

Vision launches fundraiser to help with frozen meals

Geneviève Gélinas

GASPÉ: – Vision Gaspé-Percé Now (VGPN) is launching a fundraising campaign with a goal of raising \$2,000. The money would be used to prepare 550 frozen meals for seniors and vulnerable people from Gaspé to Corner-of-the-Beach. The Frozen Meals program is going through a transition year but in the medium term, Vision would like to start, with other partners, a social economy business to take over the frozen meals program.

The campaign can be found at the following website: www.ulule.com/gaspe-frozenmeals. When Spec checked the page on January 30, an amount of \$1,015 had been raised.

To prepare and deliver a frozen meal costs \$7 and customers only pay \$4 per meal. The money raised will be used to cover the three-dollar difference.

In 2015, Vision Gaspé-Percé Now (VGPN) delivered 4,500 frozen meals to 80 customers. The program has been the victim of its success. “The demand was increasing. It



Photo: Marie-Claude Brière, Vision Gaspé-Percé Now

In 2015, Vision Gaspé-Percé Now delivered 4,500 frozen meals to 80 customers.

grew too big for us,” says Cheryl Leggo, former executive director of VGPN.

The organization didn’t receive specific funding to cover

the cost of the frozen meals program. To go on with the program would have jeopardized its financial health. By June 2016, VGPN had ended it.

The campaign will permit them to provide frozen meals during the transition year, as

Cont'd on page 11

What caused the noise and vibration felt on January 27?

Gilles Gagné

CARLETON: – Where were you on Friday, January 27, during lunch break at approximately 12:45? Did you hear a big noise and feel a fairly long stretch of vibrations coming from outside your house or the building where you work?

It felt like a truck passing two metres away from the house. The sound was heard over several seconds.

The sound and the vibrations were heard and felt between Montmagny, 65

kilometres east of Quebec City, and Paspébiac, according to people who made remarks on facebook.

It was not an earthquake, as nothing was noticed or measured by the different operators of seismographs in Quebec. It was also not thunder, because of the lack of lightning and the synchronicity of the sound and vibration noticed between Montmagny and Paspébiac.

The Mont-Mégantic Observation Centre did not record a meteorite but, “a rock entering the Earth’s atmosphere only

qualifies as a meteorite if traces of it can be found on the ground,” points out Gino Audet, an astronomy enthusiast from Bonaventure.

He thinks that it was a bolide, a rock coming from space that disintegrated while entering the atmosphere. “It probably had a tangent trajectory instead of a perpendicular one. That explains why the contact with the atmosphere extended from Montmagny to Paspébiac,” adds. Mr. Audet about the 600 km stretch along which it was heard and felt.

He says approximately 100 tonnes of rocks from space fall to Earth every day. For the most part they go unnoticed because two-thirds of the Earth’s surface is covered with water. Deserts and wooded areas also cover a fairly large surface area.

On March 18, 2014, another bolide was seen by many residents in the Bay of Chaleur area in the wee hours of the morning. It was in fact still dark when it passed between a stretch extending from Lac-Saint-Jean to Gaspé.

Inside this week



Gaspesian construction workers want their share



UPA criticizes higher taxes and threatens to block snowmobile trails



Gaspésie Railway Society launches safety campaign

Gespeg band administration settled in new building

Geneviève Gélinas

GASPÉ: – In mid September the 15 employees of the Gespeg band administration moved to the new \$4.8 million headquarters of the Micmac Nation in Corte-Real.

“We have a healthier environment. It wasn’t healthy anymore in the Pointe-Navarre office. We had a lot of mice. The building was quite old. It was difficult to have good air quality,” explains Chief Manon Jeannotte.

The new building also has more space. “We can enlarge our team. We want to develop Gespeg, so we’ll need to add human resources,” says the chief.

There is \$400,000 left to invest in the building, to divide some work spaces and add acoustic pads in the community hall, a room that Gespeg wants to rent to other organizations.

The former office, located in an old school at 783, Pointe-Navarre Boulevard, will be demolished this spring, before the opening of its neighbour, the Micmac Interpretation site of Gespeg.



Photos: G. Gélinas

Elisha Simon is the new director general of Gespeg.

Gespeg has already thought about using the space freed up by the former office to develop the Interpretation site activities, maybe by adding a campground. This project is on hold, says Mrs. Jeannotte. “We’ll finish building here, in Corte-Real, before

developing over there.”

The Corte-Real building sparked the conflict between former chief, Claude Jeannotte and some of the council. Some councillors, among them Manon Jeannotte at that time, thought that the Gespeg people should have been consulted before such an investment.

The consultation finally took place in April 2016, says Ms. Jeannotte. “We were told, ‘we had no choice.’ Now we own the building. We received the approval of the Gespeg people and they told us, ‘make sure that you decrease the exploitation cost by renting the community hall,’” she adds.

During her electoral campaign, Ms. Jeannotte promised to change the governance of the nation. The Gespeg Government is now adopting management politics, she states. “No matter who is elected, no matter which employees are working, there will be general guidelines.”

Gespeg also hired a director general to separate the powers. “The chief takes the political part, the relationship with the community. The director general is assigned to



According to the chief of Gespeg, Manon Jeannotte, the new center in Corte-Real will offer a healthier workplace for the Gespeg employees.

the administrative side,” Ms. Jeannotte explains. Gespeg hasn’t had a director general since 2013.

The new director general is Elisha Simon, a 35-year-old Micmac woman from Gespeg. For 17 years, she lived in Montreal, where she has a business with her partner. Ms. Simon is the daughter of Linda Jean, a former chief of Gespeg.

Ms. Jeannotte also wants to apply the separation of powers to councillors. “The ideal would be to have no employee who is also a politician, and to have some full time politicians, not all the councillors but maybe one or two. We’ll discuss that with our community. It may or may not be accepted.”

In Gespeg, two employees who are responsible for programs are also elected as councillors. “We could allow the candidates to take four sabbatical years and become full time councillors,” the chief proposes.

Other priorities

Over the next few months,

Gespeg will define its priorities in economic development. The council also wants the traditional territory of Gespeg to be used for community activities in the forest, like harvesting medicinal plants.

Another objective of the council is to stir up the Micmac culture of Gespeg people. Micmac women from Montreal began attending traditional dance classes. The Gaspé Micmacs are going to do the same thing this spring. Gespeg is looking for ten men and nine women to form a group of traditional dancers. Manon Jeannotte has already reserved her place.

At the end of August, Gespeg had 1,058 members, among them 744 who are registered as Natives according to the federal Indian Act. Another group of 344 are Micmacs according to the Gespeg membership code. The next election will take place in 2019.

The annual budget of Gespeg is \$5 million, most of it coming from autonomous revenue sources, especially from fisheries (\$3.5 million) and forestry.



Photo: G. Gélinas

Stéphane Jeannotte is working on the web radio project.

Web radio project in Gespeg

Geneviève Gélinas

GASPÉ: – Gespeg is preparing to launch a web radio. The programming will be in French, English and Micmac. The content will range from music to sport and include educational moments about the first nations. The person responsible for the project, Stéphane Jeannotte, wants to recruit a committee of volunteers to help with the programs. The radio could also cover events remotely, like pow-wows. The web radio could reach, among others, the Gespeg people who are in Gaspé, Montreal or other regions, and potential visitors to the Micmac Interpretation site of Gespeg’s, who are everywhere in the world. Gespeg hopes the radio will be online next summer.

READ IT ONLINE

If you currently have a subscription and would like to receive it by email, rather than wait for your copy in the mail, please send us your email address and we will make the change.

When making a request for a renewal or new subscription, please let us know which method you choose.

Contact us at: specs@globetrotter.net



Police report

On June 23 at approximately 3:15 p.m. firefighters were called to a burning mobile home located at 1828 Douglas Blvd, in l'Anse-à-Brillant. During their intervention the firefighters found a human body. The body was sent to the Montreal *Laboratoire de sciences judiciaires et de médecine légale*, a forensic laboratory that will perform an autopsy and attempt to identify the victim. The body could be that of the occupant of the house, as police were unable to locate him but the identity has yet to be confirmed. The mobile home is a total loss. Highway 132 remained closed until 9 p.m. the same day and traffic was detoured through Bougainville.

Sûreté du Québec police officers of the Percé Rock Detachment, in cooperation with members of the regional squad of investigation, also based in Pabos, carried out two drug busts on January 27 in the Grand River area. The canine squad was part of the operation undertaken to stop drug trafficking in that area.

The police seized about 400 methamphetamine pills, 20 grams of cannabis in ready to sell small bags and \$700 in cash. In one of the houses, the police officers arrested two men aged 62 and 35, while a man in his forties was arrested in a second house. Numerous charges are expected to be laid against the three men. They were all released after being questioned by the investigators and will be summoned to appear in court at a later date.

Nine men and one woman from the Bay of Chaleur as well as one man from Lac-Mégantic were fined in December after being found guilty of various offences under the Fisheries Act. Eight men and the woman were fined because of offences related to shellfish and clam digging in a closed area while another man was caught holding lobster in a retaining pond without a permit. The eleventh man was caught with mackerel that was legally too small. The fines total \$6,350.

Martial Leblanc, of Saint-Omer, and Bruno Savoie, of Nouvelle, were both fined \$600 for harvesting shellfish in a closed area and for violation of the regulation prohibiting the fishing of clams more than one half-hour after sunset. The items seized in the case of Mr. Savoie were confiscated.

Nelson Arsenault of Lac-Mégantic and Nicolas Morin of New Richmond were fined \$300 for harvesting shellfish in a closed area. The items seized were confiscated. Isabelle Paulin, of Saint-Elzéar, was fined \$600 for harvesting shellfish in a closed area and for possession of undersized clams smaller than 51 millimetres.

Stéphane Grenier of Hope Town was fined \$750 for illegally holding lobsters in retaining ponds without a permit. Lobsters valued at \$750 and the items seized were confiscated.

Stevens Roussy of Gascons was fined \$1,500 for possession of undersized mackerel smaller than 26.3 centimetres. The confiscation of seized mackerel was ordered in addition to the fine.

Jean-Charles Arsenault of Bonaventure, Jean-Marc Gallagher of Saint-Siméon and Gilbert Poirier of Saint-Elzéar were fined \$300 for harvesting shellfish in a closed area. The items seized were also confiscated. Ghislain Roberge of Bonaventure was fined \$800 for harvesting shellfish in a closed area. The items seized were confiscated and he was prohibited from fishing and/or going on the flats for a period of two years.



Photo: T. Haroun

Left to right: Jonathan Nadeau and Roberto Blondin.

Gaspesian construction workers want their share

Thierry Haroun

VAL-D'ESPOIR: - Approximately 15 Gaspesian construction workers protested on January 23 in Val-d'Espoir, near Percé, to criticize the hiring of workers from outside the region to install fibre optic high speed internet on the coast for Telus.

Spec's journalist followed the protesters who started their rally at 8:30 a.m. They confronted employees from Telecon, a Telus sub-contractor, who were installing the fibre optic network in Val-d'Espoir. They politely asked them to stop working and go back to where they came from. Some of those workers travelled from as far as Montreal and Trois-Rivières. Jonathan Nadeau, one of the Gaspesian spokespersons, a construction worker himself, was furious about what he was witnessing. "We are unemployed Gaspesian, wiring workers. What we are witnessing today is a company that hires people from outside the region, when workers from the Gaspé can do the

job. Today, unemployed Gaspesians who have families to feed are protesting and they are asking to have a share of this contract that is valued at hundreds and hundreds of thousands of dollars. We've filed complaints at the Quebec Construction Commission, but to no avail!"

