



*Ville de
Métis-sur-Mer*

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

www.facebook.com/MetissurMer

October 2014

Métis Info

Municipal Newsletter and Community Notes

Thanksgiving Supper

Saturday, October 11, 2014

Metis Town Hall (370 Beach)

First Sitting at 5 :30 p.m. Second Sitting at 7 :00
p.m.

Adult: \$15.00 Child: \$6.00

To benefit L'Association Socio-Culturelle de Métis
(Town Hall Committee). All proceeds will help to

FRIDAY BREAKFASTS are back!

**Every Friday starting October 17
from 9 to 11 a.m.** at the *Centre
des loisirs* (10 de l'Église).

Continental 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 ~



Irish Tales with Mike Burns

Don't miss this internationally renowned storyteller
at Café sur mer

Friday, October 10 at 8 p.m.

\$10 at the door, details on page 3



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

If you would like to promote **events planned for
the month of November**, please contact Marie-
Claude Giroux **before October 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 to 4 p.m.

Thursday evenings: 7 to 8:30 p.m.

Saturday October 4 & 18 : 9:30 to 11:30 a.m.

Youth Floor – Adult Floor – Special request service
New books every month - FREE membership

PHOTOCOPYING SERVICE

Prices: Black and white 5¢ / side

Colour 25¢ / side

Scan \$1.75 / 5 min

Please telephone ahead if possible - thanks!

Do you occasionally have a few hours you could invest in your library?

It is possible to get involved with a flexible schedule, respectful of YOUR availability and YOUR interests. Please register for one of the following volunteer training sessions to get involved!

Basic training: Wednesday October 8, 1:30 p.m. OR 6:30 p.m.

Adding/coding new books: Thursday October 16, 3 p.m. OR 6:30 p.m.

INFO: 418 936-3239 ext. 222

Book Corner

Veronica Roth's best-selling *Divergent* Trilogy is here! In the dystopian Chicago setting of these novels, the population is divided into five factions. Upon declaring allegiance to one of them, 16-year-old Beatrice will decide her future. During her aptitude testing, rather than getting a clear reading of her strengths, her result is disturbing and dangerous: she is Divergent. Gradually, she sees that her faction-dominated world isn't as wonderful as she has been told. **All three novels are now available at our library.**



Open House - Elizabeth Berg (Oprah's Book Club Selection)

In this superb novel, Samantha reconstructs her life after divorce by opening up her house and her heart. To meet her mortgage payments, she takes in boarders, but in order to emerge from grief and the past, she has to learn how to make her own happiness. To really see people, she has to look within her heart. To know who she is, she has to remember - and reclaim the person she used to be.



Book donations in English and in French: We are looking for recent works for youth (board books, comics & graphic novels, young reader books, teen novels and non-fiction books), as well as recent adult novels. Donations are accepted whenever our offices or library are open!

Heritage Lower Saint Lawrence presents:

Irish tales with storyteller Mike Burns
Friday, October 10 at 8 p.m. at Café sur mer

The time I'm telling you about is not your time, it isn't my time, but it really is somebody's time. This is how storyteller Mike Burns introduces his stories from the mists and moors of Ireland. The story of Gobán Saor, the best mason that ever walked this earth and the ones his son tells to "shorten the road to England", as well as songs borrowed from Irish folklore; these are the treasures he shares with us. Mike Burns' delivery resembles that of olden-time storytellers, earthy tones of English, Gaelic and French. Some of his stories are a thousand years old and have come from pure Celtic oral tradition.

Born in Ireland within a family of storytellers, Mike Burns adopted Quebec as his home quite some years ago, and shares with us the vast repertoire of legends and stories from South-West Ireland he has created throughout his lifetime. A frequent Toronto storytelling festival guest, Mike Burns has been invited to numerous festivals throughout North America, Europe and the Middle-East. The *Regroupement du conte au Québec* celebrated in golden ink, in 2012, his 50 year storytelling career.



He will be at **Café sur mer at 8 p.m. on Friday, October 10**, at 160 Principale in Métis-sur-Mer as part of the *Rendez-vous des Grandes Gueules*, the Trois-Pistoles storytelling festival.

