

October
2019

Info Métis

Municipal Newsletter and Community Info

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



*Ville de
Métis-sur-Mer*

THANKSGIVING SUPPER

Traditional dinner

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

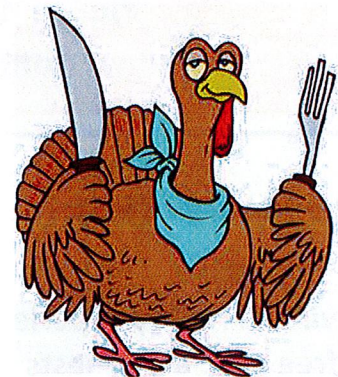
Saturday, October 12

Metis Town Hall (370 Beach)

First Sitting at 5 :30 p.m.

Second Sitting at 7 :00 p.m.

Adult : \$15 | Child : \$6



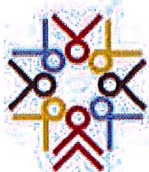
To benefit L' Association Socio-Culturelle de Métis (Town Hall Committee).

All proceeds will help to maintain,
repair and improve the Hall.



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HERITAGE
Lower Saint Laurent
Bas-Saint-Laurent

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, 414 de la Seigneuresse

418-730-7685

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

Wednesday and Saturday am: 9 to noon

THANKSGIVING HOLIDAY

**Please note that our offices and library will be closed
Sunday October 13 and Monday October 14**

Your library offers:

- ♦ free wifi
- ♦ virtual reality experiences
- ♦ free special requests
- ♦ ereaders & ebook loans

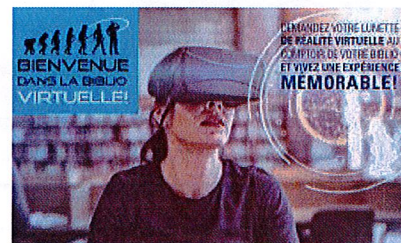


- ♦ health or community services info
- ♦ photocopies
- ♦ historical documents
- ♦ and more!

VR Virtual Reality: immerse yourself!

Offered only during library hours

- ♦ National Geographic (numerous presentations)
- ♦ Gala Relax 5K (numerous presentations)
- ♦ Great Barrier Reef
- ♦ The Basilica of Maxentius (Rome)
- ♦ Dinosaurs: Jurassic World -Blue, Jurassic World -Apatosaurus
- ♦ Space: Apollo 11 VR, Discovering Space, Star Chart, Titans of Space PLUS
- ♦ Nature: Ocean Rift
- ♦ Pregnancy
- ♦ Rencontrez le peintre Rembrandt
- ♦ Bear Island



English and French content. Films vary in length. The recommended length of viewing time is 15-30 minutes a day. For children 6-12 years, 15 minutes a day is recommended.

Library's pick of the month

Belinda Bauer, *Blacklands*

Recommended by Sandi de la Ronde

Stephen Lamb is a 12 year-old boy who lives with his grandmother and mother in Ex-moor in the Southwest of England. His Uncle Billy Peters disappeared when he was 11. It is presumed that he was killed by child serial-killer Arnold Avery, who is in prison, although Billy's body has never been found. Stephen is determined to find out where his uncle is, so that his family can find peace and be happy.

I thoroughly enjoyed this book because it deals with 2 subjects that have fascinated me for a long time: **1)** what causes a person to develop with no moral code that allows them to get satisfaction from manipulating and causing pain to others. What happens to the wiring in their brains that make them act so differently from what a society considers normal behaviour and **2)** the effect of a family trauma on subsequent generations of that family and those around them?

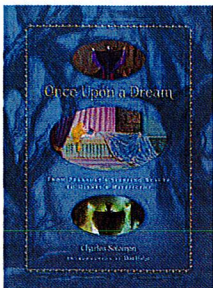
I was captivated as I watched the relationship develop between Stephen and Avery as Stephen doggedly pursues his goal of making his "Nan" and mother happy. Belinda Bauer writes skillfully so that we can gradually see each character in the book unfold and keeps the suspense going right to the end.



Each month, I'm looking for readers to share their favorite book...

