

*July - August 2013*

Français au verso

# Métis Info

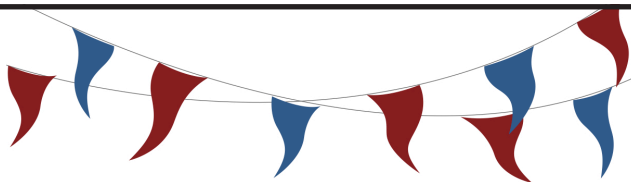
*Municipal Newsletter and Community Notes*

## **Bazaar and Sale of Crafts and Baked Goods**

At the Town Hall  
(370 rue Beach)

**Thursday, July 25, 3 p.m.**

*Sponsored by  
Metis Beach Ladies Aid*



You're invited to an **Afternoon Tea Dance**

At Café sur mer (160 rue Principale)

**Saturday, August 24, from 2 p.m. to 4 p.m.**

FREE introduction to Swing Dance class at 2 p.m.



*Ville de  
Métis-sur-Mer*

## ***Notice to community organisations***

If you would like to promote **events planned between August 29<sup>th</sup> and September 30<sup>th</sup>**, please contact Marie-Claude Giroux **before August 15<sup>th</sup>** on 418-936-3239 or by email at [mcgiroux@heritagelsl.ca](mailto: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

## Métis-sur-Mer Celebrates 2013 !

**August 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 2013 – Celebrate Together!**

Event launch “5 à 7”, golf and tennis, crafts, duck race, fire-fighters fête, dance party with a VJ and village dinner with music from La Queue du Loup in the tent.

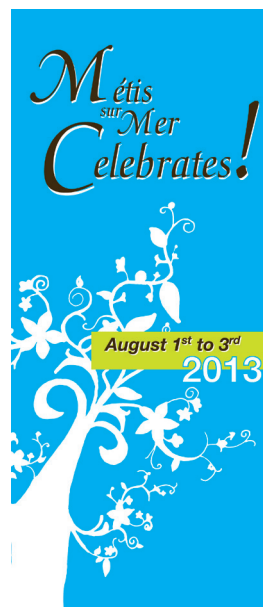
**Look out for the full program available from most community buildings.**

**Tickets on sale now!**

**We look forward to seeing you all!**

### Photographers needed

To help make sure that “Métis-sur-Mer en Fête 2013” is truly unforgettable!



Date	Time	Place	Activity
August 1	5 p.m.	Café sur mer	Opening Festivities "5 à 7"
August 2	11:30 a.m.	Cascade Golf and Tennis Club	BBQ, Golf and Tennis Tournaments
August 2	9 p.m.	The Tent	Megaparty Videoclip
August 3	10 a.m.	Cascade Brook	Duck Race
August 3	1 p.m.	249 Station Rd	Fire Fighters' Afternoon
August 3	4 p.m.	The Tent	Grill and Irish Music

If you are interested, please call: Martine Bouchard at 418-936-3373 or Françoise Rousseau at 418-936-3884. With thanks from the Members of the CLD!

<p style="text-align: center;"><b>Traditional Tea</b></p> <p>Thursday, August 8, 3 to 5 p.m.          At Killiecrankie, 501 chemin Leggatt          Hosted by the Leggatt's Point Women's Society  <i>All welcome!</i></p>	<p><b>Metis: an Architecture for the Canadian Summer - a talk with Rosalind Pepall</b>  <i>former curator at the Montreal Museum of Fine Arts</i></p> <p>Wednesday, August 14, 4 p.m.          At Café sur mer, 160 rue Principale</p> <p>A talk and discussion on the architecture and interiors of a number of Metis houses and how they reflect the influence of the English Arts and Crafts movement in Canada in the early 20th century.</p> <p>Hosted in collaboration with Heritage Lower Saint Lawrence and Café sur mer.          Free entry, all welcome!</p>
<p style="text-align: center;"><b>Artistic Conference with Alma Davenport</b>  <b>Monday, August 12, 4 p.m.</b></p> <p>At Café sur mer, 160 rue Principale</p> <p>Artist Alma Davenport will speak about her works and the Fulbright Scholarship experience which led her to explore the history of the Bas-Saint-Laurent region.</p> <p>Hosted in collaboration with Heritage Lower Saint Lawrence and Café sur mer          Free entry, all welcome!</p>	<p style="text-align: center;"><b>Babysitting service</b></p> <p>Looking for a bilingual babysitter this summer? I am 12 years old and passed my "Gardien averti" course last May. I am available to babysit children from 0-9 yrs. I have also passed my 10th swimming badge and know lifesaving procedures.</p> <p><b>Please call Miranda Smith at 418-936-3587 or at 418-775-7132 (after 6 p.m.)</b></p>
<p style="text-align: center;"><b>The 14<sup>th</sup> Intercultural Festival of Rimouski</b>  <b>Saturday 10 and Sunday 11 August</b>  <b>At the Salle Desjardins-Telus and the Place du 6 mai 1950</b></p> <p>Look out for the full program coming soon!</p> <p>If you would like to volunteer your time to ensure a successful event please contact Damien Artus at agent_aibsl@uqar.ca.</p> <p style="text-align: center;"><b>For more information, please contact:</b>          Accueil et Intégration BSL          418 723 1986 ext. 1595          accueilbsl@uqar.qc.ca</p>	<p><b>Knitting, Embroidery and more...</b></p> <p>To join the <i>Cercle des Fermières</i>, registration is currently open and the activities will start again in September.</p> <p><b>Membership card 2013-14: \$27</b></p> <p>Cercle de Price, please contact <b>Charline on 418-775-3565</b></p> <p>Cercle de Baie-des-Sables, please contact <b>Micheline Bélanger on 418-772-6717</b></p>
<p><b>Garage sale to raise money for ALS</b>          (amyotrophic lateral sclerosis)</p> <p>Saturday 27 and Sunday 28 July,          9 a.m. to 4 p.m. 297 Astle, Métis-sur-Mer</p> <p>All welcome!          Information: Susie Pineault 418-936-3051</p>	

