

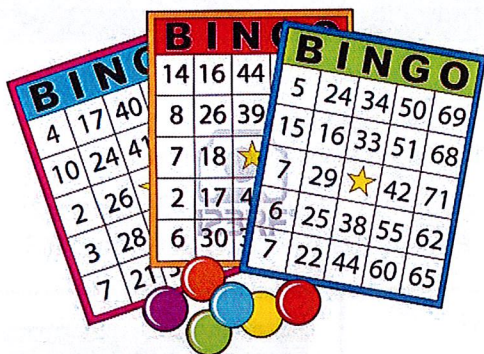
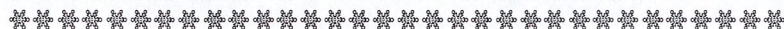


Ville de  
Métis-sur-Mer

# Info Métis

Municipal Newsletter and Community Info

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



## TURKEY BINGO

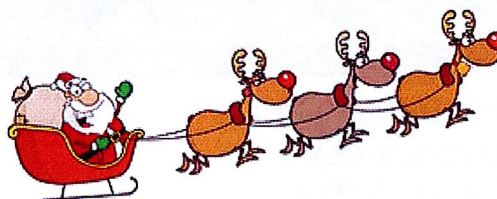
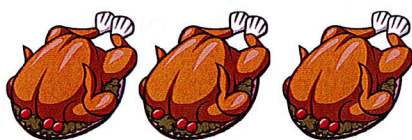
To add to your agenda

**Sunday, December 16 at 1 p.m.**

at the Centre des Loisirs (10 de l'Église)

**Come one, come all!**

All proceeds go to La Fabrique



## Métis-sur-Mer Christmas Party

**Sunday, December 9, 1:30 p.m.**

at the Town Hall (370 Beach)

Come and meet **Santa Claus**

**GIFTS FOR THE CHILDREN**

**SLEIGH RIDE - REFRESHMENTS**

*In order to offer a gift to your child, he/she has to be registered*

*Donations (\$) would be greatly appreciated.*

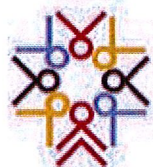
**Everyone is welcome:  
the young and the young at heart!**

Organized by CLD of Métis-sur-Mer

Info : Martine Bouchard, 418-936-3373

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

**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 !



→HLSL office CLOSED for the holidays from December 24

HERITAGE LSL OFFICE HOURS :

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

→From December 24 to January 6<sup>th</sup>, your library will be open

Saturdays from 9:30 - noon on December 22 & 29 and January 5<sup>th</sup> Ho ! Ho ! Ho !

WINTER LIBRARY HOURS :

MÉTIS-SUR-MER

(418-936-3239 #224) :

Monday to Friday: 2 - 4 p.m.

Every Saturday: 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

Come discover new additions to our collection!

Here are some suggestions:

Stephen King: Sleeping Beauties (A)

Ruth Ware: The death of Mrs. Westaway (A)

Sally Hepworth: The Family Next Door (A)

L.N. Arimah: What it Means ... A Man Falls From the Sky (A)

Matt Haig: How to Stop Time (A)

Clive Cussler: Nighthawk -from the NUMA Files (A-LP)

D. Gran: Killers of the Flower Moon -Osage Murders/FBI (DOC)

James B. Comey: A Higher Loyalty -Truth, Lies & lead... (DOC)

A. Lang: The Beauty of Discomfort -What We Avoid... (DOC)

J. Cham: We Have No Idea -Guide...Unknown Universe (DOC)

C. Metz: This is Me -Loving the Person You Are Today (DOC)

Kelly McClure: Knitting Projects You'll Purl Over (DOC)

Brian K Vaughan: Paper Girls (A-CB series)

Christopher Paul Curtis: The Journey of Little Charlie (JR)

Loud Lion, Quiet Mouse (BB)



Winter Reading

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

During the holidays, why not...

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!

