

Métis Info

Municipal Newsletter and Community Notes

Pancake Breakfast

Saturday, 22nd June

7:30 to 10:30 a.m.

at the Town Hall (370 Beach)

Adult: \$7 2-12 years old: \$5

All welcome

Profits go to the Association socio-culturelle de Métis

Métis-sur-Mer Celebrates 2013!

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

Golf and tennis, duck race, firefighters celebration, village dinner and music in the marquee – look out for the program coming soon!

Volunteers needed (various roles and responsibilities required: small, medium and large!) Please contact Martine on 418-936-3373



*Ville de
Métis-sur-Mer*

Notice to community organisations

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



Village de
Métis-sur-Mer

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

Public Consultation: Saturday, June 8th from 1:15 to 3:30 p.m.

At the Centre des Loisirs de Métis-sur-Mer (10 de l'Église)

For a family policy that works for us!

In collaboration with rural development councilors of the MRC de La Mitis.

- Themed discussion tables – possibility to participate on several subjects.
- Free child-minding services (2 years and over).
- Everyone present will be entered into the grand prize draw which will take place at 3:30 p.m.

1st prize iPad 2

2nd prize\$75 voucher for gasoline

3rd prize\$75 voucher for groceries

“The Comité local de développement de Métis-sur-Mer warmly invites you to participate in these discussions. Whether as a citizen or representative of an organisation, your participation in these discussions will help us to understand and better plan activities that will respond to the real needs of the community”

Martine Bouchard, President

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**

The English-language version of the survey will soon be available. We will forward this document to those people who requested it. We apologise for any inconvenience.

Cultural hobby workshops

In collaboration with the MRC of La Mitis and *l'Entente de développement culturel**, we have the opportunity to offer two sessions of cultural hobby workshops, with artists or a professional in the discipline, in Métis-sur-Mer. There will be one session (10 lessons) in the fall of 2013 and another session (10 lessons) during winter or the fall of 2014.

We would like to know the kind of workshops that would interest you! For example: music, guitar lessons, drama, variety show, photography, illustration, textile arts writing, heritage/history etc.

To let us know your suggestions, please contact Marie-Claude Giroux on 418-936-3239 or at mcgiroux@heritagelsl.ca before June 7th 2013. *L'Entente covers 50% of the cost of the workshops.

St-Jean Baptiste Celebration in Métis-sur-Mer

Bonfire – Music – Bar service

Sunday, 23rd June from 7 p.m.

At the parking lot opposite the church
All welcome!

Organised by the *Comité des Loisirs*

Café sur mer is open!

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

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



café sur mer

Seniors Hot Lunches

Heritage Lower Saint Lawrence
wishes to thank everyone
who contributed to make the
Seniors' Hot Lunches a success each month.

Thank you for the wonderful exhibitions and
themes, the hundreds of telephone calls, the
delicious food as well as the serving team and
the clean-up team.

Thanks also go to everyone who attended, thank
you all for attending each event!

The Hot Lunches will return in September.



Month of trees and forests

As is the case every year, a wide selection
of trees are offered, free, to the citizens of
Métis-sur-Mer: birch, oak, sugar maple, ash,
white spruce, white pine, larch, cedar.
Trees will be distributed on a first-come-first-
served basis.

Saturday, 25th May from 10 a.m. to 3 p.m.
behind the municipal office (138 Principale).

**“Passe-livre” Book Exchanges
in La Mitis**

The “Passe-livre” book exchange follows
an international formula promoting the
**free circulation of books, without the
limitations of place or time.**

**Every municipality in La Mitis now has a
display rack of books.** Simply choose a book
from the rack, take it home to read and then
put it, or another book, back in any of the
racks around La Mitis. The CLAC encourages
the public and the municipalities to keep
this going all year by taking books from, and
adding books to, the racks.

**In Métis-sur-Mer, the
“Passe-livre” is in the
East entrance hall
of the Envol School
(entrance to the
daycare and training
room). It is accessible
weekdays from 7 a.m.
to 6 p.m. – enjoy!**



New HLSL 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

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 25th May, 8th and 22nd June : **9:30 to 11:30 a.m.**

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.

Keep your eye on the library page in Métis Info and on heritagelsl.ca as we have great surprises coming up for you this summer.

