



Photo: W. Dawson

Gaspé students greet passengers from the Queen Mary II

Wendy Dawson

GASPÉ – At O’Hara’s Point historical site in downtown Gaspé, students from Belle Anse School and Gaspé Polyvalent set up tables in hopes of selling their wares to some of the several hundred passengers of the Queen Mary II who descended upon the town for the day on October 7, 2016.

Students from Belle Anse School’s grade 1 and 2 classes, along with teachers Michelle Patterson and René Michelle Langlais had a table and were on hand to sell a selection of their award winning Crafty Creations – Beach Glass crafts. In April 2016, Belle Anse School was the recipient of a regional Youth Entrepreneurship prize that

featured their original framed designs that they have sold at a variety of events. The profits from the sale of the Crafty Creations go towards the Home and School organization and funds directly benefit student activities.

Also hoping for a slice of the tourist dollar were students from secondary 4-5 and the WOTP program from Gaspé Polyvalent who were also on hand at O’Hara’s point to sell a selection of custom products aimed at those hoping to bring home a little something from the region. Students had a variety of items available including pens and reusable bags that included the Polyvalent’s logo as well as soaps, jewelry and magnets made in the student’s art classes.

Students from Gaspé Polyvalent have been involved in the tourism and cruise ship industry for five years now in a variety of ways, having acted as both greeters and town ambassadors in the past.

Don Barclay from the Community Learning Centre

at Gaspé Polyvalent considers that the presence of the students at the Point site is a win-win-win situation. “It’s good for the site, good for the town and good for the tourists who get to chat with English speaking people from the region,” he says.



Funds raised by students from Gaspé Poly are being used for the yearbook, graduation committee and student council.

Inside this week



Asbestos found in old New Carlisle cinema



MADE in: **La Ruelle**
UPCYCLED FURS



Former Montreal Canadiens’ coach enjoys living on the Gaspé

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Regional Symposium on Alzheimer's to take place in Gaspé

Gilles Gagné

GASPÉ: – The annual Regional Symposium on Alzheimer's disease will take place on November 11, at the Auberge des Commandants in downtown Gaspé. The six-hour event will feature half-a-dozen presentations, kiosks and opportunities for the public to obtain a lot of information and talk to experts specialized in dealing with patients suffering from cognitive problems.

The registration period starts at 9 a.m. and will be followed by the first presentation of the day, made by Chandler psychologist Karine Lévesque, who will talk about anticipated grief.

Two presentations will follow, between 10:45 a.m. and noon, one made by Anne Minville and Gloria Chicoine, and covering the topic of perturbed behaviours. At the same time, occupational therapists Catherine Trudel and Myriam Grenier will talk about adaption to a physical environment for the people suffering from cognitive deficit.

The meal is included in the registration cost and a band will play music while people eat, a good way to introduce the first subject of the afternoon, Music and memory, presented at 1 p.m. by Louise Dupuis, who works at the Bonaventure office of the Alzheimer's Society of the Gaspé Peninsula.

Between 1:30 and 3 p.m., a neuropsychologist, doctor Yves Turgeon, will cover the ground of Alzheimer's disease and neuro-cognitive problems associated with aging.

Initially, the registration period was supposed to end on October 28 but Gloria Chicoine, of the Côte-de-Gaspé office of the Alzheimer's Society, points out that people can still register for a few more days.

"The room has a capacity of 250 people and we have more than 100 people already registered. We now have a good idea of the attendance we will have and we can adjust to a higher number of registrations," she explains.

"The presentations will be made in French but the Anglophones will be able to get a lot of information in English. Vision Gaspé-Percé and Multi-Services will be there. We will have kiosks and it will also be possible to talk to us afterwards," adds Ms. Chicoine.

People can call at 418 368-1616 in Gaspé or 418 393-3535 in Grande-Vallée to register or obtain additional information.

Quebec government's re-investment in regions received with suspicion, Montreal and Quebec City are considered regions too by Quebec

Gilles Gagné

CARLETON: – The investment of \$100 million in Quebec's regions' development funds, announced on October 25 by Finance Minister Carlos Leitao, raises suspicion and criticism among many stakeholders and Opposition Members of the National Assembly, considering that the money will also be available to Montreal and Quebec City.

The mayor of Gaspé, Daniel Côté, can hardly believe, after the impact felt by Gaspésians during the last two-and-a-half years of austerity measures, that the region will get its share of the \$100 million announced during minister Leitao's budgetary update.

"The minister was clear that 'all Quebec regions' included Quebec City and Montreal. He didn't provide a breakdown of the amounts for each region. If we look at the management tendency that has prevailed since the election of that government, the demographic weight will play an important part. The Gaspé

Peninsula will be left with \$23.54! I am exaggerating, but there is reason for suspicion. The Quebec regions also mean Gatineau, Sherbrooke and Laval, which is a huge player, demographically. Those are the factors that are scary," analyzes the mayor of Gaspé.

He reminisces that in March 2015, the Quebec government cut \$81 million of the \$181 million earmarked until then for the *Fonds de développement des territoires*, a fund devoted to territorial development.

"That budget left only \$100 million for all the regions, excluding Montreal. At the same time, the metropolis' territorial development fund was increased from \$100 million to \$117 million. Now, we get \$100 million for all Quebec's regions. I'll wait and see," adds Daniel Côté.

"Let's just say that this government has often used plays on words and inaccuracies. The amount of \$100 million means that we will regain a portion of what we lost, but we don't know how much. We have to realize that before,

Montreal and Quebec City could not put their hands in that pot. Now they can. It all comes after the abolition of the CRÉs (*Conférences régionales des élus*), the cuts or abolitions of the CLDs (*Centres locaux de développement*) the cuts in the MRCs and in the fund pertaining to devitalized municipalities," he concludes.

During the first year of Philippe Couillard's Liberal government, up to \$300 million was slashed in various budgetary envelopes allotted for rural regions.

The two Members of the National Assembly representing the Gaspé Peninsula, Sylvain Roy of the Bonaventure riding and Gaétan Lelièvre of the Gaspé constituency, heavily criticized the budgetary update presented by minister Leitao. The \$2.2 million surplus announced by the Finance minister was just money taken from rural regions' citizens' pockets, like Gaspésians.

"After having cut in the budgets for two-and-a-half

Cont'd on page 9

SHARE your STORY

Story told by GLORIA GALLON
Written by CHLOE SKENE

Surprise Package

Growing up, we lived in 'the country' as it was called then. Now it's all Bonaventure. I remember when we were kids growing up, we had nothing to really play with because we didn't have any money. But then neither did anyone else in those days, really.

One day my sister, Shirley and I, were bored and we decided to do something fun. At home we had all kinds of packages, like cookie packages, lard packages and such. Over in the next field there were cows and, of course, where there are cows there is cow manure.

So my sister and I decided to go and get enough manure to pack into these two lard boxes. We patted the manure in these

boxes and wrapped the boxes with a brown paper bag and tied it with string so it would look like a parcel.

Then when there was no traffic, we would rush out and put those pretty packages on each side of the road and run back to the house and hide under our front step to watch and wait for a car to stop.

And stop they did!

Cars would stop when they saw the packages, pick them up and continue driving.

