



MOUSETALES

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APRIL 2026

www.sourispei.com

TOWN OF SOURIS

MOUSETALES



Souris Locator Map / Plan de la ville de Souris



Sights to See / Attractions

- 1 Town Hall / Hôtel de ville
- 2 Souris Day Park Playground / Terrain de jeux Souris Day Park
- 3 St. Mary's Catholic Church / Église catholique St. Mary's
- 4 St. James United Church / Église Unité St. James
- 5 Tennis Courts / Courts de tennis
- 6 Playground / Terrain de jeux
- 7 Elementary School / École élémentaire
- 8 High School / École secondaire
- 9 Souris Co-op / Coopérative Souris
- 10 Town Park / Parc municipal
- 11 St. Alban's Anglican Church / Église anglicane St. Alban's
- 12 Bank / Banque
- 13 Post Office / Bureau de poste
- 14 Credit Union / Caisse d'économie
- 15 Fire Hall / Caserne des pompiers
- 16 Playground / Terrain de jeux
- 17 Ferry Terminal / Terminal du traversier
- 18 French School / École française
- 19 Marina
- 20 Lighthouse / Phare
- 21 Mainstreet Mall / Centre commercial de la rue Principale
- 22 Liquor Store / Magasin d'alcool
- 23 Lighthouse Baptist Church / Église baptiste Lighthouse
- 24 Arena / Arène
- 25 Hospital / Hôpital

NOTE The deadline for **MAY'S Mousetales** is **APRIL 20TH before noon.**
Send your information to jroche@sourispei.com

BOARDROOM PLACES

- Access PEI - 902-687-7000
- Silver Threads Club - 902-687-4380
- Harbourview Training Centre - 902-687-3032
- St. Mary's Parish Hall - 902-687-2319
- Eastern Kings Sportsplex - 902-687-2323
- Town Hall Chamber Room - 902-687-2157 Ext. 0
- Souris Legion - 902-687-2300



Souris Town Hall Office Hours
Monday- Friday 8:30am - 4:30pm
Contact: town@sourispei.com
902-687-2157





MEET THE TOWN OF SOURIS MAYOR AND YOUR LOCAL MLA FOR DISTRICT 1



Mayor of
Town of Souris

Joanne Dunphy is the Mayor of the Town of Souris and she is honored to serve the Town of Souris. She has lived in this wonderful community for many years and has always been inspired by the resilience, kindness, and spirit of the people who call Souris home. Souris is a vibrant seaside town with a rich history, known for its welcoming nature, stunning coastline, and strong sense of community. The Town of Souris is proud to be the gateway to Îles-de-la-Madeleine, a hub for local businesses, and a place where neighbors still look out for one another. Our town is built on traditions of fishing, farming, and hospitality, but also continues to grow with new opportunities and events that bring people together year after year.

As Mayor, her goal is to listen, support, and work alongside council and residents to make sure Souris continues to thrive. Together, they will focus on community growth, supporting local businesses, improving services, and ensuring that Souris remains a safe, beautiful, and welcoming place to live, work, and visit. I look forward to continuing this journey with you and to celebrating all that makes our town so special.

NEXT SOURIS TOWN COUNCIL MEETING - MONDAY APRIL 13TH @ 7:00 PM

TOWN OF SOURIS COUNCILORS:

BOYD LEARD - Fire protection, town buildings & properties,
Eastern Kings Sportsplex Rep.

CURTIS LAYBOLT - Streets & sidewalks, Police protection

DAVID JENKINS - Seniors, & Housing

KIM OUTHOUSE - Parks & Recreation, Emergency Measures Operations

REBECCA MACPHEE - Economic development, Tourism, Heritage

STEPHANIE MITSUK - Water & Sewer utility, Info Technology,
Souris Harbour Authority Inc. Rep.



MLA - District 1

Robin's life has been deeply influenced by the people of District 1, Souris-Elmira. He grew up in Souris, attending Souris Regional High School and later graduating from Holland College.

Robin is a small business owner operating Auto Medic, a local automotive services company. He has worked as a primary care paramedic for more than a decade and is also a long time member of the Souris fire department. As a firefighter Robin has braved snow storms and natural disasters to perform wellness checks and render care for seniors.

Robin was elected as the MLA for District 1, Souris-Elmira, on April 3rd, 2023. On February 27, 2025, he was sworn in as Minister of Education and Early Years.

Robin and his wife Mary live in Souris and have three children.



SILVER THREADS SENIORS CLUB

Meetings every 3rd Wed. of each month. No meetings in July or August.

Membership fee \$10 (April to April) Happenings at the club: Bakery

Bingos, Card Games, Crafts, Variety of classes

(Cooking, Exercise, etc.) \$60 Hall Rental available

Call Bonnie at 902-687-4380 to book the hall.

CEILIDHS: (JUNE to DECEMBER) WEDNESDAYS- 7:30 PM - 10:30 PM

Great Local Entertainment -Refreshments provided

April 15 - Regular meeting at 12:30 PM. AGM to follow. - Community Information

Presentation "MEDICAL ASSISTANCE IN DYING (MAiD) @ 2:00 pm.

May 9 @ 9:30 AM - Meeting with the Senior Navigator



SOURIS LIONS CLUB



members meet the first and third Thursday of each month

@Souris Legion



Visitors are always welcome to attend Souris Lions Club meetings

Contact Arie Hoogerbrugge or email at sourislions@gmail.com

**Lions Club Draw
MARCH'S Winners:**



\$500 - W. Eastman

\$100 - D. Cook, K. Peters, K. Harris

\$50 - J. Laybolt, P. Boertien, A. MacDonald, R. & M. Campbell



Join Rhonda Dowling & Marie McGaugh Saturday, April 4 from 1:00-3:00 PM for a fun, hands-on afternoon of seed starting at the Souris Silver Threads Club! Kids will learn how to plant their own seeds, decorate a planter, and take their seedlings home to grow. It's the perfect way to welcome spring on Easter weekend!

