

## Frëtt Design is producing face masks

Gilles Gagné

CAPLAN – Caplan based Frëtt Design and a textile company located in Beauce, Confections C. Cliche, are working together to produce face masks to help counter the spread of COVID-19. Seamstresses in dozens of homes and factory workers have mobilized to fill orders that are expanding every day.

Seamstresses are working from their homes on the Gaspé, in Beauce and the Lower Saint Lawrence. Currently there are approximately 60 seamstresses that have been hired. Tests are being conducted on prototypes sent to the *Institut de recherche Robert-Sauvé en santé et en sécurité du travail*, a research institute specializing in workplace health and safety.

The Confections C. Cliche shop in Saint-Odilon, Beauce, will play an important role in the development initiated by Frëtt Design, since that company has been active in the textile business for 40 years and has experienced seamstresses in its employment.



Photo: Simon Theriault

*Michelle Secours has 25 years of experience in business and when the pandemic struck, she saw a way to help people and make her business survive.*

“We have 15 seamstresses in the Gaspé Peninsula, between 15 and 20 in the Beauce shop and 10 in the Lower Saint Lawrence, with seamstresses

from Beauce working from their homes that are not counted here. We are in a ramp up process but I expect that it will be possible to produce be-

tween 5,000 and 10,000 masks weekly just with the seamstresses at home. In Beauce, they (C. Cliche) will work with other shops. In our vision, they

will produce an increment of 10,000 masks weekly,” explains Michelle Secours, owner of Frëtt Design.

“If we need more, we can increase the pace very quickly, to 20,000 or 30,000 masks per week eventually. We will see. We receive calls from seamstresses every day and Confections C. Cliche can mobilize other plants in Beauce if needed, especially considering that some plants are closed,” she adds.

Frëtt Design and Confections C. Cliche are no strangers. They have been working together for four years. When the Quebec economy was put in a shut-down mode on March 23 by the Quebec government, both businesses had to temporarily close their doors. When that happened Michelle Secours started thinking of solutions so that they could survive and contribute to diminishing Quebec’s vulnerability in textile

Cont'd on page 16

## Tanya Edwards joins the Frëtt Design movement

Gilles Gagné

CARLETON – Tanya Edwards, who currently lives in Carleton, considers herself a slow seamstress but upon learning about Frëtt Design’s initiative she quickly decided to participate.

“I started making masks after seeing a young man at IGA cleaning the carts and handing out hand sanitizer but he had no protection for himself. I am saying “a young man” but he probably was an adolescent. I watched a few YouTube tutorials, drafted a pattern and started sewing. A friend told me about Michelle’s project and I contacted her and offered to help out. Michelle gave me a lesson and all the materials I needed to work from home,” explains Ms. Edwards.

By April 24, she had made approximately 60 prevention barrier masks for community-usage.

“I haven’t made as many as I would have liked and I haven’t met up with the young man at IGA since but, thanks to Frett design, I have supplied a few frontline workers and have a bag to deliver to Michelle this week,” she adds.

Because it is important for Quebecers to regain some autonomy in certain textile products of prime importance, Michelle Secours is providing the mask pattern for free. Additional information can be obtained through [solutions@frettdesign.ca](mailto:solutions@frettdesign.ca)



*Tanya Edwards was inspired to join the Frëtt Design team in making face masks.*

Photo: Gilles Gagné

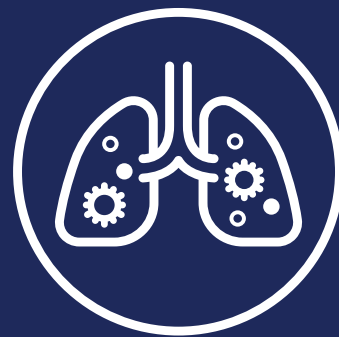
The coronavirus disease (COVID-19) causes a respiratory infection that can involve the following symptoms:



Fever



Cough



Trouble  
Breathing

# Protecting yourself saves lives.



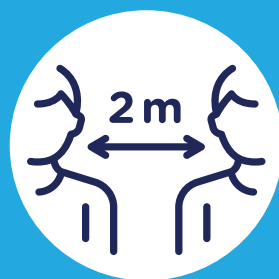
Cough into  
your sleeves



Throw your  
used tissues  
into the trash



Wash  
your hands



Keep your  
distance



Stay  
at home

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

 1 877 644-4545

# Police report

A collision on April 21 between a truck and tandem trailer and a car in Nouvelle claimed the life of Annabelle Ferland, 19, from Saint-Omer. The collision took place at the intersection of Highway 132 and Miguasha Road. The truck hit the car on the passenger side. The truck driver made an attempt to avoid the car and his vehicle tipped on its right side. The truck was going west and the trailer was full of bark.

Primary observations made by investigators concluded that the victim probably attempted to reach Saint-Laurent grocery store parking lot, going north, after exiting Miguasha Road. The jaws of life were used to remove her from the car. She was rushed to the Maria hospital, where she was pronounced dead. The truck driver sustained minor injuries and was sent to the hospital, he was released shortly after. The accident occurred at 4:30 p.m. in a 70 kilometre per hour zone. Traffic was rerouted for a few hours towards Maguire Street while Sûreté du Québec technicians reconstructed the accident. Some time was also needed to clear the road and the damaged vehicles.

Isaac Moffat Swasson, 29, from Listuguj, will return to the New Carlisle courthouse on June 15 for a procedure follow-up regarding the charges laid against him on November 13, 2019, with regards to damage caused at the New Carlisle prison on April 30, 2019. He appeared in court on April 8 for a pro forma hearing and his trial date could have been set then but he is still looking for a lawyer.

On April 30, 2019, he allegedly caused damage exceeding \$5,000 as at least one broken toilet bowl, a broken sink, damaged pipes, smashed electronic devices and other damage to equipment were reported. Up to 16 cells had to be closed for a certain period and eight inmates had to be moved temporarily to another prison as a result of those actions.

Isaac Moffat Swasson faces charges of mischief exceeding \$5,000, intimidation, damage to a prison and assault against prison guards. He is remanded in custody at the Rivière-des-Prairies penitentiary, following a stay at the Orsainville prison, where he allegedly caused damage too.

He was in prison on April 30, 2019 because he was already facing criminal charges in another case. On February 21, 2019 he allegedly committed an armed robbery, a forcible confinement and uttered three death threats in Listuguj. "He will be remanded in custody for the duration of the court procedure," points out Crown Prosecutor Maxime Rocheville-Paradis.

In the case of the crimes allegedly perpetrated in Listuguj, Isaac Moffat-Swasson will return to the New Carlisle courthouse for his pro forma trial on September 10. The date of the actual trial could be set at this time, if he has found a lawyer.

## The future is uncertain for Escalade Gaspésie

*Nelson Sergerie*

GASPÉ - Escalade Gaspésie's future is at stake because of the COVID-19 crisis.

After seeing spring stopovers cancelled, CTMA suspended its season this summer which represents a loss of revenue of \$75,000 for the organization, not counting the economic spinoffs from the 4,000 visitors and crew members on the 12 stops in the community of Gaspé.

With the uncertainty caused by the rapidly evolving pandemic for the fall season when 15 ships are scheduled and the impact of the right whales over the past three years, a reflection is required.

"What we had to change we did. We have more leeway. It takes clients to seek revenue and from the moment clients are no longer there. We have to face the facts," says Escalade Gaspésie director Stéphane Sainte-Croix.

### A drifting market

No one is fooled: the clientele for cruises may not be there in the coming months. First, constraints are imposed on cruise ships in Canada and the borders may be closed to international passengers. In addition, all the cases of contamination on ships before the global outbreak of the crisis could be an obstacle to customers.

If no boat is anchored in the Gaspé Peninsula this fall, we will have to face the facts.

"It could take a heavy toll on our ability to maintain our organization and maintain our mission," notes Mr. Sainte-Croix.

## COVID-19: Haute-Gaspésie is worried

*Nelson Sergerie*

SAINTE-ANNE-DES-MONTS - The population of Haute-Gaspésie is concerned by the explosion of COVID-19 cases in the Bay of Chaleur area.

Spared until now by the pandemic with only a handful of cases in its territory, the MRC had already sent a resolution requesting a checkpoint on Route 299 between Sainte-Anne-des-Monts and New Richmond.

That request was refused by the Regional Public Health Department.

Haute-Gaspésie prefect, Allen Cormier, won't file a new request, but he remains on the lookout. "It is certain that if I see the number of cases increase dramatically, I will demand that a checkpoint be installed at the boundaries of the Parc de la Gaspésie."

The position of the Regional Director of Public Health remains the same. "If we removed the outbreak at the Manoir du Havre, we would remove two-thirds of the cases in the region. There is no reason to reduce traffic in the region," says Dr. Yv Bonnier Viger.

### No question of isolating the Bay of Chaleur area

While concern has been palpable since the outbreak of COVID-19 cases at the IGA grocery stores in Paspébiac and New Richmond, many are pushing to confine the Bay of Chaleur area. It is the most affected in the region.

Dr. Bonnier Viger believes that such a move is not worth it. "We do not have community transmission yet. In the context where the government is considering easing the constraints, if there were measures, they would affect all checkpoints," says the specialist.

