



Ville de Métis-sur-Mer

Info Métis

Municipal Newsletter and Community Info

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



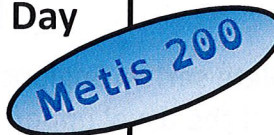
A celebration in honour of Women's International Day

This free bilingual social gathering activity will be held at the Town Hall (370 Beach), on Saturday, March 17th, 1 pm –3:30 pm

This will be a time to share stories of women you know or knew who made Metis and La Mitis.

There will also be a special sneak peek of excerpts from the new 2018 virtual exhibit "Elsie in her own words".

For more info, please contact Micheline at 418-936-3983.



St. Patrick's Day Chili or Beef Macaroni Fest and Dance

At the Town Hall (370 Beach),

on Saturday, March 17th,

Supper starting at 6 pm

Dance to follow starting at 7:30 pm

Cost: \$10 for adult, \$5 per child (6-12)

Only interested in the dance? There will be a \$2 fee at the door.

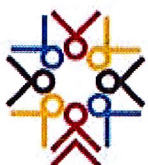
Please reserve before March 12th by calling Micheline at 418-936-3983. All proceeds will go to the Association Socio-culturelle de Métis (Town Hall committee).



For those wishing to take part in the **Metis' 200th** organisation, the next meeting will be held on **Tuesday, March 20 at 7:30 pm at the Centre des loisirs. Everyone is welcome!**

You have ideas but you can't make the meeting? Please call us at 418-936-3239 /222

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HERITAGE
Lower Saint Lawrence
Bas-Saint-Laurent

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



HERITAGE CULTURAL RESOURCE CENTRE

130 rue Principale, 418-936-3239 or 1-855-936-3239

Our Metis offices are open: Monday to Friday, 9 a.m.-noon & 1-4:30 p.m.*

PLEASE NOTE THAT THEY ARE ALWAYS CLOSED TUESDAY MORNINGS

LIBRARY SERVICE HOURS: Monday to Friday : 2 - 4 p.m.* / Every Saturday: 9:30 to 12:00

***GOOD FRIDAY, MARCH 30, & EASTER MONDAY, APRIL 2, OUR OFFICES AND LIBRARY WILL BE CLOSED.**

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

NEW COLLECTIONS

Charles Todd - Bess Crawford complete series: England, 1916. Independent-minded Bess Crawford's upbringing is far different from that of the usual upper-middle-class British gentlewoman. Growing up in India, she learned the importance of responsibility, honor, and duty from her officer father. At the outbreak of World War I, she followed in his footsteps and volunteered for the nursing corps, serving from the battlefields of France to the doomed hospital ship Britannic... **A permanent addition to our collection!**

TO CURL UP WITH A GOOD BOOK...A FEW HUNDRED NEW BOOKS WERE RECENTLY ADDED!

Elin Hilderbrand: The identicals

James Patterson: The Black Book (AUDIO)(DIS)

David Baldacci: The Fix (AUDIO)(DIS)

Douglas J. Preston: The Lost City of the Monkey God : a true story (DOC)

Michael Wolff: Fire and Fury –Inside the Trump White House (DOC)

Ken Dryden: Game change -the life and death of Steve Montador...(DOC)

Plum Johnson: They Left us Everything (DOC)

Lynne Rowe: Knit Yourself Calm -A creative path to managing stress (DOC)

Guild of Master Craftsman: The Big Book of Tea Cozies

Colson Whitehead: The Underground Railroad (A)

Clive Cussler: Odessa Sea (A)

Fredrik Backman: Beartown (A)

Karin Slaughter: The Good Daughter (A)

Andy Weir: Artemis (A)

Celeste Ng: Little Fires Everywhere (A)

Philip Pullman : La Belle Sauvage (A or YA)

John Green: Turtles All the Way Down (YA)

Matt Fraction: Hawkeye omnibus (BD-A)

Ta-Nehisi Coates: Black Panther & the Crew (CB-A)

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

DO YOU HAVE DIANA GABALDON'S OUTLANDER SERIES?

