

April 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

**Café sur mer is opening early this year!
Beginning Easter Weekend...**

Open every Saturday & Sunday from 9 a.m. to 5 p.m.

Saturday, April 4, 2 p.m. to 4 p.m. : SPRING CRAFTS*

Sunday, April 5, 3 p.m. to 4 p.m. : EASTER EGG HUNT*

*In collaboration with the Comité de développement de Métis-sur-Mer

See you soon!

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



**Only 2 more FRIDAY BREAKFASTS !
APRIL 3rd. and 10th. FROM 8:00 A.M. TO 10:00 A.M.**

Since the fall, 24 BREAKFASTS have been organized and have made a PROFIT OF OVER \$3000; these funds will provide important support for our Community Training Room ... A HUGE THANK YOU TO ALL THE DEVOTED VOLUNTEERS without whom this would not have been possible!

THANK YOU ALSO TO THE MANY LOYAL SUPPORTERS who took part week after week!



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

If you would like to promote **events planned for the month of May**, please contact Marie-Claude Giroux **before April 15** 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., April 11 and 25

Coffee,
tea and herbal tea
1.50\$

PLEASE NOTE: LIBRARY & OFFICE WILL BE CLOSED MONDAY, APRIL 6

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

New at the Library

The library has been reorganized, and we now offer almost 4000 titles. We add new books and DVDs for adults and youth every week. Come by and see what's up!

April Workshop– Preparing and Repairing Books

A workshop on book preparation and repair will be organized for Métis-sur-Mer residents and library volunteers at the Lisette-Morin library in Rimouski, in April.

This workshop is free and transportation will be organized from Metis.

For everyone who would like to help take care of books at the library,
or learn to use these techniques on school books!

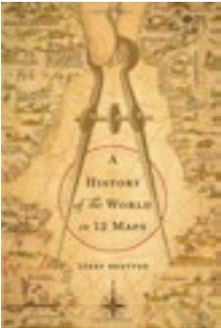
Please contact Elisabeth at 418-936-3239 # 224 for more info.

Want to help? Let us know!

You might have a few hours to spare here and there? We always need volunteers:
book preparation, lending desk, etc. Interested?

Contact Elisabeth at 418-936-3239 #224

OUR SUGGESTIONS...

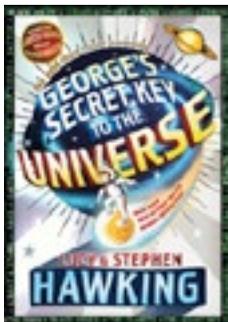


A History of the World in 12 Maps

In this masterful study, historian and cartography expert Jerry Brotton explores a dozen of history's most influential maps, from stone tablet to vibrant computer screen. Starting with Ptolemy, "father of modern geography," and ending with satellite cartography, *A History of the World in 12 Maps* brings maps from classical Greece, Renaissance Europe, and the Islamic and Buddhist worlds to life and reveals their influence on how we—literally—look at our present world.

Everyday Grain-Free Baking – Kelly Smith

With *Everyday Grain-Free Baking*, you can finally enjoy the baked goods that you've been missing! This beautiful, easy-to-use cookbook shows how to create more than 100 delicious, grain-free and dairy-free recipes: breads, biscuits, muffins, savory snacks and decadent treats.



George's Secret Key to the Universe

In their bestselling book for young readers, noted physicist Stephen Hawking and his daughter, Lucy, provide a grand and funny adventure that explains fascinating information about our universe, including Dr. Hawking's latest ideas about black holes. It's the story of George, who's taken through the vastness of space by a scientist, his daughter, and their super-computer named Cosmos. *George's Secret Key to the Universe* was a New York Times bestseller and a selection of *AI's Book Club* on the Today show.

NEW project!!! 50+ Book Clubs: Read Active! at our library

Heritage LSL 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 hold the activity during a whole year! Need more info? Might be interested in participating in the club's activities? Would like to help start it? We want to hear from you!

Thanks for contacting Melanie at 418-936-3239 #222.

