

October
2020



Ville de
Métis-sur-Mer

Info Métis

Municipal Newsletter and Community Info

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

Click English for info on
Gradual resumption of activities
**on continue
de se protéger.**
Quebec.ca/reliance

Another great success for the 3rd edition of the Shoreline Cleanup Event in Métis-sur-Mer!

Many thanks to the volunteers of Métis-sur-Mer who showed up bright and early on Saturday,



September 19th, for this 3rd edition of the CLD's Shoreline Cleanup Event! The **students from Metis Beach School** also did a great job the day before, along with their teachers, to add to our collection.

Thanks also to **Ladd Johnson**, President of the *Association des résidents de la Pointe-du-phare de Métis-sur-Mer*, for once again granting us privileged access to the lighthouse to enjoy our lunch in a warm place! A contribution to our event that is always greatly appreciated!

Special thanks to **Lynne Bruce** for helping me prepare the lunch and to **Yves Trudel** for lending me his trailer! Because indeed, there is still enough garbage to pick up to require a trailer... But still, we're seeing improvement and that's what counts! The official tally this time, just for Métis? A total of **130 kg of garbage collected** and delivered to the Eco-Centre!



Photo credit: Stéphanie Pépin



Table of Contents

Heritage LSL & Library	2	Youth	9		
Activities	7	What's Up With Your CLD	10	For Sale/Rent/Found/Wanted	13
Health	8	Our Entrepreneurs	11	Municipal Affairs	13



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

Next deadline: October 15th

Contact Marie-Claude Giroux at 418 936-3239 #223
or by email at mcgiroux@heritagelsl.ca

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



Our Library and Archival services are open!

Library Services Schedule:

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

Archival Services Schedule:

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

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

Concerning library services:

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

Book returns:

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

Book loans:

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

**Please note all books are placed in a 3 day quarantine before being handled or borrowed out again.*

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.

Concerning Archival Services:

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

Looking forward to serving you!

130, rue Principale, Métis-sur-Mer

NOTICE

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

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

Our friendly and helpful staff members are still diligently at their posts, but still from a distance.

Please do not hesitate to contact us by phone (418-936-3239) or email (info@heritagelsl.ca) for help accessing information and services in English.

However, you can participate in our virtual activities!

Thank you for your understanding and patience.



Please note that we will be closed on Monday, October 12th.



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

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

The subscription will allow you to:

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

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

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

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

Further information can be found on the Réseau BIBLIO du Bas-Saint-Laurent website:

www.reseaubibliobsl.qc.ca

FOLLOW-UP TO THE ANNUAL GENERAL MEETING OF HERITAGE LOWER SAINT LAWRENCE

On September 24th at the Boule Rock Golf Club, Heritage Lower Saint Lawrence held its annual general meeting in a special adapted format due to these times of pandemic. About thirty people attended, most being on site (with physical distancing, of course) and some connecting online via the Zoom teleconferencing application.

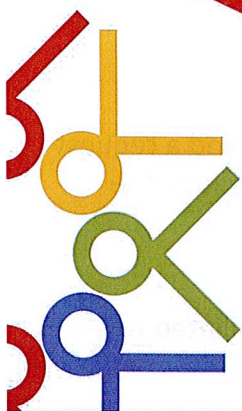
We would like to take this opportunity to thank the two members of the Board of Directors that were not seeking re-election, Susan Woodfine from Rimouski and Sabrina Aubut from M tis-sur-Mer, sincerely for their hard work.

James Darling from Rimouski joins the current Board of Directors: Alexander Reford (President), Micheline Williams (Vice-President), Brett Mitchell (Treasurer), Sandra de la Ronde (Secretary) and Joan Sullivan (Administrator).



HELP US TO BETTER SERVE YOU

An upcoming consultation of the regional
English speaking community



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

REGISTER AT

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

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

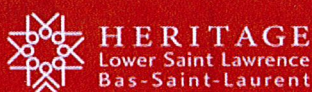
The community consultation will address participants' origins, access to health care and social services, employment, education, sociocultural opportunities, and more.

FOR MORE INFORMATION

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

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

Thank you for helping us to improve our services.

