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in all Gaspesian hospitals

# The Gaspé Spec

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## Young woman explores Quebec and Atlantic Canada by bicycle

Wendy Dawson

CARLETON: — Adrienne Cyr, a 20-year-old New Richmond resident, started a long bicycle journey across Quebec and Atlantic Canada on March 6, in an attempt to know more about the First Nations and her own territory. She added a touch of difficulty to her trip by starting it in the winter, a few days before the winter's worst cold wave.

She had some cycling experience under her belt because in 2016, at 19 years of age, she cycled 8,000 kilometres through 13 countries between France and Turkey, making stops in Belgium, the Netherlands, Germany, Austria, the Czech Republic, Bosnia and Herzegovina, Albania and Greece. In fact, that first trip triggered her current journey.

"While in Europe, I was asked many times where I came from. I answered 'Quebec' only to realize how little I knew about my own province. So here I was, crossing Europe without knowing much about my territory, its culture, its people. I also realized that I knew very little about the First Nations, the first inhabitants of Quebec," says Adrienne Cyr.

She left Caplan around mid-morning on March 6 and bypassed what could have been her initial First Nations stop, Gesgapegiag. She wants to save it for the end of her trip, at the end of May or beginning of June, when she returns to the Gaspé Peninsula from Nova Scotia and New



Photo: G. Gagné

New Richmond's Adrienne Cyr left Caplan on March 6 to cycle in the cold and meet with Quebec's First Nations.

Brunswick.

After a night at a friend's place in Nouvelle, she reached Listuguj, where she spent three nights. She found a place to sleep simply by

knocking on a door. A lady, Carmelle, accepted housing her for the duration of her stay, no matter the length.

"She works in a shelter for women that are victims of vi-

olence. I participated in the activities of the shelter, as part of International Women's Day, open to all women of the community. I met with the chief (Darcy Gray) and his family, and some Migmaq teachers. I also took part in a lobster fishing ceremony with the women of the community," she says.

"I learned that there is a mix of traditional, American and Catholic cultures in Listuguj. There is pride and an attachment to the community and the Migmaq culture. Welcoming people is important. I perceived the consequences of the policies and discrimination that they have suffered. They have been greatly affected (by those factors). It was a lot of information to take in and I find it difficult to draw conclusions right away. I was extremely moved, and I held some tears inside when a language teacher described the government policies adopted prior to 1980 and how disappointed she is to see that only 9% of the community's people still speak the language," adds Adrienne Cyr.

She spent some time with photographer Karen Martin, a Gesgapegiag native who has been living in Listuguj for years.

"Karen pointed out to me that each time an elder dies, he or she brings with him or her a portion of the history and tradition," emphasizes Adrienne Cyr.

"They are embarked on some kind of survival path. The people talk a lot about their open-mindedness, and I confirm that, and also about

their values of sharing, welcoming and respect for elders," she concludes.

After Listuguj, Adrienne Cyr covered 65 kilometres on March 10, a very, very cold day, and found a couple ready to house her in Sainte-Florence, Matapedia Valley. She stayed there for a night and reached Amqui the following day, which was even colder.

"I had no energy left," she said, upon reaching Sainte-Florence and Amqui. She is well-equipped to stay warm when cycling in cold weather but admits that it is harder on her energy level.

"My bicycle tires have cleats and the road shoulders are usually well cleared at this time of the year. I make sure to clean the salt off the essential parts of my bike, like the chain and the gears every night. Cold waves are mostly finished by March. It should go well," says Adrienne Cyr.

She also visited Viger, a Malecite community near Rivière-du-Loup. That community doesn't have a territory for its residents, unlike Listuguj and Gesgapegiag. In that regard, it looks more like Gespeg.

She intends to go west until she reaches Kahnawake, the Mohawk community. "From there, I might go to Kanesatake. I'll have to decide. I want to cover the north side of the Saint Lawrence river, down to the North Shore and Lower North Shore, take the ship to Blanc-Sablon, cross to Newfoundland, cover the island, cross to Nova Scotia and come back from there," she says.





Photo: CISSS de la Gaspésie

Hélène Chagnon.

# Memory Clinic services available to more Gaspesians

Thierry Haroun

GASPÉ PENINSULA: - The Memory Clinic, a unique health infrastructure, is currently expanding its services across the Gaspé, which by definition will enable the clinic to reach more patients faced with cognitive problems and other related diseases such as Alzheimer’s disease.

That’s what Hélène Chagnon, a nurse who is responsible for the regionalization program of the Memory Clinic, confirmed to Spec. “At the start of the Memory Clinic, in 2012, our services were offered in the Percé Rock MRC only and now we are in the Chaleur Bay. There is a team of two specialized nurses that work closely with the area’s GMF (Family Medicine Group). Thus, these two nurses are supported by doctors in the context of their daily work which consists of identifying people faced with cognitive troubles and other related diseases such as Alzheimer’s disease and senile dementia, for instance,” explains Hélène Chagnon. Another specialized nurse, supports the two other nurses by offering a follow-up service at the patient’s home. The Chaleur Bay Memory Clinic is dispatched through the GMF at three different locations: Paspébiac, Caplan and Maria. The area covered spans from Shigawake to Matapédia. “Since we have been in the Bay of Chaleur area, we realize that we are meeting a real need for this type of health problem,” she adds.

## More expansion

The expansion program of the Memory Clinic will reach a new step by implementing its multiples services in the Gaspé

area. “We are just starting. We’ve made the first steps by contacting a doctor in Gaspé and we will proceed the same way in Gaspé and its surrounding area as we did in the Chaleur Bay area by implementing our services through a GMF with a team of nurses and doctors.” In terms of timeline, this year is dedicated to implementing the services in the Greater Gaspé area and in 2018, the Memory Clinic will be implemented in the Haute-Gaspésie region, more specifically in Cap-Chat, she pointed out.

**Hundreds of people seen**

The head office of the Memory clinic is located in Chandler, in the SEGA building (between the CLSC and the Hospital). Since its inception in 2012, the clinic has seen 450 patients in the Percé Rock MRC alone, an area that has a team of three specialized nurses, doctors and a social worker. The number of patients seen in the Bay of Chaleur area is not yet available. Evaluation of the neuropsychological situation of the patient, follow-up and supporting care takers are some of the services offered by the Clinic which is under the patronage of the CISSS de la Gaspésie (regional health board).

# News briefs



Photo: courtesy of Mickael Cloutier

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

## A silver medal for Mickael Cloutier

Thierry Haroun

SAGUENAY: - Mickael Cloutier, from Cape Cove (near Percé), is the provincial powerlifting champion. He won a silver medal at the Canadian Championships that took place on March 18 in Saguenay. “I’m really happy with my performance. It was an honour for me to be part of the best in the country and to share the same stage with them. I was 1kg short of participating at the world championships. I would like to thank everyone who supported me, especially my trainer Jessica Benedetto and my handler, Jonathan Simard,” he told Spec. His results are the following in his category (less than 120kg or 264 lbs): 705 lbs for the squat, 479.5 lbs for the bench press and 700 lbs at the deadlift. Spec published a full story on Mickael Cloutier in the February 1, 2017 issue.



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Places are limited, please reserve with Melissa or Shannon at 418-752-5995 no later than April 14. Participation is free and a light lunch will be served



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# Lisée visits the Gaspé and promises to challenge the Liberals

Geneviève Gélinas

GASPÉ: – The leader of the Parti Québécois Jean-François Lisée promises to challenge the Liberals at the National Assembly in order to “put the spotlight on government inaction,” regarding the Gaspé Peninsula.

However, Mr. Lisée didn’t give many details about his own commitments if he’s elected Premier of Quebec in October 2018.

The leader of the opposition was on the Gaspé Peninsula on March 18, 19 and 20. He stopped in Sainte-Anne-des-Monts, Amqui, Gaspé and Percé, where he visited the wharf.

“I ask Justin Trudeau and Philippe Couillard to quickly resolve the question of the Percé wharf,” Mr. Lisée said. The two governments must find a solution for at least the part of the wharf to be used this summer and “for the whole wharf to be repaired in 2018,” he added.

The Percé wharf was damaged by the December 30 storm. It was already in poor condition before the storm and can’t be used this coming summer without repairs.

The *Société des établissements de plein air du Québec* (SÉPAQ) should acquire the wharf once rebuilt by the federal government, believes Mr. Lisée. “There’s no point in giving a small municipality the responsibility for an infrastructure which is so important for the region and for the whole of Quebec.”

SÉPAQ manages Bonaventure Island and Percé Rock provincial park and most of the boat traffic from the Percé wharf goes to those attractions.

The SPEC asked Mr. Lisée if he will recommend for the SÉPAQ to acquire the wharf if he’s elected premier in October 2018. “We’ll see what the state of the situation in 2018 (...) It’s the optimal solution. If another solution is found, we won’t be dogmatic.”

The leader of the opposition also criticized the poor condition of the Gaspesian railway, which prevents the LM Wind Power plant from loading its blades on the train from Gaspé.

“The freight train has to be able to go to Gaspé as soon as possible. Its absence is going to lead to major traffic problems during the tourist season. When the plant reaches its



Photo: G. Gélinas

Leader of the Parti Québécois Jean-François Lisée was on the Gaspé on March 18, 19 and 20.

cruising speed, it’s going to create traffic jams.” The blades manufactured in Gaspé are transported by truck to New Richmond, where they are loaded on train cars.

Mr. Lisée hopes that the railway repairs will have made progress by October 2018. “If nothing or not much is done, we’ll establish an accelerated timetable for (the repairs) to be done and we’ll prepare a program for the return of the passenger train,” said the leader of the opposition. However, he didn’t give details about deadlines or amounts.

The Liberal government “abandoned the wind energy sector,” even though its costs have lowered and are “perfectly competitive,” with the cost of hydroelectricity, stated Mr. Lisée.

Gaspesians can “rely on us” (the Parti Québécois) for future wind energy development, said Mr. Lisée. Québec will order windfarms when the province needs electricity.

However, the leader of the opposition doesn’t say when a call for tenders could be launched. “I cannot tell you that now because the Liberals have slowed down the Québec energy transition (...). We’re going to accelerate the energy transition and promote wind energy for exports and in the new energy production, there

will be wind energy.”

The opinion of Mr. Lisée has changed slightly since he came to the Gaspé Peninsula as a candidate for the Parti Québécois leadership in July. At that time he said that he wouldn’t order new windfarms, but would “accompany our businesses on external markets.”

Jean-François Lisée promised to hold an “interpellation” (long intervention) about the Gaspé Peninsula on April 7 at the National Assembly, in the presence of the minister responsible for the region, Sébastien Proulx. An interpellation means that “we force a minister to listen to our questions for three hours. Sébastien Proulx will be held hostage by spokespersons of the Gaspé,” Mr. Lisée explained.

Members of the National Assembly for Gaspé Gaétan Lelièvre and for Bonaventure Sylvain Roy might question the ministers, as well as other representatives of the region.

