



*Ville de
Métis-sur-Mer*

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

www.facebook.com/MetissurMer

September 2014

Métis Info

Municipal Newsletter and Community Notes

HARVEST FESTIVAL AUCTION

**SATURDAY, SEPTEMBER 6 AFTER THE 4 O'CLOCK MASS
AT NOTRE DAME DE LA COMPASSION CHURCH**

**FRESH FRUIT AND VEGETABLES, HOMEMADE BREAD, PASTRIES,
JAMS AND JELLIES... etc.**

**WELCOME TO EVERYONE
All proceeds go to the Church**

**Village Memories - Walk Our Heritage Audio Tour
Explore Metis like you've never seen or heard it before!**

Page 2 for details...



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

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



HERITAGE
Lower Saint Lawrence
Bas-Saint-Laurent

Now at 130 rue Principale, Métis-sur-Mer, G0J 1S0
(418) 936-3239 or 1 855 936-3239 (toll free)

MON-FRI : 8:30 a.m. - noon & 1:15 - 5 p.m.

Village Memories - Walk Our Heritage Audio Tour

WE INVITE YOU TO STEP INTO OUR PAST and explore Métis-sur-Mer as you have never seen it before with this guided heritage audio walking tour featuring two trails: East and West Metis.

In the tour, key community milestones are represented by the voices of community members and the stories are brought to life by those who lived the experience, or by their direct descendants.

There are quite a few ways to take the tour, making it easy as 1-2-3!

1. You can come to the Heritage Cultural Resource Centre at 130 Principale, during business hours, to borrow MP3 players and headphones. This is also where you can freely borrow or buy a complementary paper guide to the trails.

2. Groups can also borrow a tablet and a light wireless speaker for free. It is best to call ahead and reserve the equipment for a group.

3. If you have a smartphone or tablet, you can download **Balado Discovery**, a free app containing the tour - find it in **Google play** and the **AppStore**. Once downloaded, search the app for Métis-sur-Mer or click on the compass. The application contains everything you need for the tour: photos, audio and a GPS-tracked map. We recommend that you preload it on your device: this way, you can do the tour without needing an Internet connection.

It is a virtual tour too!

If you would prefer not to walk the trails, you can take the free virtual tour at the Heritage Cultural Resource Centre where we will guide you, and lend you all the necessary material for a complete and comfortable virtual tour and additional archives.

You can also access the tour content on our website's virtual museum at

www.heritagelsl.ca/walk-our-heritage



Métis-sur-Mer Bilingual Public Library

130 rue Principale (previously the Caisse Desjardins building)
(418) 936-3231 or (418) 936-3239



**Children section – Adult section – Special request service – New books every month
FREE membership**

NEW SCHEDULE

Monday to Friday: **2 to 4 p.m.**

Thursday evenings: **7 to 8:30 p.m.**

Saturday **September 6 & 20: 9:30 to 11:30 a.m.**

Book Corner

It's 1988 and Dexter Mayhew and Emma Morley have only just met. But after only one day together, they cannot stop thinking about one another. Over twenty years, snapshots of that relationship are revealed on the same day - July 15 - of each year. Dex and Em face squabbles and fights, hopes and missed opportunities, laughter and tears. And as the true meaning of this one crucial day is revealed, they must come to grips with the nature of love and life itself.



CHÂ-DRA is back!

**Come and meet her at the library on
Saturday, September 20, 1 p.m. to 4 p.m.
For the launch of "Friends For Life"**

Métis-sur-Mer's own, Thérèse Gagné, is back with a new book bringing together her first three stories inspired by her painting collection: CHÂ-DRA (a mix of the words "château" and "dragon"). In these stories, Cavalgon the knight and his friends meet gentle, slightly vegetarian dragons in the region of Châteaugon... Please note that the book is offered in French "Amis pour la vie" and in English "Friends for life".

Everyone is welcome!

Do you occasionally have a few hours you could invest in your library?

It is possible to get involved with a flexible schedule, respectful of YOUR availability and YOUR interests. You could help with a variety of tasks like placing, sorting and codifying new books, operating the lending counter, etc. We are looking for enough people so that together, we can open the library every weekend. Training will be offered in late September to all potential volunteers. Information: Pamela at 418 936-3239

Book and DVD donations:

Donations of recent or timeless books and DVDs for all ages are accepted at all times. Thanks you for bringing them in during business or library hours.