Register Here:
online or call 902-687-2157 ext. 5



LINDEE GALLANT

Community Navigator
for Eastern PEI

Lindee.Gallant@cbdc.ca

Telephone: 902-969-5989

Rachel Buell

Eastern PEI Community Navigator

(P) 902-786-9942

(E) Rachel.Buell@cbdc.ca



PEI COMMUNITY NAVIGATORS

JOIN OUR REGIONAL FACEBOOK GROUPS

- ✓ WESTERN PEI COMMUNITY NAVIGATOR
- ✓ CENTRAL PEI COMMUNITY NAVIGATOR
- ✓ EASTERN PEI COMMUNITY NAVIGATOR

544 Main Street,
Montague, PE
COA 1R0

The PEI Community Navigators are here to work with all newcomers and new residents to the rural regions of Western, Central, and Eastern PEI. As you transition into your new life, they are here to answer any questions or concerns you may have, and to open the doors to everything you'll need to know about your new community.

You may be moving here from another country (temporarily or permanently), or even from another province within Canada, either way, we are here to help you!

The Souris and Area Community Group If you are new to the Souris area, please consider joining us at our monthly events. Contact Angela at angelaw.pei@gmail.com or via WhatsApp at 902-330-3623 for more information.



APRIL MOVIES:

MOVIES: APRIL 12 SPONGEBOB-SEARCH FOR SQUAREPANTS

APRIL 19 ZOOTOPIA 2

APRIL 22 SENIORS MOVIE - AN AFFAIR TO REMEMBER

APRIL 26 PADDINGTON IN PERU

ALL MOVIES ARE AT 2 PM

SHOWS: APRIL 7 TINA RANDELL

APRIL 26 FASCINATING LADIES OF COUNTRY

YOU CAN ALSO CHECK THE SOURIS SHOW HALL FACEBOOK PAGE FOR UPCOMING SHOWS



Concerts begin at 7:30 PM

FREE MOVIES for SENIORS
every 4th Wednesday of each month
Movies Start at 200PM.





WALKING / HIKING GROUP

Join us for weekly guided hikes on Tuesdays at
9:30 am sharp!

March 24- Cardigan Trail **March 31-** Crowbush

Contact Sara D. for more details at 902-969-1940



Eastern Kings Community Center 85 Munns Road 902-357-2046
Saturday, April 4th - Fundraising dance featuring Crimson Clay, Evan Croucher
& Faith Rose. 9pm-1am. Admission by donation. 19+

Friday, April 17th at 6:30pm - Young At Heart Theatre presents Fascinating
Ladies of Country. Tickets are \$15 and includes dessert, tea or coffee.

Baby group is on Monday mornings for children under the age of two. Drop in
anytime from 9-11am. Snacks provided.



Souris Striders Ski Club

All members and supporters welcome!



The Ski Lodge offers trails for classic, skate skiing, and snow shoeing. 6 km
North of Souris at Harmony Junction

on Rte. 305 Phone: 902-687-1321 Email: sourisski@gmail.com

Memberships are available online at sourisstriders.ca, with in-person
purchases available once the lodge opens. Stay tuned here for updates on
our FB page as soon as conditions allow.

And as the club starts to wind down for the season, one last cozy night at the lodge
is on the horizon... **Trivia Night** with Paul Deveau is on next weekend, **Saturday**

March 28, plus Donald with **Loaf and Ladle** will be
serving up soups & stews from 5-8pm!

Here's to a few more chances left to get out, soak it in, and finish the season strong.



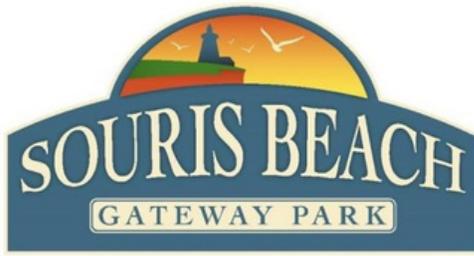
Souris Adult Badminton Club 2025-2026 Season

**Wednesday September 17, 2025 to
Wednesday May 27, 2026.**

Club plays at Souris Regional School, 15 Longworth Street, Souris from
6:30pm to 8:30pm in the small gym. Our adult club is open to students age 13 and older.

The first two nights are free and membership is only \$30.
Plastic shuttles are supplied. Guests/drop ins are welcome.

Info: Donald Bergeron at dbergeron1104@gmail.com



Souris Beach Gateway Park
 SEASONAL COMMERCIAL
 SPACES AVAILABLE FOR
 LEASE -
 Summer 2026
 Please contact
 902-687-2157 for further
 inquiries
 PROPOSALS MUST BE
 SUBMITTED BY
 MARCH 20, 2026

Discover
 Located just steps from
 destination

Gateway Park!
 Park is your one-stop
 family fun!

- The Poke Shack** – S...
tuna, sh...
- The Jerk Shack** – Fal...
and sw...
- The Lobster Shack** – ...
oysters a...

S:
 featuring lobster, crab,
 options.
 ed pork, savoury sides,
 the sea!
 specializing in Colville Bay
 seafood—

Blend & Brew Truck –

ogs, sandwiches, and more!

902-940-3668

The Canadian Food Truck – Homemade burgers, chicken burgers, and the best poutine around!

Beachside Sweet Shop – Don't miss her famous homemade ice cream sandwiches!

Charming Shops & Coastal Treasures:

Red Bandana Creative – Handpicked gifts, homegrown with East Coast love.

