



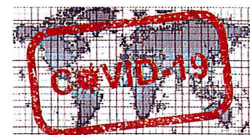
Ville de Métis-sur-Mer

Info Métis

Municipal Newsletter and Community Info

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

April
2020



Tuesday's Activities

Wednesday's Activities

Viactive



SENIORS' FRIENDSHIP
LUNCH

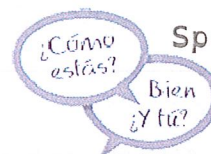
COMMUNITY
TRAINING
ROOM



FRIDAY
BREAKFASTS



OFFICES &
LIBRARIES



Friendly
Spanish conversation
meetings

Given the current COVID-19 emergency situation, please note that all those activities and services are suspended, and that all municipal public places remain closed until further notice.

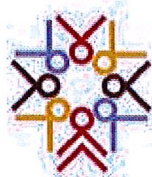


Desjardins
Caisse de Mont-Joli-
Est de La Mitis



Table of Contents

Heritage LSL & Library	2	Community Services	7	Job Offers	8
Health	5	Our Entrepreneurs	7	Municipal Affairs	9



HERITAGE
Lower Saint Lawrence
Bas-Saint-Laurent

Deadline: 15th of the month

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 LSL OFFICE HOURS : Monday to Friday, 9:30 am to noon & 1:00 to 4:30 pm
please note that our offices are closed on Tuesday mornings

LIBRARY HOURS :

MÉTIS-SUR-MER, 130 rue Principale
418-936-3239 #224

Monday to Friday pm: 2 to 4
Sunday am: 9:30 to noon

RIMOUSKI, 412 de la Seigneuresse
418-730-7685

Wednesday, Thursday and Friday pm: 1:30 to 4:30
Wednesday and Saturday am: 9 to noon

Your library offers:

- ♦ free wifi
- ♦ virtual reality experiences
- ♦ free special requests
- ♦ eReaders & eBook loans



- ♦ health or community services info
- ♦ photocopies
- ♦ historical documents
- ♦ and more!

Given the prolongation and modification of provincial measures concerning the COVID-19 situation, please note that our offices and libraries remain closed to the public and that all HSL activities and workshops are currently suspended.

Our friendly and helpful staff members are still diligently at their posts, but from a distance. Please do not hesitate to contact us by phone or email for help accessing information and services in English.

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 that we can send you the video conferencing link.

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@heritagels.ca



Thursdays April 2, 9, 16, 23, 30
3pm-4.30pm

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

Please register so a confirmation email with zoom conference link will be sent to you prior to the event.



Fridays April 3, 10, 17, 24
7.30pm-9.00pm

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

Please register so a confirmation email with zoom conference link will be sent to you prior to the event

Library's pick of the month



Open Culture

Recommended by Catherine Beauchemin

Given the actual circumstances, I thought it would be a good idea to propose activities that are available from the comfort of your own home. It is an opportunity for me to share a web site which is full of free cultural and educational resources:

www.openculture.com

Whether you are looking for an audio or eBook, an online course, a language lesson or a rare movie... you will find it there!

We're looking for readers to share their favorite book each month...

Did you like your latest book? Please let Catherine or one of the library volunteers know about it!



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.



Quilting our heritage together

The history of quilts began long before European settlers arrived in the New World. People in nearly every part of the world had used padded fabric for clothing and bedding.

The term quilt comes from the Latin 'culcita', meaning a stuffed sack. A quilt is a cloth with a top, which is usually the decorated part, a back, and filler in the middle.

The quilt, as we know it in America, was used in necessity for providing warm covers for the beds, but the quilt also was used as hangings for doors and windows that were not sealed well enough to keep out the cold.

Over time as living conditions improved and the availability of more materials came into use, quilts became less used.

By the 1900s, quilting was transforming from a necessity into a creative artistic one and today the patterns and textures of the traditional quilts convey a colourful inspiration that captures the minds and provides for a means of expressing national pride and achievement, and a powerful reminder of our past.



1860s. George Stacy, Library of Congress

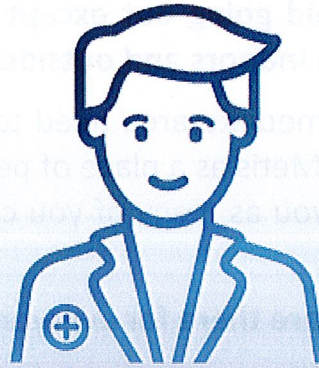
We're pleased to tell you more the quilting component of the Live Our Heritage project. Quilting remains something that brings together people in our community to this day. It's always been, as these pictures show, a fun pastime for men and women, from children to great grandparents.



