

Ice floe fishing brings passionate fishermen to Pointe-à-la-Garde and Escuminac



Gilles Gagné

POINTE-À-LA-GARDE: – Ice fishing has been drawing people to Pointe-à-la-Garde for decades. Over the years, sports fishermen from other areas have developed a passion for the local floe because of the quality of fishing and the possibility of putting a shelter or a trailer on the ice. Such is the case of Clarence Bélanger, a resident of Matane.

Mr. Bélanger started coming to Pointe-à-la-Garde and Escuminac's Glen South Road area 25 years ago and contin-

ued to come to the region for about ten years. A few years ago he started sportfishing in the region again.

A retired construction contractor, he built his current trailer slightly more than four years ago for the ensuing season. Without being particularly spacious, it has everything needed to sleep, cook, play cards and fish!

"My former trailer was bigger. At the time, I didn't miss a weekend. Now, I come about ten times per winter for three-day stays at a time. I often

Cont'd on page 6

Smelt, from the sea to your plate

Diane Skinner

MIGUASHA: - Traditions are an important part of what defines us as a culture. The Gaspé has many traditions which began hundreds of years ago. Traditions include making bread, quilt making, hunting, drying fish, making traps and snares and basket making. Some of these traditions are still practiced today. One of these traditional practices is smelt fishing, however, as time marches on, fewer and fewer people are doing this.

Melvin Connors is a 62-year-old smelt fisherman.

He fishes smelt using traditional methods and is the last in his line to do so. Melvin's grandfather fished and his late dad, George Connors, did also. They taught Melvin how to make bag and box nets. He is one of very few, if any are left at all, who know how to make nets in the time-honoured way. Melvin speaks of a time not so long ago when there were family members, friends and neighbours in rows three deep fishing nearby.

Miguasha is renowned for the quality of its smelts. People who move away from the area make certain that their family sends them enough for

a few "feeds" of smelt. Melvin's sister who lives in Sudbury always makes sure that she gets some Miguasha smelt.

Melvin fishes alone in January when the ice has set, or as they say it in Miguasha "saught." Melvin expresses regret that he is the last smelt fishermen left in the area, as many of his previous fishing partners have passed away. There is an inevitable question. That is, is this Gaspesian tradition disappearing? Is a little bit of Gaspesian history about to vanish?

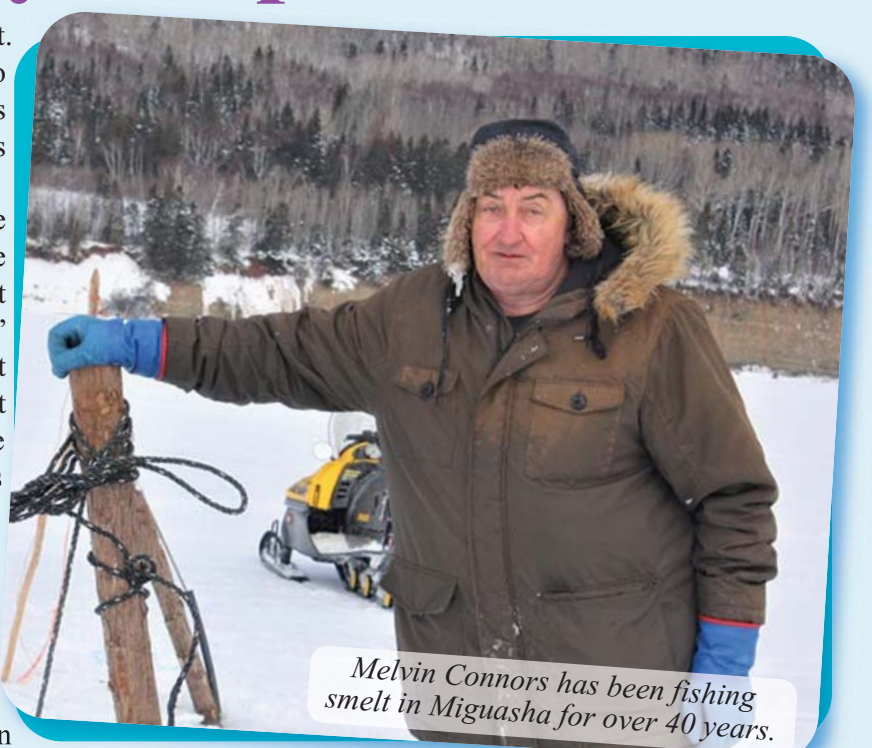
Melvin has been fishing smelt in Miguasha for over 40 years. His first net stand was set for smelt where his own father, George Connors, fished. Melvin continues to place his nets in the same place as the fisherman who traditionally fished with him. He names the

stands in honour of those men, some of who have passed on. He mentions his friend Sterling (Buzzy) Bujold who he says was the best box net fisherman ever. He also gives tribute to Dale Court, who has passed on, who was the best bag net fisherman. Melvin adds that "fishermen today cannot build nets." Some of his stands are honouring Rolly, Albin, Leclerc, just to name a few others.

His sister Judy Connors and brother-in-law Normand Desjardin visited Melvin re-

cently while he was setting up his stands in Miguasha. Melvin explained to them what he was doing and they were impressed with how much skill and knowledge is required. Judy says, "Words such as toggles, the head and the leader were bandied about and once the wooden pickets were in place, there was a lot of straightening and re-straightening so that everything was in place."

Cont'd on page 6



Melvin Connors has been fishing smelt in Miguasha for over 40 years.



Setting up the box nets and the bag nets takes time and knowledge which Melvin has learned over many years of smelt fishing.



It's not too late to be vaccinated.

Photo: N. Sergerie

Influenza hits the area

Nelson Sergerie

GASPÉ - The number of influenza cases jumped dramatically during the week ending on January 25.

The Public Health Department has listed 87 new cases, bringing the total to 281 since the start of the season.

These are mainly cases of Type B, affecting mainly children. “Baie-des-Chaleurs, Rocher-Percé, Côte-de-Gaspé, these are local networks where Type B influenza has been prevalent for two weeks,” states the Public Health’s medical consultant, Dr Ariane Courville.

The French-language school Les Bois Vivant in New Richmond was particularly affected by the flu, when 25% of the students were absent during the week of January 20 due to the flu.

Prevention remains the best remedy for the flu

“Wash your hands frequently. Avoid bringing your hands to your face to avoid contaminating them. Avoid coughing in your hands. If you are a person at risk, there is still time to get vaccinated. ”

The Public Health is also closely monitoring the situation of the coronavirus plaguing China.

“Emergency services were reminded of the measures to take when a person arrives with a cough or fever and who has visited certain countries including China. It’s a reminder that has been made over the past few days,” said Dr. Courville.

CSN is recruiting workers from the SQDC in Grande-Rivière

Nelson Sergerie

GRANDE-RIVIÈRE - The *Confédération des syndicats nationaux* (CSN) is entering the branch of the Société québécoise du cannabis in Grande-Rivière.

Union certification was granted on January 23 by the Labour Court to the branch’s 12 employees.

A union executive will be created and the draft national collective agreement adopted by union members of the first branches that joined the CSN will be proposed to the workers in Grande-Rivière.

The project includes wage improvements, full-time positions for 60% of employees, advance schedules and statutory holidays.

It is the 10th branch to join the ranks of the CSN. The Grande-Rivière SQDC opened its doors on November 26.



MPs have a game plan

Nelson Sergerie

GASPÉ - The federal Member of Parliament for Avignon-La Mitis-Matane-Matapédia is the 4th parliamentarian to table a bill in the House of Commons, which resumed on January 28 in Ottawa. It was by lot that the name of Bloc Québécois Kristina Michaud came out so high across the 338 parliamentarians.

Her party's climate change critic will introduce legislation that will force Canada to keep its promises on this issue.

“It really is to put it on paper. To make the Paris Agreement somehow become Canadian law and that there are certain measures to be taken in the event that it is not achieved,” says Ms. Michaud.

In this 2015 agreement, Canada envisioned a 30% reduction in greenhouse gas emissions by 2030 according to 2005 levels.

The Conservative Party could oppose this Bloc bill, particularly because of its position in favour of oil.

Ms. Michaud believes she

can win the support of the Liberals and the NDP, who are more sensitive to the environment.

In addition, for the Avignon MRC, Ms. Michaud wants to prevent Matapedia from finding itself once again in the same position as last spring when the Canadian Coast Guard hovercraft was delayed.

Lebouthillier's priorities

The Minister of National Revenue and Member of Parliament for Gaspésie-Îles-de-la-Madeleine will be prioritizing three main issues.

The shortage of manpower dominates her concerns since needs are great. Diane Lebouthillier refers to requests for an employment insurance reform. In her view, a balance must be found. “I’m never going to work for people make their stamps and after that it’s over. There is work in the region and we have to make sure that we can help economic development,” continues Ms. Lebouthillier.

