



Info Métis

Municipal Newsletter

WORD FROM THE MAYOR

Hello citizen,

The Town of Métis-sur-Mer is beginning a consultation process to define a "**Strategic Vision 2030**" that will lead to the development of a territorial development plan for our community.

You are therefore **invited to the Métis-sur-Mer Recreation Centre** (10 rue de l'Église) on **Tuesday, July 26, 2022** at 7:00 p.m. to share your ideas, concerns and projects for our community.

The Town of Métis-sur-Mer has signed a public-collective partnership with the **NPO Construction Métis**, which will



accompany the municipality and take charge of organizing the public consultations.

Also, I would like to thank Mr. Patric Noya project manager at Construction Métis, who has the mandate to coordinate these consultations and to continue the publication of Info Métis.

I wish you a great summer!

Greetings,

Jean-Pierre Pelletier, Mayor.



Ville de
MÉTIS-SUR-MER

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

Next deadline: To be determined
Contact us: patric.noya@infometis.ca
If you would like to receive the Info Métis via email,
please just ask!



HERITAGE
Lower Saint Lawrence
Bas-Saint-Laurent



www.heritagelsl.ca



facebook.com/heritagelsl



418-936-3239

HLSL RESOURCE CENTRES - SUMMER SCHEDULE

Metis-sur-Mer Resource Centre and Bilingual Library

130, rue Principale, Métis-sur-Mer

Until June 24, 2022

Wednesdays 1:00 to 4:30 pm

Fridays 1:00 to 4:30 pm

From June 26 to August 31, 2022

Tuesdays 1:00 to 4:00 pm

Wednesdays 1:00 to 6:30 pm

Thursdays 1:00 to 4:00 pm

Centre de ressources et bibliothèque de livres anglais de Rimouski

167, avenue Belzile, Rimouski

Until June 24, 2022

Tuesdays 1:30 to 4:00 pm

Wednesdays 1:30 to 4:00 pm

Thursday 1:30 to 6:30 pm

From June 26 to August 31, 2022

Tuesdays 1:30 to 4:00 pm

Thursdays 6:00 to 9:00 pm

Saturdays July 2 & August 6 9:30 to
11:30

Closed August 7 to 21

It is possible to schedule an appointment with employees during the week by contacting them directly or via the general phone line at **418-936-3239**.





PUBLIC CONSULTATIONS FOR THE HERITAGE PROTECTION OF LEGGATT'S POINT SITE

Heritage Lower St. Lawrence is taking a lead role in initiating a process to cite Leggatt's Point as a heritage site. This site would include Leggatt's Point Presbyterian Church, Leggatt's Point Manse, Leggatt's Point Cemetery, and Leggatt's Point Archaeological Site. We have petitioned the Municipality of Grand-Métis to take official measures to protect and preserve this important heritage site.

At the request of the Municipality of Grand-Métis, Heritage Lower St. Lawrence will host information and consultation sessions open to the public

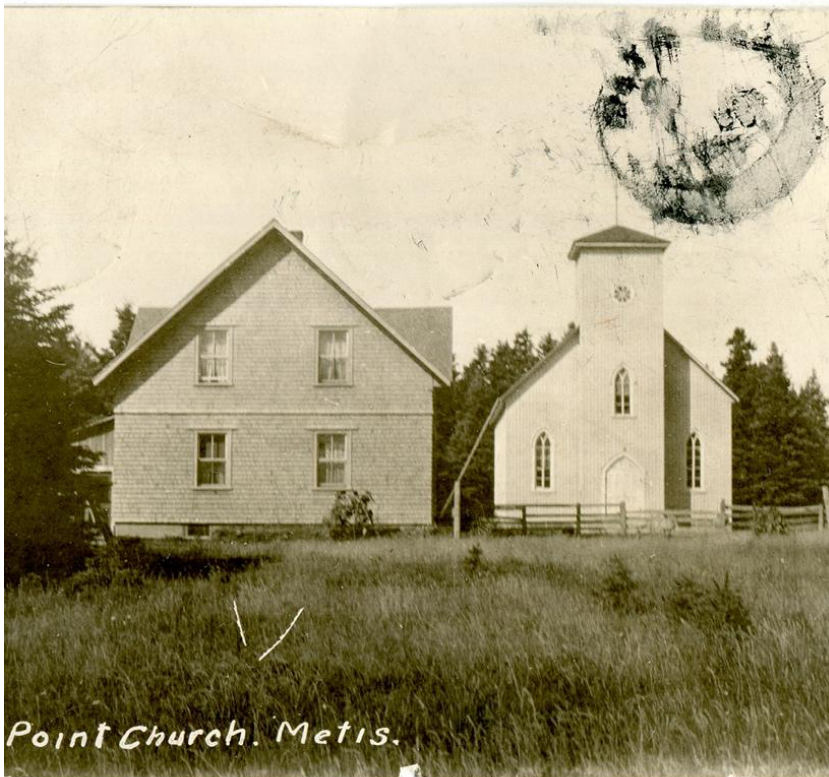
on **June 15 and July 16, 2022 at 7:00 pm and on August 10 at 2:00 pm.** The consultations will take place at Leggatt's Point Presbyterian Church.

