



Village de  
Métis-sur-Mer

# Info Métis

Municipal Newsletter and Community Info

[www.ville.metis-sur-mer.qc.ca](http://www.ville.metis-sur-mer.qc.ca) [www.facebook.com/Metissurmer](https://www.facebook.com/Metissurmer)



## Shoreline Cleanup event in Métis-sur-Mer

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 25<sup>th</sup>**, at **9 a.m. at the rest stop** (in front of the church, in Les Boules sector).



Photo contest, June 5, 2021, credit P. Dufort

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 provided by the CLD to all those who have signed up by September 20<sup>th</sup> at the latest, please contact Marjelaine Sylvestre by email to at [marjesylvestre@gmail.com](mailto:marjesylvestre@gmail.com) or by phone at 581-246-4108. Of course, you can still join us at the last minute and bring your own picnic if you wish. You're never too young to participate!

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**HERITAGE**  
Lower Saint Lawrence  
Bas-Saint-Laurent

[www.heritagelsl.ca](http://www.heritagelsl.ca) | [www.facebook.com/heritagelsl](https://www.facebook.com/heritagelsl)

### Next deadline: September 15th

Contact Marie-Claude Giroux at 418 936-3239 #223 or by email at [mcgiroux@heritagelsl.ca](mailto:mcgiroux@heritagelsl.ca)

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

## **Our services during this pandemic time**

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

In an effort to ensure the health and safety of all our staff, volunteers and library members, we are taking the time necessary before a future decision is made to reopen.

Thank you for your understanding and patience.

**Our friendly and helpful staff members are still diligently at their posts, working remotely. Please do not hesitate to contact us by phone (418-936-3239) or email ([info@heritagelsl.ca](mailto:info@heritagelsl.ca)) for help accessing information and services in English.**

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## **Our Library Services**

**September Schedule: Wednesdays and Fridays from 1:30 to 4:30**

**Contactless Library Services:** All requests will be handled either over the phone 418-936-3239, ext. 224 or via email [library.Metis@heritagelsl.ca](mailto:library.Metis@heritagelsl.ca).

### **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. Your books will be put in a bag and placed in a box in the front porch for you to take and enjoy.

### **Book returns:**

We have a return box available in the front porch for you to drop off your books at any time.

**Our book collection can be consulted online** at [ibistro-bsl.reseaubiblio.ca](http://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](http://prenumerique.ca).

If you need help finding books or need any other information, we are just a phone call away.

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## **Our Archival Services**

**Monday to Friday, by appointment only**

If you would like Historical information or have items or material you would like to share about your family history, please contact Pam at 418-936-3239 ext 221 or via email [pandersson@heritagelsl.ca](mailto:pandersson@heritagelsl.ca).

**Looking forward to serving you!**

## Labour Day

Our offices and the library will be closed on Monday, September 6th.

### Heritage Lower Saint Lawrence is welcoming a new Executive Director!



During the summer, Heritage Lower Saint Lawrence welcomed Dr. Philippe Dufort as Executive Director. Philippe and his wife Anahi are the parents of Oscar and Edgar, twins already well known in the village. We are delighted that he has decided to return to his native village after a career as a university professor in Ottawa and internationally.

Philippe holds a PhD in International Studies from the University of Cambridge, UK. He acted as an Associate Editor of the Cambridge Review of International Affairs and was the founding director of the Elisabeth-Bruyère School of Social Innovation. Apart from his experience in academic research, he has previously worked as a journalist in Latin

America, a human Rights observer in conflict zones, and as an analyst for the Canadian Mission to the European Union in Brussels. He is passionate about design, innovation and social entrepreneurship.

As he himself mentioned, “We decided as a family to grow our roots in the Lower-St-Lawrence region in Metis because we love its people and landscapes. It is real a privilege to dedicate my time and build on my past experiences to serve our communities.” He will be reaching out to the various members and organizations of the region to continue HLSL’s work to support the vitality and well-being of our communities.

We would like to thank the outgoing interim director, Mr. Guy Caron, who is undertaking a new challenge: a municipal election campaign for mayor of Rimouski. We wish him success and happiness for the future.

### An Annual General Meeting marking a transition

The annual general meeting of Heritage Lower St Lawrence was held in a hybrid format at the Boule Rock restaurant on Tuesday, August 24, 2021 with 19 members present and 7 members online. The presentation of projects and an exchange on future directions allowed members to better understand the scope of activities that HLSL conducts in our region. There was also a growing desire to regionalize our services throughout the Lower St. Lawrence.

Brett Mitchell and Joan Sullivan were re-elected to the Board of Directors, while Sandi de la Ronde, James Darling and Ted Savage continue their mandate for another year. Alexander Reford was re-elected as President of the organization.