If the cluster associated with the IGA stores in Paspébiac and New Richmond is well controlled, the risks will be reduced, however, Dr. Bonnier Viger recalls that we are in a pandemic and there is still a lot of uncertainty.

"We try to confine them (infected and exposed individuals) as quickly as possible. It is the best measure to decrease the speed of contagion, but eventually, it will spread to a large part of the population."

To picture the situation, the doctor indicates that the population was facing a tornado but that with the measures taken, it is rather a gentle wind.



## COMMISSION SCOLAIRE EASTERN SHORES EASTERN SHORES SCHOOL BOARD

### ESSB Returning Officer for November 1, 2020 Elections

Eastern Shores School Board (ESSB)  
40 Mountsorrel,  
New Carlisle, QC, G0C 1Z0

#### DESCRIPTION:

The position requires a candidate with strong administrative and leadership skills who is prepared to undertake responsibilities for the management and oversight of the process, for the duration of the next election scheduled for November 1, 2020. The Chief Returning Officer is:

- Responsible for ensuring that the Act respecting School Elections is followed;
- Responsible for hiring election staff, including deputy returning officer, and secretary and/or other support personnel;
- Obligated to follow all requisite election training sessions offered by the Director General of Elections (DGE) at designated sites in major centers like Quebec City or Montreal;
- Reports to the Director General of Elections Quebec (DGEQ) and ensures that all reporting deadlines are met;
- Informs the Director General of ESSB on the progression of election-related matters.

#### QUALIFICATIONS

- Given the complexity of the task required, prior experience in a previous election is essential;
- Possesses excellent organizational and communication skills.

#### REQUIREMENTS

- The successful candidate must be fully bilingual (oral and written) insofar as all documentation and information is transmitted in the Official Language of Quebec.
- Familiar with the territory of Eastern Shores School Board;
- Available to travel, when and where required throughout the ESSB territory;

#### SALARY AND ADVANTAGES:

As per the Regulation respecting the tariff of remuneration and expenses of election officers, under the Election Act, chapter E-3.3, s. 549, "Hourly remuneration equivalent to the hourly remuneration of an administration specialist at the maximum pay scale level, based on public service classification and norms. The remuneration is increased by a 5% team leader premium while the returning officer's main office is open."

#### DEADLINE FOR APPLICATION

Please send your CV, as well as, a letter of intent by May 8, 2020 16:00 to:

Eastern Shores School Board  
Margaret-Ann Cooke, Interim Secretary General  
40, rue Mountsorrel, New Carlisle (Québec) G0C 1Z0  
Fax: 418-752-6447  
Email: [margaret.cooke@essb.qc.ca](mailto:margaret.cooke@essb.qc.ca)

Start Date: To be determined between the school board and the successful candidate

Finish Date: February 28, 2021 (with possibility for extension if required).

Weekly work schedule: to be determined between the school board and the successful candidate.

Work Location: To be determined between the school board and the successful candidate.

\* Please be advised that ESSB will only contact the candidate selected for an interview.

\* Eastern Shores School Board is committed to equal access to employment and encourages applications from women, Aboriginal people, members of visible and ethnic minorities and people with disabilities.



## Commentary

Gilles Gagné

### What will the “new” normal be?

Do you remember March 15? It seems as if it was seven years ago. It was the fourth day of Quebec Premier François Legault’s daily intervention about COVID-19. Quebec was dealing with a dozen cases of infected people and despite that low number, Mr. Legault stunned Quebecers by announcing that all the gatherings or events with more than 250 people were banned from that day on.

Two-hundred-and-fifty people! At the time, it sounded dreadful. It was considered a social disaster and people were wondering how they could cope with it. Premier Legault had announced three days earlier that all shows were cancelled for an undetermined period.

Now, people would pay money to benefit from the right to hold a supper with six friends around the same table.

Effective March 23, the Quebec government stopped at least three-quarters of the province’s economy. Again, it was a major blow. We didn’t think that COVID-19 would hit us that hard, and that is not counting the people dealing with the virus and the exhausted healthcare staff.

So, coping with the coronavirus has been a work in progress, an exercise that is testing the capacity of human beings to adapt quickly to changing con-

ditions: socially; economically; health-wise; and, for most, mentally, at different degrees in the latter case.

While the situation in seniors’ residences is far from resolved, as helping the caregivers that have laboured tirelessly since mid-March is still required, it is also the time to think about deconfinement.

If it took six or seven weeks to get where we are, we can assume that it will take much longer to get back to normal conditions.

Besides, it might take a while before social normality comes again. It could take 12 to 18 months, according to some health experts. There will also be a new normality before researchers find, test and produce a vaccine that will counter the coronavirus. That new normality will consist of social distancing, hand-washing, reduction in the number of times we go to the grocery store and, more sadly, the relative isolation of older people.

That new normality might be punctuated by a strange dance: two steps forward, one step backward, followed by two steps forward, three steps backward and plus one step forward and a bit of stand still, just to see where we are. So, we have made nine steps but we have just made one in the right direction.

Some regional leaders living in areas that have not been hit too hard by COVID-19 will want the current rules loosened up faster, and way ahead of others. It will likely be the case in Lower Saint Lawrence and in the Gaspé Peninsula. That doesn’t mean lifting the barriers between Montreal, Quebec City, Laval and the regions yet though. It is within the same region, or regions with a low coronavirus occurrence.

However, deconfinement will remain a Quebec-

wide decision, for a set of reasons. First, what happens if an accidental outbreak hits a region that has lowered its standards significantly?

We saw in the Gaspé Peninsula that just a spark, like what happened at the Manoir du Havre, can have significant consequences. Half of the regional cases came up due to that outbreak.

Secondly, the inventory of medication, masks, visors and other means of protection is part of a provincial pool. The regions are consequently not the only decision-makers in that regard. Everything is intermingled here.

One last word about the relevance of assigning Canadian Army troops to help in seniors’ residences. Over the last decades, quite a few provinces, and Quebec is one of them, have neglected the organization of fair services provided to the elderly in a disturbingly high number of homes, however, it is not the time to find culprits. That task will be complicated and will come later.

Intervening in seniors’ homes is not part of the job definition of Canadian soldiers, except the ones working in hospitals designed especially for veterans, however, there is an emergency situation to tackle in many elderly residences and here are people physically in shape and who can make a difference through alleviating cleaning chores, delivering meals and whatever can be done to free overwhelmed nurses and caregivers. Let’s bet that a survey carried out within troops would yield more positive answers than nays.

If a Member of the National Assembly and former National Hockey League enforcer like Enrico Ciccone volunteered to give a hand to the people working in a seniors’ residence, why wouldn’t we ask the country’s soldiers?



## Guest Commentary

Emma Buckley

### In praise of self-reliance

“The people in Gaspésie, what are they like?” an Australian friend asked me the other day. “They’re friendly,” I replied. “Easy-going, like Australians.” I paused and reflected. They’re self-reliant.

It struck me early on that Gaspésians seem to have a lot of practical know-how. They cut their own wood. They’re always working on the house. They create chicken coops with intricate heating and lighting systems. If something breaks, they fix it themselves. (When our vacuum cleaner hose melted after being pushed up against a heater, my reaction was to google Bosch replacement parts. My boyfriend whipped out a blade and duct tape).

I suspect I was quick to notice and admire this ability to do stuff because I am rather unhandy. My work back home didn’t really call for manual skills. No doubt there are Australian public servants who can wield a drill, but they weren’t part of my circle. We did have one friend who retiled his own bath-

room, much to everyone’s astonishment. No one knew of a public servant who had tiled his or her own bathroom.

Here in Gaspésie, I’ve met people who are not only self-reliant, but also creative in their self-reliance: the friend who built his house with recycled materials, another who created beautiful bowls from the clay on his property. Quebecers are generally considered to be creative people. I was intrigued to learn that peanut butter and the snow blower are among their many inventions.

Self-reliance is often cultivated through necessity. There are fewer services out here in the regions. Some things you just have to learn to do yourself if you want to get them done. Life lived in tune with the seasons also lends itself to a “DIY” (do it yourself) culture, with more time in the off-season to learn skills and work on projects. The average income is lower in the regions, so economising is very important. Why pay someone to do something that you can do yourself?

Even tradespeople in the area trust in the practical abilities of the locals. When our dryer stopped working, my boyfriend called the shop in Rimouski where he bought it to ask for contact details of a repairman. The repairman called and, after asking where we lived, added apologetically that we were out of his service area. “But you should be able to fix that,” he said, encouragingly. “Just check out some videos on YouTube, no problem!”

Of course it is our forefathers who were truly self-reliant. For millennia, man’s survival depended on his knowledge of essential skills, from growing food, to building shelters and making clothes. Today, many of these skills have been forgotten. Modern life demands and rewards a whole different set of skills and unlike our forefathers, we are hugely dependant on other people and services for our survival.

A crisis such as COVID-19 highlights the importance of self-reliance, both on a small and large scale. For the individual, the crisis means that help can be harder to come by. We had a problem with our water supply the other day, which required removing and repairing a section of the pipe that brings water from an aquifer up to the house. “Can’t we call someone to help out?” I asked, looking warily at the serpentine mass of electrical cords and pipes in the water pit. “We can, but they’re technically not allowed to leave the house,” my boyfriend replied.

