



*Ville de
Métis-sur-Mer*

Info Métis

Municipal Newsletter and Community Info

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

Métis 200



Métis 200

Invitation

Tuesday, May 15, 2018

At 10:30 am

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

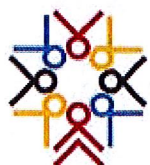
**Launching
of Métis 200 programming
& presentation
of the visual tools**

For all - Free - Reservation required at 418-936-3239, ext. 221

See activities on page 5

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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

****VICTORIA DAY: HLSL OFFICES AND LIBRARY CLOSED ON MONDAY, MAY 21**

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

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

SUMMER COLLECTIONS (FRENCH ONLY)

La pêche : tout ce que vous avez toujours voulu savoir pour ferrer le poisson!

Polars Suédois : le polar qui déstabilise, dépayse, et se dévore!

Le jardinage sous toutes ses formes : jardiner en pots ou en bacs, la terre et le terreau.

SPRING INTO READING IN 5 EASY STEPS:

- 1- Make a list of titles and/or authors that you would want to read
- 2- Share it with us !
- 3- HLSL orders the titles on your list.
- 4- Receive your books.
- 5- Get comfortable inside or outdoors, and Read!



Hundreds of recently purchased new titles already await youth and adults!

LOOKING FOR DONATIONS OF OBJECTS AND BOOKS FOR OUR ANNUAL JULY GARAGE SALE

This year's fundraising objective is \$3,500, so we need your help! **We're looking for EVERYTHING:** small or medium sized furniture, deco items, CDs, DVDs, working electronics, tools, kitchen or sports items, unique items, games, toys, kids items, framed art, antiques, bedding : ANYTHING that could have a another life! **Also looking for ALL KINDS OF BOOKS:** adult or youth novels, non-fiction works, comics, children's books, etc.

Thank you for bringing items to our offices or for calling us so we can arrange transport anywhere from Rimouski to Matane! We accept EVERYTHING that's in good shape.

Thanks for telling as many people as you can!

VOLUNTEERS NEEDED!

Heritage needs volunteers for occasional or regular tasks, different types of opportunities.

2 hours of volunteering can help to maintain services to the community!

Please contact us 418-936-3239 # 224

20^e DÉFI VÉLO PLEIN AIR

JULY 7 and 8, 2018

Description of my challenge

This Challenge is more than just kilometres :
Give your passion a purpose!

Le Défi Vélo Plein Air is a group of some 150 cyclists who get together every July to travel close to 300 kilometres in two days. This large fundraising event, underwritten by the generosity of l'Association du cancer de l'Est du Québec, is proudly presented for the 20th consecutive year, on July 7 and 8, 2018. I will be joining them and I do it in part because the people who are touched by cancer in Eastern Québec benefit from the services that help them feel better both physically and mentally!



Défi Vélo Plein Air has a 261 km route :

Leaving Rimouski Saturday morning, the cyclists will head towards Amqui and then on to Matane and return to Rimouski the next morning. We will be stopping in Métis-sur-Mer around noon hour on July 8. Come and cheer us on!

The Défi Vélo Plein Air is for me a perfect activity that combines business with pleasure; participating in an incredible sport weekend while supporting an equally incredible cause. Even though my father lost his fight in 2017, far too many people are fighting this disease and I want to support them in my own way. Thank you for your encouragement and support.

Objective : \$500.00

You can donate :- in person or online at
defivelopleinair.org/profile/991/simon-brochu

Simon Brochu - 418-740-3680
Financial planner - Desjardins amd
Municipal counsellor - Métis-sur-Mer

Guided Meditation

A 6-class session based on mindfulness

Every Tuesday from May 8 to June 12
7:00 to 8:00PM - École l'Envol gymnasium

Take a moment to relax, breathe, feel kindness,
and accept every moment for what it is!

We will explore meditation while walking, sitting and
laying down. Bring your pillow and blanket.



\$75 for 6 classes (Minimum 5 participants)

To subscribe :

Karine Berthelette 418-318-3750

Marcel Blanchet 418-936-3318

Free HEALTH DVD Series -in English

Anxiety, Stress & Panic Disorder

With Dr. Camillo Zacchia, PhD., Psychologist/
Senior Advisor -Douglas Institute

Wednesday, May 23 at 1:30 p.m.

At the Heritage Resource Centre in RIMOUSKI
(414 de la Seigneuresse)

Guest: Alexandra Martineau-Duguay, Santé Mentale BSL

Free snack will be served.

Please call us to register at 418-936-3239 #223



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 May 31

In the Envol school gym (east entrance)

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



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...

Spring SCHEDULE

	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		

Membership*

Métis residents : \$25/month or \$4/day

Non-residents : \$30/month or \$5/day Students : 50% of adult rate

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

**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

will be back in the fall...

