



Ville de Métis-sur-Mer

# Info Métis

Municipal Newsletter and Community Info

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

December  
2020  
&  
January  
2021



Goodbye 2020...

May 2021 be kind,  
filled with Health, Solidarity  
and Peace for everyone!



**PLEASE NOTE** that this issue covers  
**December 2020 and January 2021.**  
It is also planned to have bimonthly  
publications for the winter and spring.

The deadlines for getting an ad  
published in the February-March  
issue will be January 15, and  
March 15 for the April-May issue.

As the year comes to a close, we would like  
to take the opportunity to thank everyone  
involved in the publication of the Info Métis ;  
from those who provide information,  
to the translators and the proofreaders ;  
**Anglophones and Francophones,**  
who give of their precious time.  
**We couldn't do this without you!**

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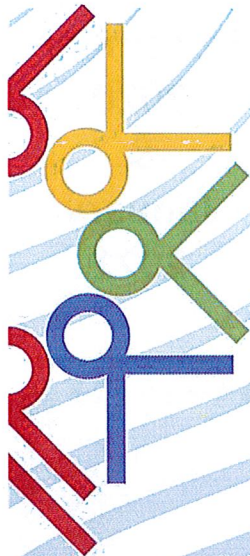


**HERITAGE**  
Lower Saint Lawrence  
Bas-Saint-Laurent

**Next deadline: January 15th**

Contact Marie-Claude Giroux at 418 936-3239 #223  
or by email at [mcgiroux@heritagelsl.ca](mailto:mcgiroux@heritagelsl.ca)

If you would like to receive the Info Métis via email,  
please just ask!



# Our Library and Archival services are open!

## **Library Services Schedule:**

Mondays from 9:30 to 12:30  
Wednesdays from 1:30 to 4:30  
Fridays from 1:30 to 4:30

## **Archival Services Schedule:**

Monday to Friday 8:30 to 11:30 and 1 to 4

In order to ensure the health and safety of our staff and users new procedures, respecting the health standards, have been implemented.

### **Concerning library services:**

All requests will be handled either over the phone 418-936-3239, ext.224 or via email [library.Metis@heritagelsl.ca](mailto:library.Metis@heritagelsl.ca) and, for now, there will be no physical access to the library.

### **Book returns:**

- We have a return box available for you to drop off your books at any time.

### **Book loans:**

- Please contact us by phone or via email if you wish to borrow books.
- Once your order is placed and processed, we will contact you to schedule a time window for your books to be picked up.
- Your books will be put in a paper bag and placed outside for you to take and enjoy.

*\*Please note all books are placed in a 3 day quarantine before being handled or borrowed out again.*

Our book collection can be consulted online at [ibistro-bsl.reseaubiblio.ca](http://ibistro-bsl.reseaubiblio.ca) (Métis library number is 109). Also, all Réseau BIBLIO-BSL public library members also get access to free regional eBook loans through [prenumerique.ca](http://prenumerique.ca).

If you need help finding books or need any other information we are just a phone call away.

### **Concerning Archival Services:**

If you would like Historical information or have stuff you would like to share about your family history please contact Pam at 418-936-3239 ext 221 or via email [panderson@heritagelsl.ca](mailto:panderson@heritagelsl.ca). The same procedures apply for the historical documents.

**Looking forward to serving you!**

130, rue Principale, Métis-sur-Mer

**NOTICE**

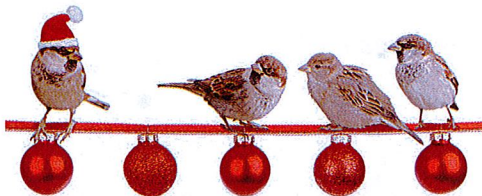
Given the current provincial measures concerning the COVID-19 situation, please note that Heritage Lower Saint Lawrence offices and libraries remain closed to the public.

In an effort to assure the health and safety of all our staff, volunteers and library members, we are taking the time necessary before a future decision is made to reopen.

**Our friendly and helpful staff members are still diligently at their posts, but still from a distance. Please do not hesitate to contact us by phone (418-936-3239) or email (info@heritagelsl.ca) for help accessing information and services in English.**

However, you can participate in our virtual activities!

Thank you for your understanding and patience.



Please note that our offices and Library will be closed for the holidays from Wednesday, December 23 to Tuesday, January 5 inclusively.

**Season's Greetings!**

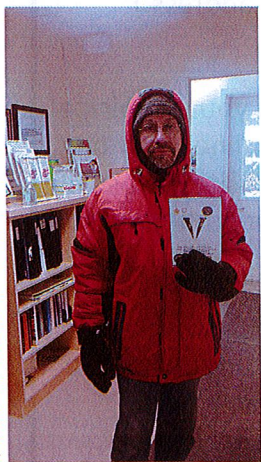
We all know that 2020 hasn't been the easiest of years. But it will soon be time for carols and some snow, time for being on the go ... So let us take a moment to show those most special to us that we care. Let us take delight in all the fun, spread warm wishes to everyone. Let us enjoy the season while it's here, for its memories will last throughout the year.

