

## HEADSTRONG CONFERENCE: High school students tackle stigma surrounding mental illness

Cynthia Dow

CHANDLER: - As MC, Guy Gallibois who is also the Academic Training Counsellor for ESSB spoke of the stigma surrounding mental illness and how it prevents five out of every six people struggling with mental illness from getting help.

Mr. Gallibois continued by welcoming students and facilitators to the region's first Headstrong Conference held on March 26 and 27 at Camp Bellefeuille in Chandler. The event was organized by the Eastern Shores School Board in collaboration with CASA. It attracted 25 students from across the ESSB territory.

The objective of the conference was to introduce students to mental illness and the importance of reducing the stigma surrounding it. One in five Canadians will struggle with some form of mental illness in their lifetime, and everyone is touched by it in one way or another.

The students heard from guest speakers and worked together in workshops to think of ways to reduce stigma in their respective schools.

Sandy Astles, Coordinator of Complementary Services for ESSB, received the funding from the special entente for services for anglophone schools. She had been exploring different ideas for what to do with the funding when the Headstrong initiative was brought to her attention through the Mental Wellness Gaspésie Task Force on which she sits. "When this idea came up, it just seemed like the perfect event," she told SPEC, "We are hoping that these Grade 9 and 10 students will multiply the impact by taking it back to their student councils or their local committees."

The keynote speaker of the day was retired social worker Médor Doiron from Bonaventure, whose wife committed



Photo: C. Dow

Photo: S. Astles

Students from several ESSB schools attended a conference on mental illness.

suicide about 15 years ago. His story was riveting as he described his attempts to deal with her major depression, and his guilt after her death. He shared his formula for helping those struggling: Listen, Talk, Engage and Hope.

"I never thought it would happen. After all, I am a social worker. I am supposed to know what to do. But after she died I said to myself over and over again, I should have..., I should have... In one of her notes, Dominique wrote, "You are not responsible," and those words have been very important to me. Words are very important."

In fact, in their workshops students discussed how they could change the way they talk about mental illness with their peers. Médor told them they will be inspiring ambassadors for mental health when they return to their schools.

The Director-General of the school board, Natascha Joncas, also addressed the participants telling them that the board is taking a great in-

terest in mental health, and announcing that supporting the mental wellness of the students will be a major theme of the Regional Schools Education Conference (RSEC) next fall. "We will be continuing this work, and we will be there with you and for you," she told the youth.

Physical and social activities were also part of the two-day event, with singing, sliding, and walks on the agenda. The link between good mental health and good physical health was emphasized. The students were also taken through a short meditation session.

In attendance were four social workers from the *Centre intégré de santé et services sociaux*. Nancy Gédéon, regional respondent for mental health promotion and prevention activities, participated in the panel discussion where questions gathered from the students were answered. She reminded the students that at every school there are professionals they can turn to for

help whether for themselves or for their friends.

At the end of the conference, students reported what they would be doing in their schools to reduce the stigma and facilitate talking about mental illness.

They mentioned putting up posters with celebrities who struggle with mental illness (for example, Brad Pitt suffers from depression). In May during mental health awareness week, some of the students want to hold an activity to raise awareness. Other students want to tackle bullying by supporting the victims and taking action to stop it.

Headstrong is an initiative of the Mental Health Commission of Canada. CASA received some funding from CHSSN to introduce the initiative to the region, and the Eastern Shores School Board was eager to take it on. ESSB contributed the bulk of the funds for the event, covering the travel costs and the time of the adult facilitators. CASA

covered the cost of two organizers.

In the meantime, Ms. Astles explained that the school board has taken other initiatives as well to equip educators to support mental wellness in the schools. Each school has a crisis intervention team and the members of those teams are receiving Mental Health First Aid training. "It is pivotal to have follow-up from this event, and to build capacity in our schools," she noted.

Another Headstrong Conference will likely be held in two years. "The travel costs a lot, but we have to reinvest in our kids. The friendships made, the social networking was great for them, to build the confidence and resilience they'll need in the future. This gathering was definitely a healthy step in the right direction."

*Disclosure: Cynthia Dow was a guest speaker at the conference, sharing with students her struggles with anxiety, and how she handles it.*



## Percé is preparing for gardening

Ariane Aubert Bonn

PERCÉ: - *Produire la santé ensemble* (PSE) will hold its very first Seed Day on April 6.

The community event will bring people together under the theme of gardening. Workshops and conferences on how to harvest your own seeds, start seedlings, heritage seeds, the needs of vegetable plants, the making of balms and food autonomy are scheduled.

In addition, a parent-child workshop on making seed bombs will be held a few mornings. "These are small balls of clay in which we will place seeds. In the spring,

children will be able to throw them into nature," says Aurdrée Dufour, mobilization officer for PSE.

Two seed companies will be on site: *Les Jardins Partagés* of Paspébiac and *Le potager ornemental de Catherine* from Saint Apollinaire, near Lévis. Those seed companies will be selling seeds that will grow well in our climate. The public is also invited to exchange free surplus seeds on site.

"With this event, we want to promote species adapted to our climate and share the know-how associated with agricultural practices," says Ms. Dufour.

### Day camp

The Cap d'Espoir Nature Day Camp will take place this summer. Held by the PSE organization for a few years, it has a new partner, the UNESCO Global Geopark in Percé. Initially focused on gardening, the camp will now be enhanced by the learning and play opportunities of the Geopark. The camp was short \$15,000 in funding and was almost cancelled for this summer but a partnership with the Town of Percé, the Geopark, and the community has resulted in new sources of funding.

## Economic intervention

Thierry Haroun

PERCÉ: - The Côte-de-Gaspé MRC has decided to intervene in economic development by slating no less than \$250,000 until March 31, 2020. The Côte-de-Gaspé MRC's Economic Intervention Plan has four objectives with the goal of supporting mainly small private businesses and non-profit organizations in the area that have expressed their needs in terms of recruiting personnel, training and growth projects. In that perspective, the Executive Director of the MRC, Bruno Bernatchez, told Spec that the MRC "had to make sure that we support these businesses the right way and meet their expectations. For instance, if a business has an expansion project we can finance it up to 20% to a maximum of \$10,000. We can also support businesses that need to hire or recruit a human resources manager. We can support them in terms of training and so on." For further information and to obtain details about the Plan, call the MRC at 418 368-7000.

## Influenza hits the Gaspé hard

Nelson Sergerie

GASPÉ: - This flu season has been a difficult one with 652 cases reported so far on the Gaspé Peninsula and Magdalen Islands. This is a drastic increase compared with last year. Health authorities deemed 2018 a significant year for the flu with 400 cases reported.

"We have a new test that can better detect the flu virus, but we also see that there are more tests being requested by doctors. It is probably because there are many people who come in with flu-like symptoms," says the medical adviser at the Directorate of Public Health for the Gaspé Peninsula and Magdalen Islands, Dr. Ariane Courville.

The percentage of consultations for flu-like symptoms was very high during much of the winter. Virtually all cases were of Strain A. Only five people have suffered from Strain B this winter.

Medical research does not make any direct links between the flu and the colder and snowier winter. "It's hard to make the link although we know that the flu virus likes winter for all kinds of reasons," says Dr. Courville. This year most cases were reported between late December and mid-February and have started to decline during the past few weeks.



Dr. Ariane Courville

## Fishermen's group nominated for provincial award

Gilles Gagné

GASPÉ PENINSULA: - The Southern Gaspé Professional Fishermen's Group is being nominated for a provincial award, a Mercuriade, regarding the development of JOBEL, the software used by lobster fishermen to locate their catches and send online reports. The award presentation ceremony was held on March 29 in Montreal. JOBEL was developed by Gaspesian computer expert Samuel Roussy, the son of a Port Daniel-Gascons lobster fisherman. The software that fishermen had been using was designed in British Columbia and was recommended by Fisheries and Oceans Canada. That software, which had several bugs, required a computer which isn't ideal on small fishing boats. Samuel Roussy's JOBEL software, however, collects information that can be sent with a smartphone.