If you have the Outlander series in English, or only a few titles, but would like to donate the volumes, we'd love to receive it! Please contact Melanie at 418-936-3239 /222

**OUR NEW RESOURCE CENTER AND LIBRARY IN RIMOUSKI IS NOW OPEN!
LOOKING FOR RECENT WORKS: ADULT & YOUTH NOVELS, NON-FICTION,
COMIC BOOKS & RECENT DVDs**

Heritage LSL opened a new satellite resource Center in Rimouski on February 8th, to better serve English-speakers of the region. If you have adult or youth novels, non-fiction works, comic books, children's picture books or recent DVD's to give to help us out, thank you for bringing them to our offices or for calling so we can arrange transport! We accept EVERYTHING recent, EXCEPT magazines, encyclopedia and condensed books. Thanks for telling as many people as you can, so we can offer a great collection in Rimouski as well!

Health

Free HEALTH Toolkit Workshop -in English!



HERITAGE
Lower Saint Lawrence
Bas-Saint-Laurent

FREE Snow shoveling Safety & Tips Workshop

With Becca Scarratt, Physiotherapist

Sunday, March 25 @ 2 pm

At the RIMOUSKI Heritage Resource Centre

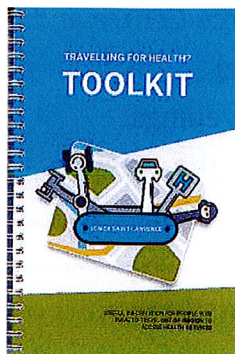
414 de la Seigneuresse

(In front of Parc Lepage, LEFT corner door)



- Clothing – Equipment – Prepping – Biomechanics – Pacing- Snow conditions- Risks -

With heavy spring snows just around the corner, snowshoveling is much like a winter sport: it requires preparation, equipment, biomechanics, and pacing to prevent the risks of falls and muscle strain. If you want to learn to shovel injury-free and comfortably, this 60-minute Health Toolkit Workshop is for you!



Do you have to travel for health?

If you have to travel for health towards Rimouski or towards Québec,

Our Travelling for Health TOOLKIT is now available !

You can get a bilingual paper version –for free-
at the **Heritage Cultural Resource Centre** or
you can also access the Toolkit online : www.travel4health.ca



SENIORS' FRIENDSHIP LUNCH

1818 METIS 2018
DÎNER AMICAL DES AÎNÉS
SENIORS' FRIENDSHIP DINNER



**Saint Patrick' Day
Myths & Legends
Wear green!
Tuesday, March 20 at noon
Town Hall (370 Beach)**

**Everyone Welcome
Cost: \$8**

**Reservations before Thursday, March 15:
Please call Gaby (evenings): 418-936-3393**



Carpooling is organised, please let us know if you need transport or if you can offer places - **thank you!**

~ All profits fund the Community Training Room~



FRIDAY BREAKFASTS



**Every Friday
from 8 to 10 a.m.
at the *Centre des loisirs*
(10 de l'Église)**

**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.

**Thank you to Dépanneur Métis-sur-Mer
for its contribution to the breakfasts!**



LES BOULES 50 PLUS CLUB

**Friendship Dinner* on March 7, at noon
Member: \$10 | Non-member: \$12
*Reservation: Diane au 418-936-3276**

Wednesday activities at 1:00 p.m

**at the *Centre des loisirs*
(10 de l'Église)**

Everyone welcome!

**You can still renew
your membership card in March...**

METIS-ART: FREE counted cross-stitch workshops



**Are you interested in
learning how to do
counted cross-stitch?**

Starting on mid-March, there will be FREE
bilingual workshops, including materials!

WHERE: at the Heritage Resource Centre and
Bilingual Library (130 Principale)
WHEN: Possibly on Thursday evenings
WHAT : The first project will be the creation
of bookmarks

Hope to see many of you there!
INFO: June 418-936-3587 or
Melanie 418-936-3239 /222



PHOTO CONTEST: Metis in all Its Beauty

Amateurs or professional photographers: submit your photos!

They must have been taken in the municipality of Métis-sur-Mer, except those submitted in the Metis region: from seashore to back country category, which have to have been taken in one of La Mitis' 16 municipalities. They do not need to be recent. You can submit a maximum of 5 photos per category! *



Categories:

Portraits and People
 Architecture and signature buildings (inside out)
 Activities and every day life
 History (before and after photographs in the manner of... William Notman)
 The Metis region: from seashore to back country

Important deadline: June 1, 2018 for your photos to be considered for the exhibit

INFO : mleblanc@heritagelsl.ca OR 418-936-3239 / 1-855-936-3239

*Complete rules available at the Heritage Lower St. Lawrence offices or on FB.