On behalf of the Board and Staff of Heritage Lower Saint Lawrence, I wish everyone a Joyous Holiday season. As you gather with family and friends during the holiday season, may you reflect on the past year, the good times and the things you can be thankful for, in spite of the trials and hardships.

Guy Caron, Interim Executive Director  
Heritage Lower Saint Lawrence



\*\*\*\*\*



**Congratulations to Michel Béland, the winner of the 2020 Remembrance Times Quiz.**

Here he is with a set of Victory coins for the 75th anniversary of the end of the Second World War.

\*\*\*\*\*



**Subscription to  
Réseau BIBLIO  
du Bas-Saint-Laurent  
remote services**

**To all municipality residents affiliated to Réseau BIBLIO du Bas-Saint-Laurent who have not yet subscribed to their municipal library, it is now possible to do so online to benefit from different remote services.**

The subscription will allow you to:

- Borrow digital books
- Access the electronic version of *Protégez-vous* magazine
- Use *Mes Aïeux* genealogical tools

To access remote services, please send a request by email to [crsbp@crsbp.net](mailto:crsbp@crsbp.net) and include the following information:

- First name, last name
- Valid address in a municipality affiliated to Réseau BIBLIO du Bas-Saint-Laurent
- Telephone number
- Email address (An email will be sent to you with your subscription number and corresponding PIN. Children must use a parent's email address.)

\*\* If you are already subscribed to your municipal library, you do not have to do so online. However, you may send an email to [crsbp@crsbp.net](mailto:crsbp@crsbp.net) in order to obtain your subscription number and PIN.

Further information can be found on the Réseau BIBLIO du Bas-Saint-Laurent website:

[www.reseaubibliobsl.qc.ca](http://www.reseaubibliobsl.qc.ca)

**News from your  
Métis-sur-Mer Library**

Greetings to all!

Even though our offices remain closed to the public due to the COVID-19 pandemic, the Heritage Lower Saint Lawrence team is at work to maintain the offer of a range of services and activities available online. To find out about all the details, please visit the Heritage Lower Saint Lawrence website at: <https://heritagelsl.ca>.

We are pleased to inform you that nearly 600 new titles will very soon be added to the local collection and accessible to all users. Books for children and adults as well as health resources will increase positively the offer in French and English. Thanks to the support of technology, a few volunteers are working remotely from their homes, to classify these new titles. This necessary and invisible work must be completed prior to making them available and in circulation.

Also, the EBooks collection currently available on Réseau Biblio du Bas-Saint-Laurent website will be expanded with the addition of several new electronic titles in French and English in early 2021. The Ebooks collection can be browsed at: <https://reseaubibliobsl.pretnumerique.ca/resources>.

***Enjoy your readings !***



## Would you like to connect virtually?

During this time of social distancing, we are thinking of ways to break isolation.

It would be fun to stay connected and explore different cultural and social activities as a community.

Please sign up via the online google forms so a confirmation email with zoom conference link will be sent to you prior to the event.

For all details, please consult our Facebook page.

If you have any questions regarding Heritage's cultural activities, please feel free to write to [culture@heritagelsl.ca](mailto:culture@heritagelsl.ca)



Get together tea-time sessions with or without special themed discussions

*Learn about Christmas traditions from our tea-time members on Dec 10th!*

**Thursdays, 4pm-5pm:**  
**December 10**  
**January 14 & 28**



Join us for an evening of fun and laughter through various favorite board games online

**Fridays, 7:30pm-9:30pm:**

**December 18**

**January 22**



**TO COME** - All the above activities need registration. Please contact [culture@heritagelsl.ca](mailto:culture@heritagelsl.ca) for more information

### ◆ Acrylic painting workshops with Monelle Steele - online

A casual creative time together with acrylic paints. Learn simple techniques of acrylic painting to realize a painting of your own in the comforts of your home.  
Sundays 1.30pm-3.30pm, Jan 17, 24, 31, and Feb 7

### ◆ Pottery and Glazing with Lynn Fournier - @ Metis Beach School Art Room

Join us for two fun Saturdays of pottery and glazing with artist-art teacher Ms. Lynn Fournier.  
Saturdays 10am - 4pm, Feb 6 and Feb 20

### ◆ Tea-tasting with Le bruit de l'eau - online

Green tea and black tea tasting. Know where they come from and how they are prepared. Learn about various tea cultures and taste sample teas which will be sent to you.  
Thursdays 4-5pm, 21 Jan and 4 Feb

### ◆ Kasàlà Poetry with Jean Kabuta - online

Discover the art of Kàsàlà poetry, an african literary art form which celebrates the art of wonderment in ourselves and others.  
February/March 2021(dates to come)

*Disclaimer: \*The dates of the planned workshops and events may be subject to change due to the health guidelines and pandemic situation in the region. Please stay tuned for details on our Facebook page and website. Please write to [culture@heritagelsl.ca](mailto:culture@heritagelsl.ca) for more information and to be kept informed. Thank you!*



