

July 2021



Ville de Métis-sur-Mer

# Info Métis

Municipal Newsletter and Community Info

[www.ville.metis-sur-mer.qc.ca](http://www.ville.metis-sur-mer.qc.ca) [www.facebook.com/Metissurmer](https://www.facebook.com/Metissurmer)



## Leisure sale

Supporting the multi-sport synthetic surface project at the community centre

### Operation

The Métis-sur-Mer Recreation Committee is organizing a major sale of sports and recreational items to fund a new multi-sport synthetic surface on the community centre's outdoor rink. To do this, volunteers collect items that people no longer use (games, tools, small furniture, sports and leisure items and equipment, etc. NO clothes). All items in good condition and valued at approximately \$10 or more will be accepted. People are invited to drop off their items on the two collection dates. On the day of the sale, all items will be on sale. All activities take place at the community centre

### Collecting donations

June 27 and July 4  
9 am to 12 pm



### Day of the sale



July 17  
10 am to 4 pm

Hot dog and  
lemonade for sale on the site!

**Organized by your Métis-sur-Mer Recreation committee**

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

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

### Next deadline: July 15th

Contact Marie-Claude Giroux at 418 936-3239 #223  
or by email at [mcgiroux@heritagelsl.ca](mailto:mcgiroux@heritagelsl.ca)

If you would like to receive the Info Métis via email,  
please just ask!

## **Our services during this pandemic time**

Given the current provincial measures concerning the COVID-19 situation, please note that Heritage Lower Saint Lawrence offices and libraries remain closed to the public.

In an effort to ensure the health and safety of all our staff, volunteers and library members, we are taking the time necessary before a future decision is made to reopen.

Thank you for your understanding and patience.

**Our friendly and helpful staff members are still diligently at their posts, working remotely. Please do not hesitate to contact us by phone (418-936-3239) or email ([info@heritagelsl.ca](mailto:info@heritagelsl.ca)) for help accessing information and services in English.**

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## **Our Library Services**

**July Schedule: Wednesdays and Fridays from 1:30 to 4:30**

All requests will be handled either over the phone 418-936-3239, ext. 224 or via email [library.Metis@heritagelsl.ca](mailto:library.Metis@heritagelsl.ca).

### **Book loans:**

- Please contact us by phone or via email if you wish to borrow books.
- Once your order is placed and processed, we will contact you. Your books will be put in a bag and placed in a box in the front porch for you to take and enjoy.

### **Book returns:**

We have a return box available in the front porch for you to drop off your books at any time.

**Our book collection can be consulted online** at [ibistro-bsl.reseaubiblio.ca](http://ibistro-bsl.reseaubiblio.ca) (*Métis library number is 109*).

Also, all Réseau BIBLIO-BSL public library members also get access to **free regional eBook loans** through [prenumerique.ca](http://prenumerique.ca).

If you need help finding books or need any other information, we are just a phone call away.

## **Our Archival Services**

**Monday to Friday, by appointment only**

If you would like Historical information or have items or material you would like to share about your family history, please contact Pam at 418-936-3239 ext 221 or via email [pandersson@heritagelsl.ca](mailto:pandersson@heritagelsl.ca).

**Looking forward to serving you!**

## Opportunity for Volunteering at your Métis-sur-Mer Library

Do you love reading and are eager to discover new authors?  
Enjoying meeting community members while  
learning to operate a library?  
Have a few hours on hand?

**Your library needs you!**

Heritage LSL is getting ready to offer again services to the public.  
To operate our library, we need the support of community members.

**We provide training, technical support and lots of friendship!**

For more information, please contact the library at:  
418-936-3239, ext. 224 or [library.Metis@heritagelsl.ca](mailto:library.Metis@heritagelsl.ca)

Looking forward to meeting you!



Reading fun for kids,  
from Canada's  
public libraries

Join the fun!

### TD Summer Reading Club 2021

**Get your Summer read on!**

**Bilingual and free, the TD Summer Reading Club is back !**

For girls and boys of all ages, all interests and  
all abilities (pre-readers and readers).

Explore the fun of reading while participating in online activities such as  
Create an online notebook, Read Ebooks, Vote in the Battle of the Books!

Top ten recommended read available at our library.  
And much more on line!

**To register and participate online: go to [www.clubdelecturetd.ca](http://www.clubdelecturetd.ca)**

Contact us to get a notebook, borrow books, or if you have any question :  
[library.Metis@heritagelsl.ca](mailto:library.Metis@heritagelsl.ca) or 418-936-3639, ext. 224

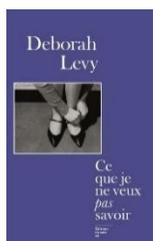
## LIBRARY NEWS

### Discover the collection of award-winning books - "Contagion Lecture"

The collection "Contagion Lecture", loaned to us by the Réseau Biblio du BSL, is a series of award-winning books, whose aim is to raise awareness of various literary prizes and the books that have received them. You will discover the 2018, 2019 and 2020 recipients of the Goncourt and Fémina awards, booksellers both from Quebec and outside Quebec, from the City of Rimouski, the Prix St-Pacôme, and many others.