BINGO HAM

**Sunday, March 11,
 Starting at 1 p.m.**

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

WELCOME to everyone!

To benefit the Fabrique
 Notre-Dame-de-la-
 Compassion
 Information : Olivette
 Ouellet, 418 936-3941

Projet *Éco Mitis* 5@7 de réseautage écologique

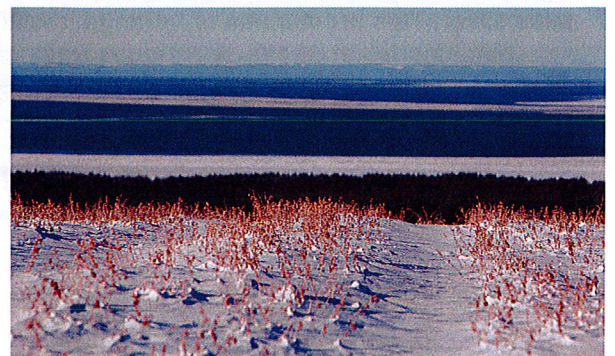
Jeudi 15 mars de 17h à 19h - Entrée gratuite

à la Bibliothèque de Mont-Joli (1477 boul.Jacques-Cartier)

En collaboration avec les Jardins de Métis, Marie-Claude Hamel, artiste en arts visuels et citoyenne engagée, vous présentera son projet *Éco Mitis*.

L'écologiste spécialiste des mammifères marins et du fonctionnement des écosystèmes Lyne Morissette, Ph. D., résidente de Sainte-Luce, Jean-Marc Gougeon, propriétaire de la Ferme La Fourche du Troll de Saint-Octave-de-Métis et Alexander Reford, directeur des Jardins de Métis, participeront au projet *Éco Mitis*. Ils prendront parole lors de ce 5@7.

Le projet vise à sensibiliser les citoyenNEs, les éluEs, les entreprises et organismes à agir en synergie avec notre environnement, en focalisant sur le territoire de La Mitis. Ce réseautage a comme objectif d'améliorer notre empreinte écologique et favoriser notre bien-être. L'agriculture, l'alimentation, l'eau, l'écoconstruction, l'éducation, la forêt, l'horticulture, les matières résiduelles, le patrimoine et l'urbanisme constituent les principaux secteurs ciblés.





**WINTER WONDERLAND
AT THE JARDINS DE MÉTIS
MARCH 10 & 11**

Metis 200

12 PM TO 4 PM
\$2.50, FREE FOR CHILDREN 13 AND UNDER
SNOWSHOEING STARTS AT NOON
HOT CHOCOLATE AND BBQ

SPECIAL ACTIVITIES

Saturday, March 10 - 5 pm to 7:30 pm
Torchlight Winter Walk. Trails will be lit for a walk in the dark. Bring your toque! Snacks and refreshments will be available (for sale) around the bonfire. Evening outdoor screening of «Elsie in her own words», launched in honour of International Women's Day.

Saturday, March 10, Sunday, March 11 - 1 pm to 3 pm
Snowmobile in the Gardens and to the mouth of the Mitis River. This promenade of heritage is offered by Machineries et tracteurs antiques Réginald Morissette. Free with access to Winter Wonderland, voluntary contribution.

Info : refordgardens.com | 418 775-2222



MUAY THAI

with Marc Vinette

Certified under "Ajarn" Chai by the Thai Boxing Association U.S.A. and "Ajarn" Normand Grimard

It would be my pleasure to teach you this wonderful art.

"Muay Thai" Thai boxing is known for its powerful strikes, the art of the eight limbs, punches, elbows, knees and kicks. A great way to get in shape.