Jonathan Nadeau added that Gaspesians have the experience to do the job. "We're the ones who installed the fiber optic in 2004 to connect the region's school boards. I was part of it and the system still works." The other spokesperson for the protesters, Roberto Blondin, also from Val-d'Espoir, had this to say. "This situation is simply unacceptable given that our unemployment rate is one of the highest in the province. Telus doesn't seem to understand the spinoffs that are generated by hiring local

workers."

Other comments

Richard Adams, a representative of Gaspé MNA, Gaétan Lelièvre, was on hand during the rally to support them. Spec also reached Percé Rock Prefect, Nadia Minassian, to get her opinion on this issue and she also supports the protesters. "We support them and I think that they are entitled to get their share of the pie." We tried but to no avail to get a comment from Telecon. As for Telus, its spokesperson, Jacynthe Beaulieu, didn't deny that workers from outside the region were working on the contract for Telecon, but she pointed out that some 90 Gaspesians work for Telus all along the peninsula in different departments.

2 full time positions available –
Kitchen help and Cook
Starting date – May 1st, 2017

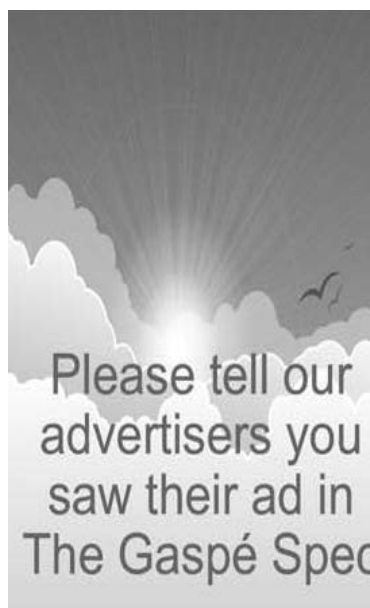


The Richmond Manor is a charitable organization and has been a home for autonomous seniors since 1992.

If you are looking for a work environment which will allow you to:

- Offer care and love to seniors.
- Work in a moderately, physically demanding environment.
- Have training that will prepare you to be ready for emergency situations.
- Work with a team that puts all seniors' health and livelihood first.
- Participate in fundraisers that are stimulating and creative.

Please email your CV to <manjula@immersionbdc.com> or drop off your CV at 196, boulevard Perron, New Richmond.





Commentary Gilles Gagné

It will take some time to understand

What happened at the Quebec City mosque on January 29 looks rather unbelievable because usually we are led to believe that such terrorist attacks take place "somewhere else" and not here in Quebec or in Canada.

The first reaction of many people upon learning about that attack was to ask if it was a bad joke, or an accident. It is very hard to swallow that such acts are now being committed "here". As SPEC was reaching its deadline, six people had been killed by a shooter while eight more people were hospitalized with serious injuries, half of them potentially fatal.

Two men were being questioned by police officers the day after the shooting, with apparently only one of the two being suspected of killings. Two more men were considered potential suspects by the police. More details were very hard to get 18 hours after the crime.

That tragedy brings us back to October 2014, when another shooter, Michael Zahaf-Bibeau, stormed into the House of Commons in Ottawa after killing a Canadian soldier at the close-by Canadian National War Memorial. That tragedy itself was two days after murders committed by a man in Saint-Jean-sur-Richelieu, where he hit two Canadian soldiers, killing one.

The slaying committed by Zehaf-Bibeau could have had an impact as serious as the Quebec City mosque tragedy. The timing of the killer prevented a mass killing in 2014.

Terrorism is obviously taking that kind of shape in Canada now. It has always existed but was not or rarely, until recently, linked directly to religious beliefs, or triggered by them.

For a number of reasons, we must collectively reflect on the follow up to give to the Quebec City tragedy, although the temptation is strong to draw conclusions and promptly be in some action mode.

First, we still know very little about the reasons behind the Quebec City mass murder. It will take some time before light is shed on the scenario that most likely convinced a man to start shooting other men in the back first, then to reload his firearm and keep shooting. Crazyness must be retained as a potential explanation as nobody in a right state of mind can commit that kind of crime.

We must also reflect on the fact that our society remains, by and large, non-violent. "Only" one murder was committed in Quebec City in all of 2016, in a city of 550,000 inhabitants. At one point in 2015-2016, the city went 16 months without a murder. Despite the

fact that a murder is one too many, chances are that no other city of similar size can boast that kind of numbers in North America. Sadly, that good record will be heavily affected in 2017.

Although it is hard to believe, we live in a society that is far less violent than what was going on just four or five decades ago, when murders occurred daily in Montreal and probably weekly in Quebec City, or at least monthly. What has changed now is the time elapsed between the crime and the media reports on it. The public is often the media now, and the filter process that has most of the times been coordinated by the police and the media no longer exist. A lot of raw information is released with distortion.

The Quebec government has not distinguished itself with its crisis management since the 2014 election. However, premier Philippe Couillard had the right tone for a change when he indicated to the Quebec Muslim population that "we are with you, you are at home, you are welcome at home, we are all Quebecers. Together, we must continue to build a society that's open, welcoming and peaceful".

Public Security Minister, Martin Coiteux also put it right when he said that we will have "to develop resilience regarding terrorism". Our society is less violent than before but the sources of violence are changing.

For now, the best way to react to the Quebec City massacre is to support the families that have been deeply affected by the tragedy, and reflect on our capacity to understand better the people that settle in this country. Most of them are a couple of strides ahead of us in that regard.

Letters to the Editor

The reason for the "D" in Gerard's name was as follows! Joseph Edmond Gerard Dea was born at Port Daniel West in the county of Bonaventure on May 2, 1926. His father was Thomas Leonard Dea. On the death of his mother, Estelle Litalien, Irene Dea, the sister of his father, and her businessman husband, Joseph-Edmond Levesque, became his parents. Henceforth he went by the name Gerard D (for Dea) Levesque.

Brian Dea
Sydney, Australia

I was absolutely thrilled to read your email explaining the D. in Gérard D. Levesque's name. The history of the Gaspé is so fascinating but a lot of it has not been written down and shared. Readers and writers need to inform each other about our Gaspesian past when we can. Thank you, Mr. Dea.

Diane Skinner Flowers

Hi, Diane. I read with great interest, your article about the "Year without a summer" in the recent issue of SPEC. I am very interested in local history, and have heard of the summer of 1816 before, and knew that the Quebec government assisted Gaspesians by supplying some staples to help them survive the following winter. However, I have not been able to locate much information about how locals coped. Could you please let me know where you found your information?

Andy Patterson
Gaspé, Quebec

I also want to thank Andy Patterson who recently responded to my Spec article 'The Year Without a Summer.' Mr. Patterson, who is a co-owner of the GoGaspé site, is helping to preserve Gaspé History by placing valuable sources of information on the web. One recent addition is the complete 5 volumes of Ken Annett's historical works. If you are interested in reading more go to <http://gogaspe.com/host/annett/> or http://www.gogaspe.com/index_en.php?page=genealogy.php

Diane Skinner Flowers

Keep in touch with the Gaspé Coast!
Subscribe to The Gaspé Spec today!

Name: _____

Address: _____

Email Address (for digital subscription): _____

Canada (taxes are included in prices)
1 year \$46, 6 mths \$25
Outside Canada: \$165
Email Subscription: \$46

Please enclose your cheque or money order, or call 418-752-5400 with your credit card information.

The Gaspé Spec
128 Gérard D. Levesque Blvd
New Carlisle, Québec G0C 1Z0

The Gaspé Spec 128 Gérard D. Levesque, New Carlisle, Que. G0C 1Z0
Tel: 418-752-5070, 752-5400 FAX: 752-6932
specs@globetrotter.net www.gaspéspec.com

ESTABLISHED • MAY 1975
Established May 15, 1975
Published every Wednesday by:
Les Publications de la Côte Inc.
(Sea-Coast Publications Inc.)

SUBSCRIPTIONS: (Taxes included)
Canada: 1 year: \$46.00 / 6 months: \$25.00
Outside Canada: / 1 year \$165.00
SPEC OFFICE HOURS:
Monday to Friday: 8:30 a.m. to 4:00 p.m.

Publisher:
Penny MacWhirter

News Editor:
Gilles Gagné

Office Manager:
Joan Imhoff

BOARD OF DIRECTORS:
President: Roger Wise
Vice-President: Elaine Sexton
Treasurer: Ray Venables
Secretary: Maria Chatterton
Directors: Hayden Sams, Nikki Hayes, Sharon Howell, Patricia Ste-Croix Annett

SPEC welcomes letters to the editor on subjects relevant to topics covered by the paper. Letters must be kept within 300 words or less and may be edited for clarity or to remove any slanderous, sexist, racist or homophobic statements. We reserve the right to reject any letters. Opinions or letters published do not necessarily reflect the editorial policies or beliefs of this newspaper. All letters must bear the handwritten signature of the writer and include the address and number(s) for verification purposes. (Address & phone number will not be printed.). The Publisher shall not be liable for slight changes or typographical errors that do not lessen the value of an advertisement. The Publisher's liability for other errors or omissions in connection with any advertisement is strictly limited to publication of the advertisement in any subsequent issue or the refund of any monies paid for the advertisement.

We acknowledge special funding from the Ministère de la Culture et des Communications.
We acknowledge the financial support of the Government of Canada through the Canada Periodical Fund (CPF) for our publishing activities.

Member of:
QCNA, CARD, CCNA
 Gaspé's Home Page:
www.gogaspe.com



Stephen Jerome and Heather Condo at Sundance.



Photo: T. Haroun

Mickael Cloutier, from Cape Cove (near Percé), is the provincial powerlifting champion.

SUNDANCE FILM FESTIVAL: Once in a lifetime experience

Gilles Gagné

GESGAPEGIAG: – Gessgapegiag filmmaker Heather Condo and her boyfriend Stephen Jerome “immensely appreciated” every minute of their eight-day stay at the Sundance Film Festival in Utah, where her movie, ‘My Father’s Tools,’ was screened three times.

They met fabulous people and the film qualified for another world-famous event, the 67th Berlin International Film Festival, the sector called the Berlinale Talents. It takes place between February 9 and 17. ‘My Father’s Tools’ shows Stephen Jerome making baskets out of black ash.

Heather Condo and Stephen Jerome were not disappointed after the January 24 short film’s award presentation to see that they had not won a prize.

“I have been a winner for 11 years, since I’ve been living with Heather. She is my grand prize,” said Stephen Jerome, when reached on the phone in Park City, Utah.

“It is great. I met Tim Robbins, the actor, Dr. David Suzuki and Laura Dunn, director of the film “Look and See: A portrait of Wendell Berry”. Robert Redford is executive director of that film. We didn’t meet him but we know he saw the first screening of our film, however we had not arrived at the festival yet. We are paired with that film at Sundance,” explained Heather Condo.

“People are coming to us. Tim Robbins came to see me and congratulate me. David Suzuki calls me Stephen, like

other stars do. There are lots of stars. I love the people here,” added Stephen Jerome.

The couple was also touched by a meeting with David Archambault, the Sioux leader involved in the Standing Rock battle to prevent the Dakota Access pipeline from passing through that part of North Dakota.

Another film festival, an Australian one, is showing interest in ‘My Father’s Tools’. “They want to see the film. I didn’t get to talk to a representative of that festival yet,” said Heather Condo.

She doesn’t know if they will attend the Berlin International Film Festival. “I don’t think we will. It is all a money matter,” she pointed out.

