

April - May 2013

Français au verso

Métis Info

Municipal Newsletter and Community Notes

Chicken Dinner

Saturday, April 27th at 6 p.m.

At the Town Hall (370 Beach)

Adult : \$13 2-12 years : \$6

Profits go to the Association
socio-culturelle de Métis

Métis-sur-Mer Celebrates 2013!

1st, 2nd and 3rd August – Celebrate with us!

Any organisation, business or person who wishes to assist in the organisation of the Métis-sur-Mer Celebrates programming is very welcome to join in! We are looking for volunteers for small, medium and larger tasks ...if you would like to help in some way, please contact Marie-Claude Giroux on 418-936-3239



*Ville de
Métis-sur-Mer*

Notice to community organisations

If you would like to promote **events planned between May 29th and June 30th**, please contact Marie-Claude Giroux **before May 15th** on 418-936-3239 or by email at mcgiroux@heritagelsl.ca

Please note that if we do not receive the information you wish published by the above date, we cannot guarantee publicity for your event in the next Métis Info. Thank you for your understanding and cooperation.



HERITAGE
Lower Saint Lawrence
Bas-Saint-Laurent

Community Information

Métis-sur-Mer Bilingual Public Library

162 rue Principale, Métis-sur-Mer, G0J 1S0 | (418) 936-3231 or (418) 936-3239

Children's section – Adult's section – Special request service – FREE membership

Your Library is open:

Tuesday 2 to 4 p.m.
Thursday 2 to 4 p.m. and 7 to 8:30 p.m.
Saturday 27th April, 11th and 25th May : 9:30 to 11:30 a.m.

The exhibition **“Three small steps into the imaginary”** plunges you into the realm of legendary characters and classic tales. Available at the library until mid-June.

Saturday, 27th April at 1:30 p.m. - “Library Loves” Discussion

Bring your favourite book and convince us that it should be featured as the book that your “Library Loves” for May-June. Adults only, refreshments will be served.

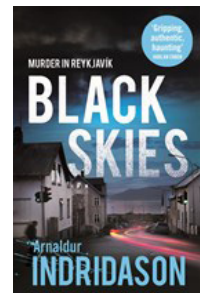
Saturday, 25th May at 1:30 p.m. - Gardening will be under the spotlight with a workshop on creating mini, edible gardens. For the whole family, refreshments will be served.

Reading Corner

New at the Library this month:

Black Skies by Arnaldur Indridason

Moving from the Icelandic villas of Reykjavik’s banking elite to a sordid basement flat, *Black Skies* is a superb story of greed, price and murder from one of Europe’s most successful crime writers.

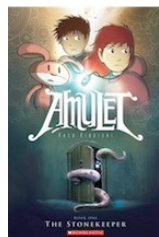


Kids' Korner

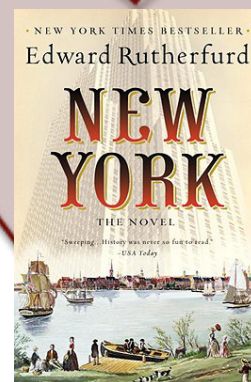
Horns and Wrinkles by Joseph Helgerson: How can you tell if a river is under a spell? In the tradition of grand river adventures, Helgerson's tale is as twisty and unpredictable as the Mississippi River itself, while an unusual cast of characters adds pepper to the pot.



Library Loves



Amulet - The Stone Keeper by Kazu Kibuishi: Volume 1 of 5 in this series of graphic novels found on our shelves. After a family tragedy, Emily, Navin and their mother move to an ancestral home to start a new life, but...



**Café sur mer opening
Saturday, May 18th 2013**

The café will be open Saturdays and Sundays from 9 a.m. to 6 p.m.



café sur mer

Stop by to enjoy teas, coffees, cakes, biscuits, light lunches, browse the boutique and gallery - lots of new items to discover!

Café sur mer will open 7 days a week for the summer months, starting June 22nd

Homeopathy Classes

- * For beginner and advanced learners
- * 1 or 2 days, **25th and 26th May**
- * **Please register by May 17th**
- * Information: Pauline Raymond
418-936-3337



Seniors Hot Lunch

**Tuesday, May 14th
Midday at the Town Hall (370
Beach), \$8**



For more information, please contact Linda on
418-936-3431

Theme: Sea glass and glass objects

Please contact Pam on **418-936-3239** if you wish to display any items.

**Annual General Meeting
Métis-sur-Mer Comité local de
développement (CLD)**

Everyone is invited

Thursday, April 25th from 5 p.m. at the Centre des loisirs (10, de l'Église). Refreshments will be served.