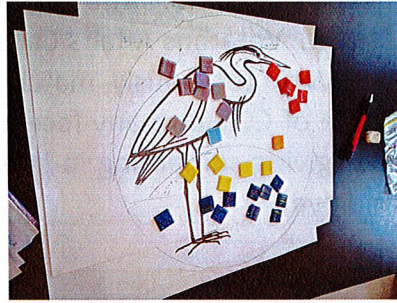
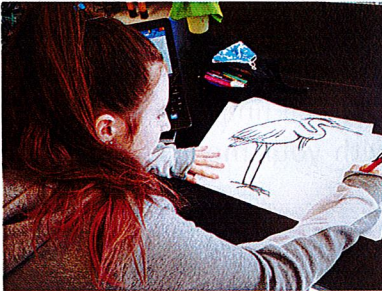




VIVRE NOTRE HÉRITAGE LIVE OUR HERITAGE



Mosaics: Making up for lost time



Mosaic seats workshops began this September at Métis Beach School! Accompanied by lots of disinfectant and following health guidelines, high school students from Sec 1-5 embarked on conceptualizing and creating of their mosaics to be installed on outdoor cement seats at a later date.

From birds, land and sea animals to flowers, our young artists interpret these life forms of our natural heritage in our region in mosaics art. Stay tuned!



Quilts: Ready, Set, Sew (knit, hook, rug, quilt, ...)

With blustery Fall winds upon us, many are starting to think about warming up their hands doing textile-based arts. While the groups are at work, we are hearing about individuals also taking up the challenge. Here is Gaby Turriff with what Metis means to her. Her "My Metis" is made up of four memorable local images created on plastic canvas to make one unique piece with (clockwise from the top) Boule Rock, the lighthouse, the old hockey shack, and the United Church. What heart-warming decorative arts have you got planned for the winter months for yourself or a group? We hope to display the result of group and individual projects next summer.



Many summer visitors will not know of the old hockey shack. Learn (and see) more by visiting heritagelsl.ca/live-our-heritage/.

Photo credit: Lisan D. Chgn

Would you like to connect virtually?

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

It would be fun to stay connected and explore different cultural and social activities as a community.

Please sign up via the online google forms so a confirmation email with zoom conference link will be sent to you prior to the event.

For all details, please consult our Facebook page.

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



Virtual community meet-ups to share our news and stories over a cuppa tea

Thursdays, 4pm-5pm:

**October 1, 15, 29
November 12, 26
December 10**



Innovative game nights with board game lovers and players using the virtual platform

Fridays, 7:30pm-9:00pm:

**October 23
November 20
December 18**

INTRODUCING MACRAME!

Macrame is a fiber art technique of tying knots into rope or yarn to form intricate patterns and designs.

Do you want to learn something new, while being safe at home? Our online workshops are 2 hours on 4 specific Sundays. Each workshop will begin with hands-on demonstration of macrame knots. You can watch, learn and absorb the technique, tips and nuances from our instructor. There will also be time given for you to practice what you just learned.

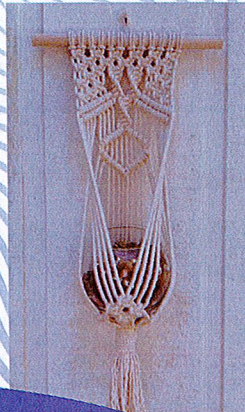
Material is provided. The workshop is free for our members, and membership is free.

Please register before **October 8th**
REGISTER AT
culture@heritagelsl.ca

DATES FOR WORKSHOPS

Sunday afternoons
Oct 18, Nov 1, Nov 8
and Nov 22nd

from 1: 30PM - 3:30PM



VOYAGE OF SENSES CHINA



Plunge into the discovery of Chinese culture with Ting Zhang, Director of Oriental Cultural Centre

Discover the variety of traditional and authentic teas from China, along with the culture, music, poetry, art and festivals through a series of cultural workshops **online**.

The workshops are **free**, and **limited to 10 participants**.

Please **register before October 12** to reserve your workshop space for all three workshops.

