



220 people faced with autism in the Gaspé

Thierry Haroun

GASPÉ PENINSULA: - No less than 220 Gaspésians are faced with Autism Spectrum Disorder, according to the latest numbers that Spec obtained from *Autisme de l'Est-du-Québec*.

What are the challenges ahead? What can be done to support friends and families? What and where can one find services? Spec looked into the matter given that April is the month dedicated to ASD across the province.

If your child is faced with ASD, *Autisme de l'Est-du-Québec* (ADEQ), is definitely the organization you're looking for. It's a non-profit organization established by parents in 1979. It offers services to the communities of the Lower St-Lawrence, Gaspé Peninsula and the Magdalen Islands.

Its mission is to improve and promote the quality of life of families and friends of people with ASD. It has many mandates, such as supporting families, providing information and increasing awareness



Photo: courtesy of Bruno Minville
Bruno Minville.



Photo: T. Haroun
Maryse Mauger.

among the networks, service providers and the population regarding the realities of people with ASD. It promotes and defends the rights and interests of people with ASD.

In terms of activities and services offered, it's important to mention that it organizes conferences; offers training and other social events; publishes an info-letter; has a doc-

umentation centre; a website (with information in English); a facebook page and a phone service.

The community organizer for the Gaspésie region, Bruno Minville, confirms that there has been an increase of cases of people with ASD in our region.

Statistics show that it went from 36 cases in 2000-2001 up to 220 cases in 2015-2016.

How is such an increase explained? "One of the explanations is that there is better diagnosis of ASD, but that doesn't explain everything. This said, we, as an organization, support and inform people that we are there to answer their questions. We listen to what they have to say, their worries and other problems they are faced with on a daily

basis. We have a phone number. It's 1-855-827-2525. My office is located in Paspébiac. Don't hesitate to call," he insisted.

In terms of challenges, the aging of the population is a major one for those who have a child with ASD, he added. "These parents, as they get older and older, worry about what will happen to their loved ones when they die. That's a problem and we are currently faced with a lack of adoptive families."

Maryse Mauger, from Grand River, has an adolescent aged 15 who was diagnosed with ASD when he was one year old. "From the start we knew something was wrong. So we asked immediately for help and we received all the help we needed at our CLSC. So the message I'm sending to all is the following: Don't hesitate and ask for support from organizations such as *Autisme Est-du-Québec*. Get all the information in your health system and ask questions because there's nothing to be shy about."

Family Ties celebrates Children's Picture Book Day

Maria Chatterton
Youth Programs Coordinator

NEW CARLISLE: - In celebration of Children's Picture Book Day on March 28 Amie Major from Family Ties, made a visit to the Pre-K and Kindergarten classes of New Carlisle High School and Shigawake-Port Daniel School. The students enjoyed singing, learning rhymes and playing games. Family Ties provided a new picture book to each student.



Shigawake-Port Daniel School Kindergarten class.



New Carlisle High School Kindergarten class.



Le Rocher Vikings will not play in Chandler

Arianne Aubert Bonn

GRAND RIVER: - The Town of Grand River is making a point of clarifying with the Town of Chandler the steps necessary to attract hockey games of the Desjardins Senior Hockey League of the Gaspésie.

A letter sent to Chandler's municipal council by the mayor of Grand River and second vice-president of the Desjardins Senior Hockey League of the Gaspésie, Gino Cyr, reports that a Chandler councillor has attempted to approach Le Rocher Vikings in order to get them to play in his municipality. Mr. Cyr was anxious to receive reassurance that Chandler's council had not passed a resolution to that effect.

Following the public reading of the letter by Mayor Louisette Langlois at a municipal meeting, the councillors affirmed that they respect the fact that Le Rocher Vikings play only in Grand River. The mayor said that no resolution has been adopted and that this would not be the case in the future.



Photo: A. Bonn

The administrative team of the Desjardins Senior Hockey League of Gaspésie: vice president Gino Cyr; president Renaud Valois, spokesperson Guylain Raymond and communication officer Jessica Audet.

"A council speaks by resolutions and no resolution has been adopted. It's a lot of work to set up a hockey team. I asked the council's consent to leave the team in Grand River and give up on (those) steps," said Mayor Langlois.

Councillor Bruno-Pierre Godbout, however, indicated his interest in greeting a hockey team in the event of a league expansion. He does not hide from having approached the Grand River team but

claims to have ended his efforts after a meeting with the leisure committee of the neighbouring town.

Mr. Godbout reports that a lack of information led him to believe that the club's president, Michel Collin, was also the owner. He had approached him to discuss the interest of playing in Chandler where the arena is larger and has many seats.

However, Mr. Collin informed him that the team is the

property of a management committee of which he is the president, and that it is the Grand River leisure committee that holds the management agreement.

"So, I met the committee hoping to establish a partnership in which the team could play in both towns but they did not signify any interest in establishing such a link. It ended discussions on the subject," says Godbout.

He adds that initially an in-

terest in seeing the Vikings team play in his town stems from the approach of a promoter for another league. Not necessarily wanting to divide the hockey leagues, he had tried to find out if the Vikings could play in both municipalities.

Reassured to know that the steps are not the result of the will of the entire town council, even if they were the subject of discussion in working session, Grand River mayor Gino Cyr specifies however that in case of league expansion, the rules would not allow establishing a team in Chandler, the pool of players for the Vikings being located between Percé and Paspébiac.

Mr. Cyr added that the idea of a partnership with Chandler would have required real involvement of the main stakeholders, which would not have been offered in such a way as to open the management committee's mind.

The willingness to host high calibre hockey in Chandler is still there, says Mr. Godbout, who is open to other options, such as an association with other leagues.

News briefs

New runway in Gaspé next year

Thierry Haroun

GASPÉ: - Gaspé Airport will have a new runway next year, confirmed Gaspé Mayor, Daniel Côté. It has been a project the town-council has been working upon for years and now it's a reality. "We're really happy. It should be ready in twelve or fourteen months. The runway will be entirely repaired and extended by 1000 feet and with the new landing equipment included in the project that will enable us to receive larger planes and have less arrival cancellations due to fog. I'm not saying that it will totally settle the problem, but it will certainly reduce the number of flight cancellation," he indicated over the phone. The project is valued at \$9.5 million of which \$8M is provided by the federal and provincial governments and the rest will come from the Town. After the work, the runway will be 5,500 feet long instead of 4,500 feet.

CEGEP: 527 registrations

Nelson Sergerie

GASPÉ - Although the number of high school graduates is declining in the region due to a declining population, Cégep de la Gaspésie and Îles received 527 applications at the end of the first round of the registration period for the start of the school year.

The educational institution recorded a decrease of 58 registrations compared to 2018, which had been qualified as an exceptional year by the institution, however, the number is on par with the average of other years. Nearly half of the applications received on March 1 came from the Gaspé. This shows that the work being done in the region's high schools to attract students to the various options offered by the college institution is having a positive effect. "In the next few years, we will experience a demographic decline in the clientele we serve, and we have managed to keep our listings at the same level for a few years now," says Acting Director Jean Gagné. Campus data will be available in June.

Tourism: the region is being consulted

Nelson Sergerie

GASPÉ: - Several players involved in the tourism industry of the Gaspé Peninsula are responding to the consultation led by the Minister of Tourism, Caroline Proulx, on April 8 in Matane.

Even though they're generally satisfied, some would have liked the focus to be on the Gaspé rather than generalizations experienced in Quebec. "Will this consultation have tangible benefits for our region? I doubt. We did not have time to really debate our issues. I do not think that we learned much about our problems whether it is remoteness, transportation or labour shortage," said the mayor of Percé, Cathy Poirier, who is nonetheless satisfied to have had this forum with Caroline Proulx.

