



Info Métis

Municipal Newsletter and Community Info

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



SURVEY

Ville de Métis-sur-Mer

Family and Age-Friendly Community Policy

You want to...

Have access to infrastructure and services that meet your needs? Improve your quality of life? Remain in your community as long as possible?

BE PART OF THE CHANGE BY COMPLETING THIS SURVEY BEFORE APRIL 15!

Online: fr.surveymonkey.com/r/7VXLT72 Hard copies available in French and in English at the municipal office and at the library

And you could win one of these 3 prizes!

1st prize: \$100 local gift certificate 2nd prize: \$75 local gift certificate 3rd prize: \$50 local gift certificate

YOUR OPINIONS AND IDEAS ARE IMPORTANT!

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

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



HERITAGE CULTURAL RESOURCE CENTRE

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

HERITAGE LSL OFFICE HOURS:

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

* Library Hours: NO MORE Saturdays!

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

LIBRARY HOURS:

MÉTIS-SUR-MER

(418-936-3239 #224):

Monday to Friday: 2 - 4 p.m.

Every *Sunday: 9:30 to 12:00

RIMOUSKI BRANCH

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

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

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

Your library offers:

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



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- historical documents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

VR Virtual Reality: immerse yourself!

Offered only during library hours

Dinosaurs: Jurassic World -Blue, Jurassic World -

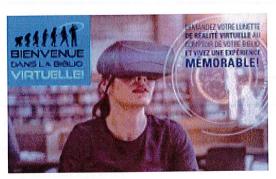
Apatosaurus

Space: Apollo 11 VR, Discovering Space, Star

Chart, Titans of Space PLUS

Nature: Ocean Rift

English and French content



(Lasts about 10 minutes)

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



This winter...

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



Finding our new titles online is easier at

→ <u>www.reseaubibliobsl.qc.ca</u>

- 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!

Would you like to meet some new characters at our library?

We have several large series of well-known authors:

- Introduce yourself to Dirk Pitt in the **Clive Cussler** books and follow his adventures above and below the ocean surface.
- Meet Inspector Gamache and his team from the Surèté de Quebec as they visit the Village of Three Pines in the Eastern Townships to solve murders in the series by Louise Penny.
- Alex Cross is a forensic psychologist who helps to catch criminals in James Patterson's books.
- Inspector Rebus is a Scottish detective in Ian Rankin's books who doesn't follow orders very well.

We have many more for you to enjoy.

Activities

The Comité local de développement(Cld) de Métis-Sur-Mer wants to set up an **Economic Development** working committee

Are you an entrepreneur or a citizen who wants to take part in the reflection? If you are interested, please do not hesitate to contact Brigitte Morin by email at brimorin.bm@gmail.com or by phone at 418-724-2012 before March 15th.

Interested persons will be invited to a first meeting in early April.



Discover the Gardens in Winter

Sunday, March 10, 2019 – 12 pm to 4 pm 9th Edition of Winter Wonderland at the Jardins de Métis

Snowshoeing trails, bonfires, hot chocolate, snow castle and interpretation activities

Cost: \$2.50 per person (14 and over), free for children 13 and under.

Fbr more information: jardinsdemetis.com | 418 775-2222



WEDNESDAY ACTIVITIES

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

Every Wednesday, at 1 p.m.
Cards, boardgames, bingo, pétanque,
and snacks.

Welcome members and non-members!

Viactive: every Tuesday, 10 p.m.-Free!

INFO Please contact Diane, 418 936-3276



FRIDAY BREAKFASTS

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

Every Friday from 8 to 10 a.m.



A tasty breakfast at a great price!

Hope to see you there!

NEEDED: regular or occasional volunteers.

Please call Martine Bouchard with your availability 418-936-3373.

~All profits fund the Métis-sur-Mer Community Training Room ~



Seniors' Friendship Lunch
Saint Patrick's Day!
Don't forget to wear green

Tuesday, March 12, at noon
At the Town Hall (370 Beach)

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

Cost: \$8

Reservation before March 7. Please call Gaby (evenings): 418-936-3393

All Welcome!



