

Temrex invests \$8M in Nouvelle sawmill

Gilles Gagné

NOUVELLE: – Temrex Forest Products is currently investing \$8 million to increase the lumber drying capacity of the Nouvelle sawmill from 26% to 100% of its production. The choice to opt for dried lumber solely was gradually dictated by the changing market conditions.

The plant, the largest sawmill in the Gaspé Peninsula, specializes in selling green lumber but that market has been shrinking over the last years.

“Over the years, we saw the market for green lumber diminish by 10 to 15% every year. We were losing customers yearly. It was a Canadian market. Our increased drying capacity project was under study for years. We analyzed it from top to bottom before approving it,” explains Michel Bigaouette, director general of Temrex.

For the past six years, Temrex had been considering the addition of new kilns for the Nouvelle plant. Even though Temrex is the exclusive property of *Investissement Québec*, a public society with ample financial means, it was necessary to prove the profitability of the venture before giving it the green light.

“Temrex is managed autonomously. We are subjected to the same constraints as the other enterprises. We must have profitable operations in order to land projects.” He mentions that it isn’t any easier for them to get funding from *Investissement Québec*.

Dried lumber brings in a price that is 15% to 25% higher than green wood “but above the price, the market dictated the investment,” he



Photo: G. Gagné

Temrex director general Michel Bigaouette and company board member Jean-Pierre Grenon are confident that the new kilns will greatly improve the Nouvelle sawmill’s capacity to compete with other plants. Two cells are currently being tested. The two other cells will be functional at the end of March.

adds.

The four new kiln cells will be heated by liquefied natural gas. The new kiln complex is equipped with a unit that will take liquefied gas and turn it into its gasified form. The installation of a wood residue boiler would have brought the cost of the project from \$8 million to \$15 million. The construction time would have increased as well and that added period was taken into consideration in the decision process, since a cost was also attached to it.

Two years ago many Quebec sawmills were experiencing difficulty in selling their sawing residues, or by-products, but the context has changed since then.

“Temrex sells 100% of its

by-products to pulp and paper mills or plants which make other types of “added-value” products, including

wood chips, sawdust, shavings and bark. It is cyclical, like the lumber market,” specifies Michel Bigaouette.

New kilns spell good news for the railway

Gilles Gagné

NOUVELLE: – The increase in the Nouvelle sawmill’s lumber drying capacity spells good news for the Gaspésie Railway Society. A greater proportion of dried wood means that the exports to the United States will increase, considering that loaded railway cars cost less than truck trailers when the distance is

greater. “The American market only takes dried wood. It is not possible to send green wood south of the border. The train will be favoured. Our shipments will be made by train as much as possible. It will diminish the pressure of finding trucks. We will double our train loads for sure,” explains Temrex director general Michel Bigaouette. The Nouvelle sawmill currently ships

approximately 450 to 500 carloads of lumber by rail annually. So a target of 900 to 1,000 carloads of lumber is foreseeable within the next year or two. Temrex also ships between 1,000 and 1,100 carloads of wood chips to the White Birch paper mill in Rivière-du-Loup on a yearly basis. A smaller increase could also occur for that woodchip traffic. It is not quantified yet.

WORKPLACE ACCIDENT:

CNESST releases information regarding death of Gino Wafer

Nelson **Sergerie**

GASPÉ - The *Commission des normes, de l'équité, de la santé et de la sécurité du travail* (CNESST) has identified three main factors regarding the accident resulting in the death of Gino Wafer. The accident occurred at *Les Ateliers Actibec 2000* on June 26, 2018, in Grand River. On the day of the accident, the driver moved wooden pallets using a forklift in the backyard of the establishment. After removing one of these pallets, he began to manoeuvre backwards towards the edge of an embankment. The two left wheels of the forklift then lost contact with the ground and the vehicle flipped over. The driver, who was not wearing a seatbelt, was ejected from the driver's seat and



Photo: CNESST

The forklift involved in the accident.

crushed by the protective frame of the cab. He was then transported to a hospital centre in Quebec City and died a few

days later.

"The left two wheels were over this embankment and at one point the forklift was at

39%, which was the maximum grade at which it risked being overturned. This is the first cause," explains inspector Gilles Soucy.

The CNESST also indicates that the driver was not wearing the machine's restraining system. "There is nothing to say that even being attached would have resulted in zero deaths in this investigation," adds the inspector. The forklift had been regularly checked by the manufacturer and Mr. Wafer routinely attended trainings, which he had just completed in the spring before the tragedy.

Corrective measures

In its investigation, the CNESST noted the absence of a method of work and supervision led to non-use of the ma-

chine's restraining system. "The employer has put in place a series of verifications before using forklifts. Drivers must check a list such as, tires, the forks and the restraint systems," says Soucy. CNESST demanded that the embankment be redeveloped to eliminate the danger of overturning vehicles that could circulate there. It also requested that the employer smooth out the traffic lanes in the facility's backyard. The employer has made all the changes that were requested. The investigation report was presented to the CNESST prosecutors who will decide if a statement of offense will be issued. In such a case, the company is liable to fines of up to \$67,176. In Quebec, there have been nine forklift related deaths in five years.

Festi-Neige: winter is busy in Percé

Ariane **Aubert Bonn**

have fun."

PERCÉ - The second annual Festi-Neige will take place February 14 to 17 and new activities have been added to the program.

Last year approximately 3,000 people attended the event. This year, the organizing committee put together an even better program. Sliding, skating, inflatable games, maple treats, dog sledding, day and evening snowshoeing, DJ shows, snowmobile races, Gaspésia polar trail race, fireworks, exhibition and visual arts performances, yoga and many other activities are planned for this weekend.

One of the co-organizers, Allysson Cahill-Vibert, says: "There will be shops and restaurants open in Percé for the occasion. The downtown will be revived."

For Ms. Cahill-Vibert, who has participated in organizing the event for a second time thinks it is particularly important to stimulate her community in winter. "We want people to have fun here, to see that they do not need to go south to

Visual Arts in the spotlight

This year, two artistic activities are integrated to the event, with the collaboration of Carleton's Vaste et Vague art centre's satellite office in Percé and the Maison de la culture in Grand River. A photographic installation entitled "*In Five Times*," by Jeannot Rioux and Jonathan Desjarlais will be installed at the big-tide pavilion. These are pictures of works created in nature.

The artists will be there on Saturday, February 16, at 1 p.m. to describe their approach. Afterwards a workshop in art-nature will take place on-site, where artists will be invited to create "life" with what nature has put at their disposal. A vernissage will take place at 4:30 p.m.

Photos are from the archives of last year's Festi-Neige. Photo credits: Steven Melanson



THEGASPESPEC.COM

New right whale measures still insufficient

Gilles Gagné

CARLETON: – The federal Department of Fisheries and Oceans, as well as Transport Canada, will be relaxing the right whale protection regulations in the Gulf of Saint Lawrence. The size of the static zone closed to commercial fishing will be reduced and the addition of a navigation corridor will provide ships with the option to circulate at a normal speed.

A couple of the measures might make things easier for lobster fishermen as well. Lobster fishing will not be closed until a whale is seen in a water depth inferior to 120 feet. If such an event happens, fishing will still be permitted in a water depth inferior to 60 feet. If a whale reaches a depth lower than 60 feet, that area will be closed for 15 days. The size of the closed zone was not specified by Fisheries and Oceans Canada.

Last year the closure of a zone located between Port Daniel and Percé during the last three weeks of the season affected 70 of the 163 Gaspesian lobster fishermen. The closure was dictated by the sighting of a right whale located 16 kilometres from the shore, where the lobster fishermen never go.

The loss of revenues for the Gaspesian lobster fishermen reached \$2.7 million last year because of that closure, even if not a single right whale was seen where they were fishing.

The crab fishermen will be affected by a static zone of closure just like last year, time-wise, as it will be implemented on April 28, unconditionally. Its surface will be reduced by 63%, to 2,400 square kilometres from 6,940 last year.

“This season’s static closure is significantly smaller than last year’s. It is based on scientific evidence,” indicated Fisheries and Oceans Canada Minister Jonathan Wilkinson, during an online press conference presented on February 7 from New Brunswick. He was referring to the fact that scientific observation indicated last year that the right whales were covering a surface smaller than 6,940 square kilometres.

However, sightings of right whales outside the static zone would lead Fisheries and Oceans Canada to call

temporary closures of 15 days.

Twelve right whales died in Canadian waters in 2017 and none last year. The entanglement in fishing gear and collisions with ships are pinpointed as the main causes of death. Those causes were only proven for a minority of the right whales that were found dead in 2017. There are only 411 living right whales in the world, according to a recent assessment. They all live along the northeast coast of the United States and Canada. They spend the winter in the United States and started being more visible in Canadian waters six years ago.

Since August 2017, wide surfaces of the Gulf of Saint Lawrence are temporarily hit by speed limits of ten knots for ships measuring more than 20 metres in length. In 2018, those limits were implemented on April 28 until November 15. The same dates will apply in 2019.

Commercial navigation will be slightly less hampered than in 2018 because of the increase in the width of the corridor located north of Anticosti Island. The corridor south of that island will be maintained and the Magdalen Islands will be excluded from the ten knot zone, unless right whales swim in that area.

Reactions

Lobster fisherman, O’Neil Cloutier who is director of the Southern Gaspé Professional Fishermen Group, is somewhat satisfied and somewhat disappointed fol-

lowing the announcement of the right whale protection measures.

“Minister Wilkinson retained two of the seven measures that we had submitted with the *Union des pêcheurs des Maritimes*. We are making forward steps but we are not calling it concertation yet. I understand that they (commercial fisheries managers) don’t want to make wrong decisions. (...) Ministry representatives are talking about cohabitation with the whales but we must get our gear out of the water if we see a right whale in less than 60 feet of water depth. That is not cohabitation. There are still grey areas in the plan regarding the size of the closed zones when a whale gets close to the coastline. I fear that those rectangles will still measure six by ten miles and that they could close them by sets of nine rectangles, like last year. It is a lot,” states Mr. Cloutier.

Crab fisherman, Daniel Desbois, president of the *Association des crabiers gaspésiens*, is quite disappointed by the way the protection measures are designed this year.

“The reduction in the size of the static zone of closure will not yield any positive result if it doesn’t get into force around mid-May and if crab fishing doesn’t start before April 28. If the whales get out of that static zone, the ministry will apply supplemental zone closures and they could cover a bigger surface than last year’s static zone. We have not moved forward,” criticizes Mr. Desbois.