## Community Information

### New HLSL website online!

Check out the **new Heritage Lower Saint Lawrence website** at [www.heritagelsl.ca](http://www.heritagelsl.ca)

**New:** Library and Cultural Resource Centre pages, Newsletter blog, online Métis Info, Health Section, **Community Events Calendar**, and more!

You can also find us on facebook: [www.facebook.com/heritagelsl](http://www.facebook.com/heritagelsl)

### Les toiles de mer... Métis-sur-Mer

#### Open year round

June 15th to September 15th: daily

**10:00 am to 6:00 pm**

Out of season: **Friday/Saturday/  
Sunday or by appointment**

**117 Principale, Métis-sur-Mer  
Tel: (581) 246.37.37 (local)**

Welcome all to my weaving studio and boutique. The beauty of living by the water is my inspiration be it on my four, twelve or sixteen shaft looms - cotton, linen, hemp, alpaca, silk, and all other inspirations... yardage, household linen, rugs, commission work, scarves, linen clothing, etc... Please feel free to drop in, I look forward to meeting you!

### Congratulations to our young athletes

Élodie Annett from Grand-Métis is double Canadian champion of Tenpin bowling at the age of 12, bringing home four medals from the Canadian Youth Championships of the Canadian Tenpin Federation, which took place in Calgary, Alberta this summer.

Lorraine Morneault is a top athlete at just 15 years of age. Originally from Métis-sur-Mer she is part of the *Fédération Québécoise de Tir* team for rifle shooting from a standing position.

### Quilt making for sick children

A quilt making project for sick children is being organized in the region. In order to be able to buy new material with which to create the quilts, there will be a draw for a quilt (36" x 54") and a stained glass "sailing boat and fish"

The draw will take place in autumn, 1,000 tickets are on sale for 99¢ each. If you wish to buy or sell tickets, or are interested by the project, please contact Diane Dubois on 418-936-3158 – Thank you!

### Yoga with Barbara Pearce

*July and August 2013*

Mondays, Wednesdays and Fridays  
At the Town Hall, Métis-sur-Mer, 370 Beach

#### Gentle Hatha yoga

*8:30 to 9:30 a.m. (1 hour)*

#### Chair yoga

*9:45 to 10:30 a.m. (45 minutes)*

**Reiki** by appointment only at 439 Beach

Private and semi-private yoga classes  
available in your home

*For pricing, registration or other information  
please contact Barbara at:*

**T: 418-936-3497** (after July 1st)

**[barbara.pearce@videotron.ca](mailto:barbara.pearce@videotron.ca)**

**[www.newmontrealyoga.com](http://www.newmontrealyoga.com)**

### Garage sale

Sunday August 4th starting at 10 am  
108 Principale street

## Services offered for people with functional limitations

The SSMO L'Élan (specialised labour service L'Élan) works with people who struggle to enter the labour market or to maintain employment due to functional limitations.

Services include:

- welcome and information of our services and funding programs
- needs assessment
- pre-employment activities and tools
- job hunting and employment integration support
- put in place means of accommodation
- training in the workplace
- personalised monitoring at work and and referral to other resources as required

The current program takes place in small groups for a total of 30 hours. The workshops help to build transferable skills in the workplace.

Participants will:

- recognise their potential
- acquire personal and professional skills

**Information:** Lucie Pelletier, labour counsellor for SSMO L'Élan :  
418 775-8989 / [luciepelletier@ssmo-elan.net](mailto:luciepelletier@ssmo-elan.net). [www.ssmo-elan.net](http://www.ssmo-elan.net).



