

**May 2015**



*Ville de  
Métis-sur-Mer*

[www.ville.metis-sur-mer.qc.ca](http://www.ville.metis-sur-mer.qc.ca)

[www.facebook.com/MetissurMer](http://www.facebook.com/MetissurMer)

# Métis Info

*Municipal Newsletter and Community Notes*

## **May is Tree and Forest Month!**

As in other years, the Ville de Métis-sur-Mer has secured more than 680 young trees (deciduous and evergreen) which will be distributed to residents and students.

**Saturday, May 30, from 9 a.m. to 3 p.m.  
in back of the municipal office (138 Principale).  
FREE!**

Please note: trees will also be given out to students at both l'Envol and Metis Beach schools.

The Beautification Committee



café sur mer

## **Café sur mer is open**

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

**Open Monday, May 18 -National Patriots' Day**

**See you soon!**

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

Check our Facebook page for more exciting news and events  
[www.facebook.com/CafeSurmer](http://www.facebook.com/CafeSurmer)



**HERITAGE**  
Lower Saint Lawrence  
Bas-Saint-Laurent

[www.heritagelsl.ca](http://www.heritagelsl.ca) | [www.facebook.com/heritagelsl](http://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](mailto: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., May 9 and 23

Coffee,  
tea and herbal tea  
1.50\$

**PLEASE NOTE: LIBRARY & OFFICES WILL BE CLOSED ON MONDAY, MAY 18**

**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 over 5000 titles. We add new books and DVDs for adults and youth every week. Come by and see what's up or read on one of our 10 beanbags!

### Collection spéciale sur le folklore québécois

Une collection de livres et CDs sur le folklore québécois nous a été prêtée par Réseau Biblio BSL pour quelques mois. Retrouvez des contes et des chants de Michel Faubert, de Fred Pellerin, Victor-Lévy Beaulieu, Marius Barbeau et plein d'autres...



### May-September Expo : Dragons

Starting mid-May and lasting all summer, dragons will secretly occupy the library. Youth and adults, come learn about the mysteries of dragons through a special collection of books and surprising objects, like a dragon's egg and a dragon's eye... You can learn more about dragonology, dragon-hunter genealogy, etc.

### Want to help out for only a few hours? 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

## NEW project!!! 50+ Book Clubs: Read Active!

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!

Come and meet on Saturday, May 30, 10 a.m. at the Café sur mer, coffee will be free for members!

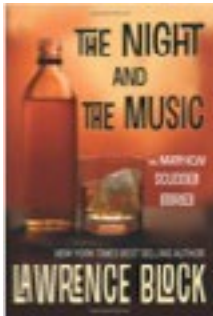
### TD Summer Reading Club for youth

#### Theme: Play

The TD Summer Reading Club is back this year! It is an inclusive program that strives to engage all children in the joy of reading during the summer months while championing Canadian writers and illustrators. The club helps building confidence in reading through the delivery of free incentives and fun, accessible library activities. Contact Elisabeth or Mélanie at 418-936-3239 for more information.



### OUR SUGGESTIONS...

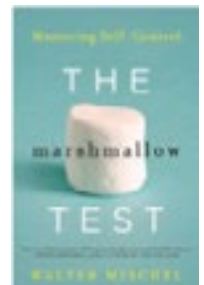


#### **The night and the music – L. Block**

Lawrence Block's novels have won the hearts of readers throughout the world—along with a bevy of awards. But Scudder has starred in short fiction as well, and it's all here. Some of these stories appeared in such magazines as Alfred Hitchcock, Ellery Queen, and Playboy. Along with these eleven stories and novelettes, *The Night and The Music* includes author's note detailing the origin and bibliographical details of each of his novels.

#### **The Marshmallow Test: Mastering Self-Control – W. Mischel**

A child is presented with a marshmallow and given a choice: Eat this one now, or wait and enjoy two later. What will she do? And what are the implications for her behavior later in life? The world's leading expert on self-control, W. Mischel has proven that the ability to delay gratification is critical for a successful life. In this book, the author explains how self-control can be mastered and applied to challenges in everyday life.



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

**Building a healthy community - free health workshop presented in English**

**Stroke -Brain Attack**

*The presenters: Andréane Tardif, D.Pt., M.Sc., Health Promotion Quebec – Heart & Stroke Foundation,  
Ann Jones, Moderator, The Montreal General Hospital*

**Wednesday, May 13, 2015, 10:00 am - 12:00 pm\***

Heritage Cultural Resource Centre  
130 rue Principale

\*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.*

**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 on May 9, 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 the government of Canada for its financial support.

**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!

**Details about profits earned with Friday breakfasts :** we are happy to confirm that a grand total of 3860\$ was generated to pay for our bilingual training room.

– THANK YOU AGAIN to all our volunteers who made this possible!

**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**

**Tuesday, May 19, 12 noon**  
at the Town Hall

**Theme: Extraordinary Women**

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](http://www.lidorimouski.com) | (418) 722-LIDO (5436)

## School News

**May 13th** – Metis Beach School Secondary 5 students will be attending the IMPACT event organized by COSMOSS de La Mitis at the Stade du Centenaire in Mont-Joli. This event is designed to raise students' awareness of risky driving behaviours and the dangers and repercussions of drinking and driving, and is held purposefully during graduation season.

**May 16th to May 19th** – Metis Beach secondary students will embark on a 3 day, 270 km Au Tour des Jeunes Desjardins bike tour. They will depart from Saint-Pascal-de-Kamouraska and ride to Trois Pistoles; day 2 takes them to Mont-Joli and day 3 to Matane, to complete the tour. The students have been training very hard for their ride and are looking forward to it. The tour and all of its participants will be passing Metis Beach School around 9 am on May 19th if you would like to join us in cheering them on. Noise makers are welcomed!