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# Jérémie-Viktor Lagacé pleads guilty of non-premeditated murder

Gilles Gagné

NEW CARLISLE: – Four days before the beginning of his trial for premeditated murder, Jérémie-Viktor Lagacé, charged with having killed French tourist Fabrice Durand on August 22, 2017, in the Chutes à Picot trail, entered a plea of guilty on a reduced charge of non-premeditated murder on March 28 at the New Carlisle courthouse. The trial of the 24-year-old man was supposed to start on April 1 with the selection of the jury.

Fabrice Durand, aged 23, received a bullet in the head while walking with his girlfriend, Ludivine Marcoux, also from France. The couple was supposed to return to France a few days later, after having spent a few months in Canada.

The Chutes à Picot trail is located within the limits of Saint-André-de-Restigouche to the west of the village located near Matapédia. Jérémie-Viktor Lagacé resided in that village until his arrest and imprisonment, a few hours after the murder.

Defence attorney Marcel Guérin, explains that before reaching the out-of-court agreement, he and his colleague Catherine Mercier had discussions with crown prosecutors Florence Frappier-Routhier and Guy Loisel, who were in charge of suing the accused on behalf of the Department of Justice.

“Discussions started three weeks ago. The determining factor? We negotiated, we had enough meetings. Both sides made steps to reach a middle ground,” points out Marcel Guérin.

“I was convinced that he (Lagacé) would be guilty of non-premeditated murder. There was no room for manslaughter. We spared the judicial system of a costly trial,” adds attorney Guérin. The trial was scheduled to last four weeks.

He also believes that the crown prosecutor side “did not have enough evidence to get a first degree murder verdict (premeditated murder). He (Crown Prosecutor Guy Loisel) would have released his evidence for second degree (non-premeditated murder).”

A document presenting the evidence gathered by the Sûreté du Québec investigators reveals that Jérémie-Viktor Lagacé aimed for and



Photo: G. Gagné

Jérémie-Viktor Lagacé has entered a plea of guilty on a reduced charge of non-premeditated murder.

shot Fabrice Durand, using a Tikka .270 rifle equipped with a riflescope. It is a big calibre rifle.

Mr. Durand was shot from behind, in the upper part of the neck, at the base of the skull. He died instantly. The shooter had met the couple a few minutes earlier, telling them that he was going to the Falls. The couple was on their way back from the Falls.

After firing, the shooter dropped his rifle and rushed to the spot where Ludivine Marcoux was standing, in shock. She asked him if he had fired the shot. He denied it and offered to help her. She first believed him and asked him to call 911 to get emergency services. He dialed but there was no cellular signal. She then took off in the car she had rented with her boyfriend after Lagacé told her that he had no car. His car was in the same parking lot though.

She reached the house of a lady living near the trail and they called the police. Jérémie-Viktor Lagacé went back to the place where he had put his rifle. He then took his vehicle to take another secondary road and hide the firearm. He was arrested minutes later while passing in front of the house where Ludivine Marcoux sought help. Police officers were already there.

For hours after his arrest, the suspect denied having used a firearm. After a while, he admitted to using a rifle but said that he shot at a tree, that the bullet hit the victim by accident. It is only weeks later that he admitted firing directly at Fabrice Durand, which explains why he was only charged with premeditated

murder weeks after the initial court appearance on August 23, during which he was only charged with careless use of a firearm.

Marcel Guérin believes that the defence and the crown prosecutors might suggest the same sentence to Superior Court Judge Guy Deblois. The sentencing hearing is scheduled for April 2 and the judge will most likely render his verdict the following day.

Jérémie-Viktor Lagacé will automatically be convicted to a life sentence in prison and the judge’s decision will essentially pertain to the length of the penitentiary time after which he will be admissible for parole. In a non-premeditated murder case, that period varies between 10 and 25 years.

Crown prosecutor Florence Frappier-Routhier stresses that “we can expect a testimony coming from the victim’s side” during the pleas on the sentence. Ludivine Marcoux will be the person who will testify.

The charges of negligent use of a firearm and breach of a court order were also dropped on March 28. “They were not comparable in importance to the non-premeditated murder charge,” explains Florence Frappier-Routhier. The breach of court order charge was related to a previous judgement in another case. Jérémie-Viktor Lagacé had shot animals belonging to neighbours and to one of his teachers.

As for the charges of theft of a firearm and break and enter, they were dropped on March 29. Jérémie-Viktor Lagacé had stolen firearms in Nouvelle before the murder.

## Police report

RCMP officers have arrested two men in connection with a break and enter in a Nouvelle home. On March 19, two senior citizens were tied up late in the evening and left in that position after two men stormed in their house. The victims who were both over 70 years of age were not injured during the crime.

Michel Perron, 52, from Campbellton appeared at the New Carlisle courthouse on March 28 and was charged with break and enter, robbery and forcible confinement. Jimmy Lévesque, 38, from Dalhousie was charged with the same accusations the following day. Both men were remanded in custody. They were scheduled to return to court on April 2 for the determination of their bail hearing date.

“The investigation started to give results when the car was found in Dalhousie, damaged, hours after the crime. That car seemed to correspond to the description made by the victims. From there, the RCMP investigators found a way to locate the suspects,” explains Sgt. Claude Doiron, spokesperson for the Sûreté du Québec. The SQ and the RCMP worked jointly in that file.

Despite a certain secrecy pertaining to the details of the investigation, Sgt. Doiron admits that the licence plate of the car was instrumental in finding the suspects. He is as discrete about the nature of the goods that were robbed in the victims’ house but he concedes that some objects of value were stolen.

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Traffic on Highway 132 was interrupted for about half-an-hour on March 29 at 1:45 p.m. in the east part of Carleton when a van caught fire, most likely due to a mechanical failure. The fire required the intervention of Carleton’s firefighters and Sûreté du Québec police officers to stop traffic. The owner of the van was not injured but his vehicle was totalled.

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A single dwelling house located on Northeast Road in Es-cuminac was destroyed by a fire on March 28. The alarm was given at 11:15 a.m. Nobody was in the house when the alarm was given. The investigation is still ongoing in order to determine the cause of the blaze, as no indication was evident when the firefighters reached the scene.



### PUBLIC NOTICE

#### URBANISM

Public consultation meeting – April 15, 2019 at 4 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;
- remplaçant l'article 9.6 ANTENNE DE RADIO AMATEUR;
- remplaçant le tableau de l'article 9.1 NÉCESSITÉ DE L'USAGE PRINCIPAL

#### LEGAL SERVICES AND CITY CLERK'S OFFICE

##### Register

By-law 1391-10 décrétant un emprunt et une dépense d'une somme de 5 734 828 \$ pour la construction et l'aménagement d'un garage municipal: the register will be held on April 9 and 10, 2019 at the town hall, the number of applications needed in order that a referendum poll be held for this By-Law is 1 211 and failing this number, the concerned By-law will be deemed approved by the qualified voters.

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](http://ville.gaspe.qc.ca) in the section public notices.

Isabelle Vézina,  
Directrice des services juridiques et greffière





## Commentary

Gilles Gagné

### More must be required from Uber

The taxi industry in Quebec is submitted to a storm in great part created by Bill 17, the reform project tabled by Transport Minister François Bonnardel to cope with a changing world, essentially the revolution triggered by the arrival of a multinational, Uber, that initially paid no taxes and that remits very small amounts to the governments now.

Taxi permit holders have seen that permit's value go from \$200,000 to \$250,000 per unit to something that could be close to nothing. The effects of Minister Bonnardel's bill are still hard to determine, however, the fact that it creates two distinct classes of cabs doesn't guarantee that traditional taxi permit holders will still possess something, a permit, that has any kind of market value.

There lies one of the two main hurdles likely to haunt the Coalition avenir Québec government attempt to partially but sizeably deregulate the taxi industry.

The previous Liberal Party government had offered \$250 million to traditional permit holders in order to open the door to Uber and, eventually, Eva, a Quebec-based company that will offer similar services. The new CAQ government came up with a new proposal, adding \$250 million to the initial offer.