We laughed so hard because we could just imagine their faces when they would open the beautiful packages and see cow manure..... We were so bad!



PUBLIC NOTICE

The municipal authorities of "Ville de Gaspé" would like to advise the population that:

- according to By-Law 1190-12, motor vehicles are forbidden from parking on the streets of the town, from 0 h to 7 h, between November 1st, 2016, and April 30, 2017;

Motor vehicles are forbidden from parking on "rue de la Reine", from 3 h to 7 h, between November 1st, 2016, and April 30, 2017;

All motor vehicles parked in contravention with this By-Law will be towed at the owner's expense, and he or she will therefore be obliged to pay the fine and the costs described in this By-Law.

- according to By-Law 736-99, it is forbidden to make snow pile-ups or other pile-ups in the streets, alleys or public places;

Any person infringing this By-Law will be liable to a fine and the costs described in this By-Law.

Ville de Gaspé counts on the collaboration of its citizens regarding the respect of these provisions for security reasons and to make snow removal operations easier.

GIVEN at Gaspé, November 2, 2016.

Isabelle Vézina,
The Director of legal services and town clerk



Asbestos found in the old New Carlisle cinema

Gilles Gagné

NEW CARLISLE: – A small quantity of asbestos was found in the rubble of the old cinema in New Carlisle, just before the completion of its demolition. The search was prompted by an intervention from the *Commission des normes, de l'équité, de la santé et de la sécurité du travail*, the public body in charge of health and safety at work.

The main CNESST intervention was made on October 20, when only the front part of the building was left standing. Samples of rubble were sent to a laboratory located in Rimouski and the result was positive.

The premises and the building are owned by the *Fondation de la Maison René-Lévesque*, the promoter of a future tourist attraction called *Espace René-Lévesque*. The building was acquired from the Town of New Carlisle by the foundation earlier this year.

"Everybody acted in good faith, the foundation, the Town of New Carlisle and the contractor. We really didn't think that there would be asbestos in the building. It is true that it would have been more careful to conduct tests before the demolition," says Louis Bernard, president of the *Fondation de la Maison René-Lévesque*.

The result of the laboratory analysis led the CNESST to ask the contractor to cover the rubble with a tarpaulin on October 27. The tarpaulin will remain there until the rubble is hauled to the landfill, located in Saint Alphonse, near Caplan.

"The presence of asbestos means that all the rubble will be hauled to Saint-Alphonse. That factor significantly increases our transportation costs. Without asbestos, some material could have been disposed of closer. We still don't know what the supplemental cost will be," explains Louis Bernard.

A former university professor in medicine, Mr. Bernard assures us that the quantity of asbestos was minimal.

"It was contained in floor tiles. There were no pipes insulated with asbestos and no asbestos panels in the walls. Public health was my specialty and I can affirm that the quantity is small," adds Louis Bernard.



Photo: P. MacWhirter

On October 28, workers covered the rubble of the old cinema with black tarps.

According to him, the demolition cost, including contingencies like the presence of asbestos, is a shared responsibility between the *Fondation de la Maison René-Lévesque* and the Town of New Carlisle.

The demolition contract was carried out by Excavation Leblanc, of Carleton. When the CNESST intervened to stop the operation on October 20, an engineer assessed the situation, considering that only the front part of the building was still standing.

"The advice we received from the engineer was that it was more risky to leave the front façade upright than knocking it down despite the slight presence of asbestos," points out Louis Bernard.

He praises the collaboration of the Town of New Carlisle in the whole *Espace René-Lévesque* situation. "I only have good words for the work the municipal administration is doing to support us," says Mr. Bernard.

Maxime Boucher, spokesperson at the CNESST, confirms the "presence of asbestos in the debris on the grounds of the New Carlisle cinema. The employer (Excavation Leblanc) will have to provide us with a safe removal procedure and a safe disposal plan."

Mr. Boucher doesn't have the concentration of asbestos in the debris but he says it surpasses the accepted level of one hundredth of 1% in the air. It is therefore presenting a "high risk or propagation in the air," compared to moderate or low levels.

"It is considered a level that could pose a potential problem for anyone breathing

it. Our norm is low in Quebec due to the cancer risk linked to asbestos," points out Mr. Boucher.

The asbestos was found in the vinyl tiles of the floor and there was a certain quantity in the exterior concrete and plaster. The rubble indicated high hazard of propagation. The tarpaulin placed over the rubble will remain there until a safe removal plan is accepted by the CNESST.

"During the removal operation, the workers will be required to wear a mask with an assisted ventilation system and protective clothing. The rubble will also have to be watered, to prevent dust from being sent in the air. Once the operation is over, the workers will have to take off their clothes safely. The hauling operation will take place in an insulated container, or a container loaded with closed bags. The work cannot start until we have accepted the procedure," explains Maxime Boucher.

The CNESST received the notice of demolition work on October 18 from Excavation Leblanc. The operation had started a day earlier.

"On October 19, given the age of the building (built mid 50s or earlier), it made us think that asbestos could be found. We asked the contractor for confirmation that there was no asbestos and he couldn't give it. We called a work stoppage the following day, as a precautionary measure," explains Mr. Boucher.

The confirmation of the presence of asbestos came on October 26 from the Rimouski laboratory.

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Police report

On October 24, 2016 on appeal to the Quebec Court of Appeal, Lawrence Stevens, 73, from Bonaventure, a retired chemistry teacher at the *Polyvalente aux quatre vents* was allowed a second trial in a case of rape and indecent assault for which he was sentenced to 42 months of penitentiary in 2014. Quebec Court of Appeal Judge Nicolas Kasirer ruled that during the interrogation following the arrest of the accused, the police officer failed to inform him that his lawyer was trying to contact him and that his right to call a lawyer was denied. Consequently the video of the interrogation of the accused admitted as evidence at trial was declared inadmissible by Judge Kasirer.

Judge Kasirer did not acquit the accused on appeal because there is sufficient evidence to warrant a second trial. The crimes were allegedly committed in 1982. The rape of the young woman resulted with a pregnancy. The date of the second trial has yet to be determined.

Lawrence Stevens was also recently found guilty of rape in another case committed between 1979 and 1982 on a minor victim. The accused will return to court on November 17 for sentencing in that case.

Le Bureau des enquêtes indépendantes, an independent bureau of investigation created recently by the Quebec government, has not released additional information regarding an inquiry that resulted by a shot being fired at a 32-year-old man from Gaspé. The man was injured and hospitalized but his injuries are not life threatening. He was moving towards two *Sûreté du Québec* officers with a weapon, probably a knife and was well known by the police officers.

Six investigators from the *Bureau des enquêtes indépendantes* (BEI) and from the Quebec City Police Department spent two days in Gaspé investigating the case. The Quebec City Police Department is offering forensic expertise in that case. Their representatives are supervised by the BEI which was created to avoid a situation where a police corps would investigate the work of another police officer from the same corps.

Three hunters from the Baie des Chaleurs area will appear at the New Carlisle courthouse on January 9 on charges of assault, following two separate moose hunting incidents in the back country of *Pointe-à-la-Garde* and *New Richmond*.

Two hunters were involved in the first incident 8.5 kilometres north of *Pointe-à-la-Garde*, very early on October 16. Each hunter was part of a different group of three hunters. The two men exchanged punches. Following an intervention by *Sûreté du Québec* officers, the two hunters were interrogated, their firearms were confiscated and they were released after undertaking to appear in court on January 9.

