

June 2015



*Ville de
Métis-sur-Mer*

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

www.facebook.com/MetissurMer

Métis Info

Municipal Newsletter and Community Notes

café sur mer is excited to offer

Coffee, Dessert & Live Music Evenings

Thursdays, June 11, 18 & 25 from 8-10 pm

Musical guests : David Stylenco & Friends

Wednesday, July 1 from 8-10 pm

Musical guest : Jérôme Casabon

\$5 cover charge (coffee and dessert are extra)

Donations to « the hat » for the band are appreciated

We look forward to enjoying these special musical evenings with you!

café sur mer is open Saturday & Sunday from 9 am to 5 pm

Starting June 22 : Open every day from 9 am to 5 :30 pm

160Principale, Métis-sur-Mer, 418-936-3936

Check our Facebook page for more exciting news and events

www.facebook.com/CafeSurmer



HERITAGE
Lower Saint Lawrence
Bas-Saint-Laurent

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

DEADLINE CHANGE : now the 20th for the coming month. Please contact

Marie-Claude Giroux at 418-936-3239

or by email at mcgiroux@heritagelsl.ca



Heritage Cultural Resource Centre

130 rue Principale, (418) 936-3231 or (418) 936-3239

MON, WED-FRI : 8:30 a.m. - noon & 1:00 - 5:00 p.m.

TUESDAY : 1:00 - 5:00 p.m.

LIBRARY SCHEDULE

Monday to Friday: 2 - 4 p.m.

Thursday evenings: 7 – 8:30 p.m.

Saturdays: 9:30 – 11:30 a.m., June 6 and 20

PLEASE NOTE: LIBRARY & OFFICES WILL BE CLOSED ON MONDAY, JUNE 24

***FREE membership – Youth Section– Adult Section – Special requests – New books every month
No late fees – Photocopy service – Free WiFi and free access to a laptop computer***

NEW activity!!! 50+ Book Clubs: Read Active! FREE

Heritage Lower Saint Lawrence has obtained funding to support two book clubs for seniors in Métis-sur-Mer, one in English and the other in French. We will provide logistics support, free space even after hours, food & beverages and all the new books you need to during a whole year! Need more info? Interested in participating in the club's activities? Would like to help start it? We want to hear from you!

First club meeting : Saturday, May 30 at 10 a.m. at café sur mer

(Filter coffee and snacks will be free for members!)

New Horizons Teleconference: June 16, from 9-noon At the Métis-sur-Mer bilingual public library, 130 rue Principale

Heritage Lower Saint Lawrence invites all local organizations and committees to a remote information session offered by Service Canada, to support organizations that would like to apply for funding under the New Horizons for Seniors Program. Interested? Contact Melanie at 418-936-3239 #222 or 1-855-936-3239

Want to help? Let us know!

You have a few hours to spare here and there? We always need volunteers for punctual tasks. Examples of what there is to do in May-June: operating the lending desk, book sorting and preparing for the summer garage sale, book labeling and covering, storytelling for kids.

Contact Elisabeth at 418-936-3239 #224



TD Summer Reading Club – Play.

For youth of all ages

Studies show that children who keep reading during the summer do better when they return to school in the fall. The TD Summer Reading Club, a free program offered at our library is a great way to keep your kids engaged with reading. Children can choose what they want to read, track their reading, interact with our website and connect with kids across the country.

Online, in libraries, or on-the-road, make the TD Summer Reading Club part of your child's summer adventures. Look for the free book club notebook, stickers and materials in your child's school bag, or drop by the library to pick them up! Keep an eye out for our library's summer activities and youth programming!

Some tips to encourage your child to read:

- Read for fun, and let kids choose what to read
- Read anywhere, anytime, and anything
- Be a family of readers. Read together and read aloud
- Start young. It's never too early (or too late!) to read with your children
- Use your local library. Start by signing your child up for the TD Summer Reading Club! It's free and stimulating!

«The More You Read, The More You Win! » Contest

From June to September, each book read by a child up to 12 years of age will earn him/her one participation in our youth summer reading contest! Also, at each library visit, children will be offered a dragon drawing to color and bring back, to earn more chances to win a prize! Our great prizes include a 50\$ certificate from L'Hibou-coup, our Mont-Joli book store, and one of two Châ-Dra dragon books from Métis author Thérèse Gagné. Details at the library!



HERITAGE
Lower Saint Lawrence
Bas-Saint-Laurent

Summer student Employment Opportunity

Basic criteria

- You are fluent in English or would like to improve your English skills
- You are planning to be a full-time student in the fall Heritage Lower Saint-Lawrence is offering a summer employment opportunity for a student.

