



Ville de Métis-sur-Mer

Info Métis

Municipal Newsletter and Community Info

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



LES COMPAGNONS
DE LA MISE EN VALEUR DU PATRIMOINE VIVANT
DE TROIS-PISTOLES



HERITAGE
Lower Saint Lawrence
Bas-Saint-Laurent

PRESENT:

Christine Bolduc
Multidisciplinary artist
Storyteller, singer and author



Chronicles of Fragility^{In}

The zany and touching story of a young woman and her relationship with tears and vulnerability. We meet a panoply of highly sensitive characters, those who are often pushed to the margins of society. A compassionate awakening to the beauty of the world with all its imperfections...

Chronicle of Fragility, a manifesto that claims the right to our fragility...



OCTOBER 5, 2018 @ 8PM

CAFÉ SUR MER (160 Principale, Métis-sur-Mer)

ENTRANCE FEE / DOOR: \$12

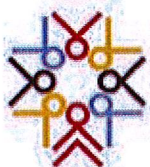
For adult and young adult audiences

In English only!

Métis 200

See activities on page 7

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HERITAGE
Lower Saint Lawrence
Bas-Saint-Laurent

**DEADLINE: 15th of the month if the text has to be translated;
20th of the month if it is provided in English and in French
-in Word format.**

Please contact Marie-Claude Giroux at 418 936-3239 #223
or by email at mcgiroux@heritagelsl.ca If you would like to
receive the Info Métis via email, please just ask !



HERITAGE CULTURAL RESOURCE CENTRE

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

HERITAGE LSL OFFICE HOURS :

Monday—Friday, 9:00am-noon & 1-4:30pm *please note that our offices are closed on Tuesday mornings**

NOTE: OFFICES WILL CLOSE AT 4PM OCTOBER 1, ELECTION DAY AND OFFICES WILL BE CLOSED OCTOBER 8, THANKSGIVING MONDAY

LIBRARY HOURS –Fall 2018 :

MÉTIS-SUR-MER

(418-936-3239 #224) :

Monday to Friday: 2 - 4 p.m.
Every Saturday: 9:30 to 12:00

RIMOUSKI BRANCH

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

Tuesday: 3pm – 5:30pm Wednesday : 9:30am – 2pm
Thursday: 3pm – 5:30pm Friday: 10am – 1pm Saturday: 9:30am – 12pm

FREE SPECIAL REQUESTS, EREADERS, EBOOKS, WIFI, HEALTH INFO, COPIES, HISTORICAL DOCUMENTS, AND MORE!

More than 100 new titles are waiting for you, and dozens of new titles to support your child too!

Here are some suggestions...

J. Armour, A. McKim: Scotch Settlers Living There Alone— The History of the Presbyterian Church in Metis, 1844-1884

Tayari Jones: An American marriage (A)

Minette Walters: The Last Hours (A)

Sergio de la Pava: Lost Empress (A)

Kitty Curran : My Lady’s Choosing (A)

Daniel Silva: The Other Woman (A)

Sandra Brown: Tailspin (A)

Amy Meyerson: The Bookshop of Yesterdays (A)

Michael Ondaatje: Warlight -Large print (A)

James Patterson: Texas Ranger (A)

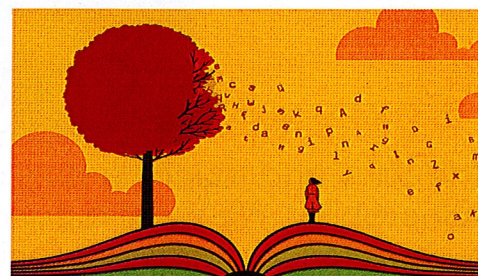
Karen Whooley: Crochet Projects that Will Hook You

Jane Yolen (x3): On... Bird Hill - Duck Pond -Gull Beach (PB)

William Ritter: The Dire King (YA)

The Cat Encyclopedia for Kids (DOC-J)

Cooking Step by Step : +50 Delicious Recipes for Young Cooks



YOUR FALL READING

IN 3 EASY STEPS:

- 1) Visit the library
2) Pick out new books: we can help!
3) Get a hot drink, get Comfortable, and soar!

Types of works:

- A: adult
LG.PR.: large print
A-CB: adult comic book
DOC: adult non-fiction
YA: young adult
CB: comic book
JR: junior novel
J: youth non-fiction
PB: picture book
BB: board book

For more choices, visit the library or consult our online catalog: www.reseaubibliobsl.qc.ca

**WANTED : VOLUNTEERS & BOOKS FOR YOUTH
OUR GOAL : TO CONNECT AND ADD 100 RECENT BOOKS**

Do YOU have time or recent books to donate, to help us offer quality services ? Heritage Lower Saint Lawrence is looking for volunteers and books to help us improve services, signage and our library collection!

WE'RE LOOKING FOR...

RECENT CHILDREN'S OR YOUNG ADULT BOOKS, IN FRENCH OR ENGLISH, PUBLISHED AFTER 2013 : books for new readers, comic books, young adult or youth novels, non-fiction works, comics, children's books, etc.