52 Chem. de la Pointe Leggatt, Grand-Métis, QC G0J 1Z0

We look forward to seeing you there!

The citation process is important because it is a tool that only municipalities have, allowing them to recognize the heritage on their territory and to control restoration and renovation work. To our knowledge, apart from the Villa Estevan and the Jardins de Métis, which were both classified by the Quebec government in 2013, no other building in Grand-Métis has a protected status. This will be a first for Grand-Métis and a source of pride for its citizens.

Leggatt's Point Presbyterian Church is probably the best documented building in Grand-Métis, Métis-sur-Mer, and La Mitis. It is the subject of J.S.S. Armour and Anson McKim's book, "SCOTCH SETTLERS DWELLING THERE ALONE" a History of the Presbyterian Churches at Metis, Quebec



1844-1884”, (winner of the Presbyterian Church of Canada award in 2019). The authors documented the work done by Reverend Thomas Fenwick to build a church at Leggatt’s Point. At the time, the site was at the heart of the Métis Scots community and the centre of the Mitis seigneurie, which stretched from the Mitis River to Baie-des-Sables. Built by Peter F. Leggatt (from whom Pointe-Leggatt and Pointe-Leggatt Road derive their presence in the toponymy of the municipality), the church was first opened in July 1884. In 2024, the church will be 140 years old. The church was the site of many events, celebrations, weddings, baptisms and funeral services.

The inventory made by the historian and neighbour of the church, Mr. Gilbert Bossé, offers details on all the activities of the Presbyterian church in this sector. Fenwick, in addition to being a missionary for the Presbyterian Church, was also an artist and author. He was also the architect of the church. He therefore left a very important legacy that bears witness to the history of the place and documents its evolution. His work as an artist was important for archaeologists from the Université du Québec à Rimouski, Nicolas Beaudry and Manon Savard, who conducted an excavation of the first presbytery in the summer of 2019.

Enclosing the only church in Grand-Métis, Leggatt's Point is a very important heritage site. It is at the very heart of the municipality's history and is a proud witness to this founding municipality of La Mitis. In a single lot of a few hundred square meters, we have a historic church,

a presbytery, the cemetery of the first Scottish settlers in the region and an inventoried archaeological site.

The site also includes several metres of well-protected shoreline accessible by marked footpaths. The geology of this area is remarkable, as are the viewpoints, allowing us to see Anse-des-Morts Bay, the Grand-Métis coastline, Mont-Comi, the Maurice Lamontagne Institute and the tip of the Pointe Mitis lighthouse. It is likely that further excavations will reveal the presence of Aboriginal peoples. Well maintained by the congregation for decades, the site is unique and remarkable.

For these reasons, Heritage Lower St. Lawrence actively supports the request for citation and we invite the municipality of Grand-Métis to proceed with the citation by voting in favour of the draft citation by-law adopted on May 5th, 2022 in council.

Alexander Reford, CM

Historian & President of Heritage Lower St. Lawrence Board of Directors

Philippe Dufort, PhD

Executive Director of Heritage Lower St. Lawrence

WORKSHOPS & EVENTS



Retirement: How much do I need?

*Tuesday, June 14
From 7:00pm to 8:30pm*

Would you like to know more about how to manage your finances? Are you in your 40s and think that it's too late to start putting money aside for your retirement? Even on low income salaries there is a way to save some money. Please join us in this bilingual workshop to help you take control of your finances.