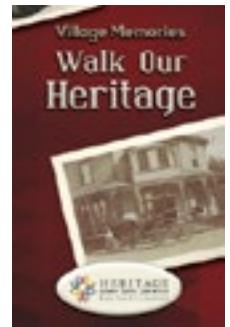
Door fee: 10\$

If you can, please bring along donations of recent books and DVDs for all ages, in English and French for the public library - thank you!

Village Memories - Walk Our Heritage Audio Tour

WE INVITE YOU TO STEP INTO OUR PAST and explore Métis-sur-Mer as you have never seen it before with this guided heritage audio walking tour featuring two trails: East and West Metis.

Come to our office or visit our website for more information!





Meet author Fredric Gary Comeau

Thursday, November 6, 7 p.m.

At the Métis-sur-Mer Public Library, 130 Principale, Métis-sur-Mer
Coffee and a light lunch will be served - FREE event

An accomplished Acadian author, Mr. Comeau has published many books of poetry and was a finalist for the prestigious Émile-Nelligan poetry prize. As a composer and performer, he has released three albums, two of which are in English, and was nominated at L'ADISQ in the category *Artist who has distinguished himself in a language other than French*. His first novel, *Vertiges*, was published in French in 2013 by *Les Éditions XYZ*. He will be with us for a bilingual author meet.

FOR SALE

- 7 cushioned fabric covered chairs on rollers, with armrests (light raspberry colour)
- 1 computer chair on rollers (green fabric)
- 1 small white microwave
- Kodak scanner-printer
- White changing table with shelf

Extremely good prices: everything must go!

Items are at the Heritage Lower Saint Lawrence offices (130 Principale). Info : 418-936-3239 p. 222

Marché public



de La Mitis

Day of the Pumpkin at the La Mitis Public Market

As we have done for the past six years, we will be ending the market season with our traditional **“Day of the Pumpkin” on Saturday, October 4, from 10 a.m. to 3 p.m.** on the grounds of the municipal building in Sainte-Flavie. In case of bad weather, the activity will be held inside the neighbouring community hall. Pumpkins will be made available along with all the materials necessary to decorate them. The young and young at heart can choose their pumpkin, decorate it as their imagination takes them, and take it home. A facilitator will guide our young artists throughout the creation of their masterpiece. A small contribution is requested to cover costs.

A treat for all the family on October 4, what could be better?

www.facebook.com/Steflavie.

PLACE PETIT MIAMI

As the 2014 season draws to an end, please note that we will be open until Sunday, October 12 (inclusive).

We wish to take this opportunity to thank our loyal local customers. It is always a pleasure to welcome you. See you next year!

- Danielle and her team

Halloween Party 2014

November 1

**Centre des loisirs (10 de l'Église)
Doors open at 7:00 pm**

Many prizes, including best costume:

- child 0-13 years
- adult 14 years +

And door prizes!

Lasers, strobes, fog and good music will be waiting for you!

Bar service

Everyone welcome!



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.

Metis Beach School News



Fall Walk at the Reford Gardens

A Reford Gardens fall walk for Metis Beach School elementary students will be held **Friday, October 3**. Departing from the school at 1 p.m. and returning at 3 p.m. Volunteers and community members are encouraged to join us for what should be a beautiful afternoon. This event will take place rain or shine. Hope you will join us!

Supper at the *Centre des Loisirs*: This Fall

The Metis Beach School Secondary Student Parliament will be hosting a supper at the *Centre des Loisirs* this fall. All proceeds will go to help fund their end of the year school trip. Details and date to follow. It should be a wonderful evening for a very worthy cause!

Hope to see you all there!

Community Information

50+ Club Activities



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

Introductory Course in Computer Science at the *Centre des Loisirs*: **Power Point** will be offered in October, there are still places available and it is FREE! Please contact Françoise at 418-936-3884 as soon as possible.

Dinner for Members and Friends: October 8th at noon, at the *Centre des Loisirs*
Menu: vegetable soup, mandarin chicken, desert, beverages
Members \$10, non-members \$12
Reservations: 936-3884 or 936-3515

Vie Active: Tuesdays from 10 to 11 a.m. beginning October 14, with Johanne and Carolle. (Physical exercises adapted for the needs of people over 50) FREE!

Everyone is welcome!

Seniors' Wellness Days are planned for this fall. Information about these activities coming soon.

Seniors' Hot Lunch

Tuesday **October 28**: Halloween theme
- come dressed up! - door prizes!

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!

