



Ville de
Metis-sur-Mer

Info Métis

Municipal Newsletter and Community Info

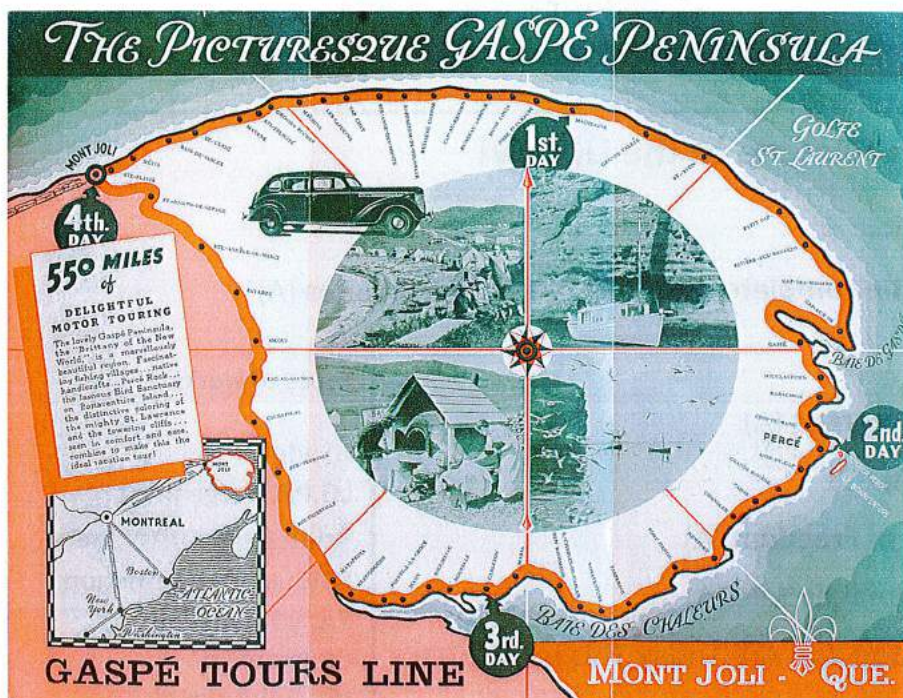
www.ville.metis-sur-mer.qc.ca www.facebook.com/Metissurmer

July &
August
2019

Come Take the Tour!

The famous Gaspé Tour turns 90.

By the summer of 1929, the Perron Boulevard had just been completed and Gaspé welcomed its first tourists by car. It remains, even today, one of the most popular holiday destinations for Quebecers.



Come Take the Tour!

An Exhibition, will be presented on July 18th to the 21st, at the Town Hall (370 Beach), there will be artifacts and archives from the 1930s to the 1960s in connection with the various services, gas stations, restaurants and accommodation, that Metis Beach offered to many tourists. It will make you feel like a tourist of the 1930s.

Detailed programming coming soon.

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HERITAGE
Lower Saint Lawrence
Bas-Saint-Laurent

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
Lower Saint Lawrence
Bas-Saint-Laurent

HERITAGE CULTURAL RESOURCE CENTRE

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

HERITAGE LSL OFFICE HOURS : Monday—Friday, 9:30am-noon & 1-4:30pm

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

LIBRARY HOURS :

MÉTIS-SUR-MER

(418-936-3239 #224) :

Monday to Friday: 2 - 4 p.m.

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

RIMOUSKI BRANCH

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

Tuesday: 2pm – 5pm Wednesday : 5pm – 8pm

Thursday: 2pm – 5pm Friday: 2pm – 5pm Saturday: 10am – 1pm

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- ♦ historical documents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....

Lee Child: No middle name: the complete collected Jack Reacher series (A)

Jo Nesbo: Macbeth (A)

Lawrence Hill : the Books of Negroes (A)

André Alexis : Fifteen Dogs (A)

Nicolas Dickner : Six Degrees of Freedom (A)

Margaret Atwood : The Handmaid's Tale (A)

Chrissy Metz : Loving the Person You Are Today This is Me (DOC)

Nicolas Eames : Bloody Rose (YA)

Wesley King : OCDaniel (YA)

Deborah Ellis : Moon at Nine (YA)

Cassandra Clare : City of Fallen Angels (YA)

Elin Kelsey : Wild Ideas (PB)

Julie Morstad : Today (PB)

Types of works:

A: adult

LG.PR.: large print

A-CB: adult comic book

DOC: adult non-fiction

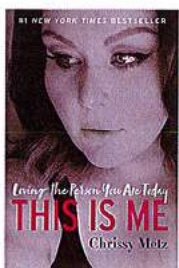
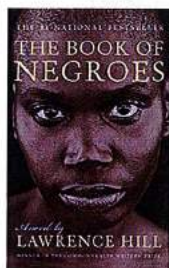
YA: young adult

CB: comic book

JR: junior novel

J: youth non-fiction

PB: picture book



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

**Club
de lecture
d'été
TD
2019**

Reading recommendations & Free activities for all kids

Each TUESDAY & THURSDAY, starting June 25



Accessible
Engaging
Welcoming
Fun
Inclusive
Inspiring
Flexible

Join the fun!



