



Ville de Métis-sur-Mer

Info Métis

Municipal Newsletter and Community Info

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

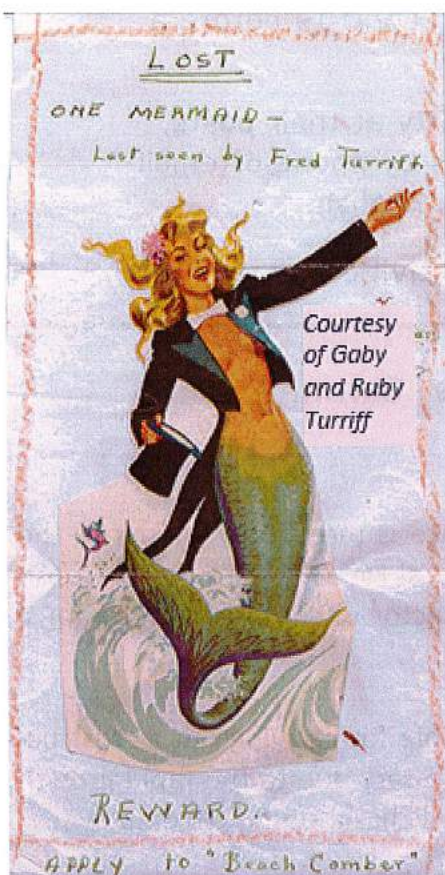
July & August 2020

Click English for info on Gradual resumption of activities on continue de se protéger.

Québec.ca/relance



VIVRE NOTRE HÉRITAGE
LIVE OUR HERITAGE



What's in a Name?

What do you do when you can't do what you usually do in summer because of social distancing? How about a trip around the Metis area – part by walking or biking, part by car – to see places you've heard people refer to but aren't sure where they are? And see places you've never heard of. Become acquainted with the area's mermaid. Learn about local ghosts. Find out the real reason Métis-sur-Mer has its very own "Skid Row". Read 'Behind the name' heritagelsl.ca/behind-the-name for the history of the names of well-known and less-well-known spots you'll want to see.

More information about these and other places – for example, the Metis area tea rooms heritagelsl.ca/metis-tea-rooms – is now available online, as the Live Our Heritage trails, mosaic seats, quilt/textile, and photography components continue to evolve. Visit heritagelsl.ca/live-our-heritage and check back monthly for new finds.

(Continued on p. 5)

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Next deadline: August 15th

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!



NOTICE

Given the provincial measures concerning the COVID-19 situation, please note that our offices, the bilingual library in Métis-sur-Mer and the library in Rimouski remain closed to the public and that all HLSL activities and workshops are currently suspended.

In an effort to assure the health and safety of all our staff, volunteers and library members, we are taking the time necessary to fully understand and put in to practice all governmental protocols with respect to COVID-19 before a future decision is made to reopen.

Our friendly and helpful staff members are still diligently at their posts, but from a distance. Please do not hesitate to contact us by phone or email for help accessing information and services in English.

However, you can participate in our virtual activities!

Heritage Lower St. Lawrence Appoints Guy Caron as Interim Executive Director



Mr. Guy Caron and Mr. Alexander Reford
(at a safe distance).

Heritage Lower St. Lawrence is pleased to announce the appointment of former federal MP Guy Caron to the position of Acting Executive Director of the organization for a period of four to six months.

Mr. Caron will be responsible for carrying out a restructuring that has become necessary due to the rapid growth of the organization, which now has a staff of 10 employees.

The Chairman of the Board of Directors of Heritage Lower St. Lawrence, Mr. Alexander Reford, is delighted with Mr. Caron's arrival. "Guy's vast experience, his knowledge of the region, his sensitivity to the issues of linguistic minority communities and his achievements as a member of the House of Commons make him the ideal person to lead Heritage Lower St. Lawrence," said Mr. Reford.

"Heritage has been forced by the pandemic to rethink the delivery of its services, but Guy will now lead our dedicated staff in its efforts to reorganize the organization so that it can meet the challenges of the future".

Born and raised in Rimouski, Guy Caron was the NDP Member of Parliament for the riding of Rimouski-Neigette-Témiscouata-Les Basques from 2011 to 2019. He also served as the NDP Parliamentary Leader from October 2017 to February 2019.

"I am very happy to join Heritage Lower St. Lawrence. I have had many contacts with the organization during my parliamentary career and I have always been impressed with its dynamism, its professionalism and the way it represents its community in the region," explains Mr. Caron, who has worked in the past with organizations representing the Canadian Francophonie in a minority setting, particularly in universities.

About Heritage Lower St. Lawrence

Heritage Lower St. Lawrence contributes to the vitality and development of the English-speaking communities of the Lower St. Lawrence region through events and activities in the region. Heritage Lower St. Lawrence, in partnership with CHSSN, is also involved in promoting better access to health care and social services for the community.

