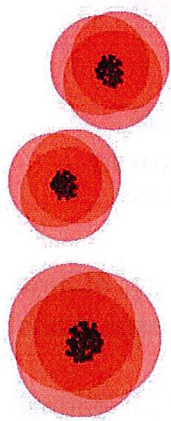
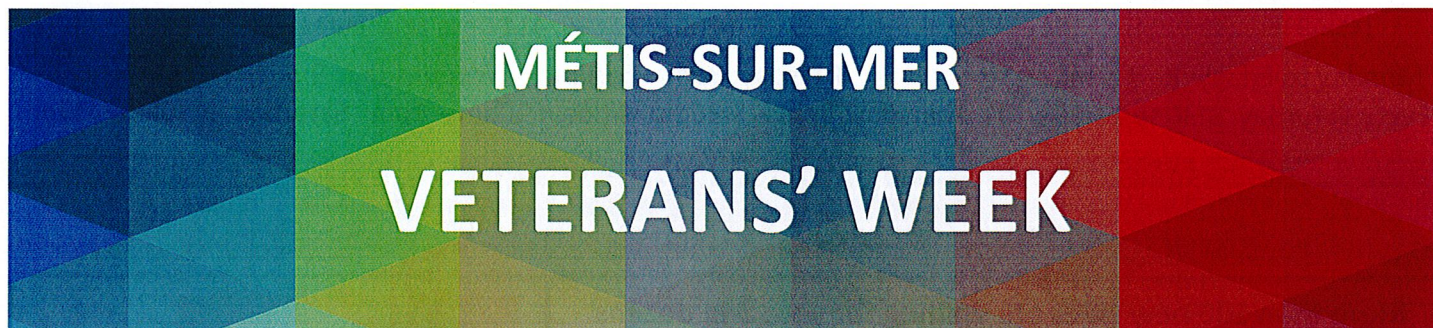


Ville de Métis-sur-Mer

# 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](http://www.facebook.com/Metissurmer)



## 1918 - 2018



### 100 YEARS OF MILITARY HERITAGE

November 5 to 11

Free activities for adults and youth of all ages

(Complete program on page 8)



Table of Contents			Community services	15
Heritage LSL & Library	2	Metis 200, It started with...	For Sale/Rent/ Found/Wanted	17
Health	3	Active Living	Our Entrepreneurs	17
Activities / Métis 200	5	Youth	Municipal Affairs	18



**DEADLINE: 15th of the month if the text has to be translated; 20th of the month if it is provided in English and in French -in Word format.**

Please 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 !





HERITAGE LSL OFFICE HOURS :

Monday—Friday, 9:00am-noon & 1-4:30pm \*please note that our offices are closed on Tuesday mornings\*\*

NOVEMBER 7: CLOSED FOR REMEMBRANCE COMMEMORATIONS

LIBRARY HOURS –Fall 2018 :

MÉTIS-SUR-MER

(418-936-3239 #224) :

Monday to Friday: 2 - 4 p.m.  
Every Saturday: 9:30 to 12:00

RIMOUSKI BRANCH

(418-730-7685, 414 De la Seigneuresse) :

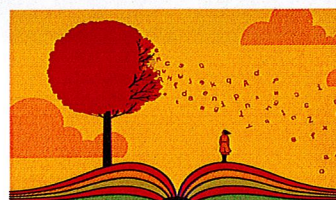
Tuesday: 3pm – 5:30pm Wednesday : 9:30am – 2pm  
Thursday: 3pm – 5:30pm Friday: 10am – 1pm Saturday: 9:30am – 12pm

FREE SPECIAL REQUESTS, EREADERS, EBOOKS, WIFI, HEALTH INFO, COPIES, HISTORICAL DOCUMENTS, AND MORE!

More than 100 new titles are waiting for you, and dozens of new titles to support your child too! And don't forget: your special requests are free!

Here are some suggestions...

- Tayari Jones: An American Marriage (A)
- Douglas Preston: City of Endless Night (Pendergast #17) (A)
- Amy Meyerson: The Bookshop of Yesterdays (A)
- Daniel Silva: The Other Woman (A)
- H. Antoniou: Back to beer...and hockey -Story of Eric Molson (D)
- Kitty Curran: My lady's choosing -an interactive romance (A)
- Michael Ondaatje : Warlight (A)
- L.N. Arimah: What it Means When a Man Falls from the Sky (A)
- Lauren Weisberger: When life gives you Lululemons (A)
- A Land of Permanent Goodbyes:Atia Abawi (YA)
- René Goscinny: Asterix (CB series)
- Tracey West: Waking the Rainbow Dragon (JR)
- Dean James: Many Pete the Cat junior reader novels (JR)
- Katty Kay: The Confidence Code for Girls : taking risks,etc. (JDOC)
- Guinness world records. 2019, Gamer's edition (JDOC)
- Alex Frith: 100 Things to Know About (science, space etc.) (JDOC)
- Eric Carle: Bird Calls (BB / Board Book)



YOUR FALL READING IN 3 EASY STEPS:

- 1) Visit the library
- 2) Choose from hundreds of new titles or ask us for suggestions!
- 3) Get a hot drink, get comfortable, and start reading!

Types of works:

- A: adult
- LG.PR.: large print
- A-CB: adult comic book
- DOC: adult non-fiction
- YA: young adult
- CB: comic book
- JR: junior novel
- J: youth non-fiction
- PB: picture book
- BB: board book

SPECIAL SELECTION : 100 YEARS OF MILITARY HISTORY

Books for adults and youth of all ages : novels, non fiction, graphic novels, picture books and more! Everything you would like to know to better understand, along with evocative works of fic-



**\*NEW\*** Finding our new titles online is easier at [www.reseaubibliobsl.gc.ca](http://www.reseaubibliobsl.gc.ca)

- Choose the Metis-sur-Mer library and click on \*NOUVEAUTÉS\* (bottom right icon)
- Access your choice of lists of newly added works by language of choice
- Options include : English Health & Well-Being, Newly added (EN), Newest releases (EN)
- And if you can't find what you're looking for; we'll help you!

---

**WANTED: VOLUNTEERS & BOOKS FOR YOUTH  
OUR GOAL: TO ADD 100 RECENT BOOKS TO OUR COLLECTION**

**Do YOU have time or recent books to donate to help us offer quality services? Heritage Lower Saint Lawrence is looking for volunteers and books to help us improve services, signage and our library collection!**

**WE'RE LOOKING FOR...**

**RECENT CHILDREN'S OR YOUNG ADULT BOOKS, IN FRENCH OR ENGLISH, PUBLISHED AFTER 2013:** books for new readers, comic books, young adult or youth novels, non-fiction works, comics, children's books, etc.

