

**THE GASPÉ SPEC** wants to know how you're keeping busy and keeping in touch with family and friends during social distancing, isolation or quarantine measures.



Send your photos with a brief description to [specs@globetrotter.net](mailto:specs@globetrotter.net) or inbox The Gaspé Spec on facebook.

## What are you doing while social distancing?



*Shyanne helping her mother, Roxanne Major, make homemade bread.*

Whether it be playing Monopoly, writing in their daily journals, reading, making homemade bread, playing outside, and let's not forget constantly washing their hands, Nicholas Denis, who is nine years old and his sister Shyanne Denis, who is seven years old were quite busy during their first two weeks of coronavirus isolation.



*Nicholas and Shyanne playing Monopoly.*

## Distilleries to the rescue: from alcohol to disinfectants

Nelson **Sergerie**

**GASPÉ** - The O'Dwyer distillery in Gaspé, La Société secrète de Cap-d'Espoir and the Pit Caribou microbrewery in Anse-à-Beaufils are abandoning production of alcohol and are temporarily producing gel and disinfectant.

It is their way of battling the anticipated shortage of antiseptic products while the coronavirus is wreaking havoc in Quebec and around the world.

The O'Dwyer distillery in Gaspé will produce a hand sanitizer. The company that produces La Radoune gin is creating the recipe at its industrial park facilities. "We saw that there was a shortage of disinfectant, not just in the Gaspé but also in Quebec. Each distillery in the region has decided to do its utmost to manufacture these products," explains co-owner Michael Briand to explain



Photo: Groupe CNW/Microbrasserie Pit Caribou.

*Pit Caribou's La Gaspésienne and the Les Herbes Folles gin from the Société Secrète.*

this temporary conversion.

The co-owner Frédéric Jacques, who has a doctorate in organic chemistry, along with the help of an employee

who has a master's degree in biochemistry is concocting the recipe. The product, which must be approved by the authorities, is expected to be cer-

tified within three weeks and will be on the market.

Pit Caribou and the La Société secrète are following suit and joining the movement as

well.

Pit Caribou has the capacity to produce almost 20,000 litres of wort right now which will be distilled by La Société secrète.

"The recipe for antiseptic products is provided by the World Health Organization, and we are in the process of obtaining approval from Health Canada," says Amélie-Kim Boulianne, co-owner of the La Société secrète.

Its association with the Pit Caribou microbrewery enables it to act quickly and in response to the health emergency. One product will be a hand gel, the other a liquid to disinfect surfaces, available in an 18 litre container.

The products will be distributed by Pit Caribou in its distribution network. "We will first approach health care facilities," says Jean-François Nellis, co-owner of Pit Caribou.

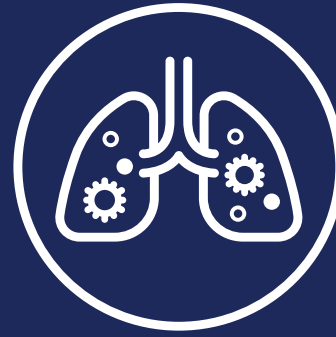
The coronavirus disease (COVID-19) causes a respiratory infection that can involve the following symptoms:



Fever



Cough



Trouble Breathing

# Protecting yourself saves lives.



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Keep your distance



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[Québec.ca/coronavirus](https://quebec.ca/coronavirus)

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# COVID-19 invades the Gaspé Peninsula

Nelson **Sergerie**

GASPÉ: - Spared during the start of the coronavirus crisis, the disease was confirmed on the Gaspé Peninsula on March 21 when the region recorded its first two cases.

As SPEC was going to press on Friday, four cases had been reported: two on March 21, a third on March 23 and the fourth on March 24, all of the patients had recently returned from travelling.

Fortunately, none of the patients were hospitalized and only exhibited minor symptoms.

The good news: one of the two people announced as being infected on March 21 is now clear of the virus. On March 26, a teacher, who works in Paspébiac, announced on social media that she was cured. That information was confirmed by the Public Health Department. The woman wrote that she had received rigorous public health monitoring and wanted to mention their professionalism and support during this stressful time.

In addition, as soon as a case is declared positive, Public Health begins carrying out an epidemiological investigation of the entourage of infected persons. A hundred citizens had to be placed in isolation as a preventive measure in order to avoid a snowball effect since the declaration of the first four cases.

Health authorities refuse to say where the infected people reside, information they do not believe is of public inter-



Photo: N. Sergerie

The coronavirus screening clinic at the Gaspé hospital centre.

est even though the population is clamoring for this detail on social networks.

## Confident for the future

While the provincial curve has increased in the past week, the director of regional public health, Dr. Yv Bonnier Viger, remains confident for the future.

“People follow the instructions well. Given the remoteness of our region, it could be that there is an even flatter curve than elsewhere,” says the medical specialist who is criticizing how certain stores have developed promotions targeting the elderly.

“There are stores that advertise special times to serve people aged 70 and over. If you want to do something to really help, organize delivery systems.”

The latest information available at the time of going to press reported 227 tests carried out in Gaspésie-Îles-de-la-Madeleine. Of these, in addition to the seven reported

positive cases, 153 results were negative and public health was still awaiting data for 67 other analyzes. Three of the reported cases were diagnosed in the Magdalen Islands.

## Clinics

The COVID-19 screening clinics in place since the weekend of March 21, are experiencing an increase in attendance in the region. These centres installed in trailers near hospitals operate by appointment only.

“At first, the traffic was lower, but we see with the evolution of the cases detected that the traffic increases day by day,” states Nancy Méthot, manager of the care units at the Gaspé Peninsula Integrated Health and Social Services Centre (CISSS).

The CISSS has already made plans if the traffic becomes too high.

Dr. Bonnier Viger indicates that results are known within two or three days.

## Do not stigmatize the victims

Nelson **Sergerie**

GASPÉ - The mayor of Gaspé is asking the population to avoid stigmatizing people who have coronavirus in the region.

According to Daniel Côté, to his knowledge as of today (March 27) there aren't any confirmed cases of COVID-19 in Gaspé or on the Côte-de-Gaspé.

“Those who blame easily, I say it doesn't change the situation. It won't cure them. The victims are quarantined, isolated. And here we are talking about families. So please switch your blame to positive thoughts, so that they heal,” stated the mayor in a heartfelt request during one of his speeches posted on facebook.

Daniel Côté mentions without laying the blame on anyone, the seriousness of the measures taken by Quebec in the wake of the first cases in the region, which could be linked to the lack of respect, the population had for the instructions.

Gaspé intends to document the impact of the closure of businesses on the economy following the March 24 announcements regarding closures of non-essential businesses.

# Police report

Quebec Court Judge Celestina Almeida postponed the case of Isaac Moffat-Swasson, 29, from Listuguj until April 14. The accused is charged with mischief exceeding \$5,000, among other charges. The delay has been granted in order to allow him time to find a lawyer. He also faces charges of intimidation, damage at a prison and assault against prison guards.

On March 23, he appeared on video at the New Carlisle courthouse, since he is currently in custody at the Rivière-des-Prairies penitentiary.

He allegedly caused extensive damage at the New Carlisle prison on April 30, 2019, breaking a toilet and a sink, damaging pipes, smashing electronic devices and causing other damage to equipment. Sixteen cells were closed temporarily and eight inmates were moved to another facility as a result of those actions.

Regarding his other court file, Isaac Moffat Swasson will return to court on April 8. He is also facing criminal charges of armed robbery, forcible confinement and uttering three death threats, acts he allegedly committed on February 21, 2019 in Listuguj.