VOLUNTEERS TO HELP OUT IN METIS OR RIMOUSKI: Do you like people, or reading? We are looking for people like you to read stories to toddlers, sort and prepare books, operate the lending desk, etc.

**INTERESTED? THANKS FOR CONTACTING DIANE OR MELANIE IN METIS @ 418-936-3239
OR ANNA IN RIMOUSKI: 418-730-7685**

**METIS ARTS : LOOKING FOR SENIORS
FOR FREE MOSAIC WORKSHOPS**



Do you live in La Mitis and would like to learn how to create mosaics while participating in a rewarding intergenerational project? Would you appreciate meeting with elementary students from Metis Beach School and sharing some great moments with them? Whether you are Francophone, English-speaking or bilingual, you can join a group of seniors who will receive free mosaic workshops offered by artist Lisan Chng, so you can participate in this wonderful community project!

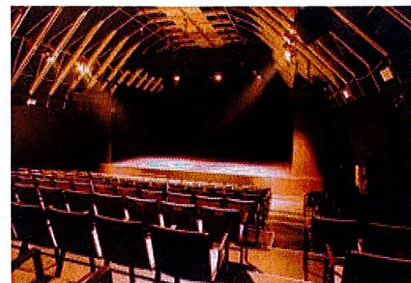


Contact us to find out more: 418-936-3239 #0 Annie or Melanie

**METIS ARTS : COMMUNITY THEATER
LOOKING FOR SENIORS AND OTHER ADULT PARTICIPANTS**

Do you live in La Mitis and would like to participate in a theater project? Whether you are Francophone, English-speaking or bilingual, you can join group of seniors and other adults who will be guided in a wonderful theater project by stage director, actor and community theater specialist Stephanie Beaudoin.