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

Community Theater: Metis Arts

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

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

The next meet will be on April 6 & 7.

Contact us to find out more: 418-936-3239 #





March 8 is International Women's Day — a day to recognize women's achievements and acknowledge the challenges they continue to face in the quest for gender equality.

The beginnings of International Women's Day (IWD) trace back to the early twentieth century, emerging from the activities of labour movements in North America and Europe and reflecting a growing movement for women to participate equally in society.

The first International Women's Day was observed on March 19, 1911 in Austria, Denmark, Germany and Switzerland. That day, more than one million women and men showed their support by participating in public events. In the years that followed, other countries began to observe and celebrate this day.

In 1975, the United Nations recognized and began celebrating IWD on March 8.

Today, International Women's Day is celebrated around the world — in many countries, it is a national holiday. It has grown to become a global day of recognition of women's achievements and a call to action to support women's rights and advance gender equality — in Canada and around the world..

Active Living

MUNICIPAL SKATING RINK, 8 de l'Église

Regular Schedule

Lundi: fermé

Mardi au vendredi : 18h30 à 19h30 patinage,

19h30 à 21h00 hockey

Samedi: 13h à 14h30 patinage,

14h30 à 16h hockey

18h30 à 19h30 patinage,

19h30 à 21h hockey

Dimanche: 13h à 16h patinage et hockey



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

The opening hours can vary according to the weather. We ask your collaboration when there is a poster prohibiting access to the skating rink. Thank you!

Regulations for the skating rink:

- The rink is exclusively for the practice of free skating and hockey. Wearing a helmet is mandatory and wearing protection equipment (neck-protector, gloves, elbow pads etc) is recommended during hockey practice.
- The municipality is not responsible for any accident caused by the use of the rink.
- Courteous language and behaviour are requested at all times.
- Telephone use: in case of emergency only, with the permission from the employee in charge.

Gaétan Gagné, employee in charge



COMMUNITY TRAINING ROOM

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

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

Winter SCHEDULE

	Morning	Afternoon	Evening
Monday:	7:30 - 9:00	3:15 - 4:15	6:30 - 9:00
Tuesday:		3:15 - 4:15	6:30 - 9:00
Wednesday:	7:30 - 9:00	3:15 - 4:15	6:30 - 9:00
Thursday:	-	3:15 - 4:15	6:30 - 9:00
Friday:	7:30 - 9:00	3:15 - 4:15	

REGISTRATION and INFORMATION

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

Membership*

Métis residents : \$25/month or \$4/day Non-residents : \$30/month or \$5/day Students : 50% of adult rate *Please note that membership fees also cover sports activities which take place in the Envol School gym. Additional fees (ex. cost for a coach or instructor) may apply for certain activities.

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

MUAY THAI Boxing with Marc Vinette

"Muay Thai" boxing is known for its powerful strikes, the art of the eight limbs, punches, elbows, knees and kicks. A great way to get in shape.



8 -class session starting March 7, on Thursdays at 7:00 pm

Member: \$96 / Non-Member: \$120 /

Students: 50%

INFO: 418-936-3318 (evenings)

This March: Don't miss this special offer!

Take advantage of a personalized workout program

for only 50\$ (125\$ value)



In collaboration with José Roberge, kinesiologist:

- Individual assessment of approximately 1 hour per client
 Creation of a customized workout program based on your goals
 Individual demonstration of your program exercises
- Monitoring and correction of individual programs if necessary

Mr. Roberge will come to offer his services to our training room on Saturday morning (minimum 3 people). **Mandatory registration**. Please contact Marcel Blanchet <u>before March 15th.</u>

Une initiative du CLD et de la Salle d'entraînement communautaire de Métis-sur-Mer.

ÉCOLE L'ENVOL NEWS



Hello,

It is already the month of March...time flies by so quickly! Thank you to the Comité des loisirs de Métis-sur-Mer for organizing the Super Bowl event and another big thank you to all those who came out to encourage us. We raised a \$ 1,000 and that's thanks to you!

