presented in Quebec City last month : <https://lac-tremblant-nord.qc.ca/en/protected-area-project-lac-tremblant-nord/>



Our next steps in the project are the following:

- **Continued environmental inventories** (public and municipal lands) to better identify what species we have on our territory, which will help identify the appropriate means of protection, made possible through the funding received from the [Fondation de la faune du Québec](#) and SNAP Quebec;
- **Development of a conservation plan (public and municipal lands), with the collaboration of our citizens**, to establish a global vision for the enhancement of our natural environments. Consultations on this subject will begin at our *Environment day* on June 15th (please see details below);
- **Communication to citizens regarding various forms of conservation** possible on private properties (conservation servitude, donations, or simply how to make our backyards more friendly for the movement of animals).



Since the very beginning of our project, the unequivocal support we have received from all our citizens confirms that our project proposal is in line with our municipality's philosophy of environmental protection, as well as with our population's collective vision and will for the long-term protection of our territory.

Please do not hesitate to reach out to our administration if you want to get involved in the project, we would be happy to sit down with interested citizens, we will continue to keep everyone informed of our project's progress over the coming months.

Thank you once again to all our citizens for your enthusiasm for our conservation project!

CYANOBACTERIA AND WATER QUALITY

Last fall, as many of you remember, we had an episode of cyanobacteria confirmed on lake Tremblant, lake Bibite and lake Gervais. Though very frightening, this episode was noted in many Laurentian lakes and was not a reflection of water quality, but more of the temperature and climate conditions.

After speaking with [OBV-RPNS](#), an organization dedicated to water protection, and with the various water quality studies we have done over the years, all the lakes in our municipality are healthy (a report on this subject will be given during our *Environment day* on June 15th).

Continued monitoring of our lake's quality will be essential, and as a reminder to all our citizens, here are the best ways to contribute to keeping our lakes pristine:

- Ensure all boats, canoes and kayaks are washed prior to entering any of the municipality's lakes;
- **Ensure your shoreline is healthy** and respects municipal standards;
- Ensure your septic tank (or other waste disposal system) **respects provincial bylaws**.

Many citizens are worried about a possible reoccurrence, especially the impact it could have on recreation or water consumption:

- As a municipality, we cannot guarantee the potability of the water we draw from the lake, especially in the presence of cyanobacteria;
- Though water quality testing can be done quickly, the reception of the official results can take some time. The purpose of testing the lakes is to confirm:

1. **Is it cyanobacteria?**

2. **Does it have dangerous toxins?**

While our testing last year indicated no toxin levels on the day the tests were conducted, this does not preclude the possibility that the situation might evolve.

If a similar episode were to occur again, we will ensure regular and detailed communication with our citizens. However, while there is evidence of cyanobacteria, we will likely only be able to provide information regarding the risks associated and not lift restrictions related to swimming and drinking the water.

If you have questions on any of these subjects, please reach out to the municipality or come visit us at the *Environment Day* on June 15th.

For more information, please consult the following links:

[Blue-green algae = cyanobacteria | Gouvernement du Québec](#)
[Preventing health problems associated with blue-green algae blooms](#)

MUNICIPAL VISION THROUGH THE BYLAWS

Many of us chose Lac-Tremblant-Nord for its natural beauty and previous Council's decisions (dating back to the 1970's) implemented many urbanism elements that ensured the protection of our exceptional living environment, for example our large property sizes, restricted deforestation percentage per property, setbacks from the lake, protection of the shorelines, etc.

Over the years, our bylaws have evolved with the changing needs of our community, and in recent years, in an attempt to identify our population's priorities for municipal action, we have surveyed citizens on multiple occasions and held consultations to determine what was most important to our citizens.

The clear priorities for municipal action from our population are the following :

1. **Protect the environment**, specifically the lakes, the landscape and preserve our rich biodiversity;
2. **Protect our territory as much as possible** from industrial activities (forestry, mining, etc.);
3. **Limit the visual impact of new constructions** (homes, roads, driveways, etc.); and
4. **Avoid light pollution** as much as possible.

As Council updates our bylaws to better reflect the vision of our citizens for municipal action, we try to respect this desired vision and center our efforts on our population's priorities.

Many citizens may not be familiar with our bylaws, like the need to obtain permits for certain work or projects, while some do not understand why some bylaws are in effect and others unfortunately simply chose to ignore them.

