



Info Métis

Municipal Newsletter

A WORD FROM THE MAYOR:

DEAR CITIZENS OF MÉTIS-SUR-MER

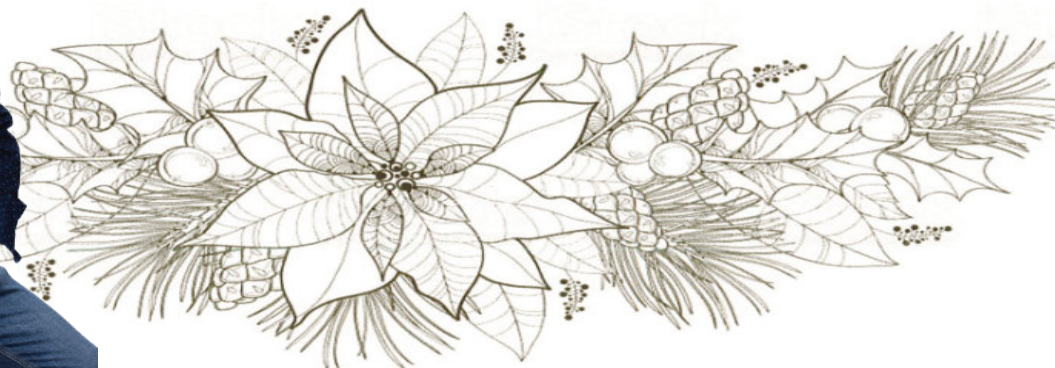
I would like to send you this short message to wish you a happy holiday season and a happy new year.

I am very proud to have the opportunity to participate in the development of our municipality. Being a hands-on man, I am always happy to meet you in our village and to have a chat with you!

Knowing that my citizens are thriving in our beautiful community makes me happy!

Take good care of yourselves and treat yourselves to small and big joys during the holiday season!

**Your mayor,
Jean-Pierre Pelletier**



Ville de
MÉTIS-SUR-MER

Next deadline: **Monday, March 6, 2023**

Contact us: patric.noya@infometis.ca

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



Ville de MÉTIS-SUR-MER

138, Principale, Métis-sur-Mer, Québec

Tél. : 418-936-3255

Courrier électronique : metissurmer@mitis.qc.ca



All the employees of the Town of Métis-sur-Mer wish everyone a very Merry Christmas and a happy new year 2023.

EMPLOYEES OF THE TOWN OF MÉTIS-SUR-MER

ADMINISTRATION

- Stéphane Marcheterre,
- Director General and secretary-treasurer
- Isabelle Dion, Assistant director general and leisure coordinatore
- Jean-Philippe Quimper, Urbanism inspector
- Nathalie Brochu, School monitoring service
- Patric Noya, Agent in vitalization

PUBLIC WORKS

- Frédéric Richard, Director
- Samuel Couillard, Assistant director
- Daniel Brochu
- Éric Brochu
- Michel Migneault
- Bernard Béland

JANITORS

- René Côté
- Lisa Castonguay

FIRE SERVICE

All our firefighters under the direction of Mr. Michel Desrosiers, MSM Fire Department Director





ÉLECTIONS 2022

MATANIE

MUNICIPALITÉS	BARRIAULT	BÉRUBÉ	BOUCHER	LEBLANC	LOUNSBURY	ROSE	TOTAL	% PQ
SAINT-JEAN-DE-CHERBOURG	10	56	0	1	0	0	67	83,58%
SAINTE-PAULE	24	112	3	9	6	0	154	72,73%
SAINTE-FÉLICITÉ	72	352	22	29	11	2	488	72,13%
BAIE-DES-SABLES	38	245	24	28	6	1	342	71,64%
SAINT-LÉANDRE	20	110	6	19	1	1	157	70,06%
MATANE	766	3026	208	313	80	30	4423	68,42%
SAINT-ADELME	39	157	6	23	2	3	230	68,26%
SAINT-RENÉ-DE-MATANE	78	273	9	40	5	3	408	66,91%
SAINT-ULRIC	118	417	26	58	12	2	633	65,88%
LES MÉCHINS	127	284	9	24	10	3	457	62,14%
GROSSES-ROCHES	38	76	3	13	1	0	131	58,02%
TOTAL	1330	5108	316	557	134	45	7490	68,20%