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

Library's newer books

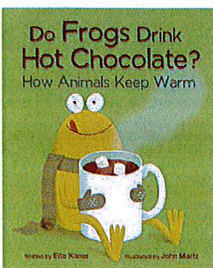
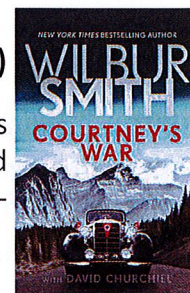


Charles Solomon, *Once upon a dream – From Perrault's Sleeping Beauty to Disney's Maleficent* (adult non-fiction)

First published in 1697, *Sleeping Beauty* remains one of the most beloved of all fairy tales. Perrault's vision of the ageless, enchanted princess slumbering in her vine-encrusted tower has fascinated readers and artists for more 300 years. This heavily-illustrated book will trace the history of that fascination, which has manifested itself in literature, fine art, poetry, music, and film.

Wilbur Smith, *Courtney's War* (adult novel)

Paris, 1939 - Torn apart by war, Saffron Courtney and Gerhard von Meerbach are thousands of miles apart, both struggling for their lives. The brand new Courtney Series novel (#17), and the much-anticipated sequel to the global bestseller *War Cry*, is an epic story of courage, betrayal and undying love that takes the reader to the very heart of a world at war.



Etta Kaner, *Do frogs drink hot chocolate? – How animals keep warm* (youth doc.)

When winter arrives, animals living in cold environments need to cope to survive. Do polar bears build homes? Do penguins snuggle with a friend? Yes! But their homes aren't made of wood, and they don't cuddle on a couch. Instead, these animals and many more have adapted in amazing ways to survive chilly weather.

Live Our Heritage – All Aboard!

The last *Info Metis* announced that a generous contribution from **Canadian Heritage** is allowing Heritage Lower Saint Lawrence to launch “Live Our Heritage”, following on the popular “Village Memories” (East and West Trails). We need all of our communities’ help – whenever and however your family arrived in the area, and whatever your background and skills are – for the project to successfully reach its destination. Here’s how you, your friends, family, school or organization can get involved in this one-and-a-half-year project.

New and Expanded Trails – “Travel through history”: Pam Andersson, HLSL History Coordinator, will be heading work on a new Leggat’s Point Trail and a Lighthouse Point Trail, as well as expanding points of interest on the existing East and West Trails. **To work on “Travel through history”, please email Pam Andersson at pandersson@heritagelsl.ca with:**

- ◆ Your favourite local points of natural or historic interest that should be on the Trails
- ◆ Who you think should be interviewed to provide recollections and anecdotes
- ◆ If you want to volunteer for the subcommittee helping develop the new trails and related material to provide ideas, design, writing, or other help.

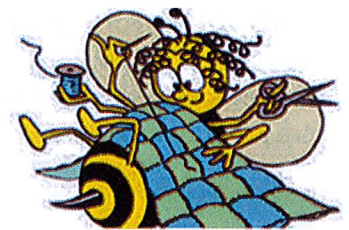


Mosaic Benches – “Piecing our past and present together”: Lisan Chng, HLSL Cultural Coordinator, will be organizing a committee on the images for and the location of mosaic benches, as well as workshops for and the creation of these attractive cement seats. **To participate in “Piecing our past and present together”, please email Lisan at culture@heritagelsl.ca to:**

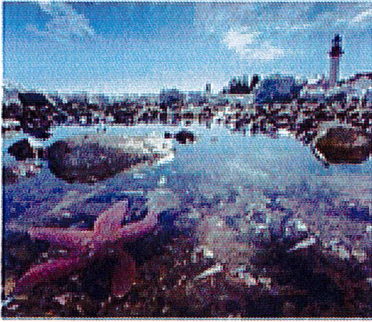
- ◆ Volunteer for the committee to help guide the project
- ◆ Suggest ideas or design images for bench surfaces
- ◆ Participate in mosaic workshops and create the benches.

