

March 2014

# Métis Info

Municipal Newsletter and Community Notes



## Winter Wonderland at the Reford Gardens

Sunday, 9 March 2014, 12 noon to 4 p.m.

200 route 132, Grand-Métis

Snowshoeing - Dog sledding - Hot chocolate and barbecue (\$) around a bonfire  
Launch of the television series *Parole de jardiniers*

Free admission

Information: [info@jardinsdemetis.com](mailto:info@jardinsdemetis.com)/418-775-2221



Ville de  
*Metis-sur-Mer*

[www.ville.metis-sur-mer.qc.ca](http://www.ville.metis-sur-mer.qc.ca)

[www.facebook.com/MetissurMer](http://www.facebook.com/MetissurMer)

If you would like to promote **events planned for the month of April**, please contact Marie-Claude Giroux **before March 17** at 418-936-3239 or by email at [mcgiroux@heritagelsl.ca](mailto:mcgiroux@heritagelsl.ca)



HERITAGE  
Lower Saint Lawrence  
Bas-Saint-Laurent

[www.heritagelsl.ca](http://www.heritagelsl.ca) | [www.facebook.com/heritagelsl](http://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.

Saturdays 8 and 22 March, 5 and 19 April from 9:30 to 11:30 a.m.

**Volunteers  
needed!!!**

**Help your library and be in with a chance of winning \$100 in book vouchers for L'Hibou Coup Bookshop in Mont Joli!** Simply fill in the library-user survey, available from the Library, municipal office, Ratté's grocery store and the Heritage Lower Saint Lawrence offices, and return with the contest entry coupon **by Thursday 20 March**. The winner will be informed by telephone or e-mail at the end of March.

#### Free Library Activities Coming Soon!

**Saturday 22 March, 7 p.m.**

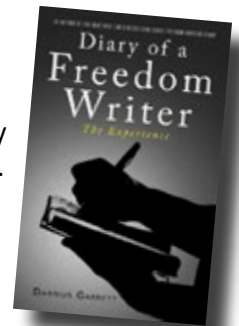
**English-language movie: *Freedom Writers***

A young teacher inspires her class of at-risk students to learn tolerance, apply themselves, and pursue education beyond high school. Based on a true story. For more information, see the text "Freedom Writers" on the next page.

**Thursday 27 March, 7 p.m.**

**Meet the Author: Darrius Garret, author of *Diary of a Freedom Writer***

For more information, see the text "Freedom Writers" on the next page.



**Wednesday April 23, 7 p.m.**

April 23 is World Book day and to celebrate, the entertainer, Louis Lavoie, will show us how "HERGÉ" became the biggest French-language comic book cartoonist. He will also explain the origins of Hergé's well known hero, Tintin and his faithful companion, Snowy.

Ages 12+

**The temporary TINTIN exhibition is with us until May 6 - don't miss it!**

#### New at the Library

##### Collection of classical music

Classical music CDs are now available at the Library. Borrow up to 6 CDs at a time!

*We thank the generous donor who gave this magnificent collection to the library.*



### FREEDOM WRITERS

Metis Beach School and the Metis-sur-Mer Public Library are very excited to welcome Darrius Garrett, a Freedom Writer. As a high-school student he was on the verge of giving up on education when a new English teacher encouraged him, and his classmates, to express themselves and move their lives forward through writing. Together they became the Freedom Writers.

The story of the Freedom Writers is told in the film by the same name. *The Freedom Writers* will be shown at the Library on **Saturday, 22 March at 7 p.m.** The showing is free, there will be popcorn and juice but please feel free to bring snacks to share and cushions to be comfy!

