



*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)

**July 2014**

# Métis Info

*Municipal Newsletter and Community Notes*



## Canada Day Celebrations July 1<sup>st</sup>

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

Info: Kathy Dodson  
418-936-3245

## Community Garage Sale

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

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

- \$20 to reserve a space to sell your things
- Profits from the spaces go to help the Cultural Resource Centre and Library
- Limited number of tables available to borrow
- You keep all your profits!

Reservation required: Mélanie Leblanc 418-936-3239

We look forward to seeing you there!

*See page 2 for more information*

## Craft and Baking Exhibition and Sale

Wednesday, July 23 from 9 a.m. to 4 p.m.

At the Centre des loisirs (10, rue de l'Église)

All welcome!



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

[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 August**, please contact Marie-Claude Giroux **before July 15\*** at 418-936-3239 or by email at [mcgiroux@heritagelsl.ca](mailto:mcgiroux@heritagelsl.ca)

**\*No documents will be accepted after this date due to holidays.**



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

### **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 July 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 spring 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

### **COMMUNITY GARAGE SALE: RESERVE YOUR SPACE!**

We are organizing a huge community garage sale to support the Heritage Cultural Resource Centre and Bilingual Public Library on Saturday July 12, from 9 a.m. to 4 p.m. Reserve your space for \$20 and sell your things. We are taking care of advertizing and logistics and you keep all your profits! Café sur mer, Heritage LSL and host of local residents will be there to sell their treasures at low prices! Over 1500 books will be sold to purchase new ones! All the profits from the space rentals will go to help the Heritage Lower Saint Lawrence Community Resource Centre, which includes the library.

**Reservations, donations and volunteers: Mélanie Leblanc 418-936-3239**

**HLSL News Continued:**

**Heritage Cultural Resource Centre**  
Soon at 130 rue Principale, Métis-sur-Mer, G0J 1S0



The Heritage Cultural Resource Centre is offering **four bilingual watercolour workshops** this summer using the following techniques:

- Sea salt
- Paraffin wax
- Soaked paper

Adults and teenagers, as well as children aged 6 to 12 accompanied by an adult are all welcome.  
\$40 for the four-class session or \$12 per class\*, prices include materials.

Places are limited, reserve early:  
418 936-3239 (Pamela)

**Tuesdays 2 p.m. to 4 p.m.\***

July 15	Town Hall
July 22*	Heritage Cultural Resource Centre
July 29*	Heritage Cultural Resource Centre
August 5*	Heritage Cultural Resource Centre

\* Please note that the introductory class on July 15 is prerequisite to taking any of the following classes.

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**Métis-sur-Mer Bilingual Public Library**

*Children – Adults – Reference – Special Orders – WIFI – FREE membership*

Please note that the Library is temporarily CLOSED  
**Reopening: July 2014 at 130 rue Principale, Métis-sur-Mer**  
Check your mailbox for information about the reopening!

**Eureka!**

TD Summer Reading Club 2014

Free supervised activity (parents optional)

*Read, create and discover!*

Mondays from July 7 to August 4, from 1 p.m. to 3 p.m.

**At the Cascade Golf & Tennis Club, 7 route McNider**

All children aged 5 to 11 years welcome (**NOTE: CGTC membership NOT required**)



## SUMMER HAS ARRIVED 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.



### Art Openings

Please join us for wine and canapés!

#### Wednesday July 2, 5 - 7 p.m.



Sandy Bogert

Sandy Aird

Exhibition runs until July 15

#### Wednesday July 16, 5 - 7 p.m.



Marie-Claude Hamel

Frank Woods

Exhibition runs until August 5

#### Wednesday August 6, 5 - 7 p.m.



David Slaughter

Gisèle Teyssier

Exhibition runs until the end of the summer

### Please also join us for these upcoming events:



#### July 6, 2 p.m. to 4 p.m.

*The Gaspé peninsula: Land on the edge of time*

Tea & Book signing with Linda Rutenburg (bilingual).



#### July 15, 2 p.m. to 3:30 p.m.

An afternoon of music with Jérôme Casabon and his guitar.



#### July 26, 2 p.m. to 4 p.m.

Swing sur Mer: afternoon tea dance with *Swing Compagnie* and the music of the 1930s and 40s.