50+ Club Activities



Wednesday activities: beginning September 17 at 1 p.m. at the *Centre des Loisirs*. On the program : cards, pétanque, Wii, etc.

FREE! Introductory computer course: Thursdays at 1 p.m. starting September 18 at the *Centre des Loisirs*, for beginners. If you haven't already given your name, please contact Françoise at 418-936-3884 as soon as possible (given the number of people who have already indicated their interest, there will probably be two groups formed).

Power Point will be offered in October: there are still places available.

Lunch for members and friends: October 8 at noon, at the *Centre des Loisirs*

Menu: vegetable soup, mandarine chicken, dessert, beverages

Members \$10, non-members \$12

Reservations: 936-3884 ou 936-3515

FREE! Viactive: Tuesdays from 10 a.m. to 11 a.m. from October 14, with Johanne and Carolle. (Physical exercises adapted for people over 50)

Everyone is welcome!

Seniors' Wellness Days are also being planned for the fall; information about these activities will be coming soon.

Doudou Adventure

A total of \$1,354 was raised over the last few months thanks to: the garage sale on July 12 and the donations received throughout the day (\$554), the sale of raffle tickets for a quilt* (\$500) and the sale of two quilts at \$150 each (\$300). There are 3 quilts left to be sold to attain our objective... **Thank you for your participation!**

To date, 28 quilts have been made and 2 are still to be completed. 11 quilts have been given to children, 1 was the prize for a raffle, 2 have been sold... 1 of which has been given back to Doudou Adventure. Therefore, 15 quilts are available and you may certainly suggest the name of a sick child to whom one might be given.

We will begin our meetings again in October with the addition of a new "RAG DOLLS" project to go along with our quilt project. For more information, call Diane at 418 936-3158.

THANK YOU!

*The winner is Mrs. Lili Rose Hamelin of Montréal.

**GOLF TOURNAMENT for the NOTRE DAME DE LA COMPASSION CHURCH
At the Boule Rock Golf Club on Sunday, September 14 at 12:00**

4 Ball Mulligan : Teams of 4
Registration : \$20 per golfer

Followed by: SUPPER (cipaille) at 6 p.m.
Adult: \$20 Child: \$15

REGISTRATION AND/OR
TICKETS (SUPPER)

Rachèle 936-3820 or
Françoise 936-3884

Door Prizes! EVERYONE WELCOME!

*****LOST AND FOUND*****

At the Garage / Book Sale July 12:

- bag containing oven mitts, small handbag and coasters

At the Tent Friday, August 8:

- a single silver key with a "2"

At the Day Camp (Centre des Loisirs)

- running shoes, sandals, backpacks, umbrellas, etc.
- several sweaters and jackets

These items can be claimed at the Heritage Lower Saint Lawrence Office (130 Principale).

Info : 418-936-3239

*****MISSING*****

Since August 20th : Black iPad Mini
If found, please call Andrew Blott
(416) 907-5422 or HLSL.

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.

Marché public



de La Mitis

La Mitis Public Market

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). In case of bad weather, the market will be held indoors.

www.facebook.com/Steflavie



Metis Beach School 5 Club Golf Tournament

Saturday 20 September, starting at 10am at the Cascade Golf Course

\$15 per adult, \$7 per student
\$5 extra for a regular round of golf

Hot dogs, baked goods and drinks available on the course
and door prizes!

All proceeds go towards student activities

Please contact the school any morning at 936-3288 to register your team

Special Thanks to the Cascade Golf and Tennis Club for the use of their facilities
and to all our other sponsors.

Terry Fox walk (11km)

The 32nd annual Terry Fox walk, organised by Metis Beach School,
will take place on Friday, 26 September 2014.

9:30 a.m. Departure from Metis Beach School

12 – 1 p.m. Arrival and lunch at Black Gable Farm

(311, rang 2 des Écossais Est, Grand-Métis)

1 – 2 p.m. Outdoor games at the farm

2 p.m. Return to Metis Beach and L'Envol schools by bus

Students from both schools will be taking part and are collecting donations for the Terry Fox
Foundation – please support them! **Everyone is invited to take part!**

More information : **418-936-3288**



École l'Envol: An Opera for Dandelions

Thank you to everyone in Métis-sur-Mer who came to watch the play *An Opera for Dandelions*. The audience was treated to a performance by the talented students of our school. A record attendance suggests the importance of theatre in our community. Donations, the sale of cards, and the sale of DVD's brought in the sum of \$647. A sincere thank you for your generosity.