For more information or to register, please contact Annie Lecavalier: alecavalier@heritagelsl.ca

Health Videoconference

Stroke Prevention, Management and Care (Activité en anglais)

*Wednesday, June 15
10 a.m. to 11:30 a.m. via Zoom
with Dr. José Morais, MD*

For more information or to register, please contact mcgiroux@heritagelsl.ca



Rob Lutes Live Performance

*July 5th from 7-9pm
at Café sur mer
160, rue Principale, Metis sur-Mer*

Pour information: culture@heritagelsl.ca



WORKSHOPS & EVENTS

Introduction to Ceramics for Seniors - Registration

At the Town Hall (370 Beach), Métis-sur-Mer, the course dates are:

Wednesday, June 15th at 10 a.m. - creation of pieces,

Wednesday, June 22nd at 10 a.m. - glazing of pieces

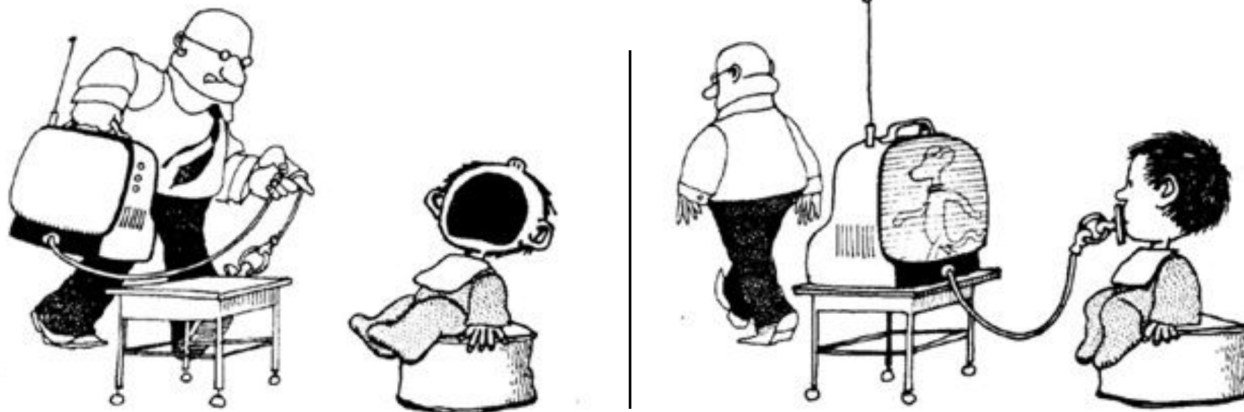
Tuesday, June 28th - pick up luncheon (time of the lunch will be decided by the participants at the first class)

Register by calling Micheline Williams at (581) 814-2183.

Seniors' wellness packages are being prepared for distribution in June.

Métis regulars will receive delivery as usual. There will also be free packages available for pick up in both the Métis and the Rimouski libraries. The packages contain information on health, activities, games, puzzles, reading material and a surprise!

Register by calling Micheline Williams at (581) 814-2183.



Elder Mistreatment

Let's take action

The current crisis is creating situations that could lead to the elder abuse. At this time it is especially important to take care of each other. As a close friend, neighbor, or family member, you can take action and make a difference in stopping abuse.



1 Keep an eye open: Be sensitive to the signs and cues to look for, and be a good listener.

Some clues to look for. The person :

- Has injuries;
- Anxiety;
- Is isolating;
- Complains of discomfort;
- Does not have enough money for essential needs;
- Changes in behavior or habits.

2 Approach the subject: Talk openly with the person without rushing him/her, wait for the right moment (safety and respect), then validate and verify your concerns with the person.

Examples of questions to ask:

- How are you doing?
- Should I be worried about you?
- Is someone making you uncomfortable?

Attention: Check your concerns with the person or a someone close to them to avoid jumping to conclusions.

3 Remain open: Listen without judgment, maintain contact, and respect the person's pace. Trust the person if they confide in you and accompany them to services if they wish.

Examples of actions to take:

- Ask if the person agrees to talk to someone they trust, their doctor, a priest, a friend, etc.;
- Suggest accompanying the person to local services (elder's rights organization, community worker, etc.);
- Leave a reference number (Info-Social 811, the Elder Mistreatment helpline);
- Let them know that you are available at any time.

Need help?



LIGNE AIDE ABUS ÂNÉS
1 888 489-ABUS (2287)

www.aideabusaines.ca/en

Québec



“THEN AND NOW” PHOTO CONTEST (WITH PRIZES) UPDATE!