Help us to better serve you: An upcoming consultation of the regional English speaking community

This fall, Heritage Lower Saint Lawrence will conduct a consultation of English speakers in the region, in an ongoing effort to get to know the English speaking community and to better understand their needs. Heritage Lower Saint Lawrence is a non-profit organization whose mission is to mobilize 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.

- **Are you a native English speaker, does your family speak English at home or is English your first official language?**
- **Do you live in the Lower St. Lawrence?**
- **Heritage needs your input!**

The community consultation will address participants' origins, access to health care and social services, employment, education, sociocultural opportunities, and more.

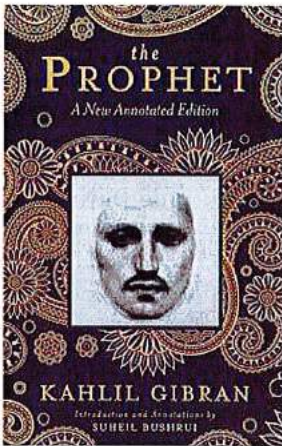
Participants of all ages are needed! Please help us to spread the word.

To register to participate, please see
www.heritagelsl.ca/upcoming-consultation-of-the-regional-english-speaking-community/

Please contact Anna Cone at (581) 232-5549 or acone@heritagelsl.ca for more information.

Thank you for helping us to improve our services.

Library's pick of the month



Kahlil Gibran, *The Prophet* (poetry)

Recommended by Catherine Beauchemin

Al-Mustafa, after having lived for many years in the city of Orphales, is about to board a ship to return to his native island. He is approached by a group of people with whom he discusses subjects such as daily life and the human condition.

Long before I knew that Kahlil Gibran was a writer, I fell in love with his paintings and drawings. It was only later that I realized that he was also one of the most widely read poets in the world. Published in 1923, *The Prophet* is his best-known work. Whether in times of celebration or sorrow, his words are still relevant almost 100 years later.

This book is available in digital format for all Réseau BIBLIO subscribers, via this link:

<https://reseaubibliobsl.pretnumerique.ca/?l=en>

We're looking for readers to share their favorite book each month...

Did you like your latest book? Please let Catherine or one of the library volunteers know about it!



Subscription to Réseau BIBLIO du Bas-Saint-Laurent remote services

To all municipality residents affiliated to Réseau BIBLIO du Bas-Saint-Laurent who have not yet subscribed to their municipal library, it is now possible to do so online to benefit from different remote services.

The subscription will allow you to:

- Borrow digital books
- Access the electronic version of *Protégez-vous* magazine
- Use *Mes Aïeux* genealogical tools

To access remote services, please send a request by email to crsbp@crsbp.net and include the following information:

- First name, last name
- Valid address in a municipality affiliated to Réseau BIBLIO du Bas-Saint-Laurent
- Telephone number
- Email address (An email will be sent to you with your subscription number and corresponding PIN. Children must use a parent's email address.)

** If you are already subscribed to your municipal library, you do not have to do so online. However, you may send an email to crsbp@crsbp.net in order to obtain your subscription number and PIN.

Further information can be found on the Réseau BIBLIO du Bas-Saint-Laurent website:
www.reseaubibliobsl.qc.ca

(Continued...)



Happy Trails

The trails are beginning to take shape. Visit heritagelsl.ca/live-our-heritage to find out the houses and other spots we hope to include along the Leggatt's Point, Lighthouse Point, expanded East and West, and Station Road/Concessions Trails, as well as links to nearby Baie-des-Sables and Price walks. We've begun writing up histories of the houses; if you'd like to provide ideas, history, or pictures; be interviewed about how your family came to be here; or correct and elaborate on anything we have done to date, **please call or email Pam Andersson (418-936-3016; pandersson@heritagelsl.ca).**



Take a Seat (mosaics will follow)

Yes, some colour has gone out of our lives with our COVID-19 confinement and the postponing of our mosaic workshops, which mean the Metis mosaic seats sit untiled at present. The good news is that the concrete has been poured and the first seats, unadorned, can now be seen at Metis Beach School – our first Live Our Heritage Site Partner. Now just imagine these seats (and others) covered with bright mosaics cut and assembled by our school kids by next summer...



Photographs Then and Now

Picture this: more effectively distanced summer activities! Visit heritagelsl.ca/live-our-heritage, check out Heritage Lower Saint Lawrence's Facebook page, see what's posted at the Heritage offices (130 Principale), or **contact Micheline Williams (418-936-3983; michew102@hotmail.com)** for a list of Metis landmarks we need photographed. Feel free to send any pictures that you might want to see used for the Trails (*Note: if you allow Heritage to use the photos, you'll receive credit and retain your rights to them*). Also, any of these photos – subject to the competition rules – can be submitted later for the 'Then and Now' photo contest. The rules for this competition can be found on the new Live Our Heritage pages heritagelsl.ca/contest-rules.