In order to respect our citizens' vision for our municipality and preserve our environment in its current state, municipal infractions have unfortunately become a regular part of our administration's tasks.

Council has clearly asked our administration, as a first approach, to communicate directly with the citizens involved to implement corrective measures where possible and prioritize action in areas related to the above-mentioned priorities. This approach is not always an easy task, and often met with resistance from citizens.



With the global vision of protecting our environment in mind, I plead with citizens :

- If you are unsure if you need a permit or what is allowed to be done on your property, please contact our administration (info@lac-tremblant-nord.qc.ca) who are tasked with applying Council's approved bylaws;
- If you don't understand why we have a certain bylaw, please ask Council. We will be happy to explain or hear how it directly impacts you and see if changes are required to better achieve our goal;
- Please respect our bylaws and lead by example.

Our municipality is only as strong as the community that lives in it, and if we collectively want to keep the pristine and well-protected municipality that we all love, then individually, we all need to work towards that common goal.

PERMIT REQUESTS

Over the years, in line with the municipality's vision, changes were made to our bylaws to continue to protect Lac-Tremblant-Nord both environmentally and from a visual impact standpoint.

As Council remains open to making changes to our bylaws that make sense to our citizens, in order to achieve our collective goal of protecting our environment we are so fortunate to have, our bylaws and permit process must be respected by all our citizens.

To help citizens identify the type of work that needs a permit, here is a very simple overview of some of the work that requires a permit or not :

WORK REQUIRING A PERMIT

- The construction, reconstruction or extension of a main building or an accessory building;
- The felling of one or more trees;
- Installation of a swimming pool or a spa;
- Backfill and excavation work;
- Any intervention carried out on the shoreline of a lake or watercourse;
- Installation of a septic system;
- Modification to the colour of a building;
- Replacing or adding to an existing dock.



WORK THAT DOES NOT REQUIRE A PERMIT

- Replacement of glass or bay windows (without changing their number or size);
- Repair or replacement of plumbing systems (pipes, sinks, toilets, bathtubs, etc.) provided the work does not affect the septic system or well;
- Repair or construction of shelves and cabinets, or replacement or modification of floor coverings;
- Roof cover replacement (if material and colour remain the same);
- Paint work (if the same colour is used).

At all times, if you are not sure the work you plan on doing needs a permit from the municipality, please send an email to our administration at urbanisme@lac-tremblant-nord.qc.ca.

INFRACTIONS TO OUR BYLAWS

As is often the case, citizens going through the permit application process are surprised by the information and details required to obtain a permit.

Council regularly hears from citizens regarding infractions witnessed, whether it be for the cutting of trees in the shoreline, lighting that infringes on our light pollution (Dark Sky) bylaw or that causes visual nuisances, the construction of small buildings or docks without a permit, etc.

As a Council, we have decided to help citizens better understand the hard work our administration does for our bylaws to be respected. Since 2020, there have been more than 25 cases where the citizens or hired contractors have been declared guilty of infractions to our municipal bylaws. Our team is often able to work with the citizen or the contractor in order to remedy the situation before it goes to the infraction stage to ensure that our bylaws are respected, but more importantly to ensure the correction of the damages or work done without a permit.

Some examples of infractions which the municipality has acted on and won in the past months :

- Unauthorized work in the shoreline;
- Unauthorized excavation in the shoreline;
- Illegal short-term rental;
- Failure to install proper tree protection measures;
- Excavation without a permit;
- Accessory buildings built without a permit;
- Illegal open-air fires;
- Unauthorized tree removal;
- Nuisances;
- Non-conforming septic systems.



The main objective remains to collaborate with citizens and make the permit process easier and faster, all while respecting our bylaws fundamental principles that protect our environment.

We continue to encourage our citizens to communicate with our administration at all times to share your thoughts, concerns and questions regarding our bylaws.

BYLAW TO PREVENT LIGHT POLLUTION (DARK SKY PHILOSOPHY)

As early as 1915, the protection of Lac-Tremblant-Nord's landscape was enshrined in the charter that created the municipality, thus ensuring the protection of its natural environment that continues to this day. In 1970, the municipality introduced innovative urbanism bylaws to provide a stricter framework for real estate development. In the years that followed, residents also demonstrated their strong commitment to **preserving our environment and landscape.**



To this end, back in 2007, municipal bylaws were amended to include regulations to better **manage potential sources of light pollution.**

As a result, in 2020, the municipality adopted [a specific bylaw on the control of outdoor lighting](#) to ensure the respect of the **dark sky philosophy** and to eliminate possible sources of light pollution throughout our territory, for both new construction projects and existing buildings.