**VOLUNTEERS WANTED TO HELP OUT IN METIS OR RIMOUSKI.** Do you like people, or reading? We are looking for people like you to read stories to toddlers, sort and prepare books, operate the lending desk, etc.

**INTERESTED? THANKS FOR CONTACTING DIANE OR MELANIE IN METIS @ 418-936-3239  
OR ANNA IN RIMOUSKI: 418-730-7685**

**Health**

---

**Free HEALTH VIDEOCONFERENCE -in English!**

**Gotta Go Gotta Go—Bladder Health Update**

**Presenter: Myra Siminovitch, B.Sc., MBA, Physiotherapist**

The presenter's CHEP DVD, *Gotta Go Gotta Go* is one of the most popular with CHEP communities. This video conference revisits the function of the bladder, what can go wrong, and what to do about it.

**Wednesday, November 14, 10 a.m. to 12 p.m.\***

**At Heritage Cultural Resource Centre IN RIMOUSKI**

(414, rue de la Seigneuresse, Rimouski)

**\* FREE snacks will be served, please let us know if you plan to attend!**

**Info: 1-855-936-3239 (toll free) or 418-730-7685**

## VACCINATION AGAINST SEASONAL INFLUENZA (FLU VACCINATION)

The regional flu vaccination campaign starts on November 1<sup>st</sup>. In Mont-Joli, flu vaccination clinics will be held on November 7-8-9, as well as December 13. In Baie-des-Sables, it will be held on November 15.

To reduce your waiting time, you should register:

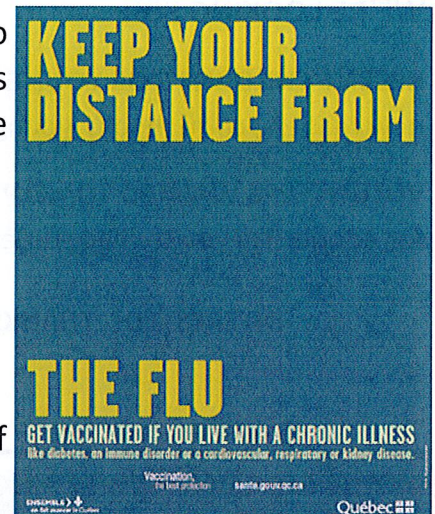
Online : [www.cisss-bsl.gouv.qc.ca/grippe](http://www.cisss-bsl.gouv.qc.ca/grippe)

By phone, Monday to Friday, 8am to 4pm: 1-866-445-0601.

CISSS du Bas-Saint-Laurent staff will also be offering the vaccine to residents of long-term and intermediate care facilities, as well as seniors' residences. It is also possible for persons who receive home care services to be vaccinated at home.

### The vaccine is free for high-risk individuals:

- ◆ People with chronic diseases, from the age of 6 months;
- ◆ People aged 75 and over;
- ◆ Pregnant women with certain chronic diseases, regardless of the stage of pregnancy;
- ◆ Pregnant women in good health, during their 2<sup>nd</sup> or 3<sup>rd</sup> trimesters;
- ◆ Relatives living under the same roof and caregivers of the persons mentioned above and of children under 6 months of age;
- ◆ Health care workers, particularly those providing direct care to patients in hospitals and in long-term care facilities (CHSLD);



\*This year, children aged 6 to 23 months who are in good health and persons 60-74 years of age can receive the vaccine free of charge upon request even though they are no longer considered at-risk.

Any other person can be vaccinated at his/her own expense.

**Vaccination = The. Best. Protection.**

Visit [www.cisss-bsl.gouv.qc.ca/grippe](http://www.cisss-bsl.gouv.qc.ca/grippe) for details.



**ECO-FRIENDLY WORKSHOP: METIS ARTS**

**MAKING REUSABLE FRUIT & VEGGIE MESH BAGS**

**SATURDAY, NOVEMBER 24<sup>th</sup> FROM 2-4 PM**

**At the Metis library (130 Principale)**



Learn how to use a sewing machine to make reusable mesh bags, and to personalize them so they become great eco-friendly gifts! Don't know how to sew? No problem, volunteers will show you how! \*New\* sewing machines are available to share at the workshop, but bring your own if possible!

**FREE. MATERIALS INCLUDED.**

**INFO : Diane 418-936-3239 /224**

**LOOKING FOR SENIORS FOR FREE MOSAIC WORKSHOPS: METIS ARTS**



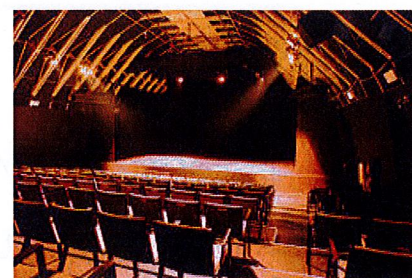
Do you live in La Mitis and would like to learn how to create mosaics while participating in a rewarding intergenerational project? Would you appreciate meeting with elementary students from Metis Beach School and sharing some great moments with them? Whether you are Francophone, English-speaking or bilingual, you can join a group of seniors who will receive free mosaic workshops offered by artist Lisan Chng, so you can participate in this wonderful community project!

**Contact us to find out more: 418-936-3239 #0 Annie or Melanie**

**COMMUNITY THEATER: METIS ARTS**

**LOOKING FOR SENIORS AND OTHER ADULT PARTICIPANTS**

Do you live in La Mitis and would like to participate in a theater project? Whether you are Francophone, English-speaking or bilingual, you can join a group of seniors and other adults who will be guided in a wonderful theater project by stage director, actor and community theater specialist Stephanie Beaudoin.



**The first meeting will be in December!**

**Contact us to find out more: 418-936-3239 #0 Annie or Melanie**

**EARLY  
CHILDHOOD  
WEEK**

**November 18 to 24, 2018 (3rd edition)**

**Make early childhood a social priority in Quebec**



handinhandforthelittleones.com | Facebook: @Touspourlestoutpetits | #earlychildhoodweek





### WEDNESDAY ACTIVITIES

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

Every Wednesday, from 1 p.m.

Cards, boardgames, bingo , pétanque, and snacks.

Welcome to members  
and non-members!

FROM NOVEMBER :

- ♦ Possibility to **play darts** every Wednesday night at the Town Hall
- ♦ Possibility to **go bowling** every Friday afternoon at Price's Bowling alley (\$)

FROM JANUARY:

- ♦ Possibility of a series of 10 **Musclez vos méninges (Jog your brain) workshops** (20\$). 15 inscriptions Minimum.
- ♦ Return of **Viactive** -Free!