## Police report

On the morning of March 26 in New Carlisle at approximately 4 a.m., a 32-year-old resident was involved in a snowmobile accident at the intersection of Green Street and Gérard D. Levesque Blvd. The driver of the snowmobile was proceeding north on Green Street, failed to stop at the intersection and struck a passing car on Gérard D. Levesque Blvd.

“The driver of the snowmobile was seriously injured but the injuries are not life threatening. He was rushed to the Maria hospital. He was arrested at the hospital because the police officers had reasons to believe that he was impaired. The driver refused to provide a blood sample and will likely be charged for that as well,” says Sgt. Claude Doiron, spokesperson of the Sûreté du Québec.

The occupants in the car were not injured but the car was damaged. The driver of the snowmobile will be summoned to appear in court at a later date.

That same night, a fatal snowmobile accident occurred near Matane. A 51-year-old man from Sainte-Félicité was found dead along the Trans-Québec 5 trail, close to Saint-Jean-de-Charbourg. The body was found near the snowmobile by the driver of the trail grooming machine. The cause of the accident is under investigation. It was the third fatal snowmobile accident to occur east of Rimouski since the beginning of March.

\*\*\*\*\*

The criminal and penal prosecutor in chief, attorney Éric Morin, will replace Gérald Maltais as the main crown prosecutor in the murder trial of Réal Savoie, charged with the murder of Sonia Raymond.

The trial resumed on March 6 with jury selection but lasted only a week. On March 13 the case was put over to March 20 to allow defence attorney Marcel Guérin to attend the funeral of his brother. On March 20, Superior Court Judge Louis Dionne postponed the trial until April 10 to allow the Justice Department to replace Mr. Maltais and give Éric Morin some time to familiarize himself with the case.

Sonia Raymond was murdered on the beach in Maria on July 27, 1996. Réal Savoie was only charged in April 2014, following an undercover investigation that had started in 2013.

### WEDDING ANNOUNCEMENTS



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Guest Commentary:

Wendy Dawson

O(wed) to a Garde

I consider myself a good Gaspesian. I have learned to embrace every season and appreciate what each has to offer. This time of year however, the small sliver of a season tucked away between the coldest of winter and the promise of spring awakens something in me. I am not forced to look deep inside myself to understand the inspiration. It lies quite simply in the promise of a garden.

This is the time of year where I start dreaming. Browsing through seed catalogues and seed displays at the store, sneaking in an envelope here and there among my other purchases. There are already greenhouses in our home filled with delicate seedlings, small wings of leaves turned towards the sun, seeking out the warmth. Come April, the seed inventory will be flush and the house will be filled with an unmanageable number of small containers edging every window and the smell of warm damp soil will permeate the air.

I planted my first garden when I was 24. I have had one almost every year without exception. Even during the times of my life that I found myself living in an urban setting, my balcony would be overloaded with cherry tomato plants, pots of herbs and flower boxes filled with lettuce.

I have had years where my harvests have been so bountiful, that I found myself with 5 gallon pails filled with green tomatoes and boxes of yellow wax beans, shelves full of chutneys and salsas. I have had others where all the effort and investment of a season has ended up in the belly of a slug. And yet, every spring, the planning begins again, a perfect picture in my mind of what my garden will look like, making plans for my fall canning and preserving.

In 2009, a thorough study compiled by Deloitte & Touche that included the participation of a variety of provincial horticultural organizations and Statistics Canada, evaluated the home gardening industry in this country as having an annual value of 14.5 billion dollars! Across Canada, over 110,750 full time jobs are attributable to the gardening industry and another 22,026 jobs supply and support the sector. All in all, that adds up to a lot of seed packets.

An informal survey of SPEC readers provided a variety of inspiring and beautiful reasons for gardening.

Rebecca Renouf from New Carlisle said, “Having a garden is very hard work, and sometimes your garden can disappoint you, all depending on the

weather, but the main reason for us gardening is watching a seed grow into something you can eat. It’s an amazing experience.” Tanya Condo from Gesgapegiag who last year completed a course in horticulture said, “My relation to food used to be so disconnected, but now that I am able to provide for myself, I feel more connected to the land and I’m a thousand times more grateful for the gifts from Mother Earth.” Jennifer Flowers of Hope Town probably summed it up best however, “Earth to table cannot be beat.”

So if you are not a gardener and you still need some convincing, consider the following:

- Gardening is scientifically proven to reduce stress, reduce anxiety and make you happier. There is a tiny microbe that lives in healthy soil, mycobacterium vaccae, that has been found to have the same effect on the brain as drugs such as Prozac.
- Gardening contributes to movement and physical activity. You get out in the fresh air, and while you are not lifting weights or running a treadmill, the movement required in gardening still contributes to better overall health, an improved sleep and longevity.
- Gardening keeps you sharp! Two separate studies that followed people in their 60s and 70s for up to 16 years found, respectively, that those who gardened regularly had a 36% and 47% lower risk of dementia than non-gardeners, even when a range of other health factors were taken into account. Furthermore, horticulture therapy is now used in a number of institutions including those that treat patients suffering from mental illness as well as dementia and Alzheimer’s. It is recognized as contributing to their overall wellbeing of those patients.
- Gardening provides you with a certain food autonomy, not to mention the freshest and best quality food. Your attempt to consume the food guide’s recommended five to 10 servings of vegetables a day may not be such a chore if they are readily available and taste great. And if you have young children, you will see them develop an appreciation and curiosity for good quality food.

Personally, my greatest reward after years of gardening came this year. The full greenhouses and growing seed inventory along with bits of paper with garden layouts, tucked in different places throughout the house – are not my doing. This year the dream of a garden belongs to my daughter. After years of lamenting about having to pick potato bugs or complaining about weeding between rows of small indiscernible carrots, she has become charmed by the idea of a garden and excited at the prospect of digging in the dirt. For reasons unexplained, this has filled me with happiness.

To those of you who are already familiar with all of the benefits of gardening mentioned here and more, happy spring and happy planning. To those that have yet to take on gardening, go ahead, give peas a chance.

Letters to the Editor

**The Kempffer Centre began their Canada 150th** anniversary celebrations with 85 people enjoying a delightful Soup and Sweets luncheon on March 10th, 2017. We appreciated the fact that so many came to help celebrate! Keep watching for more activities in the future as we are in the planning stages at the moment. It looks like we will be having some special music coming from PEI, if all goes well. The Kempffer Centre will be a busy place this summer folks. If your lucky, you may get to taste the Hoe Cakes, first made in the 1700’s. Just hope the snow leaves us soon so we can all enjoy the beautiful back yard!!!

We are deeply indebted to our municipality of New Carlisle, reason being, they have been our supporter since the Kempffer Centre was first dedicated to become a cultural and Interpretation centre. It has always been an interesting place to visit and our team is working hard to ensure that we can offer more activities for all age groups during this special year of celebration and in the future.

To me, it holds much of my own heritage and many others in the community and surrounding areas because my grandfather’s sister Julia Ann Smollett married Langler Kempffer! The son of Robert Henry Kempffer. While I was living in Ottawa years ago, my dad (Robert Caldwell Smollett) and I visited Guy Kempffer (1 of their 11 children) who happened to be living in the area.

We were delighted to hear that the René Levesque museum will soon begin construction with the help of a generous donation from the Federal Government. We look forward to working together as partners, to preserve the heritage and culture of our past. It is our duty to ensure that those who follow us will be proud to carry on the legacy left by their ancestors. In order to achieve this we must work together in harmony and with respect.

Betty Anne Smollett,  
President of the Kempffer Centre

**I read Miss Diane Flowers article** about Memories and here are some things I remember from the past. I remember my dear father, who told fortunes by loose tea leaves. He once told my cousin that she was going to have a baby and she said don’t be crazy Uncle Lawrence. But after a month or two she told my dad, “Uncle Lawrence, I am going to have a baby!” I know some people used to go to the dump to watch the bears. I remember a brick warmed up in the oven to keep your feet warmed up in bed. I remember glass, quart milk bottles which we bought from a neighbour. I never had a lump of coal in the toe of my Christmas stocking, but some people did. I remember going to the woods to cut pulp wood and it was below zero and I went with a horse and sleigh. One day the axe glanced off the tree and hit my foot and cut it. I got on the horse’s back and on the way out I passed out. When I came to I was under the horse’s body, but the horse just stood there and then came to our place. We had a car then, it was 1958, so my dad and brother took me to Dr. Pelletier in Gaspé. He said I had lost a lot of blood. The doctor put in stitches and gave me some tonic. We get the Spec nearly every week.

Benjamin R. Annett,  
Gaspé, QC

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CORRECTION

Please note that in the March 15 issue of Spec, the author of the “**Gesgapegiag celebrates Women’s Day**” article on the cover page should have read Cynthia Dow.

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# Access to hemodialysis in all Gaspesian hospitals

Geneviève Gélinas

GASPÉ: – Before the end of the year, the Gaspé, Maria and Sainte-Anne-des-Monts hospitals will have two hemodialysis machines for kidney patients. Ten Gaspesians forced into exile closer to dialysis services in New Brunswick or in Rimouski could consequently return home.

Quebec Health Minister, Gaétan Barrette, who was in Gaspé on March 23, also announced the construction of a new emergency in Gaspé, for \$21.4 million.

The hemodialysis service in Gaspé should be in operation within two months, the Sainte-Anne-des-Monts service next fall and the Maria service, next December. Each hospital will be able to care for eight patients, which is more than the current needs.

It will cost \$1.3 million to buy the hemodialysis machines and to adapt the rooms. Thereafter, operating the service will cost \$1.4 million per year.

Until now, Chandler was the only Gaspesian hospital to offer that service, to 12 kidney patients. Several Gaspesian patients live more than one hour and a half drive from the Chandler hospital, which is the health ministry standard. In fact, many of them moved outside the region to benefit from hemodialysis.

A hemodialysis treatment consists of being plugged into a machine for four hours doing the work of kidneys, that is to say to purify the blood. It has to be done three times a week to keep the patient in good condition. For patients who need it, not getting their hemodialysis treatments would lead to death.

Minister Barrette recognized the special situation of the Gaspé. “We didn’t reach the maximum capacity of the Chandler hemodialysis service, but this doesn’t fix the question of distances.”

Robert Benoit, a kidney patient from Cap-aux-Os, near



Jean Lapointe and Robert Benoit, two Gaspé kidney patients, welcome the investment for equipping the Gaspé hospital with hemodialysis machines.

Gaspé, drives more than 800 kilometers per week to Chandler. He’s “very pleased” with the new service. He will soon be only 20 minutes from his hemodialysis service. “That changes everything. I could have my breakfast and lunch at home. I will be less tired and will experience less frustration. I could even work a little more. That’s the best news I’ve gotten since I learned that I needed he-

modialysis, four years ago. I’m not thinking about moving to Montreal anymore.”

Five Gaspesian patients who had moved to Rimouski and five more who had moved to New Brunswick could move back home to the Gaspé.

The Gaspésie health and social services integrated centre (CISSS) anticipates that about 12 new kidney patients could soon need hemodialysis in the region.

wing, built on one floor, west of the hospital. This new space will be 1,700 square meters.

