



*Ville de
Métis-sur-Mer*

www.ville.metis-sur-mer.qc.ca
www.facebook.com/MetissurMer

March 2015

Métis Info

Municipal Newsletter and Community Notes



Métis-sur-Mer is taking part in this year's 5-30 Health and Wellness Challenge and invites all citizens to participate. The challenge lasts 6 weeks (March 1st to April 11th) and aims to help participants move more, eat better and improve their mental wellness.

Benefit from different activities available locally such as Winter Wonderland at the Reford Gardens, Viactive, municipal skating rink, community training room, badminton, zumba, walk...see details on page 5,9,10,11



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

If you would like to promote **events planned for the month of April**, please contact Marie-Claude Giroux **before March 15** 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.

LIBRARY SCHEDULE

Monday to Friday: 2 - 4 p.m.

Thursday evenings: 7 – 8:30 p.m.

Saturdays: 9:30 – 11:30 a.m., February 28, March 14 and 28

coffee,
tea and herbal tea
1.50\$

***FREE membership – Youth Section– Adult Section – Special requests – New books every month
No late fee – Photocopy service – Free WiFi and free access to a laptop computer***

New at the Library

The library has been reorganized, and we now offer almost 4000 titles. We add new books and DVDs for adults and youth every week. Come by and see what's up!

Workshop-Preparing and Repairing Books

A workshop on book preparation and repair will be organized for Métis-sur-Mer residents and library volunteers at the Lisette-Morin library in Rimouski, during the week of March 15 to 21. This workshop is free and transportation will be organized from Metis. For everyone who would like to help take care of books at the library, or learn to use these techniques on school books.

Please contact Elisabeth fairly quickly at 418-936-3239 # 224,
to give us your availability.

You have a few hours to spare here and there? Let us know!

We always need occasional volunteers for book preparation, lending desk, etc.
Interested? Contact Elisabeth at 418-936-3239 #224

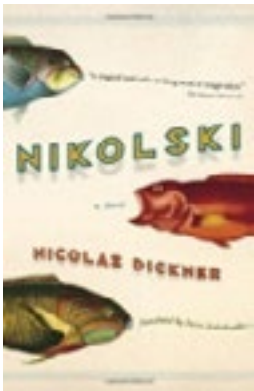
We need 3 people to help us go get some missing pieces of furniture at the Cégep de Rimouski between March 9-13 !

Scotland Special Collection

A collection of non-fiction on Scotland and French-language novels by Scottish authors are currently on display at the library, along with some traditional objects. Come see!



OUR SUGGESTIONS...

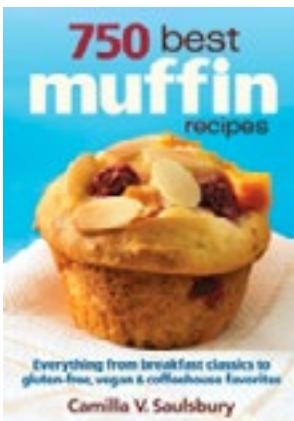


Nikolski – Nicolas Dickner – NOW IN ENGLISH

Intricately plotted and shimmering with originality, *Nikolski* charts the curious and unexpected courses of personal migration, and shows how they just might eventually lead us home.

Frogspell Series – C.J. Busby; Frogspell Caudron Spells ; Icespell ; Swordspell

A young, accident-prone wizard-in-training meets up with characters from Camelot in this magical series bursting with thrills, spills, and spells!



750 Best Muffin Recipes: Everything from breakfast classics to gluten-free, vegan and coffeehouse favorite - Camilla Saulsbury

Expert baker Camilla Saulsbury goes well beyond just variations of blueberry and bran muffins. Home cooks will find a tremendous number of recipes, baking tips and techniques with clear instructions and simple steps. This is the kind of cookbook that both beginners and experienced bakers will use endlessly.

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

Building a healthy community - free health workshop presented in English

DIABETES AND THE SUGAR FACTOR

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

Wednesday, March 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.

Info: 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.*

Free photography Workshops: Who We Are / Snapshot*

Heritage LSL invites you to participate in FREE photography workshops offered in Métis-sur-Mer, Matane and Rimouski in collaboration with Michel Dompierre, photo-journalist and author of many books about our region. Participants will understand their camera so it can become an extension of their own eyes. They will take great pictures, in both form and content, becoming real artists! Their work might be part of an exhibit in the summer of 2015.

