

January 2017



*Ville de
Métis-sur-Mer*

Métis Info

Municipal Newsletter and Community Notes

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

BOTTLE DRIVE

Students from l'école l'Envol will be holding a bottle drive in the community Saturday, January 7 between 9 a.m. and noon. The money raised will be used to pay for educational outings for the students.

Thank you in advance for your collaboration!

CHRISTMAS TREE COLLECTION

A Christmas tree collection will be held Wednesday, January 18, 2017.



Please have your Christmas tree out at the side of the road by 8 a.m. Thank you!

Happy New Year!



2017



HERITAGE
Lower Saint Lawrence
Bas-Saint-Laurent

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

DEADLINE: 20TH OF THE MONTH. Texts in **Word format.** Please contact Marie-Claude Giroux at 418-936-3239 or by email at mcgiroux@heritagelsl.ca



HERITAGE
Lower Saint Lawrence
Bas-Saint-Laurent

Heritage Cultural Resource Centre

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

HERITAGE LOWER ST. LAWRENCE OFFICE HOURS

Our offices are open Monday to Friday, 8:30 a.m.-noon & 1-5 p.m.*

***PLEASE NOTE THAT OUR OFFICES ARE ALWAYS CLOSED TUESDAY MORNINGS**

HOLIDAY OFFICE SCHEDULE:

Our offices will be closed until Monday, January 9 !

LIBRARY SERVICES

Monday to Friday : 2 – 4 p.m.

Thursday evenings : 7 – 8:30 p.m.

***Open every Saturday morning*: 9:30 to 11:30 a.m.**

HO ! HO ! HO ! YOUR HOLIDAY LIBRARY

Thanks to our wonderful volunteers, the library will stay open between December 26 and January 8 according to the following schedule :

Tuesdays to Fridays : 2-4 pm

Saturday, January 6 : 9:30 to 11 :30

Réseau Biblio BSL now has a new website : www.reseaubibliobsl.qc.ca

NEW FEATURES : You can choose the Metis library page, and consult all our new titles or our online catalogue in just a few clicks ! When you look at a book, the site lets you know if it's available ! Our page also shows a calendar of our activities.

FREE SPECIAL REQUESTS, EREADERS, EBOOKS, WIFI, HEALTH INFO AND MORE!

TONS OF NEW ENGLISH TITLES FOR ALL AGES

Heritage has recently purchased hundreds of books for all ages and during the holidays, our volunteers will add some more! Why not visit the library by yourself or with your family? You can sit back and have a coffee, lounge downstairs or simply take time to browse our collection. If there is something you're looking for: just ask. If we don't have it, we'll get it for you!

COMIC BOOKS FOR ADULTS!

Heritage has an interesting selection of comic books with lots of new titles! You'll find adult comic books around the 740's in the non-fiction section! In our youth space, we also have a big selection of comics for all age groups! Christmas time is a great time to read new series, stand-alones or old favorites!

3 NEW & COMPLETES MANGAS : UNTIL MARCH 2017 (FRENCH ONLY)

GON (à partir de 6 ans) : Série en 7 tomes. Gon est un petit dinosaure aussi mignon que têtu et est en plus un dur à cuire! L'histoire raconte les déboires de ce petit animal qui ne fait pas que des bêtises mais se fait des amis aussi...

KURO-UN CŒUR DE CHAT (dès 8 ans) : Série terminée en 9 tomes. Suivez les aventures de Kuro, le plus craquant des chats ! Kuro, jeune chat noir et sa « sœur » Chinko sont recueillis par M. Hige. Ils vont devoir s'habituer à un nouveau quartier, pas toujours accueillant, et vivre leur vie de félin ! Un manga craquant conté à travers les yeux du chat et qui égratigne au passage les pauvres humains que nous sommes.

LIBRARY WARS (ado) : Japon, au début de l'ère Seika, la "Loi d'Amélioration des Médias" vise à un contrôle renforcé de la culture. Pour lutter contre cette répression, les bibliothèques se sont fédérées et mobilisées afin de créer une unité d'élite spécialement entraînée pour protéger les livres et leurs lecteurs. Depuis que, lectrice, elle fut sauvée d'une rafle par un des membres de cette unité d'élite, Iku Kasahara rêve d'en faire partie à son tour. Mais l'entraînement s'avère impitoyable !

AFTER THE HOLIDAYS, MAKE SOME SPACE : BRING US BOOKS & DVDs !