INTERESTED? Please contact Diane, 418 936-3276



### Christmas Dinner December 5

Member : \$10 | Non-member : \$12  
Reservation: Diane at 418 936-3276

### Soirée de théâtre et de financement



Fondation HERITAGE 2000 -

In FRENCH

**Member:\$15**

Info : Kathy au 418-936-3245 Diane au 418 936-3276

Une pièce de Carole Tremblay

**FEMME**  
CHERCHE  
**HOMME**

Une présentation de la  
**Troupe de théâtre Sébec**

En collaboration avec les  
**Clubs des 50 ans et plus de La Mitis**

**Billet 20\$**

Information : 418 536-3622

**Samedi 10 novembre à 20h**  
à la Salle René-Dupéré-Desjardins de Mont-Joli

**DÉSESPÉRÉMENT**

Impression : Journal du Bick à Black

No.: 099

### FRIDAY BREAKFASTS ARE BACK!

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

Every Friday  
from 8 to 10 a.m.



A tasty breakfast at a great price!

Hope to see you there!

**NEEDED: regular or occasional volunteers.**

Please call Martine Bouchard with your  
availability 418-936-3373.

~All profits fund the Métis-sur-Mer  
Community Training Room ~

### Métis-sur-Mer Recreation Committee

The Annual General Meeting (AGM) of Métis-sur-Mer's Recreation Committee will take place Tuesday, November 6<sup>th</sup> at the Centre des Loisirs, 10 rue de l'Église, at 7:00 pm. Come and find out about our accomplishments this year and our plans for the future. Looking forward to seeing you there!

Your Recreation Committee is looking for volunteer members; available for 1 meeting per month and 5 to 6 activities per year.

For more information please contact Sabrina Simard [sab\\_6\\_149@hotmail.com](mailto:sab_6_149@hotmail.com), Lynne Bruce [418-318-4005](tel:418-318-4005)/[lynne.bruce@essb.qc.ca](mailto:lynne.bruce@essb.qc.ca) or any other member of the committee.



**Talk time coffee: Stories from Métis-sur-Mer**

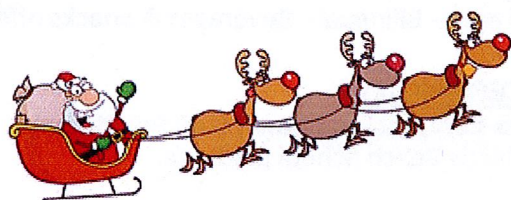


Would you like to tell *your* stories of your town, its history, its future, its landscape and population? We need your memories, stories, and especially your love for the place you call home. They will inspire us through the creation of a show about the MRC de La Mitis. We want every town and every city from La Mitis to be highlighted, and that is why we need you, the proud people of Métis-sur-Mer! You are invited to share your memories, stories and hopes during a *talk time coffee*, Wednesday, November 19, 7:00PM at the *Centre des loisirs* (10, rue de L'Église). To help us organise this event, it is essential that you **confirm your presence** at [steffpelletier@hotmail.fr](mailto:steffpelletier@hotmail.fr) or at 418-730-5926 (please leave your name, phone number and your town name on the voicemail).

This show is created as part of the cultural development agreement of the MRC de La Mitis, and will be presented during the year 2020.

Hoping to meet with you soon!

Stéphanie Pelletier, writer and spoken word artist  
Denis Leblond, director



**Métis-sur-Mer Christmas Party**

**Sunday, December 9, 1:30 p.m.**

**at the Town Hall (370 Beach)**

Come and meet **Santa Claus**

**GIFTS FOR THE CHILDREN**

**SLEIGH RIDE - REFRESHMENTS**

*To the parents: In order to offer a gift to your child or children, be sure to register by December 3.*

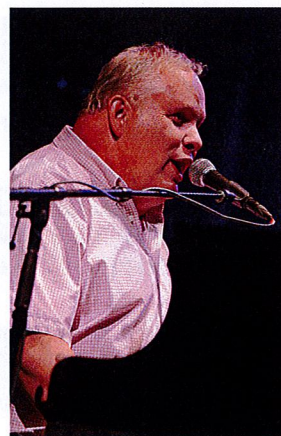
*Donations (\$) would be greatly appreciated.*

**Everyone is welcome:  
the young and the young at heart!**

**Organized by: CLD of Métis-sur-Mer**

**Inauguration of  
Centre communautaire Gabriel-Raymond**

**Guy Cardinal in concert**



**Saturday, December 1, 2018**

**7 p.m. Wine reception**

**8 p.m. Show: hit songs, Jazz, blues.**

**Free entry, voluntary contribution**

**Bar service**

**Reservations: Call Françoise, at 418-772-6729**



# 100 YEARS OF MILITARY HISTORY VETERAN'S WEEK

MÉTIS-SUR-MER • NOVEMBER 5-11, 2018

- **ARMISTICE REMEMBRANCE EXHIBIT**

All week at the Town Hall (370 Beach)

Discover Patrimoine militaire de La Mitis' exhibit on the Mont-Joli bombing school, women in war, and life in La Mitis during wartime. Learn about 100 years of local military history at Heritage's annual Remembrance exhibit: experts on site, interpretative panels, artefacts, historical documents, library on wheels, and much more for all ages!

**EXHIBIT HOURS**

- Monday, Nov. 5: 1-7pm
- Tuesday, Nov. 6: 1-5pm
- Wednesday, Nov. 7: 1-5pm
- Thursday, Nov. 8: 1-5pm
- Friday, Nov. 9: 1-9pm
- Saturday, Nov. 10: 10-5pm
- Sunday, Nov. 11: 1-5pm

- **5 À 7 LAUNCH - ELSIE & THE GREAT WAR**

Monday, November 5 at 5:00pm, Town Hall (370 Beach)

30 minutes in local history with Alexander Reford. For all ages - Bilingual - Beverages & snacks offered.

- **OFFICIAL REMEMBRANCE COMMEMORATION CEREMONY**

Wednesday, November 7 at 10:30am, Notre-Dame-de-la-Compassion Church (140 Principale)

Experience a protocol ceremony with our Veterans and Metis Beach School students.

- **THE NEW CARLISLE SPY UNDER VORO'S PEN**

Saturday, November 10 at 1:30pm, Centre des loisirs (10, de l'église)

Hear about the real story of the German spy in New Carlisle during WWII. Compare history with fiction while getting a sneak peak of VoRo's new comic book in an author meet for all ages. Free coffee / snacks.

- **BELLS FOR PEACE IN METIS**

Sunday, November 11 at 11:00am, all of the church bells in Metis will ring for Peace to commemorate the 100<sup>th</sup> anniversary of the end of WWI. Keep your ears and hearts open...

- **REMEMBRANCE BY CANDLELIGHT**

Sunday, November 11 at 7:30pm, Metis Beach United Church (490 Beach)

Commemorate our heroes who served or are still serving in the cause of peace and freedom around the world.

