



Info Métis

Municipal Newsletter

A BEAUTIFUL EVENING TO START A VISION

On the evening of July 26th, the community center welcomed over 70 Métis citizens to co-construct a vision for the future of our city. The valuable contributions received are currently being compiled and analyzed and will allow us to develop the Strategic Vision 2030 for the city of Métis-sur-Mer. This process is structuring as our development and planning plans are inspired by the values, principles and priorities that citizens have identified. If you did not join us in July, it is not too late to make your voice heard; you can communicate your ideas at any time by e-mail (patric.noya@cmetis.org).



On behalf of teams from the municipality and NPO Construction Mētis, we thank you for your participation and look forward to the next opportunity to discuss with you an inspiring future for our community!



Ville de
MÉTIS-SUR-MER

Next deadline: To be determined

Contact us: patric.noya@infometis.ca

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



CITY OF METIS-SUR-MER

138, Principale, Métis-sur-Mer, Québec

Tél. : 418-936-3255

Courrier électronique : metissurmer@mitis.qc.ca



PUBLIC NOTICE TO RESIDENTS OF METIS –SUR-MER

BY-LAW 22-158 MODIFYING BY-LAW 19-137 - SPEED ON MCLAREN ROAD

PUBLIC NOTICE is hereby given by the undersigned, Stéphane Marcheterre, Director General and secretary treasurer that the municipal council of Métis-sur-Mer adopted, on July 4 2022, by-law 22-158 modifying by-law 19-137 - speed on McLaren road. Any interested party may consult the said By-Law at the office of the Municipality or on the web site of the Town.

This By-Law comes into effect on July 25th 2022.

GIVEN AT MÉTIS-SUR-MER this 25th day of July 2022.

BY-LAW 22-159 MODIFYING THE SPEED LIMIT ON RANG 3, RUE PRINCIPALE AND RUE BEACH

PUBLIC NOTICE is hereby given by the undersigned, Stéphane Marcheterre, Director General and secretary treasurer that the municipal council of Métis-sur-Mer adopted, on July 4 2022, By-law 22-159 modifying the speed limit on Rang 3, Rue Principale and Rue Beach. Any interested party may consult the said By-Law at the office of the Municipality or on the web site of the Town.

This By-Law comes into effect on July 25th 2022.

GIVEN AT MÉTIS-SUR-MER this 25th day of July 2022.

Stéphane Marcheterre,
Director General and Secretary-Treasurer





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PROGRAMME FAVORISANT L'UTILISATION DES COUCHES EN COTON

RÉSOLUTION NO. 22-03-38

Considérant la Politique familiale de la Ville de Métis-sur-Mer;

Considérant que la Ville de Métis-sur-Mer désire encourager l'utilisation des couches de coton, visant à réduire l'utilisation des couches jetables;

Pour ces motifs, il est proposé par madame Tracy Sim et unanimement résolu, que la Ville de Métis-sur-Mer instaure un Programme favorisant l'utilisation des couches de coton. Les parents qui résident sur le territoire de la Ville de Métis-sur-Mer et qui optent pour l'utilisation des couches en coton, recevront sur preuve d'achat jusqu'à 150. \$, représentant 50 % du coût d'achat.

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.

Act to promote the protection of persons by establishing a framework with regard to dogs.

In order to register your dog, you can print the form on the Town's web site or come at the municipal office. Fill it out and bring it to the office with your payment. At this moment, you can choose your medal. Thank you.





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THE NEXT PUBLIC MEETING OF THE COUNCIL WILL BE HELD ON SEPTEMBER 12TH AT 7PM IN THE COUNCIL ROOM.

THE CLEANING OF THE CHIMNEYS of your property is a simple but an essential procedure. The accumulation of creosote inside the chimney represents a high risk of fire. In addition, a chimney fire can reach the interior walls and the roof of your house.