“There is no trial date set yet in those files. The two files are at the pro forma (preliminary) stage,” explains Crown attorney Maxime Rocheville-Paradis.



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By-law 1417-19 :

«Règlement sur le déneigement d'un chemin public avec une souffleuse d'une masse nette de plus de 900 kilogrammes »

NOTICE is also given that this By-Law is deposited at the office of the municipality and that the interested may there take cognizance thereof during regular office hours.

GIVEN at Gaspé, April 1st, 2020

Isabelle Vézina,  
Director of legal services and town clerk

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**Guest  
Commentary**  
Cynthia Dow

## Playing the blame game

Reading some of the testimonials on facebook from people who are in self-isolation or quarantined at the moment got me thinking about the pitfalls of playing the blame game. Because some of them, even though they have not tested positive for the virus, are already being shamed and blamed for having travelled during March break. As if, unlike the rest of us, they have second sight and should have seen what was coming!

Blaming and shaming is not kind, it is not right, and it is certainly not helpful. Nobody goes out of their way to pick up a virus and hand it on to oth-

ers.

It's been my good fortune over the last ten years or so to be working in health care circles. I have come to learn a lot about workplace and client safety. Basically, there are key principles that health care institutions put into action to ensure that both patients and their health care workers are kept safe from as many things as possible, from falls to infection.

Of course, as we are all very aware at the moment, one of the major principles of infection prevention is to wash, wash and wash your hands!

When a contagious disease does become apparent, several other key principles fall into place: isolation of those with the infection, and tracing the infection, if possible, to its source. This is not because the people who may have spread the infection are guilty of atrocious behaviour. Likely they had no idea they were spreading a germ. Tracing an infection to its source is done to identify those who may need treatment, and to prevent the disease from spreading further.

I have been out a few times getting groceries for those who can't and dealing with an issue with one of my pets. I am impressed by the many gestures being taken in stores and service stations to reduce the risk of contagion: accepting cards only and not cash, hand-rubs at the doors, disinfectant for the grocery cart handles, etc., There are many systems in place to help us, in-

cluding closing the schools, malls and restaurants.

But, at some point, the virus may get through. I have been cleaning my phone and my keys every time I come home (after a thorough washing of the hands, of course). Last night I went to put something in my purse and realized that I have not been cleaning my purse when I get home. It was cleaned right away, let me tell you! The thing is, there are myriad of little things like that that can escape our notice. It's nobody's fault. This is all new to us. We are learning as we go along.

Yesterday when I was getting gas, the guy at the pump put it very well: this virus is a crapshoot. The reality is that we are not likely ever to know where we might pick it up or where it originated. The sooner we accept that, the calmer we will be.

So right now, let's all commit to not engaging in the blame game. It is the job of health care professionals to trace contacts. Let's help them do their work as effectively as possible and, at home, let's do the best we can to keep clean and keep isolated whenever possible. If we pick up the virus, unless we are in direct contact with someone we know to be ill, we are not likely to ever know where it has come from... or to whom we may unknowingly pass it on.

That's just the way it is. No blame, no shame.



**Guest  
Commentary**  
Emma Buckley

## Learning the language

When I moved to the Gaspé Peninsula from Australia in 2012, I spoke and understood very little French. I'd previously spent some time in Montreal, but worked in an English environment and spoke only English with my bilingual friends. My French, used solely for brief exchanges with shopkeepers, had plateaued at the beginner level.

Coming to the Gaspésie would be different, I told myself. It would be a truly immersive experience. My friends and family back home shared my overblown confidence. "You'll be fluent within a year," they declared.

### How wrong we were.

A recent American study reveals that the ability to learn a new language is strongest up until the age of 18, after which there is a "precipitous decline" in learning. The study also shows that in order to achieve the grammatical fluency of a native speaker, it is best to start learning before the age of 10.

Here I was, newly embarked in Gaspésie, with my language-learning capacity already in freefall!

My classes at the Canberra branch of *l'Alliance française* provided few clues when it came to deciphering Gaspesian French. I understood absolutely nothing.

Anyone who has been in this situation knows how uncomfortable and frustrating it can be. Do you laugh when everyone else laughs in conversation? Do you ask someone to translate, or do you stay silent and oblivious, not wanting to draw attention to yourself? Being unable to express yourself is a shake-up for the ego. It humbles you.

Learning a language can be both horrifying and hilarious. I once spoke to a local business owner about his holiday in Cuba, smiling pleasantly while he talked about the terrible burns he had suffered on this trip. I thought he had chosen a colourful metaphor for his over-expenditure. I would rehearse French phrases on the way up to the shops, then replay my awkward attempts on the way back, cheeks burning with embarrassment. I stumbled constantly over the pronunciation of certain sounds, forcing words that felt like square blocks of wood out of my mouth.

Motivation and discipline play a big part in the learning of a new language. So, too, does necessity. When no-one speaks your language you are forced to improve. I commended a work colleague on her excellent English, learned while living overseas, where no-one spoke French. "I cried a lot," she said, matter-of-factly. Another friend told me how she politely refused to speak her mother tongue while living overseas, so great was her de-

sire to learn the language of the country she was in.

I didn't attempt this approach in Gaspésie. Already off-balance with so much change, I pursued the familiar. I craved a good conversation in English; the chance to express myself with nuance. I made friends with anglophone and bilingual Gaspesians like my neighbour, Michael. Like other Gaspesians of his generation, Michael's mother had spoken English, his father, French. Michael's store doubled as a meeting place, where his friends would gather and gossip in their thick Gaspesian French. Michael would slip from French into his faintly Irish-inflected English when I arrived. We talked about the weather, the history of our town. My French may not have improved during those unhurried talks with Michael, but my knowledge of the Gaspésie did.

Despite the bumps, I kept trying to improve my French. I took courses. I watched French language TV and started reading and writing more in French. The locals were encouraging. "You have a charming accent, just like Jane Birkin!" I heard more than once.

Even if you are in an immersive environment, learning a second language is still hard work. There are wonderful success stories of first generation migrants who learned the language of their new country and shone in their field - Liberal politician Carlos Leitao springs to mind - but these cases are rare. For most first generation migrants, language learning is a long road that stretches out into the distance. The journey is both frustrating and highly rewarding.

Today, if someone compliments me on my French, I smile and say, "C'est un peu meilleur chaque année."

Australian English and Québécois French feel similar to me, in ways. Both are the informal, friendly, nasally little sibling of the Queen's English and Parisian French, respectively. Australians can speak a local slang, known as strine (which is what the word Australian sounds like when pronounced by an Australian), Quebecers can speak joul (which is what the word cheval sounds like when pronounced by a Quebecer speaking joul).

## The Gaspé Spec

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# Sawmills: Temrex stays open, ACF closes for three weeks

Gilles Gagné

NOUVELLE: – The Temrex sawmill in Nouvelle will remain open during the three-week shutdown period ordered by Premier François Legault, on March 23. In a press release, the director general of the plant, Michel Bigaouette, says the company's decision is based on the fact that the sawmill produces wood by-products that are considered essential for a prioritized sector, the pulp and paper industry.

Mr. Bigaouette adds that "in order to ensure the security of our workers and minimize the impact on the pulp and paper consumers of by-products and the lumber industry, Temrex will maintain its operations on one working shift only, with the minimum number of employees."

Temrex has implemented right from the start of the pandemic crisis, a procedure to make sure that its workers, their families and its business partners are working in healthy conditions. The Nouvelle plant usually provides

work to 100 people. Slightly more than half of them remain at work.

In Saint-Elzéar, the *Association coopérative forestière* sawmill temporarily closed its lumber production on the night of March 24, as imposed by the Quebec government, until at least April 13, the date set by Premier Legault for a possible resumption of activities.

