

Métis Info

Municipal Newsletter and Community Notes

Metis Beach Ladies Aid Bazaar

Baking and craft sale at the Town Hall
(370 rue Beach) - July 25th from 3 p.m.

First come, first served!

Heritage Lower Saint Lawrence Annual General Meeting

Monday, July 15 2013, 4 to 6 p.m.

At **café sur mer**, 160 rue Principale

All welcome,
refreshments will be served

Exhibition and sale of craft and baking

Wednesday, July 24th from 9 a.m. to 4 p.m.

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

All welcome!



*Ville de
Métis-sur-Mer*

Notice to community organisations

If you would like to promote **events planned between July 29th and August 31st**, please contact Marie-Claude Giroux **before July 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


Cut out and keep!



**Canada Day Celebrations in
Métis-sur-Mer
Monday, July 1st 2013**



On Turriff Beach:

 From **11:30 a.m.** Hot-dog Lunch
\$2 per person

 **1 p.m.** Registration for Sandcastle Building Contest and
Beach Volleyball Tournament


Sandcastle building contest - Prizes to be won!

Beach Volleyball Tournament - Prizes to be won!

- *Teams of two (an age difference is encouraged)*

At Metis Beach School:

 **3 p.m.** Flag Ceremony
Presentation of prizes: Sandcastles and Volleyball.

 **4 p.m.** A light snack will be served
Sandwiches, Veggies & Dip, Canada Day Cake
Adults: \$4 Children: \$2

Don't forget there is **PARKING AT THE SCHOOL!**

Canada Day Celebrations in Métis-sur-Mer for 2013 have been organised by **Heritage Lower Saint Lawrence** and are made possible thanks to the generous support of **Canadian Heritage: Celebrate Canada Program, Ville de Métis-sur-Mer, Metis Beach School, Cascade Golf and Tennis Club, Métis-sur-Mer Firefighters** and community volunteers - thank you!

New HSL website online!

Check out the **new Heritage Lower Saint Lawrence website** at 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

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!

Garage sale to raise money for ALS

(amyotrophic lateral sclerosis)

Saturday 27th and Sunday 28th July,
9 a.m. to 4 p.m. 297 Astle, Métis-sur-Mer
All welcome!

Information: Susie Pineault 418-936-3051

Chairs for sale

The Town Hall is selling about 40 wooden chairs with arms, back and seat in synthetic leather (various colours): \$3 each

Please contact Evelyn 418-775-31831, Doreen 418-936-3497 or Lynda 418-936-3431

Babysitting service

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.

Please call Miranda Smith at 418-936-3587 or at 418-775-7132 (after 6 p.m.).

The Comité local de développement (Local Development Committee) of Métis-sur-Mer wish to warmly thank the **grade 5 and 6 students of Metis Beach School** for cleaning and tidying the Training Room. For the week of the 10th to 14th June, the students completed a number of good deeds to thank the community for their support during the school year. Well done to their teacher, Miss Hélène Sim, for this great initiative!

Yoga with Barbara Pearce

starting Friday, 5th July

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

www.newmontrealyoga.com

Community Information



Village de
Métis-sur-Mer

Municipal Family Policy - Senior Citizens Policies and Initiatives and Healthy Living Practices

For a family policy that works for us!

On Saturday, 8th June 2013 at the Centre des loisirs in Métis-sur-Mer, in collaboration with rural development agents from the RCM de La Mitis, a lively citizen consultation took place and was much appreciated by those who participated. Gathered around tables to focus on different themes, those present discussed the quality of life in the community, the security, safety and specific needs of families and seniors, sports and culture, the economy, the environment, as well as civic involvement and governance.

The results of the survey and the consultation will be compiled over the summer months. In September the results will be studied and a preliminary action plan will be drafted, involving the municipality and any community organisations who wish to take part. A big thank you to everyone who contributes to making Métis-sur-Mer a unique and dynamic place to live!

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, Ginette Laflamme or speak directly to the committee members.

Family Committee

Stéphane Dion (President)
Marcel Blanchet
Philippe Cavanagh
Marie-Chantale Bernier
Sonia Castillo

Senior Citizens Committee

Rita D. Turriff (President)
Françoise Rousseau
Diane D. Guilbault
Martine Bouchard
Jean-François Kirallah

The big draw took place on Saturday, June 8th at 3:30 p.m. The winners were: Pâquerette Desrosiers: 1st prize, an iPad 2; Marguerite Turcotte: 2nd prize, an \$80 gift certificate for Épicerie Ratté; Diane Demers: 3rd prize, an \$80 gift certificate for Dépanneur Matie. Congratulations!

P.S. The English-language version of the survey will be available soon. It will be sent by mail to those who have requested the document. Copies of the survey will also be available throughout the summer months at the Cascade Golf and Tennis Club for summer residents who wish to contribute their thoughts. Many thanks!

Métis-sur-Mer en fête 2013 !

August 1st, 2nd and 3rd 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 marquee – full program coming soon!

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To ensure that “Métis-sur-Mer en Fête 2013” is a success, we are looking for volunteers for the following tasks...

| # Volunteers | Date | Time | Place | Task |
|-------------------|----------|-----------|--------------------------|---|
| 4 | August 1 | 3:30 p.m. | Café sur mer | Set-up & Service |
| | | | | |
| 2 | August 1 | 4:30 p.m. | Café sur mer | Ticket Sales |
| | | | | |
| 5 (strong men) | August 2 | 9 a.m. | Outside Municipal office | Marquee set-up |
| | | | | |
| 8 | August 2 | 10 a.m. | Cascade Golf Club | BBQ set-up and service |
| | | | | |
| 2 | August 2 | 10 a.m. | Cascade Golf Club | Ticket Sales |
| | | | | |
| 8 | August 2 | 2 p.m. | The marquee | Set-up & Clean up: Video-Cilp Dance |
| | | | | |
| 7 | August 3 | 3 p.m. | The marquee | Set-up: tables, stage area, buffet Service of supper, Clean up |

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!

