

December 2013

Métis Info

Municipal Newsletter and Community Notes

The 50+ Club invites all members and friends to a **Christmas Lunch**

Wednesday, 11 December, 12 noon
At the *Centre des Loisirs*.

Members \$10 Non-members \$12

Door prizes

Everyone welcome!

**Please RSVP to Françoise
at 418-936-3884**

Please note that our
Wednesday Activities
are taking a break for December 25 and
January 1 – back on January 7.



Community quilt making project in aid of sick children

The quilt making is underway: the material has been bought and the municipal office is letting us use a room upstairs in their building.

Many steps are necessary to make the quilts and everyone who is interested is very welcome to help out – regularly or from time to time.

The times and days this takes place will depend on your availability – please contact Diane Dubois at 418-936-3158



*Ville de
Métis-sur-Mer*

www.ville.metis-sur-mer.qc.ca

www.facebook.com/MetissurMer

Notice to community organisations

If you would like to promote events taking place **at the end of December 2013 and during the month of January 2014**, please contact Marie-Claude Giroux **before December 13 2013** at 418-936-3239 or by email at mcgiroux@heritagelsl.ca



HERITAGE
Lower Saint Lawrence
Bas-Saint-Laurent

www.heritagelsl.ca | www.facebook.com/heritagelsl

Community Information

Métis-sur-Mer Bilingual Public Library

162 rue Principale, Métis-sur-Mer, G0J 1S0 | (418) 936-3231 or (418) 936-3239

Children's section – Adults' section – Special request service – FREE membership

Your Library is open:

Tuesday 2 to 4 p.m.
Thursday 2 to 4 p.m. and 7 to 8:30 p.m.
Saturday December 7 and 21, and January 11 and 25
from 9:30 to 11:30 a.m.

Please note that the Library will be CLOSED
from December 22 to January 6 inclusive; back on January 7!

A new
collection of
Christmas
books has
arrived!



*****Saturday December 21 at 10 a.m. - Special Christmas Activity - not to be missed!*****

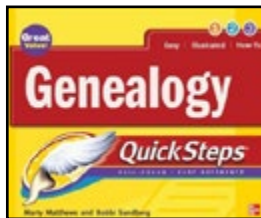
Reading Corner

New at the Library this month:

Genealogy QuickSteps

by Marty Matthews and Bobbi Sandberg

A full-colour, step-by-step guide for the novice genealogist! Genealogy Quick Steps provides step-by-step instructions for researching ancestry using the Internet and software tools - an essential resource for anyone doing research in genealogy.



Our congratulations to Stéphanie Pelletier for winning the Governor General's Literary Award for French-language fiction. The award-winning Quand les guêpes se taisent is available from the Library (French only).

Library Loves

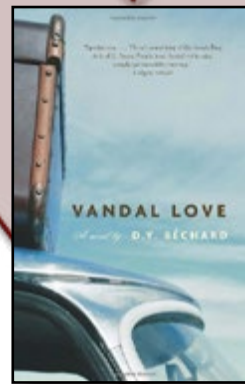
Kids' Korner

The Secret Tree

by Natalie Standiford

A sweet story of a tree that's literally filled with secrets.

When a group of students depend on a tree to keep their secrets for them, things don't turn out quite as they expect.



Vandal Love
by D. Y. Béchard

Toys and Games Needed

The *Service surveillance de l'école l'Envol* is looking for donations of toys and games in good condition suitable for 5 to 12 year olds.

Thank you in advance for your assistance and generosity.

Please contact Lynne
Bruce: **418-936-3259** or
lynnesbruce@yahoo.ca



Heritage Lower Saint Lawrence wishes to thank all those who participated in our Veterans Week Program for 2013.

Lest We Forget!



Well done to Heritage Lower Saint Lawrence for the quality and diversity of the Remembrance Week activities. Special thanks go to Kathy Dodson for the programming and to Pamela Andersson for the exhibition presented at the Town Hall.

Métis-sur-Mer Christmas Party at the Town Hall (370 Beach) Sunday, December 15, 1:30 p.m.

Come and meet **Santa Claus**

GIFTS FOR THE CHILDREN - SLEIGH RIDE -
REFRESHMENTS

To the parents: *In order to offer a gift to your child or children, be sure to **register by December 3**. Donations (\$) would be greatly appreciated.*

Everyone is welcome: the young and the young at heart!

Information:

CLD of Métis-sur-Mer
Martine Bouchard, 418-
936-3373



Annual campaign to Give a Helping Hand or The Tree of Peace

As in previous years, a tree of peace will be set up in the Caisse Populaire in Les Boules for the festive period with the aim of encouraging the population to stamp out violence, bullying, abuse etc. The tree will be decorated with white ribbons, and hands (symbolizing helping one another) made by the students of our schools.