"The production is stopped. We just keep a few employees at work, three in administration and the kiln workers. We cannot stop the kiln in the winter. It would be hard to restart. So we are eight employees left," explains Mario Pouliot, the director general of the cooperative.

The mill normally employs 70 people, not counting the forestry operations, which were completed recently.

"The mills that are staying open will just increase the overall inventories. The construction sites are closed and so are the builders of pre-fabricated houses and the truss makers. Uniboard, our Sayabec buyer of wood by-products (wood chips and saw

dust) is closed as well and they told us that we made the right decision. The plants that accumulate the by-products will have a hard time selling them upon production resumption because the buyers will not take more than the contract says," states Mr. Pouliot.

The Saint-Elzéar sawmill experienced an average year in 2019, after a record year in 2018. "It is too bad because 2020 started really well," he adds.

The cooperative is still working on a multi-million dollar modernization project to upgrade its sawing lines. Another venture that could lead to the construction of a facility to fabricate added-value products is still in the plans.

"It might be more difficult to land the project because of the coronavirus crisis but our partners, like Investissement Québec, are encouraging us to continue. There will be a need for investments after the crisis and our mill will need to be more efficient as well. It will probably be developed in two phases," concludes Mario Pouliot.

# Gaspésie Railway Society operations - an essential service

Gilles Gagné

NEW RICHMOND – Despite the March 24 major shutdown implemented by Premier François Legault, the activities of the Gaspésie Railway Society are being maintained because rail transport is considered an essential service by the Quebec government.

Gaspésie Railway Society president, Éric Dubé, points out that some of the transporter's customers are still shipping the commodities that were stranded during the Listuguj railway blockade out of the region.

"When the coronavirus crisis broke out, Temrex was still pushing to move out lumber that was stuck here during the blockade. Some of the lumber still has to get delivered. It is a challenge under current conditions. The woodchips must also be shipped to the Rivière-du-Loup mill, considered an essential service," adds Mr. Dubé.

Although the production at the McInnis Cement plant will be reduced during the three-week shutdown decreed by

Premier Legault, Mr. Dubé thinks the rail shipments will likely be maintained.

"A cement plant is like the aluminum plants. It is not easy to shut down for a short period. We think that it will be possible for us to truck the cement between Port Daniel and New Richmond," points out Éric Dubé.

Despite the presence of the railway at the McInnis Cement facility, the line between Caplan and Port Daniel was put in a dormant state by the Quebec government five years ago and it must now be upgraded before traffic resumes between those points. Cement is trucked to the New Richmond and Nouvelle transshipment facilities, and from there, it leaves the Gaspé Peninsula

by rail.

A train loaded with windmill blades left New Richmond on March 26 for Texas. It was the third one since the Listuguj blockade ended, including the one that departed on March 5.

It is not sure if another train will be loaded before April 13. "LM Wind Power has stopped production temporarily in Gaspé but many blades were produced without being shipped during the Listuguj blockade," remarks Éric Dubé.

The Gaspésie Railway Society is a transporter owned by the four MRCs covering the south side of the Gaspé Coast, between Matapédia and Gaspé. It employs 34 people.

# News briefs



## Orleans Express suspends service in the Gaspé Peninsula

Nelson Sergerie

GASPÉ – After having announced a service reduction between Montreal and Quebec City on March 26, Orléans Express announced a day later, the suspension of its service on the Gaspé Peninsula. It came into effect at the end of the day, on March 28. The management of the bus company adds that the service suspension will be valid for an undetermined period of time. The COVID-19 crisis has caused a major drop in clientele. "We want to specify that it is a difficult situation but it is temporary. We hope that this measure will be a short-term one and that we will be able to quickly re-establish the regular service in safe conditions for our employees and our passengers," pointed out Pierre-Paul Pharrand, president director general of Keolis Canada, which owns Orleans Express. Meanwhile, Air Canada is suspending its flights to the Gaspé Peninsula, effective April 1.

## COVID-19: Municipalities downsize

Nelson Sergerie

GASPÉ - Carleton-sur-Mer is laying off eight employees in connection with the coronavirus crisis. Mayor Mathieu Lapointe, justifies the decision by the slowdown in activities. Only essential workers will remain in place.

"It is a difficult decision to make, but in the meantime, we had to keep the team to a minimum. We want to keep employees for essential services. You couldn't have employees at home getting paid. We did not want to do it with all due respect for the citizens who have to pay taxes," states Mr. Lapointe.

In New Richmond, four people at the Salle de spectacle and at the swimming pool will be affected as of April 10. "The majority of people have essential jobs. We don't expect to have many more, but we might have two or three more in the medium term," says Mayor Éric Dubé.

In Chandler, the employees have been assigned to other tasks, but if the crisis continues, things may change.

In Gaspé, the administrative employees are teleworking and others have instructions about maintaining distances. The situation is reassessed every week, depending on the evolution of the crisis.



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# Don't forget about mental health!

Are you feeling stressed, anxious or depressed? The following advice can help you to intelligently deal with events stemming from the coronavirus COVID-19 epidemic here in Québec.

The current coronavirus (COVID-19) and related unprecedented preventive measures are a new reality, one that is not easy to deal with. For some, the measures can make an already difficult situation even more fragile for family, financial and/or social reasons.

While an event of this size can affect your physical health, it can also impair your mental health by causing stress, anxiety or depression. But there are things you can do to improve how you manage these types of reactions.

Most people will succeed in adapting to the situation, but paying attention to your needs remains very important. Don't be afraid to do what is necessary to help yourself.

If you are a close friend or family member of a person with disabilities, pay particular attention to signs of their stress, depression or anxiety if they are unable to clearly express them.

## How do these problems manifest themselves?

### 1 PHYSICAL SYMPTOMS

- Headaches, neck tension, digestive problems
- Sleep problems
- Loss of appetite

### 2 PSYCHOLOGICAL AND EMOTIONAL SYMPTOMS

- Worries and sense of insecurity
- Feeling overwhelmed by events
- Negative view of things or daily events
- Discouragement, sadness or anger

### 3 BEHAVIOURAL SYMPTOMS

- Difficulty concentrating
- Irritability, aggression
- Isolation, withdrawal from others
- Increased use of alcohol, drugs and medication

## How to succeed in adapting?

Take good care of yourself when you are in preventive isolation. Stay in touch with your close friends and family by telephone or Internet. Pay attention to your feelings and talk about them with someone you trust while yet abiding by social distancing recommendations. Speak with a friend and ask for help when you feel overwhelmed. It isn't a sign of weakness but strength when you do what is necessary to get through it. Physical activity will also help reduce tension.

Give yourself moments of pleasure by listening to music or taking a warm bath: it will lower stress. Counting on your own strengths will help you to surf over the hard times.

## What to do when distressed?

When this unusual situation seems never-ending, your emotional reactions can become sharper. For example, you may feel greater fatigue, become overwhelmed by fear, have more trouble accomplishing your daily tasks or fear a greater risk of contagion. Pay attention to these signs of trouble ahead and, as soon as possible, reach out to the resources that are available to help.



## Experiencing financial worries?

Increased stress related to financial insecurity can also arise during a pandemic. Loss of employment and income are a major source of anxiety for everyone, but it can become worse when we are in isolation. Many websites exist that offer help, such as the Québec.ca/coronavirus government site. The following website can also provide general assistance: [ementalhealth.ca](http://ementalhealth.ca)

## How to help young children and teenagers manage their worries?

Just like you, children and teenagers can have concerns about the pandemic and the events that are taking place. They can in fact be affected even more because they do not always understand the information they hear or see.