Quilts – “Quilting our heritage together”: Lisan Chng, HLSL Cultural Coordinator, will be working with quilt artists to create, with community assistance, two beautiful quilts. **To participate in “Quilting our heritage together”, please email Lisan at culture@heritagelsl.ca to:**

- ◆ Provide or suggest photographs of historical interest that will be transferred to material for one quilt
- ◆ Identify iconic images of our area that could be recreated by our local crafters using embroidery, crocheting, weaving or other methods
- ◆ Volunteer to help organize the project, create a square or help assemble one of the quilts.



(continued)



AC Lévesque

Photographs – “Now and then” : HLSL Board member Micheline Williams will be leading a group of avid photographers on several photographic initiatives. To get in touch with Micheline, please email panders-son@heritagelsl.ca and say if you are interested in:

- ♦ Joining the organizing committee, which will solicit old and new images
- ♦ Developing photography workshops
- ♦ Organizing the photography competition
- ♦ Helping create an exhibition of all entries and winning photos.

What next? We will keep you updated each month through *Info Metis* as we travel through time ... over the rather short time that we have to get all this work done!

Health



**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**

***Stich 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.

Your CLD at work!

First shoreline clean-up operation in Métis-sur-Mer!



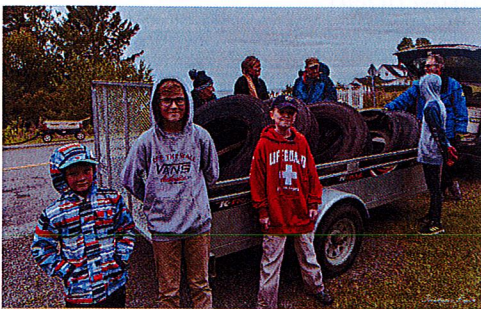
A huge thank you to all those who answered the call for this first clean-up operation organized by the CLD on September 7! Some twenty volunteers gathered on the beaches of Métis and worked very hard not only to fill their buckets, but also to dig out and remove tires of all sizes and other heavy objects that were cluttering up our beaches. Helen Thornton, a teacher at *Metis Beach School*, also contributed by taking a group of 6- and 7-year-olds to clean up a section of beach on the Friday.

A few of the volunteers who answered the call.

Thanks to this great turnout, we were able to cover most of our territory! Everything was delivered and weighed at the Éco-Centre for a **grand total of 750 kg!** That's three quarters of a ton of rubbish that we won't be seeing on the beaches of Métis-sur-Mer anymore! Not to mention what was collected from the other participating municipalities.



Great collaboration between the kids on Saturday!



First load heading out to the Éco-Centre!

And thanks also to the volunteers who, although they couldn't join us on the beach, made an equally valuable contribution by helping to prepare the meal that was served at the lighthouse after the clean-up, including a hot soup that was much appreciated on that cold autumn day.

Bravo to all the participants and we look forward to seeing you again in June!



THE REFORD GARDENS PRESENT

SATURDAY, OCTOBER 12 2019

BEETHOVEN EN RAFALE

METTIS

A MUSICAL MARATHON IN 3 ACTS
INTERPRETED BY
QUATUOR ST-GERMAIN

6 QUATUORS OPUS 18
3 MYTHICAL LOCATIONS
1 CULINARY DINNER

Details and reservations: bit.ly/2kUyMze 418.775.2222

**FONDATION
CONSERVATOIRE**
de musique et d'art dramatique du Québec

CONSERVATOIRE
Conservatoire
de musique
et d'art dramatique
du Québec

CALQ
Conseil
des arts
et des lettres
du Québec

*quatuor
saint-germain*

PAYSAGISTES
BSL AMÉNAGEMENT
RÉSIDENTIEL / COMMERCIAL



Seniors' Friendship Lunch

Contest: Make your own mask—
the best will win a prize!



Tuesday, October 22, at noon
At the Town Hall (370 Beach)

Cost: \$8

Reservation before October 17
Please call Gaby (evenings): 418-936-3393

The draw on September 24th for the painting done by Lynda Bernier from Baie-des-Sables made \$213 to purchase table decorations. The painting was won by Jaqueline Hébert from Matane.

FRIDAY BREAKFASTS ARE BACK!