The second incident occurred in the late afternoon of October 20, near kilometre 44 of Route 299, north of *New Richmond*. A 60-year-old man from *Saint-Siméon* assaulted another hunter. The suspect was questioned and released after undertaking to appear in court on January 9. His firearms were also confiscated.



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Commentary

Gilles Gagné

Misleading numbers

The Opposition parties are severely criticizing Quebec Finance minister Carlos Leitao for the choices he made over the last 30 months to then show up on October 25 with a surplus of \$2.2 billion for the current year.

It is the Opposition's role to criticize these circumstances and people can bet that no matter the numbers minister Leitao had presented, he would have been criticized just the same.

However, there are valuable questions arising from the numbers and choices presented by Quebec's Finance minister and the rest of the government.

Some of the past choices remain very questionable. The cuts in health are starting to show immensely, as thousands of qualified nurses have decided to leave the system before retirement age, because they are exhausted and sick of working in hospitals and CLSCs that work them like robots. Hundreds of administrators of the same health system have also left, due to the poisoned working atmos-

phere instilled by a dictator-minister called Gaétan Barrette.

Cuts in education now force the parents of children presenting learning difficulties to wait as long as three years before being assessed by a specialist.

In seniors homes, thousands of residents are shortchanged regarding the quality of food they are given, due to other budgetary cuts. That situation triggers health problems that are far more costly for the health system. We are talking here about the people who have made great sacrifices to build modern Quebec.

Since the April 2014 election, Quebec's department of public health has been forced to make cuts of 33%. Public health doctors and nurses are the corner stones of prevention, usually identified in advanced countries as the most effective way to reduce health costs and increase people's quality of life. Minister Barrette has apparently decided to take another path, with results that remain to be seen.

Regionally, Quebec's department of Transport has cut 70% of the Gaspé Peninsula and Magdalen Islands' road budget between 2011 and 2016. It went from \$141 million to \$48 million during that period of time. The results were very visible in November 2015 as the highway 132 bridge in Hope Town had to undergo urgent repairs a few weeks before Christmas. Over the first three budgets of the Philippe Couillard government, no money had been earmarked to improve the railway between Matapédia and Gaspé, a line that could have greatly alleviated the burden on highway 132.

Province-wide, that kind of under-investment can

only lead to the repetition of bridge collapses like the September 2006 incident at the Concorde overpass in Montreal. The neglect at the time was mainly from the government of Parti Québécois premier Lucien Bouchard, who was also obsessed with zero deficits.

The current government has shown a distressing short-sightedness regarding the regions of Quebec since the April 2014 election. The Gaspé Peninsula seems to be the least-considered of those regions, despite regular speeches in which the government tries to sound reassuring.

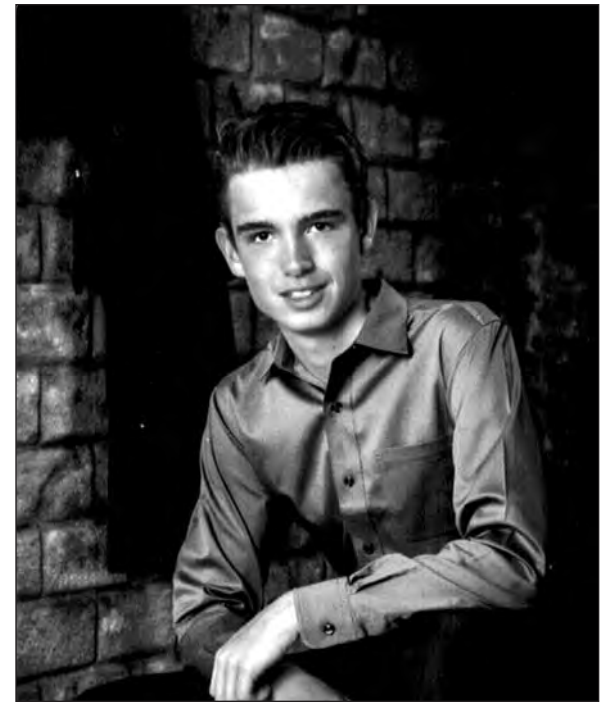
If the economy of the Gaspé Peninsula has been able to maintain some vigour, it is solely attributable to the efforts of its population and the fine performance sustained by commercial fisheries, tourism and wind energy.

A lot of people are trying to find a vision in the current government's path. There seems to be none, except a 2018 re-election.

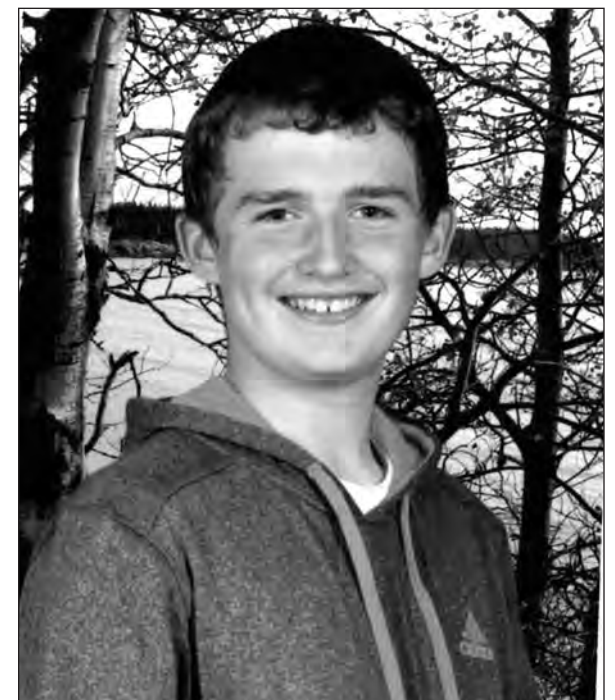
Most people agree on the point that Quebec's total debt of \$203.3 billion cannot be taken lightly. However, at 53.8% of the province's gross interior product, Quebec is far from being technically bankrupt. Moreover, the current under-investment in vital sectors of the economy and public services boils down to shovelling our unsolved problems a few years down the road and unsolved problems only cost more as time passes.

Omission

These pictures of the second place winners should have appeared in the 2016 Literacy Contest writeup. Spec apologies for this omission.



Chesley Court



Jasper Court

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Seniors are paying the price of cuts in the health sector

Thierry Haroun

GASPÉ: - Seniors are paying a high cost following the cuts of more than \$1.1 billion in the health sector by the Liberal government of Philippe Couillard, said Donald Tremblay, president of the AQRP during a press conference held in Gaspé on October 26.

Also present at the press conference were the regional representatives of the AQRP and the FADOQ. These organizations defend the rights of seniors in Québec. Now, the injection of \$100 million announced recently by the Québec Health Minister, Gaëtan Barrette, won't compensate for the \$1.1 billion his government has cut since it came into power in 2014, pointed out both organizations. Seniors in particular are paying a high

cost in terms of the quality of service. For example, in CHSLDs (long-term Health establishment), the quality of food is not a priority, criticized the regional president of the AQRP, Aline Smith. "The problem is not only that our seniors have to eat powdered potatoes, but this government is allocating only six dollars per day to feed our seniors in CHSLDs! They wouldn't do that for prisoners, because there would be riots!"