Reactions vary individually, so be attentive to their fears and need to be reassured, and let them use their own words to describe how they feel. Show them that you care. Listen to their worries and give them even more love and attention. If possible, provide opportunities for them to play and relax.



### Signs of your child's stress

- Trouble sleeping
- Wants to be held, asks questions
- Physical pain such as tummy ache
- Agitated behaviour, disputing what you say or do

#### What to do?

- Keep control of your emotions. For example, you might go into the bathroom by yourself to calm down
- Teach your child basic personal hygiene, such as how to wash hands properly
- Reassure and spend more time with your child
- Have your child take part in household preventive tasks
- Maintain your usual habits and schedules or create new ones for safe play and relaxation



### Signs of your teenager's stress

- Worries about personal health and the health of close friends and family
- Feels unaffected by the situation or laughs off the danger
- No longer interested in preferred activities
- Has trouble sleeping, appetite issues (eats too much or not enough)
- Wants to drink alcohol and/or take drugs
- Is aggressive, irritable, refuses to obey public health instructions

#### What to do?

- Ensure that your teenager really understands the situation. Correct any information that is wrong
- Do not minimize the seriousness of the situation
- Avoid moralizing
- If you are uncertain about how to respond, say so. Provide serious answers as soon as you can or suggest calling a telephone support hotline



## Managing time at home or when teleworking

- Set aside some time each day for family activities. Play board games, read out loud, go for a walk applying distancing measures, etc.
- Speak with your workmates by phone or chat at nap time
- Suggest your children work just like you by drawing, reading or doing educational activities
- Invite the older children to supervise the younger ones when they play
- Ensure that each parent gives time to the children

## Other ways to better manage your stress or anxiety as a family

While obtaining the right information is important, put limits on time spent seeking information about COVID-19. Information overload can raise the stress level, making you more anxious or even depressed.

Use the information you already have to plan what comes next. Set aside specific times for updates once or twice a day.

Avoid sources of sensationalist news and doubtful information. This will help separate fact from rumour. Concentrate on facts to help allay your concerns.

Use reliable resources like the Government of Québec official Québec.ca/coronavirus website.

## Resources

For stress, anxiety or depression about the progression of the current epidemic in Québec, call Services Québec at 418-644-4545, 514-644-4545, 450-644-4545, 819-644-4545 or toll free at 1-877-644-4545. The person that answers your call will provide more information and you will be directed to a psychosocial professional who can provide the additional support and advice you need.

Deaf or hard-of-hearing persons call toll free at 1-800-361-9596.

### Resources for better management of worry:

- Living better with your child: [inspq.qc.ca/en/tiny-tot](http://inspq.qc.ca/en/tiny-tot)
- [ecolebranchee.com](http://ecolebranchee.com) (video that explains COVID-19 to children and why schools are closed, how vaccine is made, etc.) [French]
- [carrefour-education.qc.ca](http://carrefour-education.qc.ca) (French)

### Resources for better management of family time:

- [alloprouf.qc.ca](http://alloprouf.qc.ca) (French)
- [teteamodeler.com](http://teteamodeler.com) (also has ideas for crafts, cooking, nursery rhymes, etc.) [French]
- [viedeparents.ca](http://viedeparents.ca) (French)
- [vifamagazine.ca](http://vifamagazine.ca) (French)

### Telephone hotlines for people in psychological distress:

- Regroupement des services d'intervention de crise du Québec: [centredecrise.ca/listecentres](http://centredecrise.ca/listecentres) (French) offers services 24/7 for persons in distress
- Tel-Aide listening centre provides help 24/7 to people suffering from solitude, distress or who need to have someone listen: 514-935-1101
- Écoute entraide is a community organization that supports people who are emotionally suffering: 514-278-2130 or 1-855-EN LIGNE
- Telephone assistance service 1-866-APPELLE (277-3553)

# LM Wind Power's shutdown lasted only six days, production resumed on March 30

Nelson **Sergerie**

GASPÉ - LM Wind Power, the windmill blade manufacturer based in Gaspé, resumed its production on March 30 after shutting it down on the evening of March 24.

Even though the Quebec government considers windmill blade fabrication an essential service because it is linked to the energy sector, many citizens of Gaspé expressed concerns on social media on March 21 and 22, because the Gaspé Peninsula's largest year-around private employer was maintaining its operations despite the COVID-19 pandemic. The plant provides work to 460 people.

Those comments mentioned the proximity of the employees in common working spaces, which prompted the plant's management and the mayor of Gaspé to react publicly.

"On one side, we are reassured because it was a request of the population, but on the other side, there is a need to put many things in perspective. That (a shutdown) can jeopardize the future of the plant after the crisis. We must assure its future, protect the relationship with the customer that



Photo: N. Sergerie

*Usually packed, the parking lot was empty on March 25 after the closure of the LM plant*

buys those blades," said the mayor.

He was referring to the important contract with an American customer that has provided the plant with work since the summer of 2016.

## Strict measures for work resumption

Production resumed slowly in order to minimize contagion risks. LM Wind Power implemented measures to reassure those who had expressed anxiety. The production resumption

involved only the workers who volunteered to go back. Nobody was forced to resume work.

Before the workers were allowed in the plant, the management and the union trained the workers regarding the new norms implemented to ensure their safety, including when circulating in the corridors of the plant and the cafeteria.

A distance of two metres between individuals was enforced and security guards were even hired to make sure that all the norms are re-

spected.

On March 23, the day before the production was stopped, GE, the owner of LM Wind Power, had sent an email to The Gaspé Spec describing the company's policy regarding the health and the safety of its employees and the collaboration established with the governments, the World Health Organization and the American health authorities, so to keep track of the pandemic and take the appropriate measures to do so.

A reliable source told the

SPEC that the main factor is education, in the sense that the company wants to make sure information is communicated. The plant workers use equipment that provides a high industrial safety, to such extent that the department of Health and Social Services could ask LM Wind Power to make them available to the public if the pandemic situation deteriorates drastically.

Meanwhile, the company has already provided 60 masks to the Gaspé Peninsula Integrated Health and Social Service Centre in order to support the organization in its fight against the crisis.

## Truck hauling to resume as well

The resumption of windmill blade hauling between Gaspé and New Richmond resumed on March 30 as well. Those blades are put on flat cars for their delivery by rail in Texas.

Transport Bellemare, the trucking company, Fabrication Delta, the firm loading the blades on the flat cars and the Sûreté du Québec, which provides the compulsory road escort service, confirmed their capacity to resume blade hauling on March 30.

## Look for the Helpers! Talking to Kids about COVID-19

Diane **Skinner**

Do not forget that the children in your life are also going through this time of COVID-19. They hear snippets of adult conversations and news. However, what do they take from this? It may be just enough for them to be scared and confused. Take the opportunity to speak to your child directly and to answer their questions. Talking about it will reassure them.

My daughter and I were chatting the other day and one of us remarked, "We are going to run out of fresh fruit and vegetables." This was a cause for my three-year-old granddaughter to worry. She wanted to know why we had no food. We do have food, just low on some fresh stuff, but thanks to online ordering and pickup that is offered by a large grocery store in town, we should be okay for most items in the near future. Watch what you say in front of children.

Perhaps it is time to have a

sit-down chat with the children in your home. Always keep these kinds of discussions at the child's level of understanding but you may be surprised at how savvy children are.

## Points to cover:

Question: What is going on? Answer: There is a virus that is happening and it is not a good virus. It is like the flu, but can make some people very sick.

Question: Can children get COVID-19? Answer: So far, it seems that mostly adults get the virus, especially old people.

