



Ville de Métis-sur-Mer

Info Métis

Municipal Newsletter and Community Info

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



VIVRE NOTRE HÉRITAGE LIVE OUR HERITAGE

Mark your calendars: August 14 and 15 Weekend!



Heritage Lower Saint Lawrence is pleased to announce a second weekend-long exhibition called **“Our Creative Community”**.

When: Saturday and Sunday, August 14 and 15, 9 a.m. –6p.m.

Where: The Town Hall/L'Association Socio-Culturelle, 370 Beach, Métis-sur-Mer.

Who: All citizens can share their artistic talents, family history and photos at the exhibition.

What: All four components of the Live Our Heritage project will be on display.



(More details on page 5)

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HERITAGE
Lower Saint Lawrence
Bas-Saint-Laurent

Next deadline: August 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!



HERITAGE CULTURAL RESOURCE CENTER

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

Our services during this pandemic time

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

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

Thank you for your understanding and patience.

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

Our Library Services

August Schedule: Wednesdays and Fridays from 1:30 to 4:30

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

Book loans:

- Please contact us by phone or via email if you wish to borrow books.
- Once your order is placed and processed, we will contact you. Your books will be put in a bag and placed in a box in the front porch for you to take and enjoy.

Book returns:

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

Our book collection can be consulted online at ibistro-bsl.reseaubiblio.ca (*Métis library number is 109*). Also, all Réseau BIBLIO-BSL public library members also get access to **free regional eBook loans** through prenumerique.ca.

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

Our Archival Services

Monday to Friday, by appointment only

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

Looking forward to serving you!

Annual General Meeting (AGM)

The Heritage Lower Saint Lawrence team invites you to their 2021 Annual General Meeting.

**Tuesday August 24th,
from 4 p.m. to 6 p.m.
at the Boule Rock Golf Club
(164, route 132, Metis-sur-Mer)**

Due to COVID, this AGM will have a hybrid format where you can either attend onsite (limited places) or online with an easy to use videoconference application.

You must register -to attend for both- either on our website at **www.heritagelsl.ca** or by email at **info@heritagelsl.ca**

Remember to renew your membership or become a member for FREE before 3:00 p.m. Monday, August 23rd, 2021 at **www.heritagelsl.ca**.



Opportunity for Volunteering at your Métis-sur-Mer Library

**Do you love reading and are eager to discover new authors?
Enjoying meeting community members while
learning to operate a library?
Have a few hours on hand?**

Your library needs you!

Heritage LSL is getting ready to offer again services to the public.
To operate our library, we need the support of community members.

We provide training, technical support and lots of friendship!

For more information, please contact the library at:
418-936-3239, ext. 224 or library.Metis@heritagelsl.ca

Looking forward to meeting you!



TD Summer Reading Club 2021 Get your Summer read on!

Bilingual and free, the TD Summer Reading Club is back !

For girls and boys of all ages, all interests and all abilities (pre-readers and readers).

Explore the fun of reading while participating in online activities such as Create an online notebook, Read Ebooks, Vote in the Battle of the Books!

Top ten recommended read available at our library.
And much more on line!

To register and participate online: go to www.clubdelecturetd.ca

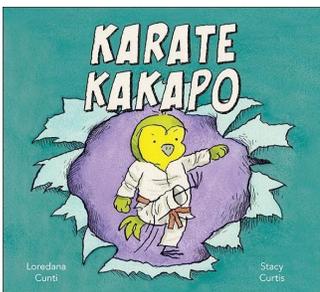
Contact us to get a notebook, borrow books, or if you have any question :
library.Metis@heritagelsl.ca or 418-936-3639, ext. 224

Book Reading suggestion as part of the TD Summer reading Club



Rou joue! : children's book (0-3 years old, in French), Pascale Bonenfant

This book is a beautiful mix of a playbook and a picture book. The forty-page album is filled with adorable illustrations for learning, naming, guessing and dreaming. Rou the bear, Norbert the bunny and Clément the bird will show the children the fun they can have with shapes, numbers, letters and colours. For example, they will learn and seek to identify their emotions or what certain everyday objects are used for. This album allows parents to share some quality time with their children. (Prix de lecture d'été TD -livre vedette 2020)



