

May
2020



Enjoy the
Spring!



Ville de
Métis-sur-Mer

Info Métis

Municipal Newsletter and Community Info

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



**I'm fine, thanks.
What I really mean is...**



CMHA


Mental Health Week

**May 4-10,
2020**

Don't just get loud, **#GetReal**

Visit mentalhealthweek.ca for info and tools!



Tuesday's Activities
Wednesday's Activities
Viactive 



ACTIVITIES' OF-
FICES &
LIBRARIES



COMMUNITY
TRAINING



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.

Metis Beach School wishes the very best to all during this lockdown. We are looking forward to seeing everyone again once things get up and running again. Until then, stay safe and be well!



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

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 CULTURAL RESOURCE CENTRE
130 rue Principale, 418-936-3239 or 1-855-936-3239

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

→HLSL offices & Libraries CLOSED for Victoria Day, Monday May 18.

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

However, you can participate in our new virtual activities!

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@heritagelsl.ca



Thursdays May 7, 14, 21, 28
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 May 1, 8, 15, 22, 29
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

LOOK OUT FOR

Storytime with Helen Thornton

FOLLOW US ON OUR FACEBOOK PAGE FOR UPCOMING VIDEOS

HERITAGE LOWER SAINT LAWRENCE



Register for Live Interactive session with Ms. T to celebrate Mother's Day on May 9th, from 9.30am to 10am.

Email culture@heritagelsl.ca for info.

Library's pick of the month

Atlas Obscura

Recommended by Carol Hague



Bored yet? Tired of doing laps in your back yard? Here's the perfect antidote. Atlas Obscura is a fascinating web site that highlights unusual and, yes, obscure people, places, things

and events from all over the world. Subscription is free but donations are accepted. Once you've accessed the web site, you can choose from various "newsletters" that you receive every day. My particular favourite is the Wonder From Home newsletter (<https://www.atlasobscura.com/series/wonder-from-home>). I wait with anticipation every day, never knowing just where or what I'll be exploring. Utterly enchanting.

www.atlasobscura.com

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!

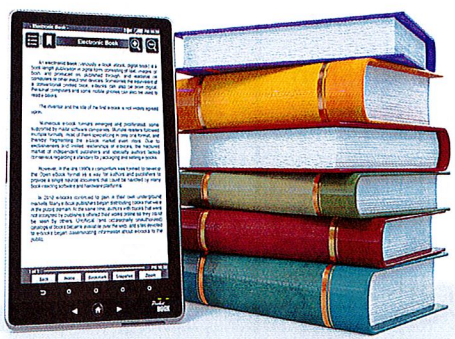
Join us in creating a Vision for the Library in Métis-sur-Mer

The Heritage Lower St. Lawrence Board of Directors has decided to use the COVID-19 situation as an opportunity to develop a 'Vision for a Community Library' and how we can improve the library for the community.

We will be looking for your assistance and input in the following months.

There will be more information on this next month!

We look forward to hearing from you and helping us to serve you better.



Covid-19 Self isolation got you down?

Have you read everything in your house including the ingredient lists on all the cereal boxes?

Bored out of your mind?

The library has a solution for you: eBooks!

The library is currently increasing the availability of eBooks that can be read with a PC, laptop or hand held device. We will do our best to get that title that you have been wanting to read. So don't be shy! Please forward your book title and author requests by email to Catherine Beauchemin at cbeauchemin@heritagelsl.ca Happy Reading!



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

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

The subscription will allow you to:

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

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

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

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

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

www.reseaubibliobsl.qc.ca



VIVRE NOTRE HÉRITAGE
LIVE OUR HERITAGE

Just a little detour along the road of the “Live Our Heritage” project



Since our last update, a lot has changed, and not just the weather! With quarantining at worst and social distancing at best, we’re having to do our own little Covid-19 dance shuffle and re-adjust. Luckily in doing this, we are coming up with some new – and we think creative and fun – ways to connect virtually and stay true to our Live Our Heritage direction. Here’s what we’ve come up with so far.



Expanding our Trails “Travel through history”: Work is continuing virtually and with the ever-popular Zoom app, we are able to manage safe chats with anyone who would like to share memories about the past, how their family came to Metis, the history of their house, and any local memories. Just contact Pam Andersson at (418) 936-3239, pandersson@heritagelsl.ca, and we’ll take it from there.