Part of the Live our Heritage project is a photo contest. The theme is ‘Then and Now’ as we explore our journey from the past to the present. All photos will become part of the final exhibit that will happen during September of 2022. We want to see Métis in all its beauty from THEN to how it has changed to NOW! **The only restriction that we have is that you do not trespass on private property. Please ask permission or take your photo from the road.** Please contact Micheline Williams (581-814-2186 to share them via USB key or by email mwilliams@heritagelsl.ca). Subject: LOH Photo Contest.

START DATE: JUNE 1, 2022

END DATE: AUG 31, 2021

Open to:

- Amateur photographers of all ages (groups Adults and Students).
- Professionals may also enter but will not be eligible for prizes.
- Can be a permanent resident, summer resident or visitor to Metis-sur-Mer

Categories: *Then and Now*, recreate any personal old photo using the same people or new people. Can also be a home, pet, landscapes, or buildings. Be creative and have fun!

Region: The photographs must have been taken in the municipality of Metis-sur-Mer with the exceptions of the Trails category that includes parts of Grand Metis, St. Octave, Price, and Ste. Flavie.

Number of entries: Each photographer can enter up to 5 photos.

Exhibit: All entries will be exhibited, and winning photos will be enlarged.



Judging: A panel of 3 professional photographers will pick the winners in each category.

Ownership: Participants in the contest must be the authors and the unique owner of the rights to the photographs submitted. Participants must also confirm that they have obtained the consent to use the photos of those who appear in the photos submitted.

Copyrights: By participating in this contest, the photographer agrees to provide Heritage Lower St Lawrence permission for the following non-exclusive rights:

To reproduce, publish and exhibit each of the photographs without fees, usage or time limitations.

The participant remains the owner of the image

At the end of the competition the photographs will be added to the image bank of Heritage Lower St Lawrence and photo credits will always be given, with each use.

Format: Photographs cannot exceed 8MB in size to facilitate the print.

1. They must be in .jpg or ,tiff format.
2. Each photo must be named with your title, category, year and place taken
3. They should be submitted electronically by email to mwilliams@heritagelsl.ca ; with the subject line of LOH Photo Contest.
4. They may also be submitted by USB key by contacting Micheline Williams.

Good luck to all!



PUBLIC INTEREST NOTICE FOR THE MITIS REGION

Reopening of the popular antiques and craft shop in **Baie-des-Sables** for summer **2022**

A large collection of various antiques for sale:

Equipment and tools of workshop, bar, office, trade, house, farm, sport and leisure and many other objects of heritage and folk art.

The sanitary rules will be optional, the articles are to be seen on site, at **187 route 132** (from June 22 to September 5).

For information or the schedule to visit or make an appointment by contacting:

Gervais St-Pierre

Cell: 418-953-2153

Email : expertise.gstp@videotron.ca



Craft Exhibition & Sale

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

Wednesday, **July 27**, from 9am to 4 pm at
the **Centre des loisirs** (10 de l'Eglise)



Yoga With Barbara Pearce July 4th to August 26th

Mondays, Wednesdays and Fridays

Location: At the Town Hall, 370 Beach

Gentle Hatha yoga 8:30 to 9:30 a.m. (1 hour); Beginners are welcome, as are any other levels; Bring your own yoga mat and yoga strap



Chair yoga 9:45 to 10:30 a.m. (45 minutes)

The chair yoga 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.

Register for a month or the whole summer, 10 class card or drop-ins.

For pricing, or other information please contact Barbara at

Email: bp@barbarapearceyoga.com;

Telephone: 418-936-3171

or look on her **website** www.barbarapearceyoga.com

Pre-registration is not required.

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

Reiki or Sound Healing – By Appointment only – insurance receipts provided

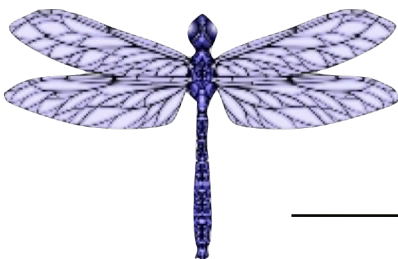
Location: : 279 Ch. de la Station

Price : Reiki \$70; Sound Healing \$80

Email: bp@barbarapearceyoga.com;

Telephone: 418-936-3171

or look on her **website** www.barbarapearceyoga.com



MASSAGE EN BORD DE MER

Lucie Falardeau
massothérapeute

Mes massages et soins sur ma terrasse intime en Bord de mer seront disponibles à partir du lundi 6 juin avec une carte de soins améliorée, mais sans aucunes augmentations des tarifs!