PUBLIC NOTICE ENACTMENT OF BY-LAW

PUBLIC NOTICE is hereby given :

1. THAT at a meeting held on December 3, 2018, the town council has adopted By-Law 1374-18 «dérégulant une dépense d’une somme de 948 720 \$ et un emprunt de 948 720 \$ pour la conversion du système d’éclairage public de la ville à la technologie DEL».
2. THAT By-Law 1374-18 has been approved by the qualified voters during a register held on December 11 and 12, 2018.
3. THAT By-Law 1374-18 has been approved by the Minister of Municipal Affairs and Housing, on February 1, 2019.
4. THAT the interested can consult that By-Law at the clerk’s office, at the Town Hall, 25, rue de l’Hôtel-de-Ville, during regular office hours.

GIVEN at Gaspé, February 13, 2019.

Isabelle Vézina,
Director of legal services and town clerk

Police report

Jean Roy, 19, from Bonaventure, entered a plea of guilty on September 26, 2018, on charges of offering indignity to human remains as well as break and enter. The crimes occurred at the Caplan cemetery vault on May 5, 2018. In a decision rendered on February 7 at the New Carlisle courthouse, Quebec Court Judge Andrée Saint-Pierre sentenced the accused to a six-month prison term.

Quebec Court Judge Saint-Pierre justified her decision by stating that the accused did not show any remorse since perpetrating the acts. He expressed regret about how those crimes affected him. The judge added that she did not believe him when he said that he does not remember what he did that night, despite being sober at the time. The fact that videos of the acts were shared on social media represents an aggravating factor. She considers Jean Roy immature, impulsive and he must develop some consciousness about what he does.

Judge Saint-Pierre also mentioned that he collaborated with the justice system, that he did not have a criminal record at the time and that he represents a low risk of committing such crimes again. Jean Roy was handcuffed and brought to the adjacent New Carlisle prison.

Crown Prosecutor Florence Frappier-Routhier had asked for a 12 to 15-month prison sentence. “I am not disappointed by the sentence. It makes legal sense. Some principles took different directions in that case and the fact that he had no previous criminal record played a role,” she says.

Jean Roy was prohibited to possess a firearm for a period of ten years. Considering that he already served 17 days, he still has 156 days to serve in prison. Those 17 days count for 26 days, as one day of preventive time counts for 1.5 days of a prison term. A sample of his DNA was taken following the trial. After serving his sentence he will be under probation for two years, with a follow-up during the first 18 months of the probation.

Two young offenders had already entered a plea of guilty in that affair. The older one, now an adult, was sentenced to a year in a youth centre while the second had to carry out 200 hours of community work. A second adult, Jérémy Bugeaud-Ferlatte, is expected to enter a plea of guilty.

A fire on February 10 destroyed a house located at 557 Montée Wakeham in Gaspé. The alarm was given at 11:45 a.m. after a fire broke out in the garage. The flames quickly reached the house. It took the firefighters four hours to extinguish the blaze. Traffic on Montée Wakeham reopened at 4:30 p.m. “The fire was caused by an accident in the garage. No foul play is suspected in that case,” stated Sgt. Claude Doiron, spokesperson for the Sûreté du Québec.

On February 6, a truck and trailer tandem left Highway 132 at 7:30 a.m. in Caplan. The truck driver made a last minute manoeuvre to avoid a collision with a school bus. The driver didn’t suffer any physical injuries but he was treated for shock. Fuel leaked from the truck and New Richmond’s Environnement Leblanc was called to clean the spill. According to Sûreté du Québec spokesperson Sgt. Claude Doiron, the traffic was reduced to one lane until 10 a.m. The trailer is the type used to haul cement from the Port Daniel plant.



VILLAGE
Real Estate Agency

Suzanne Landry
CERTIFIED REAL ESTATE BROKER AEO
418-752-0792
suzannelandry@royallepage.ca
www.suzannelandry.ca

**Friendly bilingual service
from Matapedia to Port Daniel
19 years experience**



Commentary

Gilles Gagné

Who is protecting public interest?

Many are doubting Quebec's Minister of Agriculture, Fisheries and Food André Lamontagne's capacity to put public interests at the forefront. This came about when he was asked to comment regarding the January 24 firing of a civil servant, who was worried about the role of private firms in a governmental research centre and he proceeded by changing his story six times.

That civil servant, Louis Robert, a well-respected expert in agriculture seeds, conveyed documents to a Radio-Canada reporter a year ago because he was concerned that the private sector was interfering in a public study on pesticide use. Considered a whistleblower, he was suspended under the previous Liberal government, and an investigation was conducted regarding the leak.

Mr. Robert never denied having conveyed the documents to a reporter and supported his action by saying that he was concerned about protecting public interests.

A week after the firing, Minister Lamontagne admitted to having personally made the decision, however, the next day he denied having been an active party in that decision. During the ensuing days, he presented about four additional versions of his actions, finally sticking to having endorsed a decision made by a member of his ministry's hierarchy.

Between January 31 and February 5, Minister Lamontagne denied having been pressured by the pesticide industry into firing Louis Robert. He seemed hesitant during the first part of the question period specific to that topic. He stated having nothing to do with the affair pertaining to the pesticide industry, but was not clear if that meant his personal involvement or his staff's.

André Lamontagne has requested an investigation from Quebec's Ombudsman, but the probe will deal only with the firing process of Louis Robert for now. It will not deal with the most important aspect of the whole situation, the possible interference of the pesticide industry in governmental research.

The pesticide industry has a significant track record in agriculture. The past decade has been marked by an impressive number of lawsuits initiated by people who have been poisoned by those pesticides and who are seeking compensation. The industry, with players such as Monsanto, is countering those lawsuits with SLAPPs, strategic lawsuits against public participation. In other words, the industry is using intimidation tactics and deploys financial means destined to exhaust the capacity of the opponents.

Louis Robert's leak must be assessed under two sets of considerations. Officially, according to the regulations, a civil servant has the choice of sharing his or

her information with the relevant ministry, the police or Quebec's anti-corruption unit.

However, Quebec's whistleblower law can also offer additional protection if the employee believes there is a serious risk to health, safety or the environment.

What did Minister Lamontagne have in mind when he stated that he had fired an employee five levels below him in the bureaucratic hierarchy? Was he trying to show "his" civil servants that he is the big boss?

If that was the goal of his initial intervention, it was one gigantic mistake. First, such behaviour will only raise an uproar amongst the targeted civil servants, who have a job to do without incorporating political considerations. They are supposed to serve the public, not politicians.

André Lamontagne is a former businessman. He is relatively inexperienced in politics and he could have felt the need to show that he was in control of the situation. In one of the several versions he voiced following his initial blunder, he expressed a desire to show that he approved the work of his staff.

Well, that was quite awkward, but he showed humility when he launched the process to shed light on the firing of Louis Robert.

The only way he can save the situation though is by shedding light on all the issues at stake, especially the role the pesticide industry plays in a research project conducted by civil servants in a government laboratory. The investigation must also clarify a statement made by the union representing Louis Robert to the effect that the minister's own position seems to prove that he has taken the side of an industry that produces potentially dangerous pesticides in a public health debate where huge financial interests are at stake.

Only then will we be able to determine if Minister Lamontagne is still the man at the helm of the Agriculture, Fisheries and Food Ministry.

Letters to the Editor

The Royal Canadian Legion in New Carlisle

has been serving veterans since 1935. Declining revenues during the last few years has made it very difficult to continue operating. We had changed the hours of operation from six days a week down to four days, but now we will be operating only one day per week – Saturday. This decision was a very hard pill to swallow as we still have veterans to serve. Our goal is to be open more days during the warmer weather.

We still have events planned and we are asking the community for their support. We realize that the Legion is not the only organization that is experiencing financial difficulties. As a not-for-profit organization in the community we have helped other groups, dispersed bursaries and ensured Remembrance Day was always observed. The money raised through the Poppy Campaign is used for bursaries and for veterans. This money cannot be used for the day-to-day operation of the branch.

Many families in this area are descendants of veterans and it would be a grave injustice if we have to

close.

Our general meetings are on the first Tuesday of the month at 7 p.m. We are asking our members and any member of the community to attend the next meeting which will be held March 5. We are looking for ideas that will enable us to continue to function and to fulfill our commitment to remember our veterans.

You can submit your ideas at the meeting or phone the Legion President Laura Flowers at 418-752-6799.

Laura Flowers, Royal Canadian Legion Branch 64, President, New Carlisle, Quebec

A few crucial elements are being overlooked and/or intentionally ignored concerning the ongoing long gun registry debacle. First is the complete redundancy of the registry. Every firearm sold in Canada and, yes, that includes Quebec is registered in a official logbook which correlates and records the serial number of the gun and the acquisition licenses of the buyer. In Quebec, this logbook is controlled directly by the Surete du Quebec, elsewhere by the RCMP.

For all intents and purposes firearms are registered at the point of sale, and that information is available to law enforcement, if they could bother to consult the data already mandated by themselves.

SO, if you own firearms and fail to re-register them, law enforcement already knows you have them. Just wait by your mailboxes for the fines to arrive.

Secondly, there is no evidence to support the idea that a registry will curb violence or crime. Those who perpetrate gun-related offenses seem to use handguns, acquired illegally on the black market. This was clearly demonstrated by the data when this was first debated at the federal level. Again we have redundancy. No lives will be saved by a long gun registry, but many lives could be ruined as gun owners are criminalized by their own provincial government for the sake of political pandering.

Christopher Jones, New Richmond, Quebec

Correction

Please note that on page 4 for the February 6, issue of The Gaspé Spec, the name of Listuguj Chief Darcy Gray was spelled incorrectly.



PUBLIC NOTICE

MINOR EXEMPTION FROM URBANISM BY-LAWS

NOTICE is hereby given that the Town Council, at a regular meeting that will be held on March 4, 2019, at 8 p.m., will consider the request for minor exemption from the zoning By-Law 1156-11, presented by Mr. John Sams for the lot 4 054 192, cadastre du Québec.

The nature and consequences of this exemption are the following:

- the nature of the minor exemption is :
 - o to increase by 20 m2 of the area for an isolated private garage in accordance to the maximal area of 100 m2 required by the article 8.8.2.2 of the Zoning By-Law no. 1156-11;
 - o to increase by 0.5 m of the height for an isolated private garage in accordance until the maximal height of 6.5 m required by the article 8.8.2.2 of the By-Law no. 1156-11.
- the minor exemption will have, for consequence, to regularize a permit for the construction of an isolated private garage with an area of 120 m2 and a height of 7 m.

During this meeting, the town council will hear the interested wishing to be heard on that request.

Given at Gaspé, February 13, 2019.

