



Ville de  
*Métis-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)

*Français au verso*

**February 2014**

# Métis Info

*Municipal Newsletter and Community Notes*

*20<sup>th</sup> Anniversary !!!*

**February 22<sup>nd</sup>, 2014 5pm**

# Spaghetti Dinner

Centre des Loisirs  
10, de L'Église  
Métis-sur-Mer

3 and under	Free
4 to 11	\$4
12 and over	\$9
Night only	\$3

Tickets for sale at Épicerie Ratté

Organized by your comité des loisirs

Info: Marie-Hélène

**(418) 936-3577**

Heritage Lower Saint Lawrence is pleased to announce the appointment of its new Executive Director, Ms. Mélanie Leblanc. Please feel free to contact her at 418-936-3239 should you have any suggestions or ideas for our organization : we would love to hear from you.



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

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

## Community Information

The 50 Plus Club of Les Boules/Métis



REMINDER:  
2014 Membership Cards  
Available

Call: Françoise 936-3884

### **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.

Looking forward to seeing you there!

All proceeds go to Métis-sur-Mer's  
community Training Room

CHSSN COMMUNITY HEALTH EDUCATION PROGRAM (CHEP)

**Building a Healthy Community  
Free Health Workshop ... Presented in English**

# Who Cares for the Caregivers?

Moderated by Jo Ann Jones... The Montreal Children's Hospital

**Wednesday, February 19, 2014**

**10:00 a.m. to 12:00 noon**

**Métis-sur-Mer Public Library, 162 Principale**

#### **FIND OUT ABOUT:**

- \* Who caregivers are and why we need to pay attention to them
- \* How the Guidelines for Caregiver Support can impact family caregivers
- \* Some of the factors that influence the caregiving experience
- \* How we can deal with these factors to better support the experience

***This interactive health education session is designed to increase your awareness of the experience of unpaid caregivers , who make important contributions, both economically and socially, but often at the expense of their own health and well-being.***

**For further info, contact Heritage Lower Saint Lawrence 418-936-3239**

Visit CHEP online@[www.chssn.org/En/Health Education Program/index.html](http://www.chssn.org/En/Health%20Education%20Program/index.html)

A CHSSN initiative funded by the McGill Training and Retention of Health Professionals Project through Health Canada



## Community Information

**VALENTINE'S DAY DINNER.** You are invited to attend a dinner being held by the Cercle de Fermières of Baie-des-Sable which will take place on Sunday, February 16, beginning at 11 :30, at the Community Centre, 117 Route 132. On the menu:: a hot broth, cipaille, chicken pâté , salads, dessert buffet.

Cost: \$12 adults, \$5 for children 5 to 12 years of age and free for children under 5 years of age.

Tickets on sale at the door. For information Micheline Bélanger 418-772-6717. Everyone is welcome.

### CRAFT WORKSHOPS WELCOME EVERYONE

Please join us for felting, knitting, painting on glass, etc...  
(including crafts for Valentine's Day and Easter)

SATURDAYS, Jan. 25 to April 12,  
1-4 p.m.

\$5/workshop (+material costs if necessary)  
Location : behind café sur mer (side door on rue Leblond)  
Information: Carole Massey 936-3535

### 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

### Senior's Hot Lunch

At the Hot Lunch held on January 21, 2014, Heritage Lower Saint Lawrence distributed to those present a document produced by the Royal Canadian Mounted Police entitled, « Seniors Guidebook to Safety and Security ». Several copies are still available at the Heritage office; If you would like a copy, please call 418-936-3239.

We would also like to thank officer Marie-Ève Lamarre for an informative presentation that outlined the different types of fraud and how we should deal with such situations..

Tuesday, February 11 :  
Saint Valentine's Day Dinner  
(wear red and bring a parasol!)

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 - thank you!

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

## Community Information

### Seniors' Wellness Day

Heritage Lower Saint Lawrence and the 50 + Club of les Boules are partnering once again in order to offer a series of "health" activity days at the Centre des loisirs.

Beginning Tuesday, February 11, the activities will be offered simultaneously in both French and English (in two groups); Ginette Laflamme and Françoise Rousseau will lead the activities in English and French respectively. These wellness days are designed for both men and women.

Schedule:

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



11:30 a.m. to 1:00 p.m. Lunch (hearty soup and dessert)

1:00 to 2:30 p.m. **The Power of You** (a series of 5 workshops designed especially for seniors)

- 1- The Power of Food
- 2- The Power of Preventing Infections
- 3- The Power of Sleep
- 4- The Power of Balance and Equilibrium
- 5- The Power of Navigating the Health System

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

Please Note: Because there is a Hot Lunch scheduled at the Town Hall for February 11, Viactive will be held at the Centre des Loisirs and the lunch / workshop will follow at the Town Hall. The cost of this lunch will be \$8.