**CHSSN COMMUNITY HEALTH EDUCATION PROGRAM (CHEP)
HEALTH VIDEOCONFERENCE SERIES**

Building a healthy community - free health workshop presented in English

Nutrition—How to get on the right track

*The presenters: Dr. Sylvia Santosa, PhD., Assistant Professor at the Department of Exercise Science, Concordia University and Canada Research Chair in Clinical Nutrition
Jo Ann Jones, Moderator, The Montreal Children's Hospital*

Tuesday, April 14, 2015, 5:00 - 7:00 pm*

Heritage Cultural Resource Centre
130 rue Principale

*FREE snack will be served

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.*

Free photography Workshops: Who We Are / Snapshot*

Heritage LSL invites you to participate in FREE photography workshops offered in Métis-sur-Mer, Matane and Rimouski in collaboration with Michel Dompierre, photo-journalist and author of many books about our region. Participants will understand their camera so it can become an extension of their own eyes. They will take great pictures, in both form and content, becoming real artists! Their work might be part of an exhibit in the summer of 2015.

For English-speaking adults / youth 14+
Beginners or amateur photographers are welcome!
Cameras are FREE for those who don't have one...

A series of five, 3h workshops are offered in Métis-sur-Mer :

Saturdays, 1-4 p.m. starting at the end of April, Heritage Resource Centre, 130 Principale

You are an interested English-speaker? Still a few spots left...
Contact us : 418-936-3239 #222

*heritage LSL thanks Canadian Heritage for its financial support.

AN INVITATION TO EVERYONE

Tuesday, April 7, 2015, at 7:00 p.m., at the Centre des Loisirs (10 de l'Église), l'AFÉAS will celebrate the 15th. NATIONAL DAY OF INVISIBLE WORK « INVISIBLE WORK COUNTS! »... under the theme « PARENTS AND CITIZENS ». Last year l'AFÉAS declared that « the role of the parent is vital ». This role is essential for the development of human beings that are well-adjusted in both mind and body. It is these same human beings that will form the society of tomorrow. The question is, will they become active, involved, productive citizens?

Part 2: We will also welcome **Mrs. Isabelle Brault from the Centre Femmes de La Mitis** who will speak about all the services offered to residents of the La Mitis region by this organization. She will also talk about the WALK FOR WOMEN that will take place in October 2015. Everyone is welcome!

For info: Diane 936-3276

Evening of information and discussion about the TransCanada Energy East Pipeline Project

Tuesday, April 7, 2015; at 7:00 p.m.

École Assomption, Baie-des-Sables

Duration : 90 minutes

**OIL,
A GREAT WAY
TO GET RICH
TOGETHER?**

Anticosti film

An extract of Dominic Champagne's film « Anticosti » will be presented.

Experts who understand the issues will be available to answer your questions.

Even though we don't know very much about what is happening with the TransCanada Energy East Pipeline project in Baie-des-Sables, some think that it would be a good idea to begin to explore the subject immediately and to discuss the issues. Indeed, if this project becomes a reality, what will our position be? And why? To begin to form an opinion based on the facts and the most accurate information possible, we invite you to take part in this evening of information and discussion. Everyone is welcome!

Doudou Aventure -What to do with old fabric that's just too good to throw out?- those old jeans or "cords" leather and fur clothing that no one wears anymore or anything made from fun or interesting fabric...Bring them to the Metis Library for Doudou Aventure who will happily recycle them in their arts and crafts projects... Thank-you! Diane Dubois 418-936-3158

DART TOURNAMENT
SATURDAY, APRIL 11, AT METIS TOWN HALL



REGISTRATION 12:30 -TOURNAMENT BEGINS 13:00
TEAMS OF 3 (AT LEAST ONE WOMAN PER TEAM)
ADMISSION ADULT \$15

- * CASH PRIZES (1ST, 2ND, 3RD PLACE)
- * DOOR PRIZES
- * 50 / 50

COLD BUFFET (donation requested) & CANTEEN SERVICE

ALL PROCEEDS TO: L'ASSOCIATION SOCIO-CULTURELLE DE METIS
FOR FURTHER INFORMATION, PLEASE CALL KATHY AT 936-3245

Seniors' Hot Lunch

Tuesday, April 14, 12 noon
It's Spring!
at the Town Hall

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

Open every day from
11 a.m. to 8 p.m., beginning
Thursday, April 16.

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

Looking forward to seeing you!
Danielle and Employees

Métis-sur-Mer 50+ Club
Activities



Dinner ... April 22, 12:00 noon,
at the Centre des loisirs
Followed by the Annual Meeting at 1:15 p.m.

Menu: ham
Admission: Members: \$10 / Non Members: \$12
For reservations : 418-936-3884 or 418-936-3515
Everyone is welcome!