The fisheries sector with the upheavals linked to climate change is also of concern. Ms. Lebouthillier ensures that everything will be done to try to start the crab season earlier this spring. "In principle, it should really start earlier. As soon as the gulf allows it, people can go out. "

The environment is the third priority for Ms. Lebouthillier.

She also wants reassurances regarding Ottawa's increased assistance in cost overruns at the Anse-au-Griffon wharf. The federal government transferred the infrastructure to Gaspé in December 2016 with \$1.9 million for the upgrade, however, the last bids came out at \$2.1 million, to which the monitoring costs must still be added. She is not making a clear commitment as discussions continue between Ottawa and Gaspé. “We worked hard for the Percé wharf and I am very happy to see the development taking place. I will continue to do the same for the Anse-au-Griffon wharf. "



Photo: N. Sergerie

Route 132 in Douglastown.

Snow removal: Sanction against a private contractor in Gaspé

Nelson Sergerie

GASPÉ - Dubé et Cassivi de Gaspé received a warning from the Transport Ministry on January 20 for the quality of its work.

So far, this has been the only warning served by Transports Québec despite several comments on social networks on the quality of snow removal in the region this winter.

In an email sent to The Gaspé Spec, the department confirms that the snow removal contractor did not meet the required de-icing standards on the Douglastown section of Route 132.

During the morning rush hour, the road was still icy, despite a temperature of -10 degrees and a blazing sun.

In its message, the ministry mentions that it will closely follow all the operations with equipment connected by satellite to make sure that the work is carried out correctly.

The crossing in Saint-Majorique needs work

It is to avoid an acceleration of its deterioration that for a few days heavy vehicles were prohibited on the crossing in Saint-Majorique.

The three wooden bridges built in 1966 show signs of wear once again, even though they were repaired in 2013 and 2014.

The last 2017 structural inspection reports consulted by The Gaspé Spec indicate the presence of cracks and tears in certain localized planks. Some beams show signs of decay at the ends.

The Department of Transport says maintenance work will be done during the summer.

This restriction does not really cause problems for truckers since they can still use Route 198 to deliver goods.

Parti Québécois leadership race

Sylvain Roy is asking the candidates what they will do for the regions

Gilles Gagné

CARLETON: – The Member of the National Assembly for the riding of Bonaventure, Sylvain Roy, hasn't decided who to support when it comes to the race for the Parti Québécois leadership. He wants to see what the candidates are offering regarding the region before supporting anyone in particular

Mr. Roy wants to support a candidate who will make big changes in the way the Quebec government supports rural regions such as the Gaspé Peninsula. He also wants a major power transfer from the civil servants to the politicians, whether they are cabinet members or members of National Assembly.

He would like the citizens to benefit from that power transfer through decentralization. He lists a number of service shortcomings, such as the absence of the passenger train service, exorbitant airfares and holes in health care services that are the consequence of a lack of knowledge and respect from the high-ranking civil servants and of the way power is concentrated.

"I have experienced both sides, having been an Opposition Member of the National Assembly (MNA) and having been on the side of the government. (...) There is real power usurpation by some deputy-ministers and chiefs of staff," he points out.

"As the assistant MNA to the Minister of Wildlife, we conducted a titanic fight to correct an absurd rule that was forcing Quebec moose hunters to buy their permits by the Friday before the season starts. They couldn't buy a moose hunting permit if the season was underway but hunters from outside Quebec could buy it any time. It was quite a battle because the deputy minister did not want to change the rule at all," explains Sylvain Roy.

The same power control



The MNA for the riding of Bonaventure, Sylvain Roy, is asking the leadership candidates to be daring with regards to regional development and the affirmation of democracy.

characterizes the efforts made by the Quebec municipalities to reduce the price of asphalt, which is skyrocketing when they are confronted with a monopoly.

"The MRCs are trying to buy asphalt for the price paid by Quebec's Department of Transport. I talked to Bonardel (Transport Minister François) and his reply was that it will be too complicated," criticizes Mr. Roy, convinced that the answer comes from a deputy minister or a chief of staff.

"I know for a fact that some high ranking civil servants will only give at the last minute the press release to the minister who will read it, so that the minister doesn't know the content and cannot change it. It is a matter of power control on the part of the chief of staff," says Sylvain Roy.

"It is a matter of democracy. People elect Members of the National Assembly and those MNAs have a very small say in decision-making because of power concentration in very few hands. No wonder people get cynical about politics. (...) I have never seen a deputy minister get fired," states Sylvain Roy.

He sees the same reluctance from another minister in dealing with the rising cost of vehicle insurance for

forestry truck owners.

"A survey was carried out and 50% of those truck drivers wish to abandon their trade. The same reality hits farmers. They can hardly find an insurance company now. I talked to (Economy Minister) Pierre Fitzgibbon about that problem. It went in one ear and out the other," says Mr. Roy.

He has written a document which includes the five main points of the problems he witnesses in the Gaspé Peninsula and his expectations regarding the leadership campaign of his party, which will culminate by the election of a new leader on June 19. The eroding place of the rural regions and the dwindling legitimacy of the MNAs because of the role of the high-ranked civil servants are central points of the document.

Regarding the leadership race, "I am doing the opposite of the usual steps. Usually, the (leadership) candidates come to see the MNAs and ask them for support. This time around, I want them to be daring, to go off the usual paths, to tell me what they will do for the regions and the people," he sums up.

Sylvain Roy supports the idea of a referendum about sovereignty at the end of the first term, if the Parti Québécois regains power.

"I am for a nation open to the rest of the world. There is a part of risk in rooting for a referendum during the first term but taking risks is part of the game," he adds.

So far, former Minister of Transport Sylvain Gaudreau is the only elected leadership campaign candidate. Paul Saint-Pierre-Plamondon, who entered the 2016 race, is back. Historian Frédéric Bastien has also confirmed that he will be a candidate while humorist Guy Nantel and immigration law expert Stéphane Handfield are expected to run this year.

Police report

Steven Lévesque, 46, from Montreal, was charged on January 27 with the non-premeditated murder of Maxime Dugas-Lepage, 27 of Sainte-Anne-des-Monts. On January 22, the Sûreté du Québec initiated a search to locate the victim's body, but so far that search has been unsuccessful. A second man, Maxime Labrie, 29, from Rimouski, is charged with complicity after the murder. He also appeared at the Sainte-Anne-des-Monts courthouse on January 27.

Both men were arrested in Rimouski on the evening of January 25 by the Sûreté du Québec. Those arrests were made following a massive SQ intervention in Sainte-Anne-des-Monts the previous day.

"The investigation started with the police officers looking for someone reported missing on January 22 and two days later, we were inquiring about a murder case," explains Sgt. Claude Doiron, Sûreté du Québec spokesperson.

The intensive search carried out in two Sainte-Anne-des-Monts houses on January 24 convinced the investigators that a murder had been committed, despite the fact that Maxime Dugas-Landry's body is still missing.

"There was enough evidence gathered during that search, coupled with questions asked to people, to understand that a murder was perpetrated. We are talking about solid clues," states Sgt. Claude Doiron. He cannot say if the victim's home was among the places where the search was conducted.

The victim was shot. The investigation is still ongoing, including the search for the body. It is being conducted by two Sûreté du Québec squads: major crimes and crimes against individuals.

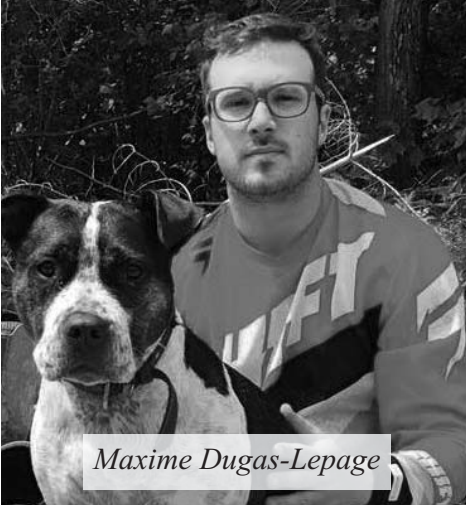
Despite living in Montreal and Rimouski respectively, Steven Lévesque and Maxime Labrie are originally from Sainte-Anne-des-Monts. They will be back in court on February 24 for the orientation and declaration step of procedure. They are remanded in custody until then. No bail hearing has been scheduled so far.

Maxime Dugas-Lepage is the son of Martin Lepage, a Sainte-Anne-des-Monts man arrested with Langis Bélanger, a resident of Rimouski, on July 20, 2018 in the Caribbean Sea. They were on a sailboat loaded with 53 packs of cocaine, weighing 1.5 tonnes. The value of that drug hovered around \$100 million.

At the time, the two men tried to avoid their arrest by setting fire to the sailboat previously bought in France. It was a former racing sailboat. The two alleged drug dealers are still imprisoned in Ducos, Martinique. The procedure pertaining to their case is still ongoing.

Sgt. Claude Doiron points out that it is not possible to link the murder case and the Caribbean Sea drug case as of now.

