



# Info Métis

Municipal Newsletter and Community Info

www.ville.metis-sur-mer.gc.ca www.facebook.com/Metissurmer





# SUNDAY, FEBRUARY 3 Super Bowl 2019

Centre des loisirs (10 de l'Église)



- 1 pm The Oilers VS The Canadians
  - Hockey game at the ice rink
- 4 pm Flash Bingo
- 5 pm Pizza, Chicken Wings & Nachos
- 6 pm Super Bowl 2019 on the Big Screen

50/50 Draw, Bar/Canteen Service, Free Popcorn and more...



ERYONE WELCOME

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**DEADLINE:** 15th of the month if the text has to be translated; 20th of the month if it is provided in English and in French -in Word format.

Please contact Marie-Claude Giroux at 418 936-3239 #223 or by email at mcgiroux@heritagelsl.ca If you would like to receive the Info Métis via email, please just ask!



#### HERITAGE CULTURAL RESOURCE CENTRE

130 rue Principale, 418-936-3239 or 1-855-936-3239

#### **HERITAGE LSL OFFICE HOURS:**

Monday—Friday, 9:00am-noon & 1-4:30pm \*please note that our offices are closed on Tuesday mornings\*\*

# \* Winter Library Hours: NO MORE Saturdays!

→ The Metis library is now open \*Sundays\*, from 9:30am-noon

#### **WINTER LIBRARY HOURS: MÉTIS-SUR-MER**

(418-936-3239 #224):

Monday to Friday: 2 - 4 p.m. Every \*Sunday: 9:30 to 12:00

#### **RIMOUSKI BRANCH**

(418-730-7685, 414 De la Seigneuresse):

Tuesday: 3pm - 5:30pm Wednesday: 9:30am - 2pm

Thursday: 3pm - 5:30pm Friday: 10am - 1pm Saturday: 9:30am - 12pm

## Your library offers:

- virtual reality experiences
- free special requests
- ereaders & ebook loans
- free wifi



- health or community services info
- photocopies
- historical documents
- and more!

# **VR Virtual Reality: immerse yourself!**

Offered only during library hours

Dinosaurs: Jurassic World -Blue, Jurassic World -

**Apatosaurus** 

Space: Apollo 11 VR, Discovering Space, Star

**Chart, Titans of Space PLUS** 

Nature: Ocean Rift

**English** and French content



(Lasts about 10 minutes)

# When is the last time you read something just for the fun of it?



This winter...

- 1. Pick up a book at the library just because it looks interesting, or choose one from the "to-read" pile you keep!
- 2. Cozy up and get lost in it for a while...
- 3. you'll be happy you did!



# Finding our new titles online is easier at

#### → www.reseaubibliobsl.qc.ca

- Choose the Metis-sur-Mer library and click on →NOUVEAUTÉS (bottom right icon)
- Access your choice of lists of newly added works by language of choice
- Options include → English Health & Well-Being → Newly added (EN) → Newest releases (EN)
- And if you can't find what you're looking for → we'll help you: just call us!

#### Come discover new additions to our collection!

#### **Recent additions:**

Louise Penny: Kingdom of the Blind (A)

Alan Bradley: The Golden Tresses of the Dead (A)

Don Winslow: The Force (A)

Tayari Jones: An American marriage (A)

Kate Morton: The Clockmaker's Daughter (A)

Michael Connelly: Angels Flight (A) Nick Harkaway: Gnomon: a novel (A)

Joanna Goodman: The Home for Unwanted Girls (A)

Sophie Kinsella: My Not So Perfect Life (A)

Sandra Brown: Tailspin (A)

H. Antoniou: Back to Beer...& Hockey -story of E. Molson (D)

#### For youth:

William Ritter: The Dire King (YA)

G.L. Yang & M. Holmes: Secret Coders V. 1-6 (CB)

Dave Pilkey: Dog Man Vol. 5 & 6 (CB)

James Dean: Pete the Cat and the Cool Caterpillar (JR)

Dawn Sirett: Baby's First Words (BB)

Types of works:

A: adult

**D:** adult non-fiction

YA: young adult

CB: comic book

JR: junior novel

BB: board book

# Recent books wanted! Volunteers wanted!

# Recent children's or young adult books, in French or English, published after 2013:

Books for new readers, comic books, young adult or youth novels, non-fiction works, comics, picture books, board books, etc.

