

**January 2015**

# Métis Info

*Municipal Newsletter and Community Notes*



*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)

## CANADA POST OFFICE

### Nous changeons les heures d'ouverture.

Nouvelles heures d'ouverture à compter du :  
**04 janvier 2015**

Métis-sur-Mer

**Lundi, Mardi, Jeudi et Vendredi**

De 10h00 à 12h00 et de 13h30 à 16h00

**Mercredi**

De 10h00 à 12h00 et de 13h30 à 17h30

## 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!**



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

[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 February**, please contact Marie-  
Claude Giroux **before January 15** at 418-936-  
3239 #223 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.**

**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!**

**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**

### **LIBRARY SCHEDULE from January 5 2015**

Monday to Friday: 2 - 4 p.m.

Thursday evenings: 7 – 8:30 p.m.

Saturday January 17 and 31: 9:30 – 11:30 a.m.

### **HOLIDAY LIBRARY SCHEDULE**

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.

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!

### **Your library is growing...**

After the holidays, your library will expand from the inside out! The layout will improve and new shelving will be added: almost doubling the number of books the library can offer, bringing its capacity to 4500 titles, which would be an exceptional collection for a town this size!

To do this, we need all the volunteers we can get: some with strong arms to move things around and all others too! We are looking for at least 6 people a day to help us. Here is the schedule and tasks proposed.

Thursday, January 8 AM & PM: Dismantling (shelves, furniture)

Friday, January 9, AM & PM: Moving and assembling (new shelving)

Saturday, January 10, AM & PM: Rearranging, placing books, etc.

Thank you for contacting us at 418-936-3239 #222, if you can donate some time and energy to help, even for a few hours. Thanks for sharing with your contacts to help find other people! Snacks, coffee and tea will, of course, be provided !

## **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!**

### **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)



**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!

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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](mailto:library@heritagelsl.ca).

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

**The Dépanneur chez « B » Inc.  
in Baie-des-Sables offers a delivery service**



**Delivery schedule:**

Monday to Friday, 10 a.m. to 12 p.m. (noon)

**Call us to place your order**

By 9 a.m. the day of

On your first order, we can provide transportation if you wish to see our inventory.

**Payment:** cash only

**Tel: (418) 772-6229**

172 route 132 Baie-des-Sables

Available in store:

- Grocery
- Beer, wine, SAQ
- Fruits and vegetables
- Dairy products
- Candies
- Lottery
- Frozen produce
- Polo Bic & Déli Chef produce
- Ham, Bologna, Salami & Pepperoni
- Drugstores items

**Seniors' Hot Lunch**

We want to thank the kindergarten and grade 5 & 6 students who performed for us and brought Christmas goodies to our December lunch. It was very appreciated!

**Tuesday 20 January\*, 12 noon at the Town Hall**  
(370 rue Beach) Cost: \$8

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



**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

**The Comité des Loisirs  
would like to wish everyone  
a very Merry Christmas and  
a Happy New Year!!!!**

To start off with, everyone is welcome to a **Super Bowl Party** on February 1 at the Centre des loisirs.....For more details, please call Lynne Bruce at 418-318-4005.

**The 50+ Club of Métis-sur-Mer wishes all members and friends  
very happy holidays and a happy new year for 2015.**

**Wednesday activities** will recommence on January 7.

**Computer basics** in January: for information or to sign up, please telephone 418-936-3884.

**Wellness Days:** Beginning in January, for information or to sign up, please telephone 418-936-3884.





## **Metis Beach School News**

**Bowling Tournament** hosted by the 2015 Graduating Class  
At the Salon de quilles in Price

Saturday 10 and Sunday 11 January 2015

\$10 per player

To sign up: Salon de Quilles de Price at (418) 775-2066 or Kariane Levesque at (418) 775-9385  
or (581) 624-1875 or Erin Ross at (418) 936-3288

All profits will go towards the graduation of Metis Beach School's Class of 2015.

## **News from l'école l'Envol**

### **Bottle collection on Saturday, January 10**

Students will be going to each house between 10 a.m. and 2 p.m. to collect beer bottles, cans and pop bottles. You can also bring your bottles and cans to the school during these hours. Thank you!!!