VOYAGES DANIEL has sent
us a list of organized trips
(departures from Rimouski)
that are planned from now
until December 2015. The list is
available for consultation at the
Centre des loisirs, at the Caisse
Populaire, and at the Library. It
is also available on their website
: www.voyagesdaniel.com

**VENEZ RENCONTRER MICHEL FAUBERT
100 ANS DE COLLECTE FOLKLORIQUE DANS L'EST DU QUÉBEC
Jeudi 16 avril 2015 à 19h30 au Café sur Mer**

Ayant lui-même parcouru les routes du Québec et de l'Acadie à la recherche de vieilles ballades, complaintes et contes merveilleux, il partagera sa passion pour le patrimoine de tradition orale, et rendra hommage aux grands folkloristes du passé qu'ont été Marius Barbeau, Carmen Roy et Laura Boulton. Chants a capella, récits et anecdotes seront au programme... **L'activité sera en français mais M. Faubert pourra fournir des explications et répondre aux questions en anglais.**

Né à Choisy (Montérégie) en 1959, Michel Faubert est un auteur, chanteur, conteur et metteur en scène associé à la mise en valeur des patrimoines méconnus, tant québécois qu'acadien. Connus pour ses adaptations contemporaines de complaintes légendaires et de contes merveilleux, il voyage tout aussi bien dans l'univers du folklore que dans celui de l'underground montréalais qu'il a beaucoup fréquenté. Membre fondateur des Charbonniers de l'Enfer, il a effectué de nombreuses collaborations artistiques, notamment avec Les Douze Hommes Rapailés Chantent Gaston Miron, dont il a fait partie depuis le tout début.

Tous et toutes, petits et grands, sont les bienvenus ! GRATUIT!



TRAINING-INFORMATION WORKSHOP ADHD

Presented by : L'Association de La lueur de l'espoir du Bas-St-Laurent

This workshop is for parents and/or caregivers of children ages 6 to 12 who have been diagnosed with an attention deficit hyperactivity disorder.

The 5-hour workshop will be given in two parts, from 7:00 to 9:30 p.m., on each of the two evenings. **April 14th. and April 21st., in Mont-Joli**

Cost: \$10 Please note: It is being offered in French only.

If you are interested ... REGISTER NOW!

Please call : 418 725-2544 or 1 877 725-2544



Regional Food Co-op project in Métis-sur-Mer

As a result of the public meeting of February 17, which was attended by more than fifty citizens, a committee has been created to explore different possibilities to maintain grocery services in Metis-sur-Mer. To show your support for this important project, you may either get directly involved with the local committee, or fill out a membership application that will allow us to compile a list of eventual users/members. These applications can be found at the local library, and they can also be sent to you by fax or email. For more information or to get involved, please get in touch us at (418) 732-7701 or by email at coopmetissurmer@gmail.com



Until then, we would like to ask everyone to take care of our community by assisting those who are unable to drive to a nearby grocery store themselves. If for some reason you need help to do your groceries, or if you would like to offer a ride, please contact Françoise Rousseau at (418) 936-3884. Thank you!

HEAR YE! HEAR YE! NEW PRODUCTS AND SERVICES FOR SUMMER 2015

«**La P'tite Ferme dans le 2e**» a start-up, eco-friendly farm in Métis-sur-Mer, will offer weekly delivery of fruits and vegetables. Your subscription will help support young farmers and stimulate the growth of a local, environmentally friendly farm.

Baskets will include 8 - 10 varieties of fresh fruits or vegetables (some common, some less well known, but well worth tasting)

Service will run from July - October (14 weeks). Baskets available in 3 sizes:

- Singles (18\$ per week x 14 weeks) = 252\$
- Couples (25\$ per week x 14 weeks) = 350\$
- Families (32\$ per week x 14 weeks) = 448\$



Limited number of participants. Pay in 2 installments: 1st payment upon signature of the contract, and 2nd at the end of the season.

For more information please call 418 936-3818, where farmers Benoît Beaudry or Geneviève Vezeau will be happy to answer your questions.

laptitefermedansle2e@globetrotter.net

www.facebook.com/pages/La-Ptite-Ferme-dans-le-2e/1549368715303650

JEFFREY-HALE/HERITAGE LSL SURVEY

A PORTRAIT OF ALL ENGLISH-LANGUAGE HEALTH SERVICES OFFERED IN THE REGION

As a regional organization, Heritage Lower Saint Lawrence represents all English-speakers in the Lower St-Lawrence. This March, Heritage LSL is partnering with the Jeffrey Hale/St-Brigid's Hospital in Quebec City to develop a portrait of all health and social services offered to the English-speaking population of Eastern Quebec. To help get a complete picture, Heritage LSL is conducting an important survey, asking participants what their experience of services has been like, whether in or out of region. Answers will help identify the ways in which English-speakers access services (or not), and help develop solutions to improve the quality of health & social services offered in English.