**8 -class session - Equipment provided
On Thursdays, 7 pm, starting March 15**

In the Envol school gym (east entrance)

Member: \$110 / Non-Member: \$130 / Student: 50%

**Also available cardio thai for women and lessons for kids age 6 to 13 -with an adult- if interest is shown. (Minimum 4)

Private lessons also available

INFORMATION: "Kru" Marc Vinette at 450-971-2133

REGISTRATION:

Contact Marcel Blanchet at 418 936-3318 (6:30-9 pm.) or by e-mail at mcelbchet@gmail.com



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 SCHEDULE** (Reopen on Wednesday evenings)**

	Morning	Afternoon	Evening
Monday :	7:30 - 9:00	2:00 - 3:30	6:30 - 9:00
Tuesday :			6:30 - 9:00
Wednesday :	7:30 - 9:00	2:00 - 3:30	6:30 - 9:00
Thursday :			6:30 - 9:00
Friday :	7:30 - 9:00	2:00 - 3:30	
Saturday:	9:00 - 11:00		

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

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 Tuesdays from 6:30 to 9 p.m.

14 years old + / \$3 per person

Come and join in!

ZUMBA WITH VANESSA CARON

10 -class session -Starting January 22, 2018

in the Envol school gym (east entrance)

HAVE FUN AND STAY IN SHAPE!

BADMINTON WEDNESDAY evenings-Welcome!

Club de ski de fond de Baie-des-Sables

2017-2018 Season

A few changes this year. **Access will be free for children and teenagers (17 years old or less).** Adults can ski for \$25 per season or \$5 per day. With the new rate, we have eliminated the Family Pass.

There is another novelty this year: a **snowshoe trail**. It can be accessed via the entrance B on route Dion. The trail goes through the woods and brings you to the chalet. We are looking at lengthening the trail.

To stay up-to-date with the events and ski conditions we invite you to follow us on [facebook.com/skidefondbds](https://www.facebook.com/skidefondbds) or listen to our weekly column on the **radio every Saturday at 8:55 am (CHRM-FM105.3 OR 95.3)**. Members who provide us with an e-mail address can also receive the information via e-mail (every communication is sent in confidential mode (CCI)). We also send articles to the local bulletins.

If you have not had the chance to try our trails, we encourage you to come and visit. We have three (3) trails of various levels to ski on. Maps help you choose length and trail characteristics.

Wishing you a great Winter!

SCHEDULE OF THE MUNICIPAL SKATING RINK, 8 de l'Église



The opening hours can vary according to the weather.
We ask your collaboration when there is a poster prohibiting access to the skating rink. Thank you!

DURING SPRING BREAK AND ON PEDAGOGICAL DAYS OF THE COMMISSION SCOLAIRE DES PHARES, THE RINK WILL BE OPEN IN THE AFTERNOON FROM 1 P.M. TO 4 P.M., IF WEATHER CONDITIONS PERMIT.

Regulations for the skating rink:

- The rink is exclusively for the practice of free skating and hockey. Wearing a helmet is mandatory and wearing protection equipment (neck-protector, gloves, elbow pads etc) is recommended during hockey practice.
- The municipality is not responsible for any accident caused by the use of the rink.
- Courteous language and behaviour are requested at all times.
- Telephone use: in case of emergency only, with the permission from the employee in charge.

Gaétan Gagné, employee in charge

Day	Time	Activity
Sunday	1 - 4 p.m.	Skating and Hockey
Monday	CLOSED	CLOSED
Tuesday	6:30-7:30 p.m. 7:30 - 9 p.m.	Skating Hockey
Wednesday	6:30 -9 p.m.	Hockey
Thursday	6:30 -7:30 p.m. 7:30 - 9 p.m.	Skating Hockey
Friday	6:30-7:30 p.m. 7:30 - 9 p.m.	Skating Hockey
Saturday	1 - 2:30 p.m. 2:30 - 4 p.m. 6:30- 7:30 p.m. 7:30 - 9 p.m.	Skating Hockey Skating Hockey

Youth



L'ENVOL SCHOOL NEWS

Hello,

Recently at our school, our teacher Philippe Cavanagh began another project. For each hour spent in class, we have to be physically active. As a result, we now have three recesses. As part of our physical education program, we started going skating at the village rink. Every gym class, we walk to the rink and skate for about an hour, before returning to class. This activity allows us to have fun while using up some of our energy.

Not long ago, we started doing yoga and massages with Karine Berthelette. If you do not know her yet, she is an artist and massage therapist. She makes us do visualization and breathing, which helps us stay focused when we come to class on Monday mornings.

A few weeks ago, three students were invited to attend a Perseverance Gala in Mont-Joli, organized by COSMOSS de La Mitis and their partners. These three students are: Lucas Boulay (cycle 1), Kamille Brochu (cycle 2), and Anna Gauthier (cycle 3). We want to congratulate them for all their efforts.