The other problem seniors are faced with is the lack of investments in terms of home health service, mentioned Donald Tremblay. "Maintaining our seniors in their homes and offering them health services is so important, but this government had promised millions and millions annually for the province and the reality is far



Photo: T. Haroun

From left to right: Renée Blouin (regional president of the FADOQ), Donald Tremblay (president of the AQRP) and Aline Smith (Regional President of the AQRP).

from that. On the Gaspé Peninsula, the amount is \$843,000. That means that every citizen gets \$9.15 annually compared to the Québec average of \$18.29," he said. There are consequences of not investing

public money in the health sector, adds Mr. Tremblay. "It favours the privatization of this sector and therefore we're merchandising the service and we're exploiting the vulnerability of our seniors."

Optilab

Another major topic came about during the news conference: The Optilab Project. The Québec government decided that in the near future, health samples of patients (urine, blood, biopsy and pap tests) would be centralized in one place in every region. In our region, the samples will be sent to Rimouski. That worries the regional president of the FADOQ, Renée Blouin. "The samples will travel 400 km. How will that affect the sample? The temperature? This is a serious matter. We are worried and that's why we are asking the government to put a moratorium on Optilab." The moratorium has also been requested by the Gaspesian prefects.

There are serious problems at Sainte-Thérèse wharf

Thierry Haroun

SAINTE-THÉRÈSE-DE-GASPÉ: - The wharf of Sainte-Thérèse-de-Gaspé, located between Percé and Grand River, is faced with a very serious problem. According to Mayor Leo Lelièvre the work on the infrastructure that was conducted by Fisheries and Oceans Canada last fall is putting the security of the fishermen in danger.

Last fall, the Ministry invested some \$6.5 million to redo the infrastructure, mainly the entrance of the wharf (*chenail d'entrée*) and that's where the problem is, points out Mayor Lelièvre. "The work, in my opinion, didn't take into account the needs of our fishermen. They didn't consult the fishermen and now we're faced with a serious problem given that the entrance of the wharf is shorter than it was. As a result, when there's a south-east wind the boats can't get to the

wharf. All summer, when that happened the boats had to go to Grand River's wharf to unload their fish stock (mainly crab and lobster). The situation is very serious and something has to be done quickly, it's about the security of our men on the water!" Leo Lelièvre, who was obviously very upset over the phone, confirms that he did speak to the Ministry and that they are well aware of the situation.

Spec also reached Percé Rock MRC Prefect, Nadia Minassian, who had precisely the same opinion as the mayor. "This is very serious. It's about the security of the men and a question of economic development. This harbour's activity has major economic spinoffs in our MRC with more than 60 fishermen and processing activities attached to it."

She did confirm during our interview that she met with Federal Minister, Diane LeBouthillier, in order to inform her government of this



Photo: T. Haroun

Sainte-Thérèse-de-Gaspé wharf entrance.

issue.

Reached at her office in Ottawa, Diane LeBouthillier confirmed that she's following this file very closely. "We're not closing any doors in terms of repairs. Fisheries and Oceans Canada and the local wharf administration are working closely together concerning the situation. I would also like to take this opportunity to say that there were no incidents whatsoever related to the work that took place on

that wharf."

Fisheries and Oceans Canada sent Spec an e-mail

saying that they are well aware of the situation and that a follow-up is underway.

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Photo: G. Gagné

Carole Chedore and Jean Perron are happy with their life at the restaurant 'La loge à Perron'. She doesn't ask him to deliver orders, though. "It took an hour per delivery. People invited him to sit, have a drink and talk about hockey."

Former Montreal Canadiens' coach enjoys living on the Gaspé

Gilles Gagné

PABOS MILLS (CHANDLER): — "He was giving a hand with deliveries. When he came back, I asked him how far he had had to go for the delivery. "It was in the neighbourhood," he replied. It often took an hour per delivery. People wanted to have a picture taken with him, they were inviting him over for a drink and wanting to talk about hockey."

That is how Carole Chedore, co-owner of La loge à Perron, a small restaurant located in Pabos Mills, describes the role played by Jean Perron, the former coach of the Montreal Canadiens, after they acquired the restaurant in February. She has since curtailed the delivery duties of her partner.

Jean Perron has been living in Chandler since 2013. Carole Chedore and he met in 2011 when she was supervising the organization of the Peewee Hockey Tournament. He was the honorary president. After the event, she had to contact him for a follow up and things eventually clicked. He came to Chandler for the Christmas break and even coached the Chedores in the local family tournament.

"He was single, I was single and he is a fine gentleman. He likes people," she says, a few minutes after Mr. Perron left to help a friend.

He was alone in the restaurant when SPEC made an impromptu stop. Carole Chedore arrived shortly after to replace an employee whose husband had just been hospitalized. A man stopped for a moment with a gift for the couple.

"Thanks for helping us the other day," said the man before leaving. The bag contained crab meat.

Jean Perron likes people, and people like him. At 70, he looks dynamic, sharp, healthy and happy.

"It is peaceful and quiet here. It was not the case in Montreal. I couldn't take it anymore. I could no longer leave the house without being persistently asked 'Will the Canadiens win tonight and why' Here, people are respectful. They are happy that I live among them. They know that they can come to the restaurant and talk about hockey. Elsewhere, they still ask questions about hockey but in a shy way. I also have the hockey chronicle on the radio, at Bleu-FM. I no longer deliver for the restaurant, barring exceptions, because people basically want to have a photo taken, want me to have a beer or a glass of wine. I still receive invitations. There is a Mr. Babin from nearby and I promised him that after the golf season is over, I will go to his place, spend a couple of hours and talk about hockey. People love hockey here. I attended a Gaillard game with Carole's family once and I couldn't believe that you had to get there an hour in advance, at 6 p.m. in order to have a seat for a game starting at 7 p.m. There were 2,500 people in the stands. I saw the same thing for a Rivière-du-Loup Albatross game against Saguenay. It is midget hockey!" he says.

He also likes coaching. After acquiring his Université de Sherbrooke diploma in physical education in 1969, he

worked for the Cegep de Matane for three years, where he coached in various sports, including hockey, before moving to Michigan State University, where he obtained a master's degree in 1973, also in physical education.

In 1973, he became the coach of the Aigles Bleus of Université de Moncton, and led the hockey team to two Canadian championships, in 1981 and 1982. He was named the best coach in Canada in 1982-1983. He then coached Team Canada, and became Jacques Lemaire's assistant coach for the Canadiens in 1984-1985.

After the resignation of Jacques Lemaire, Jean Perron was named head coach of the Canadiens for the 1985-1986 season. He was only 39 and against all odds, he and his team won the Stanley Cup against the Calgary Flames in the final. Montreal journalist Richard Labbé recently released a book about that win, *L'équipe qui ne devait pas gagner* (The team that was not supposed to win).