They both work but they also have two kids at home and attending the Sundance Film Festival meant a \$5,000 expenditure. They received a lot of community support through a \$2,000 50-50 draw fundraiser. The Gessgapegiag Band Council and the Gessgapegiag Health and Social Service Centre also came up with important funding help. Leaving for this type of event means a lot of last minute planning too.

‘My Father’s Tools’ was shot in June 2016 during the stop made in Gessgapegiag by Wapikoni Mobile, the film making unit providing support to the Natives of Quebec wanting to make a movie. The unit was founded by film maker Manon Barbeau. ‘My Father’s Tools’ was the first production supported by Wapikoni Mobile to qualify for the Sundance Film Festival.

Provincial powerlifting champion originates from Cape Cove

Thierry Haroun

CHANDLER: - Mickael Cloutier, from Cape Cove (near Percé), is the provincial powerlifting champion. He is currently preparing for the Canadian Championships that will take place next March. Spec met with him at his training facilities located in Chandler.

Mickael Cloutier, 25, who’s 5’10” and weighs 276 pounds, has impressive strength. Spec’s journalist witnessed the young man lifting hundreds of pounds. He trains at Gym Énergie Santé, located on Commercial Street in Chandler, training approximately 15 hours per week. Mickael has practiced this sport for the past seven years, but has been competing for the past 18 months or so and his results and other records are impressive.

You are probably wondering what powerlifting is. The Quebec Federation of Powerlifting’s website is very informative on the matter. Thus, Powerlifting is a strength sport that measures absolute strength by lifting the greatest amount of weight in one repetition, much like weightlifting, involves lifting with a bar. What makes it different is its lifts, which are more basic technically, and that the weight is heavier and/or the range of motion reduced.

There are three lifts: squat, bench press and deadlift. Each competitor gets three attempts per lift. The best successful attempt for each lift counts towards the total. At the end of

the competition, the three best lifts of each competitor are added together to determine the final standing. If there is a tie, the lighter competitor wins. For Mickael Cloutier, the year 2016 was exceptional in terms of results. At Rimouski’s Open, held last May, he finished first in his category (120 kg and more). He therefore qualified for the provincial championships which took place in Drummondville last November. He finished first once again and was declared provincial champion. He then participated at the Central Canada Division Championships (Manitoba, Ontario and Quebec) which took place in Guelph, Ontario, last January where he was declared champion. During that performance, he lifted 325 kg (710 lbs) in the squat, 210 kg (463

lbs) in the bench press and 317 kg (700 lbs) in the deadlift. “I’m really proud of my performance,” he said as he was training at his gym in Chandler and getting ready for the Canadian Championship which will take place in March in the Saguenay Region.

Beware of injuries...

Mickael Cloutier, who works for a fisheries processing plant as a quality product manager, is well aware of injuries. “There are many possible injuries and as you reach higher levels, there is a higher risk of injuries happening. That’s why it’s important to stretch before each training session.” His trainer is Jessica Benedetto, Canada’s second best powerlifter.



CALL FOR TENDERS

RENTING FEES FOR HEAVY MACHINERY

Ville de Gaspé will receive until 2:00 p.m. February, 22nd, 2017, tenders for the renting fees for heavy machinery and other construction and municipal maintenance equipment.

These fees will be in effect from April 1st, 2017 until March 31st 2018, will be considered fixed fees for the duration of this period and will constitute a list to this effect.

Anyone interested must obtain the necessary documents at Ville de Gaspé’s Public Works department during regular office hours.

Ville de Gaspé reserves the right to accept neither the lowest nor any of the tenders received.

Given at Gaspé, February 1st, 2017

Isabelle Vézina
Director of legal services and town

Reflections

by

Diane Skinner Flowers



50 things to love about the Gaspé

It's almost Valentine's Day and our thoughts naturally turn to love, sweet love. But there are so many kinds of love: romantic, familial, love of material possessions, love of self, love of reading or eating, or love of money. Not all forms of love are a good thing and any love taken to excess can be harmful to self and others. But there is a 'love of place' that all Gaspésians can indulge in and that is love for our beloved Gaspé Peninsula. And we should be grateful because you can travel far and wide and perhaps never discover a place as exquisitely beautiful.

Following you will find a list of 50 things to love about the Gaspé. It was not difficult to name these 50, but there are certainly more and the bottom line is this. The Gaspé is awesome. If you have additional items for this list please email them to specs@globetrotter.net or mail them to the Spec offices, attention Diane Skinner.

1. Percé Rock (that was an easy one)
2. Smell of wood fires
3. Hiking at Mont Albert
4. Bonfires on the beach
5. Autumn colours
6. Motorcycling
7. First snowfall
8. Sound of the waves
9. Laundry fresh off the line
10. Churches
11. Old houses and barns
12. Hydromel forest in Maria
13. Bioparc in Bonaventure
14. Gaspeite
15. Mountains
16. Fishing
17. Lighthouses
18. Smell of a walk in the forest
19. The bay
20. The rivers
21. Covered bridges
22. The beaches
23. Parc de la Gaspésie
24. Biking
25. Moose and white tailed deer
26. Gannets, gulls and herons
27. Whale sightings
28. Walking trails and camping
29. Bird sanctuaries
30. Boardwalks
31. Fossils at Miguasha
32. Golf
33. Summer music festivals
34. Peace and quiet
35. Kayaking
36. Clean air
37. Mussels, lobster, shrimps and scallops
38. Art and craft boutiques
39. snowmobiling
40. Snowshoeing
41. Skiing
42. Lupines and daisies growing wild
43. Picking berries
44. Skating outdoors
45. The tides
46. Sand, shells and starfish
47. Sea glass
48. Gardens of fresh vegetables
49. The Spec
50. The train (Oh, wait! No train...yet. Hope never dies. Keep on writing letters and urging politicians to fix this. A loud and persistent voice can get results!)



Photo: G. Gagné

UPA criticizes higher taxes and threatens to block snowmobile trails

Gilles Gagné

NEW RICHMOND: – On February 1, Gaspésian members of the UPA (*Union des producteurs agricoles*), the union representing most Quebec farmers, will initiate pressure tactics. These tactics might affect the snowmobile trails passing over agricultural land if the Quebec government doesn't resume negotiations regarding a January 1, tax increase that is not very advantageous for farmers.

The Quebec government is imposing an administrative measure that is significantly affecting a high proportion of Quebec farmers, as their provincial income taxes could increase on average by \$1,500.

Former Agriculture minister, Pierre Paradis had said that the increase would only affect 1% of farmers and equal approximately \$113.

"The Quebec government decided to keep applying an administrative measure based on the value of the farm, while that kind of procedure is outdated. It takes a lot of capital to get one dollar of production

in farming. So taxing the real estate value, especially considering all the speculation going on provincially with the land acquisition carried out by companies like Pangea, is unfair," explains Marc Tétreault, director general of UPA-Gaspésie and Magdalen Islands.

Imposing taxes on the value of production makes more sense in agriculture. "The adjustment could be calculated that way (production based), even though production is already twice as highly taxed for the agriculture sector as in other economic sectors," says Mr. Tétreault.

The government has asked a fiscal analyst, Luc Godbout, of Université de Sherbrooke, to assess the situation. The farmers could block the section of Quebec's snowmobile trails passing over their property as soon as February 6 if the government doesn't go back to the negotiation table.

However, the situation is different on the Gaspé Peninsula, points out Marc Tétreault.

"We will start with small demonstrations on February 1.

We will be present publicly and we will inform the public. We will pass our message on but we will not block the trails on February 6. We have talked to Tourisme-Québec, to the Regional Tourist Association, to various stakeholders in tourism. The fact is if the neighbouring regions block their trails, it will have an impact on our tourism industry," adds Mr. Tétreault.

The province-wide UPA is asking the new interim minister of Agriculture, Laurent Lessard, to go back to the negotiation table and to delay the imposition of the current taxation policy in order to stop the pressure tactics, including the ones earmarked for snowmobile trails.

"In the Gaspé Peninsula and Magdalen Islands, we have surveyed between 12 and 15 producers and six of them have tax increases ranging between \$600 and \$3,000. It is quite a bit more than \$113," emphasizes Marc Tétreault.

Pierre Paradis was ousted from the Liberal caucus on January 26 because of a police investigation pertaining to potential sexual misconduct.

Your ENGLISH-SPEAKING Brokers Serving Matapédia To Port Daniel



RE/MAX
RE/MAX AVANT TOUT INC.



REAL ESTATE AGENCY
Independently Owned and Operated

Florence Debard, Real Estate Broker
418-392-9844
florence.debard@remax-quebec.com
www.remax-quebec.com

Louise Brash, Real Estate Broker
418-391-1950
louise.brash@globetrotter.net
www.louisebrash.com

Integrated Territorial Approach projects have a positive effect in the MRC of Bonaventure

Gilles Gagné

NEW CARLISLE: – Three years of Integrated Territorial Approach projects have yielded good results in the Bonaventure MRC fight against poverty and social exclusion. A long-term renewal of the agreement that paved the way to the 2012-2016 Integrated Territorial Approach would consequently be welcomed by the table of partners that supervised those years of work.

The Integrated Territorial Approach was founded in 2012 following the creation of a group of stakeholders that worked in collaboration with the now defunct *Conférence régionale des élus* of the Gaspé Peninsula and Magdalen Islands.

That group of people then decided to split the regional budgetary envelope and distribute the funding between the six MRCs of the Gaspé Peninsula and Magdalen Islands.

“They wanted those involved with intervening to fight poverty and social exclusion to work closely with the people experiencing problems and the organizations that are involved. Those intervening know their area and their population. It is easier to do on a scale, the size of an MRC than region-wide. The other regions in Quebec didn’t implement that model,” explains Mélissa Bélanger, coordinator of the Integrated Territorial Approach in the Bonaventure MRC.

An action plan was created following an October 2013 forum held in Bonaventure. The action plan was ready in February 2014.

The total envelope for the Integrated Territorial Approach in the Bonaventure MRC was \$468,317, including management and coordination costs. Over three full budgetary years, \$306,000 was invested in various initiatives covering the Bonaventure MRC and sometimes, the Avignon MRC because some joint projects cover the entire Bay of Chaleur and Plateaux area.

Some of these projects involve well-known groups that are close to the Anglophone community, such as Family Ties and CASA, both based in New Carlisle.

The Good Food for All project does a good job of il-



Photo: G. Gagné

Josée Kaltenbach, of the Health and Social Service Integrated Centre, Mélissa Bélanger, coordinator of the Integrated Territorial Approach (ITA) of the Bonaventure MRC, Sasha Buttle and Heather MacWhirter, of Family Ties, show a useful by-product of the ITA initiatives, a handbook of the Baie des Chaleurs and Plateaux area services. An English version of the handbook was made.

lustrating the impact of the Integrated Territorial Approach (ITA). The initiative was spearheaded by Family Ties. The global cost amounted to \$33,997 and the portion that came from ITA was \$26,008. The project is about food security.

“The Good Food for All project was to provide families and individuals with the necessary knowledge, support, material/equipment and facilities empowering them to take collective ownership of their food security through the development of a community garden. It has been operating for three years and is now independent. We received funding support until 2016. We were able to hire a student that operated the garden last year. As for 2017, we have applied for two summer students. The Summer student program (the federal government) provides the minimum wage of \$10.75 per hour and Family Ties adds two dollars per hour to make it more interesting for the candidates,” explains Heather

MacWhirter, coordinator of Family Ties.