MATAPÉDIA

MUNICIPALITÉS	BARRIAULT	BÉRUBÉ	BOUCHER	LEBLANC	LOUNSBURY	ROSE	TOTAL	% PQ
SAINT-DAMASE	23	144	8	16	5	0	196	73,47%
SAINT-ZÉNON-LAC-HUM.	26	123	3	14	3	0	169	72,78%
SAINT-CLÉOPHAS	21	93	3	7	4	0	128	72,66%
SAINTE-IRÈNE	23	115	8	13	0	0	159	72,33%
VAL-BRILLANT	59	304	9	38	8	3	421	72,21%
SAYABEC	58	377	16	69	10	4	534	70,60%
AMQUI	255	1313	72	206	16	5	1867	70,33%
SAINT-VIANNEY	27	161	5	33	4	1	231	69,70%
CAUSAPSCAL	83	482	26	84	16	3	694	69,45%
LAC-AU-SAUMON	96	391	22	48	5	4	566	69,08%
SAINT-ALEX.-DES-LACS	16	98	4	11	6	7	142	69,01%
SAINT-THARCISIUS	32	130	1	27	1	1	192	67,71%
SAINTE-FLORENCE	31	109	9	9	4	1	163	66,87%
SAINT-NOËL	23	114	9	22	0	3	171	66,67%
SAINT-LÉON-LE-GRAND	63	295	16	59	8	2	443	66,59%
ALBERTVILLE	17	73	3	18	2	0	113	64,60%
SAINT-MOÏSE	42	144	2	17	18	3	226	63,72%
SAINT-MARGU.-MARIE	27	52	3	9	3	1	95	54,74%
TOTAL	922	4518	219	700	113	38	6510	69,40%

Continued on the next page





Ville de MÉTIS-SUR-MER

Tél. : 418-936-3255

Courrier électronique : metissurmer@mitis.qc.ca



MITIS									
MUNICIPALITÉS	BARRIAULT	BÉRUBÉ	BOUCHER	LEBLANC	LOUNSBURY	ROSE	TOTAL	% PQ	
PADOUE	17	81	3	2	0	0	103	78,64%	
SAINT-OCTAVE	17	81	3	2	0	0	103	78,64%	
PRICE	82	473	19	49	5	0	628	75,32%	
LES HAUTEURS	16	146	10	26	2	1	201	72,64%	
GRAND-MÉTIS	15	78	5	7	4	0	109	71,56%	
STE-JEANNE-D'ARC	5	85	8	17	1	3	119	71,43%	
ST-JOSEPH-DE-LEPAGE	35	168	11	18	5	0	237	70,89%	
STE-ANGÈLE-DE-MÉR.	51	250	22	36	5	0	364	68,68%	
SAINTE-FLAVIE	51	223	19	25	5	3	326	68,40%	
MONT-JOLI	281	1149	132	107	42	3	1714	67,04%	
MÉTIS-SUR-MER	37	186	19	25	17	2	286	65,03%	
SAINTE-LUCE	133	475	85	44	12	1	750	63,33%	
SAINT-DONAT	92	333	63	40	9	2	539	61,78%	
LA RÉDEMPTION	30	126	7	37	4	3	207	60,87%	
ST-GAB.-DE-RIMOUSKI	47	248	39	68	4	3	409	60,64%	
ST-CHARLES-GARNIER	23	75	3	26	0	1	128	58,59%	
TOTAL	932	4177	448	529	115	22	6223	67,12%	

PUBLIC INTEREST NOTICE

The Council and all employees of the City of Mitis-sur-Mer wish everyone a very merry Christmas and a happy 2023 New Year. May this holiday season be happy as we look forward to a great year!

We leave the office on December 21, 2022 and return on January 4, 2023.

2023 Session Schedule:

16 January	6 February
6 March	3 April
1 May	5 June
10 July	7 August
11 September	5 October
6 November	4 December





CHRISTMAS TREE PICKING

Do you have a natural Christmas tree? On January 16, 2023, put it on the curb for the special Christmas tree collection. It will be picked up during the week and reduced to chips.



THANKS TO THE RECREATION COMMITTEE



In this time of celebration, your Recreation Coordinator wishes to wish you all a happy holiday and best wishes for the coming year.

I would like to take this opportunity to thank all our volunteers and committee members who are involved in our programming, our projects, our big ideas, and more.

Thank you is a simple word, yet full of gratitude.

See you soon!
Isabelle Dion





Ville de **MÉTIS-SUR-MER**

Tél. : 418-936-3255

Courrier électronique : metissurmer@mitis.qc.ca

«English version»



RECREATION COMMITTEE OF MÉTIS-SUR-MER

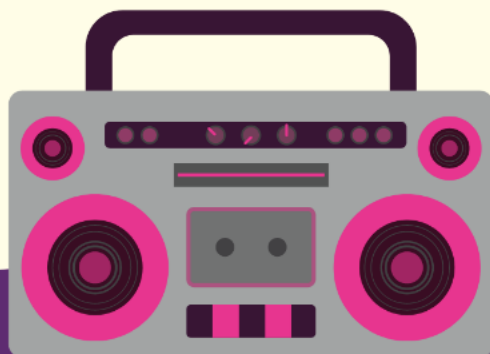
DANSE TEACHER WANTED !