Types of works:

A: adult

LG.PR.: large print

A-CB: adult comic book

DOC: adult non-fiction

YA: young adult

CB: comic book

JR: junior novel

J: youth non-fiction

PB: picture book

BB: board book

**Your library offers:**

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



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

- Starting December 22 -

**VR Virtual Reality: immerse yourself!**

Offered only during library hours

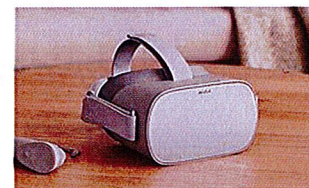
Disney / Marvel / Lucasfilms: Disney films VR

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

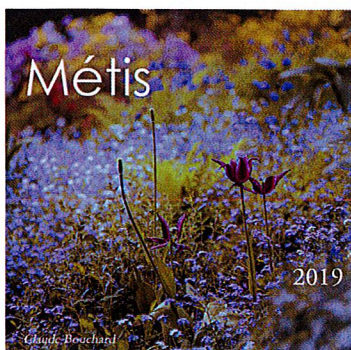


**Finding our new titles online is easier at → [www.reseaubibliobsl.qc.ca](http://www.reseaubibliobsl.qc.ca)**

- 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!

**Do you have your Claude Bouchard**

**Metis 2019 calendar yet?**



Need a gift idea:

For your employees or a colleague?

For a friend or relative?

For guests or as a hostess/host gift?

For yourself?



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

**Info : 418-936-3239 / [info@heritagelsl.ca](mailto:info@heritagelsl.ca)**

**Holiday cleaning?** We are always looking for recent books!

**Your 2019 resolution is to get involved or to give back?** 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**

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**Wish card campaign for Amnesty International**

To highlight the International day of men rights

Every year, the story of several persecuted or arbitrarily imprisoned people holds our attention. In order to express our solidarity, Amnesty International, as part of its world-wide card campaign, asks the public to send cards with messages of solidarity and hope to these prisoners.

**Friday, December 7th and Monday, December 10th, from 2 to 4 pm,  
you are warmly invited to the Heritage Lower St. Lawrence (130 Principale)  
to sign cards.**

You can write words of encouragement and solidarity to three political prisoners around the world. Cards are available and have been made by students, they are waiting for a gesture of solidarity. The group 35 of Amnesty will be responsible to deliver the cards.

Welcome to everyone and thank you for your generous participation.

For information :      Louiselle Castonguay, 418-936-3351  
Groupe de Rimouski d'Amnistie internationale  
Rimouski 35 @hotmail.com | [www.amnistie.ca](http://www.amnistie.ca)

## Looking for seniors for free mosaic workshops: Metis Arts



You live in La Mitis and would like to learn how to create mosaics? Would you appreciate meeting with elementary students? Whether you are Francophone, English-speaking or bilingual, you can join our group of seniors who will receive free mosaic workshops offered by artist Lisan Chng.

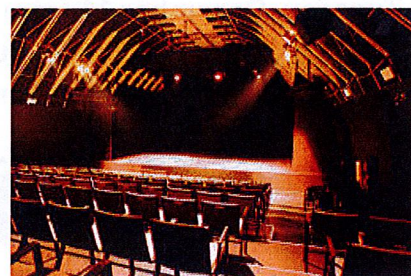
Contact us to find out more: 418-936-3239 #0 Annie or Melanie

## Community Theater: Metis Arts

First Meeting: December 16 at the Town Hall (370 Beach)

Still looking for a few seniors and other adult participants

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



Collective exploration workshop on December 16<sup>th</sup>, 9:00am-noon & 1-4:00pm !

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



### WEDNESDAY ACTIVITIES

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

Every Wednesday, from 1 p.m.

Cards, boardgames, bingo, pétanque, and snacks.

Welcome to members  
and non-members!

FROM JANUARY:

- ◆ Return of **Viactive** -Free!
- ◆ Possibility of a series of 10 **Musclez vos méninges (Jog your brain) workshops** (20\$). Minimum of 15 participants required to offer the workshops in Métis.
- ◆ Possibility to **play darts** every Wednesday night at the Town Hall
- ◆ Possibility to **go bowling** every Friday afternoon at Price's Bowling alley (\$)

INTERESTED? Please contact Diane, 418 936-3276



### FRIDAY BREAKFASTS

Breaking for December 21 and 28,  
Back on JJanuary 4!

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 ~

## Christmas Sharing 2018

Until December 10, you can bring your donations of non-perishable food (canned goods, pasta, cereal, etc.) and cash to the following locations :



- The Les Boules Church
- Caisse Desjardins (138 Principale)
- Heritage Lower St. Lawrence (130 Principale)
- Centre des loisirs (10 de l'Église)

You will help meet the needs of vulnerable families and individuals from Metis who have asked for the help of l'Unité Domrémy in Mont-Joli (Moisson Mitis food bank).

