

September
2020

Click English for info on
Gradual resumption of activities
**on continue
de se protéger.**

Quebec.ca/relance



Ville de
Métis-sur-Mer

Info Métis

Municipal Newsletter and Community Info

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

The Municipal Age-Friendly Community & Family Policy

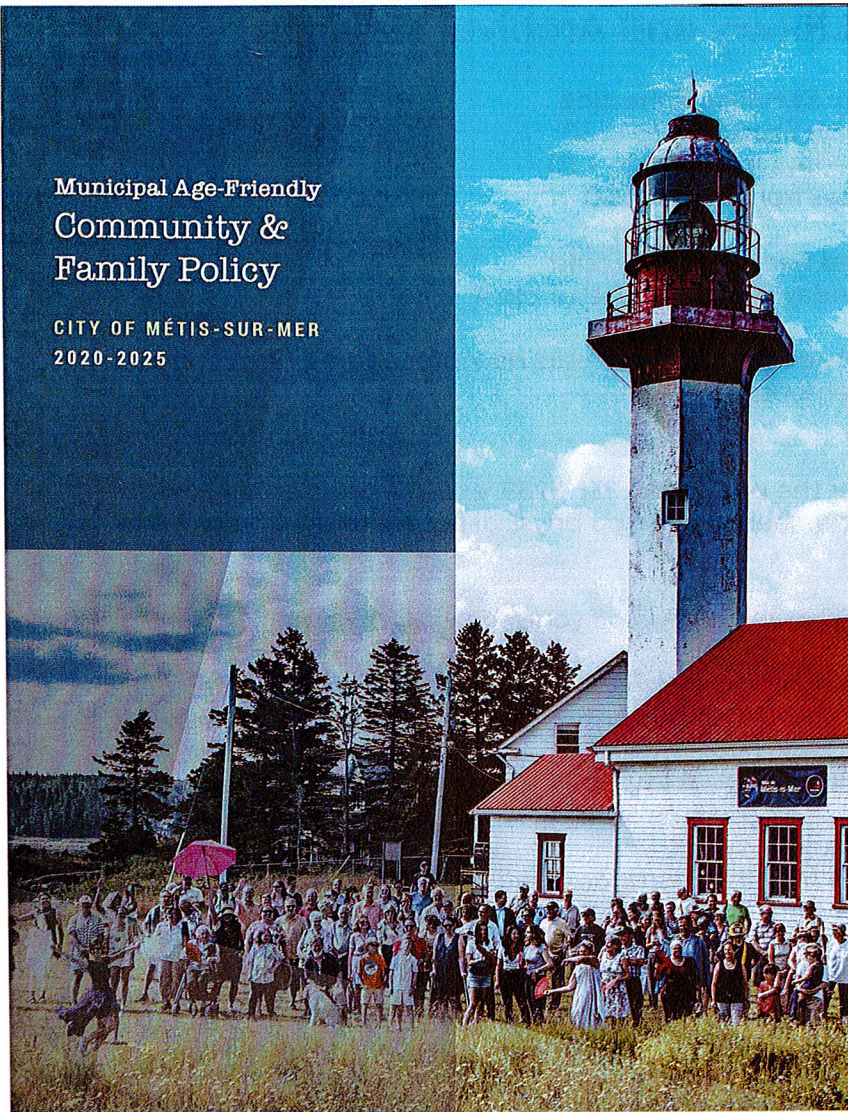
2020-2025

has been launched

on August 22nd.

The document presents
the foundations of the policy,
the portrait of our town,
our achievements in the last years,
and a new action plan.

You can get a hard copy
at the municipal office or
find the electronic version
on the Ville's website.



Municipal Age-Friendly
Community &
Family Policy

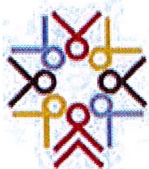
CITY OF MÉTIS-SUR-MER
2020-2025

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HERITAGE
Lower Saint Lawrence
Bas-Saint-Laurent

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

Next deadline: September 15th

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!

We are open!

We are glad to announce that Heritage has reopened its Metis Library and Archival services.

Library Services Schedule

Mondays from 9:30 to 12:30
Wednesdays from 1:30 to 4:30
Fridays from 1:30 to 4:30

Archival Services Schedule

Monday to Friday 8:30 to 11:30 and 1 to 4

In order to ensure the health and safety of our staff and users new procedures, respecting the health standards, have been implemented.

