

RICHMOND MANOR:

Labour Administrative Tribunal to decide legality of review request concerning racism and sexism

Gilles Gagné

NEW RICHMOND: – Judge Christian Drolet, of Quebec’s Labour Administrative Tribunal, will decide between October 15 and November 15 if he will hear the request for administrative review filed by Manjula Karunaratne, the former supervisor of Richmond Manor who left that position in February 2018 because she could no longer deal with racist and sexist remarks, among other reasons.

Ms. Karunaratne first asked the *Commission des normes, de l’équité, de la santé et de la sécurité au travail*, the CNESST, to consider a complaint pertaining to psychological harassment in August 2018. The CNESST is the Quebec body dealing with labour norms and safety at work issues.

The person responsible for the investigation of Ms. Karunaratne’s complaint, Caroline Rozon, answered on August 6, 2019, that the facts presented by the plaintiff do not meet the criteria of the act respecting labour standards for psychological harassment.

Manjula Karunaratne, who lives in Maria, filed for a review of Ms. Rozon’s decision and her request was granted. A hearing was held on October 1 in New Richmond, however, the lawyer representing Richmond Manor, Catherine Gendron, objected to the review request, invoking that Ms. Karunaratne had exceeded the 90-day legal delay before filing her initial harassment complaint to the CNESST, in August 2018.



Richmond Manor is located in the downtown part of New Richmond.

Photo: G. Gagné

Manjula Karunaratne resigned from Richmond Manor at the beginning of February and worked until February 18. It is considered by the Labour administrative Tribunal the latest date during which she suffered the detrimental effects of working with certain staff or board members.

Given that more than 90 days elapsed between February 18, 2018 and the August 2018 request formulated by Manjula Karunaratne, Catherine Gendron mentioned to Judge Drolet that her initial complaint did not respect the provisions of the law effective at that time.

Ms. Karunaratne points out that the law changed on June 1, 2018, and now allows people having experienced psychological harassment in the workplace to go back two years instead of 90 days.

Catherine Gendron argues that May 18 represented the end of the 90-day-period and it was consequently the last date of a potential request by the plaintiff. “A (new) law does not rejuvenate an extinguished

right. It is not retroactive,” said the lawyer, meaning that the new law does not allow current plaintiffs to go back two years. She handed out jurisprudence cases to Judge Drolet to complement her plea.

Judge Drolet offered Ms. Karunaratne a period of two weeks to find jurisprudence that could back her case up. She intends to send some documents to the judge.

He said before closing the October 1 testimonies that attorney Gendron’s objection was “very, very serious,” but he had also mentioned earlier to Ms. Karunaratne that “I have a lot of sympathy for you.”

However, the judge added that he can’t conclude for now that she was a victim of psychological harassment. “If it is the case, does that factor make the delay inadmissible? There is one thing for sure, there is a problem.”

If Judge Drolet decides by November 15 that the case will proceed further, he expects two or three additional days of testimonies. Some staff and board

members will be called.

Testimony

The first hours of the October 1 hearing consisted mostly of Ms. Karunaratne’s testimony, as she described how she was treated by certain members of the Richmond Manor staff.

One employee asked her in March 2015, on her very first day of work, “When was the last time you were spanked?” a remark that left her completely destabilized. That same employee later started calling her Kunta Kinte, in reference to the main character of *Roots*, the mid-1970s television series presenting the slavery era in the United States.

Ms. Karunaratne is of the view that for the three years of her employment, she repeatedly faced sexually aggressive and racist comments, aggressive and insolent behavior and repeated insubordination. During the October 1 audience, she gave numerous examples of episodes during which she faced such comments and behavior between 2015 and 2018

at Richmond Manor.

She also stated that the board did very little to support her in that context, including not answering her requests for interventions, and the establishment of a conflict resolution policy, which never came.

She resigned after weeks of constant headaches and depression, and a firm conviction that the situation would not improve.

“Why continue to work for people who don’t want to see me there, when you can work with 98% of the population. If the employees want me to leave, and if the board does not encourage me in staying. So I quit,” explained Ms. Karunaratne.

Attorney Gendron suggested that the effects of what the plaintiff experienced at Richmond Manor were not serious enough to prevent her from starting a new job immediately after her departure from that residence.

Ms. Karunaratne replied that under certain circumstances, you cannot afford to stay away from work, even when you are sick or suffering from harassment.

She wants the Labour Administrative Tribunal to recognize that her case was one of psychological harassment, and she asks Judge Drolet to make the report prepared by mediator Sandra Francoeur before Manjula’s resignation available.

The report pertained to the working atmosphere at Richmond Manor. The board of the residence has so far refused to make that report available to Ms. Karunaratne.

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Premier François formally apologizes to Indigenous People

Gilles Gagné

Quebec premier François Legault admitted on October 2 that Quebec did not do enough for the province's Indigenous Peoples and presented his apologies on behalf of the government for "systemic discrimination at the hands of public service providers." Mr. Legault stood up in the National Assembly to present those apologies. "The Quebec state failed in its duty to you. Today it asks for pardon." Mr. Legault's solemn declaration came two days after the release of the Viens Commission report, created when Judge Jacques Viens was appointed to analyze the troubling discriminatory practices toward Aborigines in the delivery of public services in Quebec. Judge Viens' first recommendation was that the Quebec government apologize. Premier Legault added an apology is not enough and that government people must understand the reasons that led to the current situation and "from that point, we must change things. (...) As is the case of all Quebec, we must do more and we must do better." He also stated that any government action must be conducted with the First Nations and Inuit.

School boards receive significant boost for school renovation budget

Gilles Gagné

NEW CARLISLE: - The Quebec government recently announced a significant increase in the budgetary envelopes earmarked for school renovations. In the Gaspé Peninsula, \$35 million will be invested in the coming year, a 232% increase compared to the previous year. Province-wide, the budget will reach \$2.3 billion. The Eastern Shores School Board will receive \$4.3 million of the regional envelope, compared to \$16 million for the Commission scolaire René-Lévesque, which covers the territory between l'Ascension-de-Patapédia and Percé, and \$14.5 million for the Commission scolaire Chic-Chocs, which serves the area between Cap-Chat and the east part of Percé. The list of projects stemming from those envelopes will be released later this fall.

Gaspé Cégep wants new residences

Nelson Sergerie

GASPÉ: - The Cégep de la Gaspésie et des Îles wants the Government of Quebec's Ministry of Education and Higher Education to rebuild the residences at the Cégep's Gaspé campus.

The Board of Directors adopted a resolution to this effect on September 25.

"We are making an official request to the ministry's infrastructure department to have a budget for a new construction. If we find an echo, we will be very happy," says the director of the CEGEP, Yoline Arseneau.

The project was first mentioned by the former director, Yves Galipeau, the day after the fire of May 15, 2018. The sum evoked was \$18 million.

"This is what we would like since the residences are 50 years old and we will reiterate to the ministry this wish. Otherwise, we will still renovate the existing buildings," says Arseneau.

The renovation plan for the current complex is spread over five years and is estimated at \$9 million. The interior will be renovated. The exterior cladding, the windows and the roof will be redone.

The process of rebuilding the pavilion which was destroyed by fire in May 2018 continues.

"In the summer, we had a call for tenders for the engineering and architecture. Work is underway for the plans and specifications for the general contracting tenders. We anticipate taking possession for January, 2021," says Arseneau.

The director does not want to put figures on the project, but we are talking about "millions of dollars."

The architects prepared the plans for approximately 24 rooms instead of 30, since the new rooms will be larger. The cost of the entire project is covered by insurance.



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An ambulance withdrawn from service in the Paspébiac sector

Nelson **Sergerie**

PASPÉBIAC - One in three ambulances is regularly withdrawn from service at night in the Bonaventure and Paspébiac sector due to lack of manpower. Approximately 50 paramedics are needed in the Gaspé Peninsula in order to provide the service to which citizens are entitled.