Job title: Animator, Cultural and Community Activities

Salary/conditions: 11.50\$/h, 37h/week, 8 weeks

Start date: JUNE 2015

In collaboration with the HLSL team, the summer student employee will participate actively in the organization of cultural and literary activities.

The student will contribute namely in :

- Animating and supporting the organization's summer programming (youth (6-12) summer reading clubs, adult reading clubs, storytelling workshops, jazz concert, etc.),
- Promoting local heritage via visits of a historical walking tour;
- Supporting our bilingual public library's activities and services.

You might be our ideal candidate if you have the following:

- An interest for leisure, culture, tourism, animation, event planning, youth intervention, heritage, storytelling, or any other job-related field;
- Good communications or vulgarising skills;
- You like working with people;
- A proactive mind, responsibility, creativity and a solution-minded personality
- High school diploma or college degree completed (asset)
- You want to build your work experience in a positive environment

To apply or for more info: contact Melanie Leblanc as soon as possible!

Email: mleblanc@heritagelsl.ca Phone: 418-936-3239 / TOLL FREE: 1-855-936-3239 #222

DVD Rental Services in Métis-sur-Mer – Important Changes

Please note that as of June 1, 2015 and for reasons outside our control, DVD rental services at Dépanneur Matie will no longer be offered. Thank you! - The Dépanneur Matie team

The Heritage Lower Saint Lawrence team would like to remind Métis residents that they can find films and series at the Métis-sur-Mer bilingual public library. DVD donations for all ages are accepted at all times and help build the collection!

The Heritage Lower Saint Lawrence team

Mark your calendars : Metis Celebrates! July 30 – August 2

Details to come... but in the meantime, if you have any activities to suggest or want to get involved, please don't hesitate to contact us!

A duck race will be held at the Cascade brook on August 1, and we are looking for a family or a group of friends who could help organize it!

Please contact Martine Bouchard for more information at 418-936-3373 –Thank you!

Seniors' Hot Lunch

Saturday, June 16, 12 noon

at the Town Hall

Theme: Fathers' Day BBQ

Cost: \$8

Reservations: Linda 418-936-3431



Carpooling is organised, please let us know if you need transport or if you can offer spaces thank you!

PLACE PETIT MIAMI – 2015

**Now open every day from
11 a.m. to 8 p.m.**

Please note: breakfasts are back!
Fridays, Saturdays, and Sundays
beginning at 7:00 a.m.

Looking forward to seeing you!
Danielle and Employees

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)

NOTICE: Expansion and maintenance work is currently done at the Leisure Centre of Métis-sur-Mer. Access will be restricted for the coming month. Thank you!

CHSSN COMMUNITY HEALTH EDUCATION PROGRAM (CHEP)
HEALTH VIDEOCONFERENCE SERIES

Building a healthy community - free health workshop presented in English

Your Financial Health: Prevention & Protection

The presenters: Sarah Doherty, Lawyer-Educaloï

Ann Jones, Moderator, The Montreal General Hospital

Wednesday, June 17, 2015, 10:00 am - 12:00 pm*

Heritage Cultural Resource Centre
130 rue Principale, Métis-sur-Mer

*FREE Tea and coffee will be served from 9:30 am

Info: 1 855 936-3239 (toll free) or 418 936-3239

*A CHSSN initiative funded by Health Canada through the Roadmap for Canada's
Official Languages 2013-2018: Education, Immigration, Communities.*

Community Garage Sale

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

Around the Centre des loisirs at 10, de l'église, in Métis-sur-Mer

PLEASE JOIN US!

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

Money raised by Heritage LSL during this event will help buy new books for our library!

For information and reservations: Melanie, 418-936-3239 #222

Want to help?

Heritage LSL needs objects and small furniture to sell at the garage sale. Please call Melanie Leblanc 418-936-3239 #222 if you want to donate things, or simply bring them to us on site the morning of the sale!

Heritage needs volunteers the day before and during the sale: please call Melanie at the office to offer some of your time!

School News



June 8th - In collaboration with Heritage LSL, secondary students will be attending a **cooking class under the direction of Chef Pierre-Olivier Ferry from les Jardins de Metis**. Chef Pierre-Olivier will instruct the students on how to properly prepare and cook an economical and healthy meal and, with the help of his culinary students, facilitate MBS students to create and complete their "culinary delights".