Guided Meditation with Karine Berthelette

6 -class session -Starting May 8,

On Tuesday at 7:00 pm

(see details on p.3)

REGISTRATION FEE

***BADMINTON* WEDNESDAY evenings-Welcome!**

Métis 200

Celebrating Metis' 200th anniversary... it began with the seigneurie of Metis in 1818.



John MacNider brought the first settlers from his native Scotland, by ship. He is credited with settling the region and founding the communities that would become Grand-Métis, Métis-sur-Mer, Les Boules and Baies-des-Sables.

Every month over the coming year, a timeline will be published in the Info Métis (see p.8), and activities will be organized.

If you would like to receive the Info Métis via email, please write to mcgiroux@heritagelsl.ca

May 15, at 10:30 am: Launching of Métis 200 Programming & presentation of the visual tools

At Town Hall (370 Beach)

- For all - Free -

Reservation required at 418-936-3239, ext. 221

May 15, at 12:00 pm: Friendship Lunch and «Scottish Connection» Exhibition

At Town Hall (370 Beach) - For adult - Fee: \$8

Reservation required at 418-936-3239, ext. 221



SENIORS' FRIENDSHIP LUNCH

Scottish Connection / Ceanglaichean Albannach

1818 METIS 2018
DÎNER AMICAL DES AÎNÉS
SENIORS' FRIENDSHIP DINNER

Tuesday, May 15 at noon

Town Hall (370 Beach)

Cost: \$8



Everyone Welcome!

Reservations before Thursday, May 10:

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!**

PHOTO CONTEST: Metis in all Its Beauty



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

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 or 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



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.

Our virtual exhibition on vacation resorts is now online !

Off to Salty Waters – Vacationing on the St. Lawrence (1850–1950)

Immerse yourself in the spirit of summer holidays spent by the sea. Explore vacation places of the past along the shores of the St. Lawrence and meet the urban bourgeoisie who holidayed there between the mid-19th and the early 20th centuries. The mood and history of that era and place are wonderfully rendered in the personal accounts and photographs of both vacationers and hosts.

Visit expovillegiature.com/eng



LES BOULES 50 PLUS CLUB

Wednesday activities at 1:00 p.m

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

Everyone welcome!

THE COMITÉ CULTUREL DE BAIE-DES-SABLES WISHES YOU A JOYFUL SPRING!

Sunday May 13th at 2pm,
the Residence Des-Sables will be hosting
Mrs. Denise Guénette
to celebrate Mother's Day.

Great gift to offer, come laugh with her
and celebrate with us!

Free admission, a hat toss will follow the representation.

Sa nouvelle vie après la greffe

Ginette Dufour retrouve le rang Tartigou au printemps 2017, reconnaissante de pouvoir respirer grâce à deux nouveaux poumons.

Depuis 1994, 160 utilisateurs du Bas-Saint-Laurent, comme elle, ont bénéficié des services de la **Maison des greffés Lina Cyr**. Située à proximité des grands hôpitaux, on y accompagne les malades de l'attente d'un organe jusqu'aux suivis postopératoires.



©Photo TC Media –
Stéphane Quintin

Ginette souhaite maintenant récolter de l'argent. Elle est à la recherche de commanditaires pour faire tirer des prix de présence, elle espère toucher le plus de monde avec son histoire.

~ **BRUNCH au profit de la Maison des greffés Lina Cyr**~

Le dimanche 27 mai (Jour de son anniversaire)

De 9h30 à 13h, au Centre communautaire de Baie-des-Sables

\$10 par adulte—Plusieurs prix de présence

Au plaisir de s'y rencontrer!



THE FRIDAY BREAKFAST TEAM

In addition to providing an opportunity to meet, the Friday Breakfasts financially supports our community training room. About forty people enjoy gathering week after week.

Between October 13 and April 20, 25 Breakfasts were offered !
And a record of \$ 5582 has been raised!

Today we congratulate the fantastic team of volunteers who organized the Breakfasts : nearly a dozen people have been involved during the off-season, organizing these breakfasts !

THANK YOU to Marcel Blanchet, Rita D. Turriff, Martine Bouchard, Diane D. Guilbeault, David Paquette, Lisa-Marie Larouche, Danielle Bouillon, Hélène Ratté, René Lepage, Francine Langlois, Françoise Rousseau, Christine Lavoie and Marc-André Guilbault, who participated depending on their availability. Your involvement, your generosity and dedication undoubtedly contribute to the vitality and quality of life in our community. **THANK YOU** to each and every one of you!!!

As well as **THANK YOU** to Bruno and Dépanneur Métis-sur-Mer for their contribution to the Breakfasts!