Karate Kakapo: children's book (3-7 years old, in English), Stacy Curtis

Kakapo is crazy about karate. No other student at her dojo tries harder or practices more. She particularly likes super fast kicks: running, sideways and jumping kicks... but no practice can help her conquer the exclusive flying kick. You see, Kakapos cannot fly. Despite this Kakapo works really hard to perfect her technique. She has won all the belts from yellow to green, including red and blue. And now it's the hardest karate challenge of all: the black belt test. Will Kakapo succeed? (Rueben Award, Book Illustration Category, National Cartoonists Society-2019)

These two books are available at the Métis-sur-Mer library.



VIVRE NOTRE HÉRITAGE LIVE OUR HERITAGE



- **Trails to our past:** Come and please add your recollections to our large-format area map; sign up to be interviewed and share some of your family history. Do you have an old family treasure to display?



- **Stitching our generations together:** While the planned assembly of two quilts wasn't possible, creativity was by no means shut down as many spent COVID isolation time on crafts of many types. You'll find examples of rugging, knitting, and other art forms. **If you'd like to display some of your handiwork, please contact Pam Andersson (pandersson@heritagelsl.ca), 418-936-3016 to discuss details.**



Note: While space is limited, arrangements can be made by exhibitors to sell their creations following the exhibit.

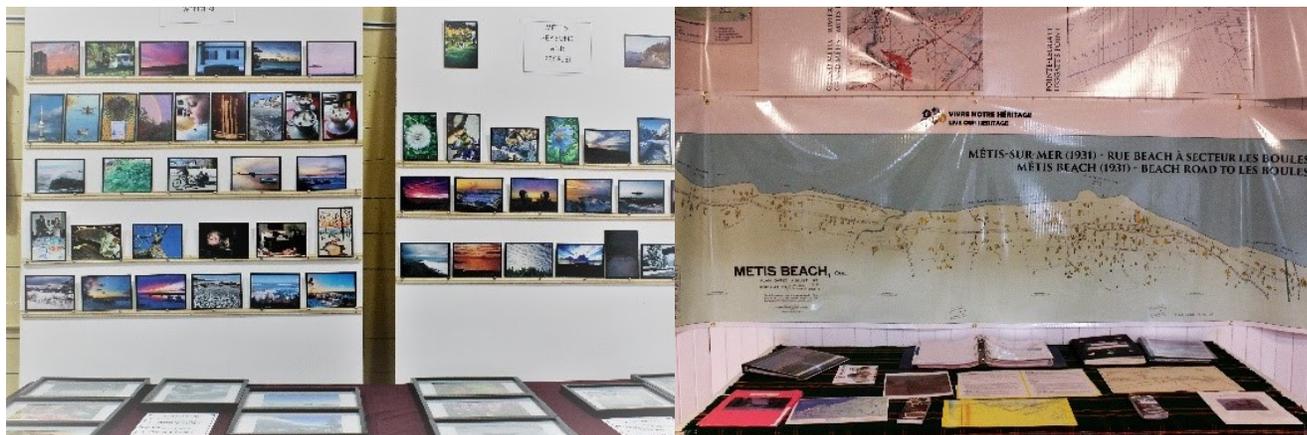


- **A picture says a thousand words...** Enjoy all photos submitted for the photo competition, as well as the winners. Get ideas for how 'Then' pictures could be recreated 'Now'.



- **Piecing our history together:** Metis Beach School (MBS) students have created, with the help and guidance of HSL's Lisan Chng and MBS's Lynn Fournier, mosaic stools showing the area's flora and fauna (flowers, fish, birds, and animals). See images of their creations at the exhibit.