Contact us to find out more: 418-936-3239 #0 Annie or Mélanie



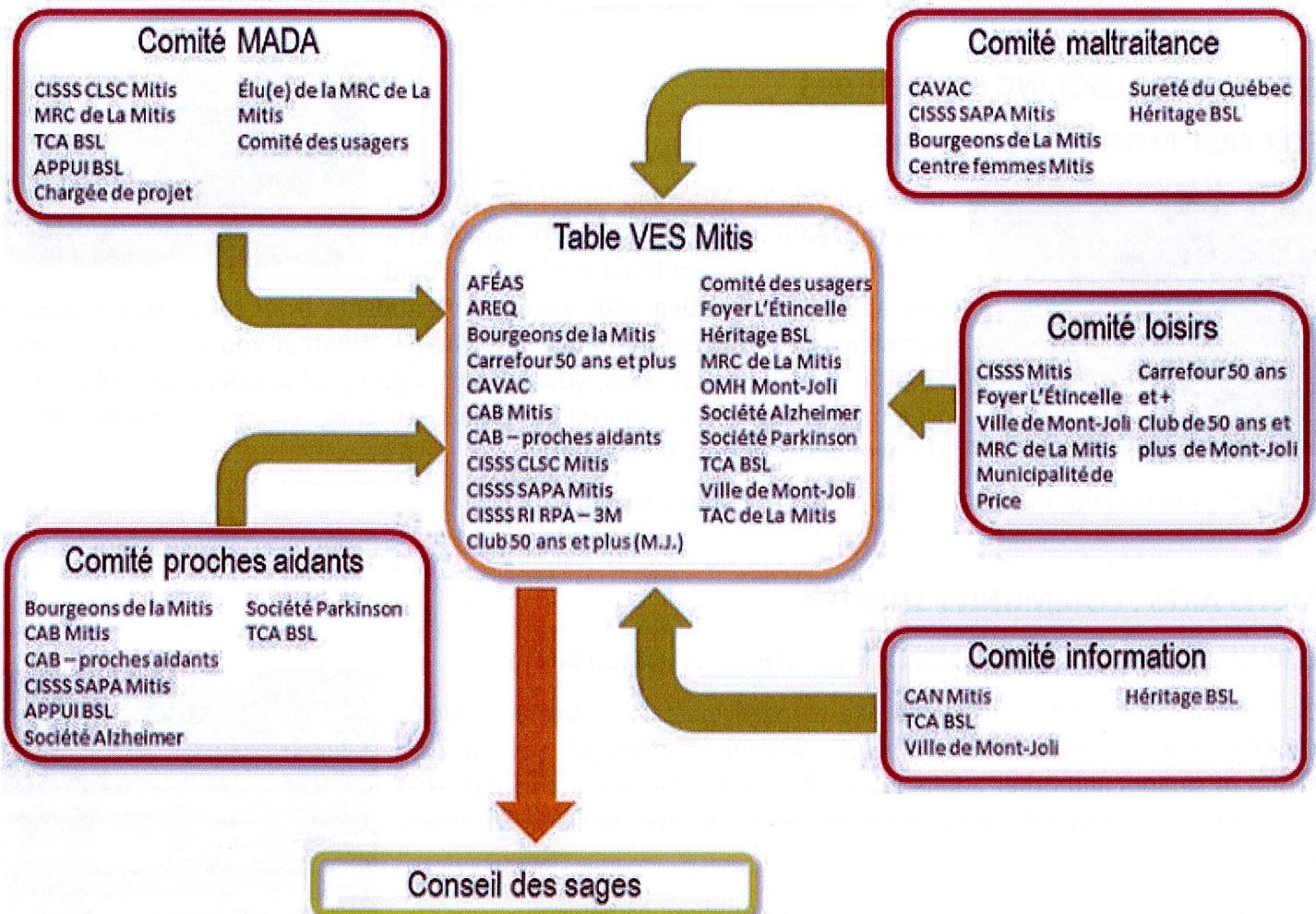


Since 2014, local community groups and institutions have been discussing aging in la MRC de la Métis. As well, more than 20 agencies (see diagram) have been meeting four times a year in a discussion group called, « Round Table; Aging in good health », to discuss priorities, major issues, and actions to take to better serve the Mitis senior population.

Arising from the local initiative were four committees focussing on the issues of abuse, leisure, caregivers and communications.

As a result, numerous projects have been undertaken, among which should be noted : the creation of a service and resource guide for seniors*; a guide to help in identifying senior abuse*; the hiring of a community worker for caregivers; the airing of information and awareness messages on television and radio and the hiring of an activities community worker for private seniors' residences. These are some of the projects that were undertaken by the « Table Vieillir » en santé de la Mitis.

*Documents available, in French and in English, at Heritage LSL.



**Come and meet ;
José Roberge, kinesiologist**

Demonstration and tips to help you do more physical exercises.


Saturday, November 3, at 10 am
(about one hour, followed by a light snack)
At the Centre des loisirs (10 de l'Église)

FREE !

Also a possibility to visit the community training room, if desired.

For all ages!

Welcome everyone!



José Roberge
Kinésiologue

- Évaluation et bilan de la condition physique et des habitudes de vie
- Évaluation de la capacité cardiorespiratoire (VO2 max) et du métabolisme de repos
- Programme d'entraînement personnalisé, suivi et counseling
- Séances d'exercice supervisées
- Plan Remise en forme

Bouger, c'est la santé

Clinique de Kinésiologie José Roberge
1824, boul. Jacques-Cartier, Mont-Joli
581-805-9027

Jose@kinjr.ca
<http://kinjr.ca>



**MARDI 9 OCTOBRE
2018 18H00**

GROUPE DE SOUTIEN

**pour les proches
aidants de La
Mitis**

• • • • •

**10 SEMAINES DU 9 OCTOBRE
AU 10 DÉCEMBRE 2018**

**INSCRIPTION PAR TÉLÉPHONE
AU 418-775-4144
POSTE 226
AUPRÈS DE KIM JOHNSON**



Free HEALTH VIDEOCONFERENCE -in English!

Exploring Life Losses

Grief is the natural reaction to loss. Some examples of loss include the death of a loved one, the ending of a relationship, job loss, loss due to health issues or the loss of independence.

Yvonne Clarke, Grief Counselor and Family Therapist, has many years' experience helping adults to understand the grieving process, as well as children's grief.

Wednesday, October 24, 10 a.m. to 12 p.m.*

At Heritage Cultural Resource Centre

(130 Principale, Métis-sur-Mer)

*** FREE snacks will be served, please tell us if you plan to come!**

Info: 1-855-936-3239 (toll free) or 418-936-3239



Part of the COMMUNITY HEALTH EDUCATION PROGRAM (CHEP),
a CHSSN initiative funded by Health Canada through the Roadmap for Canada's
Official Languages 2013-2018: Education, Immigration, Communities.



WEDNESDAY ACTIVITIES

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

Every Wednesday, from 1 p.m.
Cards, boardgames, bingo , pétanque, and snacks.

*We would like to hear your suggestions about other activities that you would like us to organize (example: teams to play Bowling, Musclez vos méninges/Jog your mind, Viactive, or any other), and what would be the best schedule for you.

Diner de la rentrée October 24, at noon

Member: \$10
Non-member: \$12

Reservation : Please contact Diane, 418 936-3276

Welcome to members
and non-members!

IN FRENCH

Soirée de théâtre et de financement

Fondation HERITAGE 2000 - 

Possibilité de covoiturage.

Info : Kathy au 418-936-3245 Diane au 418 936-3276

Une pièce de Carole Tremblay

**FEMME
CHERCHE
HOMME**

Une présentation de la
**Troupe de
théâtre Sébec**

En collaboration avec les
**Clubs des 50 ans et plus
de La Mitis**

Billet 20\$

Information : 418 536-3622

Samedi 10 novembre à 20h
à la Salle René-Dupéré-Desjardins de Mont-Joli

Impression : Journal du Bloc, à Blanc

No.: 099

FRIDAY BREAKFASTS ARE BACK!