Every year, since 1997, this campaign commemorates the Montreal Massacre and reminds us why we wear the white ribbon on November 25 and December 6. This campaign ensures we do not forget the acts of violence committed against our women, seniors and children. December 8 is also Anti-Bullying Day.

This is a social action campaign organized by l'AFÉAS de Les Boules. For more information, contact Diane at 418-936-3276.

ANOTHER HUGE CONGRATULATIONS TO STÉPHANIE PELLETIER (daughter of Jean-

Pierre Pelletier and Jovette Bécharde) whose collection of short stories, *Quand les guêpes se taisent*, won the **Governor General's Literary Award for French-language fiction 2013**. With a cash prize of \$25,000, this recognition will certainly boost her profile and, we hope, give her more time to write.

Stéphanie, we wish you all the best for the future!



Community Information



Senior's Wellness Days

Heritage Lower Saint Lawrence and the 50+ Club of Les Boules have joined together to offer a series of healthy-activity days at the *Centre des loisirs*.



There are two sessions left: Tuesdays 26 November and 3 December – don't miss out!

The activities will be offered in French and English in two groups simultaneously and are aimed at men as well as women.

Schedule:

10:30 to 11:30 a.m. **Viactive** (physical activities adapted for people over 50)

11:30 a.m. to 1 p.m. **Lunch** (hearty soup and dessert)

1 to 2:30 p.m. **Jog Your Brain** (cognitive vitality workshop for seniors)

The workshops are free but we ask for a \$2 contribution per person for the lunch*.



Carpooling will be organised, please let us know if you need transport or if you can offer spaces.

An initiative to promote health at all ages in our community.

More information: Marie-Claude Giroux **418-936-3239**

*** Le CLD de Métis-sur-Mer, l'Ass. socio-culturelle de Métis-sur-Mer, la Fabrique N-D de la compassion, Leggatt's Point Women's Society and Metis Beach United Ladies Aid have generously contributed towards the cost of the meal; The Ville de Métis-sur-Mer generously offers use of the Centre des loisirs - Thank you all!!!**

Senior's Hot Lunch

A big thank you to Pierre Dufort who captivated the room on November 19 with the story of the Battle of the St-Laurence – it was fascinating!



Tuesday December 17 Christmas Dinner

12 noon, at the Town Hall
(370 rue Beach) Cost: 8\$

Special Guests: **The Christmas Choir**

Reservation and information:

Linda **418-936-3431**

In aid of **UNITÉ DOMRÉMY.**

Please help fill the baskets with non-perishable food items. **ALL PROCEEDS** will be given to **Unité Domrémy** in Mont-Joli.



Carpooling will be organised, please let us know if you need transport or if you can offer spaces - thank you!

New Service: **the mobile library** - the books come to you!

Christmas of Sharing 2013

Collection boxes where you can leave non-perishable items (preserves, pasta, candy, etc.) or a donation will be at entrance of the Caisse Populaire, participating schools and the churches **from November 23 to December 17.**

This collection will help the people and families in difficulty in the parish and who have asked for help from the Unité Domrémy food bank in Mont-Joli (Moisson Mitis). Your support means a happier festive period for those in need.

The registration form for the “Christmas Baskets 2013” can be found in the *L’Information* newspaper from November 6, and must be completed by December 6.

We are counting on your generosity!

In collaboration with Unité Domrémy
Your local representative: Diane 418-936-3276

A Christmas Market full of colour and flavour!

The Public Market of La Mitis concludes 2013 with a traditional Christmas market on **Saturday 30 November, 9 a.m. to 6 p.m.** and **Sunday 1 December, 10 a.m. to 2 p.m.** at the municipal hall in **Ste-Flavie.**



You will find many gift ideas, Christmas giftwrap and local farm produce, perfect for festive meals, family reunions or office parties, available directly from more than 20 producers and artisans.

In partnership with the Caisse populaire de Mont-Joli, there will be a free draw for 10 \$25 gift certificates – just fill in the entry slip when you arrive. There will be one **draw every hour** from 12 noon on Saturday until 1 p.m. on Sunday. The gift certificates will be valid to use at any of the kiosks at the market.

Not to be missed!

Original English-Language Versions of Current Blockbusters at Cinéma Lido, Rimouski

The first showing of the evening every Sunday and Thursday.
Look out for the new schedule (Friday to Thursday) online every Friday.

92, 2e rue West, Rimouski | www.lidorimouski.com | (418) 722-LIDO (5436)

Community Information

Metis Beach School News



Metis Beach School Wonder Garden

As part of their science course, secondary students at Metis Beach School wondered whether they could grow vegetables in the fall, so they designed a scientific experiment to answer their question.