You can consult the list of the chimney cleaners accredited by the Association des professionnels du chauffage (APC), recognized by the Régie du Bâtiment du Québec, at the following address: www.poelesfoyers.ca.

It is no longer necessary to call the municipal office to check in, the municipality no longer keeps a reservation list. You must directly contact a chimney sweep of your choice to carry out the work.

We could recommend the JML Companies of St-Ulric. You contact them directly at 418-560-6286

Thank you

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. The next date for the collection is September 28. Construction materials remain prohibited.

Thank you





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2022 SUMMER DAY CAMP

Our summer day camp at Métis-sur-Mer ended on August 12.

VWHAT IS DAY CAMP?

- 7 full weeks of group activities
- it is one outing outside the camp per week

- a dynamic and dedicated group of facilitators
- it is parent volunteers involved





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- Bonds of friendship are created
- Partnerships with our local businesses

- It is learning through discovery;
- These are sometimes difficult times to manage
- It's laughs every day!





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Thank you to everyone who participated, directly or indirectly, in the success of our day camp this year.

A special thank you to our wonderful animation team, made up of young people from the region. Each of you brings a personal touch to the day camp, making it unique every year.



Thanks also to the parents who trust us by leaving us their little treasures.

Happy New Year! See you soon I hope!

Your recreation coordinator, Isabelle Dion.






HERITAGE
Lower Saint Lawrence
Bas-Saint-Laurent

 www.heritagelsl.ca

 facebook.com/heritagelsl

 418-936-3239

NEW FALL SCHEDULE
METIS-SUR-MER RESOURCE CENTRE AND
BILINGUAL LIBRARY



130, rue Principale, Métis -sur-Mer

www.heritagelsl.ca (418) 936-3239

HEURE D'OUVERTURE DU CENTRE DE RESSOURCES & BIBLIOTHÈQUE
OPENING HOURS OF RESOURCE CENTRE & LIBRARY

2 septembre au 22 décembre 2022 / September 2 to December 22, 2022

Mardi Tuesday	Jeudi Thursday
14h - 18h 2 p.m. - 6 p.m.	14h - 16h 2 p.m. - 4 p.m.

Il est possible de prendre rendez-vous avec les employés sur semaine en les contactant directement ou par le biais de la ligne téléphonique générale (418) 936-3239.

It is possible to schedule an appointment with employees during the week by contacting them directly or via the general phone line at (418) 936-3239.

Please take note that our offices will be closed on Labour Day Monday, September 5th, 2022.



HELP US TO BETTER SERVE YOU

An upcoming consultation of the regional English speaking community

This fall, Heritage Lower Saint Lawrence will begin 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 Saint 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.

You can sign up to participate in this community consultation here: <https://heritagelsl.ca/needs-assessment/>

For more information: Alexandra Rao (581) 814-0794 or arao@heritagelsl.ca



Vous voulez faire partie de notre comité de bibliothèque ?

Inscrivez-vous : library.metis@heritageisl.ca

Want to join our library committee?

apply now : library.metis@heritageisl.ca



METIS-SUR-MER BILINGUAL LIBRARY

LIBRARY COMMITTEE:
Thursday, September 8th,
from 10 to 11 am

A perfect opportunity to express yourself about the library services, to share your ideas, reading suggestions and more. Everyone is welcome!

**SOIRÉE DES ADOS
A LA BIBLIO**

Pour (re)trouver quelques livres, d'autres jeunes, des histoires et du maïs soufflé!

Pour les 10 à 18 ans uniquement

**le mardi
13 septembre
de 16h00 à 18h00.**

Pop-Corn et jus de fruits seront offerts !

**TEENAGER'S COOL
CAVE GATHERING**

To (re)discover some books, other young people, stories and popcorn!

For 10 to 18 years old only

Pop-Corn and juice will be offered!

**Tuesday
Septembre 13
from 4:00 to 6:00**



TEEN'S CAVE TIME
(10 to 18 years old): Tuesday
September 13th, from 4 to 6 pm

To find (again) some books, meet other young people, hear some stories and eat pop-corn!