A-Quilting We Will Go...

We're happy to announce a third group of people with talent – the Happy Hookers, co-ordinated by Val Powell – who have kindly agreed to participate in what we now call the Decorative Arts part of the Live Our Heritage project. They join – of course, by much more than two meters apart – Diane Dubois and team, who are putting their equipment together and collecting material, and Linda Turriff and friends, who are working on a quilt.



The start of Diane Dubois's work



War and Peace



Comdr. John Bovey, Col. Wilfrid Bovey on steps of Red House (c1945)

Though there's hard work for many, especially in the summer months, and there can be dangerous weather to contend with year-round here in the Lower Saint Lawrence, most of us associate Metis with a sense of peace. The separations of recent months have given many of us a little taste of what our parents and grandparents went through in times of war. And it is particularly important to remember this in 2020 – 75 years after the end of the World War II, which brought death and destruction even to our shores. Starting in 1942, German submarines (U-boats, anglicized version of 'unterseeboot') repeatedly entered the St. Lawrence, sinking 23 ships at the cost of hundreds of lives. Then Metis lighthouse-keeper Octave Gendron, after reporting seeing a German U-boat, acted quickly when the U-69 sunk the *SS Carolus* off Pointe-aux-Senelles. Metisians and Les Boulois were shocked by the sights and explosive sounds of maritime warfare from the river, and by the bodies and debris that washed up on the beach. People gathered daily at the then Macnider/Beach Road post office, anxious for messages from loved ones fighting in Europe or other theatres of war, and sending them letters of hope to remind them of home. Such a letter has just come to light – a poem from a mother to the son she misses at sea (and in the Saint Lawrence). Visit heritagelsl.ca/return-to-metis.

Financed by the
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Government
of Canada

Canada

While it may seem early to start thinking of Remembrance Week 2020, the Live Our Heritage Team is very keen to interview people about their wartime (and more recently peacekeeping) memories, including stories their parents and grandparents told them. **Please contact Pam Andersson (418-936-3016; pandersson@Heritagelsl.ca) if you have information, pictures or memorabilia to share.**

Activities

Would you like to connect virtually?

During this time of social distancing, we are thinking of ways to break isolation.

It would be fun to stay connected and explore different cultural and social activities as a community. Please sign up via the on-line google forms so that we can send you the video conferencing link.

For all details, please consult our Facebook page.

If you have any questions regarding Heritage's cultural activities, please feel free to write to culture@heritagelsl.ca



Fridays July 24, August 21

and September 25

7:30pm-9:00pm

Innovative game nights with board game lovers and new players using the virtual platform

Wills and Estates in a Cross-border Context

FREE Video conference offered as part of the EDUCALOI project

Speaker: Mary Louise Chabot, professional lawyer

Raised in the Lower Saint Lawrence, Me Chabot offers bilingual legal services in the region and beyond, with an emphasis on litigation. She received a Bachelor of Laws and Bachelor of Civil Law from McGill University and is currently a member of both the Bar of Quebec and the Law Society of Ontario.

As our societies become increasingly globalized, so may our personal lives acquire an increasingly cross-border dimension. Wills and estates are two of the areas in which this phenomenon may be felt most strongly. Yet, different states' rules governing these matters may differ.

How may one determine the rules applicable to their given situation? In case of conflict, in which jurisdiction and tribunal must one seek resolution or redress? Where one obtains a judgement abroad, how will it be treated in Quebec? And, above all, in what ways may this globalized reality affect one's own approach to estate planning? This video conference aims to answer these questions and better equip its participants to understand.

Date: July 30th, 2020

Time: 4.00pm - 5.30pm

Limited spaces

Registration required before July 29 at froussel@heritagelsl.ca



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ēducaloi

Collage Art Workshop with Monelle Steele

Would you like to learn how to create collage art? A collage may sometimes include magazine and newspaper clippings, ribbons, paint, bits of colored or handmade papers, portions of other artwork or texts, photographs and other found objects, glued to a piece of paper or canvas. Sign up to reserve a spot now and start collecting the material you might need! The workshop is free and is in English.



Dates for Workshops:
Sunday afternoons
September 20 & 27
October 4 & 11
from 1.30pm - 4pm

The workshop may be held online or at our Resource centre, depending on health guidelines. The workshop dates, time, and location may be subject to change.

Register at culture@heritagelsl.ca

Registration will be confirmed via email, closer to workshop date.



Essential Oils Made Simple
(FREE English-language workshop)
July 21 and August 21 at 2pm



Are you interested in essential oils, and how they can support your overall health and emotional well-being? We are thrilled to invite you to this 60-minute workshop called « Essential oils Made Simple » offered in English at the Town Hall (370 Beach) in compliance with recommended safety and social distancing measures.