Are you a person who loves to dance and share his passion?

**Do you like toddlers and would like to be a mentor for them
in a series of activities?**

**Good news: we are looking for someone like YOU to give
parent/child dance classes (3-5 years).**

Classes start after the holidays!



For more information or to give your name,
contact Isabelle Dion at
adj.metissurmer@mitis.qc.ca
or 418-936-3255



Blue bin - Recycling

Items accepted

Paper	Newspapers, books, magazines, flyers, phone books, brown bags, envelopes
Cardboard	Corrugated (thick) or flat (cereal boxes) cardboard, cardboard egg cartons, milk/juice cartons
Glass	All sizes and colours of glass bottles and jars
Plastic	Plastic containers of types 1, 2, 3, 4, 5 and 7, rigid type 6, plastic bag and clean agricultural plastic
Metal	Cans, caps, lids, foil, clean aluminum foil and plates, small metal parts

Écocentre

For the list of the accepted items and the opening hours :

428, avenue Roger-Marcoux, Mont-Joli
418-775-8445, ext. 2280

www.ecoregie.ca/collecte/ecocentre-mitis.html



Brown bin Organic waste

Use paper bag, newspapers or compostable plastic bag.

Accepted

FOOD SCRAPS
(raw, cooked or expired)

- Fruits and vegetables
- Meat, poultry, and bones
- Fish and seafood
- Eggs and egg shells
- Nut shells and fruit pits
- Dairy products
- Animal and vegetable fat
- Noodles, bread, grains, and rice
- Cakes, cookies, and candies
- Spreads, jams, and condiments
- Teabags, coffee grounds, and filters
- Foods with sauce or gravy, fried foods

YARD WASTE

- Flowers and plants
- Garden and flower-bed waste

SOILED PAPER PRODUCTS

- Newspapers and paper towels
- Brown bags
- Pizza and pastry boxes

E Bulky items (May 31th, July 26th and September 27th)

Old stoves, fridges, and mattresses are accepted.
No construction materials, tires or branches.

Green depot - Branches and leaves

In front of the fire hall, 249, chemin de la Station.
May 15th to October 15th.

Reserved only for Métis-sur-Mer's residents. Branches and leaves only.

Collection reminder - Waste wizard

Visit the www.ecoregie.ca to subscribe for **FREE** for the collection reminder via SMS, Email or by phone call! Feel free to try the waste wizard app! (*French only*)



For more informations :



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

Website : www.ecoregie.ca

Phone : 418 775-8445, ext. 1138

E-mail : matresi@mitis.qc.ca

City of Metis-sur-Mer

138, rue Principale

Metis-sur-Mer (Québec) G0J 1S0

Phone : 418 936-3255

Fax : 418 775-0011

Email : metissurmer@mitis.qc.ca

Website : www.ville.metis-sur-mer.qc.ca

C'est le même horaire qu'à l'automne dernier à Métis-sur-Mer.

For Metis, it's the same schedule than last fall.



HERITAGE
Lower Saint Lawrence
Bas-Saint-Laurent

130, rue Principale, Métis -sur-Mer
www.heritagelsl.ca (418) 936-3239



HEURES D'OUVERTURE DU CENTRE DE RESSOURCES & BIBLIOTHÈQUE OPENING HOURS OF RESOURCE CENTRE & LIBRARY

10 janvier au 31 mars 2023

/ January 10 to March 31, 2023

Mardi
Tuesday

Jeudi
Thursday

14h - 18h
2 p.m. - 6 p.m.


14h - 16h
2 p.m. - 4 p.m.

Il est possible de prendre rendez-vous avec les employés sur semaine en les contactant directement ou par le biais de la ligne téléphonique générale **(418) 936-3239**.

It is possible to schedule an appointment with employees during the week by contacting them directly or via the general phone line at **(418) 936-3239**.

 www.heritagelsl.ca

 facebook.com/heritagelsl

 418-936-3239





VACCINATION AGAINST SEASONAL INFLUENZA (FLU VACCINATION)

Vaccination against the seasonal flu is still underway and appointments are mandatory. Only people with an appointment will be accepted in the seasonal flu vaccination clinics organized by the CISSS du Bas-Saint-Laurent.