The Seaglass Shanty – Gorgeous handcrafted jewelry and gifts made with authentic beach-found seaglass (you can even bring your own and have it made into a keepsake!). Plus, award-winning Oh Fudge! Fudge!
 Locally made crafts, gifts, and more — there's something for everyone!

A Park for All Ages

Enjoy the playground, splash pad, picnic area, gazebo, restrooms, and shower facilities. Plenty of RV parking and wheelchair-accessible paths.

Stroll the boardwalk, dip your toes in the Northumberland Strait, collect seaglass, or just relax and watch the waves roll in.

Create unforgettable moments with your loved ones.

Souris is the Gateway to the Îles de-la-Madeleine Ferry — come early and explore all the beach park has to offer!





28 Church St., Souris, PE
902-687-3032



Bakery

Our kitchen is always busy with both clients and staff creating many different types of goods for our customers. It is one of our busiest programs here at the Harbourview Training Center. Below is a list of baked goods, food and services that we offer through our kitchen.

HTC offers catering (pick up or drop off) to individuals, businesses, groups and events.

Cakes for all occasions decorated specifically for each customer.

We do cinnamon rolls, date squares, cookies and sweet trays. Dinner rolls and biscuits.

Pickles, jams and jellies. Loaves of bread including raisin. Our famous carrot cake.

We appreciate every order placed with our bakery as it assists with this program and others within our center. If you have an event, a business or gathering, we welcome you to contact the Harbourview Training Center kitchen to discuss your food needs.



Woodworking

Harbourview Training Center's woodworking shop is one of our busiest programs. Our clients have the opportunity to learn woodworking skills with the support of Harbourview staff. Clients get to build and create wood products that we sell in our showcase gift shop such as seasonal wood decorative items and hanging directional signs that they can personalize specifically just for you.

Our woodworking shop also accepts custom requests to build benches, picnic tables, frames, shelving and more. One of the busiest sections is our refinishing/refurbishing area. Customers bring in items such as desks, chairs, tables for our clients to refinish so if you need a wood item spruced up or brought back to life, please contact us.

Gift Shop

Drop into our location and view our beautiful showroom featuring wood products made exclusively by our clients. You'll find items such as seasonal decorative pieces, cottage decor, rustic signs, birdhouses, mirrors and so much more. If you are looking for decor items for your home, cottage or business no matter what season, please drop in and see what the Harbourview Showcase has to offer.

PLACES TO EAT IN THE CORE OF SOURIS:



The Evergreen Cafe
95 Main Street



Red Claw Bistro,
41 Breakwater Street



Souris Legion
56 Main Street



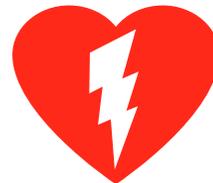
21 Breakwater
Restaurant



Topsy Farmers
120 Main Street

Knowing where to find an AED could save a life!

Automated External Defibrillators (AEDs) are available at the following locations in the Town of Souris:



Fiddling Fisherman Lookout - 13 Lower Rollo Bay Rd.

Souris Beach (Summer only)– 8 Main Street

Remedy RX – 51 Main Street

Souris Legion – 56 Main Street

Souris Town Hall – 75 Main Street

Silver Threads Club –78 Main Street

Main Street Pharmasave – 128 Main Street

Souris Fire Department – 135 Main Street

Home Hardware - 175 Main Street

Eastern Kings Sportsplex – 203 Main Street

Souris Regional School –15 Longworth Street

Colville Manor – 20 MacPhee Avenue

Souris Hospital – 17 Knights Avenue

Onda – 20 Hope Street

Agra West – 30 Hope Street

Souris Harbour Authority – 118 Breakwater Street

Kingsboro Baptist Church - 3055 East Point Rd. Available 9-7 daily.

The Ski Lodge - 1358 Souris Line Road

Do you have an AED on site at your business or facility?

If so, we'd love to include you in our community list!

Please contact Jeanne at 902-687-2157

if you'd like us to share that your location has an AED available.

Together we can help ensure everyone knows where to find this lifesaving equipment in an emergency.



FREE INCOME-TAX CLINICS

to help Islanders get their taxes done from **March 4 to April 29**.

Free tax-help clinics will be available to Island residents with modest-to-no income and a simple tax situation who need assistance to complete their tax and benefit return. Filing an annual income tax return is the key to accessing qualifying benefits like the Canada child benefit, Canada workers benefit and the GST/HST credit.

Souris Volunteer Tax Clinic 75 Main St. Souris, PE

(9:00am – 2:00pm) third floor by appointment, drop-off, or walk-in. Clientele: Indigenous, newcomers, persons with disabilities, residents/patients, seniors, social assistance recipients, students, and youth. **Friday, April 10 from 10am-2pm** further tax clinic will be held at the Senior Silver Threads Club for seniors and those with mobility issues.



Royal Canadian
Mounted Police



A Note From the RCMP:

Auto Crime Prevention (April is Auto Crime Enforcement Month):



Lock it or Lose it: Always lock your vehicle, even for a quick stop, and do not leave keys or fobs inside.

- **Hide Valuables:** Keep shopping bags, electronics, and personal items out of sight, preferably in the trunk.
- **High-Tech Protection:** Use a steering wheel lock or an OBD port cover to prevent modern theft methods, and consider hiding a GPS tracker in your vehicle.

Faraday Bags: Store key fobs in a Faraday bag while at home to prevent thieves from boosting the signal.

SOURIS FIRE DEPARTMENT

135 Main Street



Spring Fire Safety

Ensure your address number is visible from the road. ...

Clean out filters above your stove.

Test your smoke and carbon monoxide (CO) alarms; replace batteries immediately if they are dead. ...

Ensure you have an emergency preparedness kit in case of events, such as power outages or floods.



A STROKE is a medical emergency. Do not drive to the hospital.

