



Ville de
Métis-sur-Mer

Info Métis

Municipal Newsletter and Community Info

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

October
November
2021

A final word

This is the last publication of the collaboration between Heritage Lower Saint Lawrence and the Town of Métis-sur-Mer. The Town will soon have a new employee who will take over.

For more than 10 years, it has been a real pleasure and a privilege for me to design the Info Métis of Métis-sur-Mer month after month. I would like to take this opportunity to thank all those who have collaborated with me from near and far over the years, my dear colleagues in support, all those who feed the newspaper and keep it alive, the volunteer translators and proofreaders, both French and English, who have offered their precious time over the seasons and years and with whom beautiful friendships have developed.

In closing, I can't count all the people who are so attached to Metis and all the compliments and kind words received; rest assured that Info Métis reaches far beyond our borders.

Marie-Claude Giroux,
Heritage Lower Saint Lawrence



FRIDAY BREAKFAST returns starting October 15!

Every Friday from 8 to 10 a.m. at the Centre des loisirs (10 de l'Église)

We will apply the sanitary measures required for restaurants.

WANTED: occasional or regular volunteers. To offer your availability, please contact Martine Bouchard at 936-3373. ~ All profits fund the Community Training Room~

We look forward to meeting you there!

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HERITAGE
Lower Saint Lawrence
Bas-Saint-Laurent

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

Next deadline: To be determined

Contact the Town:

metissurmer@mitis.qc.ca

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



HERITAGE CULTURAL RESOURCE CENTER

130, rue Principale, Métis-sur-Mer | 418-936-3239 ou 1-855-936-3239

Our services during this pandemic time

In order to ensure the health and safety of staff, volunteers and members of the library, procedures respecting health standards have been put in place. Employees continue to work remotely and can be reached by phone (418-936-3239) or email (info@heritagelsl.ca)

Our Library Services

Please note that the Métis-sur-Mer library will reopen to the public starting
on Wednesday, October 6, 2021

**You will be able to access the book collection on the shelves every
Wednesdays and Fridays from 1:30 p.m. to 4:30 p.m.**

Wearing a mask and washing your hands will be required

Contactless Library Services:

These requests will be handled either over the phone 418-936-3239, ext. 224 or via email library.Metis@heritagelsl.ca :

Once your order is processed, we will notify you and your books will be placed in a pick up box located in the front porch of the library . A box for returns is also available at any time:

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.

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

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 panderson@heritagelsl.ca.

Looking forward to serving you!

Thanksgiving

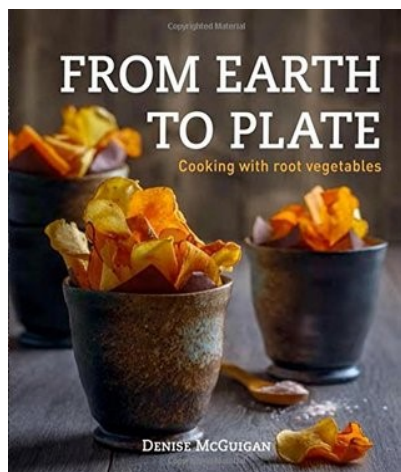
Our offices will be closed on Monday, October 11th.

Library News

To browse the library local collection from home, you can access the online regional catalogue of the [Réseau BIBLIO du BSL](http://Reseau BIBLIO du BSL) or www.reseaubibliobsl.qc.ca, click on Catalogue Simb@tab.

Ebooks are also available to you to borrow. To consult the list of titles available in English, click on : reseaubibliobsl.pretnumerique.ca/resources, click on English on the left side.

Suggestions of the month:

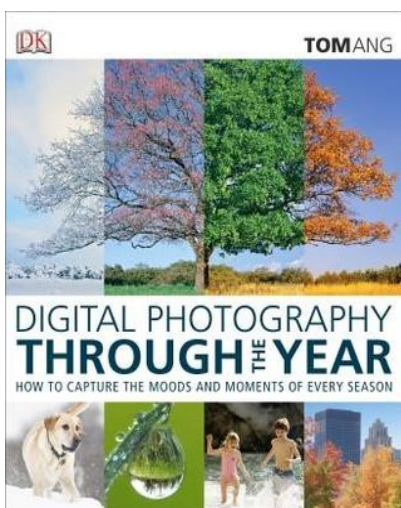


From Earth to Plate, Cooking with root vegetables

Denise McGuigan

This cookbook guides you through the simple process of utilising fresh, amazing and exotic natural produce whether from your own garden, the local supermarket or fresh produce markets into some of the most amazing, wholesome, pleasurable and definitely scrumptious healthy dishes.

