



*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)

**August 2014**

# Métis Info

*Municipal Newsletter and Community Notes*

## *Métis-sur-Mer Celebrates 2014*

**August 7, 8, 9 and 10**

- ★ Opening festivities
- ★ Interactive workshop:  
The Great Whales Journey
- ★ Outdoor family cinema
- ★ Crafts
- ★ Duck race
- ★ VJ dance night
- ★ Country-style meal with  
La Queue du Loup
- ★ And more!

Complete program in the leaflet!

## *Garden Party*

At the residence of David Mills  
4 Hillside, Métis-sur-Mer

**August 5, 2014 at 4 p.m.**  
(Rain date, August 6)

Adult \$10  
Child (4 -12) \$5

All profits go to:  
Little Metis Presbyterian Church  
St. George's Anglican Church  
Église Notre-Dame-de-la-Compassion

**ALL WELCOME!**



[www.heritagelsl.ca](http://www.heritagelsl.ca) | [www.facebook.com/heritagelsl](http://www.facebook.com/heritagelsl)

If you would like to promote **events planned for the month of September**, please contact Marie-Claude Giroux **before August 15** at 418-936-3239 or by email at [mcgiroux@heritagelsl.ca](mailto:mcgiroux@heritagelsl.ca)

**Métis-sur-Mer Celebrates 2014!**  
**August 7, 8, 9 and 10 – Celebrate Together!**

To ensure that Métis-sur-Mer Celebrates 2014 is a success, we are looking for volunteers for the following tasks:

| # VOLUNTEERS   | DATE       | TIME  | PLACE                        | TASK   |
|----------------|------------|-------|------------------------------|--|
| 4              | Th Aug 7   | 15:30 | Café sur mer                 | Set up and service                                   |
| 2              | Th 7 Aug   | 16:30 | Café sur mer                 | Ticket sales   |
| 2 (strong men) | Fr Aug 8   | 9:00  | Outside the municipal office | Raising the big top                                  |
| 5              | Fr Aug 8   | 10:30 | Outside the municipal office | Tables and chairs (BBQ & Whales)                     |
| 8              | Fr Aug 8   | 10:00 | Outside the municipal office | BBQ: Set up and service (*free meal)                 |
| 2              | Fr Aug 8   | 11:30 | Outside the municipal office | Ticket sales   |
| 4              | Fr 8 Aug   | 17:00 | Skating rink                 | Chairs (cinema)                                      |
| 7              | Sun Aug 10 | 10:30 | The big top                  | Organisation, meal service and clean up (*free meal) |
| 7              | Sun Aug 10 | 16:30 | The big top                  | Packing up, tables and chairs                        |
| 2 (strong men) | Mon Aug 11 | 9:00  | Outside the municipal office | Taking down the big top                              |

Sign up by contacting: Martine Bouchard at 936-3373 or Françoise Rousseau at 418-936-3884. The CLD and the community are very grateful!

**Metis Beach Ladies Aid**

**Soup & Sandwich**

**August 10 from 11:30 a.m. to 1:30 p.m.**

At the Town Hall, 370 Beach

Adult: \$7 Child: \$4

## An Evening of Jazz in Métis-sur-Mer The Benjamin Deschamps Quartet

Thursday, August 14 at 7:30 p.m.

Drinks by the sea from 6:30 p.m. (pay bar)

Notre-Dame-de-la-Compassion Church, 140 Principale

Winner of the *Grand Prix Festi Jazz de Rimouski 2013*, the Montreal-based Benjamin Deschamps Quartet is touring our region this summer and will be stopping in Métis-sur-Mer to play a special benefit concert for the Heritage Cultural Resource Centre and Bilingual Library.

The evening will begin with a bar service at the beach from 6:30 p.m. where a range of wines, cocktails and beers will be on offer. In case of rain, the drinks reception will take place inside *café sur mer* at 160 Principale.

Book and DVD donations will be accepted during the event. We accept recent or timeless works for all ages if they are in good condition. Thanks for bringing them with you on August 14th!

Tickets are \$10, and will be available at the door or at the following locations from mid-July:

### Métis-sur-Mer:

Heritage Lower-St-Lawrence: 418-936-3239

Domaine Annie-sur-Mer: 418-936-3563

Café sur mer

Épicerie Ratté

Cascade Golf and Tennis Club

Club de golf Boule Rock

Dépanneur Matie

Place Petit Miami

**Grand-Métis:** Les Jardins de Métis

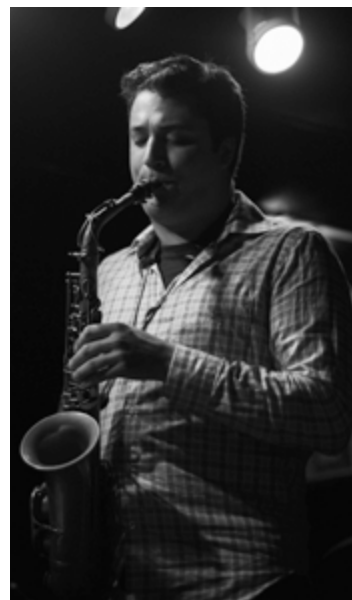
**Baie-des-Sables:** Dépanneur Chez B Inc.