The collection, which includes 41 titles -in French-, is made up of novels, poems, fiction and much more!

**Available at the Métis-sur-Mer Library until August 23 for you to enjoy!**



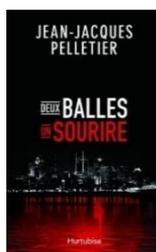
**Ce que je ne veux pas savoir** : biographie, Levy, Deborah, 1959-  
Dans ce premier volet de son autobiographie, D. Levy revient sur son enfance, évoque l'apartheid en Afrique du Sud, pays qu'elle a quitté, son père, militant de l'ANC emprisonné, ou encore l'Angleterre, son pays d'adoption. A travers son parcours, elle aborde les thèmes de la féminité, de la dépression et de l'écriture. Et le volume 2 : **Le coût de la vie** (Prix Femina étranger 2020)

**Ce qu'on respire sur Tatouine** : roman  
Réhel, Jean-Christophe, 1989- (Prix des Collégiens 2019)

**Ces femmes aux yeux cernés : une enquête d'Alexandre Jobin**, Jacques, André, 1947-  
(Prix St-Pacôme du roman policier 2019)

**Civilizations** : roman, Binet, Laurent, 1972-  
(Prix de l'Académie française 2019)

**Date de péremption** : poèmes, Landreville, Annie  
(Prix Jovette-Bernier 2019)



**Deux balles, un sourire** : polar  
Pelletier, Jean-Jacques, 1947-  
« On est à des années-lumière des scènes de crime sordides. Pas de flaques de sang. Pas d'os qui protubèrent ici et là. Pas de substances glaireuses qui s'écoulent de la tête... Tout l'intérieur de la victime est demeuré sagement rangé à l'intérieur des frontières définies par son épiderme. » Normalement, les cadavres ne sourient pas. Et ils n'ont pas l'air aussi heureux. Pas après avoir reçu deux balles dans la tête. D'où la perplexité de l'inspecteur-chef Dufaux...  
(Prix St-Pacôme du roman policier 2018)

**Francis** : roman, Michaud, Alexandre  
(Prix Robert-Cliche 2019)

**De synthèse** : roman, Georges, Karoline, 1970-  
(Prix du Gouverneur Général 2018)

**Histoire du fils** : roman Lafon, Marie-Hélène, 1962-  
(Prix Renaudot 2020)

**Idiotie** : biographie, Guyotat, Pierre, 1940-2020  
(Prix Médicis 2018)



**Kukum** : roman, Jean, Michel, 1960-  
Ce roman retrace le parcours d'Almanda Siméon, une orpheline qui va partager sa vie avec les Innus de Pekuakami. Amoureuse d'un jeune Innu, elle réussira à se faire accepter. Elle apprendra l'existence nomade et la langue, et brisera les barrières imposées aux femmes autochtones. Almanda et sa famille seront confrontées à la perte de leurs terres et subiront l'enfermement des réserves et la violence des pensionnats. Racontée sur un ton intimiste, l'histoire de cette femme, qui se déroule sur un siècle, exprime l'attachement aux valeurs ancestrales des Innus et au besoin de liberté qu'éprouvent les peuples nomades, encore aujourd'hui. (Prix France-Québec 2020)

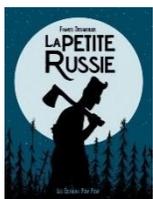
**La grande épreuve** : roman, Montety, Étienne de,  
1965- (Prix de l'Académie Française 2020)

**La neuvième heure** : roman, McDermott, Alice, 1953-  
(Prix Femina étranger 2018)

**La panthère des neiges** : récit, Tesson, Sylvain, 1972-  
(Prix Renaudot 2019)

**La tentation** : roman Lang, Luc, 1956-  
(Prix Médicis 2019)

**L'anomalie** : roman, Le Tellier, Hervé, 1957-  
(Prix Goncourt 2020)



**La petite Russie** : bande dessinée  
 Desharnais, Francis, 1977-  
 C'est une histoire de la colonisation de l'Abitibi. Un portrait d'hommes et de femmes qui ont tout quitté pour aller s'installer dans le Nord. Le récit d'un petit village qui s'appelle Guyenne. Sauf que Guyenne n'est pas une paroisse comme les autres. C'est une coopérative. Le roman, bois que tu coupes là ne t'appartient pas et la coop garde 50 % de ton salaire pour financer le développement de la colonie. Dans le coin, il y en a qui appellent cet endroit, « la petite Russie ». C'est là que Marcel et Antoinette vont vivre durant vingt ans.  
 (Prix des Collégiens 2020)

