



The Gaspé Spec



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Edmond Dumaresq receives kidney transplant

Jeanie LeLacheur

GASPÉ: - Edmond Dumaresq of Gaspé has just received the gift of a new life from somebody he has never met. With more than 700 individuals currently waiting for organ transplants in the province of Quebec, for Edmond and his family, the kidney truly is a miracle.

Three years ago, Edmond was diagnosed with chronic kidney dysfunction (CKD), following an emergency medevac flight from Gaspé to the Hotel Dieu in Quebec City.

Edmond then began the long road of living without normal kidney function. He had a lengthy stay in the hospital and was introduced to Peritoneal Dialysis, which is a method of removing waste products from your blood when kidneys can no longer do the job. This form of dialysis can be carried out at home using a cyclor ma-



Photo: J. LeLacheur

Edmond Dumaresq has a new lease on life.

chine. Add to that a multitude of pills and their side effects, diet restrictions, endless blood and urine tests, a trip to the nephrology department of the Hotel Dieu de Rimouski every three months, and an invalid-

ity clause which means regular employment is no longer an option and it's a recipe that can quickly change a person's life.

Amidst the medical, physical and emotional adjustments,

patients are tested for every imaginable disease and circumstance and are then put on an organ transplant list through Transplant Quebec.

Then a transplant prep meeting took place at the Hotel Dieu in Quebec, consisting of an entire day of meetings with a team of specialists. They explained every aspect of the organ transplant process, including the point system that governs organ allocation. The final meeting of the day was with the surgeon.

As a result of those meetings, Edmond says he basically learned that he should go home, pack a bag, be ready, read the manual and wait, but know that "there is no kidney."

Even in those final hours before the transplant surgery throughout the trip to the hospital, those words remained unspoken but understood by Edmond. "Keep your feet on the ground because even once the call is made and you're on your way to Quebec, you need to have a cell phone number so if anything happens they can call and say 'go home, there is no kidney.'"

Edmond has a dedicated phone line for health professionals and in early January, that line rang at 2:30 on a Friday afternoon with "the call" informing him that a kidney was available. "You wait for over two years for that call and honestly when it finally comes you're not ready," says Ed-

mond

"I had to be there as soon as possible," he said. He says there were a million reasons not to go "I have no way. It's a snow storm. It's too far. I don't have... I can't. I'm scared. Maybe something will happen. Then there's that one really good reason to do whatever it is you have to do to get there because somewhere a family is saying goodbye to a loved one and this is your chance and maybe your only chance at a new life."

Things went very quickly after that. Angie Levesque and another friend, both of adventurous spirits, packed their bags and made some quick arrangements before setting out on what really was the trip of a lifetime. They spent over nine hours driving through blowing snow on icy roads. They were stopped at the Highway 20 junction and waited for what felt like an eternity before being escorted across the stretch of road with zero visibility.

Throughout the trip to Quebec City, the many prayers of family and friends and the knowledge that the miracle was made possible by a donor was on their minds. Finally at 3:30 a.m. they reached the Hotel Dieu in Quebec City. Not long after, the transplant surgery took place.

Fast forward to a few weeks later and all is well for Mr. Dumaresq. His hospital visits are fewer and farther apart, the kidney is now doing the work of two kidneys and things are falling into place.

Edmond would like to note the dedication and professionalism of the nephrology team in Rimouski, the Hotel Dieu in Quebec City, the local Hotel Dieu in Gaspé, and the Baxter team. He says the care he received in the years before the transplant is commendable and was very much appreciated. Edmond appreciates the dedicated work done by Transplant Quebec and adds his voice to theirs in saying. "Sign your card, register at RAMQ and tell your people about your decision to be an organ donor."

Transplant Quebec - Awareness is key

Jeanie LeLacheur

QUEBEC: - Transplant Quebec recently released findings from a 2018 Leger survey administered across the province that gauged public perceptions and knowledge about organ donations. Of the 1,515 Quebecers surveyed, 92% are actually in favour of organ donations, 70% would be willing to donate their organs while 54% of those surveyed have already taken concrete steps to make their decisions known.

These steps include signing the consent sticker on the back of health insurance cards (88%) and discussing organ donation with their loved ones (69%).

"Transplant Québec and its partners are working to make this information available to as many citizens as possible and next spring will take it one step further and launch a Quebec-wide communications campaign to raise awareness. It will focus on the important task of sharing intentions with family members and also aims to increase the number of Que-

becers registered as an organ or tissue donors with the *Régie de l'assurance maladie du Québec* (RAMQ) or the *Chambre des notaires du Québec*.

It should be noted that once you have entered your consent in the *Registre* it is valid for life and confidential, consent can be withdrawn at any time for any reason. More information about the *Registre* can be found at the following website: <http://www.ramq.gouv.qc.ca/en/citizens/health-insurance/advance-directives/Pages/consent-organ-tissue-donation.aspx>

The second way to give consent is to sign the sticker on the back of the Health Insurance card. This method explains Mr. Louis Beaulieu, Chief Executive Officer of Transplant Québec, is also valid but not fail proof, "I often don't have my Health Insurance card with me, so registering on one of the two sites makes it easier to carry out a person's last wishes."

Mr. Beaulieu is the first to admit that "It is a very difficult time for families and loved ones, but that by registering your intention to become an

organ donor and discussing it with your family you are taking important steps that make the process easier and more efficient in the long term."

On the miracle side of organ donations he tells of a lady who received a liver from an 80-year-old donor. The recipient has since given birth to four children and has had the kidney for forty years meaning the organ has been functioning for more than 120 years. This dispels the myth that there is an age limit for organ donors as there is not. The oldest donor to donate his liver was 92 years old.

In reality, just over one in 100 people (1.4%) who die in hospital are potential donors. In Quebec, this represents a maximum of 450 people per year if all the medical and legal criteria are met in each case. With more than 700 individuals on the waiting list Transplant Quebec hopes to engage all Quebec citizens to take action now.

For additional information visit the Transplant Quebec at the following website <https://www.transplantquebec.ca/en>.

Catholic church services suspended in Saint Jules until further notice

Gilles Gagné

SAINT JULES: – Catholic priest Pierre Édayé has suspended all services at the St. Jules Parish Church until further notice. He made that announcement to parishioners at the March 2 mass. Priest Édayé explained that before resuming church services, there is a need to shed light on financial discrepancies that have been noticed over recent months. It is possible that those discrepancies could go back as far as three years. According to CIEU-FM, the amount of money that is missing could reach \$25,000. In the meantime, parishioners are invited to attend other Catholic churches in the area, in Gesgapegiag and New Richmond. The SPEC has tried to reach Priest Édayé but he was not available as the paper was reaching its March 11 deadline. The Diocese of Gaspé was also asked to comment on the situation.