**Tuesday, December 11 from 11:30 a.m. to 1:30 p.m., during the Seniors' Friendship Dinner, will be your last chance to bring your donations.** People from our community need your generosity! Your support will mean happier holidays for those in need –Thank you all!

### Métis 200



Celebrating Metis' 200th anniversary. The story began in 1818 with the establishment of a seigneurie. John MacNider, who brought the first settlers from his native Scotland by ship, is credited with settling the region and founding the communities that would become Grand-Métis, Métis-sur-Mer, Les Boules and Baie-des-Sables.

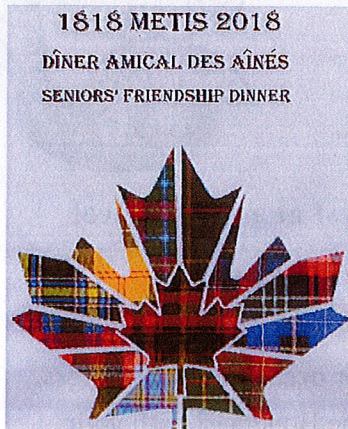
- On the Metis 200's Facebook page, you will find the **Métis Time Line:1818-2018**, all the historical chronicles published in the Info Métis over the year, a recap of activities as well as a number of memorable photos.
- Some **Timeline Métis 1818-2018** brochures are still available at Heritage Lowe Saint Lawrence (130 Principale).



### Seniors' Friendship Lunch

**Joyeux Noël Nollaig Chridheil Merry Christmas**

A great lunch, good company, food and donation drive for the benefit of Moisson Mitis, a special Christmas traditions exhibition as well as a Métis 200 Recap.



**Tuesday, December 11 at noon**

**At the Town Hall (370 rue Beach)**

**Cost: \$8**



Reservation before December 6. Please call Gaby (evenings): 418-936-3393

**All Welcome!**



Thank you to the many of you who participated in our Remembrance Quiz. The winner of the draw for the beautiful Royal Canadian Mint Armistice Commemorative coin is Julie St-Pierre, de Matane. Until next Fall!



## VACCINATION AGAINST SEASONAL INFLUENZA (FLU VACCINATION)

In Mont-Joli, the last flu vaccination clinic will be held on December 13.

To reduce your waiting time, you should register:

Online : [www.cisss-bsl.gouv.qc.ca/grippe](http://www.cisss-bsl.gouv.qc.ca/grippe)

By phone, Monday to Friday, 8am to 4pm: 1-866-445-0601.



### COMMUNITY TRAINING ROOM

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

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

*We wish a Happy Holiday to our coordinator Marcel, and to our volunteers Martine Bouchard, Lisa Castonguay and Pierre Gauthier, as well as all our members and users!*

### HORAIRE des Fêtes - RELÂCHE du 24 déc. au 6 janv.,

#### OUVERT :

jeudi 27 déc. et 3 janv.: 15h à 16h30

vendredi 28 déc. et 4 janv.: 15h à 16h30

samedi 29 déc. et 5 janv.: 15h à 16h30

### \*\*December-January SCHEDULE\*\*

	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 :			6:30 - 9:00
Friday :	7:30 - 9:00		

#### REGISTRATION and INFORMATION

Please contact Marcel Blanchet at 418-936-3318 (6:30 to 9 p.m.) or by e-mail at [mcelbchet@gmail.com](mailto:mcelbchet@gmail.com)

### 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.

**\*INDOOR-HOCKEY\* Mondays from 6:30 to 9 p.m.  
14 years old + / \$3 per person -Come and join in!**

**\*BADMINTON\* Wednesday evenings-Welcome!  
Rackets and birdies available..**

## A kit to comfort patients with cancer

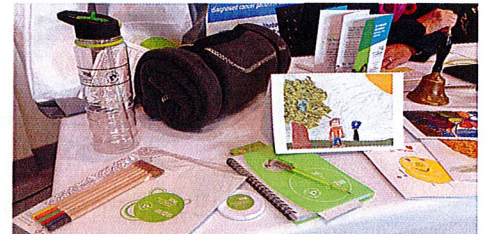
Patients in eastern Quebec who are undergoing chemotherapy or immunotherapy will now receive a comfort kit to support them during their treatments.