**L'arbre aux morts** : roman, Iles, Greg, 1960-  
 (Prix St-Pacôme du roman policier étranger)

**Le coeur synthétique** : roman, Delaume, Chloé, 1973-  
 (Prix Médicis 2020)

**Le drap blanc** : roman, Huyghebaert, Céline, 1978-  
 (Prix du Gouverneur Général 2019)

**Le lambeau** : bibliographie, Lançon, Philippe  
 (Prix Femina 2018)

**Le Mars Club** : roman, Kushner, Rachel, 1968-  
 (Prix Médicis 2018)

**Le sillon** : roman, Manteau, Valérie  
 (Prix Renaudot 2018)

**Les choses humaines** : roman, Tuil, Karine, 1972-  
 (Prix Interallié et Prix Goncourt des Lycéens 2019)

**Les falaises** : roman, DeChamplain, Virginie  
 (Prix Jovette-Bernier 2020)

**Les impatientes** : roman, Amadou Amal, Djaïli  
 (Prix Goncourt des lycéens 2020)

**Les villes de papier** : roman, Fortier, Dominique, 1972-  
 (Prix Goncourt catégorie essai 2020)

**L'été des quatre rois, juillet-août 1830** : roman, Pascal, Camille, 1966- (Prix de l'Académie française 2018)

**Ordesa** : roman, Vilas, Manuel (Prix Femina étranger 2019)

**Transcolorado** : roman, Gucher, Catherine, 1961-  
 (Prix France-Québec 2019)

**Un crime sans importance** : récit, Frain, Irène, 1950-  
 (Prix interallié 2020)

**Nature humaine** : roman, Joncour, Serge, 1961-  
 (Prix Femina 2020)



**Miss Islande** : roman  
 Audur A. Ólafsdóttir, 1958-  
 En Islande, en 1963, Hekla, 21 ans, quitte la ferme familiale pour Reykjavik afin d'accomplir son rêve de devenir écrivain. A la capitale, on lui conseille de tenter sa chance au concours de Miss Islande. Un roman sur la liberté, la création et l'accomplissement.

**Par les routes** : roman, Prudhomme, Sylvain, 1979-  
 (Prix Femina 2019)

**Royal** : roman, Baril Guérard, Jean-Philippe, 1988-  
 (Prix des Collégiens 2018)

**Saint-Jambe** : roman, Guéricolas-Gagné, Alice, 1995-  
 (Prix Robert-Cliche 2018)

**Taqawan** : roman, Plamondon, Éric, 1969-  
 (Prix France-Québec 2018)



**Tous les hommes n'habitent pas le monde de la même façon** : roman  
 Dubois, Jean-Paul, 1950-  
 Paul Hansen est superintendant dans la résidence L'Excelsior. Quand il n'est pas occupé par ses fonctions de concierge ou de gardien, il aime s'occuper des habitants. Mais quand un nouveau gérant arrive, les conflits éclatent.  
 (Prix Goncourt 2019, choix Goncourt du Royaume-Uni 2019, prix Ginkgo 2020)



**Tout est ori** : roman, Forest, Paul Serge, 1984-  
 Attachez votre tuque avec de la broche! Ici, on a un roman tellement sensoriel que vous allez sentir moult odeurs (autant agréables que désagréables), ressentir des textures tout aussi variées et voir des choses inimaginables. Il y a de l'humour, du drame, du sexe et du jazz. Vous allez tout savoir sur les mollusques et les pêcheries et améliorer votre japonais au passage. Tout ça à Baie-Trinité! Un roman inattendu, intelligent, surprenant, délicieux (eh oui, dégueu par bouts). Laissez maintenant l'ori vous imprégner, vous allez en ressortir assurément changé!  
 (S. Desbiens, Librairie Les Bouquinistes, avril 2021)  
 (Prix Robert-Cliche 2020)

**Un promeneur solitaire dans la foule** : roman, Munoz Molina, Antonio, 1956- (Prix Médicis étranger 2020)



## VIVRE NOTRE HÉRITAGE LIVE OUR HERITAGE

### Mark your calendars 'cuz happy days are here again!

Well, just about. It feels almost like the old days! And we mean the really old days, a hundred years ago as life was emerging from the Spanish flu. When there were exhibits and speaking engagements to entertain residents and visitors alike.

**Heritage Lower Saint Lawrence is pleased to announce  
two weekend-long exhibitions called “Our Creative Community”.**  
**Make a note in your calendars now for...**

**When:** Saturday and Sunday, July 17 and 18 (we'll confirm for August, but hope for the weekend of August 14 and 15, with a back-up of date August 21 and 22).