Darrius will be spending two days at Metis Beach School, working with the students. He will also be speaking at the Library on **Thursday, 27 March at 7 p.m.** He will speak about perseverance, overcoming adversity, the influence of parent and adult attitudes on young people and what being a Freedom Writer has brought to his life. **This session is open to everyone and is free!**

### You are invited to take up the **5/30 Health and Wellness Challenge** From March 1 to April 11, 2014

On your own, with your family or as a team, participants aim to achieve these 3 goals for 6 weeks:

- **The 5 Goal:** Eating at least 5 servings of fruit and vegetables a day
- **The 30 Goal:** Getting active for at least 30 minutes a day
- **The Wellness Goal:** Sleeping better for increased wellness

The Health Challenge message is simple: **eat better, get more active and take care of yourself.**

These are three winning lifestyle habits that promote better physical and mental health.

For more information: [HealthChallenge.ca](http://HealthChallenge.ca)



### **FRIDAY BREAKFASTS**

Every Friday from 8:00 to 10:00 at the Centre des loisirs (10 de l'Église).

Continental Breakfast at a great price.

Hope to see you there!

NEEDED: occasional volunteers

If you are interested and would like to help, please call Martine Bouchard 418-936-3373.

*All profits go to the community Training Room*

### **Free Health Workshop Presented in English**

#### **Care-giving Stress and Anxiety**

with Dr. Camillo Zacchia, Psychologist at  
The Montreal Douglas Hospital

**March 26, 2014**

**10 a.m. to 12 noon**

Métis-sur-Mer Public Library  
162 Principale  
Information: 418-936-3239



# Senior's Wellness Days

At the **Centre des loisirs**

10, rue de l'Église, Métis-sur-Mer

**Tuesdays from March 25<sup>th</sup> to April 22<sup>nd</sup> 2014**

## **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** (\$2)


*Hearty soup and dessert*

1 to 2:30 p.m. **Jog Your Mind**

*Cognitive vitality workshop for seniors*



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

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

Information : **418.936.3239** or **1-855-936-3239** (toll free)



## Community quilt making project in aid of sick children

The quilt-making project is going well. For those who are interested, there's still time to join in whether on a regular or an occasional basis, Wednesdays from 13:00 to 16:00 (above the municipal office).

A garage sale in aid of this activity will be organized this summer.  
Please contact Diane Dubois at 418-936-3158.

### Wednesday Activities for Seniors

The 50+ Club is running activity sessions (including card games, pétanque and more) on **Wednesday afternoons from 1 to 4 p.m.** at the *Centre des loisirs* (10, rue de l'Église)

All welcome!

REMINDER:  
2014 Membership Cards Available



Information:  
Françoise Rousseau  
418-936-3884

**Friday, April 4 at 1 p.m.**

### Walking into Spring - STEP TOGETHER!

Departing from L'Envol School  
A 2.8 km walk finishing at the Town Hall

**Everyone is invited!**  
More details in the next Metis Info



### Senior's Hot Lunch

**Tuesday, March 18**  
**Saint Patrick's Day Dinner**  
(Join in by wearing green!)

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

Reservation: Linda **418-936-3431**



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

Take advantage of our Library on Wheels program! Borrow books on site!

### AFÉAS de Les Boules

#### BINGO 2014... HAM – WINE - CHOCOLAT

7 p.m. SATURDAY, April 12, 2014

At the Centre des Loisirs (10 rue de l'Église)

Special rounds for children (under 12)

A warm WELCOME to all!

Diane D. Guilbault, President



### 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](http://www.lidorimouski.com) | (418) 722-LIDO (5436)

## Community Information

### **SCHEDULE OF THE MUNICIPAL SKATING RINK, 8 de l'Église - FREE!**

Opening hours may vary according to the weather. We ask for your cooperation when there is a poster prohibiting access to the skating rink. Thank you!