Catherine and Justine

Comité des loisirs de Métis-sur-Mer

The Comité des loisirs would like to thank all those that made our Super Bowl event such a great success: committee members, volunteers and community members alike. **We raised \$1,000 for the 2019 end of the year school trip for the grades 4-5-6 of école l'Envol.** Congratulations to all!



METIS BEACH SCHOOL NEWS



Science Fair Results

Our annual science fair was a great success! Many innovative projects were on display to the delight of students and community members alike. The judges had a very difficult job in evaluating the projects, but in the end, top marks went to the following teams:

Senior Category: 1st - Miranda Smith and Olivier Levesque

Intermediate Category: 1st - Nicholas Bélanger, 2nd - Jesse Beaudin, 3rd – Audrey-Anne Girouard

**Junior Category: 1st - Christopher Bélanger, 2nd - Pierre-Alexandre Chislett and Sam Beaudin
3rd - Lydea Gagné and Ariane Savard**

Elementary Category: 1st – Andrew Bélanger (not attending the Regionals)

2nd - William Gagné-Duplisea and Isaac Turriff (not attending the Regionals)

We will be sending 6 teams to the Regional Science Fair (Expo Science) at the CEGEP in Matane, March 16th through the 18th. The event is open to the public and everyone is welcome. We would also like to take this time to thank all our judges and volunteers who participated and supported our science fair, helping to make it one of the best ones yet!

Gala de la persévérance COSMOSS de La Mitis - Desjardins

Metis Beach School is very proud of ALL their students' achievements, but would like to extend congratulations in particular to their School Perseverance awardees : Emily Allard-Kinderdarten, Daren Girouard-Cycle 1, Anik Tardif-Cycle 2, Jordan Turriff-Picard-Cycle 3, Ariane Savard-Sec 1, Pierre-Alexandre Chislett-Sec 2, Audrey-Anne Girouard-Sec 3, Jesse Beaudin-Sec 4 and one of our parent volunteers, Andrea Landry. Congratulations to all for your dedication to educational success.

St-Valentine's Day Gift Baskets

The gift basket fundraiser was a great success, raising over \$600 for our graduation festivities in June. **The lucky winners were Françoise Rousseau, Lana Turriff and Josiane Millette.** A huge thank you goes out to all those who donated gift items and/or purchased tickets to support our graduating class of 2018.

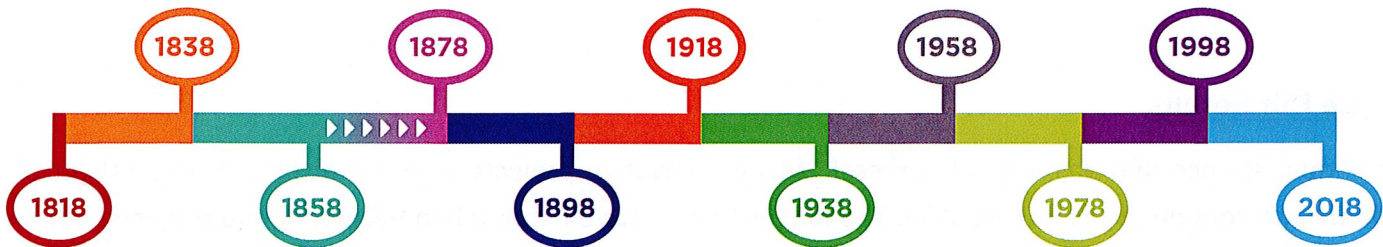
Winter Duathlon

On Thursday, March 22nd MBS will host its first Duathlon for the students of Metis Beach School. It is a snowshoe and cross-country event that will begin at the Sainte-Jeanne-D'Arc Community Centre at 9:00 am. Community members are welcome to join us to encourage our participants and join in on the festivities at the centre. Participation prizes will be awarded in the afternoon. **We are in need of volunteers for this event, so if you are interested in helping, please call Lynne Bruce at 418-318-4005.**

Metis 200 : It started with the first settlers in 1818...

Every month over the coming year, Heritage Lower St. Lawrence will publish a timeline featuring some of the key dates in the history of Metis and some historical highlights to celebrate Metis' 200th anniversary. Our goal is to bring the history alive by allowing some of the early settlers and others Metissers to speak directly to you.