Some cab permit holders have recently bought that operating licence for \$250,000, thinking that a valid deal would come from the new government. Arithmetic of it tells us that \$500 million divided by 8,000 permits makes \$62,500 per permit. No wonder thousands of drivers are desperate and have been demonstrating for a couple of weeks. It will go on for a while if minister Bonnardel doesn't improve the terms of the agreement he proposes in Bill 17. The Gaspé Peninsula cab drivers have joined the movement even if Uber is not present in the region yet. The value of the region's cab driver permits is also annihilated by that Bill 17 if it is approved as is.

For a number of cab drivers, the value of their permit represents or represented the biggest chunk of their pension plan. A high proportion of Quebec's cab drivers are former immigrants who want to leave something to their children. Driving a cab 60 to 80 hours a week was often the only way to make ends meet. The permit was the thing they could sell at the end of their career to live on more than governments' pension programs.

At the same time, the taxi industry needed an electroshock. Some of the cars were no longer suitable for cab service and the integration of technologies had to be improved. Uber cars and drivers were on the average better in those categories but when you don't pay taxes, or very little, and when you are supported by a multinational firm that has done internationally the

same for years, you have a better capacity to invest.

The reform tabled by François Bonnardel creates only one category of drivers but two categories of vehicles. Only the regular cabs will be entitled to take passengers at random on the street or in spaces reserved for taxis. In that latter case, the fees will be calculated by a timer, regulated by Quebec's Transport Commission, while other rides will be ruled by "dynamic rates."

The quota on the number of permits will no longer exist, once approved by Bill 17. That is the second reason why the value of a permit falls to nothing, or close to nothing.

Minister Bonnardel has defended his bill vigorously so far, saying that it is a better compromise than the offer made by the previous government, however, it is not because his offer is better that it becomes automatically fair.

Being in business is always risky. This time around though, the fact that the risk factor comes from a multinational firm and the government's inability to deal properly with that issue is making it unfair for traditional cab drivers.

The deregulation initiated by the government is for the moment heavily financed by traditional cab drivers and ordinary taxpayers, who see savings in the way Uber operates, but who will pay at the other end the taxes that the multinational company will fail to hand out to the government. Minister Bonnardel must find a better compromise that will require more from Uber.

## Letters to the Editor

### THE MINORITY COMMUNITY PRESS LEFT OUT OF THE 2019 FEDERAL BUDGET

The Honourable Mélanie Joly, Minister of Tourism, Official Languages and Francophonie, The Honourable Pablo Rodriguez, Minister of Canadian Heritage and Multiculturalism, Madam Minister, Mr. Minister,

The Association de la presse francophone (APF) and the Quebec Community Newspapers Association (QCNA) were looking forward to the tabling of the 2019 Federal Government Budget with great hope. Since 2016, the APF and QCNA have shared their expectations with the government so that newspapers in our official language minority communities (OLMCs) can continue to protect democracy and serve the public interest within their respective communities.

The measures proposed in your budget to support Canadian journalism show that the government has not considered the most vulnerable Canadian newspapers that serve OLMCs in Canada's ten provinces and three territories. The proposed eligibility criteria for an eligible Canadian Journalistic Organization (OJCA) do not consider the needs and realities of the smallest newspapers in our OLMCs.

Due to decisions made by the federal government in the past decade, including the virtual disappearance of federal advertising in OLMC media, most of our newspapers have been forced to adapt their busi-

ness model by reducing the number of journalists. To be considered an OJCA and to be eligible for the tax credit, the media must employ at least two journalists at least 26 hours per week. The media will not be able to access the tax credit if it is already receiving a grant from the Canada Periodical Fund's Aid to Publishers program. These criteria disqualify many of our newspapers twice rather than once.

However, Part VII of the Official Languages Act (OLA) requires federal institutions to apply criteria that consider the realities and needs of OLMCs when developing programs and services.

Community media play an essential role in the development and vitality of OLMCs and are often the only source of written information in official languages in a minority situation for an entire province or territory. The report of the Standing Committee on Canadian Heritage (June 2017) eloquently demonstrates this. The conclusions of the Office of the Commissioner of Official Languages' final investigation report (June 2017) agree with the same conclusion.

While the 2018-2023 Action Plan for Official Languages offered us some support to better serve OLMCs in terms of civic journalism, the measures only partially meet the pressing needs of our newspapers, which, despite their sustained efforts, are unable to cover the substantial losses of the past ten years.

At this point, the status quo is not acceptable as it will result in the most vulnerable being very disadvantaged and some of our media will not survive. We will contact your office in the coming days to obtain an emergency meeting to identify, with you, winning solutions to ensure that the government respects its obligations under Part VII of the OLA and allows official language minority community newspapers to benefit from the positive measures to support Canadian journalism announced in your budget this week.

Lily Ryan, Interim President  
Quebec Community Newspapers

Francis Sonier, President  
Association Press Association Francophone



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1-year (paper or digital): \$46  
6-months (paper or digital): \$25  
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Gaspé's Home Page:  
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We acknowledge the financial support of the Government of Canada.  
We acknowledge special funding from the Ministère de la Culture et des Communications.

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Published every Wednesday by:  
Les Publications de la Côte Inc.  
(Sea-Coast Publications Inc.)

Canada Québec

Member of:  
QCNA, CARD

News Media Canada  
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# A new municipal garage in Gaspé

Nelson **Sergerie**

GASPÉ: - After 12 years of waiting, Gaspé will finally have its new municipal garage.

The current infrastructure was built in the 1970s and no longer meets the needs of the Public Works Department.

“Everyone sees it. The municipal garage in downtown Gaspé is downright obsolete,” said Mayor Daniel Côté. According to the mayor, the Town intends to invest \$5.5 million to convert the former GDS lumber plant in Sandy Beach, a location much more appropriate for this type of building, to the needs of the municipality. The municipality has owned the former GDS lumber plant since 2007.

“We had financial support that matched our expecta-

tions. We are talking about 65% (from Quebec) help on a \$5.5 million project. Financial assistance is at the meeting point. The project is ready and we are ready to move forward,” said the mayor. Gaspé will have to assume \$1.9 million of the cost.

The future municipal garage will be in an existing building that will be adapted accordingly. The plans are still preliminary and once the project is ready the call for tenders will be launched.

“We’re talking about a much more modern building. We have more equipment and more workers. We have to meet more needs of the population which justifies having a larger building.”

Public Works machinery and a business incubator are already in the Sandy Beach building. The mayor also



Photo: N. Sergerie

The new garage will be located at the former GDS facility in Sandy Beach.

says that at one time, the Minister of Transport’s service centre was supposed to move to that Sandy Beach location.

The current building on Gaspé Boulevard, which also

houses Fire Station 48 of the Town’s Fire Department, will be renovated once the transfer is complete. “You really have to renovate it. We would not have enough space to renovate the barracks and ex-

pand the municipal garage there. It was still necessary to relocate the garage to the industrial park,” adds the mayor. The cost of the work for this portion of the project has not yet been determined.



Photo: G. Gagné

RÉGIM looking once again at having a summer shuttle service.

## RÉGIM: VIA Rail shuttle service

Nelson **Sergerie**

GASPÉ - Users of the VIA Rail train in Campbellton, New Brunswick, could have access to a summer shuttle service operated by the *RÉGIM, the Régie intermunicipale de transport Gaspésie-Îles-de-la-Madeleine*.

Thanks to positive feedback, the organization is considering the opportunity to once again offer this service that was in place during the last two summers.

The president of the RÉGIM, Daniel Côté, does not want to commit himself, nor the board of directors, to this promise. There is still work to be done with the Government of Quebec and

VIA Rail.

“The initial direction of the RÉGIM’s Board of Directors is to go in that direction. There seems to be a demand. We recently received a letter from a citizen telling us that the service would be really appreciated. We think there is potential for tourism. We think about all this and, yes, we are working on an implementation and the file could be announced sometime in April,” says Mr. Côté.

