



*Ville de  
Métis-sur-Mer*

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

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

**February 2015**

# Métis Info

*Municipal Newsletter and Community Notes*

A promotional poster for a Super Bowl party. The background is a green football field with white yard lines. At the top, a player in a red jersey and white helmet is shown. The text on the poster reads: "2015 SUPER BOWL XLIX" in white on a black banner. Below that, "SUPER BOWL PARTY" is written in large, bold, white letters with a purple outline. Underneath, "CENTRE DES LOISIRS, MÉTIS SUR-MER" is written in yellow. The date and time "FEBRUARY 1ST FROM 1:00 PM" are in yellow, followed by "THE CANADIENS VS THE COYOTES AT 2:00 PM" in white. Further down, "NFL SUPER BOWL 2015 AT 6:00 PM" is in white, followed by "BAR SERVICE FROM 1:00 PM" in white. "CHICKEN WINGS, PIZZA &amp; NACHOS FROM 5:00 PM" is in white. At the bottom, "EVERYONE WELCOME!" is written in large, bold, cyan letters. A small watermark "PosterMyWall.com" is visible in the bottom left corner.



**HERITAGE**  
Lower Saint Lawrence  
Bas-Saint-Laurent

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

If you would like to promote **events planned for the month of March**, please contact Marie-Claude Giroux **before February 15** at 418-936-3239 or by email at [mcgiroux@heritagelsl.ca](mailto: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.**

### **LIBRARY SCHEDULE**

Monday to Friday: 2 - 4 p.m.

Thursday evenings: 7 – 8:30 p.m.

Saturday Jan.31, Feb.14 and 28 : 9:30 – 11:30 a.m.

***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***

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### **Elisabeth Varennes joins the Heritage team**

Heritage Lower Saint Lawrence is happy to announce that Ms Elisabeth Varennes has joined the team as cultural projects coordinator. Welcome Elizabeth!

### **Your library has grown... Come and see!**

After the holidays, your library expanded from the inside out! The layout has improved and new shelving was added on both floors, doubling the number of books it can offer, bringing its capacity to 5000 titles.

Thanks to the 12 volunteers who gave hours or days of their precious time to help move the new equipment and install them for the community to enjoy.

### **Have coffee and tea at your resource center...**

We invite you to drop by during our regular office or library hours and have a coffee or tea with friends or with a good book, to surf the Web or to bring your chessboard and come play with a friend! We now offer a variety of fresh coffees, teas and herbal teas at 1.50\$ and it's also possible to fill up a travel mug!

### **Free photography Workshops: Who We Are / Snapshot**

We will soon be offering a series of 5 free 3h photography workshops in English, on week-ends, in each of the following cities: Métis-sur-Mer, Rimouski and Matane.

Cameras can be provided for those who don't have one. You are an interested English-speaker? Contact us to be put on our participants list: 418-936-3239 #222.

Details to come.

Thank you to our financial partner, Canadian Heritage, for making this project possible.

## Hundreds of Health & Wellbeing Books Coming Soon!

Heritage will purchase over 16 000\$ in health and wellbeing books before March 31. Books will be made available to borrow for free throughout the region. If you have any suggestions about subjects we should cover, or specific works you would like us to get, please email us at [library@heritagelsl.ca](mailto:library@heritagelsl.ca) or phone us at 418-936-3239 ext 224.

### OUR SUGGESTIONS...

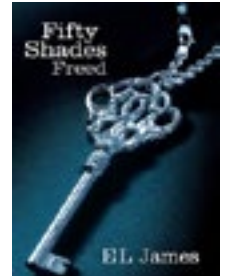


#### **Spirit Animals Series, Books 1 to 5 - Tui T. Sutherland et al.**

In the world of Erdas, every child who comes of age must discover if they have a spirit animal bond, a rare link that conveys incredible power...

#### **Fifty Shades Freed - E L James**

Now, Ana and Christian have it all—love, passion, intimacy, wealth, and a world of possibilities for their future. But Ana knows that loving her Fifty Shades will not be easy, and that being together will pose challenges that neither of them would anticipate. Just when it seems that their strength together will eclipse any obstacle, misfortune, malice, and fate conspire to make Ana's deepest fears turn to reality.



#### **What's So Funny? My Hilarious Life - Tim Conway**

Six-time Emmy Award–winning funnyman Tim Conway, best known for his role on The Carol Burnett Show, offers a straight-shooting and hilarious memoir about his life on stage and off. In his first-ever memoir, Tim Conway entertains! Readers will enjoy never-before-shared stories of hilarious behind-the-scenes antics on The Carol Burnett Show.

**WANTED:** Storybooks, recent novels and comic books

Your library is looking for new or classic works, in good condition, to develop its collection with books that are in high demand (storybooks, novels published in or after 2012, youth and adult comic books, etc.). If you can help, please phone or drop by during business hours. We'll pick up from Rimouski to Matane!