According to information obtained by The Gaspé Spec, the situation occurred at least 14 times recently and the other two vehicles had to be redeployed to the territory to maintain the service.

The *Fraternité des travailleurs du préhospitalier du Québec-FTQ* indicates that it happened at least twice in the week of September 16.

“On a regular basis, the company responsible for providing ambulance services is obliged to shutdown a shift. There is one-third less services offered,” says Vice President David Gagnon. “When we know that we are already short of resources, it is in our opinion irresponsible.”

According to the union, if shifts were converted at the times scheduled by Quebec in March 2018, the situation would not occur.

“We, who have been advising the company for more than a year, are converting shift schedules into regular schedules,” adds Gagnon.

On the argument that it lacks manpower, “it's the egg or the hen. In Nouvelle, Carleton and Maria, the conversions took place and the companies attracted the paramedics who were in the region with better conditions. If they made these changes, they would have a pool of paramedics that would be available, as happened elsewhere in Quebec,” says Mr. Gagnon.

The mayor of Paspébiac, Régent Bastien, knew that sporadically, the service was reduced, but did not know the extent.

“It's inconceivable! We worked very hard to succeed in having the additional services recognized to cover the territory of Paspébiac on time,” says the mayor.

According to him, it will be necessary to act with the government to fill the problem of manpower.

His colleague from Bonaventure, Roch Audet, deplores the lack of action and describes what is happening as “special.” He points out that



Ambulance services are being criticized.

Photo: N. Sergerie

despite the announced improvements in service, the situation is deplorable. The elected official does not blame anyone, considering that it is a responsibility of both the ambulance company and the CISSS (the integrated Health and Social Service Integrated Centre).

“The actions were not put in place to meet the needs and it is at this level that I find the situation deplorable.”

As Director of the Eastern Quebec Emergency Call Center, Mr. Audet pointed out that CAUREQ offered its assistance to the CISSS.

“We offered our services to

the CISSS to support them because we have all the information to be able to work on the level of a good deployment,” said the mayor who believes that with these two hats, it allows him to see the record in a global way.

The mayor wants solutions: “We have to sit down with the CISSS and the CISSS has to give us answers and solutions,” he says, while he believes that it is at the level of elected officials that work must be done.

“You have to have proposals quickly enough to deal with the situation.”



MICMAC NATION OF GESPEG SNOW REMOVAL CONTRACT

The Micmac Nation of Gespeg is seeking tenders for a «Snow Removal Contract» for the 2019-2020 winter season for the Community Hall premises located at 34 Montee Corte-Real (Gaspé) and the Interpretation Site located at 783 Pointe Navarre (Gaspé).

BRIEF DESCRIPTION OF CONTRACTOR DUTIES

- Removal of snow and ice off parking lots and driveways to be completed prior to 6:00 a.m. 7 days a week.
 - garbage and recycling bin area;
 - front and sides of the commercial fisheries shelter (Corte-Réal);
 - path up to the workshop (Pointe-Navarre) – discuss;
- Snow removal will be done after any storm, whenever a blockage exists, or accumulations exceed six (6) inches;
- Spread salt to slippery areas to ensure the safety of pedestrians at all times;
- Contractor must provide own equipment, fuel and salt;
- Contractor will be held responsible for replacing and/or repairing damage done to property while fulfilling these duties;
- Applicant must provide proof of liability insurance with a minimum coverage of \$1,000,000.00.

All interested contractors are encouraged to inspect the grounds prior to submitting their bid. All written bids with required documentation are to be submitted to:

Elisha Simon, Executive Director
34 Montee Corte-Real, C.P. 69, Gaspé, Quebec G4X 6V2
or by email: direction@gespeg.ca

Bids must be submitted by: 4:30 p.m., October 25th, 2019.

LOWEST OR ANY BID RECEIVED NOT NECESSARILY ACCEPTED
LATE BIDS WILL NOT BE CONSIDERED

Police report

The Sûreté du Québec has completed its investigation with regards to what was considered for four days a suspicious death, which occurred in New Carlisle on September 26/September 27 near the intersection of Normandie and Church Street.

The body of Paul Crothé, a young man from Paspébiac, was discovered around 10 a.m. on September 27 by two local residents. “The circumstances of the man’s death now belong to the coroner, who is conducting his own investigation,” points out Sûreté du Québec’s spokesperson Sgt. Claude Doiron.

The victim’s body showed signs of violence but that detail will be elucidated by the coroner, adds Sgt. Doiron, who states that the investigation revealed that no foul play is suspected. The victim was found in a vehicle, along a road leading to the woods.

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POLL OF DECEMBER 1, 2019

PUBLIC NOTICE is hereby given to the electors of the Ville de Percé by Gemma Vibert, returning officer, that:

- The following position is open for nominations:

councillor for electoral district number 7.
- Every nomination paper for this position shall be filed at the office of the returning officer on the following days and at the following times:

From October 18, 2019 to November 1, 2019

Monday to Thursday: from 8:15 a.m. to 12 noon and from 1 p.m. to 4:30 p.m., Friday: from 8:30 a.m. to 12 noon.

IMPORTANT NOTE – On Friday, November 1, 2019, the office will be open from 9 a.m. to 4:30 p.m. continuously.

- If more than one candidate submits his nomination for this position, a poll will be held on:

December 1, 2019, from 10 a.m. to 8 p.m.

and advance polling will be held on:

November 24, 2019, from 12 noon to 8 p.m.

- I have appointed to act as election clerk: Mrs. Mélanie Loubert.
- You can reach me at the following address and telephone number:
**City Hall
137, route 132 Ouest, Percé
(418) 782-2933, ext. 2003**

Issued in Percé, on October 9, 2019.

Gemma Vibert,
Returning officer



Commentary

Gilles Gagné

What do we do now?

On September 27 between 400,000 and 500,000 Quebecers, including 2,000 Gaspésians, demonstrated to express their concern about the fate of humanity in the light of fast climate change, their will to see the society reduce its polluting emissions and insure a better future for their children, and their desire to contribute to that betterment.

Using the expression “the fate of humanity” is more accurate than the “fate of the planet” because no matter how stupidly human beings act environmentally-speaking, Mother Earth will survive but it is not so sure for humanity.

The worldwide movement was spearheaded by a bright Swedish adolescent aged 16, Greta Thunberg, who is leading by example better than 99% of the people supposedly more mature.

The reality brought by the formidable popular participation to the demonstration and Greta Thunberg’s stimulating example nevertheless raise another fundamental question. What do we do now?

We have the chance in Quebec to benefit from the advice of some world-renowned scientists who are leaders in environmental protection. One of them is Claude Villeneuve, from Université du

Québec in Chicoutimi.

He identifies four priorities in order to efficiently fight climate change and the other effects of global warming.

Setting up a carbon tax, even if the Conservative Party Leader Andrew Scheer and People’s Party of Canada Leader Maxime Bernier are opposed to it, represents the number one step. Moreover, an efficient carbon tax will only work if the price has a dissuasive effect. Those who think they can’t afford a carbon tax will eventually, if not right away, save money on other fronts, like insurance fees and other types of taxes that will unavoidably augment if we don’t stabilize the changes related to climate soon.

Secondly, we must look for ways to become carbo-neutral, which means that we must reduce our carbon dioxide emissions. By the same token, we must become informed on ways to capture carbon personally and collectively. Planting trees is one of those ways.

Thirdly, we must adopt more efficient ways to ensure our energy consumption and favour the transition to renewable sources of energy. Some ways of doing this is walking and cycling more often, carpooling and regrouping our errands that can’t be done without a vehicle.

