



Info Métis

Municipal Newsletter

HIGHLIGHTS OF THE 2021 FINANCIAL REPORT

CITY OF MÉTIS-SUR-MER

Dear taxpayers and citizens,

In order to ensure greater transparency in municipal administration and in accordance with the new provisions of the Cities and Towns Act, I am pleased to present the highlights of the 2021 financial report. The consolidated financial statements as at December 31, 2021 were presented on Tuesday, September 6, 2022 by video conference.

FINANCIAL STATEMENTS AS AT DECEMBER 31, 2021

First, for the fiscal year ending December 31, 2021, the Municipality's revenues (excluding investments) amounted to \$1,883,382 while expenses totaled \$1,771,464.

At the end of fiscal year 2021, the Municipality's long-term debt was \$5,897,800 while the net value of our long-term assets was \$10,009,997.

At December 31, 2021, the operating surplus for tax purposes for the year was \$100,623.

continued on next page



Ville de
MÉTIS-SUR-MER

Next deadline: **Monday, December 12, 2022**

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



INDEPENDENT AUDITOR'S REPORT AS AT DECEMBER 31, 2021

The financial statements of the City of Métis-sur-Mer have been audited by the firm Raymond Chabot Grant Thornton. The auditor's report is unqualified and states that the consolidated financial statements presented fairly present the financial position of the City of Métis-sur-Mer as at December 31, 2021.

SALARIES OF ELECTED MUNICIPAL OFFICIALS

As required by Section 11 of the Municipal Elected Officials Salary Act, the remuneration and expense allowance paid to elected officials in 2021 is as follows

	RÉMUNÉRATION	ALLOCATION	TOTAL
MAIRE	8 597 \$	4 598 \$	13 195 \$
CONSEILLERS	2 412 \$	1 205 \$	3 617 \$

Jean-Pierre Pelletier,
Mayor

From now, citizens will no longer have to contact the municipal office for the big pick up.

However, you should always put your items next the road the day before the collections.

The next date for the collection is **September 28**.

CONSTRUCTION MATERIALS REMAIN PROHIBITED.

Thank you





Ville de MÉTIS-SUR-MER

Tél. : 418-936-3255

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PUBLIC NOTICE TO RESIDENTS OF METIS –SUR-MER

REGULATION 22-160 TO AMEND REGULATION 12-73 ESTABLISHING A HOME OWNERSHIP AND FAMILY ASSISTANCE PROGRAM IN MÉTIS-SUR-MER

PUBLIC NOTICE is hereby given by the undersigned, Stéphane Marcheterre, Director General and secretary treasurer that the municipal council of Métis-sur-Mer adopted, on September 13th, 2022, Regulation 22-160 to amend Regulation 12-73 establishing a home ownership and family assistance program in Métis-sur-Mer. Any interested party may consult the said By-Law at the office of the Municipality.

This By-Law comes into effect in accordance with the Law.

GIVEN AT MÉTIS-SUR-MER this 13th day of September 2022.

Stéphane Marcheterre
Director General and secretary treasurer

THE CLEANING OF THE CHIMNEYS OF YOUR PROPERTY IS A SIMPLE BUT AN ESSENTIAL PROCEDURE.

The accumulation of creosote inside the chimney represents a high risk of fire. In addition, a chimney fire can reach the interior walls and the roof of your house.

You can consult the list of the chimney cleaners accredited by the Association des professionnels du chauffage (APC), recognized by the Régie du Bâtiment du Québec, at the following address: www.poelesfoyers.ca.

It is no longer necessary to call the municipal office to check in, the municipality no longer keeps a reservation list. You must directly contact a chimney sweep of your choice to carry out the work.

We could recommend the JML Companies of St-Ulric. You contact them directly at 418-560-6286

Thank you





Ville de MÉTIS-SUR-MER

Tél. : 418-936-3255

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RETURN OF THE BREAKFASTS

FRIDAY BREAKFAST IS BACK!

At the Recreation Center (10, rue de l'Église)

From 8am to 10am

every Friday

starting October 14th



BREAKFAST AT POPULAR PRICES

We look forward to meeting you there!

WANTED: occasional or regular volunteers.

To offer your availability, please contact Martine Bouchard at 936-3373.