## **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: 418-318-4005 or [lynnesbruce@yahoo.ca](mailto:lynnesbruce@yahoo.ca)



## **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

**\*\*FOR SALE\*\***



- 6 quality oak kitchen chairs with cushioning and a fabric seat - **\$125 for the set** (possibility of splitting the set)
- White changing table, solid and clean **\$20**

COME AND HAVE A LOOK AND  
MAKE US AN OFFER!

At the Heritage Lower Saint Lawrence offices,  
130 Principale, Métis-sur-Mer.  
Info: (418) 936-3239 #222

**\*\*WANTED\*\***

**Coat hooks**

We are looking for about 15 coat hooks in different designs for the library. Thank you for your help!

**Slippers**

We are also looking for knitted and washable slippers in all sizes for men, women and children. Thank you!

Telephone : 418-936-3239. Please see our opening hours

**LOST and FOUND**

**FOUND at the library:**  
a pair of multicoloured (orange, pink, purple) woolen mittens.

**FOUND at the Town Hall** (at the December 14 Christmas Party):  
children's gloves (1 purple, 1 black with white around the wrist)

**FOUND at the Town Hall** (at the December 16 Seniors' Hot Lunch):  
a blue reusable bag from l'Aquarium du Québec.

Please phone: 418-936-3239. See the Heritage LSL opening hours.

**La Mitis Needs You**



COSMOSS is a group of 33 partners which aims 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 the 16 to 35 years old in the area. **Tell us about your experience in La Mitis as well as your needs and expectations.**

**Win a \$150-prize at IGA!**  
**A better than 1/50 chance to win: draw in February**

To take part, please contact Daniel Proulx:  
daniel.proulx@uqar.ca or 418-723-1986 ext 1168. Thank you!

**English speakers needed!**

## *Municipal Information*

To all citizens of Métis-sur-Mer,

May the magic of Christmas bring joy and cheerfulness in your home. May it be a prelude to a new year full of happiness, peace and serenity for you and those who are close to you. Take this opportunity to make this celebration a time full of joy and friendship!

On behalf of The Council and all employees of the Town of Métis-sur-Mer, I would especially like to thank the volunteers of all the organizations who have worked so hard during the year and I wish to all that your Christmas be exhilarating, and the new year 2015 one of the most exciting!

Merry Christmas  
Happy New Year

Jean-Pierre Peletier, Mayor

### **Ville de Métis-sur-Mer Councillors and Employees**

#### **Municipal Council**

Jean-Pierre Pelletier, Mayor  
1-Normand Provost, Councillor  
2-Martine Bouchard, Councillor  
3-Johanne Bernier, Councillor  
4-June Smith, Councillor  
5-Raynald Banville, Councillor  
6-Rita D. Turriff, Councillor

#### **Public Works**

Frédéric Richard, Director  
Jean-Yves Vignola  
Daniel Brochu  
Éric Brochu

#### **Fire Department**

Reno Isabel, Firefighter chief

#### **Administration**

Stéphane Marcheterre, Director  
General and secretary-treasurer  
Claire Robichaud, Assistant treasurer  
Jean-Philippe Quimper, Urbanism  
inspector  
Marie-Claude Giroux, Leisure  
coordinator  
Melinda Turriff, School monitoring  
service

#### **Horticulturist**

Position to be filled

#### **Janitor**

René Côté





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

**MUNICIPAL BY-LAW NO. 14-93 REGARDING:**

- 1 - Budget forecasts for the 2015 fiscal year and;**
- 2 - The imposition of real estate taxes, service taxes and tariffs for the 2015 fiscal year.**

**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 December 11, 2014, By-Law no. 14-93 regarding budget forecasts for the 2015 fiscal year and the imposition of real estate taxes, service taxes and tariffs for the 2015 fiscal year.