We accept all book and DVD donations (except magazines or condensed books). Thank you for telling people, and for bringing your donations to our offices or for calling so we can pick them up, anywhere from Matane to Rimouski, or even further !

SOME OF OUR NEW TITLES FOR ADULTS & YOUTH

The Darkest Dark, by Chris Hadfield (PB)
Cleopatra in Space (1-2-3), by Mike Maihack (CB)
Jedi Academy #4: A New Class, by Jarrett J. Krosoczka (JR)
So Much Snow!, by Robert Munsch (PB)
The Mitten, by Jan Brett (PB)
Ghosts, by Raina Telgemeier (CB)
The Heaviness of things That Float, by Jennifer Manuel (novel)
The Solomon Curse, by Clive Cussler (novel)
A Great Reckoning, by Louise Penny (novel)
After You, by Jojo Moyes (novel)
Doctor Who: The Visual Dictionary, by BBC (NFIC)
Scottish Knits: Colorwork & Cables with a Twist, by Martin Storey (NFIC)
Saga #6, by Brian K. Vaughan (adult comics)



ACAPELLA

Adults of Metis and of the surrounding area who love to sing:
You are invited to join our singing group to improve your vocal technique and enjoy the benefits of singing!

Choir rehearsals are bilingual and everyone is invited...schedule is once a week, the day is still to be determined according to everyone's schedule.

INFO: Melinda 418-936-3239 ext 229

CHSSN COMMUNITY HEALTH EDUCATION PROGRAM (CHEP) HEALTH VIDEOCONFERENCE SERIES

Building a healthy community - free health workshop presented in English

What is Cancer?

Presented by Dail Jacob, former Pivot Nurse

Moderated by Jo Ann Jones, The Montreal Children's Hospital

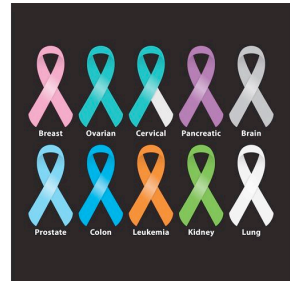
Wednesday, January 25, 10 a.m. to noon*

Heritage Cultural Resource Centre
130, rue Principale

FREE coffee and tea will be served

*Please call Heritage to register

Info: 1 855 936-3239 (toll free) or 418 936-3239



A CHSSN initiative funded by Health Canada through the Roadmap for Canada's Official Languages 2013-2018: Education, Immigration, Communities.

NATURAL BATH BOMB WORKSHOP SATURDAY, FEBRUARY 11, FROM 2 TO 4:30 PM MARK YOUR CALENDAR...

- Learn how to make quality bath products
- Use natural ingredients to turn your home into a spa
- Thoughtful Valentine's gift!
- For adults or youth 8+ accompanied by an adult

**FREE
LIBRARY OPEN DURING THE ACTIVITY**





HERITAGE
Lower Saint Lawrence
Bas-Saint-Laurent

Seniors' Hot Lunch

Tuesday, January 17* at noon
Town Hall (370 rue Beach)

Cost: \$8

Reservations before Thursday January 12:
Gaby (evenings) : **418-936-3393**



Carpooling will be organised,
please let us know if you need
transport or if you can offer
spaces - **thank you!**

***In case of a snowstorm, the lunch
will take place the next day.**

ENGLISH AS A SECOND LANGUAGE COURSE (maximum 6 people per group)

*12 weeks of 2 hour classes with all
materials included *\$300

Basic or intermediate levels to be
determined according to needs.

Possible courses:

Tuesday, Wednesday and Thursday evenings
7-9 p.m. **and** Thursday afternoons 2-4 p.m..

Registration deadline is **January 6**. Courses
start **January 9, 2017**.

For information, please contact
Micheline Williams 418-936-3983

METIS 50 PLUS CLUB



CARREFOUR
50+ du QUÉBEC

Wednesday activities : From **1 p.m.**,
at the Centre des loisirs (members
and non-members). Return on
January 11th .

Viactive : From **10 a.m.**, at the
Centre des loisirs (members and
non-members). Returns on **January
10th**.

Everyone welcome!

FRIDAY BREAKFASTS

Every Friday from 8 to 10 a.m. *
at the *Centre des loisirs*
(10 de l'Église)

A tasty breakfast at a great price!

Hope to see you there!

NEEDED: regular or occasional
volunteers. Please call **Martine
Bouchard** with your availability
418-936-3373.