C'est avec un immense plaisir que je vous informe de ma nomination comme finaliste provincial pour le prix Distinction de mon association professionnelle grâce à mon concept Massage en bord de mer.

Retour du Forfait Découverte (2 heures de soins) et le forfait À deux, c'est mieux!

Réservation requise en tout temps. Pour informations et réservations:

Facebook : Massages en Bord de mer

Téléphone : 418-775-2417

Courriel : massotherapielf@videotron.ca

**18, chemin de la pointe Leggatt
Grand-Métis**



sudoku #02

					6		
		2	3	4		7	
	3	5			2		8
	6			3	7	8	
5	2				4		
3					5		4
9							2
	8		6		3		4
4			8			1	

sudoku #01

	4	3				6	7	
	7			2			4	
		5	6					8
2		9	7			8	5	
4				8		3		
3			5		4			
		4						
	8		3	7		4		
		2			6	7	8	5



THE GREEN NEWSLETTER – JUNE 2022

« MESSAGE TO THE BACKYARD BROWN BINS »

Hello,

The snow is melted, the heat is back and we go out a little more. We then notice a little more the brown bins in the backyards, these forgotten ones which for the last 5 years seem to have been abandoned for reasons as frivolous as "I don't have time", "It smells bad" or the unforgettable "I hardly generate any organic waste".

Let's challenge ourselves: **If your brown bin is still unused in your backyard, bring it back with its blue and green brothers this summer!** You'll see, it's not complicated.

"I don't have time": It doesn't take much longer to put your table scraps, potato peels, apple cores or leftovers that you've forgotten in the fridge for a little too long into a compostable bag or a countertop bin. Then, the gesture to put it in the brown bin or the green bin outside is the same. We tested, neither of the two lids is really heavier than the other, but the brown one is greener!

"It smells bad": During the summer, the brown bin is collected every week in most municipalities. Have your bin emptied regularly and problem solved. In the worst case, add a little baking soda.

"I generate virtually no material": Unless you don't cook, always finish your plates, never have produce that is past its prime,

have no plants or gardens at home, have animals that devour everything, or have a black hole that gobbles everything up, which would have saved NASA a lot of expense in photographing one some light-years away, you generate compostable material and therefore can use the brown bin. You don't need to fill it up to use it.

Remember that the brown bin is not just for the environment, it is also to reduce your waste management costs and therefore your taxes. You already pay \$15 per capita for the treatment of the organic waste, regardless of the quantity. If you don't use your brown bin, you are paying more to bury in a landfill what could have been composted! Why pay twice?

For more information on the brown bin, contact us by phone, email or visit www.ecoregie.ca. See you soon!

Vincent Dufour, waste management coordinator



Régie intermunicipale de traitement
DES MATIÈRES RÉSIDUELLES

MRC de La Matapédia et de La Mitis

Website : www.ecoregie.ca

Email : matresi@mitis.qc.ca

Phone : 418 775-8445, ext. 1138



JOB OFFERS

Research Assistant and Internship in Social Work

Our research team is growing! Are you passionate about social work and social research? Do you want to help us learn more about the English-speaking community in the Lower Saint Lawrence using a variety of social research techniques? Learn more about our new Research Assistant and Internship opportunities, and send us your application! For more information:

<https://heritagelsl.ca/job-offer-research-assistant-and-internship-in-social-work/>

Summer Community Animator

Under the supervision of the Library Services Coordinator, the main mandate of the employee will be to implement programming and animate activities related to the TD Summer Reading Club, and some general activities happening at the libraries. For more information:

<https://heritagelsl.ca/job-offer-summer-community-animator/>

Campsite Annie/Domaine Annie-sur-Mer

Metis-sur-Mer – Gaspésie

We need 2 dynamic and friendly receptionists who love customer service

day, evening, weekend / full time, part time

POSSIBILITY OF ACCOMMODATION OR A FREE CAMPING SITE FOR THE HIRING PERIOD IN THE BEAUTIFUL GASPESIE REGION

YOU CAN REACH US BY PHONE 418-936-3825

BY EMAIL louise@campingunion.com

Louise Charron, manager

8	4	3	9	1	5	6	7	2
6	7	1	8	2	3	5	4	9
9	2	5	6	4	7	1	3	8
2	6	9	7	3	1	8	5	4
4	5	7	2	8	9	3	1	6
3	1	8	5	6	4	9	2	7
7	9	4	1	5	8	2	6	3
5	8	6	3	7	2	4	9	1
1	3	2	4	9	6	7	8	5