The last murder that took place in Sainte-Anne-des-Monts occurred in May 1995. Claudette Servant and Victorien Vallée were shot in their home located in the Tourelle sector. Their bodies were found a month later in a Ruisseau-Castor Brook by a sportfisherman. The two murders remain unresolved.



Maxime Dugas-Lepage

Dr. Pascal Cyr
Optometrist

Dr. Stacey Starrak
Optometrist

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Commentary

Gilles Gagné

Glass and plastic redemption: a move in the right direction

The Quebec government announced on January 30 that consignment measures will be applied to a high proportion of plastic and glass bottles that were left out of previous redemption and recycling policies. The new measures will eventually apply to about 4 billion additional glass and plastic bottles and containers.

It is about time. Every province in Canada had already implemented such measures, which will apply to single-use water bottles and Société des alcools wine and liquor bottles. Close to 1.5 billion bottles will now be worth money, 10 cents for plastic bottles and 25 cents for wine and liquor bottles.

Sometimes ahead of the rest of Canada environmentally-speaking, Quebec was lagging miserably in the field of consignment. The Société des alcools (SAQ) fought against consignment for years, arguing that its stores were not equipped for it, and lacked space.

The president of the SAQ, Catherine Dagenais, praises the new policy. It often takes time before realizing that some things don't make sense. Previous consignment norms didn't. How can you justify that a wine bottle that could be reused dozens of times ends up uselessly broken in a landfill? The use of broken glass as landfill material, which happens quite often, is a very poor solution.

Sadly, 72 percent of the glass recycled by Quebec's citizens currently ends in a landfill, notably because it breaks during transport. It doesn't only break, it damages the other recycled items such as paper, cardboard and plastic, often making them unrecyclable.

Asking all those efforts to the people at home without a higher degree of recycling had become unacceptable. The phenomenon is also measur-

able in the plastic file.

In Canada, and Quebec, the same tendencies appear. Only 9% of the plastic is recycled, according to a thorough study carried out in 2016 for the federal government. The proportion of buried plastic reaches an astounding and shocking 86%. Four percent of the plastic is incinerated and 1% is simply thrown in the environment. That "little" proportion of 1% represents 29,000 tonnes! It is a very disturbing number, when one considers the highly detrimental effects of plastic and micro-particles of plastic have on animals and humans.

One bugging aspect of the new consignment measures announced by Premier François Legault and Environment Minister Benoit Charette is that it will only come into force at the end of 2022, and in 2024 for certain types of containers including cardboard.

That is almost three years down the road for the first types of bottles. At least, some pilot projects will be introduced in the meantime, and tests will help the implementation of new measures across Quebec.

The targets chosen by Mr. Legault and Mr. Charette are fair, if not overly ambitious. They want the recycling of glass and plastic to hit a proportion of 75% in 2025 and 90% by 2030. Considering that each ton of glass and plastic costs between \$20 and \$30 to manage, the money saved in the process should go to the betterment of our environment.

There is still resistance in some circles, as Quebec's Federation of independent enterprises is complaining about the constraints imposed on its members.

However, the industrial and commercial sectors must collaborate to the new Quebec government policy. They must stimulate their creativity to find uses for the new volumes of glass and plastic that will come their way. So far, some enterprises have shown a lot of imagination in developing products made of recycled plastic, for instance.

Other enterprises have acted irresponsibly. It is totally unjustifiable to see that packaging represents 47% of the plastic used in Canada. A lot of that plastic consists of grade 6 type, a form that is not recyclable. Instead of complaining, the Quebec's Federation of Independent Enterprises should participate in a vast exercise consisting in mobilizing its members to find better practices.

The support of the government will be decisive in

the implementation of the new consignment measures. The pressure of the public will consequently represent another determining factor, since governments move often only when potential voters tell them relentlessly to do so.

The public will also have to keep in mind that the best recuperation and recycling policies will never beat the low use of material for packaging, and intelligent packaging. Mother earth has limited resources and we have already tapped more than our share of them.

LETTERS TO THE EDITOR

Trudeau's gun ban is missing the target

With the Liberal election win, albeit a minority, it seems they will proceed with their gun confiscation program, disguised as a buyback program. This will be done by Orders In Council, (OIC), which means there will be no voting on it in parliament. The estimated bill for the project could hit upwards of 600 million dollars, your tax dollars. All this, to disarm legal hunters, sport shooters and collectors. ALL semi-automatic rifles and shotguns are in their sight at the present time. This is our LEGALLY purchased property. And why this ban? Gangs in the cities are fighting for drug territory.

Instead of giving that \$600 million to the police agencies and border security to tighten up the borders and curb the smuggled guns coming in from the south, they intend to attack the hunter. Shame. Makes as much sense as banning cars from sober drivers.

While this ban is on their agenda, newly released Stats Can data on homicides and gun violence in Canada during 2018 overall, murders are down, not up. Also gang related homicides are down, almost everywhere in Canada, with the exception of Ontario and Quebec. For the Liberals in Ottawa, the truth is right there in the Stats Can report. This report comes at an inconvenient time for the Liberals.

According to Stats Can, there were 651 homicides last year, down 4% from 2017. Other Stats Can figures from 2017: 1,968 died in vehicle accidents, 4,108 died from accidental drug overdoses, and 4,904 died from falls. Stats Can also reported that those 651 homicides, 249 were committed with a gun, down 8% from 2017, and most were gang related. Seems like the gangs fighting for their territory is the problem, not our hunters and sport shooters. Illegal handguns are the problem, not our rifles or shotguns or legal handguns. Nationwide 57% of gun related homicides were committed with an illegal gun. 83% of gang related homicides used a gun. Of that, 85% were illegal handguns brought in from the south.

So, to sum up, Trudeau, instead of going after gangs, drugs and illegal guns, he is focused on you, the legal hunter and sport shooter in rural areas of this country. I wish this government spent as much time and money tracking down criminals as they do with law abiding gun owners, and maybe the homicide rate would plummet dramatically. Plus, a little something for you to think about. Police chiefs from across the country do not support this ban, or any type of gun ban. They would rather have that money used to fight crime, rather than buying back Uncle Joe's 308 semi automatic hunting rifle.

Lionel Starnes,
New Carlisle, Quebec

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Family Ties

Putting Pen to Paper



Elizabeth Dupuis,
Project Coordinator

Over the last week, many activities have taken place through the Family Ties Putting Pen to Paper project and several lucky people received beautiful, handmade postcards through the mail. One of the recipients said, “It was such a lovely surprise to get a handwritten postcard in my mailbox. I can’t remember the last time anyone sent me a postcard.”

On Saturday, January 25, Family Ties held its annual Family Literacy Day. People of all ages were encouraged to put pen to paper and create comic strips depicting activities they are fond of in the community. Over the week, Putting Pen to Paper participants also continued to write letters to pen pals. Below is one of those letters:

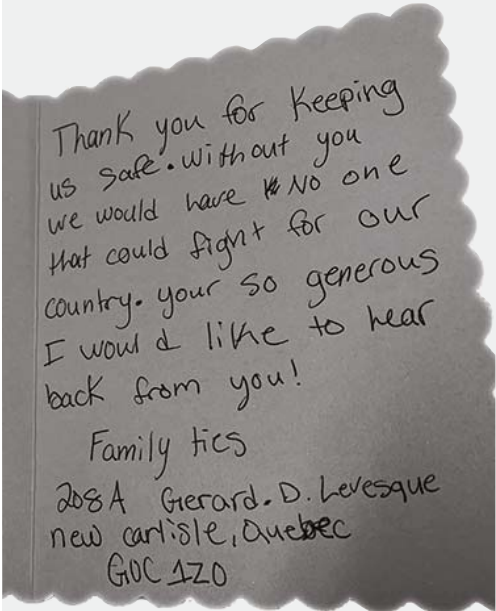
Jan. 28, 2020
Dear N,

I was just thinking how blessed we are to live in a small community, for example, when we go shopping we say, “We won’t be long,” but really it takes an hour because we run into someone we know and start chatting – I love it! Here where we live, we have an organization in New Carlisle called Family Ties. I have been with this organization for the last twelve years. They have helped me overcome my shyness in a big way. They have lots of activities with families that they plan – they’re just like family and a big part of our community. Another example is if a family is going through a rough time. The community steps up and starts with benefit suppers and get-togethers to help raise money. We are a very caring and loving community. These are just some of the things. What do you like about living in a small community?

Stay as you are. Write back soon!
Love, G xxx

Join us at Family Ties for a variety of free and enjoyable letter writing workshops this February! The following are open for community members of all ages: Cursive Writing and Calligraphy with Elaine Almond on Thursday, February 6 from 6:00-7:30 p.m.; Card Making for National Send a Card to a Friend Day on Friday, February 7, from 9:00-11:00 a.m. and Postcard designing with Kaneesha Smith on Tuesday, February 11, from 5:00- 7:00 p.m.