REGISTER AT
culture@heritagelsl.ca

Confirmed participants will receive a package of workshop material by post or by collect.

WEDNESDAY WORKSHOPS

Mid-autumn Day tradition
October 21 from 2-4pm
Discover the Mid-autumn Day tradition, the legend, the poem, the popular songs, the mooncake and the buckwheat green tea.

Multicultural ethnic groups
November 18 from 2-4pm
Discover the names, the language, the ethnic groups (the minorities) and black tea of China.

Festive decorations
December 2 from 2-4pm
Learn about Chinese paper-cuts used for holiday decorations, the modern society, family relationships, the wedding and the Pu-Er tea.



Activities




On Sunday October 4th the admission is free for all Quebec residents (on presentation of your Régie de l'assurance maladie card or Quebec Driver's Licence).

- ◆ On the McGill stage at Place Hydro-Québec, a slam will be presented at 11 am on the theme of this year's International Garden Festival: Métissages.
- ◆ The afternoon program includes at 3 pm, a presentation by literary collective BREF, artists in residence, a collaboration with the CLAC.
- ◆ Near the Villa Estevan, a piano and saxophone concert, in collaboration with the Rimouski music conservatory, will be offered at 1:30 p.m.

For reservations, access our website in the Dimanche Gratuit section, and reserve on EventBrite. Your admission is valid for the entire day.

Health



- Thematic classes
- Individual meetings
- Zootherapy sessions
- Sports
- Recreational activities
- Social activities
- Culinary activities



Centre ADH Le Tremplin
Maison de transition pour hommes
418 562-0632

CONCERNED ABOUT YOUR DRUG (S) AND / OR ALCOHOL USE?

The "Centre Régional A.D.H. «Le Tremplin» Maison de transition pour hommes", located in Matane, is a certified addiction center that offers you a program with two distinct components: preparation to therapy and social reintegration. External services are available too, offered by a multidisciplinary team ensuring you a professional and quality service.

For more information, contact the resource:
Telephone : 418 562-0632
Mail : direction@maisonletremplin.com



Annual Terry Fox Walk Friday, October 2nd, 2020



The students of Metis Beach School and l'école l'Envol will be participating in the 40th Annual Terry Fox Walk to raise funds for cancer research.

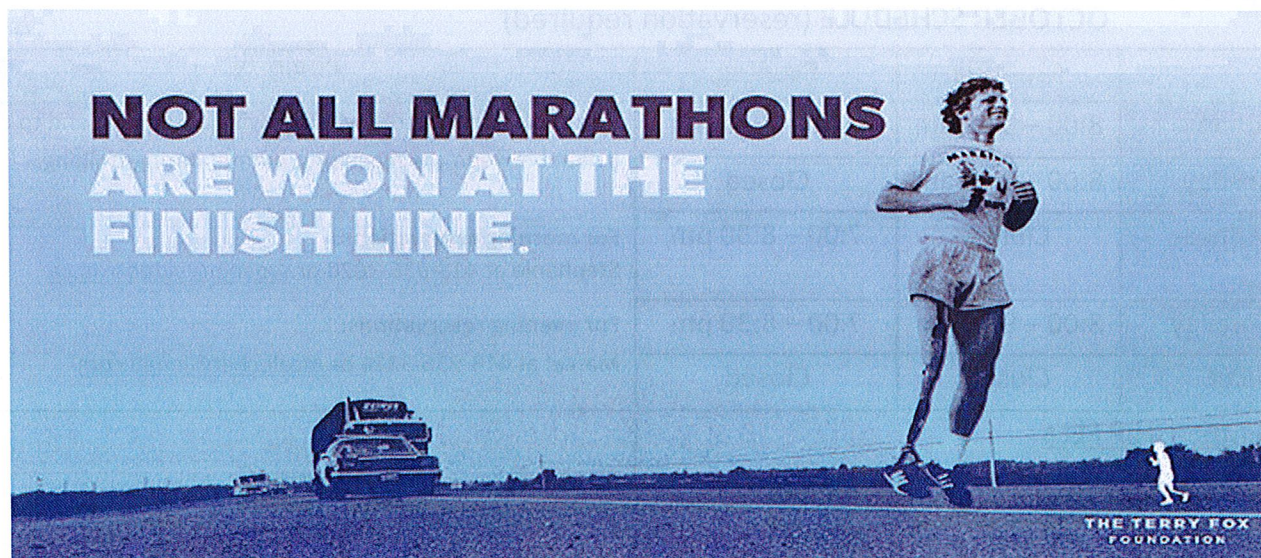
The current COVID protocols will be respected: remaining in group bubbles, 2 metre distancing and face masks.