Lastly, but not least, we must change our systems in order to turn them into “negative emitters” of carbon, which means setting up systems that will capture more carbon than they emit, and store that carbon over the long term in the ground, in the oceans, in specific geological formations and in our forests. According to Claude Villeneuve, those tech-

nologies exist but their deployment is subjected to political and economical constraints or beliefs that can hardly be overcome if we, as individuals, businesses, municipalities and other types of government are not establishing our carbon footprint.

Many online applications calculate one’s carbon footprint. In principle, we have to bring our annual carbon footprint down to 2.2 tonnes per year by 2030 in order to reach the minimum target identified by the Intergovernmental Panel on Climate Change, the authority on the subject. It is a global reduction in the vicinity of 50%. It seems like a lot but people will save money in the process, at least \$1,000 annually, says Claude Villeneuve.

In order to achieve it, we must avoid consumption traps, avoid buying single use products, over-packaged goods and over-equipped devices. We must refrain from buying ready-to-eat food, as they always bear a heavy carbon footprint.

Buying carbon credits to make up for our footprint is the last way to balance our carbon budget, points out Mr. Villeneuve. The Liberal Party of Justin Trudeau is using two aircrafts during the electoral campaign and the prime minister is quick to point out that they are making up for the two planes because they bought carbon credits. That party chose the worst way to clear its conscience.

The whole planet must reach neutrality in carbon emissions by 2050 if humanity is to stabilize climate change. It certainly looks like a long shot as we get close to 2020, however, the ones developing the most efficient technologies to attain that goal will be the leaders of tomorrow’s world, socially and economically. What do we want to be, the leaders or the dunces?

The Gaspé Spec

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Our voice matters

Diane Skinner

Let's get right to the point. Newspapers matter and a community newspaper like the Gaspé Spec matters a great deal to its readers. We know because you tell us and we appreciate that. The Spec has been going strong for over 44 years and our readers are loyal. Like all print newspapers the changing times have impacted the number of subscribers. This is a critical factor in whether or not the Spec continues in the future. Without paid subscribers and advertising, survival is dubious. Though the Spec is a not-for-profit paper, it takes money to produce a weekly paper. When expenses are more than revenue, Spec's future becomes uncertain.

I am preaching to the converted, however, I am imploring that you spread the word about the importance of Spec, continue to support the paper

and encourage your friends and family to subscribe today. The future has already impacted on community newspapers across Quebec. Since 1980, a total of 16 English community newspapers have closed in Quebec. The voice of English Quebecers has been diminished. Could the Gaspé Spec have the same fate?

Newspaper journalism is vitally important to a community. It reflects the reality in which Gaspésians live. Weekly, you can read articles about politics, business, government programs, town council happenings, railway progress (or lack of), community events, police reports, editorials, letters to the editor and much more. I vehemently

reject the notion that "There is nothing in the paper." That is not correct. There is lots in the paper. The Spec offers news that matters to you, the citizens of the Gaspé and beyond. We keep in mind global issues, such as climate change and access to food resources but with a local spin including local concerns and even local action.

The Spec provides you with factual news that has been researched by Spec journalists and contributors. The Spec also offers a cul-

tural and historical perspective that you will find nowhere else. We include articles about local heroes, foods, plants and animals, recipes, foraged foods and hunting. No where else can you find these articles written in English with the Gaspé and Gaspésians in mind.

The Quebec Community Newspapers Association (QCNA) reports that English-language newspapers are doomed to fail if the government does not help out. The QCNA appeared at a hearing before the Coalition Avenir Quebec government in August, 2019, and their message was clear and bleak. Sylvie Goneau, executive director, said, "If the government does not step up and help, and I'm talking about

all levels of government, we will see all community newspapers close. They will, one after the other."

We will all need to do our part too. Right now. Today. Encourage friends and family to renew their subscriptions. Renew your subscription. Support the Spec in what you say in the community. When you hear that dreaded phrase, "There's nothing in the paper," gently correct them. Buy these naysayers a copy of Spec and ask them to read it over. They will be pleasantly surprised.

I am slightly biased, of course, but I believe that the Gaspé Spec is a little gem of a paper and absolutely critical for our readers. The Spec gives us a voice. It says a little bit about who we are. We are a linguistic minority and that means we have less access to local news and events in our language. The Spec provides this. Let's not lose our voice.

NEWSPAPERS MATTER

NOW MORE THAN EVER

NATIONAL NEWSPAPER WEEK

OCTOBER 6-12, 2019

The Gaspé Spec wins QCNA awards

Diane Skinner

NEW CARLISLE: - The Gaspé Spec has won three awards for journalistic excellence at the Quebec Community Newspapers Association (QCNA) annual Better Newspapers Competition

The Gaspé Spec received two awards in the Best Overall Category, for the Best Community Newspaper Promotion and the Best Feature Page.

For Community Newspaper Promotions, third place was awarded to Penny MacWhirter and Holly Smith-Couture for their advertising spread *Hunting Season has arrived!* (October 10, 2018). For this award participants are recognized for originality and the development of a total newspaper promotion in an effective way.

Gilles Gagne placed second for his article *CLSC likely to offer uninterrupted emergency service* (January 17, 2018). Participants were judged on the quality of writing (spelling, grammar, style), reporting skills and the reporter's enterprise for a single news or feature article dealing with health or medical issues that affect the community.

It is affirming to be recognized for such prestigious awards.

Best Feature Page. Second place won second place. This was awarded to Penny MacWhirter and Diane Skinner for the feature, *Unearthing the Past* (July 11, 2018), about Jason Marsh and his search for Gaspesian artifacts. For this award, participants are judged on the quality of writing, quality of photography, originality, imaginative design, impact, feature value and editorial treatment of the subject.

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For this award, participants are judged on the quality of writing, quality of photography, originality, imaginative design, impact, feature value and editorial treatment of the subject.

The Gaspé Spec

CLSC likely to offer uninterrupted emergency service

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Have your entries in by 4 p.m. Thursday, October 16, 2018

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Reflections

by

Diane Skinner Flowers



Amping up the Gratitude

According to studies, people who are thankful tend to be happier and even healthier than those who do not feel and express gratitude. Happy people tend to appreciate what they have and do not obsess about that which they do not have. Being thankful gives a person a more positive outlook on life. The good news is that being grateful can be nurtured by an individual and when we express that gratitude to others the positivity circles back to us. Being thankful is a powerful force because it equips us to approach each day as a new opportunity for happiness.

There are a number of specific ways that you can practice your gratitude: Be grateful, as a family. Thanksgiving dinner is a perfect opportunity to go around the table and have each person, old and young, say something or someone they are grateful for.

Tell somebody that you really do appreciate them. Acts of kindness are always appreciated, but do not forget to express your thanks. You will feel good and the other person will feel good. It's a win-win situation.

Send a thank you note. You can text a thank you or send an email but it is almost a lost art to send a thank you note or card. The current practice is for people to put a thank you notice in the Spec or other newspaper (also a kind gesture) but the most touching thank you is a personalized card. There are loads of reasonably priced cards to choose from at the drugstore or even Dollarama. Make the effort because the person who bought you a lovely shower or wedding gift went to the trouble to choose the right gift for you. A tangible thank you is meaningful.

Say thank you. Its surprising how many people do not say thank you. Gratitude is like the tides going in and out. You say thank you to the girl who gives you your coffee. Make eye contact and smile because you might as well give it your best shot. She feels the warmth of that gratitude and treats the next customer a little better. Saying thank you is sort of an investment. It makes the world a better place, a few words at a time. Besides, it is good manners.

Be grateful for your life. In difficult times this can be a challenge but focussing on what is great about your life will help improve your outlook. You can choose things big or small to be thankful for. Even in the darkest of times there are things we can be grateful for.