"A lot of people are still talking about that Stanley Cup. I was a rookie coach. I had nine rookies on the team. They stepped on some veterans' toes and some of those veterans didn't like it. It was the first time a Stanley Cup winning team relied on nine rookies. I trusted them. Some veterans are still taking shots at me verbally. They never accepted it. Lucien Deblois and Steve Penney, who were both injured at some point that year, do not send me nice letters, but a coach is never the

Cont'd on page 11

Reflections

by

Diane Skinner Flowers



Lest We Forget

Remembrance Day is approaching and the first visual reminder of this is the poppies for sale at local stores. I'm sure that you do not need to be reminded not to look the other way when you see the proud men and women with the poppy box hoping for your support. Historically, many Gaspésians have willingly joined the Canadian military and in particularly large numbers to support WWII. We honour them when we remember.

The Canadian Armed Forces (CAF) is the term which describes our unified armed forces. This consists of forces which protect sea, land and air. Specifically, these are the Royal Canadian Navy, the Canadian Army and the Royal Canadian Air Force. Since the Second World War our national defense policy has focused on three broad objectives. These are the defense of Canada, the defense of Canada in cooperation with the U.S. and contributing to broader international security. What this means more specifically is conducting daily operations such as NORAD, responding to national disasters or terrorist attacks or incidents, and supporting crises in other countries, such as hurricane relief and civil war.

Since WWII Canada has deployed troops for the Cold War, Korean War, October Crisis, Gulf War, Bosnian War, Oka Crisis, Kosovo War, Afghanistan War, Iraq War, Somali Civil War, Libyan Civil War, and intervention to fight the Islamic State of Iraq. On Remembrance Day we honour the men and women who were involved in those conflicts as well.

Many years ago when our veterans returned from active duty they brought back memories of what they had lived through. Sometimes, historically, we would hear that a veteran was 'shell shocked.' What we know now is that it likely was Post Traumatic Stress Disorder. PTSD is referred to as invisible scars; 'an invisible war that rages within.' About 40,000 Canadians served in Afghanistan, for example and 148 died. But many are dealing with the trauma of PTSD. This can show up as anxiety, depression, anger, insomnia or withdrawal and isolation. They need assistance and relief from their pain.

Every year the Royal Canadian Legion conducts a Poppy campaign to raise funds to support veterans and their families. The funds raised are used for care facilities, training for transitions, accessibility modifications, educational bursaries, disaster relief for veterans and promoting Remembrance Day activities.

Members of the Canadian military have given a great deal for us. Some have given the ultimate sacrifice. Do not forget. So buy that poppy and wear it proudly. Attend a ceremony on November 11th. To live in a safe and secure democracy is a blessing and we need to be thankful.

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E. GAGNON ET FILS:

Increases freezing capacity at Sainte-Thérèse-de-Gaspé plant

Gilles Gagné

SAINTE-THÉRÈSE-DE-GASPÉ – E. Gagnon et Fils, arguably the largest fish processing company in Quebec, is currently investing \$1.5 million to build a refrigerated warehouse next to its main plant in Sainte-Thérèse-de-Gaspé.

The construction of the building started in September and should be completed before the end of November. The warehouse will measure 120 feet long, 46 feet wide and 36 feet in high.

The president of the company, Raymond Sheehan, explains that the warehouse will enable the plant to save money and increase the flexibility of E. Gagnon et Fils.

“We were renting truck trailers, up to 28 this year during peak season. We were also renting warehouse space in Quebec City, Montreal and Halifax. It was costly,” says Raymond Sheehan.

“There are three days during the week, sometimes four, when you cannot ship to Montreal. You can’t send trucks there over the weekend and not on Friday as well. If you have a holiday during the week, it amounts to four days without shipping. So we needed more storage space,” he adds.

His sons Bill, Jerry and George are also deeply involved in the day-to-day operations of the company.

The trailers were essentially rented from companies located outside the region. “We could load them for the return trip after the season but their stay here was expensive. Our freezing capacity in the plant was only 120,000 pounds. Now, with the new



Photo: G. Gagné

Jerry, George, Raymond and Bill in front of the fish processing plant's new warehouse.

warehouse, we will have enough room to store the output equivalent of four to five production days,” adds Raymond and Bill Sheehan.

“The capacity of the warehouse is the equivalent of 560 pallets of 1,500 pounds, for about 800,000 pounds. For higher density products like bait, we can surpass 1 million pounds. For crab, it is less, maybe 600,000 pounds. In that case, the way it is packaged takes a lot of room,” adds Bill Sheehan.

The construction contract was awarded to a Chandler company, N & R Duguay. “It is a local company. That matters,” points out Raymond Sheehan.

Now 70 years of age, Raymond Sheehan has been involved in commercial fisheries for 45 years. He spent a decade as an inspector for Fisheries and Oceans Canada, the federal depart-

ment, before founding a company, Pêcheries Sheehan, in 1981. The company specialized in cod products, including salted and dried cod. The quotas were still high at the time but the cod crisis that started in 1989 led to the closure of the firm in 1992.

In the meantime, Raymond Sheehan had founded Degustmer in 1984 with a partner, Lelièvre Lelièvre et Lemoignan, another company based in Sainte-Thérèse-de-Gaspé. They started through the acquisition of another company, Homards Langis. They bought and resold lobster.

Degustmer gradually became the largest lobster buyer in the Gaspé Peninsula and has kept that status to this day. After running tests in 2005, the company entered the field of lobster processing in 2006 after receiving a permit from Quebec’s ministère de l’Agri-

culture, des Pêcheries et de l’Alimentation, MAPAQ.

Degustmer had previously entered the production of rock crab meat in 2001, an opportunity that kept their first plant, which they still own near the Sainte-Thérèse wharf active during the fall months.

In 2008, Raymond Sheehan became the sole owner of Degustmer after buying out the Lelièvre, Lelièvre et Lemoignan shares.

In February 2010, the Sheehans made one of the biggest moves in the history of the Gaspé Peninsula commercial fisheries by acquiring two-thirds of E. Gagnon et Fils, the most significant crab processing plant in Quebec, located north of Highway 132, hundreds of feet away from the first Degustmer plant. The Sheehans think that it could even be the Canadian plant which has the largest output in fisheries products, with 12

million pounds of crab and lobster under the same roof.

“It was a quick move. The opportunity arose during the Christmas break and two months later, the deal was concluded,” states Raymond Sheehan.

The company sells the majority of that production to the United States, but has also developed very strong ties with Canadian customers. Some of the products are also sold to Japan, Europe and China.

“With nearby Poissonnerie Caron, we have also developed a partnership in the processing and marketing of tuna. We cut the fish in quarters, we make pieces of 100 to 150 pounds and we sell them to restaurants. We think that tuna fish are back for good and that there is growth potential in a niche market,” says Raymond Sheehan.

Up to 500 employees work for E. Gagnon et Fils, which has now integrated the first Degustmer plant and the Shigawake plant.

“We have about 350 plant workers here. We have 25 people in the office. We have 60 employees assigned to the wharves, unloading boats and bringing the products here. We have close to 20 truck drivers and we have about 30 employees in Shigawake,” describes Bill Sheehan.



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MADE In...

La Ruelle UPCYCLED FURS

Wendy Dawson

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

SAINT-SIMEON - Established in St. Simeon since 2013, Serge Boulanger is only half joking when he says he has almost 100 years of experience as a furrier. His father, who was a furrier before him worked in the industry for 53 years. Serge, who himself has been practicing the art since the age of 20, is moving into his 60th year.