Concerning library services:

All requests will be handled either over the phone 418-936-3239, ext.224 or via email library.Metis@heritagelsl.ca and, for now, there will be no physical access to the library.

Book returns:

- We will have a return box available for you to drop off your books at any time.

Book loans:

- Please contact us by phone or via email if you wish to borrow books.
- Once your order is placed and processed, we will contact you to schedule a date and time window for your books to be picked up.
- On the day and time of your pick up, your books will be put in a paper bag and placed outside for you to take and enjoy.

**Please note all books will be placed in a 3 day quarantine before being handled or borrowed out again for safety purposes.*

Our book collection can be consulted online at ibistro-bsl.reseaubiblio.ca (*Métis library number is 109*). Also, all Réseau BIBLIO-BSL public library members also get access to free regional eBook loans through prenumerique.ca.

There will be no interlibrary loans for the moment. If you need help finding books or need any other information we are just a phone call away.

Concerning Archival Services:

If you would like Historical information or have stuff you would like to share about your family history please contact Pam at 418-936-3239 ext 221 or via email pandersson@heritagelsl.ca. The same procedures apply for the historical documents.

Looking forward to serving you!

130, rue Principale, Métis-sur-Mer

ANNUAL GENERAL MEETING (AGM)

The Heritage Lower Saint Lawrence team invites you to their 2020 Annual General Meeting.

**Thursday September 24th,
from 4 p.m. to 6 p.m.
at the Boule Rock Golf Club
(164, route 132, Metis-sur-Mer)**

Due to COVID, this AGM will have a hybrid format where you can either attend onsite (*limited places*) or online with an easy to use videoconference application.

You must register to attend for both either on our website at www.heritagelsl.ca or by email at info@heritagelsl.ca

Remember to renew your membership or become a member for FREE before 3:00 p.m. Wednesday, September 23rd, 2020 at www.heritagelsl.ca.



HELP US TO BETTER SERVE YOU

An upcoming consultation of the regional English speaking community



REGISTER AT

[www.heritagelsl.ca/
upcoming-consultation-
of-the-regional-english-
speaking-community/](http://www.heritagelsl.ca/upcoming-consultation-of-the-regional-english-speaking-community/)

FOR MORE INFORMATION

Anna Cone
(581) 232-5549
acone@heritagelsl.ca

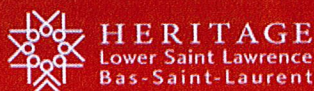
This fall, Heritage Lower Saint Lawrence will conduct a consultation of English speakers in the region, in an ongoing effort to get to know the English speaking community and to better understand their needs. Heritage Lower Saint Lawrence is a non-profit organization whose mission is to mobilize people and resources to support the vitality of the English-speaking community of the region, foster the well-being of all its members, and promote its interests.

- **Are you a native English speaker, does your family speak English at home or is English your first official language?**
- **Do you live in the Lower St. Lawrence?**
- **Heritage needs your input!**

The community consultation will address participants' origins, access to health care and social services, employment, education, sociocultural opportunities, and more.

Participants of all ages are needed! Please help us to spread the word.

Thank you for helping us to improve our services.



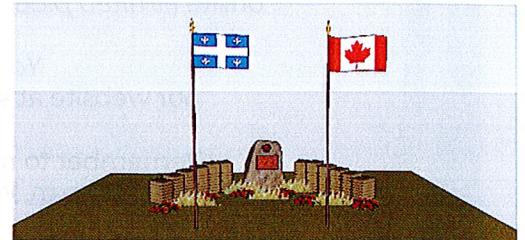


VIVRE NOTRE HÉRITAGE LIVE OUR HERITAGE

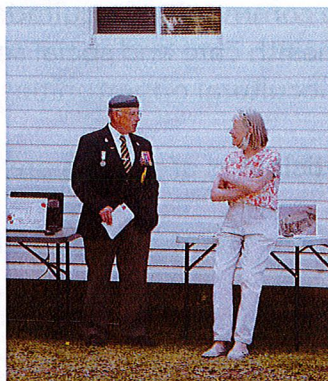


Metis-sur-Mer Community Memorial Unveiled

As part of the Live Our Heritage project, Heritage Lower Saint Lawrence sought funding from Veterans Affairs Canada (VAC) and in-kind help from the Ville de Métis-sur-Mer (VMsM) for a lasting tribute to those who have served and are serving our country, as well as to those who supported and support people on the front lines and in disaster zones. Heritage's archives contain information about soldiers connected with the Lower Saint Lawrence from as long ago as the mid-19th century. From the VAC website: "Veterans want Canadians to understand the price of freedom. They are passing the torch to the people of Canada, so the memory of their sacrifices will continue, and the values they fought for will live on in all of us."