Mosaic Seats “Piecing our past and present together”: The concrete seats are being constructed as you read this. The workshops to create mosaic images have been postponed for now, but fear not, work continues. Lisan Chng, Cultural Projects Co-ordinator, is working with Lynn Fournier, art teacher of Metis Beach School, to devise a way for kids to draw and work on the designs of the mosaic seats using a local natural theme of their choice, and to write a bit about what they create. We will share images of the work-in-progress on our Facebook page. After one step back, we’ll be two steps ahead when we’re back together and work on the seats starts! Stay tuned.



Source: Ehow.com



Photos – “Now and then”: While getting together close up and personal to learn more about traditional cameras and camera-equipped devices is not advisable, Micheline Williams says all shutterbugs can still be creating amazing pictures as Spring reveals renewed plant, animal and bird life around us. As we consider photo options, work is shifting to the added volunteer segment, that had been conceived of last Fall to pay tribute to all the amazing volunteers in the community – past and present: the volunteers seen helping everyone and everywhere. Those who take risks or go the extra mile have only taken on greater importance as we thank health and emergency care workers and others who are helping neighbours, friends and people they don’t even know at this challenging time. This period of isolation will allow us to gather the stories and information necessary to put this volunteer tribute together. A flyer containing all the information on how you can participate will be out in the next couple of weeks. In the meantime, think about everyone you know, past or present, who has made or continues to make a difference in our wonderful community.



VIVRE NOTRE HÉRITAGE
LIVE OUR HERITAGE



Quilts – "Quilting our heritage together": While the 'together' part can no longer be physical, a lot of work can go on at home so Diane Dubois's and Linda Turriff's group projects are moving forward. Diane is having five frames built and Linda has started designing the quilt. With the success of Heritage's virtual Tea Times and Games Nights, more 'hands-on' crafting meet-ups may be in the cards (and some people are already combining crafting with participating in these virtual reunions!). Because many are looking for some small projects to work on, we'll be asking for as many people as possible to create a square --- knitted, crocheted, embroidered, rugged, woven, ironed-on decal, painted on cotton (any flexible material) – that later can be assembled into a collective mosaic quilt to be raffled off to raise money for community purposes. Details on the size of the squares and other design elements are being worked out. Keep an eye open for a message from Lisan Chng.



Financé par le
gouvernement
du Canada

Funded by the
Government
of Canada



Health

Connecting with others doesn't just feel good.

It's good for our #MentalHealth.

This #MentalHealthWeek, connect with others and

#GetReal about how you feel. #TogetherApart

An epidemic of loneliness

Even before there was COVID-19, loneliness and social isolation were already of major concern in our society.

People with weak or few social connections are at increased risk for anxiety, depression, anti-social behaviour and suicidal behaviours.

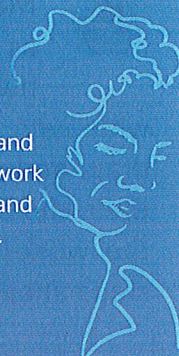
It is precisely the time, during and in recovery from the pandemic, to lean on each other. Even if we can't be close physically with one another, we need to stay close emotionally.

Phone calls, video calls and other digital technologies offer excellent opportunities for connecting face-to-face, even when we can't be in the same room.

What I really mean is:

I'm not feeling like myself right now and I'm worried about my family's health and what's going on with my work and I'm really not coping and I need someone to talk to.

#GetReal
mentalhealthweek.ca



What I really mean is:

I am feeling pretty positive with all the kindness pouring out of everyone and the creative ways we're taking care of one another and really it just gives me hope.

#GetReal
mentalhealthweek.ca





HEALTH AND SOCIAL SERVICES COMMUNITY LEADERSHIP BURSARY PROGRAM

2020-2021 - ACADEMIC YEAR

CALL FOR APPLICATIONS

FOR STUDENTS:

Who plan to pursue **FULL-TIME STUDIES** in a **HEALTH** or **SOCIAL SERVICES** related field during the 2019-2020 academic year. Candidates must be able to **OFFER SERVICES** in **FRENCH & ENGLISH**, and must demonstrate that they like to get involved.