THE VACCINE IS NOW OFFERED FOR FREE TO ALL INDIVIDUALS.

Make an appointment

The fastest way to make an appointment is online: clicsante.ca

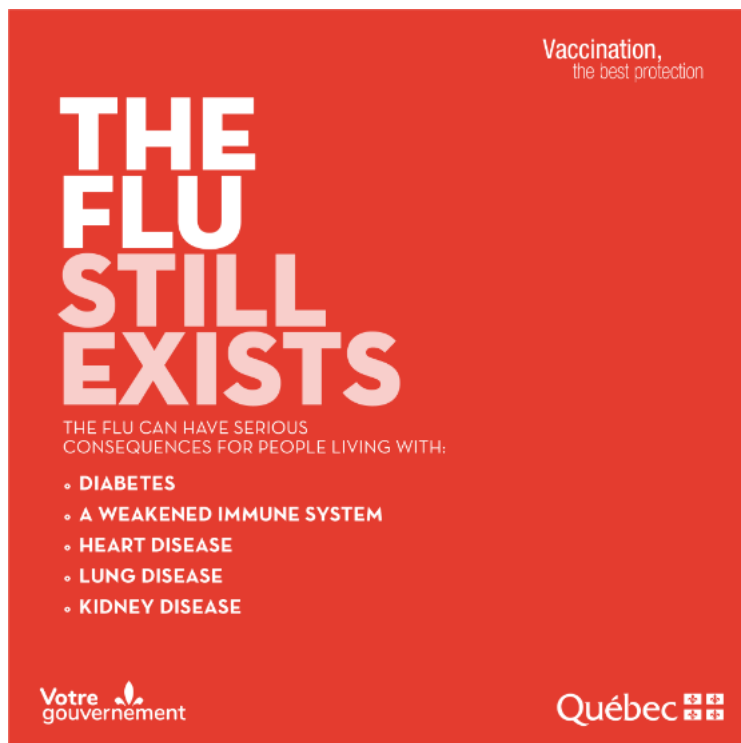
By phone, Monday to Friday, 8am to 6pm: 1-866-445-0601.

CISSS du Bas-Saint-Laurent staff will also be offering the vaccine to residents of long-term and intermediate care facilities, as well as seniors' residences. It is also possible for persons who receive home care services to be vaccinated at home. If you need more information, please ask your healthcare professional.

It will also be possible to receive, upon request, a booster dose of the COVID-19 vaccine during your appointment for the flu vaccination.

Everybody will have to wear a mask at the vaccination clinics. People experiencing flu-like symptoms are requested to postpone their appointments.

Vaccination = The. Best. Protection.
Visit grippe.cisssbsl.com for details.



Vaccination,
the best protection

THE FLU STILL EXISTS

THE FLU CAN HAVE SERIOUS
CONSEQUENCES FOR PEOPLE LIVING WITH:

- DIABETES
- A WEAKENED IMMUNE SYSTEM
- HEART DISEASE
- LUNG DISEASE
- KIDNEY DISEASE

Votre
gouvernement

Québec





COMMUNITY HEALTH EDUCATION PROGRAM (CHEP)

We invite you to join us, from the comfort of your home, for any of those Videoconferences, offered in English – for Free - via Zoom.

On the following Wednesday mornings, from 10:00 am - 11:30 am:

Jan 18th, 2023

Financial health and stigma: The hidden cost of debt

Yves Patrice Beaudin, CIRP, Liscenced Insolvency Trustee

Feb 15th, 2023

Keeping your back and spine healthy as you age

Samya Tatone, Pilates Instructor and Candidate in Doctorate of Osteopathy

March 15th, 2023

Eating well to both prevent and live with diabetes

Perform Centre, Concordia University (speaker to be determined)

You must register a few days in advance. You can register by emailing Marie-Claude Giroux at mcgiroux@heritagelsl.ca. She will send you the link to register online.

A CHSSN initiative funded through Health Canada's

Official Languages Health Contribution Program 2018-2023





FOR IMMEDIATE RELEASE

PRESS RELEASE

RESPITE CARE FOR CAREGIVERS IN LA MITIS

As part of its support program for caregivers, the Centre d'action bénévole de La Mitis informs you that a home or group respite service is available to the population of La Mitis.

If you are a caregiver and wish to take some time for yourself or to accomplish your different tasks, you are just right for this service.

For more information, do not hesitate to contact **Maurice Noudogbessi** at **418 775-4144 ext. 226**.

Source : info.mitis@actionbenevolebsl.org



Heure du conte pour les Fêtes
à nos deux centres de ressources
Métis-sur-Mer & Rimouski
Le jeudi 22 décembre 2022
de 14h à 16h
Tous sont les bienvenus!

