

Info Métis

Municipal Newsletter and Community Info

www.ville.metis-sur-mer.gc.ca www.facebook.com/Metissurmer







Annual Terry Fox Walk Friday, September 27th, 2019



Students from Metis Beach School, École l'Envol and community members will be

participating in the Terry Fox Run/Walk and collecting donations for cancer research.

EVERYONE IS WELCOME TO PARTICIPATE!

Schedule:

9 am — Departure at Métis-sur-Mer Fire Hall (Station road)

12 pm - Arrival and lunch at Black Gable Farm

(311 rang 2 des Écossais Est, Grand-Métis) *Distance : 11km*



1 pm - Visit the barnyard animals and play outdoor games at the farm 2:30 pm - Return home by school bus

For more information contact Metis Beach School 418-936-3288

or Lynne Bruce 418-318-4005 / lynne.bruce@essb.qc.ca

Table of Contents					
		Active Living	8	Our Entrepreneurs	9
Heritage LSL & Library	2		0		12
Activities	5	For Sale/Rent/Found/Wanted	9	Community Services	13
	6	Job offers	9	Municipal Affairs	13
What,s Up With Your CLD	6				



DEADLINE: 15th of the month if the text has to be translated; 20th of the month if it is provided in English and in French -in Word format.

Please contact Marie-Claude Giroux at 418 936-3239 #223 or by email at mcgiroux@heritagelsl.ca If you would like to receive the Info Métis via email, please just ask!



HERITAGE CULTURAL RESOURCE CENTRE

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

HERITAGE LSL OFFICE HOURS:

Monday—Friday, 9:30 am-noon & 1-4:30 pm

*please note that our offices are closed on Tuesday mornings**

LIBRARY HOURS:

MÉTIS-SUR-MER

(418-936-3239 #224):

Monday to Friday: 2 - 4 pm

*Now open on Sunday: 9:30 to 12:00

RIMOUSKI BRANCH

(418-730-7685, 414 De la Seigneuresse):

Wednesday: 9 am - 12 pm 1:30 pm - 4:30 pm

Thursday: 1:30 pm—4:30 pm Friday: 1:30 pm—4:30 pm

Saturday: : 9 am - 12 pm

Your library offers:

- free wifi
- virtual reality experiences
- free special requests
- ereaders & ebook loans



- health or community services info
- photocopies
- historical documents
- and more!

Welcome to the Library!

Here are some suggestions....



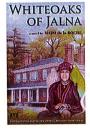
Bennett Vanora, The White Russian (adult)

Evie leaves New York in search of art and adventure in jazz-age Paris, where her bohemian grandmother, long estranged from the rest of the family, lives. But her grandmother's sudden death just after her arrival leaves Evie compelled to carry out her relative's dying wish: to find a man from her past known only as Zhenya. The quest leads Evie deep into the heart of the Russian émigré community of Paris. With the world on the brink of war, she becomes embroiled in murder plots, conspiracies and illicit love affairs as White faces Red Russian, and nothing is as it seems.



Colleen Oakley, Before I go (adult)

A heart-wrenching debut novel in the bestselling tradition of P.S. I Love You about a young woman with breast cancer who undertakes a mission to find a new wife for her husband before she passes away.



Mazo de la Roche, Whiteoaks Of Jalna (adult)

First published as Whiteoaks in 1929, in Whiteoaks of Jalna, the saga of the Whiteoak family continues, with more rivalries, tangled relationships, and secret love affairs.

For children and youth, we have over 100 new books. Come and see our new display racks on the bottom floor of the library!

KEEP READING!

Every book read = 1 chance to win!

Our Contest ends September 16th, 2019





Come by, or call us!

RIMOUSKI: 414 de la Seigneuresse • 418-730-7685

MÉTIS-SUR-MER: 130 Principale • 418-936-3239

Co-created and delivered by 2,000 public libraries across Canada, development of this national, bilingual program is led by Toronto Public Library in partnership with Library and Archives Canada. Sponsorship is generously provided by TD Bank Group.



Developed by



In partnership with







Title sponsor

Canada

VR Virtual Reality: immerse yourself!