- Nancy Beauchemin, teacher, grades 1, 2, and 3

War Correspondance / Correspondances de guerre

Tortuga Films Productions inc.

Tortuga Films is pleased to invite the population of Metis to a **pre-launch viewing** of the bilingual miniseries *War Correspondance*. The **ENGLISH** versions of the films will be shown on **Friday September 12 from 6 p.m.** at the **Metis Town Hall, 370 Beach**. The films will be broadcast in presence of the director Viveka Melki and a discussion will follow each episode. **Free admission.**

War Correspondance: 1914-1918, Ever Your Loving Son (6:00 p.m.)

This year marks the centennial of a war that is distant, not only in our memory, but in our comprehension. By bringing human courage, sacrifice and loss to the fore, through war letters written by young men at the front, we uncover the scars the Great War left on a generation. The humanity of these individuals is revealed in their personal longing, their collective commitment, and their unfailing determination. This remains long after the cannons have fallen silent.



War Correspondance: 1939-1945, Carried on the Waves (7:30 p.m.)

One ocean carried men from the beaches of the Gaspé Coast to the shores of Normandy. For the men who survived,, these waves are a constant reminder, transporting them back to the horrors at Juno Beach, the destruction of Carpiquet or the suffering in the Polish POW camps. The few remaining veterans share their story with us, their letters from the front, though censored, reveal the distance between what they choose to remember and what they are unable to forget.



Tortuga Films Productions inc.
Producer : Adam Pajot Gendron
Director: Viveka Melki
Film length : 50 minutes each

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)

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

Thank you for your collaboration and support,

Marco Alberio and Sylvain Cossette



Massage therapy at Domaine Annie-sur-Mer

Last chance to enjoy a spa treatment at Domaine Annie-sur-Mer this season. Take advantage of our low season rates from Sept. 1st until Oct. 5th:

60 min. Massage \$59,95 (reg. \$80)

75 min. signature massage with essential oils \$79 (reg. \$99)

90 min. Hot sea shells massage \$100 (reg. \$120)

Please note that these offers cannot be combined with other rebates. Come pamper yourself!

Domaine Annie-sur-Mer
387 Patton – (418) 935-3563



The Heritage Cultural Resource Centre presents:

**Irish tales with storyteller Mike Burns (in English)
Friday, October 10 at 8 p.m.**

The time I'm telling you about is not your time, it isn't my time, but it really is somebody's time. This is how storyteller Mike Burns introduces his stories from the mists and moors of Ireland. The story of Gobán Saor, the best mason that ever walked this earth and the ones his son tells to "shorten the road to England", as well as songs borrowed from Irish folklore; these are the treasures he shares with us. Mike Burns' delivery resembles that of olden-time storytellers, earthy tones of English, Gaelic and French. Some of his stories are a thousand years old and have come from pure Celtic oral tradition.

Born in Ireland within a family of storytellers, Mike Burns adopted Quebec as his home quite some years ago, and shares with us the vast repertoire of legends and stories from South-West Ireland he has created throughout his lifetime. A frequent Toronto storytelling festival guest, Mike Burns has been invited to numerous festivals throughout North America, Europe and the Middle-East. The *Regroupement du conte au Québec* celebrated in golden ink, in 2012, his 50 year storytelling career.



He will be at Café sur mer at 8 p.m. on Friday, October 10, at 160 Principale in Métis-sur-Mer as part of the Rendez-vous des Grandes Gueules, the Trois-Pistoles storytelling festival.

Door fee: 10\$

If you can, please bring along donations of recent books and DVDs for all ages, in English and French for the public library - thank you!

Autumn at café sur mer!

Saturdays & Sundays from 9 a.m. to 5:30 p.m.



The café sur mer team is happy to announce that the café will be open Saturdays and Sundays from Labor Day until Christmas. Come and warm up with one of our delicious hot drinks and enjoy yummy sandwiches and pastries.