“It’s an expansion on one floor, which could eventually support a second floor,” explains Martin Pelletier, director of technical services at the Gaspésie CISSS (Centre intégré de santé et de services sociaux, the region’s integrated health and social service centre). The management of the organization hopes to build new operating facilities on a second floor in the coming years.

The Gaspé emergency has not been modernized since the hospital’s construction at the beginning of the 1970s. The March 23 announcement was the fourth ministerial announcement in less than ten years for the emergency. Minister Barrette promised that this time, it’s for real. “I never announce a project if we have no provision to do it. What I’m announcing is going to happen.”

In the past, ministers have announced investment programs to modernize the emergency. Once the project was set up by the health centre, the required amounts were not available, explains Martin Pelletier.

Photo: G. Gélinas

## Rebuilding the Gaspé emergency

The Gaspé hospital will have a brand new emergency at the end of 2019. It will be more than twice as large as the old emergency. It will have seven stretchers (one more) and six consultation rooms (three more). The three critical care beds, currently on the seventh floor of the hospital, will be moved to the new emergency

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# Manufacturing sector grows 22% over five years

● Gilles Gagné

CARLETON: – The Gaspé Peninsula manufacturing sector grew by 22 percent between 2007-2012, according to Louis Duhamel, a strategic analyst for Deloitte, a consulting firm. The region therefore figures among Quebec's 10 regions that have seen their manufacturing sector grow during the same stretch. There are 17 regions in the province.

The food industry is a large part the driving force of the region's good performance, points out Mr. Duhamel. Although the numbers he analyzed go back a few years, because of delays in the availability of statistics, he affirms that the upward regional tendency is still valid.

"The increase is more concentrated in the food processing industry. It is attributable to fish processing but also to other types of food processing. Approximately 60% of Gaspesian food production is sent to the Quebec market. The region feeds Quebec," points out Louis Duhamel.

The 2007-2012 period saw the emergence of several new ventures for a region like the Gaspé Peninsula, where economic diversification was necessary following the closure of the Chandler paper mill, the Mudochville mine and copper smelter and the New Richmond linerboard mill.

Saint-Omer's CFI Metal was built during that period, and Hope Town's Pipec

emerged as a prime manufacturer of commercial fishing gear. Louis Duhamel used those examples in front of Gaspé Peninsula business people gathered to learn more about the "*Grande tournée manufacturière*", a tour of Quebec that is part of an Investissement-Québec and Quebec government three-year drive to stimulate exports.

In the food industry, the Gaspé Peninsula has greatly benefitted from lobster processing, an activity that was practically non-existent before 2006 and that has risen significantly since then, to the point that up to 600 workers are extending their labour season with a venture initiated by E. Gagnon et Fils in Sainte-

Thérèse-de-Gaspé. Now, half-a-dozen plants are processing lobster.

In monetary terms, the value of the Gaspé Peninsula manufacturing output is important but compared to province-wide data, it is a bit different.

"In monetary terms, the Gaspé Peninsula's increase is not the largest. It is actually second to last in the province but the population of the region is also small (the smallest of the 17 regions). I am not wasting time with the money figure. The manufacturing potential of the Gaspé Peninsula is interesting, there is room for expansion and I know that the region can achieve that," says Louis Duhamel.

When looking at the Quebec-wide picture, Mr. Duhamel emphasizes that the decline of the manufacturing sector is over.

"A lot of people think that it is not going well, that it is sinking. The plant closures sure make the news and the opening of new plants are not as well covered (...) In reality, Quebec's manufacturing sector is growing by 3% annually. It is not as high as the United States' manufacturing industry, at 5.7%, or Germany's, at 8.7%, or even France's or Great Britain's, at 4% but Asian countries are experiencing problems because their operating costs are increasing and they have a competition problem," says Mr. Duhamel.

## MANUFACTURING SECTOR:

# What is the key to sustaining growth?

● Gilles Gagné

CARLETON: – While the manufacturing sector is now growing again in Quebec, the level of investment to increase productivity is lagging significantly, compared to 2000, explains strategic adviser Louis Duhamel, of Deloitte, the consulting firm.

"That is Quebec's main issue to keep progressing in the manufacturing sector. In 2000, Quebec firms were investing \$7 billion in capital to improve their productivity. In 2008, it had fallen to \$3.5 billion. That was the beginning of the (world-wide) economic slump and people were scared to take risks. It has since risen to \$4.5 billion in Quebec but it is stagnant. To regain the level of 2000, considering the inflation rate, we would need to invest \$8.5 billion per year in productivity increase. If we raise that \$4.5 billion amount by 11% over five years in a row, we will achieve it," states Mr. Duhamel.

"There is a lot of support for the manufacturing sector. Manufacturers are not alone," he adds, referring to the role Investissement-Québec can play in that regard.

Louis Duhamel points out that the key to an increase in capital spending by manufacturing firm is their confidence in the future.

"If someone invests more, there is an increase in productivity, the production cost decreases and the profits

increase. If business people are not making that evident move easily, there must be a factor holding them back. We must use psychology to explain that. So there is another factor and that factor is confidence. We are in the process of solving that with the government of Quebec project. The other governments in the world are doing so. Restoring confidence takes time," explains Mr. Duhamel.

Quebec is in a good position to increase its manufacturing sector given the magnitude of its trade relations with the United States, he says.

"Despite the surprising statements of the new president (Donald Trump), it (in-

ternational trade between Canada and the United States) remains the largest trading partner in the world and has grown by 221% since 1990. More than 30 states have Canada as their biggest trade partner," emphasizes Louis Duhamel.

Quebec imports \$80 billion annually from the United States. "It represents \$77 billion in manufactured goods. Considering that the United States is importing from Quebec, we have targeted 100 opportunities that could allow Quebec firms to export more to the United States," he says.

If Quebec doesn't want to put all its eggs in one basket, the American one, Canada has reached a free trade agree-

ment with Europe, points out Mr. Duhamel.

"We are the only ones with that kind of agreement. We pay zero tariff when our goods reach Europe while other countries pay 14%," he adds.

Sylvie Pinsonnault, of Investissement-Québec, explains that the partners of the "Grande tournée manufacturière" have identified a strategy in 10 points to sustain the growth of Quebec's manufacturing sector. One key element is the amount of money earmarked for the enterprises.

"The plan calls for \$700 million in three years to help businesses make the innovation turn. It is not only a matter of money. The

manufacturers will be accompanied in the process," she explains.

The CRIQ (*Centre de recherche industrielle du Québec*), the Laurentian Bank and the Solidarity Fund of Quebec's Federation of Labour are some of the partners involved in the Grande tournée manufacturière.

In 2007, Gaspé Peninsula firms spent \$3.9 million in capital expenditures to increase their productivity and capacity. In 2013, that amount had reached \$4.8 million. Louis Duhamel is convinced that the numbers are still increasing in the region, given investments like the \$12 million expansion LM Windpower has undertaken in Gaspé.

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## Reflections

by Diane Skinner Flowers

### The Great Gaspesian Quiz: The Answers

*Here they are – the answers to last week's quiz.*

1. Gespeg translates roughly as "where the land ends." Many place and river names on the Gaspé come from the Mi'gmaq language.
2. The mountain range is the Appalachians. The Appalachian Mountain Range begins in northern Alabama and ends at the tip of the Gaspé Peninsula where it plunges into the sea.
3. The highway that circumvents the Gaspé is Route 132.
4. Forillon. Forillon has excellent hiking trails where you can view gorgeous seascapes. Most of those trails take a couple of hours to hike.
5. The alternate energy source is windmills or wind turbines. Originally Murdochville was a booming copper mining centre.
6. Loyalists were people who came to the Gaspé around 1783 from the American colonies. This was after the American Revolution and Loyalists had chosen to remain loyal to Britain. The Loyalists of the Gaspé settled mainly in New Richmond, New Carlisle and Douglastown. Acadians were French-speaking people who originated from Acadia, which was a large area that spanned from New Brunswick to Maine. Those who came to the Gaspé mainly settled in Bonaventure.
7. Miguasha is a World Heritage Site because of the number of excellent fossils that can be found there. These date back 170 million years.
8. Jacques Cartier first landed on the Gaspé in 1534 and planted a cross to claim the land in the name of the King of France. There is evidence to support the theory that Vikings, Italians, Basques and Bretons landed here before that date. Natives had already been here for hundreds, even thousands, of years prior to this.
9. Reford Gardens is reputedly one of the world's finest gardens and is in Matane. These magnificent gardens spread over 17 hectares. Check online for visitor info.
10. Percé Rock is about 375 million years old. It is 200 metres long. It stands

- 45 metres high. It loses about 300 tonnes of rock each year.
11. Charles Robin, a Jersey merchant, set up a trading and fishing company in 1767 in Paspébiac. He held a cod fishing monopoly that stretched from the Gaspé to New Brunswick and as far as Cape Breton. He brought many families from Jersey to settle on the Gaspé.
12. The name of the film is Isabel and was directed by Shigawake's own Paul Almond. (1931 – 2015) His 8-novel series set on the Gaspé is entitled The Alford Saga.
13. Werner von Janowski was dropped off near Fauvel and made his way To New Carlisle, QC. Dean Beeby's book Cargo of Lies is an excellent account of the whole incident and the aftermath.
14. Pirates attack ships of any nationality and keep the loot and sometimes the ship. Privateers attacks ships of enemy countries only, but must give a portion of the loot to their home country.
15. The mineral gaspeite varies from pale green to apple green and may contain bits of brown.
16. Mont Lyall is an agate mine which is open for visitors from June until October. It is 80 km north of New Richmond on Route 299. Go online to check for information.
17. Hazel McCallion was born in Port Daniel and served as long time mayor of Mississauga, Ontario.  
Gérard D. Levesque was a lawyer, politician and Minister of Finance for Quebec. He grew up in Paspébiac and served as political representative for the Gaspé.  
René Lévesque was Premier of Quebec and advocate of the separatist agenda. He was born in Campbellton, NB and grew up in New Carlisle, QC.  
La Bolduc (real name Mary Travers) was born in Newport in 1894. She was once known as the queen of Canadian folksingers. Listen to her songs on YouTube.  
Charles Houde was a dentist but is also known for founding the radio station CHNC in 1933 in New Carlisle, QC.  
Cora Tsoufidou was born in 1947 in Caplan, QC and is famous for starting the Cora's chain of breakfast restaurants.
18. The Gaspé Spec was founded in 1974 by Lynden Bechervaise, Gary Briand, Donald Miller and Bernie St. Laurent. It is the only English newspaper (based in Quebec) east of Quebec City.

# Laval University summer school to reopen in Percé

Geneviève Gélinas

PERCÉ: – Université Laval will reopen its summer school in Percé, two years after having announced its permanent closure. The Quebec City based university will offer six courses in July and August at the Frederick James Villa. The summer school leaders hope that this heritage house can be used as "a regional development tool" in the future.

In February 2015, budget cuts forced Université Laval to stop its activities in Percé. "It gave us no pleasure to do this. Since then, we've given this matter considerable thought at the university and we've spoken to our regional partners," says Pierre Lemay, assistant to executive vice-rector of the Université Laval.

