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week



Work progressing
at Trout Brook



CASA inaugurates
new office building



An artificial reef to
be installed in Sandy Beach

The Gaspé **Spec**

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Tipsy Canoe's official launch makes a splash

Wendy Dawson

CASCAPEDIA-ST-JULES: – The long weekend in May for many, marks the first official foray into summer and this past long weekend was no exception. On May 19, Mother Nature showed off some of her best assets and folks aplenty, about 150 of them, showed up to help Caitlyn Barter officially launch her Topsy Canoe Designs brand and beautiful new roadside shop.

With the valuable support of friends and family, Caitlyn Barter hosted a community barbeque to underline the event. A huge spread was offered, featuring a variety of local products. Caitlyn was pleased with the turnout.

“It was a great mix of people I knew, but then also ones who were just hearing about Topsy Canoe Designs and coming to check things out. We were also very grateful to partner up with Lyne Sexton's 50/50 event - a weekend event that focused on teaching women fishing techniques and empowering them to become involved in fly fishing. The 50/50 group joined us for lunch and came to check out the shop. Overall, I was so impressed with the turnout. I laughed when I heard someone loudly say, “give them food, and they will come!” she said.

Normand Desjardins, local artist and retired art teacher, was not familiar with Caitlyn's work, but he was impressed enough to leave the event with a brand-new paddle named “Lawler's Rock” in hand.

“More than craft, it's an art form that truly evokes the spirit of the river and I would hint at even an aboriginal design influence. Her choice of colour, line and design display



Tammy Vicaire and Tracey Lynd, inside Caitlyn's new boutique are ready for some cool Gaspesian nights in their Topsy Canoe hoodies.

Photo: W. Dawson

a perfect and harmonious combination of the physical and spiritual world representing her locality. Recognizing and highlighting Gaspesian authenticity and fine workmanship is of the highest order as it breathes a breath of new energizing life to Gaspesian *raison d'être*. (She) may have unsure footing in a 'tipsy canoe' but her hand and eye remain artistically sharp, rest assured. Proud of my paddle purchase, for many reasons,” he said.

Other than her paddles, Caitlyn Barter has begun to develop a practical outdoor clothing line that is quickly becoming a popular local brand.

With sweatshirts, t-shirts and hoodies baring proud references to local roots, don't be surprised (and a bit jealous) when you see people proudly wearing their *Gaspesian Built* sweatshirts or boasting a *River Rat* tee. Despite its popularity, the development of the clothing line was quite accidental.

She explains that “I started by making hoodies for the members of my family, because I wanted to get a feel for the idea of just having my logo on a piece of clothing. Once I got those done, I realized that I could start printing clothing that was still conscious of Topsy Canoe's simplest intended aim - to represent life

in a small fishing town in some way or another. The *Gaspesian Built* sweaters were a last-minute addition and I absolutely love them.

My dad and I were driving somewhere one day and we were talking about making signage for the wood hangers that I sell. We have two kinds of hangers, both with the same concept, but one is made locally and the other is made by my brother who lives in Sherbrooke.

We tossed ideas back and forth- *Made in Canada* and *Made in Quebec* sounded too broad, but we couldn't really say *Made in the Gaspésie* either because regardless of the

fact that he grew up here, he doesn't live here now. Finally, *Gaspesian Built* made the cut, and I don't think we even made the sign for the hangers, but I did end up with a great looking sweater.”

Caitlyn's love for the Gaspésie shows up in everything that she does – now and even in her plans for future projects, “There are such strong roots to the Coast for so many, but I can't count the amount of times I've had to explain to people where the Gaspésie even is, so for people to walk out the door with a representation of the Gaspésie (literally) on their chest is an exciting concept. I think what it really comes down to is being able to represent that pride in where we're from. So many people that grow up on the coast end up with very strong ties to it even if they settle away from here. Down home is always home. Eventually I can see myself branching out into other things. Because I really enjoy keeping TCD (Topsy Canoe Designs) involved and focused on keeping as many local ties as possible, I'm most interested in developing other projects that have a Quebecois or Gaspesian connection.”

The hours of operation for Topsy Canoe Designs, located on the Route 299 in Cascapédia, will be kept in true Gaspesian form, explained Caitlyn, “For now the shop will be open on weekends from 9-3, or by appointment. After mid-June, I'm hoping to set hours for half days, because let's be honest, I'm looking forward to spending my summer on the river in my own tipsy canoe. When the official hours are set for the summer, they'll be announced on my facebook page.”

The Gaspé Spec

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Sea-Coast Publications Inc. which publishes
The Gaspé Spec will be holding its

Annual General Meeting

Tuesday, June 5, 2018

at the

New Carlisle Municipal Hall

6:30 p.m.

**Free subscription coupons
for the first 10 people attending!
Door prizes!**

The Gaspé Spec is your link with family and friends, a vital part of your identity and our future. It's a part of our community we can't afford to lose. We hope to see you at our AGM!

Police report

Jean Roy and Jérémie Bugeaud-Ferlatte, the two adults charged with offering indignity to human remains at the Caplan cemetery vault, were granted bail on May 25 and May 24 respectively at the New Carlisle courthouse. Two minors were also charged in that case and one of them was released on May 16. The bail hearing of the other minor will be held on June 1.

Quebec Court Judge Robert Lévesque set a number of conditions for the release of Jean Roy, 18, and Jérémie Bugeaud Ferlatte, 25, including keeping the peace, a prohibition to consume alcohol and drugs and a prohibition to communicate with one another. They are also prohibited to go to the Caplan cemetery.

Some of the accused took footage of the assault and shared it online through social media. There is no provision in the criminal code to lay charges with regards to those acts if they are not linked to an offence of sexual nature.

Jérémie Bugeaud Ferlatte will also have to consult a social worker within a delay of two weeks, and provide proof of such consultation to the court. He is also forbidden to use social media. That condition is not imposed on Jean Roy. The two men will also have to respect a curfew. Jean Roy will return to court on June 20 for the orientation and declaration of his case. Jérémie Bugeaud-Ferlatte will return to court on August 13 also for the orientation and declaration of his case.

The four accused are also charged with break and enter and mischief.

One of the minors will return to court on June 1. Defence Attorney Yves Desbiens informed the court that the accused could enter a plea of guilty that day. That minor turned 18 after his May 9 arrest. As in the case of Jean Roy, crown prosecutor Florence Frappier-Routhier contested his release on bail. She also notified the court that she intends to ask for an adult sentence under the criminal code if he enters a plea of guilty or if he is found guilty. "A notice was submitted to subject the accused minor to an adult sentence but it is not an official request yet," said Florence Frappier-Routhier following the minor's pro forma court appearance.

Judge Lévesque ordered a publication ban on all the evidence presented during the bail hearings.

A few details linked to the case were released by the Sûreté du Québec following the arrest of the four accused. It was mentioned that two of the accused allegedly returned to the cemetery vault after the first break and enter. One of them returned three times.

The René-Lévesque School Board had a range of psycho-social services available to some of the students of the Aux quatre vents high school because of the shocking video images put online following the acts committed at the Caplan cemetery.

Two men could be charged with assault causing bodily harm following an altercation which took place on May 20 at 1:10 p.m. along Gérard-D. Levesque Blvd, near the Tim Hortons' parking lot in Paspebiac. The victim was shoved to the ground by one of the two men and beaten. The victim was driven by ambulance to the Paspebiac CLSC to receive treatment for minor injuries to the head. The two men were arrested, questioned and released. They are living in the area and could be summoned to appear in court in August.



Photo: A Bonn

Bilbo Cyr, Pascal Bergeron and supporter Claude Couture hold their arms up as a sign of resistance.

Civil disobedience workshops won't take place on public land

—Arianne Aubert Bonn

GASPÉ: A May 24 Superior Court decision temporarily supports the provincial government's stand in regard to holding workshops about public disobedience on public land.

River Camp, located near the Junex Galt oil wells in Gaspé, was planning to host a few days of workshops between May 25 and June 3. The workshops were to be about resistance and civil disobedience.

