

Incidents on the railway cause problems to the Gaspésie Railway Society

Gilles Gagné

NEW RICHMOND: – Incidents on the railway and people jumping aboard trains are causing safety problems to the Gaspésie Railway Society. The management of the transporter has asked the assistance of the Sûreté du Québec in order to stop this kind of behaviour.

Over the past few weeks, the Gaspésie Railway Society train crews have dealt with a woman who decided to climb on the locomotive in Matapedia, near the railway bridge crossing to New Brunswick. In addition people are jumping into the Little Cascapedia River from the bridge located near the former pumphouse of the linerboard mill. That practice has been ongoing for decades but it is getting worse.

Moreover, some people are sitting close to a passing train and trying to touch its wheels. Young people have also been seen climbing on the Little Cascapedia bridge when the train is passing.

“People used to distance themselves from the trains. Now, some people are trying to get as close as possible,” states Luc Lévesque, director general of the Gaspésie Railway Society.

Since the end of 2016, traffic has increased considerably on the line between Matapedia and New Rich-



On July 11, a woman climbed on the locomotive of the Gaspésie Railway Society in Matapedia, near the railway bridge going to New Brunswick.

Photo: Courtesy of the Gaspésie Railway Society

mond. The increase is more noticeable between Nouvelle and New Richmond, because it was already regular between Nouvelle and Matapedia before the end of 2016.

That increase is due to the hauling of windmill blades produced in Gaspé, transferred to railcars in New Richmond and destined for Texas, as well as the cement produced in Port Daniel and loaded in freight cars in New Richmond and Nouvelle

since the summer of 2017.

“There is at least one daily train both ways between New Richmond and Matapedia. Sometimes, it is more because of our needs. Near the Little Cascapedia Bridge and the pumphouse, shunting operations can mean ten or more train movements every day, especially when we load windmill blades,” says Éric Dubé, president of the Gaspésie Railway Society.

Increased traffic means a greater hazard for people walking on the railway or close to it. The risk is already very high for people trying to jump on a moving train or taking bets on the number of wheels they can touch when a train is passing.

Since the third week of August, Sûreté du Québec officers are allowed to give infraction tickets ranging between \$200 and \$500 to anyone trespassing the rail bed,

with special attention given to the Little Cascapedia bridge area.

The fines will of course, not be imposed on people using authorized grade crossings or trails specifically designed to cross the railway.

“The Gaspésie Railway Society asks for the collaboration of the public on the matter. It is an important safety matter,” insists Éric Dubé.

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Gaspé hopes to install a splash pad.

Photo: N. Sergerie

Gaspé is looking for promoter for splash pad project

Nelson Sergerie

GASPÉ - Gaspé is looking for a new project leader for the creation of a water park which, for several years, the citizens have been hoping for.

A project was underway for Fort-Prével, but the challenges faced by the golf club led the city to look at other options.

"There is no project assembled as such and it takes a carrier organism. It's mandatory as we saw in the downtown pumptrack," said Mayor Daniel Côté who agrees that there will be no private promoter who would be interested in such a project.

"I found the location of Prével interesting, straddling the two main tourist routes that are Gaspé and Percé. We had tourism potential but also citizen potential. We were at the heart of something and it would bring traffic on the side of Prével," said Mr. Côté.

The elected official would like to see the water games located at the rest area. "Technically, can it come to be? Do we have the facilities to run a water site like that? These are all technical questions that should be addressed but, logically, the location makes sense," says the mayor.



This intersection is the subject of an analysis following another fatal accident.

Photo: N. Sergerie

Gaspé: Boul. York intersection will be secured

Nelson Sergerie

GASPÉ - The Quebec Department of Transport is working on ways to further secure the intersection of York South and York West Boulevards following the accident that caused the death of 94-year-old Theresa Briand, on July 18, in Gaspé.

Mayor Daniel Côté met with the department on July 19 and it is aware of the problem.

"Does it take a traffic light? Does it take a roundabout? Should we lower the speed limit? I trust the experts so that the department will find a solution," says the mayor after the discussion, who was assured that the reflection will be accelerated.

Access to the hospital centre less than 100 metres from the intersection that causes some hesitation among motorists in the area will be included in the reflection.

"That's all the department needs to reconfigure. It must not be done in 10 years. We will not wait for another death. The department will have to move quickly," concludes Mayor Côté.



Damage done to the Amiral train.

Photo: N. Sergerie

Amiral: vandals paint the side of the train

Nelson Sergerie

GASPÉ - The Amiral tourist train was vandalized on the night of August 17/18. Graffiti was painted on one of the cars parked at the station in Gaspé.

The damage was found Monday morning and a complaint was filed with the Sûreté du Québec who confirms having opened an investigation.

"We will work together because we have to find these vandals. It is inadmissible to vandalize public property. Honestly, I have never accepted it and I do not accept it anymore. We will collaborate with the police investigation," said the mayor of Gaspé and director of the Société du chemin de fer de la Gaspésie, Daniel Côté.

Surveillance cameras are on site and, if necessary, the images will be transmitted to the police.

"There are always little fools who will go and destroy public property. Smile! You are being filmed," says Mr. Côté, who does not want to interfere more in the investigation.

In June, the Société du chemin de fer de la Gaspésie commissioned a study to determine the best way to protect the Amiral train, which has been stationary at the Gaspé station since 2015 due to the prohibition of movement decreed by the Quebec Ministry of Transport. To keep it in Gaspé or to dismantle it and relocate it to New Richmond are in the scenarios being looked into.

The report is expected to be tabled in the SCFG Board of Directors in September.

Decentralize manpower programs

Nelson Sergerie

GASPÉ: - Decentralize the ways in which the Ministry of Labour, Employment and Social Solidarity work to adapt to Gaspésie-Îles-de-la-Madeleine.

This is the message sent to Minister Jean Boulet on August 15 in Gaspé, part of the *En Action pour la main d'oeuvre* campaign. He must have heard the message. "My game plan, I do not want it static. I want it to evolve and I want it to adapt in real time to the needs of each of the regional markets," said the minister, taking stock of the discussions with stakeholders who participated in the meeting

Lack of mobility

One of the issues raised during discussions with the Minister was the lack of mobility of foreign workers. An industrialist in the lobster and shrimp industry explained that under current conditions, he could not move assigned workers from one production to another, even if one is in the same entity. The businessman wants to democratize this problem.