Canada's biggest, bilingual summer reading program for kids of all ages. The Club celebrates Canadian authors, illustrators and stories, and inspires kids to explore the fun of reading their way. This is key to help them succeed when they go back to school, and build a lifelong love of reading.

Among other things, participants will:

- Participate in our Thursday activities (starting June 25)
- Create filmed or written book reviews
- Participate in our contest where each book read is a chance to win!
- Take part anywhere: library as well as at home, online, or wherever summer takes you!



TUESDAYS for toddlers (bilingual): 10:00am

THURSDAYS for 6-12 year-olds: 10:00am (Fr) & 1:30pm (Eng)

Come by, or call us!

**To find out how your family can join the Club,
and get your free materials! INFO: 418-936-3239 /224**

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

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

COMMUNITY GARAGE SALE DAY THROUGHOUT METIS-SUR-MER



SUNDAY, AUGUST 4
from 9 a.m. to 4 p.m.
RAIN OR SHINE



Dozens of individual garage sales in Metis!
More than 10 selling spaces available under the canopy tent

WANT TO BE A PART OF IT?

Reserve a space to sell your things under the tent (25\$)
(behind the municipal office, 138 Principale)

OR

Register to put your address on our map to sell from your home (25\$)
Map registration includes loan of official lawn signs
* Reservation necessary *



DO YOU HAVE TIME OR THINGS TO DONATE?

Heritage Lower Saint Lawrence is looking for volunteers, objects and books for our huge annual community garage sale: our biggest fundraising event. Money raised will fund our activities and library books.

CLEAN OBJECTS, IN WORKING CONDITION: small or medium sized furniture, framed art, antiques, deco items, CDs, DVDs, electronics, tools, kitchen or sports items, unique items, collectibles, games, toys, kids' items, bedding : ANYTHING that could have a another life!

ALL KINDS OF BOOKS, IN FRENCH OR ENGLISH : adult or youth novels, non-fiction works, comics, children's books, etc. Please no HARLEQUIN, ENCYCLOPEDIAS, OR RD CONDENSED BOOKS ***Many donations of recent books and DVD's will be integrated into our library collection. Others will be sold on garage sale day.**

VOLUNTEERS: We are looking for people to help us to move boxes and objects, set up and organize, sort things, make public announcements throughout town, take care of kids, make hot-dogs, put up signs, and sell books or objects.



HERITAGE
Lower Saint Lawrence
Bas-Saint-Laurent

IF YOU WANT TO SIGN UP,
PLEASE CONTACT US AT 418-936-3239 #0



Home About News Events Health Our Libraries & Resource Centres Publications Village Memories Walk Our Heritage

Annual General Meeting (AGM)

Tuesday, August 27 @ 4:00 p.m.

Come hear what the Heritage team has been up to this past year and about future projects.

Because your library card does not make you a member, remember to join or renew your membership – at no cost – before 3:00 p.m., Tuesday, August 27.

E-mail info@heritagelsl.ca or sign up when next visiting Heritage Lower Saint Lawrence at: Métis-sur-Mer, 130 Principale or Rimouski, 414 de la Seigneuresse.

Followed by, at 4:30 p.m., **History Talks!**

Grey Owl (Archie Belaney) and his ties to Little Metis



Grey Owl (Archie Belaney) with pet beaver, Metis Beach, Quebec, 1929.

All at the ever-popular Café sur mer (160 Principale, Métis-sur-Mer)



Activities



Sign up for our creative workshops
Free workshops in English

MOSAICS

Community mosaic workshops

Creation of mosaics to be installed at Pointe-Mitis Lighthouse

Venue: Metis Beach School (Métis-sur-mer)

15th, 16th, 18th, 19th and 20th July 2019 (10am - 4pm)

Pls register: culture@heritagelsl.ca or (418) 936-3239



What's Up with Your CLD?

A Word from the President

Did you hear? Your Local Development Committee (*CLD de Métis-sur-Mer*) held its AGM on May 24th, and the audience was rather... well, let's say minimalist! However, this somewhat disappointing state of affairs showed us that the people of Métis don't really know enough about what we do all year round, which has prompted some changes. You will now be able to follow us every month in this new "What's Up with Your CLD" section. Two full pages will be devoted to telling you about our projects, activities and development efforts for Métis-sur-Mer and, occasionally, what you can do to help us in this mission.