For English-speaking adults / youth 14+

Beginners or amateur photographers are welcome!

Cameras are FREE for those who don't have one...

A series of five, 3h workshops are offered in each of these towns:

Matane : Thursdays, March 12 - April 9, 6h30-9h30 p.m. at the salle Isabelle Boulay

Rimouski : Saturdays, 1-4 p.m. starting in March (location/date to be confirmed)

Métis-sur-Mer : Saturdays, 1-4 p.m. starting in April, Heritage Resource Centre, 130 Principale

You are an interested English-speaker? Contact us : 418-936-3239 #222

*heritage LSL thanks Canadian Heritage for its financial support.



café sur mer

YIPPEE! Café sur mer is opening early this year!
From Easter Weekend... Saturdays & Sundays from 9 a.m. to 5 p.m.

April 4 –Saturday 2-4 p.m. : Easter Egg Crafts

April 5 –Sunday 3-4 p.m. : Easter Egg Hunt

See you soon!

160 Principale, Métis-sur-Mer, 418-936-3936

AFÉAS, Les Boules: BINGO 2015... HAM – WINE - CHOCOLATE

SATURDAY, March 28, 19:00 at the Centre des Loisirs de Les Boules (10 de l'Église).

Special games for children (under 12) who are present in the hall..

A cordial WELCOME to everyone.

Diane D. Guilbault , 418-936-3276

Métis-sur-Mer 50+ Club Activities



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

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 ~

Seniors' Hot Lunch

Tuesday, March 17*, 12 noon
at the Town Hall (370 rue Beach)

St Patrick's Day Theme : Let's see you in green!

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

Michel Faubert will come to Metis in April

Storyteller, songwriter and lead singer for Les Charbonniers de l'Enfer, Michel Faubert is coming to Métis-sur-Mer in April. Details in the next Metis Info!

Doudou Aventure

- What to do with old fabric that's just too good to throw out?
- those old jeans or "cords" (since the zipper broke, or the knee got torn);
 - Leather, and fur clothing that no one wears anymore;
 - Anything made from fun or interesting fabric...

Bring them to the Metis Library for Doudou Aventure who will happily recycle them in their arts and crafts projects... Thank-you!

Doudou Aventure still meets on Wednesdays from 1 :00 pm to 4 :00 pm, above the municipal office. Everyone is welcome! No obligations - Come by whenever you like.

Information : Diane Dubois 418-936-3158

Metis Beach School News



March 20th, 2015 Geordie Productions at the Metis Town Hall. Geordie Productions is a professional impact theatre company that has been presenting live English theatre for young audiences since 1980. This year's productions concentrate on the theme of racism and intolerance, and journey through landscapes that speak about religion, racism, difference, and embracing one's own cultural roots. **All community members are welcome!**

9:40 am - Game Changers (Elementary show)

1:20 pm - Offensive Fouls (High School show)

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.

Movies on VHS to give away

FREE - A collection of about 50 movies for children and adults (VHS format, mostly English Language versions). Contact Edith at 418 936-3253.

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

As a result of the public meeting of February 17, which was attended by more than fifty citizens, a committee has been created to explore different possibilities to maintain grocery services in Metis-sur-Mer. To show your support for this important project, you may either get directly involved with the local committee, or fill out a membership application that will allow us to compile a list of eventual users/members. These applications can be found at the local library, and they can also be sent to you by fax or email. For more information or to get involved, please get in touch us at (418) 732-7701 or by email at coopmetissurmer@gmail.com



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 (14 weeks). Baskets available in 3 sizes:

- Singles (18\$ per week x 14 weeks) = 252\$
- Couples (25\$ per week x 14 weeks) = 350\$
- Families (35\$ per week x 14 weeks) = 490\$



Limited number of participants. Pay in 2 installments: 1st payment upon signature of the contract, and 2nd at the end of the season.

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

laptitefermedansle2e@globetrotter.net

www.facebook.com/pages/La-Ptite-Ferme-dans-le-2e/1549368715303650

**JEFFREY-HALE/HERITAGE LSL SURVEY
A PORTRAIT OF ALL ENGLISH-LANGUAGE HEALTH SERVICES OFFERED IN THE REGION**

As an regional organization, Heritage Lower Saint Lawrence represents all English-speakers in the Lower St-Lawrence. This March, Heritage LSL is partnering with the Jeffrey Hale/St-Brigid's Hospital in Quebec City to develop a portrait of all health and social services offered to the English-speaking population of Eastern Quebec. To help get a complete picture, Heritage LSL is conducting an important survey, asking participants what their experience of services has been like, whether in or out of region. Answers will help identify the ways in which English-speakers access services (or not), and help develop solutions to improve the quality of health & social services offered in English.