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)

### 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

### 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)

## **News from l'École L'Envol**



**Massive congratulations** to the students of the grades 4-5 and 6 class of Philippe Cavanagh at the École des Cheminots-de l'Envol for winning the national prize at the Quebec Entrepreneurship Contest on June 18th in the cycle three elementary school category for their “Les Boules de Les Boules” project.

In order to fund a trip to the Yukon with Metis Beach School in June 2016, as well as to develop their entrepreneurial skills, the students developed a business plan for a juggling ball company. They plan to sell their product throughout Quebec and Canada! The \$2000 prize money adds to the \$2100 that the students won at earlier stages of the contest and will certainly help them to succeed in their project.

**Well done!**

## **What is Active Transportation?**

Active transportation refers to any form of human-powered transportation – walking, cycling, using a wheelchair, in-line skating or skateboarding. There are many ways to engage in active transportation, whether it is walking to the bus stop, or cycling to school/work.



There are numerous benefits from active transportation:

- Health – Active transportation provides an opportunity to be physically active on a regular basis.
- Social – Active transportation is accessible to Canadians and increases social interactions.
- Transportation – Active transportation reduces road congestion.
- Environmental – Active transportation is environmentally-friendly and can contribute to reductions in greenhouse gas emissions.
- Economic – Active transportation saves money on gas and parking.

**DOMAINE-ANNIE-SUR-MER**

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

**CAFÉ BISTRO DU PHARE** - Open daily 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, the weeks of July 21, July 28 and August 4

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

**Beach-Cardio with Lucie Falardeau**

Every Sunday from July 11 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



**I'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)



## **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 between June 30 and 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.

### **Free Computer Classes Starting in September**

At the Centre des loisirs in Métis-sur-Mer, Mondays or Thursdays from 1:30 to 4:30 p.m.

For beginners and intermediate users. Learn about: PowerPoint, Word, Excel, the Internet. Groups of 5 to 10 people (five computers available on site). You can also bring your laptop computer if you have the program being taught. The classes are offered by the L.O. Institute.

**Please reserve before July 7**, contact Françoise Rousseau at 418-936-3884

Organized by the *Carrefour des 50 ans et +*

### **Job Offers**

Camping Annie is looking for a lifeguard to work at its outdoor pool for the entire summer period, 4 days/week.

Domaine Annie-sur-Mer is looking for a kayak/zodiac tour guide for the summer season.

For more information, please call David at (418) 732-7701

Heritage Lower Saint Lawrence and Domaine Annie-sur-Mer present

**An Evening of Jazz:  
The Benjamin Deschamps Quartet**

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

Notre-Dame-de-la-Compassion Church, 140 Principale, Métis-sur-Mer

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. 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



**FESTI JAZZ**  
INTERNATIONAL - RIMOUSKI

**"les toiles de mer.... Métis-sur-Mer"**  
Summer season at my weaving studio

**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

**LES PINSONS:**

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

*Le Centre de la Petite Enfance Les Pinsons* offers a quality daycare service in your area. We are located at 24 Couvent, Métis-sur-Mer, 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 add your child's name to the waiting list.

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

...Opening ceremony cocktail, interactive workshop The Great Whale's Journey, outdoor family cinema, crafts, duck race, VJ dance night, and village dinner with La Queue du Loup in the big top...

More details coming soon!

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
4 (strong men)	Fr Aug 8	8:30	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
4 (strong men)	Mon Aug 11	8:30	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!

## *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. 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, 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*

### **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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### **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.

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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

Beginning June 2, 2014

	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...

#### 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**

*\*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)

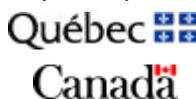
#### "BADMINTON THURSDAYS"

##### This month's winners:

Vincent Lapierre, Renaud Dion and Marc-Olivier Bérubé have each one a \$20 gift certificate for *Sports Expert*.

Marc-Olivier Bérubé also won the draw for the badminton racket in which all participants were entered.

Well done everyone!



#### 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)

#### Yoga with Barbara Pearce

starting Wednesday, 2<sup>nd</sup> 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 2<sup>nd</sup>)

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

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