More broadly, the COVID-19 crisis has focused attention sharply on national self-sufficiency. The crisis has disrupted the worldwide trade of food and goods. In a pivot away from globalization, countries are seeking to increase their ability to produce their own food and manufacture essential goods. Though increased self-sufficiency seems logical and desirable, especially at this point in time, we still exist within a globalized system. Our local crab industry, which relies partially on foreign workers, is evidence of this. Change will not come overnight.

As for my own self-sufficiency, I have learned how to do a few more manual tasks since moving to the Gaspésie. I blanch and freeze surplus vegetables in summer, and make jam and yogurt. I’ve done a bit of sanding and painting over the years, and can quickly stack a solid wood pile. I still haven’t tiled any bathrooms, however.

**The Gaspé Spec**  
ESTABLISHED - MAY 1975

208-B Gérard D. Levesque  
New Carlisle, Que.  
G0C 1Z0  
Tel: 418-752-5400  
specc@globetrotter.net  
thegaspespec.com

**SPEC OFFICE HOURS:**  
Mon. to Fri: 8:30 a.m. to 4 p.m.

(Taxes included)  
1-year (paper or digital): \$46  
6-months (paper or digital): \$25

**Publisher:**  
Penny MacWhirter

**News Editor:**  
Gilles Gagné

**Office Manager:**  
Joan Imhoff

**JOURNALISTS:**  
Nelson Sergerie  
Diane Skinner

**CONTRIBUTORS:**  
Cynthia Dow,  
Jeanie LeLacheur

**BOARD OF DIRECTORS:**  
**President:** Roger Wise  
**Vice-President:** Elaine Sexton  
**Treasurer:** Ray Venables  
**Secretary:** Maria Chatterton  
**Directors:** Hayden Sams,  
Bonita Annett, Bethany Paetkau,  
Patricia Ste-Croix Annett

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

Member of:  
QCNA, CARD

**News Media Canada**  
**Médias d'Info Canada**

SPEC welcomes letters to the editor on subjects relevant to topics covered by the paper. Letters must be kept within 300 words or less and may be edited for clarity or to remove any slanderous, sexist, racist or homophobic statements. We reserve the right to reject any letters. Opinions or letters published do not necessarily reflect the editorial policies or beliefs of this newspaper. All letters must bear the handwritten signature of the writer and include the address and number(s) for verification purposes. (Address & phone number will not be printed.) The Publisher shall not be liable for slight changes or typographical errors that do not lessen the value of an advertisement. The Publisher's liability for other errors or omissions in connection with any advertisement is strictly limited to publication of the advertisement in any subsequent issue or the refund of any monies paid for the advertisement.

We acknowledge the financial support of the Government of Canada.  
We acknowledge special funding from the Ministère de la Culture et des Communications.

**Canada Québec**

To send a  
*Letter to the editor, visit*  
**THEGASPESPEC.COM**

## LETTERS TO THE EDITOR

**What's happening is a great opportunity.** Ordinary times don't demand much of us. To see what someone's made of, put him in a dire situation, put him up against the wall. In every story, we sit rapt waiting to see what the hero will do when things are at their worst. It's then that character is revealed, challenges met or unmet.

When everything is running along smoothly, we rely on habits and routine to get us through—no thinking required but when there's a break in all that, we can choose differently, if we decide to notice. That means not simply escaping or seeking distraction, but paying attention to what's going on.

Most of us aren't accustomed to paying close attention, even to ourselves, so it's useful to begin by simply sitting quietly and watching our thoughts - just noticing. (A lovely idea I recently read: notice the space between thoughts.)

It's good to observe others, too, such as our lead-

ers. Are they interested in leading or in having power? Are they proposing solutions or blaming someone? Most important, are they bringing us together or splitting us apart?

Right now is an unprecedented opportunity to see society's weaknesses and strengths—both seem magnified by events. Their impact suddenly crucial. Homelessness, crime, and addiction have not been addressed. Our most vulnerable people are in grave danger: people living on the street, the aged and sick in long-term care and hospitals, and the jailed. What we've failed to do as a society is to look after everyone, to put life, to put living creatures first.

We're only human and imperfect. At times, we simply don't know what to do. The good news is that, world-wide, someone does. Michael Moore's 2015 film, "Where To Invade Next," proved that. Moore traveled to different countries to find out how they'd addressed various societal ills. He found inspiring solutions to our common problems, every solution grounded in a sense of shared humanity.

It's this sense of shared humanity that's the basis of much of the good going on in the world right now—the health care workers, the janitors and cleaners, the people in the service industry, the countless others who

help when and where needed, often at great personal risk.

In this difficult time, we feel our connectedness deeply; the meanings of our lives found in sharing. This is our strength, if we choose it at every moment, and keep doing so. Individuality and competition can take a rest. What we need is cooperation and care for the group, for now our group has expanded, and it is the world.

Singly, we're weak; but together we're strong. We're strong when we take care of ourselves so that we may take care of others; and in so doing, take care of the life that surrounds us, and the planet itself.

Let's make a plan for when this is over. Let's see what we can learn now and think about how we might do better in the future. When the time comes, let's not go back to business as usual with our values in money and power and goods. Instead, why don't we make something better than that, why don't we aim to reduce suffering everywhere we see it? Let's forge a new society with our values placed squarely on life, with our values not simply voiced, but lived, visible in our world, a world where everyone is taken care of.

*Constance Brochet,  
New Richmond, Quebec*

## My son my hero

April 7 was Organ Donation Awareness Day and I would like to tell you why I am a donor. My son Drew was born September 14, 1988. He was born in Niagara Falls hospital after a smooth pregnancy and without any delivery complications. The next day the doctor told me that they had to use a foley catheter to drain his bladder and that he had been retaining a large amount of urine. They said then that they suspected that there was a small blockage in his urethra and that hopefully everything would be fine after they drained it. Two days later they had to do it again and suggested we transfer to Toronto Sick Children's Hospital. Drew was put through a day of tests and pokes and prods and then a four and half hour operation. Turns out he had a condition called hydra-nephrosis. There was a blockage in his urethra that prevented him from urinating and all the urine had been trapped in his little bladder until it could hold no more and then filled his ureters and eventually got backed up so far it damaged his kidneys. The surgery was done because his tiny body was so full of toxins he was fighting to stay alive. My wee guy was a fighter. He fought his way into the hearts of the nurses. Every morning I would get to the hospital and there Drew would be in the arms of the desk monitor or a nurse. He loved all the overnight attention and slept all day.

For the first four years of Drew's life, his urine drained directly from his kidneys out two holes (stomas) in his back. He had to wear two diapers, one around his waist to catch the urine and one normal to catch his bowel movements. This did not stop him whatsoever. He played hard in his one piece rompers he had to wear. When kids asked him why he still wears diapers or why he wears two diapers he told them "because I have holes in my back cause I am special."

Five years later in September when

other kids were starting kindergarten, Drew was having an 11-hour operation to rebuild his urinary tract. The doctors built him a new bladder out of bowel and intestine, reconnected the ureters, and cleared the original blockage in his urethra. At this time Drew's kidneys were working at about 33 percent and he had a nice new bladder but unfortunately it didn't function like a normal bladder, it needed to be drained manually. This meant catheterization and for any boy or man this is a big deal. Drew spent much of his life in Sick Kids Hospital and was well-known by all the staff. He was their poster child, their favourite patient!

When they had a child that wouldn't let their parent go home, they set that child up with Drew and before you knew it the child was saying, "Bye, Mom, see you tomorrow. Me and Drew are gonna play."

When they had a child that didn't like getting blood-work done, Drew would show them how he squeezes

his mom's finger and then it doesn't hurt. He was amazing and everyone loved him.

This is where the hard part came. Trying to teach a child that you love so much that they have to let you insert a tube into their penis even though it hurts horribly. I remember this so vividly...one nurse holding down each limb, two holding his body and one trying to insert. Drew was screaming in pain and tears were streaming down the faces of the staff. Me, I was in the hall losing my mind. Then they would give up and say, "We will try again later, Drew. You did great." Drew hops off the table and says, "Can I go to the playroom now?" or grabs a hand and says "Can I go on rounds with you?" That's my boy! This went on for weeks with no success. Finally I asked if I could just take him home for the weekend and we would try this on our own? We had already missed the start of school and trick or treating so I figured we needed a break. That weekend I sat Drew down and explained to him that if he and I could do this he would be able to leave the hospital real soon and go to school. I told him I was scared because I had never tried before and that he had to help me. Of course, Drew was up for that challenge. We spread a towel out on the floor and got the catheter and basin ready. Drew said, "Maybe while you put it in, I will knock on the floor and then maybe the door will open." With no tears but lots of nerve we gave it a try. Success! With Drew calmly sitting there the urine flowed into the k-basin and Drew said, "Ta-da. We did it!" What a trooper!

Fast forward to grade four and the teacher is teaching charts and graphs. She proceeds to measure and chart the height of all the students in her class. Drew is by far the shortest since his kidneys aren't producing much growth hormone. Max is by far the tallest, towering over Drew by more than a foot. Suddenly Drew

is being picked on and called "Shrimpy". He tells Max, the class clown/bully, that he had an operation and the doctors shrunk him. All of a sudden he is now the coolest kid and

Max is his new buddy.