~All profits fund the Métis-sur-Mer's
community Training Room ~

*** Back on January 6!!**

VILLE DE MÉTIS-SUR-MER COMPLETES ACQUISITION OF THE METIS LIGHTHOUSE



The Ville de Métis-sur-Mer is now the proud owner of the Pointe-Mitis lighthouse and its outbuildings. Stéphane Marcheterre, director general of the Ville de Métis-sur-Mer, confirmed that the Ville signed the notarial documents on November 28, 2016, with the government of Canada. He added that the grants of \$100,000 for the restoration of the buildings and \$50,000 for the removal of the mercury from the lighthouse tower are being transferred to the Ville.

The lighthouse was deemed surplus to navigation in the 1970s and is one of several lighthouses along the St. Lawrence and other coasts to be sold under the Heritage Lighthouse Protection Act. The acquisition was initiated in 2010 by Heritage Lower St. Lawrence (HLSL) and the Association des résidents de la Pointe-du-Phare (ARPP), a local citizens group. It required several years of negotiations between the

Ville and the government of Canada in order to finally purchase the lighthouse, lighthouse keeper's house, garage and foghorn building. To complete the transaction, the government designated the Pointe-Mitis lighthouse a "heritage lighthouse" in July 2016, recognizing its special characteristics and unique history.

Now that the transaction is complete, the Ville will finalize a long-term lease with ARPP for management of the site. Ladd Johnson, ARPP president, was delighted by the news. "After waiting so long, we are eager to put our plans into action," he stated, adding, "we are looking forward to working with the Ville and the community to make the site accessible while maintaining its esthetic and scientific value."

Alexander Reford, who wrote with Paul Gendron *The Metis Lighthouse and Le Phare de Métis* to document the history of the lighthouse and highlight its importance, added, "I am thrilled that the efforts of the community stretching back more than twenty years have come to fruition. The lighthouse is now designated and protected. Under the ownership of the Ville and the active stewardship of the ARPP, its future is assured. The community should congratulate itself for initiating and supporting this project - the Ville has shown its commitment to protect its maritime and built heritage by becoming the new owner of this unique site and buildings."

HLSL organized an on-site event in 2009 to celebrate the 100th anniversary of the lighthouse, created the Metis Lighthouse web site and published the books to tell the story of the lighthouse. It also led the effort to petition the government to protect the lighthouse, collecting over 1000 signatures.

The ARPP, under the spirited leadership of long-time Metis resident Barry James, developed the business plan and led efforts to collect donations and pledges from community members to reassure the Ville that residents were behind the initiative. These funds will contribute to the restoration of the lighthouse tower and renovation of the lighthouse keeper's house for vacation rentals.

Now that the acquisition is complete, the ARPP is planning to continue its fundraising efforts to ensure the preservation of the buildings. A new federal grant program that matches private contributions will make donations go even farther.

Those wishing to contribute to the preservation and restoration of the lighthouse can make a donation by following the instructions at www.savemetislighthouse.org/pledgedonate.html.

To learn more about the lighthouse and the project to preserve it, visit www.metislighthouse.ca/english/ and www.savemetislighthouse.org. For further information, please contact Ladd Johnson (laddjohnson@pharemetislighthouse.org).

Happy New Year 2017!

We recognise that it's your on-going loyalty and support of our business that made it possible for us to serve you all these years. We would like to say "Thank you".

Wishing you and your family a great Holiday Season and a New Year filled with happiness, good health and prosperity.



Bérangère et son équipe du Dépanneur chez « B » inc.
172, route 132 ,Baie-des-Sables
(418) 772-6229

Christmas Sharing 2016

As well as the food items, over \$517 were collected for l'Unité Domrémy de Mont-Joli (Moisson Mitis), our local food bank, on December 13.

THANK YOU very much to everyone who gave so generously and to Diane Dubé Guilbault and Kathy Dodson for the food drive coordination.

METIS CONGRATULATES...

Thank you to all the volunteers who welcomed Santa Claus and Mrs. Claus once again to Métis-sur-Mer. Even if my children were a little "shy" to meet Santa, they really enjoyed this day and they are still talking to me about it.

The traditional children's Christmas party reflects the dynamism that drives our community. Happy Holidays!

Isabelle, Mother of Nora-Jeanne and Gwyllym



SUPER BOWL PARTY

CENTRE DES LOISIRS, MÉTIS-SUR-MER

FEBRUARY 5TH, 2017 AT 1:00 PM

**THE MONTRÉAL CANADIENS
VS
THE EDMONTON OILERS
AT 1:00 PM**

**CHICKEN WINGS,
PIZZA AND
NACHOS FOR SALE
FROM 5:00 PM**

**NFL SUPER BOWL
2017
AT 6:00 PM**



**BAR SERVICE
FROM 1:00 PM**

EVERYONE WELCOME!!