Doudou Adventure

We will begin our meetings again in October with the addition of a new project "RAG DOLLS" to complement our quilt project. You may certainly suggest the name of a sick child to whom one might be given.

For more information, call Diane at 418 936-3158 – THANK YOU!

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)



The “Passe-livre” Book Exchange in Métis-sur-Mer

The Métis-sur-Mer “Passe-livre” has moved into the municipal office/
Caisse populaire. It is accessible Monday to Friday – enjoy!

The “Passe-livre” book exchange follows an international formula promoting the **free circulation of books, without the limitations of place or time**. Thanks to an initiative by the CLAC, every municipality in La Mitis has a display rack of books to exchange.

How does it work? Simply choose a book from the rack, take it home to read and then put it, or another book, back in any of the racks around La Mitis. You are also welcome to add any books you want to share to the racks.



Autumn at Café sur mer!

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

The Café sur mer team is happy to announce that the café will be open Saturdays and Sundays from Labor Day until Christmas. Come and warm up with one of our delicious hot drinks and enjoy yummy sandwiches and pastries.

You will also discover our newest items for fall and Christmas. We look forward to seeing you!

Sunday October 5, 2-4 p.m. Juggling demonstration with l'école l'Envol plus a magic show!
Check our Facebook page for more exciting news and events www.facebook.com/CafeSurMer

At 160 rue Principale, Métis-sur-Mer 418.936.3936

Research partnership: Responding to the needs of 16-35 year olds in La Mitis
COSMOSS, in partnership with l'UQAR, is leading a study to improve knowledge of the needs of people between the ages of 16 and 35 in La Mitis.

A Questionnaire* will soon be sent to your home, thanks to a collaboration with our municipality We request your collaboration to complete it and there are prizes to be won.

You can also help us by participating in an **individual interview***. Please contact Sylvain Cossette at (581) 246-0833 or sylvain_cossette01@uqar.ca if you wish to participate. Mr. Cossette will travel to meet you. You could win a \$100 gift certificate from IGA.

*We guarantee maximum confidentiality, according to the university's ethics committee regulations.

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

Building a healthy community - health workshop (in English)

What is Autism?

Presented by Dr. Mandy Steiman, clinical psychologist
Moderated by Jo Ann Jones, Montreal Children's Hospital

Wednesday, October 15

10 a.m.* – 12 p.m.

Heritage Cultural Resource Centre, 130 rue Principale

FIND OUT ABOUT

- Signs and symptoms
- Causes and risk factors
- Preparing for your appointment:
approaching your doctor
- Coping and support



Ask a medical specialist questions and learn more about what is autism.

Please call Heritage Lower Saint Lawrence to register: 1 855 936-3239 (toll free)

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

Upcoming conference: November 27, 6:30-8:30 p.m. – Prostate Cancer

amiquébec

Agir contre la maladie mentale
Action on mental illness

Ami-Québec offers FREE workshops in English over the telephone on specific topics related to mental health.

Upcoming tele-workshops:

Wednesday, October 8, 7-8 p.m. **Depression** with Dr. Andrew Ryder, psychologist

Wednesday, November 5, 7-8 p.m. **Hoarding** with Dr. Kieron O'Connor, psychologist

You must register in advance: amiquebec.org/teleworkshops or 1-866-396-2433

War Correspondence / Correspondances de guerre

Tortuga Films Productions inc.

Upcoming pre-launch viewings of the bilingual miniseries *War Correspondence*, tell your friends and family!

Thursday, October 9, 2014

Cascapedia Legion, 55 Gallagher Rd., Cascapedia-St-Jules, New Richmond

2:00 p.m. - Episode 2: 1939-1945, in English

3:30 p.m. - Episode 2: 1939-1945, in French

Tuesday, November 11, 2014

Salle Desjardins-Telus, 25 rue St-Germain Ouest, Rimouski

Official launch. Time (evening) to be confirmed.

Friday, October 3, 2014

Canadian War Museum, 1 Vimy Place, Ottawa

5 p.m. - Episode 1: 1914-1918, in French

7:30 p.m. - Episode 1: 1914-1918, in English

Saturday, October 4, 2014

Canadian War Museum, 1 Vimy Place, Ottawa

10:30 a.m. - Episode 1: 1914-1918, in French

11:30 a.m. - Episode 1: 1914-1918, in English

1 p.m. - Episode 2: 1939-1945, in French

2 p.m. - Episode 2: 1939-1945, in English

**War Correspondence Episode 1: 1914-1918,
Ever Your Loving Son**

Television broadcast on RDI "Les Grand Reportages", November 18 at 8 p.m.

