

July 2015



*Ville de
Métis-sur-Mer*

www.ville.metis-sur-mer.qc.ca | www.facebook.com/MetissurMer

Métis Info

Municipal Newsletter and Community Notes

Métis-sur-Mer Celebrates 2015

July 30, 31 and August 1

- Opening festivities
- Firefighters' afternoon
- Crafts • Duck race
- Outdoor family cinema
- Interactive workshop: "Pirates et épaves du Saint-Laurent" (bilingual)
- Launch of Métis-sur-Mer's Family and Age-friendly Policy
- Kid's reading tent
- Dance night

Complete program by mail...

HUGE ANNUAL COMMUNITY GARAGE SALE: SATURDAY, JULY 4TH 9AM – 4PM

**At the Centre des loisirs - 10, rue de l'église,
Métis-sur-Mer**

Rain or shine! (inside if it rains!)

**Profits will help offer cultural activities and
the purchase of books!**

SOMETHING for EVERYONE!

Come enjoy the deals and help the library!

- + 3500 used English & French books
(For 90% of books: «Take what you want and give what you can! »)
- café sur mer will offer great finds at great prices!
- Everything for the family
- Bilingual kids' reading tent on site
- Washrooms on site

INFO: 418-936-3239 or 1-855-936-3239



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

**DEADLINE: the 20th of the coming
month. Texts in Word format.** Please contact
Marie-Claude Giroux at 418-936-3239
or by email at mcgiroux@heritagelsl.ca



Heritage Cultural Resource Centre

130 rue Principale, (418) 936-3239 or 1-855 936-3239

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., July 11 and 25

FREE: Wifi – Computer Access – Special book requests – Book Clubs



TD Summer Reading Club for kids / CONTEST

Don't forget to register your child in our TD Summer Reading Club. Among other things, he will receive a personal reading passport and beautiful stickers. Every book read and every visit to the library will add one more chance to win a fabulous 50\$ gift certificate from L'Hibou-coup in Mont-Joli, or a dragon picture book.

Contact Elisabeth or Mélanie at 418-936-3239 for more information.

Special Collection: FOR HIM! (in French)

If you're a man (or a woman), come and see ! The collection will be available until September.

GOT SOME TIME TO OFFER? In July, we'll need help with the following:

Garage Sale Book covering Lending Desk

Please contact Elisabeth at 418-936-3239 #224

LOOKING FOR RECENT BOOKS AND DVDs

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

VOLUNTEERS NEEDED: COMMUNITY GARAGE SALE

Volunteers are needed for the site installation on Friday July 3rd and during the sale on the 4th. Free lunch provided.

Please contact Melinda at 418-936-3239 #0

Adult Reading Clubs

Already two very enriching meetings filled with human and literary discoveries! Through funding obtained by Heritage Lower Saint Lawrence to support two reading clubs, one in English and the other in French, participants enjoyed stimulating literary exchanges. **If you want to join in the discussion, even only once, come share a favorite book or author with us at our next meeting on July 25th at 10 am at café sur mer.** Filtered coffee will be free for club participants. You would like to read a specific book before a club meeting? Please contact Heritage Lower Saint-Lawrence, who will procure it for you quickly and free of charge!

Here are our suggestions of authors to discover or to rediscover:

- David Foenkinos «Delicacy»
- Terry Hayes «I Am Pilgrim»
- Heather I.Niderost «Quest of the Light Knights»
- Louise Penny «A Trick of the Light»
- Andréa Richard «La femme après le cloître»
- Lucinda Riley «The Midnight Rose»
- Gabrielle Roy, «The Tin Flute»
- Dr Frédérick Saldmann «Prenez votre santé en main» *
- Fabio Volo «Te retrouver»

*More than 1000 NEW English health & well-being books are now housed at the Métis-sur-Mer bilingual public library!

Happy reading! –Members of the Métis reading clubs

DONATIONS FOR THE COMMUNITY GARAGE SALE

We gladly accept donations of books and working objects for this sale, which is a library fundraiser. You can bring your items on site, at the Centre des loisirs, as of Friday, 2pm and Saturday 7:30am, or CALL US to drop them off some other time. THANKS!