"This is a concern that I share. The foreign and temporary worker program is a shared jurisdiction between Ottawa and Quebec. We have discussions with Ottawa and we are aware of the realities and needs of the labour market,"



Minister Jean Boulet was in Gaspé on August 15

Photo: N. Sergerie

said Mr. Boulet.

Maintain government jobs

The lack of manpower obviously fueled the discussions and the prefect of Rocher-Percé called for the end of the erosion of government jobs outside the region.

"We saw it with Optilab with the health system where management and decisions are directed to Rimouski. It's a form of attrition, if you will. We must remain vigilant on this and the government must work twice as hard with the regions to help us fill these positions," says Nadia Minassian.

"We did not talk about it during the election campaign. It belongs to my colleague from the Conseil du trésor but we want to ensure fair regional economic development and

that includes government jobs," says Mr. Boulet.

During the election campaign, the CAQ promised to transfer 5,000 jobs in the regions by taking advantage of retirements in the public service in major centres.

Mr. Boulet took advantage of his passage to award \$1M to Pêcheries Marinard and Pêcheries Gaspésiennes for the training of 134 employees and the stabilization of 84 jobs in the field of processing of marine products.

Marinard will receive \$642,048 to provide training during the summer to 84 seasonal employees, which will lead to the stabilization of their jobs this fall. For their part, Les Pêcheries Gaspésiennes inc. receive \$437,955 to train 50 employees.

Official Languages Act: 50 years later

Diane Skinner

The Official Languages Act of 1969 is celebrating a big birthday this year! It has been 50 years since this act was made into law which gives English and French equal status in the government of Canada. This ensured that the two languages are protected by law. This act is the basis for Canada's official bilingualism.

The O.L.A. (Official Languages Act) safeguards that Canadians have the right to receive services from federal departments and Crown corporations in both official languages; Canadians can be heard in their choice of official language in federal courts; laws and regulations are available in both languages; and English and French speakers will have equal opportunity to apply for federal public service jobs.

This act also provided a mandate that the position of Commissioner of Official Languages exists. This official receives complaints, makes inquiries and then makes recommendations regarding the status of the two official languages.

The O.L.A. was an important piece of legislation for the government of Pierre Trudeau. In 1969 just 9% of federal jobs were filled by francophones. This contrasted with francophones being about 25% of the population. Secondly, the intent was to protect both the English-speaking minority in Quebec and the French-

speaking minority in the rest of Canada.

In the ensuing years there seems to have been a shift in attitudes regarding the support for bilingual services. In 1965 just 17% of Canadians living outside Quebec favoured financing of French-language schools. By 1977 that number had risen significantly to 77%.

There were still some who were skeptical about the implementation of the O.L.A. A Toronto journalist wrote in 1970, "We are not afraid of any aspect of the language bill. We simply regard it as unnecessary, politically-motivated, costly to implement, divisive and ... wholly discriminatory."

Consequences

There was a concern too, at the time, that francophones would be over-represented in government positions because they had a higher incidence of bilingualism. This did not in fact happen. The ratio of French-language speakers to English-language speakers is almost exactly representational of the population.

Did the O.L.A. affect (negatively or positively) a nationalist Quebec sentiment? It appears not. The Parti Québécois won over 20% of the vote in the election the following year and in 1970 came to power in Quebec.

The success of the Official Languages Act is monitored by the Commissioner who has found that there is still a small gap between the facil-

ity (speaking at an accepted level) with both languages by people who hold bilingual positions.

There are several complaints received annually by the office of the Commission. Recent complaints have been directed toward Prime Minister Justin Trudeau for answering questions asked in French, in English, and vice versa.

50 Years Later

The overwhelming majority of Quebecers (98%) feel that bilingualism is very important to somewhat important. As might be expected this percentage drops in other provinces and the primary complaint is the cost of bilingual services as outlined in the Official Languages Act of 1969.

The provision of French language schooling is on the rise across Canada. French second-language education is taught in a variety of models. These include: Core French, French Immersion, Extended French and Intensive French. Many Canadians living outside Quebec feel that bilingualism is a valuable skill.

A bilingual country does not mean that all its citizens must speak two languages. It is rather simply a country that provides services for its citizens in both official languages.

Police report

A yak was sighted on August 21 in Paspebiac, in the area of the 7th and 8th range avenue intersection. The animal likely belongs to the Bos G farm in Saint-Elzéar. Approximately 60 yaks from that farm escaped in June. According to owner Jean-Guy Duchesne, 52 of those animals have since been caught. The August 21 sighting was made by a forestry worker. Since the end of June, other yaks were observed in Saint-Alphonse and near Arsenault Lake. A yak can run fast and cover between 30 and 40 km per day easily, according to Mr. Duchesne. He asks people to stay away from them, not because they are dangerous but because they are easily scared and will therefore be more difficult to catch.

News briefs

Gaspé: \$260,000 in court fees

Nelson Sergerie

GASPÉ: - The Town of Gaspé has spent more than \$260,000 litigating the former employee Pierre Samuel, who has been fighting for 12 years to return to his job.

In November 2007, the CSST recognized that the employee suffered professional damages as a result of an unhealthy work environment involving a foreman. The CSST decision is being contested by the Town. The employee was dismissed in 2009 because he wouldn't take orders from the same Town foreman.

Various steps were taken and the case was appealed by Mr. Samuel's union, the Superior Court overturned a second arbitration decision in favour of the former employee.

"There are legal fees in a legal file. It's a long story and it's been several years. As long as the case is before the courts, I will not go any further," says Mayor Daniel Côté, when questioned about the amount spent to date.

In a request for access to information made by The Gaspé Spec, the Town refused to provide the employee's file because of the legal dispute.