April 6, 2018 - Musée de la civilisation de Québec

Official Press Release in French

Prize of \$5500 for the category of :

Développement pédagogique

Voyage à l'intérieur de moi

École des Cheminots (L'Envol) à Métis-sur-Mer,
Commission scolaire des Phares, Région du Bas-Saint-Laurent

Directrice générale de la commission scolaire : Madeleine Dugas,

Directeur de l'école : Jean-Pierre Doucet

Responsables du projet : Philippe Cavanagh et Maryse Pellerin

Ressources ou partenaires principaux : Karine Berthelette, Jean-Philippe Catelier, Brigitte Therrien

Voyage à l'intérieur de moi est une rencontre poétique entre l'art et l'éthique. Initiés à la philosophie par l'étude de textes classiques et contemporains, les élèves du deuxième cycle du primaire ont entrepris une réflexion sur ce qu'ils sont et ce qu'ils veulent devenir. Accompagnés par une artiste, un cinéaste et une conteuse, ils ont participé à différents ateliers qui leur ont permis de créer des œuvres personnalisées telles qu'une sculpture totem, un cabinet de curiosités dans une valise et une composition musicale à l'image de leur rythme de vie. Lors de la soirée performance, des habitants du village et des communautés avoisinantes ont circulé dans les espaces créés pour y découvrir l'imaginaire et l'univers de chacun des élèves participants.

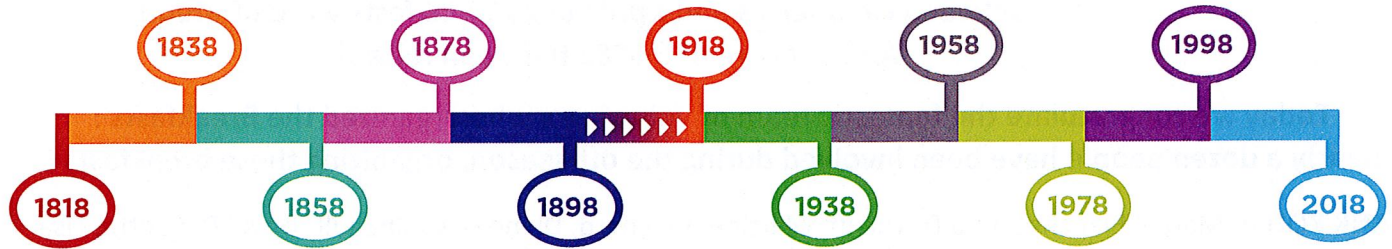
Disciplines visées : arts plastiques, éthique et culture religieuse, français (langue d'enseignement), musique.



De gauche à droite : M^{me} Anne-Marie Lepage, sous-ministre adjointe à l'éducation préscolaire et à l'enseignement primaire et secondaire, M. Jean-Pierre Doucet, directeur de l'école, M^{me} Karine Berthelette, partenaire culturel, M. Philippe Cavanagh, enseignant responsable, et M^{me} Kathy Argall, vice-présidente régionale BMO Groupe financier.

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 HSL 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

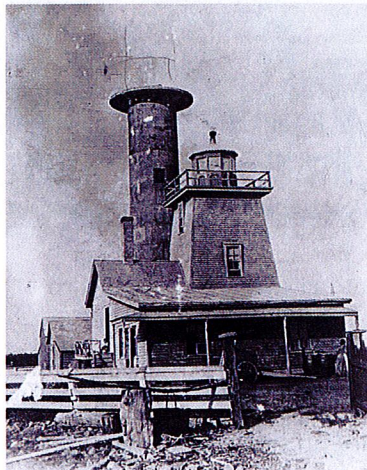


The Canadian Magazine published *Little Métis & Thereabouts* by journalist Frank Yeigh in 1917. Yeigh stayed with a local "habitant" family and admired their hard work and large families. His interest in the point of view of the farmers in Sandy Bay provides a useful perspective of how farm families were adjusting to the new world.



LITTLE MÉTIS & THEREABOUTS

Away down on the St. Lawrence where the kingly river is forty miles wide, is a little English speaking island in a French-Canadian sea, one of the many settlements where a group of Protestant English settlers have held their own during the long years though ringed around with neighbours of another tongue and religion...



In 1909, the second lighthouse is under construction. The first one was constructed in wood in 1874.

The Little Métis today is a summer suburb of Montreal, where many magnates of our commercial metropolis have palatial homes, with the usual modern accompaniments of steam yachts and limousines. Where not so long ago the buckboard planquettes of the habitant had the narrow winding roads to themselves, now the big blazing eyes of a honking monster cast their shafts of light around the sharp corners where danger signs hang, running opposition to the triple flashing beacons from the stately lighthouse...