A text by **Ariane Perron Langlois**

The Eastern Quebec Cancer Association (ACEQ) kicked off this project to increase patient comfort during their treatment, which can last up to eight hours. Each item in the kit is intended to address a need that patients have articulated.

Practically speaking, people in chemotherapy often feel cold and thirsty or have a metallic taste in their mouth. There is something to tackle each of these discomforts in the kits, noted ACEQ CEO Nelson Charette.

The Association estimates that about 2,000 patients in the Lower Saint Lawrence, Gaspé and North Shore regions and the Madeleine Islands will receive these kits in the first year of the project.



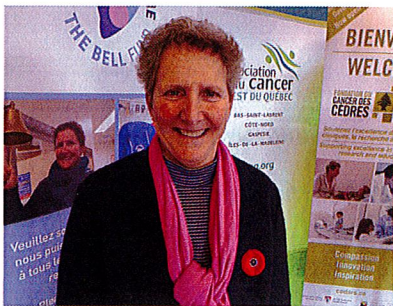
This kit includes a blanket, a water bottle, a box of mints, a notebook of mandalas and a card of encouragement made by students from the region.

Photo : Radio-Canada/Jean-Luc Blanchet

## *A patient initiative*

The kits were the idea of Judy Martin, who had been given a kit by her older sister when she underwent bouts of chemotherapy in 2012.

“The blanket keeps you warm during treatment, not necessarily just physically, but also spiritually, because it means someone thought about you, who knows that treatment is difficult and simply wanted to make things a bit less uncomfortable for you,” explained Ms. Martin.



Judy Martin was the idea behind the comfort kits.

Photo : Radio-Canada/J-Luc Blanchet

Since then, Ms. Martin created The Bell Fund, which supplies the comfort kits to patients at Montreal’s McGill University Health Centre.

Judy Martin describes herself as “very proud” to see such a project put in place in Eastern Quebec, because she had several of her treatments in Rimouski.

The first 3,000 kits prepared by the ACEQ were fully financed by a \$125,000 gift from the Molson Foundation.

They will be distributed by volunteers and nurses in 16 oncology clinics in the region.

---

## A meeting that bore fruit

About two years ago, the Eastern Quebec Cancer Association (ACEQ) approached Heritage Lower Saint Lawrence to discuss how to improve awareness of ACEQ’s services and to engage more actively with anglophones in the area. In light of Montrealer Judy Martin’s “comfort kits” project, it was natural to start by



meeting with the directors of ACEQ and Ms. Martin. The meeting immediately bore fruit. Together, with the support of the Molson Foundation, they began offering the first kits to patients in Eastern Quebec. Soon, like many schools in the region, l'école l'Envol also participated in the project: its students made the 'get-well-soon' cards, which are included in each kit.

On Friday, November 9, in Rimouski, more than a dozen Métis-sur-mer residents, ages 10 to 80, got to work with 30 volunteers to assemble the first 500 kits.

Congratulations to our Metisites [or Metisians?] and everyone else who contributed to bringing support to people who receive a diagnosis of cancer in eastern Quebec.

---



### **Prix Hommage aux aînés Mme Françoise Rousseau**

Sponsored by : Club des 50 ans et plus de Les Boules

Mme. Françoise Rousseau is a native of Metis Beach.

She worked for Canada Post as well as for the Government of Canada. She also worked in Rimouski, both in the insurance business and as a business accountant. Her bilingualism is an advantage in all her endeavours.

She is very involved in the community :

- 1) President and member of La Fabrique for 10 years
- 2) President of the 50 plus Club of Les Boules for 8 years and continues to be a member
- 3) Board member of the local development committee (CLD) of Métis-sur-Mer
- 4) Board member of Boule Rock Golf Club – Very athletic, she had a successful golf career and won the Bas St. Laurent Regional Championship
- 5) Having a strong character, she is a very organized woman and is often the force behind many projects that make her municipality a good place to live for young and old.
- 6) She is well known for making grant applications and works very hard for her church and community
- 7) Very involved in Viactive
- 8) She works for seniors' well-being on numerous committees
- 9) She has also given computer courses

Françoise Rousseau has been a leader since her youth. Involved, always smiling, she is a generous person. Her unstinting involvement has made her a notable businesswoman, well known and with a heart of gold.