**St-Ulric:** Confort et Chocolats

**Ste-Flavie:** Centre d'Art Marcel Gagnon

**Mont-Joli:** Librairie l'Hibou-coup

**Rimouski:** Audition Musik



A WINNING PARTNERSHIP FOR MÉTIS-SUR-MER  
AND THE CAISSE POPULAIRE DESJARDINS DE MONT-JOLI

The Municipality of Métis-sur-Mer recently finalized the purchase of the building which previously housed the Les Boules and Métis-sur-Mer Service Centre for the *Caisse populaire Desjardins de Mont-Joli*. This move aims to preserve the building in the community as the new home of Heritage Lower Saint Lawrence and their Cultural Resource Centre which includes the bilingual public library of Métis-sur-Mer.

The *Caisse* wished to support an organization that works for the benefit of the community so that everyone may continue to benefit from the space. The building was purchased by the Municipality within the market value.

The Les Boules and Métis-sur-Mer Service Centre has moved to the Municipal Office building which better meets the current needs of the Service Centre. This partnership allows the *Caisse* to reduce costs and therefore ensure a sustainable presence in the community. The *Caisse populaire Desjardins de Mont-Joli* evolves through concrete measures that improve efficiency and works to adapt its services and distribution network to the continually evolving needs of its members.


Debbie Abel  
Director  
418 775-7253




**Summer at café sur mer!**

Café sur mer is open 7 days a week for the summer months, 9 a.m. to 5:30 p.m.



 **Wednesday August 6, 5 - 7 p.m.**  
**Art Opening**  
David Slaughter  
Gisèle Teyssier  
Please join us for wine and canapés!  
Exhibition runs until the end of the summer

 **Saturday, August 23, 2 - 4 p.m.**  
**Swing sur Mer**  
Afternoon tea dance with *Swing Compagnie* and the music of the 1930s to 1960s - Everyone welcome!

At 160 rue Principale, Métis-sur-Mer 418.936.3936

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

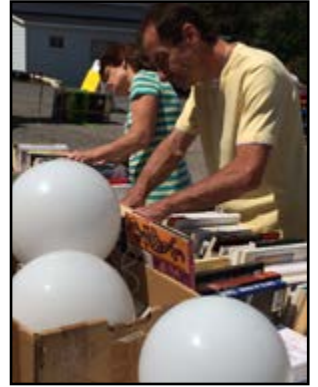


Soon at 130 rue Principale, Métis-sur-Mer, G0J 1S0  
(418) 936-3239 or 1-855-936-3239 (toll free)  
[www.heritagelsl.ca](http://www.heritagelsl.ca) | [www.facebook.com/heritagelsl](https://www.facebook.com/heritagelsl)

## Heritage LSL News

### **JULY 12 GARAGE SALE - THANK YOU!**

We far exceeded our \$800 fundraising target for the HLSL Cultural Resource Centre and Métis-sur-Mer bilingual public library! Our organization raised \$1216 in sales, donations and table hire during the garage sale! Thank you to everyone who helped out: from donating stuff to sell to arms to help set up and tidy up, from publicizing the event to coming along and supporting the event. Without your help this would not have been possible. We hope to see you next year!



### **WE'RE MOVING!**

The Heritage Lower Saint Lawrence offices and the Métis-sur-Mer library are moving! We'll soon be sending you information about the opening at 130 rue Principale, Métis-sur-Mer (previously the Caisse Desjardins building) so check your mailbox for details!

### **NEWSLETTER AND INFO**

Two new issues of our Newsletter are available including a special edition by the Secondary 1 and 2 students of Metis Beach School alongside the regular issue.

