

December 2014



*Ville de
Métis-sur-Mer*

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

www.facebook.com/MetissurMer

Métis Info

Municipal Newsletter and Community Notes

Métis-sur-Mer Christmas Party

at the Town Hall (370 Beach)
Sunday, December 14, 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 5**.
Donations (\$) would be greatly appreciated.*

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

Organized by: CLD of Métis-sur-Mer
Info: Martine Bouchard, 418- 936-3373

FRIDAY BREAKFASTS

Every Friday* from 8 to 10 a.m. at
the *Centre des loisirs*
(10 de l'Église).

A tasty breakfast at a
great price!

**Hope to see you
there!**



NEEDED: regular or occasional
volunteers. Please call Martine
Bouchard with your availability
418-936-3373.

~All profits fund the Métis-sur-
Mer's community Training Room ~

***Breaking for December 26 and
January 2 - back on January 9!**



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

If you would like to promote **events planned for the month of January**, please contact Marie-Claude Giroux **before December 12** at 418-936-3239 or by email at mcgiroux@heritagelsl.ca



Heritage Cultural Resource Centre

130 rue Principale, (418) 936-3231 or (418) 936-3239

MON, WED-FRI : 8:30 a.m. - noon & 1:00 - 5:00 p.m.

TUESDAY : 1:00 - 5:00 p.m.

Please note that the Heritage LSL offices will be closed for the holidays as of December 24. We will be back as of 8:30 a.m. Monday, January 5. Merry Christmas to all!

LIBRARY SCHEDULE up to December 19

Monday to Friday: 2 - 4 p.m.

Thursday evenings: 7 – 8:30 p.m.

Saturday December 13: 9:30 – 11:30 a.m.

HOLIDAY LIBRARY SCHEDULE

Saturday, December 20: 2 - 4 p.m.

Monday & Tuesday, December 22 & 23: 2 - 4 p.m.

Monday & Tuesday, December 29 & 30: 2 - 4 p.m.

Saturday, January 3: 9:30 – 11:30 a.m.

La Mitis Job Offer Compilation

Every Monday, we receive and display a compilation of jobs currently available in La Mitis, prepared by the *Carrefour jeunesse-emploi Mitis*.

Christmas story time with Mrs. Claus and helpers

Saturday, December 20 at 2 p.m.

Come hear Mrs. Claus and her helpers share a great Christmas tale!

For kids of all ages and their parents.

Free snacks!

Bilingual

Natural Outdoor Christmas wreath workshop

with Karen Turriff

Saturday, December 20 from 2:30 – 4:30 p.m.

Come make a beautiful wreath for yourself or for a gift!

6 - 106 year olds welcome! FREE! Bilingual

***FREE membership: Youth Floor – Adult Floor – Special request service - New books every month
Photocopy service - No late fees - Free WiFi and free access to a laptop computer***

International Volunteer Day

To our volunteers who make our programming possible, from hot lunches to our library;
To our devoted board members, who work behind the scenes to support our organization:

THANK YOU! You are dedicated, generous and very much appreciated!

A BIG THANKS to the volunteers who helped us remove older books from our library shelves, making way for 400 newly added books for all ages and preparing for next summer's community garage sale!

Who We Are: Cultural Project Project Funded by Canadian Heritage



Heritage LSL has secured funding for a very special project called “Who We Are”. The project features a series of artistic and cultural activities with a focus on historical elements or locations significant to the English-speaking population of the region. The activities offered in Métis-sur-Mer, Rimouski and for the first time, in Matane, include a mosaic installation art project, photography workshops concluding with an exhibit and a storytelling festival including workshops and performances. All are FREE activities.

FREE Mosaic creation workshops: Who We Are

Are you interested in learning how to make mosaics or in perfecting your mosaic-making skills? Do you consider yourself an English-speaking person? This workshop is for you!

Heritage LSL is offering 15 hours of FREE mosaics workshop sessions to all English-speaking residents of the region. Sessions will be offered in Rimouski, Métis-sur-Mer and Matane. Materials and tools are included. For beginners or experienced adults & youth ages 14+

Info & registration: Melanie, 418-936-3239 or 1-855-936-3239 #222.

Workshops Schedule

Métis-sur-Mer: Fridays, January 30 to February 27, 6:30 - 9:30 p.m.