Call 9-1-1. Learn the signs of stroke. Think **FAST**:

Face: is it drooping? Arms: can you raise both?

Speech: is it slurred or jumbled? Time to call 9-1-1 right away.

If you have any health concerns or need immediate health information, call 8-1-1 to speak to an experienced registered nurse for advice on the best course of action.



Mental Health Counselling in Souris

Caring for your mental health is important any time of year.

Julie Lindsay, licensed Counselling Therapist (CT) and Canadian Certified Counsellor (CCC), continues to accept new clients in Souris. Julie works with individuals, families, couples, and groups. She has years of experience working with children and adolescents, grief and loss, couples/relationships, parenting, anxiety, depression, and trauma. Office hours in Souris have expanded to now include 3 days per week.

You can contact Julie for more information or to arrange a confidential phone meeting at: julielindsaynye@gmail.com

Sgt. Jones with **PEI RCMP** Traffic Services has some great reminders for what to do if you're involved in a **vehicle collision**. If you are involved in a collision, your safety—and the safety of others—comes first.

If it's safe, move your vehicle off the roadway.

Exchange information with the other driver(s):

Driver's licence

Vehicle registration

Insurance information

If anyone is injured call 911

If anyone is injured OR if property damage appears to be \$2,000 or more, the collision must be reported to the police service with jurisdiction where it occurred. Police will need the time and location of the collision, details of injuries, and a description of the damage.

If you come across a collision:

Park a safe distance away to protect the scene from further collisions.

Call 911 and provide the exact location.

Only leave your vehicle if it is safe. You may turn off the ignitions of the vehicles involved if it is safe to do so.

If occupants are injured, do not move them unless there is immediate danger. Moving them could worsen their injuries.

Let's work together to keep PEI roads safe.

#CollisionSafety #EmergencyResponse #SafetyFirst #PEIRCMP #HighwaySafety

KINGS COUNTY PEER SUPPORT & EDUCATION

572 Main St. Montague

Services We Provide:

- One-on-one mental health support
- Weekly mental health support groups
- Navigating community support
- Advocacy
- Education courses, webinars & workshops

Peer support services are free of charge with minimal to no wait list!

For more information about our programs & services, please contact:

(902) 838-2489 or email

m.grant@cmha.pe.ca or ora.ritcey@cmha.pe.ca



SOURIS LIBRARY

3rd FLOOR OF THE SOURIS TOWN HALL

75 MAIN STREET

902-687-2157 Ext. 4

HOURS: TUESDAY 2:00 PM - 6:00 PM

THURSDAY 2:00 PM - 6:00 PM

FRIDAY 10:00 AM - 3:30 PM

SATURDAY 10:00 AM - 3:30 PM

souris@gov.pe.ca



FAMILY STORYTIME
Saturdays @ 11:00 AM
Enjoy stories, songs, and
rhymes for kids
ages 0-5



Watercolour Butterfly Bookmarks, Adults

Saturday, April 25th, 11:30am

Relax and destress through using watercolours and pens to create a bookmark for your latest read. All supplies provided.

Bunny Paper Dolls, Ages 6 - 12

Thursday, April 2nd, 3pm

Hop to it and join us at the Library to make your very own bunny paper doll set - all supplies provided



Did you know that the public libraries also offer the following items you can borrow:

- **Light Therapy Lamps**
- Light therapy lamps are devices that can help individuals suffering from seasonal affective disorder (SAD) and certain other conditions by emitting ultraviolet light.
- **Nature Backpacks**
- These kits contain a variety of books and tools for children and families to have fun playing, discovering and learning about nature.

From story times for toddlers, to technology assistance for seniors, the PEI Public Library Service offers an abundance of FREE programming for all ages.

Check out what is happening at our 25 public libraries today!

TRANSPORTATION EAST INC.

A non-profit organization that provides transportation services to seniors, people with disabilities and low income islanders at affordable rates for individuals living in Eastern PEI.

Contact (902)-380-9277 for more information



TransitPEI

RURAL TRANSIT



Booking Instructions: To ensure you have a seat on the bus please do the following:

1. Click the "Book Seat" button at t3transit.ca/transit-pei-schedules
 2. Complete booking
 3. Bookings must be made online a minimum of 1 hour before you wish to travel (Bus will not stop unless a booking for that pickup location has been made)
 4. Online bookings can be made up to four weeks in advance
- Note - Call 902-812-0808 or email bookings@islandtransitpei.ca for any inquiries or booking assistance (during office hours Mon-Fri, 8am - 4pm)

BUS SCHEDULE:

SOURIS TO CHARLOTTETOWN (Morning)

- 5:58 AM - Souris Ferry Terminal
- 6:00 AM - Eastern Kings Sportsplex
- 6:02 AM - Petro Canada Gas Station
- 6:06 AM - Ecole La Belle Cloche (Rollo Bay)
- 6:08 AM - Fortune Ultramar Travel Stop
- 6:10 AM - Dingwells Mills Park & Ride



CHARLOTTETOWN TO SOURIS (Morning)

- 7:45 AM - Confederation Centre Box Office, Queen St
- 7:54 AM - UPEI Bus Shelter, Browns Court
- 8:00 AM - Royalty Crossing Mall Bus Shelter

(Late Afternoon Times)

- 4:00 PM - UPEI Bus Shelter
- 4:10 PM - Shaw Building
- 4:15 PM Confederation Centre Box Office Queen St.
- 4:18 PM - Holland College, Grafton St.
- 4:23 PM - Queen Elizabeth Hospital



If you require a burning permit, you must apply with the Province, the Town of Souris does not issue burning permits for any area of the municipality.

The municipal bylaws for burning are located on the Town of Souris website. In the Town of Souris, Prince Edward Island, burning regulations are outlined in **By-law No. 85-4: Garbage Burning**. This by-law prohibits individuals from burning or incinerating grass or garbage on any property—commercial, residential, or recreational—without prior written consent from the Town Council and approval from the Fire Chief.