On Saturday, August 22, VMsM Mayor Carolle-Anne Dubé, HSL Interim Executive Director Guy Caron, and HSL Chairman Alexander Reford unveiled the memorial design at an exhibition showcasing the region's people and their past and continuing sacrifices for others. VAC is funding half the project (\$12,000) and HSL is collecting the remaining \$12,000 through cash and in-kind donations. The Jack Herbert Foundation has kindly agreed to match community donations, so every contributor's dollars go twice as far. The Ville will accept the donations and provide tax receipts.



Crédits photos : Lisan D. Chng

Community members, we need your help. Please:

- ◆ **Send your ideas** (in English or French) for 35-45 words to grace the memorial plaque (the final plaque will be in both official languages) to pandersson@Heritagelsl.ca by **Thursday, September 10.**

- ◆ **Volunteer** for the committee helping with a virtual commemorative tribute to accompany the physical memorial – pictures, stories, and oral recollections from and about permanent and summer people. **Please contact Pam Andersson (418-936-3016) to participate or if you have information, pictures or memorabilia to share.**
- ◆ **Donate** what money you can (although we know there are competing priorities at this time of COVID) to help fund the remaining financial requirements for the memorial by sending a contribution to the Ville de Métis-sur-Mer with ‘Metis Memorial’ in the memo line.

And to listen to some never-before-heard recordings of the wartime memories of people from the area, that formed part of the August 22 exhibit, visit <https://heritagelsl.ca/live-our-heritage/>, and scroll down to ‘Spotlight on... Our Heros’.



The colour is returning! Mosaic seat workshops

Just as we are about to enjoy fall colours, Metis schoolkids will again be able to enjoy colourful mosaic workshops designing the images to cover mosaic seats at various places along the Heritage Trails. The first seats, unadorned, can now be seen at the Metis Beach School – our first Live Our Heritage Site Partner – and there will also be ones at L’École Envol. MBS art teacher Lynn Fournier, with artist Lisan Chng, have devised a socially distanced and sanitized way to hold the hands-on classes. More information will be available soon.



Subscription to Réseau BIBLIO du Bas-Saint-Laurent remote services

To all municipality residents affiliated to Réseau BIBLIO du Bas-Saint-Laurent who have not yet subscribed to their municipal library, it is now possible to do so online to benefit from different remote services.

The subscription will allow you to:

- Borrow digital books
- Access the electronic version of *Protégé-z-vous* magazine
- Use *Mes Aïeux* genealogical tools

To access remote services, please send a request by email to crsbp@crsbp.net and include the following information:

- First name, last name
- Valid address in a municipality affiliated to Réseau BIBLIO du Bas-Saint-Laurent
- Telephone number
- Email address (An email will be sent to you with your subscription number and corresponding PIN. Children must use a parent's email address.)

** If you are already subscribed to your municipal library, you do not have to do so online. However, you may send an email to crsbp@crsbp.net in order to obtain your subscription number and PIN.

Further information can be found on the Réseau BIBLIO du Bas-Saint-Laurent website:
www.reseaubibliobsl.qc.ca

Would you like to connect virtually?



Friday September 25
7:30pm-9:00pm

Innovative game nights with board game lovers and new players using

During this time of social distancing, we are thinking of ways to break isolation.

It would be fun to stay connected and explore different cultural and social activities as a community. Please sign up via the online google forms so that we can send you the video conferencing link.

For all details, please consult our Facebook page.

If you have any questions regarding Heritage's cultural activities, please feel free to write to culture@heritagelsl.ca

Collage Art Workshop with Monelle Steele

Would you like to learn how to create collage art? A collage may sometimes include magazine and newspaper clippings, ribbons, paint, bits of colored or handmade papers, portions of other artwork or texts, photographs and other found objects, glued to a piece of paper or canvas. Sign up to reserve a spot now and start collecting the material you might need! The workshop is free and is in English.