## Volunteers wanted to help out in Metis or in Rimouski:

Do you like people, or reading? We are looking for people like you to read stories to toddlers, sort and prepare books, prepare special activities, operate the lending desk, etc.

Interested? Thanks for contacting Diane or Melanie in Metis: 418-936-3239 or Anna in Rimouski: 418-730-7685



# Do you have your Claude Bouchard Metis 2019 calendar yet?

On sale for \$10 at Heritage Lower Saint Lawrence until supplies last. Reservations, bulk pricing and mail orders via Heritage LSL.

Info: 418-936-3239 / info@heritagelsl.ca

# FREE Health Toolkit Workshop-in English!

With BECCA SCARRATT - PHYSIOTHERAPIST



# **ERGONOMICS & AVOIDING TECH-NECK**

Are your tech devices becoming a pain in the neck, elbow, wrist, thumb?



60-minute interactive workshop! ● FOR ALL AGES

Tips and tricks to avoid **TECH-NECK** and other **REPETITIVE STRESS INJURIES** related to **COMPUTER / TOUCH SCREEN** use and **GAMING** 

- POSTURE

- MOBILE APPS

- Modifying your WORK STATION

- EXERCISES

# SUNDAY FEBRUARY 10th @ 3 PM At HERITAGE RESOURCE CENTRE, RIMOUSKI

(414 de la Seigneuresse, Parc Lepage area)



Info: 418-730-7685



# Pour que chaque jeune développe son potentiel

COSMOSS de La Mitis regroupe des organisations qui travaillent ensemble au développement du potentiel des enfants et des jeunes, de leur conception

**jusqu'à 30 ans.** Les réseaux de la santé, de l'éducation, de l'emploi, du milieu municipal, des services de garde et du milieu communautaire y travaillent sur **4 enjeux importants** :

- une entrée scolaire réussie
- de saines habitudes de vie
- la réussite scolaire
- l'intégration socioprofessionelle

Pour en savoir plus sur ces différents enjeux, visitez cosmoss.gc.ca/mitis



# TALKING ABOUT SUICIDE SAVES LIVES

HowToTalkAboutSuicide.com

NEED HELP for you or someone you care about

1866 APPELLE (277-3553)

If you're thinking about suicide
If you're worried about a loved one
or a coworkers
If you've lost someone to suicide

Talk about it
Ask for help
Find out about the
resources available to you



#### WEDNESDAY ACTIVITIES

At the Centre des loisirs (10 de l'Église)

Every Wednesday, at 1 p.m.

Cards, boardgames, bingo, pétanque, and snacks.



#### Diner de la Saint-Valentin

Wednesday, February 13

Member: \$10 | Non-member: \$12

Welcome members and non-members!

- Return of Viactive -Free!
- Series of 10 Musclez vos méninges (Jog your brain) workshops (\$20). (Starting Jan. 28.)
- You still can renew your membership card in February.

INFORMATION / INSCRIGTION / RESERVATION Please contact Diane, 418 936-3276

#### FRIDAY BREAKFASTS

At the Centre des loisirs (10 de l'Église)

Every Friday from 8 to 10 a.m.



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' Friendship Lunch

Saint Valentine!



Tuesday, February 19, at noon

At the Town Hall (370 Beach)

In case of bad weather, it will postponed to next day.

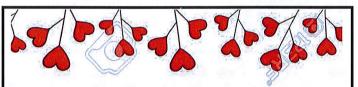
Cost: \$8

Reservation before February 14. Please call Gaby (evenings): 418-936-3393

#### All Welcome!



**Carpooling** is organised, please let us know if you need transport or if you can offer places - **thank you!** 



February is coming and for the next
Seniors' Friendship Lunch exhibit,
notes or letters from loved ones
(family members or a loved one)
could be displayed...