**VIVRE NOTRE HÉRITAGE**  
**LIVE OUR HERITAGE**



## Community Monument Unveiled And Virtual Memorial Launched

While COVID rules limited to 25 people the attendance at this year's November 11 Remembrance Day ceremony, we hope many will visit the municipal offices to pay respects at the monument "The Torch/Le Flambeau" in the coming weeks. As well, the virtual memorial ([heritagelsl.ca/commemoration-remembrance](http://heritagelsl.ca/commemoration-remembrance)) was launched the same day. A work in progress (we've received a lot of material that we haven't yet had a chance to add yet), it provides a lot of photos, information, and stories about the region's contributions to war and peace

The ceremony, while small, remains an important part of the Metis and surrounding area's annual calendar. Metis Beach student Tommy Riley read John McCrae's "In Flanders Fields" and Anik Tardif read "Au champ d'honneur." Roger Tremblay, retired Canadian Navy Radio Communications Officer, and Marc-André Guilbault, representing the Legion and its members, laid a wreath at the base of the monument. It is a central granite stone with dedication plaque and deep-red poppy (now removed for the winter) between two memory walls of concrete sandbags representing the trenches of past wars. Roger, like many Armed Forces members, has filled his share of sandbags and says that the uneven, rough nature of the sandbags is an appropriate representation of the harshness and messiness of war and disaster.

Veterans, serving Armed Forces members, and first responders were thanked for their contributions. The British High Commission, in a letter, expressed immense gratitude to the people of Metis who tend and visit the graves of eight Commonwealth airmen who lost their lives in training accidents at the Mont-Joli WW2 bombing school. Jack Herbert, Nicole Fournier, and Roger Tremblay (representing the Legion) presented generous donations to help finance the project.



The Board and staff of Heritage Lower Saint Lawrence want to gratefully thank all of the people who have contributed in some way to the monument or virtual memorial to date, including the partners and sponsors below. Donations of money and documents are still being gratefully accepted and will be used to complete the monument and memorial, expand access, and build knowledge of those connected to the area who have served and died in past conflicts.

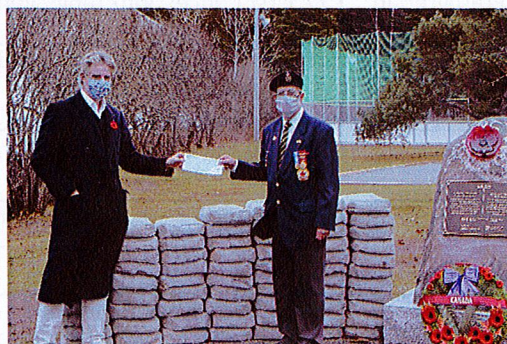


Photo credits : Marjelaine Sylvestre and Micheline Williams



Anciens Combattants  
Canada

Veterans Affairs  
Canada



Ville de  
MÉTIS-SUR-MER

**Fondation Jack Herbert**  
**Jack Herbert Foundation**



**Nicole  
Fournier**

**Desjardins**  
Caisse de Mont-Joli-Est de La Mitis

**INNERGEX**



## Prizes for Metis Landmark Photos for the New Trails

Here is the list of the locations on the new trails that we would like photos for. The only requirement that we have is that you do not trespass on private property. **Please take your photo from the sidewalk or curb unless you have prior permission of the owner.** Feel free to send any pictures that you might want to see used for the Trails (if you allow Heritage to use them, you'll receive credit and retain your rights to them).

Also, any of these photos – subject to the [competition rules](#) – can be submitted at any time for the 'Then and Now' photo contest. Please **contact Micheline Williams (418-936-3983) to share them via USB key or by email to [michew102@hotmail.com](mailto:michew102@hotmail.com)**, Subject: LOH Photos.

1	Grand-Métis – Jardins de Métis – your favourite views / vos points de vue préférés	14	7 MacNider – Cascade Golf and Tennis Club – your favourite views / vos points de vue préférés
2	Grand-Métis, Mitiwee trail – your favourite views / vos points de vue préférés	15	Cascade Road (Skid Row) – your favourite views / vos points de vue préférés
3	52 chemin Leggatt – Leggatt’s Point Manse / Presbytère	16	MacNider Road up to concessions / rangs – your favourite views / vos points de vue préférés
4	54 chemin Leggatt – Leggatt’s Point Presbyterian Church / Église	17	1st Concession/ rang– your favourite views / vos points de vue préférés
5	56 chemin Legga370 Beach – Town Hall / Association socio-culturelle de Métis-sur-Mer tt – Leggatt’s Point Cemetery / Cimetière	18	2nd Concession / Rang 2 des Écossais – your favourite views / vos points de vue préférés
6	370 Beach – Town Hall / Association socio-culturelle de Métis-sur-Mer	19	3rd Concession / Rang 3 – Saint-Octave – your favourite views / vos points de vue préférés
7	Astle Park / Parc Astle	20	MacNider – Pont Bélanger / ‘Red Covered Bridge
8	30 rue du Couvent – École l'Envol	21	Station Road / chemin de la Station – Fire station / caserne
9	10 rue de l’Église – Centre des loisirs	22	Station Road / chemin de la Station – United Church Cemetery / Cimetière – your favourite views / vos points de vue préférés
10	140 rue Principale – Église Notre-Dame-de-la-Compassion	23	164 route 132 – Boule Rock Golf Course / Club de golf Boule Rock – your favourite views- vos points de vue préférés
11	118A rue Principale – Épicerie André Ratté	24	9 route du Cimetière, Baie-des-Sables: BDS Innergex wind farm / Parc Éolien BDS – your favourite views- vos points de vue préférés
12	160 rue Principale—Café sur Mer	25	Baie-des-Sables, route du Cimetière, Cimetière – your favourite views- vos points de vue préférés
13	164 rue Principale-Atelier Pierre-Olivier Ferry		