Dates for Workshops:
Sunday afternoons
September 20 & 27
October 4 & 11
from 1.30pm - 4pm

The workshop may be held online or at our Resource centre, depending on health guidelines. The workshop dates, time, and location may be subject to change.

Register at culture@heritagelsl.ca

Registration will be confirmed via email, closer to workshop date.



NOTICE

Given the provincial measures concerning the COVID-19 situation, please note that Heritage Lower Saint Lawrence offices remain closed to the public.

In an effort to assure the health and safety of all our staff, volunteers and library members, we are taking the time necessary to put in to practice all governmental protocols with respect to COVID-19 before a future decision is made to reopen.

Our friendly and helpful staff members are still diligently at their posts, but still from a distance. Please do not hesitate to contact us by phone (418-936-3239) or email (info@heritagelsl.ca) for help accessing information and services in English.

However, you can participate in our virtual activities!

Thank you for your understanding and patience. Be safe!



Free Zoom HEALTH VIDEOCONFERENCE - In English

Here is a TO DO list, if you do not already have Zoom installed on your computer, please sign up for a FREE account at <https://zoom.us/freesignup>. You can even do this on your phone or your tablet.

You must register for this videoconference before September 21st by sending Anna Cone acone@heritagelsl.ca an email and she will send you the link to join.

On the day of the videoconference, you simply click on the link and we'll see you there!

TAKING CARE OF YOUR MENTAL HEALTH & EMOTIONAL RESILIENCE DURING THE PANDEMIC

Presenter Yvonne Clark, M.S.W., MFT, CT, Clinical Social Worker/Grief Counsellor
Moderator Jo Ann Jones and Host Kelly L. Howarth

The coronavirus (COVID-19) pandemic is an international public health emergency that poses a serious challenge to our physical and psychological resilience. This pandemic affects how we live and how we die. It impacts our physical, mental, and emotional well-being, changes the way we love and care for ourselves and others, and influences how we work, play, and grieve

WEDNESDAY, SEPTEMBER 23, 2020

10:00 - 11:30 AM EST

VIA ZOOM

FIND OUT

1. How COVID-19 affects mental health: stress, anxiety, and depression
2. What is Emotional Resiliency?
3. What You Can do There will be a Q&A period at the end of the presentation.



RECOMMENDED RESOURCES

- Stress, Anxiety, and Depression Associated with the Coronavirus – Quebec Gov't.
- Wellness Together Canada Tool Kit – Health Canada (For more information, contact your CHEP Community Coordinator)
- Mental Health Tips for Working from Home – Treasury Board of Canada

CHSSN

Community Health
And Social Services Network
Réseau communautaire de santé
et de services sociaux

A CHSSN initiative funded through Health
Canada's Official Languages Health
Contribution Program 2018-2023



Annie Villemaire from Boucherville will arrive in Baie-des-Sables on September 14 after having traveled 700 km by bicycle.

“Support for family caregivers is a sensitive subject for me, having lost my partner 2 years ago, struck down by a virulent bone cancer at the age of 57.

On September 5, 2020 I will set off for 700 km of cycling, a sporting, physical and psychological challenge. It will be 700 km solo and by bike on the Route des Navigateurs, Route 132. I will do segments of around 60 to 70 km per day, with several up-hill climbs as a bonus. It is both a pilgrimage and a tribute, and one more step in the journey of mourning.

My final goal is a small village at the gates of Gaspésie, Baie-des-Sables. I will find there an important person in my life, a man involved in his community. The numerous fundraisers he has organized have, among other things, helped finance new technology in neurosurgery. It was thanks to this breakthrough that I was able to be operated on and saved from a brain tumor when I was 16 years old.

My turn to help other people. Help me reach my goal of \$ 5,000 by donating to my miles of courage !!!”

www.jedonneenligne.org/fondationquebecoiseducancer/campagne/gdamafacon/defi/e0bb8c19-0a49-4dbe-94a7-8b04b810ba19

To the people of the Métis-sur-Mer and Baie-des-Sables region

September 14 in AM, Annie will set off solo from Ste-Luce-sur-Mer for her last segment of 46 km towards Baie-des-Sables, on her bicycle.

Let's encourage her by waiting for her with your bicycles at the western entrances of the villages of Métis-sur-Mer and Baie-des-Sables and by accompanying her to 123 rue de la Mer to Denis Forest's!