OFFICE FOR RENT at Metis Town Hall

370 Beach, dimensions: 14' x 12'.

For information, please contact Doreen Pearce
418-936-3497 or Evelyn Annett 418-775-3181.

**La Fabrique of the parish of Notre-Dame de
la Compassion de Les Boules**

Dear parishioners,

The fundraising campaign to repair the church roof will take place from April 21st to May 31st 2013.

The last major renovation was completed in 1991. In order to maintain the condition of the church, we must start the renovations as soon as possible.

We request your support to help pay for some of the costs of these renovations. We are looking to raise at least \$50,000.

Tax receipts will be issued to all donors. Please make your cheque out to *La Fabrique Notre Dame de la Compassion de Les Boules*, at 140 Principale, Métis-sur-Mer G0J 1S0.

We sincerely thank you for your understanding and generosity.

Marc André Tremblay, President



Read all about it! Like us on the **Heritage Lower Saint Lawrence and Ville de Métis-sur-Mer** Facebook pages.

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

www.heritagelsl.ca

Community Information



La Maison Octavie - Room rates

La Maison Octavie is a residential home for seniors with reduced autonomy.

Please see below for the room rate options at the Maison Octavie.

The table shows the costs and grants that may be applicable to you, depending on your annual revenue.

All residents aged 70 years or over have the right to a home maintenance grant which is applied to the cost of services.

Lease Rental Rate	Service Costs (2 meals/day, cleaning and laundry)	Home Maintenance Grant	Total - Rent
Accommodation: 3½ apartment 1 bedroom \$705.00/month	1 person/apartment + \$640.00/month 2 people/apartment + \$1200.00/month	1 person/apartment - \$161.00/month 2 people/apartment - \$228.00/month	1 person/apartment = \$1184.00/month 2 people/apartment = \$1677,00/month
Accommodation: 4½ apartment 2 bedrooms \$855.00/month	2 people/apartment + \$1200.00/month	2 people/apartment - \$246.00/month	2 people/apartment = \$1809.00/month

Furthermore, seniors with an annual income of \$18,500 or less, have the right to a 25% discount on the cost of their accommodation. This grant is not available to couples. Please see below for an example for someone who has a monthly income of \$1,200:

Lease Rental Rate	Service Costs	Home Maintenance Grant	Rent supplement	Total - Rent
\$705.00/month	+ \$640.00/ month	- \$161.00/ month	- \$300.00/ month	= \$884.00/ month

For further information, please contact: **Maxime Richard Dubé** on **418-775-2996**

201, rue Quatre-vents à Saint-Octave-de-Métis

Metis Beach School News



Erin Ross is seeking judges for the school's annual Public speaking competition on Friday, **April 26th**. If you are interested, please call the school on **418-936-3288** or email Erin at erin.ross@essb.qc.ca

Metis Beach School | 468 Beach, Métis-sur-Mer | (418) 936-3288

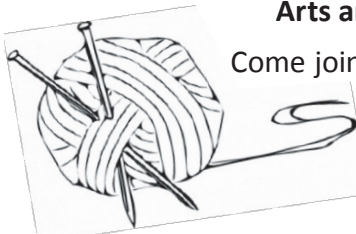
The fourth annual Walking into Spring event took place on the sunny afternoon of March 27th 2013

70 students from Metis Beach School and Envol School as well as seven four-to-five year olds from the CPE daycare, their teachers, parents, grandparents and other community members all enjoyed the walk in the sun. A healthy snack and many door prizes were distributed upon arrival at the Town Hall.

The Metis Beach School Community Learning Centre would like to thank Marie-Claude Giroux at Heritage Lower Saint Lawrence for leading the coordination of the event. A big thank you also goes to the Ville de Métis-sur-Mer, to Dany and Éric for ensuring our safety during the walk. Thank you also to all the volunteers who helped make the event a success.



Arts and Crafts Get Together



Come join us with your projects every Saturday and Wednesday from 1 p.m. to 3:30 p.m.

At **café sur mer**, 160 rue Principale, Métis-sur-Mer

Information: Janis Gillan, 418-936-3833

Original English-Language Versions of Current Blockbusters at Cinéma Lido, Rimouski

The first showing of the evening every Sunday and Thursday.

Look out for the new schedule (Friday to Thursday) online every Friday.

92, 2e rue West, Rimouski | www.lidorimouski.com | (418) 722-LIDO (5436)

Municipal Information



*Ville de
Métis-sur-Mer*

Public Notice

Municipal family and senior citizens policies and initiatives

You will soon be receiving a survey via médiaposte regarding these initiatives. Please return the completed survey to the municipal office **before May 10th 2013**.