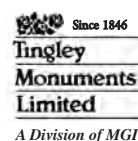
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Commentary

Gilles Gagné

A crisis that has been ongoing for a decade

So newspapers are in crisis. It is not exactly news as we have been hearing about it for a decade but a lot of people realized it on August 19 when Groupe Capitales Médias, the owner of five French daily newspapers in Quebec and a sixth one covering the Ottawa-Gatineau area, filed for the protection of the court, and obtained it.

That move came a week after a legislature committee studying the future of Quebec's media, English and French. The situation is far from rosy on the English side.

As underlined by the Quebec Community Newspaper Association, since 1980, 16 English community newspapers have ceased publication in Quebec. In May, the Stanstead Journal, Quebec's oldest weekly newspaper, as it was founded in 1845, also ceased publication. Its team is trying to publish a monthly paper now. English newspapers must cope with a supplemental handicap, as their clientele is often declining.

The advertising dollars are no longer going to newspapers, for many reasons. By and large, newspapers have lost about 50% of their publicity dollars over the last decade, and probably just as much in subscription money.

The publicity money is essentially going to internet giants, mainly facebook, Google and YouTube. As for subscriptions, Google and facebook run articles without paying the newspapers for that content and they sell advertisement in the process.

It is like a pizza delivery man not paying the restaurant back for the food he delivered to customers. Do people think that such a model would fly for more than an evening with restaurant owners?

While government officials express real con-

cern about the future of newspapers and seem sincere in their desire to help, they were and still are part of the publicity money erosion problem.

An article published recently in Le Devoir shows that in 2018-2019 alone, the Quebec government spent \$3.7 million in advertisement on Google, facebook and YouTube. It represents 12% of the government's publicity budget, up from 9% in 2017-2018.

Google, facebook and YouTube are international giants that hardly pay any taxes in Quebec. The government consequently encourages fiscal delinquents. The same reality prevails at the federal level.

If the Quebec government places the \$3.7 million back in newspapers, it will not save them all, of course, but it will be a step in the right direction.

In fact, negotiations must be undertaken as soon as possible with the Internet giants. Although it might prove a useless first step, starting with coercion would not be a good idea. Who knows how much Google, facebook and YouTube might be ready to pay for valuable content?

An in-depth study revealed two years ago that those giants sell advertisement worth around \$23 million yearly to private clients and governments association with "free" newspaper content. In other words, the work is done by publishers who do not get paid for their effort, while the money is cashed in by multinational firms.

Multiply \$23 million by eight or ten, the number of years that inequity has been in effect, and you get the amount of money Quebec newspapers should have benefitted from during that stretch. Would that be enough to make them all profitable? Maybe and maybe not, but it would have provided them with the financial means to cope with today's realities. They would have counted on better means to convince readers to stay onboard, or install paying walls, the tool implemented by the papers that are in better shape.

Governments also failed in helping newspapers by waving the obligation for towns to run public notices in printed publications. That rule must be reinstated.

A broader exercise must be undertaken by the whole society, including the education system. Valuable information has a cost, and the money coming with it must go to the people who produce

that information, Valuable information represents the best way to protect democracy, a much-maligned value, if we take a look at various sources of worldwide news.

Letters to the Editor

Federal election ready for take-off

As the traditional summer BBQs draw to a close, Canadian political parties are finalizing their election platforms and campaign promises, which makes now a good time for drawing the attention of our federal representatives to the dire state of our air services and regional airports.

There are two issues that are currently getting a lot of attention: the limitations of the airport capital assistance program and NAV Canada's intention to automate advisory services for night-time flights.

First, and as Quebec's transport minister, François Bonnardel, recently pointed out, the federal program is grossly inadequate in terms of regional airport needs. While it could, for example, be extended to airports with seasonal commercial flights, something that would encourage regional tourism, the program is available only for airports that offer scheduled commercial passenger service, and with a minimum of 1000 passengers a year. As a result, the program provides only a few of the lucky ones with the significant funding required for upgrading their infrastructures.

To this end, Quebec municipalities are asking all federal political parties to comment on an issue that is crucial to the vitality of our communities by making a commitment to broaden the eligibility criteria for a program that too often misses the mark and adjusting the available funding accordingly. The next federal government cannot hold to the status quo while the Government of Quebec is taking its responsibilities seriously and announcing a range of programs and measures for upgrading airports to connect our regions more effectively.

Second, NAV Canada's idea of replacing humans with an automated night weather station must be quickly denounced by anyone running for the position of Prime Minister of Canada. In addition to passenger safety concerns, the new system will more likely hamper than help any regional economic development programs.

The carriers are unanimous. Advisory services must be maintained. Many pilots believe that data transmitted by the weather system is less reliable than data provided by humans. Automation would inevitably lead to a reduction in flights in some regions and, at the same time, would impact the economic development of the regions with consequences that would be difficult to reverse. It's a real cause for concern!

Regional airports are essential. They are major development tools. They connect regions to each other and to the world. Each political party must propose an ambitious vision for the regions and airport infrastructure of Quebec. We wish you a safe landing!

Daniel Côté
Mayor of Gaspé

First Vice-President of the Union of
Quebec Municipalities
Chairman of the UMQ Air Transport Committee

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Bioparc to invest \$208,000 in cabins for overnight excursions near wolves

Gilles Gagné

BONAVENTURE: – The Bioparc in Bonaventure will invest \$208,000 in the coming months in order to modernize the area near the wolf enclosure, a place where a rising number of people participate in night excursions.

Currently, those night stays are made in five prospector tents, which are located next to the wolf enclosure. The visitors participating in that activity have the chance to observe the night behaviour of wolves. After several years, those tents are showing signs of wear and tear and their replacement is necessary.

“We will replace them with lumberjack cabins. That particularity will increase the length of the period during which we can offer that product. We will be able to install heat and light in the cabins,” explains Bioparc director general Marie-Josée Bernard.

This summer, 125 people participated in the 12 nights scheduled for the “sleeping with the wolves” activity. That calendar is limited to



The wolf enclosure is a very popular section of the Bioparc.

Photo: G. Gagné

mid-June to mid-August because of the limited comfort of the tents when the weather is cooler.

“With the cabins, we will be in a position to lengthen the period of that activity over the whole season (May to October) and even make specials during the March school break. (...) It is a pop-

ular activity. The wolves are quite active at night. They howl on most nights,” adds Marie-Josée Bernard.

