

Word from the President

Heritage Lower St. Lawrence has started a new programming year and our staff is busy implementing an action plan that covers health and social services, cultural activities, youth programs and community outreach.

We have recently launched a search for a new executive director (see job announcement in his newsletter edition). This is an important step for our organization that will for the first time provide the organization with a full-time executive director to lead the organization. For the past ten years we have been led by part-time staff and volunteer workers, all of whom have contributed over and above the call of duty to create an organization that has contributed in many ways to building a stronger and more vital community. To them, we owe a debt of thanks for their hard work and many hours of volunteer time and service. A new full-time director will help us in our efforts to expand our network of partners, improve our performance, secure

stable funding and increase the numbers of citizens of the English-speaking community that we reach through our activities and our events.

The summer communities along the Lower St. Lawrence come to life in June – whereas Heritage goes into a state of relative dormancy. But watch for our new 2012 calendar (featuring photos of the region by Gary Diener), an exhibition of photographs at the new café / gift shop in Métis-sur-Mer and our annual general meeting to be held at the end of this month. Please take the time to read our feature article on the new café opening later this month and where Heritage Lower St. Lawrence will host its AGM on June 28th. And come by our office (in the Metis Beach School) if you want to learn more about the community and consult our growing collection of resource material and historic documents.

The newsletter will be back in September with our fall program and a profile of our new executive director.

Alexander Reford

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Heritage Lower St. Lawrence Plays a Supporting Role in the Making of a New Cafe: Sneak Preview

Janis Gillan is passionate about setting up shop in Métis-sur-Mer next month. This summer-resident turned local businesswoman is extremely proud to let Heritage Lower St. Lawrence readers know that she is slowly but surely integrating into the permanent resident community as she attended her first newcomers' luncheon earlier this month at the community centre in Métis-sur-Mer. Gillan relishes the fact that the experience was *tout en français!* This native Torontonien is also getting to know the Lower St. Lawrence a bit better. To ensure a full integration, Gillan packed her bags and headed to the well-known Trois-Pistoles French immersion program. Gillan made the immersion pilgrimage because she was determined to improve her French so she would be able to comfortably welcome both Anglophones and Francophones into her new gallery coffee shop. Janis Gillan's *Café-sur-Mer*, located at 160 rue Principale, is slated to open July 1st. But Heritage Lower St. Lawrence will put Gillan to the test two days before that opening as she has agreed to host Heritage Lower



Janis Gillan will honour the work of Monsieur J.A. Leblond by maintaining a permanent display that includes the original store sign.

St. Lawrence's Annual General Meeting Tuesday June 28th at 5 p.m. Everyone is welcome.

Those who plan to visit *Café-sur-Mer* will quickly realize the establishment is rich in history and Gillan intends to keep some of that history alive. Don't be surprised to see some old fancy shoes lining the coffee bar. For those who don't know, the cafe used to be the home and workshop of J.A. Leblond - a well known shoemaker in the former community called Les Boules.

Gillan is keeping tradition alive on a couple of levels as she

works with the same contractor who built shelves for Monsieur Leblond in his shoemaker's shop many years ago. Local contractor Renaud Isabel has been with Gillan since the beginning of the cafe project. If anyone has the chance to see Gillan and Renaud talk shop - whether it be the colour of the café's exterior or where to put the handicap entrance door - it is obvious there is a genuine friendship and mutual trust between the two. Isabel works almost 7 days a week. After working underneath a house down the road, Isabel showed up to talk with Gillan about the café and reluctantly agreed to have his picture taken.