Keep a gratitude journal. Some people find that writing a daily gratitude journal is worthwhile. Each morning jot down things or people that you are thankful for. You may have days when it is a challenge to think of something but this is all the more reason to do this. It helps you see that there is always something for which to say thank you. Some people strive to write five things each day, or it can be just one. These things can be big or small. Note that this is not an activity for everyone. I admit that I have attempted this a number of times and find it a challenge to think of what to write in the gratitude journal. When I wrote one day, after sitting with nary an idea, "I am grateful to own a gratitude journal." I realized that I was a flop at this. I am grateful, but express it in other ways.

Thanksgiving is a logical time to give thanks. Being grateful in our approach to life is a positive and beneficial practice every day of the year. In the words of Garrison Keillor, "We are surrounded by goodness if we will only look for it."



happy THANKSGIVING

Stuff the Bird!

Thanksgiving dinner is a wonderful opportunity for the family to get together, but make no mistake the food is the real star of this event. Some people rush to get some of the golden crispy turkey skin, others pile on the mashed potatoes and gravy, while some diners clamour for the roasted veggies. The turkey stuffing, though, is the highlight of the meal (and the leftovers) for many. I have seen people make stuffing sandwiches on a bun moistened with a bit of gravy. Sounds delicious? It is! The highlight of traditional Gaspesian stuffing as made by our grandmothers is Gaspesian grown summer savory. Without this crucial ingredient, it's just not authentic Gaspesian

Old Fashioned Turkey Bread Stuffing

Just like grandma used to make.

Ingredients:

¾ cup salted butter
½ cup chopped onion (or more)
¼ cup chopped fresh parsley
½ cup chopped celery
1½ cups chicken broth
2 teaspoons poultry seasoning
2 tablespoons of Gaspesian grown summer savory
2 teaspoons salt
¾ teaspoon pepper
12 cups dried bread, generally a 1-pound loaf will give 10 – 12 cups of bread cubes which is enough to stuff a 12 to 15-pound turkey. (Dry your bread by spreading it out on a cookie sheet for a few days.)

Instructions:

1. In a large pan, cook butter, onions, parsley, and celery over medium heat.
2. When the mixture begins to bubble, add the chicken broth. Bring it back to a boil, and add the seasonings including Gaspesian grown summer savory. Stir well with a wooden spoon.
3. Remove from heat. Allow to cool a bit and pour the mixture (it will still be warm) over the large bowl of bread cubes. Stir it around, using your hands, if necessary, to make certain that each piece of bread is thoroughly coated.
4. Stuff your turkey.

Summer savory is an herb that is a member of the mint family. It has dark green, narrow leaves. It is a versatile herb that can be used in stews, soups and even on roasted vegetables. Its smell is a combination of pepper and pine. Try it sprinkled on buttery garlic bread and it is great on tomato soup. The ancient Romans used savory instead of pepper and they believed it to be an aphrodisiac.



As the beauty of autumn draws near an end...

Every season has its beauty and autumn is no exception. Gaspesians can feel the sadness of autumn beauty disappearing quickly. The autumn season is only temporary and yet Bay of Chaleur residents can feel that crisp air as it tickles our nose when we go out into the October air. We search frantically for our scarves, sweaters, and gloves as another chilly season is just around the corner. One morning when we awake we will see the ground blanketed with that white magnificent snow. Typical Chaleur area nights are drawn with early darkness and crisp north winds ready for action and we huddle near those lit fires and get comfy in our own comfy chairs with blankets nearby.

Keep in mind that autumn has its beauty in colours but winter has its own with fields covered with drifted snowbanks for outside activities and more.

*Ken Ross
New Carlisle, Quebec.*

What does a Seniors' Outreach Worker do?

- Meets you in the comfort of your home for a friendly chat.
- Listens to the challenges you face in your daily life with confidentiality.
- Accompanies you in the steps you want to make regarding a service or resource.
- Encourages you to find solutions to improve your quality of life.
- Prevents abuse and mistreatment.
- Informs and refers you to available services or resources.
- Supports your decisions and future plans.

For more information contact:

SALLY WALKER,
Seniors' Outreach Worker
CASA Office: 418.752.5995
Cell: 418.752.0855
sally.casa-gaspe.com



Making a difference

Carol Almond: The Power of Giving

Diane Skinner

We can be in awe at times of the selflessness of others. Carol Almond is one of those people. It is important that we celebrate these “givers” and the power of their good deeds and kindness. Carol Almond, her husband Peter and their friends, who she says are like a small family, saw a need and work tirelessly to help others who are not as fortunate. They donate their time, energy and even financial resources. They saw a need and acted.

Carol Sweetman Almond was born and raised in Port Daniel, and her parents were Edwin and Pearl Sweetman who once owned E.A. Sweetman Reg’d., a general store. Carol comes from a large, close-knit family of nine children. She admits she is the “spoiled one, being the youngest.” She learned to speak French in her parents’ store and attended schools in the area including SPDS (Shigawake Port Daniel School) and NCHS (New Carlisle High School).

Carol recalls taking a secretarial course at NCHS and making new friends, including a young man named Peter Almond. She moved to Montreal and quickly found a job working as a receptionist-clerk. During this time, she met up once again with Peter and they dated. They were married in 1968 and eventually moved to Ste. Anne des Plaines, bought a house and Carol decided not to return to work. However, she got involved in church groups, was President of the UCW (United Church Women), organized many bake sales and volunteered at a drop-in centre at the Anglican Church. Giving to the community started many years ago.

Carol and Peter have had lots of fur babies that they have loved dearly. They always returned down home for their holidays and after retiring started to spend summers at the family home in Port Daniel. Carol says, “We love the Gaspé. It’s in our blood.” When Carol is here on vacation she loves to be involved and help out various organizations. “I love to be involved with the community. I guess it’s in my blood as my mom used to be involved with the WI (Women’s Institute),



From left to right, Sue, Carol Almond, Peter Almond, Jim and Brian. These friends formed their own community outreach group to feed and provide warm clothing for some homeless individuals in Montreal.

the Red Cross and the UCW.” Carol believes that her mom played a big part when she was young to give her that spirit of giving.

Carol became involved with helping the homeless after suggesting that her church make some care bags for females who were homeless. She willingly took on the challenge of delivering these bags. She and her husband Peter drove to the Parc Emelien Gamelin in Montreal. She recalls that it was a bitterly cold night, -18C, and she immediately saw the need for hot meals. Carol says it broke her heart to see so many desperate people.

It was after that night that Carol and Peter knew that they wanted to be a part of the group, Montreal Support Group for the Homeless (MSGH). Carol reports that she has been part of this group ever since. She states, “I nearly froze that night but my eyes were opened wide when I saw a young man approach the table in shorts, sneakers and a short jacket. I had tears in my eyes wondering how he could stand this type of weather and sleep on the street.”

Carol’s compassion led her to become even more involved in helping the homeless in the community. She, Peter and their friends formed their own community outreach group. This group is comprised of a small, dedicated group of friends who go out every second week with MHSG if they are out. They supply all the food and she adds that she is fortunate to have such great family and friends who support the group financially. She uses the money to purchase food. Carol goes out twice a year with MHSG to the Old Brewery Mission to serve Thanks-

giving and Christmas Dinner. In fact, they are busy right now planning this year’s complete turkey supper! They also are busy collecting clothes and boots and shoes. At the moment we are collecting winter coats, boots, toques and mitts that they will distribute at the end of October and beginning of November.

She is also grateful for friends who live down home who give her clothes to bring back. She adds that the New Carlisle Legion has been very supportive and she mentions Jared Flowers who for the second year has collected soaps and other toiletries for the homeless.

The group continues to make care packages twice a year, which include items such as soap, facecloths, toothpaste and toothbrushes. Carol says that the group appreciates monetary help so that they can purchase these items. The group ran a fundraiser last winter to purchase food containers and cups. It was a great success and raised over \$1000. She is grateful to the community for being so supportive. Carol still helps out with the drop-in group at the Anglican Church in Rosemere, an outreach program that serves soup, rolls and dessert. She is always busy baking for her own church for the coffee hour that is held after services on Sunday. She laughs when she tells us that she is always taking something so she has been called the “cake lady.”