NEWS FROM L'ÉCOLE L'ENVOL



Hi everyone,

We are taking time to write a couple of lines to express our gratitude for the community implication in school activities all year long. With a few students left in our beautiful school, many of you are supporting us and are increasing our desire to offer high quality school and extra-curricular activities. Your support and your positive attitude are key factors to mobilize this community around our school and we are very proud to live in this dynamic community. We can never forget that we are raising tomorrow's citizens and we thank you. The plays, trips, entrepreneurship projects, book writing, cultural outings are taking place because of you.

We want to mention the special participation of :

The Comité des Loisirs for organizing great events for school activities :

Éric Ratté

Sabrina Simard

Stéphane Marcheterre

Simon Brochu

Émilie Prévèreau

Lynne Bruce

Marie-Hélène Dubé

Samuel Couillard

Josy-Anne Bérubé

Sonia Durette

The Dubé-Lévesque family who are behind the pie activity to raise money for school activities:

Ginette Levesque

Marie-Hélène Dubé

Sonia Dubé

Jean-Paul Dubé

Catherine Marcheterre

We wish you a happy new year and hope we can count on your precious support in order to offer to our kids what's best for their future. Together, we play a major role. Thank you everyone!

School staff of des Cheminots - de l'Envol school

Nancy Beauchemin, Philippe Cavanagh and Patrick Leclerc



The Town of Métis-sur-Mer needs part-time firefighters and first responders for its fire service. You will be joining a dynamic team of

firefighters, receive paid training and you will make a direct contribution to your community! For more information please contact Mr Michel Desrosiers at 418-775-7305 or Mr René Bernier at 418-936-3218.

Community Training Room

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



WINTER SCHEDULE:

	Morning	Afternoon	Evening
Monday	8:00 to 9:00	2:00 to 3:30	6:30 to 9:00
Tuesday			6:30 to 9:00
Wednesday	8:00 to 9:00	2:00 to 3:30	6:30 to 9:00
Thursday			6:30 to 9:00
Friday	8:00 to 9:00	2:00 to 3:30	
Saturday	9:00 to 11:00		

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

Membership*

Métis residents : \$25/month or \$4/day

Non-residents : \$30/month or \$5/day

Students : 50% of adult rate

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

**Please note that membership fees also cover sports activities which take place in the Envol gym. Additional fees (ex. cost for a coach or instructor) may apply for certain activities.*

BADMINTON

Thursday evenings & Saturday mornings

At l'Envol School gym

12-99 year old players welcome!

Free rackets and shuttlecocks are available!

CLOSED DECEMBER 31, JANUARY 1 & 2

ZUMBA

10- class session

Mondays at 7 p.m., from January 23, 2017
at l'école l'Envol in Métis-sur-Mer

Cost: Members: 115\$
Non-Memberes: 135\$
Students: 50%

INDOOR-TENNIS

Tuesdays from 6:30 p.m to 9 p.m.

- Rackets for all ages
- Balls with various rebound possibilities (fast or slow)
- 2 X 18' nets to play singles or doubles

Ideal exercise for tennis beginners or
even for those who already play!
Great fun for everyone!



Registration: Marcel Blanchet
418-936-3318 (evenings)



Vanessa Caron Zumba

Hula-Hoop class possibility

What is it? Hula hoop dance is a cardio activity that we practice in a fun a creative environment. Classes are divided in four parts:

Cardio warm-up
Teaching of a trick
Pratice
Cool down



**Series of 7 classes (minimum of 6 inscriptions)
Starting on Wednesday January 18, 2017 s at 7 p.m.
At the Gymnasium of l'école L'Envol (east entrance)**

Members : 70\$ (hula hoop provided)
Non members : 80\$ (hula-hoop provided)

FREE TRIAL CLASS

Wednesday January 11 at 7 p.m.

Please reserve with Marcel Blanchet (evenings) 418-936-3318

Classes are made mostly for adults. To show interest or for informations, go visit : www.facebook.com/cerceauxavecgabrielle or phone Gabrielle at 581-246-7502.

Baie-des-Sables Cross-country Skiing Club **Accessible for any age group!**

Season ticket: Adults (18+) : \$25 Families : \$55 12 to 17 year old : \$5
Day pass: Adults : \$5 12 to 17 year old : \$2 11 and under : Free!