WHY:

To support the **TRAINING** and **RETENTION** of future **BILINGUAL HEALTH** or **SOCIAL SERVICES** professionals in **LOWER SAINT LAWRENCE**.

TWO (2) DIFFERENT BURSARY CATEGORIES

CATEGORY 1 - COLLEGE OR UNIVERSITY STUDIES (OUTSIDE LSL)

UNIVERSITY up to \$10,000 & CEGEP up to \$5,000

CATEGORY 2 - COLLEGE OR UNIVERSITY STUDIES (IN LSL)

UNIVERSITY up to \$5,000 & CEGEP up to \$2,500

THE BURSARY APPLICATION FORM IS AVAILABLE AT:

Heritage Lower St Lawrence

Anna (Rimouski) 418 730-7685

Annie (Métis) 418 936-3239

info@heritagelsl.ca

McGill Retention Project website

www.mcgill.ca/dialoguemcgill/trhpp/m2intro/bursaries

DEADLINE

Submit all applications before Friday, MAY 22, 2020 at 4:30 p.m.

STAY INFORMED

Don't forget about mental health!

Are you feeling stressed, anxious or depressed? The following advice can help you to intelligently deal with events stemming from the coronavirus COVID-19 epidemic here in Québec.



While being accurately informed is important, **LIMIT THE TIME YOU SPEND LOOKING FOR INFORMATION ABOUT COVID-19.** Information overload can increase stress, anxiety and depression.



CHOOSE ONE OR TWO TIMES IN THE DAY FOR GATHERING INFORMATION. If you are concerned about missing important information, ask someone else to help keep you informed.



AVOID SENSATIONAL AND QUESTIONABLE SOURCES OF INFORMATION. This will enable you to separate fact from fiction. Focusing on the facts will help you to control your anxieties.

Always **RELY ON TRUSTWORTHY RESOURCES** like the Government of Québec official website: [Québec.ca/coronavirus](https://quebec.ca/coronavirus).



Social media

MODERATE YOUR USE OF SOCIAL MEDIA.

Do not share everything on social media networks. Carelessly shared information can lead to harmful consequences that are detrimental to everyone's efforts. Ensure that whatever you post is up-to-date—situations change on a daily basis. Only read government publications.

USE SOCIAL MEDIA TO DISSEMINATE POSITIVE ACTION.

Share tips and tricks for keeping the kids busy and working at home. Suggest TV series and videos worth watching. Follow groups in your neighbourhood or groups that offer self-help solutions. Watch videos that make you laugh, because laughing is so important.

What's the best way to adapt?

Most importantly, when you are in preventive isolation, take good care of yourself.

Stay in contact with your friends and family by telephone or on the Web. Speak to someone you trust or ask for help when you feel overwhelmed. It's not a sign of weakness but rather shows that you have the strength to do what is necessary to cope.

Physical activity will also help you eliminate tension and to reduce stress. Find time during the day for enjoyment. Rely on your personal strengths to get through these difficult times.

Keep in mind that by staying home you are helping to save lives. Your decision is important.

Look for signs of distress

1 PHYSICAL SIGNS

- Headache, neck tension
- Digestive problems
- Sleep problems
- Lower appetite

2 PSYCHOLOGICAL AND EMOTIONAL SIGNS

- Anxiety and insecurity
- Feeling overwhelmed by events
- A negative view of things and/or daily events
- Feeling discouraged, sad or angry

3 BEHAVIOURAL SIGNS

- Difficulty concentrating
- Irritability, aggressiveness
- Inward-turning, isolation
- Increased use of alcohol, drugs and medication

Resources

If you are feeling stressed, anxious or depressed by the current epidemic in Québec, call Info-Social at **811 (option 2)**.