**CHSSN COMMUNITY HEALTH EDUCATION PROGRAM (CHEP)  
HEALTH VIDEOCONFERENCE SERIES**

**Building a healthy community - free health workshop presented in English**

*February is Heart & Stroke Month*

**High Blood Pressure: Take the Pressure Off**

Presenter : Quebec Heart & Stroke Foundation

Moderator : Jo Ann Jones, The Montreal Children's Hospital

**Wednesday, February 18**

**10 a.m.\* – 12 p.m.**

Heritage Cultural Resource Centre

130 rue Principale

\* Tea and coffee will be served from 9:30 a.m.

Please call Heritage Lower Saint Lawrence to register

**1 855 936-3239** (toll free) or **418 936-3239**

*A CHSSN initiative funded by Health Canada through the Roadmap for Canada's Official Languages  
2013-2018: Education, Immigration, Communities.*

**CBC Radio's BREAKAWAY is coming to Métis!**

Join the Breakaway team on Friday, February 20  
for a special broadcast from Metis Beach School.

We want to share the warmth of your community -- even in the depths of winter -- with our listeners across the province. We'll have stories about the school and the Lower Saint Lawrence region, featuring interviews with well-known leaders and inspiring students.

Help us celebrate your community!

**WHEN: Friday, February 20**

**WHERE: Metis Beach School, 468 rue Beach, Métis-sur-Mer**

**TIME: 4pm-6pm**

**Hope to see you there!**

Peter Black, Rachelle Solomon, Peter Tardif, Karl Vincent

**Yoga classes for the 50+ with Michèle-Andrée, certified teacher**

**An irresistible offer.... \$5.00**

No prior experience and/or training required

**What :** a yoga class (mat)

**For :** the 50+ (women and men)

**How much:** \$5.00 (yes...only 5.00!!!) (proof of age required)

**When :** daytime (schedule to be confirmed)

**Where :** Baie-des-Sables (location to be confirmed)

**Minimum participants :** 17

A yoga class, a weekly break, a gift from you to you... undeniable wellbeing.... Thanks for spreading this info!

Kindly confirm your participation as soon as possible (ideally classes would begin in February) – contact : Louyze Caro 418-936-3838 between 9 a.m. and 6 p.m.

**Métis-sur-Mer 50+ Club  
Activities**



**Vie active** every Tuesday from 10 to 11 a.m.  
with Johanne and Carolle - all welcome!

**Lunch, February 11.** 12 noon at the Centre des Loisirs  
On the menu: Cipaille  
Price: members \$10, non-members \$12

**Seniors' Hot Lunch**

**Tuesday, February 17\*, 12 noon**  
at the Town Hall (370 rue Beach)  
**Valentine's Day Theme ; wear some red!**

Cost: \$8  
Reservations: Linda 418-936-3431

**Carpooling** is 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

**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 Community  
Training Room ~

## Metis Beach School News



The cross-country ski season just started for Metis Beach School (elementary sector). Every Friday afternoon, we will go ski at different places, such as the school area, Ski Club in Baie-des-Sables or on Rang des Écossais. We are looking for volunteers to join our fun group. Please give your name to Josiane Millette at school (418-936-3288).

The Secondary students will go skating and skiing as well on Wednesdays.

Metis Beach School preschool students are still visiting once a week the preschool class at l'Envol. Children, teachers (Josiane Millette and Anne Banville) and volunteers are delighted by this beautiful project!

## Doudou Aventure – Rag dolls and quilt projects

Our meetings are still going on Wednesdays from 1 :00 to 4 :00 pm above the municipal office. For those who are interested, you can come on a regular or an occasionnal basis.

Everyone is welcome! Info : Diane Dubois, 418-936-3158

## OUTDOOR WINTER FUN DAY

**Sunday, February 15**  
**Come play with Frileux!**

1:30 pm - Sliding at Boule Rock Golf Club (Access via Rang 2)

5:00 pm - Hot-dog supper at Metis Beach rink

6:00 pm - Family games on the ice

**Bonfire and music all evening!!**



## Toys and Games Needed

The Service de surveillance scolaire 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: 418-318-4005 or [lynesbruce@yahoo.ca](mailto:lynesbruce@yahoo.ca)

## LES PINSONS: \$7 per day Childcare Centre at Métis-sur-Mer

*Le Centre de la Petite Enfance Les Pinsons* offers a quality daycare service in your area. We are located at 24 Couvent, Métis-sur-Mer, and offer 21 subsidized places at \$7 per day for children ages 0 to 59 months. If you would like a place for your child at the CPE, please contact Mrs. Julie Santerre at 418-739-5080, extension 101, to add your child's name to the waiting list.

## **Regional Food Co-op project in Métis-sur-Mer**

### **Public Consultation**

**Tuesday, February 17, 7:00PM, at the Centre des Loisirs (10 rue de l'Église)**

If the weather is too harsh, the meeting will be postponed to Wednesday Feb. 18.