There are four wolves at the Bioparc, one male and three females. Two of the females are young enough to be fertile. So far, they have not given birth in captivity.

“We would like that. We

thought that it would happen this year but it didn’t,” says Ms. Bernard.

There were wolves in the Gaspé Peninsula before but they disappeared slightly more than 150 years ago. “They disappeared from all the regions located south of the Saint Lawrence River,” points out Marie-Josée

Bernard.

The improvement of the “sleeping with the wolves,” activity will benefit from a \$182,000 grant from Canada Economic Development. The announcement was made on August 28 by National Revenue Minister and Member of Parliament for the Gaspésie-Magdalen Islands riding, Diane Lebouthillier.

The funding balance will be taken care of by the Bioparc. “The Town of Bonaventure could also support us in that venture,” says Ms. Bernard.

The call for tenders will be issued this month and the cabins will be up ready for the spring of 2020.

The Bioparc could set a new attendance record this year if the month of September is particularly good.

“We have registered increases in June, July and August, compared to last year. Our record year was in 2016, with 31,000. We will pass the 30,000 people mark this year but I don’t know if we will set a new record,” concludes Marie-Josée Bernard.

Disappointment among those working to speed up railway repairs

Nelson Sergerie

GASPÉ: – Even if Quebec Premier François Legault promises to accelerate the refection of the Gaspé Peninsula railway and bring work completion to 2024 or 2025, the stakeholders pushing for a fast return of train services to Gaspé are disappointed because they were expecting a quicker resumption.

The 2022 goal set by the mayor of Gaspé, Daniel Côté, is therefore waved. Following the August 21 meeting with Premier Legault, one gain of significance was made. The fact that the Port Daniel to Gaspé part of the line is now considered a business case instead of an opportunity file.

The previous status meant that only studies could be undertaken between Port Daniel and Gaspé. A business case status signifies that infrastructure investments can be carried out on that stretch.

“We will be able to start di-



Nadia Minassian, Daniel Côté and Éric Dubé met with premier François Legault on August 21

Photo: Courtesy of the Gaspésie Railway Society

rectly next year. It is the biggest opportunity we have to cut the (refection) delay,” states Éric Dubé, president of the Gaspésie Railway Society.

The target to reopen the line to Gaspé is now 2024 or 2025 instead of 2026, the initial target expressed by premier Legault during his visit

to New Richmond on April 25. It represents a slight gain in time.

“The 2022 horizon is becoming non-realistic. Is 2023 realistic? I keep believing in that. There is a sword of Damocles though: what will

Cont'd on page 8

TIDE PREDICTIONS

Carleton

Paspebiac

Gaspé

Saturday, Sept. 7

02:45 a.m. - 0.72m
08:46 a.m. - 1.85m
03:43 p.m. - 0.24m
10:46 p.m. - 1.64m

Sunday, Sept. 8

03:43 a.m. - 0.81m
09:42 a.m. - 1.81m
04:55 p.m. - 0.27m

Monday, Sept. 9

12:12 a.m. - 1.61m
04:49 a.m. - 0.86m
10:47 a.m. - 1.79m
06:08 p.m. - 0.29m

Tuesday, Sept. 10

01:26 a.m. - 1.63m
05:59 a.m. - 0.87m
11:54 a.m. - 1.79m
07:13 p.m. - 0.28m

Wednesday, Sept. 11

02:18 a.m. - 1.65m
07:04 a.m. - 0.83m
12:56 p.m. - 1.81m
08:04 p.m. - 0.28m

Thursday, Sept. 12

02:54 a.m. - 1.69m
07:57 a.m. - 0.76m
01:51 p.m. - 1.84m
08:45 p.m. - 0.27m

Friday, Sept. 13

03:22 a.m. - 1.73m
08:41 a.m. - 0.69m
02:39 p.m. - 1.87m
09:19 p.m. - 0.29m

Saturday, Sept. 7

04:08 a.m. - 0.46m
09:48 a.m. - 1.05m
03:10 p.m. - 0.66m
10:11 p.m. - 1.64m

Sunday, Sept. 8

05:21 a.m. - 0.47m
11:05 a.m. - 1.01m
04:16 p.m. - 0.68m

Monday, Sept. 9

11:15 p.m. - 1.63m
06:25 a.m. - 0.46m
12:09 p.m. - 1.03m

Tuesday, Sept. 10

05:20 p.m. - 0.66m
12:13 a.m. - 1.65m
07:17 a.m. - 0.42m
12:57 p.m. - 1.09m
06:17 p.m. - 0.59m

Wednesday, Sept. 11

01:05 a.m. - 1.70m
08:01 a.m. - 0.39m
01:37 p.m. - 1.17m
07:09 p.m. - 0.50m

Thursday, Sept. 12

01:52 a.m. - 1.74m
08:39 a.m. - 0.37m
02:15 p.m. - 1.26m
07:56 p.m. - 0.41m

Friday, Sept. 13

02:35 a.m. - 1.77m
09:13 a.m. - 0.36m
02:52 p.m. - 1.36m
08:42 p.m. - 0.34m

Saturday, Sept. 7

03:41 a.m. - 0.60m
09:28 a.m. - 0.96m
02:41 p.m. - 0.68m
09:54 p.m. - 1.48m

Sunday, Sept. 8

05:06 a.m. - 0.62m
11:18 a.m. - 0.94m
03:48 p.m. - 0.72m

Monday, Sept. 9

11:14 p.m. - 1.48m
06:23 a.m. - 0.61m
12:33 p.m. - 0.97m
04:59 p.m. - 0.72m

Tuesday, Sept. 10

12:19 a.m. - 1.49m
07:20 a.m. - 0.58m
01:21 p.m. - 1.01m
06:03 p.m. - 0.70m

Wednesday, Sept. 11

01:10 a.m. - 1.52m
08:00 a.m. - 0.56m
01:56 p.m. - 1.06m
06:56 p.m. - 0.65m

Thursday, Sept. 12

01:51 a.m. - 1.53m
08:30 a.m. - 0.55m
02:25 p.m. - 1.12m
07:41 p.m. - 0.61m

Friday, Sept. 13

02:24 a.m. - 1.53m
08:56 a.m. - 0.54m
02:49 p.m. - 1.18m
08:21 p.m. - 0.57m

Grandparents' BRAG BOOK

The health benefits of grandparent-grandchild relationships



In the not-so-distant past, extended families were the norm, with multiple generations residing on the same street if not in the same house.

