



*Ville de
Métis-sur-Mer*

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

www.facebook.com/MetissurMer

June 2014

Métis Info

Municipal Newsletter and Community Notes



St-Jean Baptiste Celebration in Métis-sur-Mer

Bonfire
Music
Bar service

Sunday, 23rd June from 7 p.m.

In the parking lot opposite the church

All welcome!

Organised by the Comité des Loisirs

Pancake Breakfast

Saturday, 28th June

7:30 to 10:30 a.m.

At the Town Hall (370 Beach)

Adult: **\$7** 2-12 years old: **\$4**

All welcome

*Proceeds go to the
Association socio-culturelle
de Métis-sur-Mer for the
upkeep of the Town Hall*



Craft Exhibit by the *Cercle des fermières de Saint-Octave*

Activities : auction, bingo, raffle and a light lunch

Friday, 6th June from 7 p.m. at the *Centre des loisirs de Saint-Octave* (behind the church)

Everyone is welcome!



www.heritagelsl.ca | www.facebook.com/heritagelsl

If you would like to promote **events planned for the month of July**, please contact Marie-Claude Giroux **before June 15** at 418-936-3239 or by email at mcgiroux@heritagelsl.ca



HERITAGE
Lower Saint Lawrence
Bas-Saint-Laurent

162 rue Principale, Métis-sur-Mer, G0J 1S0
(418) 936-3239 or 1-855-936-3239 (toll free)
www.heritagelsl.ca | www.facebook.com/heritagelsl

Two new issues of the Heritage LSL newsletter are available. Including a special edition by the Secondary 1 and 2 students of Metis Beach School alongside the regular spring issue.

Copies are available from public and community buildings and from the Heritage LSL offices. You can also receive your copy in by email by joining our mailing list: info@heritagelsl.ca



PHOTOCOPYING Service until June 23rd

Prices: Black and white 5¢ / side
 Colour 25¢ / side
 Scan \$1.75 / 5 minutes

Please Note: It is best to call first (418-936-3239). Thank you!

Métis-sur-Mer Bilingual Public Library

162 rue Principale, Métis-sur-Mer, G0J 1S0 | (418) 936-3231 or (418) 936-3239
Children's section – Adults' section – Special request service – FREE membership

Opening hours until June 17th:

Tuesday 2 to 4 p.m.

Thursday 2 to 4 p.m. and 7 to 8:30 p.m.

Saturday May 31st and June 14th from 9:30 to 11:30 a.m.

**Please note the opening hours will change as of June 18th
The new schedule will be mailed to you.**



DAY CAMP 2014 FOR 5 TO 11 YEAR OLDS
June 25 to August 20 / From 8:30 am to 5:00 pm
PRE-ENROLMENT



ON THE PROGRAM: Cooking & Gardening * Games * Crafts* Library activities
Workshop on whales* Parc de la Rivière Mitis* and other outings...

Parent's name: _____ Tel: _____

Name of 1st child: _____ Age: _____

Name of 2nd child: _____ Age: _____

Name of 3rd child: _____ Age: _____

8 weeks: 1st Child 200\$ 2nd Child 200\$ 3rd Child 120\$

1 week: 1st Child 35\$ 2nd Child 35\$ 3rd Child 25\$

Federal and provincial tax receipts for childcare will be provided at the end of the year.

The total cost can be divided over several payments if desired.

Please return the pre-enrolment form to the school **before Friday, 6th June**. We will contact you during the week around June 16th - Thank you.

Information : Marie-Claude Giroux 418-936-3239



École L'Envol News

An Opera for Dandelions

A play presented by Nancy Beauchemin's
elementary class : grades 1, 2 and 3

Thursday, June 19th at 7 p.m.

At l'école l'Envol, gymnasium entrance

Cost: voluntary contribution

(The money raised will be invested in theater activities)

Everyone is welcome!

Community Information

**Métis-sur-Mer Celebrates 2014!
7, 8 and 9 August
Celebrate with us!**

Opening ceremony cocktail, video night, duck race, village dinner and music in the big top... and more!

Volunteers needed (various roles and responsibilities required: small, medium and large!)

Please contact Martine at 418-936-3373

PLACE PETIT MIAMI - Open

New Schedule : 11 a.m. to 8 p.m. daily*

Looking forward to seeing you!

*Please note that while there is no longer a breakfast menu, the rest of the menu remains unchanged!

I am looking for a second-hand acoustic guitar, in good condition. I am also looking for someone to give guitar lessons to a teenager (me) in Metis over the summer.