When asked if he sees himself slowing down anytime soon, he quickly points out, "I'm only starting to get good at this, I couldn't possibly stop now," and he smiles.

La Ruelle, a business operated by Serge Boulanger and his spouse Marie-Josée Dugas, is a one of a kind operation. There is no other such business in the entire province and Serge thinks that there is nothing of the sort offered anywhere else in Canada. He aptly points out

On the back of the pelts are a series of markings and measurements that hold the promise of a new design. New design, because Serge does not work with new pelts but rather upcycles the pelts from old fur coats.

"I wanted to work with recycled furs from the very beginning. My father tried to discourage me, telling me that I wouldn't make any money that way, but I loved the challenge of working with old furs. I am certain," he continues, "that there are as many fur coats in Quebec as there are houses. Just think of your own story. Think of your mother, or your grandmother or your aunt."

He pulls out a classic style black lamb's wool coat, "Your grandmother may have had this," he says and then pulls out a brand-new lamb's wool coat intercut with bright red fox fur and shaped in a much more current style, "But you can have this." The two coats are wildly different in design.

Serge Boulanger explains



Photos: W. Dawson

Serge Boulanger.

ishing on the coats, including the lining or adding buttons or clasps so that he can free up some time to work on additional designs.

The clients visiting La Ruelle are welcome to come to his workshop and boutique to see and purchase items that he has on the rack. His productions are not limited to fur coats. Serge also makes hats, mittens, scarves, throws, pillows, teddy bears, muffs. He loves finding new and creative ways to use furs, and as he says, a fur coat is not everyone's cup of tea.

For those that are interested in finding a new use for an old fur, the process is a little different. Furs are brought into La Ruelle and evaluated – for possibility, not for value. Serge likes to meet with his clients to determine what their fashion style is and what the purpose of the fur will be. Is it a coat that will be worn every day? Is it something that will be saved for special occasions? He will offer potential clients examples of his previous work, or draw out a new design to help a client's idea come to life.

From there Serge Boulanger will make a pattern and will cut up the old coat and retrofit with

additional furs when necessary. In addition to the furs that people bring in, Serge receives several donated furs every year. He only occasionally purchases new pelts for inclusion in a design.

Clients can expect to wait several months for some designs. He is only now in the month of October finishing items that he started in early spring. The number will vary based on the type of designs he works on, but he will complete on average 150 coats per year.

If a coat is not exactly what you are looking for, Serge's creative boundaries are wide. He shows off a pillow that was made from one of his client's grandmother's furs. He explains, "She wanted a keepsake and for her the fur coat had always been a part of her grandmother. There is a lot of emotion tied to fur."

His inventory as well as his pieces waiting to be picked up are a testament to his varied clientele. From very muted and conventional coats to wildly elaborate haute couture items, Serge Boulanger clearly has a gift for understanding his clients' tastes.

Every year since it has

opened, La Ruelle has participated in a spring fashion show in Carleton. This is when Serge can really let his creativity fly. In his showroom in preparation for next year's show is a complex, long and streamlined coat made up of hundreds and hundreds of fur patches.

"I don't want to give too much away, but that model will be on stilts." The expected height of the model quickly becomes evident when noting that the staff that will be used by the model for the occasion is over 6 feet high.

While brand new fur coats can set a client back on average anywhere from \$15,000 to \$30,000 (and more), a custom upcycled design by Serge Boulanger will range from \$1,500 to \$? (the possibilities are endless!). Currently, the items in his shop range from \$80 for a pair of mittens to \$2,800 for a shaved mink.

Whether you are shopping for a new fur or not, La Ruelle is most certainly worth a visit. Serge Boulanger and Marie-Josée Dugas are as warm and welcoming as the fur that surrounds them.

For more information:
www.laruelle.ca or
www.facock.com/laruellefourrure.



La Ruelle classic mink and bag.

that despite its importance in our collective history, fur no longer holds the importance that it once did in our society and there are only five true furriers left in the province of Quebec. He fears it will become a lost art and thus, a lost part of our heritage.

Serge Boulanger's workshop table is filled with furs of a variety of colours and tex-

that traditional furriers would make a coat with the participation of at least four or five other individuals including a designer, a pattern maker and a seamstress. Some furriers had people whose sole job was to water pelts. In Serge's case, he handles all aspects of confection, from the first to the final step. Recently, he has hired someone to help him do the fin-

Series about Indigenous people of the Americas starts on November 2



Gilles Gagné

Photo: Courtesy of Felix Atencio-Gonzalez.

GESGAPEGIAG – Over the last year three Gaspésians were intensely involved in the production of a television series, “Konnected.tv”, that will be aired on APTN, the Aboriginal Peoples Television Network, starting on November 2 at 8 p.m. with the first two of 13 episodes. The episodes last 30 minutes. The series features various Native groups living in the Americas and their activities to preserve their culture. The first episode is entitled “Food for Thought”, while the second one is called “Liberty Through Music.” The series was directed by Eli Laliberté, who lives close to Gesgapegiag, and Steven Martin, from Listuguj. Felix Atencio-Gonzalez, also of Listuguj, worked as a researcher, sound technician and translator during the shooting. Knowledge.TV will also air the series later. It was produced by PVP, a firm based in Matane.

REGIONS:

▶ *Cont'd from page 2*

years, the government goes as far in the odious as including Montreal and Quebec City in the regions that will benefit from the regional envelope. When the metropolis and the capital have cashed in their part, it is clear that there will not be one cent left for the Gaspé Peninsula and the other regions,” said Sylvain Roy.

His Parti Québécois colleague Gaétan Lelièvre criticizes the centralization of health services in Rimouski and Quebec City, a reality forcing Gaspésian patients to cover longer distances for vital services.

Mr. Lelièvre criticizes the absence of investment in the

upgrading of the Matapédia-Gaspé railway, and the fact that the Amiral tourist train has therefore been stranded at the Gaspé town station for two years now. “That situation is affecting Gaspésians’ capacity to travel by train (the VIA Rail service has been suspended since September 2013),” points out Mr. Lelièvre.

He also denounces the abolition of the Forestry Consortium, which provided valuable information about the region’s forests, still a vital part of the region’s economy and livelihood.

“There has also been a constant drop in the region’s road budget over the last three years, from \$84 million annually to \$48 million,” remarks Mr. Lelièvre.

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These FREE workshop will be delivered in French. English translation support will be available.

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Photo: Melissa Mercier

Bessy Craig, seated, with Sharon Murray-Guignion, Ann Kelly and Loretta Noel Audit.

FAMILY TIES:

Community luncheons for seniors project

Ann Kelly, Family Ties, Administrative Assistant

NEW CARLISLE: Family Ties is pleased to announce funding from The New Horizons for Seniors Program to fund the project Family Ties Community Luncheons. In 2015 a group of seniors came up with an idea: to prepare monthly lunches for seniors who eat alone. They sent out invitations and prepared a large pot of soup. This first lunch was well attended and the group wanted to turn the idea into a project.

Family Ties submitted a project to the New Horizons for Seniors program and was awarded funding to renovate the community kitchen, purchase furniture and other materials needed for the project as well as engage a part-time coordinator.