“Good Food for All allowed several families to partake in its activities. It has allowed us to buy some much needed equipment for the garden and the collective kitchen that will be used for years to come,” she adds.

In addition to all the fruit and vegetables harvested, people participated in food conservation, food foraging, workshops, garden coaching and collective cooking sessions during which jams, soups and other types of meals were prepared from the garden’s produce.

Family Ties was also closely involved in Destination Family, an initiative that supports families in need. The \$56,646 project received \$11,228 for Integrated Territorial Approach. The region’s Health and Social Service Integrated Centre of the Gaspé Peninsula was an important partner in that project. The program consists of parent workshops, collective activi-

ties and personal development, with four modules delivered over a two year period. To date fifteen families have taken part in Destination Family at Family Ties and the number of people attending weekly sessions has grown from three to nine.

“This program fits in our mandate. However, we have no funding in 2017 for Destination Family. We will investigate all possible funding avenues,” adds Heather MacWhirter.

Mélissa Bélanger points out that ITA was also involved in two other community gardens, in Saint-Alphonse and at the Gaspesian British Heritage Village, now called Duthie’s Point.

The Build, the name of the project that led to the construction of a sailboat by ten Anglophone students, was also supported by ITA, for \$9,832. Moreover, ITA also supported financially, with \$19,468, the Epilepsy Gaspésie-Sud project to produce English and French versions of a video that aims to reduce the prejudice experienced by people living with a handicap.

Some initiatives don’t have to be big in order to have an impact. The ITA program contributed \$316 to the \$1,032 total production cost of a handbook of services, in English and in French, which offers a complete list of health, social service, emergency, legal, employment and other useful resources in the Bay of Chaleur and Plateaux area.

The Integrated Territorial Approach will continue for one more year, according to a recent agreement with longtime partners to assure its coordination. The provincial budgetary envelope for projects amounts to \$129,000 for Bonaventure MRC. Only five of the eight projects submitted to the Quebec government from the MRC of Bonaventure were approved. Family Ties and CASA were missing (none of their projects were retained).

“We know who needs what. It would have been better assessed at the regional level,” adds Mélissa Bélanger, who is nevertheless relieved to see that the regional stakeholders are still mobilized to fight poverty and social exclusion.



ROYAL LEPAGE
BAS DU FLEUVE
Real Estate Agency

Suzanne Landry
Agency Director/Owner
418-752-0792
suzannelandry@royallepage.ca
www.suzannelandry.ca

Friendly bilingual service
from Matapédia to Port Daniel
17 years experience

To keep up with everything happening on the Coast...

don't forget to check
The Gaspé Spec weekly!

GET OUT AND JOIN THE FUN....



- Snowmobile rallies
- Card parties
- Bingos
- Dances
- Winter carnivals

MADE In...

Ferme La Défriche

GARLIC, GARLIC SALT, GARLIC PESTO AND GARLIC TINCTURE

Wendy Dawson

The Made in ... series profiles locally created products available throughout the Gaspé Peninsula.

SAINT-GODEFROI: – It is safe to say that Saint-Godefroi has become something of a haven for young couples and families seeking to find an alternative lifestyle, one that encourages the simplicity and self-sufficiency of a different era.

Josée Marsollier and Marc-André Longpré, after having met on a farm in Montreal and after doing some travelling, decided to settle in Saint-Godefroi, an area with which they had become familiar because of other friends that had established themselves there. “I am pretty sure that we would not have settled here if it weren’t for them,” says Josée.

They are among a group of young people in the village that are helping re-develop agriculture - once the lifeblood of the town, but a lifestyle choice that has fallen out of favour, as is the case in many rural towns in



Photo: courtesy of Josée Marsollier

Josée Marsollier and Marc-André Longpré settled in St. Godefroi three years ago with dreams of a simpler life.



Quebec. Josée was no stranger to farm life. She was raised on a dairy farm. Marc-André for his part however, was attracted to the lifestyle, the idea of living off the land and the autonomy

that choice can provide. They purchased a 25 acre farm and with the help of pigs and goats and a lot of elbow grease cleared about 0.3 of a hectare to be used for a garlic plantation. The exercise was a challenge and hence the inspiration for the name of their farm, La Défriche (the Clearing).

Josée Marsollier was already an avid gardener and

knew that there was a certain facility that came with planting and harvesting garlic. For one, it only required one plantation per year and one annual harvest and the crop has no particular storage requirement. In addition to the ease of managing the crop, Josée felt strongly about the medicinal benefits of the plant. She explains, “It is a plant that I have been using medicinally for a long time so it was an interesting opportunity to try and use all of the parts of the plant.”

Quick research shows that holistically, garlic is used for its antibiotic, anti-bacterial and antifungal properties and is also known as a long-term remedy for cardiovascular problems as using it helps reduce excessive cholesterol levels and helps to lower blood pressure. As a quick preventive for winter colds, 10 drops of tincture in a glass of water a couple of times a day, and you can increase your chances of remaining healthy all winter long.

Last year, Josée Marsollier and Marc-André Longpré planted 350 kilograms of garlic and harvested a yield that was about 3 times that amount. In a good year, that is what can be expected of a harvest. They hope to bring their garlic production up to 2100 kg per year which will require preparing an area for a 700kg plantation.

From their harvest, La Défriche produce a variety of products including whole garlic, garlic pesto, garlic salt and a tincture made from apple cider vinegar and garlic. They enjoyed a very successful year, most of their products having been sold through Baie des Saveurs, local markets and local small specialty stores.

This year, La Défriche will be diversifying their operation by adding a selection of vegetables to their production that will include onions, butternut squash and cab-

bage. In the future they hope to add more ready made products such as spaghetti sauces to their production.

As is the case with many young Gaspesian families, Marc-André is currently working in Northern Alberta and will return by the end of March. However, with the expansion of their operation,



Photo: courtesy of José Marsollier

Garlic only requires one planting and provides one harvest per year. In a good season, yields will be three times the original crop.

Josée Marsollier and Marc-André Longpré hope to be able to live off the fruits of their labour all year long.

For more information about La Défriche, their products and how to access them, interested folks can order them through Baie des Saveurs or visit the website for La Défriche (which is still under construction) at www.ladefriche.ca. Josée will be happy to serve you in both English and in French.



Photo: W. Dawson

La Défriche uses all parts of the garlic plant to produce a variety of products.

HEALTHY HABITS THAT CAN HAVE A LASTING IMPACT....



professions, finding second careers or volunteering close to full-time hours may improve their long-term health and quality of life.

• Stay on your toes. A healthy diet is a key component of a healthy lifestyle, but diet alone is not enough to promote a long and healthy life. According to the Johns Hopkins Medicine Health Library, the risks associated with a physically inactive lifestyle are considerable. Such risks include a greater risk of developing high blood pressure and coronary heart disease and even a greater risk for certain cancers. In addition, physical inactivity can add to feelings of anxiety and depression. Inactivity tends to increase with age, so men and women aiming for long and healthy lives

should make physical activity a vital part of their daily lives.

• Get your whole grains. Whole grains may be another key ingredient to a long and healthy life. Numerous studies have shown that increasing whole grain consumption can help prevent the onset of type 2 diabetes. Researchers who conducted a systematic review of studies examining the link between whole grains and type 2 diabetes prevention in 2007 found that eating an extra two servings of whole grains per day decreased a person's risk of developing type 2 diabetes by 21 percent. That's an important finding, as additional research has found that people with diabetes have an increased risk of developing Alzheimer's disease, a neurodegenerative condition that can dramatically

reduce quality of life.

• Visit your physician annually if not more frequently. While many people, especially those who feel healthy, are hesitant to visit their physicians, doing so may just save your life. Several diseases, including cancer and heart disease, are more effectively treated when detected early. Annual physicals and discussions with your physician may uncover a disease in its early

stages when it is most treatable. Waiting until symptoms appear may not be too late to treat a condition or disease, but taking a proactive approach increases the likelihood of early detection, which increases your chances of living a long and healthy life. Healthy habits improve peoples' quality of life while also increasing the likelihood that men and women live long, healthy and productive lives.

A long and healthy life is the ultimate goal for many people. While a host of factors beyond a person's control, such as genetics, impact how long that person lives and how susceptible to certain medical conditions he or she may be, there are many things men and women can do to improve their chances of living long, healthy lives.

• Keep working. While many working men and women dream of the day when they can leave the daily grind behind once and for all, they might want to think more about a second career than a long, carefree retirement. A study from British researchers published in the International Journal of Geriatric Psychiatry found that each extra year that men and women work was associated with a six-week delay in the onset of dementia. While men and women may want to retire from their



Is part of your New Year's resolution to get out more and have fun? Vision's Wellness Centre for people 50 and over might be for you!

At the Wellness Centre you can expect activities and games, exercises, health information sessions and lots of socializing! Vision currently offers the Wellness Centres at the Royal Canadian Legion in Gaspé and Barachois every 2nd Wednesday. If you would like more information or to register please call the Vision office at 418-368-3212.



Do you know about Meals on Wheels?



Meals on Wheels involves delivering a warm, balanced meal to an elderly and / or disabled person once or twice a week by volunteers who care about the well-being of the elderly. Each hot full meal is delivered to your home at a cost of \$5



In addition, Frozen Meals can also be another way to take good care of your diet. Each dish is \$4 delivered to your home, but if you pick them up at the Center, they cost \$3.50 each.

To learn more about these services in your community, do not hesitate to call your Volunteer Center at 418-752-5577. It will be a pleasure to welcome you!

Let's Get Active...

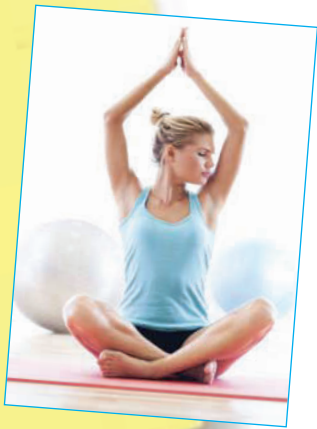
Take note

Being active for at least **150 minutes per week** can help reduce the risk of:

- Chronic disease (such as high blood pressure and heart disease) and,
- Premature death

And also help to:

- Maintain functional independence
- Maintain mobility
- Improve fitness
- Improve or maintain body weight
- Maintain bone health and,
- Maintain mental health and feel better



PICK A TIME. PICK A PLACE. MAKE A PLAN AND MOVE!

- ✓ Take up a favourite sport again.
- ✓ Be active with the family! Plan to have "active reunions".
- ✓ Go for a nature hike on the weekend.
- ✓ Take the dog for a walk after dinner.
- ✓ Join a community walking group.
- ✓ Go for a brisk walk around the block after lunch.
- ✓ Go cross country skiing
- ✓ Train for and participate in a run or walk for charity!
- ✓ Sign up for curling, bowling, yoga, anything that will get you moving...



Guidelines for adults 65 years & older



To achieve health benefits adults aged 65 years and older should accumulate at least 150 minutes of moderate- to vigorous' intensive aerobic physical activity per week, in bout of 10 minutes or more.



It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.



Those with poor mobility should perform physical activities to enhance balance and prevent falls.

CASA's goal is to ensure Anglophone seniors have access to services in English and stay healthy, active, and living in their own homes for as long as possible. The sessions are informative, the exercises are fun, and the special guests are memorable! Our coordinators welcome you to be a part of the action!



We offer Wellness Centres in: Matapedia, Escuminac, Cascapedia, New Carlisle, Port Daniel, Chandler and our newest addition Hope Town!