## Winter photo activity!

You are invited to get outdoors with your Phone, Camera or Tablet and show us the beauty of Metis through your eyes during the winter season. Examples: Landscapes, people, winter activities.

This is open to everyone. All entries will be shown online on a weekly basis starting the first week of Feb. 2021 and we will choose a weekly favourite, based on peoples votes. There will be a prize for the people’s choice based on results of an exhibition which will be held in April either online or at the Town Hall based on Covid restrictions.

Deadline for entries for final prize exhibition is March 31, 2021.

Send your entries to Micheline Williams at [michew102@hotmail.com](mailto:michew102@hotmail.com)





## Free Zoom HEALTH VIDEOCONFERENCE - In English

Here is a TO DO list, if you do not already have Zoom installed on your computer, please sign up for a FREE account at <https://zoom.us/freesignup>. You can even do this on your phone or your tablet.

You must register for this videoconference before January 19th, 5 p.m. by sending Anna Cone [acone@heritagelsl.ca](mailto:acone@heritagelsl.ca) an email and she will send you the link to join. On the day of the videoconference, you simply click on the link and we'll see you there!

### The Price We Pay for Safety— Managing Risk and Uncertainty in Life

Presenter Dr. Camillo Zacchia, Clinical Psychologist

**WEDNESDAY, JANUARY 20, 2021**  
**10:00 - 11:30 am EST**

VIA ZOOM

This session addresses managing risk and uncertainty in life. Join us with return presenter Clinical Psychologist Dr. Camillo Zacchia, Ph.D.

RECOMMENDED RESOURCES

- Stress, Anxiety, and Depression Associated with the Coronavirus – Quebec Gov't.
- Wellness Together Canada Tool Kit – Health Canada (For more information, contact your CHEP Community Coordinator)
- Mental Health Tips for Working from Home – Treasury Board of Canada



**CHSSN**  
Community Health  
And Social Services Network  
Réseau communautaire de santé  
et de services sociaux

A CHSSN initiative funded through Health  
Canada's Official Languages Health  
Contribution Program 2018-2023

## ERGONOMICS & AVOIDING TECH-NECK

- With Becca Scarratt Physiotherapist -

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

Join us for this FREE 60 minute workshop for tips and tricks to avoid TECH-NECK and other REPETITIVE STRESS INJURIES related to COMPUTER / TOUCH SCREEN use and GAMING

WE WILL LEARN ABOUT:

- POSTURE
- MOBILE APPS
- MODIFYING YOUR WORK STATION
- EXERCISES

**Wednesday,  
January 27th  
7:30 P.M.**

**Via zoom**

Register at  
[acone@heritagelsl.ca](mailto:acone@heritagelsl.ca)  
before January 26th



# Calendar December 2020 – March 2021

**Workshops** Register now: [amiquebec.org/workshops](http://amiquebec.org/workshops)

For family and friends only:		For everyone: <i>Live on facebook.com/amiquebec; 7-8:15 pm</i>	
<b>One Time Workshops</b>		<b>Hot Topics (Online Q&amp;A)</b>	
<p><i>Online on Google Meet; 6-8 pm</i></p> <p><b>Anger &amp; Caregiving Relationships</b> January 12</p> <p><b>Coping Skills</b> January 26</p> <p><b>Intro to Borderline Personality Disorder</b> February 3</p> <p><b>Creative Expression</b> February 11</p> <p><b>Boundaries &amp; Setting Limits</b> February 16</p> <p><b>Validation Practice Group</b> February 24</p>	<p><b>Acceptance &amp; Letting Go</b> March 9</p> <p><b>De-escalating Conflict</b> March 30</p>	<p><b>Managing Anxiety</b> December 10</p> <p><b>Addiction &amp; Mental Health</b> January 21</p> <p><b>Bipolar Disorder</b> February 18</p> <p><b>Affordable Mental Health Services</b> March 25</p>	<p><b>Types of Mental Illness</b></p> <p><b>Mood Disorders</b> January 14</p> <p><b>Anxiety Disorders</b> February 4</p> <p><b>Personality Disorders</b> March 11</p>
		<b>Workshop Series</b>	
		<p><i>Online on Google Meet; must attend all days</i></p> <p><b>Meditation</b> Runs for 10 weeks, Wednesdays 11am-12pm Starts January 13</p> <p><b>Caregiver Group</b> Runs for 6 weeks Monday Group starts January 11, 7-8:15pm Wednesday Group starts January 13, 3-4:15pm</p>	