Photo: Courtesy of Diane Lebouthillier's office

Good news for Gaspé skiers

Thierry Haroun

GASPÉ: - Good news for Gaspé cross-country skiers. Canada Economic Development for Quebec Regions announced last week that it is awarding \$203,230 to *Les Éclairs de Gaspé* cross-country ski club for the acquisition of new equipment, namely a high-calibre groomer equipped with a shovel, a tiller and two track tracers. In addition to reducing maintenance times and improving safety along the trails, the funding will also contribute to the vitality of winter tourism in the Gaspésie region, added Regional Minister Diane Lebouthillier who made the announcement at the Ski Club. The president of the organization, Michel Poirier, said during the news conference that receiving this money was crucial. "The equipment itself costs \$355,000. Thanks to the federal money, it enabled us to buy one which is top notch. With this new equipment we're reaching international standards in terms of making ski trails! It has been in use since January and it's just perfect." *Les Éclairs de Gaspé* cross-country ski club should be open until the beginning of April. Skiers come from as far as Chandler, confirmed Michel Poirier.



Photo credit: Marc-André Leblanc

Gesgapegiag athlete takes part in Quebec Games

Gilles Gagné

NEW RICHMOND – A skier from Gesgapegiag, Casey Caplin, is taking part in the *Jeux du Québec*, which started on March 2 in Quebec City. Casey is part of the Pin Rouge competition team representing Eastern Quebec at the games. The Gaspé Peninsula and the Magdalen Islands are traditionally paired with the Lower Saint Lawrence region for those games. In the above photo, Casey appears beside New Carlisle's Victor Cyr, Carleton's Jules Fugère and Joseph-Elliot Babin, of Bonaventure (in the front). Two other Pin Rouge athletes, Nolan Cloutier and Xian Levac, are part of the Eastern Quebec downhill team. Pin Rouge supplies six of the team's 14 skiers, which is a high proportion, considering the size of the two regions and the number of competition clubs.

Vision Gaspé Percé Now teaches digital skills

Arianne Aubert Bonn

PERCÉ - Vision Gaspé Percé Now will receive \$151,000 from the federal government to train its members in digital skills.

The money comes from the Digital Literacy Exchange Program, which is a \$29 million fund for similar projects across the country. The Member of Parliament for Gaspésie and Magdalen Islands and Minister of National Revenue, Diane Lebouthillier, mentions that the program has experienced a particularly strong demand.

"More than 150 projects have been submitted from across Canada, and 37 have been selected," she says, adding that the rapid growth of technology means that many people need to update their skills.

The amount received will

be used for training as well as buying computer equipment.

For the director of Vision Gaspé Percé Now Jessica Synnott, these courses meet a significant need. She indicates that training on the subject has already been given to members and that there is strong demand to continue. In fact, Ms. Synnott says her organization is well aware that the needs extend to the entire community.

"First of all, we will go to our members, but eventually we would like to open up the training to the francophone community as well," she says. The project will reach approximately 425 people.

Basic use of tablets, computers, emails and social networks are some examples of what the interested parties will discover. The training is for all age groups.

Other Funding Announced

In addition, the *Festival Musique du Bout du Monde* in Gaspé will receive \$135,000 in funding from the federal government for promotional purposes. The funding is spread over 2018, 2019 and 2020.

"We want to allow the organization to work in national and international markets for the years 2018 to 2020," says Diane Lebouthillier. It adds that the funding granted will enable the organization to position itself in the tourist market.



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 April 1st, 2019, at 8 p.m., will consider the request for minor exemption from the zoning By-Law 1156-11, presented by Mrs. Chantal Delarosbil and Mr. Stéphane Diotte, for a property situated at 1393, Haldimand Road.

The nature and consequences of this exemption are the following:

- the nature of the minor exemption is to :
 - increase by 8 m² in area for a shed from the maximum area of 50 m² established by section 8.8.1 of Zoning By-law 1156-11;
 - increase the height by 80 cm for a shed from the maximum height of 5 m established by section 8.8.1 of Zoning By-law 1156-11.
- the minor exemption will have as a consequence to allow the construction of a shed with an area of 58 m² and a height of 5.8 m.

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

Given at Gaspé, March 13, 2019.

Sébastien Fournier,
Town clerk assistant

New Richmond swimming pool should reopen at the end of March

Gilles Gagné

NEW RICHMOND: – The damage caused by the February 18 pipe break that stopped all the activities at New Richmond's Bruce-Ritchie swimming pool should be repaired before the end of March, according to the director general of the municipality, Stéphane Cyr.

In the early morning of February 18, that pipe break heavily damaged five motor pumps due to the flooded equipment room. The alarm system was triggered immediately by the water reaching important equipment. The pool's maintenance employee and firefighters con-

verged on the site within 20 minutes. Despite that quick intervention, the damage was extensive.

"We have received the replacement parts for the pumps' drive system. We should receive the other parts within two weeks. The end of March is still targeted for the reopening," explains Mr. Cyr.

The cost of the repairs is now determined with more accuracy. "We should have a claim of about \$75,000. The cause of the break is still unknown for now," adds Mr. Cyr, referring to the insurance claim.

The pipe came apart at a joint, as if the threads failed to resist the pressure. It was

the main supply pipe, with a pressure of approximately 100 pounds per square inch. The five pump motors were flooded in two feet of water when the emergency services arrived.

It was anticipated that mid-February and the month of March would be very busy weeks at the Bruce-Ritchie pool with many swimming courses starting during that timeframe. About \$15,000 in revenues were supposed to come in from those activities.

The break was a bit of a shock considering that the pool was upgraded for \$3 million in 2015 and 2016.



Photo: facebook

Chantal Caplin, Gavin's grandfather Danny Sexton, Gavin's big sister Malia, Sue Ellen Caplin and behind the mic MC Roger Lee Martin.

Jamboree raises more than \$9,000 for little Gavin

Cynthia Dow

GESGAPEGIAG: - A hometown jamboree held at the Galgoasiet Hall raised \$10,403.90 for Gavin Caplin. The four-year old from Cascapedia-St-Jules is currently receiving treatment for cancer in Quebec City.

The fundraiser was the brainchild of Chantal Caplin, who started working on it about one month ago. "I did not expect to raise that amount," she told SPEC, "I didn't really have a goal in mind, but I thought if we raised \$3,000 that would be a great help to the family."

She estimates that about 1,000 people came and went from the hall on Saturday night, March 9. 300 chairs were set out. "We had to go get more chairs again and again. Finally

we ran out!"

Chantal credits her "great team" with the success of the event. There were donations from a number of local organizations as well. "The entire Caplin family helped. CIEU-FM ran a free ad for the event for the entire week. Two firemen from Cascapedia-St-Jules acted as designated drivers, and the Band's Ronnie Condo and his crew offered to do the clean-up free of charge."

Musicians from Moncton to Gaspé participated, coordinated by Nancy Vignola, Michelle Harriman and Gwezee (Peter Clement). Melissa Harrison created a facebook page and Roger Lee Martin served as MC for the evening. Businesses donated door prizes and two baskets of local goodies

worth \$500 and \$250 were drawn. People also donated food for a snack served about 9:30 p.m.

"It didn't really matter to me how much money people donated, it was that they came to support the family," Chantal noted, "I thought it was important to bring the two communities of Gesgapegiag and Cascapedia-St-Jules together. When people get together, a lot can be done."