1 km, 3 km and 5 km trails
Entrance A: Chemin du 3e rang (hilly)
Entrance B: Route Dion (flat)

Open as soon as there is snow!

For information about trail conditions, listen to our radio capsules on **105.3** and **95.3**, Saturdays at 8:55 a.m. or visit www.facebook.com/clubskidfondbds

SCHEDULE OF THE MUNICIPAL SKATING RINK, 8 de l'Église

The opening hours can vary according to the weather. We ask your collaboration when there is a poster prohibiting access to the skating rink. Thank you for your cooperation that allows everyone to practice their favorite sport.



Day	Time	Skating or Hockey
Sunday	1 - 4 p.m.	Skating and Hockey
Monday	CLOSED	CLOSED
Tuesday	6:30 - 7:30 p.m. 7:30 - 9 p.m.	Skating Hockey
Wednesday	6:30 p.m. - 9 p.m.	Hockey
Thursday	6:30 - 7:30 p.m. 7:30 - 9 p.m.	Skating Hockey
Friday	6:30 - 7:30 p.m. 7:30 - 9 p.m.	Skating Hockey
Saturday	1 - 2:30 p.m. 2:30 - 4 p.m. 6:30 - 7:30 p.m. 7:30 - 9 p.m.	Skating Hockey Skating Hockey

IMPORTANT:

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

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



Éconologis Energy efficiency service for modest income households

Éconologis, the energy efficiency service for modest income households is back and wants to reach more households this year with an overall goal of 1500 helped citizens. This seasonal program allows tenants and landlords to receive **free and practical** help at home to improve comfort inside their house and, of course, energy efficiency.

Mandated by the Ministère de l'Énergie et des Ressources naturelles, the Vivre en Ville organization is responsible for the **Bas-St-Laurent region**. Citizens have until **March 31st 2017** to avail themselves of this service.

Éconologis makes a real difference for the ones who benefit from this program. The minor improvements done in the home of the participants, tenant or owner, help them increase comfort during whole winter.

If you are eligible, you can receive the visit of Éconologis advisors at home and get personalized advice concerning heating, hot water, household appliances and lighting. Benefit from certain concrete measures according to the needs identified by the advisor: draught-proofing of the windows, weather-stripping of the doors, insulation of the electrical outlets on outside walls, installation of a low-flow showerhead and of faucet aerators. You might then be eligible for the program's second component allowing you to receive the visit of a specialist who will install electronic thermostats.

The Vivre en Ville organization has been helping families in its region for the past 16 years. « We intervened with so many modest income households since 1999, we are so glad to be able to pursue this mission this year again », specifies Sonia Garneau, program coordinator. « Citizens trust our organization and attest that our interventions have an impact on their energy consumption and their day-to-day comfort ».

Join these thousands of households and register now for the Éconologis program by calling **418 523-5595** or our call center at **1 866 266-0008**. You can also register online at <https://vivreenville.org/econologis>. All the program's details can be found here: www.econologis.ca/en

Caroline Savard, communication manager

The municipal office will be closed from December 23 until January 4.

PUBLIC NOTICE TO RESIDENTS OF METIS –SUR-MER

REGULATION NUMBER 16-106 GIVING TO THE DIRECTOR GENERAL AND SECRETARY-TREASURER THE AUTHORITY TO CREATE A COMMITTEE FOR THE ANALYSIS OF TENDERS RELATING TO THE SUPPLY OF PROFESSIONAL SERVICES

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 December 5, 2016, regulation number 16-106 giving to the Director general and Secretary-Treasurer the authority to create a committee for the analysis of tenders relating to the supply of professional services. 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 6th day of December, 2016.



Stéphane Marcheterre,
Director general and secretary-treasurer

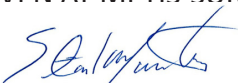
PUBLIC NOTICE TO RESIDENTS OF METIS –SUR-MER MUNICIPAL BY-LAW NO. 16-105 REGARDING:

- 1- Budget forecasts for the 2017 fiscal year and;**
- 2- The imposition of real estate taxes, service taxes and tariffs for the 2017 fiscal year.**

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 December 15, 2016, By-Law no. 16-105 regarding budget forecasts for the 2017 fiscal year and the imposition of real estate taxes, service taxes and tariffs for the 2017 fiscal year.

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 16th day of December, 2016



Stéphane Marcheterre,
Director General and secretary treasurer