COMITÉ DES LOISIRS

INVITATION À L'AGA DU COMITÉ

OCTOBER 19 AT 18:30

Welcome to all citizens who wish to get involved in the committee! Coming soon this winter, a youth division! If you want to know more about it, inform yourself on the Facebook page of the City of Métis-sur-Mer in private message.






HERITAGE
Lower Saint Lawrence
Bas-Saint-Laurent

 www.heritagelsl.ca

 facebook.com/heritagelsl

 418-936-3239

NEW FALL SCHEDULE

METIS-SUR-MER RESOURCE CENTRE AND BILINGUAL LIBRARY



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

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

2 septembre au 22 décembre 2022 / September 2 to December 22, 2022

Mardi
Tuesday

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

Jeudi
Thursday

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

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.

Please take note that our offices will be closed on Monday, October 10th, 2022 for Thanksgiving.





HELP US TO BETTER SERVE YOU

An upcoming consultation of the regional English speaking community

This fall, Heritage Lower Saint Lawrence will begin a consultation of English speakers in the region, in an ongoing effort to get to know the English speaking community and to better understand their needs.

The community consultation will address participants' origins, access to health care and social services, employment, education, sociocultural opportunities, and more.

Participants of all ages are needed!
Please help us to spread the word.



Thank you for helping us to improve our services.

You can sign up to participate in this community consultation here: <https://heritagelsl.ca/needs-assessment/>

For more information: Alexandra Rao
(581) 814-0794 or arao@heritagelsl.ca



DO YOU WANT TO BE IN THE LOOP?

Sign up for our monthly newsletter and stay informed on upcoming activities and news. Signup on our website at www.heritagelsl.ca or send us an email at info@heritagelsl.ca asking us to add you to our mailing list.

You can also follow us on Facebook.





Online Library Committee Meeting

Tuesday, October 4th, 2022

from 10 to 11 am

Online via Teams

If you are new, please send us an email to register at library.metis@heritagelsl.ca

A perfect opportunity to express yourself about the library services, to share your ideas, reading suggestions and more. Everyone is welcome!

CHEP: HEALTH VIDEOCONFERENCE

- **Incontinence and Pelvic Floor Rehabilitation**

Wednesday October 19th, 2022 - 10:00 am – 11:30 am (EST)

With: Chantal Dumoulin, PhD, Canada Research Chair in Urogynecological Health and Aging Research center, University Institute of Geriatrics of Montreal

- **Coping with Chronic Pain: A Summary of the Work by the Canadian Pain Task Force**

Wednesday, November 16th, 2022 - 10:00 am – 11:30 am (EST)

With: Dr. Manon Choniere and Dr. Patricia Poulin, members of the Canadian Pain Task Force.

Contact Marie-Claude Giroux for more information or to register at mcgiroux@heritagelsl.ca.



Pause biblio de 10h à 11h30

à nos deux centres de ressources:

Métis-sur-Mer & Rimouski

les dimanches 16 et 30 octobre 2022

Lecture, découvertes et plaisirs garantis!

TOUS SONT LES BIENVENUS !

Stopover at the Library 10 am to 11:30 am

at both of our Resource Centres:

Métis-sur-Mer & Rimouski

Sundays, October 16 and 30, 2022

Reading, discoveries, and fun guaranteed!

EVERYONE IS WELCOME!



HERITAGE
Lower Saint Lawrence
Bas-Saint-Laurent

BIBLIO
du Bas-Saint-Laurent

REMEMBRANCE DAY CEREMONY

Heritage will be holding a Remembrance Day Ceremony as usual.
Information on this will be sent out in the mail along with the Remembrance Quiz.

DONATION

Thank you very much everyone for your many book donations throughout the year. We appreciate your donations since it allows us to encourage literacy, and share more books with more people.

Please note we only accept books that have been published in the last ten (10) years.

If you have older literature classics, please contact Milène Bélanger
mbelanger@heritagelsl.ca.

If you have historical resources, please contact Pamela Andersson at
pandersson@heritagelsl.ca.





WORD PLAY

Ateliers Parents-Enfants
Gratuit - en ligne - 6 sessions

**DEVENIR UN PARTENAIRE ACTIF DANS
LE DÉVELOPPEMENT LANGAGIER DE
VOTRE ENFANT**

ateliers interactifs hebdomadaires d'une durée de
2 heures animés par une orthophoniste

- Est-ce que votre enfant est sur une liste d'attente pour des services d'orthophonie?
- Le développement langagier de votre enfant est-il influencé par d'autres facteurs?