We invite all community members to take part in this meeting and help us form a local committee for the establishment of a cooperative grocery store.

Sarah Toulouse, project coordinator for the Coopérative de services de proximité Rimouski-Neigette / Mitis, will be present to answer all your questions. Together, let's save this invaluable service as well as the jobs it provides to our community!



Until then, we would like to ask everyone to take care of our community by assisting those who are unable to drive to a nearby grocery store themselves. If for some reason you need help to do your groceries, or if you would like to offer a ride, please contact Françoise Rousseau at (418) 936-3884.

## **HEAR YE! HEAR YE! NEW PRODUCTS AND SERVICES FOR SUMMER 2015**

«**La P'tite Ferme dans le 2e**» a start-up, eco-friendly farm in Métis-sur-Mer, will offer weekly delivery of fruits and vegetables. Your subscription will help support young farmers and stimulate the growth of a local, environmentally friendly farm.

Baskets will include 8 - 10 varieties of fresh fruits or vegetables (some common, some less well known, but well worth tasting)

Service will run from July - October (± 16 weeks).

Baskets available in 3 sizes:

Singles = \$18 / week

Couples = \$25 / week

Families = \$32 / week



Pay in 2 installments: 1st upon signature of the contract and 2nd at the end of the season.

For more information please call 418 936-3818. Farmers **Benoît Beaudry** or **Geneviève Vezeau** will be happy to answer your questions.

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

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 for your cooperation that allows everyone to practice their favorite sport.

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

### **IMPORTANT:**

- THE SKATING RINK WILL BE OPEN DURING THE SPRING BREAK AND ON PEDAGOGICAL DAYS OF THE COMMISSION SCOLAIRE DES PHARES IF WEATHER CONDITIONS PERMIT.

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

- The rink is exclusively for the practice of free skating and hockey.
- Wearing a helmet is mandatory and wearing protection equipment (neck-protector, gloves, elbow pads etc) is recommended during hockey practice.
- The municipality is not responsible for any accident caused by the 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.

**Gaétan Gagné, employee in charge**



## Community Training Room

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



### WINTER SCHEDULE

	Morning	Afternoon	Evening
Monday	8:00 to 9:00	14 to 15:30	18:30 to 21:00
Tuesday			18:30 to 21:00
Wednesday	8:00 to 9:00	14 to 15:30	18:30 to 21:00
Thursday			18:30 to 22:00
Friday	8:00 to 9:00	14 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\*

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

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

**Students (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)

### REGISTRATION and INFORMATION

Please contact Marcel Blanchet at 418.936.3318 (6:30 to 9 p.m.) or by e-mail at [mcelbchet@gmail.com](mailto:mcelbchet@gmail.com)

## 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.

**Register by March 1 at [HealhChallenge.ca](http://HealhChallenge.ca)**



5  
GOAL



Eating at least **5 servings** of fruit and vegetables a day

30  
GOAL



Getting active at least **30 minutes** a day

wellness  
GOAL



Taking a break for increased **wellness** in life

## **PLANNING ADVISORY COMMITTEE**

The Town of Métis-sur-Mer is looking for citizens interested to be a member of the Planning Advisory Committee. Two mandates will expire soon. If you are interested, contact the municipal office at 418-936-3255. You have until April 1 to submit your name.

### **What is the Planning Advisory Committee?**

- The PAC is a Committee mandated by the Council to make recommendations on the applications submitted. Recommendations of the PAC allow the Council to benefit of the knowledge of elected representatives and citizens, who can give their experience of life in the city and their particular concerns for the development of their territory;
- This Committee is a working group composed of two members of the Town Council and citizens chosen for guidance, direction, and support its action planning and to statute about minor derogations;
- The PAC allow citizen of the Town to be aware of planning issues in his town;
- Following the recommendations of PAC, the municipal Council adopts a resolution approving or not the construction or renovation project or modification outside of a building.

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## **NOTICE OF TENDER**

**The Town of Métis-sur-Mer requests tender of specialized suppliers for the delivery of a loader 4WD, year: 2012 or less with less than 650 hours.**

### **TENDER CLOSING**

Tenders will be received until 3:00 p.m. on Monday, February 19, 2015, at the following address: Ville de Métis-sur-Mer, 138 Principale, Métis-sur-Mer G0J 1S0  
Telephone: 418-936-3255, Fax: 418-936-3117, Courriel: metissurmer@mitis.qc.ca

*Tenders received must be valid for a period of ninety (90) days from the date of opening of tenders. The municipality is not obliged to accept any tender received. The opening of the tenders will be at the address above, immediately after the tender closing. Only the name of the tenderer and the total cost of the tender will be provided at the opening.*

*The tender specifications are available on Système Électronique d'Appel d'Offres du Gouvernement du Québec. <https://www.seao.ca/>*

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@mitis.qc.ca***