Telephone emergency distress and support hotlines:

- **Tel-Aide**
Centre that provides help 24/7 to people suffering from solitude, distress or who need to have someone listen:
Go to www.acetdq.org (French) for contact information on your regional listening centre.
- **Écoute Entraide**
Community organization that supports people who are emotionally suffering:
514 278-2130
or 1 855-EN LIGNE (365-4463)
- **Tel-Jeunes**
24/7 hotline for young people in need of support:
1 800 263-2266
- **LigneParents**
24/7 hotline for parents in need of support:
1 800 361-5085

Québec.ca/coronavirus

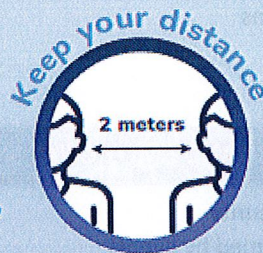
1877 644-4545

20-210-27W

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**

19-110-10WA

Spotlight on local entrepreneurs!

Meet the Village Cook, Pierre-Olivier Ferry

Interview and article by Sonia Castillo for the CLD Métis-sur-Mer

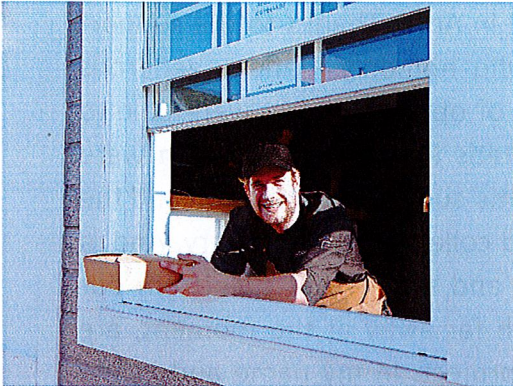


Photo credit: Marjelaine Sylvestre

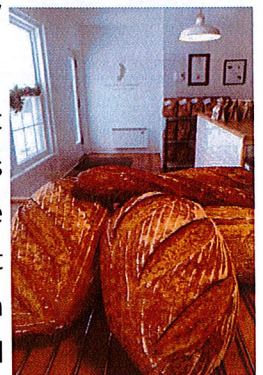
Ordering a delicious Thai, Indian, Mexican or traditional meal is no longer just a dream in Métis-sur-Mer. It's a reality that all of us can enjoy since the **Atelier culinaire Pierre-Olivier Ferry** started a **Village Cook** project. Based in the heart of the village since last year, the shop introduces us to local flavours and products, showcasing several plants whose nutritional properties we had forgotten. It is through delicious gelatos that our village cook, who settled in the area in 2004 and built the Reford Gardens' gastronomic reputation, introduces us to these unusual ingredients that generously adorn our landscape, hoping to inspire us to cook with them and integrate them into our diet.

The business, born from a plan for food self-sufficiency, is also committed to supporting local suppliers who, over time, have developed close ties with Pierre-Olivier. He also offers consultant services to help, for instance, local producers and restaurant owners market themselves, find their own identity, optimize their management process or introduce regional products into their menu.

Even though major urban centres are full of equally interesting offers, Pierre-Olivier chose to set up his shop in Métis. This decision is in line with his values and allows him to be close to the products he wants to work with while providing his family with an excellent quality of life. He loves the quiet winter period as much as the active summer time, one letting us appreciate the other.

Setting up a business like his in a village like ours goes against all statistics. The challenge was huge! But the combination of his experience, vision and determination with the ties forged in our community could only bring about positive results.

The village cook project has taken a different turn since mid-March, when his consultant services, the core element of the company, had to be put on hold until restaurant owners resume their activities. At first, this was quite a shock; questions had to be answered, game plans had to be adapted and remodeled, and the website had to be reworked. This project entails a lot of logistics. It's no small feat to cook from 50 to 70 meals, twice a week, in a facility designed to produce home-made gelatos and bread. Not to mention all the additional sanitary measures required in this pandemic situation. But the customer response, the encouragement and all the support he received proved the statistics wrong.



FB: Atelier culinaire
Pierre-Olivier Ferry

Visit www.atelierculinaireferry.com to find out about the great dishes our cook prepares every week. You will also find an irresistible selection of home-made bread and many other regional products that will perfectly complement all your meals.

What's Up with Your CLD?

