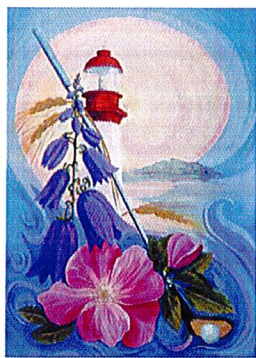


November
2019

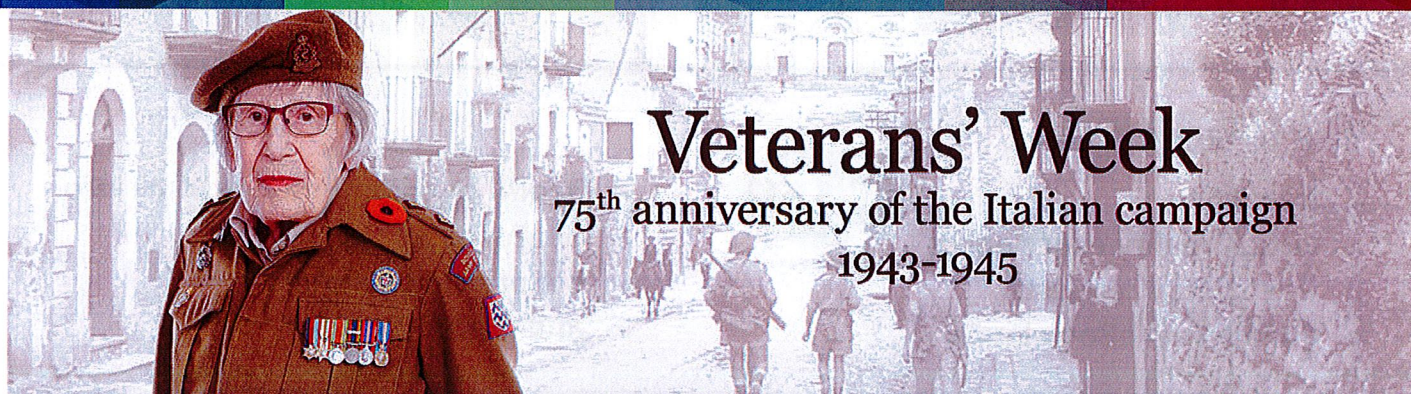
Info Métis

Municipal Newsletter and Community Info

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



Ville de
Métis-sur-Mer



Veterans' Week

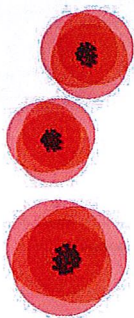
75th anniversary of the Italian campaign
1943-1945



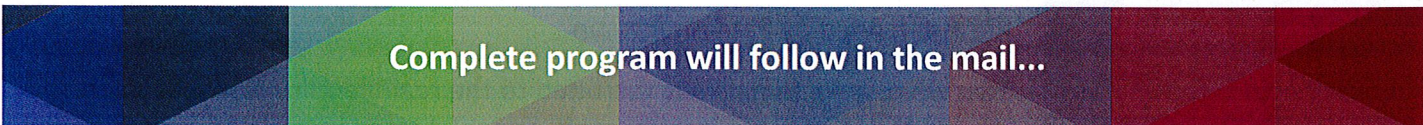
In MÉTIS-SUR-MER

November 5 to 11

- Exhibition
- Ceremony
- Quiz
- And more...



Free activities for adults and youth of all ages



Complete program will follow in the mail...

Table of Contents		What's Up With Your CLD	8	Our Entrepreneurs	12
Heritage LSL & Library	2	For Sale/Rent/Found/Wanted	10	Métis Congratulates!	13
Health	5	Active Living	11	Municipal Affairs	13
Activities	7	Community Services	12		



www.heritage.ca | www.facebook.com/heritagelsl

Deadline: 15th of the month

Contact Catherine Beauchemin at 418 936-3239 #224
or by email at cbeauchemin@heritagelsl.ca

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



HERITAGE CULTURAL RESOURCE CENTRE

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

HERITAGE LSL OFFICE HOURS : Monday to Friday, 9:30 am to noon & 1:00 to 4:30 pm
please note that our offices are closed on Tuesday mornings