Heritage Lower Saint Lawrence Annual General Meeting (AGM)

Wednesday, August 26, 2015, “5 à 7” formula, all details in August Metis Info.

Metis-sur-Mer Loyalty Card

Keep your eyes open for the arrival of Loyalty Cards at your favourite local businesses!
For an investment of \$10, these cards will offer a variety of rebates which will be honoured by most local businesses in Metis-sur-Mer and the surrounding towns.
It is a good way to discover new places, to take advantage of exclusive deals and to have a direct impact on our local economy.

This project is supported by your Comité local de développement.
All profits will be reinvested in community projects and events.

Métis-sur-Mer Celebrates 2015! July 30,31 and August 1 – Celebrate Together!

To ensure that Métis-sur-Mer Celebrates 2015 is a success, we are looking for volunteers for the following tasks:

# VOLUNTEERS	DATE	TIME	PLACE	TASK
4	Th July 30	15:30	Café sur mer	Set up and service
2	Th July 30	16:30	Café sur mer	Ticket sales
3	F July 31	16:30	Skating rink	Chairs (cinema)
5	S August 1	9:00	Cascade Brook	Set up, tickets, duck race

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

NOTICE: The expansion and renovation work at the Centre des Loisirs de Métis-sur-Mer is now complete. Thank you!



café sur mer is pleased to present
Coffee, dessert & live music evenings
from 8 pm to 10 pm



Thursday, July 9 : APORLIE TRIO with David Stylenco, Gabriel D.-Langlois & Friend-Soft Jazz

Thursday, July 16 : THE KNAP with Paul Lafleur –Rock & Roll

Wednesday, July 22 : FEATHERS –Folk, Jazz, Celtic

Thursday, July 30: APORLIE TRIO with David Stylenco, Gabriel D.-Langlois & Friend-Soft Jazz

\$5 Entry...Contribution to « the hat » appreciated

Craft Classes are returning every Wednesday from 2 pm to 4 pm...\$5

We look forward to seeing you!

café sur mer is open every day from 9 am to 5:30 pm

160 Principale | 418-936-3936 | www.facebook.com/CafeSurmer

PLACE PETIT MIAMI

**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

Les toiles de mer... Métis-sur-Mer

Welcome to my weaving studio and boutique ... Based on thirty years of weaving, my objective, my passion haven't changed ... My mission is to maintain and promote a fabulous tradition while perfecting a skill, an art, one thread at a time ... The beauty of living by the water is my daily inspiration on my four, twelve or sixteen shaft looms ... along with cotton, linen, hemp, alpaca, silk, and other inspirations... meter goods, household linen, rugs, commission work, scarves, throws, linen clothing, etc... Please feel free to drop in...
Looking forward to meeting you ... Welcome !

Open year round

June 15th to September 15th: 10:00 to 18:00

Off season: Friday, Saturday, Sunday or by appointment

117 Principale | 418.936.3838 | louyze.caro@gmail.com

DOMAINE-ANNIE-SUR-MER

387 ch. Patton, (418) 936-3563



MUCH MORE THAN JUST AN INN!

CAFÉ BISTRO DU PHARE

Open Tuesday to Sunday, 4 p.m. to 11 p.m. (kitchen closes at 8 p.m.)

Lounge ambiance and music, incomparable view of the lighthouse, comfy couches, games and newspapers ...

2 FOR 1 SPECIAL ON PIZZAS EVERY SATURDAY NIGHT, 5 a.m. TO 7 p.m. !

Beer on tap, cocktails, wide selection of wines

Tapas, pizzas, paninis, salads, desserts and specialty coffees

Homemade flavour and local produce!

SPA

Open every day from 9 a.m. to 6 p.m.

Massage therapy, aesthetic treatments, energizing treatments, personalized programs.

Exterior spa and infrared sauna, sunny terrace with great view of the sea included with all treatments!

Reservation required: 418-936-3563



L'Auberge du Grand Fleuve

- Fine cuisine, table d'hôte
- 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 Principale Métis-sur-Mer | 418 936 3332

www.aubergedugrandfleuve.qc.ca



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

Explore Metis like you've never seen or heard it before!