Offered only during library hours



- National Geographic (numerous presentations)
- Gala Relax 5K (numerous presentations)
- Great Barrier Reef
- The Basilica of Maxentius (Rome)
- Dinosaurs: Jurassic World -Blue, Jurassic World -Apatosaurus
- Space: Apollo 11 VR, Discovering Space, Star Chart, Titans of Space PLUS
- Nature: Ocean Rift

+** NOUVEAUTÉS**:

- Pregnancy
- Rencontrez le peintre Rembrandt
- The Coast

- Bear Island
- Claustral Canyon
- Immerse

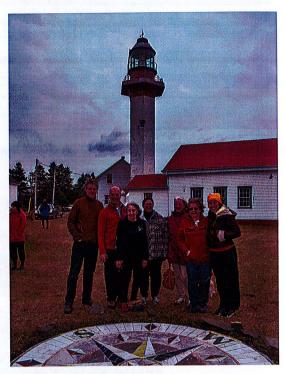
English and French content. Films vary in length. The recommended length of viewing time is 15-30 minutes a day. For children 6-12 years, 15 minutes a day is recommended.

"Live Our Heritage", a new historical project for Heritage Lower Saint Lawrence

Heritage Lower Saint Lawrence (HLSL) is pleased to announce a new project that documents, celebrates and shares the region's history. With the support of a \$97,586 grant and contributions of \$25,000 from the organization and its partners, this project builds on the organization's successful projects that bring history to life.

"Live Our Heritage" is a community-participation initiative led by a team from HLSL and a group of volunteers. To be completed in 2021, it is a follow-up to the 2013 Heritage project "Walk Our Heritage", a walking tour that included the history of 33 locations, spread over 5 kilometres, following interviews of more than 25 people.

According to Alexander Reford, Chair of Heritage Lower Saint Lawrence, "Live Our Heritage" will cover more ground and more people and document the unique history of the communi-



On Saturday September 7, Mr. Rémi Massé, federal Député Minister, Ville de Métis-sur-Mer and Heritage Lower Saint Lawrence representatives announced a new project at the lighthouse. Photo: Stéphanie Pépin

ties from Grand-Métis to Baie-des-Sables and expand beyond self-guided walking tours to include cycling tours and wellness walks. New locations, new history and new participants! He added: "This initiative will contribute to this vibrant community that values its history and is eager to share it with residents and visitors of all ages. It will highlight local landmarks, shoreline ecology through stories and photographs collected from local residents."

The project began on September 1. The total budget is \$122,000 of which *Canadian Heritage* is generously contributing \$97,586 through the "Community Life" component of its Development of Official Languages Communities Program.

Reford said: "Stay tuned for a kick-off event and invitation for anglophone, francophone and indigenous community member participation in all historical, cultural, artistic and fun parts of this two-year project."

Heritage Lower Saint Lawrence mobilizes people and resources to support the vitality of the English-speaking community of the region, foster the well-being of all its members, and promote its interests. It has offices in Métis-sur-Mer and Rimouski and delivers a range of services to residents of all ages.

COMMUNITY GARAGE SALE DAY THROUGHOUT METIS-SUR-MER

Thank you to everyone who donated books and objects, and to our 10 volunteers, and over 650 visitors...You helped us raise over \$1500 to buy new books for our library!

FOLLOW-UP TO THE HLSL ANNUAL GENERAL MEETING

On August 27th 2019 Heritage Lower St. Lawrence held its Annual General Meeting with 30 people attending.

We had 3 board members not seeking re-election: Kirsten Andrea, Barb Amsden and founding member Kathy Dodson. We would like to thank them for their invaluable contribution to HLSL.

We would like to take this occasion to extend a heartfelt thank you to Kathy for all of her dedication and hard work that has made such a difference in our community.

Thank you very much Miss Dodson!

The following were elected to replace them: Sandra de la Ronde; Joan Sullivan, and Susan Woodfine. We would like to like to thank them for their willingness to contribute to HLSL and welcome them aboard!