The Ministry of Natural Resources filed for an injunction against *Environnement Vert Plus*, Pascal Bergeron and the participants asking them to leave the Junex area. The original request was modified into a temporary injunction for ten days, which was granted by Judge Michel Beaupré.

The temporary injunction forbids holding workshops about public disobedience on

public land for ten days, but the environmentalists promise to provide a location nearby on private land.

The parties were heard at the Percé and Quebec City courthouses, using video conferencing. The Quebec government attorney put forward several arguments to request the eviction of the workshop leaders and related organizations. She mentioned that the land was occupied illegally, that the planned activities such as industrial climbing and search for abandoned wells were dangerous and that the government could not endorse the content of the workshops on its lands.

The defense mentioned that their occupation of the land had always been known and accepted by the authorities, that the proposed activi-

ties were as safe as many other activities allowed on public land such as kayaking or backcountry skiing and that training on civil disobedience is held everywhere in the province.

Judge Beaupré asked if holding the workshops at another location could be an option.

For the president of *Environnement Vert Plus*, Bilbo Cyr, the case is decidedly a SLAPP action (strategic lawsuit against public participation). "They have decided to serve the oil companies and they want us to shut up," says the environmentalist.

New installations were recently built at River Camp to host the workshops. The organizers assure that the training will be given nearby on private land.




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TABLE RÉGIONALE DE CONCERTATION DES AÎNÉS GÎM

Ms. Marie-Jeanne Cotton, president of the *Table régionale de concertation des aînés GÎM*, invites the members and the public to attend its **Annual General Meeting** on **Thursday, June 7, 2018**, at 1:30 p.m. at the Centre communautaire L'Oasis de Percé, 43, rue de l'Église, Percé.

Please confirm your attendance with Florence Gauthier, coordinator, by phone: 418-689-9333 or by email: info@tabledesainesgim.org



Commentary

Gilles Gagné

Bill 187 must be adopted before mid-June by the National Assembly

On May 15, Quebec's Justice Minister Stéphanie Vallée submitted for an eventual adoption Bill 187, pertaining to the protection and confidentiality of journalists' sources. That bill came five months after the report of an investigation commission presided over by Judge Jacques Champoux, a commission that had precisely studied the importance of such confidentiality and protection.

With less than three weeks left in the National Assembly session, and considering the fact that, barring a matter of enormous significance, the Members of the National Assembly will not sit before November due to the October 1 election. Time is a big factor in being able to follow-up on Minister Vallée's bill.

If Bill 187 is not adopted before the June 15 end of session, most of the preparation work carried out since it was submitted by Stéphanie Val-

lée will have to be done over again. That is how our parliamentary system works.

Protecting journalists' sources might look like a caprice requested by the press. However, the public is the big winner if Bill 187 is adopted before the electoral campaign.

Starting in 2000 and for at least the six following years, Globe and Mail journalist Daniel Leblanc investigated the ramifications of the federal government sponsorships program. His work led to the discovery of the sponsorship scandal, and to the creation of the Gomery Commission, which shed light on how Ottawa spent tens of millions of dollars to officially increase its visibility in Quebec in the 1990s, and how an significant portion of those funds were returned to finance the Liberal Party of Canada and friends of the regime.

That topic was of prime importance with regards to a misuse of public funds. Finding the waste of money would not have occurred without Daniel Leblanc's questioning of a source he later called "*Ma Chouette*", a source that decided to remain anonymous.

In 2009, a side lawsuit that followed the sponsorship scandal led a lawyer into requiring from Daniel Leblanc to reveal the identity of *Ma Chouette*. Mr. Leblanc objected to that request and Quebec's Superior Court issued a decision forcing him to reveal who *Ma Chouette* was.

Arguing that nobody would ever trust him again if he revealed his source, Daniel Leblanc contested the court order and brought the case to

the Supreme Court, where he won, in October 2010.

He would otherwise have been ready to go to prison in order to protect the anonymity of his source. It is understandable. He would have been able to come back to journalism after a short prison term triggered by a civil judgement, a more viable option than betraying a source. It is also highly probable that most judges wouldn't want to be remembered for sending a journalist to prison.

Since then though, a few other journalists have faced court orders destined to force them to reveal their sources and they have followed in Daniel Leblanc's footsteps. One case remains to be heard soon.

Stéphanie Vallée's Bill 187 would solve the matter of source confidentiality, probably for good, and would back up a corresponding initiative at the federal level.

A better protection for journalists and their sources represents by extension a way to protect public interests. People knowing important information about a file going the wrong way will communicate it if they know that they won't lose their jobs or live with the flack they could take from disgruntled stakeholders.

With the growing tendency of fake news and considering the rising role of image makers who don't care about public interest, protecting journalists and their sources is becoming increasingly important. Hopefully, the Members of the National Assembly will understand the relevance of adopting Bill 187 in the coming days.

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Please Show Your Support!

On June 5 at 6:30 p.m. Sea-Coast Publications (Spec) will be holding its Annual General Meeting and we are counting on you, our faithful subscriber, to be there and show your support.

If you've never been to a Spec AGM, let me be the first to invite you and let you know that if you attend, we will only take up about an hour and half of your time.

The AGM is relatively informal, you will not be put on the spot. However, your ideas and opinions are invaluable and are greatly welcomed.

If you have been following the happenings at Spec, you are aware that the number of subscribers is decreasing and that advertising revenue is difficult to generate, leaving Spec in a difficult financial position. It is important, now, more than ever for you to show support for your local newspaper and be part of the solution. Help us find a way to be around for years to come.

Penny MacWhirter,
Publisher

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Immigration Ministry employee to be stationed in Gaspé

Geneviève Gélinas

GASPÉ: – An employee of the Quebec Immigration, Diversity and Inclusion ministry will soon move to Gaspé to help employers recruit migrant workers. Labour minister François Blais made that announcement three years after his government closed the regional offices of that ministry.

In a few weeks, the government employee will begin work in the Gaspé Emploi-Québec office and will serve the Gaspé Peninsula and Magdalen Islands.

This person will “support employers in their pro-

cedures to recruit migrant workers, in the temporary foreign workers program, and will work in collaboration with the reception services for newcomers,” explains Nadine LeBreux, regional director of Services Québec.

In 2015, the Quebec government closed its seven regional offices of the Immigration Ministry, where 124 people worked. No office was located on the Gaspé Peninsula.

**Seasonal work:
"economically
necessary"**

Labour, Employment and Social Solidarity Minister

François Blais was also in Gaspé on May 23 for the first meeting of a regional round table on seasonal labour. The round table is made up of representatives from Emploi-Québec, municipalities, unions and employers. Seasonal jobs “are economically necessary. There is a lot of jobs available and that affects the industries offering seasonal work,” stated the Minister.

Ottawa has just transferred \$6.4 million to the Quebec government to support seasonal workers affected by the employment insurance black hole. Quebec will give more training to those workers, who will receive benefits by

participating in them. The companies could also be compensated for training expenses. The black hole is a period without pay and without employment insurance benefits.

“This black hole could arrive very early next year for shrimp and crab processing plants workers because shrimp quotas have decreased and crab is difficult to catch this season. The announced measures won’t be sufficient for those workers,” minister Blais admitted.

“That’s not because of seasonal labour, that’s because of the resource. They need to process another resource,” he said.



Photo: G. Gélinas

Seasonal jobs are “economically necessary,” said Labour, Employment and Social Solidarity Minister, François Blais, when he was in Gaspé on May 23.

Liberal Party to hold convention on June 14

François Whittom, sole candidate for now

Gilles Gagné

NEW RICHMOND: – The Liberal Party of Quebec will hold its convention on the evening of June 14 at the Caplan community centre. So far, only one candidate has confirmed entering the race, François Whittom, a Chandler resident who had also run unsuccessfully at the convention in 2014.

The president of the Liberal Party Association in Bonaventure, Christian Cyr, explains that six people initially showed interest in running at the convention.

“We finally met two people. They were presented with a list of specifications in order to run. They made a presentation in front of the executive board,” explains Mr. Cyr.

The only other person who had clearly and publicly expressed interest in running at the Liberal Party convention, Guy Gallant, the mayor of Saint-Alexis and prefect of the Avignon MRC, withdrew, points out Christian Cyr.