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

Every Friday
from 8 to 10 a.m.
as of October 19



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 ~

Métis-sur-Mer Recreation Committee

The Annual General Meeting (AGM) of Métis-sur-Mer's Recreation Committee will take place Tuesday, November 6th 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.

For more information please contact Sabrina Simard sab_6_149@hotmail.com, Lynne Bruce [418-318-4005](tel:418-318-4005)/lynne.bruce@essb.qc.ca or any other member of the committee.

Métis 200



Celebrating Metis' 200th anniversary... The story begins in 1818 with the establishment of a seigneurie... John MacNider brought the first settlers from his native Scotland, by ship. He is credited with settling the region and founding the communities that would become Grand-Métis, Métis-sur-Mer, Les Boules and Baie-des-Sables.

Every month over the coming year, a timeline will be published in the Info Métis (see p.10), and activities will be organized.

For a list of all the Métis 200 activities, you can pick up a program at most businesses in Métis.
Follow us on Facebook Metis 200



Métis 200

An annual event that's been put on for over 150 years!

Traditional roast turkey dinner with all the fixings, for all of the community to enjoy!

To benefit L'Association Socio-Culturelle de Métis (Town Hall Committee).
All proceeds will help to maintain, repair and improve the Hall.

THANKSGIVING SUPPER

Traditional dinner

Saturday, October 7

Metis Town Hall (370 Beach)

First Sitting at 5 :30 p.m.
Second Sitting at 7 :00 p.m.

Adult : 15\$ | Child : 6\$



Seniors' Friendship Lunch

Don't forget to wear your Scottish Halloween costume!
A great lunch, good company, and a special exhibition to discover all kinds of cultural traditions around Halloween, like those having to do with turnips...

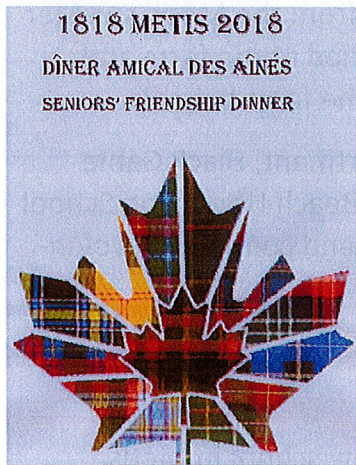
Tuesday, October 30 at noon

At the Town Hall (370 rue Beach)

Cost: \$8

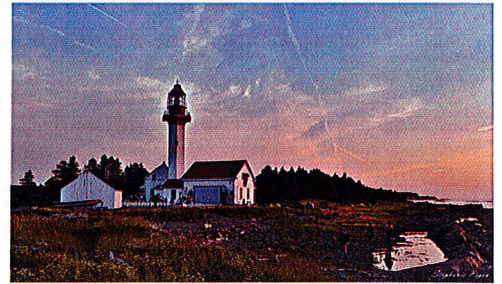
Reservation before October 25. Please call Gaby (evenings): 418-936-3393

All Welcome!



Congratulations & Acknowledgements

Congratulations to the film maker John Price. The movie which he presented at Metis Lighthouse, on July 20th in the celebrations Metis 200th, was greatly appreciated by all people present on this magnificent summer evening. This work gathers memories of the life near this historic place.

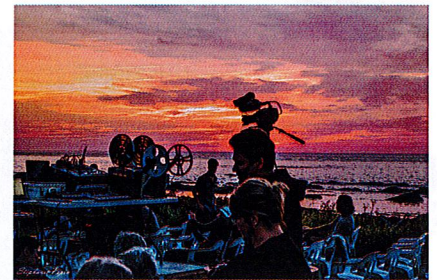


In the last moments of the movie, when I saw the technicians draining the bath of mercury at the top of the Lighthouse, a feeling of nostalgia seized me. I told myself it was really the end of time of all the keepers who worked at Metis Lighthouse over the years, and who ensured the smooth running of this mechanism of the rotation of the prism before the automation or after.

I saw my grandfather climb the stairs of the tower every four hours. Many times he had to bring containers of kerosene to feed burners and to be sure of the reliability of the light to secure the navigation on the St-Lawrence River.

Thank you, John, for this magnificent work, which should serve as support for the new vocation of the Metis Lighthouse, as publications and efforts did before this historic site was designated patrimonial.

Paul Gendron



Crédit photos: Stéphanie Pépin

Youth



METIS BEACH SCHOOL NEWS



Once again, the annual Metis Beach Terry Fox Walk was a great success. The participants completed the 11 km trek from the Métis-sur-Mer Fire Hall to Black Gable Farm. A delicious lunch was provided at the farm and then the afternoon was spent playing games and visiting the farm animals.

We would like to express our sincere gratitude to The Métis-sur-Mer Fire Department, Black Gable Farm, Association Socio-culturelle de Métis (Town Hall Committee), The Metis Beach Home and School Association, Edith Turriff, Pierre Jean, Alberte Dubé and the numerous parents and community volunteers.