Question: Then why are the schools and daycares closed? Answer: A virus can be passed from one person to another person. When you are at school there are a lot of children and adults close to each other. If you are not at school then you and your friends and teachers will hopefully not catch this virus. If someone gets the virus, they can pass it

on to many other people.

Question: If somebody gets this virus, what happens? Answer: They might have a fever, a cough, feel very tired or have trouble getting their breath. Then it can get more serious.

Question: What can I do so I do not get COVID-19? Answer: Wash your hands a lot and really well. Sing the alphabet song, or any song you like while washing. Use lots of soap. If you have no soap, use Purell or any hand sanitizer. If you sneeze or cough, use a tissue and put it in the garbage right away. If you have no tissue, use the inside of your elbow. Stay home with your family, but if you go out do not

stand close to anyone else (except your parents).

Question: When will this be over? When can I go to school? Answer: We don't know yet, but lots of smart people are working on figuring that out. Everyone wants you to be safe.

You can easily restate the questions and answers. Allow the child to ask questions too. The one thing you might end with is this.

"Look for the helpers. There are lots and lots of people helping us. This includes people who work in stores, police, firefighters and ambulance drivers, nurses and doctors, truck drivers deliver-

ing food and medicine to stores, scientists who are working to find a way to stop the virus, people who give us news and tell us what is happening, and kind people who help their neighbours. Of course, your family right here is helping you because we love you and will take care of you."

Have children (ages 3 to 7) draw some of the helpers. Children (ages 7 to 10) can write a thank you letter to a helper they know.

Parents, the best advice for you is, if at all possible, STAY HOME. That way you have a better chance to stay well so that you can be a helper for your children.



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# Announcements...



## In Memory

### DAWSON: Emma

November 3, 1919 - April 3, 2017

In memory of Emma Dawson.

*Today's the anniversary*

*Of the day that I lost you*

*And for a time it felt as though*

*My life had ended too.*

*But loss has taught me many things*

*And now I face each day*

*With hope and many memories*

*To help me on my way.*

*And though I'm full of sadness*

*That you're no longer here*

*Your influence still guides me*

*And I still feel you near.*

*What we shared will never die*

*It lives within my heart*

*Bringing strength and comfort*

*While we are apart.*

Separated by death, together by love. Miss you, your daughter Barbara Ann.

### Happy 100th Birthday Nanny!!!



My grandmother, Yvonne Dee, will be turning 100 years old this week. She was born April 5, 1920 in Barachois. She moved to Montreal to find work when she was 16, as so many people back then did. Her brother Ernest was always coaxing her to come back to Barachois, and in 1980 she bought a house and moved it to the piece of land her brother had given her. They were now neighbours and only a stone's throw from where she was born.

With a lot of hard work she turned that house into the home she still lives in today.

On behalf of her daughter Carol Underwood, her grandchildren Jodi and Wesley Cameron, as well as the entire community, I would like to wish you the biggest happy birthday possible. We love you Nanny and thank you for everything you have done for us over the years.

Card of Thanks, Birth Announcement, Prayer, Engagement, Birthday, Anniversary, Memorial Service announcement:

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

#### In Memoriam:

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

\$40 (\$45 with picture)

for more than 20 lines

#### Obituary or Wedding:

\$40 (\$45 with picture) (Max. 300 words)

**SUBMISSIONS FOR THIS PAGE MUST BE IN OUR OFFICE BY THURSDAY AT 4 P.M.**

### PHOTO QUALITY

When submitting a photo for this page, please send in a digital photo (.jpg) to [specs@globetrotter.net](mailto:specs@globetrotter.net).

You can also send your photo by mail or drop it off at the office.

It is essential that the photo is not a copy printed at home or by the funeral home. It will not reproduce well.

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## COAST ROUNDUP

### SHIGAWAKE:

#### Advance Notice St. Paul's Anglican Church Women

**July 18:** Tea, bake and craft sale will be held from noon to 2 p.m. at the Shigawake Community Centre. Adults \$7 and children 6 and under free. Door prizes. Everyone is welcome.

### PORT DANIEL:

#### Advance Notices:

Marcil Woman institute will hold the following events at the Three Star Golden Age Club in Port Daniel

**June 6:** Military Whist starting a 7 p.m. \$5 per person

**July 25:** Strawberry social from 12 noon to 2 p.m.

## COVID-19

### Closures & Updates

BOUTIQUE TELUS KOODO: Temporary closure of the following service centres: Amqui, Sainte-

Anne-des-Monts, Carleton-sur-Mer, New Richmond, Paspebiac and Chandler for minimum two weeks. Toll free line will remain in operation for all questions. Please call: 1-888-535-3281. Department services and sales will also remain in operation. For more information, please call: 1-888-535-3281, extension: 191.

### RESTIGOUCHE AND SURROUNDING AREAS:

SUGARLOAF MALL: Closed until further notice. Shoppers' Drug Mart will remain open as well as Giant Tiger. A&W - takeout only. Restigouche Drive Thru and Metallic Grocery have chosen to suspend VLT gaming machine operations. DRIVE THRU ONLY. Open from 9 a.m. to 10 p.m. New Brunswick time.

### CARLETON-SUR-MER:

METRO: Sunday to Wednesday from 8 a.m. to 7 p.m. Thursday and Friday from 8 a.m. to 8 p.m. and Saturday from 8 a.m. to 7 p.m. Delivery service available, by phone 418-364-7380, extension 3.

### MARIA:

IGA: 8 a.m. to 8 p.m. Delivery available. Call 418-759-3440  
BRUNET: Sunday: 10 a.m. to 5 p.m. Monday to Wednesday: 9 a.m. to 8 p.m. Friday: 9 a.m. to 9 p.m. and Saturday from 9 a.m. to 5 p.m. Free delivery available, 418-759-3462.

AUBERGE MARCHAND and AMBROISE: Closed  
MAMZELLE: Closed  
DESJARDINS: 24/7 ATM service available. Counter hours: Monday and Tuesday: 10 a.m. to 3 p.m.; Wednesday and Thursday: 10 a.m. to 6 p.m.; and Friday: 10 a.m. to 4 p.m.

DAYCARE: Open for essential workers only.

HEALTH: Open but closed to public. Call 418-759-3431 for services.

PUBLIC SECURITY: Open for essential services only.  
GALGOASSET: Closed  
GHRDC: Closed  
WALGWAN: Closed  
MMBC: Closed  
TOURISM OFFICE: Closed  
CHALET STE-HELENE: Closed.  
MMAFMA/AGHAMM: Closed

### CASCAPEDIA-ST-JULES:

A&R DECORATIONS: Closed until April 6.

CAFE DU VILLAGE: New opening hours. Everyday 7 a.m. to 3 p.m. Please contact 418-392-5556 for assistance.

### NEW RICHMOND:

TIMS: Takeout and drive thru only. 5 a.m. to 10 p.m.

IGA: NEW hours: 8 a.m. to 8 p.m. Delivery is available. Please contact 418-392-4237 for more information.

JEAN COUTU: Sunday: 10 a.m. to 5 p.m.; Monday to Wednesday: 9 a.m. to 8 p.m.; Thursday and Friday: 9 a.m. to 9 p.m.; and Saturday 9 a.m. to 5 p.m. Free delivery available 418-392-4451.

FIN GOURMET: Take out only. Open from 10 a.m. to 7 p.m. For more information, please contact 418-392-4704.

PUB BAYOU: Closed  
DIXIE LEE: Take out only. Phone 418-392-5353.