### Moving forward without Quebec

The organization’s budget surpluses, estimated at \$300,000 for 2018, would make it possible to move forward with the service. This is despite Quebec’s refusal to

fund the shuttle organized during the 2018 holidays. The organization had to pay the estimated operating loss of approximately \$8,000 without support from the provincial government.

A new funding application may be filed with the Ministry of Transport. “We will not count on it. We still intend to carry out the project, even if it means realizing it with our own funds and with the support of VIA Rail. That’s what we want.” Government rules require the RÉGIM to reinvest its surplus in public transit. A reinvestment plan must be produced. In addition to the VIA Rail shuttle, the addition of other public transit services could be considered.






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**ADOPTION OF BY-LAWS  
PUBLIC NOTICE**

**PUBLIC NOTICE** is hereby given that the Eastern Shores School Board adopted the following By-Law to set the time, day and location of the Council of Commissioners and Executive Committee meetings.:

**BY-LAW 8** with a view to setting the day, time and location of the Council of Commissioners and Executive Committee Meetings.

The **Executive Committee** will meet every third Tuesday of the month except for the month of July at the hour of 6:00 p.m.

Unless otherwise indicated, meetings will be held at the Administrative Centre of Eastern Shores School Board, 40 Mountsorrel Street, New Carlisle, Quebec.

The **Council of Commissioners** will meet every third Tuesday of the month except for the months of July, November, January, March and May at the hour of 6:30 p.m.

Unless otherwise indicated, meetings will be held at the Administrative Centre of Eastern Shores School Board, 40 Mountsorrel Street, New Carlisle, Quebec.

The present by-law adopted by resolution C19-03-349 replaces all previous versions and will take effect on the date of its publication by a public notice indicating its adoption.

Given at New Carlisle, Quebec, this 28th day of March 2019.

Margaret-Ann Cooke  
Interim Secretary General



## Reflections

by

Diane Skinner Flowers



### I'm Only Going to Tell You This Once

Expressions are a helpful way of getting your point across. When we heard them as children, we knew that our parents meant business. Now, lo and behold, those expressions that our parents used we now use with our own children and grandchildren. We used to roll our eyes when we heard them. Now we embrace them as ours.

Let's make a case for those expressions. The first reason is that they need no explanation. When your mom said, "I'll give you something to cry about!" you knew to calm right down and you did. When your dad said, "You brought this on yourself," it made you feel the shame for the choices you made. If you dared to whine about the weather you may have heard, "You are not sugar, and you will not melt." Okay, got it, Mom. I'll stop whining right now.

The second great reason to use these sayings on our children is repetition. If you repeat the same message, they are bound to get it. How many times did I hear, "If Ray (for example) jumped off the roof, would you do it too?" If we stop and consider this, it was an honest question worthy of thought. I asked myself, would I? And further, what's so cool about Ray that I should follow him off that roof?

The third reason to use those expressions is a connection with the people who raised us. Didn't they do a good job? Aren't we pretty reasonable and successful people? Might be in part thanks to the wisdom of those expressions. When I use the saying, "Money doesn't grow on trees," I smile to myself. My gentle, sweet mom was right, of course. No money on trees. You have to work and earn that stuff.

Besides, a further reason is that many of those sayings provided us with a philosophy and guide for our adult selves. "Cross that bridge when you come to it," helps us to not be so anxious. Deal with those things as they come up. If you worry about every little thing before you need to, you are wasting your time.

The really old-time expressions help to remind us that our ancestors truly lived in different times. Times that were indeed harder in many ways. We really rolled our eyes at the saying, "When I was your age, I walked 5 miles to school in all weather." They did. Today's children walk nowhere. Times were tougher and there was less. Let's be respectful of their hard times.

You may have heard these sayings in your childhood too:

*You'll know what I mean when you are a parent.*

*There are people starving tonight who would gladly eat that liver and broccoli.*

*I'm only going to tell you this once.*

*Never, ever choose a husband (or wife) who is not grateful to have you.*

*Always wear clean underwear in case you get into an accident. (That one is good for every day!)*

I am certain that you can add more to this list that you heard as a child. When you look back, most of these sayings were actually very wise. So, don't feel guilty if you use them because they are time-tested and you have earned the right to annoy your children a little. Maybe we have become our parents in some ways. That is something I am proud of.

## Percé Rock MRC Health Establishments

### Villa Pabos: Adapted to its patients

Thierry Haroun

CHANDLER: - The Villa Pabos is a public CHSLD (long-term care facility) located in Chandler. The many services offered to its residents are adapted to their needs and reality.

The Villa Pabos has been part of the community since the 1970s. Over the years, the building was renovated and expanded in order to house its residents who come mainly from the Greater Chandler area but also from the Percé Rock MRC. The facility is located at a two minute drive from the hospital.

Upon arrival three representatives of the establishment were on hand to answer questions and they invited two individuals to give a testimony to their experience in terms of services offered. The first person we met with was Antoinette Leblanc. Her husband died three months ago at the CHSLD. "I must say that the services offered to my husband in the last days of his life were very good and respectful. I only have good words for the nurses, doctors and auxiliaries." At her side was Janice Roussy who is a resident at the CHSLD. Janice is from Gascons and a grandmother who raised four children. A degenerative disease forced her to leave her home after 60 years. She was seemingly very happy with her stay at Villa Pabos. "The hardest thing for me was to leave my house after 60 years, but the staff here is so friendly and I feel secure. I do plenty of activities and I've even started to write a book. It helps me to go through the daily hardships."

The Villa Pabos has 98 beds destined for seniors experiencing mental or physical handicaps. Those who are admitted in the CHSLD are nearing the end of their lives, but to make their daily life easier, the staff organizes many activities, explains Brigitte Grenier, responsible for the quality and service department. "We make sure that they have what they need and adapt to their reality. We have, for instance, a beauty care service for women and physical activities for men. There's bingo, music and so forth. We want to make sure that they feel at home. We pay attention to what they have to say and we decorate their rooms to their expectations." For example, when Spec visited the centre and one of the residents, who was in a wheelchair, showed us his room, it was fully decorated with the Montreal Canadians Hockey Team's flags, shirts, posters, pillows and carpet.

"We also have moments of prayers," adds Ms. Grenier. Major renovation and expansion projects are expected to start next year at the Villa Pabos. The total cost is valued at \$31 million and was announced by former Liberal Health Minister, Gaétan Barrette. The Villa Pabos has a staff of 75 people.



## Family Ties celebrates Collective Cooking

Jessie LeGrand

NEW CARLISLE – On March 28, Family Ties hosted a collective cooking event to celebrate the 22nd Provincial Collective Cooking Day. Since March is also nutrition month, participants also learned about the Canadian Food Guide.

The theme, "One hand on the basket, the other to sign," brought awareness to the Quebec Declaration for the Right to Healthy Food, encouraging participants to sign it. The declaration brings attention to the fact that healthy food choices must be made more affordable and accessible, while higher taxes could be placed on sweetened beverages and ultra-processed foods. It also insists upon clear and honest food labelling, a new food guide, as well as increased funding for community-based food organizations.

Family Ties hosts collective cooking every month and has nine regular groups. The sessions involve cooking a meal and dessert, usually consisting of three to four items, which participants can then take home after the gathering. Groups generally consist of three to eight members, with participants coming from New Carlisle and surrounding towns.

"It allows people to save money, reduces social isolation and improves health standards since we teach them to cook good food," explains Melissa Mercier, the coordinator of the project. Collective Cooking offers an opportunity for people in the community to come together and learn something new, all while staying cost-efficient. She adds that "Some of the meals participants couldn't make by themselves (cost-wise)."



Participants Charlene Billingsley and John Benwell

"It gives us a chance to try new foods and learn new things," says Charlene Billingsley, a regular at Collective Cooking. "We come once a month. We get together, cook a meal and enjoy a chat." She had learned about collective cooking through friends.

The event also brought out some new faces, such as Katie Carrier. This was her first time attending Collective Cooking after hearing about it through Family Ties. "I thought it would be fun. It's something to do and you get to meet new people."