Gavin is the son of Shelby Caplin and Percy Jerome. Gavin is on his second of four courses of chemotherapy and has lost all his hair. To support him, his grandmother Mary Caplin sacrificed her hair as well. Gavin cut his mother's hair which will be given to Locks of Love.

Police report

Coroner Steeve Poisson confirms that Jyothi-Lakshmi Pillay, a 27-year-old tourist from Great Britain, died of drowning along a Percé beach in April 2018. Ms. Pillay was found dead on April 9 near Mont Joli by a citizen who was paddleboarding. At the time, the Sûreté du Québec investigation stated the victim's death was accidental.

Coroner Poisson confirmed that conclusion and explains that the crime scene report and the autopsy results rule out the possibility that the death was a criminal act. No trauma was found on her body, which means that she didn't fall from a cliff or from a large rock, and that she was not hit. Moreover, Jyothi-Lakshmi Pillay didn't leave a suicide note.

Coroner Poisson says in his report that the young woman had shopped for a sleeping bag shortly before her death, leading officials to believe that she was planning to camp on the beach. He also points out that the tides in the sector where her body was found can catch people off guard. He is of the view that the colder weather and cold water probably caused the drowning of the victim.

Jyothi-Lakshmi Pillay had spent several days in Gaspé before hitchhiking to Percé. She had expressed her intention to spend some time on the beach when talking to two Gaspésians who gave her a ride.

A March 6 fire completely destroyed a Saint-François-de-Pabos house in Chandler. The alarm was given by the occupant of the house located at 198 Saint-François Road at 2:45 p.m. When the firefighters and the police officers arrived at the site, the blaze had already spread to the whole house. No foul play is suspected in this case and the investigation indicates that the fire was caused by a failure in the auxiliary heating system. The only occupant of the house was able to get out without injury.

The Sûreté du Québec is reminding the public that March is Fraud Prevention Month and that people are defrauded millions of dollars annually in Quebec through various types of scams. Last year, up to 16,955 fraud complaints were made to the Sûreté du Québec, a 22% increase compared to 2017, emphasizes Sgt. Jean-Philippe Bibeau of the SQ. Counterfeit money, identity theft, credit card fraud and love scam represent some forms of fraud frequently seen by investigators, says Mr. Bibeau, who reminds people that it is important to report fraud cases to the police. A flyer providing more information is available at www.canada-bank.ca.

H & S Tax Return Services

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

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Appointments can be made in the following ways:

- Call Donna Harrison or Louis Sexton at any time in Cascapedia-St-Jules at (418) 759-5790.
- Call the Spec office on Tuesdays at (418) 752-5400 address: 208-B Gérard D. Levesque, New Carlisle (front west entrance) from 10:00 a.m. to 4:00 p.m. at (418) 752-5400.
- Email taxes.serviceshs@gmail.com

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Commentary

Gilles Gagné

Leadership needed!

The controversy that has been boiling over the last two months regarding the demotion and later resignation of Canada's former Minister of Justice and Attorney General Jody Wilson-Raybould looks more and more like an issue that could lead to the downfall of Prime Minister Justin Trudeau on October 21, the day of the next federal election.

Ms. Wilson-Raybould affirms that she was pressured by the Prime Minister's office to reach a deferred prosecution arrangement with SNC-Lavalin, a giant engineering firm that is being sued in Canada for corruption and fraud.

The alleged pressure was not that clear when she was demoted on January 14 to run Veterans' Affairs, as she essentially insisted in her written statement that the Attorney General ministerial position "is a pillar of our democracy that our system of justice be free from even the perception of political interference and uphold the highest levels of public confidence. As such, it has always been my view that the Attorney General of Canada must be non-partisan, more transparent in the principles that are the basis of decisions, and, in this respect, always willing to speak truth to power."

That day, she set up the table for the weeks to come, although most political analyst and journalists were wondering at the time what were the factors explaining her demotion. It slowly came out, painfully for Justin Trudeau, like the torture of gout.

A few observations can be made from the whole case, and they are not put in any particular order:

- Justin Trudeau's main collaborators at the Prime Minister's office are all men, and they have

acted since January 14, if not since the October 2015 election, like a boys' club. Since the beginning of that saga, incognito Liberal Members of Parliament have made significant efforts to discredit Jody Wilson-Raybould's reputation, putting emphasis on her temper, on the fact that she has dismissed three chiefs of staff since her access to the Cabinet and her alleged blindness in acknowledging the importance of the 9,000 jobs linked to SNC-Lavalin's activities. Those shots were called by the Prime Minister's office, or someone close to it.

- The Prime Minister should have shown better leadership in its management of the case. He should have apologized to the minister because of the way she was treated. At one point during the days prior to her resignation from the Veterans' Affairs Ministry, he was basically talking on her behalf. The whole thing exploded in his face when she resigned. She proved to him that she was able to talk for herself.

- Deferred prosecution arrangements are common all over the world. A lot of well-perceived industrialized countries, like Germany and Great Britain, will opt for that kind of recourse in fraud and corruption cases in order to protect their best corporations. When those corporations are found guilty of fraud and corruption following a standard trial, they have to refrain from doing business with their government for years, usually between five or ten, depending on how the laws are made.

- There are nine criteria to justify opting for a deferred prosecution arrangement. Apparently, SNC-Lavalin was only qualifying for three of those criteria. It means that the company has to stand trial. Such a trial will undoubtedly last for years. In the meantime, the engineering firm can still participate in governmental calls for tenders.

- Despite being found guilty of corruption in countries such as Libya, run by a dictator at the time, SNC-Lavalin remains a jewel by engineering standards, not only for Quebec but for Canada. Hundreds of the company's 9,000 employees work out of Ontario and Alberta offices.

- Jody Wilson-Raybould would have helped her cause last fall by accepting, when she was still Minister of Justice and Attorney General of Canada, an independent assessment about SNC-Lavalin's potential for a deferred prosecution

arrangement. She should have done it even if it is now of common knowledge that she dislikes that recourse. Ms. Wilson-Raybould insisted in her January 14 statement that an attorney general must grant the utmost importance to the public trust in the Department of Justice. In certain cases, an issue of the importance of SNC-Lavalin's must transcend the opinion of the minister.

- It is true that the government's role notably included the option of making a decent try at reaching an agreement with SNC-Lavalin, or checking with the minister of Justice if such an option could be envisioned.

- Perceptions are playing a huge role in this whole saga. From a certain point, some people look as if they are constantly pushing to get their message across. They are putting pressure. That's how it is perceived at the receiving end whilst the person in charge of delivering the message just acts as if it is business as usual. Human beings are not robots. They show different levels of intensity and the interpretation of that intensity can vary as well.

Overall, Justin Trudeau must now deal with a shattered image. Considered a pro-feminist and a pro-Native leader, the prime minister's lack of leadership in the Jody Wilson-Raybould case has vastly eroded his reputation to the point that Andrew Sheer, the Conservative Party leader who seemed lost before the Christmas break, now looks like a potential country leader.

Mr. Sheer is neither more eloquent nor sturdier in his actions than before. Constantly associating the Prime Minister with allegations of corruption, he stands to benefit from Justin Trudeau's failure to react over the last months.