“It is not impossible that another person might try to enter the race but it looks unlikely now,” adds Mr. Cyr.

Damien Arsenault, who was Bonaventure riding’s Member of the National Assembly between December 2011 and September 2012, and who won the 2014 convention, had previously decided not to enter the convention race this year. Mr. Arsenault lost the 2012 and 2014 elections to current



François Whittom, Liberal Party of Quebec.

Parti Québécois Member of the National Assembly Sylvain Roy.

François Whittom is a 42 year-old physiologist who worked between mid-2014 and November 2017 for Education Minister Sébastien Proulx. Mr. Proulx was minister responsible for the Gaspé Peninsula between January 2016 and October 2017.

He has expertise in sports physiology and has been running his own business in that field for approximately 15 years. He has also worked with the Philadelphia Flyers.

“I want to fight for the interest of my region. I decided to enter politics in order to

contribute to the betterment of the constituents’ quality of life. Bonaventure needs new dynamism and new ideas. That is exactly how I see my political role,” indicated Mr. Whittom in a press release.

Sylvain Roy will represent the Parti Québécois again in Bonaventure. Catherine Cyr-Wright will be the candidate of Québec Solidaire for the first time, as Patricia Chartier, who represented that party in the 2008, 2011, 2012 and 2014 elections, has decided to stay away from active politics this year.

The Coalition avenir Québec still doesn’t have a candidate in Bonaventure, despite leading province-wide surveys.



Sylvain Roy, Parti Québécois

Photos: G. Gagné



Photos: N. Grenier

Catherine Cyr-Wright, Québec Solidaire

GASPÉ CEGEP FIRE: Some students have returned to the residence

Geneviève Gélinas

GASPÉ: – More than half of the 280 students evacuated from the Gaspé Cégep residence because of a May 16 fire were allowed to return to their rooms.

Twenty-one students were relocated to the Gaspé Polyvalent residence. The other students spent the last part of their session at their parents' or a friend's home.

A 19-bedroom pavilion, connected to the other Cégep pavilions through corridors, burned on May 16.

The equivalent of 88 more rooms cannot be used before the Cégep management authorizes major work. "Smoke infiltrated the walls and renovations are required this summer before students can get back there," says the spokesperson of the Cégep, Julie Lépine.

The Cégep management now knows the likely cause

of the fire. "The most probable hypothesis, adopted by the insurer, is that the fire would have started in a bin of the workshop-warehouse where there were cloths used to mop up linseed oil," wrote the Cégep authorities through a press release. This workshop is located in the St-Jean pavilion. The authorities ruled out the possibility of foul play.

The amount of damages is still unknown. This sum will include physical damages, but also the loss incurred by the Cégep, which usually rents its bedrooms to tourists in the summer, Ms. Lépine explains.

A fundraising campaign is ongoing to help the 19 students who lost everything in the blaze. It's accessible through the Cégep de la Gaspésie et des Îles website. On May 22, \$3,537 had been raised.

For next fall, the Cégep will be able to accept the 197



The St-Jean Pavilion of the residence, which burned on May 16, was being demolished when the SPEC visited on May 24.

rental requests already filed by students, says Ms. Lépine. "But of course, we'll have a waiting list earlier than usual," she admits.

The Cégep management

has not decided if the St-Jean Pavilion will be rebuilt. "To have a residence helps recruiting students. But we're waiting for an estimate," Ms. Lépine states.

The Cégep postponed exams and courses for a few days, providing time for the students to get reorganized. The semester ended on May 28.

An artificial reef to be installed in Sandy Beach

Geneviève Gélinas

GASPÉ: – Merinov will test artificial reefs to control erosion and to restore fish habitat, a \$2.1 million project. The artificial reefs will be set up near the Sandy Beach sand bar in Gaspé, and in Plaisance Bay in the Magdalen Islands.

The reefs, planted with large seaweed, should reduce the impact of waves and current on shorelines being eroded, as well as creating coastal fish habitats.

A 12 to 14 person team is already working on the project at Merinov, the fisheries and aquaculture innovation centre. "Dives were made this year to characterize the environment. The first year, we have to study the methods to plant seaweed, choose the species of seaweed, study the sand build-up process and the kinds of reefs," explains Stéphanie-Carole Pieddesaux, responsible for aquaculture at Merinov.

The artificial reefs will be immersed in September 2019 and monitored until 2022, to document their impact.

"We'll see if it works, then we want to associate with construction firms to check if they can use artificial reefs as a compensation project," says

Ms. Pieddesaux.

Fisheries and Oceans Canada requires promoters of shoreline projects that can cause harm to a fish habitat to counterbalance the damage with a project that enhances the productivity of fish somewhere else.

The two chosen sites are vulnerable to erosion, because of the winter ice rarefaction, among other factors.

In Gaspé, there's a willingness to develop the industrial port area, close to the Sandy Beach sand bar. On the Martinique Beach, in Plaisance Bay, a rock fill upstream results in a loss of sand downstream.

On the Sandy Beach sand bar, also called Boom Defence, the artificial reef will be set up on the west side of the bar, on the head of the bay side, where there's a bend. The reef should allow this area to regain more sand.

Merinov hopes that its reefs will help the capelin, a forage species which provides food for many other animals. The Gulf of St. Lawrence species eat between 300,000 and 400,000 tons of capelin per year.

The reefs will be about 1,200 square metres, set up in long lanes of about 400-me-



Photo: G. Gélinas

Stéphanie-Carole Pieddesaux, the Merinov employee responsible for the artificial reefs project, and David Courtemanche, Merinov director general, presented the project in Gaspé.

tres long by 3 metres wide. A reef could also be separated into several mounds, explains Ms. Pieddesaux.

The project has drawn interest elsewhere in the world. "We've been approached by various organizations in France: in the Mediterranean region and in Brittany," Ms.

Pieddesaux states.

The \$2.1 million amount comes from the federal government, through the Coastal restoration fund, under the Oceans protection plan.

Merinov will work on that project in collaboration with several other organizations, including the Mi'gmaq

Malisect Aboriginal Fisheries Management Association and the Université du Québec à Rimouski.

Merinov has 115 employees and interns who work mainly in Gaspé, Grande-Rivière, the Magdalen Islands, Sept-Îles and Montreal.

Reflections

by

Diane Skinner Flowers



Lilacs: A gift from Mother Earth

The smell of moist earth and lilacs hang in the air like wisps of the past and hints of the future.

The smell of lilacs transports me back to my childhood. The heavily perfumed air around the lilac bushes evokes such beautiful memories of springtime. Add to that the gorgeous colours of lilacs (the pinks, whites, blues and shades of purple) and you have one of the most beautiful and sure signs of spring. The lilac branches bow under the weight of their flowers. Memories of lilacs cut and lovingly placed in water and displayed on the kitchen table make a person wistful for the springs that have come and gone. But lo and behold they bloom again in our yards each spring to bring us new joy. Mother Earth is so generous with her beauty. We should stop and give thanks for the incredible splendour she gives us. Lilacs never fail to impress our senses.

Lilacs grow as small bushes and can reach from 5 to 15 feet high. (1.5 to 4.5 metres). Lilacs are considered easy to grow and are low maintenance. Depending on the type of lilac and the location, they bloom between mid spring and early summer. They can bloom for up to 6 weeks. Lilacs love well-drained soil and actually produce more flowers if they are NOT pruned or thinned out. Lilac wood is very hard and has traditionally been used in the past for engraving knife handles and even woodwind musical instruments. Currently the compelling reason to plant lilac trees is that they attract bees and we know that without bees we are in big trouble.

If you are serious about planting a lilac bush, here are a few guidelines:

1. Well-drained soil
2. Fertilize the soil by adding compost.
3. Plant where the lilacs will get full sun.
4. Plant in spring or fall.
5. If you buy a small bush from a garden centre, spread out the roots if they are tight from the pot, plant and put rich topsoil all around the roots. Add water. Fill the hole and tamp in the soil tightly.
6. You can start a lilac bush from a shoot from the root of another bush. Plant in the soil and wait 4 – 5 years and you will have lilac blooms.
7. If you plant multiple bushes, leave 5 – 15 feet (1.5 to 4.5 metres) of space between them.