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

### **ALREADY FINISHED THE LATEST BESTSELLER?**

If you have any recent books that you would like to donate to the Métis-sur-Mer bilingual public library please call us! We will collect! We are looking for recent books, in English or French, in good condition and for every taste – children as well as adults. DVDs and audiobooks are also appreciated. Please call us: 418-936-3239

**Communities that endorse active transportation:**

- have dedicated bicycle lanes and routes;
- advocate for sharing the road with cyclists;
- undertake specific measures to ensure the safe integration of pedestrians, cyclists and other active users among motorized vehicle traffic;
- regularly maintain and upgrade pedestrian and cycling facilities;
- provide storage for bicycles throughout the community;
- have an integrated network of pedestrian and cycling paths that are designed for efficient transportation as well as recreation;
- favour urban design that reduces the distances that people have to travel to get to work, retail areas, schools and recreational/leisure pursuits;
- encourage the retail and service sectors to support customers who use active modes of transportation;
- plan streetscapes to be visually-pleasing and inviting to pedestrians;
- have a network of greenspaces throughout the urban and suburban areas;
- make access to public transit easily integrated with pedestrian and cycling facilities;
- encourage driver education about sharing the road with others; and
- encourage feedback from citizens, pedestrian and cycling advocacy groups.



Métis-sur-Mer and ten other municipalities in La Mitis have signed up to the program: À PIED, À VÉLO, VILLE ACTIVE (By Foot, By Bike, Active Town). The infrastructure and safety recommendations will tabled this summer – watch this space!

Source: Public Health Agency of Canada

**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)



## **Anne Frank - A History for Today Exhibit Comes to Metis Beach School**

This summer, Metis Beach School is playing host to the Anne Frank Exhibit, direct from the Anne Frank House in Amsterdam.

*Anne Frank: The Diary of a Young Girl*, the second most-read book in the world, translated into 80 different languages, is the published diary kept by Anne Frank, a young Jewish girl, while she was hiding for two years with her family during the Nazi occupation of the Netherlands before they were caught in 1944. Anne died shortly afterwards of typhus, in a concentration camp.

The bilingual 34 panel travelling exhibition tells her story in parallel with the general history of the Holocaust. Particularly well adapted for youth 12-18 years old, the exhibit is destined for a 10-100 year old public. The visit comprises two activities: a documentary and a guided bilingual tour (allow 60-90 minutes to complete the tour).

The exhibition is FREE and open between 9 a.m. and 3 p.m. every Monday, Wednesday and Friday until August 15 at Metis Beach School, 468 rue Beach, Métis-sur-Mer. Saturday tours are also available, by appointment only, through Heritage Lower Saint Lawrence at 418-936-3239.



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**Metis Beach School's secondary five science students, led by teacher Terra McMullen, are proud to have received an Honourable Mention under the Learning for a Sustainable Future (LSF) Jack Layton Award for Youth Action in Sustainability for their Green Your Sandwich project.** Metis Beach School is one of seven schools in Canada recognized this year for having responded to community challenges with creativity, responsible citizenship and innovative action.

For the Green Your Sandwich project, the students aimed to increase the amount of fresh greens consumed by students by adding organically grown micro-greens to their lunches. To do this, the students set up a space to grow their own micro-greens at school. They grew a large selection of greens including sunflower, peas and daikon. Students really enjoyed harvesting and eating their produce! The class also designed a guide to grow your own greens at home, which is available for community use.

Congratulations to Miss McMullen and her students!

**DOMAINE-ANNIE-SUR-MER**

387 ch. Patton, (418) 936-3563 - MORE THAN JUST AN INN!

**CAFÉ BISTRO DU PHARE** - Open Tuesday to Sunday from 4 p.m. to 11 p.m.

Discover our new menu! Lounge music, cosy ambiance, great views of the sea!

Beer on tap – Cocktails - Wine bar

Tapas – Pizzas - Paninis - Salads – Desserts - Gourmet cafés

Local products and home recipes!

**DOMAINE-ANNIE-SUR-MER SPA** - Open daily from 9 a.m. to 8 p.m.

Massage therapy, beauty treatments, energy therapies, customized packages.

Access to our outdoor spa and infrared sauna included with every treatment.

Pamper yourself! Reservations: 418-936-3563

**THIS SUMMER:**

**Tai Chi by the Sea with Sylvie Lepage**, 8:30-9:30 a.m.

Monday to Friday, August 4 week

All levels welcome. 10\$/session or 40\$/week (5 sessions)

**Beach-Cardio with Lucie Falardeau**

Every Sunday to August 17, 8:30-9:30AM.

Low-impact gymnastics, dance movements and stretching.

14 years and over, no experience required.

\$8/day or \$42 for the 6-class session.

In case of rain, activities will be cancelled.