Drew never ceased to amaze me. Next thing I know Drew is graduating from high school. He grew six inches in grade twelve, thanks to being put on growth hormones but his kidneys were struggling to keep up with his adult body. He was tired all the time, he vomited almost daily, he felt like crap but he just kept going. The doctor said he is so used to feeling like this that he doesn't realize how sick he is.

Drew made it through high school and did drama and worked on the school radio station in the media lab but, by May, he needed a kidney transplant or he would have to go on dialysis. Thankfully I was a match and was able to donate one of mine. He had the transplant at the end of May and by September Drew was working at Walmart, going to college full-time, and playing in a band.

Nothing slowed him down until the following May.

One year after his transplant, his new kidney was failing. It turns out his old kidneys did not shut down like they do for most people and they had damaged the new kidney beyond repair. The doctors tried to save it but to no avail. Drew had to go on dialysis and the donor wait-list.

He finished his next two years of college while taking dialysis three nights a week and graduated near the top of his program with a degree in Broadcasting and Media. He did a placement at a local rock radio station and was hired as program director and later became on an on air personality and had a show called Nerd Play that he produced and co-hosted. He longed to go to Hollywood and write, direct or produce but dialysis and his health kept him from his dream.

Then Drew decided to give standup comedy a try and met his beautiful girlfriend (also a comedian) and her son Mackenzie. I knew right off that Drew was head over heels and that this was it. She was a singer and model and he was guitarist and lead singer of his band. They both loved comedy and travelled around performing at clubs. They were nerds and gamers and loved Comicon and tattoos (I am not sure which one has more body art). She even has kidney problems but not to the degree that he does.

Then they talked about marriage but she wanted a baby and Drew was pretty sure he had heard the word sterile mentioned over the years. They went to see his nephrologist and he confirmed that it was real unlikely that she would be able to have a baby with Drew, especially while he is on dialysis. Two months later Ally was pregnant and nine months later they welcomed baby Aurora to their little family, the most precious miracle with the biggest dimples I have ever seen.

My son, he never gives up. He is the most amazing dad. He does dialysis at home every other night and raises two children and loves Ally like there is no tomorrow. He is just about to graduate from college again. This time he is at the top of his class with a Public Relations degree and hopes to get a good job with benefits to provide for his family.

Drew is on the top of the donor list but he is also on the top of the most difficult to match list. Because he has antibodies from me and many others through blood transfusions plus his own, he is almost impossible to match. The doctor says it is like finding a needle in a haystack. He is cross-matched with every kidney that becomes available and has yet to find one close enough. Many friends and family have been tested but no matches. Of course, Drew is not giving up. He still uses the phrase "when I get a kidney..." I can't wait for that day so he can come out here to Hope Town with his family and see where I live now. I long for that day!

We all have an opportunity to give the gift of life. It is so important, for not only my son, my hero, but for so many other heroes out there. Ninety percent of Canadians say they support organ donation, yet only 23 percent are registered. Meanwhile approximately 250 people die a year waiting for organs. So everyone, BE-COME A DONOR! You can't take your organs with you, Heaven knows we need them here. Sign up at beadonor.ca today and next year you can proudly wear your green shirt on April 7.

**Kathy Hayes**

*Page 5, April 29, 2020 - Spec*

# Snow crab season starts in Southern Gulf of Saint Lawrence

Gilles Gagné

CARLETON – The snow crab season started on April 24 in the Southern Gulf of Saint Lawrence, with a slightly lower quota and a much lower price than in 2019, however, the Canadian currency is depreciated compared to last year and it could partially make up for the price factor, if the markets don't pick up over the next months due to the COVID-19 pandemic.

The 2019 quota was cut by only 1.2% this year and it remains very high compared to the average of the last decade. In the main zone where Gaspesian crab fishermen are allowed to fish, which is zone 12, the quota is set at 27,000 metric tonnes, which represents close to 86% of the allowable catches in the four Southern Gulf zones.

"We are experiencing record volumes over the last three or four years and this year is no exception," says Bill Sheehan, vice-president of E. Gagnon et Fils, the biggest crab processing plant in Quebec. Last year, the 450 production workers of the facility processed 8.9 million pounds of snow crab.

Gaspesians and Magdalen Islanders' share of the 27,000 metric tonnes of zone 12 is about 30%, so a tad over 8,000 tonnes.

"We expect a comparable volume of about 9 million pounds at the plant. The Native communities are delivering most of their catches to our plant and we have a good share of the traditional crab fishermen's catches as well, plus a number of fishermen with smaller allocations," adds Mr. Sheehan.

The coronavirus has affected the markets to a great degree but not snow crab as

much as the other shellfish like lobster and shrimp. The United States and Japan absorb close to 95% of the E. Gagnon et Fils products.

"Between 60 and 75% of the snow crab sales are made in the retail market, so in supermarkets and fish markets. That segment of consumers is on fire now because people don't go to the restaurant. Another chance we have is that the inventories of frozen products are about non-existent," says Bill Sheehan.

The lobster and shrimp markets are mostly concentrated in hotels, casinos and cruise ships and are therefore way more affected by the coronavirus.

Last year, the starting price given to the crab fishermen was \$5 per pound and the yearly average rose to \$5.75, after the end of season adjustments.

"This year, we are starting at \$3. It is a floor price. It won't go lower than that but we don't know how much higher it will increase. It would not have been feasible to start at \$4.50 per pound and then make a downward adjustment. A price of \$3 is low compared to last years. I would never have thought, not so long ago, that I would have come forward to the fishermen with a price of \$3," adds Bill Sheehan.

The exchange rate of the Canadian dollar versus the American currency is an advantage this year for crab processing plants like E. Gagnon et Fils.

"The exchange rate was \$1.30 (one American dollar for \$1.30 Canadian dollar) last year and it is \$1.40 this year," says Mr. Sheehan.

The international price being determined in American dollars, it is therefore more

advantageous to export to the United States this year, as E. Gagnon et Fils will receive more per pound, given a quantity exported.

The Japanese market, where the Sainte-Thérèse-de-Gaspé plant has been sending between 20 and 25% of its crab exports over recent years, is also vigorous this year.

"The inventories are also low in Japan. The (COVID-19) crisis is more advanced there and the buyers have already done their quarantine. They are ready to come here and negotiate, even if it means doing another quarantine," adds Bill Sheehan.

The plant set up has been changed considerably over the last three weeks, considering that a few employees were infected by the coronavirus virus and the general context of workplace reorganization caused by the pandemic.

"We have installed plastic shields where it is not possible for the workers to keep a distance of two metres between them. They have masks, gloves and visors. We have hired security agents, five for the day shift, five for the night shift. There are new procedures for break periods and meals. Not everybody will go at the same time. (...) The different divisions of the company have strict instructions. The truck drivers are not going inside the plant, the office or the garage. The delivery guy filling up the Pepsi machine will be accompanied by a security guy," explains Mr. Sheehan.

The snow crab season starts a week earlier than last year. An effort was made to get going earlier because of the necessity to reduce the interactions between the fishermen and the right whales.

# Gespeg is accusing Ottawa of discrimination

Nelson Sergerie

GASPÉ - The Micmac Nation of Gespeg believes that it has been discriminated against in the measures taken by Ottawa regarding the coronavirus crisis because the Nation's members do not live on a reserve.

The band council asked for \$150,000 to provide additional services with the objective of reducing the impact of the crisis on its 1,500 members in addition to providing relevant information and offering support and material to the hardest hit.

"It was a reasonable request to cover expenses related to crisis management. The request is for \$150,000. For us, that's peanuts," says Chief Terry Shaw.

However, the federal government's response was that the Nation does not meet all the criteria, having no reserve within the meaning of the law. "It just doesn't hold water for the rest of us," says Chief Shaw.

The Nation has won the support of the Assembly of First Nations and is calling on Ottawa to correct what it calls injustice.

"We are continuing and we will find a way to be able to ensure the well-being of our members," said the chief.

Minister Diane LeBouthillier did not respond to SPEC's interview request.



Gespeg Chief, Terry Shaw.

Photo: N. Sergerie

# Diane LeBouthillier comments on regional priorities

Nelson Sergerie

Announcements will soon be made in the tourism sector. This is what Diane LeBouthillier, the deputy minister for Gaspé Peninsula and Magdalen Islands, said in her weekly press conference on April 20 on COVID-19.

However, there remain questions regarding workers who will not be able to qualify for employment insurance.

"I hear what's going on. There are discussions about what is going on right now. For me, what is important, is here and now," says Ms. LeBouthillier.

The concern is important for the lobster fishery whose landed value reached \$145 million last year. There will be a fishery which will be safe, says the minister. "Fisheries and Oceans works together with Public Health. Our goal remains the same: to protect the health and safety of people." Currently, the scheduled start date for the lobster fishery in the Gaspé is May 9.

Eight million requests were made for the Canadian Emergency Response Benefit (CERB), but Ms. LeBouthillier could not give figures for the Gaspé Peninsula and Magdalen Islands.

Aware of the difficulties of citizens who cannot reach the Service Canada line, the member promised to look into it.