Lilacs are said to symbolize love and we can see why. They are beautiful and heavily perfumed. The state of New Hampshire has chosen lilacs as its state flower because it symbolizes the hardiness of the people who live there. There are many areas of the world that hold lilac festivals. Lilacs are loved and appreciated by people everywhere.

The lilacs have not even budded yet on the Gaspé as we have a later spring but they are worth waiting for. When they bloom you will know that the cycle of seasonal rebirth has begun. This gives us hope and belief that the world will renew its beauty for us. Mother Earth is so generous.



Photo: G. Gagné

Work is progressing at Trout Brook

Gilles Gagné

CASCAPIEDIA-ST- JULES – Construction LFG, a construction company from Saint-Omer, has been selected to rebuild the Trout Brook bridge located on kilometre 14 of Route 299. The bridge was destroyed on April 26 by a strong current. Work was progressing quickly on May 22 when SPEC stopped on the south side of the brook. Steel plates were installed to retain the wooden caissons that will support the temporary bridge.

Although Transport Quebec had not confirmed it on May 28, the steel span was bought in Ontario. It was part of an already existing bridge that had apparently been upgraded. It was expected to arrive before the beginning of June. Transport Quebec was not ready to confirm a reopening date but June 1 and June 3 were regularly mentioned at the Trout Brook site. In the meantime, fishing camp employees must walk across the brook to get to work. They are crossing upstream of the construction site. It will be interesting to see how long the word “temporary” will apply to that structure.

Fisheries and Oceans Canada expands right whales’ protected zone

Gilles Gagné

PASPEBIAC: – Canada’s Department of Fisheries and Oceans (DFO) has expanded for the second time this month the protected area specific to right whales, doubling the surface of the original area, which covered 14,000 square kilometres as of April 28. The expansion of the protected area followed the sighting of 12 right whales off the coast of Prince Edward Island, New Brunswick and the Magdalen Islands.

The compounded protected area now covers close to 28,000 square kilometres. The latest Fisheries and Oceans Canada decision was issued on May 27 and gave the crab fishermen based in that part of the Gulf of Saint Lawrence 72 hours to take their traps out of the water. At that time, crab fishermen of the Gaspé Peninsula, the Magdalen Islands, New Brunswick and Prince Edward Island based in the gulf had only caught 60% of their quota, with basically a month left to catch the rest. Several crab fishermen fear that they will not be able to catch their quota before the end of the season on June 30. The quota for the southern part of the Gulf of Saint Lawrence was already decreased by 47% in 2018 compared to a year ago. The price remains high this year for the fishermen, at approximately \$5.25 to \$5.50 per pound. There are only 450 right whales left in the world.

Three travel tips to keep you healthy

(NC) While travelling is an amazing experience, constantly being on the go can be stressful. Getting to the airport on time can often mean sacrificing sleep, the atmosphere on planes can be drier than the Sahara and changing time zones forces the body to adapt quickly. All these factors can take a toll on your immune system and possibly turn your beach vacation into a week of being run-down and sick. Fortunately, there are some simple steps you can take to stay healthy while you travel. Here are three essential tips.

Stay hydrated. Drinking sufficient water is important to avoid exhaustion and fatigue, especially in a warm climate. Water will also help your body flush out any toxins you may have picked up at the airport or during your vacation. Try carrying a water bottle with you to make sure you get your daily intake.

Use sunscreen. Not only can painful sunburns spoil a vacation, but they can also do a lot of damage to your skin. To avoid sunburns, try using a natural sunscreen containing zinc. Rather than being absorbed, a zinc-based sunscreen sits on top of the skin for optimal skin protection. If you do get burned, use aloe to soothe naturally.

Probiotics. Avoid getting traveller’s diarrhea and other common ailments by taking probiotics before, during and after your trip. They help keep digestion regular and prime your gut with good bacteria so you can eat foods your body may not be accustomed to. Opt for a probiotic capsule supplement or a drinkable probiotic so you know the dosage you’re getting.

Always look for the eight-digit Natural Product Number (NPN), which certifies that Health Canada has reviewed and approved the product for safety, efficacy and quality.

Check out your local Canadian Health Food Association member health food store to find what you need to prepare you for your travels. Find more information online at chfa.ca.

Downward doggy paddle

An age-old ritual in a brand-new setting

Wendy Dawson

BONAVENTURE: – Anick Caissy, a young mother of two children, discovered her new passion quite by accident after coming across a video on social media that showed two women doing yoga while on paddle boards on a lake.

“I told myself at that moment, ‘THAT’S what I want to do for a living.’ At the time, I didn’t quite know how I was going to manage it, but I knew that it was what I wanted and what I wanted to bring to the Gaspésie. We have all the right kinds of bodies of water. We have rivers and lakes and the sea – all the perfect areas to practice this sport,” she explains.

The rest, Anick explains, was a bit serendipitous. “The opportunities for training just presented themselves to me, one after the other. It required a lot of energy on my part, because it all happened rather quickly, but at the same time I was receptive to it and it was all very easy.”

Tula Yoga Gaspésie was officially launched a little less than a year ago, in July of 2017, however, Anick considers it nothing short of a success. The fitness and yoga company is a mobile company which uses the beautiful settings of the Gaspésie to provide private or group sessions to those interested in practicing yoga and fitness.

SUP Yoga and SUP Fitness (SUP = stand up paddle) take place entirely on the water,



Photos: Anick Caissy, Tula Yoga

Anick explains that students gain confidence and mobility by balance that comes from staring at the horizon or a fixed point on land.

while balancing on a paddle board. Anick explains that “people are always interested in trying this first. They wonder if they are going to be able to actually do yoga poses while balancing on a paddle board. We are trained for this and so we start very gently and begin with seated poses on the board and gradually lead up to stand-up poses. There is a lot of training that is tied to the board itself, helping the users gain confidence by understanding how the board moves and that it is entirely capable of supporting us. SUP paddle boards are made for these activities. They

are wider and more stable.”

This year, Anick Caissy has partnered with Joële Yoja and they will be offering outings as well. Both women are trained by Paddle Canada. SPEC readers will remember Joële from La Girafe Bleue, which is making upcycled undergarments.

While the success of the SUP classes is directly tied to the condition of the weather, Anick received over 300 participants over her six weeks of operation last summer. Joële’s arrival will help ensure an expanded service for Tula Yoga. Joële explains how her participation in Tula Yoga came to

be.

“Anick has been a friend for a long time and so I was around when she decided to launch Tula Yoga Gaspésie. I was involved in pretty much every step of the launch, from finding the name to designing the logo. Starting a business is a grueling process and since I started my own business a few years ago, I was able to accompany Anick in a lot of different things, most importantly moral support! Last summer, when we realized that she was probably going to need another person to work for Tula, I naturally volunteered because the Tula vibe is just so wonderful and exciting. I also have been spending most of my summers indoors, sewing in my workshop, and I’ve just had enough of missing out on my favorite season, so this is totally a win-win situation. We work - and play! - really well together and I think I’ll enjoy having a boss for a few months!” she explains.

In addition to their daytime courses, this year, Tula Yoga will be offering both sunset and nocturnal, full-moon outings! In order to ensure safe nighttime sessions, participants interested in those outings must have already participated in SUP 101 training.

That said, Anick indicates that SUP Yoga is no more limited than regular yoga, in that it is open to everyone. “I adapt to all levels. I have seen students that wanted to try but

wanted to remain seated on their boards. It was really beautiful and inspiring to see that students become confident enough to be standing and doing yoga on the board after gaining some experience.”

The season ahead already looks promising. June 21, the summer solstice, marks the official launch of Tula Yoga Gaspésie’s 2018 season. Regular dates include SUP Yoga every Sunday at Auberge Coin du Banc and Hatha Flow yoga, a gentle and toning yoga, on land, every Wednesday near the lighthouse in Bonaventure.

All other planned events can be found on the calendar at tulayogagaspesie.ca or you can book your own group at the location of your choice along the coast, a great way to celebrate a reunion, a birthday or a bridal shower! “The business,” explains Anick, “is entirely portable.”