Don't forget to also fill out the entry slip to be in with a chance of winning a great prize:

1st prize iPad 2

2nd prize\$75 voucher for gasoline

3rd prize\$75 voucher for groceries



The draw will take place on **Saturday, June 8th 2013** as part of Citizen's Day celebrations at the Newcomers' party at the *Centre des loisirs* in Métis-sur-Mer.

Your collaboration is essential to the success of these initiatives.

If you have any questions or suggestions relating to the *Politique familiale municipale*, *Municipalité amie des aînés* or the healthy living practices initiative, please contact Marie-Claude Giroux, on **418 936-3239** or mcgiroux@heritagelsl.ca

DUMP FOR BRANCHES AND DEAD LEAVES - Open from April 22 2013

Notice to entrepreneurs and landscapers:

If you work on property outside the municipality of Métis-sur-Mer, you must not dispose of waste branches, dead leaves etc. in the Métis-sur-Mer dump.

This dump is reserved strictly for the residents of Métis-sur-Mer.

The dump for branches, dead leaves and earth is opposite 249, chemin de la Station (fire station).

Please follow the signage the length of the road to ensure you arrive at the correct area.

It is prohibited to dump garbage bags or construction wood.

BURNING BRANCHES, TREES OR DEBRIS : PERMISSION REQUIRED

Please ask permission several days prior.

To request permission, please contact Reno Isabel, fire chief : 418-936-3552

SCHEDULE FOR THE COLLECTION OF LARGE OBJECTS

Wednesday, May 29 2013

Wednesday, July 31 2013

Wednesday, September 25 2013

OLD STOVES, FRIDGES AND MATRESSES ARE PERMITTED

CONSTRUCTION MATERIALS, TYRES AND BRANCHES ARE FORBIDDEN

RESERVATION REQUIRED, CALL 418-936-3255 or 418-936-3420.

COMMUNITY GARDENS

We wish to inform citizens that the community gardens will be available to use for the 2013 summer season. The gardens are in the village centre, opposite the Centre des loisirs.

To request the use of a plot, gardeners must complete the application form, which is available from the municipal office.

For more information, please contact the municipal office.

REGULATION #10-53 CONCERNING ANIMALS

We have recieved regular complaints regarding stray dogs over the past few months.

The regulation states that:

- Owners are forbidden to let their dog stray into public places and onto private property, other than that of the owner.
- Owners are required to remove and properly dispose of their dog's excrement when in a public space such as a road or park.

Thank you.

Ville de Métis-sur-Mer

*138 Principale, Métis-sur-Mer, QC, G0J 1S0
Tel: 418-936-3420 or 936-3255 fax: 418-936-3117*

EMAIL: metissurmer@mitis.qc.ca



Stay in Shape in Métis-sur-Mer

Activities for all ages



Métis-sur-Mer Training Room

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

Your training room is open:

Monday	8 – 9 a.m. and 2 - 3:30 p.m. and 6:30 - 9 p.m.
Tuesday	6:30 – 9 p.m.
Wednesday	8 – 9 a.m. and 2 – 3:30 p.m. and 6:30 – 9 p.m.
Thursday	6:30 – 10:30 p.m.
Friday	8 – 9 a.m. and 2 – 3:30 p.m.
Saturday	9 – 11 a.m.

Membership (ages 18+)

Métis residents: 20\$/month or 3\$/day
6 months for only: 99.99\$
Non-residents: 25\$/month ou 4\$/day
6 months for only: 129.99\$

Youth tarif (12-17 years): 50% of adult rate

Please note that membership fees also apply to sports activities which take place in the Envol gym. Additional fees (such as for a coach or instructor) may apply for certain activities.

BADMINTON

Every Thursday, 6:30 to 10:30 p.m.
At the Envol School gym (East entrance)
Training Room membership fees apply.

VIE ACTIVE ~ FREE!

With Françoise Rousseau
Easy exercises to stay in shape
At the Centre des Loisirs (10 de l'Église)
Every Tuesday and Thursday,
9:30 to 10:30 a.m.
EVERYONE IS VERY WELCOME!

Personalised training program

With Maxime Desrosier, kinesiologist
(Based on your physical condition, age,
injuries...)

By appointment only (available in English)
\$50

REGISTRATION and INFORMATION

Contact your coordinator **Marcel Blanchet** on **418.936.3318** (if closed, please leave a message) or by email at **gym.msm@gmail.com**

New: Walking club

First meeting on Wednesday 1st May at
6:30 p.m. at the Training Room.

2 groups will be formed according to
ability.

In case of rain, the school gymnasium will
be used.

Everyone welcome!

For more information, please contact
Marcel Blanchet, in the evening, Monday
to Thursday.