Melissa Mercier, Collective Cooking Coordinator



# TVO's Raven's Quest to air show segment about Gesgapegiag's Phenix Condo

Gilles Gagné

GESGAPEGIAG: – Raven's Quest, a TVO Kids show that focuses on depicting the lives of Indigenous kids today, will air towards the end of 2019 or the beginning of 2020, an episode featuring Gesgapegiag's Phenix Condo, aged 8.

A TVO Kids crew was at Phenix Condo's home in Gesgapegiag and also in New Richmond on March 25 and 26 in order to obtain footage for the episode that will feature him. Show director Roxann Whitebean was accompanied by the director of production, and the cameraman

The recruiting of Phenix by TVO Kids staff came in a rather unusual way, since Naomi,



Naomi Condo helps Phenix get ready for another shooting session.

Phenix's mother, never made an effort to draw that network's attention.

"They actually found him on facebook. They were referred to my page. They liked his look. That was in November 2018 and the exchange started from there. They sent me the details. I asked: 'What kind of show is this?' and I discovered with Phenix what

it was. We did some videos with my phone and they liked it. They decided that, yes, we could likely do a show with him," says Naomi Condo.

The episode will feature Phenix in various places that are important to him: "at the stable with his



Phenix showed his room to the TVO Kids shooting crew.

horse, and collecting maple water at the sugar camp owned by Darlene and Bill Meredith whom he considers his grandparents. He will also be seen playing soccer, and going to the largest teepee in Canada, Gesgapegiag's church. They also got him to play with his cat with a go-

pro camera. He will explain the meaning of his long hair. The show will present what is unique about Phenix," adds Naomi Condo.

"Phenix will explain how he reconnects with his ancestors when he collects maple water. It is a great opportunity to see two communities

connecting together. If we are to work continually for the environment, it is important to put the children in contact with nature," she concludes.

Season 1 of Raven's Quest is available to stream on the TVO website. The episode that will feature Phenix is part of season 2.

## OGPAC:

# New service for men diagnosed with prostate cancer

Gilles Gagné

MARIA: – OGPAC, the organization supporting Gaspésians suffering from cancer, is launching a new service in order to help men who have received a diagnosis of prostate cancer, along with those still waiting for a diagnosis.

It is a pilot project unique in Quebec, called "Un pas ensemble, pourquoi pas, messieurs," which means "one step together, why not, gentlemen?" A group of five men, including two who are bilingual, recently received training in order to assist other men likely to receive a prostate cancer diagnosis.

Régis Audet, the director general of the Saint-Alphonse-Nouvelle Volunteer Centre, received a prostate cancer diagnosis four years ago, on May 19. He remembers going alone to get test results and says that was not a good idea.

"It is a process. At 50 or 55 years of age, you go for prostate exams, and analyses of your PSA (prostatic specific antigen) levels. My



Volunteer Daniel Leblanc, interim director general Anie Cayouette, volunteer Régis Audet, Carolanne Poirier, president of the OGPAC board, and volunteer Jean-Marc Cyr were on hand to launch the new service providing support to men suffering from prostate cancer.

PSA was high and I had gone for a biopsy. While waiting for the results, I learned that the probability of my suffering from cancer was 50%. A friend, Jean-Marc, was also waiting for the same result. We joked a bit, saying that one of us would get cancer. I went to see the urologist for the results. The saying 'falling off a

chair' is true. I just remember the words: 'it is aggressive.' The urologist showed empathy, and the nurse as well, but other patients were waiting. They had no more time for me. I panicked. I went home, crying while calling my wife," explains Mr. Audet.

His cancer was aggressive, but he learned later that it was

not invasive, in the sense that it was not spreading to other organs.

Régis Audet recovered well from that battle with cancer but he and other men in the area, along with OGPAC officials, decided that something had to be done for men who risk learning when they are alone that they suffer from

cancer.

"It is like a taboo subject for men, however, the word spread quickly that I had cancer and other men who had experienced prostate cancer called me with encouraging words," adds Mr. Audet.

He is not retired yet but he has thought of making himself increasingly available as he will work less, so to spend time with men who might receive a cancer verdict.

"If I find the time, I will be on the other side of the door to support a man who just learned that he has cancer. I can say that when it is diagnosed on time, we can heal," he says.

Anie Cayouette, interim director of the *Organisme gaspésien des personnes atteintes de cancer*, OGPAC, says the new support program takes at least two forms.

"There is that person who accompanies the men. Five Bay of Chaleur area men are already trained to support

Cont'd on page 8



# On the Gaspé, there isn't much support for pre-kindergarten for 4-year-olds

Nelson **Sergerie**

**GASPÉ:** - *Centres de la petite enfance* (CPE) administrators, employees and the member of the national assembly for Gaspé have united to convince the Legault government to put a stop to the universal implementation of preschool for four-year-olds. A petition against the project has, so far, reached 31,000 signatures. Last year, at the *Voyage de mon enfance CPE* in Gaspé, 18 four-year-olds left the daycare with the introduction of classes in schools. "We started the year in September with 12 free places. It's a bit ironic when we say that the network is overloaded," says the director of the facility that also manages family child care in the Gaspé region, Gilles Chapados.

## A united front against the program

The president of the Quebec Federation of Early Childhood Advocates at the Centrale des Syndicats du Québec (CSQ), Valérie Grenon, admits that some of her members will lose their jobs with the universal creation of four-year-old pre-kindergarten. She estimates this figure at about 2000 people. However, it is not the issue that motivates the union in its fight. "Of course we have

certain concerns but our main goal is really at the level of the child's needs. We have created an expertise in the field. We are early childhood professionals. Why create a parallel network? That's what we do not understand," says Ms. Grenon.

Gaspé member of the national assembly Méganne Perry-Mélançon supports the position of administrators and union members on this issue by saying that CPEs are the best place to intervene with four-year-olds. CPEs were created in 1997 by the Parti Québécois under the administration of the then Minister of Education, Pauline Marois. Ms. Perry-Mélançon notes that the Legault government's project would involve significant investments. "The measures to be put in place to detect learning disabilities in children must be done in the CPEs. There are professional resources that can do the job right now without going into a big reform that involves a lot of money in infrastructure." There were 25 pre-kindergarten classes listed in the Gaspé Peninsula and Magdalen Islands for the 2018-2019 school year. This number will increase to 34 at the start of the new school year. Priority is always given to disadvantaged areas. Quebec wishes to have completed the implementation of all pre-kindergarten



Photo: N. Sergerie

*Valérie Grenon and Gilles Chapados don't think that universal pre-kindergartens are a good idea.*

garden classes for four-year-olds within five years.

## ESSB

The situation at Eastern Shores School Board schools is a bit different as many of their schools already offer a pre-kindergarten class.

According to Lisa Mosher, director of educational services at Eastern Shores School Board, "we have been allocated one per year for the past few years as follows: New Carlisle High School, Shigawake-Port Daniel School, Gaspé Elementary and St Patrick's (in Chandler). Our allocation for next year will go to Flemming Elementary in Sept Îles."

Ms. Mosher also points out that "the criteria has been very limited to socio-economic home postal codes of 4-year-

olds with Bill 101 eligibility. Space must be available in the school for an additional group."

## PROSTATE:

### Cont'd from page 7

other men who could get a cancer diagnosis. We also have video-conferences that can guide people through the healing process and we can suggest online sites where people can find ways of coping with cancer," she explains.

Procure, a Quebec-wide organization that supplies round-the-clock support, trained the new volunteers.

The OGPAC project was implemented "because we realized that men were not coming and asking for services. They were keeping their illness for themselves," says Anie Cayouette.

The Health and Social Service Integrated Centre of the Gaspé Peninsula, often referred to as the CISSS, is collaborating with the initiative by informing patients of the OGPAC service.

"It will depend on the patient," says Anie Cayouette, adding that OGPAC will promote the usefulness of individual meetings.

Training offered to volunteers also apply to nurses working with cancer patients.