With the big school wide community bottle drive that we did, we managed to raise enough funds for our end-of-year activities. Philippe estimates that we raised approximately \$500. Once again, that is largely thanks to you! Thank you again for your support!

During the week of School Perseverance, several members of our school were nominated for awards: Justine (Cycle 3), Zoé (Cycle 2), Aimee-Fay (Cycle 1) and Nora-Jeanne (kindergarten). Our teacher Philippe was also nominated by the community for his outstanding work and perseverance. We would like to thank Philippe for continually helping us to become better people; you are a very important part of this school and the community. Congratulations to all our awardees!

Our April trip is getting closer and closer! Our itinery is set and we have even built a website to keep you updated on our activities, and also where we can publish our photos.

We are participating in the OsEntreprendre contest again this year, which we have done annually for the last 6 years.

Émile Aubin, Justine Cavanagh et Ivy Deschênes



The 2019 Desjardins - COSMOSS de La Mitis Gala celebrating School Perseverance was held on February 14th at the Colombien Centre. Some parents and citizens involved with youth were also nominated.

Crédit photos: Marie-Claude Hamel



Elementary Cycle 2



Kindergarten



Elementary Cycle 3









Secondary Cycle 2



Parents and citizens involved with youth in their municipalty

Des parents impliqués pour les jeunes

METIS BEACH SCHOOL NEWS





Geordie Productions

On Tuesday, March 29th, Geordie Productions will be performing 2 shows at Metis Beach School. Geordie Productions is a professional impact theatre company that has been presenting live English theatre for young audiences since 1980, pushing artistic boundaries with provocative, important and relevant stories. All community members are welcome!

Morning – Little Witch (Elementary show)

Afternoon – The In-Between (Secondary show)

School Perseverance Awards

In honour of School Perseverance week, several of our students were nominated for achievement awards: Naiomi Chaput (cycle 1), Jordon Turriff-Picard (cycle 3), Alexis Boulay (Sec. 2) and Lydia Gagné (Sec 3). Congratulations to all our awardees!

We would like to take this time to wish everyone a pleasant and safe spring break!

Acknowledgements

I would like to thank the people of Métis-sur-Mer, Baie-des-Sables, Saint-Ulric et Matane for their help in my fundraising efforts during April to November 2018.

My goal was to bring to introduce La Maison des Greffés Liva Cyr de Montréal and stress the importance of organ donation throughout the Province of Québec.

I raised \$7785 myself. The total amount raised throughout the province was \$204,007.

Also, thank you very much for all your support and encouragement during my lungs transplant in November 2016.

Habitations Le Beaulieu

3½ Appartement available for rent April 1st

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 low-rent 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.



Childcare Places Available

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

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

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

For a future baby or any eligible child, it is important to register on the single-window access to childcare services in Quebec at www.laplace0-5.com.

For information please call 418-739-5080 ext. 101

Our Entrepreneurs

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

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

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

weaving studio and boutique



Welcome!

By appointment.

117 Principale | 418-936-3838





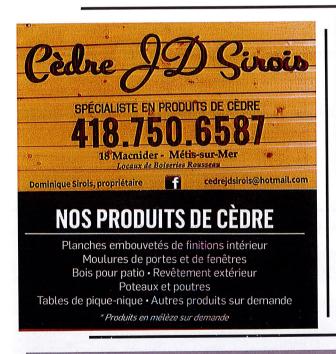


My name is Sonia Castillo, L'apōthicaire du village. I would like to share with you my passion for dōTERRA Essential Oils and how they can contribute to your overall health.

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 | so castillo@yahoo.ca | Follow me on Facebook and Instagram









YOUR NEW RECREATION COORDINATOR



Who am I?

First of all, my name is Daphné St-Onge and I come from St-Alphonse in Baie-des-Chaleurs. I completed my studies in Recreational Therapy Intervention Techniques at the Rivière-du-Loup CÉGEP in 2015. Since then, I have worked in different areas in the field of leisure.