Gillan tells the story of one friend who visited her while she was thinking of opening the cafe in the old shoemaker shop, "she told me to tear it down." But Gillan



Janis Gillan and Renaud Isabel stand in front of their favourite place in the cafe - the coffee bar!

thought about it. Any decision she would make would be based on her wise friend and renovation partner Renaud Isabel. Gillan sought out Isabel's advice on the purchase of the building and wanted to know what he said when it came to salvaging it. Isabel, Gillan says, would have the last word. "The foundation is solid, there was no reason to tear it down," says Renaud. That was enough for Gillan. There aren't too many people who literally leave a contractor to their own devices but Gillan did, "when I left this place in the fall, it was a disaster, came back in February and it wasn't finished but the detail and craftsmanship was there ...thanks to Renaud." Isabel, a former New Brunswicker from Shediac, knows the Metis community well as he has been working there for more than 40 years. He came to work with his dad for one summer as a contractor in Amqui. The crew was building a police station in the small inland community, not far from Metis. But the seemingly genetic need of the Maritimer to see water hit Isabel, who remembers the day well, "one Sunday I said gosh I need to see the water somewhere so someone said to take a road towards here." Isabel met a local contractor who told him to stay, that there was work to be had. Isabel laughs at the memory and says, "I ended up staying more than a week. I worked for that contractor for about 27 years." Isabel rarely works outside of the old Metis community, "it's rare that I am working here (in Les Boules)."

But Gillan convinced Isabel to work with her on this café because Isabel knows the family well. Isabel built her mom's house a few years ago. "That is why I work in Metis, it's all about trust. We trust the people. They trust us. It works well." Isabel said there is one family that has used his expertise for four generations. Renaud is still passionate about his work and almost philosophical, "if you enjoy what you do and the people are nice, that's nice...we give a second life to buildings. In Metis, we take old houses, we raise them, make a new

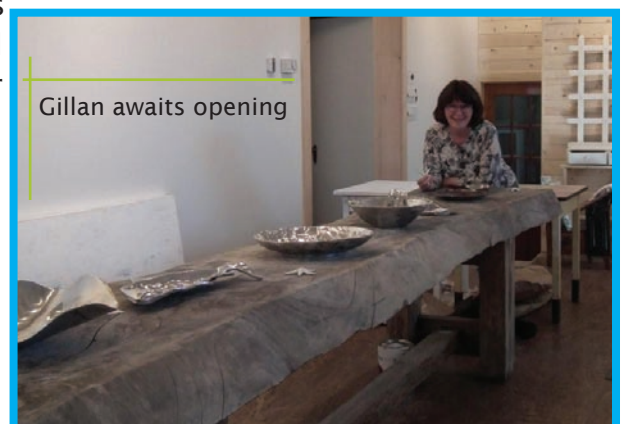


Janis Gillan displays a necklace of local jeweller Melissa Brochu whose work will be sold at Cafe sur Mer.

foundation, fix it, and then give it a new life." Renaud believes Ms. Leblond who is in her late 90s, would like to see the new café. Gillan worries that it may be too much of a change. But Renaud assures her this kind of change would bring a smile to her face. Gillan is keeping her fingers crossed that she'll get that special visit some day in July this summer. One of Gillan's priorities will be to promote the work

of local artists. The cafe shop owner has reserved a wall for people to display photos, artwork, etc. After discussions with Heritage Lower St. Lawrence health coordinator Marie Claude Giroux, Gillan has also set aside a large wall space for Heritage Lower St. Lawrence to display its work in the community. Gillan hopes to eventually get back to her painting and sculpture work on her down time. She does have great expectations when it comes to the cafe gallery. But she has already caught on as to what grassroots community building is all about, "this isn't just a boutique that you come in to buy cool stuff and have coffee. The point of this place is to allow the locals and the summer people, the Francophones and the Anglophones, to have a place to come together. I would love to have language classes...and hey if there are enough people who want to learn how to whittle a stick, I'll find an expert in stick whittling!" she jokes.

Heritage Lower St. Lawrence will host its Annual General Meeting at to Café-sur-Mer on Tuesday June 28th at 5 p.m. Everyone is welcome.