The AGM was followed by a history talk on Grey Owl that was dedicated to Kerry Martin, as it was originally written by him for Metis 200 before he passed away.

Activities



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

Wednesday activities begin on September 18 from 1 p.m.:

Cards, boardgames, bingo and snacks.





Welcome to members and non-members.

For information: Diane at 418-936-3276

August 17 -Pancake Breakfast Raffle

The winner of the 8 X 10 framed photo, donated by Micheline Williams, is Diane Dubé-Guilbault.

Congratulations!



Seniors' Friendship Lunch

A great lunch, good company, and a special exhibition to discover

all kinds of



Fashion Articles.

Tuesday, September 24, at noon
At the Town Hall (370 Beach)

Cost: \$8

Reservation before September 19. Please call Gaby (evenings): 418-936-3393

All Welcome!

What's Up with Your CLD?

A Word from the President

Summer is coming to an end, but the CLD is still hard at work. First of all, I am happy to introduce our newest CLD member. Welcome to **Marjelaine Sylvestre**, archivist at the Reford Gardens, who is now joining our team! Here is what we are working on in September, in addition to our various long-term projects.

Shore Clean-Up Sweep (September 7, 2019)

This fall, for the first time ever, Métis-sur-Mer will officially join the big shoreline clean-up event organized twice a year by **Éco Mitis**. In Métis-sur-Mer, the initiative will be led by the CLD, in collaboration with the



Town. Our gathering point will be at the Rest Area at 8:45 a.m. (in front of the Catholic Church) to form teams for the different sectors on our territory. The clean-up will end around 12:30 p.m. at the Métis Point Lighthouse, where a free lunch (soup and sandwich) will be offered by the CLD.

I don't want to have to Photoshop such things out of my pictures anymore... Last spring's clean-up collected 2,431 lbs of garbage in the participating municipalities in just one morning! Bring your family, invite your friends. Help us make a difference! The number of participants will determine just how much of the shoreline we can clean.

<u>Important</u> - We need to know how many people will participate to make sure we have enough buckets and food. So please, do sign up ahead of time to help us plan this event...



Give your name to any CLD member

Or at the library/Heritage Lower St. Lawrence
By email at svpepin@videotron.ca
Or via the CLD Métis-sur-Mer's Facebook page



Water bottles... for the environment and the local economy!

You may have already seen them around... The CLD is now selling some beautiful metal water bottles with our new logo and a message to promote buying local (More than just a drop in the bucket!). The proceeds will be reinvested in projects for the environment and/or the economy, right here in Métis. This is a limited edition! Only 100 bottles were produced and in less than a month, 50 have already been sold! The price is \$15 and you can choose between blue or silver... while quantities last! Let us know if you want one!



Your CLD at Work!

We hope you had a chance to participate in our summer activities! Our first edition of the Water Safety Day on July 6th was a great success! Thanks to Nautisme Québec for its financial support and to our partners, the Canadian Coast Guard Auxiliary (Unit 14) and the Marine Rescue Unit (Fire Station 29), as well as Prof. Ladd Johnson, on site to talk about the safety of divers and various marine creatures. Thanks also to our sponsors, Café sur Mer, Latitude Marine and the Maurice-Lamontagne Institute



who provided very nice attendance and participation prizes!





And of course, Métis-sur-Mer Celebrates took place on August 3 & 4, with our Fire Station's traditional Duck Race & hot dog lunch, dinner and Isabelle & Johnny's show under the tent on Saturday and the yard sale on Sunday! Again, thanks to our sponsors and partners (Ville de Métis-sur-Mer, Innergex Renewable Energy, Métis-sur-Mer's firefighters, Heritage Lower St. Lawrence, Réseau Biblio BSL, Auberge du Grand Fleuve,



Épicerie Ratté, Dépanneur Métis-sur-Mer and Le Bri-Gîte) and of course, to our many precious volunteers!