Some photos from the July event:





Pointe-Mitis Lighthouse - Town hall meetings

Acquired in 2016 by the Ville and leased to our association in 2018, the lighthouse site has been open for public access for over two years now. There have been many challenges in this long process, and we know that you, the members of the Métis community, have questions about the current use of the site and future plans for its restoration and vocation. Moreover, you may have ideas and experiences to share that will help us in our mission of preserving the lighthouse and guiding its development. To facilitate communication between all parties involved, we will host two town hall meetings where we will first summarize the past and current situation as well as provide details on our future plans.

We will then open the floor to questions and comments from the public. Assuming health guidelines permit, **the meetings will take place at 6:30 PM on July 22nd at the Centre des loisirs (10, rue de l'Église) and at 4:00 PM on August 5th at the Town Hall (370 Beach Road).** At both meetings, questions and comments in either official language will be welcome.

Association des résidents de la pointe du phare (ARPP)

How to Avoid Disturbing Marine Mammals Seals and sea lions

When you encounter seals or sea lions:

- reduce boat speed, minimize wake, wash and noise, and then slowly pass without stopping
- 'wake' is the disturbed water caused by the motion of a boat's hull passing through the water
- 'wash' is the disturbed water caused by the propeller or jet drive
- avoid sudden changes of speed or direction
- move away slowly at the first sign of disturbance or agitation. If the animal starts to stare, fidget or dive into the water, you are too close.

Haul-outs

Be cautious and quiet near haul-outs, especially during breeding and pupping seasons (generally May to September). Pupping season is when seals, sea lions and walrus give birth.

Beached seal pups

If you see a young seal that seems to be alone and in distress, keep your distance and your pets leashed, as its mother is probably nearby. Seals normally spend long hours out of the water resting and shouldn't be disturbed.



Photo credit: Stéphanie Pépin

News from your Métis-sur-Mer Recreation Committee

Each month in your Info Métis, you will find a report in which I will present our various projects and implications. In this report, I also want to highlight my team of dedicated volunteers by presenting a portrait of each of them. I'll start this month with our dean of the current group, Lynne Bruce. Lynne is our proud English-speaking representative, back in our fabulous region since April 2012, after spending her childhood summers here. This involved woman is the treasurer of our organization and an active member of our committee since 2013. This lady with a big heart does not count her hours when it comes time to get involved for her community, behind the bar until the small hours of the morning during our events, St-Jean-Baptiste, Halloween party, Superbowl and many others. The Métis-sur-Mer recreation committee would not be what it is today without the hard work of the committee mother. Thank you so much for everything, Lynne.



Monitoring of activities

La fête nationale chez TOI édition 2021 :

I would like to acknowledge the great success of our National Day activity after this extraordinary year. Indeed, our community was able to enjoy a beautiful evening with their friends. A huge thank you to our sponsors: Épicerie Ratté, the Société Nationale de l'Est du Québec and our two musicians Benoît². Thank you for participating in such large numbers.

Surface de Dekhockey (multisport) :

The fundraising campaign is progressing very well, after our big leisure sale, the sale of Métis-sur-Mer sweaters continues. We hope for a festive inauguration soon. It is also important to recognize the tremendous work of Simon Brochu, a member of the committee, and Isabelle Dion, a recreation coordinator on this major project. For those who don't know Isabelle yet, I invite you to take a few minutes of your time to discuss your projects with her. Our energetic coordinator is always ready for new ideas and we are fortunate to have her by our side in carrying out our growing projects.

Day Camp:

An incredible success this summer, the Métis-sur-Mer summer day camp is in full swing! Sports and cultural activities, solid organization, connection with nature, dynamic and serious animators: all the elements necessary for success are gathered here. We are currently breaking our registration record with a total of 32 children enrolled! In collaboration with the Métis-sur-Mer Recreation Committee, the City would like to thank the parents for trusting us! The camp ends on August 13, 2021.

Follow us on our Facebook page.

Sabrina Simard

Chair of the Métis Recreation Committee



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

NOTICE OF MEETING

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

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

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

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

We are counting on your participation in our club.