#### VIACTIVE - FREE!

The exercise program Viactive is offered every Tuesday at the Centre des loisirs, animated by Carolle Bouillon and Johanne Bernier.

**Everyone is Welcome!**

Info: Françoise  
Rousseau 936-3884



**Carpooling is organized; please let us know if you need transport or if you would like to offer transportation to others.**

**More information: Heritage Lower St.Lawrence 418-936-3239**

\* The CLD of Métis-sur-Mer, the Ass. socio-culturelle de Métis, the Fabrique N-D de la compassion, Leggatt's Point Women's Society and Metis Beach Ladies Aid are contributing to the cost of the lunches; the Municipality is providing, free of charge, the Centre des loisirs  
-Thank you to everyone!!!

## 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  
from 9:30 to 11:30 a.m.

**Volunteers  
needed!!!**

### A new exhibition collection has arrived at your library: "TINTIN"

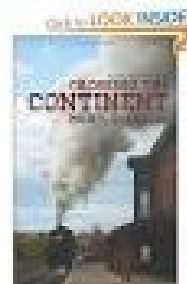
The financial support from various partners allows us to offer different activities and services to the users at our library. Métis-sur-Mer Public Library, would like to thank specially la Caisse populaire Desjardins de Mont-Joli for their generous financial support.



## Reading Corner

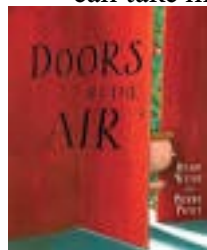
New at the Library:

"Crossing the Continent" is the first in Michael Tremblay's series of "Crossings" novels, providing the story and character origins of his acclaimed "Chronicles of the Plateau Mont-Royal".



## Kids' Korner

Written by: David Weale and illustrated by : Pierre Pratt, *Doors in the Air* is the story of a boy who is fascinated by doors. He marvels at how stepping through a doorway can take him from one world to another. He is especially enthralled by the doors of his imagination, which he refers to as "doors in the air."



## Library Favorites



Cures for Hunger  
Author : Deni Y. Bechard

## Community Information

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

The opening hours can vary according to the weather. We ask your collaboration 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

**NOTE: The rink will be open and will follow a Saturday schedule during March Break and on pedagogical days.**

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

- The wearing of helmet is mandatory and the wearing of protection equipment (neck-protector, gloves, elbow pads etc) is recommended at the time of the practice of hockey
- The municipality is not responsible for any accident caused by the use of the skating 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



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

	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 22:00
Friday	8:00 to 9:00	14:00 to 15:30	
Saturday	9:00 to 11:00		

### Thursdays « Badminton »

18:30 to 20:00 : ages 12 to 17

20:00 to 21:30 : ages 18 +

### REGISTRATION and INFORMATION

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

### Membership\* (ages 18+)

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

6 months for only: \$99.99

Non-residents: \$25/month ou \$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.*

### Personalised training program: \$50

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

By appointment only (available in English)

### LATIN AND INTERNATIONAL MUSIC



At the L'Envol School gym (east door) beginning Tuesday, January 28th , 19:00

Series of 8 classes at a cost of 90\$ + 1.50\$ per week if you don't have a membership card.

**HAVE FUN AND STAY FIT!**

## Municipal Information

### ***HOOKED ON SCHOOL DAYS*** ***will take place February 10 to February 14, 2014!***

An all-new information guide, as well as some twenty activities, complete with reproducible materials designed especially for anyone (citizen, employer, decision-maker, elected representative, parent, resource person...) who would like to promote and encourage education among our young people. The activities and suggestions are appropriate for all age groups, may be used successfully with individuals or with groups, and may be used at all levels from pre-school to university.



You may download, free of charge, the complete information guide, the series of reproducible materials, and even a logo for your computer's desk top at the following address: [www.cosmoss.qc.ca/mitis/jps](http://www.cosmoss.qc.ca/mitis/jps)

Thank you for sharing this information and for encouraging the young people around you because...**“School perseverance is everyone’s business and every young person needs encouragement every day”**

Produced by the COSMOSS Mitis/Rimouski-Neigette joint committee to promote the perseverance of young people in our community.

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### ***2013 Food Drive : A « Thank You » to all the residents of Métis-sur-Mer***

This year, once again, your generosity was remarkable. Your response to our collection campaign was amazing and made the holiday season a little brighter for many needy families and individuals in our communities. The nonperishable foodstuffs and donations collected made it possible for Unité Domrémy (Moisson Mitis) de Mont-Joli to respond to many requests for a helping hand.