Throughout the activities, photographs will be taken of the participants and their work. These will be published in a book, a copy of which will be given to each participant at the end of the project along with a stationery set.



Handmade Valentines for veterans.

For more information or to register, please contact Elizabeth Dupuis on 418 752 7265 or edupuis-familyties@hotmail.com. Information about Putting Pen to Paper and other activities can also be found on the Family Ties facebook page.

WE Create Change Coin Drive is underway

Ann Kelly

NEW CARLISLE: - Donate your spare change to the WE Create Change campaign hosted by the New Carlisle High School WE Schools club. WE Schools is a global movement encouraging students to make a change in their community and in the world. Last fall the students hosted a food drive donating hundreds of food items to Collectif Alimenterre in Paspébiac. In February, they are distributing collection jars throughout the community to gather coins to purchase a goat or two for a family in Kenya. We are asking community members to generously donate pocket change empowering families to rise out of poverty. The campaign ends February 14.



BONAVENTURE: Sports centre is 60% complete \$8.1 million project to be delivered in May

Gilles Gagné

BONAVENTURE: Launched nine months ago, the construction of the new sports centre in Bonaventure is 60% complete. The \$8.1 million project will likely be delivered on time in May and within the expected budget.

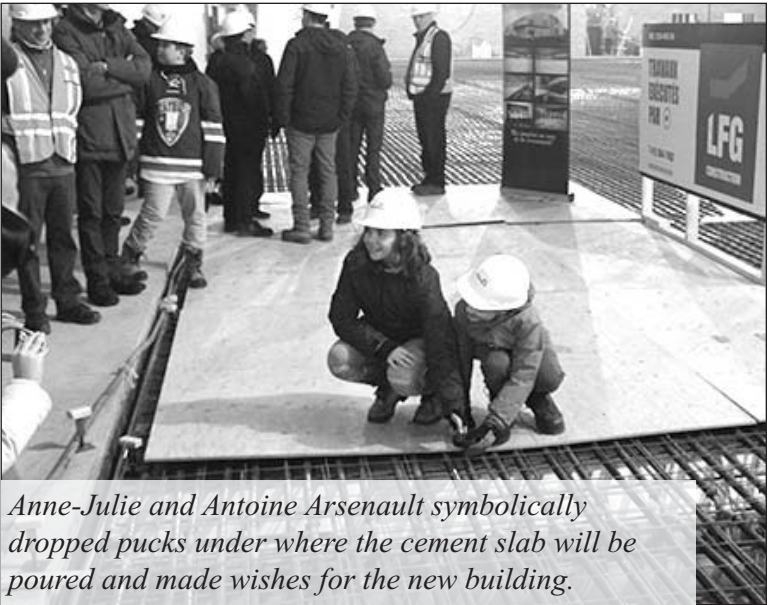
The laying of the cement slab, which is a vital part of the sports centre, started on February 4. The overall contract was awarded to the LFG Construction-Honco consortium, which is presently constructing its fifth arena or sports centre in the Gaspé Peninsula, Lower Saint Lawrence and New Brunswick areas.

“The slab laying is a very important step. We really don’t want to see problems there,” states Jean-François Leblanc, of the LFG construction building department. “We must control the heat if it is to go smoothly,” adds company official Guillaume Lapointe.

In 2008, the Town of Bonaventure initiated a reflection on the relevance of replacing the 45-year-old Gilbert-Desrosiers arena. The decision to go ahead with the current project took a decade before being settled, after weighing several possibilities, including the closure of such services. Mayor Roch Audet points out that the new building is not simply an arena but a sports centre.

“Our summer day camp will take place here, just outside, and on rainy days, the kids will come inside and play sports. The multi-sport surface will allow it. The building will be open year-around, with inside sports being practiced between May and August,” he explains.

The ice could even be covered with the multi-sport surface in the winter, if there is a need for that. “The building is designed for such use. Hockey will be scheduled between September and May but it



Anne-Julie and Antoine Arsenault symbolically dropped pucks under where the cement slab will be poured and made wishes for the new building.

Photo: G. Gagné

could also start earlier if there is demand,” he explains.

The Town of Bonaventure has reached an agreement with the surrounding villages of Saint-Siméon and Saint-Elzéar for the use of the building. The payment hovers between \$50,000 and \$60,000 for both villages but it also includes the use of the swimming pool.

The old arena was operated at a cost of about \$210,000 yearly while revenues were reaching about \$40,000. “It is a bit early to determine the operating cost of the new building but our estimates indicate that it could be about the same, however, it is a much better building. That type of building is a service to the population. There is always a deficit,” says François Bouchard, director general of the municipality.

The building cost of the sports centre, \$8.1 million, is shared equally by the Town of Bonaventure and the Quebec and the Canadian governments.

The tab for Bonaventure taxpayers will therefore be \$2.7 million. A loan contracted over 30 years will cover that cost.

The new building will have a capacity of 500 seats. There will be six dressing rooms, all located at one end of the rink. The building will also include a large community room, a canteen and two private rooms.

On January 29, six days before the laying of the slab, young hockey players and three mayors were invited to symbolically drop pucks under that upcoming slab. The kids’ messages were mentioning how much fun it is to play hockey daily and they were stressing their pride. Roch Audet’s message thanked those who built the first arena.

Over the last few years, the LFG Construction-Honco consortium has built arenas and sports centres in Paspébiac, Richibucto, Mont-Joli, the Magdalen Islands and Bonaventure.



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FISHING ENTHUSIAST:

▶ Cont'd from cover

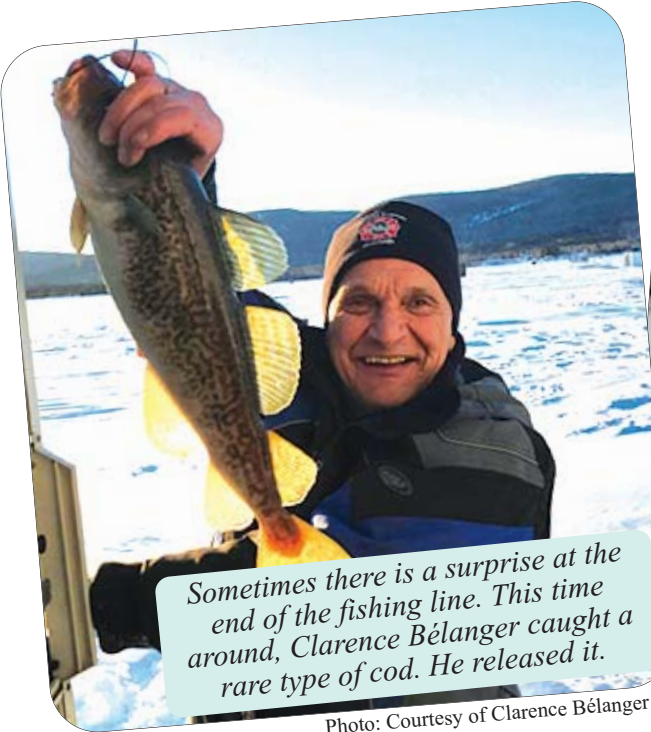
bring guests and we split the expenses. I provide the food, the cooking and the fishing gear,” points out Clarence Bélanger.

Quite often, the cooking involves preparing the smelt caught earlier that day. “I simply love eating smelt. It is a wonderful fish,” he says.

Over the years, Mr. Bélanger has developed solid friendships in the Pointe-à-la-Garde area.

“One of my friends is Eugene Perkison. He is an outstanding person and a great sports fisherman. We have developed a sound friendship that extends over the year’s 12 months. We both fish and hunt,” he says.

What does he like about sportsfishing in Pointe-à-la-Garde? “It is relaxing. The sunrises are incredible. I come for the fish but I don’t get mad if they are not around.



Sometimes there is a surprise at the end of the fishing line. This time around, Clarence Bélanger caught a rare type of cod. He released it.

Photo: Courtesy of Clarence Bélanger



Some trailers are well equipped to receive guests. This is the case of Mr. Bélanger’s trailer, which is also equipped with bunk beds and a kitchen, despite its limited size. His daughter-in-law Marie-Claude and his son Simon are not as passionate about fishing but they have great fun when they visit.

Photo: G. Gagné

Preparing coffee, playing cribbage and cooking good food in the trailer are worth it. I want my guests to relax,” says Clarence Bélanger.

Every year, he is faced with stolen items in or around his trailer. Over the years, he was deprived of fishing lines stored in the trailer, an ice cut-

ter, a shovel and the trailer’s drawbar, among other things.

“It is too bad. I am sure that it is always the same people. They are a nuisance to a beautiful activity. My local friends also deplore the situation. I wrote to the robbers on the Éperlans Gaspésie facebook page and told them that

they will affect sportfishing if they keep doing so. I buy as much as I can locally when I come.”

The thefts will not dissuade Clarence Bélanger from coming though. “I am planning my next three-day stay for the coming weekend,” he remarks, as excited as always.