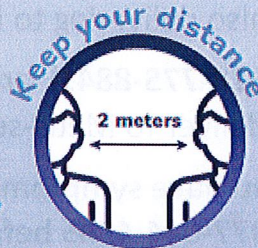
Children quilting for the Red Cross, 1918. Library of Congress

Diane Dubois and **Linda Turriff** are each heading up a group working on textile pieces including local images from the past and present. **Val Powell**, who summers in Leggatt's Point, is hoping also to work with her group, the Happy Hookers, to prepare something quilt-inspired. We hope this summer to all see the results or works-in-progress from anyone and everyone in the area at summer exhibits in July and August. If you are interested in getting involved, let Diane know at dianedbs28@gmail.com

PREVENTING INFECTIONS: It's a collective responsibility



Implementation of care environment protocols



Follow recognized hygienic practices



Québec.ca/**coronavirus**
Toll free: **1-877-644-4545**

19-210-00WA

A WORD FROM OUR MAYOR

We can save lives, easily.

It is essential for all of us in this difficult time to follow the instructions from our governments. These are: 1) keep 2 metres (6 feet) between individuals, wash our hands regularly and do not touch our faces, avoid going out except for essentials such as food and medicines and avoid all groups both indoors and outside.

People coming from outside the immediate area need to self-isolate for 14 days. For our summer residents who may look on Métis as a place of peace and refuge even more in this stressful time, please, this includes you as many of you come from areas of high infection rates.

The instructions from the Ministers are there for everyone.

People who are aged 70 years and older are to stay at home as much as possible. For your information, nurses from the CISSS are calling all high-risk people to determine if they are healthy and to see what they require. The 50+ group are also contacting their members daily. The dépanneurs in Métis-sur Mer (418-936-3536) and Baie-des-Sables (**Chez B 418-772-6229**) can deliver items to your home. Atelier culinaire Pierre-Oliver Ferry can make bread and meals and deliver them to you (418-732-4202).

The IGA can make deliveries to Métis-sur-Mer by taxi. (418-775-8915)

J.P.Durette Metro is also delivering to Métis-sur Mer. (418-775-8848)

Uniprix Pharmacy (418-775-8841) and Pharmacie Eric St-Laurent affiliated with Brunet (418-775-5175) will deliver to Métis-sur-Mer.

If you feel that you have symptoms of COVID-19 (fever, cough, difficulty breathing), call the help line 1-877-644-4545 before going to your doctor's office or the hospital and you will be given instructions to protect yourself and others.

If you need to find out what other organizations are offering services, you can telephone 418-775-8445 # 2990. When you are asked what municipality, state: Métis-sur-Mer and someone from the MRC will take your call. This is to prevent overloading of the landlines for many services.

Please be vigilant and keep our community safe and healthy.

Government instructions are there for all of us, no matter our age.

There are daily updates on the news. Please watch and listen.

Carolle-Anne Dubé

March 25, 2020



INFORMATION ABOUT COVID-19



We are currently in the context of a COVID-19 (coronavirus) pandemic and the situation is changing from day to day.

Emergency plans are ready in the municipalities of La Mitis and can be used if necessary. In addition, officials in the area are actively preparing specific response plans for the COVID-19 pandemic.

It is very important that the people of La Mitis respect the recommendations of the provincial and federal governments.

Please visit quebec.ca/coronavirus for information on prevention measures.

This page is available in English.

Community Services

Habitations Le Beaulieu—Appartements available Public Notice of Selection

The Municipal Housing Bureau (OMH) of Métis-sur-Mer would like to notify eligible people residing in Quebec, who might be interested in living in a geared to income apartment, that there is one apartment available at Habitations Le Beaulieu (15 rue du Couvent, Métis sur Mer).

To apply or for further information, please contact Diane Beaulieu, Manager, at 418-772- 6030 # 1100.

Our Entrepreneurs

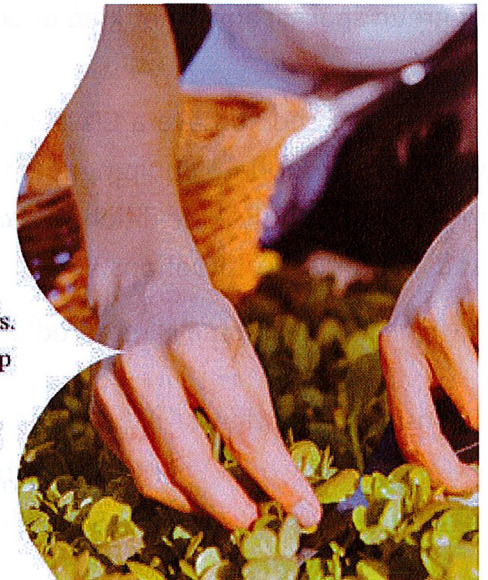
Cuisinier de village Take-Out

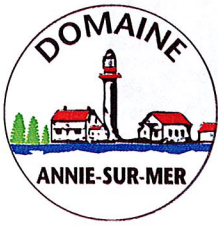
ATELIER CULINAIRE PIERRE-OLIVIER FERRY

Meal - Bakery - Pastry - Flour and other local products

Following new government guidelines, we are offering this service for the next few weeks. It's very simple! Make your order online, pay and pick up your order at the store. Pick-up takes place from 4 p.m. to 6 p.m on Wednesdays and Saturdays (subject to change). You are 70 years old and over? You live in Métis-sur-Mer? Write to us after placing your order and we will plan a delivery (minimum of \$ 30 purchase before taxes).