MÉTIS-SUR-MER BILINGUAL LIBRARY

L'heure du conte de 10h à 11h30
à la bibliothèque bilingue de Métis-sur-Mer
le dimanche 10 septembre 2022
Lecture animée d'un conte pour les
petits et grands!
TOUS SONT LES BIENVENUS !

Storytelling Time 10 am to 11:30 am
Métis-sur-Mer Bilingual Library
Sunday, September 10, 2022
Animated storytelling for young and old!
EVERYONE IS WELCOME!





STORYTELLING TIME: Sunday, September 10th, from 10 to 11:30 am
A great reader with a few small surprises for young as well as older ones!

ACTIVITY FOR ANGLOPHONES

LEARN HOW TO BOOST YOUR CONFIDENCE WHILE SPEAKING FRENCH

Go beyond the basics of French grammar. Engage in small talk, stand out in your job interviews & participate in workplace chat chat!




With funding from:  

In partnership with:  

Step outside of your linguistic comfort zone and improve your French communication skills for the workplace. These virtual classes are open to all! The next session will run from September 14 to October 14, 2022, on Wednesdays and Fridays from 9:30 a.m. to 12:30 p.m.

Cost is 75\$. Spaces limited!

If interested, please fill out the registration form ASAP at <https://forms.gle/NGYs8fGpkcPMZuvN9> or write to us info@heritagelsl.ca



THE GREEN NEWSLETTER

SEPTEMBER 2022 « COMING SOON NEAR YOU! »

HELLO,

Always looking to improve its record on waste reduction, the Quebec government adopted 3 regulations this summer that will have an impact on our daily lives:

First, the **modernization of the deposit system**. This fall will mark the beginning of the transitional period leading to a deposit on all beverage containers from 100 ML to 2 liters as of November 1, 2023. Milk cartons, water bottles, wine bottles, juice bottles will then have a deposit of \$0.10 to \$1.00. They will have to be returned to the store or to an appropriate drop-off location rather than being disposed of in the blue bin. We will keep you informed of the deployment of this system on our territory when we have the details.

Secondly, the **modernization of selective collection** will aim to make the industry 100% responsible for the recovery of recyclable materials and it will be forced to reach recovery rates. Currently and by using a simplification, municipalities have one contract for the collection of the blue bin and another one for the processing of recyclable materials. The modernization will make the industry responsible for the processing and will

compensate the municipalities 100% for the collection of the blue bin. In the coming months, we will see how this modernization will be implemented in our area.

Finally, the modification of the Regulation respecting the recovery and reclamation of products by enterprises, which is called in the trade: **vExtended Producer Responsibility (EPR)**. An EPR is an eco-fee that the consumer pays with the purchase of certain products to ensure their recovery, for example: paint, batteries, electronic devices, etc. This amendment will add new products such as certain types of lead-acid batteries (January 2023), agricultural plastics (June 2023), pressurized fuel containers (June 2024), etc. As with the deposit, the important thing will be to have adequate drop-off points for these products in our region.

For more information, contact us by phone, email or visit www.ecoregie.ca. See you next time!

Vincent Dufour, waste management coordinator



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

Website : www.ecoregie.ca
Email : matresi@mitis.qc.ca
Phone : 418 775-8445, ext. 1138





Info Métis



« **LE MITIS LAB VOUS OFFRE, LE VIRAGE**, un parcours entrepreneurial axé sur l'acquisition de connaissances et le développement de compétences numériques.

Il s'adresse aux entrepreneur.e.s, aux organismes et aux municipalités de La Mitis. Il comprend 10 formations de trois heures : 8 en visioconférence et 2 en présence dans les locaux du Mitis Lab à Mont-Joli.

Les rencontres hebdomadaires sont une belle opportunité de maillage entre les participant.e.s et les formateur.rice.s.