If you would like to join a Wellness Centre near you, please give us a call! 418-752-5995 or toll free 1-877-752-5995

Gaspésie Railway Society launches safety campaign

Gilles Gagné

NEW RICHMOND: – The Gaspésie Railway Society is launching a major safety campaign to remind the public that trains can circulate at any time between Caplan and Matapédia, considering that traffic has intensified a lot since the presence on the line of the windmill blade trains.

Two serious accidents were avoided recently in the New Richmond area and the management of the Gaspésie Railway Society, the operator of freight trains between Caplan and Matapédia, sees the necessity to reach out to the public.

“A couple of weeks ago, a snowmobiler was driving his vehicle between the tracks and faced the train at one point. The crew came close to using the emergency breaks. The snowmobiler was able to get off the tracks in time. Another day, a woman was walking with her headset, listening to music, not between the tracks but right on the shoulder, along the ties. The locomotive engineer had to use the whistle and she was

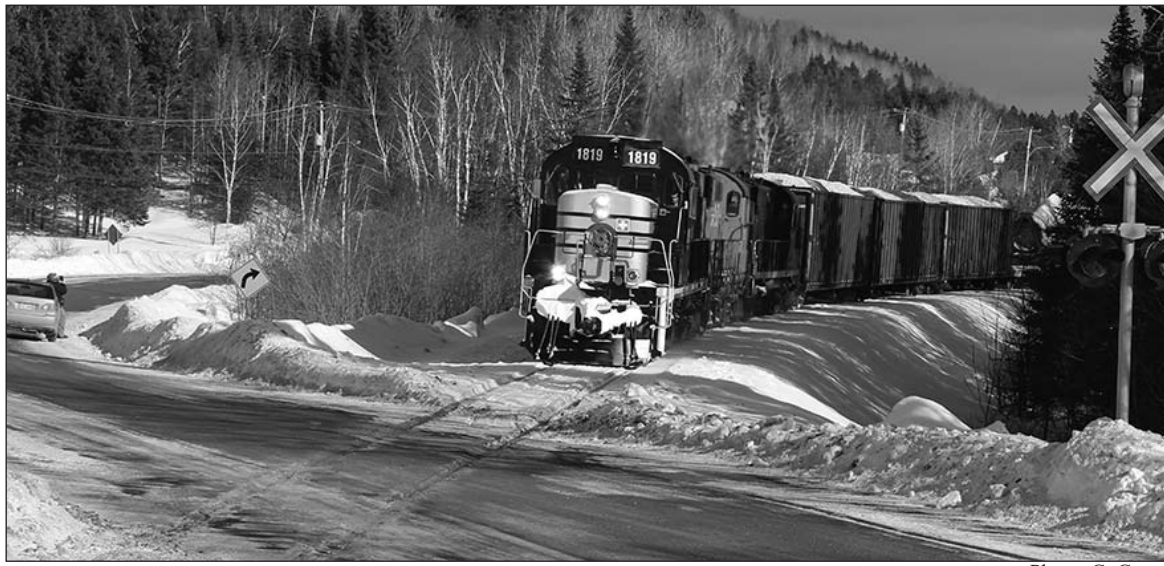


Photo: G. Gagné

Trains are now moving on an almost daily basis between Nouvelle and New Richmond. Much of the new traffic generated by the hauling of windmill blades and that traffic will intensify as of February when the number of monthly windmill blade trains will be two instead of one. Cement from Port Daniel will also be shipped by train starting this spring.

quite scared,” explains Éric Dubé, president of the Gaspésie Railway Society.

“We see more and more people using the tracks as four-wheeler and snowmobile trails, or for walks. If a collision occurs, the train will win for sure! The possibility of a casualty when a train is involved in a collision is 40 times higher, compared to a collision involving only cars. The train cannot

get off the tracks to avoid the collision. The train needs a greater distance before stopping completely,” he adds.

“People are no longer used to trains passing regularly but the situation has changed recently. We have trains rolling almost daily between New Richmond and Matapédia, one way or another, sometimes both ways. When we brought in the second windmill blade

train, CN had left six cars behind and delivered them to us a day later, during the night. So we sent a train to Matapédia at night. People must now be aware that trains can pass 24 hours a day, seven days a week along our line. When we get snow, the tracks are plowed at night by the train and the plow,” emphasizes Éric Dubé.

Trains were already rolling four to five days a week be-

tween Nouvelle and Matapédia, because the Temrex sawmill delivers lumber and woodchips regularly to the Canadian National line in Matapédia.

“Starting in February or March, we will send windmill blade trains west twice a month instead of once a month, between New Richmond and Matapédia. That reality involves a lot of shunting. Starting over the spring, we will also haul the cement from McInnis Cement between New Richmond and Matapédia. Other traffic could soon be added to that,” points out Éric Dubé.

He recommends that the public refrain from using the tracks as trails, to cross where there are grade crossings. “Ideally, people must slow down and stop at grade crossings, more so if there are not light and sound signals,” says Mr. Dubé.

“Freight trains don’t have a regular schedule. They can roll at any moment of the day and night, any day of the week, including weekends,” he insists.

Prefect Table expects to receive between \$1M and \$1.5M from new Quebec development fund

Gilles Gagné

CARLETON: – The members of the Gaspé Peninsula and Magdalen Islands Prefect Table hope to get between \$1 and \$1.5 million from the new development fund announced at the end of 2016 by the Quebec government. The “Fonds d’aide au rayonnement des régions”, or FARR, will be endowed with an envelope of \$30 million for the 2017-2018 budgetary year that will begin on April 1.

Guy Gallant, president of the Prefect Table, points out that the approximation of \$1 million to \$1.5 million comes from the criteria identified so far by the Quebec government regarding the distribution of the money.

“Forty percent of the funds are allotted through simply dividing 40% of \$30 million by 17, the number of regions that will receive funding. Another chunk of 30% is allotted through the population pro rata while the last block of 30% will be distributed using the new economic vitality index set up by the government at the end of 2016,” explains Mr. Gallant.

Over the next four years, the Quebec government will increase the annual envelope of FARR. It will reach \$45 million in 2018-2019, \$60 million in 2019-2020, \$75 million in 2020-2021 and \$100 million in 2021-2022.

“In time, it will provide us with the same amount of money as the funding re-

ceived by the CRÉ (Conférence régionale des élus de la Gaspé Peninsula and Magdalen Islands), which was about \$4 million to \$5 million per year,” adds Guy Gallant.

In 2014, the Quebec government cut \$300 million in the annual funding of Quebec’s regions’ development funds. Rural regions have taken the lion’s share of those cuts.

Where will the Prefect Table invest the FARR money, when it is available? The intervention sectors are not determined yet but a number of organizations are already in place to assess the situation and other organizations are waiting to get some support, emphasizes Guy Gallant.

“The RÉGIM, the Collective Network (of electronic telecommunications) and the railway, which covers four MRCs are all organizations that should be identified as priorities,” he says.

The projects and initiatives that receive some funding must be active in more than one MRC. That explains why Guy Gallant underlines that supporting the railway qualifies as a valid venture.

He is happy that the Quebec government acknowledges the legitimacy of the Prefect Table for the assessment of the situation.

Quebec’s minister responsible for the Gaspé Peninsula and Magdalen Islands, Sébastien Proulx, and Municipal Affairs minister, Martin

Coiteux will soon meet with three elected persons from each MRC, accompanied by their respective director general in order to discuss the FARR priorities.

“It remains to be decided who will have the final say in the projects that will be supported. We are favouring a heavily regional content in the decision process,” says Guy Gallant.

The Prefect Table includes the six prefects of the Gaspé Peninsula and Magdalen Islands, the mayors of the six larger towns of the region, the directors general of those six towns and one representative of the “civil society”, who is Marc Tétreault, director general of the Gaspé Peninsula and Magdalen Islands UPA.

PESCA
ENVIRONNEMENT

25
YEARS

Environmental consulting services

1 888 364-3139 | pescaenvironnement.com



FROZEN MEALS:

▶ Cont'd from cover

VGPN is looking for a long term solution with its partners.

A huge difference

The frozen meals make "a huge difference" for its customers, says Jessica Synnott, interim executive director of VGPN. "A lot of clients used to receive five meals a week. It allows them to stay in their home."

Some of the clients have trouble preparing their own meals because of a lack of mobility. Some others, who are going through cancer treatment, can be depressed.

The Frozen Meals program also provides "a social interaction for the customers," explains Cheryl Leggo, former executive director of VGPN. "For example we go in the house, we see Mrs. Smith, we see that she's not as mobile as she used to be. We can report that back to her family or to health and social services."



Photo: Marie-Claude Brière, Vision Gaspé-Percé Now

Lester Coffin is one of the customers of the Frozen Meals program.

A long term solution

Over the last few months, VGPN has conducted a feasibility study on the Frozen Meals program. The result is clear: the best way to ensure its sustainability would be to share the tasks with new partners. It could be through a co-operative or another type of social economy business.

VGPN is in discussions with the management of Accueil Blanche Goulet, Volunteer Action Centers, Multi-Services and the Douglstown Community Centre among others. VGPN cannot say exactly when the Frozen Meals program will resume. During the transition period, in addition to the 550 meals delivered thanks to the fundraising campaign, the organization is

proposing some alternatives to its customers.

Multi-Services, which provide home support, committed to prioritize the Frozen Meals customers in assisting them with meal preparation

in their homes. They can also help people with grocery shopping. Multi-Services can be joined at 418-393-3310.

Another program called Meals on Wheels will extend its services from Prevel to Corner of The Beach. The meals are cooked at the Adams Restaurant in Gaspé, brought to the Douglas Community Center and then delivered to the clients' home. The cost is \$8 for a soup, a main meal and a dessert. The Volunteer Action Centre, responsible for Meals on Wheels, can be reached at 418-368-6634.

Cheryl Leggo is especially satisfied with the fact that Barachois is now going to be served by Meals on Wheels. "It's a priority zone. Barachois is quite isolated, there are no restaurants. We have a lot of clients there, because their family members are not around. Then it is neighbours counting on neighbours."

SHARE your STORY



Story told by **GRANCIL HOTTOT**
Interviewed by **MCKAYLA GALLON**

The Big Scare

When I was young, Dennis Dow and I were the best of friends. I will never forget the time that we got the biggest fright! I was maybe 16 years old and at the time Daddy had a camp on the 10th range. Dennis had a little Suzuki motor bike that we hopped on to go to the camp.

Daddy had a 38-55 rifle at the camp, and of course I wasn't allowed to use it. He always said "Don't touch my rifle".

So Dennis and I went back to the camp hunting partridge with our 22 rifles. We stayed all night. I said to Dennis, "I'm taking that rifle!" Dennis said "you better not, your father said not to touch it" But we agreed not to tell, and I looked inside the rifle and there were shells in it.

So we started out. I had Daddy's rifle and Dennis his 22. We walked on this old trail and we heard cracks and grunting in the trees. We looked up and there in a tree was a bear! I fired and shot the bear. We were so excited!

The bear we shot looked to be a year old cub. Then we heard more rustling in the trees and when we looked up there was the mother

bear! She stood up on her hind legs and opened her mouth and let out the biggest roar we'd ever heard. She looked 8 feet tall!

I fired at her, but I was so nervous that I missed, and I was out of bullets! Dennis and I took off running, and she was coming after us! I can tell you, that I passed Dennis Dow like he was standing still, that's how fast I was running. I got such a fright!

The only thing that saved the two of us from getting killed was that every few feet Denis would turn and shoot towards the bear and it would scare her. So every time Dennis shot towards her, she would stop in fright.