So whether you're an experienced or a novice cook looking for a simple salad or side dish, a vibrant main course, or creamy mashed potatoes, you are certain to find it in this essential cookbook. We all know that vegetables are the key to healthy eating - now it's time to discover how great they can taste, each and every day with From Earth to Plate.



Digital Photography through the year

Tom Ang

For anyone who's ever wondered what it takes to capture the nuances of a snowy landscape, to do justice to fall leaves, to catch reflections in a dewdrop, or to convey the exuberant joy of a summer picnic, Tom Ang's *Digital Photography Through the Year* is the essential companion to photography throughout the changing seasons. Divided into seasons, each chapter features beautiful, evocative images, and provides details of how to recreate the look. With advice on which settings to use, overcoming potential challenges, dealing with tricky lighting situations, capturing and freezing movement, composing with color, and more, Tom's informal style makes stunning photographic results achievable for both the casual cameraphone user and the SLR expert.

Heritage Lower Saint Lawrence presents a storytelling event with Mike Burns at the Café sur mer. You must register as places are limited. <https://heritagelsl.ca/mike-burn-the-king-of-irelands-son/> Come alone or with friends and family. Please email culture@heritagelsl.ca for more information.

Vaccination passports are mandatory for this event, we will be following the Government Health Guidelines

Hydro Québec
présente

25^E ÉDITION

LE RENDEZ-VOUS S'ÉPIVARDE

FESTIVAL DE CONTES ET RÉCITS DE LA FRANCOPHONIE DE TROIS-PISTOLES

EN COLLABORATION AVEC HERITAGE LOWER SAINT-LAWRENCE

MIKE BURNS
THE KING OF IRELAND'S SON

7 OCTOBRE 2021 / 19H30

CAFÉ-SUR-MER
160, RUE PRINCIPALE
MÉTIS-SUR-MER

GRATUIT SUR INSCRIPTION
[HERITAGELSL.CA](https://heritagelsl.ca)



ON SUNDAY OCTOBER 3, ADMISSION IS FREE AT THE REFORD GARDENS

**LAST CHANCE FOR THE
TEMPORARY EXHIBITIONS OF
2021**

FAUNA, BY JC LEMAY

**WALKING THE PATHS OF
ROBERT W. REFORD, BY
PIERRE FAUTEUX**

**ROBERT WILSON REFORD
AND HIS ENCOUNTER OF THE
OTHER, PRODUCED BY LES
JARDINS DE MÉTIS.**

**FRENCH BRAIDED EARTH, BY
BÉATRICE BOILY**

**CHEMINS DE VAGUES, BY
NADINE BOULIANNE**

THIN ICE, BY JOAN SULLIVAN

**CAMERA OBSCURA,
PRODUCED BY LES JARDINS
DE MÉTIS**

SHOW

**BRÈVES BY MICHEL FAUBERT,
A COLLABORATION WITH THE
GRANDES GUEULES**

**OCTOBER 3 IS ALSO THE LAST
DAY OF THE 2021 SEASON.
THE REFORD GARDENS
PARTICIPATE IN THE
CULTURE ACCESS PROGRAM
OF THE MINISTÈRE DE LA
CULTURE ET DES
COMMUNICATIONS, ON THE
FIRST SUNDAY OF THE
MONTH. THIS MEASURE,
WHICH IS ADDRESSED TO
RESIDENTS OF QUEBEC, AIMS
AT PROMOTING ACCESS,
PARTICIPATION AND
CONTRIBUTION OF ALL TO
CULTURE.**



Jardins Reford
de Métis Gardens

What's Up with Your CLD?



Shoreline Clean-Up Event: 5th edition!



Against all odds, we enjoyed a beautiful sunny day for our fall clean-up event! The CLD would like to thank the **11 volunteers** (and of course, mascot **Mookie!**) who participated in this 5th edition of the Métis-sur-Mer shoreline clean-up! Special thanks to **Ladd Johnson and the ARPP** for once again generously contributing to the success of the event by granting us privileged access to the lighthouse for the volunteers' lunch prepared by **Marjelaine Sylvestre, Lynne Bruce and Stéphanie Pépin**. And as a special treat, delicious blueberry muffins and cookies baked by **Diane Dubé Guilbault and Martine Bouchard**. Our volunteers were spoiled!