As a reminder, among the complementary measures proposed in the bylaw to help reduce light scattering and light pollution, particularly in the direction of a lake, are the following :

- Light sources should ideally be switched off after 11 PM, or their brightness reduced by at least 50%;
- The installation and use of a limited number of light fixtures on the ground or buildings are encouraged;
- The use of yellow light sources is favoured over white or blue light sources;
- The use of low - or high - pressure sodium light sources or amber, red or orange diode light fixtures with less than 2,500 lumens is favoured;
- The use of control systems (timers, dimmers, automatic triggers) is favoured over the use of continuous light sources;
- The use of light fixtures for functional and safety purposes is favoured over decorative fixtures;
- The installation of a screen (deflector) between the light fixture and a lake is favoured; and
- Reducing the number and intensity of light sources inside a building is favoured.

If you have any questions about the bylaw regarding outdoor lighting, please contact the municipality (info@lac-tremblant-nord.qc.ca or **819-425-8154**).

SECURITY MEASURES

INFORMATION AND RESOURCES - FOREST FIRE PREVENTION AND RISK REDUCTION

Every year, the issue of forest fires continues to be a concern throughout Quebec. To reduce the risk of forest fires and protect your property and our environment, the Ville de Mont-Tremblant's fire safety department is asking everyone to be vigilant and to respect the following instructions:

- Avoid burning branches or leaves on your property; instead, dispose of them in the compost or bring them to an ecocenter;
- Refrain from smoking in the forest and, if you do, do not throw your cigarette butts on the ground, in a flowerpot or flowerbed. Take them home with you and dispose of them in an appropriate, safe container;
- Never throw cigarette butts out of your car window - roadsides are particularly prone to brush fires.



PROHIBITION ORDERED BY THE SOPFEU OR THE FIRE DEPARTMENT

Before starting a fire, it is important to check the SOPFEU fire danger index ([home page of our website](#)) to find out about the fire restrictions in force in our region.

When an open-air fire ban is in force, it is strictly forbidden to light a fire, including outdoor fireplaces with spark screens and open-air BBQs (without cover).

Please note that **fireworks are prohibited at all times** in Mont-Tremblant and Lac-Tremblant-Nord.

To learn more about forest fire prevention, here are a few useful resources :

- [SOPFEU website](#)
- [Lac-Tremblant-Nord fire regulations](#)
- [Registration \(free\) for Lac-Tremblant-Nord's emergency alert system](#)
- [Ville de Mont-Tremblant fire department](#)
- [Fire prevention tips - Fire Department \(Ville de Mont-Tremblant\)](#)

SERVICES TO CITIZENS

CITIZEN GUIDE

The Citizen Guide for our municipality was officially launched this spring : [Welcome Guide : Lac-Tremblant-Nord](#)

This document is a good introduction to our community, offering a portrait of the municipality and a summary of the various municipal services (citizen communications, leisure programs, lake Bibite and Tremblant marinas (PLTN), urbanism, environment, etc.).

MUNICIPAL PROGRAMS YOU CAN BENEFIT FROM

Over the years, Lac-Tremblant-Nord has provided various financial initiatives to citizens, to complement the services provided via the Ville de Mont Tremblant with the [Access card](#) :

- Citizens can request a **free annual access pass** for the Parc national du Mont-Tremblant ([SÉPAQ](#)) through the municipality.

To obtain the annual pass :

- 1.Fill out the form on our website, available in our [Leisure](#) page; and
- 2.Email the form to the municipality at info@lac-tremblant-nord.qc.ca, we will then send it to the SÉPAQ and return your pass by mail or email.

- Children living in the municipality can request a **reduced rate for the Ville de Mont Tremblant day camp**. All the necessary information (registration procedure, prices, programming, etc.) regarding the day camp is available on the [Ville de Mont-Tremblant website](#).

Once you have registered for the camp, please send your bill to the municipality, and we will reimburse the applicable amount.

- **New this year:** Citizens who register their child under the age of 12 in an organized activity for a complete session can receive a reimbursement from the municipality of up to 100 \$ per child.