The Frederick James Villa will now be available for all faculties, he states. Until now, the faculty of design, architecture and art had managed the house. "It will allow us to broaden our programming," Mr. Lemay points out.

From 2018 and on, the university wants to enlarge the courses offered in Percé with regional partners. The *Société des établissements de plein air du Québec* (SÉPAQ) could offer workshops, Mr. Lemay

gives as an example. Before the tourist season, in May, language classes and tourism training could be given at the villa, he adds.

At the closure announcement in 2015, the Town of Percé worried about the fate of the Frederick James Villa, a Percé icon built on Cape Canon, facing the famous rock. The house must be moved back from the edge of the cliff, to be protected from erosion,

Université Laval is maintaining the responsibility for the villa, Mr. Lemay says, but will prepare a "philanthropic development plan" to deal with its obligations. In other words, the institution will search for donators, which can be foundations, enterprises or individuals, and will also ask for governments' support.

The maintenance cost of

the Frederick James Villa amounts to a sum between \$20,000 and \$25,000 yearly, solely for basic maintenance. This amount doesn't include the cost of classes, which mostly pay for themselves with school fees.

The concern for the Frederick James Villa "goes beyond the municipality borders," says Lisa-Marie Gagnon, urbanist at the Town of Percé. "It's an important iconic image. Percé Rock is often photographed with the cliff of the Villa, to show the size of the rock. The history of the villa, on a historic and cultural plan, is also very precious for Percé," Ms. Gagnon adds.

American artist Frederick James had his villa built at the end of the 1880s. The presence of Université Laval's summer school is also "of paramount

importance for the image and reputation of Percé," Ms. Gagnon states.

From July 2 to August 26, Université Laval will offer five courses in arts, heritage and design, and one in sustainable development. The faculty of philosophy will give a class about poetic imagination.

There will be an illustration workshop entitled "The poster:

voice and image of the street" and a calligraphy course. People can also participate in a field workshop to discover the plants of Percé habitats, led by botanist Gisèle Lamoureux.

Université Laval hopes to attract a total of about one hundred students. The summer school classes are open to the general public as well as to students and professionals.

## H & S Tax Return Services

As with most years, there are several changes to the tax laws. **Revenue Quebec requires extra documents to continue to qualify for the Solidarity Tax Credit, such as the Relevé 31 or your town tax bill.**

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- Call Donna Harrison or Louis Sexton at any time in Cascapédia-St-Jules at (418) 759-5790.
- Call the Spec office from 10:00 a.m. to 4:00 p.m. at (418) 752-5400 during the weekdays
- Email: taxes.serviceshs@gmail.com

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# Concerns that federal budget missed the regional stakes

Gilles Gagné

CARLETON: — Despite a long look at the federal budget submitted on March 22 by Canada’s Finance minister, Bill Morneau, the mayor of Gaspé, Daniel Côté, and the Gaspé riding Member of National Assembly Gaétan Lelièvre found very little in the document to cheer for. The budget amounts to \$307 billion and some of its details will be known over the next few weeks, when the credits will be announced. Mr. Côté and Mr. Lelièvre were expecting more general measures that could have an impact in the Gaspé Peninsula, if nothing specific.

“It is blurry. It is very blurry. There is one positive side; the infrastructure envelope is still generous. There is no reference to a possible stop in the transfer of (commercial) wharves to municipal authorities. They are talking about money amounts for the wharf transfers but nothing accurate. I am not disappointed and I am not surprised. My expectations were reasonable though,” says Daniel Côté. He was hoping for a halt regarding commercial wharf transfers “considering the small size of our towns and the financial burden a wharf can represent. Apparently, the government is sticking to the wharf transfer policy,” criti-

cizes Daniel Côté. “I saw one positive measure regarding unemployment insurance, and it is linked to the involvement of the federal government in manpower training. The workers won’t be penalized with the benefits when they receive training,” he adds. Daniel Côté saw the capital expenditure envelope earmarked for VIA Rail and hopes that it will eventually have a positive impact. The amount is \$867 million for three years “but we need line repairs from the Quebec government first. Hopefully, some money will be asked of the federal government in that file,” concludes Daniel Côté.

Gaétan Lelièvre found the federal budget “very boring” and emphasizes that people at the Quebec government level had “lots of expectations and didn’t receive answers, notably at the Treasury Board and at the Finance department. We have transportation projects and there is no reply to our preoccupations,” he says mainly referring to the same commercial wharf files as the mayor of Gaspé. Mr. Lelièvre is also thinking of the Percé wharf. “Is there an envelope for the Percé wharf in that budget? Will it be repaired so that normal operations can take place there this year? We need a boost for our wharves and we

see no sign of that in the budgetary documents that are available now”, he says. “As for unemployment insurance, we were promised an in-depth realignment during the electoral campaign of 2015 and since then as well. The black hole remains a major problem for some people”, points out Mr. Lelièvre. He hopes that the federal government will not forget the Gaspé Peninsula, and especially the Haute-Gaspésie MRC when it creates a Canadian institute on climate change. “The Haute-Gaspésie MRC is the only MRC on the Gaspé Peninsula without a research body,” emphasizes Mr. Lelièvre.

## 5 reasons to stay in Canada this summer

(NC) With a country so large, many of us haven't explored all the unique destinations within our own borders. Why not make this year the one you change that? Here are five reasons to discover your home and native land this summer.

1. Bigger bang for your buck: Staycations are a clever way to have a vacation on a budget while exploring your own country. Whether you're taking a road trip from Toronto to Southern Ontario, or flying from Montreal to Vancouver, there is so much to experience while staying within our borders.
2. It's Canada's big birthday: From local events to national celebrations, Canadians are coming together this year to celebrate a milestone. Take part in National Aboriginal Day and Canadian Multiculturalism Day in June and celebrate July 1st like never before in the country's capital.
3. Support local travel and tourism: From an antique shop to a local bakery, staying here this summer means you're helping businesses at home flourish.
4. There's something for everyone: Whether you enjoy rugged outdoor adventures or a relaxing spa experience,

Canada is home to a variety of activities. With a little bit of research and asking locals for recommendations, you will be on your way to enjoying every place you visit regardless of your interests.

5. Diverse cuisine: The beauty of Canada is that we are a mosaic of different cultures. One of the best ways we showcase our diversity is through our food. From Vietnamese to Indian to Greek, you can experience a variety of authentic cultural dishes all while staying in your hometown. From Vancouver to Halifax and everywhere in between, Canada is full of breathtaking sights and inspiring places. Visit [ihgrewardsclub.com/150Canada](http://ihgrewardsclub.com/150Canada) to share your favourite Canadian travel hidden gem.

## How to recognize financial fraud

(NC) It often feels like most parts of your life require a password. Whether it's your social media accounts or your banking details, it's important to safeguard your personal information at all times. According to a recent TD survey, many Canadians know the basics of protecting themselves from financial fraud. In fact, less than 10 per cent will share their PIN or SIN with a stranger, provide their credit card number on an unsecure site, or click an unknown link in a text message. Yet every day, more and more individuals fall victim to financial fraud schemes. “Debit card, credit card and cheque fraud have become more common as a result of sophisticated approaches that target emotion as well as transactions,” explains Mush-tak Najarali, senior vice president of everyday banking

products at TD. “Prevention and protection are key to fighting financial fraud and so is the relationship between customers and their financial institution. Both parties working together is the best first line of defense to help identify and rectify financial fraud.” As financial fraud evolves, fraudsters are getting more clever and using a variety of tactics to trick consumers into sharing sensitive information. Here are some to watch out for:

- Phishing: Emails dis-

guised as legitimate communications

- Spoofing: Communications appearing to be from a trusted source
- “Ishing” and “Imming” schemes: Telephone calls (vishing), text messages (smishing), and devices (skimming) that steal your information.

If you suspect you are a victim of financial fraud, call your bank immediately. Find more information online at [tdcanadatrust.com](http://tdcanadatrust.com).






### PUBLIC NOTICE ENACTMENT OF BY-LAW

PUBLIC NOTICE is hereby given :

1. THAT at a meeting held on January 16, 2017, the Town Council has adopted By-Law 1327-16 «décrétant une dépense d’une somme de 934 000\$ et un emprunt de 309 863 \$ pour la réfection de la station du surpresseur de la Côte Bellevue».
2. THAT By-Law 1327-16 has been approved by the qualified voters during a register held on February 1st, 2017.
3. THAT By-Law 1327-16 has been approved by the Minister of Municipal affairs and Land occupancy, on March 17, 2017.
4. THAT the interested can consult this By-Law at the Clerk’s office, at the Town Hall, 25, rue de l’Hôtel-de-Ville, during regular office hours.

GIVEN at Gaspé, March 29, 2017

Isabelle Vézina,  
Director of legal services and town clerk



### CALL FOR TENDERS

#### RENTAL SERVICE FOR NONE MOTORIZED WATERCRAFT AT HALDIMAND BEACH

Ville de Gaspé requests tenders for the rental service for none motorized watercraft at Haldimand Beach.

The necessary documents and information may be obtained at the Town clerk's office during regular office hours.

The tenders must be accompanied by a certified cheque, to the order of Ville de Gaspé, representing an amount equal or superior to 10 % of the total amount tendered.

This tender guarantee must be exchanged, when the contract is signed, for an execution bond. The amount must correspond to 25 % of the contract.

All tenders must be deposited in sealed envelops bearing the mention “Soumission – fourniture de service de location d’embarcations nautiques sans moteur à la plage de Haldimand”, and will be received at the Clerk’s office until 2:00 pm, April 26, 2017, to be publicly opened at 2:01 the same day.

It is important, to be valid, that the tenders be received at the Clerk’s office no later than 2:00 pm, April 26, 2017.

The Town reserves the right to accept neither the highest nor any of the received offers.

Given at Gaspé, March 29, 2017.

Isabelle Vézina,



# MADE In...

## La Fabrique Pasta Loca ARTISANAL, GOURMET PASTA

Wendy **Dawson**

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

CHANDLER – Pascale Alain is full of energy. She speaks with a fast pace and her ideas quickly flow from one subject to another. “I’m speaking too quickly aren’t I? I always speak too quickly,” she says. Her vigor has been an important contributor to her success. In a few short months, she has managed to become an important (and delicious) player in the local food industry.

Contrary to her regular “pace”, her inspiration for her business came to her slowly, over the years that she spent working with GIMxport, the local initiative that helps local Gaspesian businesses with their commercialization and development.

While working with the organization, Pascale Alain had the opportunity to accompany and support local businesses with their marketing and export efforts and she became interested in starting a business of her own. With the experience that she acquired as an advisor at GIMxport, Pascale understood before getting involved in entrepreneurship exactly what the challenges would be looking ahead.

She left GIMxport, and the region in 2015, with two ideas in mind, the first was pursuing her masters in business administration and the second was starting a food business.

After having worked in so many facets of the fishing industry with GIMxport, she was struck by the fact that there were no pasta products that specialized in fish and seafood and so she knew there was likely a need and an interest.