If you would like to share one of yours, please contact Pam at 418-936-3239.

Thank you!

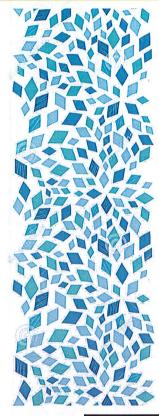




Funded by the Government of Canada

Financé par le gouvernment du Canada





# « POTS & MIRRORS » FREE MOSAIC WORKSHOPS

INTERGENERATIONAL WORKSHOPS WITH YOUTH OF METIS BEACH SCHOOL

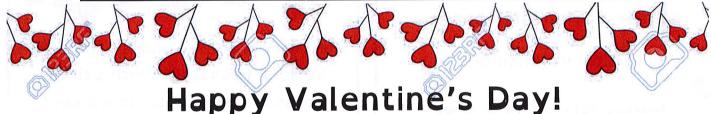
### Create mosaic pots and mirrors:

- With Kindergarten and primary 1-2 students
- 2.5-hour workshops twice a week
- For 4 weeks (Thursdays and Fridays)
- For English-speaking or bilingual participants
- All materials and tools are provided



Jan. 31, Feb. 1, 7, 8, 14, 21 from 1.30pm to 4pm & Feb. 15, 22 from 9am to 11am at Metis Beach School

INSCRIPTION / INFO: Lisan Chng, lisan09@gmail.com or tel: 581-624-1395



# **Community Theater: Metis Arts**

# Still looking for a few seniors and other adult participants. Free registration.

Do you live in La Mitis and would like to do theater? Whether you are French or English-speaking, or bilingual, you can join our group of seniors and other adults. You will be guided in a wonderful theater project by a stage director, actor and community theater specialist Stephanie Beaudoin.



## The next meet will be on April 6 & 7.

Contact us to find out more: 418-936-3239 #0 Annie or Melanie



# Winter Activities Weekend Métis-sur-Mer





#### Saturday 23 and Sunday 24 of February

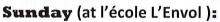


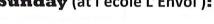


1pm: Friendly hockey tournament

\* 2pm: Bar service & board games

# 4-8pm: Hot dogs & Live music







A bonfire will burn all afternoon to keep us warm

FRILEUX



Organisé par le Comité des loisirs de Métis-sur-Mer

### **Active Living**

### MUNICIPAL SKATING RINK, 8 de l'Église

#### Regular Schedule

Lundi: fermé

Mardi au vendredi: 18h30 à 19h30 patinage,

19h30 à 21h00 hockey

Samedi: 13h à 14h30 patinage,

14h30 à 16h hockey

18h30 à 19h30 patinage,

19h30 à 21h hockey

**Dimanche**: 13h à 16h patinage et hockey



DURING SPRING BREAK AND ON PEDAGOGICAL DAYS OF THE COMMISION SCOLAIRE DES PHARES, THE RINK WILL BE OPEN IN THE AFTERNOON FROM 1 P.M. TO 4 P.M., IF WEATHER CONDITIONS PERMIT.

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!

## 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 at 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)

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

#### \*\*Winter SCHEDULE\*\*

| 1, 90%     | Morning     | Afternoon   | Evening     |
|------------|-------------|-------------|-------------|
| Monday:    | 7:30 - 9:00 | 3:15 - 4:15 | 6:30 - 9:00 |
| Tuesday:   |             | 3:15 - 4:15 | 6:30 - 9:00 |
| Wednesday: | 7:30 - 9:00 | 3:15 - 4:15 | 6:30 - 9:00 |
| Thursday:  |             | 3:15 - 4:15 | 6:30 - 9:00 |
| Friday:    | 7:30 - 9:00 | 3:15 - 4:15 |             |

#### 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

#### Membership\*

Métis residents: \$25/month or \$4/day Non-residents: \$30/month or \$5/day Students: 50% of adult rate

\*Please note that membership fees also cover sports activities which take place in the Envol School gym. Additional fees

(ex. cost for a coach or instructor) may apply for certain activities.