LIBRARY HOURS :

MÉTIS-SUR-MER, 130 rue Principale

418-936-3239 #224

Monday to Friday pm: 2 to 4

Sunday am: 9:30 to noon

RIMOUSKI, 412 de la Seigneuresse

418-730-7685

Wednesday, Thursday and Friday pm: 1:30 to 4:30

Wednesday and Saturday am: 9 to noon

Your library offers:

- ♦ free wifi
- ♦ virtual reality experiences
- ♦ free special requests
- ♦ eReaders & eBook loans



- ♦ health or community services info
 - ♦ photocopies
 - ♦ historical documents
 - ♦ and more!
-

Free tech help available

Do you need help with your smart electronics?

Josiane and Scott will be present to offer tech support for your tablets, phones, etc... here at the library, on November 14th from 2 to 4pm.



Library's pick of the month

Kate Quinn, *The Alice Network* (adult novel)

Recommended by Pam Andersson

Two women—a female spy recruited to the real-life Alice Network in France during World War I and an unconventional American socialite searching for her cousin in 1947—are brought together in a mesmerizing story of courage and redemption.

This true story is about women who went above and beyond the call of duty. They really had to push their limits in order to succeed in the job they had to do. It was interesting to follow the different characters and see the

roles that they all played to receive information from the axis countries they were in, to transmit back to the British intelligence.

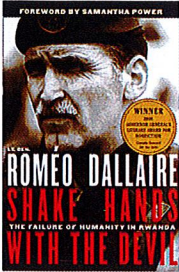
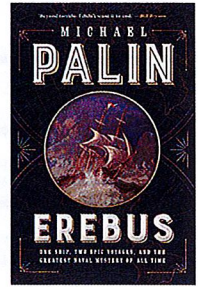
We're looking for readers to share their favorite book each month...

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

Library's newer books

Michael Palin, *Erebus* (adult non-fiction)

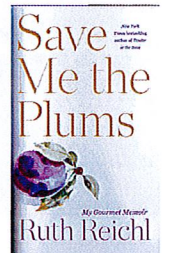
Michael Palin follows the trail of two expeditions made by the Royal Navy's HMS *Erebus* to opposite ends of the globe, reliving the voyages and investigating the ship itself, lost on the final Franklin expedition and discovered with the help of Inuit knowledge in 2014. Palin looks at the *Erebus* story through the different motives of the two expeditions, one scientific and successful, the other nationalistic and disastrous.

Roméo Dallaire, *Shake hands with the devil* (adult non-fiction)

General Dallaire recreates the awful history the world community chose to ignore. He also chronicles his own progression from confident Cold Warrior to devastated UN commander, and finally to retired general struggling painfully, and publicly, to overcome posttraumatic stress disorder—the highest-ranking officer ever to share such experiences with readers.

Ruth Reichl, *Save me the plums* (adult non-fiction)

Complete with recipes, *Save Me the Plums* is a personal journey of a woman coming to terms with being in charge and making a mark, following a passion and holding on to her dreams—even when she ends up in a place she never expected to be.

Adib Khorram, *Darius the great is not okay* (youth novel)

Darius Kellner speaks better Klingon than Farsi, and he knows more about Hobbit social cues than Persian ones. He's about to take his first-ever trip to Iran, and it's pretty overwhelming—especially when he's also dealing with clinical depression, a disapproving dad, and a chronically anemic social life. In Iran, he gets to know his ailing but still formidable grandfather, his loving grandmother, and the rest of his mom's family for the first time. And he meets Sohrab, the boy next door who changes everything.



HERITAGE
Lower Saint Lawrence
Bas-Saint-Laurent

FREE - in English

HERITAGE RIMOUSKI RESOURCE CENTRE

414 de la Seigneuresse

ACRYLIC PAINTING

WORKSHOPS

Fall 2019

SUNDAYS → 1PM – 3:30PM ←
Oct 27, Nov 10, 17, 24 & Dec 1*

(*optional, to be confirmed)

TO REGISTER: 418-730-7685 / culture@heritagelsl.ca

November 17 to 23, 2019

EARLY CHILDHOOD WEEK



“Children under 6 may be young now, but they are our entire future,” said [name and title of your organization’s spokesperson]. “There are currently too many kids without access to quality daycare, healthcare, social services and public play areas. Because all children should have the same opportunity to fully develop, it’s up to all Quebecers to do something about it.”