**Where:** The Town Hall/L'Association Socio-Culturelle, 370 Rue Beach, Métis-sur-Mer.

**Who:** All citizens can share their artistic talents, family history and photos at the exhibition

**What:** All four components of the Live Our Heritage project will be on display:

- **Trails to our past:** Come and please add your recollections to our large-format area map; sign up to be interviewed and share some of your family history. Do you have an old family treasure to display?
- **Stitching our generations together:** While the planned assembly of two quilts wasn't possible, creativity was by no means shut down as many spent COVID isolation time on crafts of many types. You'll find examples of rugging, knitting, and other art forms. **If you'd like to display some of your handiwork, please contact Pam Andersson ([pandersson@Heritagelsl.ca](mailto:pandersson@Heritagelsl.ca) or 418-936-3016) to discuss details.**

**Note:** While space is limited, arrangements can be made by exhibitors to sell their creations following the exhibit.

- **A picture says a thousand words...** Enjoy all photos submitted for the photo competition, as well as the winners. Get ideas for how 'Then' pictures could be recreated 'Now'.
- **Piecing our history together:** Metis Beach School (MBS) students have created, with the help and guidance of HLSL's Lisan Chng and MBS's Lynn Fournier, mosaic stools showing the area's flora and fauna (flowers, fish, birds, and animals). The exhibits will display the images, as well as designs for two mosaic benches to be placed at the United and Leggatt's cemeteries.

**Note:** Why should kids have all the fun? Sign up for summer workshops and be a part of the mosaicking team for these two benches.

## Art Building Stronger and Dynamic Communities

Heritage Lower Saint Lawrence and artists Lynn Fournier and Karine Berthelette are working on a public work of art. The theme explored and researched is resiliency through art.

How can creating together help small communities find courage and hope in difficult times?

Art helps us build stronger, tight knit, and resilient communities.

Participating in a public work of art gives us the opportunity to leave our print and contribute to a project that is so much bigger than ourselves.



### Volunteer

Join Lynn Fournier and Karine Berthelette and volunteer to help us work on the container mural. A wide range of tasks will need to be fulfilled based on your interests/skills. No art experience necessary. We are there to guide you.

**Where:** outside Metis Beach School.

**When:** During the whole month of July (except July 15<sup>th</sup> and 22<sup>nd</sup>), Wednesdays and Thursdays from 10:00 AM to 3:00 PM. Of course, if it's raining, we cannot work.



You must register as places are limited (4 per day). You can choose to volunteer for one day or for many days. Come alone or with friends and family. Make it a company or organization outing. Please email [culture@heritagelsl.ca](mailto:culture@heritagelsl.ca) for more information. To register, please click on this [link https://forms.gle/8vv5dhRcix9H8F2k7](https://forms.gle/8vv5dhRcix9H8F2k7) to register.

Art builds stronger resilient creative communities.

Come celebrate art, friendship, hope and resiliency with us.



### Adult Workshops

Join Lynn Fournier and Karine Berthelette for a creative workshop. Participate in a mindfulness activity and create a circle artwork which includes your handprint. Your circle will then be integrated in the concept of larger container mural.

**Where:** The art room at Metis Beach School

**When:** Thursday, July 15<sup>th</sup>, 2021, from 10:00 AM to 3:00 PM

Or Sunday, August 1<sup>st</sup>, from 10:00 AM to 3:00 PM

No art experience necessary. Places are limited (max. 6). Please email [culture@heritagelsl.ca](mailto:culture@heritagelsl.ca) for more information. To register, please click on this [link https://forms.gle/tuy5dg1Cv6iWWY7U6](https://forms.gle/tuy5dg1Cv6iWWY7U6) to register.

All public health recommendations will be respected.

## Spotlight on local Entrepreneurs!



### Meet Michel Marcheterre, from Les Entreprises Jacques Marcheterre

Written by Sonia Castillo for the CLD Métis-sur-Mer



*Les Entreprises Jacques Marcheterre is a family business that has been active in Métis for three generations. It was founded by Jean Chrysostome Marcheterre in the 1930s. It was then passed down to his son, Jacques Marcheterre, and is now managed by his grandson, **Michel Marcheterre**, who has himself been working there as a cabinetmaker for 30 years. Many of the cabinets, doors and windows that adorn the beautiful Métis residences were made by these three men's meticulous and talented hands.*

As soon as we enter the workshop, located on Route 132, near the gas station, we can see beautiful pieces in the process of being made for the delight of their clients. Michel has a team of three employees to help him with his numerous renovation projects. The pandemic that we have been experiencing since March 2020 has not hampered the company's activities. On the contrary, they are busier than ever! The production schedule for their various contracts and projects is booked up until November 2021. Clients are even calling from the Greater Montreal area to request services from Michel and his team. Of course, the ancestral door and window reproduction services that he offers are becoming increasingly rare, but it is for the excellent quality of their work that they are becoming known, by word of mouth, well beyond our Métis borders.

For almost 100 years now, this cabinetmaker has been decorating the beautiful homes that have made the reputation of our wonderful town. Michel feels optimistic about the company's continued success, despite the ups and downs that life can bring. Bravo to Michel and his team and may their business continue to flourish for many years to come!