The entire Board of Directors and staff would like to extend a heartfelt thank you to Micheline Williams for her 6 years of involvement as a director. We are happy to know that she will continue to participate in our activities as a volunteer.



## VIVRE NOTRE HÉRITAGE LIVE OUR HERITAGE

### Forever Young

It's been two years since Heritage Lower Saint Lawrence started the Live Our Heritage project to capture and preserve memories of our past that link to our present and future – and what an unusual two years it's been. The project is coming to a close and, while there are a few loose ends still to sew in, there are many people to thank.



The Live our Heritage team would like to thank everyone who participated in the **Our Creative Community** exhibitions on July 17<sup>th</sup> and 18<sup>th</sup>, and August 14<sup>th</sup> and 15<sup>th</sup>. Many who came asked to see more of the large-format 1931 insurance map with detail of the footprint of older Metis houses (click [here](#)) and the coastline from the Mitis River in the McNider Seigneurie to Baie-des-Sables (click [here](#)). Others asked for the articles written as part of the project (click [here](#)). Quite a few laughed at a century-old birchbark wood basket on display that they have the twin of, as well as the basketwork of First Nations and other indigenous people, who continued to visit the area in summer through the 1940s – as had their ancestors (click [here](#)) – selling traditional wares.



Thanks also to the **25 Metis-and-surrounding-area people who have shared their oral history with us so far – we're looking for 25 more!** – and to others for finding and sharing photos and memories. This has helped immensely in building out the Metis trails from two to five, with links to adjoining ones in neighbouring Price and Baie-des-Sables. Drafts of the trail text are ready for your review. Details are being checked, photos are being added, and the result will be on the Heritage website, with an abbreviated version in booklet form to follow. ***Please email or call our very own Ms. Heritage, Pam Andersson, [pandersson@heritagelsl.ca](mailto:pandersson@heritagelsl.ca), 418 936-3016, if you can help us review one or more of the Trails.***



**A very big thank-you to the students from Metis Beach School who, with teacher Lynn Fournier and artist Lisan Chng, completed the designs for 22 stools.** Beautifully depicting the flora and fauna of our region in colourful mosaics, 12 of the stools can be seen by the entrance of the school at 468 Beach Road. Five bird stools will soon grace the Parc de la rivière Mitis and the last five – naturally flowers! – will be seen at the Jardins de Metis (Reford Gardens). The mosaic benches planned for the Leggatt's Point and United Church Metis Beach cemeteries will be completed by church members and other community volunteers early next summer.





To all the ruggers, quilters, knitters, sewers and other artists, we are in awe of your skills (and patience), and thank you for sharing your creativity. Below are just a few photos of items created for the Live Our Heritage project that reflected the range of folk and other art on display.



Phyllis Davis



Micheline Bélanger – Pont Bélanger -covered bridge- and other works.



Di Ferrabee –mirror



Janis Gillan



June Smith



Val Powell



Diane Dubois



Ewan Gagné-Duplisea,



And thank you to all of the children, teens, and adults who participated in the modified photography competition, and to Micheline Williams for her can-do attitude even when COVID said 'can't'. One part of the competition – 'Then and Now' photos – couldn't be done due to distancing rules and so will take place next year.



## Photo Contest Update

### We have all of our Winners!

We would like to thank all those who participated. Special thanks to our judges: Stephanie Pepin, René Marquis, Pam Anderson et Jesse Villemaire. Here are the names of the winners for My COVID Life and Winter Activities along with the MBS students, Métis Seasons and People categories. All of the photos entered will be posted on our website under the “Live Our Heritage” tab and were part of the exhibitions held this summer.

#### My COVID Life:

First place with a prize of 50\$: Patrick Bogert

Second place with a prize of 25\$: Helen Thornton

Third place with a prize of 10\$: Nathalie Girard

#### Winter Activities:

First place with a prize of 50\$: Alain Fradette

Second place with a prize of 25\$: Helen Thornton

Third place with a prize of 10\$: Nathalie Girard

#### Metis Seasons:

First place with a prize of 50\$: Ewan Gagné-Duplisea

Second place with a prize of 25\$: Diana Ratté

Third place with a prize of 10\$: Patrick Bogert

#### People:

First place with a prize of 50\$: Diana Ratté

Second place with a prize of 25\$: Diana Ratté

Third place with a prize of 10\$: Diana Ratté

#### Metis Beach School

#### My COVID life & Winter Activities:

First place with a prize of 25\$: Anik Tardif

Second place with a prize of 25\$: Ewan Gagné-Duplisea

Third place with a prize of 25\$: Lucy Xu

Thanks to everyone who submitted photos and please click [here](#) for the complete list of prize winners.