More importantly for her was, would the fabrication of fresh pasta be of interest to her? And so she found herself off to Northern Italy to pursue professional training in hand-made pasta making.

“The experience completely solidified my interest and I knew that I could bring this traditional Italian skill home with me and mix it with the flavours of the Gaspésie.” After shopping for a ravioli machine while in Italy, she made her way home at the end of 2016 to pursue her ambition.

La Fabrique Pasta Loca is entirely owned and operated by Pascale. The *École des pêches et de l’aquaculture du Québec* located in Grande Rivière acts as a business incubator and allows Pascale to rent the equipment and space that she needs to produce her homemade, gourmet ravioli.

While Pascale considers herself well surrounded by a



Photos: Jacques Morin

*Pascale Allain has developed products that can be found in specialty shops and high-end restaurants throughout the region and the province.*

solid group of supporters and a mentor, she still oversees each and every area of responsibility on her own with the help of one full-time and one part-time employee.

It is a wide and varied set of tasks that includes pasta production, production of the ravioli fillings, negotiations with suppliers, packaging, accounting, market development and communications and promotion.

When asked if she has any down time or outside interests, she explains that at this stage in her business development, she does not have time for much else. “But I did go smelt fishing this winter!”, she sneaks in the statement, as much as she surely had to sneak in the time to go. “I went with another small business owner. Someone who works as much as I do and who pointed out that once in a while, we have to do something other than work.”

In December of 2016 she officially launched her products. So far, she has produced three types of ravioli, Atlantic salmon and lime, lobster with cognac flambé and crab with Pernod.

Despite the recent launch of her products, she is already well established in a number of specialty stores throughout the region as well as 15 different restaurants and is already sending her products to Quebec

City and Montreal. Other regional restaurants are planning on adding her products to their menu.

“The salmon comes from New Brunswick because I simply don’t have the option of purchasing it locally, but everything else that I use is local and Gaspesian. It is my intention to always seek out and promote the use of local ingredients first. I am fully aware of the importance of buying locally and I understand the direct impact that local consumption has on the development and success of local businesses.”

Pascale Alain has no lack of projects and plans for the future of her products and her business. “My biggest goal for the future is to have my own facility. The opportunity at the school has been great, but before long I will have my own building. I also intend on developing seasonal products, perhaps just specialty items for restaurants or items that are available for a short time. I also hope to acquire my federal permit that will allow me to export my products,” she explains that the market potential is huge.

“To my knowledge there are only two other producers of

seafood pasta products, one in Maine and one in California. I have already received requests from Toronto, so I know that with a little effort, I could find buyers for my products, especially restaurants. They love the fact that in just five minutes, they can have a quality pasta product ready for the plate.”

In the shorter term, Pascale explains that her website and a way to communicate the service of her products will be the priority. “Several people have voiced their questions regarding what type of sauce should be used with my pasta products and I would love to put some recipes up on my website or include recipes on my packaging. For the time being though, my clients have been sharing recipes and ideas on my Facebook page which I think is just great.”

The price point for Pasta Loca’s products is a little high when compared to ‘traditionally packaged’ supermarket pasta. Her products start at about \$30 for 2 pounds of pasta. “The clients that buy my products are looking for the kind of high quality ingredients that are used in my pasta. There are no fillers or by-products. This is not the kind of product that you sit down and stuff yourself with. It is the kind of product that you savour and enjoy. Not only are the products hand made, but the ingredients that I use like lobster, crab and Atlantic salmon are high priced ingredients.”

Should you happen to run into Pascale, she probably won’t have a lot of time to chat – she is still pursuing her MBA on a part time basis and taking

over the culinary world one ravioli at a time! You will however be able to find Pascale’s Pasta Loca products at a

variety of specialty locations from Carleton to Gaspé, including La Mie Véritable, Raymer, Vert Pistache, Alexina and Le Marché des Saveurs. You can also find shared recipe ideas on her La Fabrique Pasta Loca facebook page.



Photo: Steven Melanson Photographie

*The Atlantic salmon and lime ravioli can be served with a variety of sauces. Clients share their ideas and inspirations on Pasta Loca's facebook page.*





# W

# inter on the coast



Photo: Marlene Armishaw

Grammy Armishaw having fun with her grandchildren Zoé, Clara and Emery Poirier.

Creating a winter scene of snowmen for the Nouvelle winter carnival.

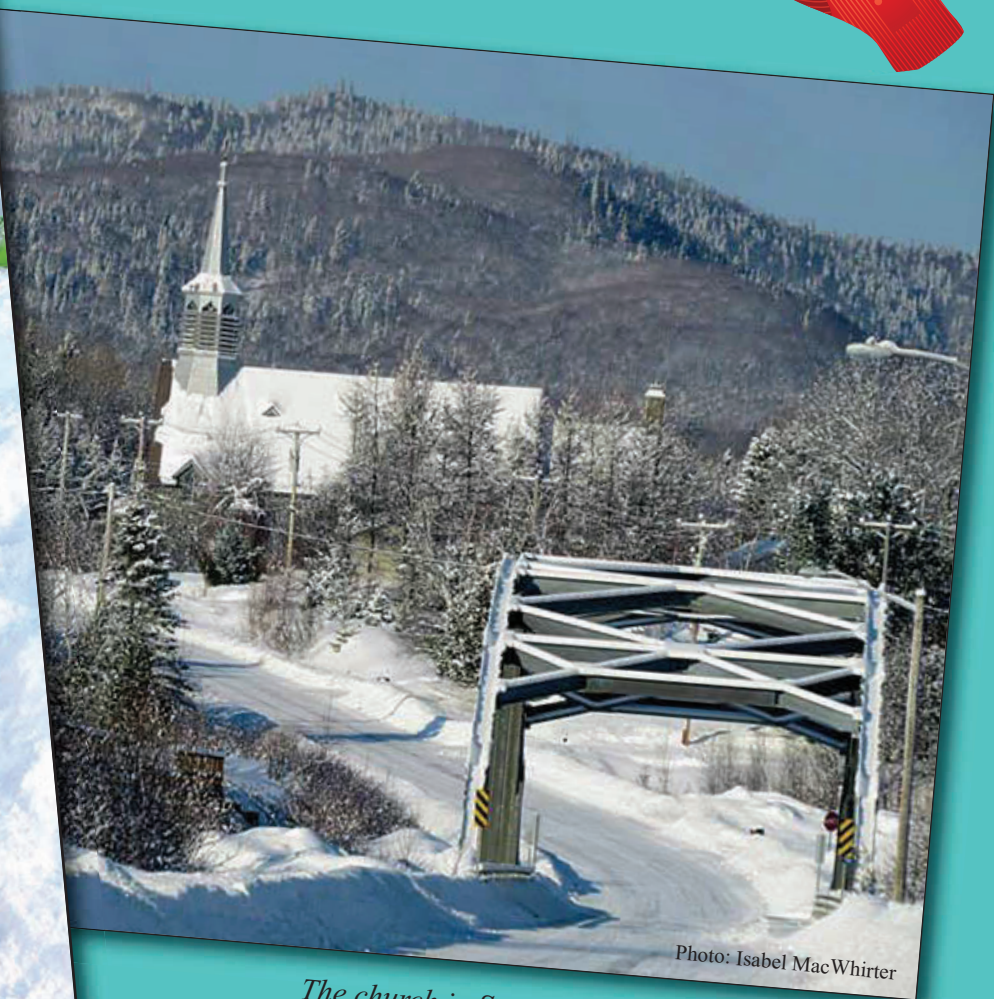


Photo: Isabel MacWhirter

The church in St. Jules.



Photo: Pamela McLellan

Zachary Horth, eight years old, enjoyed sliding with Family Ties at the Chalet in New Carlisle during March break. His sister Kylianne, three years old enjoyed learning to skate this winter.



Photo: Pamela McLellan



# 47th annual Wakeham York Winter Carnival

by Jeanie LeLacheur

WAKEHAM: - Another epic success for what is now the 47th Wakeham York Winter Carnival. Between February 10 and 18 a myriad of events took place as part of the carnival, which opened with a Lumberjack supper held on Friday at the York River Community Centre and hosted by the York River Seniors. Corn beef hash, turnip wack, homemade baked beans, beef stew, shepherd's pie, tea biscuits, and pudding aux chômeurs with sauce were the Lumberjack fare.

Saturday's Family Day included a morning snowshoe hike followed by an afternoon masquerade, tug of war and ice bowling. Former resident Kayla Jean who is now living

in New Brunswick says, "The Carnival was always a big thing with my family during my childhood, we attended every year. Since I moved away six years ago I've missed out on all the local activities, so when I had my son last year and was off work at the time of the carnival, I decided I would take him." Kayla has decided to make the carnival an annual tradition, even making her son Jaxon's costume for the masquerade.

The ever popular poker run saw 45 snowmobilers leave for Lac Baillargeon following the carnival breakfast and Bradley Bourgaize win the \$390 prize. A 50/50 draw of \$416 for which tickets were sold throughout the week was won by Audrey Stanley. Rising



Photos: Tori Fournier

Many residents took part in the Family Day activities.

country singer Nash Stanley played the Saturday night finale.

Lorilee Jean, one of the seven members of the York Rink Committee, is "very happy with the Carnival

week." According to Lorilee, the entire event is made possible by the generosity of local community members and businesses, with everything being donated right down to the food.



Nail driving contest.

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# Winter Carnival



There was lots of fun to be had at the Shigawake Winter Carnival. There were snowshoe races, snow sculpting activities, a snowmobile rally and even a masquerade.

Photos: Tiffany Whalen



## The Gaspésie and Îles-de-la-Madeleine region is:

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Développement économique Canada appuie financièrement les SADC et les CAE



# Jazmine Gifford well supported in fundraiser for Talent Nation

Gilles Gagné

NEW CARLISLE: – New Carlisle’s Jazmine Gifford received strong support from the community on March 16 as she raised money during a music show presented in the basement of Saint Andrew’s Anglican Church. The money will be used to cover some of her expenses as she was chosen to participate in the Talent Nation contest.

“It takes place in Montreal, Ottawa, Vancouver and Toronto. She sent her videos and was chosen to sing at the Club Soda in Montreal, where she will perform with other young artists. There will be one performer chosen to go on a Canada wide tour,” explains Ariane Arsenault, who is Jazmine’s mother.

The New Carlisle show was organized by Dave Royal, who set up a coffee house in the church basement. He sang with his son Adam. Jazmine notably sang “Million reasons” from Lady Gaga along with many others from her repertoire.



Photo: courtesy Ariane Arsenault

Community helps Jazmine Gifford raise money to attend Talent Nation.

“There were about 50 people present and she raised enough money to pay for her trip to Montreal. We gave part of it to the fundraiser held (on March 18 in Gesgapegiag) for Zach Clement,” says Ariane. Jazmine sang at the fundraiser for Zach who is the son of Michelle Harriman and Peter

Clement. He has been sick since the end of 2016 and has been forced to spend long stays in a Quebec City hospital. Zach will be accompanying Jazmine on the piano at the contest. Jazmine also intends participating in another contest, “Trois-Pistoles en chansons” in July.