Topics covered included difficulties in meeting manpower needs, adaptation of the school calendar to the tourist season, development of winter tourism or the famous issue of access to the region in the face of transportation issues. "Gaspésie, in terms of access to the region in terms of sea, air or land, there is a particular issue depending on the serv-

ices of the territory. It takes effective and quick solutions to meet our challenges," says the head of Escalé, Stéphane Sainte-Croix. Tourism stakeholders told the minister that wall-to-wall strategies throughout the province are not adapted to the Gaspé Peninsula, something Ms. Proulx has been very attentive to.

Snowmobiling

Problems have been experienced this winter in certain areas of Gaspé regarding the right of way of snowmobiles on private lands. This represents a challenge to give access to municipalities. Innovative solutions should be found. "It's a phenomenon we're starting to see more and more. Should we look to have permanent trails, much like Route 132, to ensure that the industry is not held hostage when someone withdraws their right of way?" Bonaventure and Mayor of New Richmond, Éric Dubé. The Mayor of Gaspé, Daniel Côté, spoke of the difficulties of major events Gaspé have in obtaining public support from the Quebec government, citing as

examples the Raid gaspésien de Carleton-sur-Mer and the la Traversée de la Gaspésie de Gaspé. "Niche events around the world do not have much support because funding is based on goodwill. It is certain that we will not compete with the Jazz Festival, but an event that has only 200 or 300 participants will have proportional funding, while it has a reach that affects millions of people. The minister was sensitive to the adaptation of programs."

Eco-tourism

Caroline Proulx has chosen eco-tourism as a development path for the Coast over the next few years. In her opinion, this is the element that stood out as a result of the consultation. "The stakes are really national, but I would say eco-tourism came out more, letting me know that it was not favoured enough. This is specific to the region, I would say," said the minister. The report of this tour will be tabled at the Tourism Conference on May 6 and 7. The tour serves to establish the sector's economic growth strategy for the years 2020 to 2025.

Chandler begins work on the Newport fire station

Arianne Aubert Bonn

CHANDLER – The Town of Chandler has granted the first architectural and engineering contracts for the Newport fire station.

The \$800,000 project almost did not emerge because of the refusal of financial assistance from government authorities.

“The places are very limited in the programs so we had a refusal initially. It took a second submission for our application to have it accepted, which allows us to obtain 65% of funding from both levels of government,” said Mayor Louise Langlois.

According to her, the work will begin soon and will be completed by the fall. “Among other things, we are going to expand a section of the garage for the truck, and change the windows and cladding,” she says.

In another Town of Chandler file, the management of dog tags was given to O.A.A. Espoir Câlîn. That organization deals with stray animals in the Percé Rock MRC and will now benefit from the revenues associated with the sale of animal tags as a source of funding.



Photo: A. Bonn

The Newport fire station will be renovated.

“We were already paying someone to take charge of that task. I am happy that this can help this organization,” says Mayor Louise Langlois.

Meanwhile, the Unifor union sent a letter to the Town of Chandler asking for its support in negotiations with *Crustacés de Gaspé* to avoid the closure of that Grand River snow crab processing plant, however, the council did not take a position. “We support workers and industry people and we sincerely hope that they will find a solution,” says the mayor.

In another file, the harassment mediation agreements

adopted at Chandler's last special meeting were vetoed. Surprised, several councillors did not understand why it was the case. “When I give my opinion and I express a refusal, it is a veto,” says Ms. Langlois, however, it was lifted after the 72-hour deadline and the positions of each council member remained the same.

Meanwhile, Chandler is enrolled in the *Climat Municipalités 2* program. A technical feasibility study and a market study for the *SAUVER* project could enable the town to get an electric car for its activities. The car could also be rented out to the citizens.

FIBRE OPTIC:

Navigue.com not optimistic about new calls for tender

Nelson Sergerie

SAINT-GODEFROI: - The small Internet company Navigue.com has little hope of seeing Quebec and Ottawa entrust small players with the deployment of high-speed internet over the next few years. According to the federal and provincial budgets tabled in March, Ottawa plans to invest close to \$ 6 billion over the next 10 years to improve Internet connectivity across the country, while Quebec has committed \$305 million for the next five years in the province.

The president of Navigue.com doesn't have any illusions: “If we have files to file, we will do it. If you ask me if I believe in our governments taking care of our people and keeping the money in the province, I would say more or less. We have lived it many times. I cannot wait to see but I am not very optimistic in that sense,” says Jean-Marie Perreault.

It's up to Quebec to decide

Questioned on this issue, Minister Diane Lebouthillier deferred to Quebec for the choice of suppliers. Ottawa does not want to go to war with the provincial government by making specific requirements on the choice of service providers. “We cannot impose a choice in Quebec. It is within the jurisdiction of the provinces. It would be very wrong for the federal government to create conflicts that have no reason to be with the province of Quebec,” aid the Member of Parliament for Gaspésie-Îles-de-la-Madeleine.

Precedents

Jean-Marie Perreault says that in other provinces, the model of high-speed Internet development has allowed small players to develop fibre optics, but the strategy adopted in re-

cent years in Quebec is quite different. In December 2017, the federal and provincial governments awarded Telus and Bell major contracts for high-speed Internet across the province. Telus won the bid in Gaspésie. The president of Navigue.com attended that announcement in Gaspé to demonstrate his dissatisfaction with the fact that his company had not been selected. In order to remain competitive, the firm has chosen to develop its own network whose first phase is underway. The \$1.2 million investment will include the installation of fibre optics between Saint-Godefroi and Port-Daniel-Gascons.

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Photo: Véronique Saint-Onge

Hovercraft visit marked by mechanical failures

Gilles Gagné

POINTE-À-LA-CROIX: – The Canadian Coast Guard hovercraft Sipu Muin stayed three days in the Pointe-à-la-Croix, Lis-tuguj and Matapedia area, in an attempt to de-ice the parts of Restigouche River that are likely to create an ice jam.

The April 15 to April 18 stay was marred by a day-and-a-half of mechanical failure at the beginning, a solid day of operation on April 17, and a few additional hours the following morning.

Then, despite the level of worry of the Matapedia citizens, the hovercraft left for the Acadian Peninsula where snow crab fishermen of the Southern Gulf of Saint Lawrence were preparing their season. Shippagan harbour was still jammed with ice on April 19. The fishermen are aiming for a season start before April 28, the date set by Fisheries and Oceans Canada to close a large area for right whale protection.

As SPEC was reaching its April 19 deadline, the Restigouche River debacle had not yet reached Matapedia. The ice thickness in the village area had a lot of citizens worried about the possible formation of a major ice jam. In 1994, an ice jam caused the water level of the river to rise by at least 10 metres. Major damage occurred during that flood, reaching between \$10 million and \$20 million.

Use caution when harvesting shellfish this holiday weekend

QUEBEC: Easter is often a time when people living in coastal communities on the North Shore, the Gaspé Peninsula and the Magdalen Islands get together for a hearty dinner including shellfish. This is a tradition that has gone on for generations. The Government of Canada wants to remind Quebec residents to avoid eating shellfish harvested from closed areas.

Harvesting bivalve shellfish from closed areas is prohibited. Additionally, shellfish harvesting is prohibited within 125 metres of a wharf, due to the risk of contamination.

Consuming shellfish that is unsafe can lead to serious health problems, including death. For more information regarding potential health risks, you are encouraged to visit our website.

The department is also asking the public to report bivalve shellfish harvesting in closed areas by calling 1-800-463-9057 or online. All calls are anonymous and confidential.

For more information on shellfish harvesting and open and closed harvest areas, please visit our website at www.dfo-mpo.gc.ca/CheckBeforeYouHarvest or dial one of the following phone numbers:

From Saint-Roch-des-Aulnaies to Cap Gaspé: 1-800- 463-0607
From Cap Gaspé to the Matapédia River: 1-800- 463-4204



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Commentary

Gilles Gagné

A test for Canada

Since the 1960s, the greatest threat to Canada's unity has been the attempt by a certain proportion of Quebecers to found their own country. Jason Kenney's recent victory in the April 16 provincial election in Alberta could well represent the next challenge to the country's unity.