Mr. Bogert receiving his awards from Micheline Williams



Mr. Fradette receiving his award from Micheline Williams

*A huge thanks to our main funder...*

Funded by the  
Government  
of Canada

Financé par le  
gouvernement  
du Canada

Canada



**TD Summer Reading Club 2021**  
**Get your Summer read on!**

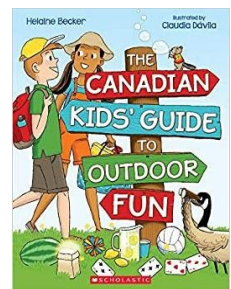
The children of the CPE Les Pinsons and the youngsters of the day camp participated with great pleasure in the activities offered each week at the library during the summer. Successful mission for Angèle Fréchette, our summer student who was in charge of the activities!

**You have until September 6 to participate online and to register your readings at [www.clubdelecturetd.ca](http://www.clubdelecturetd.ca)**

Book Reading Suggestion as part of the TD Summer Reading Club



**Eight Times Up:** Youth novel (9-12 yrs.), John Corr,  
A young boy gains an understanding of himself and acquires compassion for others through the study of aikido. This book is about the importance of learning to fall to develop resilience. A beautiful and serious novel for children and adolescents.



**The Canadian Kid's Guide to Outdoor Fun:** Youth novel (6-12 yrs.), Helaine Becker and Claudia Dàvila,  
The book is divided into four illustrated main sections: Get Out There!, Make a Splash!, Time to Play! and Around the Campfire. This guide is all about playing outside, discovering nature and new locations. Perfect for an outdoor outing or a family trip.

**The 10 recommended books are still available in our library.**

**Activities**

**Métis-sur-Mer Recreation Chronicle**

**A Word from the Recreation Coordinator**

Summer is already coming to an end! We had a good season, both in terms of temperature and in terms of our municipal day camp. Once again, I would like to thank all parents of registered children for their confidence in our organization. Already, I am writing my recommendations for the following years, so if you have any ideas, please do not hesitate to send them to me.



(continued...)

### Métis-sur-Mer Recreation Chronicle

#### A Word from the Recreation Coordinator

Despite the still very hot weather, we, the recreation committee and I, continue to work very hard on our municipal rink resurfacing project. Currently in search of funds to supplement our financing, I would like to thank the people of Métis-sur-Mer for their traditional support of our activities and projects, your involvement is the basis of this kind of success. I would also like to acknowledge the invaluable participation of our English-speaking community, which, despite the fact that some are only here during the summer, is proudly involved with us in this great project. Your leisure service is preparing for you, a beautiful program! Stay tuned.

#### A Word from the Chair of the Recreation Committee

I am continuing this month with the presentation of my fabulous team of volunteers who offer their time as a gift to our community. It is important to recognize their efforts because recognition is the volunteer's pay. This beloved couple fell in love with our region during their honeymoon in January 2016. Jordan Girerd-Chanet and Angélique Perrin moved with their small family to Baie-des-Sables in May 2017. As new owners of a home in Métis-Sur-Mer since September 2020, our adoptive Métisians have become a true local couple.

They love snowmobiling, mountain biking and a host of outdoor sports. We are fortunate that they joined our Recreation Committee in the fall of 2019. They add a lot of energy and creativity to our brigade. These favorites are always ready to help. They are motivated, simple, and open-minded. They always find time to get involved in the community in a remarkable way. Between full-time work and children, Angélique even finds a small hole in her schedule to be on the board of the L'Envol school.

As new permanent residents since July 2021, we are proud to have these generous individuals on our committee. Welcome, and hopefully we can keep you close to us for a long time to come.

I remind you that the recreation committee is always looking for volunteers to join our team. Involvement is a great way to stay active, to use your talents to serve your community, to make new acquaintances and to fulfill yourself as a person. Follow our Facebook page. We will soon be announcing our Annual General Meeting this fall.







## 50+ CLUB of Les Boules / Métis-sur-Mer

### NOTICE OF MEETING

To the members of the 50+ Club of Les Boules/Métis-sur-Mer,  
you are cordially **INVITED to a LOCAL ANNUAL GENERAL MEETING**  
on **WEDNESDAY, SEPTEMBER 8, 2021 at 1:30 p.m. at the Centre des loisirs (10 de l'Église).**  
We are currently 72 members and we will need a QUORUM to hold this meeting.

Any active member wishing to apply as a director must send a "nomination" form to the club's secretary (Tel. 418-936-3276) at least 5 working days before the date set for the AGAL (i.e. August 30, 2021).