SHARE your STORY

Story told by KEN DUGUAY  
Interviewed by JASMINE GIFFORD

## Working With My Dad

In the year 1951, at the age of 16 years; my dad, Eddie Duguay and I went to work in the woods in New Richmond for contractor Howard Woodman. We worked north of New Richmond at cutting 4’ pulp wood. Dad didn’t have a car at that time and we travelled back and forth with Roland Beaudin, who also worked there. We stayed in camps only to return home every two or three weeks. We started working at 7 in the morning until 5 in the evening.

We had to walk approximately one mile in the morning and one mile back to the camp in the evening. We had breakfast at the camp and took our lunch with us up the mountain. Meals were prepared by the cook and the cook’s helper.

During the evening we would play cards by the light of the lantern. In the morning we only had cold water to wash

ourselves with. Walking to and from the camp we saw different wildlife such as moose, deer, partridge and rabbits, which was interesting. One evening coming from work we saw 14 partridge in a yellow birch tree. In the fall of the year the partridge feed on the yellow birch, but we were not allowed to hunt due to the camps in the area.

We worked no later than mid-December due to the snow. Tools used for cutting the pulpwood were a Swede saw (bucksaw) and an axe.

We were paid \$6 a cord. From September to mid-December I averaged one and a half a cords a day and my dad averaged two and a half cords a day. Some workers averaged four cords a day. Even though it was hard work I enjoyed working with my dad and earning money at such a young age.

### PUBLIC CONSULTATION MEETING

NOTICE is hereby given that the municipal Council of "Ville de Gaspé", at its regular meeting held on March 20, 2017, has adopted by resolution the following draft of by-law and that a public consultation meeting will be held at the Town Hall, on Tuesday, April 18, 2017, at 4:00 p.m.

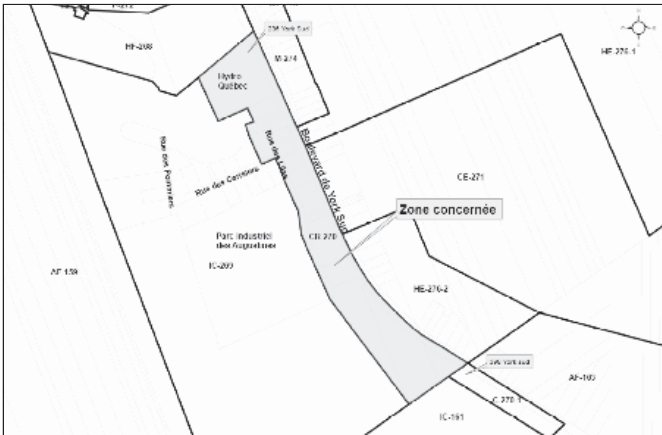
Draft of by-law 1156-11-26:

The draft of by-law amends the zoning by-law 1156-11, as follows:

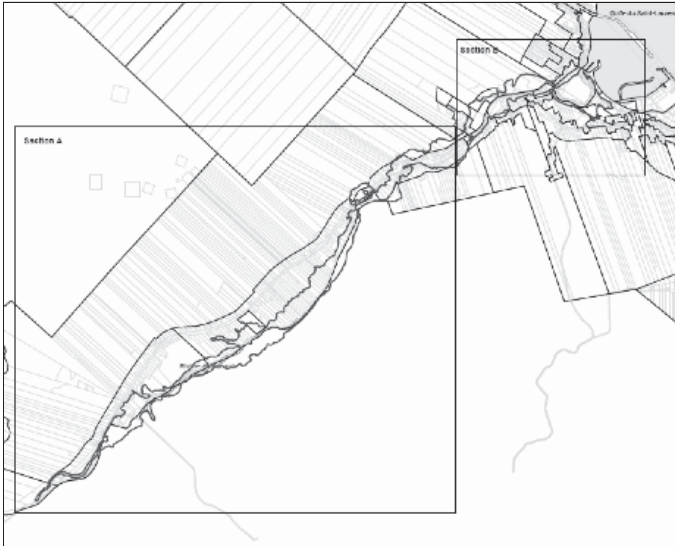
- Modifiant les usages autorisés dans la zone CR-270 afin de permettre, comme usage spécifiquement permis dans cette zone, l’usage industrie artisanale de la bière et afin d’assujettir cet usage au Règlement sur les plans d’implantation et d’intégration architecturale no 1171-12
- Modifiant le texte PLAINE INONDABLE DE LA RIVIÈRE-AU-RENARD de l’article 23.3.1 DISPOSITIONS RELATIVES ET MODALITÉS D’APPLICATION
- Modifiant la délimitation de la plaine inondable de la Rivière-au-Renard

The concerned zones are illustrated on the following sketches :

CR-270 zone in the parc des Augustines area



Floodplain of Rivière-au-Renard



During this meeting, the mayor or another council member designated by him, will explain the draft of by-law and the consequences of their adoption, and will hear the persons and bodies wishing to express their views.

The draft of by-law is available for consultation at the Town Hall office.

Given in Gaspé, on March 29, 2017

Isabelle Vézina  
Director of legal services and town clerk



# 2016, an eventful year for the de Gaspé Chapter IODE

NEW CARLISLE: - 2016 was a productive year for our Chapter. Under the expert guidance of our president, Olive Smollett and her able executive, an eventful year of worthwhile and charitable activities was held. Ten meetings were conducted throughout the year; one executive, seven regular and two dinner. The paid-up membership remained at twenty-one. Lois Williams graciously accepted our invitation to become our honorary president.

Yearly events and activities ranged widely. In February, to coincide with Family Literacy Week, \$200 was donated to Family Ties so they could buy additional books for their students. Also a \$300 donation was given the the Gilker Senior's Residence for social activities, including their Christmas party.

Two bursaries of \$400 each

are awarded yearly to a graduating student from the Paspebiac Polyvalent and New Carlisle High School. A third bursary of \$200 was given to a deserving student who showed a high degree of community involvement.

Fundraising is an important part of our activities. In April, a cord of wood was raffled resulting in a profit of \$944 and in August we held an outdoor sale called “Grandma’s Attic Sale” which resulted in \$1,771.

In September, Anne Gallibois from Family Ties presented their New Horizons project which is a luncheon program to invite seniors who live alone to have lunch with the Family Ties' staff. IODE members were invited to help out in several capacities.

In October, books were distributed to NCHS and SPDS by Elaine Almond, our

Education Secretary. November is an important month for IODE as we have for many years, marched in the Armistice Day parade, displayed our flag, and laid our wreath at the Cenotaph. Many members took part in this ceremony.

In December, 2016 a very substantial effort was made to make the Christmas spirit come alive for seniors and shut-ins by giving donations of home-baked food baskets, boxes of chocolates and flowers. In addition, letters of good-will were written to servicemen and women who were serving their country. Finally, a donation of \$300 was given to the local Legion to cover costs for gifts for the children at their Christmas Party.

Elizabeth LeGros  
Communications Secretary

*In an era not that long ago, things were a wee bit different from today's lifestyle, especially on the rural scene. People visited one another regularly, even when it was stormy. It seems the bad weather had a way of "putting people out" as they used to say. The lingo here is a bit basic, but adds local colour and a touch of humour:*

## Another Storm Eh?

The smoke from the chimney is as straight at a string  
A horse and sleigh pass, and the collar bells ring.  
How snug we are seated 'round our wee kitchen table  
Thank God at our age we are still fit and able.

The kettle is hissing, as it does its quick dance  
The smell of the toast and tea, real romance  
The windows are painted with fine ferns of frost  
Come see them quickly, before they are lost.

Stick another chunk of juniper in the old fire box  
The house must be snug, while we have our good talks.  
Who's that I see comin' up the path through the snow?  
He's so baffled up, it's quite hard to know.

The snow is so deep, he's clean to his knees.  
Open the door now, come in if you please.  
Oh it's you John, come in boy, and sit by the heat  
Pour some hot tea dear, now John ain't she sweet?

'Twas quite a storm son, but I think she's near over  
But 'twill be a long hike 'til we're smellin' the clover.  
Let's see now what's new then, in this neck of town  
We exchanged some great stories, and passed the news 'round.

Oh what dandies we did tell, sipped our tea and joked a spell.  
All the latest stuff came out, mostly true, beyond a doubt.  
If it weren't nobody knew, that's between just me and you.  
But it was fun and passed the time, just to hear each other rhyme.

Just before John donned his coat, he looked at me and cleared his throat  
Now would you like to hear a song, I fear I cannot stay for long?  
No John boy no need to sing, but maybe make the fiddle ring?  
Good enough then, just one reel, get the fiddle, it's a deal.

Oh Johnny boy you still can play, and chase winter blues away  
First a jig and then a reel, oh how glad we all did feel  
A bit more tea, then John set out, you'll come back soon without a doubt  
You've pleased us both, so come again, at any time we'll not complain

The sun was duckin' behind the hill, when Johnny left, and all was still  
He fled from sight around the bend, how nice it was to see our friend.  
I wonder if these times will last, when another twenty years have passed?  
If you poor soul could only see, how things have changed so drastically.

TVs , Boxes and ipad screen , neighbors now are seldom seen  
What happened to those days of yore, there was always people at the door?  
Guess times must change as years drift by, but why must good times always fly  
Our minds still drift back to the past, too bad those days just couldn't last.

Art MacPherson (Dec. 2010)



## PUBLIC NOTICE

To the qualified voters entitled to have their name entered on the referendum list of the entire municipality:

PUBLIC NOTICE is hereby given by the undersigned, Clerk of Ville de Gaspé, that at a regular sitting held on March 20, 2017, the Town Council has adopted the following By-Laws:

1329-17 : Règlement décrétant des dépenses en immobilisations (construction de bâtiments) et un emprunt de 600 000 \$

1330-17 : Règlement décrétant des dépenses en immobilisations (construction parcs et d'aires de jeu) et un emprunt de 350 000 \$

THAT the persons qualified to vote on this By-Laws on the date of March 20, 2017, and who have therefore the right to demand that this By-Laws be submitted to a referendum poll will have access to a register open for that purpose from nine (9) hours to nineteen (19) hours on April 5, 2017, at the office of the undersigned, at the Town Hall in order to enter their name, address and occupation together with their signature.

### IS A QUALIFIED VOTER OF THE MUNICIPALITY

A person who, on March 20, 2017, is not disqualified from voting according to article 524 of the Act respecting elections and referendums in municipalities and meets the following requirements:

- a natural person domiciled in the municipality and, since at least six months, in Québec and
- is of full age and a Canadian citizen, and not under curatorship.

The non resident sole owner of an immovable or non resident sole occupant of a business place situated in the municipality who is not disqualified from voting and meets the following requirements:

- is the owner of an immovable or sole occupant of a business place situated in the municipality since at least 12 months;
- in the case of a natural person, be of full age and Canadian citizen and not under curatorship.