# Forillon Park remains closed

Nelson Sergerie

GASPÉ - Forillon Park will remain closed at least until May 31. Parks Canada notes that the current suspension of services, access to vehicles and the closure of facilities will remain in place until further notice.

Parks Canada will not take any new bookings until June 1 and all those that were scheduled to take place before May 31 will be cancelled and refunded.

The authorities still invite the population to understand that the measures could be extended beyond the established deadline and any resumption will be done gradually with the idea of limiting the spread of COVID-19.



**PUBLIC NOTICE**

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

**Enactment of By-laws**

**By-law 1418-20** « Règlement amendant le règlement 1190-12 concernant la circulation et le stationnement en modifiant l'annexe B ».

**By-law 1418-20** « Règlement modifiant le règlement 554-94 relatif au paiement par versement des comptes de taxes ».

GIVEN at Gaspé, April 29, 2020.

Isabelle Vézina,  
Director of Legal Services and town clerk

**In accordance with the by-law concerning the publication of public notices, the city of Gaspé informs you that you will find all of these notices on the website of the city of Gaspé at the following address: [ville.gaspe.qc.ca](http://ville.gaspe.qc.ca) in the section of public notices.**

# Deconfinement will be a slow process, says Director of Public Health

Gilles Gagné

CARLETON – The eventual deconfinement that will take place on the Gaspé Peninsula will be a slow, gradual process, with a possible series of “back to confinement” periods, explains Dr. Yv Bonnier-Viger, Director of Public Health in the region.

As the COVID-19 occurrence curve seems to be flattening on the Gaspé Peninsula and Magdalen Islands, a growing number of people will push for a gradual resumption of activities, in order to give the economy some breathing room and allow the public to have a more balanced life.

“A certain number of rules will still have to prevail. People showing symptoms of fever, a cold, respiratory problems or who have lost their capacity to smell will have to stay home, and refrain from going to work,” assures Dr. Bonnier-Viger.

“Infected people will still have to strictly follow the confinement directions they will receive. As for others, it will remain very important to keep washing our hands and maintain a distance of two metres between one another. These are the new standards of our lives,” he adds.

The notion of herd immunity, the phenomenon by which a society develops a resistance to a virus because a growing number of citizens have con-



Photo: G. Gagné

tracted it and therefore developed immunity, is not a short-term solution, points out Dr. Yv Bonnier-Viger. It takes time before 60 to 80% of people become immune.

“About 15% of infected people need to be hospitalized. We have to take into account the number of beds available in our hospitals, so an accelerated access to a high level of community immunity is about impossible in the region,” he underlines.

Opening a wider range of businesses as well as the daycares and the schools will be a “delicate exercise” but a necessary one. “It will take place over the next weeks, not the next months. We must find a balance between the people’s need to stay healthy, physically and mentally, and the necessity to control the COVID-19 out-

breaks,” says Dr. Bonnier-Viger.

He does not think that it will be possible to greet foreign tourists this year on the Gaspé Peninsula. The campgrounds and outdoors activities will likely be the easiest places to open, he says.

“We must accept a risk factor but we must still insist on prevention measures. One day, we will also have to open the region and we might have to close it at one point, or re-establish partial confinement measures. We are all green in dealing with this pandemic. We are reflecting a lot on the resumption of activities but we still don’t have a scenario. It will come from the government. If we are not careful, we will lose control of the situation. The virus is spreading according to an anarchic pattern,”

states Dr. Yv Bonnier-Viger.

Meanwhile, patients feeling symptoms associated with COVID-19 are now asked to come to the “hot zones” located in designated hospital emergency departments, according to the new rules

adopted by Quebec’s Department of Health. The other emergency cases are now directed towards the so-called “cold zones,” says Clémence Beaulieu Gendron, of the Integrated Health and Social Services Centre of the Gaspé Peninsula.

“Someone experiencing a non-COVID related emergency should call 911 and come to the hospital in an ambulance. The paramedics know the procedure and will prepare the arrival accordingly,” she says, well aware that non-infected people usually don’t want to interact with infected cases.

“People who are emergency cases but who don’t call 911 will be greeted by a security guard at the entrance of the hospital and will be routed towards the cold zone,” adds Ms. Beaulieu-Gendron.

## Gaspé Peninsula and Magdalen Islands

Number of infection cases as of April 17: 111  
Number of infection cases as of April 24: 152

Number of casualties as of April 17: 6  
Number of casualties as of April 24: 6

Total number of hospitalizations: 15  
Current hospitalizations: 2  
People in intensive care: 1

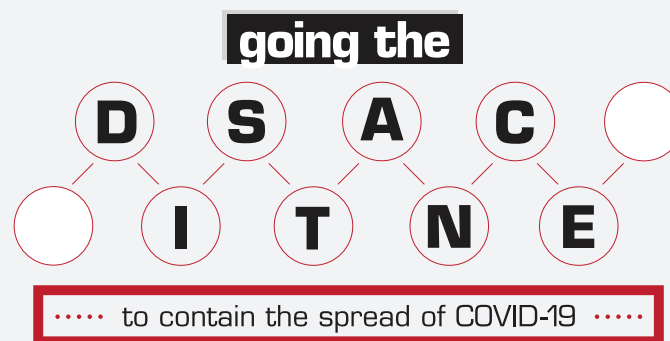
As of April 23:  
Manoir du Havre outbreak total: 80  
IGA outbreak total: 24

## Physical Distancing:

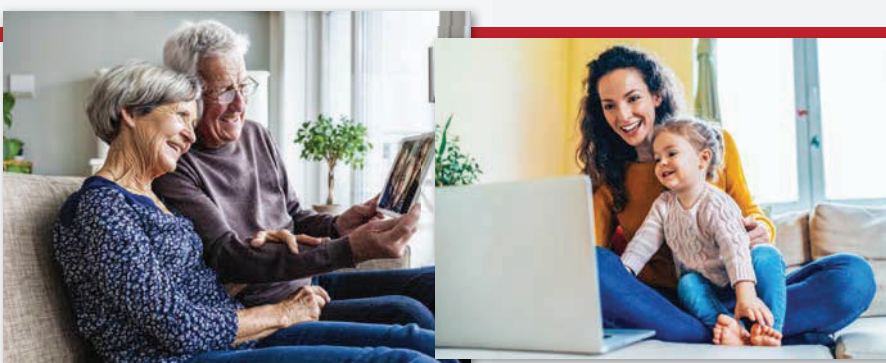
(AKA Social Distancing)

Intentionally increasing physical space between people to avoid spreading illness

- Stay at least six feet away from others
- Don’t touch, hug or shake hands
- Avoid places where people gather



Physical distancing, also known as social distancing, is believed to be one of the most effective ways to slow the spread of pandemics like COVID-19. Like other respiratory viruses, COVID-19 is primarily spread through “respiratory droplets” from an infected person. Physical distancing of at least six feet reduces your chances of contracting COVID-19. Wearing a nonmedical cloth face covering in public is also recommended to reduce the risk of transmission.



## Distanced NOT Disconnected

Physical isolation from other people can be difficult emotionally and mentally, and health organizations are emphasizing the importance of staying socially connected.

“There's no lockdown on laughter; there's no lockdown on talking to your family and finding ways to connect.”

Maria Van Kerkhove  
Infectious Diseases Epidemiologist  
World Health Organization (WHO)

# Protect your own health and the health of others



## Decision Fact Sheet

### If you have COVID-19 symptoms

Follow the instructions on this poster to help you take the optimal decision for you and your close friends and family.

Always use proper hygienic and preventive measures to avoid contamination.

- Wash your hands frequently
- Cough or sneeze into the crook of your elbow, onto your upper arm or into a paper facial tissue, not your hands
- Keep your environment clean

#### Adults & children

No fever (less than 38 °C/100.4 °F) but the following symptoms:

- Sore throat
- Sniffles
- Blocked nose
- Cough

#### DECISION

I probably have a cold and need to rest.

#### Adults at risk of severe respiratory symptoms

- I have a fever higher than 38 °C/100.4 °F.
- I am in an at-risk category for severe respiratory complications (senior or person with chronic cardiac and/or pulmonary problems, immune deficiency or diabetes).

#### DECISION

I stay at home and call the 1 877 644-4545 coronavirus hotline. Between 8 a.m. and 6 p.m.\*

Follow instructions.

\* Opening hours are subject to change.

#### Adults

I have a fever and/or some of the following symptoms:

- Sudden loss of sense of smell without nasal congestion, with or without loss of taste
- Cough
- Difficulty breathing
- Extreme fatigue

I am an elderly person with geriatric symptoms (loss of autonomy, falling, confusion onset, agitation or sluggishness, loss of appetite, extreme fatigue, etc.).

#### DECISION

Go to the emergency room immediately.

If help is needed, call 911.

#### Adults or children

I have a fever higher than 38 °C/100.4 °F and one or more of the following:

- Persistent and/or increasing difficulty in breathing
- Somnolence, confusion, disorientation, difficulty staying awake
- Blue lips
- No urine for 12 hours
- Difficulty moving
- Fever (baby less than three months of age)

### Precautions and care if you have COVID-19 symptoms

#### Rest

If you have coronavirus symptoms, feel weak and fatigued, rest will help you fight the disease. Limit your contact with others until you have no more symptoms. You can go back to your normal activities when your state of health allows you to.