There is a point where the line is crossed between Sandy Bay between the seignory of Scots possession and a parish of French Canada. The changes are quickly evident in architecture, in the prevalent speech and signs, in the increased size of the families as indicated by the swarms

of kiddies who line the highway, which is one of their playgrounds through the vested rights of generations of free use. A hundred-thousand dollar church, whose spire is seen miles away, rears its massive stone walls in the heart of the straggling village of a single street, as the curé watches the great structure grow....



Collection HSL

And what a friendly note in the landscape is struck by the open air bake-ovens. A most ancient dame has steam up in the one we just passed, catching on the wing that most pleasant of all odours; baking and browning bread. Clothes lines, too, afforded an open air art gallery of handicrafts. Rugs and quilts, as wonderful in design as in brilliant colours, exhibit the cleverness of Mrs. Habitant at her hard loom...

Other wayside glimpses into the little frame houses that border the Quebec highway linger in the memory. Because it is a summer day, doors and windows are open to sun and air, revealing the quaint interiors to the inquisitive. Many a contrast is seen. At a window sits a woman, spinning in the good old-fashioned way of our pioneer grandmothers, from the wool shorn from their own sheep. The contrast comes in an up-to-date sewing machine ready at hand. A habitant farmer just passed by, clad in the queerest suit of homespun imaginable. It was literally a garment new and old, the latest patches showing with startling clearness in between the faded checker-board sections of the suit.



Collection P. Naylor



Collection P. Naylor

Cross by the roadside.

Down the turnpike ambles a yoke of oxen, drawing a generous load of hay. Once they would have had the turnpike to themselves, but now an assertive automobile challenges a right-of-way with insolent honkings. A young swell from the next parish advertises the fact that he has a vacant seat in his glossy top-buggy, and that he is on his happy way to pick her up, as he speeds around the curving twists of the road another contrast is had in a big shaggy dog hauling a diminutive two-wheeled cart and a large-sized man – a bit of Belgian or Dutch transportation in Canada.

It is a land of the home-made...In the white-washed home just across the way chairs and tables were of manifestly home manufacture. Children's swings abound. The baby carriage was a soap box on wheels, with a canopy of loud chintz shielding child number twenty-four from the mid-day sun. For they still grow large families in Quebec. Up in the twenties are not infrequent, while one of my pension landladies, having no offspring of her own, has already adopted eight girls in succession!

But the last vacation day finally comes. Madame serves her last meal to the strangers within her gates and doors; "her man" (much smaller in stature than she) drives us to the station, good-bye is said to the big river and the little rivers that feed it, to the long narrow farms and the white-walled homes, and the kind-hearted rustic people who live therein.

Frank Yeigh, *Little Métis & Thereabouts*

From *Canadian Magazine*, March, 1917, No. 5, Volume XLVIII

L'ENVOL SCHOOL NEWS



Hello,

We received good news concerning the Essor contest that we had previously mentioned. During the Gala in Quebec City, we won the prize called Développement pédagogique worth \$5500. We are very proud of this accomplishment.

In our previous article, we spoke about yoga. We finished our yoga program in April, but we are starting a new activity. We will go to the pool in Mont Joli four afternoons per week as part of our physical education program. Every year, there are different levels of swimmers in our group, from beginner to advanced. Our teacher has come up with challenges for all of us, regardless of our level.

At this time of year, we are about to begin our exams, which impact our school year more than previous report cards. Therefore, it is important that we go to bed early, stay concentrated, and study.

Catherine and Justine



METIS BEACH SCHOOL NEWS



On May 2nd, MBS welcomes Rob Lutes, popular blues recording artist, for a day of musical workshops. Both the elementary and secondary students will begin with a history of blues music and then have the opportunity to collectively compose a song with Rob and perform it.

On May 7th, ASTER will be at the school for a day of guided scientific workshops for students in both elementary and high school. Students will experience an inflatable planetarium exhibit in which they will discover, in real time and motion, the characteristics of the planets, the phases of the moon and the relative distances between various celestial bodies, and The Sky Show: The Sun, in which they observe sunspots and solar eruptions with a solar telescope and electronic tablets.

We would like to take this opportunity to congratulate the MBS Cooking Club for their award in the OSEntreprendre Challenge. Bravo to Ms. Josée Lavallée, Andrew Bélanger, Jasmine Misson, Alyssa-May Chislett, Brittany Morin, Émy Harwood-Jones and Isaac Turriff on their successful entrepreneurship project.

Community Services



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**

PLAYGROUND 2018 FOR 5 TO 11 YEAR OLDS - PRE-ENROLMENT

June 26 to August 10 from 8:30 am to 4:30 pm



Games/Sports * Crafts * Cooking * Library events* Beach activities * Outings * and more...