A former minister in Stephen Harper's Conservative Party government in Ottawa, Jason Kenney is hard-core conservative, first elected under the Reform Party banner in 1997 and then under the Alliance Party banner in 2000. He joined the Conservative Party when Stephen Harper successfully unified the right-wing parties, in time for the 2004 federal election.

He quit the Conservative Party in September 2016, less than a year after his re-election in a losing cause, and after having announced that he would enter the leadership race of the Progressive Conservative Party of Alberta. He won in March 2017. He then proceeded to unify that party with the Wildrose Party as he had promised during that first leadership race.

The Wildrose Party was a very strict conservative minded party, way less progressive than Mr. Kenney's party. The United Conservative Party was born in July and he was elected that party leader in October 2017.

Now, he is the premier of Alberta. He was elected because he promised to improve the economy of Alberta, affected over recent years by a worldwide oversupply of oil and the fact that the province's production is limited by the current capacity of the pipelines sending the tar sands oil to the rest of the country, to the United States and overseas.

Jason Kenney also promised to nullify the carbon tax created by the federal government and imposed by the New Democratic Party of his predecessor, Rachel Notley. So the new Alberta premier will join the movement initiated by Saskatchewan, Ontario and New Brunswick. Those provinces are taking Ottawa to court in an attempt to get rid of a tax whose purpose is to attenuate the detrimental effects of oil on the environment.

He also promised to relaunch the talks about the construction of three new pipelines that would deliver the tar sands oil to potential customers. If those talks fail, he threatens to hold a referendum so that Alberta could get rid of equalization payments.

Jason Kenney might fail in holding most of his promises. Alberta has not lost jobs only because of a lack of pipelines to bring oil to the markets. The province's oil is expensive and international prices

are low. Many companies have lost money in extracting tar sands oil.

That situation will likely not improve over quite a few years. Oil prices are expected to stay low because there is ample supply in many parts of the world and because a rising number of countries are taking the appropriate measures to reduce their overall consumption. Despite the reassuring words of Prime Minister Justin Trudeau on that point, Canada's consumption is still rising, an embarrassing failure to prove that we are among the world's technologically advanced countries.

Jason Kenney will also experience serious problems in shoving pipelines down the throat of neighbouring provinces. The federal government is already experiencing problems proving to the British Columbia authorities that its expansion of the Kinder Morgan pipeline makes environmental sense. The economic validity of that project remains to be proven as well.

A rejuvenation of the Energy East pipeline project, as wished by Jason Kenney, is also improbable. That unlikelihood is far from solely rooted in anti-oil advocacy. A pipeline between Alberta and New Brunswick will pass through the drinking water sources of millions of people in Manitoba, Ontario and Quebec. In Quebec, for example, the pipeline would cross the water supply of more than 80% of the province's population. People need water to live but oil is not vital. Pipeline companies have not proven that they can operate safely enough to protect water sources flawlessly.

The refusal to pay equalization payments to other provinces is another issue Jason Kenney threatens to use, however, equalization payments come from the federal government, only indirectly from the richer provinces. Altogether, they represent \$19.8 billion yearly, only 5.6% of the federal government overall expenses of \$355 billion.

Quebec receives \$13 billion of the \$19.8 billion but on a per capita basis, Quebecers receive less than all the other Canadians benefiting from equalization payments. For example, each Quebecer technically receives \$1,548 compared to \$1,650 for Manitobans.

Albertans contribute heavily to equalization payments because they have decided to keep their taxes very low. They therefore have more fiscal wiggle room and Ottawa bases its perception of equalization payments on that wiggle room. If Albertans want to reduce the amount of money sent to Ottawa, they could make an increase to social services, such as having cheaper daycares. For ideological reasons, they have decided to refrain from doing that.

So, Jason Kenney will opt for a constitutional battle to get away with equalization payments if the pipeline ventures don't pan out. It will be a constitutional battle because equalization payments are embedded in the Canadian Constitution.

If his fight leads to constitutional changes, we can bet that Quebec, the only province that has not signed the Constitution following the 1982 reform,

and probably the First Nations, will also have "suggestions" for changes.

So the tensions Mr. Kenney will likely create in Canada over the next years will be a major test for the country's unity.

The arrival of Jason Kenney at the helm of Alberta also spells more trouble for Justin Trudeau who, six months from a federal election, has lost many provincial allies over the last year, in Ontario, New Brunswick and, to a certain extent, in Quebec.

If Mr. Trudeau loses that election, it will be interesting to see how Andrew Sheer, the potential new prime minister of Canada, deals with the stir his ally Jason Kenney will likely trigger.

Letters to the Editor

What a shame and disgrace it was for Canadians not to be able to hear our Minister of Finance read the budget. Instead the opposition parties, like a bunch of incompetent elected MRA's, shot it down. One can see why, after reading it in the newspapers the next day, it is a great budget for every province in Canada. It covers help for seniors, children, middle class and actually for every Canadian.

Also, I would like to point out that the two ministers who quit cabinet can speak freely and no law or no one not even the Prime Minister can stop them. At any time they can stand in the House of Commons on a point of privilege and tell their story. This is the law and always has been. Is the opposition so incompetent they do not know this? If these former ministers have something to say, stand up and say it.

I Hope every Canadian will realize the opposition parties are lying to you when they claim someone is stopping them from speaking. They have the right to speak and tell their stories in the house. That is our system and there is no law to stop them.

Keaton Davis, Bathurst, NB



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Psychological harassment in the Bay of Chaleur area

Manjula Karunaratne, PAE Gaspésie (Programme d'aide aux employés). PAE provides support to workers and their families.

NEW RICHMOND: - Psychological harassment is alive and well in our community but it is often hidden and it stays hidden because many don't understand it. The CNESST (Commission des normes, de l'équité, de la santé et de la sécurité du travail) provides an Act with the goal of protecting employees from psychological harassment.

The Act respecting labour standards contains provisions on psychological harassment at work that protect the majority of Quebec workers, whether they are full or part time.

The definition of psychological harassment found in the Act respecting labour standards includes sexual harassment at work and harassment based on any one of the grounds listed in section 10 of the Charter of Human Rights and Freedoms: race, colour, sex, pregnancy, sexual orientation, civil status, age except as provided by law, religion, political convictions, language, ethnic or national origin, social condition, handicap or the use of a means to palliate this handicap.

So what exactly constitutes psychological harassment at work? Psychological harassment at work is vexatious behaviour in the form of repeated conduct, verbal comments, actions or gestures:

- that are hostile or unwanted.

- that affect the employee's dignity and psychological or physical integrity.
- make the work environment harmful.

The employer must adopt management practices that make it possible to prevent psychological harassment situations. Employers must have a known and effective in-house procedure that will allow them to be informed of situations and to inform employees. This procedure must also make it possible to deal objectively and promptly with situations when they arise, in order to put a stop to them.

In preventive management practices, the employer must also take into account that the harasser may be someone outside the business: a customer, user, supplier or visitor. To be able to fulfill obligations well, the employer also has the right to ask employees to refrain from harassing their colleagues, their superiors, or people with whom they have dealings as part of their employment.

After speaking to several employees in the Bay of Chaleur region who are in the process of making complaints of this nature with the CNESST, it has become clear that psychological harassment is very subtle to the people who are not targeted and very overt to the groups that are being attacked. Imagine the employee who smiles and is kind to some co-workers and hostile and vengeful to others in the same room and at same time. Now you will be able to see the many faces of the true harassment

techniques. Some other examples of harassment are:

- an employee who approaches another employee and stands just inches away from his/her face and tells their co-worker to do something.
- an employee that puts her face directly in front of another worker and yells, "Don't ruin our work day!"
- an employee that glares at another worker in a threatening manner.
- ridiculing a worker for everything they do, good or bad.
- lying to fellow co-workers about another worker in an effort to malign the target.
- specifically omitting the good deeds or good qualities of a worker when reporting to the employer about another employee.
- raising their voice, constantly berating and belittling another employee.
- telling an employee that they are "hateful."
- when one employee ridicules another and bystanders look on smiling. It is humiliating and the by-standers enjoy watching the harassment of one employee towards another.
- employees working together to try and get another employee fired. This group effort to pool resources and slander one person is a terrible act of harassment.