The Fire Chief determines the appropriate type of incinerator to be used for such activities.

Violations of this by-law result in fines: \$50 for the first offence and \$100 for each subsequent offence.

Additionally, during the **wildfire season (March 15 to November 15), provincial regulations require checking daily burning restrictions before any outdoor burning. You can check current restrictions or call 1-800-237-5053.

<https://www.princeedwardisland.ca/en/feature/burning-restrictions#/service/FireRestrictions>

For more information or to obtain necessary approvals, contact the Town of Souris at 902-687-2157.

Burning permits are not required for Category 1 fires.

Category 1 fire specifications:

Piles no larger than three metres in diameter,

Piles no more than two metres high,

Multiple piles must be at least 10 metres apart from each other,

No more than two piles burning at one time,

Burning of tree limbs, leaves, brush or cut grass is permitted,

Includes campfires* except in licensed private, municipal, and provincial campgrounds, and **Fire must be attended at all times.**

*Campfires are any open fires** that burn no larger than 0.5 metres in diameter and are intended for recreation (and not for survival).

**Open fires are any fires not in an enclosed CSA approved appliance (e.g. propane or charcoal fueled appliances such as BBQs, propane or natural gas fire bowls, and Coleman-style camp stoves).

Chimneys are considered open fires.

Before burning you must check the Burn Restriction Map





SOURIS LEGION

56 Main Street (902) 687-2300

Open 11 AM - 11 PM Monday - Thursday

Open 11 AM -12 AM Friday & Saturday

Food is served from 11 AM - 7 PM each day, eat in or take out.



Next regular meeting is TUESDAY, APRIL 14th at 7:00 PM

AGM - Sunday April 26 at 2 PM. Members are asked to attend.

Reason: Election of officers

REGULAR EVENTS

Open Crib, Wednesdays at 6:30 PM - Bingo, Mondays at 7:00 PM

Saturday afternoon jam sessions at 2:30 PM

Everyone Welcome!

Saturday evening - Dig for the Deuce - Live music

Tickets available at the Legion, or by e-transfer to

sourislegiondeucetickets@gmail.com



NOTE: VOLUNTEERS ARE NEEDED TO HELP WITH EVENTS.

Food Bank (back door to basement)- Saturday mornings 9AM - 11AM

Buddy Check - 1st & 3rd Tuesday every month at 10 AM

There will NOT be any scheduled YARD SALES this year.

MEMBERSHIP FEES ARE NOW DUE: ANY NEW MEMBERS WILL GET THEIR FIRST YEAR FOR FREE.

CHECK SOURIS LEGION BRANCH #3 FACEBOOK PAGE FOR FURTHER DETAILS AND EVENTS.



**51 Main Street
(902) 687-2013**



Thank You for 13
Years and Counting!



Ever feel like your mood is a rollercoaster you didn't sign up for? It might not just be "stress" .It could be your hormones talking.

We're talking about Progesterone. Think of it as your body's natural valium. When it's low, your body loses its "chill" factor.

Keep an eye out for these three red flags:

- Mood Swings: Feeling unusually anxious or irritable?
- Sleep Struggles: Tossing and turning even when you're exhausted?
- Period Problems: Cycles that are suddenly unpredictable or "off."

Your body communicates through symptoms.

Are you listening?

PROGESTERONE
SIGNS OF LOW PROGESTERONE

- MOOD CHANGES**
 - Irritability
 - Anxiety
 - "Up and Down"
- DIFFICULTY SLEEPING**
 - Tossing & Turning
 - Insomnia
 - Restless Nights
- MENSTRUAL IRREGULARITIES**
 - Unpredictable Cycles
 - Skipped Periods
 - Flow Changes

SPEAK WITH OUR PHARMACIST AT: 902-740-1600



ISLAND WASTE MANAGEMENT CORPORATION

Eastern Waste Watch Drop-Off Hours

Dingwells Mills 100 Selkirk Road Rte. 309

Summer & Winter:

Monday 8:00 AM - 4:30 PM,

Wednesday 8:00 AM - 4:30 PM,

Friday 8:00 AM - 4:30 PM

Saturday 8:00 AM - 12:30 PM

CONTACT INFORMATION



Additional sorting guides & calendars can be printed from our website or picked up at any town hall or Access PEI.

WEBSITE: iwmc.pe.ca

PHONE NUMBER: 1-888-280-8111



RECYCLE COACH

Do you have the RECYCLE COACH APP?

The app is FREE to download on your smart device (mobile phone or tablet) and offers: *Convenient access to collection schedules *Notifications on your smart device to place your carts and recyclables curbside *An easy-to-use interactive sorting guide *And more!

"I Live On A Private Road - What Should I Do?"

Roads must be accessible to collection trucks. If the road is obstructed or not properly cleared, collection cannot take place.

If trucks are unable to access your road, please place your carts and blue bags at the nearest serviceable road by 7:00 AM on your collection day. If you will be placing your material this way, please provide this information to IWMC Customer Service at 1-888-280-8111.