To register or for more info, please contact Melanie Leblanc
418-740-3339
Email: leblancmelanie1@hotmail.com

Your well-being, one drop at a time!

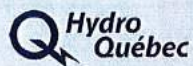
Association des résidents de la pointe du phare (ARPP)



Lighthouse site open this summer

Just a reminder that the site of the lighthouse remains open to the public this summer from 9-5 PM every day. Visitors must, however, respect municipal and provincial health guidelines and follow rules regarding access and allowable activities at the site. Access to the site by motorized vehicles is not allowed, but there is a small parking area reserved for visitors at the end of Route du phare near the 132 highway.

ARPP, the association that manages the site, is still thinking about the possibility of hosting community events at the lighthouse this summer, including Journée québécoise des phares (July 13) and their annual community picnic in early August. Follow the developments at www.savemetislighthouse.org



JARDINS DE MÉTIS

INTERNATIONAL

FESTIVAL

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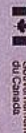
DE JARDINS

ÉDITION SPECIALE

20 JUIN —

7 SEPT. 2020

MÉTISSAGES — JARDINS DE MÉTIS — 200 ROUTE 132 GRAND-MÉTIS QUÉBEC



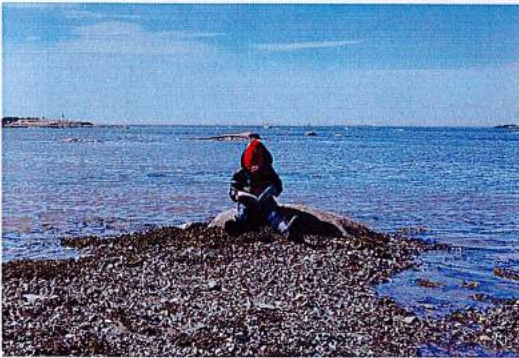
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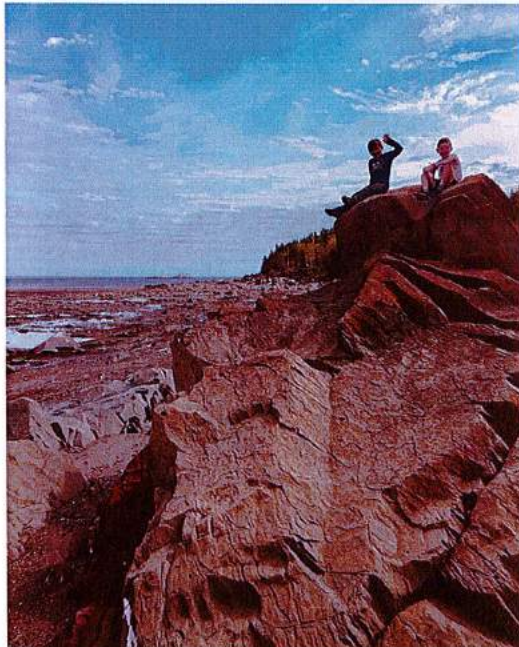
Learning Outdoors with my Primary Pirates, Destination : Discovery !



Somewhat apprehensive about returning to school after weeks of self-isolation, I can now confirm the positive outcomes thanks to outdoor learning. I witnessed students 'connected', despite no technological device in sight, no wifi, no screen, OK, only sun screen ! They were connected to nature ! Nature is magical and nature is free. I can testify their thirst for learning, children being children, at one with the world around them in the Great Outdoors.



Attending Metis Beach School, in Métis-sur-Mer with the majestic Saint-Lawrence as our immediate neighbour is a ticket to a world of exploration in itself. Making the most of the beauty on our doorstep, we went on low-tide rockpool adventures, skimming the seabed for lobsters, sea cucumbers, starfish and snail eggs. Having analyzed the numbers on Tide Charts, we were well-prepared, knowing to expect either high tide or low tide. Some became experts at finding bright coloured polished seaglass, others were on the look out for seashells. What fun they had analyzing their treasures using oversized magnifying glasses ! I can proudly say that my environmentally friendly kiddies took the time to help clean-up the beach, as part of a larger municipal clean-up. Whilst on our end of year school trip to the Mitis-Point Lighthouse, we planted beach grasses as a natural barrier to help prevent shoreline erosion.



Eyes up to the sky, we played Cloud Bingo ! Have you ever tried to find a cloud that resembles a turtle or a dolphin ? With eyes closed, we aimed to put the bird name to the type of chirp we heard. Birds, we were able to observe from a distance and tally if they were in flight, in a tree or on the ground. We used scooters to explore our community. house numbers were noted, and we broke them down into Place Value Columns of hundreds, tens and units, whilst another group divided them into odd and even numbers.