DANSE À BAIE-DES-SABLES

Du mardi 17 septembre au 17 décembre (14 semaines) je donnerai les cours suivants :

- → 18h à 19h: Hip-Hop débutant 5 8 ans
- → 19h à 20h : Hip-Hop débutant 9 15 ans
- → 20h à 21h : Danse et entrainement varié 16 ans et plus, on fait monter le pouls au max! (Hip-hop, work-out, danse aérobique, etc... En alternance)

LE COÛT

HIP-HOP 5 - 15 ANS : 70\$ pour les 14 semaines, payable à l'inscription en argent comptant. ADULTE : 85\$ pour les 14 semaines, payable à l'inscription en argent comptant

INSCRIPTION:

Vous devez venir vous inscrire au centre communautaire de Baie-des-Sables MARDI LE 10 SEPTEMBRE entre 18h et 20h. Une fiche d'inscription ainsi que les paiements se feront à ce moment-là.

** Je dois avoir au moins 8 INSCRIPTIONS dans CHAQUE GROUPE pour donner les cours. Vous pouvez m'écrire au loisir.bsd-msm@outlook.com pour toutes questions concernant les cours. MERCI DE PARTAGER LA BONNE NOUVELLE ET À BIENTÔT! Daphné St-Onge



COMMUNITY TRAINING ROOM

(École l'Envol, 30 rue du Couvent - East entrance), 418-936-3318

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

NEW SCHEDULE starting September 9

Edward Co	Morning	Afternoon	Evening
Monday:	7:30 - 9:00	3:15 - 4:15	6:30-9:00
Tuesday:		3:15 - 4:15	6:30-9:00
Wednesday:	7:30 - 9:00	3:15 - 4:15	6:30-9:00
Thursday:			6:30-9:00
Friday:	7:30 - 9:00		
Saturday:			6:30-9:00

REGISTRATION and INFORMATION

Please contact Marcel Blanchet at 418-936-3318 (6:30 - 9 pm) or by e-mail at mcelbchet@gmail.com

New membership fees

Métis residents : \$30/month or \$5/day Non-residents : \$35/month or \$6/day

Students: 50% of adult rate

*Please note that membership fees also cover sports activities which take place in the Envol School gym. Additional fees (ex. cost for a coach or instructor) may apply for certain activities.

ZUMBA with Vanessa Caron 10 -class session -Starting September 24

10 -class session -Starting September 24 on Tuesdays, 7:00 pm

Member: \$125 / Non-Member: \$135 / Students: 50%

HAVE FUN AND STAY IN SHAPE!



MUAY THAI

8 -class session starting Sept. 7 at 7 pm

Cost: \$100 / Student: 50%

Gloves rental fee: \$10

INFORMATION: "Kru" Marc Vinette at 450-971-2133

Portrait of Métis



Remember the **Portrait of Métis** taken at the lighthouse by Stéphanie Pépin as part of Métis 200?

Some of you have been asking if it would be possible to buy a copy...

So yes, it is now for sale to support the **Lighthouse Preservation Project**. Printed on Alupanel (20 \times 12.4 in.), with a wall bracket on the back, it is ready to hang.

The price is set at \$200 and for each photo sold, \$100 will go directly to the restoration of the lighthouse. The rest will cover printing and shipping costs if necessary.

For information or to order: sypepin@videotron.ca









Looking for an in-home caregiver

*Part-time work. Length of time unknown (this could be just a few hours a week).

We are looking for a person for in-home work*

The emploi-service Chèque makes it possible to answer the needs of adults and seniors who are losing some of their autonomy by providing help for daily activities to support vulnerable people in their homes and also to the people who care for them. Examples of tasks required: companionship/security, help with daily activities.

We are looking for someone who can communicate in English and in French.

Get in touch with Sylvie Thibeault at 418-775-7261 #3071 or by e-mail at sylvie.thibeault.cisssbsl@ssss.gouv.qc.ca if interested. Thank you! RMC

Our Entrepreneurs



café sur mer

The café is now open on Saturdays and Sundays from 9am to 5pm.

Sunday brunch is no longer offered, but our famous croissant déjeuner, waffles as well as our beloved grilled cheese, paninis, soups, bowls and salads are all still on the menu. Not to mention the Saturday scones, cinnamon buns, cookies and brownies,

all homemade!