Please call Miranda Smith :
418-936-3587

Babysitting service

I am a 13-year-old girl looking for baby-sitting jobs for the summer. I have completed the Red Cross baby-sitting course, I know first-aid and I have passed swimming badges up to level 10. I am bilingual, have baby-sitting experience and references.

Miranda Smith : 418-936-3587

NEEDED: Mini-fridge for the Community Training Room. If you have one to donate, please contact Marcel Blanchet 775-3689 or 936-3318 (evening)

**Café sur mer
Summer 2014**

160 rue Principale

The café is currently open
Saturdays and Sundays from
9 a.m. to 5:30 p.m.

Café sur mer will open 7 days a week for the summer months, starting June 21.

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

Info: 418.936.3936



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 Garage Sale

Saturday July 12 from 9 a.m. to 4 p.m.

Around the *Centre des loisirs* in Métis-sur-Mer

- Reserve a space to sell your things (\$20 per space)
- Heritage LSL will handle all advertising from Matane to Rimouski!
- You keep all your profits!
- Reservation required : some table are available to borrow (limited quantity)

All the rental space profits will help fund the Heritage Lower Saint-Lawrence resource centre which includes the Métis-sur-Mer municipal bilingual library as well as the photocopy and archive services.

For information and reservations: Mélanie Leblanc 418-936-3239

Heritage LSL needs your books and objects to sell at the garage sale or to use in our new resource center location! Please call Mélanie Leblanc at 418-936-3239 if you have anything you wish to donate!



COMMUNITY GARDEN 2014 Reserve your space for free!

Available lots:
12 regular gardens (±10'x22')
4 raised planters (4'x8'x32''high)
4 raised planters (4'x8'x24''high)

The garden is located rue de l'Église, in front of the *Centre des loisirs*.

Upcoming renovations and improvements include:

- An extended garden and new soil
- Raised planters for easy gardening at any age
- Shared crops (asparagus, blueberries, rhubarb, herbs)
- A better composting system
- Workshops, conferences and books in English and French

A Gardeners' Committee will be formed and will collaborate with the horticulturist to establish the way the site will work.

Made possible thanks to the Solidarity and Social Inclusion Fund from the Conférence régionale des éluEs du Bas-Saint-Laurent (CRÉ).

To secure a space (1 regular garden or 2 planters), please phone the municipal office at **418-936-3255**.

Lots can be reserved on yearly or longer-term bases.

First come, first served!



**JOB OFFER :
Qualified Educator
Recall list**

Le Centre de la Petite Enfance Les Pinsons is offering the opportunity to work at its Métis-sur-Mer installation as a qualified child educator with groups of children ages 0 to 59 months.

Positions are available for substitutes:

- Educators with eligibility for the recall list

Under the authority of the direction, the educators will implement the educational program determined by the CPE; ensure the health, safety and well-being of the children; establish collaborative relationships with the parents; and carry out a variety of other tasks related to these functions.

THE QUALIFIED CANDIDATE WILL POSSESS

- A college diploma in early childhood education, childcare techniques or the equivalent;
- First aid training;
- A valid security check.

THE QUALIFIED CANDIDATE WILL EXHIBIT THE FOLLOWING QUALITIES

Team spirit, a dynamic personality, a sense of humour, creativity, a sense of responsibility, effective work habits, the ability to establish collaborative links with parents, and the capacity to respond to the specific needs of the children.

TERMS OF EMPLOYMENT

Salary is based on the scale established by the Ministère de la Famille

Employment start date: May 2014

Please forward your curriculum vitae to:

Director

Centre de la Petite Enfance Les Pinsons

20 des Coquillages

Ste-Luce, QC

G0K 1P0

cpepinsons.direction@cgocable.ca

Only those candidates selected will be contacted for an interview.

LES PINSONS:

A 21-place • subsidized • \$7 per day • Childcare Centre at Métis-sur-Mer

Le Centre de la Petite Enfance Les Pinsons offers quality daycare service in your area. Our installations in Métis-sur-mer are located at 24 Couvent and offer 21 subsidized places at \$7 per day for children ages 0 to 59 months. If you would like a place for your child at the CPE, please contact Mrs. Julie Santerre at 418-739-5080, extension 101, to put your child's name on the waiting list.

**Be part of the shoreline cleanup on Saturday, June 14
Mitis River Park / Grand Métis**

Join the Mitis River Park team and staff from the Royal Bank of Canada's Rimouski branch as part of RBC's Blue Water Project to clean up the shores of the St-Lawrence and Mitis rivers. You can join us from 9 a.m. to 12 p. m. or from 9 a.m. to 4 p.m.