*Subject to change; other workshops may be added. Check [amiquebec.org](http://amiquebec.org) for updated information. All our programs are free!*

<b>Support Groups</b>			
Mondays, 6:30-8:00 pm online on Google Meet Registration not required. For information: <a href="http://amiquebec.org/support">amiquebec.org/support</a>			
<b>For family, friends, and people living with mental illness:</b>			
<p><b>ANXIETY/OCD</b> December 7 January 11 February 8 March 8</p>	<p><b>BIPOLAR DISORDER</b> December 14 January 18 February 15 March 15</p>	<p><b>DEPRESSION</b> December 14 January 18 February 15 March 15</p>	<p><b>HOARDING</b> December 14 January 11, 25 February 8, 22 March 8, 29</p>
<b>For family &amp; friends only—any diagnosis welcome:</b>			<b>For people living with mental illness only—any diagnosis welcome:</b>
<p><b>FAMILY AND FRIENDS</b> December 7, 14 January 11, 18, 25 February 8, 15, 22 March 8, 15, 29</p>	<p><b>BORDERLINE PERSONALITY DISORDER FOR FAMILIES</b> December 7 January 11 February 8 March 8</p>	<p><b>SOUTH SHORE FAMILY &amp; FRIENDS</b> <i>Wednesdays, 6:30 – 8pm</i>  December 16; January 13 February 17; March 17</p>	<p><b>KALEIDOSCOPE</b> December 7 January 25 February 22 March 29</p>

Look for **AMIQUEbec** on:

-  Facebook
-  YouTube
-  Instagram
-  Twitter
-  SoundCloud

**[www.amiquebec.org](http://www.amiquebec.org)**  
**514-486-1448**

**5800 Decarie Blvd.  
 Montreal, QC H3X 2J5**



## Christmas Sharing 2020

In collaboration with l'Unité Domrémy de Mont Joli – Moisson Mitis

Those wishing to donate money and/or non-perishable food can do so locally at

- ♦ the entry to the Municipal Office, during regular business hours
  - ♦ the church, on Saturdays, between 3 p.m. and 5 p.m., using the door facing the Centre des loisirs
- OR
- ♦ directly to l'Unité Domrémy (6 Lebel St., Mont Joli), anytime Monday to Thursday from 8:30 a.m. to 4 p.m. and Friday from 9 a.m. to noon.

### Donation deadline is Dec. 10.

These donations will be distributed to people who have already made requests to l'Unité Domrémy – Moisson Mitis.

**Thank you to everyone for your big-hearted generosity, which will make the holidays more pleasant for these poorer families and singles.**

For information: Diane Dubé 418-936-3276

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## Christmas Basket Raffle Draw will be made 6 PM December 15th

The Christmas basket raffle that is normally held at the Seniors' Friendship Lunch will be held in the following manner this year:

1. There will be 2 baskets: first and second prize.
2. The profits will be shared between Moisson Mitis and the Virtual Fridge.
3. Price of tickets: \$2.00 each or 3 for \$5.00
4. Tickets are available:

By calling Micheline Williams 418-936-3983 for delivery. At the Town Hall on December 12<sup>th</sup> from 9 am till noon. The baskets will be there for viewing.

CANCELLED due to COVID-19

will be shared between Moisson Mitis and the Virtual Fridge.



Despite the pandemic, Le Club des 50 ans et plus de Les Boules/Métis-sur-Mer extends its wishes for a Merry Christmas and Happy New Year 2021, full of HEALTH-SERENITY-JOY-HOPE.



**2021 membership renewal:** your cards have arrived (discounted price of \$15). We will contact you for payment and delivery methods.

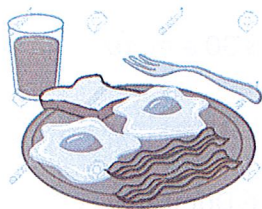
Also, if the situation permits (orange, yellow or green), certain activities will restart in mid-January: VIACTIVE – PÉTANQUE-ATOUT/BASE-BALL-POCHE...respecting sanitary regulations (wearing masks-hand sanitizing-social distancing). We will keep you informed.

For more information, contact Diane at 418-936-3276

# What's Up with Your CLD?



## Friday community breakfasts... back on January 15th!



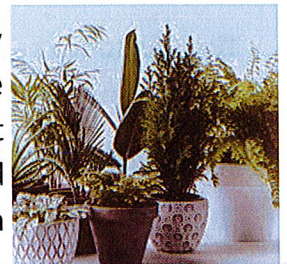
Many of you have been asking... When are we starting Friday breakfasts at the Centre des loisirs again? Well, *if everything continues to go well in Mètis*, we'll be back on January 15, 2021!! The team is currently working on new procedures to ensure your safety and compliance to COVID requirements. As there will be no

CANCELLED due to COVID-19

Info-Mètis in January, I invite you to check the bulletin board (near the Auberge) or the CLD's Facebook page in early January for all the details on the new way of doing things.