We made it to Dennis' motorcycle and hopped on. We drove as fast as we could until we came to the hill. Any other day we would never make it up with the two of us on, because there was too much weight on the bike. One of us always had to get off.

But that day the bike made it up with the two of us on. We didn't stop until we made it home. We were lucky! That was a lesson learned for the two of us that day.



**PUBLIC NOTICE
Enactment of By-laws**

PUBLIC NOTICE is hereby given:

1- THAT at a regular meeting held December 19, 2016, the Town Council has adopted the following By-Laws:

By-Law 1317-16:

Créant une réserve financière au profit de l'ensemble du territoire de la municipalité pour une somme de 90 000 \$ en 2017.

By-Law 1318-16:

Créant une réserve financière au profit du quartier numéro 1 pour une somme de 7 000 \$ en 2017

By-Law 1319-16:

Créant une réserve financière au profit du quartier numéro 2 pour une somme de 8 500 \$ en 2017

By-Law 1320-16:

Créant une réserve financière au profit du quartier numéro 3 pour une somme de 10 000 \$ en 2017

By-Law 1321-16:

Créant une réserve financière au profit du quartier numéro 4 pour une somme de 2 000 \$ en 2017

By-Law 1322-16:

Créant une réserve financière au profit du quartier numéro 5 pour une somme de 20 000 \$ en 2017

By-Law 1323-16:

Créant une réserve financière au profit du quartier numéro 6 pour une somme de 18 000 \$ en 2017.

2.- THAT By-Laws 1317-16, 1318-16, 1319-16, 1320-16, 1321-16, 1322-16 and 1323-16 have been approved by the persons qualified to vote during the register opened for that purpose January 9, 2016.

3.- THAT the interested can consult these By-Laws at the Clerk's office, at the Town Hall, 25, rue de l'Hôtel-de-Ville, during regular office hours.

GIVEN at Gaspé, February 1st, 2017.

*Isabelle Vézina,
Director of legal services and town clerk*



Business & Professional DIRECTORY

Grenier & Grenier LAWYERS



Réal Grenier, b.a.ll.l.
Jules Grenier, b.a.ll.l.

96, Gérard D. Levesque Blvd, P.O. Box 519
New Carlisle (Quebec) G0C 1Z0
Tel.: (418) 752-3308 • Fax (418) 752-6935



LES SERVICES INVESTORS LIMITÉE*

Gérald Bourdages Tel: 418-368-5481
Financial Planner
and Representative for Mutual Funds Fax: 418-368-1782
E-Mail: Gerald.Bourdages@Investorsgroup.com

A member company of Power Corporation

DEJA VU OPTICS  **753-6000**
855-543-8075
157 Water St
Campbellton, NB

Single Vision Bifocal HD Progressives
2 \$99 / \$199 / \$399

2 Complete Frame and Lenses - See our staff for details
We encourage you to shop around for your glasses.
You may be surprised at how much you will save!!

Eye Exams Available



Tremblay & Barriault, notaires inc
Notaries & legal counsel

Gilles Tremblay, notary
Serge Barriault, notary
Gaël Tremblay, notary

119B Perron Blvd West, New Richmond, Que.
Tel.: (418) 392-5282 • Fax: (418) 392-6155
E-mail: gaeltr Tremblay@notarius.net

FULLY
BILINGUAL
SERVICE



Maison funéraire
Funeral home

Réjean Bélanger & Fils inc.

Michel Bélanger, Owner

Staff: Michel Bélanger, Anthony Bélanger, Chantal Corbet

www.belangerfils.com
mfbelangerfils@globetrotter.net
Tel.: (418) 752-3834 • Fax: (418) 752-2264

274 Gérard D. Levesque Blvd West, Paspébiac (Quebec)



Fleuriste Le Jardin d'Orchidées

Flower Shop

- Green plants
- Luminary trees
- Picture frames
- Floral arrangements for all occasions

Delivery:
Between Caplan
and Chandler

274 Gérard D. Levesque Blvd West,
Paspébiac (Quebec) G0C 2K0
Tel.: (418) 752-3834

Owner: Michel Bélanger

Staff: Chantal Corbet, Elisabeth
Horth & Sonia St-Pierre

www.jardindorchidees.com



By Appointment

Richard Ste Croix

Denturologist

Construction and repair of dentures.
We also make dentures on implants.

9 Adams Street, Gaspé Tel.: (418) 368-1525
Quebec G4X 1E5 Fax: (418) 368-1542

ENERGY LOGISTICS ENERGY EXPRESS



"International
Transportation Services"

Canada-USA-Mexico
NOW HIRING
CLASS 1 DRIVERS

Contact: Shawn Girard

Toll Free: (866) 530-9555 Tel.: (514) 363-9555
E-mail: shawn@shipenergy.com
www.shipenergy.com

MONUMENTS P. FOURNIER



GUARANTEED QUALITY

Tel: 418-892-5312
Cell: 418-355-4799
pfmonuments@gmail.com
641 Forillon Blvd, Gaspé, Que.

Since 1846
Ingle
Monuments
Limited
A Division of MGI

WE ALSO REPLACE
FOUNDATIONS, AND
PROVIDE CLEANING
AND REPAINTING.



Forage Moreau Inc.
418-392-9501

Mathieu Mercier - Driller/Owner

- Water Well Drilling
- Budgetary Price
- Bilingual Service
- RBQ: 5672-1467-01

foragemoreaumercier@gmail.com

CASCAPEDIA ENTREPRISES

SALES & SERVICE

Snow, Lawn and
Garden Equipment

COLUMBIA



Dennis Barter, Owner
247, route 299
Cascapedia-St-Jules, Que.
(418) 392-4921



The Ohmega Group Inc.

Going beyond and reliable since 1982



Electricity - Plumbing
Automation
Industrial computing
Counter sales

3 Rue Cerisiers
Gaspé, Québec G4X 2M1
Tel. (418) 368-5425
Fax (418) 368-7290
www.groupeohmega.com

Distributors of petroleum products: diesel, furnace oil, stove oil, gas and motor oil



Les Pétroles
C. Poirier inc.

Proud to serve you!

HEAD OFFICE:

Bonaventure
125 Route 132, Box 580
Bonaventure, QC G0C 1E0
Tel.: (418) 534-2777
Fax: (418) 534-4210
E-mail: petrolb@globetrotter.net

Chandler
125 Route Leblanc
Pabos, QC G0C 1K0
Tel: (418) 689-2595

Gaspé
216D Montée Sandy Beach
Gaspé QC G4X 2B3
Tel.: (418) 368-8777



IN BUSINESS FOR 31 YEARS



Dr. Pascal Cyr
Optometrist



Dr. Stacey Starrak
Optometrist

CLINIQUE D'OPTOMÉTRIE

L'ÉMERILLON

LENSES CRAFTED ON THE PREMISES

PASPÉBIAC: 104 Gérard D. Levesque Blvd West • 418-752-5553
CHANDLER: 260 René Lévesque Blvd East • 418-689-5553
MARIA: 435 Perron Blvd West • 418-759-5553



BILINGUAL
SERVICE

MEMBER
OF



Canada's Largest Network of Optometrists

Announcements...



Obituaries



BUTTLE : Heather (Crozier)
1943- 2017

Passed away suddenly at the age of 73 at Enfant Jesus Hospital in Quebec City, Quebec on January 1, 2017.

Heather was predeceased by her great-granddaughter Leah, her mother Delphine, her father Fredrick and three brothers, Charles, Arthur and Alfred and sister Ruby.

Heather leaves to mourn her husband Claude, four children; Kevin (Caroline), Greg (Peggy), Linda (Mike), and Kellie (George); twelve grandchildren, Jimmy-Lee, Holly, Sherie-Lynn, Ashley, Mathieu, Erica, Bianca, Jeremie, Kendra-Lynne, Chloe, Cassidy and Morgan. Five great-grandchildren; Kayla, Hannah, Dominic, Riley and Kira. Also brothers and sisters and many nieces and nephews and her good friend David who was a big help to Heather. She will be missed by everyone who knew her.

We would also like to thank everyone who came and paid their respects to the family, sent donations, phone calls and who brought food to the house. Also a special thanks to Freddy Boudreau and Antoine Cayouette for snow removal.

Please accept this as our personal thank-you.
Claude and children.

*Missing You Always
You never said I'm leaving
You never said goodbye.
You were gone before we knew it
And only God knows why.
In life I loved you dearly
In death I love you still.
In my heart I hold a place
That only you can fill.
It broke my heart to lose you
But you didn't go alone.
A part of me went with you
The day God took you home.
xoxoxo*



ROBERTS: Wayne Rupert

Wayne (Grams) Roberts of Cross Creek, NB passed away at the Dr. Everett Chalmers Hospital on Friday, December 30, 2016 at 59 years of age. Born in Gaspé, Quebec on January 3, 1957. Wayne was the son of the late Walter and Elizabeth (Scott) Roberts.

Wayne is survived by his loving wife of 40 years, Nancy, their children, Stacy MacLeod and Wade (Erin) Roberts; grandchildren, Megan, Tyson, Natalie Roberts and Alison and Hannah MacLeod and his dogs Curly and Gibbs.

He will be sadly missed and lovingly remembered by his mother-in-law Tessie Stanley, sister-in-law Sheila Traviss (Dereck), nieces, cousins and many good friends.

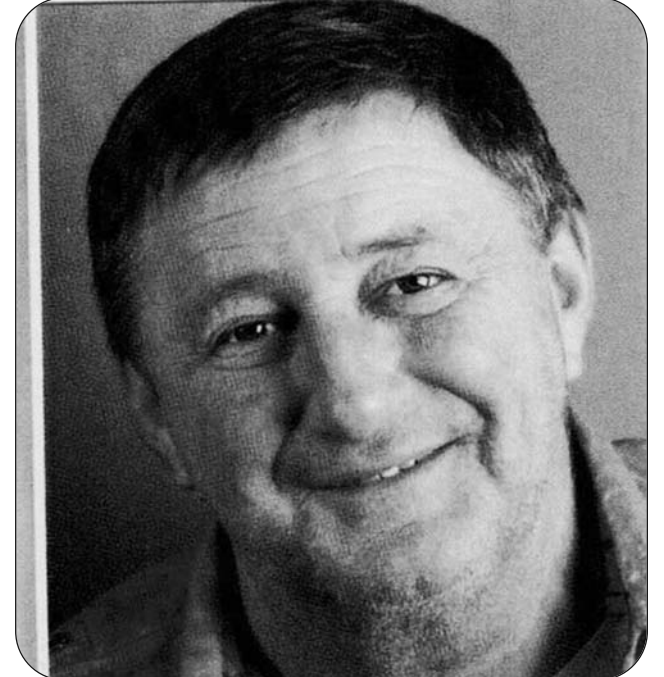
Wayne's sense of humor, his love of family and friends, his great passion for cooking and his generosity to others will be deeply missed. He also had a lifelong love for animals, always ensuring that they were treated well and looked after.

A celebration of life was held at St. Thomas Anglican Church in Stanley on Thursday, January 5, 2017 with The Reverend Canon Bonita LeBlanc officiating.

Interment will be in Gaspé, Quebec in the summer of 2017. Donations in memory of Wayne may be made to the Kidney Foundation of New Brunswick (56 Avonlea Ct., Fredericton, NB E3C 1N8) and would be greatly appreciated by the family.



In Memory



CAHILL: Roland
1957 - 2016

In loving memory of my son who passed away February 5, 2016.