Again and again, she is devoted. We are very honoured to present this award to her.

*Table de concertation des personnes âgées du Bas-Saint-Laurent, le 26 octobre 2018*



## METIS BEACH SCHOOL NEWS

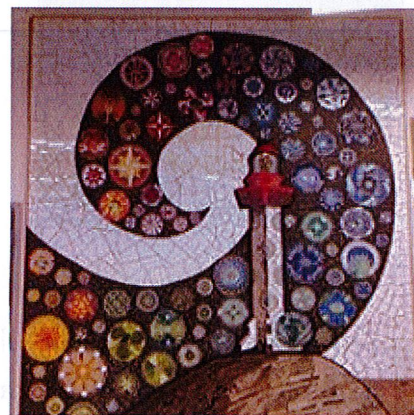


### **MBS Inauguration**

Metis Beach School's (MBS) official inauguration and community open house was held on November 19<sup>th</sup>. The schoolboard, students, staff and governing board welcomed Pascal Bérubé (MNA for Matane-Matapédia-La Mitis), Christopher Skeete (Parliamentary Assistant to the Premier for Relations with English-Speaking Quebecers and MNA for Ste-Rose), as well as Metis Mayor Carolle-Anne Dubé and many other politicians and dignitaries. MBS partners, parents and community members, also attended the ceremony and then enjoyed a delicious lunch together. Throughout the day, dozens of people came to visit and toured the new facility. It was a time of re-connecting with old friends, meeting new ones and talking about the future.

### **HLSL Community Mosaic Unveiling**

At the MBS inauguration, and with the help of students, Heritage Lower Saint Lawrence unveiled a great work of mosaic art titled "MOMENTUM", a tribute to the strength, resilience and vitality of the English-speaking community of the region. Measuring 120 sq ft, the work is now permanently installed in the school's cafeteria, overlooking the Bay. It was created over a period of three years by more than 100 students, MBS staff and community members from across the region. The piece was designed by Rimouski mosaic artist Lisan Denise Chng and art teacher-artist Lynn Fournier. The project was funded by the Government of Canada.



### **Soccer**

MBS is very proud to announce that our new junior soccer team has won a silver medal at their very first tournament. Congratulations to all the players and to their student-coaches!

### **Thank You and Happy Holidays To All!**



MBS would like to take this opportunity to thank all our community partners and members for their continued support. We wish you all a very joyous holiday season and a happy, healthy and prosperous new year!

Greetings,



École des Cheminots

### Physical education

This month, Philippe's students are back to their normal schedule of 2 hours per week and Valerie's class is starting their 4 hours per week program, which will run until April. The grade 4-5-6 class have been to the Cascade Golf and Tennis Club 14 times this fall and will be playing tennis in the months of May and June.

### Christmas concert

This year, the Christmas concert will be held on December 7th at 9:30 am at our school. Everyone is invited! You will have an opportunity to experience the improved sound thanks to technical modifications that were done in the theatre. According to our teacher, we will soon be ready to host professional shows.

### Trip

As you may know, the grades 4-5-6 students will be embarking on a special trip this year. Every three years, under the theme "open to the world", Philippe's class begins a correspondence with students of host classes in Gatineau. This experience allows us to better understand the cultural differences experienced by the children of the world. During this journey, we will travel to the following cities: Quebec, Ottawa, Gatineau, Toronto, Kingston and Montreal. For 6 days, aboard a small bus, we will travel more than 2500km. This school project will allow us to visit the legislative buildings of Quebec, Ontario and Canadian capitals, and to discover the role played by Montreal and Kingston in the political history of our country.

### Toboggan Slide

As mentioned in the previous issue of the Metis Info, a new winter activity is now available in our village. A huge toboggan slide was recently constructed at the rear of our school. This project involved many hard-working volunteers. First, we had volunteers from the Caisse Desjardins Mont-Joli, Est de la Mitis. Then, Luc Hamelin and Jean-Paul Dubé came to chop wood. Finally, Carl Banville completed the excavation work to ensure the safety of the slide. Jardins Secrets generously sponsored the excavation work. We also received financial support from the Comité des Loisirs of Metis-sur-Mer. Thanks to everyone who made this impressive project possible. We invite you to come and admire the view from the top of the slide. It's gorgeous!