First, I'd like to take this opportunity to introduce the members of the new Board of Directors:

Brigitte Morin (Vice-president), entrepreneur and owner of the recently launched BriGîte

Lynn Bruce (Treasurer), Metis Beach School-Community Learning Center (CLC) Community Liaison Officer

Nathalie Brochu (Secretary), children supervisor at the École L'Envol

Ted Savage, entrepreneur and President of Precision Timing Int'l and Boule Rock Ltd., Commander of Unit 14 and Zone 2 Director for the Canadian Coast Guard Auxiliary, and Officer Firefighter in both Métis-sur-Mer and the United States

David Paquette, Project Manager, Public Services and Procurement Canada, and Officer Firefighter for the Métis Fire Department

Martine Bouchard, Municipal Councillor who also sits on several other committees

Marc Guilbault, former firefighter and telecom sector employee who did much work with the Air Cadets in Mont-Joli and has been a cornerstone contributor to community service his whole life

Laura McKinnon, PhD, Assistant Professor in the Bilingual Biology Program (B.Sc.) at York University

Cédric Juillet, PhD, Senior Aquatic Sciences Biologist, Fisheries and Oceans Canada, and Associate Professor at the *Institut des sciences de la mer de Rimouski* (UQAR).

And myself, **Stéphanie Pépin** (President), Certified Translator, entrepreneur and President of S.V.P. Traduction, artist-photographer and Unit 14 crew member in the Canadian Coast Guard Auxiliary.

A dynamic and diversified team ready to tackle new and exciting projects! Feel free to submit your suggestions, comments or questions at any time.



Also in keeping with our new strategy for communications and visibility, and after discussions with Heritage and the Town, we have decided to formally adopt the logo that was developed as part of Métis 200. It was designed as a dynamic representation of our past and future, featuring the colours of our tartan and the different elements that define us.

Future projects: In addition to our summer activities, we are working on several projects for the Fall. Among others, a new section entitled "Spotlight on..." featuring interviews with our local businesses and entrepreneurs will be included. Exciting opportunities for collaboration are also being explored with Heritage LSL and other organizations. Stay tuned!

Your CLD at Work!



Thanks to the financial support of *Nautisme Québec* and the *Alliance de l'industrie nautique du Québec*, and in collaboration with *Canadian Coast Guard Auxiliary Unit 14* and *Station 29's Marine rescue unit*, the *CLD de Métis-sur-Mer* is pleased to announce a brand new event aimed at promoting water sports and water safety. Join us and invite your friends to come along for an afternoon of fun and learning by the sea and on the sea.

On July 6, starting at 1 p.m., at the Municipal Rest Area:

- ◆ Boating Safety Information Booth
- ◆ Animation and demonstrations
- ◆ Friendly competitions on the beach
- ◆ Paddle-powered obstacle course and race*
- ◆ Prizes for attendance and contest winners
- ◆ Free and open to all age groups

*Bring your kayaks or paddle boards to participate in the races. Categories to be determined based on registrations. **Registration at 1:00 p.m. in the parking lot.**

Postponed to the next day in case of bad weather. Follow the CLD's Facebook page and announcements on the rest area's bulletin board for more information. **If you have any questions, please contact Stéphanie by email (svpepin@videotron.ca).**

Métis-sur-Mer Celebrates LA GRANDE COURSE DES PETITS CANARDS
THE BIG LITTLE DUCK RACE
August 3rd & 4th, 2019

Thanks to the support of the Ville de Métis-sur-Mer and Station 29, the tradition continues! Save the date... Detailed programming to come. Watch the Bulletin Board in the municipal rest area!!

- ◆ Duck Race (tickets on sale now!)
- ◆ Parade, reading tent and hot dogs
- ◆ Dinner and music (Isabelle & Johnny) under the canopy tent
- ◆ Big garage sale (Sunday)



Lighthouse site now open to public!

Come celebrate on July 13 and August 18!

After nine years of petitions, negotiations and planning, the Ville de Métis-sur-Mer, the Association des résidents de la pointe du phare (ARPP) and Heritage Lower St. Lawrence are pleased to announce that the site of the Pointe-Mitis Lighthouse is now open on a daily basis to visitors. Certain restrictions will, however, apply. The most important is that parking will be restricted to the part of Route du phare near Route 132 to reduce vehicular traffic and maintain the tranquil nature of this neighbourhood. A short and pleasant walk of 15 minutes is thus required to get to the lighthouse site. In addition, visiting hours will also be limited from 9:00 AM to 5:00 PM to provide a degree of privacy to those renting facilities at the site. Rental income is a key to the business plan for the site and will depend on renting both the keeper's house and the foghorn building to private individuals and organisations during the summer. This revenue is essential for the maintenance and renovations of the site and buildings.

To celebrate the opening of the site, the ARPP will host an open-house on July 13, Quebec Lighthouse Day, at the site. Activities will include tours of the buildings, talks on the past history of the site and future plans for its use. Birthday cake will be provided to celebrate the 100th anniversary of the construction of the foghorn building (see photo) as well as the 110th anniversary of the construction of the lighthouse. Shuttle service to the site will be provided from the village.