Over a fifteen minute period, we did a local transport tally, noting the types of vehicles that drove by. After having collected twenty-six special pebbles, we painted one letter of the alphabet on each, and jumbled them around to spell -out words ! With

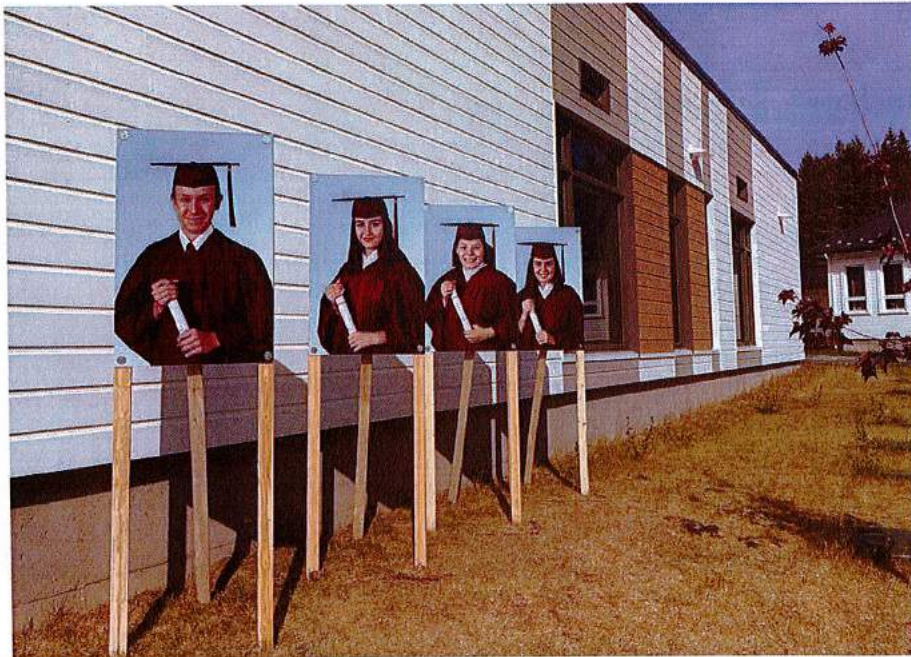
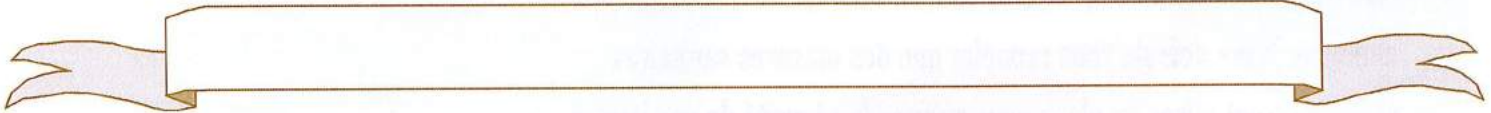
sticks, students wrote words in the sand too. Land Art was fascinating to create, with a whole multitude of natural objects at our fingertips. Imagine a masterpiece, framed with driftwood, a showcase for seaweed, shells and rocks.

Beach YOGA was a highlight of our return to school, with the ripple of waves in the background and melodious birdsong to accompany our zen-like state of being. The scent of wild roses and salty sea-air contributed to the global relaxation process, taking care of our mental health.

As a teacher, I commit to making sure my students can understand and enjoy the gorgeous world around them, after all, childhood experiences in the Great Outdoors will foster love and concern for Planet Earth and a true sense of belonging. Mother Nature, freedom and fresh air will always be part of my planning. For those students whom remained at home, a nature-inclusive classroom will reunite us. Metis-sur-Mer, you are magnificent, regional schools ROCK !



Happy summer holidays, love from Miss T



In honour of our four wonderful 2020 graduates:

**Nicholas Bélanger,
Elizabeth Fiset-Poirier,
Audrey-Anne Girouard
and Noémy Savard**

It has been a difficult and unprecedented process for them to complete high school, but they succeeded and we are so very proud of them! Congratulations and best of luck in all your future endeavours!



Yoga with Barbara Pearce

July 3 to August 31

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)



- ◇ Private and semi-private classes available in your home
- ◇ Reiki – By Appointment only

Contingent on how the Public Health safety directives will evolve.

Registration (month or season),
10 class card or drop-ins
For pricing, registration or other information
please contact Barbara at:

T: 418-936-3497
barbara.pearce@videotron.ca
www.newmontreal yoga.com

Community Services

Camp de jour de Métis-sur-Mer Été 2020

C'est avec grand plaisir que la Ville de Métis-sur-Mer annonce l'ouverture officielle de son camp de jour estival. Bien qu'heureuse de cette annonce, je me dois de vous rappeler que des mesures sanitaires strictes seront mises en place pour assurer la sécurité de vos jeunes et de nos animateurs.

Ces mesures seront décrites dans le guide du parent, disponible sur demande dès maintenant.