LAURENTIAN BANK: 24/7 ATM service available. Counter hours: Monday and Tuesday 9:30 a.m. to 5 p.m.; Wednesday and Thursday: 9:30 a.m. to 8 p.m.; and Friday: 9:30 a.m. to 4 p.m.

DESJARDINS: Closed. 24/7 ATM service available.

PNEUS NEW RICHMOND: CLOSED. In case of emergency, please contact Eric Cormier at 418-392-3675.

### BONAVENTURE:

TOWN HALL: All sports centres, gym, pool, dances, yoga, arenas, libraries and community centres closed until further notice. For

more information, contact 418-534-2313.

BOUTIQUE TELUS KOODO: remains open until April 13.

CANTEEN BERGERON: Closed beginning March 22, 2020 until further notice.

BIOPARC: Closed. Please forward all questions to info@bioparc.ca before presenting yourself at the office.

### NEW CARLISLE:

FAMILY TIES: Closed from March 14 to March 29 inclusively. If you belong to a private facebook or messenger group through Family Ties, you can contact the coordinator as usual. If not, please feel free to send a message via the Family Ties Facebook page.

CASA: All activities, Senior Wellness centres, Bright Beginnings and Mental health first aid training are cancelled or postponed until further notice. All seniors with questions please contact: Madelyn Hayes at 418-752-4719, Lisa Jade Leblanc at 418-751-4726 or Sally Walker at 418-752-0855.

SPEC NEWSPAPER: CLOSED. Please contact specs@globetrotter.net with any questions or concerns (including cancellations) or inbox The Gaspé Spec on facebook.

DEPANNEUR 2000: New store hours are the following. Monday to Friday: 6 a.m. to 9 p.m. Saturday: 6:30 a.m. to 9 p.m. and Sunday : 7 a.m. to 9 p.m.

CANTEEN WIMPY: OPEN regular hours. Take out only. Delivery available by calling 418-752-2020.

POST OFFICE: NEW hours. 9:30 a.m. to 4:30 p.m. Monday to Friday.

### PASPEBIAC:

IGA: New hours: 8 a.m. to 8 p.m. Delivery available call 418-752-2288.

FAMILI PRIX: Regular hours. De-

livery available call 418-752-6635.

JEAN COUTU: Regular hours. Delivery available call 418-752-3807.

HARTS: CLOSED effective March 24, 2020 until further notice.

DIXIE LEE: CLOSED until further notice.

CANADIAN TIRE: NEW hours beginning March 20, 2020. Monday to Friday: 8 a.m. to 6 p.m. Saturday: 8 a.m. to 5 p.m. and Sunday: 10 a.m. to 5 p.m.

MAISON DU M BURGER: Takeout only.

BMR: NEW hours. Monday to Friday from 9 a.m. to 2 p.m. CLOSED on Saturday.

### SAINT-GODEFROI:

DEPANNEUR LANGLOIS: New hours 11 a.m. to 6 p.m. Please be advised all customers must disinfect hands on arrival. One person at counter at a time.

### CHANDLER

PLACE DU HAVRE (SHOPPING CENTRE): Closed. Super C and Uniprix remain open  
LA SOURCE: Closed.

### GASPE:

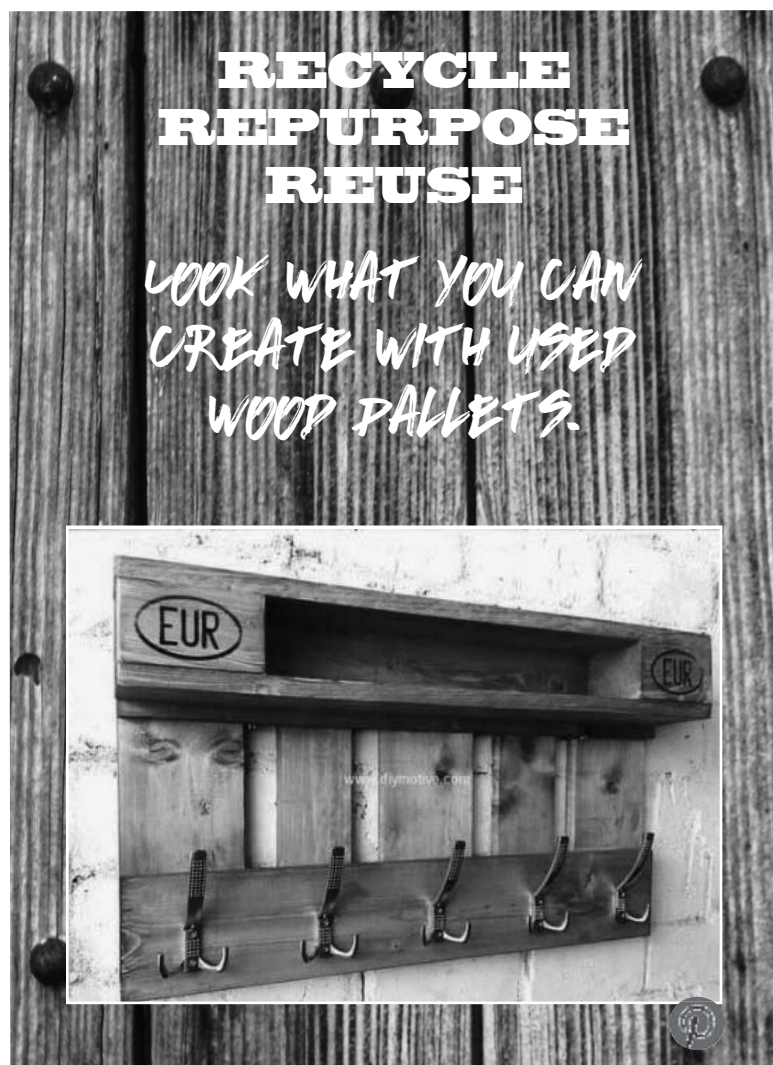
CARREFOUR GASPE: Closed. IGA, Uniprix and SAQ will remain open.

MARCHE IGA CRONIER: New hours: Monday and Tuesday from 8 a.m. to 7 p.m. Wednesday, Thursday and Friday from 8 a.m. to 9 p.m. Saturday from 8 a.m. to 7 p.m. and Sunday from 8 a.m. to 7 p.m.

VISION GASPÉ-PERCÉ NOW: All activities are suspended for a two-week period. Staff will be working from home and can be reached by email: Jessica Synnot (j.synnot@vgpn.ca).

GASPE AIRPORT: Closed for Air Canada flights, to/from the Magdalen Islands and Quebec City from April 1 to April 30.

ADAMS RESTAURANT: Closed until further notice.



## CARDIAC WORD SEARCH

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D E G R A L N E R A L U G E R R I O O S  
A S L E O N I D Z F E A N E U R Y S M K  
U A I B Y P A S S T R A N S P L A N T E  
T Y S A P D I U R E T I C K K U M M V R  
S E T A C H Y C A R D I A Y S P O I B U  
S U Z D A K S N I E V H A B D O M E N L  
A R O T A L L I R B I F E D H E A T Z I  
C L A T I N E G N O C B G S S E R T S A  
S E I R A L L I P A C V G N I T S E T F  
H A T R I U M D D N O I T A L B A R Y U  
S M C A Y T S A L P O I G N A O R T A R  
I L O E V L A A T A E B T R A E H T O D  
V N K S I S O R E L C S O I R E T R A M  
K O R E T E H T A C I D P U L S E V T R  
K S E I R E T R A D E M B O L I S M I L  
L O R E T S E L O H C N Z K C A T T A R  
D B A U A Y B A C T E R I A P I M R U V  
A R E B M A H C K E R U S S E R P I D L  
P B V M E M Z A I B V Y D O O L B O F S

Find the words hidden vertically, horizontally, diagonally, and backwards.