This will be followed by a social gathering (3 p.m to 5 p.m according to health standards).  
We are looking forward to seeing you, with great pleasure, after all this "chamboulement" caused by this pandemic since March 13, 2020.

**PLEASE NOTE:** Our Club is looking for 4 people to fill the board of directors (due to the end of mandates, moving or other...). It is very important to have a full board to continue the activities that were in place and also to innovate with other things when the situation returns to normal and without health restrictions imposed by this pandemic.

We are counting on your participation in our club.


Diane Dubé, President 936-3276

Active living

## Community Gym... It's open!

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

### September Schedule

	Matin	Soir	
<b>Monday</b>	8:00 – 9:30 am	7:00 – 8:30 pm	<p style="text-align: center;"><b>Entrance fee</b></p> <p>Residents: \$5/day    Non-residents: \$6</p> <p>Students: \$3/day</p> <p><b>Monthly membership:</b></p> <p>Residents: \$30/month — Non-residents: \$35/month</p> <p>Students: Half price</p> <p>First responders: free</p> 
<b>Tuesday</b>			
<b>Wednesday</b>			
<b>Thursday</b>	8:00 – 9:30 am	7:00 – 8:30 pm	
<b>Friday</b>			
<b>Saturday</b>	8:00 – 9:30 am		
<b>Sunday</b>			

For information: **Lynne Bruce** at 418-318-4005

Equipment at your disposal: treadmills, elliptical, stationary bikes, rowing machine, multi-station weight machine, escalator, leg press, exercise balls and elastics, medicine balls, badminton and much more.

## DO YOU LIKE PLAYING PETANQUE?

A Petanque 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.



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## Health



To access the most current information about Quebec's COVID-19 vaccination campaign, to schedule an appointment for a **1<sup>st</sup> shot** or a **2<sup>nd</sup> shot**, recognition of proof of vaccination for shots that were administered outside of the province, please visit: [www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/progress-of-the-covid-19-vaccination/](http://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/progress-of-the-covid-19-vaccination/)

For questions about individual situations, one-on-one assistance is available by phone from 8 a.m. to 8 p.m. Monday to Friday or 8:30 a.m. to 4:30 p.m. Saturday and Sunday by calling: **1-877-644-4545** (toll-free line)

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## For Sale/ Rent/ Found/ Wanted



### Créations Pollo

Looking for crafts from this region for yourself or as gifts? Création Pollo offers a unique collection of original knitted goods for the whole family. Tuques, teddy bears, ponchos, slippers, fingerless mittens, coffee cup warmers and pockets for The Tooth Fairy are available, as well as maritime crafts and marine gardens and bottles.

Call for appointment at 418-775-2417



#251016758

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### New Pop-up store in Baie-des-Sables - Summer 2021.

A large collection of various antiques for sale: workshop, bar, office, business, home, farm, sports and leisure equipment and tools, as well as many other heritage items.

Due to COVID-19 health measures, visits to the point of sale are by reservation only (June 20 - September 6).

For additional information or to make an appointment, please contact Gervais St-Pierre:

Cell: 418-953-2153 or Email: [expertise.gstp@videotron.ca](mailto:expertise.gstp@videotron.ca)

# Marché public à Baie-des-Sables

Au profit du Comité pour la sauvegarde du quai

- Produits de la ferme
- Produits de la terre
- Artisanat
- Produits faits maison

- Vêtements
- Articles de cuisine
- Objets divers

## 4, 5 ET 6 SEPTEMBRE 2021 DE 10H À 16H

CENTRE COMMUNAUTAIRE GABRIEL-RAYMOND

TARIF JOURNALIER: 20\$ PAR TABLE



Pour information et

réservation de tables

Sylvie Raymond 418 772-6245

[sieraymond16@gmail.com](mailto:sieraymond16@gmail.com)

Denis Forest 418 559-0274

[daforest65@gmail.com](mailto:daforest65@gmail.com)

**FAITES VITE!  
PLACES LIMITÉES**

## For Sale/ Rent/ Found/ Wanted

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LOST / FOUND at Town Hall the weekend of July 17-18:

-Pair of violet women's glasses

-NIKON camera cover

Please, contact Pamela at 418-936-3016

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### Snow Removal Service

Hello, I am a citizen of Baie-des-Sables, I have had a snow removal business for 20 years now.

It would be my pleasure to serve you in your area.

You can contact me at 418-560-2338 or 418-772-6780.