Today the family unit is largely an amalgam of different situations. The rise of two-income families has pressured parents into finding childcare situations. Quite often grandparents once again step in to offer guidance and support for youngsters. This can be a good thing for both the grandparents and the grandchildren.

Although a bevy of psychological research focuses on parent-child relationships, new evidence points to the benefits of the grandchild-grandparent relationship as well. Close relationships between these different demographics is often a sign of strong familial ties.

A study from researchers at Boston College discovered that emotionally close ties between grandparents and adult grandchildren reduced

Bringing together grandparents and grandchildren can be beneficial for all involved.

depressive symptoms in both groups. Research at the University of Oxford among English children between the ages 11 and 16 found that close grandparent-grandchild relationships were associated with benefits including fewer emotional and behavioral problems and fewer difficulties with peers.

Adults and grandchildren alike benefit from relationships with their elders. Grandparents can provide a connection and exposure to different ideas while providing a link to family history and knowledge regarding traditions and customs not readily available elsewhere.

Nurturing grandparent-grandchild experiences may be easy for families where grandparents live in the same house or close by. For others, it may take some effort. The following are some ways to facilitate time spent together.

- Schedule regular family reunions or get-togethers. Host or plan multi-generation events that bring the family together and expose children to various members of their family.
- Promote one-on-one time. Have grandchildren spend time with grandparents in an intimate setting. Alone time can be good for both, and offers undivided attention. A meal at a restaurant or time spent doing a puzzle or craft can be interesting to both generations involved.
- Video chat when possible. If distance makes

frequent visits challenging, use technology to bridge that gap. Send photos, letters and electronic communications. Tech-savvy grandparents can use Skype or facetime to stay in touch and speak one-on-one with their grandchildren.

• Share skills with one another. Either generation can play teacher to the other. Grandparents may have certain skills, such as baking, sewing or woodcrafts, they can impart that may not be readily taught today. Children can help grandparents navigate computers, video games or sports activities.

• Create scrapbooks together. Grandparents and grandchildren can work together forming a scrapbook or family history project that will open their eyes to new experiences.

Grandchildren can help grandparents feel younger, and grandchildren can learn new experiences from their grandparents.



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Grandparents' BRAG BOOK



Grandparents and grandchildren can explore each other's interests and hobbies, spending time together in a fun setting.

Six ways to honour your grandparents

Grandparents hold a special place in the hearts of people all over the world. In many cultures, elders are revered and celebrated, and many people know their grandparents as fun-loving folks who sneak their grandchildren candy and let them get away with things when their parents aren't looking.

The American Grandparents Association says there are 70 million grandparents in the United States, and more than a million people become first-time grandparents every year. Many grandparents even serve as the primary caregivers for their grandchildren.

The roles grandparents play in the lives of their children and grandchildren are significant, and the following are some ways to honor the grandparents in your life.

- **Create a customized brag book.** Grandparents often enjoy sharing photos and stories of their family members with others. Thanks to user-friendly software, it is now easier than ever to design a brag book, photo album or even a photo calendar that grandparents can cherish. Rely on a photo-sharing site to get started. Remember to include special moments, such as family trips or milestone occasions, that highlight what your grandparents mean to you.

- **Develop a family history project.** Forays into genealogy don't need to be limited to class assignments. Examining the family tree can be a unique way to spend more time with grandparents or other seniors in your life. Chronicle moments in your family history and compile a catalog of genealogy data. You never know which details of historical significance you may uncover when exploring your family history.

- **Organize a special outing.** Take interest in a grandparent's hobby or occupation. Schedule a date when you spend time together exploring these interests, whether they be fishing, scrapbooking or taking in a sporting event. This will reinforce bonding time. On another day, reverse roles, inviting a grandparent or elderly relative to participate in an activity you enjoy.

- **Travel together.** Planning a vacation with a grandparent is an ideal way to see

some sites and make great memories together. If traveling internationally, investigate how people of different generations live in the country you are visiting.

- **Catalog family recipes.** Before hosting your next family meal, invite a grandparent over to help with the cooking and share family recipes. Arrange a day to write all the family recipes down in a single book or file so they can be shared with future generations.

- **Host an impromptu digital session.** Around three-quarters of today's grandparents are online, but there always are more things they can learn. Share social media pointers or volunteer to set up a wireless network for grandparents so they'll be even more in touch.

If you have special memories and would like to honour your grandparents, we'd love to hear about it. Send your text and photos to specs@globetrotter.net

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Reflections

by

Diane Skinner Flowers



The Grandmother Solution

"When grandmothers speak, the earth will be healed."

-Hopi proverb

The world is in a wee bit of a mess, currently. The Doomsday Clock is edging closer to midnight and much of the news is disheartening, even disturbing. What lies ahead for our world? There are so many dire predictions for the climate, the economy, animals and human beings. What can turn this around? What can be done to give us some hope for the future? The answer is right in front of us. It's the secret weapon that can give us hope. In a word: grandmothers.

The power has historically been in the hands of men and frankly guys. Things are not good. I'm not saying all men are to blame or that all women are good for that matter, but it's worth a try. Grandmothers possess some exceptional skills that could provide a fresh new approach to running the world. Get the planet back on track, so to speak. Then hand it back, because we have other things to do. Retirements to enjoy. Grandchildren to spoil.

So, what skills do grandmothers have? Where to begin? We have had and raised children. We have cooked, cleaned and ran the home. We have stayed up all night with a sick child. We have observed family milestones, mainly with comforting food. We have shopped, attended school meetings, made a house a home, remembered all birthdays and special occasions, put ourselves last after our family and have eaten the broken cookies. Of course, men do these things too, and well, but read over the third sentence in the second paragraph. We need a radically different approach and soon. The clock is ticking.