ACCESS TO LAKE TREMBLANT AND LAKE BIBITE

As a reminder, specifically for new residents of Lac-Tremblant-Nord, the PLTN marina is a private entity, separate from the municipality:

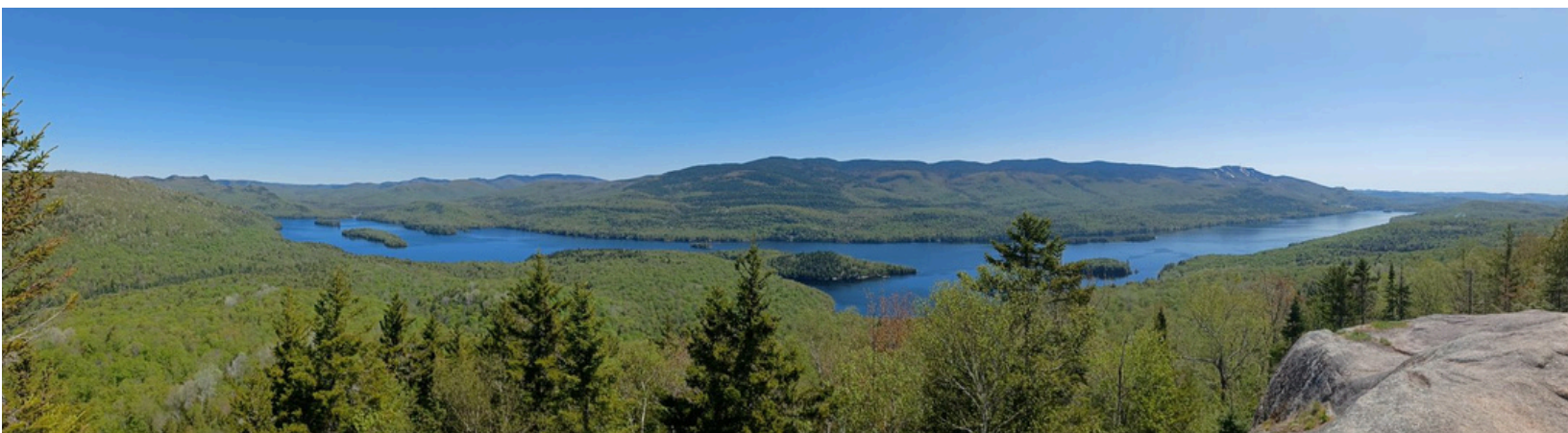
- **Swimming is prohibited** at the Lake Tremblant & Lake Bibite PLTN marinas
- All questions regarding access to the marinas should be directed to PLTN at the following email address: secretaire@preservationltn.ca
- For more information, visit the PLTN website : <https://www.preservationltn.ca/>

ACCESS TO LAKE TREMBLANT

By mutual agreement between PLTN and the municipality, citizens of Lac-Tremblant-Nord who do not have access to the lake are permitted to launch their boats, daily, during the summer months, however, the boat in question :

- Must be washed (at no charge to citizens at the PLTN marina);
- Must be owned by the citizen of the municipality; and
- Must be removed from the lake at the end of the day.

There is no limit to the number of times per summer that a boat can be launched.



ACCESS TO LAKE BIBITE

Like the access to Lake Tremblant, access to Lake Bibite is also managed by PLTN, although the marina on this lake is owned by the municipality.

Questions regarding municipal access to the marina should also be directed to PLTN at the following address: secretaire@preservationltn.ca



MONT-TREMBLANT ACCESS CARD

As some of you already know, the citizens of our municipality have access, via the Accès Lac-Tremblant-Nord card, to many of the activities, buildings and services of the Ville de Mont-Tremblant.

Last year, in order to simplify the administrative process and given the number of Lac-Tremblant-Nord residents who have their Accès Mont-Tremblant card, the Ville de Mont-Tremblant decided to merge the two cards.

Via the [Mont-Tremblant Access card](#), who needs to be renewed each year with proof of residence, citizens have access to the following privileges:

- [Free activities in gymnasiums](#) - Free access (0-17 years and students) and reduced rates
- [Gilles Cadieux arena](#) - Free admission (free activities) and reduced rates
- [Samuel-Ouimet and du Couvent libraries](#) - Free membership
- [Mont-Tremblant day camp](#) - Preferred rates
- [Aquatic complex Mont-Tremblant](#) - Free access (0-17 years and students) and reduced rates
- [Classes and workshops](#) - Preferential rates and priority access when registering for programs
- [Beach and Tennis club](#) - Free daily access to the beach (0-5 years) and reduced rates
- [Lake Mercier](#) - Free access to [Lake Mercier beach](#)
- [Lake Tremblant](#) - Free access to the [boat launch](#) at the Lake Tremblant marina
- [Parc Plage](#) - Free access