**May 28th** –Metis Beach School and École l'Envol elementary students will participate in their annual Summer Olympics at École l'Envol. Students from each school will practice together weekly leading up to the event. The students will be mixed to form bilingual teams and medals will be given for sportsmanship and performance. The community is welcome to come and cheer our local "Olympians" from 1 p.m.



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

June 29 to August 20 / From 8 :30 am 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.



## **TERRAIN DE JEUX 2015 -OFFRE D'EMPLOIS (2) -En français**

**Nous sommes à la recherche de 2 moniteur(trice)s de terrain de jeux. Faites parvenir votre C.V. avant le 21 mai 16h30 au Comité des loisirs de Métis-sur-Mer, 93 rue Principale, Métis-sur-Mer G0J 1S0. Information : Lynne Bruce 418-936-3859 / 418-318-4005 lynne.bruce@essb.qc.ca.**

### **Titre: Moniteur-trice de Terrain de jeux**

Conditions: 10,55\$/h, 40h/semaine, 8 semaines

Dates: Du 29 juin au 20 août 2015

-Être disponible pour une formation le vendredi 12 juin de 17h à 21h et le samedi 13 juin de 8h à 16h30.

#### Tâches :

- Contribuer à l'élaboration de la programmation pour des enfants de 5 à 11 ans, voir à leur implantation
- Planifier, organiser et animer des activités récréatives et sportives en collaboration avec l'équipe des moniteurs
- Assurer un leadership auprès de l'équipe des moniteurs
- Assurer et entretenir de bonnes relations avec les parents

#### Exigences requises:

- Être étudiant(e)
- Dynamisme, sens des responsabilités, créativité, débrouillardise
- Aimer jouer avec les enfants et assurer leur sécurité
- Bonne connaissance de l'informatique
- Très bonnes aptitudes organisationnelles
- Capacité à travailler en équipe
- Cours de 1er soins un atout

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### **Titre: Moniteur-trice de Terrain de Jeux**

Conditions: 10,55\$/h, 25h+/semaine, 8 semaines

Dates: Du 29 juin au 20 août 2015

-Être disponible pour une formation le vendredi 12 juin de 17h à 21h et le samedi 13 juin de 8h à 16h30.

#### Tâches :

- Contribuer à l'élaboration de la programmation pour des enfants de 5 à 11 ans, voir à leur implantation
- Planifier, organiser et animer des activités récréatives et sportives
- Assurer et entretenir de bonnes relations avec les parents

#### Exigences requises :

- Expérience ou Études dans le domaine de l'animation des enfants de 5 à 11 ans (ou autre domaine connexe) recherchées,
- Habilités à travailler en équipe
- Dynamisme, sens des responsabilités, créativité, débrouillardise;
- Aimer jouer avec les enfants et assurer leur sécurité
- Cours de 1er soins un atout

**Financé par: Le Comité des loisirs de Métis-sur-Mer, Service Canada, la Ville de Métis-sur-Mer et Cartier Énergie Éolienne**



## **Summer employment opportunity for a student**

### 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-Laurence is offering a summer employment opportunity for a student.

### 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
- You want to build your work experience in a positive environment

### **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)

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

**Email: [mleblanc@heritagelsl.ca](mailto:mleblanc@heritagelsl.ca) Phone: 418-936-3239 / TOLL FREE: 1-855-936-3239 #222**





## 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!**

## 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](mailto:laptitefermedansle2e@globetrotter.net)  
[www.facebook.com/pages/La-Ptite-Ferme-dans-le-2e/1549368715303650](http://www.facebook.com/pages/La-Ptite-Ferme-dans-le-2e/1549368715303650)

## Community Information

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.

### **\*\*Mitis River Descent\*\***



Figure 2 Sainte-Angèle-de-Méridi et la rivière Mitis



Source : obv.nordestbsl.org

Source : L'Avantage

**Municipality:** Sainte-Angèle-de-Méridi, Price

**Hike Type:** Canoe, inflatable craft

**Distance :** Up to 19 km, depending on chosen itinerary

**Difficulty level :** Easy

**Admission :** Free

**Services :** Launching ramp and parking in Sainte-Angèle-de-Méridi (Fosse Feuillue), on Chemin du Portage

### Description

The Mitis is a salmon river, tributary of the St-Lawrence. In its upper part, the river runs through a narrow valley, flanked by mountains. From Sainte-Angèle-de-Méridi, it flows across farmland and forests. The starting point of the hike is in Sainte-Angèle-de-Méridi (Fosse Feuillue), on Chemin du Portage.

### Sources and maps

<http://www.cartespleinair.org/Canot/02/MitisClubCordelle.pdf>

[http://www.toponymie.gouv.qc.ca/ct/toposweb/fiche.aspx?no\\_seq=41611](http://www.toponymie.gouv.qc.ca/ct/toposweb/fiche.aspx?no_seq=41611)

<http://obv.nordestbsl.org/territoire-riviere-mitis.html>

## 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

### New: INDOOR-TENNIS – Mondays, Tuesdays and Wednesdays from 6:30 p.m to 9 p.m.

In collaboration with HLSL,  
Indoor tennis equipment is now available  
at l'Envol gym!

- Racquets for youth of all ages and for adults
- Balls with various rebound possibilities  
(fast or slow)
- 2 X 18' nets to play singles or doubles

**Ideal exercise for tennis initiation or even for  
those who already play! Great fun for everyone!**

## *Municipal Information*

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.

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### **BROWN IS GREEN**

June 2015 - First door-to-door collection of compostable waste **–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.



#### **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](mailto:ml.leblanc@mrcmatapedia.qc.ca)