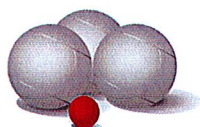
Our New School

We are still in Sainte-Jeanne D'Arc, but will very soon be moving back to our new school in Métis.

Follow up in the next issue of the Info Métis for the date of the inauguration ceremony.

DO YOU LIKE PLAYING PETANQUE?

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



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



COMMUNITY TRAINING ROOM

(École l'Envol, 30 rue du Couvent – East entrance)

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

NEW: FALL SCHEDULE

	Morning	Afternoon	Evening
Monday :	7:30 - 9:00	3:15 - 4:15	6:30 - 9:00
Tuesday :		3:15 - 4:15	6:30 - 9:00
Wednesday :	7:30 - 9:00	3:15 - 4:15	6:30 - 9:00
Thursday :			6:30 - 9:00
Friday :	7:30 - 9:00		

Membership*

Métis residents : \$25/month or \$4/day Non-residents : \$30/month or \$5/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.

***INDOOR-HOCKEY* Mondays from 6:30 to 9 p.m.**
 14 years old + / \$3 per person -Come and join in!

***BADMINTON* Wednesday evenings-Welcome!**
 Raquettes et volants disponibles.

ZUMBA WITH VANESSA CARON

Session -Starting at the end of October, on **Tuesdays**, 7:00 pm. (\$)
INFO : 418-936-3318 (evenings)



MUAY THAI Boxing with Marc Vinette

Session -Starting mid-October, on **Thursdays** at 7:00 pm (\$)
INFO : 418-936-3318 (evenings)



7 McNider, Métis-sur-Mer

SINCE 1901

Golf and Tennis

Open to tourists and community members every day until October 14.



Daily golf fee : \$20

« End of season » membership : \$140
 Tennis fee: half-day : \$15 ; All day : \$25

EVERYONE WELCOME!

Information: 418-936-3464 Club (office) or
 418-936-3143 Caddy house

Every month over the coming year, Heritage Lower St. Lawrence will publish a timeline featuring some of the key dates in the history of Metis and some historical highlights to celebrate Metis' 200th anniversary. Our goal is to bring the history alive by allowing some of the early settlers and others Metisssers to speak directly to you.

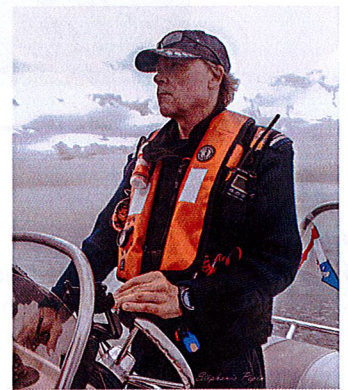
If you want to learn more, you can consult HSL archives. Also, if you have texts, illustrations or photos you would like to share with the project, please send them to Pamela Andersson at pandersson@heritageisl.ca



MARINE RESCUES AND RESCUERS

The heroics of Friday, September 21 to save two sailors caught in the terrific winds and waves when their boat capsized off Rimouski highlight the perils of navigating on the St. Lawrence. Autumn storms make navigation even more perilous than usual. The water is dangerously cold and can bring hypothermia and death in just minutes.

Commander Ted Savage, a Metis resident, led the Canadian Coast Guard Auxiliary response. He described it as one of the most harrowing rescues of his 12-year career with the auxiliary. CBC Radio described what happened: "For more than an hour, the auxiliary crew struggled to get a line out to the couple to pull them into the boat. Eventually, they managed to hook them both, but a wave thrust the woman so hard she let go and was cast into open waters. [...] He and the crew decided to keep the man aboard their Zodiac since he wasn't injured and was kept dry by his immersion suit, not to lose any of the time they needed to rescue his partner. [...] He and the crew tried to get a line out to her from different positions. After more than two hours, Savage decided to execute a manoeuvre typically reserved for calmer seas. Clouds had broken and a nearly full moon gave him a better idea of the surrounding obstacles. [...] Jonathan Brunet leaned overboard to grab the woman and pull her into the rescue boat, ending the hours-long operation. He timed his approach to the woman so the waves would allow for the boat to tilt toward her and give crew member Jonathan Brunet just enough time to reach out and grab her while the other men held on to him. "She was great. She just intrinsically knew what we were trying to do," Savage said. "She never, ever gave up. [...] Not everything worked out the way it was supposed to, but at the end, nobody got hurt and nobody died, and that's a great outcome. And we're pretty happy about that."



Commander Ted Savage



The sail boat as it was found the next day.

Sailing and cargo ships have frequented the waters near Metis for centuries. Gilbert Bossé has carefully chronicled the many wrecks in the region in the 19th century. Shipwreck hunter Samuel Côté has pinpointed their exact location with the help of the sophisticated surveys done by the Canadian Hydrographic Service. Many Metisians have witnessed wrecks from the shoreline and come to the aid of sailors once they have made their way to shore. Some have also had the courage to come to the assistance of mariners to rescue them in open water.