Harassment is meant to de-value a person but may in fact be due to jealousy, racism and a person's deep rooted unhappiness projected

onto a target.

Psychological harassment is rarely in a vacuum meaning there are often bystanders and on-lookers who do nothing for fear of being the target.

It is an employer's obligation to respect the Act and adopt practices that will make it possible to prevent psychological harassment situations. Furthermore, the employer has the right to ask his employees to refrain from harassing their colleagues, their superiors, or people with whom they have dealings as part of their employment.

Work place harassment is on the rise. With the shortage of labour in the workforce, it can happen that employers find themselves with a less than desirable labour force and may be inclined to tolerate harassment. For the targeted employees this is a nightmare. What has happened in these situations is that the employees with the tough and brutal behavior


prevail and the targeted employees look for work elsewhere.

Commission scolaire René-Lévesque (CSRL) employees can receive five hours of free consultations with a psychologist or social worker through PAE Gaspésie.

CISSS employees can access a similar service by calling the Morneau-Shapell company at 1-844-880-9142.

If you have harassment concerns you are invited to access their website at <https://www.cnt.gouv.qc.ca/en/in-case-of/psychological-or-sexual-harassment/examples/index.html>.

For free legal advice on how to take your concerns to the next level please call the Centre de justice de proximité de la Gaspésie-Îles-de-la-Madeleine at (418) 689-1505. Lastly, if all else fails, seek legal counsel or legal aid at (418) 392-4458 to protect your employment and your mental health.



URBANISM
MINOR EXEMPTION

682, boulevard de York Sud: to regularize the implantation of a principal building with a front back margin of 4,92 m.

1811-A, montée de Pointe-Navarre: to regularize the implantation of a principal building with a rear setback of 4,01 m.

Notice to all interest persons who are entitled to sign an application to take part in a referendum (application must be received between April 24 to May 2, 2019 at 4:30 p.m.):

By-Law 1156-11-38 amends the zoning by-law 1156-11 as follows:

- ajoutant un vingt-septième point à l'article 19.2 LISTE DES CONSTRUCTIONS ET USAGES (only provision submitted for the approval of the qualified voters);
- remplaçant l'article 9.6 ANTENNE DE RADIO AMATEUR;
- remplaçant le tableau de l'article 9.1 NÉCESSITÉ DE L'USAGE PRINCIPAL

The entire territory of the Town of Gaspé is concerned by the second by-law.

Public consultation meeting – May 6, 2019 at 4 p.m.
By-Law 1156-11-39 amends the zoning by-law 1156-11 as follows:

- modifiant les usages autorisés dans la zone IC-269 afin de permettre comme usage spécifiquement permis dans cette zone, l'usage Gymnase et club athlétique (7425);
- modifiant les usages autorisés dans la zone RT-131 afin de permettre la classe d'usages Hébergement d'envergure (C-10).

The zone (IC-269) is situated in the Parc industriel des Augustines and the zone (RT-131) is situated on the boulevard Forillon, between the 1587 and 1751, boulevard Forillon.

GIVEN at Gaspé, April 24, 2019.

Isabelle Vézina,
Director of Legal Services and town clerk

In accordance with the by-law concerning the publication of public notices, the city of Gaspé informs you that you will find all of these notices on the website of the city of Gaspé at the following address: ville.gaspe.qc.ca in the section public notices.

More than 30 teams already registered!

Thierry Haroun

GASPÉ: - Up until now, 33 teams have registered for the 12th Edition of the Côte-de-Gaspé MRC Relay for Life. People have until April 26 to register, says Diane Bérubé, the President of the event that raises money for the Canadian Cancer Society. "Indeed, people have until April 26 to do so, but we take names until early May or even May 10 without a problem. We don't refuse people, because they were late to register. It's for a good cause." Relay for Life will take place on Saturday, June 8, at the Gaspé Polyvalent racetrack.

The objective is to raise \$135,000. Last year's event raised \$157,380. This year's event will be held for the first time from noon to midnight instead of 7 p.m to 7 a.m. "We had comments from people who said that holding the event in the middle of the night was tiresome and even for us as organizers it will be easier," she added.

For further information, visit the event's facebook page.



Photo: Courtesy of Diane Bérubé

Diane Bérubé, president of the Côte-de-Gaspé MRC Relay for Life



This shed might disappear in the next storm.

Photo: N. Sergerie

Coastal erosion: Rivière-au-Renard citizens are worried

Nelson Sergerie

Rivière-au-Renard: - Citizens of Rivière-au-Renard are concerned about the erosion of their properties on Renard West Blvd. A few residents went to the city council meeting on April 1 to present their concerns.

A dozen houses are affected by the phenomenon. "We have huge erosion problems on the banks. A neighbour was forced to move his shed. There is one who lost more than 20 feet of land," says citizen Francis Bernatchez.

The sensitive area is located on Renard Boulevard West, between Rue du Banc and Auberge Caribou. On site, it is easy to see the extent of the phenomenon that has increased since the high tides of December 2016. Each storm causes more damage.

The municipality can't act alone and is appealing to the province. "We will intervene politically so that the civil security can act rather than waiting for the sea to hit the foundations," said Mayor Daniel Côté. As for the citizens affected in December 2016 on the Rue de la Grève in Anse-à-Valleau, they will be met by the *sécurité civile*. Offers will be made to leave their premises.



20 zones in the Côte-de-Gaspé were visited by ZIP Gaspésie.

Photo: N. Sergerie

ZIP Gaspésie studies the Côte-de-Gaspé

Nelson Sergerie

GASPÉ: - Reducing the impact of humans on sensitive environments is the goal in 20 coastal areas of the Côte-de-Gaspé MRC. This is apparent from a study conducted last July by the Gaspésie ZIP Committee on the territory between Grande-Vallée and Anse-à-Brillant.

Among the sites, there are ten wetlands, nine of which are located on flood plains deemed to be at risk, two small unofficial dumpsites and five with invasive alien species. Nevertheless, the project manager, Hélène Cocheril, considers the sites in good health and is proposing solutions to better protect them. "It is mostly awareness in order to adopt eco-responsible habits. It will reduce garbage problems and sites that too many people frequent," says Ms. Cocheril. The cost of the project is nearly \$25,000.

GLOBAL FRIDAYS FOR FUTURE: Gaspé Poly strikes in support of the environment

Jeanie LeLacheur

GASPÉ: - It all started when Greta Thunberg, 15, from Sweden sat herself down on the ground outside Swedish parliament having decided it was really not important to learn anything in school while politicians stood idle ignoring the facts about the state of the environment. That one child's strike from school in support of the climate in September 2018 started what is turning out to be one of the largest environmental protests the world has ever seen.

Young Thunberg who protested alone, confronted world leaders at the World Economic Forum sparking a global movement for climate action, has recently been nominated for the Nobel Peace Prize and also spoke at the Declaration of Rebellion at Parliament Square in London. During the address she wondered why. "It is being said that climate change is an existential threat and the most important issue of all yet everybody carries on as before.

As the IPCC Intergovernmental Panel on Climate Change has recently changed the target from 2 degrees to 1.5, one would expect every one of our leaders to be talking about nothing else – but no one ever mentions it. Neither greenhouse gases already locked in the system nor air pollution or that we're already in the midst of the sixth mass extinction, with about 200 species becoming extinct every day, nobody speaks about the aspect of equity or climate justice clearly stated everywhere in the Paris agreement and the Kyoto protocol and needed to make it work on a global scale.