For all those reasons, a commission of inquiry pertaining to the SNC-Lavalin case is needed to dissipate the current controversy, a controversy that is serious enough to overthrow the current government, come October.

SEND YOUR LETTER TO THE EDITOR ONLINE AT THEGASPESPEC.COM



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Gaspésians are coming off a cold harsh winter and St. Patrick's Day can lighten your heart by having a hot Irish coffee or tea with anyone who enters your home. Let this St. Patrick's Day make your troubles less and blessings more filled with rich "Irish" tunes, jokes and laughter. Many Gaspésians have ancestors of Irish descent and so why not wear something green like, socks, scarves, shirts, blouses or ties. Some Lucky Charms and Rice Krispies coloured in green can give you that bite of sweet "Irish Luck" this St. Patrick's Day. Remember, Irish fortunes are hidden in treasures so let this St. Patrick's Day warm your hearts with smiles knowing that spring is in the air for Chaleur Bay residents.

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Reflections

by

Diane Skinner Flowers



What about wood ash?

There is a saying here on the Gaspé regarding heating your home with wood. "When you heat with wood, you always have it in your arms." For many, they cut down the tree, then block it, haul it home, split it, pile it until it's dry, carry it into the house, feed the fire, and then clean the ashes. Then they place it into an ash bucket making sure that there are no embers in it. Some people add water to the ashes to make sure they are out, however, our resourceful Gaspesian ancestors used those ashes in a number of ways. Waste not, want not.

Hardwood, like maple or yellow birch, will produce the most ash and this ash will contain a higher level of nutrients, however, all ash can be used in a variety of ways. Ash was used in ancient Rome to enrich the soil, so this is not a new idea. Those old ways have value and we can learn from the past. The new way of doing things is not always the most economical or good for the environment. Let's consider this resource.

The first use that comes to mind is using the ash for compost. No fuss at all, just dump the ash bucket in your compost pile. Wood ash can be sprinkled directly in your vegetable garden and the calcium will feed plants such as tomatoes, beans, peas and garlic. The ash can also get rid of slugs in your garden. Place wood ash around the stems of your rose plants and this will make the plant stronger and produce flowers that are bigger and more colourful.

Ashes can be used as a stain remover but try to use it when the stain is fresh. Just rub in a small amount and wash as usual. No need to buy chemical stain remover.

Wood ash is a great odour remover. Place some ash in a small container and it will absorb odours from the air. After a day or two, throw out the ashes – but on your compost pile! You can place a container in your fridge instead of baking soda and it will keep your fridge smelling fresh.

Brush your teeth with wood ash. This will whiten your teeth. This is because wood ash contains potassium hydroxide which is also known as lye. Use this sparingly, as it can be harsh on teeth. This natural toothpaste has been used since ancient times.

If you have a lot of ants or an ant hill do not use pesticides that do more harm to the earth than ants ever will. Dump ash on the hill and the ants will move to a new location. Besides, you do not want to just kill. Relocation may solve your ant problem. You can place ashes near beehives to repel ants which can ruin a hive.

Ash can be used to melt ice because the ash has a high salt content. Keep a bucket handy for long driveways.

You can use ashes to clean your car headlights that have become cloudy. Make a dryish paste and rub in small circles to help make headlights clear again.

If you want to sample life from our ancestors, you can make lye soap from ashes. This is an undertaking for those who are most serious about "returning to the old ways." You need to boil ashes, outside is best, in an old pot. Place in some ashes, in a bit of rain water and boil for about 20 minutes. Allow to cool and the ashes will sink to the bottom. The lye to be used for soap will be on the top. You will need to skim it off.

Ash can be used to put out a small fire. Talk about the circle of life!

Does your dog have fleas? Make a paste out of ash and vinegar. Rub it around the neck area. Rinse off after a few hours. Sounds smelly and messy? The alternative is a chemical product. Your choice. Ash can also help with removing the odour of skunk spray.

Storing old clothes? Remember mothballs which smell horrid? Instead add a little cloth bag of ashes as it will repel moths.

If your basement is very damp or humid, place ashes in cleaned out food cans and they will absorb some of the moisture. Replace the ashes as needed.

Wood ash is no cost, plentiful and does not destroy the ecosystem. Perhaps it would serve us well to use ash and other natural substances more. By looking to the past, we will preserve the Earth for our children and their children.



Photo: G. Gagné

The mayor of Escuminac, Bruce Wafer, is glad to greet CASA in the municipal building. He is accompanied here by Carissa Dempsey, Stella Kennedy and Cathy Brown, all of CASA.

CASA opens an office in Pointe-à-la-Garde

Gilles Gagné

POINTE-À-LA-GARDE: – The Committee for Anglophone Social Action, CASA, has recently opened a new office in the Pointe-à-la-Garde sector of Escuminac to improve the services provided to the anglophones of the Avignon MRC.

The office is located in Escuminac's municipal building. The space is shared with CEDEC, the Community Economic Development and Employability Corporation. The director general of CASA, Cathy Brown, mentions that the new office is there for the long term, as funding is secured for several years.

"It is part of our regular funding and the money comes from CHSSN (Community Health and Social Services Network, from the Quebec government) and Health Canada. It is not only a project. It is very important for us. We didn't want to implement services and let them go after a short while because we didn't have the money to keep going. We will be working with local organizations to improve the health of the people," says Ms. Brown.

Services will be offered to community members of all ages, especially through a seniors' wellness centre.

"We will be working with the francophone partners. Also we are very happy to partner up with CEDEC and the MRC of Avignon. We are also working with *Maison de la famille* (...) We couldn't ask for a better start," adds Cathy Brown.

The budgetary envelope coming from the Community Health and Social Services

Network and Health Canada amounts to \$60,000 annually, secured until 2023.

CASA president Stella Kennedy points out that "we have been working hard over some years to get something going here. I know it is not always easy to get services. The CLSC services are okay but where do you go when you want to give some stimulation to the kids? There was a gap. Karissa will take care of the 0-5-year-olds, among other

things. We hope to be here for as long as we were not here," she says.

"Carissa" is Carissa Dempsey of Miguasha who started in November as CASA's coordinator for that Avignon networking partnership initiative, or NPI. She is "thankful for the greeting" she has received so far from the community.

CASA now employs 27 people. Its annual budget amounts to \$2.6 million.



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 Monday, April 1, 2019, at 8 p.m., will consider the request for minor exemption from the zoning By-Law 1156-11, presented by Egide Dupuis et fils Inc. for a property situated at 300, boulevard de York Sud.

The nature and consequences of this exemption are the following:

- the nature of the minor exemption is :
 - to authorize Type C storage in the front yard contrary to the standard established by section 18.1.3 of Zoning By-law 1156-11;
 - to reduce the front setback by 1.76 m for a complementary building to the minimum front setback of 7 m established by section 19.2 of Zoning By-law 1156-11.
- the minor exemption will have for consequence to :
 - allow Type C storage in the main front yard adjacent to York South Boulevard and the secondary front yard adjacent to Rue des Lilas;
 - regularize the layout of the complementary building with a setback margin of 5.24 m in the front secondary yard.