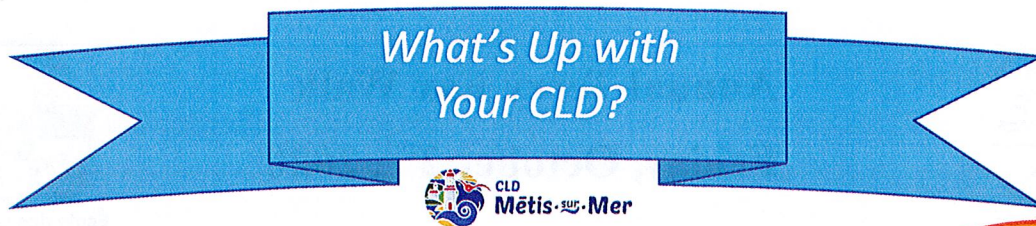
Schedule:

9:00 am Students and staff will be leaving the schools in staggered intervals to walk to the Cascade Golf and Tennis Club (7 Macnider), where they will continue their walk on the golf course.

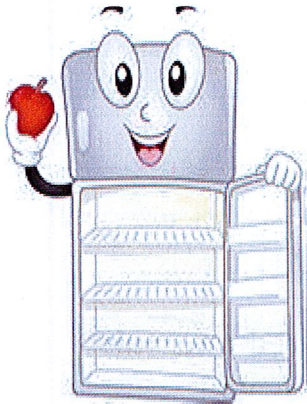
12:00 pm Once their walk on the golf course is complete, they will return to school for lunch.

**On-line donations can be made at: www.terryfox.ca/MetisBeachSchool
Please join us in supporting this worthy cause!**





The Virtual Fridge will soon be closing down



The Virtual Fridge initiative is soon coming to an end. The situation seems to have improved for the majority of our clients, so if all goes well, the Fridge will officially close at the end of October. Thank you to all those who, since April, have so generously contributed to the project's success, whether it be through donations of money, food or time. Thank you also to **l'Épicerie Ratté** for its precious collaboration throughout the summer!

Throughout October, should you need assistance, or if you know someone who needs help, do not hesitate to contact **Stéphanie** (418-936-3020 or svpepin@videotron.ca). It's not too late!

We will also continue to accept donations (money or food) throughout the month of October. Call Stephanie to make arrangements. A few households are still facing difficult times, so any remaining funds and food after October will be used to continue supporting them (and anyone who has been a client of the Fridge in the past) for as long as we can. **Of course, if the situation deteriorates, we will return...**



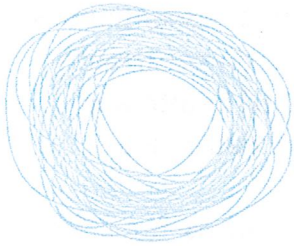
The Community Training Room

The work to revamp the gym is taking longer than expected, which is delaying the expansion of the schedule and services at this time. Stay tuned...

OCTOBER SCHEDULE (reservation required)

	Morning	Evening	COVID-19
Monday	8:00 – 9:30 am	7:00 – 8:30 pm	The mask is mandatory when arriving at the gym and to circulate between the machines, but not during training. For morning reservations: Stéphanie at 418-936-3020 or svpepin@videotron.ca For evening reservations: Marcel at 418-936-3318 or mcelbchet@gmail.com
Tuesday	8:00 – 9:30 am	Closed	
Wednesday	Closed	7:00 – 8:30 pm	
Thursday	8:00 – 9:30 am	7:00 – 8:30 pm	
Friday	Closed	Closed	
MEMBERSHIP FEES			
Métis-sur-Mer Residents:	\$30/month		Students: Half price
Non-residents:	\$35/month		First Responders: FREE

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)



**The café is now only open on Saturdays and Sundays,
from 9am to 5pm, until Thanksgiving.**

Our delicious croissant breakfast sandwiches, our beloved grilled cheese, paninis, soups, Mexican bowls and salads are all still on the menu. Not to mention the cinnamon buns, cookies and brownies, all homemade!