All boards, paddles, leases and safety vests are provided to participants and rates are listed on both the facebook page and the website. Those that provide their own equipment will only be required to pay half price for participation in the water events.

Energy and enthusiasm are not lacking. Both Anick and Joële are excited about the upcoming summer. “We were out on the water in February. That’s how crazy we are about it.” July on the Baie des Chaleurs should be a breeze. Namaste.



SUP 101 allows students to become familiar with the board and to understand its ability to move and support the user’s body. Students start with seated poses.

Tree planting unites Listuguj, Matapedia and Saint-François students

Gilles Gagné

MATAPEDIA: – 60 students from four classrooms of Listuguj, Matapedia and Saint-François participated in the 10th annual tree planting organized by the Intercommunity Harmony and the Restigouche River Watershed Management Council.

The tree planting operation took place on a property located about eight kilometres upstream from Matapedia. The students worked on the same spot as the one selected in 2016. Some of the trees planted that year have grown significantly.

“It is our tenth plantation. With 1,000 trees per year, we are now reaching 10,000 trees. We have four classrooms, two from the Alaqsit’n Gitpu School in Listuguj, one from Deux Rivières School in Matapedia and one from Saint-



Photos: G. Gagné

The students, some teachers and volunteers enjoy lunch break along the river they want to protect.

points out Deja to explain why it is important to restore a buffer zone of vegetation

seek refuge in cold water zones.

David Leblanc, director of

They improve the retention of sediments. When they grow, the trees are making shade to keep the water cold. They also retain agriculture fertilizers. When trees get big, they attract insects and those insects feed the salmon. It is more of a long-term measure in that case but we are working for the next generations,” explains Mr. Leblanc.

Seeing Natives and non-Natives work together represents a common goal pursued by both the Restigouche River Watershed Management Council and the Intercommunity Harmony Project.

“Considering the importance of the food fishery in

Listuguj in June and July, working for the betterment of salmon is relevant. The role played by sports fishing for non-Natives and Natives also justifies what we are doing today. Up to 535 jobs are linked to sports fishing. The spinoffs amount to \$11.2 million per year, and those numbers come from a study dating back to 2010,” says David Leblanc.

The salmon stock on the Restigouche River and its tributaries is healthy. In 2017, up to 7,451 mature specimens moved up the river, as well as 2,499 juveniles. Those numbers exclude the Matapedia and Patapedia rivers.



Deja Mitchell and Savannah Mannion were inspired by the tree planting operation, as they know the positive impact it can have on the salmon.

François. It is one of our special activities of the year, from the 40 to 45 activities we hold to allow the youths to better know one another,” explains Pierre Vicaire, coordinator of Intercommunity Harmony.

Deja Mitchell and Savannah Mannion, two students from Listuguj, took part in the tree planting operation with enthusiasm. They are both in grade 5.

“It is my first year,” says Deja. “It is my second year,” adds Savannah, about their participation in the tree planting operation.

“It helps the salmon,”

along the Restigouche River by planting trees.

“We plant trees to keep the water cold,” adds Savannah. Keeping the water cold is good for the salmon, as they

the Restigouche River Watershed Management Council, confirms the information provided by Deja and Savannah.

“It is important to plant trees and restore buffer zones.

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Family Ties is pleased to present monthly Tea and Cultural Afternoons for seniors. Each month, a cultural activity will take place at Family Ties, followed by an afternoon tea.

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Front door of Family Ties

Activity: *Basket Weaving with Stephen Jerome*

Please RSVP to Melissa at Family Ties, 418-752-7265 by Wednesday, June 6th, 2018.

This project is funded in part by the Government of Canada's New Horizons for Seniors Program.

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CASA inaugurates new office building

Gilles Gagné

Press release

NEW CARLISLE: – The Committee for Anglophone Social Action (CASA) welcomed special guests and community members to its new office building in New Carlisle for a grand opening held on Friday, May 18.

Formerly the Laurentian Bank building, the newly renovated office space accommodates over twenty staff members as well as the Linda Lemore Brown Foundation office. Significantly larger than CASA's previous location, the building allows for more space for staff and visitors, a modern meeting room with Wi-Fi and a presentation system, and improved parking.



Numerous community members were on hand to visit CASA's new office space.

Photo: G. Gagné

"We are very proud of our new location and happy to see one of New Carlisle's beautiful buildings renovated and being actively used. Our team has enthusiastically worked

over the past few months to prepare our new home. I don't think we could have found a better space. It will allow us to continue to grow and evolve, and better serve the community," said Cathy Brown, executive director of CASA.

The afternoon's special guest was Kathleen Weil, minister responsible for relations with English-speaking Quebecers. Also in attendance were Sylvia Martin-Laforge, director general of the Quebec

Community Groups Network (QCGN), and Russ Kueber, program manager of the Community Health and Social Services Network (CHSSN).

Guests were invited to tour the new space and treated to a wide assortment of delicious products from Gaspesian producers.

CASA is a non-profit organization working to build and strengthen the vitality of the English-speaking community of the Gaspé Coast.

Bringing home the gold

Jeanie LeLacheur

GASPÉ: - Gaspé's figure skating club *Le Vent d'Est de Gaspé* excelled in this year's competitive skating competitions, including the regionals, provincials and the final *compétition invitation Quality Inn de Matane*.

Gaspé skater Chelsea Lequesne was one of the members of the group who skated for gold in Matane and also won a silver for her individual skate at the spring meet.

Chelsea came in third at the figure skating regionals held earlier this year in Amqui, earning her a bronze medal and making her one of three skaters to compete at the provincial level. At the Provincials, which were held in Victoriaville in March, Chelsea skated among the province's best and placed 49th out of approximately 60 skaters who took part.

A member of the figure skating club *Le Vent d'Est de Gaspé* for the past five years, Chelsea has also been a part of the *Sport Études* program since fourth grade. The *Sport Études* program allows students time away from school for training and practice. Now a grade 9 student at the Gaspé Polyvalent, Chelsea skates twice a week within the program and still maintains an honour roll average.

Chelsea loves to laugh and always seems to have a smile for those around her, not surprisingly she says she "makes the judges laugh"



Photo: courtesy of Chelsea Lequesne

Chelsea Lequesne.

during her figure skating competitions. As to music preferences for her skating routines, she is quick to answer, "tango dance and happy music where I can move, I can't skate slow."

Chelsea also mentions the pressures of figure skating which can at times be overwhelming. For a while last year she admits that even though she used to get things perfect at practices but when the chips were down at the competitions she used to

"miss everything".

However, that's all changed, "now I figured it out, that I can." Her most recent skates for gold, silver and bronze medals and skating her way to the Provincials certainly attest to that.

At the moment Chelsea is also coaching aspiring younger skaters and although professional figure skating may not be among her career choices, she plans to keep figure skating a part of her life.



CALL FOR TENDERS

SNOW REMOVAL PUBLICS ROADS AND MUNICIPAL INFRASTRUCTURE

The Ville de Gaspé requests tenders for the snow removal publics roads and municipal infrastructure.

The necessary documents and other information can be obtained by SEAO Service, an electronic system used for calls for tenders, put in place by the government or Quebec. The subscribers to this service may obtain all tender documents by contacting SEAO Service and paying the required fees. Any interested persons may reach SEAO Service at the phone number 1-866-669-7926.

The tenders must be accompanied by a certified cheque, to the order of Ville de Gaspé, for an amount equal or superior to 10% of the total amount for the first year, including all applicable taxes for each sector. The tenders may also be accompanied by a bid bond, for the same amount, and valid for a period of ninety days from the day the tenders are opened. A letter of commitment concerning the issue of a performance bond must also accompany the tender.

The cheque or bid bond must be exchanged, when the contract is signed, for a performance bond corresponding to 100% of the annual contract price, including all applicable taxes.

All tenders must be accompanied by a contract authorization issued by the Autorité des Marchés Financiers (AMF).

All tenders must be deposited in sealed envelopes bearing the title: "*Soumission – Déneigement des voies publiques et infrastructures municipales 2018-2023*" and specify the sector and will be received at the Clerk's office until 2:00 p.m., June 14, 2018, to be publicly opened the same day beginning at 2:01 p.m..