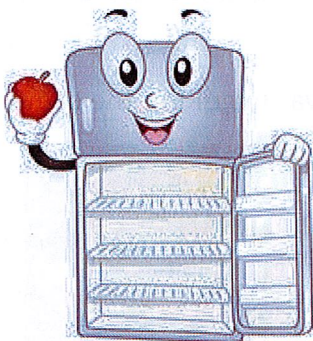
A Word from the President

This month, I would most of all like to extend my heartfelt thanks to all those who spontaneously contributed to the Local Development Committee's (CLD) **Virtual Fridge** project in April. Thanks to the support of our **mayor, Carolle-Anne-Dubé**, and the **Ville de Métis-sur-Mer**, who not only made a generous donation but also allowed us to use the Community Centre as our base of operations, we were able to spring into action in record time. The **Metis Beach School** and **Little Metis Presbyterian Church** were equally generous with their respective donations and members of the **Métis-sur-Mer Fire Station** and the **Canadian Coast Guard Auxiliary** readily came forward to assist with food collection and delivery. And in just a few days, we began receiving donations of non-perishable food and money not only from our permanent residents, but also from our summer residents, who, though far away at the moment, are keeping us in their thoughts and gave very generously to support the project. In my name and in the name of all those who have received and will continue to receive much needed food baskets to help them get through the crisis: **THANK YOU!!**

Stéphanie Pépin



Virtual Fridge



In mid-April, the CLD officially launched a **Virtual Fridge** to help people in Métis-sur-Mer and surrounding areas get through the COVID-19 pandemic. If your current situation is a bit precarious and you need a hand, or if you know someone who needs help, don't hesitate to contact **Stéphanie** (418-936-3020 or svpepin@videotron.ca). All calls or emails will be treated confidentially and as simply as possible. As this is a temporary assistance to get through this crisis, we are not asking people to officially register to qualify; if you need help, we will do our best to help you! Food baskets will be delivered by our firefighters or Coast Guard Auxiliary volunteers.

Food collections will continue throughout the month of May. On **Wednesdays, from 4:00 p.m. to 7:00 p.m.**, we will be in front of the Community Centre (10, rue de l'Église) to receive your donations. Volunteers will be outside to welcome you and ensure that safe distances are kept at all times.

Rest assured that all regulations regarding physical distance will be respected.

Strict sanitation procedures will also be followed.



Shore Clean-up Event in Métis-sur-Mer Spring 2020



Save the date: June 6, 2020



I can't make any promises, **but that big old tire has been taunting me for two weeks now...** And I'm sure it has friends scattered on other Métis beaches!

With the recent re-opening of the Ecocentre, we can consider keeping this event on the agenda. If the regulations allow us to do so, and with changes to the way we work if necessary to respect physical distancing measures, the CLD Métis-sur-Mer will organize (in collaboration with Éco-Mitis if possible) its biannual clean-up event on **June 6, 2020**.

Since the next edition of Info-Métis will be coming out very close to the date of the event, register now (by writing to **Stéphanie** at svpepin@videotron.ca or via the **CLD Métis-sur-Mer** Facebook page) to be kept informed of developments and changes to the event formula, if any.

Acknowledgements

Friday Breakfasts

As you know, during self isolation measures, we have stopped all activities that profited the exercise room. However, there is good news; after having 20 Breakfasts, our profits are \$3,835.

A huge thank you to our faithful clients, and volunteers: Rita, Diane, Simon, Christine, Marcel, Marjolaine, Noëlla, Francine, Huguette and Alice.

In addition, as a result of the generosity of our users, the management of our director general, M. Stéphane Marcheterre, and the participation of the following three organizations: CLD Métis-sur-Mer, Club des 50 ans et + and Association socioculturelle de Métis, we have acquired an efficient toaster.

I hope for a cautious return to our activities soon, but until then, keep up your spirits!

Martine Bouchard

Job Offers



**Domaine Annie-sur-Mer & Camping Annie
are looking to hire a**

HANDYMAN

Able to do maintenance on buildings and terrain; must have knowledge of carpentry, plumbing and electricity; knowledge of small motor mechanics a plus.

Resourceful, courteous and punctual.

Please, send your resume to : Louise@campingunion.com

Ville de Métis-sur-Mer

Animateur en chef de camp de jour

Note : L'emploi exclusif du masculin dans ce document ne vise qu'à en alléger le contenu.