*Pour compléter votre inscription, veuillez remplir la fiche d'identification de l'enfant et la remettre au bureau municipal :
Par courriel au loisir.bds-msm@outlook.com
Par la poste ou en personne au 138, rue Principale, Métis-sur-Mer*

Date d'opération : 29 juin au 14 août

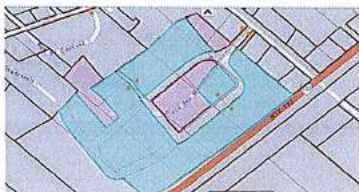
Horaire d'opération : Du lundi au vendredi, de 7h30 à 17h30

Coût par enfant : 100\$

Date limite d'inscription : 19 juin

Information : loisir.bds-msm@outlook.com

For Sale/Rent/Found/Wanted



Land for sale "Place des Marronniers» \$ 124 900 for 40 235 square metres.

You can contact Ms. Geneviève Côté, Real Estate Agent, at 418-750-6135.

What's Up with Your CLD?

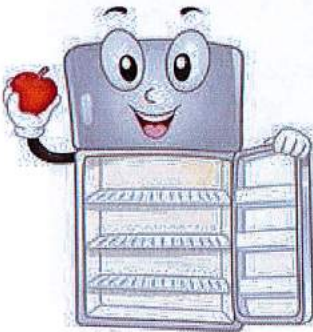
A Word from the President

Despite all the COVID-induced upheaval over the past few months, summer is here and restrictions are starting to ease up everywhere. Since restaurants are starting to open, **Friday breakfasts** will not resume until next fall. And, as you might have guessed, **Métis-sur-Mer Celebrates** and the traditional **Duck Race** organized in collaboration with our firefighters have officially been cancelled. It's going to be a quiet summer in Métis, so take the opportunity to rest and have some good times with your loved ones!

Good news for those of you eagerly awaiting the **gym's reopening**. Our gym will officially reopen on **July 2nd**, but only for residents (including our summer residents, of course!) of Métis-sur-Mer and Baie-des-Sables who have a membership. We will have to limit the number of people present at the same time and ensure distance; the new protocol and schedule will soon be posted in the usual places.

- Stéphanie Pépin

Virtual Fridge



The **Virtual Fridge** will officially remain open for the entire summer period and will stand ready to deliver food baskets to whoever might need them. So in Métis-sur-Mer or nearby towns, if you or someone you know needs a helping hand, don't hesitate to contact **Stéphanie** (418-936-3020 or syepin@videotron.ca). One of our volunteers from Station 29 or the Coast Guard Auxiliary will gladly bring you a supply of non-perishable food items and fresh products, always with the utmost respect for your confidentiality.

However, I would like to emphasize one point today. After talking with a new client of the Virtual Fridge this week, I realized that some people who need us are still hesitating. She didn't call me sooner, not because everything was going well, but because she felt other people were worse off than she was. Because she could still manage, with her credit card. Because she hadn't lost everything and was still working a little bit... But the fact is, we're in this mess for a while yet. Things won't get back to the way they were before as quickly as we'd like, and credit cards that can't be paid off at the end of the month are not necessarily the best long-term solution. So what I would like to say to you today is that you don't have to wait until you've lost everything. By then, a simple food basket won't be enough to help you. And don't sacrifice yourself because others might need it more than you do... We have had and continue to have very generous donors!

Reminder: The collection of non-perishable food donations is now done at Épicerie Ratté, which has set up a box near the cash register to help us. **Thank you Éric and thank you to all of you who continue to support our mission and our local grocery store!**

Your CLD at Work!

Shoreline cleanup event: a great success!



Many thanks to the 20 volunteers from Métis-sur-Mer who braved the cold and rain to clean up our shoreline on June 6th! The kids from Metis Beach School also did their part on Friday. This was only our second cleanup event and we're already seeing a big improvement! Much fewer tires than last fall... The official tally, **in Métis only: 262 kg of garbage collected** and delivered to the Eco-Centre!

Special thanks to **Diane Dubois** and **Lynne Bruce** for helping me prepare the lunch and to **Yves** for lending me his trailer! Thanks also to **Ladd Johnson** for granting us privileged access to the lighthouse to enjoy our picnic (in distanced mode) in a warm and dry place! And thank you to all the participants for your enthusiasm; you all made the day the great success that it was! See you in the fall for the next event...



Father-son duo who took on one tire-infested beach!

Photo credit:
Ladd Johnson



Attention all - The CLD is looking for some buckets like these for our future cleanup events. So if you have some lying around that you would like to donate, let us know. We'll make good use of them!