This year marks the centennial of a war that is distant, not only in our memory, but in our comprehension. By bringing human courage, sacrifice and loss to the fore, through war letters written by young men at the front, we uncover the scars the Great War left on a generation.

War Correspondence Episode 2: 1939-1945, Carried on the Waves

Television broadcast on RDI "Les Grand Reportages", November 11 at 8 p.m.

One ocean carried men from the beaches of the Gaspé Coast to the shores of Normandy. The few remaining veterans share their story with us, their letters from the front, though censored, reveal the distance between what they choose to remember and what they are unable to forget.



More information: www.tortugafilms.ca



Active Transportation

Schools that endorse active transportation:

- Support and encourage their students to adopt an active way to get to school;
- Work with the municipality to identify safe routes for children while addressing safety and infrastructure barriers;
- Encourage parents to form "escorted walks" to and from school for young neighbourhood children;
- Have teachers work with children to identify the safest routes to get to school while teaching children about traffic and pedestrian safety;
- Offer cycling and in-line skating skill and safety courses;
- Work with parents, motorists and the community at large, to make the trip to school a safe trip for children and youth.

Source: Public Health Agency of Canada

YOGA with Laura Pineault In école l'Envol's gym

10-class session from October 11 to December 13 (Free taster lesson on October 11)

Two types of classes will be offered:

Parent(s) & children (5-12 years): Saturdays from 9:30 to 10:30 a.m.

(min. 6 parents & children)

Price: \$90 per adult and \$45 per child

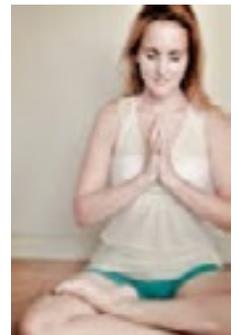
Adults and adolescents: Saturdays from 10:45 to 11:45 a.m.

(min. 12 people)

Member price: \$90 Non-member price: \$105

Contact Marcel Blanchet (contact on page 11) by October 6 to register.

It is a great pleasure to return to my wonderful hometown to share my passion: staying healthy through the awareness of movement!



Stay in Shape in Métis-sur-Mer

Activities for all ages



Community Training Room

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

FALL SCHEDULE from September 15

	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...

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)

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

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



with Maria-Gabrielle Bujold

Tuesdays at 7 p.m. in the Envol school gym (east entrance)

Information/registration: Marcel Blanchet

Community Information

PUBLIC AND ADAPTED TRANSPORT IN LA MITIS

- For work, study, social activities, medical appointments, shopping and more -

The TAC (Transport Adapté et Collectif) de La Mitis Corporation has modified the midday timetable for the Inter-MRC service between Mont-Joli and Rimouski.

There are now daily midday services from Mont-Joli to Rimouski at 11:45 a.m. and from Rimouski to Mont-Joli at 1:45 p.m. The new timetable allows more users to easily attend appointments or take part in activities in either town without having to stay there the entire day.

The TAC is a public transport service that operates seven days a week throughout La Mitis. There is also a regular Inter-MRC service between Mont-Joli and Rimouski.

- To use the service you must first register by telephone (418 775-8808) and reserve your trip 24 hours before departure.
- The dispatcher will inform you of your pick-up point and time, it is your responsibility to be there.
- A basic one way trip costs \$3,25 (monthly passes discount are available)

Please contact us at **418 775-8808** or visit our website **www.tacmitis.org** for more information.

Municipal Information

BEFORE WINTER

It is strongly recommended to install appropriate drive-way markers to identify the edge of your property to facilitate snow-clearing operations and minimize the damage that could be caused by the removal of snow. These markers must stay in place until spring. If the markers are removed before, you will be solely responsible for the damage to your property. In addition, the municipality will install additional markers in some places.

Household Hazardous Waste Disposal

It is always possible to leave your hazardous materials at the municipal garage on Rue de l'Église. By hazardous materials we mean: oil or any by-product of oil production for example "pitch", paint products, and domestic or automobile batteries.

You simply have to leave these products in front of the door at the municipal garage.

PLEASE, do not leave products other than those mentioned above.

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