We look forward to seeing you, sipping a hot coffee, enjoying a treat!

www.facebook.com/CafeSurMer | Principale | 418-936-3936





Domaine Annie-sur-Mer

387, chemin Patton, Métis-sur-Mer | 418-936-3563

We are now open! Ask about our monthly promotion!

Located in an enchanting setting, Domaine Annie-sur-Mer's spa welcomes you from now until closing. Relax in our spa area, accessible to adults \$15 for two hours, without bathrobe or towel (or \$20, including the rental of a bathrobe and a towel) We welcome you every day from 8 am to 11 pm.

Make an appointment with our registered and certified massage therapist for professional and personalized care.

NEW: Discount for Seniors (65 years and over)!

Come take care of yourself in our wellness area along the river!

doTERRA essential oils offer way more than just simple fragrances.

Simply contact one of us and we'll be happy to guide you in the usage of these nature wonders. You will also learn how essential oils can improve and support your overall health.

Your three passionate wellness advocates:





Geneviève Bernier 418-750-3503

Sonia Castillo : 418-318-0506



Maria Castillo 581-624-4240

New in Métis-Sur-Mer Le BriGîte

Guest house at 146 Principale, Métis-sur-Mer



Le BriGîte is now ready to welcome its guests. To make a reservation call Brigitte Morin at 418-724-2012 or by email at brimorin.bm@gmail.com

It is also possible to benefit from an on-site massage therapy service in a room equipped for this purpose. This service is open to the entire population and is offered by Lucie Falardeau who is part of the "Réseau des massothérapeutes professionnels du Québec". For reservations you can contact her directly at 418-775-2417 or by email at luciefal@hotmail.com.

Join us on "facebook"



LES BOULES GLACÉES OF MÉTIS

Gelato . Sorbet Ice Cream With regional products

> TO ENJOY ON A BEACH OF MÉTIS-SUR-MER

Consult our opening hours here atelierculinaireferry.com
164 Principale Métis-sur-Mer

Auberge du Grand Fleuve



Gourmet Breakfasts ("crêpes bretonnes", local and homemade products)

Dinners of fine cuisine, table d'hote or à la carte menu

Vegetarian choice, children's menu, nice wine list and drinks

Terrace on the beach - Looking fordward to serving you!

Welcome all!

Follow us on facebook.com/aubergedugrandfleuve

418-936-3332/1-866-936-3332 | www.aubergedugrandfleuve.qc.ca | 131 Principale, Métis-sur-Mer



Open every Saturday, from June 8 to October 5, 9:30 am to 2:30 pm

All products grown and made in our region!

Several activities will also be offered during the summer.

Free parking and access to the site (a play area for children, sanitary facilities and accessibility by the bike path).

Find all details on Facebook: Marché public de La Mitis and www.marchepublicdelamitis.com

775, route Flavie-Drapeau, Sainte-Flavie (behind the church). In case of bad weather, it will be held inside the municipal Centre.

Notice to all businesses of Métis-sur-Mer:

you are invited to promote your products and services in Info Métis - for Free!

If you would like to receive a monthly reminder, please contact Marie-Claude Giroux. (See p. 1)

Les toiles de mer... Métis-sur-Mer

handweaving studio

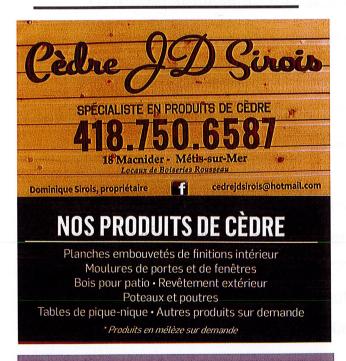


Looking forward to welcome you as of June 15th, until September 15th- Every day, 10 am to 6 pm.

À compter du 16 septembre, horaire variable.

Welcome!

117 Principale | 418.936.3838





Portes et fenêtres / Bois, Métal et PVC Armoires de cuisine / Rénovation



Dépanneur Métis-sur-Mer

CHANGE OF SCHEDULE

Please note that business hours will be changed for the winter period. These changes will be in effect from Sunday, September 8 2019 until Sunday, May 24 2020.