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

Given at Gaspé, March 13, 2019.

Sebastien Fournier,
Town clerk assistant.

Happy ST. PATRICK'S day

ST. PATRICK'S DAY ACTIVITIES ON THE COAST

YORK:

SATURDAY, MARCH 16

St. Patrick's supper and dance at the York River Community Hall. Cocktails at 5 p.m. and supper served at 6 p.m. with music and dancing to follow. BYOB. Price \$15 for members and \$20 for non-members. Tickets must be purchased in advance from Alfred Cassidy 418-368-2011 or Ron Mundle 418-368-5227.

DOUGLASTOWN

SUNDAY, MARCH 17

St. Patrick's Day activities at the church. 4 p.m. Mass, 5 p.m. Supper. Choice of Irish Stew or Pork Tenderloin with veggies. \$10 per adult, \$5 per child. Takeouts beginning at 4:30 p.m. Everyone welcome.

PORT DANIEL

SATURDAY, MARCH 16

St. Patrick's Day potluck supper beginning at 5 p.m. for members and invited guests. Entertainment to follow.

CASCAPEDIA-ST-JULES

FRIDAY, MARCH 15

Annual concert at 7 p.m. at the 50+ Club Hall

SUNDAY, MARCH 17

Supper at the Community Centre 5 p.m. to 7 p.m.

Legion opens at 1 p.m. with bar service



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Rivière-au-Renard
Uniprix Martin Gagnon & Vicky Fournier
Place Jacques-Cartier, Gaspé



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THE MUNICIPALITY OF CASCAPEDIA-ST-JULES

invites you all to join us in
celebrating St. Patrick's Day!

Friday, March 15
CONCERT at 7 p.m. at 50+ Club
\$4 Adults, \$2 children

Sunday, March 17

There will be a
BAR SERVICE at the
Royal Canadian Legion
Sunday afternoon
starting at 2 p.m.

POT LUCK SUPPER

will be held at our
Community Centre on
Gallagher Road
from 5 p.m. to 7 p.m. All
donations of food would be
greatly appreciated.
The cost is \$12 for adults
and \$5 for children under 12.

Hope to see all the "Irish" there!



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Happy St. Patrick's Day!



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Getting Ireland and the Irish Right

by Gary Briand



As the feast of St. Patrick approaches, I hope to set corrections to a handful of errors concerning Ireland and the Irish.

There is a misleading stereotype of the Irish as being the biggest drinkers of whiskey in the world. In fact, Ireland comes in fourth after Austria, the Czech Republic and Germany.

However, the Irish people are the biggest tea drinkers in the world as they consume 1,184 cups per person per year.

There is also an erroneous myth that the Irish have not contributed to the English language. Nothing is more false. We can give you thirty-four English words that came from Ireland.

Chief among those is the word "quiz." In 1883 Richard Daly, a Dublin theatre owner, made a bet that he could invent a nonsense word and have it recognized throughout Dublin in 48 hours. The story is that Daly gave his employees cards with the word "quiz" written on them, and told them to write it on walls all over the city. The word went on to join English and to acquire its current definition, "to question or interrogate."

Another fallacy concerns the origin of the "Star Spangled Banner." There is a prevalent view that it was written by an American soldier in Virginia. Not so. The real author of the music was the great Irish blind harper, Turlough O'Carolan, who died 35 years before the American Revolution!

A misconception also occurs in relation to the great Irish basilicas of North America. Recently I read a claim that Philadelphia had the first basilica celebrating the Irish. St. Patrick's Basilica in Montreal was constructed in 1847. Last year, 2018, it welcomed some one hundred and eighty thousand visitors. Following Montreal closely, the Basilica of St. John the Baptist was completed in St. John's, Newfoundland in 1855. It was the largest Irish cathedral outside of Ireland. Limestone and granite from Ireland were used in its construction.

Another fallacy concerns the claim that the annual St. Patrick's Parade in Montreal is the oldest parade in North America. In actuality, the oldest Irish parade in North America is that of Boston - first held in 1737. The Montreal parade began in 1824 and has been held annually ever since. Remarkable! Green beer has been served in Montreal since 1824!

Finally, I want to clear up the misunderstanding surrounding "keening," the Irish tradition of loud crying at wakes for the dead. Not an Irish custom, keening has its original roots in Italy. In Ireland, the tradition came to include expressing endearments to the deceased in Gaelic amid loud wailing from a group of about twenty mourners. In 1960, the Roman Catholic Church ordered that the practice be curtailed. In 2015 only two incidents of keening were reported in Ireland. I am told, however, that there are occurrences of the phenomenon in Newfoundland!

Happy St. Patrick's.
Erin Go Bragh! (Ireland Forever!)

Musée de la Gaspésie presents Normand Desjardins' exhibition *Ma Gaspésie*

Gilles Gagné

GASPÉ – The Musée de la Gaspésie will be presenting an exhibition of Bonaventure artist Normand Desjardins' work until April 3. Entitled *Ma Gaspésie*, the exhibition features various scenes that have marked the Gaspé Peninsula over the last decades, as they are perceived by Mr. Desjardins.

He graduated from *l'École des Beaux Arts - Montreal*, and *McGill University* specializing in art-education in 1978, Normand Desjardins uses a variety of art mediums

He has documented the Gaspé Coast for over 40 years, all the while continuing to explore and create works of art which exemplify its vibrant beauty, its people, its history



Normand Desjardins

and pristine spiritual landscapes. His interpretive style varies from high realism to semi-figurative, alluding to the fantasy and the metaphysical world.

He sometimes sums up his work by saying that "line, form and colour unite in nourishing my creative and interpretive journey."

When asked to describe it further, he adds that "Ma

Gaspésie art exhibition addresses the ongoing issue of a changing landscape in the Gaspé. I spotlight fishing, the train saga, the oil and gas drilling threat and the disappearing farmsteads as we knew them. In this speedy world of greed and instant profit exploitation, one can affirm that we are not necessarily improving our living conditions and/or way of life as Gaspé-

sians. Progress, I am totally for, but at what price and what conditions that may prove detrimental and toxic to our people and our shared land," he says.


"I trust that my art statement will sensitize, promote and even provoke in certain instances the duty to be appreciative of what we have and remain vigilant in our decisions for the future," he adds.

This exhibition "is an

abridged version of the one I displayed in Sainte-Anne-des-Monts, due to reduced space. Art imagery is worth a thousand words and I welcome all to come and visit this contemporary topic most à propos of the tense climate in the Gaspé at this point. One can say I still hold at heart heritage preservation, be it "built heritage - cultural heritage-environmental heritage," he concludes.



Photos: G. Gagné



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 April 1st, 2019, at 8 p.m., will consider the request for minor exemption from the zoning By-Law 1156-11, presented by Mr. Pierrot Coulombe for Produits sanitaires Cloutier Inc. for a property situated at 288, boulevard York Sud.