<b>Day</b>	<b>Time</b>	<b>Skating or Hockey</b>
<b>Sunday</b>	1 p.m. - 4 p.m.	Skating
<b>Monday</b>	CLOSED	CLOSED
<b>Tuesday</b>	6:00 p.m.-7:30p.m. 7:30 p.m. - 9 p.m.	Skating Hockey
<b>Wednesday</b>	6:00 p.m. - 9 p.m.	Hockey
<b>Thursday</b>	6:00 p.m.-7:30p.m. 7:30 p.m. - 9 p.m.	Skating Hockey
<b>Friday</b>	6:00 p.m.-7:30p.m. 7:30 p.m. - 9 p.m.	Hockey Skating
<b>Saturday</b>	1 p.m. - 2:30 p.m. 2:30 p.m. - 4 p.m. 6:00 p.m. - 8:00 p.m. 8:00 p.m. - 9 p.m.	Skating Hockey Skating Hockey

**Open every afternoon of Spring Break from 1 p.m. to 4 p.m.**

#### **Regulations for the skating rink:**

- The rink is exclusively for free skating and hockey practice
- Helmets are mandatory and protective equipment (neck-protector, gloves, elbow pads etc) is recommended during hockey practice
- The municipality is not responsible for any accident incurred during use of the rink
- Courteous language and behaviour are requested all times.
- Telephone use: in case of emergency only, with the permission from the employee in charge

**Marcel Blanchet, employee in charge.**

# Stay in Shape in Métis-sur-Mer

Activities for all ages

## Community Training Room

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



### WINTER SCHEDULE

	Morning	Afternoon	Evening
Monday	8:00 to 9:00	14:00 to 15:30	18:30 to 21:00
Tuesday			18:30 to 21:00
Wednesday	8:00 to 9:00	14:00 to 15:30	18:30 to 21:00
Thursday			18:30 to 21:30
Friday	8:00 to 9:00	14:00 to 15:30	
Saturday	9:00 to 11:00		

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**

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

### Badminton on Thursdays

18:30 to 21:30 - all welcome!

### Personalised training program: \$50

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

By appointment only (available in English)

### REGISTRATION and INFORMATION

Please contact Marcel Blanchet  
at 418.936.3318 (evenings or  
Saturday morning) or by e-mail  
at [oublan@globetrotter.net](mailto:oublan@globetrotter.net)

### LATIN AND INTERNATIONAL MUSIC



**ZUMBA**  
FITNESS

**LIVE THE ZUMBA  
EXPERIENCE**

\*\*\*NEW 8-class session \*\*\*

From April 1 - Tuesdays at 7 p.m.

Members: \$90

Non-Members: \$102

Please sign up before March 15 - contact  
Marcel Blanchet.

At the L'Envol School gym (east door)

**HAVE FUN AND STAY FIT!**

## Municipal Information

### News About Our Community Garden



We are pleased to announce that our community garden improvement project, submitted to the *Conférence régionale des élus du Bas-Saint-Laurent* (CRÉ) under the Solidarity and Social Inclusion program, has been accepted.

The redevelopment of the site will begin this spring and will include a second phase in the spring of 2015. The municipality will improve drainage and will be involved in various aspects of the redevelopment.

This grant, for more than \$12,000, will allow us to offer: raised planters to facilitate gardening for the young and the not-so-young, a better composting system, several workshops/conferences and reference documents. A variety of perennials will also be made available to the gardeners.

A Gardeners' Committee must be formed. Details to follow in the next Info Métis...

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### COLLECTION OF LARGE OBJECTS

**Wednesday May 28, July 30 and September 24, 2014**

OLD STOVES, FRIDGES AND MATTRESSES ARE PERMITTED  
CONSTRUCTION MATERIALS, TIRES AND BRANCHES ARE NOT PERMITTED  
RESERVATION REQUIRED, CALL 418-936-3255 or 418-936-3420.

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**PUBLIC NOTICE** is hereby given to the citizens of the Town of Métis-sur-Mer by the undersigned, Stéphane Marcheterre, Director General and Secretary-Treasurer of the Town of Métis-sur-Mer, that the Municipal Council of Métis-sur-Mer adopted, on February 3, 2014, By-Law #14-88 concerning the code of ethics and good conduct applicable to elected officers of the Town of Métis-sur-Mer revised and repealing By-Law #11-59. Any interested party may consult the said By-Law at the municipal office. This By-Law comes into effect in accordance with the Law.

GIVEN AT MÉTIS-SUR-MER this 7th day of February 2014

### ***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

  
Stéphane Marcheterre,  
Director General and Secretary-Treasurer