What could grandmothers bring to high level negotiations with nasty CEOs, banking billionaires and politicians? By the way, we all know the elite can be women or men, but grandmothers treat all humans as equals. A grandmother who has parleyed a 3-year-old out of a tantrum, convinced a young daughter to wait a bit until she gets her ears (or nose) pierced or talked a doctor's receptionist into giving an appointment as soon as possible knows how to speak and negotiate effectively.

Grandmothers have wisdom. Lots of it. We have lived lots of life and know how to solve problems. We know how to balance a job and home life, shop for the bargains and how much money to leave the tooth fairy. We have made money last until payday, while never telling the children that times are tough. We know all the best books to read to wee ones and grandmothers cry at school concerts because their hearts are so full.

Grandmothers have discretion. If a child or grandchild screws up, and children do, grandmothers can and will tell you the blunt truth. "You screwed up, but I know you will straighten this out because you are an amazing human being." This is the message that grandmothers could deliver to politicians. It's good advice. Sometimes politicians lose sight of the goal when they are busy blaming each other. "Ladies and gentlemen with power, pick yourselves up, dust yourselves off and get back to work. You have a world to save!"

Grandmothers have compassion and know how to treat people with dignity. My own grandmother once heard me making fun of another child. She wisely, and simply, said, "That is someone's baby, somebody's child." She was right. If the powerful people looked at their foes with compassion maybe their goals would be achieved more often.

Desperate times call for desperate measures. These are the times. We need a paradigm shift. We need to look for radical solutions. The 'Grandmother Solution' might be just the thing to straighten out the planet. Grandmothers dislike a mess.

(Happy Grandparents Day, Sunday, September 8 to all the grandparents! Though not an official holiday in Canada presently, it was from 1995 until 2014.)

Municipalities reap benefits from wind turbines

Nelson **Sergerie**

SAINTE-ANNE-DES-MONTS - The Régie intermunicipale de l'énergie Gaspésie-Îles-de-la-Madeleine has already accumulated \$3 million in net revenues for the first half of the year, the amount planned for 2019 as a whole.

\$1.5 million was distributed in February and an equivalent amount was in June.

"It's an excellent year so far. The money in the annual budget has already been distributed. It will be a year beyond our targets," explains the president, Simon Deschênes.

It is difficult though to move forward for the second half of the year. "It's delicate. We certainly want to get the maximum, but we are not at the mercy of a major breakdown of one, two, three or four wind turbines that could not produce



Good yields from wind turbines on the Gaspé.

Photo: courtesy of Innergex

for months, but we want to redistribute perhaps \$1.5 or \$2 million by the end of 2019."

Last year, an additional \$1.5 million was raised.

a year if there was a real political will to achieve that goal.

"During the electoral campaign, Mr. Legault said: 'we will cut red tape. We will do better, faster.' Truth be told, he is not living up to his own words," adds Mr. Babin.

He also gives the example of the Winnipeg to Churchill line, heavily damaged by floods, and repaired in a matter of months.

Gaspé stakeholders are also disappointed, notably the people who organized the August 18 rally to accelerate refection work. They call the meeting with Premier Legault a failure.

Spokespersons for the Liberal Party, of the Parti Québécois and of Québec Solidaire affirm that there is nothing to be happy about, since the refurbishment time was only cut by one year. They argue that if work could be carried out at the two extremities of the Port Daniel to Gaspé stretch, the Amiral tourist train could resume its activities and carry cruise ship passengers instead of staying idle at the Gaspé station.

They add that it is inconceivable to see unreasonable delays for such an important economic development tool for the region.

"It's a bit like the target we set ourselves because we have a history that follows," he says.

The construction of a windfarm in the Magdalen Islands is expected to generate an additional \$500,000 in revenue once it is commissioned in 2020. "Phase 1 is expected to begin in early September for commissioning by June-July 2020.

For 2020, additional net revenues are expected to be between \$150,000 and \$200,000.

Change in distribution on the Côte-de-Gaspé

The MRC de la Côte-de-Gaspé will favour devitalized municipalities in the new distribution of surpluses from the Régie.

The Council of Mayors has chosen to continue to allocate the base revenue of approximately \$725,000 based on the property wealth of the municipalities. Any excess will be returned to 50% depending on the property wealth and the balance in an economic development

fund.

"Since it is a fund that is attached to an economic reserve, it does not have to be spent year after year. We could decide to add it up to a certain amount to support much larger projects," explains the prefect, Daniel Côté.

Over the past two years, the surplus has been about \$200,000 per year.

The idea was modelled on what is done informally in the Rocher-Percé RCM, however, there are no official regulations governing this practice.

The Mayor of Murdochville, Délisca Richie Roussy, was inspired by this example and launched a reflection at the beginning of the year to this effect. She is satisfied.

"Equity is not equality. Our small municipalities have problems with economic development. If we continued in this way, the rich would have become even richer and the poor would have been poorer," says the mayor of Murdochville.

Ms. Ritchie Roussy recalled that there were two windfarms that did not bring any money to Murdochville.

"We can help small municipalities with structuring projects," she says.

RAILWAY:

Cont'd from page 5

be the results of the studies pertaining to the Gaspé-Port Daniel stretch regarding the engineering stakes," asks Daniel Côté.

Éric Dubé specifies that the Caplan to Port Daniel line portion and the replacement of the Cascapedia-St-Jules bridges will be completed within 30 months.

On Twitter, François Legault wrote that the Gaspé Peninsula line is a strategic infrastructure in order to attract manufacturing investments and well-paid jobs to Gaspé Peninsula.

Disappointment

The Coalition of Gaspésians for the Future of the Train is of the view that the region has not gained anything from the meeting.

"The period was reduced by a year. At the end of the line, it can come back to seven or eight years. We are very disappointed," emphasizes Bernard Babin, spokesperson of the coalition.

The coalition says that the Gaspé line has been studied for more than ten years. Mr. Babin is convinced that the line could be repaired within



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Announcements...



In Memory

BOURGAIZE: John Morrison "Bear"
1959-2014.