Diane Dubé, President 936-3276

Active living

DO YOU LIKE PLAYING PETANQUE?

A Petanque Field is available on the East side of the municipal office.

It is accessible –for free- to everyone at all times.

You can find the pétanque balls in the trunk "Prêt à jouer"
located beside the Centre des loisirs.





Yoga With Barbara Pearce

July 5 to August 27

Mondays, Wednesdays and Fridays

Gentle Hatha yoga 8:30 to 9:30 a.m. (1 hour)
Location: At the Town Hall, 370 Beach

Chair yoga 9:45 to 10:30 a.m. (45 minutes)
Location: Contact me if you're interested in
joining the chair yoga

This class is for anyone who wants to stretch and relax but is reluctant to sign up for a regular yoga class. Whether you're full-bodied, inflexible, recovering from a physical setback or older, this is the class for you. Beginners are welcome, as are any other levels.

Bring your own yoga mat and yoga strap.

Registration (month or season),
10 class card or drop-ins
For pricing, registration or other information
please contact Barbara.

Reiki ou Sound Healing – By Appointment only

– insurance receipts provided

Location: : 279 Station

Tel: Barbara Pearce 418-936-3171

barbara.pearce439@gmail.com |

www.barbarapearceyoga.com

*Conditionnel à l'évolution des directives de
la Santé publique.*

Community Gym... It's open!

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

August Schedule

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

For information: **Stéphanie Pépin** at 418-936-3020 or svpepin@videotron.ca.

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

Health



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

[coronavirus/progress-of-the-covid-19-vaccination/](http://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/progress-of-the-covid-19-vaccination/)

For questions about individual situations, one-on-one assistance is available by phone from 8 a.m. to 8 p.m. Monday to Friday or 8:30 a.m. to 4:30 p.m. Saturday and Sunday by calling:

1-877-644-4545 (toll-free line)

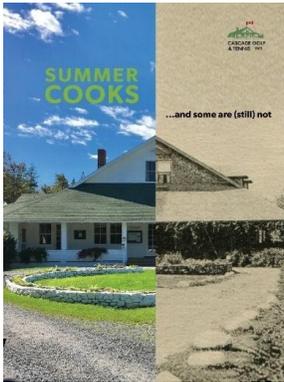
Snow Removal Service

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

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

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

Thank you, Daniel Duchaine



“Summer Cooks....and some are (still) not”

New cookbook (in English)

All the recipes from the 1993 cookbook and an equal number of new recipes from summer residents of Métis-sur-Mer.

Pick up a book and pick out a recipe to try.

Available at the Club, Ratté’s, and Jardins de Métis – \$34.95



Créations Pollo

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

Call for appointment at 418-775-2417



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

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

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

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

Cell: 418-953-2153 or Email: expertise.gstp@videotron.ca

Marché public à Baie-des-Sables

Au profit du Comité pour la sauvegarde du quai

• Produits de la ferme
• Produits de la terre

• Artisanat
• Produits faits maison

• Vêtements
• Articles de cuisine
• Objets divers

4, 5 ET 6 SEPTEMBRE 2021
DE 10H À 16H

CENTRE COMMUNAUTAIRE GABRIEL-RAYMOND

TARIF JOURNALIER: 20\$ PAR TABLE



Pour information et
réservation de tables
Sylvie Raymond 418 772-6245
vieraymond16@gmail.com
Denis Forest 418 559-0274
daforest65@gmail.com

FAITES VITE!
PLACES LIMITÉES



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

- Pair of violet women's glasses
- NIKON camera cover

Please, contact Pamela at 418-936-3016



**Recherche d'un employé(e) à domicile
Opportunité parfaite pour une personne retraitée,
anciennement Préposée aux bénéficiaires ou en soins infirmiers**

Nous sommes à la recherche d'une personne pour un travail à domicile.