Parent's name: _____ Phone no.: _____

Name of 1st child: _____ Age: _____

Name of 2nd child: _____ Age: _____

Name of 3rd child: _____ Age _____ :

7 weeks: 1st Child 200\$ 2nd Child 200\$ 3rd Child 120\$

1 week : 1st Child 35\$ 2nd Child 35\$ 3rd Child 25\$

The total cost can be divided over several payments if needed

PLEASE return the enrolment form to your school by Friday, June 8th. You will be contacted.

Info: Lynne Bruce 418-318-4005/lynne.bruce@essb.qc.ca or Sabrina Simard sab_6_149@hotmail.com

This Summer : COME PLAY AT THE LIBRARY ! (free / bilingual)

Board games and reading for 6-11 year olds, Monday-Friday 4:30 to 5:30 pm

You work and need a late afternoon service? Your child enjoys reading, board games, cards, etc.? Register him/her in our free youth afternoons at the library! Supervised walk from the playground to the library to facilitate! **Info : Melanie 936-3239 #222** .(Limited places. Service offered only when the playground is open.)

Please hand in your form with the playground registration.



Parent's name: _____ Phone no.: _____

Name of 1st child: _____ Age: _____

Name of 2nd child: _____ Age: _____

Name of 3rd child: _____ Age _____ :

Inscription to Library PM week(s) of : PLEASE CIRCLE

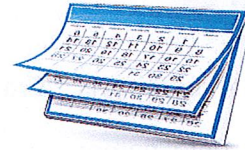
26 - 29 June	2 - 6 July	9 - 13 July	16 - 20 July
	23 - 27 July	30 July - 3 August	9 - 13 August

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", or www.ville.metis-sur-mer.qc.ca/en/citoyens/activities-come

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.



MÉTIS-SUR-MER CONTACT LISTS / BUSINESSES AND ORGANIZATIONS

ANNUAL UPDATE

You can consult the updated Métis-sur-Mer Contact list by going on the Ville's website, under Citizens and Businesses-and-Organizations or

www.ville.metis-sur-mer.qc.ca/en/citoyens/businesses-and-organizations,

as well as at Heritage Lower St. Lawrence and the Caisse Populaire.

To update your organization or business information or to add a new business to the list, please contact Marie-Claude Giroux at 418 936-3239 #223

For Sale/Rent/Found/Wanted

SOUGHT-AFTER:

Young couple looking for a farmland for the establishment of a vegetable farming business in Métis-sur-Mer or it's surroundings. Thank-you for contacting Skot Morgan at 418-429-5803 / skot.morgan@gmail.com



SOUGHT-AFTER:

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.

FOR SALE OR RENT IN MÉTIS-SUR-MER

Maisons, logements, terrain

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

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

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

Thank you for taking part!



STUDENT JOB OFFER IN METIS-SUR-MER
Heritage projects / Documentation / Archive Assistant

Are you bilingual, unilingual anglophone, or a francophone who would like to improve on your English skills? Are you looking for a unique, positive summer workplace environment? Are you passionate about history, or would like to gain experience in heritage projects, archiving or documentation management? Are you organized or meticulous? Apply for a summer job with us!

Heritage Lower Saint Lawrence, the non-profit who mobilizes resources to support the vitality of the English-speaking community of the region is looking for a student who enjoys teamwork to fill a 30h/week 12-week heritage projects/documentation/archive assistant position in Métis-sur-Mer. The person will scan and file historical documents, search for information and write short texts, organize and treat library documents, and support the Metis 200 celebration activities. A distinctive historical context, a bilingual environment, a flexible schedule and a dynamic team make this a great work opportunity! Start date: June 11 at the latest. Rate: \$12.25/h.

Send your CV and letter of interest to Melanie Leblanc, Executive Director: mleblanc@heritagelsl.ca

STUDENT JOB OFFER IN RIMOUSKI
Cultural & Community Animator

Would you like to improve your language skills while working this summer? Do you speak French and English? Would you like to work in a positive and bubbling cultural environment? Do you want to work with a diverse clientele (youth, seniors, families), and want to gain experience in cultural animation/leisure or in event planning? Are you resourceful, organized and enterprising? Come work with us!

Heritage Lower Saint Lawrence, the non-profit who mobilizes resources to support the vitality of the English-speaking community of the region is looking for an outgoing and autonomous student to fill a 30h/week, 8-week cultural & community animator position in Rimouski. A bilingual environment, a flexible schedule and a dynamic team make this a unique work opportunity! Start date: June 26 at the latest. Rate: \$12.75/h.

Send your CV and letter of interest to Melanie Leblanc, Executive Director: mleblanc@heritagelsl.ca

AUBERGE DU GRAND FLEUVE

Offres d'emplois

Aide cuisinier

Serveuse/ serveur

Plongeur

Femme/ homme de ménage

Bon salaire, Temps plein ou temps partiel, Plusieurs options possibles.