"The goal is to convince nurses and doctors to join our initiative. It will facilitate the healing process," points out Anie Cayouette.

The project is followed by Dr. Marie-Pascale Pomey, researcher for the CHUM, the hospital centre of Université de Montréal.

Anie Cayouette stresses that OGPAC is offering more than two volunteers willing to work with anglophone patients. "Some documents are also translated presently. We are also approaching the Aboriginal clientele, where the rate of cancer is high. It is under development right now."

## SHRIMP QUOTAS:

# Decrease for the fourth consecutive year in Gulf of Saint Lawrence

Gilles **Gagné**

**GASPÉ PENINSULA:** - The Federal Department of Fisheries and Oceans is cutting by 18.27% the total quota of shrimp in the Gulf of Saint Lawrence. That total quota went from 17,337 metric tonnes in the four zones to 14,170 tonnes between 2018 and 2019. It is the fourth consecutive fall.

In the Anticosti zone, the allowable catches will go from 6,871 to 5,840 tonnes between 2018 and 2019. It is a 15% decrease, just like in the Esquiman zone, where the quota will be 5,066 tonnes, compared to 5,980 tonnes a year ago. Few Quebec fishermen detain quotas in Esquiman.

The Sept-Îles zone is hit

the hardest, due to a 37.7% fall in the quota which will go from 4,267 to 2,658 tonnes.

Only one zone will see a quota rise, the Estuary zone, but it is by far the smallest zone and the impact on the overall picture will be very limited. The quota was 239 tonnes in 2018 and it climbing to 606 tonnes this year, a 153.5% hike.

The Association des capitaines propriétaires de la Gaspésie, the group representing most shrimp fishermen in the Gaspé Peninsula, has asked Fisheries and Oceans Canada to postpone until 2020 that quota drop and keep in 2019 the same quota as the 2018 one.

"It would diminish the economic impact of the quota drops that have been experi-

enced by shrimp fishermen over the last years," says Jean-Pierre Couillard, director general of the Association des capitaines-propriétaires de la Gaspésie.

The fishermen hit the sea on April 1st. They have until December 31st to catch their quota. Shrimp fishing works according to individual quotas. It is an important source of revenues for the Gaspé Peninsula Aboriginal communities.

The fishermen and the processing plants of Gaspé, located in Rivière-au-Renard and Griffon Cove, had not reached an agreement on a price when the fishing season started but a minimum price was determined and the season beginning started as scheduled.



**COMMISSION SCOLAIRE EASTERN SHORES  
EASTERN SHORES SCHOOL BOARD**

## PUBLIC NOTICE

Pursuant to Section 394 of the Education Act, PUBLIC NOTICE is hereby given that on March 20, 2019 the Council of Commissioners of Eastern Shores School Board adopted the amendment to BY-LAW 9- Code of Ethics.

The present by-law adopted by resolution C19-03-350 replaces all previous versions and will take effect on the date of its publication by a public notice indicating its adoption.

Given at New Carlisle, Quebec, this 28th day of March 2019

Margaret-Ann Cooke  
Interim Secretary General



# Announcements...



## OBITUARIES

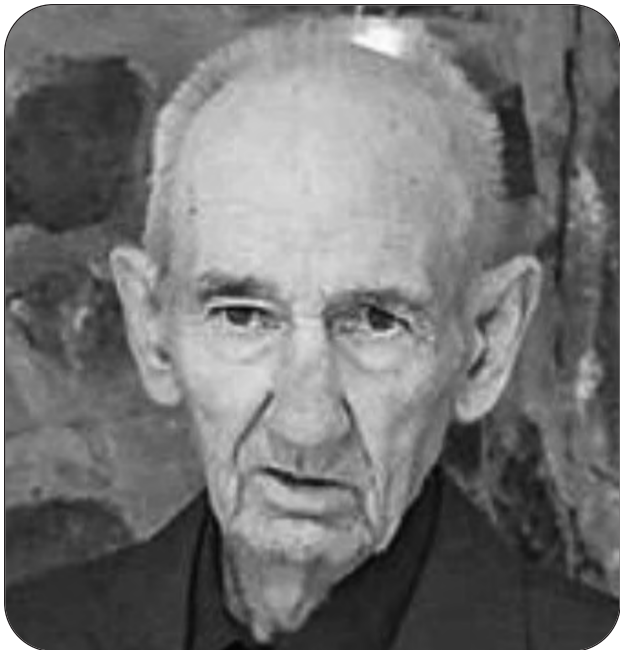


### BRUNET: Darcy

In memory of Darcy Brunet who passed away at the Villa des Jardins in Edmundston, N.B. on November 6, 2018, at the age of 83. He was buried in St. Quentin, N.B.

He leaves to mourn, his wife Marthe Perron of Edmundston, N.B.; brother Omer; sisters Ardath Wilson, Marilyn Shea and Marietta Flynn, USA; nephews; nieces; and many family members and friends.

Family of the late Dr. J.O. Brunet and Ida M. LeGrand, Port Daniel, Quebec.



### BUTTLE: Vincent

November 8, 1937 - January 10, 2019

Vincent leaves to mourn, his wife of 22 years and 7 months, Sheila MacWhirter; also Krystal, Adam, Leslie and Hollie; one sister Carole (Alex); five granddaughters; one great-granddaughter; four grandsons; one niece; one great-niece; three nephews; many cousins, especially Brenda and Marjorie; and his best friends Pat Smith and Bruce Chaterton.

Sadly missed and will never be forgotten. "Always in my heart," "love you," your wife Sheila.



### CLYDE: John Graham

August 18, 1932 – March 20, 2019

John Graham Clyde passed away peacefully on Wednesday, March 20, 2019, at the age of 86.

John was kind, and donated to several different charities over the course of his life. John loved to read western novels, learn about history and wildlife, and spend his time painting and completing puzzles. He shared many memories of his hometown in Gaspé, Quebec, to anyone who would listen. John was predeceased by his parents, Royce and Ella Clyde; his wife Shirley; and friend Joan Maker.

He is survived by his friends Keith and Barb Leaper of Calgary, Alberta; Brenda and Greg Jansen of Cambridge; and many friends he made during the years he lived at Kathleen Elliott Court. As per his wishes, cremation has taken place and there will be no funeral service at this time. In lieu of flowers, donations in John's memory may be made to the Canadian Cancer Society.



## IN MEMORY

### DAWSON: Emma

April 3, 2017

*Today's the anniversary  
Of the day that I lost you,  
And for a time it felt as though  
My life had ended too,  
But loss had taught me many things  
And now I face each day  
With hope and happy memories  
To help me on my way,  
And though I'm full of sadness  
That you're no longer here,  
Your influence still guides me  
And I still feel you near.  
What we shared will never die.  
It lives within my heart  
Bringing strength and comfort  
While we are apart.*

Mom, you will always be my guiding star. Love Barbara Ann.

Order your announcement online at  
[thegaspespec.com](http://thegaspespec.com)

### RENOUF:

In loving memory of the Renouf family: Father Bert 1983; Mother - Sarah Annie 2006; Sisters - Nellie 1975, Ida 2006; Brothers - Lloyd 2009, Bill 2010, Aubrey 2012, and Lester 2014.

*The rolling stream of life goes on,*

*But still the vacant chairs*

*Recall the love, the voices, the smiles we shared*

*Of ones who once were there.*

Lovingly remembered, Mary and family xoxoxo

### Novena to St. Jude

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

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

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

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

**Obituary or Wedding:**  
\$40 (\$45 with picture) (Max. 300 words)

SUBMISSIONS FOR THIS PAGE  
MUST BE IN OUR OFFICE BY THURSDAY.



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## CLASSIFIEDS

**For Sale:** Chesterfield, three cushions. French provincial style, floral pattern, beige wooden frame. Price to be discussed. Matching chair included. 418-752-2515. (A17)

## COAST ROUND-UP

### POINTE-NAVARRÉ:

**Shrine of Pointe-Navarre**  
**April 8:** You are invited to a Tiazé Evening, between 7 and 8 p.m. in the Sanctuary. Prayers in peace, Songs and music in the spirit of Taizé.