Order online at atelierculinaireferry.com - 418-732-4202





Looking for a summer job?
Domaine Annie-sur-Mer &
Camping Annie are currently looking for a:

HOUSEKEEPER

Join Domaine Annie-sur-Mer & Camping Annie's team! We are looking for an energetic candidate to fill these shoes. Students and retired folks are both welcome!

Among other things, you will make sure the rental cottages are nice and tidy, as well as the rest rooms, showers, rec rooms and offices. Are you up to the task?

Feel like you might be the right person for the job? Send your resume to: Louise@campingunion.com

REGISTRATION CLERK

We are looking for a warm and friendly person to welcome our guests.

As a registration clerk at Camping Annie, your job will be to take reservations and greet our clients.

Feel like you might be the right person for the job and want to be a part of our team? Send your resume to: Louise@campingunion.com

Ville de Métis-sur-Mer

Public works employee

Working under the responsibility of the Director of Public Works, this person should be able to perform various duties such as road repair and improvement; maintenance of municipal buildings; maintenance of green spaces; any other kind of work deemed necessary by the Director of Public Works.

This person should have a Class 3 driver's licence; be able to do snow removal on the network of roads with the appropriate equipment (snowplows, backhoe, loader, etc.); be comfortable using computers; be in excellent physical condition; be available for snow removal during the week as well as on the weekend and in emergency situations.

A High School diploma is required. Deadline for application is **Friday, April 17.**

Terms and conditions: May to December, 37 hours/week
 December to April, on demand, variable hours
 Salary based on Métis-sur-Mer pay scale.



Ville de Métis-sur-Mer

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



THE BIG PICK UP: May 27, July 29 and September 30

As part of the Big Pick Up, bulky items such as old stoves, fridges, and mattresses will be collected on the dates noted. You no longer have to contact the municipal office for pick up of these items. Please place items next the road the day before the collections. Please note that construction materials remain prohibited. Thank you.

CHIMNEY SWEEPING

The cleaning of the chimneys of your property is a simple but essential procedure to prevent fires. Did you know that the accumulation of creosote inside the chimney represents a high risk of fire that can spread to interior walls and the roof of your house?

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

It is no longer necessary to call the municipal office to book this service. Please contact a chimney sweep of your choice directly to carry out the work. Thank you.

**CANADA
 PROVINCE OF QUÉBEC
 VILLE DE MÉTIS-SUR-MER**

**PUBLIC NOTICE
FILING OF THE ANNUAL FINANCIAL REPORT 2019**

PUBLIC NOTICE, is hereby given by the undersigned, Director General and secretary-treasurer, that the annual financial report 2019 of the external auditors will be filed Monday, April 20, 2020, beginning at 8:00 P.M, at the municipal hall, 138 Principale, Métis-sur-Mer.

Given at Métis-sur-Mer, this 22nd of March 2019

Stéphane Marcheterre
 Director General and secretary-treasurer

The Green Newsletter – April 2020 - « Think globally, act locally »

Composting and Local Waste Management

Did you know that our waste and compostable materials are currently sent to Rivière-du-Loup? By treating everything locally, we would avoid tons of greenhouse gases and thousands of dollars in transportation. Currently our local waste and compost is transported for over 85,000 kilometers of road to be processed each year – that is more than twice the circumference of the Earth!

In the spirit of reducing our environmental impact, the MRC de La Mitis gave its approval in March to continue evaluations of a project for composting, a technical landfill (LET) and an eco-center. This project is based on the three dimensions of sustainable development: social acceptability, preservation of the environment and cost reduction. It is carried out in partnership between the RITMR Matapédia-Mitis and the MRCs of La Mitis and La Matapédia. The implementation of the project is planned for 2023-2024.

The evaluation will help answer the questions of if and when our communities will be able to return to composting locally? Currently, waste and composting materials go to Rivière-du-Loup and are not separated. If we do not send our brown bins to Rivière-du-Loup, there is no other place nearby that would accept our waste at a good price. So by treating our waste locally in a modern technical landfill, we can treat our organic materials in order to have compost.

Ultimately, the project has the potential to save us approximately \$500,000 per year for the treatment of our waste and compostable materials, which would have a positive impact on our municipal taxes. In addition, by managing locally, we will have control over spending and cost variations. There is also economic opportunity to opening the door to new projects to recover our materials here in a circular economy concept.

The exact location of the project is still under evaluation. We will keep you updated through the Green Newsletter in the coming months. For more information on this project, visit www.ecoregie.ca or call 418 775-8445, extension 1138.

Vincent Dufour, Waste Management Coordinator

Website : www.ecoregie.ca

Email : matresi@mitis.qc.ca

Phone : 418 775-8445, ext. 1138