What is my role as coordinator in intermunicipal recreation?

I will support various committees and organizations in the community. I will plan, organize and carry out different activities for all age groups. Helping volunteers by providing tools is a necessary support for carrying out these activities. I will also share information about current and future activities through the Face-Book page "Intermunicipal Recreation Service of Baie-des-Sables and Métis-sur-Mer" and in your municipal newspapers. I will try to take a fresh look at existing activities as well as bring new ideas. I will also look for funding and grants and share my time between the two municipalities as needed. You can reach me at any time either through the FaceBook page, by email or by phone.

Looking forward to getting to know you,

Daphné St-Onge

T: 418-391-6295 | E: loisir.bds-msm@outlook.com

A WORD FROM OUR COUNCILOR

It was with great interest that I accepted the Mayor's offer to write this column.

With the support of two experts from La Mitis RCM, the working group for the update of our "Municipal Age-friendly Community & Family Policy" held its second meeting. This group of ten people represents the Municipal Council, the MacNider borough, the Heritage LSL and the Local Development Comittee Métis-sur-Mer.

During the month of March, the LDC invites interested people to serve on a working committee that will ensure the economic development of the community while maintaining the quality of our environment.

Again this year, the Super Bowl activity organized by the *Comité des loisirs* was a great success! As a diligent participant, I enjoyed the entertainment of the Bingo, the broadcast of the matches, the friendly atmosphere and the typical Super Bowl menu. Congratulations and thank you to the whole team!

By the summer season, (and yes, summer will come again someday) the Métis-sur-Mer tartan will be presented in an easy-to-move display case, thus ensuring that our tartan can be displayed at different events.

I also have to honor to announce the appointment of Ms. Daphnée St-Onge as Recreation Coordinator for Baie-des-Sables and Métis-sur-Mer. All associations in those two communities will be able to avail themselves of her services. We welcome you, Daphnée!

In closing, do not forget that you are always welcome at activities organized by volunteers and also to City Council meetings.

Martine Bouchard, municipal councilor

A WORD FROM OUR COUNCILOR (continued)

The next meeting of the MacNider Bourough Council will take place on March 11, 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 Carolle-Anne Dubé, Mayor, by email at cadube@mitis.qc.ca or by phone at 418-936-3255 or 418-750-5504

DANGER OF FREEZING: LET WATER RUN

The Town of Métis-sur-Mer asks users of the aqueduct network who had frozen water problems before to let run a small stream of water from a tap in their residence to avoid the dangers of pipes freezing caused by the severity of winter.



SCHEDULE FOR THE COLLECTION OF LARGE OBJECTS

Wednesday, May 29

Wednesday, July 31

Wednesday, September 25

OLD STOVES, FRIDGES AND MATRESSES ARE PERMITTED. CONSTRUCTION MATERIALS, TYRES AND BRANCHES ARE FORBIDDEN. RESERVATION REQUIRED, CALL 418-936-3255.



CLEANING OF CHIMNEYS

"Les Entreprises Matanaises" are specialist in cleaning chimneys in accordance with the requirements of the insurance companies.

They would be available to do this work in our municipality:

BETWEEN JULY 7, 2019 AND JULY 20

The residents of Métis-sur-Mer will be able to get this service by giving their name at the municipal office <u>BEFORE JULY 3RD</u>, <u>2019</u> at 418-936-3255 or by e-mail at: <u>metissurmer@mitis.qc.ca</u>

"To be able to clean chimneys on the territory of the MRC Mitis, any chimney sweeper must have a licence of chimney-sweeping given by the Service. Moreover, the person who will do the inspections will have to be duly qualified. ». Extract of regulation # 03-13, Town of Métis-sur-Mer.

FOR MORE INFORMATION, CALL "LES ENTREPRISES MATANAISES" AT 418-562-9229.