Rich countries need to get down to zero emissions within six to twelve years so that in poorer countries people can heighten their standard of living by building infrastructures that we already have such as roads and hospitals and also allow them access to clean drinking water and electricity.

How can we expect poor countries to care about the climate crisis if we who already have everything don't care even a second about it or our actual commitments to the Paris agreement?

So, no talk about it, no headlines, no emergency meetings, no breaking news. Everything



Photo: J. LeLacheur

Students from Gaspé Poly want to do their part to protect the environment.

needs to change, and it has to start today." Her closing message was clear: "Everyone out there. It is now time for civil disobedience. It is time to rebel."

The call to action has been heard and people all around the world are joining hands and forces in order to bring about positive change both on an individual and global level.

Closer to home some students at the Gaspé Poly gathered together to form what is called The Environmental STAFF (Students Taking Action for the Future) are busy building the organization which will even have a traditional board structure and serve as a means to examine the municipal, provincial and federal responsibilities in relation to the environment, create awareness and also offer information to the community and region.

Plans are already underway to take part in local cleanup projects such as the #trashtags movement and also to create a community garden.

Among the first groups to protest locally and raise their voices with the rest of the world, students and teachers gathered on Friday, April 5, to walk for the environment wielding powerful words to send some really clear messages like: *There Is No Planet B*.

Angelica Bernier, one of the leaders of the Environmental Club, says, "We joined the Fridays for future movement because we decided that we don't want to die and we're ready to fight for the planet." Not all students joined for the same reasons, Hunter Thibault says laughing, "honestly it's because my girlfriend is involved." But then goes on to say that, "if small things are done by every-

body then it becomes a lot of actions."

The students all agree that it's important to take action on something and give back instead of always taking and so are, at the moment, working hard at setting up their meeting area where future events are already being planned. Eve-Marie Parent and others admit to feeling anxious about the future of the planet and says she didn't realize that there was a "tipping point" where the damage is irreversible.

Elisha Rehel explains her concerns are not only for herself but future generations and the children they may one day have.

The English sector Poly has recently eliminated plastic spoons from the daily snack cart and single use water bottles are no longer sold in the school. Students are encouraged to bring reusable water bottles and refill them at the new stations which are part of the water fountains.

Karl Reinders who teaches at the Poly and is an important resource for the group is admittedly happy to be a part of the STAFF movement as a senior advisor helping raise awareness for Fridays or Future and the Global Climate Protests. He hopes to inspire not only students but the larger community to get involved also and at this time The Environmental STAFF would like to extend an invitation for local individuals and organizations to get involved by offering to donate any resources, expertise or even their time to walk with them and help accomplish their goals.

For more information about The Environmental STAFF and how to get involved please visit Environmental Club@gaspetreehuggers.

RECHERCHÉ / WANTED



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Antoine Le Blet / Groupe Chiroptères du Québec

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Avez-vous vu une chauve-souris voler en hiver?

Avez-vous trouvé une chauve-souris morte?

Avez-vous une chauve-souris dans votre maison?

Nous irons la récupérer et la reloger à un endroit sécuritaire.

Savez-vous où sont les colonies de maternité et les hibernacles?

Report your bat sightings to us

Seen a bat flying in winter?

Found a dead bat?

Have a live bat in your house?

We will pick it up and relocate to a refuge for eventual release.

Know where bats are roosting in summer or spending the winter?

Conception et impression: Département du Héris, 418-368-5081

Project progress for *Species at Risk Bats*

Jeanie LeLacheur

GASPÉ: - SOS Bats the species at risk initiative co-managed by Contact Environment and the Mic Mac Community of Gespeg continues to make progress in the data collection and awareness activities funded by the Aboriginal Fund for Species at Risk.

For what is now the third year (a year being defined as a 16 week period) the group has carried out inventory surveying and awareness activities. This past year saw some last minute changes that dealt with the funding that came later than usual.

The changes meant that although the 2018 spring and summer inventory and survey activities did not go as initially planned, however, the maternity roost of little brown bats did have an emergence count which indicated stability in the colony, so no significant increase or decrease in numbers.

The positive aspects also saw an existing partnership with the Perce Geoparc and the Grotte de Saint Elzear develop into a long term plan involving the installation of temperature/humidity loggers

in both the cave at the Saint Elzear site and the Trou sans Fond at the Geoparc in Perce.

The initiative is being carried out with Francois Fabianek of *Groupe Chiroptères du Québec*, as well as the *Ministère de la faune forêt et parcs*.

The multi-year project also saw a roost logger installed at the Percé cave to record the echolocations of any bats that may be using the cave as hibernacula (winter grounds for resident species). Although adverse weather conditions and forestry road made the Saint Elzear installation impossible at the time, equipment will be installed in fall 2019.

A toll-free number was also created for the organization allowing citizens to report bat sightings. A long term goal is to provide a bat shelter for those needing a safe place to wait for transportation to another refuge or rehabilitation centre.

Dr. André Banville m.v. has also partnered with Contact Environment to facilitate the acquisition of a permit that would allow bats to be kept and/or transported should the need arise. The Bonaventure Bioparc is also

in discussion with the project coordinator examining potential educational activities and a possible collaboration in the refuge plan.

“A Bat Story” Christmas activity was also part of the projects awareness activities with a generous donation of a symbolic Little brown bat adoption, posters and other species at risk and wildlife articles through the Canadian Wildlife Federation.

Plans for 2019 include the installation of temperature-humidity loggers in the maternity that is currently being monitored as well as in some existing man-made bat houses that are being used by solitary bats in an effort to determine the ideal temperature and conditions for reproductive females.

SOS Bats would ask the continued support of the region by signalling any bat activity or asking for information at the following toll free number: 1-833-877 2287.



Photo: J. LeLacheur

Angelica Bernier and Eve-Marie Parent of STAFF.

Half of all food produced in Canada is lost or wasted

Jeanie LeLacheur

GASPÉ: - Angelica Bernier and Eve-Marie Parent both members of STAFF Students Taking Action for Future attended the recent *Alimentation: Strategies Zero Gaspillage* (Food: Zero waste strategies) hosted by the Gaspé Cegep and delivered by Florence -Léa Siry.

The presentation with a focus on food waste revealed that an entire 58%, yes, more than half of all the food produced in Canada is lost or wasted. As consumers we are the largest source of that waste, beating out grocery stores and restaurants combined. The average family loses on average \$1,500 per year on wasted food.

Food is also one of the largest contributors to landfill and climate pollution with 50% of the fish we purchase being tossed, 48% of fruit and vegetables, 38% of grain products, 22% of meat, and 20% of milk products.

The good news is there are solutions which can benefit the environment in many ways. Being smart about food also saves water. It takes the equivalent of a shower running for 104 minutes

to make a pound of chicken, 60 minutes for a pound of white rice, 90 minutes for 4 ounces of chocolate, 122 minutes for a pound of cheese and 370 for a pound of beef.

We also all need to remember that food lasts longer than we think and storing it properly is the trick. Herbs should be cut like flowers – with their stems in a glass of water, avocados should be placed in the fridge to last longer and did you know that you can also keep flour fresh almost twice as long by freezing it. Left over cheese should be wrapped loosely in wax paper, not plastic and a slice of bread can be used to soften up hardened brown sugar.

Angelica and Eve-Marie of The Environmental STAFF are sharing the information from the presentation with their group, the school and community at large and would like to suggest visiting SAVETHEFOOD.COM for more tips about how to save food and money.



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Photo: T. Haroun

Seed Event: A great success!

Thierry Haroun

PERCÉ: - The first edition of *La Fête des Semences* (Seed Event) recently took place at the Percé Oasis Community Centre (located in the former elementary school) was a great success. More than 200 people, mostly from the Percé Rock MRC but also some from the greater Gaspé area, attended. "We were really surprised by the turnout. When we opened the doors, we didn't even know if we would have people and we now estimate more than 200 people were there. You can be sure that there will be another edition," said Guy Auclair, one of the organizers that Spec met at the event.