La Ville de Métis-sur-Mer est présentement à la recherche d'un candidat pour combler le poste d'animateur en chef de camp de jour pour l'été 2020. Sous la responsabilité de la coordonnatrice en loisir, l'animateur devra remplir les exigences suivantes :

Tâches :

- Planifier et organiser des activités quotidiennes pour la clientèle des 5 à 12 ans ;
- Sur une base hebdomadaire, remettre à la coordonnatrice en loisir la programmation complète de la semaine à venir.
- Accompagner, animer et assurer la sécurité des jeunes à travers les activités proposées durant l'été ;
- Superviser les autres animateurs dans ses tâches ;
- Participer à l'organisation et à la réalisation des thématiques estivales et des activités spéciales ;
- Participer activement à la vie de camp (chanson, jeux, activités, etc.)
- Recueillir les paiements des parents et balancer le dépôt à la Municipalité ;
- Participer aux réunions de travail ;
- Rédiger un rapport d'évaluation du camp de jour en fin de saison ;
- Toutes autres tâches pouvant être liées à l'emploi.

Exigences :

- Être étudiant fréquentant l'université, le Cégep, la formation professionnelle ou l'école secondaire et être inscrit pour la prochaine année ;
- Être âgé d'au moins 16 ans ;
- Être mature, dynamique, responsable et capable d'autorité sur les jeunes ;
- Posséder son cours de réanimation cardiorespiratoire (RCR) *est un atout*

Conditions de travail :

- Poste saisonnier, temps plein (37h), lundi au vendredi ;
- La durée de l'emploi est de 7 semaines (du 29 juin au 7 août 2020) ;

En raison de la pandémie qui sévit présentement au Québec, ces dates peuvent changer et même être annulées

- Conditionnellement à l'embauche, assister à un stage de formation sur une fin de semaine ;
- Rémunération : à discuter.

Personne à contacter :

Isabelle Dion, Coordonnatrice en loisir

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

Téléphone : 418-566-5916

Courriel : loisir.bds-msm@outlook.com

Toute personne intéressée est priée de soumettre son curriculum vitae durant les heures d'ouverture du bureau municipal par courrier, par courriel ou encore en personne au plus tard le 1 juin 2020 à 16h30.

Ville de Métis-sur-Mer

Animateur de camp de jour

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

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Notice to all businesses of Métis-sur-Mer:

You are invited to promote your products and services in the Info Métis - for Free!

Please contact Marie-Claude Giroux. . (See p. 1)

**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



Dépanneur Métis-sur-Mer

Tél.: 418-936-3536 | 97, route 132

New business hours starting on May 4th

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

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

We hope to return to normal business hours as soon as the situation permits.

Delivery service continues Monday to Friday, starting at 1 p.m.

We have, on hand and to order, excellent products by St-Gelais, Poissonnerie de Phare Ouest, Fumerie de l'Est, Fumoir Raoul Roux et la Boulangerie des 3 Sœurs.

We thank everyone for their encouragement and support these last few weeks.

Bruno Leblanc, owner

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.



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.



COVID-19

SUSPENSION OF FIRE PERMITS FOR HOUSEHOLDS



Because of the pandemic situation in Québec, your municipality is suspending household fire permits indefinitely. As a result, it is forbidden to have an open fire until further notice.

This decision conforms with the recommendation of the Société de protection des forêts contre le feu (SOPFEU).

Please note that it is still possible to have a campfire without a permit if you use a compliant exterior fireplace equipped with a spark arrester (fire screen).

If you have questions, please contact us.

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

**CHANGES ASSOCIATED
WITH COVID-19**

- ◆ Usually *la fête des bénévoles et des nouveaux arrivants* is organized by the Town on the first Saturday of June. During the pandemic, the Town must postpone this event until later. Thank you.
- ◆ During the pandemic, **new procedures will be available shortly for the use of community gardens**. We'll let you know the details as soon as possible.
- ◆ **Métis-sur-Mer Council meetings** held behind closed doors until further notice.
- ◆ Considering that there are several citizens whose financial situation could become precarious as a result of COVID-19, the Town of Métis-sur-Mer wishes to help these taxpayers **by lowering the interest rate applicable to any debt owed to it on the first tax payment of March 19, 2020 and also on the second payment of taxes on June 11, 2020**. Therefore, the interest rate applicable to any unpaid money to the City of Métis-sur-Mer, on the first tax payment of March 19, 2020 and on the second tax payment of June 11, 2020, until June 30, 2020 is set at 0% per year. This interest rate applies until July 1, midnight, 2020 and will be restored to 10% after that period. It should be noted that the due dates have not been changed, so for those who can, please respect the deadlines.
- ◆ **2020 Participatory Budget**