Le Chèque emploi-service permet de répondre aux besoins de la clientèle adulte et âgée en perte d'autonomie en assurant un service d'aide à la vie quotidienne pour soutenir le maintien à domicile des personnes vulnérables et leurs proches aidants. Exemples de tâches liées à l'emploi: présence/surveillance, aide à la vie quotidienne.

Nous recherchons un(e) candidat(e) intéressé(e) pour un travail à temps partiel. *Durée indéterminée (cela peut être quelques heures par semaine).

Communiquez avec Sylvie Thibeault au 418-775-7261 #3071, cell. 418-896-4372 ou par courriel à sylvie.thibeault.cisssbsl@ssss.gouv.qc.ca pour signifier votre intérêt!



Merci à vous et au plaisir de vous rencontrer!

**Meet Stéphanie Beliveau –
multidisciplinary visual artist**

We never know what we'll find when walking along the shore or road. Chance finds can make one's day, and so can chance meetings. Collecting information for the Live Our Heritage project, we ran into artist-in-residence Stéphanie Béliveau and her partners at a cottage at Leggatt's Point. Here's what Stéphanie told us in June:

"I am currently doing a six-week residency in research and creation in Visual Arts, following an invitation from Alexander Reford to do a project on the coast of the river that borders the Reford Gardens [Jardins de Métis].



During this period, my goal is to collect, on these places, data, through different means: photography, drawing, the gleaning of objects on the riverbanks, the extraction of raw clay, etc. Then, in my studio in Montreal, I will work on the elaboration of a new body of work. My project is called, for the moment, « Littoral du corps sensible" and my goal would be to create an exhibition in the region, in two years, that I would present to the Métis community who welcomed me so warmly!"

While Stéphanie had to leave Métis-sur-Mer when her residency was over, she hopes to come back in September 2021. She earned her master's degree in visual arts from the University of Quebec in Montreal in 1993 and won the Pierre-Ayot Award for contemporary visual arts in 1997. Her work has been presented in solo and group exhibitions in Canada and abroad and her art is displayed at the Montreal Museum of Fine Arts and Musée national des Beaux-Arts du Québec, as well as in the collections of the National Bank of Canada and Power Financial Corp.

Her book, "The care of things" (2018), is "a collection of works... composed of objects found on the riverbank [on the north side of the Saint Lawrence] by a gesture similar to the seasonal cleaning of the river banks, and in a sense the care is here offered to the river and its salt marsh."

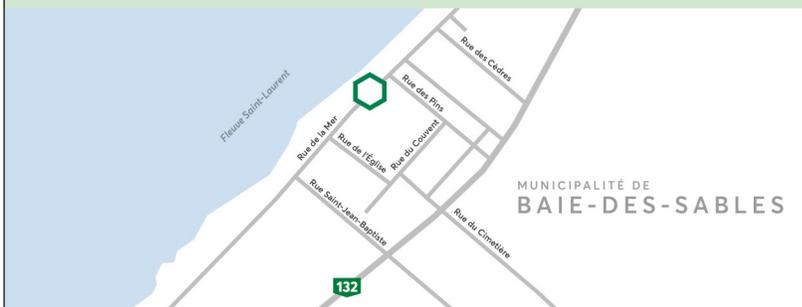


Stéphanie by the littoral – shoreline – of the St. Lawrence with a copy of her book *Le soin des choses*, which she generously donated to the Heritage Lower St. Lawrence library. Below is an example of how she connects natural and manmade finds.

Services

Guichet automatique à proximité

Use our ATM!



Notre guichet automatique est accessible 24 heures sur 24, 7 jours sur 7 et vous permet de réaliser la majorité de vos transactions courantes.

Did you know you can do most of your banking at our ATM? Plus, it's available 24/7.



 **Desjardins**
Caisse de Mont-Joli-Est de La Mitis

Notice to all businesses of Métis-sur-Mer: you are invited to promote your products and services in Info Métis - for Free!

If you would like to receive a monthly reminder, please contact Marie-Claude Giroux. (See p. 1)

Massage by the sea at Leggatt's Point



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

Current promotions: - 60 minute **hot seashell massage**, receive an additional 15 minutes (\$15 value)
- 30 minutes **pressotherapy** session at 50% off with the purchase of a massage of your choice.