*Gone are the days
We used to share;
But in our hearts
You're always there,
Never more than
A thought away.
Loved and remembered everyday.
Love Dad, Lori, Shane and Ingrid*

FLOWERS: Elmer Clyde

In sad and loving memory of my dear husband, father and grandfather who passed away September 5, 2018.

*A precious one from us has gone,
The voice we loved is still.
His place is vacant in our home
Which never can be filled.
How can we explain to others
The loss we feel inside.
We only know we miss you
As the tears we try to hide.
No one knows the silent heartaches,
Only those you loved can tell
Of the grief we bear in silence
For the husband and father we loved so well.
We cannot read God's purpose
But there will come a day
When he will make us understand
Why you were called away.*

Sadly missed and loving you forever in our hearts by wife Doris; sons Clyde and Wayne; and daughters Carol and Darlene.

FLOWERS: Elmer Clyde

In loving memory of a precious father who passed away September 5, 2018.

*Dad never looked for praises.
He was never one to boast.
He just went on quietly working,
For the ones he loved the most.
His dreams were seldom spoken,
His wants were very few;
And most of the time his worries,
Went unspoken too.
He was there... A firm foundation,
Through all our storms of life;
A sturdy hand to hold on to
In times of stress and strife.
A true friend we could turn to,
When times were good or bad;
One of our greatest blessings,*

*The man we called Dad.
Our Dad was the best.
He is our Guardian Angel.
He may be gone from our sight,
But he is always in our hearts.*

With all our love, daughter Carol and son-in-law Richard.

FLOWERS: Lloyd Elmer

In loving memory of our cherished and loving son, father and brother who left us suddenly, as the result of a car accident on September 5, 1979.

*Sometimes it's hard to understand
Why certain things must be
And the reason why they happen
Are so often hard to see;
And so we take our comfort
In the thoughts that God is there
To keep the one we love
Forever in His care.
There is never an evening sunset
Or an early morning dawn
That we do not think of him
And of the years he has been gone.
Forty years is such a long time,
But to us, it is just a day.
The sorrow is felt as deeply
As the night, he was called away.*

Never forgotten, always loved by Mom; son Christopher; brothers Clyde and Wayne; and sisters Carol and Darlene.

FLOWERS: Lloyd Elmer

In loving memory of a dear brother who left us suddenly September 5, 1979, as the result of a car accident.

*Forty years ago you went away.
So many times we've lived that day.
It's been forty years of hurt and grief,
Our hearts are still in disbelief.
Time heals all wounds is so untrue,
Nothing is harder than life without you.
There is a bridge of memories
From here to heaven above.
It keeps you very close to us.
It's called the Bridge of Love.
You gave us so many things,
Gifts both great and small;
But most of all you gave us love.
The greatest gift of all.
You had a nature we could not help loving,
And a heart that was purer than gold;
And to those who knew you and loved you,
Your memory will never grow old.*

Lovingly remembered by sister Carol and brother-in-law Richard.



SINCLAIR: Allan Robert

November 14, 1945 - September 8, 2017

Remembering you with love, Allan, on this the second anniversary of your passing. You were the love and light of my life.

*My star in heaven
I am sending a dove to heaven,
With a parcel on its wings.
Be careful when you open it,
It's full of beautiful things.
Inside are a million kisses
Wrapped up in a million hugs
To say how much I miss you
And to send you all my love.
I hold you close within my heart,
And there you will remain
To walk with me throughout my life
Until we meet again.*

I miss you everyday and keep you forever in my heart. Your loving wife, Betty.



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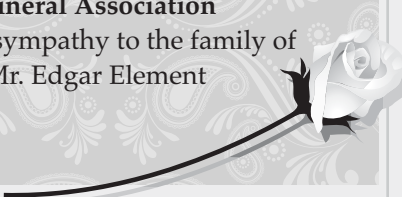
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			3					
			5	9			3	
2				4				9
9						2	8	
	3	8			6		1	4
6		9			5	8	2	
		2				6	5	

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

3	4	2	8	1	9	6	5	7
8	5	1	2	6	7	9	4	3
6	7	9	4	3	5	8	2	1
7	3	8	9	2	6	5	1	4
9	1	4	7	5	3	2	8	6
2	6	5	1	4	8	3	7	9
4	2	6	5	9	1	7	3	8
1	9	7	3	8	2	4	6	5
5	8	3	6	7	4	1	9	2

ANSWER:

Point to ponder...

Why don't sheep shrink when it rains?



ACCORDING TO U.S. CENSUS FIGURES, AROUND 40 MILLION AMERICANS CLAIM TO BE ALL OR PARTIALLY OF THIS ANCESTRY?

ANSWER: RISH

Driftwood treasures...

On the Gaspé we have an abundance of driftwood. Why not take something that has no use and make something artistic and beautiful for our homes...



HOROSCOPES

ARIES – Mar 21/Apr 20

Aries, be careful with your words so they are not taken the wrong way in the coming days. If you practice what you plan to say, others will see your words for the kind gesture they are.

TAURUS – Apr 21/May 21

Taurus, there's no need to apologize if you want to stay close to home this week. Invite some friends over to join in the fun.

GEMINI – May 22/Jun 21

Expect to work in a group setting this

week, Gemini. Doing so will require you to carefully manage your time so everything can be done efficiently. Embrace others' input and the collaborative effort.

CANCER – Jun 22/Jul 22

Start this week with high energy, Cancer. You can ride that momentum through the weekend when you may need an extra boost. Find friends who can help you along.

LEO – Jul 23/Aug 23

Leo, don't be so modest that you won't share your recent accomplishments with those you love the most. It is okay to brag about yourself once in a while.

VIRGO – Aug 24/Sept 22

Virgo, many people are willing to

lend you a helping hand, so take them up on their offers. You will be able to repay them in time if you feel the need to reciprocate.

LIBRA – Sept 23/Oct 23

Join a group of people who share the same goals as you, Libra. It can be a work group or a social movement if you so desire. Either way, socialize along the way.

SCORPIO – Oct 24/Nov 22

Being outdoors has much appeal for you this week, Scorpio. Be sure to get outside and enjoy it as much as possible over the next several days.