Two walls were removed in the collective kitchen to open up the space allowing for more ample seating, and the entrance was given a facelift with new flooring and fresh paint. Comfortable and inviting furniture was purchased to allow for socializing, creating a welcoming atmosphere.

A steering committee consisting of Sharon Murray-

Guignion, Loretta Noel Audit, Bessy Craig and Patsy MacDonald, was formed. The steering committee is looking for volunteers to help with the organization of the lunches as well as the preparation.

Students from grade five/six at New Carlisle High School will be involved in the project, helping to set up and clean up the dining area, as well as to prepare the meal.

If you are interested in being involved, please contact Ann at Family Ties (418 752-7265 or familyties@globetrotter.net) or one of the steering committee members. If you are a senior who eats alone and wants the company of others you are welcome to attend the luncheons which will happen every fourth Wednesday (except for December), starting at noon, followed by a social activity, at the Family Ties collective kitchen.

Please RSVP by the Monday before each monthly luncheon. The next luncheon is planned for November 23 so please RSVP with Ann by November 21. To help sustain the project we are asking guests to make a financial donation, paying what they can.



Photo: G. Gagné

Journalist/Singer Thierry Haroun is seen at right.

The Gaspé Project launch on November 4 in Gaspé

Gilles Gagné

GASPÉ: – Percé journalist Thierry Haroun, who writes for the SPEC on a weekly basis, also plays music when time permits. He and his band, called The Gaspé Project, recorded an “extended play,” or EP, at the end of 2015 and they have been working on final touches and its release ever since. The seven folk-rock songs of the EP were composed in English.

The EP launch will take place at the Frontibus Bar in downtown Gaspé on November 4 at 9 p.m. The EP includes *Paper Mill*, a tribute to the Gaspesia plant workers, *Daytona 500*, about the famous race track, *I've Been A Bad Boy*, about infidelity, and *You Don't Care*, about strip joint dancers. The attendees will see the first screening of the Paper Mill video, produced by Gaspa Video in Carleton. The EP was recorded (photo) at Studio Tracadièche, also located in Carleton.

Second New Carlisle local market and garlic festival a great success

Carol Gilker

NEW CARLISLE: September 24 marked the end of the New Carlisle Local Market for the season and it was celebrated again with the garlic festival. It was bigger and better than last year drawing people from far and wide. The additions of a soup bar, local sausages and crafts for the children along with the usual vendors were a big hit. The soup bar and bbq sausages were sold out by noon.

There was something for everyone: local singers and a fiddler in the morning, and a jazz band in the afternoon. There was a face painter and a seasonal craft for the children, homemade food, a broad variety of wonderful, local vendors, a garlic workshop, food demonstration, and of course the opportunity to meet people and socialize while enjoying it all. Everyone had a wonderful day, and the weather even cooperated.

The local market, in general, was a great success again this year. More vendors with more and varied local products joined the market and were able to successfully sell their products. Locals and visitors were able to buy wonderful local products and carry them in one of the new



Photo: Isabelle Hubert

market bags. It became a place where people regularly met up with friends and relatives from near and far. A win, win situation for all.

People who come to the market see a bustling place with vendors at their stalls sheltered by canopies, setup in an organized fashion, people walking through with their market bags perhaps chatting and drinking coffee or sitting at a picnic table taking a break after making their purchases. They probably don't often think of what is involved in having the market running smoothly.

The market committee is made up of a group of dedicated volunteers who take turns making sure each week is organized. They are responsible

for everything from picking up strawberries on a Friday evening to overseeing the setup and dismantling of canopies and tables and meeting the needs of the vendors.

The market would not even exist without the partnership it has with the town of New Carlisle which has supported the committee from the start, buying canopies, tables, letting the market have the use of the park and a town worker and a student each Saturday for setup and dismantling. When more power outlets were needed they were installed, the same for outside running water. The town and market committee are a prime example of what teamwork can accomplish.

Have a good winter! See you all at the market next year.

Don't miss a single

Check the Coast Round-up Page of The Gaspé Spec!

COACH:

▶ Cont'd from page 6

most popular guy around. I am not ashamed by that situation. We won the Stanley Cup. My resume is full of championships. It is impossible to please everyone," says Mr. Perron.

The situation was a bit special too, he reminisces. "Pierre Mondou had to retire because of an eye injury. Jean Hamel suffered from an eye problem too. Lucien Deblois was sidelined for two months because of a knee ligament problem. Tom Kurvers was also injured and was out for the year. To replace them, I counted on Patrick Roy, who was just 20, but so talented, Claude Lemieux, Stéphane Richer, Serge Boisvert, Dave Maley, who had just arrived from Wisconsin. Those young players saw an open door and decided to go through. They were so energetic. In order to win the playoffs, you need young legs and we had them," he adds.

Two seasons later, after amassing an excellent record of 126 wins, 84 losses and 30 ties, Jean Perron was fired by

the Canadiens. He joined the Quebec Nordiques the following season, a team that was going through reconstruction, and showed a record of 16 wins, 25 losses and five ties after pinch hitting for Ron Lapointe, who was suffering from cancer.

After the Nordiques experience, Mr. Perron decided that he had had it with coaching in the National Hockey League.

"I received offers. John Muckler of the Edmonton Oilers, wanted to work with me. I got along well with (team president) Glen Sather. Mike Keenan, of the Chicago Black Hawks, knew what I could do and approached me. I didn't want to go back to NHL coaching. I wanted to stay healthy. Look at what has happened to coach Bob Johnson (of the Pittsburgh Penguins); he is dead now. Michel Bergeron (Quebec Nordiques and New York Rangers) has had two strokes. Jacques Demers is confined to a wheel chair," explains Mr. Perron.

"I didn't grow up wanting to be a coach. I wanted to play on Canada's Olympic team and it never panned out but I

was an assistant coach for the Olympic team. We finished fourth in Sarajevo in 1984. It was such a green team but also so talented and big-hearted. A lot of players made it to the NHL, like Dave Tippett, Kevin Dineen, James Patrick and Mario Gosselin, among others," he recalls.

It is rather hard to refrain from asking Jean Perron what he thinks of the Montreal Canadiens of 2016-2017. They were boasting a record of six victories and one overtime loss when the SPEC asked him.

"They will make the playoffs, it is certain. They will have a beautiful season. The team's cancer was P.K. Subban. I like him but coach Michel Therrien didn't like him. The organization has problems with spectacular players. It was also the case with (Chris) Chelios but a team can't win with mass prayers. Some of my (1985-

1986) players were not easy to deal with, Chelios, Chris Nilan and Shayne Corson. However, if you want to win at the professional level, it takes all kinds of players. The key this year, like last year, is Carey Price. Last year we saw

that the team crumbled with his injury. This year though, the Canadiens have Shea Weber, a true captain. I have a lot of appreciation for P.K. Subban but he was not the leader the Canadiens want", concludes Jean Perron.

ASBESTOS:

▶ Cont'd from page 3

"Ideally, the removal of asbestos should have come before demolition and the notice of demolition should have come to us before work started," stresses Maxime Boucher.

Excavation Leblanc is therefore in a position to receive an infraction, "but it is not sure yet. We have to analyze the file," adds Mr. Boucher.

Denise Dallain, director general of the Town of New Carlisle, says that the money earmarked by the council for

Espace René-Lévesque is not supposed to cover the demolition cost.