June 10th - Elementary students from both Metis Beach School and École l'Envol will be participating in a **beach walk / clean up facilitated by biologists from the Maurice Lamontagne Institute**. Students and teachers will meet in the Church parking lot at 10 am. **Community members are invited to attend!**

June 17th - Secondary students will be visiting **La Verrière aux Images Art Gallery in Rimouski with renowned local artist and teacher, Lynn Fournier**, who also exhibits her work at the gallery. La Verrière aux Images is an art gallery that was created by artists from the Lower Saint Lawrence region. Students will have the opportunity to view and appreciate the different styles and themes of these artists.

June 19th - **Metis Beach School's annual end-of-year BBQ** with students, parents and volunteers at the school.

We wish everyone a great summer!

Be part of the shoreline cleanup on Saturday, June 6

The Mitis River Park and the Reford Gardens are organizing for the third consecutive year a shoreline cleanup as part of RBC's Blue Water Project. Join us and the staff from the Bank of Canada's Rimouski branch to clean up the shores of St Lawrence and Mitis rivers. Two cleaning periods are planned, from 9 am to 12 am and from 1 pm to 4 pm. You can participate to one

Meet us at the Reford Gardens parking lot at 9 am Saturday, June 6th!

Work gloves, garbage bags, buckets and all other necessary equipment will be provided. We strongly suggest participants to wear boots and work clothes. The Reford Gardens is offering a complimentary lunch to all participants at 12 am, at their visitor center café.

Thanks to the sponsors of this community chore: Tim Hortons Mont-Joli, Pronature Mont-Joli, Centre de rénovation de la Mitis and Éco-centre de la Mitis.

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

Info: Laurence Paquette, 418 775-2969 or laurence.paquette@parcmits.com



Community Information

PLAYGROUND 2015 FOR 5 TO 11 YEAR OLDS -PRE-ENROLMENT



June 29 to August 20 / From 8 :30 a m to 4 :30 pm
Games * Crafts * Cooking * Library events* Beach activities * And more...

Parent's name : Phone no.:

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\$

The total cost can be divided over several payments if needed

PLEASE return enrolment form to your school **before noon June 5th**. You will be contacted in the week of June 8th. Info : Marie-Claude Giroux 418-936-3239 or Lynne Bruce 418-318-4005.

This Summer : Come Play at the Library ! (free / bilingual)

Board games and reading for 6-11 year olds, Monday-Friday 4:30 to 5:30 pm

You work and need a late afternoon service? Your child enjoys reading, board games, cards, etc.? Register him/her in our free youth afternoons at the library! Supervised walk from the playground to the library to facilitate! Info : **Melanie 936-3239 #222**

(Limited places. Service offered only when the playground is open.)

Heritage Lower Saint Lawrence is looking for board games, toys and complete puzzles, as well as youth books and comic books. Thank you for bringing us your donations of items, in good condition, during office hours at 130 Principale in Métis-sur-Mer. All surplus materials will be distributed amongst our local schools and after school daycare.

Thank you!

Be on the lookout for the Mobile Grocery !

Beginning this summer, you will be able to buy basic foods such as natural meat, fruits and vegetables, bread, and regional products at the Mobile Grocery.

A trailer towed by a red van will travel the main street of Métis-sur-Mer several times a week, a trailer designed so that you can enter and choose your groceries ... And all you have to do is watch for the red van and trailer!

More details to come ...
Looking forward to seeing you soon!

Info : Sarah.Moysan@outlook.com



St-Jean Baptiste Celebration in Métis-sur-Mer

Bonfire - Music - Bar service

Tuesday, 23rd June from 7 p.m.

In the parking lot opposite the church

All welcome

Organised by the Comité des Loisirs

Pancake Breakfast

Saturday, 27 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



Canada Day Celebrations July 1st

Festivities are organized by a group of volunteers. Look out for posters with information about the program.

Info: Kathy Dodson
418-936-3245

- A **GARAGE SALE** will be held on June 6th and 7th at 291 Station road.
Everyone is welcome!

- A **GARAGE SALE** will be held on July 25th and 26th at 297 Astle (furniture, antique dishes, clothing, tools, etc.). All profits will be donated to amyotrophic lateral sclerosis (ALS) research.

Information: Susie (418) 936-3558



La Mitis Public Market – An improved location and more to do!

The market is held every Saturday from 10 a.m. to 3 p.m. from June 21 to October 4, at 775 route Flavie-Drapeau in Sainte-Flavie (next to the municipal building). There are lots of new additions this year including talks on a variety of topics, meal service at lunch, sanitary facilities, a play area for children and accessibility by the bike path. In case of bad weather, the market will be held indoors. The faithful will be happy to learn that hot lunches at noon are back, and will be offered for the entire season by Lili Bergère. A culinary experience that you won't want to miss !