Isabelle Vézina,
Director of legal services and town clerk



ESTABLISHED • MAY 1975

208-B Gérard D. Levesque
New Carlisle, Que.
G0C 1Z0

Tel: 418-752-5400
specs@globetrotter.net
thegaspespec.com

SPEC OFFICE HOURS:
Mon. to Fri: 8:30 a.m. to 4 p.m.

(Taxes included)
1-year (paper or digital): \$46
6-months (paper or digital): \$25
Outside Canada:
1-year paper \$165 digital: \$46

Gaspé's Home Page:
www.gogaspé.com



Publisher:
Penny MacWhirter



News Editor:
Gilles Gagné



Office Manager:
Joan Imhoff

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

We acknowledge the financial support of the Government of Canada.
We acknowledge special funding from the Ministère de la Culture et des Communications.

Canada Québec

Member of:
QCNA, CARD

News Media Canada
Médias d'Info Canada

Munchkin Mansion Playschool starting soon at SPDS!

Julianna Beebe,
Project Facilitator

NEW CARLISLE: - Family Ties is excited to announce that their Early Childhood Coordinator Amie Major will be taking the Munchkin Mansion program to the Shigawake-Port-Daniel area at the end of this month!

Munchkin Mansion Playschool is a parent-child program designed for children ages one to five. The program has been active at Family Ties

in New Carlisle for over 20 years.

In partnership with The Anchor Adult Education Centre, a special parent-child grant has been approved by the Ministry of Education for a trial session of Munchkin Mansion at Shigawake Port-Daniel School (SPDS). If there is great interest in the program, the partners will look at options to continue offering this service in the future.

A typical day at Munchkin

Mansion Playschool includes free play, story time, arts and crafts, singing, a healthy snack and outdoor play. The goal of the program is to stimulate learning and development of children and to support parents. As an added benefit, the children who attend Munchkin Mansion Playschool are usually well-prepared to enter preschool.

"I use the clean up song at home to let my children know when it's time to pick-up and it

works!" says a Munchkin Mansion parent

Having coordinated the Munchkin Mansion Playschool for ten years, Amie is excited to share her experience with another community.

The Munchkin Mansion Playschool is not only a fun get-together for toddlers, but a great chance for parents to socialize and learn new things such as: first aid for children, family cooking, group activities at family friendly locations

and much more!

Starting on February 23, Munchkin Mansion Playschool will be held at SPDS on Saturday mornings from 10 a.m. to 12 noon until June. If you have children under the age of five and would like to join, contact Amie Major at (418) 752-7265 or through "Family Ties New Carlisle" on facebook.

In addition, all families who register before February 20 will have their name entered in a draw for a \$50 IGA gift card.



Munchkin Mansion Playschool at Family Ties in New Carlisle.



100 ans

Les Amputés de guerre
1918-2018

Les programmes des Amputés de guerre évoluent. Ils ont d'abord été au service des anciens combattants, puis de l'ensemble des personnes amputées, adultes et enfants. Il reste encore beaucoup à faire pour que les personnes amputées bénéficient des membres artificiels dont elles ont besoin pour mener une vie active. Pour y parvenir, nous avons besoin de vous!

Grâce aux dons versés au Service des plaques porte-clés, nos programmes seront là encore longtemps.












Pour commander des plaques porte-clés :
amputesdeguerre.ca
514 398-0759 • 1 800 250-3030

N° d'enregistrement d'organisme de bienfaisance : 13196 9628 RR0001






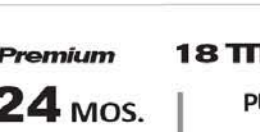
INTELLIGENT AWD SALES EVENT

INTELLIGENT ALL-WHEEL DRIVE SALES EVENT
UP TO \$1,000 AWD CASH




 19 QASHQAI S FWD CVT	 19 QASHQAI
\$59 WEEKLY	39 MOS. LEASE \$2,695 down
AWD CASH \$500* STACKABLE	
 19 ROGUE S FWD	 19 ROGUE
\$65 WEEKLY	39 MOS. LEASE \$2,695 down
AWD CASH \$1,000* STACKABLE	
 18 MURANO S FWD	 18/19 MURANO
0%	60 MOS. FINANCE
AWD CASH \$1,000* STACKABLE	
 19 PATHFINDER SV Tech	 18/19 PATHFINDER
\$499 MONTHLY	39 MOS. LEASE \$3,495 down
AWD CASH \$1,000* STACKABLE	

* AWD Stackable Cash is included in ALL Programs (Lease, Finance & Cash)

 19 SENTRA	 18 SENTRA
0%	60 MOS. FINANCE
\$3,500 NCF STD RATE CASH	
 19 KICKS S	 19 KICKS
\$50 WEEKLY	60 MOS. LEASE \$2,295 down
STARTING MSRP OF \$17,998	
 18 TITAN KC SV Premium	 18 TITAN CC SV
\$95 WEEKLY	24 MOS. LEASE \$3,795 down
PURCHASE FROM \$39,995	

ALL NEW ALTIMA



Starting MSRP of **\$27,998**

Lease from **60 MOS.**
\$79 WEEKLY
\$2,295 down

ROY NISSAN

158, boulevard Gaspé, Gaspé, Quebec
Tel.: (418) 368-6226 / Fax.: (418) 368-1221
E-mail: roynissanventes@c gocable.ca

What the Heart Wants

Diane Skinner

Valentine's Day is celebrated every year on February 14. Originally it was to acknowledge two saints named Valentinus. In modern times, it is recognized as a more commercial celebration of love and friendship. It is celebrated with cards, flowers, romantic evenings, chocolates and small gifts.

The most exciting Valentine's Days for many of us were in childhood. The annual Valentine's card exchange at school was the highlight of elementary school for many of us.

A great part of the fun and enjoyment was the making of the cards for your friends and early "crushes." No doily was safe and way long ago, many of us made our valentines. Often the teacher would give us time and the necessary materials during Art class. It was such a labour of love, puppy love, but still love. We would have red and pink construction paper, doilies, crayons, scissors that could barely cut and the blessing of our teacher to make those cards. The ultimate though was the doilies which, to our young eyes, were as good as real lace. Many of us used the traditional rhyme, "Roses are red,

Violets are blue, Sugar is sweet and So are you!" I recall receiving a card that said, "When you get married and get a divorce, you can come to my stable and marry my horse."

We would each receive a small brown paper bag to decorate. After the application of a generous amount of paste or glue applied with a popsicle stick, hearts and our name on the bag, we were ready for the "Red Letter Day."

On Valentine's Day you could feel the excitement in class because the teacher would allow a time to go around the classroom and deliver our lovingly made valentines to our classmates. Oh, back in the day, the teacher would remind us that we should give a Valentine to all of the children in the class. When you returned to your desk, your decorated bag would be full of small declarations of friendship or love. It still gives a rush of happy excitement to think about it. That evening we would spread those cards on the floor and read each and every one. It was meaningful and memorable.

As the years went on, things changed in the world of school Valentines. You could purchase books of pre-

made valentines which had to be cut out or later punched out of a book. The thrill was still there because the book contained all different cards and you would spend hours choosing just the right Valentine: "I am aiming straight for your heart," with a drawing of a small boy shooting a toy gun.; (Don't judge. those were the times); "Bee Mine," adorned with pictures of a bee; and "You're a real hoot," with a picture of an owl. Valentine cards take "corny" to a high level and we loved all of them.

Today, young children do not have that high level of excitement that we had around Valentine cards and that's regrettable. Many schools do not make such a memorable day of it. Children buy their Valentines and sometimes complain about having to print their name by hand 25 times. The thrill is gone for many.

This might be an example of how progress, though inevitable, does not necessarily put us in a happier place.

Happy Valentine's Day! Go buy some doilies and turn a child on to the pure fun of making a card. At the end of the day, the heart wants to feel connections with others.



Just the Two of Us -Diane Skinner

Love is in the air. It's Valentine's, but romantic evenings are always in style. These special evenings are important for keeping a relationship alive and blooming. These "special moments" can be initiated by either partner, so don't hesitate to plan a date for Valentine's or any time of the year. This is for any age, because love and romance does not belong exclusively to the young.

1. Go out for supper to a favourite restaurant. No kids, just you two.
2. Make a supper together. Plan, shop for ingredients and cook together. Enjoy a glass of wine while preparing your food. Don't forget a decadent dessert.
3. Go to a movie OR have a movie marathon of your favourite movies at home.
4. Recreate your first date, as best you can. Dress as you did that evening, go to the same place and enjoy talking about how it all made you feel. This will also provide some good laughs.
5. Dance. Put on some favourite music at home and dance together. Songs can be slow or fast. Close the curtains!
6. Give your partner a back massage. If you want to amp it up, buy some massage oil, and put on some relaxing music.
7. A card is always appreciated, but go the extra mile and write a love letter to your special someone. Read it aloud to them. It does not have to be long, just heartfelt.
8. Book the day off – from work or every day routines. Just spend time being together. Call it "Us Day."
9. A thoughtful gift is always appreciated. Make it a part of the evening but most important of all is just spending time together.
10. If you both love the outdoors, go skiing, sledding or snowshoeing, then go back home for hot chocolate and heart-shaped cookies!

At Valentine's we are reminded to show our love, but the other 364 days are just as important. Celebrate love every day. Nat King Cole had it right in his song, released in 1948. "The greatest thing you'll ever learn is just to love and be loved in return."



PUBLIC NOTICE

MINOR EXEMPTION FROM URBANISM BY-LAWS

NOTICE is hereby given that the town council, at a regular meeting that will be held on March 4, 2019, at 8 p.m., will consider the request for minor exemption from the zoning By-Law 1156-11, presented by Mr. Brent Simpson for the company Motel Adams Inc. for a property situated at 20, rue Adams.

The nature and consequences of this exemption are the following:

- the nature of the minor exemption is to:

For the 97 and 97-A, Jacques-Cartier Street :

- o reduce by 1,71 m the left lateral setback in accordance to the minimal left lateral setback of 2 m required by article 4.6 of the Zoning By-Law no. 1156-11;
- o reduce by 3,11 m the rear setback in accordance to the minimal rear setback of 4 m required by article 4.6 of the Zoning By-Law no. 1156-11;
- o reduce by 0,34 m the depth in accordance to the minimal depth of 28 m required by article 5.3 of the land division By-Law 1157-11.