#### Drink frequently

Frequent drinking is important because fever causes perspiration and major loss of liquids.

You should drink at least 1.5 litres of liquids every day.

You can drink cold or warm liquids, as you prefer. Avoid alcoholic beverages and liquids like coffee or tea that contain caffeine, as well as soft drinks.

Alcohol and caffeine will cause you to urinate more often and increase loss of liquids.

Watch out for these signs of dehydration:

- Extreme thirst
- Dry mouth and tongue
- Infrequent and/or dark urine
- Dizziness, confusion and headaches

#### Protect your entourage

Do the following to protect your entourage until you have no more symptoms (fever, cough, fatigue, sudden loss of sense of smell without nasal congestion, with or without loss of taste):

- Self-isolate in a bedroom to avoid contaminating others
- Sleep and eat meals alone in your bedroom
- Only use one bathroom
- Cover your nose and mouth when sneezing or coughing, ideally with a facial tissue. Wash your hands right after

- If you do not have any facial tissue, cough or sneeze into your elbow or upper arm, which are not in contact with people or objects

- Spit into a facial tissue

- Throw away facial tissues into a garbage bag in a trash can with a lid. Keep used tissues away from children

- Do not allow visitors in the house

#### Keep your environment clean

The coronavirus (COVID-19) can survive for the following lengths of time on objects and surfaces:

- 3 hours on dry surfaces
- 6 days on moist surfaces

Therefore, it is important that you clean counters, sinks, door handles and all other surfaces frequently touched by hands. Cleaning and disinfecting are very efficient ways of eliminating the virus.

Use soap and water or household cleaners to clean surfaces.

Use a 1/9 bleach-water solution or disinfectants. For example, this means 10 ml of bleach to 90 ml of water.

If you are sick, your sheets, towels, cloths and dishware can be washed with those of others in the home using normal detergents.

#### Seek help

While many of us have the necessary resources to deal with a COVID-19 situation, others may not. If you are concerned, do not hesitate to ask for or accept help. Talk about it with your close family members.

You can also dial 211 for help or ask your local CLSC to connect you with their home care and services resource.

#### Stay informed

Listen to the radio, watch TV, read the newspaper and/or go to the following government website often:

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

The Ministère de la Santé et des Services sociaux will provide instructions for the population on health matters and to obtain care.

Always follow the government's current notices and instructions, since the situation can change.

#### General information

##### Services Québec

Coronavirus hotline  
1 877 644-4545 (toll free)

Deaf or hard-of-hearing persons  
1 800 361-9596 (toll free)

The Self-Care Guide is available at [Québec.ca/coronavirus](https://quebec.ca/coronavirus). You can order your English hard copy online.



# Hair advice for these times

Diane Skinner

As we pass the days during COVID-19, there is one thing we can be sure of. Roots! Our hair is growing and along with it the discovery that there are not as many natural blonds as you thought! Even Prime Minister Trudeau's hair is looking a little shaggy as we approach 40 plus days in quarantine. Hairdressers and barbers are closed and if you want a cut or colour, there is just one way to do that. Unless you live with a hairstylist, you will need to take care of your tresses yourself.

Tracey-Lee Pelletier of New Carlisle has been a stylist for over 15 years. She took her course in Chandler, and then moved to Montreal to gain experience and worked there for over ten years. She specializes in a variety of services. For women, she offers colour with advanced techniques, colour correction, toners, cuts, styles, perms, relaxers and treatments. For men, she does some colour, cuts and beard trims. Of course, she adds that the most important service is the art of listening and keeping secrets.



Stylist Tracey-Lee Pelletier gives readers some great and free advice about looking after your hair during a pandemic.

Hairstylists are therapists.

So far, Tracey-Lee has not had any clients plead for a hair appointment, but she has talked a number out of dyeing their own hair but a few have taken the plunge. She has even shown them hair disasters on

YouTube to persuade them not to dye their own hair! Not everyone listens.

Men are lucky because if they cut their own hair and mess up, they can grow it out within four weeks or so, not so much the case for women! Her

best advice for men is to "start buzzing their hair with the longest clipper guard, and work your way shorter if you want. That way there is less chance for a patchy, bald spot look, like a golf ball!"

Tracey-Lee offers readers some wise and free hair advice. Never bleach your own hair because it can turn out to be a disaster. Henna hair dye is by far the biggest no-no because once it is placed in the hair it is permanent. Not even bleach can remove it. Box dye, or as she calls it "box of surprises" is not recommended, but she gives her blessing this one time only if you cannot stand it. If possible, she adds, on roots only, however, Tracey-Lee says, "This is not the time to experiment with your hair."

Tracey-Lee has another suggestion for those whose roots just will not wait. You can buy Root Cover-Up Spray at the drugstore. It conceals the grey roots, washes off, is good for a temporary fix and is a "no mess" solution.

Tracey-Lee's best advice is since we don't have anywhere to go give your hair a break

from heating tools and chemicals. If you have curly hair, stop straightening and let your curls go free! Put nourishing treatments on your hair and learn how to braid – and just allow your hair to breathe. Do not over wash your hair as this dries it out. If you have oily hair, use a dry shampoo in between your regular wash days. If you don't have dry shampoo, a bit of baby powder will do the trick.

Thanks to Tracey-Lee for her professional advice. Until the salons are open again you will just have to talk and tell your secrets to someone else!



# Balcony-Cardio at Gilker Residence

Diane Skinner

On the afternoon of April 15, the seniors who live at the Gilker Residence in New Carlisle took part in some movement and exercise in a fun and musical way. The seniors who live there, average age of 86, are inside and isolated because of COVID-19.

The organization OGPAC (*Organisme Gaspésien des personnes atteintes de cancer*) based in Maria provided the instructor who led the activities. All residents either went out on their balconies, or watched through their windows or stood just outside their private doorways. This allowed them to follow the directives from the government for those over the age of 70, in particular, not to go out in these days to prevent coming into contact with the

virus. The exercises were set to music to increase the enjoyment for the isolated seniors.

Gail Bourdages, Residence Aide/Night Supervisor, says, "The seniors really enjoyed the music and balcony-cardio. They liked the idea that they got to be outside to breathe in the fresh air, especially because it turned out to be a nice day! The residents would like if it was done again."

At first the instructor led the activity on the north side of the building and then repeated this for those who live on the south side. The Gilker Residence, which is a nonprofit organization, has 26 units and is currently full. OGPAC will continue to offer this activity at other retirement residences from Matapedia to Chandler. What a positive and fun opportunity for our seniors!



Photo: Cindy Bujold

**ENERGY**  
TRANSPORTATION GROUP

5727

**ASSET-BASED 3PL**

Powered by **Integrity**. Driven to be **Different**.

gaspes@shipENERGY.com  
shipENERGY.com | 1-866-530-9555

**abca**<sup>+</sup>

Société de comptables professionnels agréés

AN APPROACH THAT PAYS!

ASSOCIATES

ALPHONSE BERNARD, FCPA, FCA  
CLAUDE BERNARD, CPA, CA  
HÉLÈNE LAGACÉ, BAA

alphonsebernard.ca  
CARLETON-SUR-MER  
418-364-7471  
CPA

**DIANE LEBOUTHILLIER**

MP • Gaspésie–Les Îles-de-la-Madeleine

Serving the English-speaking community of our beautiful region!

Grande-Rivière office  
418 385-4264

Magdalen Islands office  
418 986-1489

Sainte-Anne-des-Monts office  
418 764-2890

New Richmond office  
581 355-0060

Email: diane.lebouthillier@parl.gc.ca

# Not out of the woods

Diane Skinner

We are not out of the woods yet. If we are to get a hold on COVID-19, we must not ease up on the guidelines and protocols for dealing with this deadly virus. All of these “codes of behaviour” are based on science. Doctors and other professionals are giving the best advice they can. Don’t listen to conspiracy theories. Do not think that a facebook friend knows better. Listen to facts.



## The sacrifices people are making to stay home are making a difference

Data tells us that the extreme measure of having people, except essential workers, remain home is working. The rate of infection seems to be flattening and this is due to social distancing. Dr. Yv Bonnier-Viger, the region’s director of Public Health, remarks that the regional (Gaspé) curve seems to be flattening over recent days. This is the result of the “collective action of the area’s people regarding social distancing and the necessity to avoid meetings.”

## When outside the home. If you must go out, and never if you are over 70 years of age, follow all protocols

Maintain social distancing of six feet (two metres), and wear a mask. Don’t forget to be very careful when pumping gas. Take sanitizing wipes.

### Stores

Maintain the appropriate distance. Follow the directions in the store. Walk in the direction suggested. Do not overhandle items. If you pick it up, you should buy it. Use debit or charge card, try to avoid using cash – you will receive your change and you do not know who handled it before you. Order curbside when possible.

### When arriving home

Take your shoes off before going into your home. If you have alcohol, spray the top and soles of your shoes. Clean off your purse, cell phone, glasses and keys with sanitizing wipes or soap and hot water. Take off all your clothes and wash in hot water. Take a shower and brush your teeth. Drink a hot beverage. Hot beverages seem to make it more difficult for the virus to stick to your throat. Is this all too much? The virus lives on surfaces for a long time, even days. Why take the chance?