Carol says that she truly loves being out on the street because she sees first hand the need for this support. She mentions that one of the homeless men said, “If it had not been for us out there last winter he did not know where he

would be.”

Carol enjoys meeting all kinds of people. Some may be drug addicts, but they may also be people who once had great jobs and have just fallen on hard times. She does not judge these people. She sees a need and helps out in a first hand way. She reflects, “When you leave the

street at night and you have fed 100 – 150 people who you know needed this food, you come away with your heart filled. It makes you think that you have a warm place to go, but others do not.”

The Gaspé is very important to Carol and Peter. She says that it is a special place and to them it’s home. She says that it will always have a place in their hearts and as the saying

goes, “You can take the boy from the country but you can’t take the country from the boy.” Carol loves to knit and makes prayer scarves for people on the Gaspé who are suffering from cancer. She points out that she could not do all of her work without the help of her “loving, caring husband who transports us to the city and loads and unloads the truck which is always filled and he has to fight the city traffic.”

Carol replied, when asked if she would agree to a story about all the caring and assistance she and her group is giving those in need, “I feel very privileged to be asked to do this interview, but I am definitely not an unsung hero.” She is not boastful, but readers may agree that someone who gives so much of their time, effort, resources and caring to those who have fallen on hard times is a person who makes a difference. Carol, her husband Peter of 51 years and their friends are heroes to us and certainly to those that they help.



This photo from June was a BBQ where hamburgers, chips, salad, soft drinks and more were offered. Friends of Carol, Sue and Eli can be seen serving the food.



This winter food table holds some of the foods that are served at the group’s outings. These include: juice, water, fruit, sandwiches, cookies, cakes, puddings and a hot meal!! They offer a great variety of food.

Harvest Suppers: Tradition Continues

Diane Skinner

Harvest suppers have long been a part of anglo-Gaspesian culture. The idea of sharing a delicious meal prepared by the community was originally a way of celebrating nature's bounty in the fall. Normally the local church hosts the harvest supper and the proceeds help to sustain the church in the community, however, a harvest supper is more than a fundraiser. It is tradition, a social gathering, volunteerism at its finest and an opportunity to enjoy a bountiful home-cooked meal at a reasonable price. Mind you, many parts of the meal are cooked in a number of homes and brought with love to the community hall. These suppers are still big events on the Gaspé and we all scan the Coast Round-up page of Spec to see where the next harvest supper will be held.

Spec spoke to Margaret Mauger who has worked on the Harvest Supper put on by her church, St. James Anglican Church, Port Daniel for a number of years. Mrs. Mauger is busy this week canvassing for donations and then she and Landis Billingsley, with the help of



Phyllis Bisson and her sister Ruth working at the St. James Anglican Church, Port Daniel Harvest Supper and the pie table at the same harvest supper.

a group of men and women from their church, will figure out what else they need to arrange or buy.

There is a standard menu offered and the highlight is tasty, home-cooked real food. Local produce is used where possible and the star of the menu is turkey. The full menu in Port Daniel is typically turkey, ham, mashed potatoes, carrots, turnips, gravy, stuffing, peas, cranberry sauce, buns, juice and tables full of homemade pies. The number of pies that will be made this year is between 80 and 90! After that, you may enjoy a tea or coffee, if you have room.

To provide this food on

time and hot and ready to serve is no small task. Organizing begins well ahead of the actual harvest supper day. Margaret and the group have been out in the community and they are very grateful for the generosity of individuals and even businesses in the community. Margaret explains that first the group approaches their own parishioners. After taking stock of what else is needed the planning continues.

The money raised by harvest suppers and other community events plays a big part in the fundraising for the church. The supper, though, is the biggest source of revenue. St. James also holds a bazaar

in the summer and a few other events, such as card games.

Mrs. Mauger and the group are grateful for all the volunteers who help by cooking, baking, setting up and cleaning up, serving, shopping and more. By her estimation 80 volunteers play some part in putting on the harvest supper. It would be impossible to put on a successful supper without them. It has been a community effort.

Times are changing and these changes mean that there are fewer people willing or able to volunteer their cooking skills or time to help out in other ways. Mrs. Mauger states, "The population is aging. Younger people just

don't always have the time to help, but will donate financially instead." She recalls the days when a harvest supper was more than a delicious meal for the community, but also involved a fiddler and square dancing afterwards. It was an important social gathering and celebration of the harvest time. Mrs. Mauger says, "I don't know if people will carry on with the harvest suppers or not."

This year the St. James Anglican Church Harvest Supper will be offered on Saturday, October 12, beginning at 4:30 and ending at 6:30 p.m. This will take place at the Shigawake Community Hall. Takeouts are available. The cost is \$12 for adults, \$6 for children between 6 and 12 years of age and free for children 5 and under. This is such a reasonable price for a hot home-cooked meal and Mrs. Mauger commented that they keep the price low so that families can afford to come! This is an example of true Gaspesian community spirit. Support this event and enjoy a delicious harvesttime meal.

Photos: Margaret Ann Mauger

Thank you, Democracy: The power of one

Diane Skinner

It is the season for giving thanks so let us stop and be grateful that we live in a democracy. We have the right to vote and that is a precious thing. A democracy is a type of government that is for and by the people. The supreme power is given to us, the citizens, who get to vote thereby helping to select those who will govern us. Abraham Lincoln famously said, "Democracy is by the people, of the people, and for the people." In a dictatorship, one person called a dictator makes all the rules. No thanks. I like that right to vote.

However, to have your say about the government you must exercise the right to vote. There are laws about who can vote. In Canada, every Canadian cit-

izen 18 years of age and older has the right to vote, even people in prison or those out of the country. Women of Quebec have only been eligible to vote since 1940! That means that our female ancestors would not have been able to vote, until that year! That was just 79 years ago. Imagine not being allowed to vote? Thank you, dear suffragettes, for fighting for us!

Political parties provide the basis for Canadian government. This makes choosing who to vote for a little simpler. A political party generally has people who think the same way about what direction Canada should go and how. Depending on their party they may be termed "centre", "left" or "right", or a combination of these. This is a simple way of letting voters know how parties think the government should pro-

ceed.

In Canada, historically, the Liberal Party has been seen as the centre party, the NDP are on the left and the Conservatives are on the right. This is a very rough guide, so policies need to be examined closely. People on the right generally believe that the way to help Canada is to strengthen business. Those on the left believe in helping families and individuals first. People in the centre believe in a blend of both.

It gets more complex in practice. The right parties support business but it does not mean that they think families are not important. The difference is how they intend to help families. That may be by encouraging businesses through policies and laws which help to create a strong economy which then benefits families. Even though the

NDP is left, leaning politically they believe business is important but they put more support into policies that help families and individuals directly. The Liberal policies are a combination of these two approaches. The Green Party promotes policies that support nonviolence, social justice, respect for diversity and the environment. The Bloc Quebecois is a federal party and is devoted to Quebec nationalism and the promotion of Quebec sovereignty. Peoples Party of Canada formed in 2018 by Maxime Bernier is a right-wing party who proposes a limit to current immigration levels, replacing the Indian Act and supports the building of pipelines. These are very simple outlines of the different approaches that the parties propose. It is just a starting point for your consideration.

You have the right to vote so appreciate that others fought and struggled for you. Let us also give thanks to our military, in the past and present, who ensure that we continue to live in a democracy.

You should vote. You should want to vote. It is not a difficult thing to do. Make sure you are on the voter list, watch for your registration card in the mail, learn about the candidates and their parties and exercise your democratic right.