On hand there were all sorts of seeds to buy, gardening tools, local products (such as honey and jams) and also books and brochures on how to garden. "The idea of this event is to promote good health habits by supporting local products," added Isabelle Boisvert of *Produire la santé ensemble*, an organization based in Val-d'Espoir that has collective gardens and other educational projects promoting biological products.

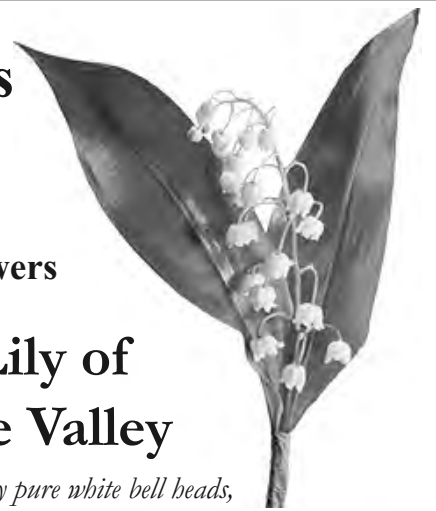
Reflections

by

Diane Skinner Flowers

Lily of the Valley

*Look for my pure white bell heads,
Bowed low, as if in prayer.
You'll find me by my fragrance,
Sweet smelling in the air.
Bees love me for my pollen,
Women for my perfume,
And my snow-white lily flowers,
In a bride's bouquet bloom.*



Lily of the valley are delicate, fragrant flowers that bloom in late spring. They cannot tolerate heat, so they only bloom until the warmer weather begins. If you were born in May, it's your birth flower. They are mentioned in the Bible fifteen times and are said to mean sweetness and purity. It is also believed that lily of the valley brings good luck in love and that is why brides sometimes use them in their bouquet. Grace Kelly and Kate Middleton had them in their bridal bouquets. This dainty white flower is deadly. How poisonous is lily of the valley? First, a little information about this flower.

Lily of the valley is a perennial which is found in temperate areas of the Northern Hemisphere. They tend to grow in small colonies and spread by an underground stem. Little stems shoot up and break through the ground with little buds called pips. They are not an actual member of the lily family but are closely related to asparagus. As mentioned, these lovely aromatic flowers bloom in late spring, but only for a short time. The flowers are tiny and shaped like a bell. You may find a small orangey-red berry in the middle of the blooms.

Lily of the valley have a beautiful scent and many perfumes, particularly years ago, imitated lily of the valley. An extremely popular perfume called "Muguet des Bois" contains chemicals which imitate the flowers' scent. In France they celebrate *La Fête du Muguet* (Lily of the Valley Day) on May 1.

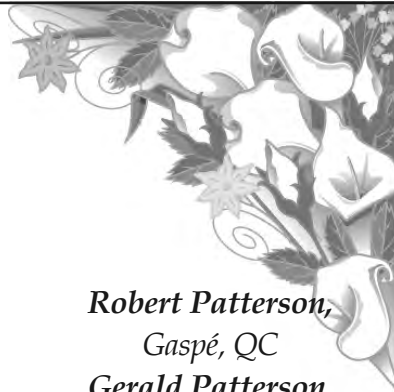
Christian accounts tell us that lily of the valley comes from the tears of Eve when she was exiled from the Garden of Eden. Other explanations say that the tears of Mary at the crucifixion of Jesus resulted in the lily of the valley. Countries, such as Yugoslavia and Finland, have this flower as their national emblem. The lily has been used through history for medicinal purposes. Lily of the valley was used during WWI to counter the effects of gas poisoning and also as a treatment for heart disorders and burns. But caution!!! Do not ever attempt to use this plant for any malady yourself.

How poisonous is the lily of the valley? Very. Why does nature do this? It is always about survival. The poison stops animals from eating the plant so that it will survive. Animals know not to eat it. They just know. In the TV series *Outlander*, in Season 1, a young boy is poisoned after eating lily of the valley leaves. If the plant is ingested it can cause vomiting, diarrhea, blurry vision, rashes, and can even be life-threatening. At the hospital, the treatments can include IV fluids, use of activated charcoal, and even an electrocardiogram if the heart is affected.

So, enjoy this wondrous little miracle of nature. You may admire its beauty, smell its sweet scent but do not ingest it.

Thank You!

to the following people for their generous donations to
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OBITUARY



FLOWERS: Charles Wesley

*We little knew that morning
That God would call your name.
In life we loved you dearly.
In death we do the same.*

Family and friends were deeply saddened Saturday, March 2, 2019, at the sudden and peaceful passing of Wes at his home in New Carlisle at the age of 76.

Wes will be greatly missed by his son, Troy (Beverley) and his daughter, Adele (Kevin). He will be lovingly remembered by his grandchildren, Ryan, Rachel, Shelby and Ethan; his sisters Lorraine (Kaye), Enid and Thelma; extended family; and dear friends.

Wes is predeceased in death by his parents Edgar and Mancil and his brothers Earle and Maynard.

A celebration of Wes' life was held on Tuesday, March 5, at the Anglican Church in New Carlisle. Mr. Cyrus Journeau officiated the beautiful service. The eulogies were read by Kaye Walker and Melanie Cyr. The hymns sung by the choir were *How Great Thou Art* and *Amazing Grace*, A solo of *Go Rest High on that Mountain* was sung by Dave Royal. A verse from the Bible was read by Christa Flowers. The cross was carried by Richard Cyr and the urn by his grandson Ryan.

Wes lived his entire life in New Carlisle. He will always be remembered for his good nature and humorous stories. Wes was committed to his job at the Ministry of Transport. He truly lived life to the fullest through simple pleasures: spending time with friends and family, in the woods, gardening, reading the SPEC and driving the roads.

"Our family chain is broken, and nothing seems the same; but as God calls us one by one, the chain will link again."



TURRIFF: Edith May (née Patterson)

November 22, 1947 - April 15, 2019

Mrs. Edith Turriff passed away peacefully on Monday, April 15, 2019, at the age of 71.

Edith leaves to mourn her husband, Roy Turriff; her children Darlene (Kevan) and Glen (Genevieve); her grandchildren: Marshall, Amanda, Maverick, Isaac and Coralie; her siblings: Albert Patterson (Elaine), Beatrice Thompson (Alfred) and Ruth Caron; the countless people that she considered family; and all the community she loved.

Edith was the hub of life in Metis. She always made time for people and she loved feeding everyone. She leaves behind a huge legacy of community work. In honour of her life, please remember to support your local community.

She will be fondly remembered and sadly missed by all.



IN MEMORY

CLARK: Jessie

Mum, Grandma, Sister, Aunt...our all

*If I could have only one more day, only one more,
I would pick up the phone and tell you I love you.
I would thank you for loving me unconditionally
And I would thank you for helping me to be me
If I could have only one more day.*

I pray heaven is everything you dreamt it to be.

I pray you're safe and free of pain

And have met up with your loved ones,

And I pray you have heard every word I have said.

To my darling Mum, I will love you forever,

So be safe until we meet again.

Loved and missed always, The Clark Family.



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Thank You

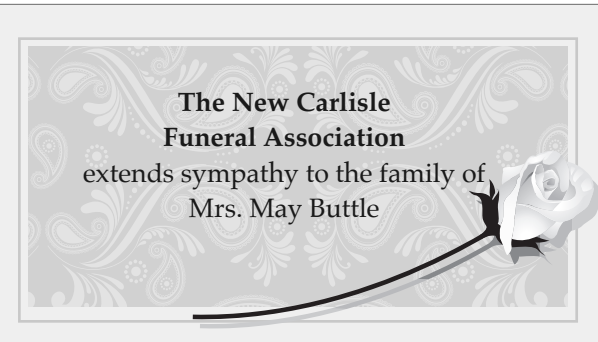
We wish to acknowledge the many acts of kindness, expressions of sympathy and support from friends and loved ones during our time of sorrow at the loss of our father, Wes.