Gillan awaits opening

Metis Beach School Reading Program Struggles To Stay Afloat

Elementary and pre-k students at Metis Beach School have made remarkable progress in reading this year. The kids, who took part in the *Intergenerational Reading Program*, developed a voracious appetite for reading. The program was set up to complement the work of the school resource teacher whose mandate is, in part, to help the Francophone majority practice speaking and reading in English. The results speak for themselves. “By the time this school year ends, each child will have read between sixty to eighty books, that’s impressive,” says resource teacher, Terra McMullen. Community Learning Centre coordinator Lynn Fournier was able to access the funds and teaching assistant Nancy Astle brought the program to life. Astle lobbied for the program, “I am a reader and I really noticed



Nancy Astle with keen reader Alicia Lantagne

the kids were struggling. Many are Francophones and they just didn’t like reading in English so we thought of this program and made it a fun time.” Astle also prepares a huge snack plate for the kids as they come and choose their books.

The *Intergenerational Reading Program* basically has people, mostly seniors, in Métis-sur-Mer coming into the school to read with the children. The program allocated ten hours a week to Astle who would spend five hours reading with the kids and another 5 hours to coordinate volunteer schedules. Astle easily

adds another six or so hours of her free time on top of that, “I don’t mind doing the extra time because I love to read and the program is so successful and important.” Astle is a familiar face to students in the school. Up until last year, she worked as a teaching assistant (TA) but the job was eliminated. The foundation has been laid and there are more people in the community who are keen to participate. But the program funding has run out and all of this may be lost for next year. McMullen also had other bad news lately. She will also see the number of resource hours cut drastically for next year.

Buela Evans came by for the first time this month, “I just love it and the kids are so great. It’s hard to sometimes keep on track with the story because they have so many questions and I want to encourage that. Reading is essential here because it is a very bilingual school so they need to practice their English.” Heritage Lower St. Lawrence will try to help, in part, finance the >>> 5



Summer resident Buela Evans's first day at school with student.



Métis-sur-Mer resident Doreen Pearce reads with children. Pearce has been with the program since it began in November of 2010.



Newly arrived summer resident Pearl Sheehy reads with student.

program for next year given part of its mandate is to encourage more community outreach with the school. Anyone interested

in helping with project financing or who wants to know more about volunteering can contact

the Heritage office or Nancy Astle directly at 418 936 3380.

Executive Director

Heritage Lower St. Lawrence is seeking a candidate to fill the position of executive director to lead the organization, ensure its development and manage its staff. Heritage Lower St. Lawrence is a not for profit organization whose primary role is to provide services to the English-speaking communities of the Lower St. Lawrence. Heritage serves the 1,300 English-speaking residents in the region. It is based in Métis-sur-Mer. The organization participates actively in community development and partners with local institutions and organizations in educational initiatives, health and social services, youth projects, community events and cultural activities.

The executive director will be a talented leader able to manage a community-based organization. The executive director is responsible for establishing and executing the annual action plan, and preparing and organizing activities. The executive director is also responsible for the administration of the organization, working with the book-keeper and auditors and managing financial and other reporting procedures. Responsibilities include completing grant applications, filing reports, briefing board members and leading community initiatives.

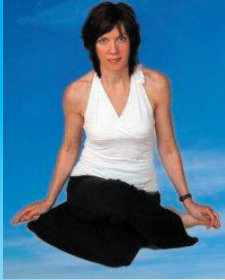
Job Requirements The executive director must be fluent in English and able to write and communicate well in both English and French. The successful candidate must have good computer and telecommunications skills, and be able to travel to occasional meetings elsewhere in the province.

Compensation The position is full-time with competitive remuneration for the non-profit sector as well as flexible working conditions (i.e. work from home, etc.). The job will commence on September 6, 2011.

Selection Process Applicants should submit a letter of intention and curriculum vitae by mail to: Executive Director Search Heritage Lower St. Lawrence, 468 Beach, Métis-sur-Mer (Québec) G0J 1S0 Or by e-mail to: heritagelstl@globetrotter.net

Applications should be submitted prior to June 30, 2011 at 5 pm. Interviews will be conducted in July. Not all candidates will be interviewed.