After each clean-up, the trash is delivered and weighed at the Ecocentre and we report the results to *Mission 1000 Tonnes*. Of course, the weight varies greatly from one event to the next, depending on the type of items found. Each time, we enthusiastically hope to collect tons of trash! But at the same time, how delightful it is when we see that there is less than the first year! **The total this time in Métis-sur-Mer: 103 kg!** Very few tires, but a lot of light, but so very damaging, plastic! Let's keep going and thanks to all those who bring a bag each time they go for a stroll on the beach all summer long and pick up what they see along the way... Every little bit helps!



More good news!



Thanks to the financial support of **Innergex** and the **Ville de Métis-sur-Mer**, the CLD is very pleased to announce that we will soon have *our own defibrillator permanently installed at the gym!* This addition will not only benefit our clients and all those who participate in our activities, but also the *Envol school's staff and students, who will have full access to it if needed.* A cardiac emergency can occur at any age and this device, if used quickly, is what ensures the best chance of survival and recovery.

Métis-sur-Mer joins forces for mass distribution!

On Halloween night, come join your leisure committee at the roadside stop for a frightful distribution of sweets ! Start at 6:30 pm.

FOR ADULTS WHO WANT TO DISTRIBUTE :

Come and settle down at the halt with your costumes and your offerings (sweets) for the children. You can set up a kiosk, for example. Children will be able to harvest candy on foot without having to travel huge distances.

FOR YOUNG PEOPLE WHO WANT TO

HARVEST :

From 6:30 pm, you are invited to come spend Halloween at the road stop ! On site, lots of sweets, music, people in disguise and a beautiful opportunity to parade with your beautiful costume !

For info : Simon Brochu on Facebook !



Métis-sur-Mer Recreation Chronicle



A word from your Recreation Committee Chair

Over time, real friendships develop within the committee. We know each other's strengths, and this allows us to carry out larger projects and to have a good time volunteering. This month, as we continue to introduce the members of our organization, I would like to introduce Samuel Couillard, a dedicated volunteer and active member of our Recreation Committee since 2015. Samuel has lived in Métis-sur-Mer since 2014. He stands out for his legendary interpersonal skills: he always has a smile on his face! This young man has many skills and assets that are essential to a committee like ours. Newly promoted to Assistant Director of Public Works in our municipality, Samuel has a wealth of knowledge. Being a versatile man, he is equally at ease behind the bar, at the BBQ or even, in a mascot! Moreover, we can't deny it: strong arms are always welcome when installing our sites for events, such as the Superbowl or the Beach party. As a resourceful and caring committee, we are stronger because of his presence.

When I asked Samuel why so many years of involvement in his community, he answered me: so that the community would be alive, for the realization of beautiful projects, but also for our beautiful gang.

A huge thank you, Samuel!

Message from your Recreation Coordinator

The "Beautiful Season" is over, we can see it in the colder weather (much colder!), the return to class of our young people, the resumption of indoor activities, etc.

I invite the public to call on me when you have ideas that germinate in your heads. We are currently working on a Tai-Chi project, an idea from a citizen, which I believe will be a success. Please let me know of your interest and we will ensure that you are kept informed of dates, times, costs, etc.

I would like to take this opportunity to share a word with you about the vaccination passport. My intention is not to create a debate, to know who is for or against it, but rather to make you aware of the importance of this measure for the committees that promote our community. This government action is necessary for recreational activities, whether indoor or outdoor, and then it is our dear volunteers who must enforce this. So, I ask you to be lenient with our valuable volunteers when they enforce this legislation— Hoping to see all of you very soon in our activities!

In addition, please note that you are cordially invited to our **Annual General Meeting**
 Which will be held on **Tuesday, October 12 at 18:30**
 Métis-sur-Mer Community Centre, **10 rue de l'Église.**

If you want to learn more about our activities or to become a member of our wonderful committee, this is the perfect time! Welcome to all of you!