Early Childhood Week is the ideal opportunity to come together and reflect on the living conditions of the youngest members of our society. [Add information on your activities.]

A full lineup of activities will take place across the province over Early Childhood Week to raise awareness among decision-makers and the public with regard to the key role young children will play in the future of our society.

Make early childhood a social priority in Quebec

handinhandforthelittleones.com | Facebook: @Touspourlestoutpetits | #earlychildhoodweek

At the MÉTIS
library
Sunday,
November 17,
at 10 am



Bilingual Story-time for Toddlers

For 18 month-5 year-olds

Followed by an activity and a little snack
Children must be accompanied by an adult.!

FREE—Please register at the library or call 418-936-3239 #224

At the RIMOUSKI
library,
all week during
regular
opening hours

Story reading, arts and crafts,
language development activities,
and the Wall of Dreams...

Add a picture or a note to our

Wall of Dreams

What are your little one’s dreams?

What can we do to make them come true?



hand
in
hand
for
the
little
ones
.com

VACCINATION AGAINST SEASONAL INFLUENZA (FLU VACCINATION)

The regional flu vaccination campaign starts on November 1st.
In Mont-Joli, vaccination clinics will be held on November 6-7-8 and December 12.
In Baie-des-Sables, it will be held on November 13.

To reduce your waiting time, you should register:

Online: grippe.cisssbsl.com

By phone, Monday to Friday, 9am to 4pm: **1-866-445-0601**.

CISSS du Bas-Saint-Laurent staff will also be offering the vaccine to residents of long-term and intermediate care facilities, as well as seniors' residences. It is also possible for persons who receive home care services to be vaccinated at home.

The vaccine is free for high-risk individuals:

- ♦ People with chronic diseases, from the age of 6 months;
- ♦ People aged 75 and over;
- ♦ Pregnant women with certain chronic diseases, regardless of the stage of pregnancy;
- ♦ Pregnant women in good health, during their 2nd or 3rd trimesters;
- ♦ Relatives living under the same roof and caregivers of the persons mentioned above and of children under 6 months of age;
- ♦ Health care workers, particularly those providing direct care to patients in hospitals and in long-term care facilities (CHSLD);

*This year, children aged 6 to 23 months who are in good health and persons 60-74 years of age can receive the vaccine free of charge upon request even though they are no longer considered at-risk.

Any other person can be vaccinated at his/her own expense.

Vaccination = The. Best. Protection.

Visit grippe.cisssbsl.com for details.





Services offered at the Baie-des-Sables CLSC service centre

20, rue du Couvent (Municipal building)

A CLSC clinic is open every Tuesday and Thursday
from 8 am to noon and, when needed, in the afternoon

Routine care services offered by the CLSC nurse (in French only):

- *Wound assessments and dressing changes
- *Stitch and staple removal
- *Catheter replacement and care
- *Blood tests
- *Urine samples
- *Vital signs: measuring and monitoring
- *Glycaemia measurement and diabetes monitoring
- *Information transmission

Chantal Sinclair, nurse. For information 418 772-6851 (please leave a message)

Please note that you must have a Matane Hospital card,
available by request at the admission at 333, rue Thibault à Matane. Info : 418-562-3135 #0.



Ateliers de relaxation parents-enfants (de 4 à 10 ans) Relaxation/Yoga-conte/ massage

Une série de 5 ateliers parents-enfants seront offert **gratuitement** à la communauté par l'école Metis Beach. Vous êtes donc chaleureusement invités à venir partager ces moments précieux de détente avec votre enfant. Durant ces 5 rencontres, nous expérimenterons des techniques de relaxation par le jeu, du yoga par le conte et allons faire l'apprentissage d'une routine de massage sur chaise simple et ludique comportant une quinzaine de mouvements. Le massage se donne sur les vêtements au dos, aux bras et à la tête et peut facilement être refait à la maison !