Visitez le site internet www.mitislab.ca/le-virage pour avoir plus d'informations et pour vous inscrire, ou vous pouvez écrire au info@mitislab.ca ! »



Mitis Lab - Le Virage

COHORTE AUTOMNE 2022



Vous êtes un entrepreneur?

Votre entreprise est en démarrage?

Vous êtes un organisme?

Nous acceptons
actuellement les
candidatures!

Qu'est-ce que Le Virage?

Il s'agit d'un parcours d'accompagnement introductif à la transformation numérique. Mis sur pied au début de la pandémie, Le Virage vise à aider les entrepreneur.es, PME et organismes de La Mitis à être plus compétitifs grâce à une présence numérique attrayante, réfléchiée et efficace et une transformation numérique de leur façon de faire.

Intéressé?
Écrivez-nous!

courriel : info@mitislab.ca

site internet :

www.mitislab.ca/le-virage





Info Métis



COMMUNITY TRAINING ROOM – Summer 2022

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

SOMETHING NEW AT THE GYM!

Brigitte Morin, CLD member and new volunteer for the gym, is now opening the gym on **Friday mornings from 9:00 to 11:30 am**. Brigitte is a certified private trainer and will be happy to answer your questions and help you with your training plan. This service is free with your one-day or monthly membership, so take advantage of it! If you've been thinking about getting in shape and just don't know where to start, this is the perfect opportunity. No matter your age or current fitness level, Brigitte will be able to guide you!

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



	Morning	Afternoon	Evening	
Monday	9:00 – 10:30 am	<i>Closed in the afternoon for the summer.</i>	7:00 – 8:30 pm	
Tuesday	9:00 – 10:30 am		7:00 – 8:30 pm	9:00 – 10:30 pm
Wednesday	9:00 – 10:30 am		7:00 – 8:30 pm	
Thursday	9:00 – 10:30 am		7:00 – 8:30 pm	
Friday	9:00 – 10:30 am			9:00 – 10:30 pm
Saturday	9:00 – 10:30 am			9:00 – 10:30 pm
Sunday	9:00 – 10:30 am			

FRAIS D'ABONNEMENT

Adultes : 30 \$/mois ou 5 \$/jour

Couples : 45 \$/mois

Étudiants : moitié prix

Information : Stéphanie au 418-936-3020 ou CLD-sM@proton.me





Info Métis



PUBLIC INTEREST NOTICE FOR THE MITIS REGION

Reopening of the popular antiques and craft shop in **Baie-des-Sables for summer 2022**

A large collection of various antiques for sale:

Equipment and tools of workshop, bar, office, trade, house, farm, sport and leisure and many other objects of heritage and folk art.

The sanitary rules will be optional, the articles are to be seen on site, at **187 route 132 (from June 22 to September 5).**

For information or the schedule to visit or make an appointment by contacting:

Gervais St-Pierre
Cell: 418-953-2153
Email : expertise.gstp@videotron.ca



2 week **sale of Antiques, collectables and hand made weavings** at:

Louyze Caro
Les Toiles de Mer
117 Principale
Metis-sur-mer, Les Boules





Info Métis



TAÏ CHI MÉTIS

Tai Chi courses starting Monday, October 3 at Metis Beach School.

Information:

Price: 35\$ per month

Time: 6:30 PM to 7:30 PM

Place: Metis Beach School, 498, rue Beach, Métis-sur-Mer

Material: comfortable shoes and clothing

To register please contact:

Rémi Deschênes : 418-v750-5076

Nancy Beauchemin: 418-936-3808

12 August 2022

Dear customers,

It is with hindsight and a lot of questioning that we made the decision to no longer do residential snow removal.

Thank you for trusting us during all these beautiful years.

We wish you the best for the future

**David, Annie
FERME SAGIR**



50+ CLUB OF LES BOULES / MÉTIS-SUR-MER



The 50+ Club of Les Boules/ Métis-sur-Mer will restart its activities on **WEDNESDAY SEPTEMBER 14** at 1:30 PM at the Centre des Loisirs (10 rue de l'Église)

Cards, board games and outdoor petanque and/or petanque-atout, pocket baseball and a little bingo and snacks.