Émile Aubin, Justine Cavanagh and Ivy Deschênes



**We would like to take the opportunity to thank everyone involved in the publication of Info Métis ; those who provide information,**



**the translators and the proofreaders, Anglophones and Francophones, who vary from season to season.**

**HEALTH PEACE LOVE**

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 \$7.75 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

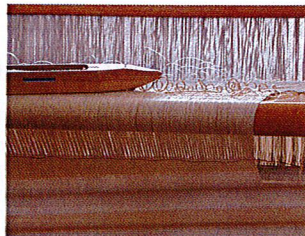
Our Entrepreneurs

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!

After September 15: On the fly or by appointment. 117 Principale | 418.936.3838



Dépanneur Métis-sur-Mer Holiday schedule

Please note that business hours will be changed for the Holidays. Hours for the 24th and 31st of December will be the same as usual, 8 am. to 9 pm.

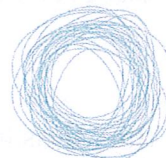
Those of December 25 and January 1 will be from 12 pm. to 6 pm.

Regular schedule (Oct. 14, 2018 - May 19, 2019):

- Sunday: 8 a.m. to 9 p.m.
Monday to Wednesday: 7 a.m. to 9 p.m.
Thursday to Saturday : 7 a.m. to 10 p.m.

All the staff at the Dépanneur Métis-sur-Mer thank you for your understanding and wish you happy holidays. Bruno Leblanc, Owner

Tél.: 418-936-3536 | 97, route 132



café sur mer

Until December 16 at the café...

Café sur mer is open for a few more week-ends. Come take advantage of our hearty meals or sip a coffee in the warm atmosphere.

The boutique section has some sales and even some Christmas decorations.

Open Saturday and Sunday from 9 a.m. to 5 p.m.

Looking forward to seeing you.

Follow us on facebook.com/cafesurmer

160 Principale | 418-936-3936



**My name is Sonia Castillo, L'apothicaire du village.** I would like to share with you my passion for dōTERRA Essential Oils and how they can contribute to your overall health.

Would you like to know more? Join me for a free one-on-one meeting or for a free workshop in my house or in the comfort of your own home.

**Your well-being, one drop at a time!**

[418-318-0506](tel:418-318-0506) | [so\\_castillo@yahoo.ca](mailto:so_castillo@yahoo.ca) | Follow me on Facebook and Instagram

## Municipal Affairs

### A WORD FROM YOUR MAYOR



The month of December is upon us already! November was a very busy month; it is the annual month of budget preparation for the city and the MRC. All your elected representatives were involved in multiple meetings throughout the month, and for me, it numbered more than 25 meetings and working sessions. . We are pleased to inform you that the document of the long lease term for the management of the lighthouse property has been signed on November 22 with the Association des résidents de la pointe du phare (ARPP). During this past year, I completed my certificate in Municipal Skills offered by the FQM (Fédération Québécoise des Municipalités) in order to offer you quality service.

Do not forget to encourage our local merchants in your holiday shopping. Our consumer behavior makes the difference for a healthy and prosperous region.

Congratulations to Philippe Cavanagh and L'Envol School, who made the headlines at Radio-Canada for its commitment to an enhanced program of physical activity.

The inauguration of Metis Beach School was on November 19<sup>th</sup> and I had the opportunity to meet many of you at this event. We are right to be very proud! Congratulations to all those involved for this great accomplishment.

Do not forget to congratulate all our local volunteers, especially those who participated in the making of the comfort kits, initiated par Mrs. Judy Martin, for cancer patients.

Let's be proud to be from Métis!

**The next meeting of the MacNider Bourough Council will take place on January 14, 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.qc.ca](mailto:cadube@mitis.qc.ca) or call me .

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



## Some tips to help you decorate your Christmas tree safely



Decorating the Christmas tree as a family is such a wonderful part of the holidays. Everyone's excited, especially the children. You have everything you need, from ornaments to garlands and lights. This year's will be the loveliest tree ever! You know that there are some fire safety considerations to keep in mind when trimming your tree, but you're not quite sure you know them all.

We're here to help! The Service de sécurité incendie is happy to give you some Christmas tree safety tips.