Here are the changes:

Sunday: 8 a.m. to 9 p.m. Monday to Wednesday: 7 a.m. to 9 p.m. Thursday to Saturday: 7 a.m. to 10 p.m.

All the staff at the Dépanneur Métis-sur-Mer Thank you for your understanding.

Bruno Leblanc

Owner

Tél.: 418-936-3536 | 97, route 132

NEW OPENING HOURS

Be informed that as of Tuesday, September 3rd, 2019, our new business hours are as follows:

Monday to Sunday from 6 a.m. to 10 p.m.

Thank you and looking forward to seeing you.

Bérangère and company

Habitations Le Beaulieu—3½ and 4½ Appartements available

Public Notice of Selection

The Municipal Housing Bureau (OMH) of Métis-sur-Mer would like to notify eligible people residing in Quebec, who might be interested in living in a low-rent appartment, that there is one appartment available at Habitations Le Beaulieu (15 rue du Couvent, Métis sur Mer).

To apply or for further information, please contact Diane Beaulieu, Manager, at 418-772-6030 # 1100.

Municipal Affairs



Ville de Métis-sur-Mer

138, Principale, Métis-sur-Mer, Québec (Québec) G0J 1S0
Tel.: 418-936-3255 | Email: metissurmer@mitis.qc.ca



COLLECTION OF LARGE OBJECTS: Wednesday, September 25

OLD STOVES, FRIDGES AND MATTRESSES ARE PERMITTED.

From now on, citizens will no longer have to contact the municipal office for the big pick up.

However, you should always put your items next the road the day before the collection.

The next date for the collection is September 29. Construction materials remain prohibited. Thank you!

HAZARDOUS MATERIAL DROP OFF

It is always possible to leave hazardous materials at the municipal garage situated on Rue de l'Église.By hazardous materials we mean oil or any petroleum by-product such as "pitch", painting products, and domestic or automobile batteries. You may simply leave these products in front of the door at the municipal garage.

If you have any doubts, call the municipal garage at 418-936-3858.

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

REGULATION #16-99 CONCERNING ANIMALS



In this regulation it is specified that:

- The owner cannot let dogs roam in a public place or on private property other than that of the owner of the animal;
- Any owner of an animal must remove excrement from the street or park, and deposit it in a container or bag.

Be respectful of your neighborhood and tie up your dog.

INFO-PRÉVENTION



READY FOR YOUR FALL HEATING EXPERIENCE?

With autumn around the corner, many of us are starting to think about using our fireplaces and wood stoves.

Did you know that it is your responsibility to have your heating system inspected by a qualified technician every 12 months? In addition, for your security, your chimney should be cleaned by a professional at least once a year (or after burning 5 cords of wood), if you use this type of heating.

A good cleaning

Burning wood produces a deposit called creosote which sticks to the walls of your chimney and is extremely flammable. It can only be removed by proper cleaning.

Make sure the professional you use:

- Vigorously brushes all components of the exhaust system (chimney, connector pipes and smoke ducts), with the correct equipment.
- Removes the residue from the cleaning.
- Checks the complete system for breaks or cracks, cleans each of the components and does necessary adjustments.
- Checks the general installation, including distances from walls, etc.

How to safely dispose of hot coals and ashes

Each year, many fires are caused by improper removal and storage of live coals and ashes.

- Remove ashes regularly and NEVER use a vacuum cleaner.
- Always place hot coals in a metal container with a raised floor and a metal cover.
- The container should be placed outside, as hot coals give off carbon monoxide (a deadly gas). Choose a non-combustible surface at least 1 metre from buildings, hedges and canvas patios, etc.
- Allow the coals to cool for 3 to 7 days until they are completely cold. Stir them frequently to release the heat.
- Dispose of completely cold cinders in the garbage.

Information taken from Ministère de la Sécurité publique du Québec.

Contact us with your questions.

Renaud Gagnon ou Korin Gagné Service de sécurité incendie et civile 418 775-8445