## Community gym... new schedule!

**THE GREEN THUMB PROMOTION CONTINUES:** Thanks to those who have already brought us some plants! The promotion continues in December and January, so take advantage of this opportunity to free up some space in your living room and try out the gym facilities! If your house is crumbling under a mountain of green plants and you just don't know what to do with them anymore, we're willing to adopt them! In return, we'll give you one week of free gym privileges (for you or as a gift to someone else)! **(One plant = one week, up to a maximum of one month.)** Please, healthy plants only and no cacti, and since space is limited, no Christmas trees either! It's a win-win situation! Cleaner air for everyone who comes to the gym and a great way for you or your loved ones to try the facilities for free...



	Morning	Afternoon	Evening	
Monday		3:00 – 4:30 pm	7:00 – 8:30 pm	<u>Entrance fee</u> Mètis: \$5/day    Non-residents: \$6
Tuesday				
Wednesday		3:00 – 4:30 pm	7:00 – 8:30 pm	<u>Monthly membership:</u> Mètis-sur-Mer Residents: \$30/month Non-residents: \$35/month Students: Half price First responders: free Gift certificates now available!
Thursday	8:00 – 9:30 am		7:00 – 8:30 pm	
Friday	7:30 – 9:00 am			
Saturday		1:30 – 3:00 pm		
Sunday	10:00 – 11:30 am			

CANCELLED due to COVID-19

For information: **Marcel Blanchet** at 418-936-3318 or [mcelbchet@gmail.com](mailto:mcelbchet@gmail.com) or **Stéphanie Pépin** at 418-936-3020 or [svpepin@videotron.ca](mailto:svpepin@videotron.ca).

Equipment at your disposal: treadmills, elliptical, stationary bike, rowing machine, multi-station weight machine, escalator, leg press, exercise balls and elastics, medicine balls and much more.



## Metis Beach School News



Due to the current health safety protocols, our students could not participate in the Remembrance Day activities as they have in past years, but they did contribute in their own creative ways. Students from Grades 1 through 6 created beautiful artwork, poems and cards and the secondary students composed heartfelt poems that were all included in packages that were given to 100 of our regional and local veterans. Secondary students, Anik Tardif and Thomas Wylie, participated in the unveiling of the new community cenotaph by reciting *In Flander's Fields*, to honour our Veterans and the many that are no longer with us. At the school, all students and staff members participated in their own ceremony where poems were recited, songs were sung and a minute of silence was observed.

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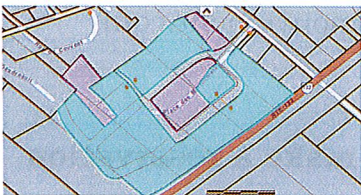
MBS staff and students would like to take this opportunity  
to wish everyone a joyous holiday season and  
a very happy, healthy and safe New Year.



## **For Sale/ Rent/ Found/ Wanted**



**Looking for a lift**, 2 days per week, Mondays and Wednesdays, for 8 :00 a.m. and 5 :00 p.m., between Baie-des-Sables and the corner of the 132 and McNider in Metis-sur-Mer. For more details, please contact Gilles Roy at 418-772-1339 or 418-740-2004.



**Land for sale "Place des Marronniers»** \$ 124 900 for 40 235 square metres.  
You can contact Ms. Geneviève Côté, Real Estate Agent, at 418-750-6135.

## **Community Services**

### **Habitations Le Beaulieu—Appartements available Public Notice of Selection**

The Municipal Housing Bureau (OMH) of Métis-sur-Mer would like to notify eligible people residing in Quebec, who might be interested in living in a geared to income apartment, that there is one apartment available at Habitations Le Beaulieu (15 rue du Couvent, Métis sur Mer).

To apply or for further information, please contact  
Diane Beaulieu, Manager, at 418-772- 6030 # 1100.

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

Please contact M-Claude Giroux. (See p. 1)



### Dépanneur Métis-sur-Mer

Tel.: 418-936-3536 | 97, route 132

From SEPTEMBER 6th to MAY 23rd, 2021

Sunday: 8 a.m. to 9 p.m.

Monday to Wednesday: 7 a.m. to 9 p.m.

Thursday to Saturday no change:

7 a.m. to 10 p.m.



Please note that the hours

will be changed



for the Holidays time.

On December 25th and January 1st,

the hours will be from noon. to 6:00 pm.

All the staff at the

Dépanneur Métis-sur-Mer

Thank you for your understanding

and wish you happy holidays.