- **Première Scène Mont-Tremblant** – Reduced rate on the purchase of show tickets
- **Sports halls and stages** – Reduced rental rates
- **Domaine Saint-Bernard** – Free access to trails and beach at Lake Raynaud
- **Municipality of Brébeuf** – Free access to **Brébeuf beach**
- **Mont-Tremblant national park** – Free annual pass and reduced rates (activities and rentals)
- **Station Mont-Tremblant – Access to the Ambassadors program**

To consult all the information concerning the Access Mont-Tremblant card, please visit the **Access and Experience Cards** page on the Ville de Mont-Tremblant website.

HISTORY COMMITTEE: HIGHLIGHTING OUR RICH HISTORY!

Lac-Tremblant-Nord has a rich history, and while it was well showcased during the municipality's 100th anniversary, our administration would like to find a way to document and highlight our unique history.

To this end, the municipality's History Committee is currently pursuing its efforts to gather information (stories, photos, etc.) and continues to conduct interviews with citizens who have left their mark on our municipality over the years.

In order to gather as much information as possible, we need your help; if you have old photos, objects, paintings or other artifacts that you are willing to lend temporarily to the municipality to be photographed or digitized, please let our administration know.



The committee's final project has yet to be determined (book, historical chronology, etc.), as the main objective over the next few months will be to assemble and organize the information we have on the municipality.

If you have any questions, would like to get involved in the committee or have any information to share, please don't hesitate to contact us at **communications@lac-tremblant-nord.qc.ca**.

Thank you in advance for your participation!

UPCOMING EVENTS

ENVIRONMENT DAY – SATURDAY, JUNE 15, 10 AM TO 2 PM AT THE PLTN MARINA

After its success in the past two years, and as our municipality is very focused on the protection of the environment and biodiversity, citizens are invited to attend the 3rd edition of our *Environment Day* on **Saturday, June 15, from 10 AM to 2 PM, at the PLTN marina.**

EVENT SCHEDULE

10 AM to noon

Participatory consultation on conservation priorities and vision for Lac-Tremblant-Nord, hosted by representatives of [Caltha](#), an applied ecology consulting firm, and [Éco-corridors Laurentiens](#).

This session will, through a participatory and collaborative approach with the community :

- Present ecological data on the municipality's territory;
- Identify, through participatory activities, conservation opportunities in Lac-Tremblant-Nord;
- Discuss the municipality's conservation vision and priorities.

Noon to 2 PM

Following the consultation, various organizations will have **information booths** on site to discuss the good environmental practices to adopt and the importance of protecting biodiversity.

Additionally, a **FREE BBQ** (hot dogs, hamburgers and vegetarian options) will also be served for the occasion.

More information will be sent prior to the event, we hope to see many of you on June 15!

ANNUAL REGATTA AND BBQ – SATURDAY, AUGUST 3RD

The municipality is pleased to announce the return of its annual Regatta and BBQ on **Saturday, August 3rd!**

The Regatta, open to all residents and their guests, is a long-standing annual tradition in Lac-Tremblant-Nord, bringing our small community together for **beach activities** on the shores of lake Tremblant, followed by a **BBQ** provided by the municipality at the PLTN marina.

More details about the event will be communicated to citizens in the coming weeks, we look forward to seeing everyone on August 3rd!



GENERAL INFORMATION

CONTACT INFORMATION



Municipal office address : 2-2044 chemin du Village (Mont-Tremblant), J8E 1K4



Phone : 819-425-8154



Email : info@lac-tremblant-nord.qc.ca



Website : <https://lac-tremblant-nord.qc.ca/en/>

UPCOMING EVENTS

- **Environment Day (more details to come)**

Saturday, June 15, from 10 AM to 2 PM at the PLTN marina

- **Annual Regatta and BBQ (more details to come)**

Saturday, August 3rd

UPCOMING COUNCIL MEETINGS

(144, RUE DU COUVENT (MONT-TREMBLANT) AND ONLINE)

- Saturday, June 8 – 11 AM
- Saturday, July 6 – 11 AM
- Saturday, August 10 – 11 AM
- Saturday, September 7 – 11 AM
- Saturday, October 5 – 11 AM
- Saturday, November 9 – 11 AM
- Saturday, December 14 – 11 AM