Welcome to ALL (members and non-members).

For info. Diane 418-936-3276





Info Métis



MASSAGE EN BORD DE MER

LUCIE FALARDEAU
MASSOTHÉRAPEUTE

Mes massages et soins sur ma terrasse intime en Bord de mer sont disponibles jusqu'à la fin de septembre.

Promotion du moment: séance de pressothérapie de 60 minutes à 50% de rabais à partir de 19:00 les lundis et mardis!

Retour du Forfait Découverte (2 heures de soins) et le forfait À deux, c'est mieux!
Certificat cadeau disponible

Réservation requise en tout temps.

POUR INFORMATIONS ET RÉSERVATIONS:

Facebook : Massages en Bord de mer

Téléphone : 418-775-2417

Courriel : massotherapie@videotron.ca

**18, chemin de la pointe Leggatt,
Grand-Métis.**



Reiki or Sound Healing – By Appointment only – insurance receipts provided

Location: : 279 Ch. de la Station

Price : Reiki \$70; Sound Healing \$80

Email: bp@barbarapearceyoga.com;

Telephone: 418-936-3171

or look on her **website** www.barbarapearceyoga.com





Info Métis



FESTIVAL ET ÉVÉNEMENTS ESTIVAUX

Avec la chaleur et la fin de la pandémie, c'est avec grand bonheur que l'on accueille l'annonce du retour : de nos festivals et événements régionaux. Soyez prêts pour une saison estivale bien animée :

LA MITIS

Festival international de jardins : 24 juin au 2 octobre 2022.

Marché public des Hauts Plateaux de Saint-Gabriel-de-Rimouski : Tous les jeudis, de 16h à 19 h, du 23 juin au 1er septembre 2022

Marché public de La Mitis à Sainte-Flavie : tous les samedis, de 9 h 13 h, du 4 juin au 8 octobre 2022

sudoku #5

	8		5					2
4	2	6				7		
5				6	8		4	
	4	7		5			3	
	6	3			7	5		
		5			6			7
	3							4
				4		2	6	
	9		7	8				5

sudoku #6

	7		5	9				3
8								
	9		6		2		5	
				8		5		
4	8		2		3			
				4	6		8	
			4			7		8
	4	8					6	1
	1	6	8	3	9		4	





Jardins
de Métis



Partenaire depuis 1999

LES PLAISIRS D'AUTOMNE aux Jardins de Métis

Dimanches gratuits

4 septembre

Jazz Street Boyz
présenté par le Festi Jazz
international de Rimouski
13h, arboretum

**Atelier de fabrication
de papier**

Atelier offert par l'Association
forestière bas-laurentienne
10 h à 16 h, près de l'arboretum

2 octobre

**Rendez-vous des
Grandes Gueules**
avec Thierno Diallo
14h, arboretum

**Atelier de fabrication
de papier**

Atelier offert par l'Association
forestière bas-laurentienne
10 h à 16 h, près de l'arboretum

Plusieurs surprises seront aussi dévoilées sur nos réseaux sociaux, suivez-nous:

 Jardins de Métis / Reford Gardens

 @jardinsdemetis

Les Jardins de Métis participent à la mesure de gratuité dans les musées, du ministère de la Culture et des communications, le premier dimanche du mois. Cette mesure, qui s'adresse aux résidentes et résidents du Québec, vise à favoriser l'accès, la participation et la contribution de tous à la culture.