The nature and consequences of this exemption are the following:

- the nature of the minor exemption is to :
 - increase by 2 the number of signs that can be affixed flat on the facade of the main building compared to the total number of 2 signs established in section 22.12.4 of Zoning By-law 1156-11;
 - increase of 2.44 m² the area of a sign on the wall in the secondary façade compared to the maximum area of 5 m² established in section 22.12.4 of Zoning By-law 1156-11.
- the minor exemption will have for consequence to :
 - allow the installation of 4 signs on the wall in front of the main building;
 - allow the installation of a sign on the secondary facade of the main building with an area of 7.44 m².

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

Given at Gaspé, March 13, 2019.

Sébastien Fournier,
Town clerk assistant.

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Announcements...



IN MEMORY

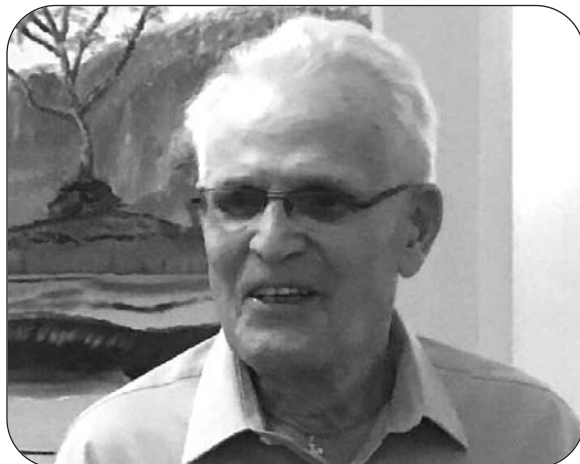
RENOUF: Harold (Buddy)

In memory of a loving husband and father who passed away two years ago on March 16, 2017.

*Sometimes I just sit quietly,
Reflecting for awhile,
Imagining your voice, your face,
Your warm and lovely smile.
For its so lovely to recall
The happy times we had,
When you played such a special role,
As both husband and Dad,
And at this very special time,
I only wish you knew
That I'd give you all the world today
For one more hour with you.
But I still have my memories.
And since we've been apart,
It comforts me so much to know
That you're right here in my heart.*

Missing you very much, Harold. Love from your wife: Leila; children: Karen, Richard and Donald and their wives; grandchildren; and great-grandchildren.
xoxo

Card of Thanks



The family of Allen Smith wishes to extend sincere appreciation for all the heartfelt expressions of condolences, donations, masses, meals, flowers as well as attendance at the Celebration of Life. Your thoughtfulness and generosity are most appreciated.

Special thanks to Dr. Catherine Blais-Morin and Resident Déane Gagnon, as well as the Hôpital de Gaspé, 7th floor and Palliative Care teams. You will forever remain in our hearts.

Our deepest gratitude to Fathers: Chester Cotton, Terrence Nellis and Gérard Ste-Croix for officiating the Celebration of Life hosted at the Manoir St-Augustin Chapel, February 20, 2019. Thank-you, Ben Trudel, our dear friend, for the joy of music and dance. We are deeply touched by the hospitality and assistance demonstrated by the administration and employees of the Manoir. You truly exemplified an extended family. The many friendships over the years will forever be treasured.

To those who could not attend the Celebration of Life, you were all close to our hearts and helped lessen our sorrow. Many thanks.
The Smith family

To all the Saints (and others) who read the Spec

We have entered a time in the Christian calendar we have come to know as Lent. It is an intense period when we are urged to examine the extent to which we have estranged ourselves from the Word of the Lord. For those who are engaged in this season, life will be, at least, unsettling. It is startling to acknowledge that we deliberately chose a path which pitted us against our Creator; and thus we eventually came to know that the Psalmist (81: 11 - 12) was made to record the Divine reaction (lament):

*"But my people would not listen to my voice...
So I gave them over to their stubborn hearts
to follow their own counsels."*

We, like our ancestors, risk expulsion from the Garden of Eden; So we learned to ask: (Psalm 85: 4)

*"Restore us again, O God of our salvation,
and put away your indignation towards us."*

Easter awaits. Be ready to exclaim, like Mary Magdalene,

"I have seen the Lord." (John 20: 18)

The offer of Divine restoration has been made once again! We will try to resume doing justice, loving mercy and walking humbly with God. (Micah 6: 8b)

Rev. L. Dale Gray



The New Carlisle
Funeral Association
extends sympathy to the family of
Mr. Wes Flowers

Youth Prayer for Lent

*Lord,
Teach me a new freedom.
Freedom to reject comparison
And to embrace uniqueness.
Freedom to cut ties with greed
And feast on love.
Freedom to abstain from overindulgence
And feast on self-control.
Freedom to leave behind selfish thoughts
And to focus on the needs of others.
Freedom to fend off insecurity
And to embrace grace.
Lord, at this time of Lent,
Thank you for the freedom you bring.
Amen.*

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In Memoriam: \$30 (\$35 with picture) up to 20 lines

\$40 (\$45 with picture) for more than 20 lines

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\$40 (\$45 with picture) (Max. 300 words)

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COAST ROUND-UP

GASPE:

Gaspé County Women's Institute

March 16: Bake sale from 10 a.m. to 1 p.m. at the Carrefour in Gaspé.

YORK:

York River Seniors

March 16: St. Patrick's supper and dance at the York River Community Hall. Cocktails at 5 p.m. and supper served at 6 p.m. with music and dancing to follow. BYOB. Price \$15 for members and \$20 for non-members.

DOUGLASTOWN:

Community Centre

Tuesdays: Zumba from 7-8 p.m. \$10/class.

Wednesday: Yoga for women. There are two groups: 5:15 p.m. to 6:45 p.m. and 7:15 p.m. to 8:45 p.m. \$17/class (drop in). Requires minimal experience in yoga. Bring your mat.

March 16: Saint Patrick's Day at Douglastown rink from 11 a.m. to 5 p.m. Guest DJ, bbq, beverages, free skating, hockey, children's makeup, bonfire and pétanque on snow.
March 17: Community Breakfast from 8 a.m. to 10:30 a.m. \$8 adult, \$4 for children (5-11 year old).

DOUGLASTOWN:

St. Patrick Church

March 17: St. Patrick's Day activities at the church. 4 p.m. Mass, 5 p.m. Supper. Choice of Irish Stew or Pork Tenderloin with veggies. \$10 per adult. \$5 per child. Takeouts beginning at 4:30. Everyone welcome.

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.

BARACHOIS:

Recreation Centre

March 15 and 29: The Barachois Recreation Centre will be holding an 18+ money bingo at 7 p.m. Bilingual. Over \$600 in cash prizes.

March 16: Opening of fitness room. Lunch will be served at noon followed by the ribbon cutting celebration.

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.

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.

PORT DANIEL:

Three Star Golden Age Club

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

March 16: St. Patrick's Day potluck supper beginning at 5 p.m. for members and invited guests.

March 18: Annual Meeting

beginning at 1:30.

March 23: Military Whist beginning at 8 p.m. Light lunch served, Admission \$5.

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.

HOPE TOWN:

Community Centre

April 13: Military whist beginning at 8 p.m.

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:

50+ Club

March 28: Annual general meeting beginning at 5 p.m. at the New Carlisle town hall. Followed by a free lunch.