Erratum - I made a mistake in the June Info-Métis **Spotlight on local entrepreneurs** article, entitled *Meet Bruno Leblanc, owner of the Dépanneur Métis-sur-Mer*. The article presented Bruno Leblanc and Nathalie Isabel as co-owners of the Dépanneur Métis-sur-Mer, while Bruno Leblanc is in fact the sole owner. I sincerely apologize for any confusion my article may have caused. – Marjelaïne Sylvestre

Spotlight on local entrepreneurs!



Meet Éric Ratté, owner of Épicerie Ratté

Article by Sonia Castillo for the CLD Métis-sur-Mer; photos by Stéphanie Pépin



A healthy and thriving village needs several basic services, including a grocery store. Located in the heart of the village, Épicerie Ratté has been filling our pantries since 1922. Over the years, the people of Métis have relied on five generations of dedicated grocers who have been proud to serve one of the most beautiful villages in Quebec. It was first a general store operated by Ernest Ratté and then Alphonse (Marie-Anne) and André (Huguette) who turned it into a grocery and butcher shop. Today, Éric Ratté, his wife Lynda and their two children, Olivier and Marie-Pier, are there to welcome you.

In 2014, the grocery store had to close its doors, only to better return with a summer schedule in 2017. It's a friendly, family place where every client feels welcome. Where the joy of working is tangible just by seeing the family and staff's beautiful smiles. The whole place just feels like summertime!

This year, the seasonal reopening came under the grey cloud of the pandemic. Several concerns are looming: customer volume, employee hours, sanitary measures, social distancing and suppliers. Summer residents make up a large percentage of the clientele and the uncertainty surrounding their arrival puts Épicerie Ratté in a very unpredictable position. However, the owner and his team are keeping their spirits up and are ready for the different scenarios that may arise. The loyalty and support of the community are sure to have a positive impact on the 2020 season!



As you have no doubt read or heard by now, our community is working hard to help those most affected by this pandemic situation. Éric has generously offered his help to the CLD to contribute to the Virtual Fridge initiative by setting up a box near the cash register to receive your donations of non-perishable food at all times. Just one more example of a community taking care of its people to keep the sun shining bright on all of us.

Stop by to stock up on local products such as seasonal vegetables from Brouette et Courgette, maple sweets from Ma Cabane in Gaspésie and local beers from our region. Plus everything you need for your summer menus and the best sliced bacon in the region! You'll be delighted with your groceries and you'll be supporting a village grocery store that will be celebrating its 100th anniversary next year!



Épicerie Ratté
118A, rue Principale, Métis-sur-Mer
Tél. : 418-936-3366

Restaurant L'Auberge du Grand Fleuve is open this summer!



Hello everyone! L'Auberge du Grand Fleuve is open for the 2020 season.

Please go to our Facebook page, Auberge du Grand Fleuve, for daily information: business hours, menus and more.

We can't wait to welcome you!

Follow us on facebook.com/aubergedugrandfleuve
418-936-3332 | www.aubergedugrandfleuve.qc.ca | 131 Principale, Métis-sur-Mer

Massothérapie LF

Again this summer, I have the immense pleasure of offering you my therapy sessions in Métis. However, because of COVID-19, choices of treatment therapies have had to be modified.

- ◆ Chair massage – 20 minutes *
- ◆ Pressotherapy – 30 or 60 minutes
- ◆ Combined chair massage and pressotherapy
- ◆ Package for two, a better deal! (4 therapies for 2 people)

These therapies are offered at home.
I will give you the procedures to follow after the reservation is made.

*Chair massages will also be offered at L'Auberge de Grand Fleuve twice a week.

Information and online reservations: Lucie Falardeau, Massothérapeute
Email : massotherapie@videotron.ca or Telephone : 418-775-2417

Taxes included. Payment - cash or e-transfer
For insurance purposes, receipts will be issued for all admissible treatments.



Can't wait to see you again!

Notice to all businesses of Métis-sur-Mer:

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

Please contact Marie-Claude Giroux. . (See p. 1)

ATELIER CULINAIRE PIERRE-OLIVIER FERRY

CUISINIER DE VILLAGE

Take out and things to eat on the beach (salad, foccacia, etc.)
 Pizza every Fridays
 Pastries on Sundays
 Bread Wednesday through Sunday

Menu and reservation here: atelierculinaireferry.com/shop

LES BOULES GLACÉES

Gelatos and sorbets made with the best ingredients from the region.

Consult our schedule on our website atelierculinaireferry.com

164 Principale, Métis-sur-Mer. 418-732-4202



Place Petit Miami

Prepares for take-out orders

From Tuesday to Sunday,
 from 11a.m. to 2p.m. and from 4 :30p.m. to 7p.m.
 (Our dining room will remain closed this summer.)

To order, please call 418-936-3411

Information chalets and cabins 418 896 6887



Dépanneur Métis-sur-Mer

Tél.: 418-936-3536 | 97, route 132

Business hours from June 23 to August 31

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

Sunday: 8 a.m. to 9 p.m.