Ville de Métis-sur-Mer

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



The Green Newsletter - «Wine bottle deposit refund system: Is it time to pop and pour? »

Some municipalities in our area recently passed a resolution to modernize the Quebec deposit refund system, mainly for glass wine bottles. Briefly, what are we talking about?

Established in 1984 to promote recovery and recycling, the "Consignée Québec" now covers 460 million containers and represents \$25 million. In 2015, the **recovery rate** of returnable glass containers was 71%, while it was 87% for the 220 million wine and spirits bottles in the blue bin.

The problem: In 2015, only 14% of the glass recovered via the blue bin was **recycled**, the rest being sent to landfills for recovery or other purposes. In 2012, the recycling rate was a maximum of 45%. The main reason was the high rate of contamination of the glass by other materials (bits of paper, plastic stoppers, etc.) included by the recyclers.

A proven solution: Sorting at the source to limit contamination by having a deposit on wine bottles, the same as is done for beer bottles and soft drink cans. The recovered wine bottles would then be 100% recyclable. In 2017, a study found that in order for this system to be viable, a deposit of 20¢ - 25¢ on 750 ml bottles of wine would have to be charged. Currently, the SAQ collects 10¢ per bottle sold, to finance recovery and recycling costs. But, wine and spirits bottles account for only 60% of the glass at the sorting center, so what do we do with the 25% of the glass coming from food containers. These containers are only 61% recovered elsewhere.

A technological solution: Éco Entreprise Québec, the organization that manages the rates imposed on container producers in order to finance recovery and recycling, launched the "Verre l'innovation" plan in 2016, which aimed to install new equipment for sorting glass in 5 sorting centers in Quebec. According to initial results, the average purity of glass recovered would be 97%, which, according to them, is enough for the glass to be recycled or used in new applications. If that is true and we achieve that high a recycling rate, to be efficient we would have to equip all the sorting centers. How much would it cost? At the time of writing, the final report was pending.

I hope this helps you to understand the situation a little bit better. For more information on sound waste management, visit www.ecoregie.ca or call 418-775-8445 ext. 1138.

Vincent Dufour, waste management coordinator

Website: <u>www.ecoregie.ca</u>

Email: matresi@mitis.qc.ca

Phone: 418-775-8445, ext. 1138





INFO-PRÉVENTION - Bulletin d'information en sécurité March 2019

Change your batteries when you change your clocks!!

The Fire Department of the MRC La Mitis reminds you that it is important to take advantage of the time change on Sunday, March 10, 2019 to replace batteries in your smoke (and carbon monoxide) alarms. Smoke alarms are the most effective way to save your life and those of your loved ones in case of fire. It is therefore essential to regularly check the operation of alarms and replace batteries periodically, and to check the expiry date of the device because most smoke alarms have only a 10-year lifespan.

Choosing a smoke alarm:

- Ionization smoke alarms are the most common. They're best for detecting fast-flaming fires
 without much visible smoke. They can be triggered by cooking smoke and steam, and so are
 best installed away from kitchens and bathrooms, for example, near bedrooms.
- Photoelectric smoke alarms are best at detecting fires that smolder. They can be installed near
 the kitchen, bathrooms and heaters, as they trigger fewer unnecessary alarms caused by moisture or cooking vapors.
- Alarms equipped with a long-life lithium battery can be a good choice. The battery, located in a sealed compartment, has a lifespan of about ten years.
- If an occupant is deaf or hard of hearing, smoke alarms with strobe lights as well as sound are recommended.
- In any new construction, smoke alarms must be connected to the electrical system and ideally contain a back-up battery in case of power failure.
- The Underwriters Lab of Canada (ULC) logo must appear on the smoke alarm, confirming that it meets Canadian standards.

Don't forget...

In case of fire:

- Get out quickly. Crawl on all fours if there is smoke.
- Go to the meeting point outside your home that you and your family have agreed on.
- Dial 911 once you and your family are safely outside.
- Never return to a building if there is smoke or flames.

With thanks to



And https://www.choice.com.au.

Texte : Ministère de la Sécurité publique du Québec

Vous avez des questions? Contactez :