Meet us at the Reford Gardens parking lot at **9 a.m. Saturday, June 14th**. Volunteer teams will clean up the shoreline and beaches at the mouth of the Mitis River, the Mitis River Park and at Leggatt's Point.

Work gloves, garbage bags, buckets and all other necessary equipment will be provided. We strongly suggest participants wear boots and work clothes. Volunteer crews will be accompanied the Reford Gardens and the Mitis River Park staff and vehicles. The Reford Gardens is offering a complimentary lunch to all participants at 12 p.m., at their visitor center café.

Together let's protect, preserve and celebrate the St-Lawrence River!

Info: Pierre-Luc Blanchette
418 775-2969
pierre-luc.blanchette@parcmitis.com



Community Information



A Renewed Rural Pact

The new application form to request funding from the Pacte rural is now available. You can contact a rural development agent or visit the MRC Website at www.lamitis.ca to obtain a copy of the form.

There will be no call for projects : requests are received on a continuous basis. The maximum financial assistance available per municipal project is \$20,000; for territorial projects, this has been increased to \$40,000.

Kathy Laplante, Development Agent
Tel.: (418) 775-8445 ext. 2251
Website : <http://mitis.qc.ca/culture-et-ruralite>

Bilingual CPR Class

A cardiopulmonary resuscitation (CPR) class will be offered in English and French in Métis-sur-Mer between June 9th and 20th (exact date to be confirmed).

The training will last 8 hours (8:30 a.m. to 4:30 p.m.) and will take place on a weekday.
\$80 per person, several places still available.

Information: Marie-Claude Giroux 418-936-3239.

Baie-des-Sables Municipal Newsletter

The Baie-des-Sables municipal newsletter is now available in electronic format. If you wish to be added to the mailing list please email Marie-Claude Giroux: mcgiroux@heritagelsl.ca

Municipal Information

LANDFILL

Very soon, public works will be cleaning out ditches along the roads. Those who wish to obtain landfill, please call the office at 418-936-3255. First come, first served.

BURNING BRANCHES, TREES OR DEBRIS : PERMISSION REQUIRED

Please ask permission several days in advance.

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

DUMP FOR BRANCHES AND DEAD LEAVES - Open from May 15, 2014

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 located just across from 249, Chemin de la Station (fire station).

Please follow the signs along the road to ensure you reach the designated area. It is prohibited to dump garbage bags or construction wood.

CHIMNEY CLEANING

“Les Entreprises Matanaïses” are specialist in cleaning chimneys in accordance with the requirements of the insurance companies.

They would be available to offer this service in our municipality:

BETWEEN AUGUST 17th AND 23th, 2014

The residents of Métis-sur-Mer will be able to get this service by giving their name at the municipal office BEFORE AUGUST 11th, 2014 at 418-936-3255 or by e-mail at metissurmer@mitis.qc.ca

"To be permitted to clean chimneys on the territory of the MRC Mitis, all chimney sweeps must have a chimney-sweeping licence provided by the Service. Furthermore, the person who will do the inspections must be duly qualified."

- Extract of regulation # 03-13, Town of Métis-sur-Mer.

INFORMATION: “LES ENTREPRISES MATANAÏSES” AT 418-562-9229.

COLLECTION OF LARGE OBJECTS

Wednesday May 28, July 30 and September 24, 2014

OLD STOVES, FRIDGES AND MATTRESSES ARE PERMITTED

CONSTRUCTION MATERIALS, TIRES AND BRANCHES ARE NOT PERMITTED

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

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

Community Training Room

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



SUMMER SCHEDULE

Beginning June 2, 2014

	Morning	Afternoon
Monday	8:00 to 9:00	15:30 to 18:30
Wednesday	8:00 to 9:00	15:30 to 18:30
Friday	8:00 to 9:00	15:30 to 18:30

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

Membership* (ages 18+)

Métis residents : \$25/month or \$4/day

Non-residents : \$30/month or \$5/day

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

**Please note that membership fees also cover sports activities which take place in the Envol gym. Additional fees (ex. cost for a coach or instructor) may apply for certain activities.*

Personalised training program: \$50

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

By appointment only (available in English)

REGISTRATION and INFORMATION

Please contact Marcel Blanchet at
418.936.3318 (4:30 to 6:30 p.m.) or by e-mail
at oublan@globetrotter.net

Yoga with Barbara Pearce

starting Wednesday, 2nd July

July and August 2014

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

T: 418-936-3497 (after July 2nd)

barbara.pearce@videotron.ca

www.newmontrealyoga.com