SAMEDI MATIN

Découvrir et s'exercer aux
stratégies de développement
du langage tout en jouant
avec votre enfant

28 janvier, 2023
4, 11 & 18 février,

Centre Mosaïque de Québec

HERITAGE
Lower Saint Lawrence
Bas-Saint-Laurent

Pour plus d'informations:
Alexandra Rao
arao@heritagelsl.ca

Our WordPlay Parent-Child Language Development workshops are coming back online in January – February 2023! Registration is limited, please contact Alexandra Rao at arao@heritagelsl.ca for more information.

These workshops are supported by the Public Health Agency of Canada's Healthy Early Years program, in collaboration with our partners, the Centre mosaïque de Québec and the Community Health and Social Services Network (CHSSN).



WALK THE TALK

Soyez un membre informé de votre communauté

• **Session 1**

Le bilinguisme: briser les mythes et soutenir votre enfant bilingue (Focus 0-5 ans)



Our Walk the Talk Information Sessions on Speech and Language Development for teachers, caregivers, early childhood educators and health professionals are coming back online in January – February 2023!

This year, we will present the two following sessions:

Session 1: Bilingualism: mythbusting and supporting your bilingual child (Focus 0-5 years)

Session 2: Get outside! Outschooling approaches and language stimulation through our natural environment (Focus 3-5 years)

Please contact us at arao@heritagelsl.ca or (581) 814-0794 to register or for more information.



• **Session 2**

Allons dehors! Les approches pédagogiques en plein air et la stimulation du langage par la nature (Focus 3-5 ans)

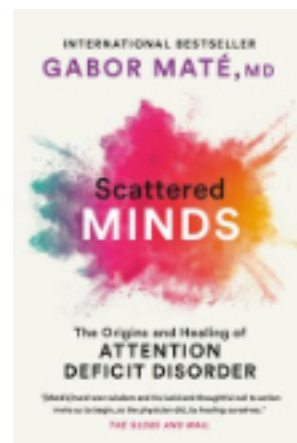
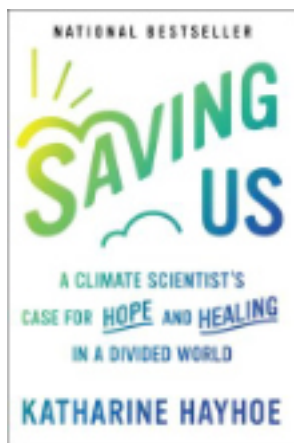
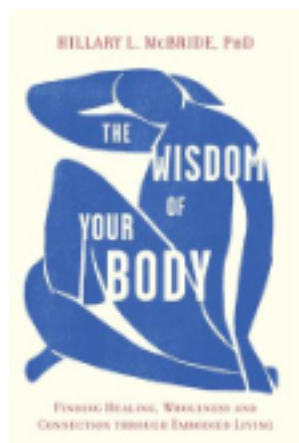
Ces sessions virtuelles et gratuites seront présentées en direct, janvier-février 2023!

Pour vous inscrire, veuillez contacter Alexandra Rao à arao@heritagelsl.ca ou par téléphone (581) 814-0794.

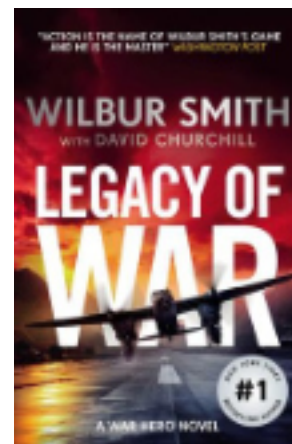
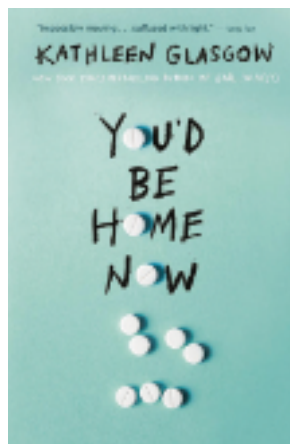
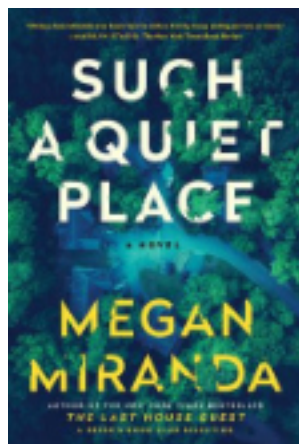