BADMINTON on Wednesday evenings. Rackets and birdies available... Welcome!

We will reimburse \$50 on your personal training program invoice. Limited offer (10). Info: Marcel Blanchet!

#### Youth

#### **METIS BEACH SCHOOL NEWS**





#### **Science Fair**

On February 8<sup>th</sup>, MBS will be hosting its annual Science Fair at the school (468 Beach Road). We invite community members to join us after 1:00 pm to view the projects on exhibit and encourage our budding scientists. A panel of judges will interview students from secondary 2 and 4, and the winning projects will advance to the Regional Science Fair. Good luck to all our aspiring scientists!

#### **Winter Duathlon**

On Thursday, February 28<sup>th</sup>2019, Metis Beach School will host a winter Duathlon for the students of Metis Beach School and École l'Envol. The snowshoe and cross-country event will begin at the Metis Fire Station on Station Road at 9:00 am. Community members are welcome to join us to encourage our participants and join in on the festivities at the Fire Station. We are in need of volunteers for this event so if you are interested in helping, please call Lynne Bruce at 418-318-4005.

#### Parc du Mont-Comi

MBS students and teachers will be heading to Mont-Comi on Friday, March 1<sup>st</sup> for a fun filled day of winter activities. The students will be spending their day downhill skiing, snow shoeing and snow-boarding. As always, we are sure it will be a great day for all the participants!

#### **ÉCOLE L'ENVOL NEWS**



Hello,

We welcome our **new kindergarten teacher**, Marie-Pier, who is very nice. We hope she will enjoy working at our school.

This year we are starting a new project, *Host an Artist*, which involves welcoming an artist to work in house at our school. Her name is Stéphanie Pelletier and she will be with us for twelve non-consecutive weeks until June. She will regularly teach literary workshops in class. We visited the church, the forest and the beach to do what she calls, "the quest for words", in all the inspiring places in our village.

Once a year, our teacher makes us live **technology-free for one week** and this year, it was January 14<sup>th</sup> to 18<sup>th</sup>. The purpose is to make us aware of the space taken up in our lives by technology. No car, no phone, no electricity, what would we do? It was a difficult challenge and we really had to change our habits in relation to technology.

After a week in January with no technology, the Grades 4, 5, and 6 will be paper and pencil free in the month of February. We will learn about social networks and the security necessary to take the proper precautions while on line. We will also investigate our computer systems while using Office 365 extensively. This will be another interesting challenge for us!

As you probably know, the Super Bowl Event is on February 3rd at the Centre des loisirs and all the profits will be donated towards our school trip. During this trip, we will go to Quebec City, Ottawa, Toronto, Kingston and Montreal, all in 6 days. We will also be meeting newcomers to Canada in Gatineau and enriching our culture. The theme of our trip will be the discovery of capitals. Please come to the Super Bowl event to support our cause. Also on Saturday, February 9th, all the students will be going door-to-door collecting empty bottles/cans to fundraise for some of our school activities. We hope we can count on all of you!



There are now **15 pairs of children's skates and 15 mesh helmets at the ice rink**, available for use free of charge. The largest are adult size 1. They are there for you to enjoy!



#### Childcare Places Available

24 rue du Couvent, Métis-sur-Mer (École L'Envol)

Opening hours: Monday to Friday, 7am - 6pm

There are places available at the childcare center "Centre de la petite enfance les Pinsons" Métis-sur-Mer facility, for children up to 5 years old. These are multi-aged groups. We offer quality, subsidized child care at \$8.25 per day.

For a future baby or any eligible child, it is important to register on the single-window access to childcare services in Quebec at www.laplace0-5.com. For information please call 418-739-5080 ext. 101

#### Our Entrepreneurs

# Notice to all businesses of Métis-sur-Mer: you are invited to promote your products and services in Info Métis- for Free!