For the 20, Adams Street :

- o reduce by 1,70 m the right lateral setback, facing Jacques-Cartier Street, in accordance to the minimal right lateral setback of 2 m required by article 4.6 of the Zoning By-Law no. 1156-11;
- o reduce by 1,11 m of the left lateral setback, facing Adams Street, in accordance to the minimal left setback of 2 m required by the article 4.6 of the Zoning By-Law no. 1156-11;

- the minor exemption will have for consequence to :

- o permit a principal building on a lot with a depth of 27,66 m, situated at 97 and 97-A, Jacques-Cartier Street, with a left lateral setback of 0,29 m and a rear setback of 0,89 m.
- o permit a principal building, situated at 20 Adams Street, with a right lateral setback of 0,29 m facing Jacques-Cartier Street and a left lateral setback of 0,89 m facing Adams Street.

During this meeting, the Town Council will hear the interested wishing to be heard on that request.

Given at Gaspé, February 13, 2019.

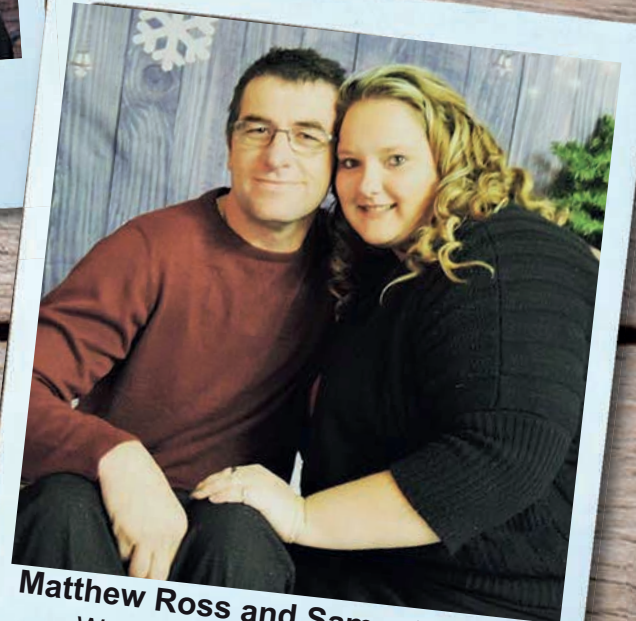
Isabelle Vézina,
Director of legal services and town clerk

Love Stories

Love is in the air!



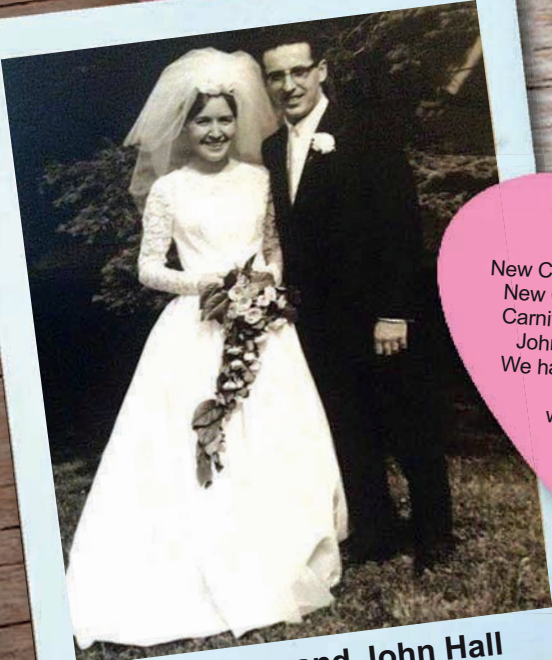
Amie Major and Kyle Bourgaize
July 26, 2014



Matthew Ross and Samantha Main
We met at the Shigawake Fair, August 16, 2013, and it was love at first sight.

We met at the old New Carlisle outdoor rink during the New Carlisle High School Winter Carnival. We were introduced by John's cousin, David Ramier. We have been married 51 years and John says it was love at first sight. (Sometimes John exaggerates a bit.)

Forever yours



Ann Hayes and John Hall
Married July 22, 1967



Brandy Hottot and Jonathan Main
Married July 22, 2017



Julie Hall and Jaydee Dupuis
Married July 2, 2005.

After I graduated from university in 2001, I began working in Moncton and I wanted to find a way to contribute and give back to the community. So a couple of weeks after graduation, I popped into Harvest House, a community outreach centre, and asked if I could volunteer. After volunteering for a month or so I was introduced to another volunteer who happened to be Jaydee. We'll celebrate our 14th anniversary this year and we are still best friends and active volunteers in our church and occasionally take a mission trip to another country to help in whatever way we can.



Alfred Main and Shelley Gallon
Married October 6, 2007

I first noticed Alfred in October 2004. I saw him at the store, said, "hello," and kept going thinking to myself he seems nice. We actually went to school together but for the life of me I can't remember him too much. I asked around to see if he was single and he was. His nephew at the time lived next to me and Alfred was always there, so I did little things to get him to notice me, like taking out my garbage and blue bin stuff, like 10 times a day. He would pass and shyly say, "hi". I decided to leave a gift on his step from a Secret Santa and I had him wondering for days until he figured it out and then he asked me out. He wanted to ask me before but was shy and then I found out he went to his nephew's all the time to get to see me. Finally we got together in January 2005 and the rest is history!



Holly Bonspille and Clint Leblanc
Married September 3, 2016

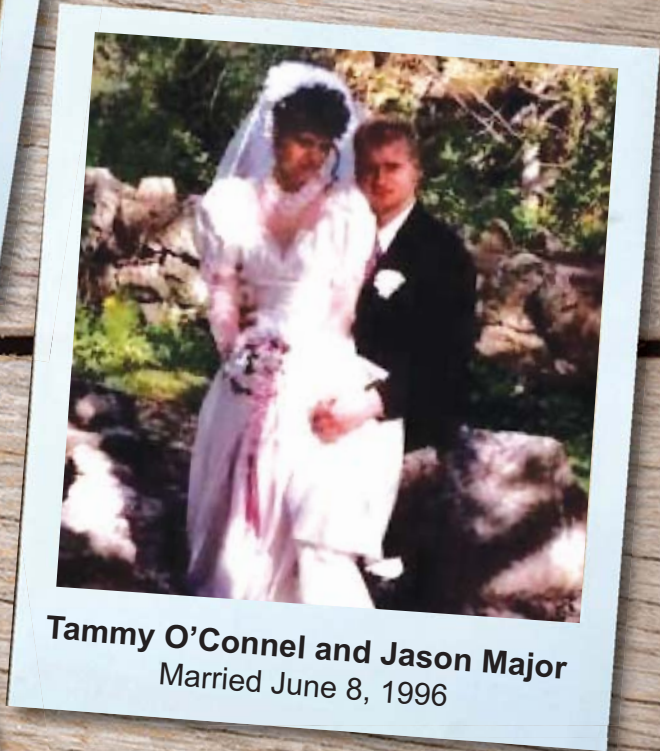
True Love!



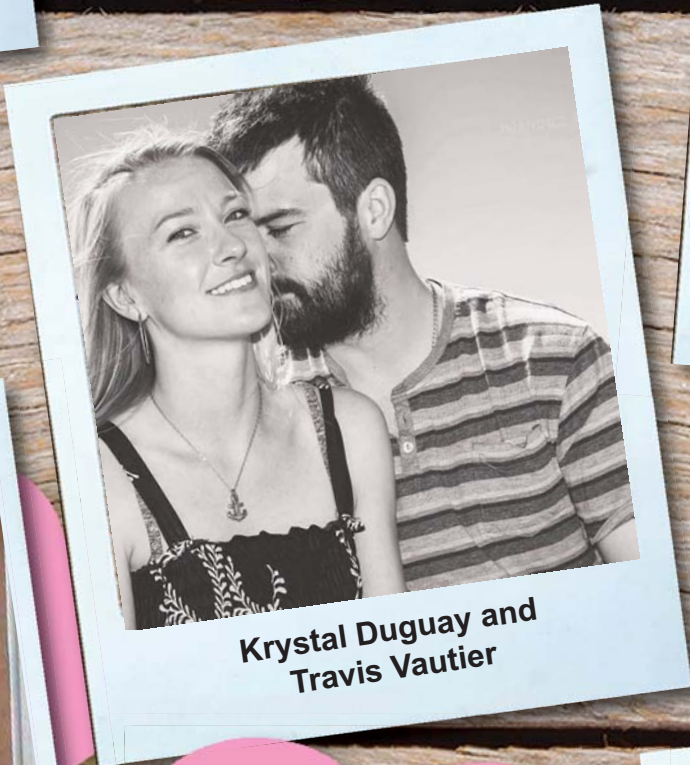
Bionca Sharon Smith and Michael Huntington
September 22, 2012