Alice Sharples Baldwin lived through the wreck of the *Idrija*, a Yugoslavian vessel that lost engine power off Metis in October 1975. In her book "*Metis – wee Scotland of the Gaspé*", she told the story of the community's efforts to offer the sailors shelter and sustenance:

Crédit photos: Stéphanie Pépin

The Wreck of the *Idrija*

Well done, Metis

The morning of Sunday, Oct. 10th, 1976 – Thanksgiving Day Weekend – dawned stormy and cold the wind was wild and the waves high. Early Risers, Breakfast-Getters, Hunters, Mass-Goers and Joggers looking casually out to sea, stopped dead, rubbed their eyes or the window pane, incredulously looked a second time. Apparently directly before them, not more than a mile off shore lay a large vessel seemingly in flames – there was a rush for binoculars; scantily-clad seamen could be seen lining the deck and attempting to signal Distress. The vessel proved to be the Yugoslavian Bulk Carrier M.B. *Idrija*, bound for Baie-Comeau to pick up a load of wheat. The bad weather had driven her from the harbour. Then fire had broken out at 0100 hrs, resisting all efforts to control it; the radio then went out of commission. At six o'clock the engines had stopped – Dropping both anchors, the crew found themselves 600 feet west of Metis Lighthouse. They knew nothing of the Canadian Thanksgiving but they had a cause for thanks; in the course of an ordinary week, few watchers might have been found along the shore.

Now calls poured in to the Police at Rimouski and Matane, to Mayor Rousseau, to the Metis Volunteer Fire Brigade. From all accounts, the rescue was organized with speed and efficiency but the time seemed endless – ghosts of the unhappy ships wrecked on those same reefs, in that same icy water, at the same season of the year; the *Ocean*, the *Amanda*, the *Laurel* and the *Montmorency*, came to haunt the anxious watchers from the shore.

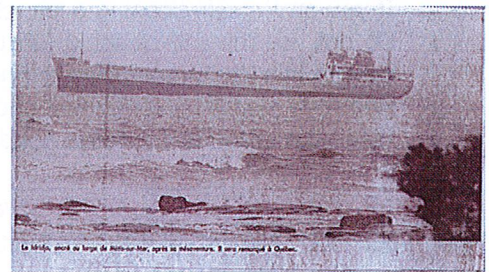
Then the situation clarified: the Security Police would take the men from the vessel by helicopter, two at a time to the Metis School. The yard afforded landing space and shelter and warmth would be immediately available to the sailors, who had been fire-fighting mostly half clothed throughout the night.

Despite high seas and fierce winds, the crew of thirty-four were successfully air-lifted from the ship to the school – a few suffering from superficial burns and smoke inhalation – all exhausted. Here clothing was waiting for them. The resourceful Metis women had canvassed the village for men's wear. One source of supply was the Town Hall where a rummage sale had recently taken place and the men's clothing had not been in great demand. When the supply of shoes gave out, Mme Leblond of Les Boules opened her shop and produced footwear... Visitors helped where they could.

Mrs. Winnie Turriff writes that although they were "chilled to the bone" and tired, the men "took time to select the best fit they could find and something that suited their taste" discarding sweaters or shirts that did not match. One man now wearing blue and grey checked trousers with a blue sweater and grey jacket was delighted with his appearance..." Soon all the refugees were better dressed than the townspeople gathered at the school"...

[...] Edith Turriff and her sisters-in-law and other members of the family arrived at the school with thirty-four dinners containing roast turkey, dressing, vegetables, cranberry sauce, etc., individually packaged in foil dishes! They were followed by several kinds of pie... "I don't believe" writes Winnie (Mrs. Lorne) Turriff – "that we ever enjoyed a dinner more than this one that was eaten by someone else"...

Following this memorable meal the sailors slept exhausted on the floor of the schoolroom, in a circle, feet to feet.



The *Idrija*, anchored off Métis, after its misadventure. It will be towed to Québec.



COOKING FIRES

In Quebec, almost one-third of residential building fires begin in the kitchen.

These fires are mostly caused by human errors, distractions, etc.

In addition to burns, heavy human and material losses result.

Many unfortunate events can be avoided by simple preventive actions.

HOW TO PREVENT COOKING FIRES

Turn off cooking appliances when you have to leave the kitchen or your home;

- Do not store objects in the oven or on the top of the range;
- Keep a portable fire extinguisher handy, a few meters away from the stove, for example at the kitchen entrance, and learn how to use it;
- Keep paper or plastic items and fabrics away from heating elements;
- Keep oven mitts, in good condition, handy, but at a distance from the heating elements;
- Regularly clean the cooking appliances and the range hood. An accumulation of grease represents a danger of fire:
 - ♦ If you own a self-cleaning oven, clean regularly;
 - ♦ Do not use the self-cleaning function if a lot of residue has accumulated at the bottom of the oven. It could ignite since the temperature during cleaning can easily rise above 480 ° C (900 ° F);
 - ♦ Regularly clean the containers under the electrical elements of the range;
 - ♦ Clean the inside of the stove hood and the outside. The accumulation of greasy residue can catch fire.