Annonces sur le site d'emploi Québec. Demander Manuel.

N'hésitez pas à passer nous voir à l'Auberge, à nous téléphoner ou nous envoyer votre CV.
 131 Principale, Métis-sur-Mer | 418-936-3332 | aubergedugrandfleuve@globetrotter.net



DOMAINE ANNIE-SUR-MER

387, Chemin Patton, Métis-sur-Mer

Poste: Massothérapeute temps partiel (1)

Période : du 12 juillet au 25 août 2018

Description du poste

Le Centre de santé-Spa du Domaine Annie-sur-Mer est situé dans un cadre enchanteur à Métis-sur-Mer et est ouvert en saison estivale. Afin de combler l'équipe de thérapeutes, le centre est à la recherche d'un(e) massothérapeute à temps partiel durant la forte saison touristique.

Le thérapeute recherché doit être capable d'effectuer des massages de détente, des massages thérapeutiques et des soins corporels. Le centre apprécierait grandement si ce dernier possédait des formations en coquillages chauds, massage sportif, aux balles de sels ou autres techniques. Il doit aussi tenir les salles prêtes à recevoir les clients en tout temps. Il effectue ses tâches tout en s'assurant d'offrir un excellent service à la clientèle.

Être capable d'établir une relation de confiance autant avec les clients qu'avec les membres de son équipe de travail.

Exigences

Doit avoir un minimum de 400h de formation en massothérapie

Être membre en règle d'une association reconnue afin de pouvoir émettre des reçus d'assurance

Doit avoir une assurance responsabilité professionnelle

Respect des protocoles et normes de l'entreprise

Bonne aisance au niveau de la langue anglaise à l'oral constitue un atout

Être disponible à travailler le jour ainsi au moins une journée de fin de semaine jours. À noter : le centre est fermé en soirée.

Statut et conditions

Salaire : travailleur autonome payé à l'acte

Doit être disponible selon l'horaire de 4 demi-journées/semaine dont un minimum d'une journée de fin de semaine entre 12 juillet au 25 août. Selon la demande touristique, l'horaire peut être modifié

Possibilité de louer un local selon certaines conditions

Rabais sur des services et activités du Domaine

Contact : Louise Charron, gérante à louise@campingunion.com



CALL FOR TENDERS

Canada Post is looking for persons interested in providing cleaning services for the Métis-sur-Mer post office, 134 Principale.

The deadline for proposals is May 18, 2018.

Should you wish more information, please contact the postmaster.

Thank you for your interest. Yann Guillon, 418-936-3943



JOB OFFER -Préposé au Caddy House et au tennis

7 McNider, Métis-sur-Mer, QC G0J 1S0

The Cascade golf and tennis Club is looking for dynamic person for relating stains at the shop of the CADDY HOUSE and maintenance of tennis courts.

Responsibilities:

- Customer service at the Caddy House.
- Collect green fees and tennis fees.
- Sale of golf and tennis equipment.
- Produce financial reports and make daily entries using AcombaClean and maintain the tennis courts

Skill profile:

- Energetic, works well both in a team and autonomously, dynamic, honest.
- Skilled in usage of Acomba and Excel.
- Ability to communicate easily in both French and English.
- Skilled in preparation and control of cash.
- Resourceful and diplomatic, able to cultivate a positive atmosphere.

Hours and remuneration :

From May 27 to September 8, 2018.
36 hours / week Salary: to be discussed

Applications may be submitted by e-mail accompanied by a C.V. and relevant documents by 7 may, 2018 at hleclerc@cascadegolfandtennis.com



La nature ne fait rien d'inutile.
Nature does nothing futile.

Customer Services Assistant

MAIN TASKS:

Assist Sales Liaison Agents

- Manage incoming calls and emails and dispatch; Input customer orders and follow-ups;
- Prepare required documents for shipments; Prepare customs documents;
- Respond to questions from consumers and customers; Other related tasks.

Requirements

- Fluent in both oral and written English; Familiarity with Acomba, Excel, Word software is essential;
- Customer oriented; Ability to work in a team; Capable of working under pressure; Responsible; Autonomous.

Hours : 40-hr, Monday to Friday

Liste détaillée des tâches sera remise au candidat choisi.

Marie-Josée Blanchet, Directrice RH, 418-775-5360 #236, marie-josee.blanchet@boisbsl.com
[1081, rue Industrielle](#) C.P. 4 Mont-Joli (QC) G5H 3K8

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)

Auberge du Grand Fleuve

Opening Friday, June 1st for our 23rd season

Breakfasts and our delicious "crêpes bretonnes" are back!

Lunch menu at l'ardoise and finally an alcohol permit for our terrace.

Great times in perspective!