*Les Entreprises Jacques Marcheterre  
88, route 132 Métis-sur-Mer (Québec) G0J 1S0,*

## What's Up with Your CLD?



### At Sea, Caution is Always of Prime Importance!

Your CLD is once again teaming up Unit 14 of the **Canadian Coast Guard Auxiliary (CCGA)** to urge you to stay safe on the water this summer. Did you know that you can request a **safety check for your watercraft (motorboat, sailboat, kayak, seadoos, etc.)** from one of the CCGA's certified volunteer Prevention Officers? There are several right here in Mëtis! If everything is up to code, you will receive a 2021 vignette that could potentially save you from a surprise inspection by the Sûreté du Québec. If your boat or equipment does not comply, there are no negative consequences. No reports and no fines! We will simply explain to you what you are missing for your own safety and to comply with applicable regulations. We will then return with your vignette once you have had time to rectify the situation. This service is free of charge and most of all, it provides an excellent opportunity for you to ask any water safety questions you may have.

Do not hesitate to contact one of the Mëtis-sur-Mer Prevention Officers to make an appointment:



- Olivier Bertrand – [simon.olivier.bertrand@gmail.com](mailto:simon.olivier.bertrand@gmail.com)
- Annie Lecavalier – [annielecavalier01@gmail.com](mailto:annielecavalier01@gmail.com)
- Stéphanie Pépin – [svpepin@videotron.ca](mailto:svpepin@videotron.ca)
- René Bernier – [welhelmin@hotmail.com](mailto:welhelmin@hotmail.com)
- Ted Savage – [tsavage@precisiontiming.com](mailto:tsavage@precisiontiming.com)



### Shoreline Cleanup Event: Another Great Success!



Many thanks to the **35 volunteers** who participated in the 4<sup>th</sup> edition of the shoreline cleanup in Mëtis-sur-Mer! And let's not forget the precious help of those who worked with me to prepare the lunch for the whole team: **Diane Dubé Guilbault, Isabelle Dion and Lynne Bruce**. Grand total of the haul weighed at the Ecocentre: **450 kg!**

Thanks also to **Ladd Johnson** for once again giving us privileged access to the lighthouse site and the keeper's house for the volunteer lunch!

And for the photo contest, our first place winner is **Philippe Dufort** with his photo of the next generation in training! He will be offered a choice between either two refillable water bottles or two 3-month gym memberships. Thank you to all the participants!



**Save the date for the next clean-up event: September 25<sup>th</sup>, 2021!**

## Community Gym... It's open!

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



**The Green Thumb promotion is back in July.** We have already received several beautiful plants, but to create the desired effect, we need even more. In return, we'll give you one week of free gym privileges (for you or as a gift to someone else)!

**(One plant = one week, up to a maximum of one month.)**

### July Schedule

	Matin	Soir	
Monday	8:00 – 9:30 am	7:00 – 8:30 pm	<b>Entrance fee</b> Residents: \$5/day Non-residents: \$6
Tuesday			
Wednesday	8:00 – 9:30 am		Students: \$3/day
Thursday	8:00 – 9:30 am	7:00 – 8:30 pm	<b>Monthly membership:</b> Residents: \$30/month — Non-residents: \$35/month
Friday			
Saturday	8:00 – 9:30 am		Students: Half price
Sunday			



For information: **Stéphanie Pépin** at 418-936-3020 or [svpepin@videotron.ca](mailto:svpepin@videotron.ca).

Equipment at your disposal: treadmills, elliptical, stationary bikes, rowing machine, multi-station weight machine, escalator, leg press, exercise balls and elastics, medicine balls and much more.



**Good news! Badminton is back in July...**



### Yoga With Barbara Pearce

July 5 to August 27

**Mondays, Wednesdays and Fridays**

**Gentle Hatha yoga** 8:30 to 9:30 a.m. (1 hour)  
Location: At the Town Hall, 370 Beach

**Chair yoga** 9:45 to 10:30 a.m. (45 minutes)  
Location: Contact me if you're interested in joining the chair yoga

This class is for anyone who wants to stretch and relax but is reluctant to sign up for a regular yoga class. Whether you're full-bodied, inflexible, recovering from a physical setback or older, this is the class for you. Beginners are welcome, as are any other levels.

*Bring your own yoga mat and yoga strap.*

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

For pricing, registration or other information  
please contact Barbara.