The English-speaking population of our region is the smallest in Quebec (1200 people). To establish an accurate portrait, Heritage needs to connect with almost 300 people from all corners of the region before March 31, 2015. We are actively looking for names and contact information of ANY and ALL English speakers from La Pocatière to Les Méchins, so they can be offered the chance to participate in this confidential survey. Surveys are anonymous and no solicitation will be done.

Thank you for calling our team to participate or to suggest names of people you know: you'll help improve services for everyone! 418-936-3239 or 1-855-936-3239 (dial 0)



Scotland Special Collection

A collection of non-fiction on Scotland and French-language novels by Scottish authors are currently on display at the library, along with some traditional objects. Come see!

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)

SCHEDULE FOR THE COLLECTION OF LARGE OBJECTS

Wednesday, May 27 2015

Wednesday, July 29 2015

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.

BROWN IS GREEN

Brown bins for composting will be delivered to you in April –for FREE.

Each residence will receive a 240-litre brown bin for outdoors,
as well as a 7-litre brown bin for the kitchen counter,
designed to make daily composting easy.

June 2015 - First door-to-door collection of compostable waste !!!



How does it work ???

- Line your small kitchen bin with newspaper and use it to dispose of daily compostable waste from your kitchen.
- Put newspaper in the bottom of your big, outdoor bin or line it with a paper bag designed for the purpose.
- Dump the day's contents of your kitchen bin into your big, outdoor bin.

The Municipality will regularly send a truck to collect all the organic material from the bins!!!

Tips for mess-free composting

- Use newspaper to line compost bins.
- Store compost bins in the shade.
- Keep compost bins closed.
- Put your big brown bin near the road at every opportunity so it is emptied as often as possible. Don't wait until it's full.
- Wrap meat and fish waste in paper before disposal in your brown bin.
- Rinse brown bins with soapy water, or use water with a little vinegar added.

For more How-To's on composting or for information on what can /cannot be put in your brown bin, go to: <http://www.semer.ca/>

Environmentally yours, Marie-Lou Leblanc, Project Officer
Régie intermunicipale de traitement des matières résiduelles des MRC Matapédia et La Mitis
Tel.: 418 629-2053 ext 1122 Email: ml.leblanc@mrcmatapedia.qc.ca

Community Information



COMMUNITY GARDEN Reserve your space for free!

Available lots:
12 regular gardens ($\pm 10' \times 22'$)
4 raised planters ($4' \times 8' \times 32''$ high)
4 raised planters ($4' \times 8' \times 24''$ 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!

INVITATION PUBLIC INFORMATION SESSION

The MRC de La Mitis and the municipality of Métis-sur-Mer is pleased to welcome citizens to a PUBLIC INFORMATION SESSION : THE COLLECTION OF ORGANIC WASTE

Wednesday, April 29, at 7 :00 p.m.
Recreation Centre (Centre récréatif),
134 des Érables St-Octave-de-Métis

The presentation will be followed by a question period.

**For further information, contact Marie-Lou Leblanc, project manager, Inter-municipal Management Board for the treatment of residual wastes in the MRC's of La Matapédia and La Mitis. Telephone: 418 629-2053 (extension 1122)
E-mail: ml.leblanc@mrcmatapedia.qc.ca**



Community Training Room

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



SCHEDULE

	Morning	Afternoon	Evening
Monday	8:00 to 9:00	14 to 15:30	18:30 to 21:00
Tuesday			18:30 to 21:00
Wednesday	8:00 to 9:00	14 to 15:30	18:30 to 21:00
Thursday			18:30 to 22:00
Friday	8:00 to 9:00	14 to 15:30	
Saturday	9:00 to 11:00		

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

**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 (6:30 to 9 p.m.) or by e-mail at
mcelbchet@gmail.com

BADMINTON* on Thursdays from 6:30 p.m. to 10 p.m.!

At l'Envol School gym
(East entrance)

12-99 year old players welcome!
Come out some SPRING
in your racket!



Free rackets and
shuttlecocks
available on site!

*Membership required

Mini Zumba Session

with Michelle Bérubé from Passion Z-MOB

4-class session, Tuesdays at 7 p.m.
From April 7 to April 28

At the Envol School gym (east entrance)

Training room members: \$46
Non-members: \$52

Register with Marcel Blanchet
(see schedule and contact details).