Delivery service continues Monday to Friday,
 starting at 1 p.m.

We have, on hand and to order,
 excellent products by St-Gelais,
 Poissonnerie de Phare Ouest, Fumerie de l'Est,
 Fumoir Raoul Roux et la Boulangerie des 3 Sœurs.



Café sur Mer

**will be open every day
 from 9AM to 5:30PM**

Please keep an eye
 on our Facebook page
 for safety protocols and
 information on menu, takeout, etc.

**We are looking forward to seeing you and
 sharing another wonderful season together!**

From the entire Café sur Mer Team

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



Ville de Métis-sur-Mer

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



Given the provincial measures concerning the COVID-19 situation, please note that Métis-sur-Mer Council meetings held behind closed doors until further notice.

Act to promote the protection of persons by establishing a framework with regard to dogs.

In order to register your dog, you can print the form on the Town's web site or come at the municipal office. Fill it out and bring it to the office with your payment. At this moment, you can choose your medal. Thank you.

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.

THE BIG PICK UP: July 29 and September 30

As part of the Big Pick Up, bulky items such as old stoves, fridges, and mattresses will be collected on the dates noted. You no longer have to contact the municipal office for pick up of these items. Please place items next the road the day before the collections. Please note that construction materials remain prohibited. Thank you.

CHIMNEY SWEEPING



The cleaning of the chimneys of your property is a simple but essential procedure to prevent fires. Did you know that the accumulation of creosote inside the chimney represents a high risk of fire that can spread to interior walls and the roof of your house?

You can consult the list of the chimney cleaners accredited by the Association des professionnels du chauffage (APC), recognized by the Régie du Bâtiment du Québec, at the following address: www.poelesfoyers.ca.

It is no longer necessary to call the municipal office to book this service. Please contact a chimney sweep of your choice directly to carry out the work. Thank you.

A WORD FROM OUR MAYOR

Thank you very much to all of us who are following the health protocols: respecting the distance of 2 metres between people, washing your hands regularly, avoiding touching your face. For all of our residents, you can refer to the Public Health Act for further information. Government instructions are for everyone of all ages. There are press briefings daily; please listen to them.

We now have a charging station for electric vehicles at the Halte-sur-Mer rest stop in the centre of the village.

Our local CLD (Local Development Committee) has initiated the Virtual Fridge 418-936-3020, to help all those in need (if you have lost your job, COVID-19, etc.). There is a collection box for non-perishable food items at Épicerie Ratté. Thank you to all for your support.

The following businesses are making home deliveries Monday through Friday:
Dépanneur Métis-sur-Mer, 418-936-3536, Épicerie Ratté 418-936-3366 and Chez B, 418-772-6229.

IGA Desjardins 418-775-8915 or on-line at www.iga.net and
Alimentation J.P. Durette Metro, 418-775-8848.
Uniprix, 418-775-8841 and Pharmacie Eric St-Laurent Brunet, 418-775-5175.

Our restaurants Place Petit Miami, Café sur Mer and Auberge du Grand Fleuve are now offering their services. Atelier Culinaire Pierre-Olivier Ferry 418-732-4202, offers take-out meals, bread and gelato.

Both the Boule Rock Golf Club and the Cascade Golf and Tennis Club are open.

**If you are exhibiting symptoms of COVID-19 (fever, cough, difficulty breathing, etc.),
please call 1-877-644-4545 before going to the hospital or to your doctor.**

If you want to inquire about available services from the various organizations in our region, please call 418-775-8445 ext. 2990, identify which municipality you are calling in regards to and a representative from the MRC will answer your questions.

Thank you to all the essential workers and volunteers at all levels.

Let us be proud to be from Métis!

Carolle-Anne Dubé, Mayor
418-936-3255 ou 418-750-5504
cadube@mitis.qc.ca

The Green Newsletter – « Time to start using your brown bin again »

With the stay at home order this spring, many people began to cook more and therefore have more kitchen leftovers for the brown bin. During the coming summer, it is important to be well prepared for manage all the little discomforts that could happen.

Here are some ideas:

In the kitchen:

- ◇ Compostable plastic bags are allowed. In your brown bin, they can greatly limit odors and undesirables.
- ◇ Line the bottom of the brown bin and the counter bin with newspaper or use paper bags to collect excess liquids.
- ◇ To avoid the annoyance of worms and flies, wrap your leftover meat or fish in newspaper and put it in the freezer until collection day.

Your outdoor bin:

- ◇ Place your brown bin in the shade and close the lid tightly.
- ◇ Take advantage of the increased frequency of collections and put out the bin 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 or twists of newspaper between each layer of organic matter.

For more information, visit the www.ecoregie.ca.

Vincent Dufour, waste management coordinator

Website : www.ecoregie.ca

Email : _matresi@mitis.qc

Phone : 418 775-8445, ext. 1138