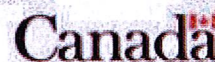
- **REMEMBRANCE QUIZ**

Contest (for adults and youth)

Find the answers in the *Canada Remembers Times*.

Bring your completed form to the library before November 16<sup>th</sup> to win prizes!

**INFO: 1•855•936•3239 / FACEBOOK: Heritage Lower Saint Lawrence**







## REMEMBRANCE BELLS OF PEACE

On Sunday November 11, 2018 at 1100 hours the Canadian Legion has asked all Churches in Canada to ring their bells in celebration of the end of WW1 100th Anniversary.

## REMEMBRANCE BY CANDLELIGHT

**November 11 at 7:30pm, Metis Beach United Church (490 Beach)**

Metis Beach United Church in cooperation with Leggatt's Point Presbyterian Church, and Église Notre-Dame-de-la-Compassion will be holding a short non-denominational bilingual Remembrance by Candlelight commemoration on Remembrance Day, November 11, starting at 7:30 pm. Together we will remember our local heroes who served or are still serving the cause of peace and freedom around the world. Everyone is very welcome to attend! **INFO : 418-936-3239 /0**

**Métis 200**



1818 METIS 2018  
DÎNER AMICAL DES AÎNÉS  
SENIORS' FRIENDSHIP DINNER



## Seniors' Friendship Lunch

A great lunch, good company, and a special exhibit on the Great battles our ancestors have taken part in (WWI, Culloden, etc.)

**Tuesday, November 20 at noon**

**At the Town Hall (370 rue Beach)**

**Cost: \$8**

Reservation before November 15. Please call Gaby (evenings): 418-936-3393

**All Welcome!**

**HERITAGE LOWER SAINT LAWRENCE PRESENTS an English Storytelling Evening:**

**ROBERT SEVEN CROWS A:TUKWEWINU 'The sayer of words'**

**café sur mer (160 Principale, Métis-sur-Mer)**

**Friday, Nov. 23 @ 19:30**

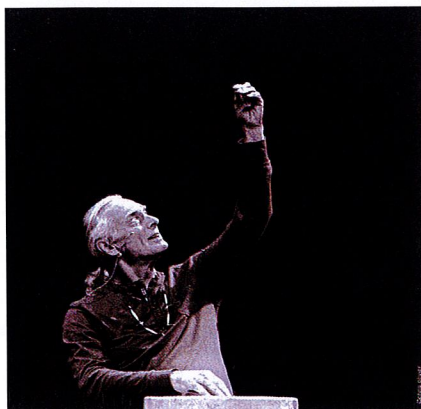
Robert Seven-Crows is a Métis/Mi'kmag singer, songwriter and storyteller. For Robert the sharing of stories and legends, with traditional songs, drum and guitar, is a way to share the wealth and the tradition of his roots.

**A:TUKWA' 'The words' "The Memory of Water"**

The elders always told us that water had a memory. Water records all the stories offered to her. Here in Québec, we have many lakes and rivers that have stories to share. We just have to take the time to sit and listen to Kokoum Lost-One-Eye, the wise grandmother;; to Kwimu, the loon; to Otter and Hare...

Robert Seven-Crows will share these words accompanied by the guitar, hand drum, guiguamakuan and traditional songs. After the program, Robert will be available for a dialogue on his culture.

**For adults (\$10) & youth 12+ (\$5)**



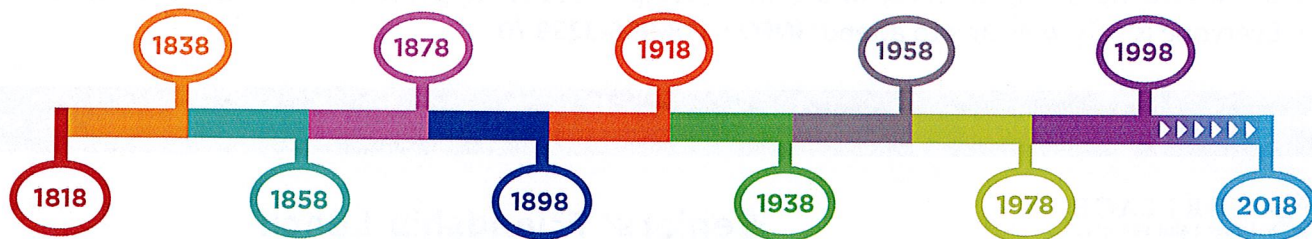




This is the last of the Timeline articles for Info Métis as part of the Metis 200 celebrations. The intention was to bring to you every month different voices from the past. Over the past year, we have shared the words of journalists, authors, chroniclers and passers-by. We have read about love and death, booze and bandits, summer and winter. Some of the texts may have been familiar. Most were discoveries for me—and hopefully also for you. I wish to thank Marie-Claude Giroux and her editorial team for bringing these timeline texts to life and Pamela

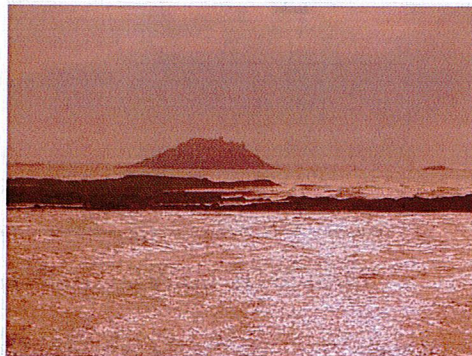
Andersson and Marjelaine Sylvestre for finding the photographs. Thanks also to Stéphanie Pépin who so ably translated the original texts when necessary. Thanks to Metis 200 and to our many funding partners and friends for making this project possible.

Alexander Reford



### THE LAST WORD

Metis has made the news many times in the last two decades. Car crashes, dramatic rescues and tragic fires are guaranteed to make the headlines. But the community has also been the subject of articles that have sought to explain the special character of Metis and this very distinct society. Not an easy task... and one that is almost certain to foster debate and even kindle a bit of controversy. In 1998, journalist Sarah Hampson penned “Quebec’s Quiet Slice of Shabby Chic” for the *Globe and Mail*. *La Presse* journalist Judith Lachapelle did a long story in 2003, entitled *Fusion sur mer*, on whether residents of Metis would seek to de-fusion after the forced amalgamation that had brought Metis Beach and Les Boules together the previous year. Then in August 2007, Québec columnist for the *Globe and Mail*, Rhéal Séguin wrote a piece about “Two Solitudes, One Hope for Survival” on how the English-speaking community was dealing with demographic decline. However, no article came close to the stir caused when, in 2012, the reputed anthropologist and Radio-Canada radio host Serge Bouchard wrote a piece in his *Québec Science* column:



Credit photo: M-Christine Levesque

#### **Les Boules** (by Serge Bouchard, *Québec Science*, October 25, 2012)

I travelled to Les Boules, in the Gaspé region. Why stop in Les Boules, you ask?