Photo on the front cover: Night fishing on the Pointe-à-la-Garde ice floe can be amazingly beautiful.

Chandler occasional sport-fisherman Julien Saint-Pierre took that shot at the end of January while being a guest of Clarence Bélanger.

SMELT FISHING:

▶ Cont'd from cover

Melvin is the only person in Miguasha who knows how to make a funnel net and he has helped others to make them. Nobody taught him that particular skill, however, it is something that he picked up himself.

Successful fishing depends on timing and that timing depends on the moon. It is not so much the time of the tides, but the moon’s phase and position. The moon affects currents.

Melvin Connors is a very experienced smelt fisherman and knows when the time is right. Melvin feels that his recent catch of smelt is some of the best quality he has ever seen. He is very optimistic that this season will be a great one! Melvin has nine licenses / permits and he is one of the rare fishermen who uses all his equipment every year.

Miguasha smelt are well known for

their outstanding flavour.

Rainbow smelt usually measure 10 – 20 cm but can be up to 30 cm. They are an anadromous schooling fish. This means that they migrate from fresh water to salt water. They spawn in fresh water rivers and then move to the sea. They appear silvery in colour and have green and silver backs.

Smelt is a healthy food choice. They contain 95 calories per portion, 18 grams of protein and they are rich in B12. They are plentiful and are currently not overfished, so you can eat them with a good conscience!

There are challenges that smelt fishermen face. Melvin Connors mentions global warming and climate change, a lack of trained manpower and the cost of equipment.

Melvin dreams of a day when he has his own fishing shack with a small wood stove so that he can enjoy a hot cup of tea. Times have changed so much. Way back in the day, the fishermen would ride on a horse and sleigh. Today it is on skidoo. Their huts would be lit by kerosene lamps and long canvas wind-breaks would keep out the cold winds blowing from Chaleur Bay.

Is smelt fishing a dying tradition? Not for Melvin Connors. He has been doing this for so many years that it is part of who he is. Years ago, there would be plenty

of other fishermen to lend a helping hand. Now Melvin fishes alone. He is cautious and marks a spot where the ice is thin. His 40 years of experience makes him aware of the possible dangers. Years ago, there were instances of people and horses falling through the ice.

The future of traditional smelt fishing in the Miguasha area is uncertain. As long as Melvin fishes, this traditional practice will carry on.

Photo credits: N. Desjardins and J. Connors

Cooking Smelt

Diane Skinner

Smelt are usually eaten whole, including head, tail, innards and skin. Most often they are prepared by frying, coated lightly in flour. Smelt are normally flash – frozen, but you may get lucky and get some fresh ones. There is nothing quite as delicious as a smelt fry. Simply toss the smelt in a plastic bag, add flour, a dash of seasoning and fry at a high heat. The smelt will have a slight crunchiness. You may serve smelt with a dip, such as hot mustard or cocktail sauce. If you have never tried smelt this is the year to try it!



First catch of the season and Melvin Connors feels they are some of the best quality smelt he has ever seen.





Parks Canada

Parcs Canada

Canada

Forillon National Park

Public Consultations

Are you interested in the management of the park? Are you concerned about the conservation of wildlife and flora, coastal erosion, the protection of our cultural heritage and landscapes, moose management, the park’s service offer, or Forillon National Park’s ties with the community?

We want to hear from you!

As part of the public consultations regarding the Management Plan and the Hyperabundant Moose Management Plan, we’re providing you with three ways to have your say.

Open House

- February 12* from 3 pm to 7 pm, in the Nation Micmac de Gespeg community hall
- February 13* from 3 pm to 7 pm, at the Centre Culturel le Griffon

**In the event of bad weather, the open houses will take place on February 17 and 18, 2020.*

Online Survey

Complete the online survey between February 12 and March 15, 2020: pc.gc.ca/forillon

Email

Share your comments via email between February 12 and March 15, 2020: consultations.forillon@canada.ca

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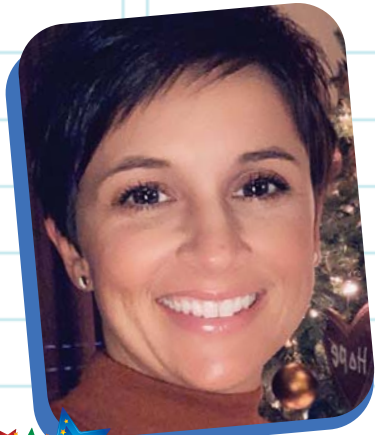




ESSB NEWS: Teacher and staff appreciation

Teacher and staff appreciation week is celebrated from February 2 to 8 this year. It is a time to recognize the contribution that our staff at Eastern Shores is making in developing our society and the future of our communities. We are thankful for all the staff at ESSB and applaud them for all their efforts throughout the year. We are proud to work with such a wonderful staff and look forward to continued success in the coming year. We would like to encourage you to take a moment and thank a teacher for their commitment to your community and your children.

Staff spotlight



Eastern Shores School Board is proud to feature a staff member who contributes to the organization in a special way. We have asked the principals and centre coordinators to nominate a staff member who they feel deserves to be highlighted.

For this, our first edition, I would like to introduce you to Lindsay Morency, an Attendant for Handicapped Students in Flemming Elementary School in Sept-Iles. Lindsay goes above and beyond in the school to ensure success and a sense of belonging for all students. She is involved in almost every activity that happens in the school and even takes all the photos. She organizes a whole month of activities around autism awareness and kindness month. She shops with her son for healthy snacks and breakfast foods and even fills in for staff during lunch. She is a true leader in the school! Thank you, Lindsay, for being such a positive force in your school and we appreciate you and all you do for the students and your colleagues.



Baie Comeau High School, Baie Comeau:

There is a visitor at BCHS who was proudly created by the pre-kindergarten and kindergarten classes with the help of Ms. Hélène Bujold.

Northern Lights, Sept-Iles:

Northern Lights received its first international students this year and this added an additional flare to the annual potluck. Northern Lights is looking forward to receiving more international and regional students when the new Computing Support program begins on June 1.



Flemming Elementary School, Sept-Iles:

A little girl in Nunavut will now receive all the items needed for a birthday party thanks to Grade 3/4, Mrs. Evans' Grade 1 Class and The Northern Birthday Box project.



Queen Elizabeth High School, Sept-Iles:

We've got mail! The Secondary 1 and 2 ELA classes at QEHS received their first pen pal letters from Kaichi Gakuen Comprehensive School in Japan.



Snowshoe enthusiasts

Snowshoe practice with a group of enthusiastic adventurers from Baie Comeau High School and Queen Elizabeth High School. The group hiked along the St. Lawrence and in the forest of the beautiful Base de Plein Air des Goelands in Port Cartier.



WHY CHOOSE TO SEND YOUR CHILDREN TO ENGLISH SCHOOLS?

It is your right, your choice and OUR pleasure to teach your children.

- In Quebec it is a privilege to send your child to our English schools as Bill 101 restricts access to eligible families. If your child has the right to take advantage of this opportunity here are the reasons we think that you should contact us to register your child today:
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- SMALL** classroom sizes
- INDIVIDUALIZED** approach
- EXPOSURE** to English and Mi'kmaq cultures
- Excellent EXTRACURRICULAR** programming
- #1 SUCCESS RATES** in the province during the 2014-15 school year
- Our schools will assist in transitioning your child into the English classroom.**
- IF YOU HAVE ANY QUESTIONS REGARDING YOUR CHILD'S ACCESSIBILITY TO ENGLISH EDUCATION OR WOULD LIKE TO REGISTER YOUR CHILD:**

Contact the school in your area, you will find the list on the website:
WWW.ESSB.QC.CA
or **CONTACT** our Bill 101 specialist
MELANIE HAYES: 418-752-2247 EXT 224

We will be hosting Information sessions in each region later this summer, like our Facebook page to be informed of the dates.
WWW.FACEBOOK.COM/EASTERNSHORES2016

Gaspesian Notables: Kevin Parent

Diane Skinner

Kevin Parent, the highly successful singer-songwriter, though born in Greenfield Park (now known as Longueuil) was raised in the Gaspé region. Born in 1972, he was raised in Miguasha and is fluently bilingual. His music style has been described as folk and unique because of his Gaspeian accent, but his music also incorporates elements of rock.

Kevin Parent spoke English at home when he was growing up, and he was educated in French. He attended École Antoine-Bernard in Carleton-sur-Mer. He quit school at the age of 17 in order to perform his music. He started out in bars and parties of friends and neighbours. He gained a lot of attention and by the time he was 21 years old, he won first prize for his song *Nomade sédentaire*.

After winning this contest, Parent received numerous Juno nominations and one win in the category of Best-selling francophone Album in 2002. He quickly landed a recording deal with a Montreal company, Tacca Musique. The album was entitled Pigeon d'argile. Quite an accomplishment for a 23-year-old whose career

was launched on the Gaspé Peninsula. The album sold an impressive 360,000 copies. His next album released in 1998 sold over 300,000 copies. This made him the best-selling recording artist in Quebec at the time, coming second to Céline Dion.