The non resident undivided co-owners and non resident co-occupants of a business place situated in the municipality not disqualified from voting and meet the following requirements:

- is the undivided co-owner of an immovable or co-occupant of a business place situated in the municipality since at least 12 months;
- is designated by means of a power of attorney signed by a majority of the persons who are co-owners or co-occupants since at least 12 months, as the one who has the right to sing in their name and to be entered on the referendum list of the municipality. This power of attorney must be produced before or at the signature time.

### Legal person:

- have designated by resolution among its members, directors or employees, a person who, on March 20, 2017, and at voting time, is of full age and Canadian citizen, is not under curatorship and is not disqualified to vote.

THAT the persons qualified to vote on these By-Laws in question must establish their identity to the responsible person for the register, by presenting, among others: a health-insurance card issued by the Québec Health Insurance Board, a driver's permit issued by the Québec Automobile Insurance Society, a Canadian passport, an identity card of the Canadian armed forces, a certificate of Indian status.

THAT the number of applications needed in order that a referendum poll be held for these By-Laws is 500 and failing this number, the concerned By-Laws will be deemed approved by the qualified voters.

THAT the qualified voters may examine these By-Laws at the office of the undersigned from 8:15 a.m. till 12 noon and from 1 p.m. to 4:30 p.m. from Monday till Thursday, and from 8:15 a.m. till 12 noon on Friday, and during registration hours.

THAT the result of this registration procedure will be announced on April 5, 2017, at 7 p.m., at the office of the undersigned, 25, rue de l'Hôtel-de-Ville in Gaspé.

GIVEN at Gaspé, March 29, 2017.

Isabelle Vézina,  
Town clerk



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# Announcements...



## Obituaries



### GLEASON: Ann

Ann Gleason (nee Maloney) of Bainsville; age 88, passed away at the Vaudreuil-Soulange Palliative Care Residence, Hudson, Quebec on Wednesday, March 22, 2017.

Beloved wife of the late Earle Gleason. Loving mother of Barry (Rachelle) of Quebec, Brian of Bainsville Ontario and Wayne of Calgary. Cherished grandmother of Kelly, Daniel, Caroline and Marina, and great-grandmother of Leo, Louissa and Estelle. Dear sister of Regis Maloney (late Theresa) of Halifax and Hilda Dubeau (Doug) of Kingston.

Predeceased by three brothers William, Leonard and Edwin Maloney, by one sister Helen Maloney, and by her parents Michael and Amelia Maloney.

Relatives and friends may call at the Munro & Morris Funeral Homes Ltd., 114 Main St. South, Alexandria Ontario (613-525-2772) on Friday, March 31, 2017 from 2-5 p.m. and 7-9 p.m. and on Saturday from 9:30 a.m. - 10:30 a.m.

A Mass of Christian Burial will be celebrated at St. Joseph's Catholic Church, Lancaster Ontario on Saturday, April 1, 2017 at 11 am. A reception will follow at the Lancaster Legion.

As expressions of sympathy Memorial Donations to the Vaudreuil-Soulange Palliative Care Residence, Hudson Quebec would be appreciated by the family. As a Memorial to Ann a tree will be planted in Memory Woods. Condolences may be made online at [www.munromorris.com](http://www.munromorris.com)



### KEYS: Edna Wylie

July 1, 1918- February 28, 2017.

Passed away at Residence St. Joseph on February 28, 2017 at the age of 98, Edna Wylie Keays, wife of the late Walter Keays. She was the daughter of John Wylie and Margaret Huntington of Shigawake, Quebec.

She is survived by daughters Elsie (Johnson Meredith), Ethel (Irvin Meredith) and Irma (Cecil Mann), nine grandchildren and 13 great-grandchildren. Several nieces and nephews. She was the last surviving member of her family; predeceased by brothers Frank, Clair,

Dan and Grant; sisters Winnifred, Dorothy, and Gladys.

Funeral service was held at Mahers Funeral Chapel, Campbellton, N.B. with Rev. Penny Postlewaite and Rev. Ray Kraglund officiating



## In Memory

### BUTTLE-BOUDREAU: Jean

In loving memory of a dear wife and mother who passed away March 22, 2005.

When evening shades are falling,  
And we sit in quiet alone,  
To our hearts there comes a longing,  
If she only could come home.  
Friends may think we have forgotten,  
When at times they see us smile,  
But they little know the heartache,  
Our smiles hide all the while.

Lovingly remember by husband Fred and family.

### GALLON: Frances

In loving memory of a dear mother, mother-in-law and grandmother who passed away March 23, 2010.

*A mother's memory is more than gold,  
And a mother's worth can never be told;  
A loving mother good and kind,  
A beautiful memory left behind.*

Lovingly remembered by your son John, daughter-in-law Maria and granddaughters Amy and Katie.



### HALL: Eileen (Meredith)

To a wonderful mother and wife who passed away four years ago, March 23, 2013.

*If we only had five minutes the day you passed away, we would have had the time to tell you all the things we need to say. We never got to tell you how much you mean to us or that you were the best Mom that any woman could be. The last time that we talked to you we wish we could have known*



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*we would have said I love you and kept you on the phone. If we only had five minutes on the day you passed away, we'd give you one last hug so tight and see your precious smile. We'd tell you that we don't think we could live without you, not even for a while. We'd kiss your cheek and take your hand; tell you it's okay to go and tell you that we miss you more than you'll ever know.*

*Now God has called upon you. It's time to get your wings. To leave this life behind you and enjoy all heaven's things. So wait for us in heaven Mom. Don't let us come alone. The day the angels come for us, please be there to bring us home.*

We love you and miss you. Love always, Carmen, Sheila, Pamela, Theresa and husband Raynold. xoxo

### Prayer to the Holy Spirit

Holy Spirit, you who make me see everything and who show me the way to reach my ideals. You who give me the divine gift to forgive and forget from all that is done to me and you who are in all instincts of my life with me. I, in this short dialogue, want to thank you for everything and confirm once more that I never want to be separated from you. No matter how great the material desires may be, I want to be with you and my loved ones in your perpetual glory.

A person may pray this prayer three consecutive days without asking for their wish. After the third day their wish will be granted, no matter how difficult it may be and promise to publish this dialogue as soon as your favour has been granted.

J.D.S

### Card of Thanks

On behalf of our family and myself, I would like to thank the doctors and nurses at the Maria Hospital for taking such good care of my husband Reginald Sexton, who passed away on Dec. 16<sup>th</sup>, 2016.

We want to thank everyone for making Reggie's funeral as easy as possible for us. Thanks to the clergy, servers, readers, choir, Knights of Columbus and everyone who came and prayed with us.

A special thank-you to the Mutual Aid Committee for the lovely lunch.

For the prayers, encouragement, cards, flowers, donations and food, we are truly grateful.

Joan Sexton & Family



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## COAST ROUND-UP

### POINTE-NAVARRÉ:

#### Mass of St. Peregrine

The mass of St. Peregrine, patron saint of the sick suffering from cancer and long-term diseases, will be celebrated on **Tuesday, April 4** at 7 p.m. at the Shrine of Pointe-Navarre. Welcome to all.

### GASPÉ:

#### Gaspé Cancer Foundation Upcoming Events

**March:** The Annual Gaspé Cancer Foundation Membership Campaign will officially begin in March. May we remind you that membership fees are \$12 per year. New members have a 30-day waiting period before being eligible to receive their travel assistance. If you are a member in good standing, are afflicted with cancer and must travel outside the region for treatment, you are eligible for the following travel assistance: Chandler \$40, Maria \$70, Rimouski \$120, Rivière-du-Loup \$150, Quebec \$160, Montreal and Sherbrooke \$220.

### GASPE:

#### Potluck Supper Postponed

The potluck supper in support of the Diocesan ACW Education Fund that was previously scheduled for **April 1** has been postponed. Details on the rescheduling of the Potluck Supper will be released at a later date.

### GASPE:

#### Gift Bingo

A gift bingo will be held at the Royal Canadian Legion, Branch 59, Gaspé on **Tuesday, April 4** at 7:30 p.m. Everyone welcome.

### YORK:

#### York River Senior Citizens Upcoming Events

**Saturday, April 8:** The annual general meeting will be held at 4 p.m. at the Royal Canadian 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. Call Tony Patterson for more information at 418-368-3276.

**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.

### WAKEHAM:

#### Advance notice

Wakeham ACW will be holding their annual summer sale on **Saturday, July 8**. Further info to follow at a later date.

### 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!

### BARACHOIS:

#### Yoga

A new session of Yoga will be starting **April 1** at Belle Anse School – 8 weeks for \$70. To register please contact Sandy Coombs at 418-645-2874 before March 30. Limited to 12 persons

### BARACHOIS:

#### Bingo

Bingo will be held at the Barachois Recreation Centre on **Friday, March 31** at 7 p.m.

### SHIGAWAKE:

#### Cookbooks for sale

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

### SHIGAWAKE:

#### SPDS Governing Board Meeting

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

### SHIGAWAKE:

#### Community Center Upcoming Events

**Saturday, April 8:** Roast beef supper from 4 p.m. to 6 p.m. Cost \$15 per person. Tickets will be sold in advance and at the door. All proceeds will go towards helping a family of four, who recently lost their home to a fire.

**Monday, April 17:** Easter bingo.  
**Saturday, May 13:** Mother's Day tea from 12 p.m. to 3 p.m. Cost is \$7 per person.

**Saturday, June 17:** Lobster or chicken dinner \$20, 4-6 p.m. Tickets sold in advance.

### HOPE TOWN:

#### Hope Baptist Church

Hebrews 10:25 says "You should not stay away from the church meetings, as some are doing..." Sunday School at 9:45 a.m. for all ages. Family Worship at 11 a.m. (Nursery provided) Friday 3:30

p.m. King's Kids (ages 5-12), 7 p.m. Young Peoples (Gr 7 and up) We are a Christ centered, bible believing and preaching, friendly church where everyone is welcome. 305 Route 132, Hopetown 418-752-5838 Pastor Paul R. Bedford BTh. MTh.

### 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:

#### Upcoming events

The following upcoming events for New Carlisle legion branch #64 will be held:

**Saturday, April 1:** Crib tournament at 1 p.m. Cost is \$10 per person. Register your team before by call 418-752-5495 or 418-752-6214.

**April 9:** Sunday breakfast at New Carlisle chalet starting at 9 a.m. cost \$10 per person

### NEW CARLISLE:

#### Gift Bingo

NCHS will be holding a gift bingo on **Saturday, April 1** at New Carlisle High School in the gym starting at 7 p.m.; \$10 per series or three series for \$20. Canteen service will be available. All proceeds go the grade 5/6 year end trip.

### NEW CARLISLE:

#### Variety Show

The NCHS Home and School brings you "A good OL' Gaspesian Variety Show" on **Friday, May 5** at New Carlisle High School, 7 p.m. \$5 entry fee for all, toe tapping music for all ages. Bring a friend and enjoy an evening out. Door prize, cantine service and a 50/50 for added fun.

### NEW CARLISLE:

#### Monthly breakfast

The New Carlisle 50+ Club will be holding their monthly breakfast on **Wednesday, April 12** at 9 a.m. at the Heritage Restaurant.