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

Every Friday
from 8 to 10 a.m.
as of October 4



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 ~



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

Activities every Wednesday from 1pm
Cards, boardgames, bingo and snacks



Welcome to members
and non-members!



For information: Diane at 418-936-3276

Fall brunch for ALL



Sunday October 27
from 10 a.m. to 1 p.m.
At the Centre des loisirs (10 de l'Église)

Adult : 10\$ Child: 5\$
Free for children up to 5 years old

Welcome to everyone!



Ateliers à Métis-sur-mer

Offerts
uniquement
en français

Initiation à la tablette

1 atelier par semaine

Horaire à déterminer

8 ateliers

15 \$

Pour informations : CLEF Mitis-Neigette ☎ 418-724-6749 poste 0

Session d'automne à compter d'octobre 2019 (s'il y a assez d'inscriptions)

Active Living

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

Minimum of 15 registrations before October 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	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		
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

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.

Follow our Facebook page and the Info Métis for all our upcoming activities

FOR SALE:

Portrait of Métis



Remember the *Portrait of Métis* taken at the lighthouse by Stéphanie Pépin as part of Métis 200?

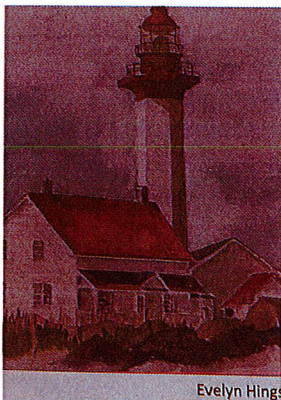
Some of you have been asking if it would be possible to buy a copy...

So yes, it is now for sale to support the **Lighthouse Preservation Project**. Printed on Alupanel (20 x 12.4 in.), with a wall bracket on the back, it is ready to hang.

The price is set at \$200 and for each photo sold, \$100 will go directly to the restoration of the lighthouse. The rest will cover printing and shipping costs if necessary.

For information or to order: svpepin@videotron.ca

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

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.

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



OPENING HOURS

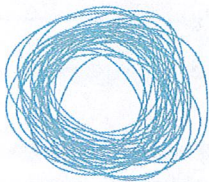
MONDAY TO SUNDAY: 6 A.M. TO 10 P.M.

Thank you and looking forward to see you!
Bérangère and company

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

Portes et fenêtres / Bois, Métal et PVC
Armoires de cuisine / Rénovation

The café is open on Saturdays and Sundays from 9am to 5pm.



café sur mer

Sunday brunch is no longer offered, but our famous croissant déjeuner, waffles as well as our beloved grilled cheese, paninis, soups, bowls and salads are all still on the menu.

Not to mention the Saturday scones, cinnamon buns, cookies and brownies, all homemade!

We look forward to seeing you, sipping a hot coffee, enjoying a treat!

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



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.aublutea.com
Lyse 581-624-8300



ATELIER CULINAIRE
PIERRE-OLIVIER FERRY

LES BOULES GLACÉES OF MÉTIS

Gelato . Sorbet
Ice Cream
With regional products

TO ENJOY ON A BEACH OF
MÉTIS-SUR-MER

Consult our opening hours here
atelierculinaireferry.com
164, Principale, Métis-sur-Mer



Open every Saturday, until October 5, 9:30 am to 2:30 pm

All products grown and made in our region!

Several activities will also be offered during the summer.

775, route Flavie-Drapeau, Sainte-Flavie (behind the church).
In case of bad weather, it will be held inside the municipal Centre.

doTERRA essential oils offer way more than just simple fragrances.

Simply contact one of us and we'll be happy to guide you in the usage of these nature wonders. You will also learn how essential oils can improve and support your overall health.

Your three passionate wellness advocates:

L'apothicaire
DU VILLAGE

Sonia Castillo :
418-318-0506

Genovefa
BIEN-ÊTRE ESSENTIEL AU NATUREL

Geneviève Bernier
418-750-3503

Mimi O
quotidien

Maria Castillo
581-624-4240

Cèdre J D Sirois

SPÉCIALISTE EN PRODUITS DE CÈDRE
418.750.6587
18 Macnider - Métis-sur-Mer
Locaux de Boiseries Rousseau

Dominique Sirois, propriétaire cedrejsirois@hotmail.com

NOS PRODUITS DE CÈDRE

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

** Produits en mélèze sur demande*

Habitations Le Beaulieu—3½ and 4½ 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
Diane Beaulieu, Manager, at 418-772- 6030 # 1100.