Les ateliers seront animés par Karine Berthelette, instrutrice de massage à l'école, massothérapeute agréée et enseignante spécialisée en arts plastiques.

**Un beau cadeau à s'offrir en famille !
Les grands-parents sont les bienvenus !**

Quand? Du 9 novembre au 14 décembre (pas de cours le 16 nov.)
Les samedis matin de 10h à 11h

Où? À la cafétéria de l'école Metis Beach, 468 Beach

Pour vous inscrire ou si vous avez des questions,
n'hésitez pas à communiquer avec Karine au 418-318-3750.



YANNICK GAGNON

Friday, November 15 at 8 pm

At the Métis-sur-Mer community center

Cost: 8\$ presale at the municipal office or 10\$ at the door

Bar on site!

Info: please contact 418-391-6295 or loisir.bds-msm@outlook.com



Seniors' Friendship Lunch



A great lunch
with good company

Tuesday, November 26, at noon
At the Town Hall (370 Beach)

Cost: \$8

Reservation before November 21
Please call Gaby (evenings): 418-936-3393

All Welcome!

FRIDAY BREAKFASTS

At the Centre des loisirs

(10 de l'Église)

Every Friday

from 8 to 10 am



A tasty breakfast at a great price!

Hope to see you there!

NEEDED: regular or occasional volunteers.

Please call Martine Bouchard with your
availability 418-936-3373

~All profits fund the Métis-sur-Mer
Community Training Room ~

Activities every Wednesday

At the Centre des loisirs (10 de l'Église)



At 1pm: Cards, boardgames,
Cribbage, Scrabble, bingo

***New* at 3 pm:**

Coffee and snacks for all

Welcome to members and non-members! Information : Diane at 418 936-3276



Viactive

Physical exercise adapted
for people 50 and over

At the Centre des loisirs (10 de l'Église)

Free, every Tuesday at 10 am

What's up with your CLD

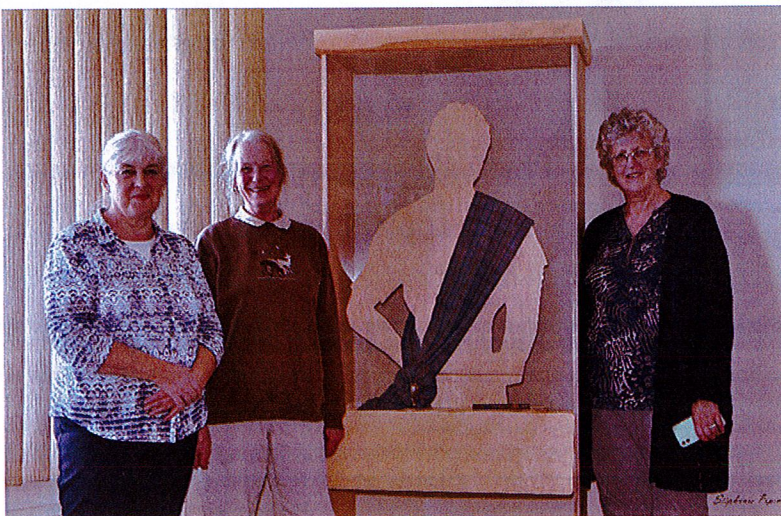
A Word from the President

This month, we are introducing a brand new feature! We thought you might like to get to know the entrepreneurs based in Métis-sur-Mer a little better, so we will interview them for you. This may not happen every month, but we will try to bring you a new **“Spotlight on local entrepreneurs”** interview as often as possible, depending on everyone's availability. This month, Marjelaine Sylvestre and I met with Sonia and Maria Castillo at the Café; the two sisters each manage their respective businesses, but quite often work as a team with great synergy.

For Métis entrepreneurs who would like to be featured, please do not hesitate to contact Marjelaine (marjesylvestre@gmail.com) or myself (svpepin@videotron.ca) to schedule your interview. We will be happy to meet you for a chat and to take some pictures.