If you want to learn more, you can consult HLSL archives. Also, if you have texts, illustrations or photos you would like to share to the project, please send them to Pamela Andersson at pandersson@heritagelsl.ca



Introduction

By the 1870s, Metis was becoming a well-known watering hole. It was also beginning to be noticed in the newspapers far and wide. With regular trains running on the Intercolonial Railway from 1876 and regular steamship service, Metis was suddenly easily accessible. Trains brought passengers. Passengers brought notice. Notice brought tourists. Tourists led journalists to write about this seaside community. This article, signed "H.H.Y.", first appeared in the Quebec Morning Chronicle on October 2, 1878 and in French several days later in *Le Journal de Québec* on October 11, 1878:

Collection P. Naylor



have their choice between Grant's Hotel, recently built at the Point and now open, and the two spacious hostelries on the bay of Metis, two miles distant, vis: -Astle's Hotel and Turriff's new house, just finished. The latter is two storeys high, one hundred feet long and forty in depth; situate on the very brink of the St. Lawrence, sixty or eighty feet above high water mark. A sandy beach stretches out in front which for bathers is probably the best in Little Metis. Mine host at Grant's Hotel is well-known to tourists, as he formerly kept a hostelry at Rimouski.

METIS

A FAVOURITE WATERING PLACE

A REALLY RURAL RETREAT

...The tourist who...leaves Quebec on a Tuesday at 2 p.m. will be landed at Metis the following day at 9 a.m. by disembarking per a substantial sail boat (steered by Mr. Ferguson, the agent of the Company) which puts out from Ferguson's point to meet the steamer. On stepping on to the rocky shore vehicles in abundance are found ready to take the traveller anywhere or everywhere. Prominent objects from the beach are the Ferguson Manor and the new hotel. Visitors



Collection P. Naylor

Turriff Hall



Birkenshaw, Sir William Dawson's cottage - Courtesy of Joan Harrington. Photo : Brian Merrett

...Little Metis is...quite the sea-bathing retreat of Montréalers, many of whom have acquired sites on the bay and erected thereon roomy dwellings or tiny cottages, *ornes*, amidst meadows or picturesque woodland. The eastern portion of the new Metis settlement is called the McGill College-End. Conspicuous among many other structures are the handsome residences of Professor Dawson, Messrs Murray, McNicholl, Dr. Trenholme, Mrs. Redpath, Mrs. Major, Messrs. Lyman, Stephens, & c., all fringing the crescent-shaped cove of Little Metis.

The courteous and obliging seigneur of Metis, Mr. Ferguson, has recently erected some very eligible cottages and, in fact, is yet building more, which are let at very reasonable figures. Many of these have been purchased outright. There are many lots for sale on which the purchaser can erect his houses and place therein his Penates at his own pleasure. For admirable position, healthfulness, scenery, rest and pleasure, there appears to be no better locality than Little Metis.

...Gaelic is spoken freely in the settlement. But few French Canadians live there, and intermarriage with the Scotch is but of very rare occurrence. The lands of the latter are but little mortgaged, showing a favorable distinction from their French neighbors. Some of the original immigrants have sold out in Metis and started farming in Greenbush, Wisconsin, but, it is believed, with not such good fortune as in the Province of Quebec....



Astle's Hotel which became Seaside House Hotel in 1900.

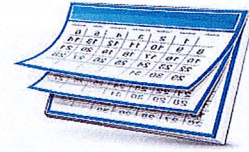
For Little Metis, as a sea shore retreat during the heat of summer, a bright future is in store. Land is cheap, lodging extremely moderate, the climate salubrious; there are daily rail and mail communications with the rest of the world and telegraphy at a moment's requisition....

Community Calendar

You can consult the Métis-sur-Mer Community Calendar by going on the Ville's website, under "Citizens" and then clicking on "Activities"

The idea is to enable each group or individual to select dates and hopefully, avoid scheduling conflicts.

To add an activity, or to consult the calendar if you don't have Internet, you can contact Marie-Claude Giroux at 418-936-3239 #223.



Habitations Le Beaulieu, Apartment for rent - 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 low-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.



Childcare Places Available


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

Service open: 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. For information please call **418-739-5080 ext. 101**

For Sale/Rent/Found/Wanted

SOUGHT-AFTER:

-Looking to borrow a  **French flag** for mid-May Seniors' Friendship Lunch. Please contact Pamela at 418-936-3239 #221.