Bruno Leblanc, Owner



## Massage at home

**Karine Berthelette,**  
certified FQM member  
(insurance receipts available)

### Californian/shiatsu/reiki styles

Adapted massage for kids and senior citizens

**Enjoy a massage in the comfort  
of your home!**

Relaxation of muscular tensions caused by  
stress, fatigue, headaches, insomnia, anxiety

### By reservations only

I also maintain regular clinic hours in Mont-  
Joli: [www.studiolumouvement.com](http://www.studiolumouvement.com)

**For information or to make a reservation,**  
please contact me at (418) 318-3750

Facebook:

Créez votre bien-être Karine Berthelette

N.B. Sanitary protocol provided by the  
*Fédération des massothérapeutes du Québec*  
will be maintained throughout  
the current pandemic.

# Public notice of the result of the election

Municipality  
 Ville de Métis-sur-Mer

Poll of  
 2020 11 22  
 year month day

PUBLIC NOTICE is hereby given by

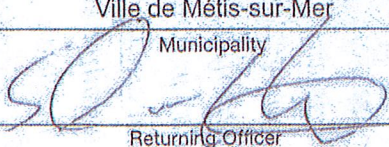
Stéphane Marcheterre, returning officer,  
Given name Surname

that, after having examined the complete results of the election, the following persons were declared elected to the positions mentioned below:

Position	District, ward or position number	Political affiliation (if any)	Name of the person declared elected
Mayor			
Councillor	#4		Mr. Christopher Astle

Signature

Issued in Ville de Métis-sur-Mer, on 2020 11 30  
Municipality year month day



Returning Officer

SM-66 VA (02-06)   
 Act respecting elections and referendums  
 in municipalities, section 260

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

### REGULATION 20-147 TO AMEND REGULATION 12-73 ESTABLISHING A HOME OWNERSHIP AND FAMILY ASSISTANCE PROGRAM IN MÉTIS-SUR-MER

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 November 9<sup>th</sup>, 2020, Regulation 20-147 to amend Regulation 12-73 establishing a home ownership and family assistance program in Métis-sur-Mer. 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 9<sup>th</sup> day of November 2020.



Stéphane Marcheterre,  
 Director General and secretary treasurer



# Ville de Métis-sur-Mer



The Council and all employees of the Town of Métis-sur-Mer, despite a very extraordinary situation wish everyone a very Merry Christmas and a happy new year 2021.

## **Mayor, councillors and employees of the town of Métis-sur-Mer**

<p><b><u>Council</u></b></p> <p>Carolle-Anne Dubé, Mayor 1-Luc Hamelin, Councillor 2-Martine Bouchard, Councillor 3-Simon Brochu, Councillor 4-Christopher Astle, Councillor 5-Raynald Banville, Councillor 6-Rita D. Turriff, Councillor</p> <p><b><u>Conseil MacNider</u></b></p> <p>June Smith, President Rita D. Turriff, member and Christopher Astle, member</p> <p><b><u>Public Works</u></b></p> <p>Frédéric Richard, Director Daniel Brochu Éric Brochu Samuel Couillard Bernard Béland Michel Migneault</p>	<p><b><u>Administration</u></b></p> <p>Stéphane Marcheterre, Director General and secretary-treasurer Claire Robichaud, Assistant secretary-treasurer Jean-Philippe Quimper, Urbanism inspector Isabelle Dion, Leisure coordinator Nathalie Brochu, School monitoring service</p> <p><b><u>Janitor</u></b></p> <p>René Côté</p> <p><b><u>Fire service</u></b></p> <p>All our firefighters under the direction of Mr. Michel Desrosiers, MSM Fire Department Director</p>
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Important notice, **the collection of the blue bin will be done on December 31st** because January 1<sup>st</sup> is a holiday.





## Ville de Métis-sur-Mer

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



### A WORD FROM YOUR MAYOR



I offer you all my best wishes for the holiday season.

We resumed the public sessions in compliance with the government safety protocols. You can always consult the city's website for the report.

I had a meeting with Mr. François Paquet and Mr. Giles-H. Tremblay, respectively Managing Director and President of the Caisse Desjardins de Mont-Joli-Est de la Mitis. During this meeting, we went over several possible solutions to the services offered by Desjardins. They will get back to me with proposed solutions, which I will share with you. Unfortunately, the usage statistics for our point of service were not very favorable, but we will see what Desjardins can offer us.

Work on the wastewater outfall is now complete and we thank you for your patience. We have completed a lot of asphalt paving work on our roads this year and we will continue next summer on parts of the sidewalks.

I thank our councillors who replaced me for the word of the mayor, to give you an account of what is going on in your municipality. Despite the pandemic, your council has continued to work for you.

Unfortunately, many activities could not be held, however on November 11<sup>th</sup>, there was the unveiling of the cenotaph (a Heritage Bas-Saint-Laurent project) in collaboration with the municipality by the use of our land.

Thank you to everyone who works at all levels to keep us healthy and safe and thanks to all of our volunteers.

Let's be proud to be from Métis.