solution #01

7	4	9	5	1	8	6	3	2
8	1	2	3	4	6	5	7	9
6	3	5	7	9	2	4	8	1
1	6	4	2	3	7	8	9	5
5	2	8	9	6	4	7	1	3
3	9	7	1	8	5	2	6	4
9	5	6	4	7	1	3	2	8
2	8	1	6	5	3	9	4	7
4	7	3	8	2	9	1	5	6

solution #02



ARE YOU READY FOR THE ST-JEAN PARTY? ON JUNE 23RD WE ARE WAITING FOR YOU!!

La fête Nationale à Métis-sur-Mer

Le 23 juin 2022 à la halte municipale

TIRE-TOI
UNE
BÛCHE!

NOTRE LANGUE AUX MILLE ACCENTS

Programmation :

- 20h Salut du drapeau et discours patriotique
- 20h30 accueil des participants
- 21h feu de joie et feux d'artifices

*Activités remis au lendemain (24 juin même heure, même lieu) en cas de pluie

En partenariat avec

Québec

FÊTE NATIONALE
QUÉBEC



Mouvement national
des Québécoises
et Québécois



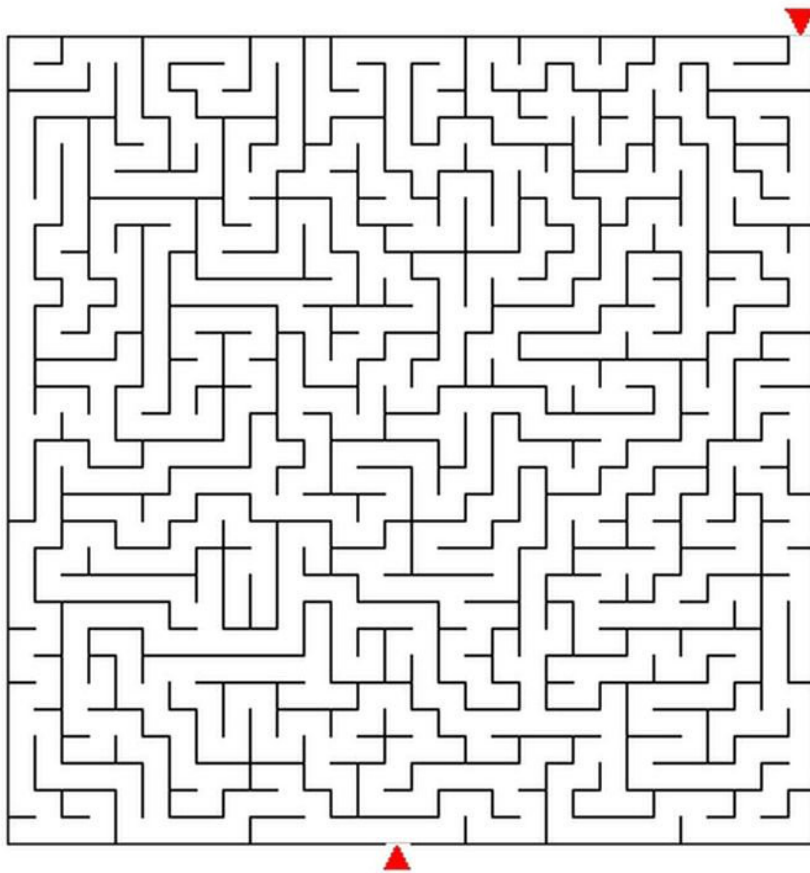
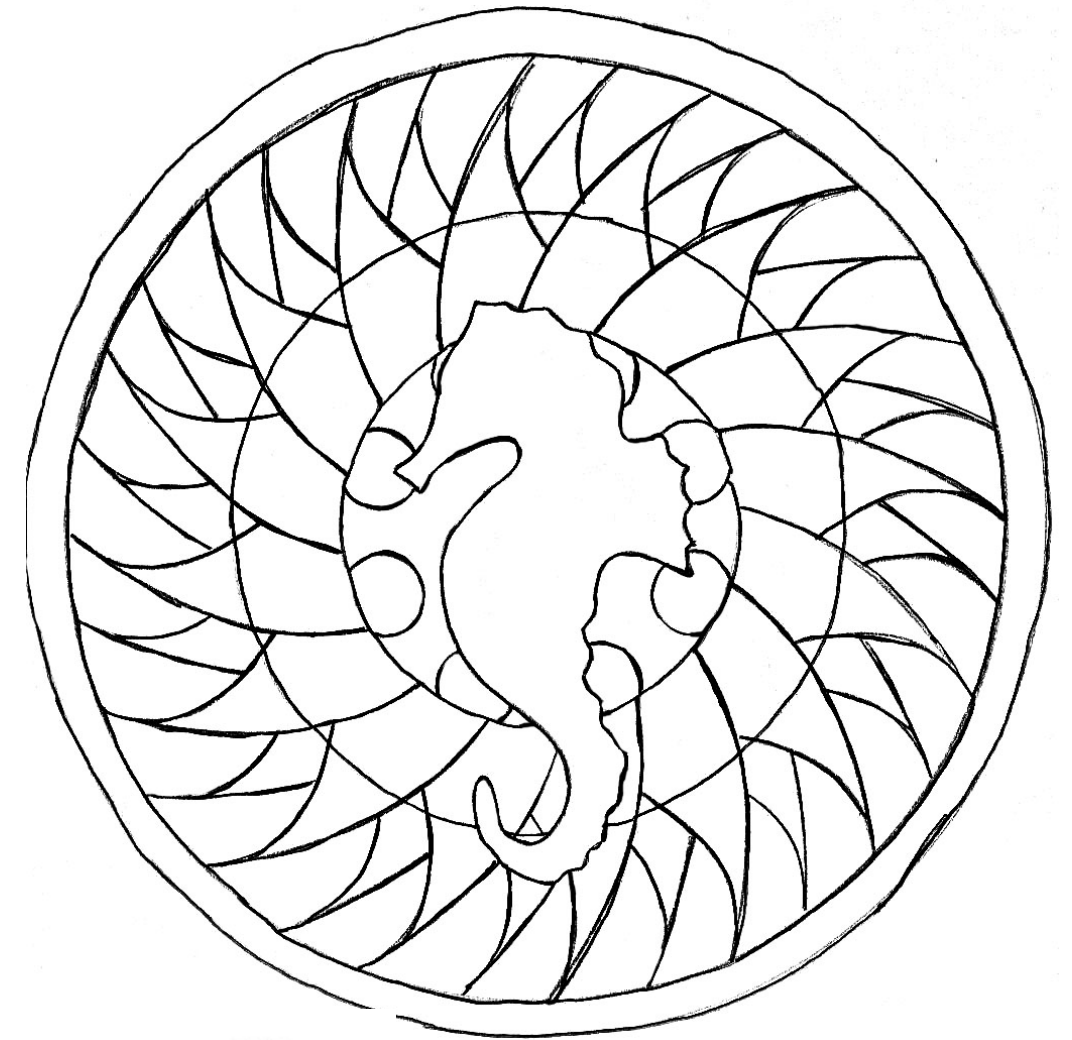
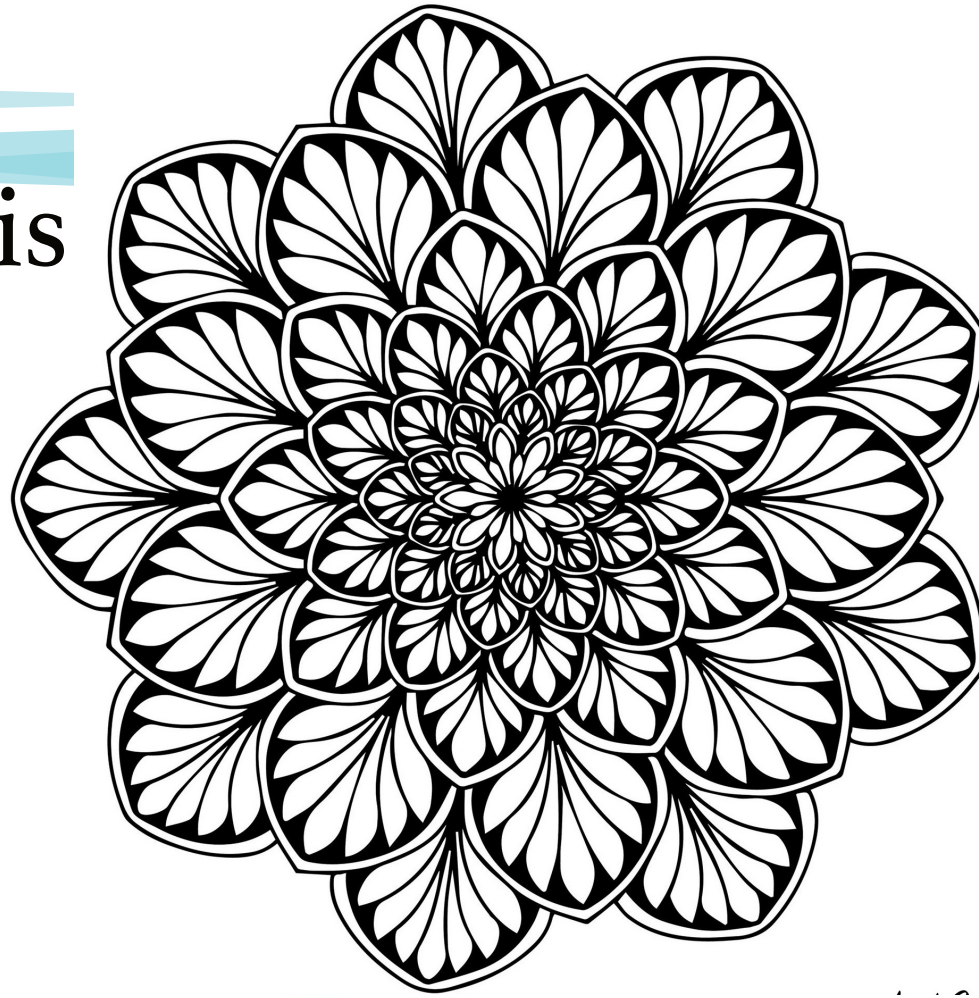
Présentateur officiel