You will also discover our newest items for fall and Christmas.

We look forward to seeing you!

At 160 rue Principale, Métis-sur-Mer 418.936.3936

**Check our Facebook page for more exciting news and events
www.facebook.com/CafeSurMer**

Active Transportation Taking Action

Here are some ideas that may help you to adopt more active modes of transportation:

- Think twice about using your car for every trip. Could you walk or use your bike instead?
- Dust off your bicycle and cycle to work when the weather permits.
- Trade in your dress shoes for running shoes, strap on a backpack and walk all, or part of, the way to work/school.
- Instead of driving your kids to the park, why not walk or make it a family outing on your bikes?
- If you are considering moving, think about the transportation options available to you in the new locations you are considering. How far will the distance be to those places you regularly need to reach? Could you walk to do most of your small errands? How far away is the nearest school for your child? Is this new neighbourhood "pedestrian friendly"?

Our communities, workplaces and schools must also support active transportation.

Source: Public Health Agency of Canada



YOGA with Laura Pineault in the l'école l'Envol gym

10-class session from October 11 to December 13 (Free taster lesson on October 11)

Two types of class will be on offer:

Parent(s) & children (5-12 years): Saturdays from 9:30 to 10:30 a.m.

(min. 6 parents & children)

Price: \$90 per adult and \$45 per child

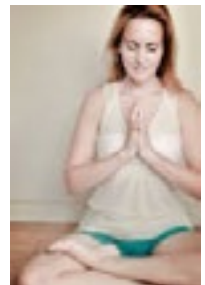
Adults and adolescents: Saturdays from 10:45 to 11:45 a.m.

(min. 12 people)

Member price: \$90 Non-member price: \$105

Contact Marcel Blanchet (see p.11 for contact details) by September 22 to register.

*It is a great pleasure to return to my wonderful hometown to share my passion:
staying healthy through the awareness of movement! -Laura Pineault*



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 until September 13

	Morning	Afternoon
Monday	8:00 to 9:00	15:30 to 18:30
Wednesday	8:00 to 9:00	15:30 to 18:30
Friday	8:00 to 9:00	15:30 to 18:30

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

FALL SCHEDULE from September 15

	Morning	Afternoon	Evening
Monday	8:00 to 9:00	15:30 to 16:30	18:30 to 21:00
Tuesday			18:30 to 21:00
Wednesday	8:00 to 9:00	15:30 to 16:30	18:30 to 21:00
Thursday			18:30 to 22:00
Friday	8:00 to 9:00	15:30 to 16:30	
Saturday	9:00 to 11:00		

REGISTRATION and INFORMATION

Please contact Marcel Blanchet at 418.936.3318 (evenings and saturday) or by e-mail at oublan@globetrotter.net

Badminton Thursdays

6:30 to 10 p.m. -
All welcome!

Membership*

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

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

Students : 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)

LATIN AND WORLD MUSIC



with Maria-Gabrielle Bujold

NEW **10-class** session

From September 23, Tuesdays at 8 p.m.
in the Envol school gym (east entrance)

Training Room Members: \$115

Non-Members: \$130

Register with Marcel Blanchet
by September 15

HAVE FUN AND STAY IN SHAPE!

Great Canadian Shoreline Cleanup
Reford Gardens and the Mitis River Park join forces and invite the population to its fall shoreline cleanup ... and we count on the participation of our members!

Saturday, September 20

In the morning, the beaches of Grand-Métis / Sainte-Flavie
Meet at 9 a.m. at the Gardens parking

In the afternoon, the beaches of Grand-Métis / Métis-sur-Mer
Meet at 1:30 p.m. at the Gardens parking



All volunteers will receive a pair of work gloves and will be invited for lunch, offered by the Gardens

You wish to attend?

Please let us know in advance: 418 775-2222 or info@jardinsdemetis.com

Take a stand against shoreline litter.

COLLECTION OF LARGE OBJECTS
Wednesday 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.

Household Hazardous Waste Disposal

It is always possible to leave your hazardous materials at the municipal garage on Rue de l'Église. By hazardous materials we mean: oil or any by-product of oil production for example "pitch", paint products, and domestic or automobile batteries.

You simply have to leave these products in front of the door at the municipal garage.

PLEASE, do not leave products other than those mentioned above.

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