BOOK SUGGESTIONS

Adult Non-Fiction



Adult Fiction



General Audience Non-Fiction



JOB OFFER

Our research team is growing! Are you passionate about social work and social research? Do you want to help us learn more about the English-speaking community in the Lower Saint Lawrence using a variety of social research techniques? Learn more about our new Research Assistant and Internship opportunities, and send us your application!



For more information: <https://heritagelsl.ca/job-offer-research-assistant-and-internship-in-social-work/>

UPCOMING ACTIVITIES

Prenatal information meetings are designed to prepare parents for a positive pregnancy, birth experience and the early days of their child's life.

Thanks to a new collaboration with the CISSS-BSL, the CIUSSS-CN, and Jeffrey Hale Community Services, English-speaking expectant mothers and their partners in the Lower Saint Lawrence can now benefit from prenatal info sessions in English.

During these group meetings of just over two hours each, you will find answers to questions that you may have during your pregnancy about labor and delivery, becoming parents, and feeding your baby.

This is also a great opportunity to meet other couples and share your experiences as future parents. The next prenatal info sessions will begin on October 6, 2022. Please contact Heritage Lower Saint Lawrence at info@heritagelsl.ca for more information on how to register!



THE GREEN NEWSLETTER

OCTOBER 2022 - « WHAT DOES ZERO WASTE MEAN? »

Hello,

Zero Waste. You may have heard the expression before, but what is it?

While the first use of the term is unknown, the first definition comes in 2004, then revised in 2018, by the Planning Group of the Zero Waste International Alliance. This definition goes as follows: "The conservation of all resources by means of responsible production, consumption, reuse, and recovery of products, packaging, and materials without burning and with no discharges to land, water, or air that threaten the environment or human health".

In short (and unsurprisingly), create no waste.

In 2013, the book Zero Waste Home by Béa Johnson will take the Zero Waste concept further and create a real planetary movement. In this book, the author explains how her family, a family like yours, managed to generate less than one kilogram of waste per year. The recommended principle is the adoption of the 5Rs (now 7Rs and sometimes more):

- **Refuse:** Say no to promotional items, disposables, etc.
- **Reduce:** Ask yourself "Do I really need this? ".

- **Reuse:** Prefer reusable or reused products to disposable products.
- **Recycle:** Use your blue bin or ecocentre.
- **Rot what is left:** Use your brown bin or compost
- **Repair (add-on):** Repair a broken object when possible
- **Reinvent (add-on):** Change your consumption practices with gardening, bartering, using active or public transportation, etc.

Zero Waste is an objective, a path to reduce our impact on the environment. It must be seen as a joint effort, as a family or collectively. It is better 100 people who practice Zero Waste moderately than 1 person who practices it perfectly.

Until the next Green Word, I invite you to make an effort to move towards Zero Waste by applying one or more of the 7Rs mentioned in this article. See you next time!

Vincent Dufour, waste management coordinator



Site web : www.ecoregie.ca
Courriel: matresi@mitis.qc.ca
Tél. : 418 775-8445, poste 1138





Info Métis



"**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.

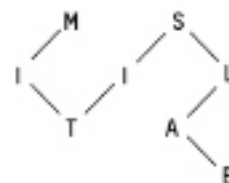
The weekly meetings are a great opportunity for networking between the participants and the trainers.

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



Mitis Lab - Le Virage

COHORTES 2022



Vous êtes un entrepreneur?

Votre entreprise est en démarrage?

Vous êtes un organisme?

Nous acceptons
actuellement les
candidatures!

Qu'est-ce que Le Virage?

Il s'agit d'un parcours d'accompagnement introductif à la transformation numérique. Mis sur pied au début de la pandémie, Le Virage vise à aider les entrepreneur.es, PME et organismes de La Mitis à être plus compétitifs grâce à une présence numérique attrayante, réfléchie et efficace et une transformation numérique de leur façon de faire.