## WORDS

ABDOMEN  
ABLATION  
ALVEOLI  
ANEURYSM  
ANGIOPLASTY  
AORTA  
ARTERIES  
ARTERIOSCLEROSIS  
ATRIUM  
ATTACK  
BACTERIA  
BIOPSY  
BLOOD  
BYPASS  
CAPILLARIES  
CARDIAC  
CATHETER  
CHAMBER  
CHOLESTEROL  
CONGENITAL  
DEFIBRILLATOR  
DIURETIC  
EMBOLISM  
ENLARGED  
ENZYMES  
FAILURE  
HEARTBEAT  
IRREGULAR  
PRESSURE  
PULSE  
SAC  
STRESS  
TACHYCARDIA  
TESTING  
TRANSPLANT  
VEINS

# Self Isolating: Stay Busy

Diane Skinner

## Some ideas include

You have made the wise choice to stay home when possible. This virus is real. You are limiting trips to the store and having no visitors to your home. The time we spend cut off physically from others and much of the outside world can be long. It would be an advantage to keep busy and productive in your own home. Try not to sit in front of the television or computer screen for 16 hours a day. That will not help you mentally or physically. Many of you, especially those with children at home, are keeping very busy. It is important to spend some time each day doing something for yourself as well.



**Breathe.** The *Three Magic Breaths* are a quick and effective way to reduce anxiety. Take a breath in slowly and deeply. Let it out slowly and completely. Repeat twice more. Do this a couple of times a day when feeling overwhelmed.

**Exercise.** Walk around in the house or on your property while maintaining the social distance of six feet. Find an exercise video on YouTube. If you have home exercise equipment use it! Any activity is good.

**Music.** Play your favourite music. Sing along or dance around the room. If you have children in the house, have a dance party!

**Yoga.** Lucky you, if you have a yoga mat and know how to practice yoga. Find a yoga video and follow it. Nobody is watching so give it a try.

**Keep in Touch.** Keep in touch with the outside world by phone or social media. Facebook your friends and family. I am messaging my granddaughters every day with a corny riddle. Contact long lost friends and have a great chat. Laugh a little.

**Do a jigsaw puzzle.**

**Do a crossword puzzle.**

**Knit. Crochet. Sew.**

**Listen to the app Calm.com** This app has many ways to help you maintain calm, for both adults and children.

Some of the content is free. Explore other mindfulness apps. There are loads.

**Read.**

**Deep clean the house.**

Try a new recipe. Use an old-time recipe book. "One bowl apple cake" is easy, delicious and healthy. (Google the recipe.)

**Organize your clothes.** Make three piles – keep, donate and discard. The discarded clothing can be used for cleaning cloths or sewn to make napkins.

**Make a list of what you need from the store.** If you go, or someone goes for you, a list keeps the time in the store to a minimum. This is not the time for browsing.

**Clean your vehicle, rake the lawn and change your oil** while maintaining social distancing.

**Play games** or play solitaire if you are alone. My grandmother would play solitaire at the kitchen table when the chores were done after supper, except on Sunday! No cards on Sunday. Board games and card games will keep children occupied. Play Monopoly with the family. Play dress-up and super heroes with the younger ones.

Most people have already established a routine for the day but adding something different for your mind and body is a very positive step. It will keep you optimistic moving ahead.

## Reflections

by

Diane Skinner Flowers



## A New (Old) Way of Life

*Use it up.  
Wear it out.  
Make it do.  
Or do without.*  
- (Traditional poem from the Depression.)

We are all making do with what we have and what we are able to find in stores and online. Moving forward there will likely be more shortages of items. Toilet paper has become a valuable commodity because there is very little, if any available in the store. We are being assured that is a matter of supply and demand because many shoppers hoarded the toilet paper early on. More is being manufactured and delivered and the supply will be replenished over the next while. While we are at it, let's be grateful for factory workers, truck drivers and people working in stores and pharmacies.

Gaspesians are a resourceful lot. We are descendants of the hearty folk who settled here hundreds of years ago. They made the best of the often-harsh living conditions on the Gaspé. Though the land and waters supplied many resources, the severe weather was a challenge to surmount. They managed, because if they did not, they perished. Never doubt that we come from a strong and resilient people.

It is in our DNA; it is historically who we are.

How many times have we heard waste not, want not? Let's not abandon the wisdom of our ancestors. Instead, let's embrace it in these times. Most of us have abandoned that way of living. Now is the time that we should and must learn to hold on to what we have, use less, waste less and want less.

With all that is happening in the world, we must try to live a more sustainable lifestyle. Let's channel our Gaspesian ancestors. Adjusting our desire for loads of new stuff will be a necessity. Not knowing for certain what is ahead, it could be that the prices of goods will rise significantly and that a shortage of items will be a reality.

What can Gaspesians do? Our best. That's what we can all strive for. If your parents or grandparents lived through the Depression as mine did, you are aware of their attitude to waste. They did not waste. We all need to adopt that mindset.

Keep and use leftovers.

**Buy in bulk when possible.**

Cook in big batches like your grandmother did.  
**Make serviettes (napkins) out of washable fabric.**

**No need to buy disposable serviettes.**

Don't throw out an old t-shirt.

Repurpose it as cleaning cloths.

**Use your clothesline. Saves money and it sanitizes the clothing.**

Have a cold area to store root vegetables.  
**Make bread; traditional, slow cooker method or use a bread maker.**

Clean with vinegar, baking soda and lemons.  
**Reuse. A Green Tea bag, for example, can be used more than once.**

Look through an old-time cookbook for recipes.

There are many more steps you can take, beginning today. Our ancestors would be so proud of us if we could learn to **waste not**. The way forward is better if we do not yearn for a time when money and goods were plenty.

People who lived through the tough days of the Depression used to say, "We had everything but money."

Be realistic.

Be happy. Be safe.



ARIES – Mar 21/Apr 20

Things are not always what they seem, Aries. Keep this in mind when dealing or working with people you have never met. It may take some time to figure things out.

TAURUS – Apr 21/May 21

Taurus, asking a bunch of questions may not unveil the answers you were hoping for. You may not be asking the right questions. Keep forging ahead.

GEMINI – May 22/Jun 21

The ability to listen is an important skill, Gemini. This ability is especially valuable when others come to you for advice. Listen intently and do your best to help.

CANCER – Jun 22/Jul 22

Cancer, even if things do not entirely make sense this week, you can glean certain bits of information here and there that can help you to paint the bigger picture.

LEO – Jul 23/Aug 23

Leo, imitation is the highest form of flattery. Keep a keen eye on someone you admire at work, and then try to mirror this person in your actions.



VIRGO – Aug 24/Sept 22

Virgo, certain responsibilities may seem like a drain on your time but right now you are not seeing how even small tasks can add up to big results in the end. Remain patient.

LIBRA – Sept 23/Oct 23

Libra, certain battles cannot be won no matter how hard you try. Do not focus unnecessary energy on things that cannot be scaled. Direct your focus to more important projects.

SCORPIO – Oct 24/Nov 22

A project you started may come to a screeching halt, Scorpio. This does not mean you should abandon it entirely. It just means you will have to take a brief hiatus and restart.

SAGITTARIUS – Nov 23/Dec 21

Sagittarius, people naturally want to be around you, but sometimes you need to take a step back and focus on yourself. Clear your schedule for some personal time this week.

CAPRICORN – Dec 22/Jan 20

Spring is a time of new beginnings,

Capricorn. You may be presented with several new opportunities. Travel, a new job or even expanding your family may be in the cards.