Thank you, Daniel Duchaine



## Our Entrepreneurs

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**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)

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### Massage by the sea at Leggatt's Point

**Reservation required**  Lucie Falardeau, Massage Therapist, or 418-775-2417

**Current promotions:** - 60 minute **hot seashell massage**, receive an additional 15 minutes (\$15 value)

- 30 minutes **pressotherapy** session at 50% off with the purchase of a massage of your choice.

**New: Discovery package** including 5 therapies (including my Signature massage) for 2 hours at \$50 off.

Relaxation massage workshop for adults, Parent-child

Some cares may be available at your home. Gift certificates available.

Until October 15, follow me on Facebook to know about the list of massages and treatments offered, promotions, availability and news. See you soon!

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café sur mer

**We are open 7 days per week**

**from 9AM to 5:00PM.**

**Please note that the Café will only be open on weekends as of Monday, September 6th**

Thank you to everyone who has been supporting us during this amazingly busy season we have had! We will be having sales and specials over the weekends this Fall.

Follow our facebook page for regular updates!

160 Principale, Métis-sur-Mer | T: 418-936-3936



## Ville de Métis-sur-Mer

138, Principale, Métis-sur-Mer, Québec (Québec) G0J 1S0  
 Tél. : 418-936-3255 | Courrier électronique : [metissurmer@mitis.qc.ca](mailto:metissurmer@mitis.qc.ca)




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### Message from the Town of Métis-sur-Mer:



The City of Métis-sur-Mer would like to remind dog owners that it is important, with a view to respecting others, that each person properly collects the excrement of his or her animal during walks. In many places in the community, there are bag dispensers. However, it is recommended to have yours, in case the distributors are empty. Finally, we are counting on your traditional collaboration to dispose of your bags intelligently, that is to say in the garbage bins.

Thank you, Management.

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### DUMP FOR BRANCHES AND DEAD LEAVES

**Opening as soon as the ground is OK.**

#### Notice to entrepreneurs and landscapers:

If you work on property outside the municipality of Métis-sur-Mer, you must not dispose of waste branches, dead leaves, etc. in the Métis-sur-Mer dump.

This dump is reserved strictly for the residents of Métis-sur-Mer.

The dump for branches, dead leaves and earth is located just across from 249, chemin de la Station (fire station). Please follow the signs along the road to ensure you reach the designated area.

It is prohibited to dump garbage bags or construction wood.

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### BURNING BRANCHES, TREES OR DEBRIS: PERMISSION REQUIRED

Please ask permission several days in advance. Contact Mr. Michel Desrosiers at 418-775-2144 ext. 2392.

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### THE BIG ITEM PICK UP

From now on, citizens will no longer have to contact the municipal office for the big item pick up. However, you should always put your items next to the road the day before the collections.

**The next date for the collection is September 29.**

Construction materials remain prohibited. Thank you

## The Green Newsletter – « Changing course by a few degrees »

Hello,

On August 9, 2021, the Intergovernmental Panel on Climate Change (IPCC) published the first part of its 6th assessment report on the state of climate change caused by human activity. The findings: A warming of up to 4 degrees by the end of the century that will affect our lives and those of our children due to more frequent extreme weather events (hurricanes, floods, increased soil droughts, forest fires, etc.), rising sea levels and ecosystem degradation. As proof that we are not going in the right direction, the National Oceanic and Atmospheric Administration (NOAA) published a few days later that July 2021 was the warmest July since 1800, 0.93°C above the 20th century average.

The IPCC report mentions that some changes are already irreversible, but that it is still possible to avoid the worst by limiting the increase to 2°C through a solution that seems simple, but will require great efforts: Achieving carbon neutrality by 2050. This means not generating more greenhouse gases (GHG) than the earth's capacity to deal with them through ecosystems or other solutions.

So we must **act now!** What can we do? Reduce our dependence on oil through active, electric or collective transportation, turn to green energies, favor local and proximity purchases, and in our context, reduce our waste!

In Quebec, 6.2% of GHGs come from our waste. Organic waste sent to landfill represent a large portion of these GHGs. By decomposing without oxygen, these materials produce methane, a gas 25 times more powerful than CO<sub>2</sub> in its effects on climate change. Just by participating in the brown bin, we are diverting the equivalent of 84,000 trees annually and we are only a fraction of the potential we can do in La Matapédia and La Mitis. Imagine if we also reduced at the source by avoiding food waste!

For more information, visit the [www.ecoregie.ca](http://www.ecoregie.ca). See you soon!

**Vincent Dufour**, waste management coordinator

Website : [www.ecoregie.ca](http://www.ecoregie.ca)

Email : [matresi@mitis.qc.ca](mailto:matresi@mitis.qc.ca)

Phone : 418 775-8445, ext. 1138



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