In September, near the end of the traditional growing season, students picked up some shovels and started to create their garden. They quickly realized that they would need the help of professional diggers and within a few hours Roy and Tony Turriff came to the rescue. Sod was removed and a truckload of garden soil was added with compost and blood meal to build a healthy soil.

To increase the chance of success, students built four hoop tunnels made of PVC tubes covered by plastic sheeting to protect the plants from the cool sea breeze and low temperatures. They also added a fabric cover and Christmas lights to some of the tunnels to see if the added warmth would increase plant growth. Students then selected which vegetables to plant. They rapidly realized that tomatoes and cucumbers would not be very successful and turned to cold hardy vegetables such as carrots, beets, radishes, miner's lettuce, spinach, lamb's lettuce, and kale.

Full results have not yet been analyzed, but so far the tunnels have allowed the temperature to remain above zero and radishes and miner's lettuce have been the fastest growers. Students are hoping to get an early start to the growing season in the spring.

Stay tuned for more news about the Metis Beach School Wonder Garden!

Upcoming Events:

December 9 to 13 – A week of Good Deeds

During the week of December 9 to 13, the Grade 5-6 class are joining together with Secondary 1 & 2 students of Metis Beach School to participate in a Week of Good Deeds as part of our school initiative to have students become more involved in their community during the holiday season.

If there are community members who would like the students to do some odd jobs for them during the week, we invite you to call the school at 418-936-3288 and ask for H el ene Sim or Erin Ross.

Wednesday, 18 December at 1 p.m. Metis Beach Town Hall

A Christmas Performance of Carols, Festive Rhymes and a Play

Presented by the Kindergarten class, the Grades 1-2 class and the Grades 3-4 class.

Everyone is invited to enjoy the show!

Preschool Bilingual Activities

To the delight of the little ones and their teachers, and thanks to a grant from the Ministry for Education (the PÉLIQ-AN program), the preschool classes of Miss Millette (Metis Beach School) and Anne Banville (l'Envol School) will once again be getting together on Monday afternoons for activities in both languages including cooking, visits to the library, dance, physical education, and more!

Christmas trees for sale, profits going to the students of l'Envol School

6', 8', 10' and 12' trees from a local, environmentally-friendly producer. Please **reserve before November 28** by contacting Marie-Hélène Dubé, 418-936-3577 or Isabelle Bastille, 418-936-3969 – Thank you for encouraging our youth!



The Friday Breakfasts are Back!

Every Friday from 8 to 10 a.m. at the *Centre des loisirs* (10, rue de l'Église)
A continental breakfast for a great price!

Part-time volunteers needed – please call Martine Bouchard at 418-936-3373

All profits go to the Métis-sur-Mer Community Training Room

**Friday 29 November
9 to 9:30 a.m.**

**Presentation of services offered by
Action-Travail Rimouski-Neigette:
"Also available in La Mitis"**

Are you unemployed? Looking for a job?
Thinking about a career change? Or do you know someone who is?

If you answered "yes" to any of these questions, don't miss this opportunity!

Organized in collaboration with the 50+ Club and the Comité Phares de Métis-sur-Mer

Recruitment: Comité Phares



Are you involved and engaged in your municipality? Is the economic development of your municipality important to you?

We are looking for a resource person who will act as a link in the municipality of Métis-sur-Mer. Your principal responsibilities will be to find those citizens who are unemployed or looking for a job and to introduce them to the resources and services available, as well to be in close collaboration with the coordinator and the other members of Comité Phares.

If you would like more information, you would like to get involved or you know someone who is interested, please contact Josyane Jean, Coordinator of Comité Phares at 418-775-1678 ext 207 or at phare_run@globetrotter.net - we look forward to meeting you.

PLEASE MEET US AND GET INVOLVED!

Community Information

The First Rimouski Intercultural Christmas Market

**Saturday 14, Sunday 15 December
11 a.m. to 8 p.m.**

In the basement of the Ste-Agnès Church, 327 rue St-Germain Est, Rimouski.

Accueil et Intégration Bas-Saint-Laurent invites you to discover the 1st Intercultural Christmas Market in Rimouski and experience a taste of Christmas traditions from around the world.

- * Products and traditions from around the world * children's entertainment *
- * Father Christmas * world music *

The **fall edition of the Heritage Lower Saint Lawrence newsletter** is now available.

To obtain a copy, if you haven't already received one, you can:

- contact the HLSL office
- pick up a copy at most public locations and businesses in Métis-sur-Mer
- visit our website (www.heritagelsl.ca/newsletter)

If you wish to receive the newsletter by mail, please contact the HLSL office 418-936-3239.



Latin and World Music ... Easy to follow dance-fitness moves

Try Zumba!