Active living



Community Gym... It's open!
 (École l'Envol, 30 rue du Couvent – East entrance)

October Schedule

	Matin	Soir	
Monday	7:30 – 9:00 am	7:00 – 8:30 pm	Entrance fee Residents: \$5/day Non-residents: \$6 Students: \$3/day
Tuesday			
Wednesday			
Thursday	7:30 – 9:00 am	7:00 – 8:30 pm	Monthly membership: Residents: \$30/month — Non-residents: \$35/month Students: Half price First responders: free For information: Lynne Bruce at 418-318-4005
Friday			
Saturday	8:00 – 9:30 am		
Sunday			

Health



To access the most current information about Quebec's COVID-19 vaccination campaign, to schedule an appointment for a **1st shot** or a **2nd 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/

[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)

Youth

Metis Beach School News



A Word from our Principal

Dear Métis-sur-Mer community members,

I am both honoured and pleased to take this opportunity to introduce myself as Metis Beach School's new Interim Principal.

A Word from our Principal (Continued)

I realize that the education of children is a challenging job that cannot be accomplished without the assistance and experience of parents, guardians and community members. Moreover, with our students coming from various regions within our boundaries, our school will continue to strive to make MBS a center hub to build, strengthen and maintain this sense of community.

Having had the privilege of working on diverse projects with the school in the past, I can assure you that it is with tremendous pleasure and excitement that I join your local English school team this year. I truly believe in the power of collaborative effort and open communication, and I invite you to reach out to me would you have ideas, requests or comments, which can make us progress and move ahead together.

To conclude, I would like to thank our students and staff members who have so confidently and warmly welcomed me and given me this opportunity to make a difference in our community. I am committed to working diligently to provide an excellent and positive educational experience to our students, in partnership with you. I am looking forward to meeting and getting to know you all.

Sincerely,

Valerie Sabbah

What's Happening at Metis Beach School?

The 2021-2022 school year has begun on a very active and motivating note.

Although we remain cautious and respectful of COVID-19 sanitary measures, we have started the year off with a special corn on the cob outdoor party and special activity day for the elementary classes. As for the high school students, they were challenged to hike up to Pic Champlain, in the Parc national du Bic, where they enjoyed a bonding day with teachers and peers under sublime weather.

High school students are now in charge of their very own "Chill Room" where they can meet up, socialize, relax, decorate, play games, etc. Lunchtime activities are being organized and initiated, such as the Training Club, school band, badminton, Fillactive, Macramé Club, and more to come and always in line with students' tastes, requests and sanitary measures. Also, the elementary grades 5-6 students have preparing their own similar "Epic Room" intended for all elementary students to enjoy.

Although many activities and projects are still being cancelled or postponed because of the pandemic, we are working hard to keep our students optimistic, motivated, happy and busy as they learn. If you wish to participate in any way, we will be delighted to have you as we are thrilled to make our space more alive and enjoyable for all.

We are looking forward to our usual upcoming Terry Fox Run (date to confirm), Orange Shirt Day, Remembrance Day activities and Halloween celebrations.

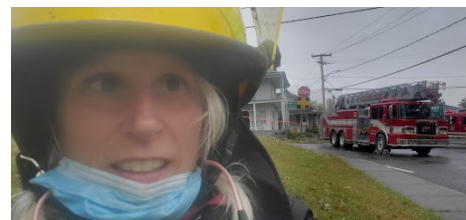
Wishing a wonderful fall to all!

My mom's a firefighter & a first respondent

By: Jonathan Boucher, Amateur Reporter

On a rainy Sunday afternoon, we were driving back to our home when suddenly we saw a minivan that was flipped over on the side of the road near a ditch. A really hard crash. There was some grass and dirt on the road and on the car. By the way I don't really have a clue about how the car ended up here.

Well, because my mother is a firefighter & a first respondent, we stopped on the other side of the road, and even before her beeper rang, she geared up next to our car, gave us (my dad and me) instructions, and crossed the street to help the people stuck in the car. Because it's not my first car crash, I know the drill. Stay in the car & no picture taking before the victims leave the scene. But it didn't mean that I could not write what I see...