Because of the St. Lawrence and its great tides, its islets beaten by the waves of time and the black-coated seagulls piercing the whitish fog of the early days of the sea. Because of the errant orphan boulders that have made these ungrateful beaches their home, big balls scattered like toys by an ice giant who might have played with them in olden times, carrying them in his pockets before tossing them haphazardly along the shoreline.

Looking out to sea from Les Boules, one can sense the shipwrecks that lie dormant, now rusting deep beneath the surface. The ghosts of old schooners and fishermen’s silhouettes from long ago fill the air. You can almost feel, on the shoreline, the humble beauty of old buildings, the spruce trees tortured by winter winds, the hemlocks leaning towards the moon.



These images, you will see them mostly on the walls of fish mongers. The truth is that history has taken a different turn. The past of this estuary has not fulfilled the promises of its most beautiful tides; the coast has become lonely, caught in the nets of poverty and “boresomeness”. Only English Canadian and American vacationers seem to have recognized the primitive beauty of these harsh landscapes; they have cultivated the sacred Cambrian and the healthy roughness of the place.

For the delight of these billionaires who turn up for a few weeks each year in this haven nicknamed “Metis Beach”, the little people painted and repainted the facades of their villas, repaired their fences and pulled out their weeds, just as they used to do in La Malbaie and Cacouna. We, French Canadians, were guides on the rivers of others, carpenters and builders of their manor houses, gardeners in the gardens of aristocrats, guardians of a beauty that was foreign to them. Our politicians saw themselves as we did: servants.

The village of Les Boules is now called Métis-sur-Mer, of which it is now a part. However, the French-Canadian hired hands have done nothing for themselves in terms of adding to the beauty. Rather, they have grown trailer homes with their backs to the St. Lawrence, cheap motels, piles of scrap metal and abandoned fields. Aren't we the civilization of junk worship: messy shops, forever-unfinished buildings, garages in desperate need of a fresh coat of paint and rusted machinery?

Where does this hellish accumulation of parts and pieces come from, this open-air museum of old ridiculous junk? [...] Meanwhile, history continues to take a beating. Forgotten the St. Lawrence, forgotten the shipwrecks, the perils and anguish of the great storms; forgotten the German submarines hiding in the cold autumn nights, and the shattered bodies finding their graves beneath the black water. [...]

When driving along the roads of Québec, you sometimes feel like wiping everything out, tearing it all down, starting from scratch, with new ideas and new materials. We are a society without style and without memory; it is a real kick in the balls, as they might say in “Whatever-sur-Mer”.



Crédit photo: M-Christine Lévesque

Bouchard later admitted that his article had upset quite a few people. It prompted him to write a second article “*Pardon aux Boules*”, apologizing for some of the extravagant language and explaining what had led him to use Les Boules as a symbol of the ugliness of the Québec landscape.

## My apologies to Les Boules

(Serge Bouchard, « Pardon aux Boules », *Québec Science*, May 22, 2013)

One of my recent columns, about the village Les Boules, offended the sensibilities of many people. Was I misunderstood? Maybe. Did I express my thoughts poorly? Most certainly. So I write this article to apologize. [...]

This country that is the Lower St. Lawrence, I love it profoundly. I have been returning to it every summer for ages. I also profoundly love all the countries of Québec. Wherever I go, I am never disappointed by nature or people. But everywhere, the problem is the same: what we build as humans leaves me hopeless. [...] The disaster is there, and it can be found from Lachine to Sept-Îles, just as much as it can be found in Matane. From Inukjuak to Saint-Armand, from Rouyn to La Tuque, via Mont-Laurier, Roberval or Chibougamau, we dwell in the barbaric times of miserable architecture and bad landscaping. And here, I must say I am being rather unkind to the barbarians! Our human landscapes need to be completely rethought. [...]

You see, I live in Huberdeau, in the Laurentians. This small village is certainly friendly and endearing, but it is not beautiful. The mixed forest that surrounds it is magnificent, the glacial valleys thread their way into the body of the Cambrian hills, the Red River, which carves its way through the sand and rounded rocks, is fabulous; we are in heaven! But are we really? You would stand in the center of



Huberdeau that you would never see the river. The village turns its back to it. Nature is deeply inspiring, but who draws inspiration from it? As you may have gathered, my village is a disaster in terms of its human landscaping. And indeed, this failure is a story that is repeated over and over again throughout the country. Nevertheless, in Huberdeau, as in many other similar villages, we have a planning committee for the future, a cultural life, a collective concern to revitalize our appearance. [...]

My critical denunciation of the “scrapyards,” of dubious developments, of the general sloppiness when it comes to our landscapes is not an act of hatred, rejection or disrespect. On the contrary, it is a declaration of hope and a kind of cry from the heart. Yes, let me say it again, this is where I wish to apologize to the people of Les Boules. In my clumsy column, I took too much for granted the beauty of the place, to retain only the bad part of the story. And you are right, Stéphanie Pelletier, I especially gave in to the temptation to play with Les Boules, a name that easily lends itself to so many innuendos.

There are many beautiful villages in Québec. Often, they are survivors from a time before the 20<sup>th</sup> century. The Gaspé and Lower St. Lawrence regions are no exception to this rule. Considering that a confessed wrong is half forgiven, I claim half of that forgiveness. Because, indeed, I cannot erase what I have written. [...]

Why did Bouchard have to apologize so profusely? The last word goes to Metis resident and author, Stéphanie Pelletier. It was her open letter to Bouchard, published in the pages of the Rimouski newspaper *Le Mouton Noir* in January 2013 that got Bouchard to recant and repent:

### **Les Boules, it's more than that**

(Stéphanie Pelletier, « Les Boules, c'est plus que ça », in *Le Mouton Noir*, January 21, 2013)

Dear Monsieur Bouchard,

Your article '*Les Boules*' published in Québec Science on October 25, 2012, found its way to my desk a few weeks ago. A friend made a point of bringing it to my house to see how I would react. This friend knows my love for the territory I live in and for the people I share it with. He knows the efforts I am making to live in a remote location in the Mitissian back-country in order to preserve, revitalize and promote a territory that still holds great promises of richness and beauty. While more and more young artists migrate westward, to the city and its effervescence, I have chosen to take a gamble and swim against the current: I chose to come back and to stay. I draw the strength of my identity from the wilderness of the landscape I inhabit, from the memory of those who settled it and from the cohabitation with those rare and unwavering people who continue to live their lives in harmony with the rhythm of the seasons. When I look at the loss of meaningfulness that characterizes our society, I tell myself that part of the solution lies in the way of life I have chosen, in the proximity to nature that allows me to touch on the essential. And I think that the necessary and urgent preservation of this way of life requires the enthusiasm of the young people who will come to settle in municipalities such as mine.