Holidays' Storytelling
at both resource centres
Metis-sur-Mer & Rimouski

Thursday, December 22, 2022
from 2 to 4 pm
Everyone is welcome!



HERITAGE
Lower Saint Lawrence
Bas-Saint-Laurent

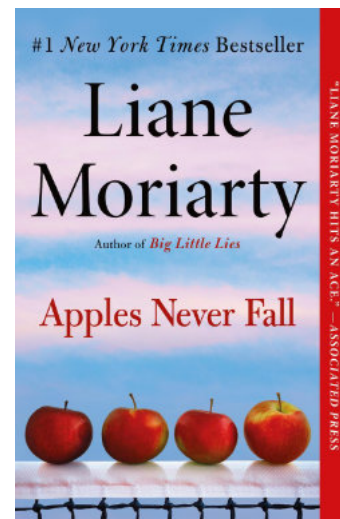
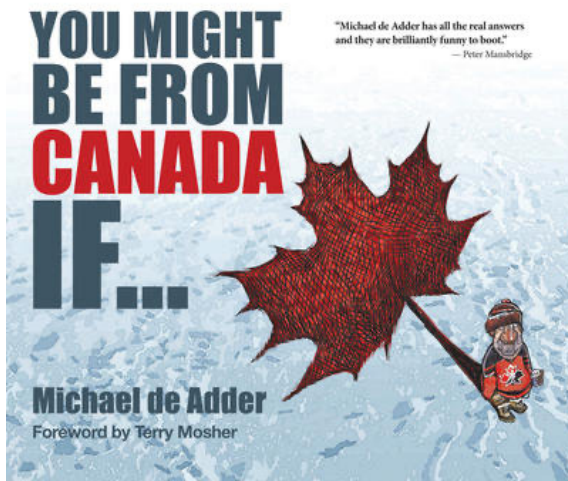
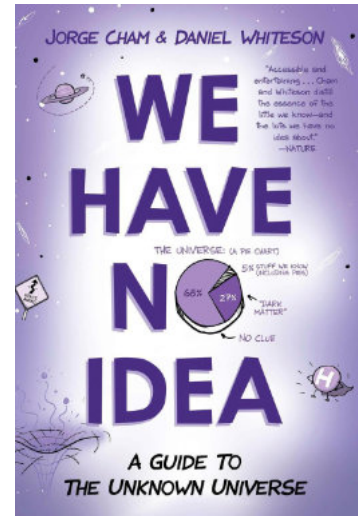
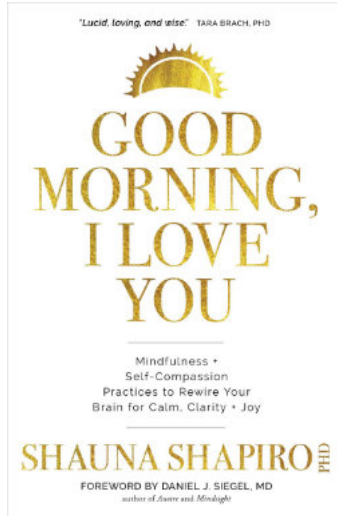
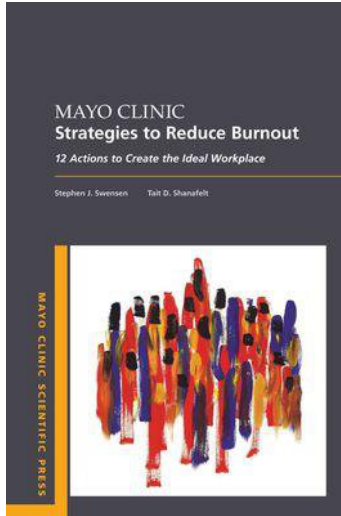


BIBLIO
de Bas-Saint-Laurent

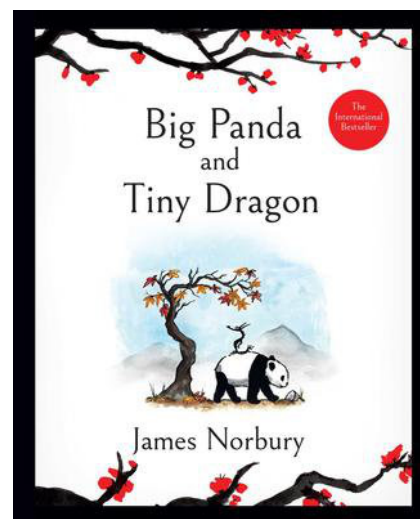
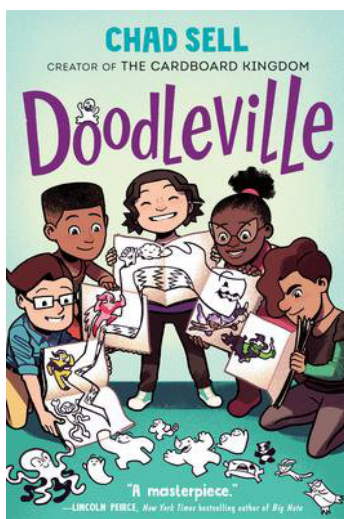