Thank you for your support!

There will be a passing of the hat for those who would like to make a contribution.



**Plaisir
nature**

**DIMANCHE
Gratuit**

**2 AOÛT
6 SEPTEMBRE
4 OCTOBRE**

Québec 

Free the first Sunday of each month throughout July, August, September and October. Admission is free for all Quebec residents (on presentation of your Régie de l'assurance maladie card or Quebec Driver's Licence).

The Free on Sunday program is made possible thanks to a grant from the government of Québec. Hydro-Québec has partnered with Les Jardins de Métis since 1999.

For reservations, access our website in the Dimanche Gratuit section, and reserve on EventBrite. Your admission is valid for the entire day. Les Jardins de Métis/ Reford Gardens will exceptionally stay open until 7 pm. The ticket booth will close at 5 pm.

For more details you can visit our FAQ at jardinsdemetis.com

Hope to see you soon!

- ◆ **Sunday, September 6, the Riki-Dixie Bouncing Band will be performing at Place Hydro-Québec on the site of the International Garden Festival at 12 noon and 3 pm.**
- ◆ **Sunday, September 13 at 1.30 pm, Cathia Rock offers a story-telling performance. The spectacle is part of the programming of the Rendez-vous des Grandes-gueules de Trois-Pistoles.**
- ◆ **Saturday, September 19 at 5 pm, Slam des jardins contemporains - Métissage, a workshop led by Mael Pelletier, slam artist, will allow participants to dive into the process of sharing and the inspiration behind their slam work.**



Busy Season at the Lighthouse

The lighthouse was a popular destination this summer with many visitors, both tourists and local residents, coming to see this wonderful place of history and nature. This is only the second season that this beautiful site has been open to the public, but the number of visitors has increased enormously with over a hundred people visiting on many days. Fortunately, people are generally respecting the rules on parking and walking to the site. However, the need for accommodating people with restricted mobility has become clear, and the Association and the Ville are currently working on developing a system to accommodate such cases and hope to have it in place for the 2021 season.

The sheer number of visitors has, however, surprised the residents of Lighthouse Point and, more critically, exceeded the capacity of the new parking area near Route 132 – at times nine vehicles were parking in an area designed for four! We hope that this overflow is temporary due this season’s increase in local tourism, but the idea for linking Route du Phare with other parking areas via walking or cycling paths is being explored in case the lighthouse remains a popular destination.

Although no public events were held at the lighthouse this summer, the association was pleased to be able to host three artists-in-residence and three scientific research groups. Indeed, we are hoping that such stays can become a more formal part of programming within our mission of promoting cultural, educational and scientific activities at the site. Finally, the Keeper’s House should be available for rental by the general public this fall – contact Ladd Johnson for details (laddjohnson@pharemetislighthouse.org).



Crédit photo : Diana Lafleur

REGULATION CONCERNING ANIMALS



In this regulation it is specified that:

- ◆ The owner cannot let dogs roam in a public place or private property other than that of the owner of the animal;
- ◆ - Any owner of an animal, in a street or a park, must remove excrement and deposit them in a container or bag.

The Community Training Room

For the time being, we are sticking to the same schedule, but **we will soon be adding more hours based on your preferences and the availability of our volunteers**, so please let us know what time would work for you and keep an eye on Facebook and the bulletin board for new announcements. Zumba classes will resume soon and we have several surprises in store for the fall. We still have to limit the number of people in attendance at the same time, so you need to reserve your place.

The **mask is mandatory** when arriving at the gym and to circulate between the machines, **but not during training.**

Also, **those who have left their shoes or other things at the gym should come and get them** as we need to free up some space. For any information, please do not hesitate to contact us...



CURRENT SCHEDULE:

	Morning	Evening	COVID-19
Monday	7:30 – 9:00 am	7:00 – 8:30 pm	Membership and reservation of your time slot required.
Tuesday	7:30 – 9:00 am	Closed	
Wednesday	Closed	7:00 – 8:30 pm	
Thursday	7:30 – 9:00 am	7:00 – 8:30 pm	
Friday	Closed	Closed	
<i>Equipment at your disposal: treadmills, elliptical, stationary bike, rowing machine, multi-station weight machines, exercise balls and elastics, medicine balls and much more.</i>			
MEMBERSHIP FEES Métis-sur-Mer Residents: \$30/month Non-residents: \$35/month Students: Half price First Responders (Firefighters, Coast Guards): FREE			For morning reservations: Stéphanie at 418-936-3020 or svpep-in@videotron.ca For evening reservations: Marcel at 418-936-3318 or mcelbchet@gmail.com

Your CLD at Work!