We look forward to seeing you, sipping a hot coffee, while enjoying a treat!



Massage at home

Karine Berthelette, certified FQM member (insurance receipts available)

Californian/shiatsu/reiki styles

Adapted massage for kids and senior citizens

Enjoy a massage in the comfort of your home!

Relaxation of muscular tensions caused by stress, fatigue, headaches, insomnia, anxiety

By reservations only

I also maintain regular clinic hours in Mont-Joli: www.studiolumouvement.com

For information or to make a reservation, please contact me at (418) 318-3750

Facebook: *Créez votre bien-être* Karine Berthelette

N.B. Sanitary protocol provided by the *Fédération des massothérapeutes du Québec* will be maintained throughout the current pandemic.



Dépanneur Métis-sur-Mer

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

From SEPTEMBER 6th to MAY 23rd

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

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

**Thursday to Saturday no change:
7 a.m. to 10 p.m.**

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

Bruno Leblanc, Owner

Essential Oils and You...



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

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

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

Mélanie Leblanc

418-740-3339

leblancmelanie1@hotmail.com

Maria Castillo

581-624-4240

mj.castillo87@gmail.com

Sonia Castillo

418-318-0506

lapothicaireduvillage@yahoo.ca

Geneviève Bernier

418-750-3503

ptite_ge_92@hotmail.com

ESPACE COLLABORATIF

LA CENTRALE



**Tuesday, September 8, 2020,
was the official launch of La Matanie's
new collaborative space:**

**La Centrale Matanie, Solidarity Cooperative. Located at 464 avenue St-Jérôme in Matane,
the space is ready to welcome you!**

The mission of La Centrale Matanie is to offer office spaces at low prices to allow all types of business to hold meetings, conferences and work in a professional and sharing environment. It is therefore self-employed workers, small businesses, NPOs and temporary workers who can take advantage of our facilities.

As a cooperative, you can become a user or support member to take part in the development of our region, while benefiting from discounts on your rentals.

To find out all about our services and the advantages of being a member, visit www.lacentralematanie.coop



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

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

Municipal Affairs



Ville de Métis-sur-Mer

138, Principale, Métis-sur-Mer, Québec (Québec) G0J 1S0

Tel. : 418-936-3255 | Email : metissurmer@mitis.qc.ca



A word from Councillor

During the monthly Council meeting in September, we were finally able to open the doors to our citizens. We were restricted to eight participants, but the presence of representatives of the public was greatly appreciated.

On the subject of the cenotaph – the monument dedicated to the persons who gave their lives and to those who worked and who are still working for the freedom, the security and the health of our people – the members of Council approved the plans so that this structure will be installed in full view. In effect, the cenotaph will be situated close to the two flagpoles in front of the municipal office.

According to the plan for the upkeep of our roads, and on the recommendations of our Public Works employees, we are going ahead with the repaving of 700 metres of Beach Road, this to improve our quality of life. I would like to mention here that the decisions made by Council are influenced by the themes developed in the second Municipal Age-Friendly Community & Family Policy. Copies of this are available at the office.

During this September session, we adopted a regulation on the banning of one-use plastic products. This regulation on environmental materials will not adversely affect our local businesses because they have already replaced these products with biodegradable ones.

An important reminder about the work that will be done on the municipal “halte” – the work on the water treatment outlet will be done during the month of October during the periods of low tide. We are aware that the residents in the vicinity of the “halte” will be inconvenienced and we thank you for your understanding.

In terminating, I remind you of the vital importance of following, to the letter, the measures of security to protect yourselves and others from Covid19. We want to see everybody stay healthy!