When you enter that voting booth with your precious ballot in your hand feel really powerful, yet proud and grateful. You live in Canada. You live in a democracy. Oh yes, if you choose not to vote, don't complain too loudly about your government. You gave up your power.

Announcements...



Obituaries



MCLELLAN - GARRETT: Lila Eleanor
1931-2019

Lila Eleanor McLellan passed away on September 8, 2019 at Maria Hospital at the age of 87 years. She was born on December 16, 1931, in Caplan, Quebec. Lila lived most of her life in Black Cape and New Richmond, Quebec.

She is survived by her children: Gloria (Bill), Dorothy (Denys), Brian (Cathy), Edward (Jean), Betty (Robert), Bonnie, Greta (Renaud), Michael (Sheila); sisters: Jean (Jack) and Lorna "Peggy"; as well as many grandchildren; great-grandchildren; nieces; nephews and many friends.

Lila is now reunited with her loved ones: husband Carl Ernest Garrett; her daughter Annie; grandchildren: Dennis and Tanya; sisters: Nora and Shirley; and brothers: Ralph and William. Lila was the daughter of the late Russell Warren McLellan and Elsie Catherine Sturgeon.

Visitation was held at Henri Thibodeau Funeral Home in New Richmond on Sunday, September 15. Funeral service was held at Bethel Bible Chapel in New Richmond on Monday, September 16, at 2 p.m., followed by interment at Black Cape Cemetery. Pallbearers were Ralph Campbell, Wayne Burton, Mark Garrett, son Edward Garrett and grandsons: Joel and Jason Cyr. The funeral service was led by Raymond Ricard and a beautiful eulogy was given by granddaughter Linda Garrett. Lila will be missed but not forgotten.



WILSON: Shannon Eva Margaret

Manager of Development at Whitby Abilities Centre

It is with deep sorrow that we announce the passing of our beloved daughter Shannon. After a courageous and brave battle she passed away on Monday, August 5, 2019, at the age of 45 at the Lakeridge Hospital, Oshawa, surrounded by her loving family and friends. Shannon is survived by her parents Jon and Marilyn March, and Stan and Cathy Bombino. Cherished mother of Emmah, Mackynzi and Anderson, and will be remembered by their father Neil Wilson. Dear sister of Jon (Loni) March, Ryan (Kim) Bombino and Evan (Monika) Bombino. Devoted aunt to Preston, Wynter, Mila and Chelsea.



In Memory

LEMIEUX: Sydney

In loving memory of a husband, father, and grandfather who passed away October 2, 2001.
*When someone you love becomes a memory,
The memory becomes a treasure.*

Loved and missed always by Sarah, Wayne, Linda, Gloria, Jason, Laura, Nicole and Kay.



RENOUF: Charlene

(November 19, 1978 - October 12, 2008)

Our daughter, step-daughter and sister, loved and forever in our hearts and on our minds by Mom, Darin, Adam (Melody, Gideon, Sybil, Nathaniel and Caleb) and Christopher (Bethany, Benjamin and Claire).

BENWELL: Rebekah

(October 4, 2001 - October 12, 2008)

Our granddaughter and niece, cherished and dearly missed by Grandma, Grandpa, Uncle Adam (Melody, Gideon, Sybil, Nathaniel and Caleb) and Uncle Christopher (Bethany, Benjamin and Claire).

In loving memory of those we lost so suddenly eleven years ago.

*Safe with the ransomed, their struggles all over.
Anchored so soon on that beautiful shore;
Who would recall them to share in the strife
Of the suffering and toil in the battle of life.
Better in heaven, far better than here.
Only we miss them. we loved them so dear.
Yes, sadly we miss them, and try not to grieve.
A little while longer we too shall leave,
To meet them on that beautiful shore
Where parting's unknown and life's evermore.*

RENOUF: Charlene Ada

(November 19, 1978 - October 12, 2008)

BENWELL: Rebekah Joan

(October 4, 2001 - October 12, 2008)

In loving memory of two precious girls who left us so suddenly on Thanksgiving, October 12, 2008. Granddaughter Charlene, age 29, and great-granddaughter Rebekah, age seven.

*Your memories are my keepsake
With which I'll never part.
God has you in His keeping.
I have you both in my heart.
The rolling stream of life rolls on
But still the vacant chairs
Recall the love, voices and smiles
Of the ones who once sat there.
They say time heals all sorrow
And helps one to forget
But time, so far, has only proved
How much I miss you yet.*

I will always love and remember you both. Until we meet again. Love, Nana (Pearl).

thegaspespec.com

RENOUF: Charlene

(November 19, 1978 - October 12, 2008)

BENWELL: Rebekah

(October 4, 2001 - October 12, 2008)

*They were taken without any warning.
Their going left hearts filled with pain
But though they are gone from amongst us
In our hearts they will always remain.
The blow was great, the shock severe.
We little thought their death so near.
Only those that have lost can tell
The sorrow of parting without farewell.
Nothing can ever take away
The love a heart holds dear.
Fond memories linger every day.
Remembrance keeps them near.
Some day we hope to meet them,
Some day we know not when,
To clasp their hands in the Better-land
Never to part again.*

Always loved and will never be forgotten, Aunt Brenda, Uncle Donald, Steven (Jessica and Payton) and Gregory Renouf.

RENOUF - BENWELL

Ten years ago on October 12, 2008, our hearts were broken with the sudden death of our beloved daughter Charlene and our beloved granddaughter Rebekah who died accidentally. We cherish their memories.

*Nothing can take away
The love our hearts hold dear.
Fond memories linger every day.
Remembrance keeps them near.
Not dead to us who loved them,
Not lost, but gone before,
They live with us in memory
And will forever more.*

Lovingly remembered, sadly missed, no one can take your place, Da (Billy), stepmom (Micheline) xoxoxox.

RENOUF - BENWELL

In loving memory of my granddaughter Charlene and great-granddaughter Rebekah who died accidentally on October 12, 2008.

*Gone but not forgotten.
We will always remember your beautiful smiles.*

Miss you , Na (Dorais) and family xoxoxo.

Card of Thanks

The family of the late Lila Eleanor McLellan Garrett wishes to extend a sincere thank-you to all those who supported us following her passing on September 8, 2019. Your kindness, support, expressions of sympathy, visit to the funeral home and attendance at the funeral are much appreciated. May Lila rest in peace with the loved ones that have gone before her.

The Garrett / McLellan Family.

The New Carlisle Funeral Association

extends sympathy to the family of
Mr. Rodrigue Dion



BABY ANNOUNCEMENT

Welcome the new baby
in your family
by placing a
Birth Announcement
in the Gaspé Spec

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

CLASSIFIEDS

For Sale: Four Minerva summer tires 205/60/R16. Three Firestone summer tires 215/55/R17. Five G.M. rims and one mud and snow tire 195/75/R14. Four mag wheels with winter tires (two nordic and two artic claw 225/70/R16). One regular wheel with summer tire. Four blue leather seats, two roof rails, two steps and tinted glass for a two-door Ford Explorer. Stone for fireplace 4' x 6'. A 5' hand sleigh. Sleigh shalves for horse. Sleigh shalves for pony. 2006 Ford Fusion (for parts). Chimney sweep equipment including brushes, flexible rods, quick cuplings and more. 300 ft. 5/8" rope. 11 flat belts for farming equipment. One and 1/3 balls of bailer twine. 40 feet of 4" drainpipe. Two potato forks (four prongs). Seven meat hooks. Animal trap (31"x7"x7"). Jig for making hot house trusses. Three half bushel pans for grain. Fan for a cab of a tractor. 7 1/2 Mastercraft skil-saw. 10" Mastercraft bench saw and stand. Formula one tool box and tools. Five boxes of hardwood flooring. Two (5 gallon) gas containers. Nine pieces of aluminum front flashing. 1,600 psi electric pressure washer. Pro.point 125A digital heat gun. Homemade utility trailer. Two electric weed eaters (McCulloch 15" and Earthwise 13"). 22" weed trimmer Craftsman Briggs and Stratton 6.75 (190cc). Two five foot aluminum step ladders. Food hasher and bowl. Three car chains. Two snow blower chains. Bug deflector for a 2003 Impala. Four car shelters - tie downs. Four handicap bars. One 19" air hammer pump. Pieces of duct pipe and vent. For more information contact Irvin W. Meredith, 243 Duchesney Ave. New Richmond, QC, 418-392-4001.