Shoreline Cleanup event in Métis-sur-Mer: September 19, 2020

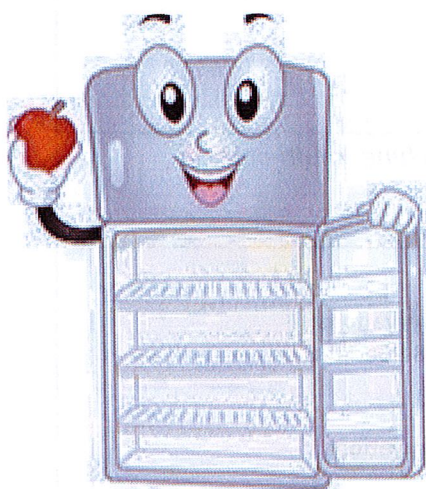


It is now a tradition in Métis... We start the Spring and the Fall with a big shore cleanup event! Of course, it's also a good excuse to have some fun in the process! So I hope many of you will join us on **Saturday, September 19th**, at **9 a.m. at the rest stop (Auberge du Grand Fleuve parking lot)**.

provided by the CLD to all those who have email to **Stéphanie** at svpepin@videotron.ca or by phone at **418-936-3020**). Of course, you can still join us at the last minute and bring your own picnic if you wish. Feel free to contact me via the above email or phone number if you have any questions.

Once again, the event will end with a picnic at the Métis Lighthouse (weather permitting), respecting, of course, the proper distances. The lunch will be signed up by September 17th at the latest (by

Virtual Fridge



Many thanks to all those who continued to support us throughout the summer, both through cash donations and food donations through Épic-erie Ratté. Things are getting better, but the need is still there for some people in our community and surrounding communities. **So the Virtual Fridge remains in operation until further notice.** If you need a hand, or if you know someone who needs help, please do not hesitate to contact **Stéphanie** (418-936-3020 or svpepin@videotron.ca). One of our volunteers from Station 29 or the Coast Guard Auxiliary will gladly bring you what you need, always with the utmost respect for your confidentiality.



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)

Restaurant L'Auberge du Grand Fleuve is open this summer!



Hello everyone! L'Auberge du Grand Fleuve is open for the 2020 season. Please go to our Facebook page, Auberge du Grand Fleuve, for daily information: business hours, menus and more.

We can't wait to welcome you!

Follow us on facebook.com/aubergedugrandfleuve

418-936-3332 | www.aubergedugrandfleuve.qc.ca | 131 Principale, Métis-sur-Mer

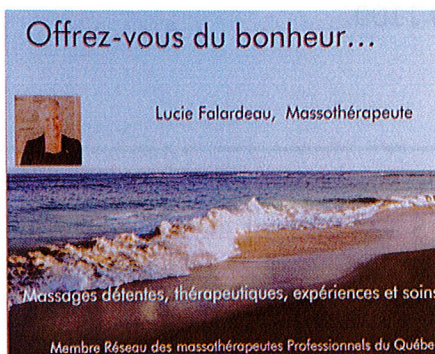
Massothérapie LF

Extend your summer with a Seaside massage on an intimate terrace.

Lucie Falardeau, Massage Therapist, offers you these promotions for the month of September:

- ◆ My Signature Massage or a warm seashell massage with a 10\$ rebate
- ◆ 30 minutes pressotherapy, 50% off when you purchase a massage
- ◆ Combined chair massage and pressotherapy
- ◆ Package for two, a better deal! (4 therapies for 2 people)

Some therapies may be offered at home.



Information and online reservations on Facebook:

Lucie Falardeau, Massothérapeute

Email : massotherapieelf@videotron.ca or Telephone : 418-775-2417

Taxes included. Payment - cash or e-transfer

For insurance purposes, receipts will be issued for all admissible treatments.

Can't wait to see you again!



Super Soir

Dépanneur Métis-sur-Mer

Tel.: 418-936-3536 | 97, route 132

Until Sept. 5th

Monday to Sunday: 7 a.m. to 10 p.m.