2026 WASTE WATCH RESIDENTIAL COLLECTION CALENDAR EASTERN, CENTRAL, AND EAST PRINCE

■ = COMPOST ■ = WASTE

JANUARY							FEBRUARY							MARCH						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	★	1	2	3	4	5	6	7	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	★	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28	22	23	24	25	26	27	28
25	26	27	28	29	30	31								29	30	31				

APRIL							MAY							JUNE						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	★				1	2			1	2	3	4	5	6	
5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13
12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20
19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27
26	27	28	29	30			24/31	25	26	27	28	29	30	28	29	30	1	2	3	★

- HOLIDAY ALTERNATE COLLECTIONS:**
New Years Day - Saturday, JANUARY 3
Islander Day - Saturday, FEBRUARY 21
Good Friday - Saturday, APRIL 4
- CHRISTMAS TREE COLLECTION: JANUARY 5-9**
Place trees curbside by 7 A.M. on Monday, January 5th. *Contact IWMC no later than Tuesday, January 13th if your tree was missed.
- COLLECTION SUSPENSION FOR EXCESS YARD & GARDEN DEBRIS:**
From April 6 to May 22.
- FALL CLEANUP:**
Place Material Curbside by 7 A.M.
YARD DEBRIS: Monday, May 4 / Monday, May 18
*Yard debris will not necessarily be collected on cart day. Contact IWMC by Tuesday of the following week if your yard debris was missed.
- WASTE:**
Put items next to your waste cart on your normal collection day from May 18 - October 30. A fee will apply. Contact IWMC to register.
- COTTAGE COLLECTION: JUNE 1 - SEPT. 25**
Extended service available from May 18 - October 30. A fee will apply. Contact IWMC to register.
- STORM DAY INFORMATION:**
www.IWMC.pe.ca
1-888-280-8111
at IWMC PEI
- COLLECTION DAY** information for carts & recyclables specific to your home can be found on IWMC.pe.ca (click on 'Collection Days' and follow the prompts to enter your civic address), or by calling 1-888-280-8111

Souris Cultural Heritage and Genealogy Centre

Located in the Matthew & McLean Building
95 Main Street

The Historium room opens in June.
Step Into the Past at the Souris Historium & Genealogy Research Room!

Discover the rich tapestry of Souris' heritage!
Come explore fascinating artifacts, captivating local history, and uncover your family roots at the Souris Historium and Genealogy Research Room.

Whether you're tracing your family tree, diving into the stories of our seaside town, or simply curious about days gone by—there's something here

Located in the Matthew & McLean Building in Souris
Open Monday to Friday, 10:00 AM - 4:30 PM
Will be closed through the end of May.
Bring your curiosity with a deeper connection to our community.

History lives here—and so might your story!

The Matthew and McLean building was originally constructed in 1869 in order to house the then newly formed Matthew and McLean company. Today the building houses a historical museum with artifacts related to their general merchant business along with the Visitor's Information Center.





ENGLISH TO FOLLOW ... SOIREE WINGS

TOUS LES VENDREDIS 15h-21h

AU PAVILLON DE L'EST • 861 ROUTE 2, ROLLO BAY (902) 687-7179, poste 2

,...*PRODUITS DE BOULANGERIE DISPONIBLES***

* SERVICES DE BAR DISPONIBLES *** POSSIBILITE DE MANGER SUR PLACE
OU EMPORTER!!!

SOUPER COMMUNAUTAIRE GRATUIT

VEUILLEZ L'INSCRIRE A VOTRE CALENDRIER POUR LE MOIS DE AVRIL, 2026
OFFRE SOUPER COMMUNAUTAIRE GRATUIT REPAS A DETERMINER

MARDI 14 AVRIL 17 h 00-19 h 00

PROGRAMME DE GYMNASTIQUE

LE KINGS COUNTY GYMNASTICS CLUB PROPOSE UN PROGRAMME DE
GYMNASTIQUE DE 7 SEMAINES

Debutant du **Mercredi 29 AVRIL**

Les heures de cours sont de 17h30 a 18h30 (2-6 ans) et de 18h30 a 19h30
(7 ans et plus) Les cours ont lieu. Le frais d'Inscription est de 110.00\$

Plus une fois par an (1 sept., 2025 - 31 aout, 2026) des frais d'assurance de 40.00\$

Pour s'inscrire ou pour plus d'informations,

Veuillez contacter Darlene Grenier au: cafe.rollobay@gmail.com

OU appelez ou envoyer un message (902) 969-8209

Vous DEVEZ Vous INSCRIRE A L'AVANCE!!!

FROLIC EN FRANCAIS

Vous avez plus de 50 ans et vous souhaitez participer a une rencontresociale d'une
heure et demie cheque semaine en fran,ais ? La FAOipe, en partenariat avec la
CAFE, vous accueille tous les Jeudis de 13h a 14h 30. Pour plus d'informatlons,
veulllez contacter Judy Chaissonau (902) 687-2209.

LOCATION D'INSTALLATIONS/DE SALLES

CAFE (comite acadlen et francophone de l'est) OFFRE LA LOCATION DE
SALLE/GVMNASE, etc. a NOTRE INSTALLATION.

NOUS LOUONS DES ESPACES POUR DES EVENEMENTS/ACTIVITES TELS QUE DES
REUNIONS, DES ATELIERS, DES ANNIVERSAIRES, DES MARIAGES.

POUR PLUS O'INFORMATIONS, ENVOYEZ UN COURRIEL A DARLENE a:

cafe.rollobay@gmail.com

COURS DE FRANCAIS POUR ADULTES DEBUTANTS

Tous les Jeudis a partir du 26 Mars pendant 10 semaines de 17 h a 19 h

Frais d'inscription de 200\$

Pour vous inscrire, veuillez envoyer un courriel a Emily Sibbick a l'adresse sulvante:

emilyruthsibbick@gmail.com

COMITE ACADIEN ET FRANCOPHONE DE L'EST**861 ROUTE 2, ROLLO BAY****COA 2B0, PE****902-687-7179**

facebook.com/PavillonDeLest

SOIREE WINGS

EVERY FRIDAY 3 p.m. to 9 p.m.

(902) 687-7179, ext. 2 *BAKERY ITEMS AVAILABLE*

* BAR SERVICES AVAILABLE* EAT IN OR TAKE OUT!!!