Many thanks also to the Heritage Lower Saint Lawrence team for the organization of a “hot lunch” and collection in aid of this campaign. Many thanks, as well, to Doreen & Bill Pearce for spear-heading the campaign in their community. More than 275 baskets were distributed in the Mitis. Region.

Diane D. Guilbault, Campaign Leader Local Community



## Municipal Information

### PUBLIC NOTICE

#### DRAFT 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

*In conformity with the article 12 that meets the requirements of the Municipal Ethics and Good Conduct Act, PUBLIC NOTICE is hereby given to the taxpayers of the Town of Métis-sur-Mer by the undersigned, Stéphane Marcheterre, General Manager and Secretary-Treasurer of the Town of Métis-sur-Mer,*

*1. That at the regular session held on January 13, 2014 a notice of motion was given to Regulation number 14-88, establishing the code of ethics and good conduct applicable to elected officers of the Town of Métis-sur-Mer revised and repealing By-law number 11-59.*

*2. That the adoption of a code of ethics and good conduct for members of the municipal Council is imposed by the Municipal Ethics and Good Conduct Act.*

*3. That the draft by-law number 14-88 can be summarized as follows:*

*The code of ethics and good conduct of elected officers of the Town of Métis-sur-Mer pursues the following goals:*

- Give priority to the values that must be observed for a member of the municipal Council of the Town and contribute to a better understanding of the values of the municipality;*
- Establish standards of behaviour that promote the integration of these values in the process of decision made by elected officials and in general, in their behaviour;*
- Prevent ethical conflicts and if they occur, help solve them effectively and with discernment;*
- Ensure the application of measures of control in the case of ethical breaches.*

*The values put forward by the municipality, such as set out in article 4 of the draft by-law, are: integrity, prudence in the pursuit of the public interest, the respect to be shown to the other council members, to the employees of the municipality and to the citizens of the municipality, loyalty to the municipality; and the quest for equity and the honour attached to the office of member of Council member.*

*The code of ethics and conduct must also set out and aim to prevent,*

- any situation where the private interest of a council member might impair his or her independence of judgment in carrying out the duties of office;*
- any situation that would be contrary to sections 304 and 361 of the Act respecting elections and referendums in municipalities (R.S.Q., chapter E-2.2);*
- favouritism, embezzlement, breach of trust or other misconduct.*

*4. This draft by-law will be submitted for adoption at the regular session of the Council which will be held at the Council board on February 3rd, 2014 at 7:30 p.m.*

*5. Any interested person may consult the said by-law and obtain copies thereof at Principale, Métis-sur-Mer.*

*Given at Métis-sur-Mer, January 27, 2014*



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**Stéphane Marcheterre**  
Director General and secretary-treasurer

## Municipal Information

### PUBLIC NOTICE TO RESIDENTS OF METIS –SUR-MER

**REGULATION NUMBER 14-87 AMENDING REGULATION NUMBER 03-11 CONSTITUTION OF A CCU**  
PUBLIC NOTICE is hereby given by the undersigned, Stéphane Marcheterre, Director General and Secretary Treasurer, that the municipal council of Métis-sur-Mer adopted, on January 13, 2014, By-Law no. 14-87 amending By-Law no. 03-11 constituting a CCU. Any interested party may consult the said By-Law at the office of the Municipality.  
This By-Law comes into effect in accordance with the Law.

GIVEN AT MÉTIS-SUR-MER this 14th day of January, 2014



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Stéphane Marcheterre,  
Director General and Secretary-Treasurer

### MINOR ZONING DEROGATION REQUEST

PUBLIC NOTICE, is given in conformity with article 145.6 of the Law on urbanism and town planning, that the Town of Métis-sur-Mer will make a decision, at the regular session to be held on Monday, February 3<sup>rd</sup>, 2014, at 7:30 p.m., at the boardroom, 138 Principale, on the request of minor zoning derogation made by Boiseries Rousseau inc., 207, Route 132, Métis-sur-Mer, lot numbers 1-18-P, 1-19, 1-20-2-P, 1-22-2-1-P, 1-23-2 et 1-30-2-P.

### NATURE AND PURPOSE OF THE ZONING DEROGATION REQUESTED

- Article 6.4 of zoning by-law number 08-38  
Allow a front setback for main building of 8.55 metres in the area 22ILD unlike the regulation which provides a minimum front setback of 10 metres for a main building in the 22ILD area.

Allow a rear setback of 6.21 metres for a main building in the area 22ILD unlike the regulation which provides a minimum rear setback of 12 metres for a main building in the 22ILD area.

Any interested person will be heard by the Council about this application.

Given at Métis-sur-Mer, this 14th day of January 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@metis.qc.ca***



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Stéphane Marcheterre,  
Director General and Secretary-Treasurer