### Reiki ou Sound Healing – By Appointment only

– insurance receipts provided

Location: : 279 Station

**Tel: Barbara Pearce 418-936-3171**

[barbara.pearce439@gmail.com](mailto:barbara.pearce439@gmail.com)  
[www.barbarapearceyoga.com](http://www.barbarapearceyoga.com)

*Conditionnel à l'évolution des directives de la Santé publique.*



To access the most current information about Quebec's COVID-19 vaccination campaign and schedule an appointment for a **1<sup>st</sup> shot** please visit: [www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/progress-of-the-covid-19-vaccination/#c79379](http://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/progress-of-the-covid-19-vaccination/#c79379)

**Note:** *Seasonal residents currently living outside of Quebec can book a **1<sup>st</sup> shot** appointment at a vaccination site in Quebec by signing up with the postal code of their place of residence in Quebec.*

For information about appointments for **2<sup>nd</sup> shots while in Quebec** and recognition of proof of vaccination for shots that were administered outside of the province please visit: [www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/progress-of-the-covid-19-vaccination/vaccinated-for-covid-19-outside-quebec-using-vaccination-registry](http://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/progress-of-the-covid-19-vaccination/vaccinated-for-covid-19-outside-quebec-using-vaccination-registry)

For questions about individual situations, one-on-one assistance is available by phone from 8 a.m. to 8 p.m. Monday to Friday or 8:30 a.m. to 4:30 p.m. Saturday and Sunday by calling: **1-877-644-4545** (toll-free line)

## Community Services

### News from your Recreation Coordinator

With the recent relaxation of health measures and other changes coming, I am confident that our 2021 summer season will be fun! At this time, the activities on the calendar are :

- **Summer Day Camp: June 28 to August**  
(registration form available on the City's website)
- **Softball League:** every Thursday evening in Baie-des-Sables.  
Activities begin June 17 at 6 p.m.
- **Big Hobby Sale:** Collections - June 27 and July 4. Sale - July 17.
- **Other occasional activities.**

Keep an eye on the Facebook page "Loisirs Baie des Sables and Métis sur Mer"  
for real time information!



## Pointe-Mitis Lighthouse - Town hall meetings

Acquired in 2016 by the Ville and leased to our association in 2018, the lighthouse site has been open for public access for over two years now. There have been many challenges in this long process, and we know that you, the members of the Métis community, have questions about the current use of the site and future plans for its restoration and vocation. Moreover, you may have ideas and experiences to share that will help us in our mission of preserving the lighthouse and guiding its development. To facilitate communication between all parties involved, we will host two town hall meetings where we will first summarize the past and current situation as well as provide details on our future plans.

We will then open the floor to questions and comments from the public. Assuming health guidelines permit, the meetings will take place at 6:30 PM on July 22<sup>nd</sup> at the Centre des loisirs (10, rue de l'Église) and at 4:00 PM on August 5<sup>th</sup> at the Town Hall (370 Beach Road). At both meetings, questions and comments in either official language will be welcome.

Association des résidents de la pointe du phare (ARPP)

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## How to Avoid Disturbing Marine Mammals Seals and sea lions

### When you encounter seals or sea lions:

- reduce boat speed, minimize wake, wash and noise, and then slowly pass without stopping
- 'wake' is the disturbed water caused by the motion of a boat's hull passing through the water
- 'wash' is the disturbed water caused by the propeller or jet drive
- avoid sudden changes of speed or direction
- move away slowly at the first sign of disturbance or agitation. If the animal starts to stare, fidget or dive into the water, you are too close.

### Haul-outs

Be cautious and quiet near haul-outs, especially during breeding and pupping seasons (generally May to September). Pupping season is when seals, sea lions and walrus give birth.

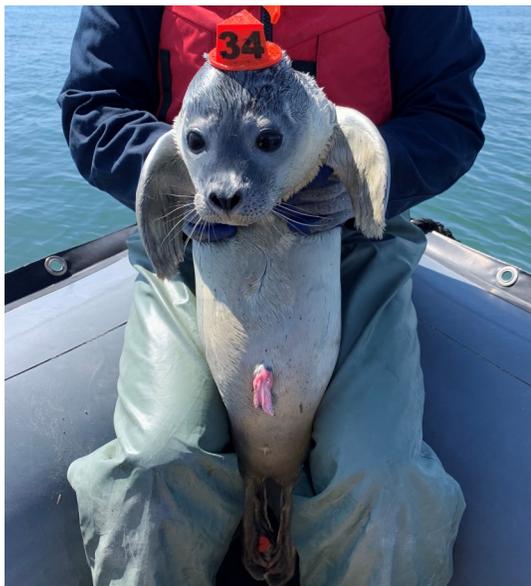
### Beached seal pups

If you see a young seal that seems to be alone and in distress, keep your distance and your pets leashed, as its mother is probably nearby. Seals normally spend long hours out of the water resting and shouldn't be disturbed.



Photo credit: Stéphanie Pépin

## Local research on the harbour seal: important information!



Fisheries and Oceans Canada is interested in the growth, survival and movement of harbour seal pups. For several years, a research program has been taking place at Île du Bic and Pointe-Mitis. Biologists capture young seals, weigh them, place a pyramid-shaped tag on their head (looks like a small cap), a small tag in one rear flipper and a small acoustic transmitter (3-cm long) in the other. Some pups are also tagged with a satellite transmitter that remains on the head for a few months. These procedures are usually done in less than 5 minutes, so that the pups can join their mothers when they are released back in the water. Later during the summer, the young seals are recaptured one to three times to follow their growth.