A vast selection of produce and products is available, including seasonal fruit and vegetables, salted herbs, breads, pastries, jams, meat, cretons, marinades, maple products, honey, candies, spices, ketchup, salsa, mead and other alcoholic beverages. There are also many local crafts including jewellery, soaps, paper stationery, wooden games and useful objects, knitting, embroidery and more.

Information: François Mercier at 418-775-7050 #138
Or www.facebook.com/Steflavie.



COMMUNITY GARDEN Reserve your space for free!

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*.

Improvements to be completed this spring:

- Drainage 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 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!

2015 MIGRATION WATER WALK FROM MATANE, QUEBEC TO MADELINE ISLAND, WISCONSIN



**“The water is sick... people need to really fight
for that water, to speak for that water,
to love that water.”**

— Josephine Mandamin, Mother Earth Water Walker

*This Walk is to raise awareness of oil spills on the Great Lakes,
the St Lawrence River and train derailments that have caused disasters
to our waters, fish, animals and vegetation. We also do not want
pipelines across our country, namely, Reservations.*

We will arrive in Matane (Parc des îles) and set up camp on June 22nd,
sharing of traditions, our creation stories -especially the Original
Great Migration to Madeline Island where food was found growing on
water. Nightly drumming, fun for all. Then on June 23rd, we will move forward
towards Sainte-Luce.

Help and donations are needed for places to sleep, food,
and gas for identified Water Walker vehicles and would be appreciated.

Please contact us at : www.waterwalkersunited.com

The Water Walkers will walk through Métis-sur-Mer on June 23, around midday.
Food and drinks will be offered to them while they walk. Everyone is invited to
walk with and support them.

The municipal partners of La Mitis en Forme et en Santé (COSMOSS) wish to highlight various outdoor activities available locally at little or no cost to the population.

****Hiking Trail « Le Mitiwee »****



Photos : Michel Imbeault,

http://www.municipaliteprice.com/index.php?option=com_content&view=article&id=345&Itemid=297

Municipalities : Price and Grand-Métis

Type of activity : Hiking and snowshoeing

Length : Approximately 2 km

Level of difficulty : Easy

Parking : Yes*

Admission: Free

Description :

Opened in June 2013, this two-kilometre trail runs alongside the Mitis River. The trail features four information panels, one on each of the following subjects: the history of Price, the history of Grand-Métis, the archeological excavations of 2005, the Amerindian presence in the region and the Mitis River watershed.

Directions :

Route 234 between Grand-Métis and Price *2 points of access with free parking

Sources :

<http://www.linformation.ca/2013/06/12/le-sentier-mitiwee-inaugure-2>

<http://www.tvmitis.ca/sports/3268-le-sentier-mitiwee-devenu-realite>

<http://www.hebdosregionaux.ca/bas-st-laurent/2013/06/17/le-sentier-mitiwee-est-officiellement-inaugure>

http://www.municipaliteprice.com/index.php?option=com_content&view=article&id=345&Itemid=297

Community Training Room

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



Summer schedule (from June 1st)

	Morning	Afternoon
Monday	8:00 to 9:00	15:00 to 18:00
Tuesday		16:00 to 18:00
Wednesday	8:00 to 9:00	15:00 to 18:00
Thursday		16:00 to 18:00
Friday	8:00 to 9:00	15:00 to 18:00

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

Membership*

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

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

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

INFORMATION

418.936.3318

on opening hours

**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.*

Yoga with Barbara Pearce

July 3rd to August 31th 2015

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

Registration (month or season),
10 class card or drop-ins

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

T: 514-624-9771

T: 418-936-3497 (after June 21)

barbara.pearce@videotron.ca

www.newmontreal yoga.com/events



SCHEDULE FOR THE COLLECTION OF LARGE OBJECTS
Wednesday, May 27; Wednesday, July 29 and Wednesday, September 30 2015

OLD STOVES, FRIDGES AND MATTRESSES ARE PERMITTED
CONSTRUCTION MATERIALS, TYRES AND BRANCHES ARE FORBIDDEN
RESERVATION REQUIRED, CALL 418-936-3255 or 418-936-3420.

It is always possible to leave your **hazardous materials** at the municipal garage (Rue de l'Église). We mean by hazardous materials 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.

If you have any doubts call at the municipal garage at 418-936-3858

PLEASE, do not put the other products that those mentioned above.

DUMP FOR BRANCHES AND DEAD LEAVES - Open from May 15, 2015

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.

**BONFIRE, 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

Contact Vincent Dubé at the 418-775-8445 Ext. 2249

For bonfire, it is possible to obtain a summer permit.

Burning permit is free.