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 22nd June, 6th and 20th July : 9:30 to 11:30 a.m.

Saturday, 29th June at 1:30 p.m. - Samuel Côté, shipwreck hunter, will speak about "Les naufragés du Québec au XXe siècle"

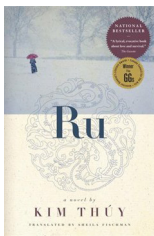
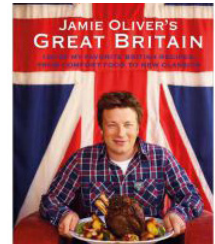
A new exhibition has arrived at your library: CAILLOU

Reading Corner

New at the Library this month:

Jamie Oliver's Great Britain

America has already fallen for the new British gastropub cooking, now Jamie shows how to make the same delicious food at home.

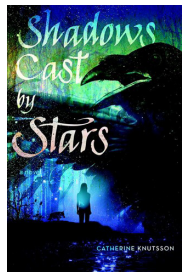


Ru by Kim Thuy, is a book that celebrates life in all its wonder: its moments of beauty and sensuality, brutality and sorrow, comfort and comedy. Canada Council for the Arts gave Kim Thuy the Governor General's Literary Awards for this book last year.

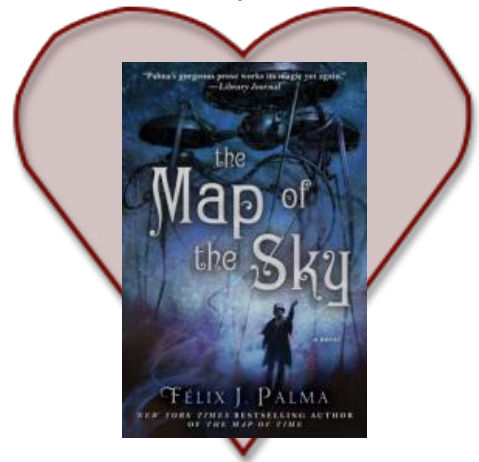
Kids' Korner

Shadows Cast by Stars by Catherine

Knutsson: The story is filled with references to aboriginal myths and traditions, creating a rich, inviting world, inspired in part by Knutsson's own recently discovered Métis roots. The novel also throws in a healthy number of allusions to Arthurian and Greek legends.



Library Loves



The Map of the Sky by Dan Brown by Felix J Palmer

Knitting, Embroidery and more...

If you are interested by the textile arts, knitting, sewing, embroidery, and would like to get to know dynamic women who are willing to share their knowledge and skills, join the *Cercle des Fermières*. Registration is currently open and the activities will start again in September.

Membership card 2013-14: \$27 (includes the magazine *Actuelle*)

To find out more about the Cercle de Price, please contact **Charline on 418-775-3565**

To find out more about the Cercle de Baie-des-Sables, please contact **Micheline Bélanger on 418-772-6717**

ERRET Project

Thursday, June 6th 2013 - More than one hundred people attended a play presented by the grade 1, 2 and 3 students of l'Envol school. The ERRET Project really surprised and impressed all those present. Congratulations also to the students' teacher, Nancy Beauchemin, for daring to produce such an original idea.

Note: For those who missed this unique event, and whose interest has been piqued, a DVD of the performance is available at the Library.

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@heritagelsl.ca

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

Les toiles de mer... Métis-sur-Mer

Welcome all to my weaving studio and boutique. After thirty years of weaving, my intent hasn't changed: maintaining a fabulous tradition while bringing knowledge, acquired thread by thread, into the modern era. The beauty of living by the water is my grounds for 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!

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)

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)

Community and Municipal Information



The La Mitis Public Market will take place every Saturday from June 29th to October 5th 2013, from 10 a.m. to 3 p.m. at 775, route Flavie-Drapeau at Sainte-Flavie (next to the municipal building).

On offer, as in previous years, will be summer fruits, seasonal vegetables, honey, sauces, seasonings, alcoholic beverages, baked goods, spreads and maple products.

New products will also be available: Agneaux Mitis/LiLi Bergère will offer a range of cuts of lamb et La Folie Bergère will be offering a range of vegetables and herbs.

Also on offer will be personalized stationery, artisan soaps and balms, jewellery, pens and wood sculptures, knits, decorations and kitchen items.

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!

| | | | |
|-----------------|-----------------|----------------|----------------|
| 7 weeks: | 1st Child 100\$ | 2nd Child 50\$ | 3rd Child 25\$ |
| 1 week: | 1st Child 20\$ | 2nd Child 20\$ | 3rd Child 20\$ |

The Municipality wishes to highlight the excellent work of the municipal employees on the public works: Frédéric Richard, Éric Brochu, Dany Brochu et Jean-François Vignola.

The Municipality also wishes to announce Claudine Audet as the new horticulturist.

All of these people contribute a great deal to making our municipality increasingly beautiful and increasingly clean – and we're proud of it!

Wastewater treatment works

Please note that the wastewater treatment works have now finished and the start-up was completed the week of June 17th.

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

Municipal Information

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 June 4th, 2013, By-Law no. 13-80 amending various elements of regulation on permits and certificates 08-42. 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 4th day of June, 2013.



Stéphane Marcheterre,
Director General and secretary-treasurer

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

Wednesdays July 31st and September 25th 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.

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.

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.

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)



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**

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.