FREE COMMUNITY SUPPER

PLEASE MARK THIS ON YOUR CALENDAR FOR APRIL, 2026

(MEAL TBD)

TUESDAY, APRIL 14TH FROM 5:00 p.m.- 7:00 p.m.**GYMNASTICS PROGRAM**

THE KINGS COUNTY GYMNASTICS CLUB IS OFFERING A 7-WEEK

GYMNASTICS PROGRAM Starting **Wednesday, APRIL 29**

Class times are from 5:30 p.m. to 6:30 p.m. (ages 2-6) and

from 6:30 p.m. to 7:30 p.m. (ages 7 and up)

Registration fee is \$110.00 plus once a year (September 1, 2025 · August 31, 2026) insurance fee of \$40.00. To register or for more information, please contact Darlene Grenier at: cafe.rollobay@gmail.com OR call or send a message to (902) 969-8209 you MUST REGISTER IN ADVANCE!!!

FROLIC EN FRANCAIS

Anyone 50+ years and interested in a 1 1/2hour social each week in

French? FAOIPE In partnership with CAFE welcomes you every

Thursday from 1:00-2:30 p.m. Contact Judy Chaisson for more

information at (902) 687-2209.

RENTAL OF FACILITY/ROOMS

C.A.F.E OFFERS HALL/GYM RENTALS, etc. AT OUR FACILITY- WE RENT

SPACES FOR EVENTS/ACTIVITIES SUCH AS MEETINGS, WORKSHOPS,

BIRTHDAY PARTIES, WEDDINGS.

FOR MORE INFORMATION EMAIL DARLENE at:

cafe.rollobay@gmail.com**ADULT BEGINNER FRENCH COURSE**Every Thursday Starting March 26th for 10 weeks 5:00-7:00 PM

\$200 Registration fee

To register, please email Emily Sibbick at:

emilyruthsibbick@gmail.com

Go Figure!

Massage Studio



Now Offering
Hot Stone Massage

*Promoting wellness
through massage and motion*

Nancy Cook RMT, CSEP-CPT

175 Main St. Suite 210, Souris
705-229-7729 text preferred
nancy@gofigurefitness.ca

www.gofigurefitness.ca

Souris Co-op
83 Main St. Souris, COA 2B0
ph. 902 687 2723
fax 902 687 2020
HOURS:
Sunday 12 pm - 6 pm
Monday to Friday 8 am – 8 pm
~ Saturday 8 am – 6 pm



Just For You Massage Therapy

Come and be Kneaded

Serving the Community
since 2014

Book online @

Justforyoumassagetherapy.ca
or text 902-208-1105

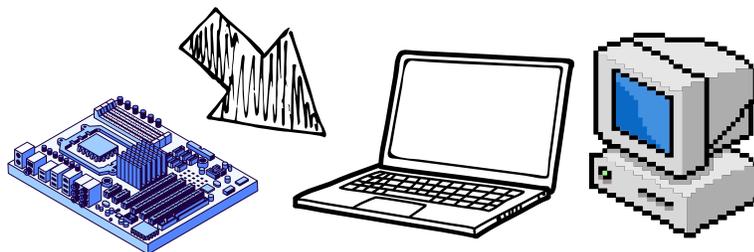
ACCEPTING NEW CLIENTS!

COMPONENTS BREAK, ELECTRONICS DON'T
BREAK! COME TO THE **SOURIS LIBRARY** ON

TUESDAYS 3-5 PM

GET YOUR STUFF FIXED

NO MATTER HOW OLD OR NEW!



Exploring Careers? Looking For Work?

We Can Help!

- Job search & career exploration support
- Information on training & funding programs
- Free computer & WiFi; printing and scanning for job search purposes
- A quiet space to apply for work

·Free & confidential. Funded by the Department of Workforce, Advanced Learning and Population through the Canada-PEI Labour Market Agreements.

Contact us to learn more: **902.687.1526** or **souris@cdspei.ca**

Souris Mall, 175 Main Street (above Home Hardware)



To keep up-to-date on community events and news: follow the Town of Souris on Twitter or like us on Facebook.
TOWN of Souris @SourisPE or www.sourispei.com



THE TOWN OF SOURIS DOG LICENSING PROGRAM

runs from **June 1 to May 31.**



Residents are required to annually register their dogs through this program in person at the Souris Town Hall.

We will need your name, address, phone number, email, the name of your dog(s), the color of the dog(s), the breed, male or female and whether they are spayed or neutered.

Dog tags are \$5 for spayed/neutered dogs and \$10 for non-spayed or non-neutered dogs



The Town of Souris enforces its animal control regulations through the Companion Animal Control By-law 2004-05. This by-law mandates that all dogs residing within the town must be registered and wear a valid dog tag.

These tags are renewable annually and are essential for ensuring that lost pets can be promptly identified and returned to their owners



114B Main Street, Souris.



Jewellery, fibre and textiles, glass, visual arts, woodwork, photographs

Get Creative with Artisans in March. Creativity continues year-round with **Artisans on Main Souris.**

Join us for hands-on workshops and relaxed drop-in evenings.

Craft Drop-In Nights Every Wednesday 6:30–8:00 PM

AOM Souris Gallery, 114B Main Street | By donation | Bring a project you're working on (or start something new) and create alongside others.

Follow @sourisartisans for updates and event details or artisansonmainsouris.com for tickets & more info.

Art Lives Here.