Hydro
Québec



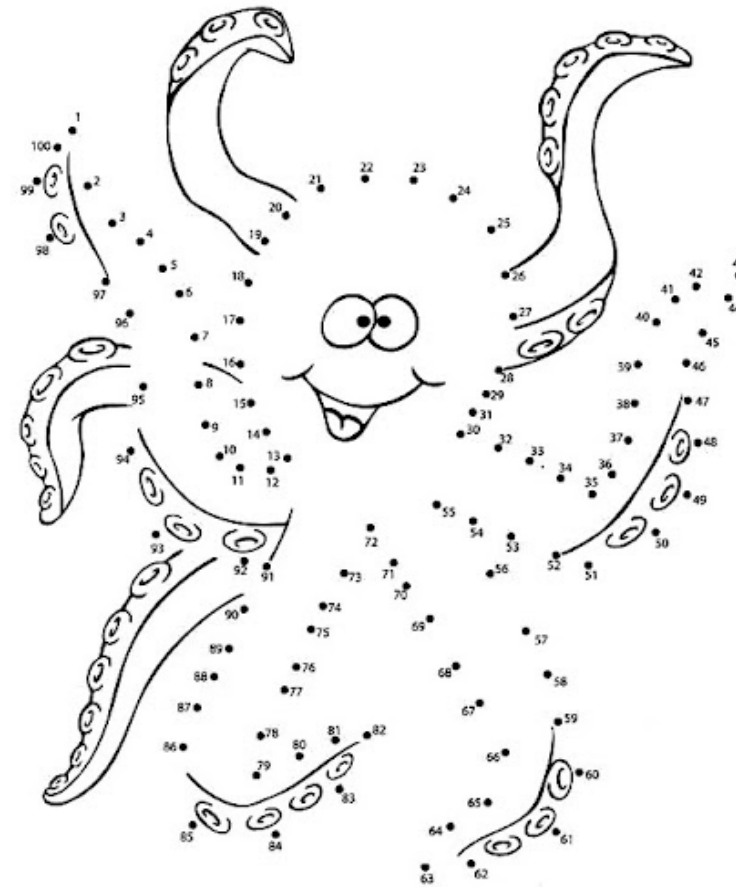


Info Métis



If you have any suggestions for the next newsletter, send them to us!!!

patric.noya@infometis.ca



Si vous avez des suggestions pour le prochain numéro, envoyez-les nous !!!

patric.noya@infometis.ca