NEVER use a saucepan to deep-fry your food. Always use a CSA or ULC certified fryer with a thermostat for deep-frying your food. Always read the instructions for your device before use. Heat the oil slowly and turn off the fryer immediately after cooking.

WHAT CAN YOU DO IF THERE'S A FIRE ON THE STOVE?

- Never move a container whose contents are in flames;
- Put out the fire by placing a lid of the appropriate size on the container. Use an oven mitten to place the lid on the container because the steam or flames can burn you badly;
- If possible, turn off the heating elements, including those in the oven;
- Close the kitchen hood;
- Call the fire department, even if the fire seems to be out. The latter could have infiltrated into the duct of the hood;
- If the fire is out, but there is smoke build-up, open windows and doors to ventilate and evacuate your home;
- If the fire spreads, close the windows and doors quickly if you have time, then quickly evacuate your home and call 911;
- Replace or have your range inspected before reuse after a fire. Do so for any other cooking appliance.

You've got questions ? please contact:

Renaud Gagnon or Korin Gagné

Fire prevention service – MRC de La Mitis

418 775-8445

Text: Quebec Department of Public Safety



Childcare Places Available

24 rue du Couvent, Métis-sur-Mer (École L'Envol)

Opening hours: Monday to Friday, 7am - 6pm

There are places available at the childcare center "Centre de la petite enfance les Pinsons" Métis-sur-Mer facility, for children up to 5 years old. These are multi-aged groups. We offer quality, subsidized child care at \$7.75 per day.

For a future baby or any eligible child, it is important to register on the single-window access to childcare services in Quebec at www.laplace0-5.com. For information please call **418-739-5080 ext. 101**

Habitations Le Beaulieu, Apartment for rent - 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 Diane Beaulieu, Manager, at 418-772- 6030 # 1100.

For Sale/Rent/Found/Wanted

-FOR RENT :

Very nice apartment, 3½, fully furnished, cable supplied. Available by the day or by the week. Non smoker only.

Please call 418-936-3587, June Smith or Pierre Tecca.

FOR SALE OR RENT IN MÉTIS-SUR-MER

Houses, apartments, lots

In order to facilitate the recruitment of new residents and families, a list of residences and lodgings for sale and for rent is regularly updated by generous volunteers.

This list is available on the Town web site at www.ville.metis-sur-mer.qc.ca/fr/nouvelles/maisons-et-logements-disponibles-metis-sur-mer as well as at Heritage Lower St. Lawrence and the Caisse Populaire.

For information or to register a property, house or lodging for sale or for rent, please do not hesitate to call David Paquette at 418-732-7701 or email david@sharawadji.org.

Our Entrepreneurs

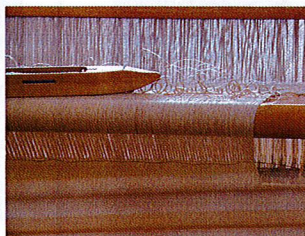
Notice to all businesses of Métis-sur-Mer: you are invited to promote

your products and services in Info Métis - for Free!

If you would like to receive a monthly reminder, please contact Marie-Claude Giroux. (See p. 1)

Les toiles de mer... Métis-sur-Mer

Weaving studio and boutique



Welcome!

After September 15:

On the fly or by appointment.

117 Principale | 418.936.3838



Dépanneur Métis-sur-Mer
OPEN EVERY DAY from 7am to 10pm

Change of schedule

Please note that the opening hours will be changed for the winter period, **from Monday, October 14, 2018 until Sunday, May 19, 2019.**

Here are the changes:

- 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.**

All the staff at the Dépanneur Métis-sur-Mer thank you for your understanding.

Bruno Leblanc, Owner

Tél.: 418-936-3536 | 97, route 132



October at the café...

We will be open on

Saturdays and Sundays,
from 9 am to 5 pm.

We will also be open on **Monday, October 8,**
Thanksgiving Day.

Join us for our **Thanksgiving SALE.**

Soup, salad, paninis, grilled-cheese, baked goods, coffee and hot beverages are offered.

Follow us on facebook.com/cafesurmer
160 Principale | 418-936-3936

Cèdre J D Sirois
SPÉCIALISTE EN PRODUITS DE CÈDRE
418.750.6587
18 Macnider - Métis-sur-Mer
Locaux de Boiseries Rousseau
Dominique Sirois, propriétaire | [f](https://facebook.com/cedrejsirois) | cedrejsirois@hotmail.com

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

** Produits en mélèze sur demande*

Toilettage Colombe

418 775-5356
384, Rang 2 Est des Écossais
Grand-Métis QC G0J 1Z0

- Service de tonte et toilettage canin et félin
- Tonte régulière et spécialisée
- Coupe aux ciseaux
- Taille et limage des griffes
- Nettoyage des oreilles
- Vidange des glandes anales

LES ENTREPRISES
Jacques Marcheterre
ENTREPRENEUR EN CONSTRUCTION
88, rte 132 418 936-3293

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Kitchen cabinets / Renovate

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Écologiques S.E.N.C.