### It is real

You don’t stay inside to not get it. You stay inside to not give it. If you are a young person who feels invincible you have a responsibility to older people to stay inside.

## Listen to the experts, be kind and generous and realize we are all in this storm together

This example reminds us what it means to be a compassionate human being. Mat Johnson, Canadian writer and filmmaker wrote in a Twitter post “I dropped off some wipes at my mom’s quarantined nursing home and the manager saw my gloves and asked where I found them. I went home and got my other box for her. Then she asked how much and I said, ‘You joking? It’s my absolute honour!’ Then she cried, so I went to my car and I cried too.”

*Let’s get out of the woods together. Leave no one behind.*

## Three ways to prepare for serious illness during a pandemic

(NC) The COVID-19 pandemic is making many feel nervous or anxious about what the future will bring. Fortunately, there are many ways to prepare that don’t involve stocking up on toilet paper or hand sanitizer. Here are three considerations:

**1. Familiarize yourself with how to find alternative medical care.** This includes learning how to use technology that enables virtual care by using a tablet or mobile device to remotely connect with health-care professionals for a variety of services, such as doctor appointments/follow-ups or getting a prescription. These are essential things to learn as they may not be accessible in the same manner as before.

**2. Make a list of essential items that you medically require.** It is important to have a supply on hand, as some of these items could be challenging to obtain during a pandemic, and it alleviates you of having to go out in public and wait in lines. Don’t forget to include things such as any prescriptions or vitamins.

**3. Learn how medical decisions are made when people are seriously ill.** It’s important to understand this process, which is where online tools such as Plan Well guide can help. It provides access to information and resources, so you can learn what to say and how best to work with the doctors involved in caring for those who are seriously ill.

These quick tips can help kick start the planning process, which will ensure you or your loved ones are taken care of during an overwhelming time. More information around planning for serious illness is available at [planwellguide.com](http://planwellguide.com)

## Reflections

by

Diane Skinner Flowers



## What a Wonderful World

Dealing with the stress that is being forced on us right now will be a test of our ability to adapt. We must and we will. Looking forward, there still is much to be grateful for. To say “be positive” is good advice but it will take a little more than just that.

Are you feeling stressed and anxious? That’s normal. So much has changed and all at once. We cannot change the world, but we may be able to change how it affects us. These suggestions are for people with mild to medium anxiety.

- 1. Keep up-to-date with news, but do not overdo it.** Updates from the government can be helpful. Information is good. Conspiracy theories are bad. The Gaspé Spec facebook page and website gives you local information in English on a daily basis.
- 2. It is perfectly normal to feel anxious right now.** Allow yourself to feel that. It’s okay.
- 3. Believe in yourself and your ability to cope and change.**
- 4. Meditate or just practice deep breathing.** If you find yourself taking shallow breaths, which is normal when stressed, stop and take three deep breaths. Slowly in through the nose, hold for the count to three and release slowly and completely. Repeat as needed. Don’t forget to lower your shoulders.
- 5. Get up and face the day.** In the morning have a healthy routine. Rise, wash and get dressed. Have your morning coffee or tea. Enjoy breakfast. Make a list of what you want to do. Have a purpose. If you are an essential worker, you are a hero. Stay safe.
- 6. Eat well and exercise.**
- 7. Try to get adequate sleep every night.** Following #6 will help with that.
- 8. Don’t overdo caffeine.** If you are home all day, try not to overdrink too much coffee or strong tea. This can make you jittery, which is not what you want.
- 9. Keep a journal or diary of these days.** This is an outlet for stress. When you reread it years from now it will make you realize how strong you are.
- 10. Listen to music you love.** “Music hath charms to soothe the savage (and I paraphrase) beast.” Music can lift you up. Music can calm you down. I heard this song today and it was just the message I needed.

*What a Wonderful World*

*I see trees of green, red roses too.*

*I see them bloom for me and you*

*And I say to myself, what a wonderful world.*

*I see skies of blue and clouds of white*

*Bright sunny days, dark sacred nights*

*And I think to myself, what a wonderful world.*

*The colours of the rainbow that are so pretty in the skies*

*Are also on the faces of the people walking by.*

*They’re really saying I love you.*

*I see babies cry, I watch them grow.*

*They’ll learn much more than I’ll ever know*

*And I think to myself, what a wonderful world.*

*Believe, though it has changed, that we still live in a wonderful world.*

(Important note: If you are feeling more serious symptoms, seek the help and support of family and friends. If your feelings are overwhelming, try to reach your doctor or other professional by phone. Canadian Mental Health Assn. 1-800-461-4319. In Spec, April 15, are many suggestions for helping stressed out children and teens from government of Quebec.)

# Gaspesian nurses won't be helping in Montreal

Nelson Sergerie

GASPÉ: - No nurses or any other employees of the Gaspé Peninsula Integrated Health and Social Services Centre (CISSS) will lend a hand to the Montreal health network whose situation in CHSLDs (long-term care homes) requires massive reinforcements.

Gaspesian nurses are questioning the government of Quebec's plan to deploy personnel to Quebec's hot zones.

The Eastern Quebec Union of Nurses, Licensed Nurses and Respiratory Therapists agree on the mutual aid fund, but the region already has its own problems.

"We are already on a reduced staff. I believe that it is not realistic to go help other regions, unless it is on a voluntary basis," states the interim president, Annie Bélanger. She also notes that staff is already being displaced within the region to meet the region's needs.

The CISSS highlights that there is indeed a challenge in the service offered in CHSLDs, particularly in Maria.

Although the organization understands the challenge in the metropolitan areas, the CISSS stresses that the region cannot lend a hand in personnel.

On April 17, the president and chief executive officer of the CISSS, Chantal Duguay, indicated that the Gaspesian network was already short some 400 workers before the coronavirus crisis.

# MNA for Gaspé wants a table to revive tourism

Nelson Sergerie

GASPÉ - The member of the National Assembly for Gaspé hopes to create an apolitical table to discuss tourism in the context of COVID-19.

With the announcement of the cancellation of festivals until August 31 and the uncertainty regarding the next tourist season, the spokesperson for the Parti Québécois in the field of tourism, Méganne Perry Mélançon believes that it is time to reflect.

"We are reaching out to the Minister of Tourism (Caroline Proulx), so that we have more regular meetings because it is important that the remote regions be around the discussion tables," says the elected official.

Ms. Perry Mélançon believes that all promotional efforts must be made within Quebec this year. "Maybe we will be ready sooner than others to relaunch activities, but we can expect to travel from region to region within Quebec this summer."

The elected representative believes that Quebec will have to improve the Explore Quebec program, invest in tourism infrastructure and support site operators, accommodations and restaurants.

## Improve cellular coverage

The debate has raged for a long time in the Gaspé Peninsula on the lack of cellular coverage as soon as one moves away from the coastline.

The current coronavirus crisis demonstrates the importance of such a service and Ms. Perry Mélançon believes that Quebec will have to invest quickly in order to provide the entire region with an adequate network.

She mentions the Coalition avenir Québec's promise to provide Quebec with a cellular network in its first mandate. This promise is now stretching over seven years.

"I don't know what brought this blockage to seven. It's probably at the financial level where we had other priorities. With a crisis like this where everyone is teleworking, I can tell you that this pressure may be felt."

The member recalls that the crisis made it possible to unblock Quebec's e-commerce project, the Blue Basket in 48 hours.

Ms. Perry Mélançon intends to discuss it with the minister responsible for the region, Marie-Ève Proulx.

# MNA Sylvain Roy is concerned about the mental health of students

Nelson Sergerie

GASPÉ - The MNA for Bonaventure is asking Quebec to support students struggling with mental health problems due to the impacts suffered in the wake of the coronavirus crisis.

Sylvain Roy's first request remains unanswered. According to the elected official, studies show that loneliness is the first element that can bring young people into distress.

"With the isolation, with the uncertainty linked to graduation, with the financial problems these young people are experiencing, I ask the government to initiate strong actions to support these young people," says the elected official.

The suspension of the R rating announced by Quebec is a good thing that will give everyone an equal chance of success. The MNA believes that there is time to relaunch the winter session at CEGEP level, if the pandemic regresses.

At the elementary and secondary levels, he notes that young people seem little affected by the pandemic but remain very cautious.

"It could be done - I emphasize 'could' - by ensuring that young people do not come into contact with those most at risk," says Mr. Roy.

## Prioritizing the local economy

While Quebec is preparing a deconfinement plan and will gradually revive economic activity, Mr. Roy suggests that it will be important to make the local economy a priority.

He invites the population to adhere to it, but also asked businesses to be reasonable.

"We ask for the solidarity of the population towards companies, but companies must not abuse this either and raise prices because there is a discourse of local purchasing and short circuit which is developing," warns Mr. Roy.

With the economy geared towards the fishing and tourism sectors, Mr. Roy hopes that these consumers will be supported if they cannot qualify for employment insurance.

# Town of Gaspé discusses deferring SQ payment, aid for dry rot victims and the opening of municipal sites

Nelson Sergerie

GASPÉ - The town of Gaspé is asking the Quebec government to defer payment of the Sûreté du Québec invoice scheduled for June 30.

Gaspé adopted a resolution to this effect on April 20 at its municipal council in the context surrounding COVID-19.