Québec 

CONSERVATOIRE
de musique
de Rimouski

Patrimoine
RICHARDSON

afbl 

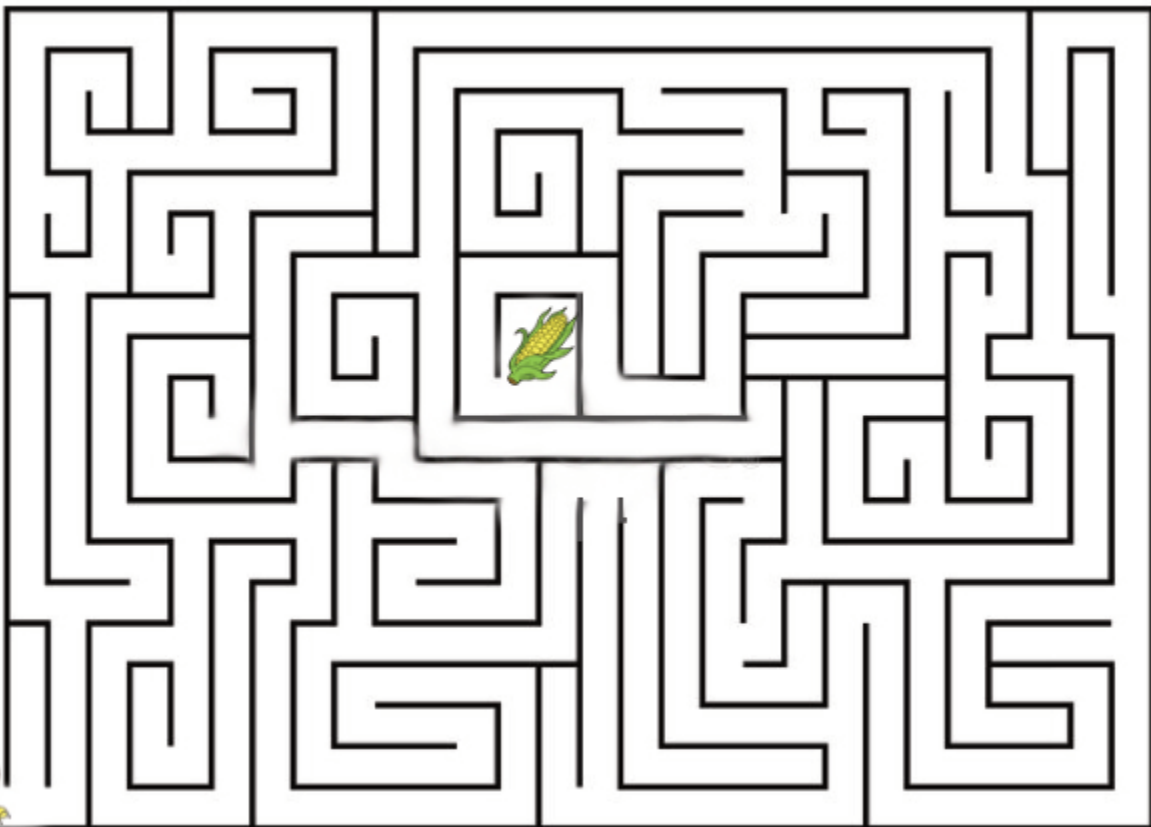
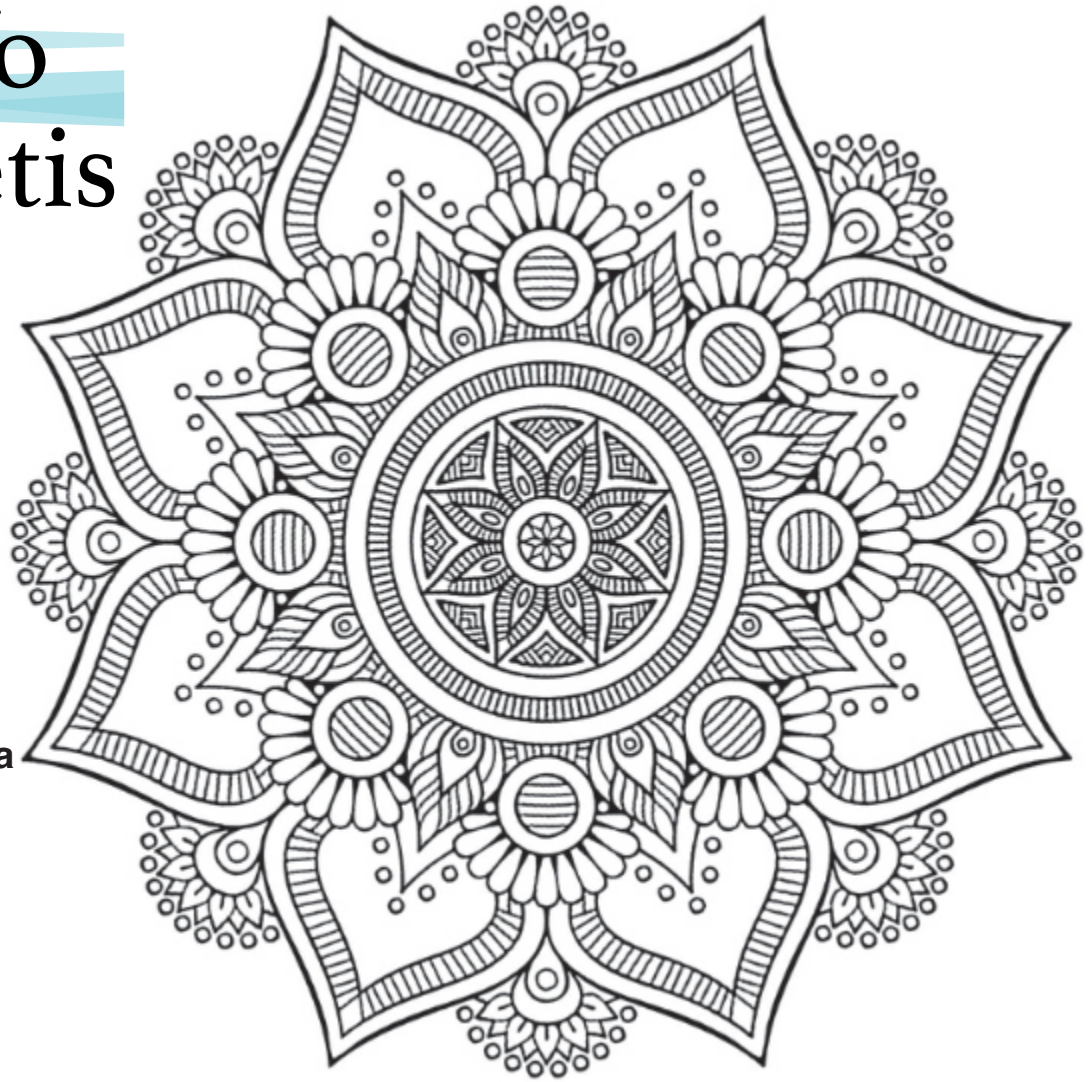