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



A WORD FROM THE MAYOR

It was a very busy summer full of all sorts of activities. Our municipal rest stop was visited by a large number of tourists, not only from here, but also from several other countries. Our local businesses also enjoyed a marked increase in clientele and were very busy. Among the many activities, we had a parade of antique cars, water activities and of course the duck race, the beach party, pancake breakfasts, the garden party, the 100th anniversary of the Boule Rock Golf Club, Métis-Sur-Mer in celebration, just to name a few. I am sure I have forgotten some. The lighthouse was open all summer to the public from 8:00 am to 5:00 pm seven days a week, plus the cultural activities that were held there.

In spite of all the activities, the files continue as much in the municipality as in the MRC.

I would like to thank Mr. Pascal Bérubé, Member of Parliament for Matane-Matapédia and Parliamentary Leader of the Parti Québécois, for his recommendation to the Ministry of Transportation for a grant of \$25,000 for the improvement of our roads.

The president of our CLD sponsored the cleaning of our riverbanks, which brought in a total haul of 750 kilos of waste.

Do not forget to congratulate all the volunteers of our city. It is because of their dedication 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 live in Métis.

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

Sincerely,

Carolle-Anne Dubé, Mayor

418-936-3255 or 418-750-5504

cadube@mitis.qc.ca



FIRE PREVENTION WEEK

**Fire Prevention Week takes place
October 6th to 12th. The theme is
“ You have the first responsibility”.**

Here are 20 ways to prevent fires.

Smoke detectors

- ◆ Install a smoke detector on every storey, including the basement.
- ◆ Choose a model with a photoelectric cell; they trigger fewer false alarms.
- ◆ Change the alarm on the date indicated by the manufacturer.

Evacuation plan in case of fire

- ◆ Plan two possible exits.
- ◆ Identify a meeting place outside and tell all the occupants.
- ◆ Practice what to do during an evacuation with all the occupants.

How to evacuate your residence

- ◆ Close all doors behind you to stop the spread of flames and smoke to other rooms and apartments.
- ◆ Call 9-1-1 once you are outside your house.

Attention smokers

- ◆ Never throw cigarette butts into flower pots or gardens.
- ◆ Dispose of butts in a metal container.

Heating sources

- ◆ Keep drapery and furniture at least 10 cm away from radiators, electric baseboards and all other heating sources.

Electricity

- ◆ Entrust electrical installation in your house to a master electrician.
- ◆ Use electrical appliances that are registered in Canada and are CSA and ULC certified.

Carbon monoxide

- ◆ Install a carbon monoxide detector if your garage is connected to your house or if your heating system and/or cooking appliances are not electric.
- ◆ Follow the manufacturer's installation instructions to install your carbon monoxide alarm.

Prevent cooking fires

- ◆ Always keep an eye on food as it cooks and use a timer.
- ◆ Never fry oil in an open pot; use a thermostatic fryer.

Chimney cleaning

- ◆ Always trust the inspection and cleaning of your chimney to an expert, once a year, before heating season.
- ◆ This also applies to the air outtake pipes of pellet stoves.

Hot ashes

- ◆ Leave hot ashes to cool outside in a metal container with a metal cover.
- ◆ Wait 3 to 7 days to be sure they are completely cold, then transfer them to a garbage bag.

Contact us if you have questions.

Vous avez des questions? Contactez-nous!

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



HAZARDOUS MATERIAL DROP OFF

It is always possible to leave 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 418-936-3858.

PLEASE, do not leave products other than those mentioned above.

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.

The Green Newsletter – October 2019 - « Add a little green to your autumn colors »

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 trees 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 elsewhere becomes necessary. Your Ecocentre will welcome these leaves as soon 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 or by calling 418 775-8445, ext. 1138.

Finally, do not forget that from October 19th to 27th, 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

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