I grew up in Les Boules, Monsieur Bouchard. And I came back. When I wander the streets of my village, I search in vain for the trailer homes turning their backs to the St. Lawrence and the piles of scrap metals that you speak of in your article. Instead, all I find are charming homes and grounds proudly maintained by shoreline dwellers who live each fall with the fear of a great tide that would flood their basements once again, eat at their land and which might even force them to leave. How beautiful and romantic this great river is when you look at it from the tourist's point of view. How crazy are these local residents who turn their windows to the south, shunning the river's magnificent beauty to benefit from the sun's rays that help keep their homes warm during the long winter months.





In my village, I can see great efforts that are constantly being made by its residents and the municipality to energize and revitalize the area. Through interactions between our two schools and the implementation of a bilingual library, we are trying to build bridges between the English and French-speaking communities. Through the adoption of an architectural implementation and integration plan, our municipality is investing time and effort to harmonize new developments with the built heritage. Through the 'Save the Metis Lighthouse' initiative, citizens' associations have managed to raise more than \$80,000 for the preservation of this precious historic building. By organizing numerous family activities, the Métis-sur-Mer recreation committee is stimulating our municipality's social life and raising funds for both schools. I applaud and admire these efforts and these are just a few positive points chosen to show you that when you look a little closer, the terms 'poverty and boresomeness' are overly simplistic. That is why I believe it was my duty to respond to your article.

The worst part of it, Monsieur Bouchard, is that I would agree with you: we live in a Québec, what am I saying, in a world, that tramples on beauty, ransacking it for the sake of an economic model that will lead us all to our downfall. But I venture to say that you have chosen your target poorly. Why not also mention the suburbs that have sprouted around Montréal, on Québec's richest agricultural land no less?

For several years now, the fire of a dry anger has been building within me. I rage against the ignorance and biases of some intellectuals in the Greater Montréal area who seem to think that nothing lives east of Longueuil or that everything is reduced to the few preconceived ideas they have of the regions. I rage against journalists, columnists, artists who come from there and who think they can define us and understand our whole way of life after spending just a few days here. I rage against the widespread lack of interest of those who live here for the great potential their voice could have if they spoke up about this place. Far be it from me to put everyone in the same boat, but unfortunately, there is a Montréal that prefers to hear about the regions from its own elite and who takes a stand on the exploitation of a territory that they do not inhabit themselves, a territory which they only know from their own fleeting visits. This very same Montréal that listens to you, Monsieur Bouchard. So coming from you, I would have expected more. More than just an article that puts Les Boules, Matane and the *Ranch à Donald* in St-Ulric in the same basket and then reminisces about the allegedly forgotten shipwrecks with nostalgia.



I have read and reread your article, Monsieur Bouchard, and I can't seem to find the basis for your comments. I have to wonder if you have not chosen the former name of our municipality just for its innuendo potential. However, I believe that any person who wields the power of speech has an obligation to measure the impact of his positions beyond their 'selling' potential. The power of speech comes with a responsibility that you may have miscalculated in this case. As far as I'm concerned, when one chooses to criticize, one must also be able to propose an alternative. Many of us here are trying, each in our own way, to breathe vitality and dynamism into this small town that we love to encourage young families to come and settle here and we perceive this article as a push in the opposite direction. You have highlighted some of our mistakes, but mostly those of our predecessors and governments. To those of us who continue to believe in another way of inhabiting the territory and who are trying to look to the future, I ask you, Monsieur Bouchard, what do you have to propose?



Métis-sur-Mer joins the Federation of the Most beautiful Villages of the Earth after recognition in 2003 as one of the 'Most Beautiful Villages of Québec'.







**COMMUNITY TRAINING ROOM**

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

*Try out the treadmills, elliptical trainer, exercise bicycle, multi-station weight machines, rowing machine, exercise balls and elastics, medicine balls and more...*

**\*\*NEW: FALL SCHEDULE\*\***

	Morning	Afternoon	Evening
<b>Monday :</b>	<b>7:30 - 9:00</b>	<b>3:15 - 4:15</b>	<b>6:30 - 9:00</b>
<b>Tuesday :</b>		<b>3:15 - 4:15</b>	<b>6:30 - 9:00</b>
<b>Wednesday :</b>	<b>7:30 - 9:00</b>	<b>3:15 - 4:15</b>	<b>6:30 - 9:00</b>
<b>Thursday :</b>			<b>6:30 - 9:00</b>
<b>Friday :</b>	<b>7:30 - 9:00</b>		

**REGISTRATION and INFORMATION**

Please contact Marcel Blanchet at 418-936-3318 (6:30 to 9 p.m.) or by e-mail at [mcelbchet@gmail.com](mailto:mcelbchet@gmail.com)

**Membership\***


Métis residents : \$25/month or \$4/day Non-residents : \$30/month or \$5/day Students : 50% of adult rate  
 \*Please note that membership fees also cover sports activities which take place in the Envol School gym. Additional fees (ex. cost for a coach or instructor) may apply for certain activities.

**\*INDOOR-HOCKEY\* Mondays from 6:30 to 9 p.m.**  
 14 years old + / \$3 per person -Come and join in!

**\*BADMINTON\* Wednesday evenings-Welcome!**  
 Raquettes et volants disponibles.

**ZUMBA WITH VANESSA CARON**

Session started on October 30,  
 on **Tuesdays**, 7:00 pm. (\$)  
 INFO : 418-936-3318 (evenings)



**MUAY THAI Boxing with Marc Vinette**

Session started on October 18,  
 on **Thursdays** at 7:00 pm (\$)  
 INFO : 418-936-3318 (evenings)

**Youth**



**METIS BEACH SCHOOL NEWS**

**Our New School**



We have moved back to Métis and are settling quite nicely into our new school! The students and staff are extremely happy and looking forward to an action packed year in their new surroundings.

Eastern Shores School Board and Metis Beach School would like to cordially invite community members to an **Open House on Monday, November 19<sup>th</sup>, 2018 from 1:00 to 3:00 pm at Metis Beach School.** Come on in to tour the new school, see some old friends, meet our students and share in our plans moving forward.

For those who are unavailable that afternoon, there will be staff here to welcome you between 5:00 and 7:00 pm that evening.

We are looking forward to welcoming you to our new facility.



Hello,



Here we are for a second year to inform you of our school news. There is a new group of journalists this year. Our group consists of Justine Cavanaugh (grade 6), Émile Aubin (grade 6) and Ivy Deschênes (grade 5). Since it is already November, we have lots of school news to share with you.