Intéressé?
Écrivez-nous!

courriel : info@mitislabs.ca

site internet :

www.mitislabs.ca/le-virage





Info Métis



PUBLIC INTEREST NOTICE FOR THE MITIS REGION

GARAGE SALE

at 18, chemin de la Pointe Leggatt
Sunday, October 9 (in case of bad weather on Monday, October 10)
from 10am to 4pm

Various items: decorations, books, CDs, DVDs, kitchen items, jewelry, frames, games, clothing, collector's items (coca-cola, beer, and more), etc.

There will also be items to donate!

Pre-sale on the Facebook page : La vente de Garage de Lucie

Payment by cash or interac transfer.

A part of profits will be used to buy baby food to give in Christmas baskets.

TAÏ CHI MÉTIS

Tai Chi courses starting Monday,
October 3 at Metis Beach School.

Information:

Price: 35\$ per month

Time: 6:30 PM to 7:30 PM

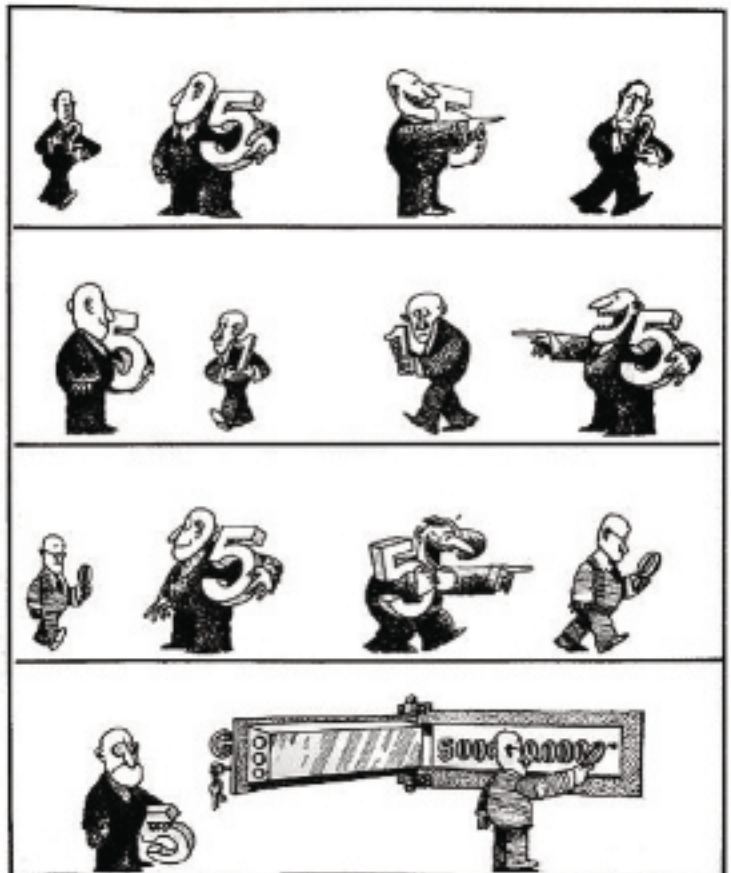
Place: Metis Beach School, 498, rue
Beach, Métis-sur-Mer

Material: comfortable shoes and clothing

To register please contact:

Rémi Deschênes : 418-v750-5076

Nancy Beauchemin: 418-936-3808





Info Métis



PUBLIC INTEREST NOTICE FOR THE MITIS REGION

EXPXPO-SALE OF POLLO CREATIONS

Looking for regional handicrafts for yourself or to offer?

Créations Pollo offers you a unique collection of original knitwear for the whole family such as teddy bears, ponchos, slippers, fingerless mittens, coffee collars, pockets for the Tooth Fairy and more...



Also available: **Maritime crafts:**
Marine gardens, bottles

Sunday October 9th from 10:00 am to 4:00 pm (Monday the 10th, in case of bad weather)



By appointment at 418-775-2417

Créations Pollo

sudoku #7

	5						3	2
2				7		5		
6					5			7
	6		3			8	7	9
9	4	8						
					8	2		4
4	3			8	7	6	2	
	2			5		9		
		9		2				

sudoku #8

		2						3
		3		4			8	
					5			6
		5					6	9
	3		9	8				2
	6	8			7	4		
	2	7			4			
		4					9	8
	9	6	3	2			7	5





Info Métis



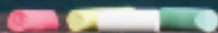
PUBLIC INTEREST NOTICE FOR THE MITIS REGION

SUPPLY TEACHERS NEEDED!