For three years in a row (1996, 1997 and 1998) Parent won the Quebec music industry's award for most popular song. This was followed in 1999 by his win for best pop-rock album (Grand parlour petit fasseur). He was nominated for Juno awards, winning in 2002 for best selling Francophone album, Les Vents ont changé.

Parent has recorded in both English and French. He released an album in 2009 entitled Miguasha. Two of his albums were recorded in English. They are Fangless Wolf Facing Winter (2007) and Kanji. (2016) His



website lists a number of upcoming performances including Quebec City, Sherbrooke and Champlain in February, 2020.

Kevin Parent has also worked as an actor and had a lead role in the film *Café de Flore*.

Café de Flore is a Canadian film, released in 2011. The film received 13 nominations for the 2012 Genie Awards. The film portrays two seemingly unrelated stories. One, set in present-day Montreal, focuses on Antoine (played by Par-

ent), a successful club DJ who is torn between his new girlfriend Rose and his relationship with his childhood friend and ex-wife Carole. The second story is set in Paris in the 1960s, and features Jacqueline, protective single mother of Laurent, a child with Down Syndrome who has a crush on Véronique. She is his friend who also has Down Syndrome. The film reveals how the two stories are linked together. Jacqueline, Laurent, and Véronique are killed in a car accident. The character of Jacqueline is played by Vanessa Paradis, ex-wife of Johnny Depp. Carole, Antoine, and Rose are revealed to be then reincarnated.

*“And I can't stand this loneliness anymore
I'm falling down with you
But you help me bounce back, bounce
Back on my feet, you help me see through
The walls, yes you help me bounce back.
Bounce back on my feet
You help me break my fall
And I can't stand this loneliness anymore
Falling down with you.”
Can't Stand This Loneliness*

Teachers' Guide

Comprehension:

1. Tell about Kevin Parent's younger years.
2. He was successful very early in his career. How do we know this?
3. Tell about the film he was in.
4. List five of the many awards Parent has won.

Vocabulary:

Define – fluently, launched, reincarnated

Extra:

On a map of Quebec, find and label all the places that are mentioned in the article (hint – there are 8).

Go online (You Tube or Spotify) and listen to a song by Kevin Parent.

Reflections

by

Diane Skinner Flowers



In your right mind

“Life without left-handed people wouldn't be right.”

Bill Gates; Leonardo da Vinci; Albert Einstein; Jimi Hendrix; Celine Dion; Mahatma Gandhi; Presidents Barack Obama, Gerald Ford, Ronald Reagan, George H.W. Bush and Bill Clinton; Brad Pitt; Oprah Winfrey; Jim Henson; Jim Carrey; Howie Mandel and Queen Victoria. What do all these people have in common? They are all, or were, left-handed.

The British Royal Family has a high incidence of left-handers. In the British royal family, for example, the Queen Mother, Queen Elizabeth II, Prince Charles and Prince William are all lefties. Over 60% of NHL forwards shoot left and over 70% of the defenseman shoot left.

People who are left-handed are different simply because there are fewer of them. While about 10% of the population is left-handed it seems there is, for example, a higher degree of creativity in this population. Is this claim supported by scientific studies?

In classes of gifted students (those with I.Q.s higher than 130), the usual percentage of left-handers is often around 20%. Questions worthy of some study here might be: are lefties more intelligent than the average person OR is the distribution of the intelligence scores for lefties different than for right-handed people?

In his book Right-Hand, Left-Hand, Chris McManus states that left-handedness is increasing and that as a group, lefties produce a higher proportion of high achievers. He claims that this is due to the fact that their brains are structured in a different way. Left-handed men are 15% richer than right-handed men with the same education, he says. I might be going out on a limb here but I am guessing that McManus is a leftie.

Either way left-handed people are a minority. We live in a right-handed world. Years ago, left-handed people were viewed as unacceptably distinctive and children were sometimes forced to change their handedness. Thank goodness this stigma no longer exists. Handedness is genetic and can be determined very early. The orientation of right or left-handedness can be observed in fetuses by observing which hand the fetus holds up to their mouth.

Children who are lefties require specific attention. They need special scissors, additional room for their left elbows and a left side computer mouse. In a class of 20 you will statistically have two lefties. Be mindful that the world is designed for right-handed people: cars, guitars, golf clubs, pencil sharpeners, measuring cups, rulers, handwriting, can openers, circular saws, boomerangs and guns.

Left-handedness is male dominant. In fact, males are three times more likely to be left-handed. The most widely accepted theory of handedness has to do with the left and right hemispheres of the brain. The left side of the brain controls the motor coordination of righties; the right hemisphere controls this in lefties. The speech of right-handers is controlled by the left side of their brain; in left-handers the right hemisphere of the brain controls speech. Those that can use both hands are called ambidextrous, though this is a rare ability. Twins are more likely to be left-handed. Handedness runs in families and when both parents are left-handed there is a 25% chance that their children will be lefties.

It seems that a slightly higher proportion of lefties may be geniuses, athletes, artists, actors and writers. On the other side some behavioural psychologists claim there may be a higher incidence of criminal behaviour, mental health issues and language difficulties.

I am not a geneticist and all of this is based on a bit of personal observation and some research, but what I do know is that lefties are different and their handedness should be respected by teachers and parents. Besides, the next time you watch the Simpsons take note of Bart. He is a left-hander.

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Announcements...



Obituaries



BENWELL: Joseph Wilfred Randolph

We sadly announce the passing of Joseph Wilfred Randolph Benwell on January 18, 2020, at the age of 94. Randy, as he was known, succumbed to the effects of long term dialysis treatments. Husband of the late Opal Gilker. He is survived by his children Larry (Laurie), Paul, Danny (Cathy) and Janet (Emery), as well as 11 grandchildren and 18 great-grandchildren. He is also survived by his brother Orlay.

Randy was born and raised on the Gaspé Coast in Shigawake/Marcil. He entered the army in 1943 and served honourably until his discharge in 1946. He was a long-standing member of the Royal Canadian Legion and served them in many positions including president. He was active in his community and helped found and operate the St. M's Club in cooperation with the Anglican and Catholic churches of old Croydon (now St. Hubert), providing the youth with outdoor hockey and summer baseball. Randy was an active parishioner in his church, St Margaret's of Antioch, and served as warden for many years. A very proud veteran - lest we forget.

Randy received exceptional care at the end of his life. The family is very grateful for the compassion and respect shown to him by the staff in the palliative care unit of Charles Lemoyne Hospital. In addition, a very special thanks to Veteran Affairs Canada for their support over the last few years.

If you so wish, a memorial donation, in Randy's honour, to the kidney foundation would be appreciated.

**PURCHASE YOUR
ANNOUNCEMENT ONLINE AT
THEGASPESPEC.COM**

**The New Carlisle
Funeral Association**
extends sympathy to the family of
Stephen Gilker



LEMIEUX: Maureen

It is with heavy hearts that we announce the passing of our dear sister Maureen Lemieux of Ville de Lasalle, Quebec. She was born in Barachois, Quebec, on March 2, 1962, the daughter of the late Edmund Lemieux and Diana Rehel. She passed away at her home, peacefully in her sleep, December 16, 2019, at the age of 57 years.

Maureen leaves to mourn, her loving sisters and brothers: Terrie, Donna, Greta, Della, Annie, Melvin, Roderick, Gilles, Bruno, Osmund, as well as family and friends. Maureen's big heart and love will be dearly missed by all who knew her.

A memorial gathering will be held on Saturday, February 29, 2020, from 12 p.m. to 4 p.m., with a blessing at 3 p.m., at the Actuel Services Funeraires, 4500 rue de Verdun, Quebec, H4G 1M3.



SUDDARD: Maynard Leslie

Passed away peacefully at home in his 96th year, January 27, 2020. He was born October 14, 1924, to Arthur and Sara-Jane in Gaspé, Quebec.

Predeceased by daughter Karen Ann and great-granddaughter Josephine. Survived by his brother Kenneth (Ken); and sons Gary, Geoff, and Peter; and daughters-in-law Anthea, Andree, and Lisa. Loving grandfather to Dawn, James, Danielle, Michael, Alex, Alyssa, and Daniel. Great-grandfather to Amelia, Sophia, Cameron, Quinn, and Jack.

Maynard moved to Vancouver in his retirement years, happily living with his son Gary on their tranquil farm in Abbotsford B.C. In his retirement, Maynard gave back through volunteering, working as a lay pastor, distress centre hotline, John Howard society, prison councillor, and at the hospital gift shop.

Maynard was well-known for his kind, loving nature, joyful laugh, strong spiritual beliefs, and as a wonderful and devoted father to his four children and cat Hannah. He will be greatly missed by all. Funeral services will be held this summer in Gaspé, Quebec.