COAST ROUND-UP

GASPE:
Frederick James Richmond and Muriel Richmond Trust Fund
Are you a former Gaspé Polyvalent student? You may qualify for a financial assistance bursary. Students currently pursuing a university degree are encouraged to apply before October 31, 2019. Application forms can be requested in per-

son at the Gaspé Polyvalent office, by fax (418) 368-7289, or by e-mail (gps.admin@essb.qc.ca). Along with the completed application form, you must send a copy of your receipt for payment of university registration.
Should you have any questions, please contact the Gaspé Polyvalent office at 418-368-6532.

MALBAY:
Harvest Supper
October 12: Malbay Harvest Supper. Takeouts beginning at 4 p.m. Supper at 5 p.m. Adults \$12, children 12 and under \$6. Everyone welcome.

DOUGLASTOWN:
Community Centre
Tuesdays: Zumba from 7-8 p.m. \$10/class.
October 13, 20 and 27: Collective kitchen beginning at 5 p.m. Watch our facebook page to sign up every week.
October 18: 5 to 7 musical jam Oktoberfest at the Doug-town Cafe. Bring your own beer and potluck dish. Voluntary contribution.
October 20: Community breakfast beginning at 8 a.m. voluntary contribution \$8 adults, \$4 children (5-11 years old). Mini rugby jamboree beginning at 10 a.m. (5-12 years old). For registration or information call 418-368-0288.
October 26: Family halloween beginning at 6 p.m. Come explore the haunted labyrinth and get candies. \$2 per child.

BARACHOIS:
Legion Branch 261
Every Monday: The Royal Canadian Legion, Branch 261, will be having a money bingo at 7 p.m. at the Legion. 18+ only.
Every Thursday: Cards and Games from 7 p.m. to 9 p.m. Free. For more information, contact Lloyd Roussel at 418-645-3700 or 418-645-2786.

BARACHOIS:
BADC
November 30: The BADC Christmas Market will be held at the Belle Anse School from 9 a.m. to noon. If you are interested in a table (\$10), please contact Sandy Coombs at 418-645-2874.

BARACHOIS:
Mountain View Golden Age 50+ Club
October 11: Military Whist for beginners starting at 7 p.m. Everyone welcome.
October 18: Money bingo,

18+ beginning at 7 p.m.
October 25: Military Whist for beginners starting at 7 p.m. Everyone welcome.
October 26: Family fun at harvest time from 10 a.m. to 1 p.m. free. Everyone welcome.

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!
October 26: Military Whist.
November 16: Christmas Tea.

PORT DANIEL:
St. James Anglican Church Upcoming Events
October 12: Annual Harvest Supper from 4:30 p.m. to 6:30 p.m. at St. Paul's Community Centre. Adults \$12, Children 6 to 12 years old \$6, and under 6 free.
November 1: Gift bingo beginning at 7 p.m. at the Golden Age Club in Port Daniel. All proceeds for St. James Anglican Church.

SHIGAWAKE:
Community Centre
October 24: Masquerade dance for children 12 years old and under from 4 p.m. to 6 p.m. Free.
October 28: Halloween gift bingo beginning at 7 p.m.
November 16: Christmas bake and yard sale from 9 a.m. to 3 p.m. \$10 per table. Can-teen available. All are welcome.
December 2: Christmas gift bingo beginning at 7 p.m. Can-teen available.
December 31: New Year's Ball beginning at 8 p.m. \$12 per person. Light lunch served., 18+, DJ (Mark Dea).

HOPE TOWN:
Hope Baptist Church
Hope Baptist Church welcomes you. Sunday School for all ages at 9:45 a.m. and Corporate Worship at 11 a.m. on Sundays. Prayer Meeting and Bible Study at 7 p.m. on Wednesdays. Young Peoples for grades 7-11 at 7 p.m. on Fridays. 305 Route 132 West, Hope Town, 418-752-5838.

HOPE TOWN:
Community Centre
October 12: Military Whist beginning at 8 p.m.
October 18: Hayes Bursary gift bingo beginning at 7 p.m. All proceeds are for the Hayes

Bursary Fund for continuing education.
November 23: Christmas gift bingo beginning at 7 p.m.

NEW CARLISLE:
Bible Chapel Services
Sunday: Breaking of Bread for Believers - 9:30 a.m.; Night service - 7 p.m.; **Wednesday:** Bible Study and Prayer - 7 p.m. "You Must Be Born Again."

NEW CARLISLE:
Harvest Supper
The Anglican Church will be having its annual harvest supper on **Saturday, October 26.** More details to follow.

NEW CARLISLE:
Royal Canadian Legion
Saturdays: Legion opens at 1 p.m.
October 25: Halloween Dance with Tammy Adams from 8 p.m. to 12:30 a.m. \$10 at the door.
November 2: Winter Bazaar from 9 a.m. to 1 p.m. \$5 per table. To reserve a table, please call 418-752-6799. Looking to sell baking and crafts?

NEW CARLISLE:
LLB Foundation Walk-a-thon
Join us on Sunday, October 27, at the Optimist Chalet. Registration is at 12:30 with departure at 1 p.m. For more information call 418-752-5995.

NEW CARLISLE:
Heritage New Carlisle
October 19, 26 and November 2: Nature's Bounty from 10 a.m. to 3 p.m. Combine painting with relief art. Everyone is an artist. Cost \$25 for all or \$10 per day. To register: heritagenc@globetrotter.net, 418-752-1334 or contact us on facebook.

NEW RICHMOND:
St. Andrews United Church
October 19: Turkey supper. Adults \$13 and Children \$8. Takeouts from 4 p.m. to 5 p.m. and supper from 5 p.m. to 6:30 p.m. For all takeouts call Alice 418-392-5087, Delana 418-392-6813 or Joyce 418-759-3534.

CASCAPEDIA-ST-JULES:
Fifty Plus
Every Tuesday: Grocery Bingo at 7 p.m.
Every Thursday: Dame de Piques at 1 p.m. Everyone is welcome to attend. Thank you for your support.
October 12 and 25: There will be jam sessions open to all

musicians and spectators at the club. Doors open at 7 p.m and entertainment begins at 7:30 p.m.

CASCAPEDIA-ST-JULES:
Book Room
Every Wednesday: The book room is now open from 1 to 4 p.m., for more information call Kathleen at 418-392-4896.

CASCAPEDIA-ST-JULES:
Royal Canadian Legion Br. 172
The Royal Canadian Legion, Branch 172, meets monthly every third **Saturday** at the Legion located at 55 Gallagher St.

GESGAPEGIAG:
Important Meeting
This is to inform the community members of Gesgapegiag and the surrounding area that Gesgapegiag Healing Lodge (NNADAP) hosts AA meetings and is open to everyone. If you are interested in a lifestyle free of alcohol and substance abuse and have the desire to change, you are invited to attend meetings every **Monday** at 7 p.m.

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

ROTARY CLUB WINNERS
The winners for the week of September 29 are: Réal Champagne, Réjean Poirier, Bruno Forest, Lisa Armishaw, Annie Normandeau, Denis Gauvreau and Jean-Marc Cormier.