Thank you to Catherine Buttle for her guidance and compassion. We were truly fortunate to have her help with the funeral arrangements. We are forever grateful to Mr. Cyrus Journeau who conducted a beautiful service, Enid Becher-vaise and the choir members.

A special thank you to Dave Royal for performing the solo, a request from the family. Thanks to those who gave cards of condolence, dropped off food, the phone calls of concern, the lovely plants at the church, the donations made in honor of our father and attending the service.

We would also like to thank Laura Flowers for preparing the delicious lunch at the Legion. All of your contributions were a tremendous comfort and will not be forgotten. We deeply appreciate your generosity and thank you most sincerely.

The Flowers Family



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COAST ROUND-UP

POINTE-NAVARRÉ: Sanctuary of Pointe Navarre

May 26: The Annual General Meeting will be held at 1:30 p.m. at the Church. You are invited to this meeting to receive information on the administration of the Sanctuary. Everyone welcome.

GASPE: English Book Club Meet the Author

April 30: Beginning at 1:30 p.m. at the Gaspé Municipal Library (Biblio at the bottom of the Brise Bise steps) the English book club will meet for afternoon tea and chat about books they have read and enjoyed. The meeting will welcome Claudette Languedoc, who has Gaspé connections, to talk about her book *Courage and Complicity*. All are welcome. No charge. Library services are available. For information call Tracy Wolfe at 418-368-3005.

WAKEHAM: Advance notice

Wakeham ACW will be holding its annual summer sale on **Saturday, July 6**, at the York River Community Hall. There will be a bake sale, handicraft table, white elephant table and mystery parcels. Afternoon tea will be served, \$5. Doors open at 2 p.m.

YORK: York River FADOQ Seniors Club

May 4: Annual General Meeting at 4 p.m. at the Gaspé Royal Canadian Legion. Punch will be served from 5 p.m. to 6 p.m. Supper and dance to follow with live entertainment. Come out and enjoy supper, music and a night of dancing. Tickets are available from Ron Mundle and Alfred Cassidy. \$20 per person with a \$10 refund offered to all York River FADOQ members who attend. Bar service will be available.

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.

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: Legion Branch 261

Every Monday: The Royal Canadian Legion, Branch 261, will be having a money bingo at 7 p.m. at the Legion. 18+ only.

Every Thursday: Cards and Games from 7 p.m. to 9 p.m. Free For more information, contact Lloyd Roussel at 418-645-3700 or 418-645-2786.

May 12: Mother's Day Brunch, from 8:30 a.m. to noon. Adults \$10, Children \$5, under 5 free.

May 18: Music and Dance with Blondsy and Patrick Dufresne beginning at 9 p.m. Cost \$5.

BARACHOIS: Recreation Centre

May 10 and 24: The Barachois Recreation Centre will be holding an 18+ money bingo at 7 p.m. Bilingual. Over \$600 in cash prizes.

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!

April 27: Military Whist beginning at 8 p.m. Admission \$5. Light lunch served.

May 4: 500 card game.

May 11: Mother's Day Tea.

PORT DANIEL: St. James Anglican Church

May 3: Gift bingo, 7 p.m. at the Three Star Golden Age Club. \$10 per series or three for \$20. Canteen open.

July 27: Annual Bazaar at the Three Star Golden Age Club. More details to come.

HOPE TOWN: Community Centre

April 26: Gift bingo beginning

at 7 p.m. \$10 per series or three for \$20.

May 11: 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

May 5: Soap making, 1:30 p.m. to 4 p.m. with Marie-Claude Poirier, \$10.

May 10: Soup and Sweets 11:30 a.m. to 1 p.m. at the New Carlisle Town Hall, \$10. Door prizes.

May 11: Fly tying, 10 a.m. to 3 p.m. Learn to tie flies, cast and gain a new appreciation of fly fishing with Jean Marc Poirier. \$10.

May 14: Annual General Meeting at 7 p.m. at the Kempffer Cultural and Interpretation Centre, 125 Boulevard Gerard D. Levesque in New Carlisle. The evening's activities will include the annual report and the election of directors. Refreshments will be served. Come and join us!

May 25: Wood carving, 9 a.m. to 4 p.m. with Marcel Beaulieu. \$15.

NEW CARLISLE: Royal Canadian Legion

Saturdays: Legion opens at 1 p.m.

April 27: Cribbage tournament. Registration at 12:30. Tournament begins at 1 p.m. \$10 per person. Bring your partner. All welcome. For more information, contact Norma at 418-752-6214.

April 27: The Dart Club will be holding a gift bingo at the New Carlisle Legion beginning at 7 p.m. All proceeds go to the Legion. Donations would be greatly appreciated. Contact Tabitha, Tammy, Marie or Darlene at 418-752-4312.

May 4 & 5: New and almost new yard sale at the Legion.

Doors open at 8 a.m. Something for everyone, - everything from screws to the kitchen sink. Please support your Legion.

May 12: Mother's Day afternoon from 2 p.m. to 5 p.m. with local entertainers Kathy Gallon and Vern Huntington. \$5 entrance fee.

July 1: Mini prince and princess. If you would like to register your child/children, call Laura at 418-752-6799. Age groups: 0-4, 5-9 and 10-13. More info to follow.

NEW CARLISLE: Life Association Mother's Day Tea

May 4: There will be a Mother's Day Tea from 11:30 a.m. to 1:30 p.m. at the New Carlisle Town Hall. \$6 per person.

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 RICHMOND: Flea Market

New clothing has arrived, \$1 each. Hot meal at noon. Free. Donations accepted. 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.

NEW RICHMOND: Richmond Manor

May 5: Lasagna Dinner Fundraiser, 11 a.m. to 1 p.m. Enjoy a delicious meal for only \$12 per adult. Includes: lasagna, ceasar salad, garlic bread, dessert and drink. Take-outs available.

CASCAPEDIA-ST-JULES: Bookroom

Please be advised that the bookroom has reopened.

CASCAPEDIA-ST-JULES: 50+ Club

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

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

May 12: Mother's Day Brunch from 9 a.m. to 12 p.m. \$12 per adult, \$10 children 12 years old

and under.

May 25: Annual Spring Bingo beginning at 1 p.m. The entrance fee is \$10 for 3 cards; additional cards are \$1 each. Welcome to all and thank you for your support.

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: Important Meeting

This is to inform the community 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 Mawioni Treatment Centre located at 85 School Street in Gesgapegiag. Everyone welcome! For more information, call 418-759-3522.

UNITED CHURCH

Sunday, April 28
10:30 a.m. Hope Town

ANGLICAN CHURCH OF CANADA

Sunday, April 28
New Carlisle

9 a.m. Holy Eucharist
Hope Town

11 a.m. Holy Eucharist
Shigawake & Port Daniel

Service with United Church in
Hope Town at 10:30 a.m.

PARISH OF GASPÉ

Sunday, April 28
St. Paul's - Gaspé

10 a.m. Holy Eucharist

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Cause an effect on Earth Day

Make the decision to make a difference this Earth Day. On Earth Day and every day, the routine choices we make affect our planet, so here are some simple tips for choosing wisely:

- Reduce, reuse and recycle at home, at work and at school.
- Shop for used goods, or look for items made from recycled materials.
- Buy in bulk or multi-packs to cut down on packaging waste.
- Look for energy efficiency labels on products such as appliances and plumbing fixtures.
- Cut down on plastic bags by carrying your own reusable shopping bag to the store.

- Properly dispose of recyclable items, electronics and potentially hazardous materials.
- Always turn off lights and appliances when you leave a room.
- Unplug your mobile phone charger when it's not in use.
- Walk, ride your bike or use public transportation whenever possible.
- Choose locally and organically produced foods.
- Turn off the water while brushing your teeth or shaving.
- Don't top off your gas tank, as this lets harmful chemicals enter the air.