Carolle-Anne Dubé, mayor

418-750-5504 or 418-936-3255



TO TAXPAYERS OF THE AFORESAID TOWN

PUBLIC NOTICE, is hereby given by the undersigned, Director General and secretary-treasurer, that the council of the Town of Métis-sur-Mer, has, at its regular session held November 9, 2020, adopted resolution # 20-11-157 « Calendar of the Council sessions 2021 », that will be held at 7:30 p.m. on the following dates:

<u>MONTH</u>	<u>DAY</u>	<u>DATE</u>
JANUARY	MONDAY 7H30 PM	11
FEBRUARY	MONDAY 7H30 PM	1
MARCH	MONDAY 7H30 PM	15
APRIL	MONDAY 7H30 PM	12
MAY	MONDAY 7H30 PM	3
JUNE	MONDAY 7H30 PM	7
JULY	MONDAY 7H30 PM	5
AUGUST	MONDAY 7H30 PM	2
SEPTEMBER	MONDAY 7H30 PM	13
OCTOBER	MONDAY 7H30 PM	5
NOVEMBER	MONDAY 7H30 PM	15
DECEMBER	MONDAY 7H30 PM	6

Given at Métis-sur-Mer, November 25, 2020



Stéphane Marcheterre,  
Director General and secretary-treasurer



Info-prévention  
FOR HOLIDAYS WITHOUT BAD SURPRISES.



**My beautiful (safe) tree.**

Choose a tree whose needles are green and don't come off easily. Cut the trunk (at an angle) as soon as you get home: it will absorb water better. Place the tree in a container of water, and water it daily.

Whether natural or artificial, install your tree more than one meter away from any heat source (baseboard, heater, fireplace, etc.) and place it away from high traffic areas and exits.

**At night: lights off.**

Turn off light decorations as soon as you leave the house or go to bed. Your decorations and extension cords should be CSA or ULC certified. Choose low heat emitting bulbs (LED).

Throw away any light decorations that are defective, dried out or cracked and always respect the type of use for which they are designed, just like your extension cords (indoor or outdoor use).

Don't let extension cords run under carpets or in doorways, and never plug them end to end! Use a power bar to avoid overloading outlets and extension cords.

**Inside and outside: clear the way.**

In the event of a fire, being able to evacuate your home quickly is essential. Plan ahead for your family and guests by clearing snow from all your exits and balconies after each snowfall. Also make sure that nothing is in the way of the exit doors (boots, decorations, etc.). Windows must also be cleared of snow and thawed. A window blocked by ice can prevent escape.

Plan a meeting point accessible in winter and visible to the firefighters upon their arrival.

**A candle: never unattended...**

You want to add candles for a cozy ambiance? Make sure to place them on a stable surface and away from any material that could catch fire. At all times, keep them out of the reach of children and pets.

**Never fill up a hot burner!**

A good fondue during the holidays is heartwarming! The electric stove is preferred because it is safer. If you are using a stove with a burner, place it on a stable surface that can withstand heat. Provide a second burner, as you must avoid filling a hot burner.

**Ethanol fireplace: a decoration to watch out for.**

Ethanol fireplaces are increasingly popular. However, they are decorative and should not be used to heat a room.

Also, make sure that your residence is equipped with a carbon monoxide (CO) detector as well as an adequate portable fire extinguisher in good working order.

**You have questions? Contact us!**

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



Source: Ministère de la Sécurité publique du Québec

## The Green Newsletter - «Bring some good habits to the party!»



Hello,

With the pandemic, we don't yet know if we will be able to invite Santa over to our house for our Christmas time parties. So take advantage of this time with your family and in a smaller group to set up good habits that will last when we return to "normal". Here are some tips:

### A green Christmas tree :

- Prefer reusable decorations** to single use. In addition, it will cost you less in the long run. For lights, use **LED bulbs**, which are more energy efficient and more durable.
- Turn off your lights** when you go to sleep or use a timer.

### Eco-gifts :

- Privilege gifts in the form of services, shared moments or gift cards** to avoid the purchase of superfluous items. (eg, a massage session, a gift card from your bookstore, etc.) Otherwise, give preference to useful, sustainable and locally produced gifts, such as the work of a craftsman.
- Pack your gifts as little as possible** and use a **wrapping paper made of recycled paper, but especially recyclable**. Avoid shiny, metallic appliqués or non-recyclable plastics. **Remember to have a blue bin nearby** during the unpacking session!

### Party time :

- If possible, unpack in order to **reuse the wrapping paper**.
- Use washable dishes**. There shouldn't be more than a few plates to wash this year!
- Manage your meals well** by making sure that the leftovers will be consumed. Remember, **table waste goes into the brown bin**, even in the holiday season. Don't forget, compostable plastic bags are accepted!

Until next **Green** Newsletter, we wish you a merry eco-friendly Christmas time!



Vincent Dufour, waste management coordinator

Website : [www.ecoregie.ca](http://www.ecoregie.ca)

Email : [\\_matresi@mitis.qc](mailto:_matresi@mitis.qc)

Phone : 418 775-8445, ext. 1138



Régie intermunicipale de traitement  
DES MATIÈRES RÉSIDUELLES  
MRC de La Matapédia et de La Mitis