### 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 table, handicraft table, white elephant table and mystery parcels. Afternoon Tea will be served, \$5. Doors open at 2 p.m.

### 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:

**50 Plus/Minus Baby Boomer Reunion**  
The 2019 organizing committee will be hosting a dinner and dance party at the Fort Prevel Golf Course on **Saturday, July 27. Cocktail hour:** 5 p.m. (cash bar) **Dinner:** There will be a two choice, five course menu served at 6 p.m. Beef Bourguignon (\$25.95) Salmon (\$28.95) + taxes and service **Live music:** Performed by Jolanie Cauvier, from 5 p.m. to 12:30 a.m.  
*The attendees from the 2018 Dinner Reunion voted to modify the criteria for 2019. Students from Barachois and Belle Anse Schools born between 1945 and 1950 and teachers who taught students within these age groups at those schools are also invited to attend.*

To be eligible to attend the dinner and dance party you must have been **born between 1945 and 1950** and have attended school in **Barachois or Belle Anse**. If you fit the above criteria and would like to attend, you can be accompanied by your spouse or a friend. Please confirm your attendance with Dianna Francis diannafrancis36@icloud.com, 418-368-2427; Stanley Ste Croix stan@csolve.net, 705-726-6132 or 705-818-6005; Lawrence McNally lwmcnally@hotmail.com, 418-645-2300; or Gerald Girard gerrygirard@bell.net, 450-619-9655 or 514-913-1350, preferably by email, with your names, telephone numbers and your choices for the main course.

### 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 on our activities, contact Lloyd Rousel at 418-645-3700 or 418-645-2786.

### BARACHOIS:

**Recreation Centre**  
**April 12 and 26:** 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 5:** Bingo beginning at 7 p.m. \$10 per series or 3 for \$20. Canteen open.  
**April 6 and 27:** Military Whist beginning at 8 p.m. Admission \$5. Light lunch served.  
**May 1:** Mother's Day tea.

### SHIGAWAKE:

**Community Centre**  
**April 22:** Easter gift bingo beginning at 7 p.m. \$10 per series or three for \$20. Canteen service available.

### HOPE TOWN:

**Community Centre**  
**April 13:** Military Whist beginning at 8 p.m.  
**April 26:** Gift bingo beginning at 7 p.m. \$10 per series or three for \$20.

### 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:

**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:

**Heritage New Carlisle Advance Notice**  
**May 10:** Soup and Sweets beginning at 11:30 a.m. to 1 p.m. at the New Carlisle Town Hall.  
**May 14:** Heritage New Carlisle Annual General Meeting at 7 p.m. at the Kempffer Cultural and Interpretation Centre.

### 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:

**Royal Canadian Legion Upcoming Events**  
**April 14:** Annual breakfast at

the New Carlisle Chalet. 8 a.m. to 2 p.m. \$10 brunch, \$8 #2 breakfast and \$7 #1 breakfast. All are welcome.

**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.

**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.

**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:

**Bookroom**  
Please be advised that the bookroom has reopened.

### 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:

**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. Everyone welcome.

### 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 Mawiom Treatment Centre, located at 85 School Street in Gesgapegiag. Everyone welcome! For more information call 418-759-3522.

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### UNITED CHURCH

**Sunday, April 7**  
10:30 a.m. Hope Town  
Fifth Lent

## ANGLICAN CHURCH OF CANADA

**Sunday, April 7**  
**New Carlisle**  
10 a.m. Morning Prayer  
**Hope Town**  
11 a.m. Holy Eucharist  
**Port Daniel**  
9 a.m. Holy Baptism

### PARISH OF GASPÉ

**Sunday, April 7**  
**St. Paul's - Gaspé**  
10 a.m. Holy Eucharist

**DEADLINE FOR THIS PAGE: THURSDAY AT 4 P.M.**

Please send your ad to:  
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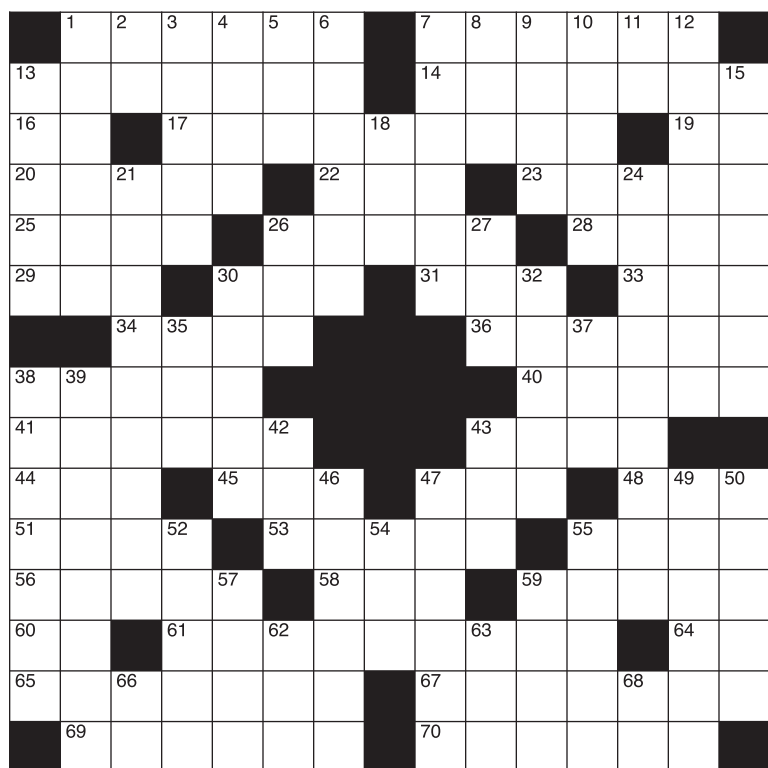




# On the lighter side...



## CROSSWORD

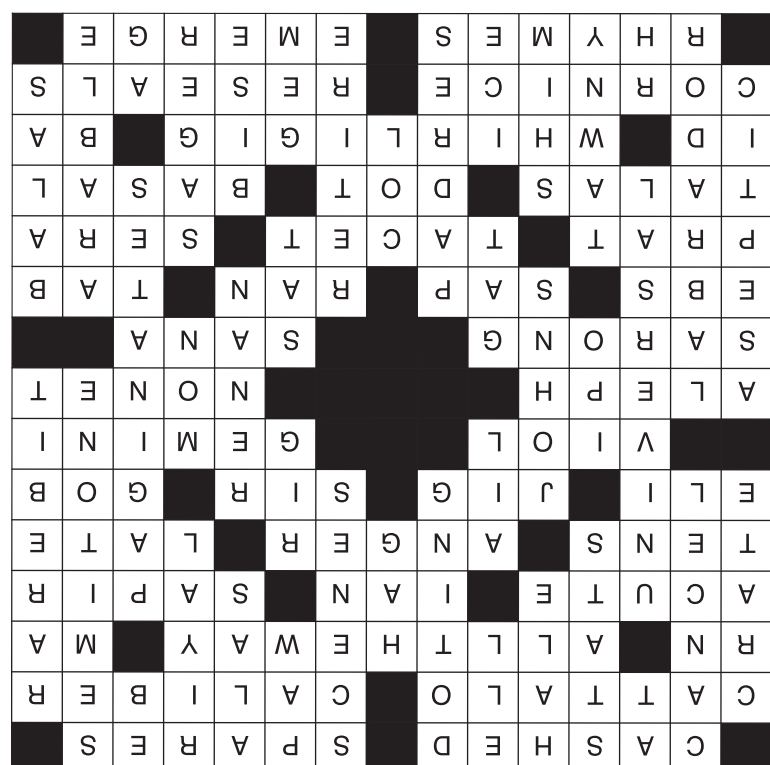


### CLUES ACROSS

1. Got paid
7. Sets free
13. Domestic hybrid cattle
14. Quality of one's character
16. Doctor's helper
17. Not holding back
19. Type of degree
20. Short but severe
22. 007's creator
23. Linguistics icon
25. Large integers
26. Upset
28. Former
29. Peyton's younger brother
30. An Irish dance
31. Title of respect
33. Small lump
34. Baroque musical instrument
36. The third sign of the zodiac
38. The 1st letter of the Hebrew alphabet
40. A group of nine
41. Garment
43. Capital of Yemen
44. One point south of due east
45. Drain
47. Moved quickly
48. Bar bill
51. An idiot
53. Indicates silence
55. Protein-rich liquids
56. Samoan monetary units
58. "\_\_\_ your i's, cross your t's"
59. Forms the bottom
60. Potato state
61. Toy that spins around
64. Barium
65. Type of molding
67. Closes again
69. Sounds the same