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

Relaxation massage workshop for adults, Parent-child

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

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



Les Boules Glacées, artisanal gelatos and sorbets:

Discover our flavors from our landscape: sweet clover, wild rose, balsam poplar, cedar and honey, etc ...

In July and August: Monday to Wednesday, from 12 pm to 6 pm - Thursday to Sunday, from 12 pm to 8 pm

The **Cuisinier de village** of the **Atelier culinaire Pierre-Olivier Ferry** offers take-out meals (Pizza on Fridays), bakery, gelato in 1 liter format and a few surprises.

Watch for our *Boutique en ligne/Mets pour emporter* page on our website. The menu is updated weekly. We strongly suggest reservations. Details and procedures on the site

Don't hesitate to call us at 418 732-4202

Website : www.atelierculinaireferry.com | Facebook : [@atelierculinaireferry](https://www.facebook.com/atelierculinaireferry)



Super Soir

Dépanneur Métis-sur-Mer

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

SUMMER SCHEDULE

Sunday: 8 a.m. to 10 p.m.

Monday to Saturday: 7 a.m. to 10 p.m.

Please note that we are currently short-staffed, and that we must for the moment close at 8pm from Sunday to Thursday.



café sur mer

We are open 7 days per week

from 9AM to 5:30PM.

Follow our facebook page for regular updates!

We look forward to seeing you and sharing another wonderful season together!

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



Ville de Métis-sur-Mer

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



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.

DUMP FOR BRANCHES AND DEAD LEAVES

Opening as soon as the ground is OK.

Notice to entrepreneurs and landscapers:

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

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

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

It is prohibited to dump garbage bags or construction wood.

BURNING BRANCHES, TREES OR DEBRIS: PERMISSION REQUIRED

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

THE BIG ITEM PICK UP

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

The next dates for the collection are July 28 and September 29.

Construction materials remain prohibited. Thank you

The Green Newsletter – « Search and dispose! »

In February 2018, we provided an online sorting tool via www.ecoregie.ca. Since then, you've searched over 55,000 items to find out how to dispose of them responsibly. In this Green Newsletter, we'll see the top 10 most searched for!

#10: Smoke Detector: In order to function, smoke detectors contain a small radioactive cell which makes them difficult to recycle. The safe disposal is to send it to the trash.

#9: Latex glove: The pandemic has obviously made this research explode. In order to meet health standards, it is recommended that it be disposed of in the trash in an airtight bag.

#8: Firearms and Ammunition: You must bring these products to your nearest Sureté du Québec station.

#7: Disposable razors and blades: The garbage can is the best option to avoid the risk of injury. We suggest that you look for more ecological and economical options such as the safety razor.

#6: Microwave oven: Still in good condition, you can donate it or sell it. If in doubt, bring it to your local ecocentre.

#5 : Above ground pool : Often too big for your residential garbage, if you can't reuse it, you can bring it to your ecocentre.

#4: Parchment paper: Parchment paper and wax paper are accepted in your brown bin.

#3: Sand: First, it doesn't go in the garbage. Paying to bury sand is the height of uselessness. Ask around if someone needs it. For large quantities, some excavation companies can take back this material. Finally, the Écocentre de La Mitis accepts residential sand.

#2: Pill jar: If there are any leftover pills, it is recommended that you bring them to the pharmacy. Empty pill jars can be placed in the recycling bin.

#1: Lighter: Single-use lighters should be disposed of in the trash. Of course, we recommend the use of a refillable and ideally repairable lighter. They often cost more up front, but if you are a heavy user, the purchase will pay for itself in the long run.

For more information, visit the www.ecoregie.ca. See you soon!

Vincent Dufour, waste management coordinator

Website : www.ecoregie.ca

Email : matresi@mitis.qc.ca

Phone : 418 775-8445, ext. 1138



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