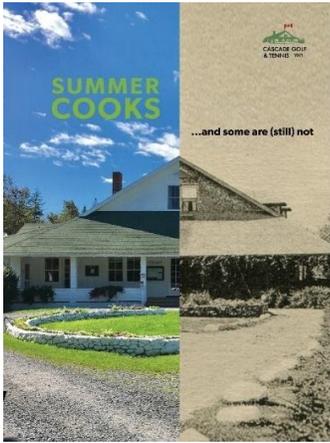
The tag on the head allows a quick identification of the pups when biologists need to recapture them, but it will fall off the next summer during the annual moult. The small tag in the posterior fin is permanent and allows us to recognize the animal throughout its life. These tags do not interfere with the activities of the young seals. However, every year a certain percentage of the pups unfortunately die from natural causes (for example, from mothers that are inexperienced, in poor physical condition or do not have enough energy to feed their pups). Since a large proportion of newborns are tagged each year, it is normal that pups, both marked and unmarked, are found abandoned or dead on the shoreline. This mortality is not due to the research project, but since we are interested in pup survival rates, this information is very useful for us. So, if you see a seal with a head tag, please try to record the number and its color. Also, try to note if it appeared to be in good condition and if it was with its mother. Then please report this information, including the date and exact location where the animal was seen, by leaving a message at 418-775-0500.

Please, however, be aware that mothers often leave their young on the shore to go to forage at sea but will come back later to feed their pup. So, a pup alone is not necessarily an abandoned one. The best way to optimize the chances that it will be reunited with its mother is to not touch it, to keep your distance and to leave it where it is.

Finally, to measure the movement of the pups, several acoustic receivers have been deployed near the shore in key locations. Like for the seal pups, please do not touch them and leave them where they are.

Thank you for your cooperation, and happy seal watching!





## “Summer Cooks....and some are (still) not”

### New cookbook (in English)

All the recipes from the 1993 cookbook and an equal number of new recipes from summer residents of Métis-sur-Mer.

Pick up a book and pick out a recipe to try.

Available at the Club, Ratté’s, and Jardins de Métis – \$34.95

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## Craft Exhibition & Sale

(Knitting, sewing, toys, jewelry, etc.)

**Wednesday, July 21, from 9am to 4 pm**

**at the Centre des loisirs (10 de l’Église)**

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## Créations Pollo

Looking for crafts from this region for yourself or as gifts? Création Pollo offers a unique collection of original knitted goods for the whole family. Tuques, teddy bears, ponchos, slippers, fingerless mittens, coffee cup warmers and pockets for The Tooth Fairy are available, as well as maritime crafts and marine gardens and bottles.

Call for appointment at 418-775-2417

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## New Pop-up store in Baie-des-Sables - Summer 2021.

A large collection of various antiques for sale: workshop, bar, office, business, home, farm, sports and leisure equipment and tools, as well as many other heritage items.

Due to COVID-19 health measures, visits to the point of sale are by reservation only (June 20 - September 6).

For additional information or to make an appointment, please contact Gervais St-Pierre:

Cell: 418-953-2153 or Email: [expertise.gstp@videotron.ca](mailto:expertise.gstp@videotron.ca)

**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)

**Massage by the sea at Leggatt's Point**



**Reservation required**  Lucie Falardeau, Massage Therapist, or 418-775-2417

**Current promotions:** - 60 minute **hot seashell massage**, receive an additional 15 minutes (\$15 value)  
 - 30 minutes **pressotherapy** session at 50% off with the purchase of a massage of your choice.

**New: Discovery package** including 5 therapies (including my Signature massage) for 2 hours at \$50 off.

Relaxation massage workshop for adults, Parent-child

Some cares may be available at your home. Gift certificates available.

Until October 15, follow me on Facebook to know about the list of massages and treatments offered, promotions, availability and news. See you soon!



**Les Boules Glacées, artisanal gelatos and sorbets:**

Discover our flavors from our landscape: sweet clover, wild rose, balsam poplar, cedar and honey, etc ...

In July and August: Monday to Wednesday, from 12 pm to 6 pm -  
 Thursday to Sunday, from 12 pm to 8 pm

The **Cuisinier de village** of the **Atelier culinaire Pierre-Olivier Ferry** offers take-out meals (Pizza on Fridays), bakery, gelato in 1 liter format and a few surprises.