You are a group? Ask for a personalized guided tour!

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



Garden Party

At the residence of
Mrs. Penny Dobson
339 Beach, Métis-sur-Mer
July 21, 2015 16:00
(Rain date, July 22)

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

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

WELCOME!

Seniors' Hot Lunch

Heritage Lower Saint Lawrence
would like to thank all the
volunteers for making this HLSL
event a great success.

THANK YOU
Rita, Linda, Ruby,
Gaby and Lynne!

Let's meet again this Fall

BAZARS

- **Leggatt's Point Women's Society**
Thursday July 9, 3:00 pm at the
Leggatt's Point Church
- **Craft and Bakery Exhibition and Sale**
Wednesday July 22, from 9 am to 4 pm at the
Centre des loisirs (10 de l'Église)
- **Metis Beach Ladies Aid**
Thursday July 23, 3:00 pm at the Metis
Town Hall (370 Beach)
- **Craft and Bakery Exhibition and Sale**
Saturday August 1, from 9 am to 3 pm at the
Centre des loisirs (10 de l'Église)

GARAGE SALE

On July 25th and 26th
from 9 am to 5 pm
at 297 Astle
(furniture, antique dishes,
clothing, tools, etc.).

All profits will be donated to
amyotrophic lateral sclerosis
(ALS) research.

INFO: Susie (418) 936-3558

10 Québec Flags to Give Away

The MNA for Matane-Matapédia-Mitis, Mr. Pascal Bérubé, will offer a Québec flag to the first 10 citizens of Métis-sur-Mer who contact his office (by telephone 418-775-7427 or by e-mail guillaume.cantin@assnat.qc.ca). Please note that they will be given only to citizens who plan to display the flag on a flagpole.



PLAYGROUND 2015 FOR 5 TO 11 YEAR OLDS

June 29 to August 20 / From 8 :30 a m to 4 :30 pm
Games * Crafts * Cooking * Library events* Beach activities * And more...

8 weeks :	1st Child 200\$	2nd Child 200\$	3rd Child 120\$
1 week :	1st Child 35\$	2nd Child 35\$	3rd Child 25\$

INFO : Lynne Bruce 418-318-4005.



Places are available at your local CPE

Are you looking for a daycare spot for your 0-18 month old?

We have places to fill at our Métis-sur-Mer installations

Le Centre de la Petite Enfance Les Pinsons offers quality daycare service in your community. Our Métis-sur-Mer installations are located at 24 du Couvent and offer 21 subsidized places for children aged 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 ext. #101, or Mrs. Marie-Josée Caron ext. # 109.

Board Games needed

Heritage Lower St. Lawrence is searching for recent table or board games to be able to offer activities for kids of all ages. Thank you for bringing us some, or for contacting us if you'd like us to pick them up! 418-936-3239

Health Retention Scholarships



Two medical students from Métis-sur-Mer and another from Price have received 5000\$ bursaries through Heritage Lower St. Lawrence. These bursaries are part of McGill University's retention and promotion of health & social services careers initiative, whose objective is to increase access to health services in English, within Québec's regions.

Congratulations to Christina Pelletier, Raphaëlle Cardinal and Alex Cromer-Émond who were awarded the bursaries!



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, a play area for children and accessibility by the bike path. In case of bad weather, the market will be held indoors. The faithful will be happy to learn that hot lunches at noon are back, and will be offered for the entire season by Lili Bergère. A culinary experience that you won't want to miss !

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 | www.facebook.com/Steflavie.



The Mobile Grocery Truck is on the move!



On board, we have fresh fruits and vegetables, sustainable beef from the Ferme des érables in St-Luc-de-Matane, sausages, ham & bacon from Meilleur pour la Faim in Ste-Luce, honey and potatoes from Baie-des-Sables, and many more delicious foods!

Mondays and Wednesdays, from 2-4 pm

We head west, starting from the parking lot at Ratté's towards Grand Métis.