BOOK SUGGESTIONS

Adults



Youth & General Audience




Contactez la personne ressource pour les proches aidants de La Mitis

M Maurice Noudogbessi
111, Av de la Gare
Mont-Joli, G5H1P1

Téléphone : 418 775-4144 #226

Courriel:
info.mitis@actionbenevolebsl.org

 Suivez-nous sur Facebook:
[https://www.facebook.com/
cab.delamitis](https://www.facebook.com/cab.delamitis)

**CENTRE
D'Action BÉNÉVOLE
DE LA MITIS**

Qu'est-ce qu'un répit ?

Le répit est un service qui procure aux proches aidants un temps de détente afin de diminuer le stress et la fatigue supplémentaires occasionnés par les besoins particuliers d'un aîné ayant une incapacité. Autrement, c'est un service offrant un support afin d'éviter l'épuisement physique et psychologique chez les proches aidants des personnes aînées en perte d'autonomie.

Répit aux proches aidants Que sais-je?

Intervention communautaire pour les proches aidants de La Mitis



Vivre en aidant

FORMES DE RÉPIT OFFERTS

Deux formes de répit sont offerts :

LE RÉPIT À DOMICILE

C'est le service donné par l'intervenant communautaire à la personne aidée à la maison afin de permettre au proche aidant de vaquer à une autre préoccupation.

LE RÉPIT DE GROUPE

À la différence du répit à domicile, le répit de groupe est un service donné par l'intervenant communautaire à un groupe de deux (2) à (6) personnes aidées au sein de notre organisme afin de favoriser, entre autre la socialisation.

NATURE DE SERVICE S OFFERTS

Lors du répit, la personne intervenante

-Assure une présence auprès de la personne aidée, pratique une écoute active et favorise l'inclusion sociale

-planifie et anime des activités adaptées de stimulation avec la personne.

Exclusion

Dans les tâches auprès de la personne sont exclues les soins (médicaux et d'hygiène) ainsi que les traitements.

DURÉE DU RÉPIT

Les activités de répit durent 2 à 3 heures maximum. Le service du répit peut être donné en AM ou PM.

Contribution financière

Une contribution financière est demandée pour le service d'accompagnement transport, si nécessaire.

La contribution est 2\$

Maintenant, des infirmières et des
travailleurs sociaux au même numéro



INFO-SANTÉ / INFO-SOCIAL
24 H SUR 24 - 7 JOURS SUR 7

Appui
proches aidants



HERITAGE LOWER ST LAWRENCE CELEBRATES!

By Micheline Williams

On Friday, November 25th, at the town hall, Heritage Lower St Lawrence launched the community project *Live Our Heritage* and paid tribute to Pamela Andersson as she retired from her roles as Historical Projects Coordinator and Community Liaison Officer.

The launch was the perfect time to announce the winners of the final photo contest of the project and to celebrate the reception of the 2022 Governor General's History Award for Excellence in Community Programming for the *Live Our Heritage* project.



Photo of the medal

What is the *Live our Heritage* Project?

Live our Heritage is the brainchild of Pamela Andersson who shared it with Barbara Amsden. It aimed to collect, preserve and tell the history of Métis-sur-Mer with and for you, dear community, through various activities. The pandemic altered our plans; we adjusted activities to the situation, and in some cases postponed them. Here is how and where you could and still may appreciate the results of this community work:

- **Trails:** Thematic articles illustrated with pictures and sometimes accompanied by interview excerpts are available online on our website, year-round and from anywhere. They present and highlight

Métis-sur-Mer stories as viewed through your eyes and words. They are the end result of several years' effort to interview about fifty community members, to collect information through various community activities and to do research work on documents.

- **Mosaics:** Metis Beach school students created mosaic stools inspired by their interest in the local natural history. You can find them at the school, at the

Reford Gardens and at the Parc de la Riviere. In addition, two mosaic benches will be completed next summer at the Leggatt's Point and United Church cemeteries.