UNITED CHURCH
Sunday, October 13
10:30 a.m. Hope Town

ANGLICAN CHURCH OF CANADA
Sunday, October 13
New Carlisle
9 a.m. Holy Eucharist
Hope Town
10 a.m. Morning Prayer
Port Daniel
11 a.m. Holy Eucharist

PARISH OF GASPÉ
Sunday, October 13
St. James - Wakeham
10 a.m. Holy Eucharist
Thanksgiving service

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On the lighter side...



Go ahead...play with your food



Pumpkin Pie

- 3 large eggs
- ½ cup firmly packed light brown sugar
- ½ cup dark corn syrup
- 1½ cups heavy whipping cream
- 1½ cups pumpkin purée
- 1 tablespoon rum
- 1 teaspoon ground cinnamon
- ¾ teaspoon ground ginger
- ½ teaspoon salt
- 1 prebaked 9½-inch pie crust
- 1 recipe chantilly cream

Preheat the oven to 350 F. In a large bowl, whisk together the eggs and brown sugar until blended. Add the corn syrup and whisk until smooth. Whisk in the cream, pumpkin purée, rum, cinnamon, ginger, and salt until well mixed. Pour into the prebaked pie crust.

Bake until the filling is set, about 30 minutes. Let cool to room temperature. Serve with the chantilly cream.

Chef's Tip: The pie may be made a day in advance, covered and refrigerated. Bring to room temperature before serving.



Chantilly Cream

- 1 cup heavy whipping cream
- ½ teaspoon vanilla extract
- 1 tablespoon granulated sugar

Put the cream, vanilla and sugar in a bowl and whip by hand with a whisk or with an electric mixer on medium speed until soft peaks begin to form. The cream should hold its shape but still be very smooth.

Cover and refrigerate until serving.

Chef's tip: You can whip the cream an hour or two in advance, cover and refrigerate it. If it sits longer than that, it will start to thin out and you will need to rewhip it lightly before using. A few quick stirs with a whisk will do the trick.



ARIES – Mar 21/Apr 20

Take advantage of an opportunity that you have been considering, Aries. If you know what you want, go out and make it happen. Do what it takes to impress others.

TAURUS – Apr 21/May 21

Taurus, you are always ready to defend your own turf and quick to offer your opinions, even if it means being blunt. You may have to play it a little cool this week.

GEMINI – May 22/Jun 21

Gemini, hiding your feelings for some

time is a recipe for unhealthy pressure. Don't be afraid to speak your mind when your input is sought.

CANCER – Jun 22/Jul 22

Cancer, it is a good idea to give people the benefit of the doubt, but don't overlook your gut instincts. It is always a good idea to be cautious when meeting new people.

LEO – Jul 23/Aug 23

You may have to make a tough choice this week, Leo. It involves choosing to engage in some recreational activities or head to work to put in extra credit. Trust your judgment.

VIRGO – Aug 24/Sept 22

Virgo, you don't have to have superhero levels of energy each and

every day. If you are not feeling fully up to the tasks at hand this week, give yourself a well-earned breather.

LIBRA – Sept 23/Oct 23

You are typically deft at keeping your emotions on a short leash, Libra, but every once in a while you can't fully rein things in. Others will understand an outburst is out of character.

SCORPIO – Oct 24/Nov 22

There is a fine line between being a devoted employee and a workaholic, Scorpio. Scale back some of your hours, especially if work is affecting your home life.

SAGITTARIUS – Nov 23/Dec 21

You may have been spreading your wings to see just how many new things you can accomplish, Sagittar-

ius. This week one of your goals really gets traction.

CAPRICORN – Dec 22/Jan 20

Capricorn, you may be feeling foot-loose and flirty over the next couple of days. This is the perfect time to spend with a significant other or find a romantic interest if you are single.

AQUARIUS – Jan 21/Feb 18

Aquarius, you may be asked to be a peace-keeping referee when two people on the job need a mediator. Your thoughtful approach makes you an ideal person to handle the task.

PISCES – Feb 19/Mar 20

Volatile feelings can be calmed with the help of some good companionship this week, Pisces. Channel your energy into something fun.

FAMOUS BIRTHDAYS

OCTOBER 6

Elisabeth Shue, Actress (56)

OCTOBER 7

John Mellencamp, Singer (68)

OCTOBER 8

Nick Cannon, Actor (39)

OCTOBER 9

Bella Hadid, Model (23)

OCTOBER 10

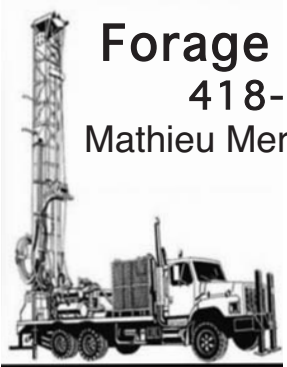
Brett Favre, Athlete (50)

OCTOBER 11

Cardi B, Rapper (27)

OCTOBER 12

Hugh Jackman, Actor (51)



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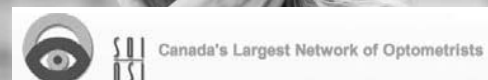
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Yes, Deer!

“We are part of the earth and it is part of us. The deer, the horse, the great eagle these are our brothers. All things are connected, like the blood which unites one's family.”

Diane **Skinner**

“He froze like a deer in the headlights” – have you heard this expression? It means that someone is so frightened that they cannot think clearly and do not know what to do or say. Does this accurately describe a deer’s reaction to headlights? When a headlight shines in their eyes, the deer are temporarily blinded and they freeze until their eyes can adjust. This is partly the reason that so many deer are killed by vehicles.

Deer Facts

Indigenous people hunted deer for their meat, skins and sinews.

A male deer is called a buck and very large males are stags. A female is called a doe. A young deer is a fawn.

Deer eat a lot. A deer needs to eat about 8 pounds of vegetation every day, for

example, if it weighs around 100 pounds. All deer have a four-chamber stomach. This allows them to partly chew their food and then regurgitate it and then chew it again.

Deer are well-insulated which keeps them warm. Their individual hairs are hollow so it provides extra insulation so the deer does not lose body heat. This also prevents snow from melting on their coat.

Deer have the same number of teeth as humans. A deer has no front upper teeth, but instead has a hard pad of gristle.

A newborn fawn can stand after only 20 minutes. It can walk within the hour. It has no smell which helps them to avoid predators.

Deer like to sleep – a lot! They sleep almost 70% of the time.

Adult buck antlers start to grow in late spring. They grow about ¼ inch per day.

In fact, deer antlers are the “fastest-growing” tissue on the planet. Every year they fall off and regrow the next year. The velvet that covers the antlers is full of blood vessels and nerves, which provide nutrition for the growing antlers.

During mating season, a male (buck) will lose up to 25% of its weight. This is because he is so busy looking for and chasing a doe.

Sparring, a kind of warm-up for fighting, is a way for males to develop their skills and muscles, but mostly helps to determine which buck is dominant.

In Finland, the antlers of reindeer are painted with reflective paint to cut down on accidents involving cars and trucks.

Deer are very good swimmers. They have many predators. These include wolves, coyotes, lynx, cougars and humans.



Deer peeking out from behind a tree in Maria.

Photo: Elaine Clouter

Teachers’ Guide (Suggested grade level: 9 - 11)

Comprehension:


1. What does the expression “froze like a deer in the headlights” mean?
2. What three parts of the deer did Indigenous hunters use?
3. What helps to keep the deer warm in winter?
4. How do bucks determine who is dominant?
5. What predators might hunt deer?

Vocabulary: Define the words:

Indigenous, sparring, dominant, predators, reflective

Extras:

Many, many deer are killed on our roads and highways each year. In Finland they are using reflective paint on the antlers of reindeer. Would that work on the Gaspé? Explain your answer. Can you think of any other ideas for reducing the number of deer and vehicle collisions?


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