In 2020, the Town of Métis-sur-Mer has decided to involve its citizens in certain areas of municipal management. Constantly looking for projects to energize our community, we want to invite citizens of Métis-sur-Mer to submit ideas related to recreation and culture. As a result of the analysis and selection of the received projects, the Town is committed to put all means in place for the achievement of one of these projects, as soon as possible. The purpose of this participatory budget is to provide an opportunity for citizens to submit a project important to them to the Métis-sur-Mer Council.

Please note that due to the specific conditions associated with COVID-19, the deadline for submitting a project under the 2020 participatory budget is extended from June 1 to September 1. The chosen project may be realized in 2020-2021.

A WORD FROM OUR MAYOR



At the time of writing this article, we are in our eighth day of no new COVID-19 cases in Mitis. I would like to thank all of us who are following the government instructions and respecting the social distancing protocol of 2 meters between people, washing your hands, not touching your face, avoiding unnecessary travel and social gatherings. Anyone coming from outside the region must be placed in quarantine for a minimum period of 14 days. If you have to move outside of our region, please respect the self-quarantine protocol, for everyone's protection. For more information, you can refer to the Public Health Act.

The following businesses are making home deliveries Monday through Friday: Dépanneur Métis-sur-Mer 418-936-3536 and Chez B 418-772-6229.

Atelier Culinaire Pierre-Olivier Ferry, 418-732-4202, prepares take-out meals and bread. Deliveries for persons aged 70 plus can be arranged.

IGA Desjardins 418-775-8915

Alimentation J.P. Durette Metro 418-775-8848

Uniprix 418-775-8841

Pharmacie Eric St-Laurent Brunet 418-775-5175

If you are exhibiting symptoms of COVID-19 (fever, cough, difficulty breathing), please call 1-877-644-4545 before going to the hospital or to your doctor.

If you want to inquire about available services from the various organizations in our region, please call 418-775-8445 ext. 2990, identify which municipality you are calling in regards to and a representative from the MRC will answer your questions. This is to prevent overloading the phone lines of the various organizations.

The government instructions are for everyone of all ages.

There are press briefings daily; please listen to them.

Thank you to all the essential workers. Thank you to all the volunteers.

Let's be proud to be from Métis.

Carolle-Anne Dubé

The Green Newsletter – May 2020 - « Pandemic and spring cleaning »

Hello everybody,

It's time for spring cleaning, outdoor work and preparing the soil. Normally, you would go to your eco-centre to dispose of your building materials, used furniture, obsolete electronic devices, paints, oils and batteries and your branches, leaves and clippings. As you know, times are now far from being normal!

The Écocentre de La Mitis had to close in order to respond to the exceptional measures during the pandemic. Since April 21, 2020, the doors are again open to citizens under certain conditions, including:

- A limited number of vehicles will be accepted at the same time in order to comply at all times with the social distancing measures of 2 meters / 6 feet;
- Citizens will be solely responsible for the disposal of materials in the right places. An employee will ensure good sorting, but will not be able to handle the materials;
- No sale or donation of materials will be made;
- Any non-compliance with health instructions and measures will be taken very seriously and will involve severe sanctions.

In order to ensure proper functioning, it is recommended to sort your materials before bringing them and to secure your load properly to avoid losing pieces on the way.

Your Écocentre is located at 428, avenue Roger-Marcoux, Mont-Joli. Access is from Chemin Perreault Est, near the airport. Hours may vary to meet pandemic requirements and the ability to comply with sanitary measures.

For more information on the Écocentre de La Mitis, visit www.ecoregie.ca (French only) or call 418 775-8445, extension 2280.

See you soon!

Vincent Dufour, Waste Management Coordinator

Website : www.ecoregie.ca

Email : matresi@mitis.qc.ca

Phone : 418 775-8445, ext. 1138