Gourmet dinners of fine cuisine, table d'hôte or à la carte menu

Vegetarian choice, children's menu, nice wine list and drinks

Welcome all! Looking forward to serving you!



Follow us on facebook.com/aubergedugrandfleuve

418-936-3332/1-866-936-3332 www.aubergedugrandfleuve.qc.ca


131 Principale, Métis-sur-Mer


Epicerie Ratté: Reopening on June 8th at noon! Looking forward to seeing you! !

Cèdre J D Sirois
SPÉCIALISTE EN PRODUITS DE CÈDRE
418.750.6587
18 Macnider - Métis-sur-Mer
Locaux de Boiseries Rousseau
Dominique Sirois, propriétaire  cedrejsirois@hotmail.com

NOS PRODUITS DE CÈDRE

Planches emboutetés de finitions intérieur
Moulures de portes et de fenêtres
Bois pour patio • Revêtement extérieur
Poteaux et poutres
Tables de pique-nique • Autres produits sur demande
** Produits en mélèze sur demande*

Toilettage 
Colombe



418 775-5356
384, Rang 2 Est des Écossais
Grand-Métis QC G0J 1Z0

Toilettage 
Colombe



- Service de tonte et toilettage canin et félin
- Tonte régulière et spécialisée
- Coupe aux ciseaux
- Taille et limage des griffes
- Nettoyage des oreilles
- Vidange des glandes anales

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

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

LES QUAIS FLOTTANTS
 Écologiques S.E.N.C.

Jean Pierre Tanguay et
 Jean-Yves Deschênes,
 propriétaires
 207, route 132 Est
 Métis-sur-Mer Qc G0J 1S0
 Tél. : 418 560-2044
 Courriel : quai.flottant@hotmail.com
 Site Internet : www.quai-flottant.com

Claude Bélanger,
 vendeur
 Tél. : 418 775-2775
 Cell. : 418 731-0020

*Nos produits
 et matériaux sont écologiques
 et conformes avec les normes
 environnementales...*



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.

**Please note that next May 20th,
 we will return to the summer schedule
 from 7am to 10pm every day. Thank you!**



café sur mer

**Sunday, May 13, we will be offering a
 special brunch to celebrate Mothers' Day.**

We will be receiving a new line of jewelry, watches and sunglasses, from PILGRIM, just in time to buy a gorgeous gift for Mum.

Follow us on Facebook for the arrival date of these beautiful bracelets, necklaces, earrings...

We are open weekends 9-5

Follow us on facebook.com/cafesurmer
 160 Principale | 418-936-3936

A WORD FROM YOUR MAYOR

The months just fly by in an active community like Métis-sur-Mer. I attended the Défi OSEntreprendre Gala in Mont-Joli where both École l'Évol and Metis Beach School received awards for their entrepreneurship projects. I would like to congratulate both the teachers and the students for their energy and hard work in attaining this level of achievement.



I would also like to congratulate Philippe Cavanah and his class of 2016-2017 who received a \$ 5,500 grant for their project and did a presentation worthy of mention at the general meeting of the Caisse Désjardins of Mont-Joli. We are very fortunate to have such a high quality of committed teachers guiding our children.

You have probably read in the L'Avantage newspaper about the progress of the Lighthouse file and the work planned on the retaining wall in front of the municipal office. We are working very hard to ensure that the wall will be completed before the tourist season begins.

I attended a citizen meeting on the serious issue of health services cutbacks. Currently there is a petition circulating in our public places, and on Facebook: Redevelopment of the Hospital Center of Mitis. It is important for all of us to mobilize to ensure we stop the closure of health services in Mont-Joli. We are a population of 19029 permanent residents in the Mitis MRC, plus approximately 4000 summer residents, which results in 8.2 inhabitants per square kilometre. If we compare that to the MRC of the Matanie, the latest statistics show their populations at 22 000 inhabitants or 6.6 inhabitants per square kilometre. At the Matane Hospital there is a 24 hour emergency service amongst other services that we do not have. We are currently in a health care crisis and we have to deal with it now to ensure we prevent further loss of our services

The next meeting of the MacNider Bourough Council will take place on May 7 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

NOTICE TO ALL THE TAXPAYERS OF MÉTIS-SUR-MER SALE FOR NON-PAYMENT OF MUNICIPAL TAXES

As stipulated in the Cities and Towns Act, section VI, article 511, after the expiration of the six month period following the date of the notice of the deposit of the collection role, the Treasurer shall draw up a statement indicating the buildings on which the taxes imposed have not been paid, in whole or in part. However, for several years, the Council of Métis-sur-Mer has been giving a two years grace period to pay municipal taxes. Now the Council wants the procedure to be standardized, that is, the taxes at 31st of December of the year before the current year must be paid. If you have any questions, do not hesitate to contact the municipal office.