Every Monday, Wednesday and Friday, from noon to 2 pm:

We park at what used to be Ratté's grocery store in Métis-sur-Mer (Les Boules).

Tuesdays and Thursdays, from 10-11:30 am

Our route starts in Grand Métis, and our truck slowly heads east, then down Beach Road/ Principale, until we get to Ratté's grocery store parking lot.

When you SEE our truck or HEAR OUR BELL: come outside and the mobile grocery truck will stop for you, at your door!

At any time, you can call me to find out where the truck is, or to place an order. We are eagerly waiting for your patronage!

Sarah Moysan | (581) 624-0344 | sarah.moysan@outlook.com

This month at the Mitis River Park...

The conservation of natural environments is of special concern to the Mitis River Park, and through its interpretation activities, the Park honours, in a special way, these natural environments. Yours to enjoy!

On Saturday, June 4, at 2 p.m., an original activity awaits you! Come visit our hiking trails with biologist Marie-Ève Lajoie. Immerse yourself in the forest, in a universe teeming with life...and discover how even dead trees support this life!
(in French)

On July 23, at 2 p.m., researcher and author Jeanne Millet will speak about "L'architecture des arbres, de la forêt à nos rues". You will leave with a new appreciation for these giant plants; you'll see these trees in a new light!.
(in French)

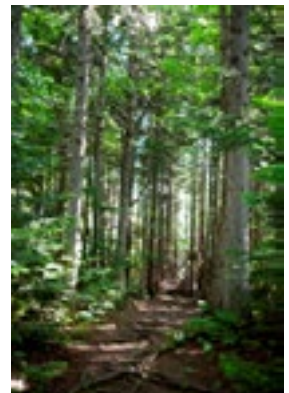
All activities are free with your admission to the Park! To enjoy unlimited access at a reasonable cost and to take part in our activities all summer long, why not become a member! Contact us!

INFO: Laurence Paquette

418-775-2969

info@parcmitis.com

www.parcmitis.com



Community Information



Available in the next few days...

2 «Ready-to-Play Bins » installed in Métis-sur-Mer

La Mitis en Forme et en Santé community partners and La Mitis municipalities want to facilitate access to the spontaneous practice of outdoor sports and active recreation by offering a series of «Ready-to-Play bins» throughout La Mitis. These bins will enable people to freely access recreational equipment anytime they wish to. The initiative's goal is to encourage children, teens, families, the elderly and every citizen to adopt an active lifestyle.**

What's in a «Ready-to-Play» bin? Balls (volleyball, soccer, football), Ultimate frisbees, Pétanque, juggling equipment, beach accessories, badminton & tennis kits, jump ropes, a parachute, ball-hockey sticks and balls, etc. The idea is to offer free access to games and sports equipment for individual or group play, for any liking and at any age.

Please note that the equipment found in «Ready-to-Play bins» vary from bin to bin, so you should check them all out!

Where are Métis-sur-Mer's «Ready-to-play bins»?

- At Metis Beach School (468 Beach, near the asphalted ice rink)
- At the Centre des loisirs (10 de l'Église), near the ice rink and the beach

How does it work?

- 1) Choose the equipment you need in the bin.
- 2) Use it with respect!
- 3) Put it back as you found it so others can use it!

Now that you know how it works, are you Ready to Play?

**In Métis-sur-Mer, this initiative is the result of a partnership between the Comité local de développement (CLD), Heritage Lower Saint Lawrence, the Club des 50 ans et plus, the Comité des loisirs, and Camping Annie.

Heritage Lower St. Lawrence presents: AN EVENING OF JAZZ...

CARL LACROIX QUINTET Regional Tour
In collaboration with Domaine Annie-sur-Mer
Friday August 7th, 7:30pm
Notre-Dame-de-la-Compassion Church, Métis-sur-Mer
Tickets 12\$ at the door and 10\$ presale

The Rimouski Festi Jazz Vitrine sur la relève regional tour will stop in Métis on August 7th! Carl Lacroix Quintet, winner of the 2014 Festi Jazz Grand Prize, will perform. With family or friends, join us for some enchanting progressive jazz in an intimate setting...