For further information on this position or the organization, please contact the organization by e-mail or call Alexander Reford, president, Heritage Lower St. Lawrence (418) 775-2221, x 222.



Yoga with Barbara Pearce

Metis sur Mer – July & August, 2011

Location: Town Hall at 370 Beach, Metis sur Mer, Quebec

What: Divya yoga (gentle Hatha yoga) – 8:30 – 9:30 a.m. (1 Hour)

When: Mondays, Wednesday and Fridays (July 6 – August 31, 2011)

Cost: \$132 for the month of July (11 classes @ \$12/class)

OR \$168 for the month of August (14 classes @ \$12/class)

OR \$250 for the whole summer (25 classes @ \$10/class)

\$150 for a 10 class card which can be used for any class during a 6 week period

\$17/class for drop-ins

All prices include applicable taxes: 5% GST and 7.5% QST

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

When: Mondays, Wednesday and Fridays (July 6 – August 31, 2011)

Cost: \$110 for the month of July (11 classes @ \$10/class)

OR \$140 for the month of August (14 classes @ \$10/class)

\$200 for the whole summer (25 classes @ \$8/class)

\$120.00 for a 10 class card which can be used for any class during a 6 week period

\$14/class for drop-ins

All prices include applicable taxes: 5% GST and 7.5% QST

This class is for anyone who wants to stretch and relax but is reluctant to sign up for a regular yoga class. Whether you're full-bodied, inflexible, recovering from a physical set-back or older, this is the class for you. Beginners are welcome, as are any other levels. Variations of the poses will be given to suit your needs.

Private and semi-private classes available in your home

Private: \$60/hour

Semi-private: \$30/hr for 2 people; \$20/hr for 3-4 people

Reiki – By Appointment only

Location: 439 Beach, Metis sur Mer

Telephone: Barbara Pearce 418-936-3497

\$60 for 45-50 minutes – insurance receipts provided

Contact: barbara.pearce@videotron.ca

www.newmontrealyoga.com

Local Chef Finds Garden Niche

Pierre-Olivier Ferry knows he has a good thing happening at the Reford Gardens, “there is no restaurant or kitchen where you can open the kitchen door and pick fresh parsley, basil and also work with gardeners at any time of the day.” Ferry has a smorgasbord of 120 different flowers and herbs to choose from as he continues to hone his culinary skills at the gardens. The 28 year-old native from Lachenaie just north of Montreal is entering his seventh year and by no means does he see this as a temporary stint. Ferry has bought a house and considers the Lower St. Lawrence home. The transition from city to country life was easy, “I love the outdoorsand people think there is nothing to do in the regions but there is so much going on here at the gardens in the summer...and the winter offers another way of life too.” In winter, Ferry enjoys the ever -changing landscape of the St. Lawrence River and for him, it’s a time to relax and decompress on a part-time schedule. You can find him on the cross-country ski trails or tackling the downhill slopes in Mont-Comi when he is not studying more about new herbs, planning events or simply trying different recipes, some of which, he freezes to have ready in the

summer after a long day at the gardens.

As for summertime, if you catch sight of Ferry over the next few months, he will be wearing his usual happy boyish smile and his toque (chef’s hat). But to describe this chef as busy is an understatement. As we sat down to talk about life in Métis and his summer schedule at the gardens, he remains calm as he talks on his cell phone about a situation that would unsettle most people, “I have been waiting for a forty-pound halibut from Gaspé’s Rivière-aux-Renard since this morning because I have a group of scientists dining at Estevan Lodge this evening and I am told the fish is still in Gaspé, I sort of need it soon,” says Ferry, who laughs and crosses his fingers that the fish will be thrown on a swab of ice and dropped off by truck at the gardens in a few hours. Ferry takes this in stride. The favourite part of his job is working with fresh produce but he acknowledges the downside, “you have to be prepared for things like this.”