The ARPP will also host its annual community picnic at the lighthouse site on August 18 with exhibits on marine life and shoreline plants. A special lecture on Québec seabirds will also be presented by Dr. Laura McKinnon. Shuttle service to the site will again be provided from the village.



Foghorn Building built in 1919
(Photo : Diana Lafleur)

The ARPP is a not-for-profit organization of volunteers dedicated to guiding the development and preservation of the Pointe-Mitis Lighthouse site. Last fall, the ARPP signed a 15-year lease with the Ville de Métis-sur-Mer to manage and restore the lighthouse site after decades of neglect. People interested in helping the association achieve these goals are encouraged to contribute time or donations. Please visit the association's website www.savemetislighthouse.com for more details.

GARDEN PARTY

AT THE RESIDENCE OF



Stuart & Anouk Iversen
230 Beach , Métis-sur-Mer
August 6, 2019 4:00 p.m.

(in case of rain ... August 7, if possible ;
or watch for further info)

Adult \$10 | Child (4-12) \$5

For the benefit of:

Little Metis Presbyterian Church, St. George's Anglican Church, Église Notre-Dame-de-la-Compassion

Welcome all !

CRAFT & BAKERY

- ♦ **Metis Beach Ladies Aid Bazaar**
Thursday, July 11 at 3 pm
 At the Town Hall (370 Beach)
- ♦ **Craft Exhibition & Sale**
Wednesday, July 24, 9am to 4 pm
 At the Centre des loisirs (10 de l'Église)



**Baie-des-Sables
 celebrates its 150th
 anniversary!**

**Many activities all week
 from July 20th to 28th, 2019**

Meals – Shows – History – Parade – And more...

Find the complete program of our activities on our website at municipalite.baiedessables.ca or on Facebook at **Fêtes du 150e de Baie-des-Sables Cap sur 2019.**

Get program hardcopies at the municipal office or at the Chez B convenience store.

For all bookings or ticket purchases, contact Huguette at the municipal office, 418-772-6218.
 Thanks!

Sunday, August 11, 11:30 am -1:30 pm :

Ladies' Aid Soup & Sandwich

At theTown Hall (370 Beach)

Adult: \$8 Children: \$4



August 17, 7:30-10:30 am :

Pancake Breakfast

At theTown Hall (370 Beach)

Adult: \$8 Children: \$4

Proceeds to the l'Association socio-culturelle de Métis



**Little Metis
 Presbyterian Church
 Summer of 2019**

Welcome to Little Metis Presbyterian Church

A warm welcome is extended to everyone who gathers for worship in this historic church community. We pray that God's spirit of joy and peace will be known and experienced, by all.

Worship Services will be led on

July 7 -14 by the Rev. Dr. Sarah Travis, Minister of the Chapel and lecturer in preaching and worship at Knox College, Toronto, ON

July 21-28 by the Rev. Jeffrey Murray, Minister at St Andrew's Presbyterian Church, Sackville, NB

August 4-18 by the Rev Ian Ross-McDonald, General Secretary in The Presbyterian Church in Canada

The Sacrament of Holy Communion

will be celebrated during the worship services on Sunday, July 21 and Sunday, August 18. All are invited to join the celebration.

**Little Metis Presbyterian Church
 will have an open house afternoon from 1-4pm on Saturday, July 27.**



Yoga with Barbara Pearce

July 3rd to August 30th

Mondays, Wednesdays and Fridays
At the Town Hall, 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: 418-936-3497 (after July 3rd)

barbara.pearce@videotron.ca
www.newmontreal yoga.com

COMMUNITY TRAINING ROOM

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

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



SUMMER SCHEDULE

	Morning	Afternoon	Evening
Monday :	7:30 - 9:00	3:15 - 4:15	CLOSED
Tuesday :		3:15 - 4:15	CLOSED
Wednesday :	7:30 - 9:00	3:15 - 4:15	CLOSED
Thursday :		CLOSED	CLOSED
Friday :	7:30 - 9:00	CLOSED	

New membership fees

Métis residents : \$30/month or \$5/day
Non-residents : \$35/month or \$6/day
Students : 50% of adult rate



DO YOU LIKE PLAYING PETANQUE?

A Petanque Field is available on the East side of the municipal office.
It is accessible –for free- to everyone at all times.



You can find the pétanque balls in the trunk "Prêt à jouer"
located beside the Centre des loisirs.