NEW CARLISLE:

Royal Canadian Legion

March 23: Afternoon cribbage tournament. Registration at noon. Tournament begins at 1 p.m. \$10 per person. Bring your partner. All welcome. For more information contact Norma at 418-752-6214.

April 19: New Carlisle Legion presents Tammy Adams from 8

p.m. to 12:30 a.m. \$10 per ticket. Limited number of tickets will be sold. Open Saturdays at 1 p.m.

NEW RICHMOND:

Flea Market

New clothing has arrived, \$1 each. Good, 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:

Royal Canadian Legion Br. 172

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

CASCAPEDIA-ST-JULES:

Bookroom

Please be advised that the bookroom has reopened.

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.

CASCAPEDIA-ST-JULES:

Saint Patrick's Day activities

March 15: Annual concert beginning at 7 p.m. at the 50+ Club, 319 rte 299.

March 17: Supper at the community centre from 5 p.m. to 7 p.m. Legion opens at 1 p.m. with bar service. Donations towards supper or dessert is greatly appreciated. Kitchen duty will begin at 1 p.m. Everyone welcome.

GESGAPEGIAG:

Important Meeting

This is to inform the commu-

nity members of Gesgapegiag and the surrounding area that Gesgapegiag healing lodge (NNADAP) hosts AA meetings and is open to everyone. If you are interested in a lifestyle free of alcohol and substance abuse and have the desire to change, you are invited to attend meetings every **Monday** at 7 p.m.

GESGAPEGIAG:

N.A. Meetings

N.A. Meetings held every **Tuesday** at 7 p.m. at the Mawimi 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 March 3 are: Éline Audet, Line Bujold, Johanne Pelletier, Myrna-Lee Budd, Dorine Moses, Mini-Mécanique and Gilles Deslauriers.

UNITED CHURCH

Sunday, March 17

10:30 a.m. Hope Town
Second Lent

ANGLICAN CHURCH OF CANADA

Sunday, March 17

New Carlisle

9 a.m. Holy Eucharist
Shigawake
11 a.m. Holy Eucharist

PARISH OF GASPÉ

Sunday, March 17

St. Andrew's - York

10 a.m. Holy Eucharist



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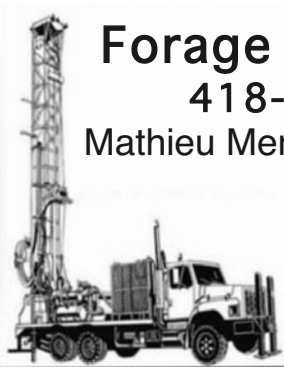
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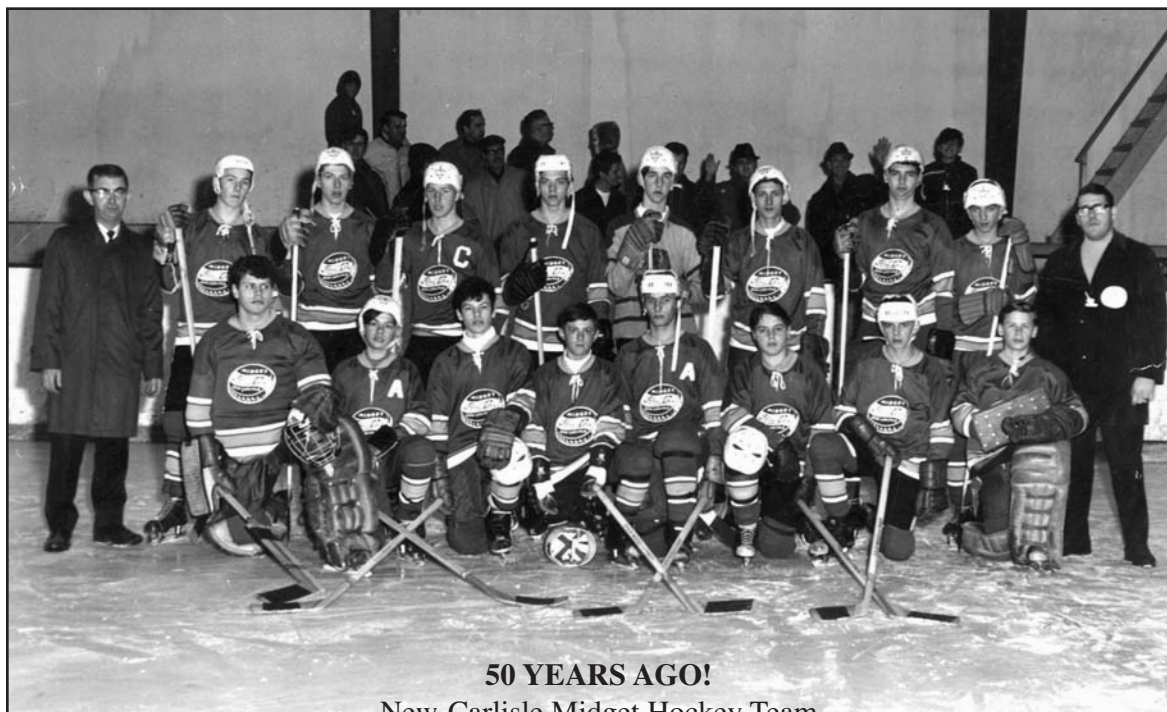
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On the lighter side...



50 YEARS AGO!

New-Carlisle Midget Hockey Team

Finalists at the Regional Midget Hockey Tournament - Gaspé, February 1969

WHAT A TEAM!

Front Row: Jean-Guy Dube, Jean-Marc Chouinard, Dennis Murray, Jerry Good, Gary LeGresley, Gordon Tozer, Laird Flowers and Bernie Billingsley
 Back Row: Lester Shearer, David Gray, Bradley Hayes, Brian Powers, Jacques Fugere, Henri Bujold, Bobby Fraser, Michael Murphy, Leonard Denis and Jean Yves Roy.

Why do we say ...

by Gary Briand

"You take the cake" or "you took the cake" are expressions associated with awarding a treat. Some researchers believe that the expression derives from the nineteenth century American tradition of giving the winners of dancing competitions a freshly baked cake.

Yes, cake has always been a symbol of winning. As early as 420 B.C. Aristophanes of Athens spoke of marathon runners winning the cake. Indeed, the great Shakespeare refers to "cakes and ale" as essential to good living.

Cake has a long history of honour and of marking a special occasion. In 1836 writer William Porter published a short story, *A Quarter Race in Kentucky*, and wrote: "They got up a horse and fifty dollars in money aside, ... each one to start and ride his own horse ... the winning horse takes the cake."

Early use of the phrase in North America is usually found with the plural, i.e. cakes, but the writer Theodore Dreiser in *Sister Carrie* (1900) gave the form "take the cake" permanence. In the novel, Carrie tells the man, Drouet, she must quit his company and stop living with him: "Well, that's a fine finish," said Drouet. "Pick up and pull out, eh? You take the cake! I bet you were knocking about with Hurst or you wouldn't act like that."