The Métis-sur-Mer Tartan

The CLD commissioned Marc Gagné, cabinet-maker, to build us a customized cabinet to display our tartan, designed as part of Métis 200, on a permanent basis. It was delivered on September 27th and set up in the municipal office, where the project's initiators were eagerly awaiting to install our beautiful tartan. All that remains for us to do now is to order the plaque that will explain the colours chosen for the tartan: red for the passion that animates those who live here, blue for the mighty Saint Lawrence that graces our doorstep and the purity of the air we breathe, green for the serenity of the natural environment that surrounds us, gold for the unique quality of life that we enjoy and silver in celebration of life lived in harmony.



Martine Bouchard and Pamela Andersson were the initiators of the project in 2018.

Designed and executed on the loom by Diane Dubois.



Spotlight on local entrepreneurs!

A few years ago, the Castillo sisters, Sonia and Maria, fell in love with Métis-sur-Mer, falling for its irresistible charms just like we did ourselves. So they settled here with their respective spouse, started a family and continue to hold jobs in Matane. The similarities between the Castillo sisters don't stop there. Two years ago, Sonia started her own small business, *L'apôthicaire du village*, based on the dōTERRA essential oils, and a year later, her sister



L'apôthicaire du village | Sonia Castillo
418-318-0506

Maria joined her team, starting her own business, *Mimi ô quotidien*. Founded in 2008, dōTERRA's mission is to provide pure essential oils of superior quality suitable for everyone, from the novice to the expert, and which can be used safely on your loved ones.

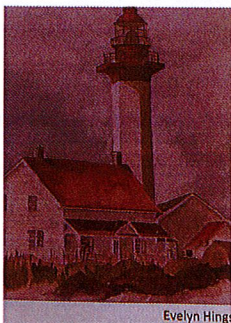
The Castillo sisters have made essential oils part of their daily lives, in their cooking, their personal care, their domestic chores, and then finally, their professional development. Working part-time from their homes, they have been building their expertise and clientele. One of the things they love most about this business is the time they get to spend with their clients and the relationships they build. Several times a year, they hold workshops and demonstrations for their customers with dōTERRA products. The business has been expanding, in Métis as well as elsewhere, which has led Maria to decide to now devote herself to this work on a full-time basis starting in December.



Mimi ô quotidien | Maria Castillo
581-624-4240

Whether it is for single oils, ready-to-use oil blends, supplements or personal care products, for a particular problem, for prevention or simply for your own well-being, do not hesitate to contact them via their Facebook page or by phone. They will be happy to guide you in choosing just the right product!

For Sale/Rent/Found/Wanted



FOR SALE: Cards (Watercolour, 3½ x 5", envelope included)

\$5 each or \$20 for 5

Available at Heritage LSL (130 Principale)

All sales to be donated to « Restore the Light Fund ».

Many thanks to Jennifer Kay & Michael Dingle

In
French

Aspiring farmers: young milkers and young shepherds wanted!

Free training will be offered to young people aged 12 to 17 who wish to learn about farming, milking cows or caring for sheep.

The Jeune Trayeur and Jeune Berger courses are also a great opportunity to get casual employment on a farm, in the evenings, on weekends or during school breaks. In 2019, more than 10 young peoples were able to work on farms near their homes.

Are you responsible? Do you like animals? Do you have good manual skills?
These training courses are for you!

You can register online: <https://bit.ly/agriculteursenherbe>

The Jeune Berger training shall take place on Saturday, November 9 or 23, 2019, at ferme-école du Centre de formation professionnelle Mont-Joli-Mitis. You are interested in Jeune Trayeur courses, too? It will be given this winter, in February or March. You can register now.

INSCRIS-TOI À LA **FORMATION GRATUITE JEUNES BERGERS** POUR LES **12-17 ANS**

AGRICULTEURS EN HERBE
jeunes trayeurs + jeunes bergers

des MRC de
La Mitis
la Matanie
la Matapédia
Rimouski-Neigette

ET OBTIENS TON PREMIER EMPLOI !

D'une durée de 4 heures, les samedis 9 ou 23 novembre, cette formation te permettra d'aider les producteurs ovins à effectuer certaines tâches les fins de semaine, pendant les vacances ou la relâche scolaire.