Reading Corner

New at the Library this month:

Weird AI, The Book by Nathan Rabin

It's a coffee table book all about AI! Written by Nathan Rabin (from The Onion's AV Club) with additional material by AI himself.



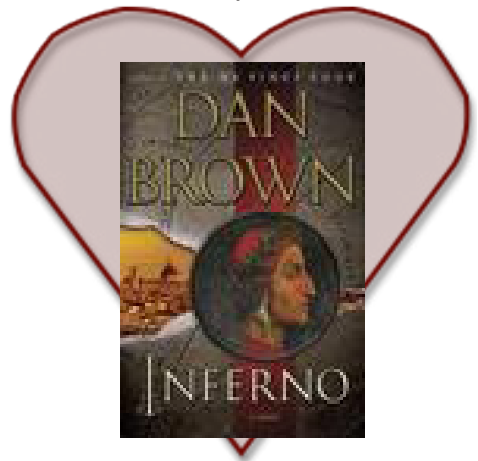
Kids' Korner

Today, Maybe by Dominique Demers: the story of a little girl who is waiting for someone, a friend by the award winning author, Dominique Demers who visited our fabulous bilingual library last summer.

Winner of:
2012 CCBC Best
Books
2012 IBBY Canada
Honour List



Library Loves



Inferno by Dan Brown
Author of The Da Vinci Code

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: **514-624-9771** (until June 21st)

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

barbara.pearce@videotron.ca

www.newmontrealyoga.com

ERRET Project

A play performed by grades 1, 2 and 3 of the
Envol School.

Thursday, 6th June at 7 p.m.

In the school gymnasium. All welcome!



**Party
video 2**
Centre des Loisirs de Métis-sur-Mer

Fee 5\$

Organized by your Comité des Loisirs
Profits will go to the renovation of our church's roof



May
25th
from
19:00

Metis Beach School News

June 10th to June 14th the elementary students from cycle 3 (grades 5-6) of Metis Beach School along with their teacher, have decided to host a week of good deeds! It is our way to thank our community who supported us in our fundraising events this year.



We have chosen to paint the tables of the Town Hall as our first good deed and to run a FREE car wash Friday June 14th in the afternoon.

If you are interested in getting 13 students and a teacher help you with a special project (garden, weeding, pile some wood, painting etc.) **please contact Miss Sim at the school (418) 936 3288** and we will tell you what we can do!

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

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 Information

La Fabrique of the parish of Notre-Dame de la Compassion de Les Boules The fundraising campaign to repair the church roof continues until 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 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 generosity.

DAY CAMP 2013

JOB OFFER (2)

- 2 monitors/coordinators: 40h/week x 7 weeks

From July 2nd to August 16th 2013

Must be available for training Friday June 7th from 5 p.m. to 9 p.m. and Saturday June 8th from 8 a.m. to 4:30 p.m.

Relevant experience or studies desirable, first aid training an asset.

Please send your CV to the Ville de Métis-sur-Mer, 138 rue Principale, by 4:30 p.m. on May 28th.

More Information: Comité des Loisirs, Stéphane Dion 418-936-3032



*Ville de
Métis-sur-Mer*



DAY CAMP 2013 FOR CHILDREN AGED 5 TO 11 YEARS PRE-ENROLMENT FORM



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

Parent's name: _____ Phone no.: _____

Name of 1st child: _____ Age: _____

Name of 2nd child: _____ Age: _____

Name of 3rd child: _____ Age: _____

7 weeks: 1st Child 100\$ 2nd Child 50\$ 3rd Child 25\$

1 week: 1st Child 20\$ 2nd Child 20\$ 3rd Child 20\$

PLEASE return enrolment form to the school before noon May 28th. You will be contacted in the week of June 17th - thank you.

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 May 29th, 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.

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.

DUMP FOR BRANCHES AND DEAD LEAVES - OPEN

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.

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. 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 – 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

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**

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, exercise bicycle, multi-station weight machines, rowing machine, exercise balls and elastics, medicine balls and more.

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.

VIE ACTIVE

VIE ACTIVE is taking a break for the summer. A big thank you to the organisers – it is very much appreciated! The activity will be back in September.

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.