In Memory



LEBLANC: George Lerenzo

November 25, 1930 - February 1, 2015

In loving memory of a dear husband, father, grandfather, and great-grandfather who passed away five years ago.

*Our lives go on without you,
But for sure nothing is the same.
We have to hide our tears and heartaches,
When people speak your name.
Those special years will not return
When we were all together.
For what it meant to lose you,
No one will ever know but us,
But we will all love you from heaven,
As we loved you on earth.*

Your loving wife Gertrude, son James, daughter-in-law Pat, grandson Dustin (Nicole), great-granddaughter Madison and granddaughter Michelle (Angus).

Happy Birthday!



Birthday wishes to Olive Dow who celebrates her 98th birthday on February 6.

Love Nellie and Wilson



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Steven Imhoff - New Carlisle	418-752-6041
Alexis Normandeau - St. Jules	418-759-3270

CLASSIFIEDS



LAND FOR SALE: Completely serviced lot in New Carlisle, Quebec, located on Church Street, south of Route 132. Lot number 6041558. Asking \$28,000. For more information, please contact Richard at 905-299-3695.

URGENTLY NEEDED: Volunteers to deliver Meals-on-Wheels in the New Carlisle area. If you are interested, please call Rita at 418-752-5577, ext. 3.

COAST ROUND-UP

YORK:

York River Seniors

February 16: In conjunction with the 50th Wakeham-York winter carnival the York River, FADOQ Seniors Club will be holding a lumberjack supper at the York River Community Hall beginning at 5 p.m. No takeouts. \$12 for adults and \$6 for children 10 and under. Some of the items on the menu include corned beef hash, baked beans, shepherds pie, sausages, baguettes, tea biscuits, jam, and cottage pudding. Bar service available.

DOUGLASTOWN:

Community Centre

Tuesdays: Pleasurably painful, strengthening and stretching with Estelle Nauroy from noon to 1 p.m. Free. Sessions to February 25. Zumba with Nathalie Dumaresq from 7 p.m. to 8 p.m. Sessions: \$70 - adults and \$40 - children. Drop-ins: \$10 - adults and \$6

- children. Sessions to March 10.

Wednesdays: Workout class 8 a.m. and 10 a.m. (with baby), stretching and foam roller with Isabelle Provencher, \$70/session, \$8/drop-ins. Sessions to March 25. Gentle Yoga with Isabelle Martin from 5:30 p.m. to 6:45 p.m. \$60/session, \$12/drop-ins. Sessions to February 26.

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.

February 8: Potluck supper beginning at 5 p.m. Adults \$10, children under 6 \$5, toddlers are free.

PORT DANIEL:

Three Star Golden Age Club

Every Wednesday: Pé-tanque from 6:30 p.m. to 8:30 p.m. Cost \$3. Come and join the fun and learn a new game!

February 7: Bingo beginning at 7 p.m. \$10 per series or three for \$20. Must be 18+ to play.

February 15: Potluck supper for members and guests beginning at 5 p.m. BYOB event.

February 16: Breakfast from 9 a.m. to 1 p.m. Adult \$10, children under 10 \$5. Come out and enjoy a hearty breakfast. All proceeds go to the Three Star Golden Age Club.

HOPE TOWN:

Community Centre

Every Thursday: Weekly crib tournament beginning February 6 at 7 p.m. For more information, contact Linda at 418-751-4398.

February 8: Military Whist

beginning at 8 p.m.

February 21: Casserole supper from 4:30 p.m. to 6 p.m. Adults (12 years old and up) \$10, children (7 to 11) \$5, under 6 years old free. Gift bingo beginning at 7 p.m. \$10 per series or three for \$20.

February 22: Games on ice beginning at 1:30 p.m. followed by family game night beginning at 8 p.m. Both events free.

February 23: Hockey (old timers vs young timers) and free children's gift bingo. Both events begin at 1:30 p.m.

HOPE TOWN:

Hope Baptist Church

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

NEW CARLISLE:

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:

LLB Curling Bonspiel

Anyone wishing to participate in the LLB Curling Bonspiel on March 13, 14 and 15, please call Dave Douesnard to register your team at 418-752-6645.

NEW CARLISLE:

Royal Canadian Legion
First Tuesday of every month: General Meeting at 7 p.m.

February 8: Valentine's Dance. Can music by D.J. Something for everyone. \$5 at door.

February 29: Dart Club will hold a gift bingo beginning at 7 p.m. \$10 a series or three

for \$20. Any donations can be dropped off at the Legion or by contacting Darlene or Tammy. Proceeds go to the Legion. Bring a dabber and a friend.

NEW CARLISLE:

Heritage New Carlisle Upcoming Workshops

February 15: Rug Hooking-Many Hands. Animator Mary James. Starting at 10 a.m. Four sessions (other dates set with the group). Cost: \$45 for four sessions.

February 22 & 29: Clay Sculpture: The Barn - Telling Stories in 3-D. Animator Enid Legros-Wise. At 9:30 a.m. Cost: \$25 for two sessions.

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.

February 16: Annual Valentine's Brunch at the municipal hall from 9:30 a.m. to noon. The cost will be \$12 per adult and \$8 per child. Everyone is invited to attend this event.

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:

Fifty Plus

Every Tuesday: Grocery Bingo at 7 p.m.

Every Thursday: Dame de Piques will resume in March.

February 14: Jam sessions open to all musicians and spectators. Doors open at 7 p.m. and entertainment begins at 7:30 p.m. Everyone is welcome to attend. Thank you for your support.

February 22: Potluck supper from 4:30 p.m. to 6:30 p.m. (storm date February 23) \$12

for adults and \$10 for children under 12. Bring your appetite. If you cannot stay to eat, come, choose what you like and take it home. Takeout is available.

GESGAPEGIAG:

N.A. Meetings

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

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.

UNITED CHURCH

Sunday, February 9
10:30 a.m. Hope Town

ANGLICAN CHURCH OF CANADA

Sunday, February 9
New Richmond

3 p.m. Holy Eucharist
New Carlisle

10 a.m. Morning Prayer
Hope Town

10 a.m. Holy Eucharist
Port Daniel

9 a.m. Morning Prayer with Vestry

PARISH OF GASPÉ

Sunday, February 9
St. Paul's - Gaspé

9:30 a.m. Morning Prayer

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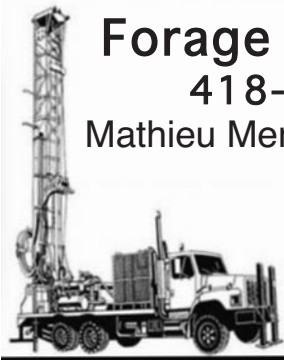


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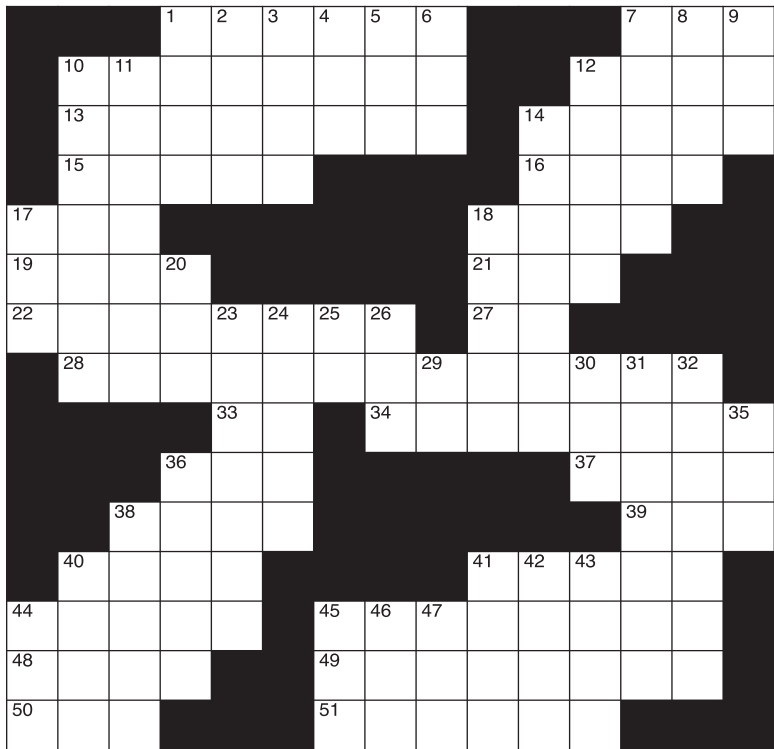