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 12<sup>th</sup> day of December, 2014

  
\_\_\_\_\_  
Stéphane Marcheterre  
Director General and secretary-treasurer

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A new agreement was signed between the Governments of Quebec and Canada relating to the transfer to municipalities of Québec of a portion of the federal tax revenues on gasoline and Government of Quebec's contribution to their infrastructure of drinking water, wastewater, local roads and other types of infrastructure. Consequently, the Town of Métis-sur-Mer will receive \$564 535 distributed over the years 2014 to 2018.

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**ECO CENTRE HOLIDAY 2014 OPENING HOURS**

Wednesday December 24:	<b>Open 8 a.m. to 12 p.m.</b>
Thursday December 25:	<b>CLOSED</b>
Friday December 26:	<b>Open 8 a.m. to 4 p.m.</b>
Wednesday December 31:	<b>Open 8 a.m. to 12 p.m.</b>
Thursday January 1:	<b>CLOSED</b>
Friday January 2:	<b>Open 8 a.m. to 4 p.m.</b>

Normal hours (Monday to Friday, 8 a.m. to 4 p.m.)  
will resume as of January 5, 2015.

***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](mailto:metissurmer@mitis.qc.ca)

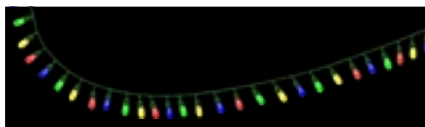


## **CHRISTMAS TREE COLLECTION**

A Christmas tree collection will be held  
**Wednesday, January 14.** Please have your  
Christmas tree out at the side of the road by 8 a.m.

## **Christmas Sharing 2014**

As well as all the food collected, nearly \$500 was also  
donated to the Unité Domrémy de Mont-Joli on December  
16. THANK YOU very much to everyone who gave so  
generously to the Moisson Mitis Christmas baskets!



**The municipal office will  
be closed from December  
22 until January 2.**

**Happy holidays!**

## **Baie-des-Sables Cross-country Skiing Club**

**Open to all ages!**

**Season ticket:** Adults \$22 Families \$45 Students and Children \$5  
**Day pass:** Adults \$3 Students and Children \$1

1km, 4.5 km and 2 km circuits

Entrance A: Chemin du 3e rang (hilly) Entrance B: Route Dion (flat)

**Open as soon as there is snow!**

For information about the trail conditions listen to the message at 418-772-6429 or the radio  
capsules on 105.3 and 95.3 on Saturdays at 8:50 a.m.

## **Raymond-Pearson Cross-country Skiing Trail Parc du Ruisseau Lebrun**

Municipality: Mont-Joli

Activities possible: Cross-country skiing and snowshoeing

Length: About 4 km

Difficulty: Easy

Parking: Yes

Cost: Free

Opened in February 2014, this cross-country skiing trail offers a 4 km route through woods.  
This is a new trail replacing the one that was in the fonderie Bradken sector.

To find it: Leave from the trail in the parking lot behind the Salle Saint-Jean-Baptiste at 251  
avenue Sanatorium in Mont-Joli.



## **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:**

- DURING THE HOLIDAY, THE RINK WILL BE OPEN IN THE AFTERNOON FROM 13:00 TO 16:00, IF WEATHER CONDITIONS PERMIT.
- THE SKATING RINK WILL BE OPEN DURING THE SPRING BREAK AND ON PEDAGOGICAL DAYS OF THE COMMISSION SCOLAIRE DES PHARES.

### **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**

# 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 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**

### 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 [mcelbchet@gmail.com](mailto:mcelbchet@gmail.com)

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!**

### \*\*\*New Zumba Session\*\*\*

with Michelle Bérubé from Passion Z-MOB

10-class session, Tuesdays at 7 p.m.

From January 13 2015

At the Envol School gym (east entrance)

Training room members: \$115

Non-members: \$130

Register with Marcel Blanchet by **January 8 2015** (see schedule and contact details). *Minimum 10 people needed for the session to go ahead.*

### \*\*\*CARDIO-BOXING SURVEY\*\*\*

We have the possibility for a cardio-boxing session starting in March.

6 training platforms in the gym with Sabrina Picard.

For information or to register you interest please contact Marcel Blanchet by **February 1 2015** (see schedule and contact details).