*He is gone, but not forgotten,
And as dawns another year,
In our lonely hours of thinking,
Thoughts of him are always near.
Days of sadness will come o'er us,
Friends may think the wound is healed,
But they little know the sorrow
That lies within the heart concealed.*

Lovingly remembered by mother, Margaret (Fred), sister Glenda (Guy), brother Doug (Iona) and their families.

POPOVICH: Bill

In memory of my husband Bill who passed away February 4, 2005.

*Silent memories keep you near,
As time unfolds another year.
Out of my life you are gone,
But in my heart you still live on,
And I know you are near.*

Love you big, Audrey

Card of Thanks



The family of the late Ada Patterson (Jones) wishes to express their deep appreciation to everyone who came to our mother's funeral to offer their support and give messages of sympathy. A special thank you to Dr. David Bernier, Mathieu Bernier and all the nurses who helped make our mother's last few hours peaceful ones.

Our mother loved her family, friends, to laugh and the simple things in life. So today, in her memory, be kind to someone. Take a friend out for coffee. Call a family member and say hello. Make someone laugh and smile. Our Mom would love that.

Sincerely, Bruce and Brent Jones and family.

OUR RATES: CARD OF THANKS, BIRTH ANNOUNCEMENT, PRAYER, ENGAGEMENT, BIRTHDAY, ANNIVERSARY, MEMORIAL SERVICE ANNOUNCEMENT: \$30 (\$35 with picture) up to 20 lines. **IN MEMORIAM:** \$30 (\$35 with picture) up to 20 lines - \$40 (\$45 with picture) More than 20 lines **OBITUARY OR WEDDING ANNOUNCEMENT:** \$40.00 (\$45.00 with picture) (Max. 300 words) **Please send your announcement to: joan.spec@globetrotter.net** Announcements for this page should be submitted typed or printed and paid in advance. To have your photo returned, please send a stamped self-addressed envelope. **SUBMISSIONS FOR THIS PAGE MUST BE IN OUR OFFICE BY THURSDAY.**



CLASSIFIEDS

FOR SALE: 1973 Upright Willis piano including bench. Must be picked up by the buyer at the Fifty Plus Club, 319 rte 299, Cascapedia St. Jules. Donation for article will be greatly accepted. For more information please call Dorothy at 418-392-4686.

COAST ROUND-UP

POINTE-NAVARRÉ:

Mass of St. Peregrine

The mass of St. Peregrine, patron of the sick suffering from cancer and long-term diseases, will be celebrated on **Tuesday, February 7** at 7 p.m. at the Shrine of Pointe-Navarre. Welcome to all!

YORK:

ACW

Upcoming Events

Saturday, July 15: There will be a Summer sale. Details to follow at a later date.

Saturday, November 18: There will be a Christmas sale. Details to follow at a later date.

YORK:

York River Senior Citizens

Upcoming Events

Friday, February 10: There will be a Lumber Jack supper held at the community hall. First setting starts at 5 p.m. and second setting starts at 6 p.m. Cost is \$10 for adults and \$5 for children. Bar service is available. Call Tony Patterson for more information at 418-368-3276.

Saturday, March 18: There will be a St. Patrick's Day supper and dance starting at 6 p.m. at the community hall. Entertainment with the Senior's band. Cost is \$10. Bar services available. For advance tickets call Tony Patterson at 418-368-3276.

Saturday, April 8: Annual general meeting at 4 p.m. at the Legion. Punch will be served from 5 to 6 p.m., supper is at 6 p.m. and a dance will follow with live entertainment. The cost is \$20 with a \$10 refund to members. Bar service available.

Sunday, April 30: The annual bingo will be held at 1 p.m. at the community hall. Cost is one card for \$3 or 2 cards for \$5.

DOUGLASTOWN:

Golden Age Club

Walking Every Monday: The Shamrock Golden Age Club invites you to walk with us at 10 a.m. every Monday. Meet at the Community Center and walk 3 to 5 kms in and around Douglastown.

BARACHOIS:

Legion Branch 261

Upcoming Events

Every Monday: The Royal Canadian Legion Branch 261 will be having a bingo night at 7 p.m. at the legion. Everyone welcome!

Saturday, February 11: Come out for a fun night of music by NASH starting at 9 p.m. Entrance fee is \$5.

BARACHOIS:

Yoga

Have you made your New Year's fitness resolution? How about learning Yoga? Learn relaxation, breathing, while working on balance and flexibility and helping your heart and circulation. A new 8-week session started on **Saturday, January 21** for \$70. You can drop-in weekly for \$10 per lesson. These bilingual classes are held at 10 a.m. on Saturdays at the Belle Anse School. To reserve a place call Sandy Coombs at 418-645-2874.

BARACHOIS:

Rec Center

Bingo is back! **Friday, February 3** at 7 p.m. at the Barachois Rec Centre. We hope you will all continue to come out and enjoy the bingo nights again! The new executive also wants to thank the outgoing directors for their many, many years of service and for the success of the Rec Centre. We hope you will join us.

PORT DANIEL:

Gift Bingo

There will be a gift bingo on **Friday, February 3** at 7:30 p.m. at the Golden Age Club, Port Daniel West. Cost is \$20 per series. Canteen will be open. Proceeds to benefit Malcolm Evans Fund. Weather permitting.

SHIGAWAKE:

Cookbooks for sale

The Marcil Branch W.I. has a cookbook that would make a perfect gift. The cost is \$12. The cookbook includes wonderful recipes from past and present W.I. members. To purchase a copy call 418-752-6564 or pick up a copy at the Spec office.

SHIGAWAKE:

Community Center

Upcoming events

Saturday February 11: There will be a Valentine's dance starting at 8 p.m.

Shigawake winter carnival:

Friday, February 17: There will be a lumberjack supper from 4 to 6 p.m. following that there will be a masquerade dance on ice at the skating rink at 6 p.m.

Saturday, February 18:

Games on ice and snow from 1 p.m. (rink)

Sunday, February 19: There will be a brunch from 9 a.m. to 12 p.m. (center) A ski doo rally at 12 p.m. Sliding on hill across from skating rink starting at 12 p.m., old timer vs younguns at 2 p.m. Family games, minute to win it games inside and out all weekend. For more info call Tiffany at 418-752-4236

SHIGAWAKE:

SPDS Governing

Board Meetings

Tuesday, March 28: There will be a meeting at 6:30 p.m. at Hope Town Log Cabin.

Tuesday, May 30: There will be a meeting at 6:30 p.m. at Shigawake Port-Daniel School.

SHIGAWAKE:

WI Marcil Branch

Advance Notice

Friday, February 10: Valentine's Tea. From 12 p.m. until 2 p.m. at the 3 Star 50 Plus Club. \$6 per person. Kids 6 and under free. 50/50 and door prize.

HOPE TOWN:

Hope Baptist Church

"I was glad when they said to me, Let us go into the house of the Lord" (Psalm 122:1). We are a Bible-based, Christ-centered and family-focused church. Sunday School is for all ages, it starts at 9:45 a.m. - 10:45 a.m.; Worship service starts at 11 a.m.; Friday Kings Club (ages 5-12 yrs) at 3:30 and Young Peoples (ages 12-18 yrs) starts at 7 p.m. Everyone is welcome to join us at Hope Baptist Church, 305 Route 132, HopeTown. www.hopebaptistchurch1.com. 418-752-5838. Pastor Paul Bedford BTh. MTh.

HOPE TOWN:

Crib Tournament

There will be a crib tournament on **Saturday, February 18** at 1 p.m. Cost is \$10 per person. Register your team before **Thursday, February 16**. Sponsored by Hope Town Sports & Recreation Club.

NEW CARLISLE:

Bible Chapel Services

Sunday: Breaking of Bread for Believers - 9:30 a.m., Sunday night service - 7 p.m. **Wednesday:** Bible study and prayer at 7 p.m. "You Must Be Born Again."

NEW CARLISLE:

Monthly breakfast

The New Carlisle 50+ Club will be holding their monthly breakfast on **Wednesday, February 8** at 9

a.m. at the Heritage restaurant.

NEW CARLISLE:

Heritage New Carlisle

Elections

Members are invited to attend an Extraordinary Meeting of the Board of Directors on **Tuesday, February 7**, at 7:30 p.m. in the New Carlisle Municipal Hall to hold elections for the organization's Presidency.

NEW RICHMOND:

Friperie Notice

Holiday Closure

Friperie Entraide de l'É.P.É. We always have a large selection of clothing in all sizes for families as well as furniture. Couches, beds, dressers, etc. If you have items which are still functioning and no longer need them don't throw them away before calling us because there are people who need stoves, fridges, washers, dryers, beds, chairs, tables, etc. For information please call 418-392-5161 (Boul. Perron West, New Richmond).

NEW RICHMOND:

Fundraiser

The Richmond Manor is the owner of a John Wiseman original that hangs in our living room and we also own all of the prints. As a fundraiser we are selling our prints for just \$50 each. This is an unprecedented bargain. What a wonderful gift it would be to offer someone a symbol of the Gaspé Peninsula. For more information please call Manjula at 418-392-4102.

NEW RICHMOND:

United Church

Upcoming Events

Sunday, April 30: An after service hotdog luncheon will be held at the church. Cost is \$7 for adults and \$5 for children under 12.

Saturday, November 18: There will be a ham and scalloped potato supper held from 4:30 p.m. to 6 p.m. at the church. Cost is \$10 for adults and \$6 for children under 12.

CASCAPEDIA-ST-JULES:

50 + Club

Every Tuesday: Prize Bingo at 7 p.m. Entry (2 cards for \$5) and \$1 for each additional card.

CASCAPEDIA-ST-JULES:

Jam Session

On **Friday, February 3** and **Friday, February 17** at the 50+ Club, 319, Route 299, there will be a jam session open to all musicians and spectators. Doors open at 7 p.m. with entertainment beginning at 7:30 p.m. Admission is

free and canteen services will be available on site. Welcome to all!

CASCAPEDIA-ST-JULES:

Legion Branch 172

Upcoming Events

Sunday, February 12: The legion will be hosting a Valentines brunch from 9 a.m. to 12 p.m. at the community hall. The cost is \$10 for adults and \$7 for children under 12. Please come join us for a great meal. Also on the same day there will be live music from 2 p.m. to 4 p.m. Entry is free.

GESGAPEGIAC:

Community Market

A community market will be held in the Galgosiet building on **Saturday, February 18** from 10 a.m. to 4 p.m. To reserve a table for \$5 call the band office (Bonnie Jerome) at 418-759-3441.

BLANKET CLASSIFIEDS

QCNA (Quebec Community Newspapers Association) can place your classified ad into 20 weekly papers throughout Quebec - papers just like the one you are reading right now! One phone call does it all! Call Marnie at QCNA 514-697-6330. Visit: www.qcna.org.

SAWMILLS from only \$4,397. - MAKE MONEY & SAVE MONEY with your own bandmill - cut lumber any dimension. In stock ready to ship. Free info & DVD: www.NorwoodSawmills.com/400OT. 1-800-566-6899 ext:400OT.

UNITED CHURCH SERVICES

Sunday, February 5

New Richmond
10:30 a.m.

New Carlisle
2 p.m.

ANGLICAN CHURCH OF CANADA

Sunday, February 5

New Carlisle
10 a.m. Morning Prayer
Hope Town
9 a.m. Holy Eucharist
Shigawake
11 a.m. Holy Eucharist



Try these delicious gluten-free cracked chocolate cookies

(NC) We've all heard the complaints: Gluten-free cakes taste like sand – and gluten-free cookies are brittle and bland.