For Sale/Rent/Found/Wanted

GARAGE SALE –July 20 and 21, from 9am to 4 pm, at 297 rue Astle. *If rain, postponed to a later date.*
Part of the profits, as usual, will be donated to the ALS (Amyotrophic Lateral Sclerosis). Susie Pineault

FOR SALE:

Nissan Quest SXL – 7 passengers – very clean, very comfortable and very spacious (4'x8' fits), amazing for camping !! - Transmission + timing chain belt + battery + radiator ++++ Electric and heated seats and mirrors – rear sensor – A\C – black tinted windows for privacy/ rear section – cruise - Mag etc....All maintenance bills available. Kindly note : radio doesn't work – some rust below doors – primer and Nissan colour incl.
Asking \$2,500 (neg.) – tel : 418-936.38.38

FOR RENT: Very nice apartment, 3½, fully furnished, cable supplied, by the day or by the week. Non smoker only. Call 418-936-3587, June Smith or Pierre Tecca.

LOOKING FOR: If you are interested in
« Friendly Spanish conversation meetings »
Sunday afternoons between 2 and 4 p., please call Carolle-Anne at 418-750-5504.

CALL TO AR...CHIVES!



Last year's Metis 200 was a big success and reminded us of the considerable interest in, and what we can learn from, the past. Part of Heritage Lower Saint Lawrence's purpose is to preserve and promote the culture and heritage of the region. **Do you have boxes of family papers in your attic? Do you have old photo albums?** Whether you want to clean house or simply preserve and share family and local history – and summer residents, even if you have material at home elsewhere – please contact Pam Andersson at pandersson@heritagelsl.ca or by calling [418 936-3239](tel:418-936-3239) / [1 855 936-3239](tel:1-855-936-3239) (toll free).

This year – the hundredth anniversary of the signing of the Treaty of Versailles after the First World War and the 75th Anniversary of D-Day, we are particularly interested in documents, photos and stories of families and their ancestors – living or summering – in the 300 kilometre Lower Saint Lawrence area from Rivière-du-Loup to Matane who served in war and serve now in peace. Drop in and see Pam to get a sense of how this material is preserved and used in annual Remembrance Week commemoration activities.

Job Offers



Domaine Annie-sur-Mer

387, chemin Patton, Métis-sur-Mer

Offre d'emploi : Préposé(e) à l'accueil

- ♦ Accueillir les clients, effectuer les arrivées et les départs, prendre les paiements, les diriger adéquatement vers l'hébergement attribué, offrir des informations sur la ville et pouvoir suggérer des activités d'intérêts, répondre au téléphone et au courriel, prendre les réservations, balancer sa caisse. Avoir un sens de l'écoute et une attitude positive face à l'égard des besoins et des plaintes des clients. Mise en place au besoin du buffet petit déjeuner et peut-être appelé à le servir au besoin. Posséder un sens de l'organisation et le souci du travail bien fait.
- ♦ Doit posséder d'excellentes qualités interpersonnelles et une forte habileté au service à la clientèle.
- ♦ Doit travailler avec des outils informatiques.
- ♦ Diplôme d'études secondaires un atout. **Langues parlées et écrites : français; Anglais fonctionnel**
- ♦ Temps plein : saisonnier (Jour, soir, fin de semaine). Durée de l'emploi : 10 à 12 semaines.
- ♦ Date prévue entrée en fonction : immédiate



Looking for an in-home caregiver

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

Dear sir or madam,

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

James Howie invites you to a memorial service for Christine and Jessie Forbes on July 27, 2019, 2:30 pm at Metis Beach United Church. All Welcome.



How an Intergenerational Community-based Art Project Impacted my Life

By Melissa Landry

Pulled by a chubby hand, I was led to a table supplied with a plethora of colorful beads and tiles of glass. "Can you help me?" this little one asked as he grasped a pile of sparkling golden tiles from their neat container and scattered them into a mess. From my two-feet higher set of eyes, I watched this elementary student salsa dancing in his chair, holding a facial expression I swear to have been the most excited look a child could have, and got lucky to catch a glimpse of childhood wonder. I smiled. From ear to ear. And said "of course! let's do this together."

In the midst of the Lower St. Lawrence stands the teeny, but yet impactful, town and community of Metis Beach. And at the center of this small town lies a gem known as Metis Beach School (my former high school). Over the years, this lively school has proven to serve as an inviting scope for community-building activities, and community projects relating to art have certainly been no exception.

During my graduating year at MBS, I was blessed with the privilege to be taught by mosaic artist, Lisan Chng whom I, at the time, had become greatly inspired by. While working on the project she had hosted, I remember being in a state of awe seeing how full of enthusiasm and passion she had in her marrow for the craft. So, after being informed by my mother that Lisan was going to host yet another community-based project, "Magic Pots and Talking Mirrors", I headed into it with excitement. This specific program, sponsored by ELAN (English Language Arts Network-Québec) was set to be an intergenerational mosaic project where adults and children would work alongside each other. Adults on mirrors, and younglings from kindergarten to elementary level on flower pots. Though I must say, even knowing this, I walked in on all this excitement with a completely blind idea of what exactly to expect.