We are seeking applicants for supply
teaching positions for Metis Beach
School!



Join Our Team Now!
Please send your CV to:
mbs.admin@essb.qc.ca





Info Métis



PUBLIC INTEREST NOTICE FOR THE MITIS REGION



CALLING ALL VOLUNTEERS!

We are looking for volunteers to help our students with their reading, with the library, to help with activities, etc. !

Please call 418-936-3288
or email
mbs.admin@essb.qc.ca
if you are interested in
signing up!





LE CLAC ET LES JARDINS DE MÉTIS PRÉSENTENT HISTOIRES ET POÉSIES POUR METTRE LE FEU AVEC STÉPHANIE PELLETIER ET ROBIN SERVANT

Mont-Joli, September 12, 2022 - The Carrefour de la littérature, des arts et de la culture (CLAC) is partnering with the Jardins de Métis as part of the Elsie 150 celebrations, to present the show *Histoires et poésies pour mettre le feu*. Author Stéphanie Pelletier and musician Robin Servant will be on stage at the Grand Hall of the Jardins de Métis on Friday, October 28, 2022 at 7:30 pm.

On the occasion of the launch of her latest collection "Ce qui brûle bien" (What burns well), author Stéphanie Pelletier and her accomplice, musician Robin Servant, invite you to a unique show that can be summed up in this long list: Dolly Parton's song Jolene, a pool game that goes wrong, a stranger who breaks up the party, a woman who merges with the tapestry, a mysterious island off the coast of Métis-sur-mer hidden behind the Ball of Balls and half a dozen teenagers who embark on a living ship for a journey from which they will return transformed.

Follow Stéphanie Pelletier and Robin Servant in this show, halfway between magical realism and an initiatory journey, no doubt you too will come out of it a little transformed.

Stéphanie Pelletier is a writer, literary artist, playwright, storyteller and actor. Her collection of short stories *Quand les guêpes se taisent* (Governor General's Literary Award in 2013) and her novel *Dagaz* were published by Leméac éditeur. Since 2014 she has participated as a writer, actor and director in the creation of numerous literary or theatrical shows, some of which have been performed on the stage of the Théâtre du Bic.

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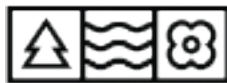


Info Métis



Her play Féminalcès was read in May 2022 by the Théâtre Les gens d'en bas and will be presented at the Festival "Mots de la rive" from September 9 to 10, 2022. Her book "Ce qui brûle bien" will be published on August 12, 2022 by Planète Rebelle. She has been leading creative writing workshops for all ages for many years. Her work is often colored by her feminist and environmental convictions and a strong sense of belonging to the Lower Laurentian territory.

Robin Servant is a musician with a passion for traditional music, improvisation and composition. Active in several traditional music groups (Salicorne, Tord-Vis, la Marée montante) and improvised music groups (GGRIL, Dionée, Escarbilles, duo Haley-Servant), he seeks to weave links between popular traditions and contemporary music. His work is organized around two axes: sharing experience and experience of the moment.



Jardins
de Métis



TICKETS ARE \$22.

Payment will be made on site by card.

For members of the CLAC, the Jardins de Métis and the Salon du livre de Rimouski, a \$5 discount will apply.

Please note that it is necessary to reserve your place via the event's ticketing service:

Ticketing : <https://bit.ly/3QUTBnS>

With the collaboration of the bookstore L'Hibou-coup in Mont-Joli, a few copies of the book by author Stéphanie Pelletier will be available for purchase on site.

Source and information: Ananda Dubé-Gauthier 418-775-2764 /418-896-3065
or culture@clac-mitis.org

Visit our website : www.clac-mitis.org

Follow us on Facebook : <https://www.facebook.com/clac.mitis>





CARREFOUR
50 + du QUÉBEC

FALL BRUNCH FOR ALL

Organized by 50+ CLUB
of Les Boules / Métis-sur-Mer

SUNDAY, October 23, 2022 from 10 a.m. to 1 p.m.