Lionel Starnes and Brenda Skene
Married September 21, 2013

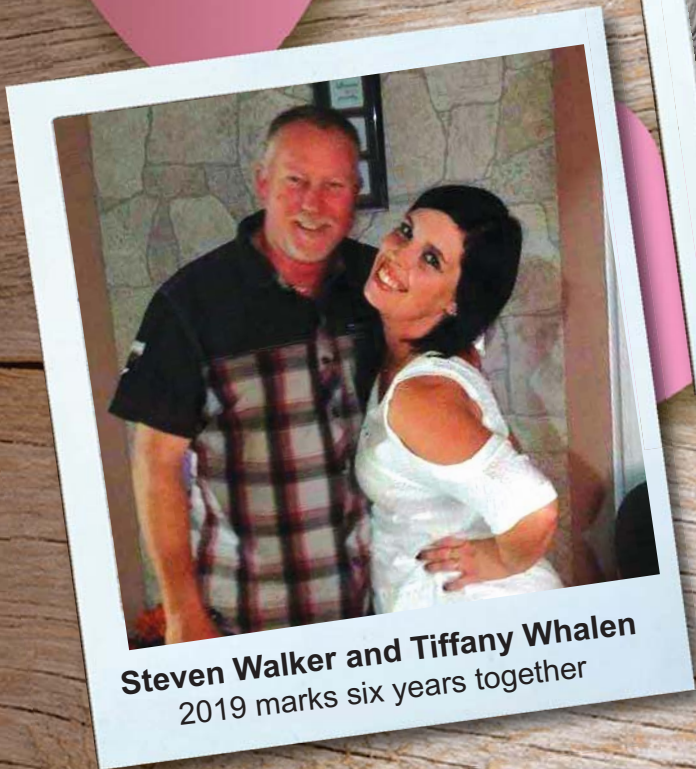


Tammy O'Connell and Jason Major
Married June 8, 1996



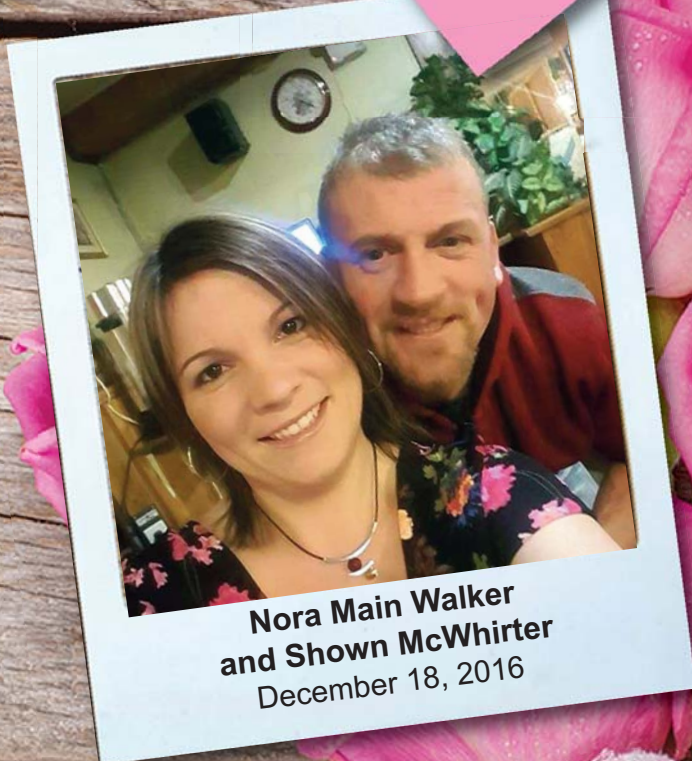
Krystal Duguay and Travis Vautier

Photo was taken last year on Valentine's Day. We went out for supper at the Heritage that we miss so much. I was three months pregnant at the time



Steven Walker and Tiffany Whalen
2019 marks six years together

We met when we were 13 years old! We were best friends from the beginning but we only started dating in 2004 and true love it was! We have two beautiful daughters and our love for each other keeps getting stronger and stronger each and every day. My life wouldn't be complete without him in it.



Nora Main Walker and Shown McWhirter
December 18, 2016



Clyde MacWhirter and Lynda Mace
Married July 15, 1967.

It was October 1965 and I had recently started teaching at Hope Town School. Our Home and School Association planned a Halloween Dance to raise money and staff was obligated to attend. Coming in costume was strongly suggested. The girls were very excited and had a few cards up their sleeves, mainly to introduce me to their older brother. Little did I know that this occasion would be life changing. My roommate (who also was on staff) and I went through our meagre supplies and clothes. If you think there's not much shopping choice here now, think back to 1965 when it was very limited. We didn't have very much to choose from, but we were pretty resourceful. We tried on what we had on hand. I decided on a sort of hippie look. When I was introduced to "the brother," I was immediately drawn to the most vivid blue eyes I had ever seen. He was also attracted to the "hippie." Before long he was knocking on my classroom door a couple of times a week with lunch for his little brother. After getting married, we lived in Granby, Quebec, and Niagara Falls, Ontario. The Gaspé drew us back and we've been here for 46 years. My teaching career lasted 35 years. We have three daughters and seven grandchildren. We are so very fortunate that all our children and grandchildren live close-by. Not many seniors we talk to have that luxury. In 2017 we celebrated our 50th anniversary. Our love story didn't start with hearts and roses but with pumpkins and scarecrows.

Love Stories

20 Shades of Red

-Diane Skinner

It's the season of Valentines, love and chocolate. Nobody can complain about those three lovely things. Try your hand at matching the 20 "red" expressions, song titles or book titles.

Hint: Begin with the obvious ones first.

1. Boy, was my face red.
2. A red flag
3. A red herring
4. Red letter day
5. Red light district
6. Roll out the red carpet
7. Red-eye flight
8. Red sky at night ...
9. Not one red cent
10. In the red
11. Cut through red tape
12. Caught red-handed
13. Be on red alert
14. Paint the town red
15. Red as a beet
16. Better dead than red
17. The thin red line
18. Lady in Red
19. The Red Tent
20. Where the Red Fern Grows

Match to these definitions:

- A. A flight that is scheduled to depart at night and arrive the next morning
- B. The smallest amount of money, a one cent coin, a penny
- C. This refers to too many strict rules or regulations
- D. A day that is especially noteworthy or memorable
- E. This usually means a business that is operating at a loss
- F. Means getting caught while doing something wrong
- G. A novel written in 1961 about a young boy who buys and trains two hunting dogs. A real tear-jerker.
- H. This represents the last bit of courage that firefighters find in order to save lives and protect property
- I. To go out and really enjoy yourself; to party wildly
- J. A clue, especially in a mystery novel, that is intended to mislead the reader
- K. An area of a city containing many brothels
- L. First line of "Red sky at night, sailor's delight. Red sky in morning, sailors take warning."
- M. To be embarrassed or ashamed
- N. To be alert or watchful for danger
- O. A terrific novel which tells the story of Dinah, daughter of Jacob and Leah, set in biblical times.
- P. To welcome someone in a very friendly way
- Q. A slogan from the cold war which means nuclear war is better than becoming a communist
- R. This is a symbol of danger
- S. Very red in the face, so red, in fact, that you look like a beet!
- T. A song from 1986 by Chris de Burgh. "The lady in red is dancing with me, cheek to cheek. There's nobody here. It's just you and me."

Looking at Love

If you plan to celebrate Valentine's by watching a movie, or having a whole evening of movies and snacks, there are countless "romantic" movies to choose from. Movies, whether new or old, can set the mood for a lovely evening. Here are a few favourites. So, pop the popcorn, pour a cold beverage, kick off your shoes and dim the lights. Get ready to feel the love.

- Diane Skinner

The Notebook (2004) A poor young man falls in love with a rich girl, but social differences stand in the way. It's a story within a story and James Garner and Gena Rowlands are amazing as the older couple. Get ready to cry.

The Shape of Water (2017) This is a romance of an unusual pairing. A young lonely woman and a creature. It sounds strange, and it is but a lovingly sensitive story that reminds us that everyone deserves love.

Ghost (1990) This is the movie that had people rushing to take pottery classes. If you have seen the movie you will know why. That and Patrick Swayze and Demi Moore make for some very romantic scenes.

Moulin Rouge (2001) A poet falls in love with a gorgeous courtesan at the famous Moulin Rouge in Paris. The music is spectacular and Nicole Kidman was never more beautiful.

Beauty and the Beast (2017) An animated love story between a young woman, who loves to sing, and the "Beast" who is actually (wait for it) a handsome prince!

Juno (2007) An unplanned

pregnancy sets the scene for an offbeat romance between two young people. Heartwarming and quirky.

Gone with the Wind (1939) A classic set during the American Civil War about a wild and troubled love between a scheming woman and a scoundrel.

Brokeback Mountain (2005)

The story of a deeply loving relationship between two cowboys. A tragic love story with believable and memorable performances.

Dirty Dancing (1987) Baby is spending summer vacation with her family at a resort and she falls for Johnny. Patrick Swayze is looking, oh, so handsome, plus he can dance!

Titanic (1997) A spectacular movie, even though we all know the ending before we start watching. Some feel that it's "most romantic" of scenes is one of the best on film.

Sleepless in Seattle (1993) A young boy whose mother has recently passed away calls in to a radio show to help his dad

find love.

Casablanca (1942) Set during WWII, Rick owns a bar in Casablanca and in walks Ilsa, his old love. The sacrifice that Rick makes will break your heart.

The Time Traveler's Wife (2009) A man has a peculiarity which causes him to time travel, beyond his control. The love story is unique and touching.

Sweet Home Alabama (2002) A young woman returns home from New York to rural Alabama to get divorced.

Love Actually (2003) Love in various forms is portrayed through a number of couples. It reminds us that romantic love

comes in many forms.

The Way We Were (1973) Robert Redford, in an early role, is magnificent as the love interest for Barbra Streisand. The doomed love is portrayed carefully and believably. Just try to forget the theme song. I dare you!

The Princess Bride (1987) This is the gorgeous story of the love between Princess Buttercup and farm boy Wesley. You won't even mind the kissing bits. (A line from the movie) These films remind us that love comes in many forms: young, older, rich, poorer, perfect love, imperfect too. We all deserve love.

Have fun looking at love!

Happy Valentines Day!

NEW HOURS:
MONDAY: 9 a.m. to 7 p.m.
TUESDAY: 9 a.m. to 7 p.m.
WEDNESDAY: 9 a.m. to 9 p.m.
THURSDAY: 9 a.m. to 9 p.m.
FRIDAY: 9 a.m. to 9 p.m.
SATURDAY: 9 a.m. to 7 p.m.
SUNDAY: 9 a.m. to 7 p.m.

IGA
MARCHÉ IGA
ARBOUR LEBLANC

New Richmond 418-392-4237
Paspébiac 418-752-2288

Make Valentine's Day Special



PASTALI
4, Boul. Perron Ouest, Pointe-à-la-Croix (Québec) G0C 1L0
418-788-2070

Pay Attention: It will save your life

Diane Skinner

CAPLAN: - This story has a happy ending. Denise Dugas is alive today because she is a healthy, active woman. She eats well and does not smoke. Her normal routine is to walk about three kilometres daily and her job is a physically active one, but last June she felt some mild pain in her left arm and a bit of pressure on her chest when she was walking uphill. When she felt this new sensation in her left arm, though mild, she made an appointment to see her doctor. She was absolutely right to do so. Denise was given a treadmill test which she passed with no problems whatsoever. She is a walker who had just participated in the Relay for Life Walk in New Richmond where she walked all night, with no difficulty. She was sent to Chandler Hospital to have a nuclear test which showed that her heart was not receiving enough oxygen. As a result of that test it was recommended that she go to Quebec City to have more assessments to see where the blockage was. There was no thought at that point that it was as serious as it was.

Denise inquired about how she would get to *Institut Universitaire de Cardiologie et de Pneumologie de Quebec* in Laval. This is the hospital where heart patients from the Gaspé go for treatment. Depending on the seriousness of their condition they may be flown there or be transported by ambulance or an adapted vehicle for patients. Since her condition appeared to not be critical, she was informed that she would need to get to Laval by her own means. Denise expected that she would be having stents placed in her heart. This is a fairly common procedure where a small tube is placed inside a vessel to relieve an obstruction.



Denise Dugas was quite surprised when she arrived in Laval and was told that she would be having surgery for five bypasses.