AQUARIUS – Jan 21/Feb 18

Aquarius, even if you do not have all the answers, you can take steps that address many of the changes that have occurred in your life lately.

PISCES – Feb 19/Mar 20

Channel your creativity into projects that let you express yourself, Pisces. Artwork, writing and crafting are a few examples.

### FAMOUS BIRTHDAYS

MARCH 29

Elle Macpherson, Model (56)

MARCH 30

Celine Dion, Singer (52)

MARCH 31

Christopher Walken, Actor (77)

APRIL 1

Mackenzie Davis, Actress (33)

APRIL 2

Clark Gregg, Actor (58)

APRIL 3

Paris Jackson, Model (22)

APRIL 4

Robert Downey, Jr., Actor (55)

# Don't lose your cool while the kids are out of school

-Diane Skinner

By now parents and children have been working on establishing a routine at home. I have heard more than one story of parents losing their cool while trying to teach their children at the kitchen table. One mom wrote on facebook, "I am home schooling. Two of my children have been suspended for fighting and the teacher is drinking." Funny, but not funny. Parents, most of you are not trained teachers and that can be frustrating for all involved. Do you know the signs when a child has "hit the wall" with a lesson? Do you know how much time to spend on teaching a concept before moving on? Likely not and that is not a shortcoming.

However, parents you have loads of skills that you now have the opportunity to teach your children. Parents can slow down the pace and spend time with their children. Quebec's Education Minister has stated that he did not want Quebecers to turn their homes into classrooms and that the school year was 70% done. This is a strong reminder that

there is so much that can be learned outside the classroom. Do not feel that you have to structure your child's day to resemble a classroom. The most valuable thing you can give your child is your time.

Embrace this opportunity to teach your child many real-life skills. Start some seeds or take an avocado pit and grow that. Teach a child to cook. There is always something a child of most any age can help with. A young child can learn to make a peanut butter and jam sandwich. Older ones can read a recipe. Talk to them about measurements, cooking safety and hygiene. There is so much to learn and a lot of it is transferable skills.

Cooking teaches you estimation and planning. These skills come in handy in so many parts of life.

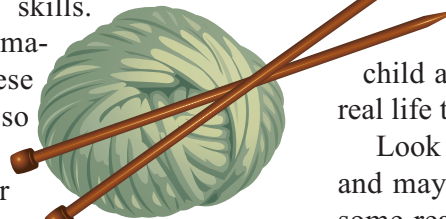
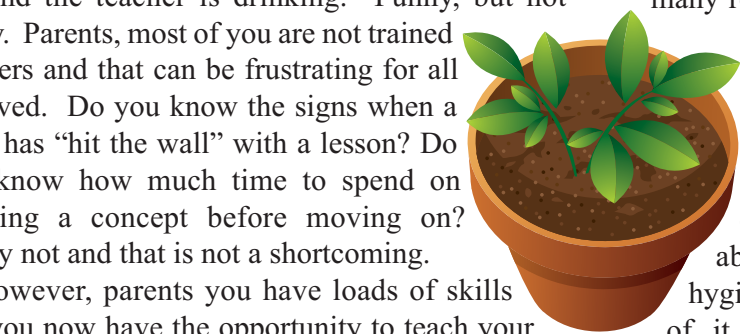
Can you knit, crochet or sew? Teach your child these life skills. Can you change the oil in your car? Let them watch or help. Have them learn how to keep their space clean. Children of almost any age can make a bed, so they should. Teach your child how to do laundry. Sorting is a skill. Folding is a skill.

Matching, as in socks, is a skill.

Get outside. Point out the names of trees and kinds of birds. Get out a baseball glove and play catch with your child. Look at the clouds and talk about the weather. These all teach skills such as observations and memory.

Look at this time as an opportunity to spend time with your child and show them real life things.

Look for the silver lining in these difficult times and maybe this is it. Encourage your child to do some reading, or read to them. That's important. But, take the stress off everybody and avoid forcing the traditional school type learning when it becomes negative. I have heard more than one parent say that they have a new appreciation for teachers. Have cool fun with your children!



## Breaking down top 7 myths of COVID-19

(NC) The novel coronavirus is a serious health threat, and the situation is evolving daily. While social distancing plays an important role in slowing the transmission in our communities, we can also do our part to stop the spread of misinformation.

The Government of Canada is providing the public with timely, trusted and evidence-based information that you can use to protect yourself, as well as your family, community and businesses. Here, with information from Health Canada, we debunk some myths and share some facts on COVID-19:

**Myth:** Only older adults and sick individuals can be affected by COVID-19.

**Fact:** While the risk of severe illness and outcomes is higher for older adults and those of all ages with underlying medical conditions, people of all ages can contract COVID-19. Everyone needs to take steps to protect themselves from the virus.

Following good hand hygiene and social distancing advice is strongly recommended for everyone.

**Myth:** Healthy individuals should wear a mask to prevent getting sick.

**Fact:** If you are a healthy individual, the use of a mask is not necessary. A healthy individual needs to wear a mask only if you are taking care of a person with a suspected COVID-19 infection.

If you are experiencing symptoms, such as coughing or sneezing, wearing a mask can help prevent the spread of any infection to others. When wearing a mask, make sure to properly cover your mouth and nose, avoid touching the mask once it's on your face, properly discard the mask after each use and wash your hands after removing the mask.

**Myth:** Taking ibuprofen to manage symptoms will make them worse.

**Fact:** There is no scientific evidence that establishes a link between ibuprofen, or other non-steroidal anti-inflammatory drugs (NSAIDs), and the worsening of COVID-19 symptoms.

If you have symptoms of COVID-19, speak with your health-care provider regarding the most appropriate health products for the treatment of fever or pain. If you are currently taking ibuprofen, especially for a chronic illness, do not stop taking your medication.

**Myth:** All Canadians have been asked to self-isolate.

**Fact:** Canadians are being asked to practice social distancing, which means making changes in your everyday routines in order to minimize close contact with others. These changes include:

- staying home as much as possible, including for work, meals and entertainment
- avoiding crowded places and non-essential gatherings
- exercising at home or outside
- keeping a distance of at least two arms lengths (approximately 2 metres) from others, as much as possible
- limiting physical contact with people at higher risk, such as older adults and those with poor health, is of particular importance
- hosting virtual playdates for your kids
- using technology to keep in touch with friends and family

Individuals need to self-isolate if they have travelled outside Canada within the last 14 days or have

had close contact with a person diagnosed with COVID-19 or being tested for COVID-19. Self-isolation means to:

- stay at home and monitor yourself for symptoms, even if mild, for 14 days
- avoid contact with other people, including your family, to help prevent the spread of disease in your home and in your community

**Myth:** There are health products to treat COVID-19.

**Fact:** Health Canada has not approved any health product to prevent, treat or cure COVID-19.

Unfortunately, there is a lot of misinformation circulating on products to treat this coronavirus. This is why it's important to make sure you get your information from credible sources. If you hear about or have information on the potential non-compliant sale or advertising of any health product related to COVID-19, you are encouraged to report it to Health Canada using their online form.

**Myth:** A vaccine will be available in the coming weeks.

**Fact:** The virus is so new and different that it needs its own vaccine, and, at this time, there is no specific drug or medication that treats people who have COVID-19. However, countries around the world, including Canada, are making significant investments in research and development to advance vaccine development and support clinical trials.

For reliable information and facts you can trust, turn to the Public Health Agency of Canada and provincial and territorial public health authorities. Find more information by calling 1-833-784-4397 or at [canada.ca/coronavirus](http://canada.ca/coronavirus).

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