Pour plus de détails, ou pour t'inscrire, contacte **Marc Tétreault**, répondant, Collectif de formation agricole
Par courriel : mtetreault@upa.qc.ca
Par téléphone : **418 723-1939 #4116**
Via le formulaire en ligne : bit.ly/agriculteursenherbe

100 UPA POUVOIR NOURIR POUVOIR GRANDIR Eau-Solier-Lescent CFP Jeunes gens - Aides MRC de LA MATAPÉDIA MRC de Rimouski-Neigette MRC de La Matanie MRC de La Mitis MRC de AFFAIRES

Métis-sur-Mer Recreation Committee

The Annual General Meeting (AGM) of Métis-sur-Mer's Recreation Committee will take place Thursday, November 14th at the Centre des Loisirs, 10 rue de l'Église, at 7:00 pm.

Come and find out about our accomplishments this year and our plans for the future. Looking forward to seeing you there!

Your Recreation Committee is looking for volunteer members; available for 1 meeting per month and 5 to 6 activities per year.

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

Active Living

ZUMBA GOLD with Geneviève Fournier -10 -class session for the 50+ group

Minimum of 15 registrations before November 15 Fees : 111\$

Information : Diane Dubé Guilbeault 418-936-3276



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...

** FALL SCHEDULE**

	Morning	Noon	Afternoon	Evening
Monday :	7:30 - 9:00	12:00 - 13:00	3:15 - 4:15	6:30—9:00
Tuesday :			3:15 - 4:15	6:30—9:00
Wednesday :	7:30 - 9:00	12:00 - 13:00	3:15 - 4:15	6:30—9:00
Thursday :				6:30—9:00
Friday :	7:30 - 9:00			
Saturday:				6:30—9:00

Membership fees

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

**Please note that membership fees also cover sports activities which take place in the Envol School gym. Additional fees (ex. cost for a coach or instructor) may apply for certain activities.*

REGISTRATION and INFORMATION: Marcel Blanchet at 418-936-3318 (6:30 - 9 pm) or mcelbchet@gmail.com

Habitations Le Beaulieu—Appartements available

Public Notice of Selection

The Municipal Housing Bureau (OMH) of Métis-sur-Mer would like to notify eligible people residing in Quebec, who might be interested in living in a low-rent apartment, that there is one apartment available at Habitations Le Beaulieu (15 rue du Couvent, Métis sur Mer).

To apply or for further information, please contact

Our Entrepreneurs

Notice to all businesses of Métis-sur-Mer:

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

Please contact Catherine Beauchemin. (See p. 1)




Dépanneur Métis-sur-Mer

Business hours

Sunday: 8 a.m. to 9 p.m.
Monday to Wednesday: 7 a.m. to 9 p.m.
Thursday to Saturday: 7 a.m. to 10 p.m.

Bruno Leblanc, owner

Tél.: 418-936-3536 | 97, route 132



SPÉCIALISTE EN PRODUITS DE CÈDRE

418.750.6587

18 Macnider - Métis-sur-Mer
Locaux de Boiseries Rousseau

Dominique Sirois, propriétaire  cedrejdsirois@hotmail.com

NOS PRODUITS DE CÈDRE

Planches emboutetés de finitions intérieur
Moulures de portes et de fenêtres
Bois pour patio • Revêtement extérieur
Poteaux et poutres
Tables de pique-nique • Autres produits sur demande

** Produits en métèze sur demande*



House for rent— weekly or monthly

Beautiful view on the Metis Lighthouse

First floor: kitchen, dining room and living room. Wood stove.
2nd floor: 3 bedrooms, 1 bathroom

www.aubluetea.com

Lyse, 581-624-3300

The mayor of Métis-sur-Mer obtained, during a recent convention of the Quebec Federation of Municipalities, her diploma as municipal administrator following her successful completion of a course offered to municipal elected officials.

Ms. Dubé was part of a group of 10 elected officials of Quebec to receive this diploma last month. She completed her training in a year and a half. This program, which consists of several courses, aims to improve the knowledge and understanding of several fields of municipal interventions. The MRC of La Mitis recognized this achievement during their meeting last month.

Appart from Carolle-Anne Dubé, another official of La Mitis obtained his diploma as municipal administrator. The councillor of Sainte-Flavie, Robin Boucher, was part of the 10 recipients recognized by the FMQ in 2019.