Where: Metis Beach School, 468 Beach

Matane: Thursdays, January 22 to February 19, 6:30 - 9:30 p.m.

Where: Salle Isabelle-Boulay, Complexe culturel Joseph-Rouleau, 520 avenue St-Jérôme

Rimouski: Mondays, January 26 to February 23, 7 - 10 p.m.

Where: MosaicJam, 319 rue Taché

Upcoming Who We Are Cultural activities

This winter, Heritage LSL will also offer free storytelling workshops & free photography workshops in three locations: Rimouski, Métis-sur-Mer and Matane! Dates and times are to be confirmed. **Please call reserve a spot or for more info! First come, first served!**



Remembrance Week



We would like to thank everyone who attended our Veteran’s Week activities, and all volunteers and partners who helped out. Veterans and guests at the ceremony and the lunch expressed great thanks to the community for organizing such a significant event, and especially to all Metis Beach School students who contributed to make the day even more special.



HERITAGE
Lower Saint Lawrence
Bas-Saint-Laurent

English Health Books Collection
Funded by l'Agence de santé du Bas-St-Laurent

Heritage Lower Saint Lawrence is putting together a special health and wellness collection of books, DVDs, audiobooks and ebooks. Over 400 titles in English will be made available FREE to the population of the region.

To develop this collection, we need your input! Please send us your suggestions of English works for all ages and all situations, covering topics such as: depression, adapting a house for the elderly, recipe books for special situations, themed picture books for youth, getting in shape after surgery, a biography of a cancer survivor, etc.
All suggestions are welcome!

Thank you for including titles and authors, or themes you would like us to cover!

Title, Theme or Subject	Author

Please return this form to the Library or to any HLSL staff members. You can also send your suggestions to us via email at library@heritagelsl.ca.

If you are happy for us to contact you regarding your suggestions, please include your name and contact details:



Peace Tree

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 from November 25 to December 6. This campaign ensures we do not forget the acts of violence committed against our women, seniors and children. In Métis-sur-Mer, as in many other municipalities, December 8 is Anti-Bullying Day.

This is a social action campaign organized by l'AFÉAS. Info: Diane 418-936-3276



Seniors' Hot Lunch

Tuesday **December 16***
Christmas Dinner
12 noon at the Town Hall
(370 rue Beach) Cost: \$8

Reservations: Linda **418-936-3431**

There will also be a collection if you wish to bring donations (food or money) for the Sharing Christmas Baskets organized by l'Unité Domrémy. Thank you for your generosity!



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

*In case of a snowstorm, the lunch will take place the next day

50+ Club Activities

Christmas Dinner for Members and Friends: December 10 at noon, at the *Centre des Loisirs*

Menu : Beef bourguignon

Members \$10, non-members \$12

Reservations : 936-3884 ou 936-3515

Wednesday Activities: Afternoons from 1 p.m. at the *Centre des Loisirs*. Activities include cards, pétanque, Wii, etc.

Please note that for the month of December **Viactive** (physical exercises adapted for the needs of people over 50) will be held on Wednesday afternoons from 1:30 p.m. FREE!

Everyone is welcome!

There will be a break from all activities on Wednesdays, December 24 and 31.

** A series of **Health Days** will begin in January. Details to follow. **





Metis Beach School News

Christmas Bake Sale

Friday, December 12 from 1 to 4 p.m. at the Town Hall (370 Beach)
To raise funds for the elementary students' activities. All welcome!
Info: 418-775-7504

Bowling Tournament

 hosted by the 2015 Graduating Class

Dates for your diary: January 10 and 11 at the *Salon de quilles* in Price

\$10 per player

To raise funds for the graduating class. More information in the next Métis Info.

News from l'école l'Envol

Fundraising

The brioche sale raised a total of \$1400 and we sincerely thank you for your support. We wish to highlight the hard work of Mélanie Dubé, Sonia Dubé, Marie-Hélène Dubé and Chantal Otis who made the brioches. The funds raised will go towards educational trips during the year.



Once again we have organized a Christmas tree sale. **Please order your tree by December 1** for delivery on Sunday, December 7. Info: Isabelle Bastille 418-936-3969



We will also be **collecting beer bottles, cans and pop bottles on Saturday, January 10, 2015**. Students will be going to each house between 10 a.m. and 2 p.m. to collect any that you have saved. You can also bring your bottles and cans to the school during these hours.