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

Given at Gaspé, May 30, 2018.

An enriching experience for a young Gaspesian

Marjorie LePage

PORT DANIEL: - Our government is a frequent advocate for being present and listening to youth. Coming from a rural region myself, this can seem inaccurate, as both young and old often feel left out of the conversation. So what concrete measures are being taken on this front? This is a question I used to ask myself before applying to the Summer Leadership Program.

This summer, I have the opportunity to participate in a once in a lifetime political experience. The Summer Leadership Program is a four-month internship intended for young people across the country—and yes—the Gaspé is included. Since the launch of this program, Member of Parliament, Diane LeBouthillier, has requested that all of her interns come from our region. Being from Port-Daniel—Gascons, I feel extremely privileged to have been selected for the internship. In fact, this year marks the program's third anniversary, which makes me the third intern from the riding to have participated in this unique opportunity. Being young, and coming from a very small town, I would never have believed that an opportunity like this would even be possible.

As I am currently studying Law at Université de Sherbrooke, this experience will be rewarding on many levels. Considering that parliamentarians are the actors in the political process for the adoption of laws, their role is vital in our justice system. Through this internship, I will gain a better understanding of the steps necessary for the creation of a law. Moreover, in my field of study, it is very important to understand the intentions of political actors when they create laws, so that we can properly interpret them. In order to do so, one must look at the parliamentary debates that take place in Parliament. I strongly believe that this internship will not only enrich my knowledge of politics, but also my understanding of the legislative and law-making process. By furthering my understanding of how politics and the democratic system affect our legal system, this experience will be beneficial for both my studies and my future career.

The Summer Leadership Program is built on three main pillars: learning, growth and



Photo: Courtesy of Marjorie LePage

Marjorie LePage.

connections. Thus, throughout the summer, I will be able to learn more about the Canadian political process, learn how the government functions, acquire hands-on political experience and meet important political actors and future leaders. I am also looking forward to seeing how our local issues are being represented at the federal level.

In order to get the most of this experience, I will work for two months in Ottawa on Parliament Hill, and two months

in the Constituency Office in Grande-Rivière. I look forward to sharing my experience with SPEC readers at the end of my internship, as well as meeting with you in the Constituency Office to learn more about your concerns. This promises to be an interesting summer!

To learn more about the program, and how you could have the same opportunity next summer, visit: <http://slp2018ple.infolib.ca/>



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(NC) Honey bee populations in Canada are at an all-time high. That's good news, because they and other pollinators help many of our fruits, vegetables, crops and flowering plants reproduce. In fact, pollinators, like honey bees, are responsible for one out of every three bites of food we eat.

There are many factors that can impact honey bee health, like harsh weather, parasites and a lack of nutrition but, even still, all of us can help them continue to thrive.

You can start by planting a pollinator-friendly garden in your backyard. Better still, it's easy (and free) to get a seed kit from organizations like Bees Matter, which is committed to honey bee health. Sign up for yours at www.beesmatter.ca.

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NOTICE DOG OWNERS

According to the by-law 734-99, "It is forbidden for any dog's owner, in the town of Gaspé, to let it roam on the streets, sidewalks and public spaces and on private property without the consent of the owner of such properties. A dog on a leash and accompanied by his owner, however, can walk on the streets, sidewalks and public squares of the municipality except where it is prohibited by signs by the municipality."

Dogs are prohibited on the Jacques-Cartier's boardwalk, cycle track and, during the summer, at the Haldimand beach in the area being monitored by lifeguards.

Moreover, according to article 6 of this by-law "Any dog barking or whining so as to disturb the peace or to be a serious nuisance to the neighborhood, is considered a nuisance and his owner is liable to a fine under regulation."

Failure by the owners to respect this notice, the town reserves the right to take the appropriate procedures.

Any violation of this regulation will also be liable to the fine provided in the by-law. Dog owners are invited to respect the regulation.

Notice is also given that the officers of the Sûreté du Québec are authorized to enforce the by-law in force.

Is it also important to note that the Town of Gaspé is actually reviewing its dog by-law and that citizens will soon be consulted regarding any changes that may be made to the by-law in force.

GIVEN at Gaspé, May 30, 2018.

Isabelle Vézina,
Director of Légal Services and town clerk

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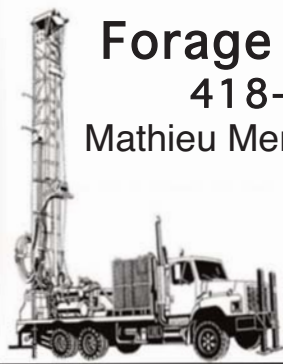
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Announcements...



Birth



HUBER: Kate Elizabeth

Sarah (Willett) and Blake Huber are pleased to announce the birth of their daughter, Kate Elizabeth. Kate was born March 8, 2018, in Saskatoon, Saskatchewan. Kate is the granddaughter of Michael and Cathy Willett of Saskatoon and the first great-granddaughter of Archie and Elsie Willett of Cascapedia, Quebec. Welcome, Kate.



In Memory



BRAMER: Anne Marie Frances (Mullin)

June 3 marks two years since you went to heaven. *Life for your loved ones goes on, But you are remembered with love. We miss your laugh, Your kindness and your presence.* Buried in your Gaspé. May you rest in peace. Love from your family and friends.

GILKER: Evelyn

August 23, 1908 - June 8, 1983

Three little words, forget me not, Don't seem much, but mean a lot.

Just a memory, fond and true,

To show, dear mother, we think of you.

Forever in our thoughts, Son Ray and daughter-in-law Ila.

Novena to St. Jude

Most holy St. Jude, faithful servant and friend of Jesus, the church honours and evokes you in universality as the patron of hopeless cases; of things almost despaired of, pray for me, I am so helpless and alone. Make sure, I implore you, of that particular privilege given to you to bring visible and speedy health where health is almost despaired of. Come to my assistance. This great need is that I may receive the consolation and help of heaven in all my necessities, tribulations and suffering particularly - *say your request* - and that I may praise God with you and all the elect forever.

I promise, oh blessed St. Jude, to be ever mindful of this great favour, to always honour you as my special and powerful patron and to greatly encourage devotion to you. Amen.

D.T.

To Jesus through Mary Prayer to the Blessed Virgin (never known to fail)

O most beautiful flower of Mount Carmel, fruitful vine, splendour of Heaven, Blessed Mother of the Son of God. Immaculate Virgin, assist me in my necessity. O Star of the Sea, help me and show me that you are my Mother, O Holy Mary, Mother of God, Queen of heaven and earth, I humbly beseech you, from the bottom of my heart, to succour me in my necessity (make request). There are none who can withstand your power. O Mary, conceived without sin, pray for us who have recourse to thee (3 times). Holy Mary, I place this prayer in your hands (3 times). Say this prayer for 3 consecutive days and publish, and it will be granted to you.

W.H.



Obituary



CHICOYNE: Una (née Syvret)

October 10, 1931 - April 27, 2018

It is with sadness we announce the passing of our sister Una Syvret, wife of the late Merle Chicoyne, on April 27, 2018. She leaves to mourn her brother Ira, and sisters Wilma, Marion, Shirley and Yetta. She was predeceased by sisters Irene and Ena and brothers Keith and Edwin.

The family would like to thank the staff of Pavillon MGR Ross of Gaspé for the care she received during the last few years. Also a special thank-you goes to her friend Herbert Misson for his help and kindness and for visiting Una every day. It was appreciated. A funeral service will be held at Barachois Church at a later date in July. Always in our hearts. Rest in peace.



CHICOYNE: Stan (1907 - 1987)

CHICOYNE: May (1920 - 1999)

In loving memory of dear parents, grandparents, great-grandparents and great-great-grandparents, Stan Chicoyne and May Chicoyne.

Those we hold most dear

Never truly leave us.

They live on in the kindnesses they showed,

The examples they set,

And the love they brought into our lives.

Greatly loved and sadly missed, Verna, Shirley, Carol, Phyllis, Stan Jr. and Sharon.

OUR RATES:

Card of Thanks, Birth Announcement, Prayer, Engagement, Birthday, Anniversary, Memorial service announcement: \$30 (\$35 with picture) up to 20 lines.