APRIL AT AOM SOURIS

BRINGING CREATIVITY INTO SPRING WITH WORKSHOPS, OPPORTUNITIES FOR ARTISTS, AND THE RETURN OF OUR WEEKLY CRAFT NIGHTS

JOIN US THIS MONTH

Craft Drop-Ins | 6-8:30pm
Join Wednesday night's for drop in creativity. Bring your own project and create alongside others @ AOM Gallery

WEDNESDAY'S
1 | 8 | 15 | 22 | 29

WORKSHOP

SAT
11

Mug Glaze & Sip with Kasia McClumpha @ Tippy Farmers 1-3pm
Paint a handmade ceramic mug using colourful underglazes

SAVE THE DATE

SAT
18

2026 Jury Meeting 1-3pm @ AOM Gallery
Looking for a place to sell your art? Join our cooperative gallery for the upcoming 2026 season

WWW.ARTISANSONMAINSOURIS.COM
FOR MORE DETAILS OR GLAZE & SIP TICKETS

OPENING WEEKENDS IN MAY
AT OUR NEW MAIN STREET LOCATION
 FOLLOW SOCIALS FOR SNEAK PEEKS & UPDATES AS WE PREPARE FOR THE SEASON
 IG & FB: ARTISANS ON MAIN SOURIS 114B MAIN STREET SOURIS

EXCITING NEWS!!

The Naufrage Snack Shack, located at 352 Harbour Road, is getting ready to kick off another amazing season! We're planning to open sometime in the last two weeks of April, and we can't wait to welcome everyone back.

Stay tuned for our official opening date, updated hours, and menu features. Get ready for another season of delicious food, stunning ocean views, and great times by the harbour.

Follow us for updates:

Facebook & Instagram: @NaufrageSnackShack

See you soon!





Vendor Registration Now Open – 17th Annual Mermaid Tears Sea Glass Festival Artisan Market!

Join us at Souris Harbour, 118 Breakwater St on July 25th, 2026, from 10 AM – 6 PM for this vibrant seaside market. Showcase your handmade goods and connect with a lively crowd of locals and visitors.

Contact Mary Theresa Hanlon at 902-687-2157 or mthanlon@sourispei.com to register.

Spots are limited—apply today!

Vendor Registration Now Open – Souris Farmers Market!

Be part of a vibrant community market this season! The Souris Farmers Market is now accepting vendor applications for Summer 2026. Join Fridays from June 26th - September 25th at the Eastern Kings Sportsplex, from 10:00 AM - 2:00 PM. Showcase your fresh produce, handmade goods, baked treats, or unique creations in a welcoming, high-traffic local market.

To register or learn more, contact Mary Theresa at 902-687-2157 or email mthanlon@sourispei.com. ANYONE WITH PHOTOS FROM 2025 PLEASE SUBMIT TO MARY T.



Kelsey MacNeill

Trusted Travel Advisor

kelsey@stewarttravelgroup.ca
902.894.9389 | 1.844.660.7329
cell 902.388.1300

Souris, PEI

Stewart Travel Group

www.stewarttravelgroup.ca
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NEED A CIVIC SIGN??

Red House Creations offers durable custom civic signs with reflective numbers for maximum visibility day or night.

- weather resistant - easy to read from the road - locally made - \$35 for a 6"x12" sign

Make sure emergency services can find you!

Contact Jen Today!

creationsfromredhouse@gmail.com

Call or text: 902-969-3843





396 Veterans Memorial Hwy
Store is closed until mid May but
our kitchen is stocked with all
Souris Sauces products.

Please call or text
902-330-4243 or email:
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Delicious, fresh & natural Salsas,
Mustard Pickles, Chow, Pepper
Jellies, Sweet Jams & Pickles made
with organically grown vegetables
& berries grown by us in
Souris West
"From Seed to Salsa"
Tantalize your tastebuds!



NEED A RIDE

If you need a drive, local or long
distance. i.e. Moncton, Saint
John, Charlottetown or Halifax or
to doctor's appointments, airport
or general travel call Danny at
(902) 940-6689
Please don't drink & drive!

Souris-PEI

MAIN STREET MALL



902-687-3113

Proudly
Supporting
Events in Our
Community



902-687-3332

175 Main Street Souris, PEI

Souris Office Suites



Call for Expressions of Interest
Business Opportunity – E-Bike Rental
Partnership

The Town of Souris is inviting **individuals, entrepreneurs, and organizations** to submit expressions of interest to operate a **Seasonal E-Bike Rental Service** in Souris. Location is 209 Main Street, Souris, PE. This opportunity is ideal for someone looking to create or expand a tourism-focused business in Souris.

- The Town currently owns **8 Adult E-Bikes** and has a dedicated building equipped with:
- Electrical power and Wi-Fi
 - Charging capabilities for E-Bikes
 - Locks
 - Helmets
 - Storage space and bike rack

- The successful operator will be responsible for:
- Daily rental operations
 - Customer service
 - Routine maintenance
 - Marketing the service
 - Developing rental rates and packages

- The Town will provide:
- Access to the building and equipment
 - Use of the 8 E-Bikes for rental purposes
 - Support in promoting the service through municipal channels



- Interested parties are invited to submit:
1. A short business plan or proposal
 2. Operating experience (if any)
 3. Proposed operating hours and season
 4. Rental pricing ideas
 5. Any value-added concepts (guided rides, group rates, partnerships, etc.)

Proposals can be submitted to:
Town of Souris, Attn: Shelley LaVie, PO Box 628, 75 Main St., Souris, PE, C0A 2B0 or by email to slavie@sourispei.com Deadline to Submit is March 6, 2026 at 3:00pm

Additional details to be negotiated between the Town of Souris and interested parties.

Disclaimer / Rights Reserved The Town of Souris reserves the right to accept or reject any or all submissions, to negotiate with any proponent, and/or to cancel this opportunity at any time without obligation to any party.



NIC'S SHOE REPAIR & LEATHER CARE



We repair work boots, dress shoes, sandals, sneakers. We also repair leather products such as belts, bags, jackets & more.
Give us a call today!



Items can be picked up or dropped off. Please call before dropping off items. Phone: 902-314-9453
Address: 40 Chapel Avenue, Souris, PE