All profits will fund Heritage Lower Saint Lawrence services.
Book donations accepted on site.

INFO/TICKETS/RESERVATIONS 418-936-3239 or 1-855-936-3239



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)

Community Training Room

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



Summer schedule (from June 1st)

	Morning	Afternoon
Monday	8:00 to 9:00	15:00 to 18:00
Tuesday		16:00 to 18:00
Wednesday	8:00 to 9:00	15:00 to 18:00
Thursday		16:00 to 18:00
Friday	8:00 to 9:00	15:00 to 18:00

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

INFORMATION

418.936.3318

on opening hours

**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 3rd to August 31th 2015

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)

Registration (month or season),
10 class card or drop-ins

For pricing, registration or other
information
please contact Barbara at:

T: 514-624-9771

T: 418-936-3497 (after June 21)

barbara.pearce@videotron.ca

www.newmontrealyoga.com/events

Reiki by appointment only at 439 Beach

Private and semi-private yoga classes
available in your home



Ville de Métis

CLEANING OF CHIMNEYS

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

They would be available to do this work in our municipality:

BETWEEN AUGUST 15th AND 30th, 2015

The residents of Métis-sur-Mer will be able to get this service by giving their name at the municipal office BEFORE AUGUST 11th, 2015 at 418-936-3255

or by e-mail at: metissurmer@mitis.qc.ca

“To be able to clean chimneys on the territory of the MRC Mitis, any chimney sweeper must have a licence of chimney-sweeping given by the Service. Moreover, the person who will do the inspections will have to be duly qualified. ».

Extract of regulation # 03-13, Town of Métis-sur-Mer.

FOR MORE INFORMATION, CALL “LES ENTREPRISES MATANAÏSES” AT 418-562-9229.

WATERING TIMES: The watering of lawns, hedges, trees, shrubs and other plants by means of oscillating water sprinklers or soaker hoses is permitted between the hours of 7 p.m. and 9 p.m. only, and according to the following schedule: (With the exception of new plantings)

WATERING TIMES		
	TO THE EAST OF RTE MACNIDER	TO THE WEST OF RTE MACNIDER
FLOWERS, VEGETABLES, AND NEW HEDGES	EVERY DAY FROM 7 PM TO 9 PM	
LAWNS	MONDAY- WEDNESDAY- FRIDAY 7 PM TO 9 PM	TUESDAY- THURSDAY- SATURDAY 7 PM TO 9 PM

PUBLIC NOTICE TO RESIDENTS OF METIS-SUR-MER

REGULATION NUMBER 15-95 AMENDING VARIOUS ELEMENTS OF REGULATION ON PERMITS AND CERTIFICATES 08-42

PUBLIC NOTICE is hereby given by the undersigned, Stéphane Marcheterre, Director General and Secretary-Treasurer, that the municipal council of Métis-sur-Mer adopted, on June 1, 2015, By-Law no. 15-95 amending various elements of the regulation on permits and certificates 08-42. Any interested party may consult the said By-Law at the Municipal Office.

This By-Law comes into effect in accordance with the Law.

GIVEN AT MÉTIS-SUR-MER this 2nd day of
June, 2015.



Stéphane Marcheterre
Director General and Secretary-Treasurer

SCHEDULE FOR THE COLLECTION OF LARGE OBJECTS

Wednesday, July 29 and Wednesday, September 30 2015

OLD STOVES, FRIDGES AND MATTRESSES ARE PERMITTED
CONSTRUCTION MATERIALS, TIRES 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 other products than those mentioned above.

A complete collection schedule (green, blue and brown bin) is available at the municipal office and on the website.

DUMP FOR BRANCHES AND DEAD LEAVES - Open from May 15, 2015

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.

BONFIRE, BURNING BRANCHES, TREES OR DEBRIS : PERMISSION REQUIRED

Please ask permission several days in advance.

To request permission, please contact Reno Isabel, fire chief : 418-936-3552

Contact Vincent Dubé at the 418-775-8445 Ext. 2249

For bonfire, it is possible to obtain a summer permit.

Burning permit is free.