-Seeking a **plot of land for sale in the Métis-sur-Mer region with a storage building or the potential to have a storage facility built.** Please contact Manuel at 581-624-0440.

LOST & FOUND:

Glasses in a Pronature case, found at the Seniors' Friendship Lunch. You can come to pick them up anytime during Heritage's business hours.

A pair of eyeglasses with a thin black rim around the lens has been found in the parking lot at the Leisure Centre on January 15th. Contact Diane at 418-936-3276.

**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 ENTREPRISES
Jacques Marcheterre
ENTREPRENEUR EN CONSTRUCTION
88, rte 132 418 936-3293

Windows and Doors / Wood, Metal and PVC
Kitchen cabinets / Renovate



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. You would 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 Follow me on Facebook and Instagram



Dépanneur Métis-sur-Mer
Tel. : 418-936-3536

New products and new services

- Frozen products from St-Gelais Grocery and Butcher Shop in Matane. Products include prepared meals, homemade sausages, ground beef, and vacuum-packed meat as well as delicious homemade cretons.
- Fresh fruits and vegetables
- Products from Phare Ouest Fish Shop
- you can place orders and pick up your products the next day.
- Delivery service is also available for \$1.50 + tax.
- We receive fresh products from Les 3 Soeurs Bakery in Mont-Joli on Tuesdays and Fridays, and from Levesque Bakery in Amqui on Tuesdays.

Welcome!



café sur mer

**Saturday, March 31 and Sunday, April 1,
our team invites you
to the 2018 Season opening.**

**From Easter, and until
the Saint-Jean-Baptiste, the café
will be open every weekend, 9-5.**

Follow us on facebook.com/cafesurmer

160 Principale | 418-936-3936

TERRAIN DE JEUX 2018 - OFFRE D'EMPLOIS (2 postes)

BILINGUAL CANDIDATES WELCOME!

Nous sommes à la recherche de 2 moniteur(trice)s de terrain de jeux; un à temps plein et un à temps partiel.

Titre: Moniteur-trice de terrain de jeux

Conditions: 12,00\$/heure, 40h/semaine, 7 semaines (du 25 juin au 10 août 2018)

Tâches:

- Contribuer à l'élaboration de la programmation pour des enfants de 5 à 11 ans, voir à son implantation
- Planifier, organiser et animer des activités récréatives et sportives
- Assurer le leadership de l'équipe
- Assurer et entretenir de bonnes relations avec les parents

Exigences requises:

- Être étudiant(e), dynamisme, sens des responsabilités, créativité, débrouillardise
- Aimer jouer avec les enfants et assurer leur sécurité
- Bonne connaissance de l'informatique et très bonnes aptitudes organisationnelles
- Capacité à travailler en équipe
- Cours de 1er soins un atout

Faites parvenir votre C.V. avant le 11 mai 16h30 au Comité des loisirs de Métis-sur-Mer. Information : Lynne Bruce 418-318-4005 / lynne.bruce@essb.qc.ca ou Sabrina Simard sab_6_149@hotmail.com.

RENDEZ-VOUS DE L'EMPLOI DE LA MITIS ÉDITION 2018

En route vers notre avenir

La Semaine de l'emploi au Bas-Saint-Laurent

DU 19 AU 23 MARS 2018

Participez à la Semaine de l'emploi 2018 au Bas-Saint-Laurent

Un deuxième « Rendez-vous de l'emploi » dans La Mitis

L'activité gratuite aura lieu au **Centre Colombien de Mont-Joli**, le mercredi **21 mars**, de **16 h à 19 h**.

Le comité Relève-Mitis, en collaboration avec le gouvernement du Québec, vous invite à un **Rendez-vous de l'emploi** où vous pourrez rencontrer plusieurs entreprises de La Mitis qui ont des postes à pourvoir au sein de leur organisation.

Cette journée, présentée dans le cadre de la Semaine de l'emploi au Bas-Saint-Laurent, est l'occasion pour les entreprises à la recherche de main-d'oeuvre et les chercheurs d'emploi de La Mitis de se présenter et de faire connaissance.

L'événement offrira aux chercheurs d'emploi la chance de non seulement remettre leur curriculum vitae aux entreprises qui les intéressent, mais également de faire valoir leurs compétences.