Martine Bouchard
Municipal Councillor

PUBLIC NOTICE TO RESIDENTS OF METIS –SUR-MER

BY-LAW #20-146 BAN OF SINGLE-USE PLASTIC PRODUCTS

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 September 14, By-Law #20-146 Ban of Single-Use Plastic Products. 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 January 1st, 2021.

GIVEN AT MÉTIS-SUR-MER this 16th day of September 2020.



Stéphane Marcheterre,
Director General and secretary treasurer



Info-prévention
FIRE PREVENTION WEEK



This year, the Fire Prevention Week will take place from October 4 to 10 on the theme “Fire prevention is your responsibility”. Across Quebec, several activities will be organized to promote safe daily behaviors to prevent fires.

We therefore invite you to carefully read the following 20 prevention tips:

Smoke detectors

Install a smoke detector on each floor, including the basement.

- Choose a photoelectric cell model, which triggers fewer unnecessary alarms.
- Change the detector according to the replacement date indicated on the case.

Evacuation plan in case of fire

- Locate two possible exits.
- Identify an assembly point located outside and inform all the occupants of the residence.
- Rehearse with all the occupants, the steps to be followed during an evacuation in case of fire.

How to evacuate your residence

- Close the doors behind you to prevent flames and smoke from spreading to other rooms or into other dwellings.
- Dial 911 once you are outside your residence.

Smokers' items

- Do not throw cigarette butts into flowerpots or on mulch.
- Place butts in a metal container.

Sources of heat

- Move curtains or furniture at least 10 cm from radiators, electric baseboard heating units or any other heat source.

Electricity

- Have a master electrician carry out the electrical installation in your residence.
- Use electrical appliances approved in Canada and bearing the CSA and ULC marks.

Carbon monoxide

- Install a carbon monoxide detector if your garage adjoins your residence or if you use non-electric heating or cooking units.
- ◆ Follow the manufacturer's instructions to install the carbon monoxide detector.
- ◆

Prevent cooking fires

- Constantly monitor food that is cooking and use a timer.
- Never heat oil in any type of pot to fry foods. Use a thermostat-controlled deep fryer.

Chimney sweeping

- Have an expert inspect and sweep your chimney once a year, before the heating season begins. The same applies to the outlet pipes of pellet fireplaces.

Hot ashes

- Let hot ashes cool off outside in a metal container with a metal lid.
- Wait at least 3 to 7 days to let them cool completely, then transfer them to a trash bin.

You have questions? Contact us!

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

The Green Newsletter – - « Waste and Climate Change »

Hello,

The pandemic makes us forget it, but we are still in the middle of an environmental crisis linked to climate change caused by humans, which will have consequences in our environment, whether through the rise in sea levels (coastal erosion, marine submersion), the increase in extreme weather events (heat-waves, heavy rains or storms) or by a loss of biodiversity (extinction of species important for our ecosystems). Experts say, to avoid the worst, we must act now by drastically reducing our greenhouse gas (GHG) emissions responsible for climate change. As citizens, we have several ways to do this: Reduce our dependence on oil through active, electric or collective transport, turn to green energies and reduce our waste!

In Quebec, 6.2% of GHGs come from our waste. Organic waste sent to landfill accounts for a large portion of these GHGs. By decomposing without oxygen, these materials produce methane, a gas 25 times more powerful than CO₂ in its effects on climate change. By using the brown bin alone, we divert GHGs into the equivalent of planting 84,000 trees annually and we are only at a fraction of the potential that we can achieve in La Matapédia and La Mitis. Imagine if we also reduced at the source by avoiding food waste!

In addition to being a dangerous pollutant for flora and fauna, plastic waste also releases GHGs, first through the creation of the product in the factory and its transport, but also when it degrades. Studies are only just beginning to emerge on this subject, however it is not premature to say that it is important to make an effort to reduce our use of plastic through sustainable products, reuse as much as possible and recycle.

Reducing our waste is everyone's responsibility for a better future! For more information on sound waste management, visit www.ecoregie.ca or call 418-775-8445 ext. 1138. See you soon!

Vincent Dufour, waste management coordinator

Website : www.ecoregie.ca

Email : _matresi@mitis.qc

Phone : 418 775-8445, ext. 1138



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