Hand made and locally crafted... to give... or to keep!

In my studio, I have meticulously woven small and large gifts, soft and cosy, scarfs, shawls, and unique household linen... all for a great price.

My studio will be open daily from Thursday, December 11

Looking forward seeing you - Louyze

Les toiles de mer.... (Handwoven waves) – 117 Principale, Métis-sur-Mer (418) 936-3838

Christmas Sharing 2014

Collection boxes where you can leave non-perishable items (preserves, pasta, candy, etc.) or a donation will be at entrance of the Caisse populaire and the Les Boules sector church from November 22 to December 15. This collection will help people and families in difficulty in the parish and who have asked for help from l'Unité Domrémy food bank in Mont-Joli (Moisson Mitis). To request a basket, you must complete the **“Christmas Baskets/Paniers de Noël 2014” form by December 5 at l'Unité Domrémy.**

Information: Unité Domrémy 418-775-8550, local representative: Diane 418-936-3276

On Tuesday, December 16 you can also bring your donations of food or money to the Town Hall during the Heritage Lower Saint Lawrence Seniors' Hot Lunch.

We are counting on your generosity!

Your support means a happier festive period for those in need – thank you.

La Régionale: Solidarity Cooperative

Mission: To ensure the upkeep or establishment of food and multi-service stores in La Mitis and Rimouski-Neigette.

Project: A regional solidarity cooperative bringing together consumers, producers and support.

The co-op will operate service points in the following communities over the coming months: Padoue, Saint-Donat, Saint-Marcellin, Saint-Octave-de-Métis, Saint-Valérien

More communities will be able join the project during its second stage.

For more information about the co-op or how you can get involved, contact:

Sarah Toulouse stoulouse.coop@gmail.com

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)



Christmas Shopping at Café sur mer!

Saturdays & Sundays from 9 a.m. to 5 p.m.

Café sur mer has all sorts of wonderful gifts and stocking stuffers from \$2.

December 21, 2 - 4 p.m. Everyone is invited to enjoy our end of the season/Christmas party with live music. See you soon!

Check our Facebook page for more exciting news and events www.facebook.com/CafeSurMer

At 160 rue Principale, Métis-sur-Mer 418.936.3936



Congratulations to

Domaine-Annie-sur-Mer

for having won first prize at the Gala de l'entreprise Mitis 2014 in the category Croissance et productivité: commerce, services et distribution (growth and productivity: Trade, Services and Distribution). Well done to the whole team!

LOST and FOUND

FOUND at the library: a pair of multicoloured woolen mittens.

WANTED

WANTED: Coat hooks. We are looking for about 20 coat hooks in different designs for the library. Thank you for your help. Please phone: 418-936-3239. See our opening hours.

FOR SALE

- 6 quality oak kitchen chairs with cushioning - \$130 for the set (possibility of splitting the set)
 - Kodak USB colour scanner-printer - \$20
 - White changing table, study, clean - \$20
 - Zenith colour television, 20" with remote - \$20
- Items are at the offices of Heritage LSL
130 Principale, Métis-sur-Mer
Info : 418-936-3239 ext. 222

La Mitis Needs You



COSMOSS is a group of 33 partners aiming to improve the quality of life of all young people of La Mitis.



In partnership with COSMOSS, a team of researchers of l'UQAR is currently conducting interviews to better understand the needs of 16 to 35 years olds in the area. **Tell us about your experience living in La Mitis as well as your needs and expectations:**

win a \$150-prize!

To take part and for more information please contact Daniel Proulx:
daniel.proulx@uqar.ca 418-723-1986 ext 1168

English speakers needed!