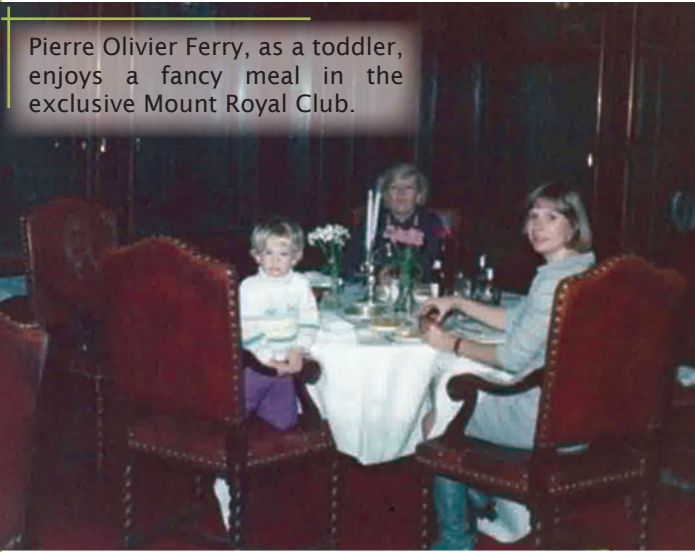
On top of being a cooking school trained chef and university educated, Pierre-Olivier Ferry has cooking in his veins. He is a fourth generation chef. The realisation that this could be his thing came in an unexpected way, “I remember having a science project in school and I asked if I could do it on cooking.

The teacher told me that if I could find some science in the cooking then by all means.” 14 year-old Ferry introduced the class to his grandfather and the concept of food molecules and the science behind food and taste. And while Ferry knew his grandfather was a ‘well-known chef,’ it is only now that the young Ferry chef realizes his grandfather’s culinary accomplishments included representing Canada at the culinary Olympics and a work stint for the Lieutenant Governor of Québec. As a young kid, Ferry remembered his grandfather as only a guy who made great birthday cakes. Later he would recall Sunday dinners with his grandfather, “there would be cocktails with about 12 different plates to nibble on. We would arrive at about 11 a.m. and finish at 6 so I think he did a lot of preparation on the Saturday...he would do all the pastry used with mushrooms and salmon....”

For a bit of chef history, Raymond Ferry starting his career at the age of 14 and >>>8



Pierre Olivier Ferry, as a toddler, enjoys a fancy meal in the exclusive Mount Royal Club.



was one of the first Quebeckers to be sent overseas to work. Ferry Sr. started in one of the first grand hotels in London, The Connaught. He became a world renowned chef in Montreal, who by today's standards, would probably have celebrity status given he was the executive chef at the Mount Royal Club as well as the private chef of Peter Bronfman, one of Montreal's wealthiest families.

Ferry loves to share his grandfather's stories, "he once told me that Mr. Peter Bronfman wanted pigeon for a meal so that same day my grandfather was driven to the Montreal airport then flown to New York to pick up a pigeon for later that day." His grandfather died last year at the age of 84 and while he never made it to the Metis Gardens, the two chefs enjoyed exchanging stories. Ferry said his grandfather was a big believer in fresh produce but he remembers him being very surprised to find out that his grandson was growing his own garden at work, "he came from another time, it was old

school, so this was all very foreign to him...today we also have products arrive as far away as Australia so easily."

Pierre-Olivier Ferry has been basking in opportunities galore. Since his arrival and together with gardens'

director Alexander Reford, the duo has made the gardens a new culinary destination. The result of their work has produced sold out events and the demand for their regional delicacies has skyrocketed (as of this visit, there was only one Saturday free this summer at the gardens for a special event. The rest is booked solid). They have also pioneered several innovative marketing projects that include culinary delights such as unpasteurized honey vinegar, organic wine vinegar, spreads, three pickles and jellies. The visit of celebrity chef, Normal Laprise from Montreal's *Restaurant Toqué*, was a defining moment. Laprise, who is a native of the Lower St. Lawrence and religious about using local producers for his award winning cuisine, was the guest chef at three culinary events from 2006 to 2008 for the International Gardens Festival. His visits made a huge impression on Ferry and how he went about developing as a chef, "it was a wonderful and amazing experience, especially when he showed up with his gardener and we did a tour of