HAZARDOUS MATERIAL DROP OFF

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

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

If you have any doubts call the municipal garage at 418-936-3858.

PLEASE, do not leave products other than those mentioned above.

MUNICIPAL RETAINING WALL AND REST STOP

Repairs to the municipal retaining wall in front of the church will be realized by MVC Océan Inc. of Trois-Rivières. The work will begin on May 21 2018 and will end on June 8. The week of June 11th, the municipal park will be equipped as in past years.

Also, a **contest to name the rest stop is taking place**. Your suggestions can be brought to the caisse populaire until Thursday May 31st at 3:00 p.m.. The new name will be displayed on the route 132. The best name will receive a prize!

2018 SCHEDULE FOR THE COLLECTION OF LARGE OBJECTS

Wednesday, May 30

Wednesday, July 25

Wednesday, September 26

OLD STOVES, FRIDGES AND MATTRESSES ARE PERMITTED.
CONSTRUCTION MATERIALS, TIRES AND BRANCHES ARE FORBIDDEN.
RESERVATION REQUIRED, CALL 418-936-3255 or 418-936-3420.

The Green Newsletter – « It's summertime at the Écocentre de La Mitis » - May 2018

One of the first proofs of the upcoming arrival of summer in our area is the return of the summer schedule of your Écocentre de La Mitis. Starting April 23th, opening hours will be:

Monday to Friday: 8:00 à 16:45

Saturday: 8:00 to 15:45

Sunday: Closed

The Écocentre is a drop-off location for any residual materials too difficult to recover by the door-to-door collection because of their size or nature. It allows a large part of these materials to be recycled in an environmentally-sound manner.

Amongst the accepted materials, there are:

- Construction materials;
- Ferrous and non-ferrous metals (aluminum, iron, copper, etc.);
- Bulky items (furniture, appliances, fridges, mattresses, etc);
- Computer, electronic and electrical components;
- Tires (48'' and less), fees may apply for overdimensions;
- Household hazardous waste (paint, batteries, used oil, etc.);
- Yard wastes (branches, leaves, etc.);
- And more!

Before bringing your goods to the Écocentre, please **sort your materials** by type. Thoroughly **secure the materials** so that they do not fly away in transport.

Your Écocentre provides a free service if you are resident of La Mitis. Take advantage of it! We are located at 428 Roger-Marcoux Avenue. Access is via Perreault East Road, near the airport.

But wait, there's more! You are invited to come and see the various items in resale at low prices. Furniture, construction materials, home goods, books and more!

For more information on your Écocentre de La Mitis, visit www.ecoregie.ca or call 418-775-8445 ext. 2280.

Until next time, keep on recycling!



Vincent Dufour, waste management coordinator

Website : www.ecoregie.ca | Email : matresi@mitis.qc.ca | Phone : 418 775-8445, ext. 1138

DUMP FOR BRANCHES AND DEAD LEAVES - Open from May 15, 2018

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.

To request permission, please contact Bruno Lévesque at 418-775-8445 ext. 2255.

Burning permit is free.

**PUBLIC NOTICE TO RESIDENTS
OF METIS –SUR-MER**

**BY-LAW #18-122 MANAGING THE
QUESTION PERIOD**

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 April 9, 2018, By-Law #18-122 managing the question period. Any interested party may consult the said By-Law at the office of the Municipality.

This By-Law comes into effect in accordance with the Law.

GIVEN AT MÉTIS-SUR-MER this 11th day of April 2018.



Stéphane Marcheterre
Director general and secretary-treasurer

**PUBLIC NOTICE TO RESIDENTS
OF METIS –SUR-MER**

**BY-LAW #18-123 ABOUT CON-
TRACT MANAGEMENT**

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 April 9, 2018, By-Law #18-123 about contract management. Any interested party may consult the said By-Law at the office of the Municipality.

This By-Law comes into effect in accordance with the Law.

GIVEN AT MÉTIS-SUR-MER this 11th day of April 2018.



Stéphane Marcheterre
Director general and secretary-treasurer

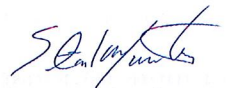
**PUBLIC NOTICE TO RESIDENTS OF
METIS –SUR-MER**

**BY-LAW #18-124 AMENDING BY-
LAW #12-73 - ACCESS TO HOME
OWNERSHIP PROGRAM**

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 April 9, 2018, By-Law #18-124 amending By-law #12-73 - access to home ownership program. Any interested party may consult the said By-Law at the office of the Municipality.

This By-Law comes into effect in accordance with the Law.

GIVEN AT MÉTIS-SUR-MER this 11th day of April 2018.



Stéphane Marcheterre
Director general and secretary-treasurer