Travelling to Laval

Consequently, Denise made arrangements to drive to Laval with a friend. She did so and arrived on June 22, 2018. When she walked into the hospital, she was feeling just fine. She had a number of tests and she was more than surprised to be told that she had three blocked arteries and maybe up to five. This means that she would be facing surgery and she was quite surprised because other than some discomfort in her chest and left arm, she felt fine. The doctor reminded her that women often have few or no symptoms when they have heart trouble.

Her surgery was scheduled and during the week that she was waiting, she walked the halls constantly. The staff would kid her about it, but she kept on walking. It's a good thing she was a regular walker. Heart problems run in her family, on her father's side, and her lifestyle is definitely what saved her life. The doctor told Denise that she was in the right place at the right time, that is, she had escaped a very different situation had she not gone to Laval for assessment.

On June 29, 2018, Denise had bypass surgery that lasted about four hours. For this she was placed under general anaesthetic. Denise felt that she was in good hands at Laval and tells Spec that the staff was wonderful. Laval does about ten surgeries every day. She adds with a laugh that the food was very good there too! She was prepped and ready for surgery at 12:30 p.m. and woke in the recovery room at

8:30 p.m. that evening. Denise is a strong woman. She reports that when she woke, she had no pain and no discomfort. When her husband Ralph Campbell walked into her room the next morning she was sitting up in bed. She looked so well that Ralph assumed that she had not had her surgery.

Recovery

Her recovery in hospital went well and she was flown back to the Gaspé on July 5. Her restrictions were no driving or lifting more than ten pounds for six to eight weeks. Denise tells us that she did have to take it easy for a while but she soon started walking again. She was told that was fine, but no hills yet! Her after effects include low energy and Denise believes the doctor's prognosis that it will take 12 months to recover fully. Denise went back to work at the end of October. Her December checkup was all good and she passed the treadmill test.

If Denise were to offer some advice to others it would be to eat healthy, keep walking and be active. Denise states clearly, "That saved me." When she looks back at the whole experience, she can hardly believe what she went through. Denise would also like all people who have any heart attack symptoms to get checked out by the doctor. In particular, woman have to lis-

ten to their bodies. Pay attention. If you feel something that is not normal for you, go to the doctor, CLSC or Emergency Department.


So, Denise Dugas is, after seven months, still healing but is well on her way. She is looking forward to this spring when she can start putting her garden in. She is going to work. She is walking. Denise is living proof that taking care of your health and heart will pay off.

Important Reminder

If you are travelling to Quebec City (Laval) for medical treatment: contact Steve Guimond, Patient Navigator, 418-684-2289 ext. 227 or (cell) 418-932-0095. This service is free for anglophones in hospital. He will translate, go to the hospital with you, help find reasonably priced accommodations for your family, and be a friendly face when you need one, and more. Did I mention, it is all free! (Cut this reminder out and keep it with your medical papers. You or a friend may need it one day.)




Healthy eating basics
Improve your heart and brain health by eating a healthy balanced diet.

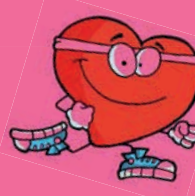


Recognizing and handling stress
Stress can increase your risk of heart disease and stroke, and lead to depression and anxiety. That's why it is important to recognize and manage it.

February is heart month



Maintaining a healthy weight
Achieving a healthy weight is an important step in promoting your heart and brain health, and it isn't easy. Weight loss is a challenging goal and should be met with a positive attitude and patience. But it's worth it in the end.



The benefits of physical activity
Regular activity can help you lose weight, stay healthier, slow the physical decline of aging, sleep better, reduce stress.... and more. So much more.

Smoking and Tobacco
Smoking (or tobacco use) is the leading risk for disability and premature death in Canada, causing 45,000 deaths annually. Becoming tobacco-free has huge health benefits – for you as well as those around you. There are many forms of tobacco that are harmful to your health.



NO SMOKING HERE

For additional information regarding your heart health please visit: <https://www.heartandstroke.ca/>

CASA PROGRAMMING

Health—Access to services	Culture—Inspiring Creativity
Bright Beginnings—A shining start for children ages 0-8	Seniors—Living well
COMPASS—Guiding Young Gaspesians	Community Mobilization—Strengthening vitality

We encourage you to contact us for more information on many of our current programs!



168 boul Gerard D Levesque New Carlisle
418.752.5995 or email info@casa-gaspe.com



Page 10, February 13, 2019 - Spec

Heart Facts

- The average adult heart is the size of a fist.
- Your heart is a pump that beats about 100,000 times every day.
- If you live to the age of 80, your heart will have pumped 50 million gallons (225,000,000 litres) of blood. That's a hard-working pump.
- Blood travels to your heart in your veins and travels away from your heart in arteries.
- The blood that goes into your heart is a purplish-blue. This is because it does not have oxygen.
- The blood leaving your heart is red because it contains oxygen.
- You can really have a broken heart. It is known as stress cardiomyopathy. It can happen after severe emotional or physical stress.
- Laughing is good for your heart. It counteracts stressful feelings.
- You can have a "silent" heart attack. Some people experience no symptoms at all.
- Most heart attacks happen on a Monday, but Christmas Day is the most common day for heart attacks to occur.
- The sound of your heart beating is caused by the valves of your heart opening and then closing.
- Heart cancer is extremely rare.

HEART
MONTH

-Diane Skinner



Walk all the way to Heart Health

If you want to do your heart a big favour – start walking. The benefits of walking are many, including increasing longevity, reducing the risk of heart disease and even cancer. It helps deal with stress, helps to lose weight and makes bones stronger. So, do your heart and the rest of you a giant favour and walk more.

Walking for 30 minutes daily is a great start to improve your overall health. If you are over 40 and are unsure if your body can handle walking regularly, check with your doctor first. Start slowly and, gradually, add more steps to your walk. To give you maximal benefit, try to go walking every single day. Make sure you have comfortable walking shoes, proper clothing and, if walking alone, take your headphones and listen to a podcast or some music. If you will stay motivated by walking with a friend or group of friends, by all means do that, however, if you enjoy walking alone, just get out there and do it. If walking after dark or even on an overcast day, wear reflective clothing.

If you want to take your walking to a higher level then buy a pedometer, a Fitbit or use your smartphone to count your steps. Keep track of your progress. Fitbit is a great choice because an App will keep track of your daily steps and send you a weekly total. Here is a challenge for those who wish to amp up their walking in a big way. The goal is 1,000,000 steps. At first that number sounds impossible. It's not, and I have done it. For example, if you walk 5,000 steps a day it will take you about 200 days to accomplish. A while back I was on a serious weight loss journey and got my walking up to 10,000 steps every day. (Walking at a moderate pace takes about 100 minutes a day, which can be broken into two or more sessions.) That means I reached my million-step goal in 100 days. It's doable.

You do not have to strive for this goal whatsoever. Any regular walking will benefit you in many ways, particularly your heart health. So, set your own personal walking goals. Just do it!

Heart Health

Your heart affects and is affected by your lifestyle, your diet and your emotions. If you want to maintain a healthy heart, strive to be well in all these areas.

Try to: Exercise daily. Walk. Be active. If you mostly sit at your job or at home, get up and walk around regularly. It keeps your blood circulating.

Limit saturated fat in your diet. It clogs up your arteries, veins and valves. These fats come mainly from animal products. These fats are solid at room temperature. They include foods such as: lard, butter, meat fat, shortening, palm oil and coconut oil.

Limit sugar and sugary drinks.

Eat plenty of fruit and vegetables. In fact, try to have at least one at every meal.

Control your weight.

Stop smoking. Don't just cut down, although that is a step in the right direction. Ask your doctor for patches or pills to help you, if needed.

Eat nuts and fish. These foods contain omega-3 fatty acids which is good for your heart. You can buy omega-3 capsules at the pharmacy. Ask your doctor or pharmacist about which kind and strength to buy.

Eliminate or deal with stress in meaningful ways. Learn to meditate or try yoga. Sit outside and enjoy the fresh air. Go and sit by the water. Try listening to soothing music or sounds of nature.

Visit your doctor, especially if you are having trouble walking up the stairs without getting out of breath. Your doctor can suggest "next steps."

Heart Attacks What NOT to do

Do not dismiss what is happening to you. Get checked out as soon as possible.

Do not drive yourself to the hospital. If you do drive, you could end up causing an accident.

Do not call a friend or family member unless they are readily available. Time is critical if you are experiencing a heart attack.

Don't delay. Seek help. Women tend to do this more quickly than men.

Don't worry about being "embarrassed" if everything checks out fine. It could be a stress attack, but you are the patient and you cannot know for sure without medical evaluation.

Heart Attack: Warning Signs

-Diane Skinner

If you were having heart problems, would you know it? Not always, but there are some signs which could indicate heart problems that need immediate medical attention. If you are not sure, get it checked out by a doctor or at the emergency department. Do not hesitate to call for an ambulance. Better safe than sorry.

Common signs of heart attack or heart problems MAY include:

Shortness of breath

Cold sweats

A pressure or feeling of tightness, pain or an ache, a squeezing in your chest.

Pain that spreads down the left side of your body, particularly the arm. This pressure or pain may spread to your jaw, neck or even your back.

Nausea, heartburn, or a feeling of indigestion.

Feeling very tired or winded, much more than usual.

Dizziness or lightheaded

Snoring which is very loud and can sound like you are gasping for air or even choking can be a sign of sleep apnea. You actually stop breathing briefly while you are sleeping which puts stress on your heart. Get this checked out by your doctor.

Swelling of ankles, feet and legs may be a sign that your heart is not pumping as it should be.

Women: Heart Attack Symptoms

Women who are experiencing heart problems may not have most of the common symptoms that men do. The most common in women include:

Chest pain, that may feel like a fullness or squeezing which may be anywhere on the chest – not just the left side.

Pain in the jaw, neck, arm or back. This symptom is more common in women than men.

Stomach pain or pressure on the abdomen

Sweating that feels like a nervous, cold sweat is more common in women

Fatigue or extreme tiredness.

Remember not everybody gets all of the symptoms and a few get minimal symptoms, but if you are feeling unwell get checked out as soon as possible.

Simple steps to lower your risk of diabetes-related heart disease

(NC) In Canada, there are over 3.5 million people living with type 2 diabetes, for whom heart disease is the most common cause of death. Unfortunately, people with diabetes are over three times more likely to be hospitalized for heart-related problems and may develop heart disease 10 to 15 years earlier than those without diabetes.

Someone can develop heart disease when the heart or blood vessels supplying blood to the heart have been damaged – a common risk for people managing diabetes. That's why it's important to talk to your doctor about your heart health and learn about the treatments available and simple steps you can take to lower your risk.