- First of all, set up your tree far away from any heat sources.
- Before stringing the lights, make sure they are certified by the Canadian Standards Association (CSA), that they are not damaged or cracked, and that they are intended for indoor use.
- If you have a natural tree, it is important to keep it well watered so that it doesn't dry out.
- Remember to turn off the lights every night before you go to bed.
- A working smoke alarm on the same floor as the tree also adds to your safety – in any case, current by-laws require it.

Your fire department wishes you warm and wonderful times with family and friends over the holidays, and a marvellous New Year. We'll be keeping an eye on your safety at all times, but you can help by taking the necessary precautions.

Text: Service de sécurité incendie de Montréal

### You've got questions ? please contact:

Renaud Gagnon or Korin Gagné

Fire prevention service – MRC de La Mitis

418 775-8445

**The Green Newsletter – «Waste is no gift» December 2018**

Hello,

Every year at Christmas time, apart from gifts and cakes, you pay to dispose of tons of recyclable, reusable and recoverable waste in the landfill!

So many materials that, once buried, will have long-term impacts on the environment, for you and for future generations. This year, be eco-friendly in your holiday season. Here are some tips:

#### **A green Christmas tree :**

**Choose reusable decorations** to over single use. It will cost you less in the long run.

Use **LED bulbs**, which are more energy efficient and more durable.

**Turn off your lights** when you go to bed.

#### **Eco-gifts :**

**Simply think about the idea of gifts in the form of services, shared moments or gift cards** (e.g. a massage session, a gift card from your bookstore) rather than buying presents that will add to pollution or waste.

**Wrap your gifts in as little as possible** and **use a wrapping paper made of recycled paper, but more importantly, recyclable**. Avoid shiny, metallic appliqués or non-recyclable plastics. **Remember to have a blue bin nearby** during the unpacking session!

#### **Party time :**

If possible, open gifts carefully, in order to **reuse the wrapping paper**.

**Use washable dishes**. Doing the dishes with your family is a fun activity and it's much faster. Try it!

**Manage meals** to make 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 now accepted!

Until the next **Green Newsletter**, we wish you a Merry eco-friendly Christmas and remember, waste is no gift!



**Vincent Dufour, waste management coordinator**



Régie intermunicipale de traitement  
**DÉS MATIÈRES RÉSIDUELLES**  
MRC de La Matapédia et de La Mitis

Site web : [www.ecoregie.ca](http://www.ecoregie.ca) | Courriel: [matresi@mitis.qc.ca](mailto:matresi@mitis.qc.ca) | 418-775-8445, poste 1138

# Ville de Métis-sur-Mer



May the spirit of Christmas be with you today and throughout the New Year.

On behalf of the Council and all employees of the Town of Métis-sur-Mer, I wish everyone a very Merry Christmas and a happy new year 2019.

Carolle-Anne Dubé, mayor

### **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-René Lepage, Councillor  5-Raynald Banville, Councillor  6-Rita D. Turriff, Councillor</p> <p><b><u>Public Works</u></b></p> <p>Frédéric Richard, Director  Daniel Brochu  Éric Brochu  Samuel Couillard  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  Marie-Claude Giroux, 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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**The municipal office will be closed from December 21 (noon) until January 3.**

*Happy holidays!*

### **CALENDAR OF THE COUNCIL SESSIONS 2019**

MONDAY 7H30 PM, JANUARY 14  
MONDAY 7H30 PM, FEBRUARY 4  
MONDAY 7H30 PM, MARCH 11  
MONDAY 7H30 PM, APRIL 1

MONDAY 7H30 PM, MAY 6  
MONDAY 7H30 PM, JUNE 3  
MONDAY 7H30 PM, JULY 8  
MONDAY 7H30 PM, AUGUST 5

MONDAY 7H30 PM, SEPTEMBER 9  
MONDAY 7H30 PM, OCTOBER 7  
MONDAY 7H30 PM, NOVEMBER 4  
MONDAY 7H30 PM, DECEMBER 2



**PUBLIC NOTICE**

**ENTRY INTO FORCE OF REGULATIONS 18-129, 18-130, 18-131 and 18-132**

PUBLIC notice is given to the following:

At a meeting held on October 16, 2018, the Council adopted the regulation entitled "Regulation number 18-129 amending Regulation 08-37 relating to the urban plan on coastal erosion".

At the same meeting the Council adopted the regulation entitled "Regulation number 18-130 amending regulation 08-38 relating to zoning By-law on coastal erosion".