SAGITTARIUS – Nov 23/Dec 21

There is a fine line between being flexible and standing firm when you believe in your point of view, Sagittar-

ius. Speak up if you feel strongly about your position.

CAPRICORN – Dec 22/Jan 20

Make a concerted effort to ensure a certain situation is not blown out of proportion, Capricorn. Carefully examine things before offering your input.

AQUARIUS – Jan 21/Feb 18

Try to add more exercise to your routine, Aquarius. Not only will it make you feel better physically, it can clear your head and allow for alone time to do some thinking.

PISCES – Feb 19/Mar 20

Pisces, your life may be a little hectic over the next few days as a deadline draws near. Eventually things will return to normal.

FAMOUS BIRTHDAYS

SEPTEMBER 1

Zendaya, Actress (23)

SEPTEMBER 2

Keanu Reeves, Actor (55)

SEPTEMBER 3

Kaia Gerber, Model (18)

SEPTEMBER 4

James Bay, Singer (29)

SEPTEMBER 5

Rose McGowan, Actress (46)

SEPTEMBER 6

Idris Elba, Actor (47)

SEPTEMBER 7

Kevin Love, Athlete (31)

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Taking Care of Ourselves

By Valerie Gilker

Several months ago a perfect stranger asked me: Who is the most important person in your life?

I immediately thought of my son and my grandchildren and gave him my answer.

The man shook his head and asked the same question again telling me that I should be the most important person in my life.

In many ways I had to agree, especially after surviving a massive stroke in the right hemisphere of my brain three years ago and spending three years in and out of hospitals, rehabilitation centres and following a variety of therapies aimed at helping me regain some of my autonomy. These reflections prompted me to begin writing this new column to share some of the healthcare information I have received. With this in mind, The Gaspé Spec will, in upcoming months, present details on various aspects of health care such as: dental care, eye care, mental healthcare, nutrition, aging, choosing a seniors' residence for oneself or a loved one, legal issues involved in home care, where to turn in case of incapacities, etc. We would also invite readers to comment by communicating with Spec by email or to the editor, using the Spec's email address: specs@globetrotter.net

Let us remember, life is a learning process so we can share our own knowledge and experiences that have contributed to allowing us to take care of ourselves.

Cheers and stay healthy, everyone!

DENTAL HEALTH CARE : Answers by Dr. Éline Audet

What would the top 5 tips or recommendations you would make to anyone hoping to keep their natural teeth as long as possible?

- Ask your dental hygienist the best way to brush your teeth, considering the specific characteristics of your mouth, better yet, ask for a demonstration of the best brushing technique for you and practise it, guided by the hygienist. Practise the brushing technique as recommended for several weeks and then check back with your dental team to see if you should make any adjustments.
- Arrange for regular check-ups until you require only a single annual followup. Prevention is best and will save you money in the long run. Proceed in the same way with dental floss, small brushes, and other dental cleaning accessories.
- Keep your natural teeth as long as possible. If a mishap occurs and you have to have one or more teeth extracted, attempt to have your teeth replaced within six months. Dental implants are the closest solution to our original natural teeth.
- Be a part of your dentist's team. Ask questions. Be curious, after all, it is your health that is at stake. Take charge of your own health. Have at

least one annual appointment with your dentist. Many health problems can be prevented with optimal dental care: diabetes, heart and lung diseases and others.

• Stop smoking. Your taste for food will be restored, your sense of smell will improve and those embarrassing stains on your teeth will disappear.

A choice to make: Keep our teeth all our lives or end up with dentures?

Without any hesitation whatsoever, I recommend attempting to keep your natural teeth.

If you think it is cheaper to have your teeth removed, you should realize that your teeth will have to be replaced. Dentures are the most economical replacement but these will also have to be replaced every five years.

With our own natural teeth, we can chew with the strength of 250 lbs per square inch. A person with no teeth will only have a chewing capacity of 6 to 15 pounds per square inch. The person without teeth is faced with very limited food choices, requiring food that is easily chewed. Eating nuts and certain types of meat is not an option for them.

Teeth and saliva are the two major factors contributing to good digestion. The

more our food is chewed up with saliva, the better we will digest it; small pieces of food being easier for the stomach to deal with. When we take bigger bites of food, our stomach is forced to work harder.

So, therefore, I say an unconditional yes to keeping your natural teeth and investing in prevention, to maintain good health

What are the most common problems you encounter in relation to dental health?

Gum disease, parodontitis, is an insidious disease that leads to loss of teeth and, in most cases, it sets in over a long period of time, changing a little every day. The accumulative effect is the most devastating; when you begin to lose teeth. It is a domino effect, with one tooth after another requiring extraction.

Replacement of missing teeth is also a problem. Dentures can sometimes be uncomfortable. Food particles lodge underneath and injure the gums. The ability to chew is affected. Fortunately, for some people, these irritants are more easily accepted. Although prosthetic implants most resemble natural teeth, they are not accessible to everyone.

Another problem encountered is accessibility to dental



care. On the one hand, there is a shortage of dentists and qualified professionals in our region. On the other hand, we have the highest cost of dental care caused by negligence or ignorance.

It is much more cost effective to act preventively. Investing in one's health is always the best bet. The longer you wait, the more problems accumulate and the more it will cost to have your teeth repaired.

What made you decide to make dentistry your career choice?

I must have been between 10 and 12 years of age when I decided what I wanted to be. From the dentist's chair, I observed him coming and going. He seemed to really enjoy his work. He took the time to chat with his patients. Later on I realized this profession combined both my creative and my analytical sides. I love taking on challenges.

Both dentistry and entrepreneurship are filled with challenges.

What are your greatest challenges?

At this time of such scarce human resources, to build a team of dynamic health professionals to serve a clientele with is much more demanding while still maintaining a pleasant work environment.

To fulfill both my professional aspirations and the everyday needs of my practice is yet another challenge.

Have you any recommendations for people who are afraid of the dentist?

Take charge of your fear. Concentrate on breathing. In my practice, I use the « Fleurs to Bach » essential oils to help relieve stress on the part of my patients.

We also have stress balls for patients to squeeze in their hands to help keep them distracted.

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