Original text and photo: Jean-Philippe Langlais, L'Avantage



Carolle-Anne Dubé is congratulated by the prefect of MRC of La Mitis, Bruno Paradis.

Municipal Affairs



Ville de Métis-sur-Mer

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



**WINTER IS COMING: HERE ARE FEW ARTICLES ABOUT THE MANAGEMENT OF SNOW
(REGULATION # 03-08)**

ARTICLE 3: SNOW/ICE

Conforming with articles 498 of the Highway safety code and 415.22 of the Towns and Cities Act, it is a nuisance and is therefore prohibited to throw or dispose of snow or ice from a private property on the streets or yards, on public land, in public parks, in municipal waters or watercourses.

ARTICLE 5: IMPOSSIBILITY OF SNOW BLOWING

If it is impossible to blow the snow on the private property, or if the owner refuses to have the snow blown on his or her property by the municipality, a fee of \$40 (forty dollars) will be charged to said owner, each time snow would have been blown, to pay for the removal and transportation of the snow.

ARTICLE 7: WINTER PARKING

It is forbidden to park or stop a vehicle on the public way between 11:00 p.m. and 7:00 a.m., from November 15 to April 15 inclusively, in the territory of the municipality. Offenders will be fined \$30 (thirty dollars) plus administrative and postal fees.

It is also time to install your driveway entrance marker, please make sure that they are installed on your property and not on the public right-of-way.

BEFORE WINTER

It is strongly recommended to install appropriate driveway markers to identify the edge of your property to facilitate snow-clearing operations and minimize the damage that could be caused by the removal of snow. These markers must stay in place until spring. If the markers are removed before, you will be solely responsible for the damage to your property. The municipality will install additional markers in some places.

DUMP FOR BRANCHES AND DEAD LEAVES

Please note that the dump on Station Road will be closed as of the first snow.

PUBLIC NOTICE

SPECIAL SESSION CONCERNING THE ADOPTION OF THE 1- BUDGET FORECASTS FOR THE 2020 FISCAL YEAR AND BY-LAW #19-138 - THE IMPOSITION OF REAL ESTATE TAXES, SERVICE TAXES AND TARIFFS FOR THE 2020 FISCAL YEAR.

PUBLIC NOTICE is hereby given that a Special Session of the Municipal Council will be held

Thursday, December 12, 2019, beginning at 7:30 P.M. at the municipal hall, 138 Principale, Métis-sur-Mer.

AGENDA

- 1- Call to order
- 2- Reading and adoption of the agenda
- 3- Reading of budget forecast 2020;
- 4- Question period about budget forecast 2020
- 5- Adoption of budget 2020;
- 6- Adoption of By-law #19-138 - the imposition of real estate taxes, service taxes and tariffs for the 2020 fiscal year;
- 7- Adjournment.

The deliberations and the question period held during this session will pertain exclusively for the 2020 budget.

Given at Métis-sur-Mer, this 29th day of October 2019.



Stéphane Marcheterre,
Director General and secretary-treasurer

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 park, and deposit it in a container or bag.



Be respectful of your neighborhood and tie up your dog.

A WORD FROM THE MAYOR

We have repaired and re-paved the hill on Astle Street and the re-paving of McLaren Street is currently underway. In conjunction with another municipality, we are in the process of obtaining a subsidy to acquire a heating unit for asphalt. This new equipment will allow us to repair our roads with greater ease. The usual files are following their normal course of action and all the activities of the various committees on which I sit, have resumed. Our civil security plan is also now complete.

On September 26, I received my diploma of Municipal Administrator at the Palais des Congrès de Québec. This knowledge will allow me to work more efficiently for you all! I attended the leaders' debate at the Mistral, which was very well organized and very respectful.

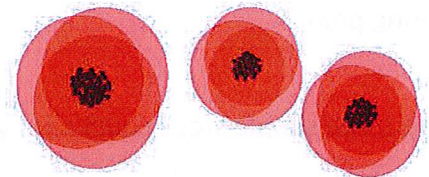
Do not forget to congratulate all the volunteers of our municipality. It is due to their hard work that we can benefit from so many activities here. I would also like to thank the citizens who come to our monthly meetings.