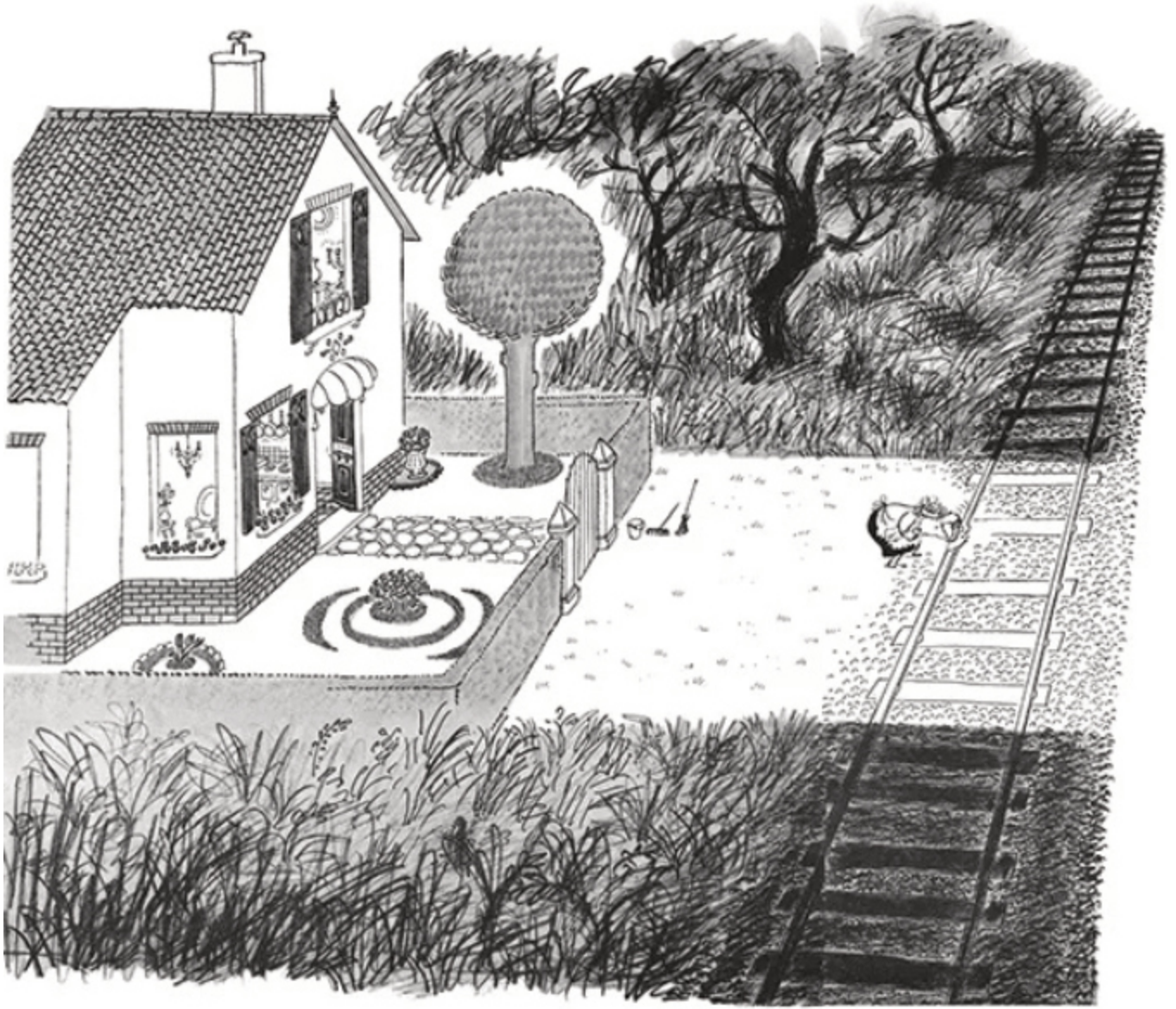
Info Métis

Si vous avez des suggestions pour le prochain numéro, envoyez-les nous !

If you have any suggestions for the next newsletter, send them to us!

patric.noya@infometis.ca





solution #6

6	7	1	5	9	8	4	2	3
8	2	5	3	7	4	6	1	9
3	9	4	6	1	2	8	5	7
1	6	2	9	8	7	5	3	4
4	8	9	2	5	3	1	7	6
5	3	7	1	4	6	9	8	2
2	5	3	4	6	1	7	9	8
9	4	8	7	2	5	3	6	1
7	1	6	8	3	9	2	4	5

solution #5

3	8	1	5	7	4	6	9	2
4	2	6	3	1	9	7	5	8
5	7	9	2	6	8	1	4	3
2	4	7	8	5	1	9	3	6
9	6	3	4	2	7	5	8	1
8	1	5	9	3	6	4	2	7
1	3	2	6	9	5	8	7	4
7	5	8	1	4	3	2	6	9
6	9	4	7	8	2	3	1	5