First of all, we have a Kindergarten class at our school this year. It had already been three years since we lost that group, and they're finally back. With a new class, comes a new teacher, named Maxime Moreau. As you may have already heard, Nancy Beauchemin is now retired. We now have a new teacher in grades 1-3. Her name is Valérie Piché and she is very kind.

Last year we told you about a special project we are doing in Physical Education. This year, the grades 4-5-6 have four hours of Physical Education per week during the months of September, October, November, May and June. During these months, we will play golf and tennis at the Cascade Golf and Tennis Club. During the months of September and October, we played golf two mornings per week, which was much different from our usual gym classes. In May and June, we will play tennis. We are thoroughly enjoying this project. To get to the Cascade, we take our bikes with our new gym teacher, Maxime Claveau, who had taught at our school previously. During the other months, it will be the grade 1-2-3 class that will have 4 hours of Physical Education per week. They will have a special ice sports program at the Centre des Loisirs and plenty of other winter activities.

In our school yard, we have a new soccer field, and lots of kids have been playing soccer during our three daily recesses. This way, we can burn some energy and learn a new sport. Philippe, the grades 4-5-6 teacher, plays soccer with us when he is on recess duty. We know that many organizations and elected officials made this soccer field possible, and we are very thankful.

This winter we will have a sliding hill, on the South side of our school yard. There were volunteers from the Caisse Populaire who generously gave their time to cut down trees for this future winter activity. Our teacher will soon ask for contributions from residents of the village to complete this project.

We would also like to thank Marie-Claude Giroux who gives us the opportunity to participate in the Metis Info.

Émile Aubin, Justine Cavanagh and Ivy Deschênes

## Community Services

### Childcare Places Available

24 rue du Couvent, Métis-sur-Mer (École L'Envol)

**Opening hours: Monday to Friday, 7am - 6pm**



There are places available at the childcare center "Centre de la petite enfance les Pinsons" Métis-sur-Mer facility, for children up to 5 years old. These are multi-aged groups. We offer quality, subsidized child care at \$7.75 per day.

For a future baby or any eligible child, it is important to register on the single-window access to childcare services in Quebec at [www.laplace0-5.com](http://www.laplace0-5.com). For information please call **418-739-5080 ext. 101**





## REPLACE THE BATTERIES!

The fire safety service of la MRC de la Mitis would like to remind you to take advantage of the time change by replacing the batteries in your smoke alarm. It is of the utmost importance that you regularly check the functioning of your batteries and replace them when needed and also verify the expiry date on your smoke alarm. They only last 10 years.

### The best way to save your life and the lives of loved-ones

- The smoke detector is the best way to save lives. Verify its operation regularly, whether battery-operated or electric.
  - Periodically replace the battery or use, if possible, a long-lasting battery, like lithium.
- Replace the detectors according to the recommendations of the manufacturer, generally every ten years. The manufacturing or expiry date is indicated on the housing. If the date is missing, do not take any chances, replace the device immediately. (Source : Code de sécurité du Québec (CBCS))

### How to choose a smoke detector

Ionization smoke detectors are the most common. They are installed near the bedrooms.

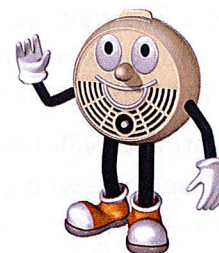
Photoelectric smoke detectors are installed near the kitchen, bathrooms and heating appliances, since they trigger fewer false alarms caused by steam and cooking vapours.

A smoke detector with a long-lasting lithium battery is a good choice. The battery, located in a sealed compartment, has a lifetime of ten years.

If an occupant is deaf or hearing impaired, the installation of smoke detectors combined with strobe lights and sound is recommended.

In new constructions, the smoke detector must be connected to the electric system. Ideally, it should have an emergency battery in case of a power failure.

The ULC logo must appear on the smoke detector, indicating that the device meets Canadian standards.



Text: Quebec Department of Public Safety

#### You've got questions ? please contact:

Renaud Gagnon or Korin Gagné

Fire prevention service – MRC de La Mitis

418 775-8445



FOR SALE OR RENT IN MÉTIS-SUR-MER

Houses, apartments, lots

In order to facilitate the recruitment of new residents and families, a list of residences and lodgings for sale and for rent is regularly updated by generous volunteers.

This list is available on the Town web site at [www.ville.metis-sur-mer.qc.ca/fr/nouvelles/maisons-et-logements-disponibles-metis-sur-mer](http://www.ville.metis-sur-mer.qc.ca/fr/nouvelles/maisons-et-logements-disponibles-metis-sur-mer) as well as at Heritage Lower St. Lawrence and the Caisse Populaire.

For information or to register a property, house or lodging for sale or for rent, please do not hesitate to call David Paquette at 418-732-7701 or email [david@sharawadji.org](mailto:david@sharawadji.org).

FOUND: Eyeglasses (Speckled black frame, without a case) in the parking lot of Heritage/library at the beginning of October. Info: 418-936-3239 #0.



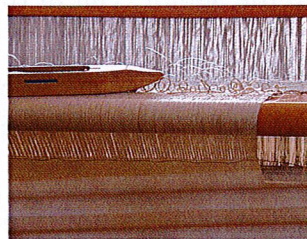
Our Entrepreneurs

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)

Les toiles de mer... Métis-sur-Mer

Weaving studio and boutique



Welcome!

After September 15:

On the fly or by appointment.

117 Principale | 418.936.3838



**Super Soir**

Dépanneur Métis-sur-Mer

Change of schedule

Please note that the opening hours will be changed for the winter period, **from Monday, October 14, 2018 until Sunday, May 19, 2019.**

Here are the changes:

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

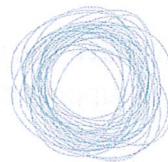
**Monday to Wednesday: 7 a.m. to 9 p.m.**

**Thursday to Saturday : 7 a.m. to 10 p.m.**

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

Bruno Leblanc, Owner

Tél.: 418-936-3536 | 97, route 132



November at the café...

café sur mer

**Café sur mer is only open for one more month. Come take advantage of our hearty meals or sip a coffee in the warm atmosphere.**

The boutique section has some sales and even some Christmas decorations.

**Open Saturday and Sunday from 9 a.m. to 5 p.m.**

**Looking forward to seeing you.**

Follow us on [facebook.com/cafesurmer](https://www.facebook.com/cafesurmer)  
160 Principale | 418-936-3936



## Our Entrepreneurs

---



My name is Sonia Castillo, L'apothicaire du village. I would like to share with you my passion for dōTERRA Essential Oils and how they can contribute to your overall health.

Would you like to know more? Join me for a free one-on-one meeting or for a free workshop in my house or in the comfort of your own home.