JOB OFFER

Heritage Lower Saint Lawrence is looking for a cultural projects coordinator

DESCRIPTION

In collaboration with the Heritage Lower Saint Lawrence team and under the authority of the executive director, the employee will plan, coordinate and develop the services of the Heritage Resource Center, namely those of the Métis-sur-Mer bilingual public library. Among other things, the employee will:

- Maintain positive relationships with library members, volunteers, CRSBP Bas-St-Laurent staff and Heritage LSL partners;
- Develop, implement and host general public as well as targeted clientele programming (bilingual story-time activities, author meets, cultural workshops, health videoconferences, etc.);
- Recruit, support, train, value and coordinate HLSL library volunteers. Establish monthly volunteers' schedules, and organize specific larger tasks;
- Participate in collection development tailored to community needs and special project opportunities;
- Help prepare the library's annual operating budget;
- Compile et produce monthly statistical data on the various library services; prepare the reports to meet the organization's funding requirements;
- Write and translate promotional documents, in collaboration with the HLSL team;
- Develop and improve the organization's services, in keeping with its regional mandate (Library on Wheels, health collection, cultural workshops, conferences, etc.);
- Help strengthen the organizations' partnerships and improve the complementarity of services at the local / regional level;
- Support the executive director in project and service development.

REQUIREMENTS:

- College diploma (DEC) in a related field of study
 - 1-2 years of related work experience
 - Bilingualism: English / French (or advanced French/English skills)
 - Microsoft Office and computer skills
 - Valid driver's licence and access to a motor vehicle
- *Any work / study combination in a related field will be considered.

APTITUDES:

Tact, organizational skills, team spirit, honesty, interpersonal and communications skills, punctuality, resourcefulness, network building, ability to work in a team, dynamism. Interest in: culture, reading, customer service and community development.

CONDITIONS: Flexible, basic schedule is 14h or more per week at 14\$/h. (increased when budget allows)

START DATE: January 2015, at the latest

TO APPLY: Please send a résumé and cover letter to mleblanc@heritagelsl.ca before December 5. Only candidates selected for interview will be contacted.

Season's Greetings



Photo: Alexandre Clément



Heritage Lower Saint Lawrence & the Ville de Métis-sur-Mer wish you a very safe and happy holiday season!



**WINTER IS COMING, PLEASE NOTE THE FOLLOWING ARTICLES
ABOUT THE MANAGEMENT OF SNOW (REGULATION # 03-08)**

ARTICLE 3: SNOW/ICE

Conforming 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 watercourses.

ARTICLE 5: IMPOSSIBILITY OF SNOW BLOWING

If it is impossible to blow the snow on the 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 11:00 p.m. and 7:00 a.m., from November 15 to April 15 inclusively, in the territory of the municipality. Offenders will be fined \$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.

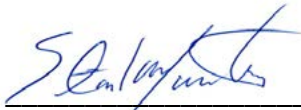
PUBLIC NOTICE is hereby given that a Special Session of the Municipal Council will be held Thursday, December 11, 2014, beginning at 7:30 P.M. at the municipal hall, 138 Principale, Métis-sur-Mer.

AGENDA

- 1 - Call to order
- 2 - Reading and adoption of the agenda
- 3 - Reading of the project of budget 2015
- 4 - Question period about the project of budget 2015
- 5 - Adoption of the budget 2015
- 6 - Adjournment.

The deliberations and the question period held during this session will pertain exclusively for the 2015 budget.

Given at Métis-sur-Mer, this 14th day of November 2014.



Stéphane Marcheterre

Director General and secretary-treasurer

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@metis.qc.ca

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	13:30 to 15	18:30 to 21:00
Tuesday			18:30 to 21:00
Wednesday	8:00 to 9:00	13:30 to 15	18:30 to 21:00
Thursday			18:30 to 22:00
Friday	8:00 to 9:00	13:30 to 15	
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...

****Afternoon hours will change in December**

Membership*

Métis residents : \$25/month or \$4/day

Non-residents : \$30/month or \$5/day

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

Personalised training program: \$50

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

By appointment only (available in English)

**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.*

REGISTRATION and INFORMATION

Please contact Marcel Blanchet at 418.936.3318 (6:30 to 9 p.m.) or by e-mail at oublan@globetrotter.net

Please note that the Training Room will be CLOSED for the EVENINGS of December 24, 25, 26 and 31 and January 1 and 2. It will also be closed Saturday December 27 and January 3.

Happy holidays everyone!

BADMINTON* on Thursdays

6:30 p.m. to 10 p.m.

At l'Envol School gym (East entrance)

12-99 year old players welcome! Come put some SPRING in your racket!



Free rackets and shuttlecocks available on site!

*Membership required