L'an dernier, près de 150 personnes se sont présentées pour rencontrer la quarantaine d'exposants présents.

Des emplois disponibles à la pépinière!

La Pépinière de Sainte-Luce, Ministère des Forêts, de la Faune et des Parcs est à la recherche de candidats pour combler des emplois « d'aide sylvicole ».

Début d'emploi: Fin-avril Durée : 10 à 25 jours

Salaire horaire 2018: 20,15\$

Pour vous inscrire : Transmettre l'offre de service ou votre curriculum vitae :

- adresse courriel : pepinieredesainte-luce@mffp.gouv.qc.ca, ou
- adresse postale : 240, rang 2 ouest, Sainte-Luce, (Qc) G0K 1P0.

Le formulaire « Offre de service » est disponible à la page d'accueil du site web :

<http://www.mffp.gouv.qc.ca/forets/semences/semences-pepinieres-sainte-luce.jsp>

Pour information : 418-739-4819 p. 221



Municipal Affairs

The Green Newsletter – « Never forget any collection!! »

Are you tired of forgetting to put your bin for the collection ?

Have you ask yourself again « Do the milk carton goes into the blue bin ? » ?

Do you think we've got enough snow this winter ?

We have a solution for 2 of you 3 problems !

Visit www.ecoregie.ca (french only) to access the new collection reminder and waste wizard app from ReCollect. This service is accessible on any Internet browser via computer, tablet or smartphone.

The « Mon calendrier » tool will allow you to view and register for free to a collection reminder by SMS, phone or email. Never forget a collection anymore !

The « Faisons le tri ! » tool is a waste wizard. It will allow you to search for an article and obtain the appropriate method of disposition. A search and *hop !*, the milk carton goes into the blue bin !

Unfortunately, the tool « Shovel snow away » is still not available...

For more information on an environmentally sound waste management, visit www.ecoregie.ca or call 418-775-8445 ext. 1138.

Vincent Dufour, waste management coordinator



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

A WORD FROM YOUR MAYOR

In February, we celebrated **School Perseverance Week**, but educational success is not only recognized one week of the year, it is something that happens on a daily basis. In Métis-sur-Mer, we congratulate the students of l'Envol School, particularly those who received awards at the **Gala de la persévérance COSMOSS de La Mitis : Lucas Boulay** in cycle 1, **Kamille Brochu** in cycle 2 and **Anna Gauthier** in cycle 3. We also congratulate the following students of Metis Beach School who received awards: **Emily Allard, Daren Girouard, Anik Tardif, Jordan Turriff-Picard, Ariane Savard, Pierre-Alexandre Chisslett, Audrey-Anne Girouard, JesséBeaudin** and a parent volunteer, **Andrea Landry**.

Crédit photo : CIA Mistral



The awardees of L'Envol with Philippe Cavanagh, teacher grades 4, 5 and 6.



Crédit photo : Mélanie Leblanc

Six of the eight awardees of Metis Beach School with Andrea Landry, volunteer who helps with reading activities.

We encourage our youth to continue to utilize the services of our local library, a section is reserved just for them. We are very fortunate to have volunteers who organize many activities for our youth and community members. Our recreation committee is very pro-active; a new ice rink that has recently been installed along with other community activities and our local CLD committee who continues to maintain and support our exercise/training facility and other community events. Congratulations to all who give so generously of their time and energy.

On another note, many of you had the opportunity to meet Mrs. Annick Marquis, Director of the CLD (local Development Committee) Mitis at one of our community breakfasts. The CLD is at the disposal of entrepreneurs to help with start-up, implementation, development and expansion of businesses. You can find out more about the services offered at www.cldlamitis.qc.ca or you can also visit the municipality website for more information. I also plan to arrange for other opportunities for everyone to meet Mrs. Marquis to see in what way the CLD can assist them.

The next meeting of the MacNider Bourough Council will take place on March 12 at 6:30 pm and the Métis-sur-Mer council meeting will follow at 7:30 pm; both to be held at the Métis-sur-Mer Municipal Office.

You can reach me by email at the following address : cadube@mitis.qc.ca

Best regards,

Carolle-Anne Dubé, Mayor

418-936-3255 ou 418-936-3420 ou 418-750-5504