Some of the things Diabetes Canada recommends people with diabetes do to reduce their risk of heart disease include:

- Aiming for good blood pressure control
- Controlling cholesterol levels
- Reducing or eliminating smoking
- Using treatments to protect complications related to the heart


Having diabetes alone is a major risk factor for heart disease, and one in two people with diabetes will die from heart disease. In addition to diabetes, high blood pressure, high cholesterol, lack of exercise, smoking and poor nutrition are all risk factors for heart disease. The more of these factors you have, the higher your risk is for developing heart disease.

Fortunately, there are new medications that, along with



diet and exercise, have been proven to lower the risk of dying from problems related to your heart and blood vessels.

Speak to your doctor about new treatments available to help reduce your risk, and take a risk assessment at myheartmatters.ca.



PUBLIC NOTICE

ENACTMENT OF BY-LAW

NOTICE is hereby given that the town council, at its regular meeting held on February 4, 2019, has adopted the following by-laws:

By-law 1385-19:

« Règlement remplaçant le règlement 1357-17 et créant un nouveau règlement pour imposer de nouveaux tarifs pour la collecte des déchets, l'entretien du lieu d'enfouissement technique, la gestion intégrée des déchets, la collecte des matières recyclables, le transport de ces matières et leur traitement au centre de tri de Grande-Rivière, la collecte des matières organiques, le transport de ces matières et leur traitement au site de compostage de Chandler. »

By-law 1386-19:

« Règlement modifiant le règlement 970-06 relatif au traitement des personnes membres du comité consultatif d'urbanisme qui ne sont pas membres du conseil municipal en remplaçant l'article 5. »

NOTICE is also given that those by-laws are deposited at the office of the municipality and that the interested may there take cognizance thereof during regular office hours.

GIVEN at Gaspé, February 13, 2019.

Isabelle Vézina,
Director of legal services and town clerk

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



Proud to serve you!


HEAD OFFICE:
Bonaventure
 125 Route 132
 Bonaventure, QC G0C 1E0
 Tel.: (418) 534-2777
 Fax: (418) 534-4210
csc@petrolescpoirier.com

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


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



IN BUSINESS FOR 35 YEARS



Dr. Pascal Cyr
Optometrist




Dr. Stacey Starrak
Optometrist

CLINIQUE D'OPTOMÉTRIE

L'ÉMERILLON


LENSES CRAFTED ON THE PREMISES

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



BILINGUAL SERVICE

MEMBER OF



Canada's Largest Network of Optometrists

Announcements...



IN MEMORY

LEGGO: Cletus

In loving memory of a dear husband, father and grandfather who passed away February 14, 2004.

*Sunshine passes, shadows fall,
Love's remembrance outlasts all;
And through the years, be many or few,
They are filled with remembrance of you.*

Sadly missed by wife Lee, and daughters Janet and Brenda.

thegaspec.com

Unfailing Prayer to Saint Anthony

O holy St. Anthony, gentlest of Saints, your love for God and Charity for his creatures made you worthy, when on earth, to possess miraculous powers. Miracles waited on your word, which you were ever ready to speak for those in trouble or anxiety. Encouraged by this thought, I implore of you to obtain for me(request). The answer to my prayer may require a miracle; even so, you are the Saint of Miracles. O gentle and loving St. Anthony, whose heart was ever full of human sympathy, whisper my petition into the ears of the Sweet Infant Jesus, who loved to be folded in your arms; and the gratitude of my heart will ever be yours. Amen.

R.D.



Classic Memorials

Four Generations of Monument Craftsmen

HIGHEST QUALITY - BEST PRICES

MONUMENTS, MARKERS, CEMETERY LETTERING,
LASER DESIGNS AND PORTRAITS

SALES REPS:

Albert Burton - New Richmond	418-391-6526
Steven Imhoff - New Carlisle	418-752-6041
Alexis Normandeau - St. Jules	418-759-3270

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

Happy 65th Anniversary to Mr. and Mrs. Harvey Flowers



Congratulations on this fabulous milestone! Harvey and Janie were married on February 17, 1954, at the Anglican Church in New Carlisle. Through their 65 years of love, they created a family of six sons and four daughters. They have watched their children love and welcomed sons-in-law and daughters-in-law into their family. Their love has evolved by watching their 24 grandchildren and 15 great-grandchildren grow and begin to create their own families. Our amazing dad, Mr. Harvey Flowers, worked away for CN to provide for his family. Being away from his wife and children was not easy. As a father, he provided us with a warm home, food on the table, the clothes on our backs and so many extras. He taught us to love, to be strong even when we are down, to work hard, to succeed in all walks of life and gave us guidance. Our beautiful mom, Mrs. Janie Crozier, was a homemaker to her husband and ten children. She wore so many

hats; wife, mother, nurse, teacher, referee, and an angel from heaven to her children and husband. Mom always had a meal on the table, from making bread to preserves; she always outdid herself. We went to school with clean clothes and always woke up to a smiling face. She taught us to love, to be kind, to know the importance of family, to be proud of our accomplishments, whether big or small, and to live each day in life to the fullest.

I am delighted to be able to share a few pictures of them. My siblings and I are who we are because of these two astounding people. We are beyond proud to say that Harvey and Janie Flowers are our parents. Thank you, Mom and Dad, for giving your family a wonderful life.

Happy Anniversary, Mom and Dad, from Brenda and your beautiful family. To many more years of happiness and love.

MONUMENTS P. FOURNIER



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

WE ALSO REPLACE FOUNDATIONS, AND PROVIDE CLEANING AND REPAINTING.

Since 1846
Ingley Monument Limited
A Division of MGI

Nelson MONUMENTS
SINCE 1909
A Division of MGI



Tremblay & Barriault, notaires inc
Notaries & legal counsel

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

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

FULLY BILINGUAL SERVICE

Grenier & Grenier LAWYERS



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

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

CLASSIFIEDS

For Rent: Furnished one bedroom basement apartment in New Carlisle, with private bathroom and recreation room. Shared laundry, kitchen and garage parking. No pets allowed. Smoking permitted. Looking for a responsible, mature, English-speaking person. \$500 per month, which includes electricity and internet. First and last month's rent required - no lease. Available February 15. Call Rob at 418-752-7540.

COAST ROUND-UP

GASPE:

Gaspé Cancer Foundation AGM

February 24: The AGM for the Gaspé Cancer Foundation will be held at 1:30 p.m. at the Royal Canadian Legion, 197 rue Jacques Cartier. Your attendance would be very much appreciated. Thank you for your ongoing support.

YORK:

York River Seniors

February 16: In conjunction with the Wakeham-York Winter Carnival, the York River FADOQ Seniors' Club will be holding a Lumberjack Supper at the York River Community Hall. A first sitting will be at 5 p.m. with a second one at 6 p.m. No takeouts. \$12 for adults and \$6 for children 10 and under. Some of the items on the menu include stew, corn beef hash, baked beans, shepherds' pie, turnip wack, baguettes, and cottage pudding. Bar service available.

MALBAY:

Malbay ACW

July 27: All Saints by the Sea Tea, Crafts and Bake Sale at the Malbay Hall from 10:30 a.m. to 2:30 p.m.

DOUGLASTOWN:

Community Centre

February 22: Traditional music and dance workshop from 7:30 p.m. to 10:30 p.m.

February 24: Community breakfast from 8 a.m. to 10:30 a.m.

February 27: Annual meeting of the Douglstown Day Camp beginning at 7 p.m.

BARACHOIS:

Legion Branch 261

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

Every Tuesday: Sandbags from 7 p.m. to 9 p.m.

Every Thursday: Darts from 7 p.m. to 9 p.m. For more information contact Lloyd Roussel at 418-645-3700 or 418-645-2786.

BARACHOIS:

Development Committee

February 20: The Barachois and Area Development Committee invites residents of Percé to a community consultation presentation beginning at 6 p.m. at the Barachois Rec. Centre concerning a proposed bicycle path. Everyone is welcome.

BARACHOIS:

Recreation Centre

February 15: The Barachois Recreation Centre will be holding an 18+ money bingo at 7 p.m. Bilingual. Over \$600 in cash prizes.

BARACHOIS:

Recreation Centre

Every Saturday: From 11:30 a.m. to 1:30 p.m, soup, hot-dogs, sandwiches, dessert, tea and coffee will be served. From 12 p.m. to 4 p.m., there will be card and board games for all ages and sliding (crazy carpets provided). Raffles held weekly. Lunch and activities free for all ages. Sponsored by: Mountainview Golden Age Club, Legion Branch 261, Barachois & Area Development Committee and Barachois Recreation Centre.

PORT DANIEL:

Three Star Golden Age Club

Every Wednesday: Petanque from 7 to 9 p.m. Cost \$3. Come and join the fun and learn a new game!

February 15: Potluck supper at 5 p.m.

February 23: Military Whist beginning at 8 p.m.

HOPE TOWN:

Community Centre

February 16: Crib tournament beginning at 1 p.m. Registration at 12:30 p.m. \$10 per person.

March 9: Military whist beginning at 8 p.m.

HOPE TOWN:

Hope Baptist Church

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 at 7 p.m. on Fridays. 305 Route 132 West, Hope Town, 418-752-5838.

NEW CARLISLE:

Heritage New Carlisle

February 16, 23 & March 2: Learn the basics of quilting with artisan Violette Arsenault. During this quilting bee, which consists of three full day sessions, one quilt will be crafted by a group of people who each work on a square. The finished quilt will be auctioned and the proceeds will be donated to the Linda Lemore Brown Foundation. Cost: \$25. To register: heritagenc@globetrotter.net, by phone 418-752-1334 or facebook.

NEW CARLISLE:

Curling Bonspiel

Linda Lemore Curling Bonspiel (Tournament) will be held on the weekend of **March 15-17**.

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

February 14: Valentine Supper at the New Carlisle Chalet from 5 p.m. to 8 p.m. \$25 per couple. \$8 for 12 and under. Complete meal, dessert, tea or coffee. (Choice of two meals) Tickets available by calling Laura at 418-752-6799 or Ethel at 418-751-4342.

February 23: Cribbage tournament. Registration at 12:30 p.m. Tournament starts at 1 p.m. \$10 per person. Bring a partner.

NEW CARLISLE:

Royal Canadian Legion General Meeting

The next general meeting is on **March 5** beginning at 7 p.m. We are urging our members and any member of the community

to attend the next meeting. We are looking for ideas and donations that will enable us to continue to function and to fulfill our commitment to honour our veterans. We are trying our best to keep our Legion running. We have had to reduce our opening hours to Saturday afternoon and for special events. You can submit your ideas at the meeting or phone the Legion President Laura Flowers at 418-752-6799.