If you would like to receive a monthly reminder, please contact Marie-Claude Giroux. (See p. 1)

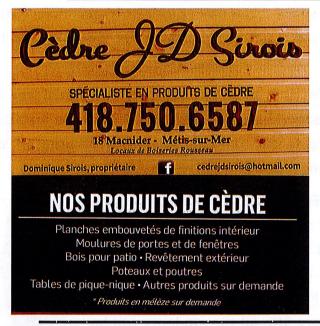
#### Les toiles de mer... Métis-sur-Mer Weaving studio and boutique



#### Welcome!

By appointment.

117 Principale | 418-936-3838









#### Ville de Métis-sur-Mer

138, Principale, Métis-sur-Mer, Québec (Québec) G0J 1S0
Tel.: 418-936-3255 | Email: metissurmer@mitis.qc.ca



#### A WORD FROM YOUR MAYOR

"My country is not a country, it is winter" sings Gilles Vigneault, and January has certainly proved that to be true this year.

Despite everything, the work sessions and public meetings took place as scheduled. I thank the citizens who took the time to come to our monthly meetings.

An update of the family policy began in January. The MRC committees, MADA (Senior-Friendly Municipalities) and STA (Self-Employment Support Program), on all of which I am a member, have resumed their normal activities.

Last year I completed the Certificate in Municipal Skills and this month I have started the Municipal Administrator Diploma program, all in order to serve you better.

We had a medal presentation on January 24th for the members of the Canadian Coast Guard Auxiliary, Ted Savage and Jonathan Brunet (who are also firefighters and first responders in Métis), as well as François Xavier Dufour and Philippe Charbonneau of Unit 14 in Rimouski, who saved two lives in an extreme water rescue last fall. These men received the Medal of Honor from the Town of Métissur-Mer, as well as one from the Federal Government, awarded by our MP, Mr. Rémi Massé. On January 20<sup>th</sup> at the annual boat show (Gala CASBA) in Toronto, they also received an award from the Canadian Safe Boating Council for the *Rescue of the Year*.

Do not forget to congratulate all of our community volunteers for their hard work.

Let's be proud to be Métisians!



Jonathan Brunet, Philippe Charbonneau, François Xavier Dufour and Ted Savage received ved an award for the Rescue of the Year.



Our Coast Guard recipients receiving Medal of Honor awards.

The next meeting of the MacNider Bourough Council will take place on February 4, 2019 at 6:30 pm at the Municipal Office, and the next Métis-sur-Mer Council meeting will follow at 7:30 pm.

You can reach me by email at cadube@mitis.gc.ca or call me .

Best regards, Carolle-Anne Dubé, Mayor 418-936-3255 or 418-750-5504

# INFO-PRÉVENTION - Bulletin d'information en sécurité Février 2019

# What is carbon monoxide (CO)?

Carbon monoxide is produced when a vehicle or appliance burns fuel such as gasoline, oil, natural gas, kerosene, propane and wood.

Carbon monoxide is odourless, colourless, flavourless and does not cause irritations. It is impossible for someone to detect its presence



Carbon monoxide is responsible for hundreds of intoxications each year in Quebec, from which about fifteen are deadly **Only a CO detector can detect the presence of carbon monoxide**. A smoke detector does not protect against carbon monoxide

# **Installing your CO detectors**

Install them by following the instructions of the manufacturer:

- On each floor of the house;
- In the corridor, near the bedrooms;
- Near the garage door next to the house;
- In the room above the garage next to the house;
- At any height on the wall, since carbon monoxide spreads equally in the air. However, choose an area that is easy to monitor and out of the reach of children and animals;
- The combined CO and smoke models can be installed like smoke detectors.

# **Identifying the symptoms of a CO intoxication**

- Low exposure: frontal headache, nausea and fatigue;
- Moderate exposure: persistent frontal headache with a pulsing sensation, nausea, vertigo or dizziness, sleepiness, vomiting, rapid pulse, impaired reflexes and judgment;
- Very high exposure: weakness, faintness, convulsions, coma and death

# Knowing what to do if a person shows signs of intoxication or if the CO detector issues a signal:

- Quickly evacuate the premises.
- → Dial 9-1-1.
- Do not return inside the contaminated area; wait for the authorization of an expert who will
  confirm that there are no intoxication risks.