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CROSSWORDS



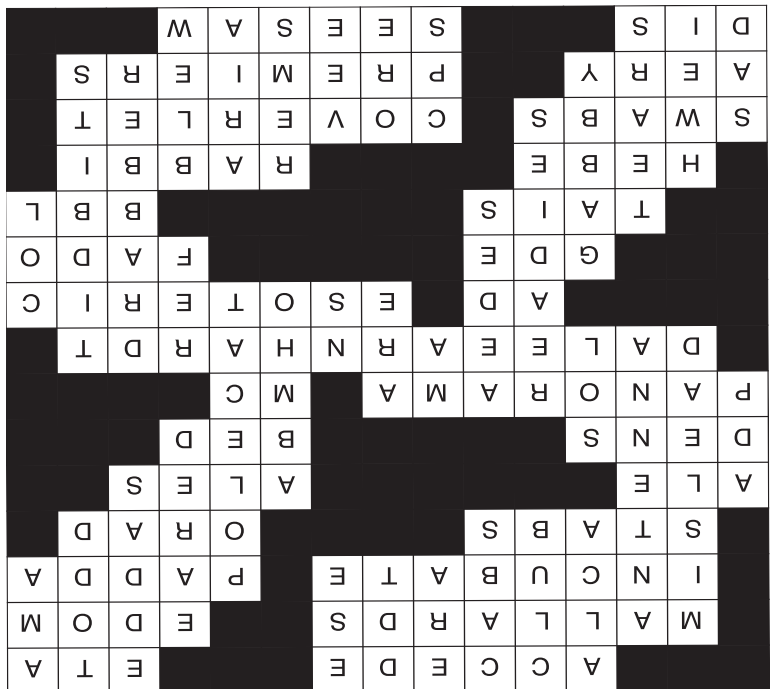
CLUES ACROSS

1. Submit
7. When you hope to arrive
10. Ducks
12. Ancient Dead Sea region
13. Hatch
14. Genus of finches
15. Knives
16. Towards the oral region
17. Bitter-flavored beer
18. Brews
19. Hideouts
21. Where one sleeps
22. Unbroken view of a region
27. Hammer is one
28. Racing legend
33. Commercial
34. Understood by just a few
36. Global design effort
37. Portuguese folk song
38. Traditional woven cloth
39. Oil barrel (abbr.)
40. Cupbearer of the gods
41. Spiritual leader of a Jewish congregation
44. Dabs
45. Bedspread
48. Visionary
49. Prime Ministers
50. Criticize
51. Teeter

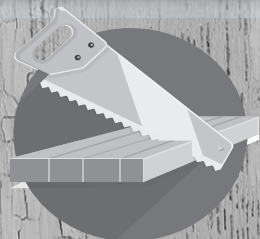
CLUES DOWN

1. Bird genus
2. A baseball team
3. Taxis

4. Baseball stat
5. Insecticide
6. Midway between east and southeast
7. Icelandic poems
8. Rocker Rundgren
9. Doctors' group
10. Inform wrongly
11. TVs used to have one
12. Long-__: donkeys
14. Weasel-like mammal
17. Payroll company
18. Conductance unit
20. Fifth note of a major scale
23. Prepares
24. Yellow-fever mosquitos
25. Partner to Pa
26. They ____
29. Canadian province (abbr.)
30. Official
31. More colorless
32. Goodies
35. Sanders was one
36. Talkative
38. Rips apart
40. Chinese Muslim
41. Rapid eye movements
42. Song
43. Spent it all
44. Somber
45. Cycles per second
46. Naturally occurring material
47. "Orange is the New Black" character



Great Ideas for old
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ARIES – Mar 21/Apr 20
Transitional issues pop up this week, Aries. You are not quite sure which direction you should go. A close friend or advisor can help you navigate the way.
TAURUS – Apr 21/May 21
Taurus, you are a team player, but this week you may need to fly solo for a bit to get a handle on all of your tasks. Once things get settled, the team mentality can be restored.
GEMINI – May 22/Jun 21
Gemini, if you feel like your hard work is not paying off, then you may need to use this opportunity to speak with a supervisor. This can spark changes you feel are necessary.
CANCER – Jun 22/Jul 22
Cancer, there are some major changes in the way you feel this week, and it could take a few days to work through all of the emotions. But you'll get a handle on things.
LEO – Jul 23/Aug 23
Big news arrives this week with much fanfare, Leo. The excitement will start early in the week and culminate by Thursday or Fri-

day. Expect to be surprised.
VIRGO – Aug 24/Sept 22
Relationships can't be the stuff of movies all the time, Virgo. Sometimes you have to go with the flow and make the most of the small daily moments.
LIBRA – Sept 23/Oct 23
Your time has been stretched too fast and too much, Libra. The stress may be on and you're feeling it. However, the remedy is to delegate some of your tasks and lighten your load.
SCORPIO – Oct 24/Nov 22
Scorpio, you're not one for being overly emotional and sappy, but this week you can't hold back the feelings any longer. Don't hesitate to share your feelings.
SAGITTARIUS – Nov 23/Dec 21
If you are looking for inspiration, look no further than the close friends or relatives who are around you. They will have plenty of ideas that can get you fired up.
CAPRICORN – Dec 22/Jan 20
You have plenty of events coming up

to keep you busy, Capricorn. You may have to pick and choose which ones to attend because you simply can't do them all.
AQUARIUS – Jan 21/Feb 18
Aquarius, even though you think certain situations require your undivided attention, you're really not involved at all. Avoid reading into things and wait for news to come to you.
PISCES – Feb 19/Mar 20
It is time to assess your priorities, Pisces. What do you want to get accomplished over this week? You can knock out one or two items.

- FAMOUS BIRTHDAYS**
FEBRUARY 2
Gerard Piqué, Athlete (33)
FEBRUARY 3
Daddy Yankee, Singer (43)
FEBRUARY 4
Gavin DeGraw, Singer (43)
FEBRUARY 5
Darren Criss, Actor (33)
FEBRUARY 6
Charlie Heaton, Actor (26)
FEBRUARY 7
Ashton Kutcher, Actor (42)
FEBRUARY 8
Seth Green, Actor (46)

You Don't Look Sick to Me

Diane **Skinner**

If you have a cold or the flu, your friends and family can tell right away. The symptoms tell them that you are not well. You may have sneezing, coughing or a runny nose. If you broke your leg while skiing, you will receive lots of sympathy as you use your crutches, however, if you have chronic pain, people just might be skeptical. You don't look sick, so you must be just fine, they think.

This is 100% false. Chronic pain is real and there is not a lot of understanding and in many cases not much that can be done to help the person who suffers from chronic pain. Suffer is the right word here. Many people have experienced trauma, such as a car accident or a fall, which changes their life forever. Pain can come from damaged nerves or compressed vertebrae. These people need you to acknowledge their condition. Then try to understand.

Chronic pain is defined as significant pain which lasts longer than three months. Yet many people suffer for years and, in fact, for the rest of their lives after developing it. Pain that lasts this long is not a normal thing. It is a sign that something is wrong. The experience of chronic pain varies greatly and can range from mild to severe. Some people describe their chronic pain as a soreness or a burning feeling. Others have shooting pain or a constant ache. Some people with chronic pain feel worse in damp weather.

Having chronic pain can affect every aspect of your life. If you have chronic pain you may be limited as to what you can do physically or for how long each day you can perform nor-



mal activities. Many people with chronic pain are unable to work because they never know from day to day how the pain will feel. This also affects their personal lives because the pain is often frustrating and they may become anxious or even

angry. Pain also makes you feel very tired, even exhausted. These feelings over time can lead to depression.

Diagnosing chronic pain is difficult. Doctors can perform tests to see if they can determine what is causing the pain.

After diagnosis they may be able to treat the pain or use surgery to alleviate it. At times a doctor may not be able to find an exact cause of the pain, but it is still very real.

The first and most common way of treating chronic pain is medication. Numbing the pain can give the patient a break, but all medication has side effects. Being dependent on pills to cope with day to day living is not an ideal solution, however, at times that is the only solution available. There are not many people who would choose to take morphine every day, for example. There may be no other choice.

Pain clinics, such as the one at Montreal General Hospital, teach the patient a variety of other strategies to cope with their chronic, everyday, all day pain. These include meditation,

healthy eating, acupuncture, yoga and massage therapy. If none of these approaches work, medication may be the only way to make life tolerable.

Living with chronic pain is a struggle. If you have someone in your family or a friend or colleague with chronic pain, try to understand their challenges. This is not something that they chose. It very likely has changed their life and not for the better. Do not judge, but rather imagine yourself in their place. Did you ever have a toothache or a headache? Now imagine having that pain for the rest of your life. Could you cope? Others do, because they have no choice.

"Just walk a mile in my shoes before you abuse, criticize and accuse. Then walk a mile in my shoes."

Start with Yourself

Workshops for women

Tuesday, February 11 Breaking the Habit of Being Yourself New Richmond United Church Hall 6:30 to 8:00	Tuesday, February 18 Interrupt Your Stress & Anxiety New Richmond United Church Hall 6:30 to 8:00	Tuesday, February 25 Choices and Changes - Conquering Your Fears New Carlisle Hotel Maison Blanche 6:30 to 8:00
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To register or for more information, please contact
Mary at 418-759-5496 or mary@casa-gaspes.com

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