FIREPLACE WORD SEARCH

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

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

WORDS

APPLIANCE
 BLOWER
 BRICK
 BTU
 CHASE
 CHIMNEY
 CIRCULATION
 COMBUSTIBLE
 CONVECTIVE
 EFFICIENCY
 ENERGY
 EXHAUST
 FACADE
 FIREBOX
 FIREPLACE
 FLUE
 FUEL
 GAS
 HEARTH
 HEATER
 IGNITE
 INSERT
 KINDLING
 LIVING ROOM
 MANTLE
 PILOT
 PIPE
 RADIANT
 SOURCE
 STONE
 TEMPERATURE
 THERMOSTAT
 VELOCITY
 VENT
 WOOD

RECYCLE REPURPOSE REUSE

LOOK WHAT YOU CAN
 CREATE WITH USED WOOD
 PALLETS.



HOROSCOPES

ARIES – Mar 21/Apr 20

Your thoughts and actions may be spurred on by your emotions this week, Aries. It may be better to wait a few days to make decisions until things quiet down.

TAURUS – Apr 21/May 21

Taurus, you could be in for a roller coaster ride this week, especially as it pertains to spending. Money could fly out of your wallet faster than you can earn it. Exercise caution.

GEMINI – May 22/June 21

Gemini, as long as you have a solid

team in your corner, you can adapt well to the changing environment. However, even a superhero needs a break from time to time.

CANCER – Jun 22/Jul 22

Overcome your resistance and listen to another person's side of the story, Cancer. Embrace letting this person take the lead on something at work or in your home life.

LEO – Jul 23/Aug 23

Friends are lining up to be helpful over the next few days, Leo. Take advantage of their generosity, especially if you find yourself feeling under the weather.

VIRGO – Aug 24/Sept 22

Virgo, the personalized touches you put on any project will showcase

your personality and passion. Think about embracing a crafty task to really display your talents.

LIBRA – Sept 23/Oct 23

Libra, on the surface, it may seem like you have your act all together, but beneath your emotions may be boiling. You may want to let some close people in on your secrets.

SCORPIO – Oct 24/Nov 22

So many things hinge upon balance, Scorpio. Make a concerted effort to balance things in your life. You may have to make some changes and experiment.

SAGITTARIUS – Nov 23/Dec 21

Your inclination to meet the needs of others this week is commendable, Sagittarius. Just be sure your gen-

erosity does not come at the expense of your own well-being.

CAPRICORN – Dec 22/Jan 20

Capricorn, there is nothing wrong with seeing the world through rose-colored glasses from time to time. Such a positive perspective might change your outlook for good.

AQUARIUS – Jan 21/Feb 18

You are adept at staying on track when you need to, Aquarius. This makes you an ideal fitness guru. Try to inspire others to be regimented as well.

PISCES – Feb 19/Mar 20

Pisces, do your best to honor requests from friends, associates and family this week. If you pull it off, take some time to recharge.

FAMOUS BIRTHDAYS

MARCH 10

Carrie Underwood, Singer (36)

MARCH 11

Terrence Howard, Actor (50)

MARCH 12

Malina Weissman, Actress (16)

MARCH 13

Common, Rapper (47)

MARCH 14

Anne Marie Kortright, Model (37)

MARCH 15

Eric Decker, Athlete (32)

MARCH 16

Victor Garber, Actor (70)

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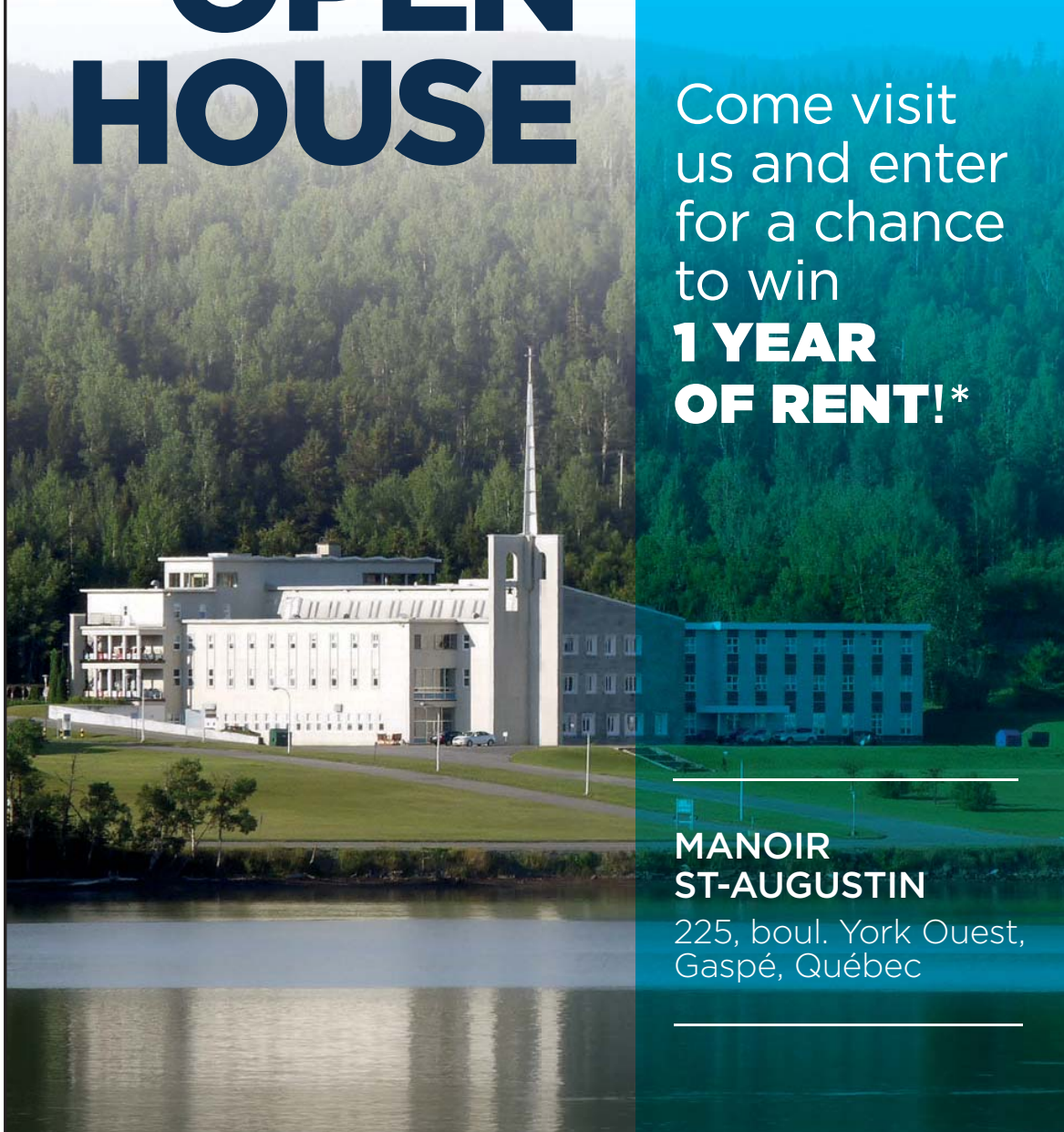


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