### BONAVENTURE:

#### Blood Donor Clinic

A blood donor clinic will be held on **Tuesday, April 4** from 2 to 8 p.m. at the Centre Bonne Aventure in Bonaventure.

### NEW RICHMOND:

#### Friperie Notice

NEW schedule: The frippery Entraide de l'E.P.E. will only open on Saturdays from 10 a.m. to 3 p.m. from March 2017 on. We can open from 8 a.m. on request at: 418-392-5161. Summer clothes have arrived for the whole family and in different sizes. There are a

lot of free things every week: soccer shoes, skates, skis, dishes, toys, plush boots. 248 boulevard Perron West, New Richmond. For information call 418 392-5161.

### NEW RICHMOND:

#### A Story to be Told

Faith adventure told in songs and testimonies. **Good Friday, April 14** at 7 p.m. at Full Gospel Church, 248 Perron blvd. West New Richmond. Information: 418 392-5161. A light snack will be served during the evening. Presented in collaboration with Église Chrétienne Évangélique.

### NEW RICHMOND:

#### Royal Canadian Legion Upcoming Activities

**Saturday, April 1:** we will be hosting an afternoon of cribbage starting at 1 p.m. at a cost of \$10 each. Welcome to all.

**Sunday, April 2:** An afternoon of live music by our local talented musicians will be held starting at 1 p.m. Followed by a B.B.Q chicken leg supper upstairs at the community centre starting at 4:30 p.m. to 6 p.m. The cost is \$10 for adults and \$7 for children under 12 yrs of age. Please come to join us for a great afternoon and supper. Everyone is welcome.

### 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 kids under 12.

**May 7:** Talent Night

**July 22:** Strawberry Social

**July 30:** Memorial Hymn Sing

**October 21:** Turkey Supper

**December 15:** Christmas Concert.

### CASCAPEDIA-ST-JULES:

#### 50 + Club Activities

**Every Tuesday:** A prize bingo will be held at 7 p.m. Entry fee is 2 cards for \$5 and \$1 for each additional card.

**Every Thursday:** Dame de Pique at 1 p.m. \$5 per person.

**Saturday, April 22:** 4:30 p.m. to 6:30 p.m., Roast Beef Supper -

Adults \$12 and children under 12 \$8.

**April 14 & 28:** Jam sessions at 7:30 p.m. Doors open at 7 p.m. For more information contact: Dorothy Campbell (418-392-4686) or Donna Fallow (418-392-5509).

### Rotary Calendar Winners

The \$25 winners for the week of March 12 are: Monique Barriault, Jill Geraghty, Denis Gagnon, François Pile, Geneviève Poirier and Soudure Caplan. The lucky \$500 winner is Agathe Bourdages. the winners for March 19 are: Donald Cormier, Ève Bernatchez, Dyane Deroy, Lise Turgeon, Solange Landry, Paul-Émile Bujold and Germain Babin.

### MATAPEDIA:

#### Flea Market

Open April 1 in Matapedia, Quebec, Rue des Saumons and Rue MacDonald (it's just past Familiprix). Basement entrance please. Open from 9 a.m. to 4 p.m. Saturday and Sunday (winter hours). Everyone is welcome.

## 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](http://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/400](http://www.NorwoodSawmills.com/400) OT. 1-800-566-6899 ext:400OT.

## UNITED CHURCH

### Sunday, April 2

New Carlisle - 10:30 a.m.

## ANGLICAN CHURCH OF CANADA

### Sunday, April 2

#### New Carlisle

11 a.m. Eucharist

#### Hopetown

10 a.m. Morning Prayer

#### Shigawake

9 a.m. Eucharist





# What’s This Artifact?

Marshall Billingsley



The artifact in the photo is a peculiar item that some of our readers may be familiar with. What do you think it is?

This gadget consists of a base made of metal, with a smaller base of wood on top connected to a triangular metal holder holding a blade that could have been used for cutting. It has dials and inputs for measurements on the sides that can be controlled by a lever.

The answer will be in next week’s issue of The Gaspé Spec

You can see many more artifacts like this one at:



351 Perron Blvd West,  
New Richmond, Quebec

# Why do we say ...

by G. Briand

## "Black dogs"

I have a friend who is frequented by "black dogs. " They often visit him in all sizes and shapes, and accompany him for several days before disappearing. No, he is not an abuser of alcohol, neither neurotic nor psychotic. He tells me that his canines always arrive on festive occasions, particularly on events like Christmas and his birthday.

My friend suffers from periodic depression. With reference to as early as the seventeenth century, he is said to have "black dog." Actually, the first to use it as a description of depression or melancholy was the Roman poet Horace around 50 B.C.

Samuel Johnson frequently battled long periods of depression and he referred to each of them as his "black dog." In 1783 he wrote a letter to Hester Thrale:

"The black dog I hope always to resist, and in time to drive . . .  
When I rise my breakfast is solitary, the black dog waits to share it and from breakfast to dinner he continues barking. "

But the popularity of the phrase can be attributed to Winston Churchill who was confronted almost daily in his youth with serious problems of depression. His secretary of early years always greeted him in the mornings with enquiries of his well-being. In reply, he always said, "I'm quite well, but the black dog is with me."

In 1911, Churchill wrote a letter to his wife after he had attended a dinner party in France hosted by Lady Wimborne. Churchill wrote:

"Alice interested me a great deal in her talk about her doctor in Germany, who completely cured her depression. I think the man might be useful to me - if my black dog returns. He seems quite away from me now - it is such a relief. All colours come back into the picture. "

The phrase became common in English because of its association with the iconic Churchill. In my own life I encountered it quite often in my CEGEP years. One of my beloved professors came from England. When I would meet him in the morning, I normally said, "How are you today?" His reply, "Well, there are more white dogs today."

# PAIN RELIEF WORD SEARCH

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

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

## WORDS

AEROBIC  
ALDOLASE  
AQUATHERAPY  
ARTHRITIS  
ASPIRATION  
AUTOIMMUNE  
BENDING  
BURSA  
CARTILAGE  
CHONDROITIN  
CHRONIC  
CORTISONE  
DEGENERATIVE  
ENDORPHINS  
EXERCISE  
FIBROMYALGIA  
GLUCOSAMINE  
GOUT  
INFLAMMATORY  
ISOMETRICS  
JOINT  
LUPUS  
MASSAGE  
MEDITATION  
MOTION  
OCCUPATIONAL  
PAINFUL  
PHYSICAL  
RANGE  
RELIEF  
RHEUMATOID  
STEROIDS  
STIFFNESS  
STRENGTH  
THERAPY



ARIES – Mar 21/Apr 20  
Aries, if you have been working too much, you have to find time to relax or you will not be able to grow. Your brain and body need recharging to work at their optimal levels.  
TAURUS – Apr 21/May 21  
Taurus, be sure to follow through on any promises you made to others and yourself. Set aside some extra time to address each of these commitments.  
GEMINI – May 22/Jun 21  
Gemini, work on honing your flirting skills. Whether you are attached or looking

for new romance, think about the subtleties that will draw others close to you.  
CANCER – Jun 22/Jul 22  
Cancer, prioritizing goals and maintaining some flexibility are the keys to managing what life has in store for you this week. With the right mindset, you can handle a busy week.  
LEO – Jul 23/Aug 23  
Leo, there is a time for buckling down and a time for having fun, and this is a great week to let loose. Plan an excursion with friends or go on a solo holiday for pure enjoyment.  
VIRGO – Aug 24/Sept 22  
Do not underestimate other people, Virgo. There may be more to them than

meets the eye, and you don't want to be at a disadvantage in a relationship. Learn all the facts first.  
LIBRA – Sept 23/Oct 23  
Be mindful of what you say and with whom you chat for a little while, Libra. While it's good to be friendly, you may be sharing too much personal information right now.  
SCORPIO – Oct 24/Nov 22  
Stop focusing on what you could have done differently in the recent past, Scorpio. Looking back is not going to change anything now. It's better to focus on the future.  
SAGITTARIUS – Nov 23/Dec 21  
Sagittarius, share more details of an important situation with others. They will

need more than just bits and pieces as they try to help you figure out your next move.  
CAPRICORN – Dec 22/Jan 20  
Capricorn, although life has been a bit hectic lately, you have managed to hold things together quite well. Others may even remark on how calm you have been.  
AQUARIUS – Jan 21/Feb 18  
Aquarius, exercise caution, but try to avoid being overly suspicious of others who are trying to help. Let some things go and you'll be happier for it.  
PISCES – Feb 19/Mar 20  
There's no need to rush a special project, Pisces. You have more than enough time to get it all done. Plan out your steps and dig in.

FAMOUS BIRTHDAYS  
MARCH 26  
Steven Tyler, Singer (69)  
MARCH 27  
Nathan Fillion, Actor (45)  
MARCH 28  
Vince Vaughn, Actor (47)  
MARCH 29  
Elle Macpherson, Model (53)  
MARCH 30  
Celine Dion, Singer (49)  
MARCH 31  
Ewan McGregor, Actor (46)  
APRIL 1  
Kip Moore, Singer (37)



# LLB Foundation holds 2017 Curling Bonspiel



Photos: Heather Imhoff

The 2017 LLB Bonspiel participants who were in attendance Sunday afternoon.

**Joan Imhoff**

NEW CARLISLE: - The Linda LeMore-Brown Foundation held its annual LLB Curling Bonspiel on the weekend of March 17, 18 and 19 with 22 teams registered. Throughout the weekend the ice conditions were good thanks to the new cooling system recently installed in the arena. Eight teams advanced to the semi-finals after a round robin within four different pools. The top two teams in each pool advanced to the A semi-finals, In the finals, the Horth rink (Conrad Aubut, Pierre Lambert, Hermon Roussy and Fortunat Horth) defeated skip Jean-Marc Chouinard and his team members Sylvain Lebrasseur, Johanne Grenier and Pauline Lebrasseur to take top honours in the "A" division.

The "B" series was won by the Douesnard rink over the Lapierre rink of Pierrette Lapierre, Bernard Aspirot, Hugues Fournier and Lise Loisel. The "C" division was won by the Lemyre rink (Christian Besnier, Myriam Dompierre, Sylvain Badran and Dominic Lemyre) over the Bechervaise rink (Earl Gallon, Tim Sidaway, Clayton Smith and Lynden Bechervaise.) The "D" division was won by Allen Richards, Trevor Renouf, Rob McWhirter and Sébastien Denis over the rink of Malcolm Mason, Justin Flowers, Mike McMeekin and Endre Marci. A new addition to the bonspiel this year was a prize sponsored by TheUnity Lodge #8,

International Order of Oddfellows in Sherbrooke, to be given to the team who participated, had fun, showed good sportsmanship, but did not end up in the winning circle. Shannon Marsh accepted the trophy from Lodge member Ruth Copping on behalf of her team which consisted of herself, Trudy Brown, Sally Walker and LeeAnn MacDonald.



Grand winner of the "A" was the rink of Fortunat Horth.



"B" Winners: Dave Douesnard, Joan Imhoff, Cathy Brown and Roma Douesnard.



"C" Winners.



"D" Winners.

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