Please note that the opening and closing hours will be changed for the winter period, from Sunday, September 6th 2020 until Sunday, May 23rd 2021.

Sept. 6th to May 23rd

Sunday: 8 a.m. to 9 p.m.

Monday to Wednesday: 7 a.m. to 9 p.m.

Thursday to Saturday no change:

7 a.m. to 10 p.m.

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

Bruno Leblanc, Owner

Essential Oils and You...



We would love to share with you our passion for essential oils and how they can contribute to your overall health and emotional well-being.

Would you like to know more? Join us for a free one-on-one meeting, or a free workshop either online or in the comfort of your own home (in compliance with recommended safety and social distancing measures).

For more information, please contact one of your devoted Metis-based wellness advocates:

Mélanie Leblanc

418-740-3339

leblancmelanie1@hotmail.com

Maria Castillo

581-624-4240

mj.castillo87@gmail.com

Sonia Castillo

418-318-0506

laphothicaireduvillage@yahoo.ca

Geneviève Bernier

418-750-3503

ptite_ge_92@hotmail.com

Community Services

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 geared to income 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



Land for sale "Place des Marronniers» \$ 124 900 for 40 235 square metres.

You can contact Ms. Geneviève Côté, Real Estate Agent, at 418-750-6135.



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 Councillor no.3

What a great summer we're having in Métis-sur-Mer! Our town is showing its most beautiful profile when our residents are with us and tourists come to visit us. Our beaches, our campground, our businesses and our municipal rest stop are packed with people enjoying our resort environment while respecting sanitary measures and our environment.

Even in the midst of a pandemic, your town council isn't taking a break. Over the past few months, we have been meeting an additional time every month for a meeting devoted entirely to development. We are working on promising projects for our town and results are already being felt. It was during one of these development sessions that the town decided to put our land with the chestnut trees (Place des Marronniers) up for sale. We invite you to talk about it with your friends. The town is open to a multitude of projects for this land.

For the past few months, we have been working on renewing our family and senior-friendly policy. The first policy was launched in 2014 with objectives based on 5 years. In the fall of 2018, we began the process of renewing this policy, which is full of actions and ideas to improve our well-being and our community. We launched the Family Policy Version 2 on August 22nd. Copies of the document are available at the municipal office. I invite you to consult it and perhaps even get involved in the actions contained in the policy.

During the fall, the town will proceed with the upgrading of the treatment plant outlet. This infrastructure, which passes underneath our municipal rest stop, flows into the river. This work is a major endeavour for the municipality of Métis-sur-Mer and it will be impressive. We ask for the collaboration of the population and for respect of the workers. Since the work must be done at low tide, there could be machinery working at all hours of the day and night. This, for a maximum of four weeks.

In conclusion, even though most recreational activities were suspended this summer, we had a very nice summer season in Métis-sur-Mer. We were able to adapt to the situation just as our playground did. We are delighted that an average of 16 children were present throughout the summer. I would like to thank our instructors and especially our recreation coordinator, Isabelle, for their good work.

With these kind words, I wish you a good start to the new school year and an excellent end to the summer.

Simon Brochu
Councillor no.3 for the Municipality of Métis-sur-Mer

IMPORTANT NOTICE: Due to the specific content, and to avoid a mass mailing of documents, the survey data for your property, as a result of **the recent land reform**, is available at the municipal office or by email request. Only citizens who have property additional charges due to this new data have received the documents by mail. Thank you for your understanding.

The MacNider borough meeting and the regular council meeting on September 14 will be public. However, the presence of citizens will be limited due to the sanitary measures and the size of the council room.

As the law specifies, if citizens cannot access the assembly, the municipality must publish the meeting, in audio format, as soon as possible, on its website, allowing all citizens to know the content of the discussions between the members of the council, the outcome of their deliberations and questions from the public.

Thank you for your understanding.

THE BIG PICK UP: September 30. From now, citizens will no longer have to contact the municipal office for the big pick up. However, you should always put your items next the road the day before the collections. Construction materials remain prohibited. Thank you.



Info-prévention

WHEN PLANNING SAVES LIVES



Did you know that 80% of deaths in a fire are caused by smoke?