An experienced Zumba instructor will offer a session of 8 classes after the holiday period (around January 20 2014), if there is sufficient interest (15 participants required) thanks to the collaboration of Nathalie Leblanc (owner of a fitness centre in Rimouski),.

If you are interested, contact me as soon as possible and it will be my pleasure to answer your questions.

Please tell your friends – have fun while keeping in shape!

Lise LeChasseur
lise.lechasseur@hotmail.com
418-509-8583



Municipal Information


SPECIAL SESSION CONCERNING THE ADOPTION OF THE BUDGET FOR THE 2014 FISCAL YEAR

PUBLIC NOTICE is hereby given that a Special Session of the Municipal Council will be held Thursday, December 12, 2013, beginning at 7:30 P.M. at the municipal hall, 138 Principale, Métis-sur-Mer.

AGENDA

1. Call to order
2. Reading and adoption of the agenda
3. Reading of the project of budget 2014
4. Question period about the project of budget 2014
5. Adoption of the budget 2014
6. Adjournment.

The deliberations and the question period held during this session will pertain exclusively for the 2014 budget. Given at Métis-sur-Mer, this 14th day of November 2013.


Stéphane Marcheterre
Directeur général et secrétaire-trésorier

THE WINTER IS COMING, PLEASE TAKE NOTE OF THE FOLLOWING ARTICLES FROM REGULATION # 03-08: THE MANAGEMENT OF THE SNOW

ARTICLE 3: SNOW/ICE

In conformity with articles 498 of the Highway safety code and 415.22 of the Towns and Cities Act, it is a nuisance and is therefore prohibited to throw or dispose of snow or ice from a private property on the streets or yards, on public land, in public parks, in municipal waters or waterways.

ARTICLE 5: IMPOSSIBILITY OF SNOW BLOWING

If it's impossible to blow the snow on to private property or if the owner refuses to have the snow blown on his or her property by the municipality, a fee of \$40 (forty dollars) will be charged to said owner, each time snow would have been blown, to pay for the removal and transportation of the snow.

ARTICLE 7: WINTER PARKING

It is forbidden to park or stop a vehicle on the public way between 11 p.m. and 7 a.m. from the November 15 to April 15 inclusive, within the boundaries of the municipality. Offenders will have to pay a fine of \$30 (thirty dollars) plus administrative and postal fees.

It is also time to install your driveway entrance marker, please make sure that they are installed on your property and not on the public right-of-way.

Ville de Métis-sur-Mer
138 Principale, Métis-sur-Mer, QC, G0J 1S0
Tel: 418-936-3420 or 936-3255 fax: 418-936-3117
EMAIL: metissurmer@mitis.qc.ca

Stay in Shape in Métis-sur-Mer

Activities for all ages

Métis-sur-Mer Training Room

(École l'Envol, 30 rue du Couvent – East entrance)



The training room is open:

| | Morning | Afternoon | Evening |
|-----------|-------------|---------------|----------------|
| Monday | 8 – 9 a.m. | 2 – 3:30 p.m. | 6:30 – 9 p.m. |
| Tuesday | | | |
| Wednesday | 8 – 9 a.m. | 2 – 3:30 p.m. | 6:30 – 9 p.m. |
| Thursday | | | 6:30 – 10 p.m. |
| Friday | 8 – 9 a.m. | 2 – 3:30 p.m. | |
| Saturday | 9 – 11 a.m. | | |

Try out the treadmills, elliptical trainer, exercise bicycle, multi-station weight machines, rowing machine, exercise balls and elastics, medicine balls and more...

Membership* (ages 18+)

Métis residents: \$20/month or \$3/day

6 months for only: \$99.99

Non-residents: \$25/month or \$4/day

6 months for only: \$129.99

Youth tarif (12-17 years): 50% of adult rate

Thursday Badminton

6:30 to 8 p.m. – ages 12 to 17

8 to 9:30 p.m. – ages 18+

REGISTRATION and INFORMATION

Contact your coordinator **Marcel Blanchet** at **418.936.3318** (if closed, please leave a message) or by email at **gym.msm@gmail.com**

**Please note that membership fees also apply to sports activities which take place in the Envol gym. Additional fees (such as for a coach or instructor) may apply for certain activities.*

Personalised training program: \$50

With Maxime Desrosier, kinesiologist (Based on your physical condition, age, injuries...)

By appointment only (available in English)

VIACTIVE - FREE!

The Viactive exercise program is now offered **only on Tuesdays**.

From **10:30 to 11:30 a.m.** at the *Centre des loisirs*, 10 de l'Église. Led by Carolle Bouillon and Johanne Bernier.

(Until December 3, you can share in the lunch (\$2) and take part in the *Jog Your Mind* workshop in the afternoon. For more information see the **Senior's Wellness Days** notice.)

Information:

Françoise Rousseau **418-936-3884**