... My mom helped until an ambulance arrived, followed by a firefighter car and a fire truck. They deployed their pipes and their lances, just in case. Then they inspected the car to see the situation. While they were doing that, I heard an electric motor. It was the one in the ambulance, lowering the stretchers, after which they brought it close to the crashed car. Another fire truck arrived. It was a pickup. At the same time, they deployed a number of flares on the road to warn people and they started blocking it. Then they deployed the "jaws of life". First, they installed the orange blanket. Then they installed the hydraulics generator and a bunch of other stuff and connected the hydraulic hose to one of the jaws and, using the jaw on the car, they removed the front right door. They also installed a number of hydraulic "jacks" under the car so that it would not fall over onto the firefighters. Using a jaws of life is not easy, oh no its not; its heavy and it usually takes 2 people to hold it in place. Not long after they put one of the people on a stretcher. At that moment I did not know if there was anybody else in the car. Then a tow truck arrived and I noticed that there was also a police car that I had not seen arrive. So then, they put the first person in the ambulance via the stretcher. While I



was watching, I saw another ambulance arrive. They took another person out of the car, on a stretcher. This person was brought to the other ambulance. Not long after that the first ambulance left with the person who must have been badly injured because the ambulance was using its siren and lights. Then the firefighters started to pack up their stuff. While this was going on, the other ambulance drove away but without using its siren, so that probably meant that the person was not too badly injured. Then the pickup was moved somewhere else so that the tow truck could get the van out. After we left, the tow truck probably towed the wreckage of this minivan.

It was my fourth car crash on the 132 between Mont-Joli and Metis-sur-Mer. And those are just the car crashes I saw with my mother! You can imagine the number of accidents that happen on that part of the 132 each year.

So thanks mom! And thank you to all of you, firefighters and first respondents. Mom, each time you leave the house in a hurry, I freak out. But when I saw the way you and your friends work, it helped me accept that it's important. And one day, if it happens to me, I know you will be there!

Acknowledgements

A big THANK YOU to Diane Dubois for the donation of her beautiful weaving representing the lighthouse well established on its point. The work is now hanging in the Heritage offices (130 Principale) and accessible to all.

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

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.



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)

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.

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



SuperSoir

FALL SCHEDULE

Dépanneur Métis-sur-Mer

Tél.: 418-936-3536 | 97, route 132

Sunday : 8:00 a.m to 8:00 p.m

Monday to Saturday: 7:00 a.m to 9:00 p.m

Municipal Affairs



Ville de Métis-sur-Mer

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



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.

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.

BURNING BRANCHES, TREES OR DEBRIS: PERMISSION REQUIRED

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

The Green Newsletter – October 2021

« Multiplatform : One and a half year later »

Hello,

On March 12, 2020, the MRCs of La Matapédia and La Mitis announced a Multiplatform waste management project located in Saint-Moïse that included a composting platform, a technical land-fill site and an ecocenter. The goal was to reduce our high waste management costs and in the end have compost to return to the citizens. At the time of the announcement, a website was put online to present and follow the project (ecoregie.ca/multiplateforme). So, where are we 1.5 years later?

The Environmental Impact Assessment, which began on September 30, 2020, will be submitted to the Ministry of the Environment and the Fight against Climate Change this fall. This study allows us to know the characteristics of the future site, the potential impacts of the project in its environment, according to various aspects (fauna, flora, waterways, wetlands, hydrogeology, archaeology, greenhouse gases, noise impacts, traffic, etc.), and then to find mitigation measures for these potential impacts. The study and the exchanges with the Ministry will all be publicly accessible on the Ministry's Environmental Assessment Registry (www.ree.environnement.gouv.qc.ca).

As part of this assessment, we held a public consultation on August 23 at the Saint-Moïse Municipal Center. About twenty people attended to learn more about the project, to make comments and suggestions and to ask questions that will be answered in the assessment. The minutes of this meeting are available on the web page mentioned in the introduction.

Following the filing and approval of the assessment by the Ministry, the next steps that will take place this winter are the hearings of the Bureau des Audiences Publiques sur l'Environnement (BAPE). At that time, interested parties will then have the opportunity to express their views on the project to an independent commissioner, whose mandate will be to make recommendations to the Minister of the Environment as to whether or not the project should be approved and if so, under what conditions.

Thereafter, 2022 and 2023 will be used for the various stages of construction (permits, plans and specifications, construction, etc.) with a view to putting the project into operation by January 1st, 2024.

For more information on this project or on sound waste management, visit www.ecoregie.ca or call 418 775-8445, extension 1138.

Vincent Dufour, waste management coordinator

Website : www.ecoregie.ca

Email : 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