NEW RICHMOND:

Flea Market

New clothing has arrived, \$1 each. Hot meal at noon. Free. Donations accepted. We also give away hundreds of items every week. To donate or obtain furniture, please call 418-392-5161. Open on **Fridays** and **Saturdays** from 10 a.m. to 3 p.m. at 248 Perron Blvd, New Richmond.

CASCAPEDIA-ST-JULES:

50+ Club

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

Every Tuesday: Bingo beginning at 7 p.m. Welcome to all.

February 23: Potluck supper from 4:30 p.m. to 6:30 p.m. (storm date: February 24) \$12 per adult and \$8 per child under 12.

CASCAPEDIA-ST-JULES:

Bookroom

Please be advised that the bookroom has reopened.

CASCAPEDIA-ST-JULES:

Bible Meetings

The community is invited to a series of Bible meetings held in the Cascapedia St-Jules Community Centre (55 Route Gallagher) on **Sunday, February 17, and 24** at 3:30 p.m. and also on **Wednesday, February 20, and 27** at 7:30 p.m. All are welcome to come and listen to a message of hope shared from the Bible, at no cost and with no obligation. Contact Klinton Jacques or Steve Shultz at 438-820-2886. Call or text.

CASCAPEDIA-ST-JULES:

Royal Canadian Legion Br. 172

The Royal Canadian Legion, Branch 172, meets monthly every third **Saturday** at the Legion located at 55 Gallagher St.

GESGAPEGIAG:

N.A. Meetings

N.A. Meetings held every Tuesday at 7 p.m. at the Mawiomi Treatment Centre, located at 85 School Street in Gesgapegiag. Everyone welcome! For more information call 418-759-3522.

ROTARY CLUB WINNERS

The winners for the week of January 1 are: Linda Gignac, Murray Harrison, Don Fallow, Annie Boudreau and Peter H. Cyr.

The winners for the week of January 6 are: Ginette Leblanc, Jean-Claude Audet, Rose-Alma Cyr-Querry, Sylvain Verreault, Claire Chiasson, Anita Goulet and Julie Arsenault.

The winners for the week of January 13 are: Sylvio Bujold, Liette Dufour, René & Nadia Cormier, Suzanne Vienneau, Laurie Langlois-Vignet, Henri-Paul Cormier and Donna Bisson.

The winners for the week of January 20 are: Magalie Pouliot, Raynald Loubert, Maude Gosselin, Lise Cyr, Kenneth Sexton, Manon Bernatchez and Alyre Leblanc.

The winners for the week of January 27-31 are: MFC Guérette, Réal Bernard, Liette Babin, Benoit Durand and John Henderson.

The winners for the week of February 1-9 are: Richard Robichaud, David Philippe, Mario Cyr, Ken Duguay, Joanne Landry, Ginette Soucy, Raoul Boudreau, Freddy Audet and Mimi Cyr.

UNITED CHURCH

Sunday, February 17
2 p.m. Hope Town

ANGLICAN CHURCH OF CANADA

Sunday, February 17
New Carlisle
10 a.m. Holy Eucharist

PARISH OF GASPÉ

Sunday, February 17
St. Andrews - York
10 a.m. Holy Eucharist



By Appointment

Richard Ste Croix

Denturologist

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

9 Adams Street, Gaspé
Quebec G4X 1E5

Tel.: (418) 368-1525
Fax: (418) 368-1542



LES SERVICES INVESTORS LIMITÉE*

Gérald Bourdages Tel: 418-368-5481

Financial Planner and Representative for Mutual Funds Fax: 418-368-1782

E-Mail: Gerald.Bourdages@Investorsgroup.com

A member company of Power Corporation

This advertising
space could
be yours!



On the lighter side...



Happy
Valentine's
Day



Show your love through dessert this Valentine's Day

Romantic sentiments are expressed in many ways on Valentine's Day. Gifts may include sparkling jewels or personalized prose, but a homemade dessert from the kitchen can win over some hearts as well.

Even though chocolate may be expected on Valentine's Day, tiramisu can be a welcome and delicious alternative. Tiramisu is an Italian layered dessert, and the name translates to "pick me up" or "cheer me up." It is made from spongy cookies soaked in coffee and liqueur, nestled among dollops of rich mascarpone cheese.

Tiramisu



Yield: 9 servings

- 6 egg yolks
- 1 cup sugar
- 1 1/4 cup mascarpone cheese
- 1 3/4 cup heavy whipping cream
- 2 12 oz packages Savoradi Lady Fingers
- 1/2 cup cold espresso or strong coffee
- 1/4 cup coffee flavored liqueur (optional)
- 1 tablespoon cocoa for dusting

Combine egg yolks and sugar in the top of a double boiler, over boiling water. Reduce heat to low and cook for about 10 minutes, stirring constantly. This is your sabayon. Remove from the heat and whip yolks until thick and lemon colored. Add mascarpone to whipped yolks, and beat until combined.

In a separate bowl, whip cream to stiff peaks. Gently fold the whipped cream in the mascarpone-sabayon mixture and set aside.

Mix the cold espresso with the coffee liquor, and dip the lady fingers into the mixture just long enough to get them wet; do not soak them! Arrange the lady fingers in the bottom of a 8 inch square baking dish (or 6X9). Spoon half the mascarpone cream filling over the lady fingers.

Repeat the process with another layer. Refrigerate 4 hours or overnight. Dust with cocoa before serving.

VALENTINE'S DAY WORD SEARCH

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

Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

ANNIVERSARY
 ARROW
 BOUQUET
 CANDY
 CARDS
 CELEBRATION
 CHOCOLATE
 CUPCAKE
 CUPID
 DESSERT
 DOVES
 EMBRACE
 FEELINGS
 FLIRT
 FLOWERS
 GIFTS
 HEARTS
 HOLIDAY
 HUG
 JEWELRY
 KISS
 LACE
 LOVE
 MARRIAGE
 MEMORIES
 MUSIC
 POEM
 RELATIONSHIP
 ROMANCE
 ROSES
 SAINT
 SERENADE
 SWEET
 TRADITION
 VALENTINE
 WOO



ARIES – Mar 21/Apr 20

Spend more time daydreaming, Aries. Even though it may seem to run counter to being productive, you may actually find some inspiration to get things done.

TAURUS – Apr 21/May 21

You may not take the same path or go in the same direction as the masses, Taurus. But you find the finish line nevertheless. Keep on tracking your own trail.

GEMINI – May 22/June 21

A few blips on the radar may give

you pause, Gemini. No obstacle is going to keep you from your final goal this week. You are ready to forge ahead.

CANCER – Jun 22/Jul 22

No matter how much time you set aside, Cancer, you seem to keep playing catch up. You may need to realize that a few extra helping hands will make a lighter load of your tasks.

LEO – Jul 23/Aug 23

You can't contain your excitement or keep a secret this week, Leo. Avoid seeking secrets because you might let the cat out of the bag and don't want to disappoint.

VIRGO – Aug 24/Sept 22

Do not try to take control of a situa-

tion on which you have a tenuous grasp, Virgo. Other things of greater importance require your attention.

LIBRA – Sept 23/Oct 23

Domestic bliss describes your life at this point, Libra. You may have welcomed a new baby or pet into the family, and you are enjoying this new dynamic.

SCORPIO – Oct 24/Nov 22

Scorpio, even though you may have had to jump over many hurdles of late, you will come through stronger for having done so.

SAGITTARIUS – Nov 23/Dec 21

A demand for your attention reaches a fever pitch, Sagittarius. You may not know what is spurring on this sort of popularity, but you are anxious to

enjoy every minute of it.

CAPRICORN – Dec 22/Jan 20

Big changes are on the horizon, Capricorn. It could be a new job opportunity or maybe a relocation if you have been thinking of making a fresh start.

AQUARIUS – Jan 21/Feb 18

Aquarius, even though you may have to go out on a limb and out of your comfort zone, you may find that doing so gives you the fresh perspective you've been seeking.

PISCES – Feb 19/Mar 20

Pisces, ask someone to remind you of an important deadline, as you have been a little scatter-brained as of late. Don't let this pass you by.

FAMOUS BIRTHDAYS

FEBRUARY 10

Chloe Grace Moretz, Actress (22)

FEBRUARY 11

Taylor Lautner, Actor (27)

FEBRUARY 12

Josh Brolin, Actor (51)

FEBRUARY 13

Robbie Williams, Singer (45)

FEBRUARY 14

Freddie Highmore, Actor (27)

FEBRUARY 15

Ross & Matt Duffer, Producers (35)

FEBRUARY 16

Elizabeth Olsen, Actress (30)

Buy a NEW subscription and be entered for a chance to win our SUBSCRIPTION CONTEST!

Digital
subscribers
will receive
10 bonus
entries!

Value of
\$500

The winner will
be drawn on
February 28, 2019.

Thanks to our
generous sponsors:

Bioparc
1 Family Pass

Mont-Béchervaise
2 Adult Day Passes

Sports Experts (Bonaventure)
Gift Card

Tim Hortons (Paspébiac)
Gift Card and Mug

Optimist Chalet (New Carlisle)
Breakfast for two

Maggies Inn
Package of knitted goods

Hill Billie Ranch Sugar Shack
Two-person sleigh ride

Dakota's Photography
1 hour winter photoshoot
(Bonaventure - Port Daniel)

La Ruelle Atelier Boutique
Gift Certificate

Business & Professional DIRECTORY

CENTRE COMMUNAUTAIRE

AUBERGE DOUGLASTOWN

HOSTEL

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

abca⁺
Société de comptables
professionnels agréés

AN APPROACH THAT PAYS!

ASSOCIATES

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

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

STUDIO
DENTAIRE
Art-DENT
D^{re} Éline Audet

Dr. Éline Audet
Owner

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

Dentistry Service in
• Neuromuscular
• Implantology
• Aesthetic
• Periodontics

ENERGY
TRANSPORTATION GROUP

DRIVEN TO BE DIFFERENT
DYNAMISME À BORD

gaspé@shipenergy.com
shipENERGY.com | 1-866-530-9555

A REGIONAL GATEWAY

For propelling your local business
or project

- ▶ Baie-des-Chaleurs 418 392-5014
- ▶ Haute-Gaspésie 418 763-5355
- ▶ Gaspé 418 368-2906
- ▶ Rocher-Percé 418 689-5699

Contact-us!
www.sadc-cae.ca | f

Canada Canada Economic Development for Southern
Regions offers a financial support to the SADC

SADC

Vistech Baie-des-Chaleurs