**Your well-being, one drop at a time!**

[418-318-0506](tel:418-318-0506) | [so\\_castillo@yahoo.ca](mailto:so_castillo@yahoo.ca) | Follow me on Facebook and Instagram

## Municipal Affairs

---

### A WORD FROM YOUR MAYOR

The month of November brings the sale of poppies; let us not forget all those who fought and still fight for the freedom we enjoy today.

October brought a wave of change to the political scene. Congratulations to our MP, Mr. Pascal Bérubé and all the candidates. I attended the Seniors Fair at the Centre Colombien which was a great success.

We made the headlines in the media expressing your concerns about coastal erosion and the protection of your property. I had the pleasure of meeting with many of our citizens at my office.

As I do every month, I participated in many committee meetings: Table of Mayors, CLD de La Mitis, Committee of Caregivers, Public Security, soutien au travail autonome (STA), MADA, Working Committees of the MRC and la Ville, meeting with Baie-des-Sables, etc.

The Friday morning community breakfasts have started again. Come on out to enjoy a delicious breakfast and socialize with friends, while helping to support our local Training Room.

A big thank you to the volunteers and to all the students and teachers at École l'Envol who took part in cleaning up the rocks at the bottom of the retaining wall. It is a huge improvement!

Congratulations to all our community volunteers who are always there to help.

**The next meeting of the MacNider Borough Council will take place on November 5, 2018 at 6:30 pm at the Municipal Office, and the next Métis-sur-Mer Council meeting will follow at 7:30 pm.**

You can reach me by email at [cadube@mitis.qc.ca](mailto:cadube@mitis.qc.ca) or call me .

Best regards,

Carolle-Anne Dubé, Mayor

418-936-3255 or 418-750-5504



### The Green Newsletter – « How to correctly put your bin on the roadside for collection? »

Hello,

For more information on sound waste management, do not hesitate to contact us by visiting *How to correctly put your bin out for collection?* The question seems silly, but it's a pretty big source of frustrations, delays and the cause of costly and unnecessary breakages. Here's a list of small but important things to remember to put your bin out for collection the right way:

- ♦ **Waste bins and blue bins must be 240 or 360 liters rolling bins.** No other type of bin is accepted for the collection. They are available in most hardware stores.
- ♦ **Use the correct bin color.** The blue bin is for recycling, the brown bin is for compostable waste and the green or black bin is for garbage. Otherwise, waste is found in the recyclables, plastic in the compostables and paper goes to the landfill unnecessarily.
- ♦ **Pay attention to the weight!** Bins that are too heavy can damage the bin itself or not be picked up. Ground, sand and rocks do not go in your bins. Paying to bury sand does not make much sense. Construction residue, dangerous products, branches and bulky items all go to the Ecocentre.
- ♦ **Place your bin out the day before the collection, after 6:00 pm.** Collection times may vary depending on road conditions, collection route, mechanical problems, etc. The garbage truck may usually collect at 7:15, but if you wait for 7:00 to put your bin out, that one day the truck has changed route and came at 6:00, you will not be happy!
- ♦ **The bin wheels and handles should always be oriented towards the house, near the edge of the road but still on your property.** Many bins are broken because they were badly positioned or because they were in the road and were hit by a car or snowplow.  
If you must have 2 or more bins next to each other, **space your bins approximately 1 meter (3 feet)** to allow the mechanized arm to grab the bins easily.
- ♦ **Brown bins belong to your municipality.** Each brown bin has a chip that assigns a bin to a residence. If you move, your brown bin must stay at the same house. For the blue bin, contact your municipality to find out about the policy.

[www.ecoregie.ca](http://www.ecoregie.ca) (french only) or by calling 418 775-8445, ext. 1138.

Vincent Dufour, waste management coordinator

Site web : [www.ecoregie.ca](http://www.ecoregie.ca) | Courriel: [matresi@mitis.qc.ca](mailto:matresi@mitis.qc.ca) | 418-775-8445, poste 1138



---

### HAZARDOUS MATERIAL DROP OFF

It is always possible to leave your hazardous materials at the municipal garage situated on Rue de l'Église. By hazardous materials we mean oil or any petroleum by-product such as "pitch", painting products, and domestic or automobile batteries.

You may simply leave these products in front of the door at the municipal garage.

If you have any doubts, call the municipal garage at 418-936-3255.





**BEFORE WINTER**

It is strongly recommended to install appropriate driveway markers to identify the edge of your property to facilitate snow-clearing operations and minimize the damage that could be caused by the removal of snow. These markers must stay in place until spring. If the markers are removed before, you will be solely responsible for the damage to your property. The municipality will install additional markers in some places.

---

**DUMP FOR BRANCHES AND DEAD LEAVES**

Please note that the dump on Station Road will be closed as of the first snow.

---

**WINTER IS COMING: HERE ARE FEW ARTICLES ABOUT THE MANAGEMENT OF SNOW  
(REGULATION # 03-08)**

**ARTICLE 3: SNOW/ICE**

Conforming with articles 498 of the Highway safety code and 415.22 of the Towns and Cities Act, it is a nuisance and is therefore prohibited to throw or dispose of snow or ice from a private property on the streets or yards, on public land, in public parks, in municipal waters or water-courses.

**ARTICLE 5: IMPOSSIBILITY OF SNOW BLOWING**

If it is impossible to blow the snow on the private property, or if the owner refuses to have the snow blown on his or her property by the municipality, a fee of \$40 (forty dollars) will be charged to said owner, each time snow would have been blown, to pay for the removal and transportation of the snow.

**ARTICLE 7: WINTER PARKING**

It is forbidden to park or stop a vehicle on the public way between 11:00 p.m. and 7:00 a.m., from November 15 to April 15 inclusively, in the territory of the municipality. Offenders will be fined \$30 (thirty dollars) plus administrative and postal fees.  
It is also time to install your driveway entrance marker, please make sure that they are installed on your property and not on the public right-of-way.

---

**PUBLIC NOTICE**

**SPECIAL SESSION CONCERNING THE ADOPTION OF THE BUDGET FOR THE 2019 FISCAL YEAR**

PUBLIC NOTICE is hereby given that a Special Session of the Municipal Council will be held **Thursday, December 13, 2018**, beginning at 7:30 P.M. at the municipal hall, 138 Principale, Métis-sur-Mer.

- AGENDA:**
- Call to order
  - Reading and adoption of the agenda
  - Reading of the project of budget 2019
  - Question period about the project of budget 2019
  - Adoption of the budget 2019
  - Adjournment.

The deliberations and the question period held during this session will pertain exclusively for the 2019 budget.

Given at Métis-sur-Mer, this 29<sup>th</sup> day of October 2018.