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

The next Town Council meeting will be held on Monday, November 4, 2019 at 7:30 pm and the Borough Council meeting on the same day at 6:30 pm in the Council Chamber.

Best regards,

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



INFO PRÉVENTION

When you turn back your clocks, check your smoke detectors!

With the cold season comes an increased risk of home fires because the heating equipment is a common cause of fatalities. So this winter, keep yourself and your loved-ones protected! When you turn back your clocks as Daylight saving time ends, please take these simple steps:

1. Check all your smoke alarms.

- Replace the batteries in all your smoke alarms and push the test button. If you rely on models with lithium batteries, you won't have to change the batteries, but make sure to push the test button anyway.
- Expose the smoke detector to burning incense or a candle just blown out. Stay at a reasonable distance so as not to damage the device or start a fire!

2. Install smoke alarms to protect all the following areas:

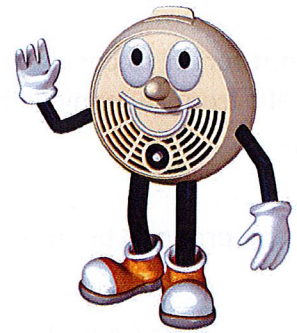
- on each floor, including the basement
- in the corridor, near the bedrooms
- in each bedroom where people sleep with the door closed

Ionization smoke detectors are the most common. They are installed near the bedrooms. Photoelectric smoke detectors are installed near the kitchen, bathrooms and heating appliances.

If you choose a smoke detector with a long-lasting lithium battery, you won't have to change the battery, but please still verify its operation regularly.

Electric smoke detectors can be interconnected. Thus, your security is enhanced because they all initiate an alarm at the same time, regardless of where the fire is located. They should have an emergency battery in case of a power failure.

The ULC logo must appear on the smoke detector, indicating that the device meets Canadian standards.



3. Have an evacuation plan.

Is each occupant familiar with it? Do you perform a yearly evacuation drill? Have you identified an outside meeting point?

These three simple steps could save your life or one of a family member, so please follow them!

CAUTION: Never remove a battery from a smoke detector that triggers alarms too frequently. It is probably located too close to the stove or bathroom. Move it slightly away or get a photoelectric smoke detector instead.

CAUTION: Smoke detectors **do not detect** carbon monoxide (CO) – a deadly gas. If you have carbon monoxide sources in your home (wood stove, oil furnace, built-in garage, etc.), purchase both types of detectors.

And no matter which model you choose, its lifespan is 10 years maximum!

Information from the
Ministère de la Sécurité publique du Québec
and the Red Cross.

You have some questions? Contact us!

Korin Gagné et Cédric Bélanger
Service de sécurité incendie et civile
418 775-8445



The Green Newsletter – « Is it worth recycling? »

Hello,

Over the last few months, recycling in Quebec has been mistreated, particularly with the overwhelming reports on recycling rates, the refund proposition of the bottles of wine, the committee on the issues of local recycling and valorisation of glass, the committee on the modernization of the recovery and recycling industry, Quebec sorting centers threatening to close and so on. In short, it's normal to end up wondering: Is it worth recycling?

Without a doubt, the answer is: YES.

First, it's important to understand that your materials are recycled. The current crisis is linked to market prices so low that sorting centers needing the sale of those materials to operate are no longer sustainable. The materials are sometimes recycled at loss. This is why we end up with solutions such as using glass as recovery material in landfill sites because it is more profitable in the short term than to modernize the sorting centers in order to obtain better quality and thus to have access to glass recyclers or to more acceptable and more regional solutions. It is on this issue that the committees mentioned above work.

Second, the printing, packaging and containers industry is responsible for the costs of recovery and recycling. As a result, they finance more than 90% of Québec's curbside recycling system compared to waste management where we, as citizens, are the only ones to pay 100% of the costs. Thus, in addition to being more ecological, it is economical to recycle!

Finally, your participation in the recycling system helps divert more than 4,000 tonnes of recyclable material from landfills each year, while creating jobs in the region and being good for the environment. Thank you!

For more information on sound waste management, do not hesitate to contact us by visiting www.ecoregie.ca or by calling 418 775-8445, ext. 1138.

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