- **Photography:** You were able to participate in several thematic photo contexts and to view resulting photo exhibitions.

- **Quilting:** Although the planned collective quilting could not take place due to pandemic-related constraints, exhibitions were set up to collect items and show the community's rich and diverse talents and great creativity.

- **The Torch:** A memorial was erected in honor of those who have served and continue to serve our community. It stands in front of the municipal office. You will also find a list of all of our community members who served on our website.

Continued on next page



HÉRITAGE BAS-SAINT-LAURENT FÊTE !

To realize all of these components a team was created consisting of Pamela Andersson, Barbara Amsden, Lisan Chng, Micheline Williams and Diane Dubois. Our job was to engage the community to work with us on the completion of Pam's vision. We are very grateful to all of you who participated in and contribute to this collective endeavor.

This project was put forward for nomination and received the 2022 Governor General's History Award for Excellence in Community Programming. Pamela and Barbara attended the Gala at in Quebec City to receive this prestigious award from Her Excellency the Right Honourable Mary May Simon, Governor General.

We also took advantage of celebrating the exhibition and project evening to



Pamela Andersson et Barbara Amsden

celebrate Pamela Andersson as she retires from her roles as Historical projects coordinator and community liaison officer at Heritage. Pamela was the first employee hired by Heritage in 2002, and her main focus was to gather and document

our rich history. Her numerous exhibitions and publications gathered the community and encouraged people to dig into their personal archives and share their items, photos and stories over the years. Her dedication to this task was extraordinary and her legacy is a rich collection that is available for everyone to enjoy for generations to come. The theme of her party was *Retired and Admired*. This says it all and we have very big shoes to fill. Wishing her all the best with our thanks and admiration for a job well done.



THE GREEN NEWSLETTER

DECEMBER 2022 - « THE BEST GIFT OF ALL »



Hello,

Halloween is far behind, the snow has arrived and Mariah Carey has pulled out mothballs to sing to us that what she wants for Christmas is us! And what do we want for Christmas? Less waste! So let's put on our green Santa Claus clothes driving a moon-powered sleigh (solar power is rarer on Christmas night) and find out how to make the most beautiful gift for our children and grandchildren:

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.
- **Close 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!
- **Do a good management of your meals** by making sure that the remaining 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

Site web : www.ecoregie.ca

Courriel : matresi@mrcmatapedia.quebec

Tél : 418 629-2053, poste 1138

Facebook : [@RITMRMatapediaMitis](https://www.facebook.com/RITMRMatapediaMitis)

Courriel: matresi@mitis.qc.ca

Tél. : 418 775-8445, poste 1138



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





Info Métis



PUBLIC INTEREST NOTICE FOR THE MITIS REGION

"THE MITIS LAB OFFERS YOU, LE VIRAGE, an entrepreneurial pathway focused on the acquisition of knowledge and the development of digital skills.

It is intended for entrepreneurs, organizations and municipalities of La Mitis. It includes 10 three-hour training sessions: 8 by videoconference and 2 in person at the Mitis Lab in Mont-Joli.

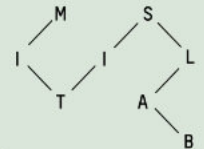
The weekly meetings are a great opportunity for networking between the participants and the trainers.

Visit the website www.mitislab.ca/le-virage for more information and to register, or you can [email info@mitislab.ca!](mailto:info@mitislab.ca)"

Parcours Le Virage

COHORTES 2023

Présenté par



Vous êtes un entrepreneur?
Votre entreprise est en démarrage?
Vous êtes un organisme?

Nous acceptons
actuellement les
candidatures!



Qu'est-ce que Le Virage?

Le Virage est un parcours de formation qui vise à aider les entrepreneur.es, PME et organismes à choisir les outils numériques qui conviennent le mieux pour optimiser leur organisation. Ils se familiarisent avec des outils numériques de gestion administrative, de ressources humaines et d'attraction de clientèle.

Intéressé?
Écrivez-nous!

courriel : info@mitislab.ca

site internet :

www.mitislab.ca/le-virage





Info Métis



PUBLIC INTEREST NOTICE FOR THE MITIS REGION

I would like to take advantage of this time of the year to thank you for your precious clientele during my summer season of **Massage en Bord de mer**.

For the next year, I wish you health and happiness!

Did you know that you can order gift certificates for a 60-minute massage of your choice and receive 15 minutes as a bonus.

By email: massotherapielf@videotron.ca

Lucie Falardeau, massage therapist



JARDINS DE MÉTIS & DISTILLERIE DE LA MITIS

PAIRING MEAL (4 COURSES AND 4 SPIRITS)

DECEMBER 15

Our chef, Frédérick Boucher, and the Distillerie de la Mitis are proud to present their dinner quartet!