This type of diet does sound restrictive but there are plenty of ways to indulge in sweet treats without sacrificing flavor.

This classic fudgy cookie crackles delightfully on top while it bakes.

Ingredients

- 2 oz (60 g) extra dark chocolate, chopped
- 1/4 cup (50 ml) unsalted butter, cubed
- 1 cup (250 ml) granulated sugar
- 2 eggs
- 1 tsp (5 ml) vanilla
- 1 cup (250 ml) PC Gluten-Free All-Purpose Flour Blend
- 1 tsp (5 ml) baking powder
- 1/8 tsp (0.5 ml) salt
- 1/2 cup (125 ml) semisweet chocolate chips
- 1/4 cup (50 ml) granulated sugar

Instructions

1. In heatproof bowl, melt chocolate with butter over (not in) saucepan of simmering (not boiling) water. Stir together and set aside to cool.
2. In large bowl, whisk together 1 cup (250 ml) sugar, the eggs and vanilla. Pour in cooled chocolate mixture and whisk until combined. In another bowl, whisk together flour, baking powder and salt; using wooden spoon, stir into chocolate mixture until combined. Stir in chocolate chips. Cover bowl with plastic wrap. Refrigerate for 2 hours or until firm.
3. Preheat oven to 350°F (180°C). Line two baking sheets with parchment paper.
4. Scoop dough into 1 tbsp (15 ml) amounts, roll into balls and coat in 1/4 cup (50 ml) sugar. Place 2 inches (5 cm) apart on prepared baking sheets. Makes about 25.
5. One sheet at a time, bake in centre of oven for 12 to 14 minutes. Cookies will be cracked on the surface but still slightly soft. Cool on sheets on rack. Store in airtight container at room temperature.



A walk down memory lane...



Earle L. Annett came to New Carlisle in 1931 and built the Carlisle Hotel. The whole family worked at it doing everything from driving taxi for American fishermen to housing travelling salesmen. A busy life but a wonderful one.

Why do we say

By Gary Briand

I was down to Robin's in Barachois last June. On leaving the store I met a friend to whom I said that I considered making a stop at Mr. X's home to say "hi". He answered, "Don't tell him any cock and bull stories."

Of course I was familiar with the expression from my young days. But my curiosity was aroused. I decided to research the phrase.

The reference is to a long, drawn out, unlikely yarn. The expression is first recorded in English in 1594 and it became very popular after Laurence Sterne wrote *Tristram Shandy* in 1767. Clearly, though, it is related to the barnyards of England of the seventeenth century. The scholars believe that the whimsical tale of a bull teaching a cock to converse in English is the origin of the expression. Since people well knew that such a conversation was impossible, they labeled any equivalent long winded story "a cock and bull."

The French use the expression "coq-à-l'âne" to describe such tales - literally "cock and donkey" stories. The French, however, have extended the phrase to designate satirical verse that ridicules the follies and vices of the general society. Their expression, unlike the English one, comes from the 14th century proverbial expression "C'est bien santé du coq-à-l'âne" which they take to describe useless speech or writing.

I did not stop to see my friend. Just as I was leaving Robin's, the same man who had warned me not to tell any "cock and bull" added, "Don't go to see him this week - I'm told his ass is in a sling." That expression I'll take up in another space.

WRITING WORD SEARCH

D B J K G A D V A N C E Y R E G A M I J
 P I M Y E L L A G G H M G N I L L E P S
 A V D V H R E T I R W T S O H G O W F G
 R S K O O B T U B A B S H T R R B O I U
 A C V W H O O K L I J E N I L D A E D V
 G N O I T C U D O R T N I K P H J F O T
 R N F R I J K G J A N A L O G Y T P K P
 A H M A T G R C V G T N E M N G I S S A
 P N O G R A J T C K Y J D O D R A F T C
 H D G T P C K E O C F T E N I L T U O P
 U T B H K O M G N O G C S A I L H P A R
 W E Y R C N S E C N N B E I M I Y M L E
 S N S O R C I N L N I P A N L R T C L M
 G O P H E E R R U O T C B C I T F T E I
 R I I P K P A E S T T Y V G K L N N G S
 O T L A C T I Y I A A W H F P L Y O O E
 H P C T I B G O O T M T V C E R I B R B
 T A U E K O A E N I R T W A S E I S Y F
 U C E M A K L G B O O T D A P Y U C T A
 A I E D I T P C L N F J O U R N A L B L

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

ADVANCE
 ALLEGORY
 ANALOGY
 ASSIGNMENT
 AUTHOR
 BACKLIST
 BIOGRAPHY
 BOOKS
 BYLINE
 CAPTION
 CLIPS
 CONCEPT
 CONCLUSION
 CONNOTATION
 COPYRIGHT
 DEADLINE
 DRAFT
 EDIT
 FORMATTING
 FRONTLIST
 GALLEY
 JOURNAL
 KICKER
 LEAD
 LEAD
 METAPHOR
 OUTLINE
 PARAGRAPH
 PLAGIARISM
 PREMISE
 SPELLING

HOROSCOPES

ARIES – Mar 21/Apr 20
 Aries, the planets are giving you the cosmic go-ahead to put certain plans in motion. Don't procrastinate because time is of the essence. It's time to get moving.

TAURUS – Apr 21/May 21
 No one has better solutions to your problems than you do, Taurus. To appeal to the masses, you may need to change how you present your opinions just a bit.

GEMINI – May 22/Jun 21
 Gemini, you might be overly focused on the smallest of details, but it's more important at this juncture in time to look at the bigger picture. Figure out how to do that.

CANCER – Jun 22/Jul 22
 Cancer, you may end up delving into things this week that are better left alone. There is no point in drumming up trouble unless you have to. Sit back and watch things unfold.

LEO – Jul 23/Aug 23
 Don't set yourself up for frustration, Leo. Avoid people who like to push all of your buttons. You deserve a relaxing, calm week, and this may be your chance.

VIRGO – Aug 24/Sept 22
 Virgo, although you didn't think things could get busier in your life, you are about to see just how busy things can be. If you need a breather, take it now.

LIBRA – Sept 23/Oct 23
 Libra, more enjoyable things are on the horizon and you may find yourself distracted by so many interesting and entertaining events. Start filling your calendar.

SCORPIO – Oct 24/Nov 22
 Scorpio, as challenging as life can sometimes be, you need to take chances and push yourself further. This might be a week for some risk-taking.

SAGITTARIUS – Nov 23/Dec 21
 It usually takes a lot to raise your ire, Sagittarius. Continue maintaining this calm approach, carefully considering each situation before reacting.

CAPRICORN – Dec 22/Jan 20
 Capricorn, it is not easy to just ignore something, especially when it is constantly being flaunted. Take the high road in this instance or you may get pulled under.

AQUARIUS – Jan 21/Feb 18
 Aquarius, take a few moments to focus on your future instead of just those things that need to be addressed in the present. Open your mind to honest long-term goals.

PISCES – Feb 19/Mar 20
 Pisces, arguments can be stressful, so try to stay out of them unless they directly affect you. Show others you are the bigger person.

- FAMOUS BIRTHDAYS**
 JANUARY 29
 Adam Lambert, Singer (35)
 JANUARY 30
 Phil Collins, Singer (66)
 JANUARY 31
 Minnie Driver, Actress (47)
 FEBRUARY 1
 Ronda Rousey, Athlete (30)
 FEBRUARY 2
 Shakira, Singer (40)
 FEBRUARY 3
 Amal Clooney, Attorney (39)
 FEBRUARY 4
 Gavin DeGraw, Singer (40)

Business & Professional

DIRECTORY

LOCATION MOREAU INC.

We rent Everything
(or almost)

Sales of water treatment systems,
installation and repair of water pumps

For information or a free estimate, contact André, owner
We also offer the rental of storage lockers

223, chemin Cyr, New Richmond
1 418-392-4219

Garage Robinson



- Mechanical Inspection
- Preventive maintenance program
- Repair of heavy truck trailers and buses
- Sales of trailer parts and supplies

276 route 132, Shigawake, Quebec G0C 3E0
Tel.: 418-752-2548 / Fax: 418-752-5004

CENTRE COMMUNAUTAIRE

AUBERGE DOUGLASTOWN HOSTEL

Tel.: 418-368-0288 Fax: 418-368-0284
28 St-Patrick, Douglastown, Quebec
Email: centre.douglas@douglastown.net
DOUGLASTOWN.NET

Annie M. Alerie

For the well being of your pets

255 Perron Blvd East
New Richmond (Que.)
G0C 2B0

- Accessories
- Food
- Pets for sale
- Clipping & grooming

Laguna Distributor

Tel. (418) 392-4144
Fax: (418) 392-4954

abca+

Société de comptables
professionnels agréés

AN APPROACH THAT PAYS!

ASSOCIATES

ALPHONSE BERNARD, FCPA, FCA
CLAUDE BERNARD, CPA, CA
HÉLÈNE LAGACÉ, BAA

alphonsebernard.ca
CARLETON-SUR-MER
418-364-7471
CPA



Clinique de physiothérapie Arsenault Joncas Fournier

- Maryse Arsenault, pht
- Thérèse Joncas, pht
- Marco Fournier, pht
- Anne Turbis, trp

10, rue de la Cathédrale,
Gaspé (Québec) G4X 1N8
Tél. : 418 368-2414
Télé: 418 368-4703
clinphy@cgocable.ca



Dr. Éleine Audet
Owner

349, boul. Perron
Maria Qc G0C 1Y0
Tel. : 418 759-3640
artdent@globetrotter.net

Dentistry Service in
• Neuromuscular
• Implantology
• Aesthetic
• Periodontics

FOR ALL YOUR
BUSINESS AND DEVELOPMENT PROJECTS,
CONTACT US!

SADC

www.sadc-cae.ca

Baie-des-Chaleurs 418.392.5014
Haute-Gaspésie 418.763.5355
Gaspé 418.368.2906
Rocher-Percé 418.689.5699

Canada Canada Economic Development offers a
financial support to the SADC



To reserve a space in
the Business
Directory, contact...
Tracy Major

She will be happy
to help you with your
advertising needs

The Gaspé Spec

418-752-5400
418-752-5070



Please check the website
www.northshorecinema.ca
for a detailed listing

Tel: 506-753-5454 52 Roseberry St.
To book a special showing (Irene): Campbellton, N.B.
506-753-4108 E3N 2G4

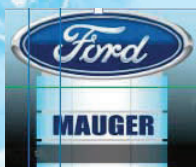


ALL PARTS ARE
GUARANTEED

THE LARGEST AUTO RECYCLING
CENTRE IN NORTHERN N.B.

5 miles west of Campbellton

1(866) 753-4108 • (506) 753-4108
Fax: (506) 753-6156 75 Route 275
millautoparts@nb.aibn.com Glencoe, NB E3N 4Y2



AUTOMOBILES MAUGER FORD INC.

GET THE FORD YOU WANT
WITH THE FEATURES
YOU EXPECT

GET THE FORD YOU WANT,
AT THE PRICE YOU EXPECT.



IT'S EASY TO
GET INTO A FORD

DROP BY ONE OF THREE LOCATIONS:

- **GASPÉ • 418-368-2119**
81 York Blvd East,
Gaspé, Quebec
- **GRANDE RIVIÈRE • 418-385-2118**
119 Grande Allée East,
Grande Riviere, Quebec
- **NEW RICHMOND • 418-392-4444**
134 Perron Blvd East,
New Richmond, Quebec