At the Centre des Loisirs (10 rue de l'Église, MSM)

Adults: \$12.00

Children over 6 years old : \$8.00

Children under 6 years old : free

For info. Diane 418-936-3276



Thanksgiving Supper

TRADITIONAL ROAST TURKEY DINNER WITH APPLE PIE, PUMPKIN PIE AND LEMON PIE FOR DESSERT

SATURDAY, OCTOBER 8TH 2022
MÉTIS "TOWN HALL"

TWO SITTINGS: 17H30 + 19H

ADULT : 18.00\$ CHILD : 8.00\$

PROCEEDS WILL GO TO "L'ASSOCIATION SOCIO-CULTURELLE DE METIS" (TOWN HALL COMMITTEE).



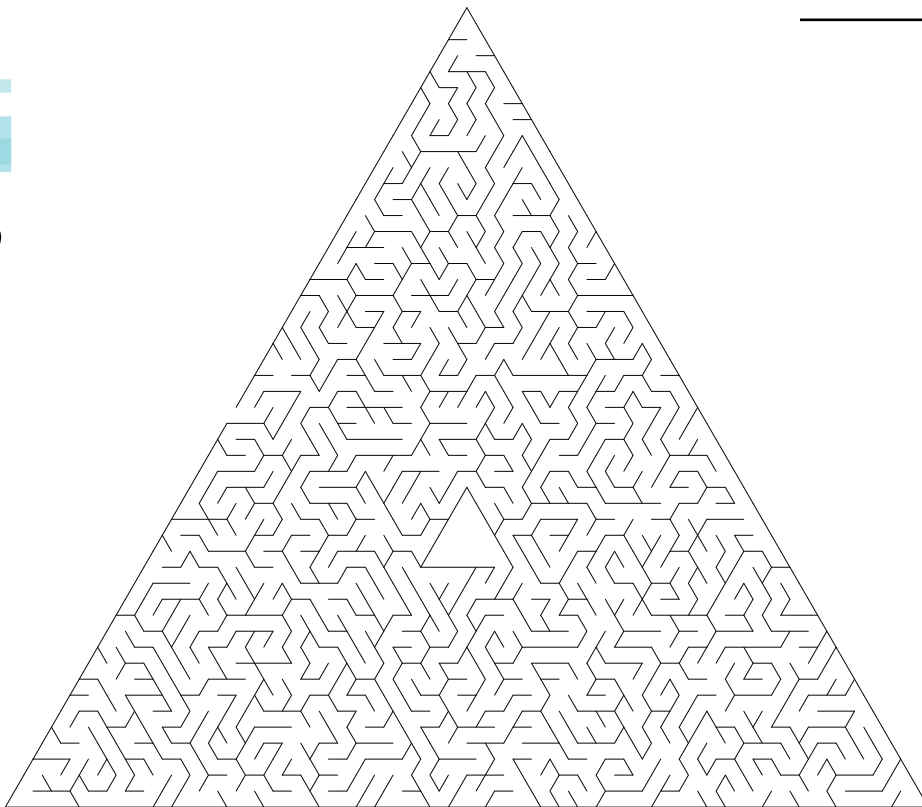


Info Métis

Si vous avez des suggestions pour le prochain numéro, envoyez-les nous !

If you have any suggestions for the next newsletter, send them to us!

patric.noya@infometis.ca



solution #7

8	5	7	6	1	9	4	3	2
2	1	3	8	7	4	5	9	6
6	9	4	2	3	5	1	8	7
5	6	2	3	4	1	8	7	9
9	4	8	7	6	2	3	1	5
3	7	1	5	9	8	2	6	4
4	3	5	9	8	7	6	2	1
7	2	6	1	5	3	9	4	8
1	8	9	4	2	6	7	5	3

solution #8

6	4	2	8	7	9	1	3	5
5	1	3	6	4	2	8	7	9
7	8	9	1	3	5	2	4	6
2	7	5	4	1	3	6	9	8
4	3	1	9	8	6	5	2	7
9	6	8	2	5	7	4	1	3
8	2	7	5	9	4	3	6	1
3	5	4	7	6	1	9	8	2
1	9	6	3	2	8	7	5	4



Info Métis