## Guitar lessons – Autumn 2013

In light of the suggestions received regarding *l'Entente de développement culturel\** of the RCM de La Mitis, guitar lessons will be offered in Métis-sur-Mer this coming autumn. A session of 10 lessons, offered by a teacher from the École de Musique du BSL, will take place from the end of September to the end of November (some guitars will be available for loan). Some details are still to be confirmed, however registration is open if you wish to reserve your place now. A second session of a different cultural activity will be offered during this winter or in the autumn of 2014.

**Registration: Marie-Claude Giroux 418-936-3239 or [mcgiroux@heritagels.ca](mailto:mcgiroux@heritagels.ca)**

\**L'Entente* covers 50% of the cost of the workshops

## 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](http://www.lidorimouski.com) | (418) 722-LIDO (5436)**

## Community and Municipal Information



**The La Mitis Public Market is taking place every Saturday until October 5th 2013**, from 10 a.m. to 3 p.m. at 775, route Flavie-Drapeau at Sainte-Flavie (next to the municipal building).

In the case of bad weather, the market will be held inside the municipal building.



**DAY CAMP 2013 FOR CHILDREN AGED 5 TO 11 YEARS**  
**July 2nd to August 16th, 8:30 a.m. to 4:30 p.m.**

With Jade and Laurie

Cooking squad – Library activities – DBL Ball  
 Mitis River Park – EXPORAMER (July 23rd) – and more!

<b>7 weeks:</b>	1st Child 100\$	2nd Child 50\$	3rd Child 25\$
<b>1 week:</b>	1st Child 20\$	2nd Child 20\$	3rd Child 20\$

### Watering Times

The watering of lawns, hedges, trees, shrubs and other plants by means of oscillating water sprinklers or soaker hoses is permitted between the hours of 7 pm and 9 pm only

*(Except new plantings):*

WATERING TIMES		
	EAST OF RTE MACNIDER	WEST OF RTE MACNIDER
<b>FLOWERS, VEGETABLES, NEW HEDGES</b>	EVERY DAY FROM 7 PM TO 9 PM	
<b>LAWNS</b>	MONDAY-WEDNESDAY-FRIDAY 7 PM TO 9 PM	TUESDAY-THURSDAY-SATURDAY 7 PM TO 9 PM

### PERMISSION FOR OPEN AIR BURNING

The Town of Métis-sur-Mer and the Société de protection des forêts contre le feu (SOPFEU) invite all citizens to be vigilant in their summer activities. We remind you that it is forbidden to make an open air fire. Before burning, contact us 418-936-3255 or Firefighter

Chief Mr. Reno Isabel 418-936-3552

### *Ville de Métis-sur-Mer*

138 Principale, Métis-sur-Mer, QC, G0J 1S0

Tél: 418-936-3420 ou 936-3255 fax: 418-936-3117

COURRIEL: [metissurmer@mitis.qc.ca](mailto:metissurmer@mitis.qc.ca)

**Rainwater barrels for sale**

For \$90 (including taxes), and with a capacity of 190 litres when level, the barrels are available in green or beige. For more information, call the municipal office who will organise and carry out delivery.

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**SCHEDULE FOR THE COLLECTION OF LARGE OBJECTS**

**Wednesdays July 31<sup>st</sup> and September 25<sup>th</sup> 2013**

OLD STOVES, FRIDGES AND MATTRESSES ARE PERMITTED

CONSTRUCTION MATERIALS, TYRES AND BRANCHES ARE FORBIDDEN

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

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**Cleaning of chimneys: a simple but essential procedure**

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. The Town of Métis-sur-Mer doesn't recommend any chimney cleaner anymore. The selection of the chimney cleaner is left to the choice of the citizens. 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](http://www.poelesfoyers.ca).

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It is always possible to leave your hazardous materials at the municipal garage situated on Rue de l'Église. By hazardous materials we mean: oil or any by-product of oil production for example "pitch", painting product and domestic or automobile batteries.

You simply have to leave these products in front of the door at the municipal garage.

PLEASE, do not leave products other than those mentioned above.

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**REGULATION #10-53  
CONCERNING ANIMALS**

In this regulation it is specified that:

- The owner cannot let dogs roam in a public place or private property other than that of the owner of the animal;
- Any owner of an animal, in a street or a park, must remove excrement and deposit them in a container or bag.

THANK YOU FOR YOUR COOPERATION

**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](mailto: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)



#### **New opening hours:**

Monday **8 – 9 a.m.** and **2 – 3:30 p.m.**  
Wednesday **8 – 9 a.m.** and **2 – 3:30 p.m.**  
and **6:30 – 9 p.m.**  
Friday **8 – 9 a.m.** and **2 – 3:30 p.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**

#### **Personalised training program**

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

By appointment only (available in English)  
**\$50**

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

#### **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](mailto:gym.msm@gmail.com)**

**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.**

#### **Walking club**

Wednesdays, 6:30 p.m. - meet 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.