the gardens, they found a lot of edible plants." When asked about his favourite moment at the gardens so far, it's Norman Laprise's visit hands down. In Ferry's mind, Laprise is a rock star in the cooking world, "this inspired me and opened my eyes....and to see him at work with a team of 18 - it was as real culinary show." From that moment on, Reford says, "we realized we had an untapped treasure on our site - with hundreds of edible plants and plots of unused garden beds that could be transformed for the purpose of growing small quantities of edible plants for our kitchens."

Ferry refuses to compare himself to his grandfather. Perhaps it is a question of alleviating the pressure. As for his boss, Alexander Reford sees the commitment and ability, "I see no reason why Pierre-Olivier could not follow in his footsteps. But his job at the gardens is more than that of a chef and extends to managing the dining rooms, two cafés, dozens of special events and now developing and producing a line of specialized products. It also includes managing and training his staff and increasingly representing the gardens and the Gaspésie and Lower St. Lawrence regions at tourism and promotional events throughout Québec and Ontario where his services are in high demand. He has become a great ambassador for the gardens, the region and the region's produce and producers." >>> 9



Pierre Olivier Ferry sits at a table in Estevan Lodge with some of their best selling culinary delights

Ferry believes that times have changed since his grandfather's day. But he still applies the advice his grandfather did pass on, " he told me to always be on time, love cooking, keep the passionbut most of all, I had to have patience otherwise it wouldn't work."

By the way, Pierre-Olivier Ferry would go on to show the very patience that is needed to succeed in this sometimes often stressful job. Ferry patiently waited for that famous 40 pound fresh halibut to arrive from Gaspe that day for the

visiting scientists. It never did. He got frozen halibut instead. But it was obvious the creative juices that are needed to be a successful chef were flowing for Ferry that day, "I rolled the halibut in lobster mushroom powder then roasted (the fish) with sunflower oil, served it with pickled daylily bud mayonnaise, it was great!" Most would agree that this would be a more than acceptable compromise to fresh fish that day. And many would agree that perhaps Pierre-Olivier Ferry is another homegrown Normal Laprise from the bas du fleuve in the making!

Summer Calendar of Events

Other confirmed events should appear on our web site:
www.heritagelowerstlawrence.ca

June

Saturday, June 25th

International Gardens

Festival Opening

Until October 2nd, 2011

www.jardinsdemetis.com/english

Tuesday, June 28th

Heritage Lower St. Lawrence

Annual General Meeting

Café-sur-Mer - Spread the word!

5 p.m.

Thursday, July 21st

Metis Beach United Church

Annual Bazaar

3 p.m.

Sunday, July 24th

English Literary Tea with author

Paul Almond

(Canadian film and television
director with the CBC, BBC and
ABC)

Estevan Lodge

3 p.m.

www.jardinsdemetis.com/english

July & August

Yoga with Barbara Pearce at

Metis Town Hall

See poster on page 7

August

Friday, August 5th -

August 14th

Chambre Music Festival -

Concerts aux Îles du Bic

<http://www.bicmusique.com/>

Friday August 5th -

Sunday, August 7th

MÉTIS En Fête

For more information, contact

Martine Bouchard at

936-3373 or Normand Provost

at 936-3535.

Sunday August 21st

Musical Brunch with

Anglophone musician Helena

Urfer Allan

Estevan Lodge

10 am and 2 pm

Our Board of Directors

Evelyn Annett

Jacques Bastien

Lynn Fournier

Eric Marler

Alexander Reford

Our Contact Numbers

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Our Office

Our office is located in the Metis Beach School at 468, rue Beach in Métis-sur-Mer. The office is open Monday through Friday from 9 a.m. to 12 noon. The documents, photographs and other archival material are available for consultation during office hours and by reservation.