Texte : Ministère de la Sécurité publique du Québec



#### Vous avez des questions? Contactez :

Renaud Gagnon ou Korin Gagné Service de sécurité incendie et civile 418-775-8445

# The Green Newsletter - « How to reduce your waste at home in 5 easy steps »

Managing your house waste is so simple that in this **Green** Newsletter we offer you a small family activity in 5 easy steps to achieve your waste reduction goals:

- **1 Commitment**: As a family, define common goals for a given period of time and make sure the whole family is committed to working in the same direction. "Before spring, can we reduce our waste by half for a better environment and in a cheaper way?" "Ok" "Go!".
- **2 Qualify your waste**: What are your wastes made of? No need to spread out your garbage cans in the living room! At the beginning of the week, empty all your interior trash cans then during and at the end of the week make a visual observation of what is thrown in the garbage bin, recycling and the brown bin.
- 3 Analyze the needs: This is the "Waste hunting time!" step.

Do you really need it? (Ex: coffee pods, water filters, etc.)

Can you replace it with a sustainable solution or avoid the creation of new waste? (Ex.: Reusable grocery bags, washable dishes, compostable bamboo toothbrush, second hand clothes or furniture, borrow tools, etc.)

4 – Implementation: Here are some tips to make your life easier:

Remove what's useless in a responsible way (donation, sale, recycling, barter, etc.).

Make accessible and visible the tools in the house

Brown and blue bin in the kitchen

Blue bin in the bathroom (You will be surprised how fast it fills up!)

Make it simple for kids, family and visitors

Monitor what gets in your house: If you do not buy things that only go to waste, you will not have things in the trash!

**5 – Follow up**: Are the objectives achieved? What are the points to improve? Why little Jacob did not manage to sort well and how can you help him?

For more information on sound waste management, visit <a href="www.ecoregie.ca">www.ecoregie.ca</a> or call 418-775-8445 ext. 1138.

**Vincent Dufour**, waste management coordinator

Website: www.ecoregie.ca

Email: matresi@mitis.qc.ca

Phone: 418-775-8445, ext. 1138



#### **MINOR ZONING VARIATION 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 ordinary session to be held on Monday, February 4, 2019 at 7:30 p.m., at the boardroom, 138 Principale, on the request of minor zoning variation of the 6, rue Cascade under By-law No. 08-43 – concerning minor zoning variations of the Town of Métis-sur-Mer.

#### NATURE AND PURPOSE OF THE ZONING VARIATION REQUESTED

Article 7.5 of *Règlement de zonage* numéro 08-38 Allow a front setback of 7.14 meters for an isolated garage contrary to the regulation which provides a minimum front setback of 7.5 meters for an isolated garage.

#### Designation of the said building

346, rue Cascade

Lot nº6-16

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

Given at Métis-sur-Mer, this 21st day of January 2019.

Stéphane Marcheterre,

Directeur général et secrétaire-trésorier

PROVINCE OF QUÉBEC VILLE DE MÉTIS-SUR-MER

# **DEPOSIT OF THE 2019 COLLECTION ROLL**

**PUBLIC NOTICE,** is by the present given by the undersigned, Director General, that the collection roll of the Town of Métis-sur-Mer for the financial year 2019 prepared by the treasurer including the general taxes, the sector taxes and the tariffs was completed and deposited at the office of the undersigned located at 138, rue Principale, where interested parties can take note of it.

Moreover, NOTICE is by the present given that the sending of the tax bills will be made at the latest on February 8, 2019.

All the people registered to the collection roll are asked to pay their tax bills according to the details indicated on the account. They can choose to send by mail post-dated cheques, to pay at the municipal office, to pay at their financial institution counter or to pay through Internet Payment System.

An interest at the rate determined by the council is charged on the accounts passing the due date indicated on the bill.

The taxpayers who do not receive their tax bill can obtain a copy at the municipal office of Ville de Métis-sur-Mer.

Given at Métis-sur-Mer, this 23<sup>th</sup> day of January 2019.

Stéphane Marcheterre,

Directeur général et secrétaire trésorier