"We have agreed on a grant (for Espace René-Lévesque) but not necessarily for the demolition. The council will have to look at it," she says.

Espace René-Lévesque will be located near the old cinema, on land known as the Jiona property. The Jiona house was demolished at the beginning of the summer. The construction of the future interpretation centre could start as early as next spring. It will present the life of René Lévesque, Quebec's premier between 1976 and 1985. He



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Announcements...



Birth



GOSTEAU-CAMPBELL: Madeline Isley

Rock-a-Bye Baby

The Gosteau-Campbell household is busier than ever with the arrival of Madeline Isley on June 22, 2016. Her much anticipated entrance was greeted with cheers from Emerald, Celeste and James. Madeline's siblings await patiently the day when she will join them in the playroom for more than "tummy time". Milly and Pier are presently posted to CFB Bagotville, Québec and make Chicoutimi their home.

Congratulations and blessings from family and friends!



Obituary

CHICOINE: Morris Elsie

Elsie passed away peacefully on September, 11, 2016 at Gaspé Hospital. She left this world to join her husband, Wilbert Chicoine (May 2012) and other family members.

She is survived by one sister, Lila Letteau of Los Angeles, cousins, nieces, nephews, and friends.

Thank you to everyone who participated in the fu-

neral mass. Your thoughtfulness was sincerely appreciated. Thank you to Dr. Catherine Blais Morin for her professional care and human touch during Elsie's hospitalization. To the staff of the seventh floor at Gaspé hospital, thank you for the dedicated work that you perform with human compassion.

Angels in heaven all robed in white.

*Were playing one day in the garden of light,
And Jesus came smiling, and said to his band,
"Here's another playmate, take Elsie's hand."*



In Memory

BRIAND: Richard (Dick)

To: Dad

I come alone, we stand together.

We are here, today, forever.

Forever in our hearts and minds.

And stay united til the end of time.

The day may cloud,

Yet you still shine,

Just like Labatt and dandelion wine.

20 years and we return,

To honour you... the flame still burns.

So "Amouchan" and raise a glass,

Your legacy will forever last.

And we will take care of Mom.

Allan Briand

MILLER: Austin

In loving memory of my dear husband who passed away November 8, 1991.

Always a smile, never a frown.

Always a hand when one is down.

Always true, faithful and kind,

Wonderful memories he left behind.

Wife Mary

REHEL: George

In loving memory of my father who passed away October, 16, 1988.

A beautiful memory, dearer than gold,

Of a father whose worth can never be told.

*There's a place in my heart no one can fill,
I miss you, Dad, and always will.*

Your daughter, Helena.

RENOUF: Hannah (née Sawyer)

November 7, 2012

RENOUF: Russell

November 24, 2014

Mom and Dad

Wishing you were here.

Missing you every day.

You'll always be the best parents,

Who loved us in every way.

Thank you for our childhood,

And believing in our dreams.

Giving us a name,

We can be proud of.

Always being there for us.

Just knowing that you're together,

Brings a smile to our faces.

You are very special parents,

Who can never be replaced.

We will always love you,

Today, tomorrow and always

Love Donna, Velda, Vaughan and families.



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What's This Artifact?



Answer:
Antique birthing chair - This chair was once used to give birth, the woman would sit on it, and could give birth much easier due to the chair's shape and structure.



Gluten-free crackled chocolate cookies

"This classic fudgy cookie crackles delightfully on top while it bakes," says Tom Filippou, executive chef for President's Choice cooking schools. "We made them with our new gluten-free flour, so you can share them with everyone."

Ingredients

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



Instructions:

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

HELPFUL HINTS

If you purchase your shortening in the large container, you can measure it easily by pouring a cup of water in a two cup measuring cup. Scoop out the shortening and add it to the cup of water and you will see how much your water rises above the one cup and that's how much shortening you have. Pour out water and add the shortening to your recipe.



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

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- CHEMICALS
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- PREVENT
- QUALIFIED
- RISK
- SAFETY
- STANDARDS
- STRATEGY
- TOXIN
- UNSAFE
- WATCH
- WORK

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

SUDOKU

				3		2	1	
5		4						
	3						9	
6					1			
9	8			6				
				1		5	8	
3			4	5	9	8		
7			3				4	
				8				5

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

1	4	9	2	7	8	3	6	5
7	5	8	3	1	6	9	4	2
3	6	2	4	5	9	8	1	7
4	7	3	9	2	1	6	5	8
9	8	1	5	6	7	2	3	4
6	2	5	8	3	4	1	7	9
2	3	7	1	8	5	4	9	6
5	1	4	6	9	2	7	8	3
8	9	6	7	4	3	5	2	1

ANSWER:

ARIES – Mar 21/Apr 20

Things are rushing by at break-neck speed, Aries. There's nothing you can do to slow down the pace, and you may be carried along for a while. Just hold on and enjoy the ride.

TAURUS – Apr 21/May 21

Taurus, when you relax and let people in, they can get a better assessment of the real you. Put yourself out there and let others get to know you for the great person you are.

GEMINI – May 22/Jun 21

Gemini, you're capable of coming up with brilliant strategies on a moment's notice. When a new situation presents itself, give yourself some extra time to come up with a course of action.

CANCER – Jun 22/Jul 22

Cancer, you may be ready to take an emotional risk this week, but you are not sure where to devote your efforts. Put your heart out there, and it won't let you down.

LEO – Jul 23/Aug 23

Leo, put yourself in another person's shoes for a bit. Doing so may help you see things from that person's perspective, and that will



only serve to benefit your relationship.

VIRGO – Aug 24/Sept 22

Virgo, some big news could be on the horizon, but you'll have to be patient and wait for the news to be delivered. Try to find ways to fill the downtime.

LIBRA – Sept 23/Oct 23

Libra, a loved one knows which buttons to push to motivate you. Accept this indirect form of help and employ your newfound sense of motivation to get the job done.

SCORPIO – Oct 24/Nov 22

Scorpio, someone may have the upper hand in a certain situation. Listen to what this person has to say and look for a way to compromise so all involved can benefit.

SAGITTARIUS – Nov 23/Dec 21

Sagittarius, teamwork is the best way to tackle a project at work. Encourage your team to pull together and you will all be rewarded for your successful efforts.

CAPRICORN – Dec 22/Jan 20

Patience is one of your strongest at-

tributes, Capricorn. When faced with someone who is ready to forge ahead, emphasize the importance of taking things slowly.

AQUARIUS – Jan 21/Feb 18

Aquarius, exercise caution when discussing delicate matters this week. Allow others involved in the discussion to share their points of view just like you want to share your own.

PISCES – Feb 19/Mar 20

Think twice before acting, Pisces. A careful approach to a task at hand will prove especially helpful in the days ahead.

FAMOUS BIRTHDAYS

OCTOBER 30

Matthew Morrison, Actor (38)

OCTOBER 31

Piper Perabo, Actress (40)

NOVEMBER 1

Anthony Kiedis, Singer (54)

NOVEMBER 2

David Schwimmer, Actor (50)

NOVEMBER 3

Roseanne, Comic Actress (64)

NOVEMBER 4

Markie Post, Actress (66)

NOVEMBER 5

Bryan Adams, Singer (57)

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