Frédérick will develop 4 courses that will pair perfectly with the 4 cocktails designed especially for the event by the Distillerie de la Mitis.

Come celebrate the start of the holiday season in an enchanting setting at the Jardins de Métis!

Price per person: \$85 + taxes and service

Reservations by **Messenger**,
by **email** at reservation@jardinsdemetis.com,
or by **phone** at 418-775-2222

The menu will be revealed soon!

Reserve your place quickly, spaces are limited.





COMMUNITY TRAINING ROOM – WINTER 2022-2023

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

START OF THE NEXT SHOTOKAN KARATE SESSION: JANUARY 10, 2023

Instructor: Sensei Claude Deschênes, 7th dan (black belt)

- Member of the *Association de karaté japonais du Québec* (AKJQ)
- Member of the International Karate Daigaku (IKD)
- Certified instructor with over 40 years of experience
- Teaching focused on control rather than combat
- **Possibility of local and regional competitions, or even higher!**

Classes offered to families, adults and children 8 years and older on Tuesday and Thursday evenings at 6:30 pm! Shotokan Karate, without contact, is the most practiced form of karate in the world and is suitable for all ages and fitness levels.

For more information on classes or to join the Club, contact **Claude Deschênes** directly at 418-965-0717 or by email at claudedeschenes1@hotmail.com

Gym Schedule

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mornings						
					9:00 – 10:30	
Afternoons						
	12:00 – 1:30		12:00 – 1:30	12:00 – 1:30		
	3:00 – 4:30					3:00 – 4:30
Evenings						
7:00 – 8:30	6:30 – 8:30	7:00 – 8:30	6:30 – 8:30			7:00 – 8:30

MEMBERSHIP FEES: Adults : 30 \$/month or 5 \$/day

Couples : 45 \$/month

Stuents : half price

Information : Stéphanie au 418-936-3020 ou CLD-MsM@proton.me





Info Métis



A NATIONAL AWARD FOR THE ÉCOLE DES CHEMINOTS - L'ENVOL

Congratulations to the 26 students from grades 1 to 6 of l'Envol's École des Cheminots who participated in the Vegetable Quilt for Mustangs project! Our school won the Essor Recognition Award on December 5th thanks to this initiative. Congratulations to Philippe Cavanagh, David Leclerc, Valérie Piché and Sébastien Rioux, who were responsible for the project.

The students have been working on the design of this giant quilt with the help of their teachers, Valérie Piché and Philippe Cavanagh, since the fall of 2021. The school project allows the students to mobilize various notions. The 100 m² plant work is located in the enclosure of the "moutondeuses", the flock of sheep that maintains the lawn at the entrance to the Jardins de Métis site.



PHOTO: COURTESY OF THE CENTRE DE SERVICES SCOLAIRES DES PHARES



ACTIVITIES OF THE 50+ CLUB OF MÉTIS-SUR-MER



For info. : 936-3525
(Hélène Gendron, vice-president)



Valentine's Day Dinner Dance

Saturday, February 11 from 5pm

At the Leisure Center

Bar service

Members: \$18

Non-members: \$20

For the evening starting at 8pm: \$5

➤ *Reserve before February 4*

Women's Day Dinner

Wednesday, March 8 from 11:30 a.m.

At the Centre des Loisirs

Members: \$12

Non-members: \$14

➤ *Reserve before March 3*



ACTIVITIES OF THE 50+ CLUB OF MÉTIS-SUR-MER



Pour info. : 936-3525
(Hélène Gendron, vice-présidente)

Fridays 5 à 7



January 20th
Pizza

Order your pizza at the Atelier culinaire
Pierre-Olivier Ferry
And bring your favorite drinks
at the Center des Loisirs

March 17th
Jasette

Bring your favorite drinks at the Center des Loisirs
We provide the chips

Discovery Wednesdays at 2 p.m.

With free beverage and cookies for members
and low cost for non-members



Au Centre des Loisirs

February 1st

Discover each other
Meet jasette

March 8

Discovery of the Wii Fit
with Isabelle Dion

April 19

Discovery of the landscape
Walk followed by a meeting at the Leisure Centre

Chair Yoga with Josée Boulianne

Mondays at 2 p.m. from January 16 to March 6

adapted for the elderly

\$10.00 per class

8 courses with a \$5 discount each for members
of the 50+ Club of Métis-sur-Mer

➤ *Don't forget your membership card*
For info. : joseeboulianne@gmail.com



Chaise yoga