If you doubt the importance of having an evacuation plan, remember that:

Fire is extremely fast

- In 30 seconds: a small flame can become a major fire.
- In 3 minutes: the fire can spread throughout your home.
- Calculating approximately 1 minute before the alarm is triggered, this gives you less than 2 minutes to evacuate. Nowadays, the fire is very fast because of the materials used in the manufacture of houses, furniture and everyday objects.

The heat quickly becomes unbearable

- In 3 minutes, the temperature of a burning room can exceed 300°C at eye level... this hot air is impossible to breathe and it burns clothes.

The smoke is thick and toxic

- A fire produces 200 times more smoke today than in the 1960s! Quickly, thick black smoke reduces visibility and plunges you into total darkness. This smoke is toxic: it makes you disoriented and drowsy and can quickly suffocate you. Eight out of ten deaths are caused by smoke.

Children are vulnerable

- Most children 12 and under do not wake up to the sound of the smoke alarm. You should therefore consider having to wake them up yourself if it is at night and take care of their evacuation.

If a fire started overnight in your home, would you be able to get it out in 3 minutes?

This is why it is essential to have an evacuation plan and an annual exercise, especially for families.

How to make your evacuation plan?

Go to msp.gouv.qc.ca and in the site search bar, type **plan d'évacuation**. In the results, select:

- **Dessinez le plan d'évacuation de votre maison** to use the interactive tool.
- **Matériel d'éducation en prévention incendie pour les adultes** to do it by hand by printing a grid and pictograms to cut out.

Prepare it with the whole family. Use one page per floor and indicate:

- Windows and doors that can be used as an exit.
- In dotted lines, a minimum of 2 ways to leave each room and the home.
- The location of alarms and portable fire extinguishers.
- The meeting point outside, ideally in front of your house, but far enough to be safe. It must be accessible in all seasons. If possible, avoid having to cross the street.
- How to reach 911 once outside (by going to a neighbor's house for example).

Also think about the needs of children under the age of 12, elderly or disabled people and prepare accordingly.

How to practice?

- Preferably, exercise in the evening with the lights off to reproduce the effect of finding your way through black smoke, and move on all fours along the walls.
- Tell your children not to go into hiding under their bed. They must understand the importance of going outside in the event of a fire, even in the middle of the night.
- Explain to all occupants that before opening a door, they must touch it with the back of their hand. If it's hot, you shouldn't open it! Instead, hang the bottom of the door with a cloth and report your presence to the window if you are unable to get out by yourself.

The evacuation exercise aims to create life-saving reflexes. It also helps keep calm during an evacuation. Do it at least once a year, for your safety!

You have questions? Contact us!

Renaud Gagnon ou Korin Gagné
Service de sécurité incendie et civile
418 775-8445

Informations tirées de : securitepublique.gouv.qc.ca; ready.gov; cbc.ca.

The **Green** Newsletter – September 2020 - « Back to the new normal »

We are preparing to go back to school in a way we have never experienced, under COVID-19. Face mask, working from home, sanitizer, etc. Despite this, it is important we continue to make efforts to reduce our waste and protect the environment. Here are some examples of how to get there by applying the principle of the 3Rs (Reduction at source, Reuse and Recycling).

Back to work

Reduce at the source:

- Use washable rather than disposable masks;
- Favor refillable sanitizer and soap bottles;
- Print only the bare minimum necessary;
- Focus on sustainable products (cups, glasses, utensils, etc.).

Reuse:

- Reuse paper as a notebook;
- Need various office items, buy used!

Recycling and Recovery:

- Your blue and brown bins are your work colleagues, work as a team!

Back to school

Reduce at the source:

- Favor refillable rather than disposable products (mechanical pencil, etc.)
- Make zero waste lunch boxes!
 - Give preference to reusable containers;
 - Avoid individual packs of yogurt, cookies, etc.;
 - Evaluate your needs and use only the necessary.

Reuse:

- Sort through your articles from last year, many are still good as new! ;
- When you can, buy second-hand items (backpack, pencil case, etc.);
- Reuse objects to create, for example:
 - Bread pin, milk carton, egg carton, etc.

Recycling and Recovery:

- Again, blue and brown bins are not supposed to be used only at home!

For more information on sound waste management, visit www.ecoregie.ca or call 418-775-8445 ext. 1138. See you soon!

Vincent Dufour, waste management coordinator

Website : www.ecoregie.ca

Email : matresi@mitis.qc

Phone : 418 775-8445, ext. 1138



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