At the same meeting, the Council adopted the regulations entitled "Regulation number 18-131 amending subdivision regulation 08-39 on coastal erosion".

At the same meeting, the Council adopted the regulation entitled "Regulation number 18-132 amending permits and certificates regulation 08-42 on coastal erosion".

Regulations 18-129, 18-130 and 18-131 received approval from the Conseil de la MRC de la Mitis on November 28, 2018.

These regulations came into force in accordance with the Law on November 29, 2018.

Regulation 18-132 enters into force on the day of its publication.

These regulations are deposited at the municipal office where any interested person may consult.

**Summary of the modification of the urban plan**

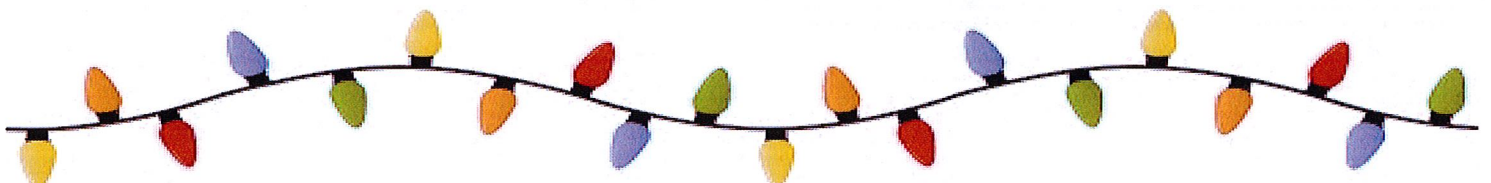
The plan of the territories of interest and of restriction is amended by adjusting the coastal erosion restriction area in accordance with the MRC scheme



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Stéphane Marcheterre

Directeur général et secrétaire-trésorier



**PUBLIC NOTICES**

**SPECIAL SESSION CONCERNING THE ADOPTION OF THE BUDGET FOR THE 2019 FISCAL YEAR**

PUBLIC NOTICE is hereby given that a Special Session of the Municipal Council will be held **Thursday, December 13, 2018**, beginning at 7:30 P.M. at the municipal hall, 138 Principale, Métis-sur-Mer.

- AGENDA:
- Call to order
  - Reading and adoption of the agenda
  - Reading of the project of budget 2019
  - Question period about the project of budget 2019
  - Adoption of the budget 2019
  - Adjournment.

The deliberations and the question period held during this session will pertain exclusively for the 2019 budget.

Given at Métis-sur-Mer, this 29<sup>th</sup> day of October 2018.



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Stéphane Marcheterre, Director General and secretary-treasurer

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**BY-LAW #18-127 - AMENDMENT OF REGULATION #12-78**  
**◆ CODE OF ETHICS OF MUNICIPAL EMPLOYEES**

**PUBLIC NOTICE** is hereby given to the citizens of the Town of Métis-sur-Mer by the undersigned, Stéphane Marcheterre, Director General and Secretary-Treasurer of the Town of Métis-sur-Mer, that the municipal Council of Métis-sur-Mer adopted, on November 5, By-law #18-127 - amendment of regulation #12-78 - code of ethics of municipal employees. 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 7<sup>th</sup> day of November 2018.



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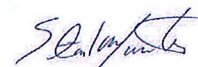
Stéphane Marcheterre, Director general and secretary-treasurer

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**RÈGLEMENT NUMÉRO 18-133 MODIFIANT LE RÈGLEMENT 07-33**  
**– DÉCRÉTANT LES RÈGLES DE CONTRÔLE ET DE SUIVI BUDGÉTAIRE**

**AVIS PUBLIC** est par les présentes donné par le soussigné, Stéphane Marcheterre, Directeur général et secrétaire -trésorier que le Conseil municipal de Métis-sur-Mer a adopté, le 5 novembre 2018, un règlement portant le # 18 -133 modifiant le règlement 07-33 – décrétant les règles de contrôle et de suivi budgétaire. Tous les intéressés peuvent prendre connaissance du dit règlement au bureau municipal. Ce règlement entre en vigueur conformément à la Loi.

AVIS DONNÉ À MÉTIS-SUR-MER, ce 7<sup>e</sup> jour du mois de novembre 2018.



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Stéphane Marcheterre, Director general and secretary-treasurer