In Memoriam: \$30 (\$35 with picture) up to 20 lines - \$40 (\$45 with picture) for more than 20 lines

Obituary or Wedding Announcement: \$40.00 (\$45.00 with picture) (Max. 300 words)

Please send your announcement to:

joan.spec@globetrotter.net

Announcements for this page should be submitted typed or printed and paid in advance. To have your photo returned, please send a stamped self-addressed envelope.

Submissions for this page must be in our office by Thursday.

PHOTO QUALITY

Please keep in mind when submitting a photo of a loved one, do not send in photocopies, copies printed off a home colour printer or the cards given out at a funeral home. The quality of the photo will not reproduce well in the newspaper.



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Albert Burton - New Richmond 418-392-4598
Steven Imhoff - New Carlisle 418-752-6041
Alexis Normandeau - St. Jules 418-759-3270



CLASSIFIEDS

For Sale: Four Mitsubishi 17" rims from 2012 RVR. Asking \$100. Call 418-752-5815.

Looking For: As part of an entrepreneurial project, students of the AIP class at NCHS are looking for any old electronics, machinery, power tools or appliances which are broken or no longer in use. If you own anything and are willing to donate, please deliver it to New Carlisle High School. Items can be given to Glenn Hayes.

For Rent: Barachois Rec. Centre available for rental: family reunions, baby and bridal parties, birthdays, bingos, memorials, meetings etc... Fully furnished kitchen, seating capacity (90 people), \$50 daily rental. For reservations: Erica DeVouge 418-783-2293, edevouge@hotmail.com, Helen Lucas Chicoine 418-782-4067, sarsha67@gmail.com or Patricia Ste Croix Annett, 418-645-3779, pannett55@gmail.com.

COAST ROUND-UP

POINTE-NAVARRÉ:

Upcoming Events

Tuesday, June 5: The Mass of St. Peregrine, patron saint of the sick suffering from cancer and long-term diseases, will be celebrated at 7 p.m. at the Shrine of Pointe-Navarre.

Saturday, June 16: A diocesan pilgrimage will take place from 10 a.m. to noon at the Shrine of Pointe-Navarre. A community picnic will follow. Bring your lunch. Everyone welcome.

Tuesday, June 19: We will celebrate the 50th anniversary of death of Father Watier at 7 p.m. at the Shrine of Pointe-Navarre. We will give thanks to the Lord by recalling the life of Father Watier and his mission among us.

YORK:

Rummage Sale

The York Women's Institute will be having a rummage sale on **Saturday, June 2**, at the York River Community Hall from 10 a.m. to noon. There will be household items, books, clothing, toys, etc. There will also be a small bake table. Doors open at 10 a.m. Hope to see you there.

YORK:

Advance Notice

York ACW will be holding its summer sale and afternoon tea on **Saturday, July 14**, beginning at 2 p.m. at the York River Community Hall. There will be baked goods, handicrafts, and a white elephant table. Afternoon

tea will be served for \$5

BARACHOIS:

Bingo

The Barachois Rec. Centre will be holding 18+ money bingos, at 7 p.m. on **May 25, June 8** and **June 22**. Bilingual. Over \$600 in cash prizes.

BARACHOIS:

Legion Branch 261

Upcoming Events

Every Monday: The Royal Canadian Legion, Branch 261, will be having a bingo at 7 p.m. at the Legion.

Thursday Nights: Darts will be held beginning at 7 p.m. New players welcome. No experience necessary.

June 6, 20: Sandbags at 7 p.m. Come, join us for an evening of fun and exercise. Drop in program. New teams each week.

PORT DANIEL:

Strawberry Social

The Marcil Women's Institute will be holding its annual strawberry social on **Friday, July 27**, from 12 noon to 2 p.m. at the Three Star Golden Age Club at 177, Route 132, Port Daniel West. Entrance \$7. Children under 6 free. Door prizes, Bake table, Sales table, 50/50. For more information call 418-752-8152.

PORT DANIEL:

Upcoming Events

The following events will be held at the Three Star Golden Age Club in Port Daniel.

Friday, June 1: Gift bingo starting at 7:30 p.m. Canteen service available. \$10 a series or 3/\$20. Everyone welcome.

Saturday, June 2: 500 card party at 8 p.m. \$5 per person.

Saturday, June 23: Military Whist at 8 p.m. \$5 per person

PORT DANIEL:

Fundraisers for St. James Anglican Church

Saturday, June 30: Canada Day Entertainment Evening
July 28: Annual Bazaar
October 6: Harvest Supper
November 10: Casserole Supper and Auction.

SHIGAWAKE:

Advance Notice Barn Dance

Saturday, July 14: Dance with Nash Stanley, at the Shigawake Fairground's barn, starting at 6 p.m. More info. to follow.

SHIGAWAKE:

Advance Notice

St. Paul's Anglican Church Women and Shigawake Community Center members will be holding their annual Harvest Supper on **Saturday, September 8**, beginning at 4:30 p.m. at

the Shigawake Community Center (across from the Anglican Church). Adults \$15 and children 10 and under \$6, Take-outs available. Everyone welcome.

SHIGAWAKE:

Tea, Bake and Craft Sale

St Paul's ACW will be holding a tea, bake and craft sale at the Shigawake Community Center (across from the Anglican Church) on **Thursday, July 12**, from 12 noon to 2 p.m. Adults \$7, children 6 and under free. Door prizes, 50/50. Come out and enjoy an afternoon with family and friends.

SHIGAWAKE:

Upcoming Activities

The following events will be held at the Shigawake Community Center.

Saturday, June 23: Fish Cake supper - \$12 per person

Saturday, July 7: Country Hoedown with live music. D.J. and light lunch. Dress up in your best country outfit.

HOPE TOWN:

Upcoming Activities

The following activity will be held at the Hope Town Community Center.

Saturday, June 9: Military Whist.

HOPE TOWN:

Service

Hope Baptist Church welcomes you. Sunday School for all ages at 9:45 a.m. and Corporate Worship at 11 a.m. on Sundays. Prayer Meeting and Bible Study at 7 p.m. on Wednesdays. Young Peoples for grades 7-11 on Fridays at 7 p.m. 305 Route 132 West, Hope Town, 418-752-5838.

HOPE TOWN:

Moving Sale

A moving sale will be held at 298 Route 132 west, Hope Town on **Friday, June 1**, from 1 to 5 p.m., rain or shine. A number of small household items for sale.

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 - 7 p.m. "You Must Be Born Again."

NEW CARLISLE:

Royal Canadian Legion Upcoming Events

Saturday, June 9: Musical night from 8 p.m. to midnight with Vern Huntington, Bert Hayes, Sally and Doug Renouf. \$5 entrance fee.

Saturday, June 16: Mussel

supper starting at 5 p.m. \$15 per person. To reserve your spot contact: 418-752-6799 or 418-752-5495.

NEW CARLISLE:

Volunteers Needed

Heritage New Carlisle is looking for volunteers from the community on **Saturday, June 2**, at 9 a.m. to help spruce up the exterior of the Kempffer Centre for the upcoming season. Small tasks will include raking, gardening, moving benches, sanding, painting, etc. Weather depending, we will have a BBQ and make a really nice day of it as a team. Bring your friends and get involved. We would love to have you! We welcome donations of seeds and plants for our flowerbeds.

NEW CARLISLE:

LIFE Association Upcoming Event

Saturday, June 16: Bingo at 7 p.m. at the Royal Canadian Legion in New Carlisle. \$10 series or 3/\$20.

NEW RICHMOND:

Bake / Garage Sale

The New Richmond Cultural Association will be having their Annual Bake and Garage Sale on **Saturday, June 2**, at La Boutique located at 210 Perron Blvd., New Richmond from 10 a.m. to 4 p.m. All proceeds will be used for the operational costs of the boutique which will be open from June 11 to September 7. Registration on **June 7** and **8** from 10 a.m. to 3 p.m. Please come support this worthy organization and our talented artisans.

CASCAPEDIA-ST-JULES:

50+ Club

Upcoming Activities

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

Every Tuesday Night: Grocery Bingo at 7 p.m. (2 cards for \$5, each additional card \$1).