Information: Karine Berthelette at (418) 318-3750



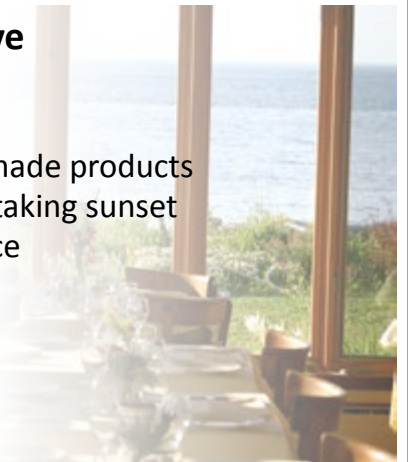
**l'Auberge du Grand Fleuve**

- ★ Fine cuisine, table d'hôte or à la carte
- ★ Extensive wine list
- ★ Gourmet breakfast, crêpes bretonnes and homemade products
- ★ Restaurant overlooking the water and the breathtaking sunset
- ★ Stunning bedrooms with a view of the St-Lawrence
- ★ It is preferable to make a reservation

We are looking forward to welcoming you

131 rue Principale, Métis-sur-Mer

418 936 3332 • [www.aubergedugrandfleuve.qc.ca](http://www.aubergedugrandfleuve.qc.ca)





## Research partnership responding to the needs of 16-35 year olds in La Mitis

UQAR, in partnership with COSMOSS and its members, is leading a sociological study on the situation of young people in the RMC of La Mitis. We are seeking young La Mitis residents who are willing to take part in the study which aims to prioritize the needs of young people between the ages of 16 and 35. The results will be used to ensure that services are better adapted to the needs of this age group.

If you choose to take part, you will receive a questionnaire, distributed in collaboration with Heritage Lower Saint Lawrence (HLSL). We ask that you return the completed questionnaire to the HLSL offices in a sealed envelope.

We will ensure confidentiality, according to the university's ethics committee regulations. Only Professor Marco Alberio, Director of Research and Assistant Researcher for this project, will see your completed questionnaire in order to extract the information.

If you would like more information, please contact Sylvain Cossette, Assistant Researcher at 418-723-1986 extension 1247 or by email at [sylvain\\_cossette01@uqar.ca](mailto:sylvain_cossette01@uqar.ca)

Thank you for your collaboration and support,

Marco Alberio and Sylvain Cossette



### "les toiles de mer.... Méfis-sur-Mer"

Weaving Studio and Boutique

**Open daily from 10 a.m. to 6 p.m.**, please feel free to drop in, I look forward to seeing you!

New collections: cushions, household linen, mats and rugs, scarfs, linen clothing and more.

Welcome - Louyze  
117 Principale, (418) 936-3838

### Babysitting service

I am a 13-year-old girl looking for baby-sitting jobs for the summer.

I have completed the Red Cross babysitting course, I know first-aid and I have passed swimming badges up to level 10.

I am bilingual, have babysitting experience and references.

Miranda Smith : 418-936-3587

## *Community Information*

### **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. until 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, and a play area for children. In case of bad weather, the market will be held indoors.

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](http://www.facebook.com/Steflavie).



## *Municipal Information*

### **The Municipal Office will be closed from August 18 to 22 inclusively.**

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#### **REGULATION #10-53 CONCERNING ANIMALS**

We have received regular complaints regarding stray dogs over the past few months. The regulation states that:

- Owners are forbidden to let their dog stray into public places and onto private property, other than that of the owner.
- Owners are required to remove and properly dispose of their dog's excrement when in a public space such as a road or park.

- Thank you

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#### **BURNING BRANCHES, TREES OR DEBRIS : PERMISSION REQUIRED**

Please ask permission several days in advance.

To request permission, please contact the MRC de La Mitis at:  
418-775-8445 ext. 2233, 2248 or 2249

## **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 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.

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## **CHIMNEY CLEANING**

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

They will offer this service in our municipality:

BETWEEN AUGUST 17<sup>th</sup> AND 23<sup>th</sup>, 2014

The residents of Métis-sur-Mer will be able to obtain services by giving their name at the municipal office **BEFORE AUGUST 11, 2014** at 418-936-3255 or by e-mail at [metissurmer@mitis.qc.ca](mailto: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.**

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## **COLLECTION OF LARGE OBJECTS**

**Wednesday 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

|           | Morning             | Afternoon             |
|-----------|---------------------|-----------------------|
| Monday    | <b>8:00 to 9:00</b> | <b>15:30 to 18:30</b> |
| Wednesday | <b>8:00 to 9:00</b> | <b>15:30 to 18:30</b> |
| Friday    | <b>8:00 to 9:00</b> | <b>15:30 to 18:30</b> |

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

### 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](mailto:oublan@globetrotter.net)

### Membership\* (ages 18+)

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

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

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

### Personalised training program: \$50

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

By appointment only (available in English)

*\*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 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 2<sup>nd</sup>)

**[barbara.pearce@videotron.ca](mailto:barbara.pearce@videotron.ca)**

**[www.newmontrealyoga.com](http://www.newmontrealyoga.com)**