Earth Day

Houseplants can clean indoor air

Gardening is a rewarding hobby that can pay a host of dividends, both for the planet and the people doing the gardening. Healthy plant life can help clean the air by absorbing carbon dioxide and various air pollutants, while the act of gardening can help gardeners combat stress.

Published in 2011 in the Journal of Health Psychology, a study from researchers in the Netherlands found that gardening promotes relief from acute stress. In the study, two groups of participants were asked to complete a stressful task and then instructed to either read indoors or garden outdoors for 30 minutes. After 30 minutes, the latter group had lower levels of the stress hormone cortisol and even reported being in a better mood than the group instructed to read indoors.

Gardening does more than just provide gardeners with a reason to spend some time relaxing outdoors in an effort to relieve stress. Gardeners who raise certain plants may be able to bring those benefits with them when going inside as well. According to an article published in the journal Environmental Health Perspectives in October 2011, houseplants can work wonders when it comes to improving overall health, removing toxins from air, soil and water by metabolizing some toxic chemicals and releasing harmless byproducts while sequestering such toxins by incorporating them into plant tissues.

Clean indoor air is important for everyone, but especially so for those people who suffer from respiratory ailments like asthma. In fact, the American Academy of Allergy, Asthma and Immunology considers indoor air filtration an essential part of any strategy to improve respiratory health.

But filtration systems and air purifiers are often not enough, and those who want the air in their homes to be as clean as possible may benefit from introducing certain houseplants into their homes. The following are a handful of plants that can help to improve indoor air quality.

- **Aloe vera:** Aloe vera might be most often associated with hand creams and hand soaps, but the aloe vera plant, a succulent that even novice gardeners should have no problem growing, can clear indoor air of formaldehyde and benzene, two common byproducts of chemical-based cleaners many people use in their homes.
- **Spider plant:** Spider plants are resilient, and that makes them great houseplants for busy men and women who tend to be forgetful when caring for their plants. In addition, spider plants are pet-friendly and can be used to combat benzene, carbon dioxide, formaldehyde and xylene.

• **English ivy:** NASA researchers exploring the possibilities of long-term space habitation found that certain houseplants were more effective at cleaning air inside energy-efficient, nonventilated buildings than others. One such plant was English ivy, which can effectively combat the formaldehyde found in certain household cleaning products.

• **Bamboo palm:** Bamboo palms also found their way onto NASA's list. Bamboo palm plants thrive indoors, where they are especially effective at filtering out the chemicals benzene and trichloroethylene.

Gardening has been proven to be a soothing hobby that can help gardeners reduce stress. But the health benefits of gardening can extend indoors as well.



RECYCLE REPURPOSE REUSE

Look what you can create with used wood pallets...



HOROSCOPES

ARIES – Mar 21/Apr 20

You may realize a long-term goal over the next few days, Aries. The sense of accomplishment can inspire you to try new things and set new goals.

TAURUS – Apr 21/May 21

It can be challenging to balance private and public life, Taurus. Make a concerted effort to be open, but don't overshare information, either. Work with others, if necessary.

GEMINI – May 22/Jun 21

Gemini, you want to have momentum, but something trips you up and

slows you down considerably. You have to find a work-around if you want to be happy.

CANCER – Jun 22/Jul 22

Older, unresolved issues may bubble up this week and grab at your attention, Cancer. Seek out close companions who may be able to guide you through.

LEO – Jul 23/Aug 23

Leo, consistency at work starts to shine through in your career status and progress at the company. Competition seems to fall away, and you take a leadership role.

VIRGO – Aug 24/Sept 22

Showcase your talents to people unfamiliar with what you can do,

Virgo. This renewed enthusiasm may inspire you and others going forward.

LIBRA – Sept 23/Oct 23

Libra, the longer you let your needs go unaddressed, the more the pressure and stress will mount. Find a way to put yourself first this week.

SCORPIO – Oct 24/Nov 22

Your sense of security and routine is put to the test with a new visitor to your household, Scorpio. This visitor may require a few concessions on your part.

SAGITTARIUS – Nov 23/Dec 21

Sagittarius, try your best to breeze through interruptions at work this week. Your projects are all on schedule, and you want to keep them going

forward.

CAPRICORN – Dec 22/Jan 20

Your attention may be drawn to the material things in your life right now, Capricorn. It is okay to focus on the niceties surrounding you once in a while.

AQUARIUS – Jan 21/Feb 18

Make some changes at home so that living spaces reflect your personality and desire for comfort and coziness, Aquarius. It can make for more harmonious living.

PISCES – Feb 19/Mar 20

You may be at a loss for words because distractions keep pulling you in different directions, Pisces. Stay the course the best you can.

FAMOUS BIRTHDAYS

APRIL 21

Tony Romo, Athlete (39)

APRIL 22

Jeffrey Dean Morgan, Actor (53)

APRIL 23

Gigi Hadid, Model (24)

APRIL 24

Kelly Clarkson, Singer (37)

APRIL 25

Jason Lee, Actor (49)

APRIL 26

Kevin James, Comic actor (54)

APRIL 27

Ace Frehley, Guitarist (68)

Easy steps you can take to reduce your carbon FOOTPRINT

Take a litter-free lunch to work or school.



Don't waste a drop of WATER. Do you need to keep the tap on while brushing your teeth?

Plant more trees and flowers for the bees.



Avoid single use plastic: plates, cups, straws, baggies, etc.



How big is your carbon footprint?

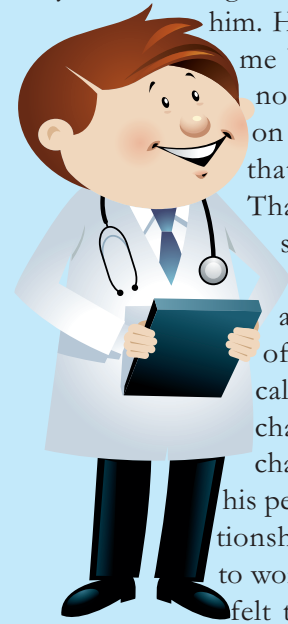
Percé Rock MRC Health Establishments

Maison Blanche-Morin: Helping women faced with violence

Thierry Haroun

The Maison Blanche-Morin, located in the Percé Rock MRC, is unique in its kind, given that it houses, supports and accompanies women faced with violence, including victims of spousal abuse. Spec's journalist had the rare privilege of visiting this establishment.

We will call her "Sophie" in order to protect her identity because she was afraid of retaliation from her former spouse. Spec spent 20 minutes with her in a special room during which she told us her story. "I was lucky to find refuge here. I was afraid of him. He had control over me because I was economically dependent on him and on top of that we used drugs. That didn't help the situation.



He controlled me and I was the victim of mental and physical violence. Just to change the television channel I had to ask his permission. Our relationship went from bad to worse to a point that I felt that my life was in danger and it's at that moment that I decided to get some help from la Maison Blanche-Morin.

I feel safe here and I feel much better now. I would like to conclude our conver-

sation by saying to all women victim of spousal violence to not hesitate and ask for help. La Maison Blanche-Morin is there to help us all," Sophie said before leaving the room with tears in her eyes.

Services and an important message

Documentation from the Maison Blanche-Morin indicates that spousal violence can take many forms, such as psychological (control, harassment, threats, etc), economic (control of finances), verbal (insult, hurt, criticize, speak loudly, yell, etc), sexual (forced to have sex) and physical (pushing, kicking, throwing objects).

Services at the Maison Blanche-Morin include reception and lodging (individual or family room), information and references (e-mailing available also), telephone companionship (hot line), support in mother-child relationship, individual consultation after residence term is completed and activities of all sorts to build self-reliance and awareness, sensitization and education in the community.

One can also read this message in the documents available in English: "Spousal violence is unacceptable and criminal!" The Executive Director of the establishment, H el ene Vendette had this to say. "We are open 24 hours a day, seven days a week. Our services are free and confidential so please don't hesitate and call us. We will help you."

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