Watch for our *Boutique en ligne/Mets pour emporter* page on our website. The menu is updated weekly. We strongly suggest reservations. Details and procedures on the site

**Don't hesitate to call us at 418 732-4202**

**Website : [www.atelierculinaireferry.com](http://www.atelierculinaireferry.com) | Facebook : [@atelierculinaireferry](https://www.facebook.com/atelierculinaireferry)**




**Dépanneur Métis-sur-Mer**

**SCHEDULE**

**Sunday: 8 a.m. to 10 p.m.**

**Monday to Saturday: 7 a.m. to 10 p.m.**

The entire staff thanks you and wishes you a great summer!



café sur mer

**We are now open 7 days per week from 9AM to 5:30PM.**

Follow our Facebook page for regular updates!

We look forward to seeing you and sharing another wonderful season together!

160 Principale, Métis-sur-Mer | T: 418-936-3936



## Ville de Métis-sur-Mer

138, Principale, Métis-sur-Mer, Québec (Québec) G0J 1S0  
Tél. : 418-936-3255 | Courrier électronique : [metissurmer@mitis.qc.ca](mailto:metissurmer@mitis.qc.ca)



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### REGULATION CONCERNING ANIMALS



In this regulation it is specified that:

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

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### DUMP FOR BRANCHES AND DEAD LEAVES

**Opening as soon as the ground is OK.**

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

Please ask permission several days in advance. Contact Mr. Michel Desrosiers at 418-775-2144 ext. 2392.

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### THE BIG ITEM PICK UP

From now on, citizens will no longer have to contact the municipal office for the big item pick up. However, you should always put your items next to the road the day before the collections.

**The next dates for the collection are July 28 and September 29.**

Construction materials remain prohibited. Thank you

**PUBLIC NOTICE**  
**FILING OF THE ANNUAL FINANCIAL REPORT 2020**

PUBLIC NOTICE, is hereby given by the undersigned, Director General and secretary-treasurer, that the annual financial report 2020 of the external auditors will be filed Monday, July 5, 2021, beginning at 7:30 P.M at the municipal office.

Given at Métis-sur-Mer, this 8 of June 2021



Stéphane Marcheterre  
Director General and secretary-treasurer

**PUBLIC NOTICE TO RESIDENTS OF METIS –SUR-MER**

**ADOPTION OF REGULATION OF BORROWING 21-153 DECREERING AN EXPENSE AND BORROWING FOR PAVING WORK ON MCLAREN ROAD AND MACNIDER ROAD**

**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 7, 2021, Regulation of borrowing 21-153 decreeing an expense and borrowing for paving work on McLaren Road and MacNider Road. Any interested party may consult the said By-Law at the office of the Municipality.

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

GIVEN AT MÉTIS-SUR-MER this 8<sup>th</sup> day of June 2021.



Stéphane Marcheterre  
Director General and secretary treasurer

**PUBLIC NOTICE TO RESIDENTS OF METIS –SUR-MER**

**ADOPTION OF REGULATION # 21-154 AMENDING THE CONTRACT MANAGEMENT REGULATION #18-123**

**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 7, 2021, Regulation 21-154 amending the contract management regulation #18-123. Any interested party may consult the said By-Law at the office of the Municipality.

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

GIVEN AT MÉTIS-SUR-MER this 7<sup>th</sup> day of June 2021.



Stéphane Marcheterre  
Director General and secretary treasurer

## The Green Newsletter – « Managing your brown bin in summer »

Hello,

Summer is back, confinement is over, we are finally receiving people at home and we are generating more organic waste for our brown bin! However, the heat of summer could bring a lot of inconvenience to your brown bin. In order to avoid these discomforts, we suggest these little tips:

### **In the kitchen:**

- Compostable plastic bags are allowed. Once closed in your brown bin, it can greatly limit the presence of odors and undesirables;
- Line the bottom of the brown bin and the counter bin with newspaper or use paper bags to wipe off excess liquids;
- To avoid the annoyance of worms and flies, wrap your leftover meat or fish with newspaper;
- Place your meats or bones wrapped in newspaper in the freezer until the day of collection.

### **Your outdoor bin:**

- Place your brown bin in the shade, out of the sun and close the lid tightly;
- Take advantage of the increased frequency of collections and have your bin emptied at each collection, even if it is not full;
- When empty, rinse your bin with water and mild detergent or white vinegar;
- Sprinkle a little lime or baking soda at the bottom of the bin to facilitate maintenance;
- Problems with worms or flies: spray the worms with salt or baking soda. You can also spray them with white vinegar or sprinkle them with boiling water;
- Place a layer of newspaper between each layer of organic matter or make twists of newspaper.

For more information, visit the [www.ecoregie.ca](http://www.ecoregie.ca).

See you soon!

**Vincent Dufour**, waste management coordinator

Website : [www.ecoregie.ca](http://www.ecoregie.ca)

Email : [matresi@mitis.qc.ca](mailto:matresi@mitis.qc.ca)

Phone : 418 775-8445, ext. 1138



Régie intermunicipale de traitement  
DES MATIÈRES RÉSIDUELLES  
MRC de La Matapédia et de La Mitis