### CLUES DOWN

1. Nix
2. Indicates position
3. Quantitative facts
4. Strong and healthy
5. Former measure of length
6. Dads tend to be this
7. Parts of a movie
8. An animal's foot
9. Expression of sorrow or pity
10. Saudi Arabian money
11. One billion gigabytes
12. Smallest musical interval
13. A rugged box (usually made of wood)
15. Cheese dish
18. An ugly, evil-looking old woman
21. Widely used
24. Makes into pages
26. Afflict in mind or body
27. Set up
30. Toilets
32. "Life of Jesus" theologian
35. A big deal on Wall St.
37. Western Thai people
38. Free from contamination
39. Type of dog
42. Revolver
43. High schoolers' exam
46. San Diego ballplayers
47. Hit the sack
49. Suitable for crops
50. Red mineral
52. Yellowish-brown
54. Lowest point between two peaks
55. Late TNT broadcaster
57. Thin strip to align parts
59. Swiss wind
62. A way to chill



## Why do we say ...

by Gary Briand

A horse's age can be determined by a close examination of its teeth. So whatever the age that the horse seller tells us the animal is, we only have to go to a mouth expert to verify if the truth has been told. The horse's mouth is the highest authority.

"Straight from the horse's mouth" is an expression known to barn hands and racing enthusiasts for decades. P.G. Wodehouse put the phrase in print for the first time in 1928. In a short story in Strand Magazine entitled "The Reverent Wooing of Archibald," Archibald Mulliner falls in love with Aurelia Cammarleigh and situates himself outside her open window just as she is about to tell her friend what she really thinks of him:

"The prospect of getting the true facts - straight, as it were, from the horse's mouth held him fascinated."

The great Aldous Huxley in Brave New World (1932) wrote:

"Straight from the horse's mouth into the note-book, the boys scribbled like mad."

"Straight from the horse's mouth" confirms that the finding is the truth uncontested.

## Healthy on-the-go popcorn trail mix

(NC) Popcorn is a classic favourite that can be enjoyed in many different ways. This simple popcorn trail mix recipe is easy to make and packed with 100 per cent whole grains as a source of fibre for on-the-go snacking.

Choose Orville Redenbacher microwave popcorn, made with no artificial colours, flavours or preservatives is a quick and convenient snack perfect for those busy days with a packed schedule.

### Ingredients:

- no-stick cooking spray
- 1 bag (82 g) Orville Redenbacher simply salted microwave popcorn
- 2 cups (240 g) granola
- 1 cup (120 g) quick-cooking rolled oats
- 1 cup (120 g) dried cranberries
- ½ tsp (2.5 mL) ground cinnamon
- ½ cup (60 g) sunflower kernels
- ½ tsp (2.5 mL) honey
- 1/3 cup (40 g) butter, melted

### Directions:

1. Preheat oven to 300°F (149°C). Prepare popcorn according to package directions. Remove all un-popped kernels. Place popped corn in large bowl. Add granola, oats, dried cranberries and cinnamon; toss together. Set aside.
2. Spray a mixing spoon and a shallow baking pan with cooking spray.
3. Mix together sunflower kernels, honey and butter in small bowl. Pour over popcorn mixture and mix well with spoon. Spread mixture evenly in the pan.
4. Bake 30 minutes, stirring once halfway through the time. Cool 20 minutes before breaking clumps apart with spoon. Store in a tightly-sealed container up to one week.



### ARIES – Mar 21/Apr 20

Something positive will come from your efforts at work, Aries. It's just what you need to rev up your energy levels and fire through the last of the projects that have been on your list. Taurus – Apr 21/May 21 Encouragement will come from an unlikely place, Taurus. This may be someone who you thought wasn't on your side, but really is. This realization may be a shock.

### GEMINI – May 22/June 21

Some unusual possibilities for the future are coming your way, Gemini. Make an effort to be receptive, or they could pass you by before you know it.

### CANCER – Jun 22/Jul 22

Cancer, you will often find that success comes not just from professional matters and connections, but by how you present yourself. Appearances have an impact.

### LEO – Jul 23/Aug 23

A sense of play may come over you this week and put you in a creative mood, Leo. You may find that a few artsy projects will get all sorts of ideas flowing.



### VIRGO – Aug 24/Sept 22

Far-reaching ideas are on your mind, Virgo. You aren't sure which path you want to take just yet. It can be fun to experiment with experiences outside of your comfort zone.

### LIBRA – Sept 23/Oct 23

Growing comfortable expressing your feelings has you reaching out for new friends and relationships, Libra. You never know who you might meet when you open yourself up.

### SCORPIO – Oct 24/Nov 22

Lately your identity seems to be shaped by the company you keep, Scorpio. That means your colleagues, friends or family are playing a key role in influencing your behavior.

### SAGITTARIUS – Nov 23/Dec 21

Sagittarius, when you focus your efforts, time seems to dissipate and chores vanish. This week you may find yourself blasting through tasks one by one.

### CAPRICORN – Dec 22/Jan 20

Capricorn, if you have been feeling stressed out or unimpressed with a re-

lationship, you may need to infuse a little extra energy into the mix this week.

### AQUARIUS – Jan 21/Feb 18

Aquarius, your tongue may be extra sharp this week, so be careful in how you talk to the ones you love. Exercise caution around people at work as well.

### PISCES – Feb 19/Mar 20

If you are single, this is the perfect time to get out with friends as much as possible, Pisces. If you are in a relationship, prioritize date nights.

### FAMOUS BIRTHDAYS

#### MARCH 31

Christopher Walken, Actor (76)

#### APRIL 1

Randy Orton, Wrestler (39)

#### APRIL 2

Michael Fassbender, Actor (42)

#### APRIL 3

Eddie Murphy, Comic Actor (58)

#### APRIL 4

Robert Downey, Jr., Actor (54)

#### APRIL 5

Lily James, Actress (30)

#### APRIL 6

Paul Rudd, Actor (50)



# Gratitude Shout-Outs



Shout-out to the lady I saw picking up litter along my street.

Shout-out to my neighbour for bringing my recycling bin back to the house.

## Ask Prudence...

Advice and answers to life's ponderings

**Dear Prudence,**  
I recently went to my son's wedding and was very disturbed when I arrived at the front of the church to learn that distant relatives of the bride's family were sitting in the front row where the groom's immediate family is supposed to sit. There were no ushers at the wedding so everyone seated themselves. Was I wrong to be so upset?

- Upset Mother-of-the-Groom

**Dear Upset Mother-of-the-Groom,**  
You had every right to be a bit upset. It should be common knowledge that the bride's family sits on the left and the groom's family on the right; parents in the foremost pew; followed by the rest of the immediate family...but nowadays with fewer and fewer people getting married, sometimes some of us simply forget proper etiquette.

Since this was your son's special day, your best choice of action would be to quietly tell the "offensive sitter" that the left side is reserved for the bride's family and that they were sitting in the spot reserved for the groom's parents. It is best not to let your emotions ruin the atmosphere of such a momentous day by getting upset.

Remember, don't stress over the little things. The important thing is that you were there to share the bride and groom's special day.

Visit The Gaspé Spec's facebook page and click on the Ask Prudence link to submit your question or to send a gratitude shout-out (please do not include any names).

\*All items will remain confidential and anonymous.



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