The English-speaking population of our region is the smallest in Quebec (1200 people). To establish an accurate portrait, Heritage needs to connect with almost 300 people from all corners of the region before March 31, 2015. We are actively looking for names and contact information of ANY and ALL English speakers from La Pocatière to Les Méchins, so they can be offered the chance to participate in this confidential survey. Surveys are anonymous and no solicitation will be done.

Thank you for calling our team to participate or to suggest names of people you know: you'll help improve services for everyone! 418-936-3239 or 1-855-936-3239 (dial 0)

**Campaign to inform the public
about the organization**



If you are a parent, spouse, child, friend or colleague of a person suffering from major mental health issues, our organization is there to respond to your needs for support, information, documentation or referral.

Our organization is now campaigning to inform the public of our services. Interested persons are urged to contact us for more information about how we can support those close to a person suffering from serious mental illness. Do not hesitate to call 418-725-2455 (toll free 1 877 725-2544). We can also offer free information sessions in your community.

<http://lueurespoirbsl.org>



Winter Wonderland at Reford Gardens



Photos: Alexander Reford, Isabelle Thibierge

**Saturday, March 7 & Sunday, March 8
12 noon to 4 pm**

\$2.50 (14 and older), free for children 13 and under

Snowshoeing starts at noon

Hot chocolate and barbecue around a bonfire!

ACTIVITIES

SATURDAY: Winter croquet! (1 pm)

SUNDAY: Dogsledding (12 noon to 3 pm)

jardins de métis
reford gardens



HERITAGE
Lower Saint Lawrence
Bas-Saint-Laurent

Visit Heritage Lower Saint Lawrence
to access hundreds of health books.
It's FREE! www.heritagelsl.ca



Information: 418-775-2222 www.jardinsdemetis.com

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.

Day	Time	Skating or Hockey
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

BADMINTON* on Thursdays from 6:30 p.m. to 10 p.m.!

At l'Envol School gym
(East entrance)

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



Free rackets and shuttlecocks
available on site!

*Membership required

New Zumba Session

with Michelle Bérubé from Passion Z-MOB

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

From March 31 2015

At the Envol School gym (east entrance)

Training room members: \$92

Non-members: \$107

Register with Marcel Blanchet by March 20 2015
(see schedule and contact details). Minimum 10
people needed for the session to go ahead.

Municipal Information

REGULATION #10-53 CONCERNING ANIMALS

In this regulation it is specified that:

- The owner cannot let dogs roam in a public place or private property other than that of the owner of the animal;
- Any owner of an animal, in a street or a park, must remove excrement and deposit them in a container or bag.

If problems with stray dogs and complaints continue to be forwarded to the municipal office, sanctions will be taken against the owners concerned without delay.

THANK YOU FOR YOUR COOPERATION

BROWN IS GREEN

Brown bins for composting will be delivered to you in April –for FREE.

Each residence will receive a 240-litre brown bin for outdoors,
as well as a 7-litre brown bin for the kitchen counter,
designed to make daily composting easy.

June 2015 - First door-to-door collection of compostable waste !!!



How does it work ???

- Line your small kitchen bin with newspaper and use it to dispose of daily compostable waste from your kitchen.
- Put newspaper in the bottom of your big, outdoor bin or line it with a paper bag designed for the purpose.
- Dump the day's contents of your kitchen bin into your big, outdoor bin.

The Municipality will regularly send a truck to collect all the organic material from the bins!!!

Tips for mess-free composting

- Use newspaper to line compost bins.
- Store compost bins in the shade.
- Keep compost bins closed.
- Put your big brown bin near the road at every opportunity so it is emptied as often as possible. Don't wait until it's full.
- Wrap meat and fish waste in paper before disposal in your brown bin.
- Rinse brown bins with soapy water, or use water with a little vinegar added.

For more How-To's on composting or for information on what can /cannot be put in your brown bin, go to: <http://www.semer.ca/>

Environmentally yours, Marie-Lou Leblanc, Project Officer
Régie intermunicipale de traitement des matières résiduelles des MRC Matapédia et La Mitis
Tel.: 418 629-2053 ext 1122 Email: ml.leblanc@mrcmatapedia.qc.ca