First off, in my spur-of-the-moment decision to join this project, I followed my mum into it not knowing at the time the group's label was preceded by "Senior". As a freshly-turned 18-year-old, discovering I had involved myself into what was, in fact, a "senior's" group, quickly hit me with a bout of laughter. "I guess I'm just an 'extra Jr. Senior'" I giggled to myself. But shortly after emerging into the unfamiliar group, in both demographic and faces, I was pleased to find that I still found a comfortable spot to fit right in.

Still salsa dancing on-top his chair, my eager little partner squealed "It's sooooo SHINY!!!!!" And soon after, with an opera-singer voice, he sang "like a pot of gold!!!!!!". (What a voice indeed I tell ya). It was while seeing these silly moments, of a now-hopping-around-the-room child simply carefree, free and undoubtedly hyperrrr, I discovered within myself that I find an abundance of joy in with working with kids.



Currently, my life motto is to "go with the flow", "follow whatever path is ahead", "take opportunities as they come"... basically, my current life plan is to have no plan. I don't yet know exactly what I want out life, what I want to do or if going to college/university will ever be part of it. So now I've been focusing on trying new things and figuring out what works for me. Anything and everything. Heck, for the past six months I was working in a lobster processing plant, and I discovered it was seriously the absolute best. This project was also the absolute best.

In experiencing the emotional baggage of a recent hardship, you could say my spirit was like a "caged bird" before being granted the opportunities walking in on this whole experience provided me. Of helping little hands, of doing my best to capture precious moments with pictures and with writing this very article. In short, I needed something new to learn, or people new to meet to get me out of my rut. And this project, consisting of the niche community of senior volunteers and young students, along with a wonderful artist host, had created just the environment I needed to spring me back into motion. It was the fun I had designing my mosaic mirror. The new techniques and skills I learned. Speaking with all the wise "senior" ladies I met (who I swear are still so young at heart). And most definitely, It was the kids.

After every session I found myself arriving home pooped, tired, exhausted, hungry, sleepy... and well, you get the point. But at the same time, I was never so empty but yet ever so full of joy and happy energy from the crowd of children who had surrounded me for that past couple of hours. It was something I looked forward to each week. Being utterly pooped. Needing 100 naps. Just seeing those adorable faces and the pieces of our hard work come together. Or not...

As a step of this project, we had to glue beaded patterns the kindergarten students created onto the tops of flower pots. Easy as 1,2,3. right? 1. Apply glue. 2. Stick pattern on. 3. observe completed pro... uh ooh. Pretty pearly pinks and blues and rainbows of colors had started to droop right off the glue, well, the "kamikaze-slide", that had just been slathered on. Shortly after, sort of in a panic, we were forced to observe the un-kind effects of gravity. Not so fun. I'm not lying when I say tears of stress started leaking out of our eyes at the sight. But all the while, Lisan was already coming up with a way to fix our encountered problem -- thicker paste. She's a superwoman, I swear. This is how Lisan somehow managed to inspire me even further. By demonstrating perseverance at its finest! As a bonus, this also served as a learning experience for the younger ones -- sometimes things in life don't quite turn out to plan.

After about two months of trial and error, creativity and plain hard work, everything was complete. A group picture was taken with completed pieces as faces all-a-smiled and everything was cleaned up. (However, I beg to question if grout ever truly leaves any space it dare enters...). It was simply finished. With its bittersweet taste and all. And I could tell I wasn't going to be the only who would feel a little weird about not having to mark the next project dates on the calendar.

"Magic Pots and Talking Mirrors" was a community-based project I won't forget being involved in. I won't forget spotting heads of youngsters and those with strands of white working together with smiles. I won't forget how the loving and eager volunteers, even some who were not at first confident with their ability to work with kids, came in and made it all so much more fun. (They seriously made cutting tape seem like the "fun-est" thing in the world). I won't forget one of my little partners gasping at how SHINY his pot turned out or the what seemed like a hundred hugs and cat drawings I got from the kids for helping them make what they did. They were proud of themselves. I was definitely proud of them. And I certainly won't forget the impact it has had on me as a young adult.

Getting to be a part of something so impactful has both given me more confidence in myself and has shown me a little more of the direction I hope life's current takes me towards. I mean, I still do not know what I would like to do with my life but my biggest takeaway was in discovering teaching children stems from a passion I hadn't yet known I had. They've stolen a place in my heart, and their drawings are still on my fridge to prove it.

Due to the positive outcome I've seen this project have in-close and personal for everyone involved, I hope it will serve as a launch-pad for more intergenerational art-based projects for not only this community but also perhaps those which neighbor, to spring up. Because hopefully, and just maybe, I believe if opportunities like this would continue to arise, others might be given the same chance to learn something new. About a craft, or even, about themselves. Photos Melissa Landry.

-These intergenerational workshops are an Heritage LSL's initiative.