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Jean Pierre Tanguay et Jean-Yves Deschênes, propriétaires
207, route 132 Est
Métis-sur-Mer Qc G0J 1S0
Tél. : 418 560-2044
Courriel : quai.flottant@hotmail.com
Site Internet : www.quai-flottant.com

Claude Bélanger, vendeur
Tél. : 418 775-2775
Cell. : 418 731-0020



My name is Sonia Castillo, L'apothicaire du village. I would like to share with you my passion for dōTERRA Essential Oils and how they can contribute to your overall health.

Would you like to know more? Join me for a free one-on-one meeting or for a free workshop in my house or in the comfort of your own home.

Your well-being, one drop at a time!

[418-318-0506](tel:418-318-0506) | so_castillo@yahoo.ca | Follow me on Facebook and Instagram

Municipal Affairs

A WORD FROM YOUR MAYOR

With the month of September comes the annual Terry Fox walk. Congratulations to all the students, teachers and volunteers at École L'Envol and Métis Beach School for another successful event.

A big thank you to everyone who helped clean the beach at the bottom of the retaining wall. Although a lot was done, we will resume the cleaning again sometime in October.

I participated in a VES (Healthy Aging) meeting and obtained the organizational chart of all the services offered, generously shared with us by Catherine Aubut of the MRC. It will be in this issue of the Métis Info (p. 4).

Congratulations to our two Coast Guard rescuers (Garde côtière canadienne auxiliaire –Unité 14 de Rimouski), Ted Savage et Johnatan Brunet, who, along with two firefighters from the city of Rimouski, battled the elements for more than three hours during the big storm of September 21st, to rescue 2 stranded sailors in a dangerous rescue operation. We must remember that these people are volunteers! Once again, thank you for your courage and determination.

The next meeting of the MacNider Bourough Council will take place on October 1, 2018 at 6:30 pm at the Municipal Office, and the next Métis-sur-Mer Council meeting will follow at 7:30 pm.

You can reach me by email at cadube@mitis.qc.ca or call me at 418-936-3255 or 418-750-5504.

Best regards,

Carolle-Anne Dubé, Mayor

NOTICE TO ALL THE TAXPAYERS OF MÉTIS-SUR-MER

SALE FOR NON-PAYMENT OF MUNICIPAL TAXES

As stipulated in the Cities and Towns Act, section VI, article 511, after the expiration of the six month period following the date of the notice of the deposit of the collection role, the Treasurer shall draw up a statement indicating the buildings on which the taxes imposed have not been paid, in whole or in part. However, for several years, the Council of Métis-sur-Mer has been giving a two years grace period to pay municipal taxes. Now the Council wants the procedure to be standardized, that is, the taxes at 31st of December of the year before the current year must be paid. If you have any questions, do not hesitate to contact the municipal office.

The Green Newsletter – October 2018 - « 3 good ways to deal with your fallen leaves »

Hello,

Many of you know that disposing of your fallen leaves in the trash can have a negative impact on the environment. Buried, their decomposition takes place under conditions that transform them into methane, a greenhouse gas responsible for climate change up to 25 times more powerful than carbon dioxide! Thus, here are the best ways to dispose of your fallen leaves properly and in respect of the environment:

1 – Leave the fallen leaves on your yard

Let nature do what it has always done by allowing the nutrients in the leaves to return to the soil and feed the tree in the spring, without any effort at all! It is the ecological, economical and efficient solution. If you have a lot of leaves, shred them with the mower to prevent them from choking your lawn. Your fallen leaves can also serve as protection on your garden and your flower beds.

2 – The Ecocentre or municipal special collection

Sometimes the quantity of leaves is too great and to dispose of them elsewhere becomes necessary. Your Ecocentre will welcome these leaves as early as October. Otherwise, ask your municipality if door-to-door collection is available

3 – Store some carbon materials for your backyard compost

If you do backyard composting at home, storing fallen leaves will allow you to have a supply of carbon material for the year. Do not forget to make holes in your bags to allow them to breathe!

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

Finally, do not forget that from October 20 to 28, this is the Quebec Week for Waste Reduction. Your participation could allow you to win prizes! To register your school, business or family, visit www.sqrd.org.

Vincent Dufour, waste management coordinator

Site web : www.ecoregie.ca | Courriel: matresi@mitis.qc.ca | 418-775-8445, poste 1138



HAZARDOUS MATERIAL DROP OFF

It is always possible to leave your hazardous materials at the municipal garage situated on Rue de l'Église. By hazardous materials we mean oil or any petroleum by-product such as "pitch", painting products, and domestic or automobile batteries.

You may simply leave these products in front of the door at the municipal garage.

If you have any doubts call the municipal garage at 418-936-3255.