Friday, June 1: Jam Session for all musicians and spectators. Doors open at 7 p.m. Music begins at 7:30 p.m. free admission, canteen service on site.

Sunday, June 17: Father's Day brunch beginning at 9 a.m. until 12:30 p.m. at 319 rte 299. \$12 for adults, children 12 years old and under \$10. Everyone is welcome to attend.

CASCAPEDIA-ST-JULES:

Royal Canadian Legion Br. 172 Upcoming Events

The Royal Canadian Legion, Branch 172, meets monthly every third **Saturday** at the Legion located at 55 Gallagher St. Please be advised that the Legion will remain open during the summer months, doors open at

1 p.m. Bring your friends and family for conversation and celebrations. For further information please contact

sharoncdauid@gmail.com

Sunday, June 3: BBQ from 11:30 a.m. to 1 p.m. \$10 per adult and \$7 per child. Washer Tournament begins at 1 p.m. at a cost of \$5.

CASCAPEDIA-ST-JULES:

Book Room

Please note that the book room is now closed for the summer months. On other days, please contact Kathleen Paquet at 418-392-4896.

GESGAPEGIAG:

N.A. Meetings

N.A. Meetings held every Tuesday at 7 p.m. at the Mawiami Treatment Centre located at 85 School Street in Gesgapegiag. Everyone welcome! For more information call 418-759-3522. N.A. is a non-profit fellowship of men and women for whom drugs have become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using.

ROTARY CLUB WINNERS

The winners for the week of May 13 are: Caroline Nadeau, Gisele Cormier, Denis Normandeau, Francois Leblanc, Remi Poirier, Roger Bergeron, Ulric Rioux.

The winners for the week of May 20 are: Maryline Imhoff, Lomer Cyr, Leonard Murphy, Yves Porlier, Therese Landry, Stephen Gilker, Maryse Brunelle.

UNITED CHURCH

Sunday, June 3

10:30 a.m. New Carlisle

ANGLICAN CHURCH OF CANADA

Sunday, June 3

New Carlisle

9 a.m. Holy Eucharist
Hope Town
10 a.m. Morning Prayer
Port Daniel
11 a.m. Holy Eucharist

PARISH OF GASPÉ

Sunday, June 3

Sandy Beach

9 a.m. Service

On the lighter side

Do you recognize any of these faces?



**Hopetown Elementary School
Grade Pre-K (1987 - 1988)**

Back Row: Mrs. Bertha Hayes, Tiffany Whalen, Holly Smith, Stacie Chatterton, Paula Kruse, Curtis Hottot, ?, Rosa-Lee Major.
Front Row: Gregory Major, Derek Hottot, René Hottot, Edmund Dow, ?, Christopher Major.

What's This Artifact?



What do you think this is?
It looks as if it was used for something important at one point in time.
The answer will be in next week's issue of The Gaspé Spec.



Thank you to Gaëtan Garnier for sharing this artifact with our readers.

HUMANITIES WORD SEARCH

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

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

WORDS

ANECDOTE
ANTHROPOMORPHISM
ARCHITECTURE
ARTWORK
CANON
CHARACTER
CLASSICAL
COMMUNICATION
CREATIVITY
EPITHET
ETYMOLOGY
EVOLUTION
HIERARCHY
HUBRIS
INNOVATIVE
LEXICON
LITERATURE
MORES
MUSICAL
OPINIONS
PARADOX
PERFORMANCE
PHILOSOPHY
REASONING
RECORDS
RENAISSANCE
RHETORIC
SATIRE
TEXTS
THEATER
THOUGHTFUL
THOUGHTS
TRAGEDY
VIRTUE

RECYCLE REPURPOSE REUSE

LOOK WHAT YOU CAN CREATE
WITH USED WOOD PALLETS.



HOROSCOPES

ARIES – Mar 21/Apr 20

Aries, if you are seeking pleasure, try some healthy pursuits. These can include exercise, soothing baths, hiking trips, or other activities that benefit the mind and body.

TAURUS – Apr 21/May 21

Try to be as perceptive as possible when dealing with individuals in the days to come, Taurus. This will help you help them as effectively as you can.

GEMINI – May 22/June 21

Your confidence may surprise you

this week, and you may feel like there is nothing you cannot do, Gemini. Others will respond positively to your advice.

CANCER – Jun 22/Jul 22

Cancer, if you are commanding enough, you can accept a position of leadership in the near future, even if you haven't yet had authority over others. This is a turning point.

LEO – Jul 23/Aug 23

Take shifting emotions in stride, Leo. There is no right or wrong way to feel. If something does become troublesome, talk it out with a confidante.

VIRGO – Aug 24/Sept 22

Virgo, a long to-do list may leave you wondering why you decided to take on so much. Consider the ways you

can lighten your load and approach remaining tasks one by one.

LIBRA – Sept 23/Oct 23

Libra, your efforts will soon begin to bear fruit. You may feel like you have finally begun to realize your goals. Just don't steer off path, and take time to reflect on your success.

SCORPIO – Oct 24/Nov 22

Take time to reflect on your relationships this week, Scorpio. Such reflection can help you ensure you let others know just how much they mean to you.

SAGITTARIUS – Nov 23/Dec 21

Take pride in your accomplishments and those of your associates, Sagittarius. You have collectively been working hard and deserve all the

recognition you get.

CAPRICORN – Dec 22/Jan 20

Look for ways to be more independent this week, Capricorn. Explore different events or possibilities where you can hang solo. You can use some time alone.

AQUARIUS – Jan 21/Feb 18

Aquarius, you may find yourself dealing with mixed feelings that you can't get to the root of. Relieving stress can ease any worries you have.

PISCES – Feb 19/Mar 20

A greater sense of clarity is coming your way, Pisces. Remind yourself to be inspired by the sights and people around you.

FAMOUS BIRTHDAYS

MAY 27

Jamie Oliver, Chef (43)

MAY 28

Cameron Boyce, Actor (19)

MAY 29

Mel B., Singer (43)

MAY 30

Bray Wyatt, Wrestler (31)

MAY 31

Duncan Jones, Director (47)

JUNE 1

Amy Schumer, Comic (37)

JUNE 2

Zachary Quinto, Actor (41)

Preparing for post-secondary life

(NC) For young adults, summer is typically spent preparing for college or university in the fall. If you are a parent or a student, lots of questions may be running through your mind about academics, campus life and what to expect in those first few months of school. It is an exciting time, but can also be filled with concern about the unexpected. Being prepared can help with the transition.

“Adjusting to campus life can be challenging for any student,” says Ivy Chiu, senior director of the newcomer segment at RBC. “The transition can be even tougher for international students as they need to settle into life in a new country as well. Taking the first steps to set yourself up for success is a great way to feel at home faster.”

Four things a student should keep in mind:

1. Get involved in campus life. Whether you are commuting from home or have moved to Canada for your studies, getting involved in social activities on campus can help you adjust. Joining social activities, interest clubs or sports

teams are a few examples of getting involved outside the classroom. Check your school’s online website portal to learn more.

2. Keep active and take time for yourself. Adjusting to a new routine will take some time. Between managing classes, assignments and a social life, scheduling some much-needed “me time” can help maintain a healthy balance while staying focused. Eating balanced meals, having a regular exercise routine that works for your schedule and getting enough sleep each night, will help keep your mental and physical wellness on track.

3. Use resources available to you. Universities and colleges are filled with incredible resources, many of which are free to you. Resources range from guidance counselors offering help with academic questions, to an international student office that helps students navigate life on campus in Canada. These services are offered for students to use, so remember to take advantage of them while you are a student.

4. Build a budget. Keeping



finances on track is another part of transitioning to post-secondary life. For many students, this may be the first time you will need to manage your own finances. If you are an international student, you may have many questions about banking in Canada. A great first step is speaking with a financial advisor about tips on keeping your finances in order throughout the year.

Find more information for international students at www.rbc.com/newcomers.

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On Saturday, June 2, there will be a free special opening day as an introduction to the sport of golf!

For more information, call our friendly bilingual staff at **418-752-3161**

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