Domaine Annie-sur-Mer

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

**Kayak rental
(\$35/4 hours)**

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!

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Simply contact one of us and we'll be happy to
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Sonia Castillo :
418-318-0506



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Geneviève Bernier
418-750-3503



Maria Castillo
581-624-4240

New in Métis-Sur-Mer ***Le BriGîte***

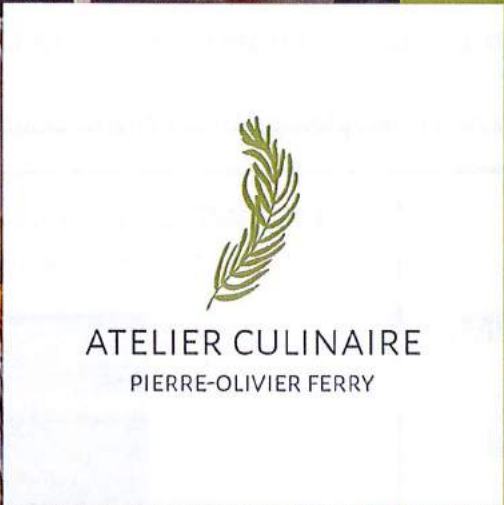
Guest house at 146 Principale,
Métis-sur-Mer



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'hôte or à la carte menu

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

Terrace on the beach - Great times in perspective !

Welcome all ! Looking forward to serving you !

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).

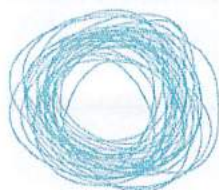
Find all details on Facebook : [Marché public de La Mitis](https://facebook.com/marchepublicdelamitis) and www.marchepublicdelamitis.com

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)



café sur mer

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

Sunday brunch and pizzas
are back on the menu!

Follow our facebook page for news on
upcoming events and sales!

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

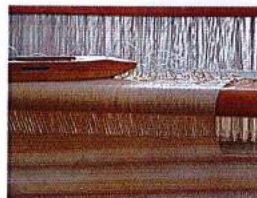
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ENTREPRENEUR EN CONSTRUCTION
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Portes et fenêtres / Bois, Métal et PVC
Armoires de cuisine / Rénovation

Les toiles de mer... Métis-sur-Mer
handweaving studio



New Season, new one of a kind collections -
Looking forward to welcome you as of June 15th,
until September 15th- Every day, 10 am to 6 pm

Welcome!

117 Principale | 418.936.3838



**GOLF BOULE ROCK'S CENTENNIAL
JULY 26 -28 2019**

All details on our website:
www.golfboulerock.com



The restaurant is open every day
from 11 am to 8 pm

508 Beach | 418-936-3411

Super Soir
Dépanneur Métis-sur-Mer
SUMMER SCHEDULE
Monday to Saturday: 7 a.m. to 10 p.m.
Sunday: 8 a.m. to 10 p.m.
Tél.: 418-936-3536 | 97, route 132



Ville de Métis-sur-Mer

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



A WORD FROM OUR MAYOR

Please remember **a meeting has been scheduled with the Evaluation Firm, Servitech, on July 11th, 2019 at 7:30 pm, at the Centre des Loisirs de Métis-sur-Mer.** This will be an information and clarification session on property assessment methods. Our Deputy and his attaché are also invited; we will have confirmation of their presence at a later date.

I thank the citizens who take the time to come to our monthly meetings.

Do not forget to thank all our community volunteers.

Let's be proud to be from Métis-sur-Mer!

The next Métis-sur-Mer Council meetings will take place on July 8 and August 5, 2019, at 7:30 pm; at the Métis-sur-Mer Municipal Office. The next meetings of the MacNider Bourough Council will take place on July 9 and August 6, 2019 at 7:30 pm, at the Town Hall.

You Can reach me by email at the following address: cadube@mitis.qc.ca, or by phone at 418-936-3255 or 418-750-5504

Best regards,

Carolle-Anne Dubé, Mayor

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 in a park, and deposit it in a container or bag.

Be respectful of your neighborhood and tie your dog up.



INFO-PRÉVENTION

BARBECUE SAFETY

**Ah! Barbecuing. It adds such enjoyment to summers that are too short.
 But don't forget this essential ingredient: safety.**

Make sure you have a functional ABC type extinguisher nearby. Always refer to the instruction manual.

Where to Install your barbecue.

- ♦ Barbecues are approved for outdoor use only. They emit carbon monoxide (CO), a colourless, odourless gas that is dangerous in enclosed spaces, and can lead to unconsciousness and even death. For safety reasons, a "rotten eggs" smell is added before the gas is sold. Be alert and avoid explosions!
- ♦ Never barbecue in a garage, tent or other enclosed space.
- ♦ Always barbecue on a solid, stable surface.
- ♦ Keep children and pets at least one metre (three feet) away from a hot BBQ.



BARBECUE SAFETY (continued)

Taking your barbecue out of storage

At the start of the barbecue season or when you change the propane cylinder, complete this three-step safety check.

- ♦ **Clean:** Use a pipe cleaner or wire to ensure burner parts are free of rust, dirt, spider webs or other debris.
- ♦ **Check:** Examine the hose leading from the tank to the burners. Replace if cracked or damaged.
- ♦ **Test:** Find leaks by applying a 50/50 solution of water and dish soap to propane cylinder connections and hoses. If bubbles appear, tighten the connection and/or replace the damaged parts and retest. Never use matches or lighters to check for leaks. If you have concerns about a leak, contact a qualified service technician.

Using the barbecue—Follow these steps when igniting a barbecue.



1. Open the lid.
2. Open the propane cylinder service valve.
3. Turn on grill/burner valves or heat settings.
4. Take a step back.
5. Push the igniter button. If there is no igniter button, insert a long match or barbecue lighter through the side burner hole first, then turn on the heat control knob.
6. If the burner does not ignite right away, turn the gas off and wait five minutes, keeping the lid open, before repeating the procedure.

Follow these steps when you are finished barbecuing.

1. Turn the gas valve off first when finished, then turn off the burner controls, so no gas is left in the connecting hose.
2. Allow the barbecue to cool completely before closing the lid or covering.
3. If you have a charcoal barbecue, make sure the charcoal has cooled down completely before you get rid of it. This could take several hours.

Storage

- ♦ Store the tank outside (winter and summer), upright, out of reach of children.
- ♦ Make sure the tanks are protected from shocks, away from the sun and any other source of heat.

If your barbecue catches fire

- ♦ Don't throw water on a grease fire. This will only spread the flame.
- ♦ If the gas valve is accessible, close it.
- ♦ If not, immediately evacuate the area and call 911.
- ♦ Have the barbecue inspected by a professional before using it again.

Take old (10 years +) or defective cylinders to a propane distributor. Do not put them in the garbage or recycling. They can explode even if they seem to be empty.

Contact us if you have questions.

Renaud Gagnon ou Korin Gagné, Fire and civil service
418 775-8445

The Green Newsletter – « We have our green light for summer! »

Hello,

If we can have as much nice weather as we had snow last winter, we should have a great summer! Well, we can't predict the weather but we can at least give you some tips on how to reduce your waste easily at home:

♦ **Reduce to the source**

Do not create waste unnecessarily, leave your grass clippings on the ground. Cut grass will enrich your soil and keep it moist during periods of drought.

♦ **Reuse**

Before you buy a new bike, garden supplies or tools, consider buying second hand on Kijiji, Brick à Brack, Marketplace, Facebook, ecocentre, thrift shop, etc. The misfortune of some makes the happiness of others!

♦ **Ecocentre de La Mitis**

Before going to the ecocentre to dispose of your construction materials, paints, oils or branches, make sure you sort your materials and attach them securely so you do not lose them on the way.

♦ **Brown bin**

Avoid flies and odors by wrapping your compostable wastes in newspaper or compostable plastic bags and make sure to empty your brown bin every collection.

♦ **Blue bin**

Briefly rinse your containers before disposing of them in the blue bin. Imagine: A pot of mayonnaise simmering 2 weeks in the sun before arriving at the sorting center ... Rinse!

♦ **Party time**

It's so easy to forget to be eco-friendly while having a party, but try to create a habit of reducing at the source, recycle and compost even while having fun. Some examples: Washable or compostable tableware, reusable decorations, zero-waste snack, etc.

For more information on sound waste management, visit www.ecoregie.ca or call 418-775-8445 ext. 1138. Have a great summer!

For more information on sound waste management, visit www.ecoregie.ca or call 418-775-8445 ext. 1138.

Vincent Dufour, waste management coordinator

Email : matresi@mitis.qc.ca



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

**COLLECTION OF LARGE OBJECTS:
Wednesday, July 31 Wednesday, September 25**

OLD STOVES, FRIDGES AND MATTRESSES ARE PERMITTED. CONSTRUCTION MATERIALS, TYRES AND BRANCHES ARE FORBIDDEN. RESERVATION REQUIRED, CALL 418-936-3255.

DUMP FOR BRANCHES AND DEAD LEAVES

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.

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 JULY 7 AND JULY 20

The residents of Métis-sur-Mer will be able to get this service by giving their name at the municipal office BEFORE JULY 3RD, 2019 at 418-936-3255 or by e-mail at: metissur-mer@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.

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

Please ask permission several days in advance..Burning permit is free. To request permission, please contact Renaud Gagnon, at 418-775-8445 ext. 2249



WATERING TIMES

The watering of lawns, hedges, trees, shrubs and other planting by means of oscillating water sprinklers or soaker hoses **is permitted between the hours of 7 pm and 9 pm only: (Except new plantations) :**

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