Mayor Daniel Côté believes that this postponement would give more latitude in the management of the finances of the municipalities.

"The council is asking that the government of Quebec suspend the payment scheduled for June 30 to the Minister of Public Security for the services of the Sûreté du Québec indefinitely until things return to normal in order to allow municipalities in the Gaspé Peninsula and Magdalen Islands to have maximum financial capacity to meet the needs of their citizens, organizations and businesses," says Mr. Côté.

In 2020 the invoice rose to \$1.9 million for Gaspé, or al-

most a third of the costs of police service in the Côte-de-Gaspé MRC of \$6.3 million, according to the police force. For the entire region, this bill to municipalities totals almost \$8 million.

## Dry rot fungus

Gaspé is also asking Quebec City to improve financial aid for victims of Serpula lacrymans (more commonly known as dry rot), a toxic fungus that ravages homes. The Town wants the aid to be similar to that of victims of flooding and to grant disaster status to those who have to leave their homes during repairs or have to abandon it completely when they are beyond repair.

## Activities permitted during the pandemic

Certain activities on municipal sites in Gaspé will be allowed but under strict conditions.

As a result of discussions

with the Public Health Department, certain municipal sites will be permitted to be open if sanitary measures are applied.

- Beaches will be open but with measures of distancing. Service buildings will be closed.

- The bike path will be open, but reserved for pedestrians only, as will the athletics track at C.E. Pouliot School and the Jacques-Cartier promenade, which will be one-way only.

- The Birthplace of Canada site will be open, but the buildings will be closed.

The parks, playgrounds, skate park, pump track, sports fields and chalets remain closed.

Mayor Daniel Côté says there will be consequences if the rules are not followed.

"If people do not follow the instructions, we will back off and we will close sites. The rules allow you to respect physical distance while allowing people to have outdoor activities."



**CLINIQUE D'OPTOMÉTRIE L'ÉMERILLON**

LENSES CRAFTED ON THE PREMISES

PASPÉBIAC: 104 Gérard D. Levesque Blvd West • 418-752-5553  
CHANDLER: 260 René Lévesque Blvd East • 418-689-5553  
MARIA: 435 Perron Blvd West • 418-759-5553

**BILINGUAL SERVICE**

MEMBER OF S.O.I. Canada's Largest Network of Optometrists

# Announcements...



## Eulogy



### Good Day Everyone

It is in our local paper today that we will celebrate the life of Alda Joyce Buttle Gallan. On April 13, 2020 Alda, at the age of 73 passed away peacefully at her home with her family around her as she had wished.

After returning to the Gaspé Peninsula over two years ago, I was given the chance to get to know my mother extremely well. Born on June 8, 1946, Mom was raised in New Carlisle and married my father Gerald Gallan in April 1965. She raised five children. myself, Rodney, Brian, Beverly and Deacon. She always took good care of the ones that were close to her. For 13 years she cared for our sick father. Her compassion shone through every day with him. Tirelessly she pushed through year after year and did what most people thought was impossible.

She adored her sisters Jean (deceased), Brenda, Marjorie and newly-found sister Monic, and brothers Jeffrey, and Charlie, all who stood by her side relentlessly throughout her journey, and we cannot forget her partner and the light of her life... Albert (Bud) Gallan, who brought her great joy...and at least one smile a day, every single day!

Family is not always about blood line. Darlene Flowers was always there for my mom when she called... to run an errand, pay a bill or just to chat when she needed a place to lean. She always made the time to lend her a helping hand.

Mom lived to pull pranks. Anything for a good laugh. On April 1st the day after we brought her home from hospital after breaking her hip she still couldn't resist. Not long after my sister and I left her room she rang her buzzer. I quickly went in to see what she needed and she looked up at me and said in a weak voice... April fools! I will forever treasure our laughter that day.

She was truly a caregiver with heart. She was quick and remembered detail. She had a sharp memory. She juggled all our schedules and dates, reminding us of our appointments, our recycling and garbage day and what bill had to be paid. It was really hard to fool her, except for maybe when it came to modern technology. I mean, she knew her telephone, and had almost mastered the remote control but when it came to cell phones!

With grace, pride, and a positive attitude she immediately accepted the things she could not change. Since the day she was diagnosed with terminal cancer a year ago, not once did we hear her say poor me. The strength this woman had was something to behold. She faced it all head on and just adjusted her sails with the direction of the wind.

I would like to end with one of my favorite stories about my mother. I'm sure many of you have heard this already but it is by far the funniest memories I have of her.

When I arrived at the end of her driveway after visiting her one afternoon I realized I'd forgotten my cell phone and turned back to get it. As I approached the house I could see her in the doorway waving my phone in her hand. As I started going up the stairs

she said "I knew you'd forgotten it as soon as you left. I called you but there was no answer." I just snickered and said thank you Ma. As she headed in the house she turned back again and yelled..."Oh yeah! Check your phone! It rang and I didn't know how to answer it."

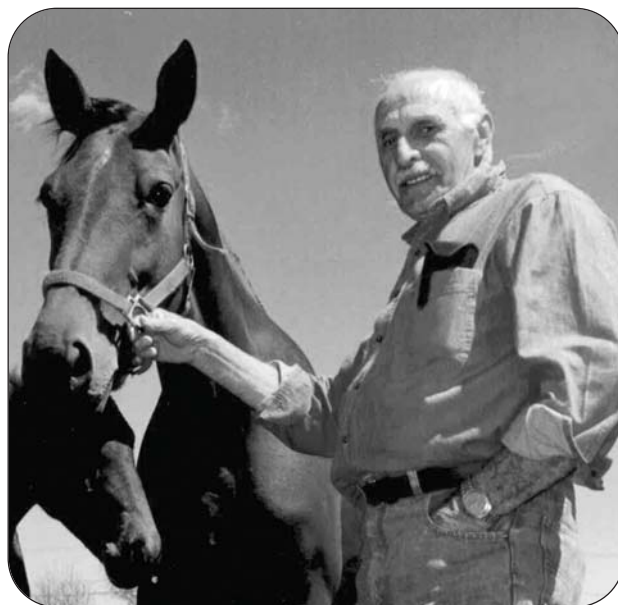
That's the mother we loved right there! The Country as we know it will never be the same without you Ma.

Thank you Sis for doing for her what she did for our father. Thank you to all who called, facebooked, and messaged throughout this stressful time in the history of this pandemic. We are truly grateful for all the support our community has shown from afar.

xx Lorri



## Obituary



### HAYES: Elton

It is with sadness that we announce the passing of our father, Elton Hayes, at the CLSC in Paspébiac on January 29, 2020.

He leaves to mourn, his wife of sixty-one years, Gloria Duguay; his six children: Wendy, Barry, Glen, Michael, Kelly and Jonathan; their spouses; grandchildren: Kyle, Ashley, Courtney, Jasmine, Danielle, Sophie, Eric, Kira, Spirit and Davis; and two great-grandsons: Jack and Kaleb.

Elton was a farmer. He loved his animals. He and his son Glen raised a wonderful herd of registered Holstein dairy cattle. Later they raised registered standard bred horses for racing. He was so happy to show his animals at the Shigawake Agricultural Fair each summer. He was president of the fair for many years.

During his farming years, Elton took on extra jobs to make extra money. He was councillor of the municipality of Shigawake for twenty-five years and then director general for twenty-five years.

He taught agricultural night classes to the farmers and also acted in three feature films produced by Paul Almond, his cousin and best friend.

Even though very busy, he always had time for his wife and children. We went on picnics and to the beach. He enjoyed watching his children playing sports. He always gave our mother flowers on every occasion during their sixty-one years of marriage.

He relaxed by reading, reciting his poetry and telling stories. He was a wonderful husband and father and we will miss him forever.

We would like to thank Rev. Joshua Paetkau for all his help during this time and for his wonderful service at St. Paul's Church, Shigawake.

Thanks to the choir, the organist Lois Hayes; to Bethany Paetkau who played the organ and sang and to the wardens.

Thanks to the A.C.W. (Anglican Church Women) for preparing the lovely luncheon at the Community Centre following the service. Thanks to all the people who sent cards, flowers and charitable contributions; to all friends and neighbours who offered their help and support and to all the people who attended. Thank you.



## In Memory

### BOURGAIZE : Nelson

In loving memory of a dear father, grandfather and great-grandfather who passed away April 29, 1985.

*Silent thoughts of times together,  
Special memories that will last forever,  
Each of us in our own special way,  
Remember you with love today.*

Forever in our hearts and deeply missed by Dolly, Merle, Clayton (Eleanor) Lennox, Bradford (Shirley) and families.

### CLARK: Jessie

*All to all and so much more.*

*Just close your eyes and you will see  
All the memories that you have of me  
Just sit and relax and you will find  
I'm really still there inside your mind.  
Don't cry for me now I'm gone  
For I am in the land of song  
There is no pain, there is no fear  
So dry away that silent tear.  
Don't think of me in the dark and cold  
For here I am, no longer old  
I'm in that place that's filled with love  
Known to you all, as "up above."*

Loved and missed always by the family.

**The New Carlisle  
Funeral Association**  
extends sympathy to the families of  
Evangéline Parisé Montmagny  
and  
Alda Buttle Gallan

**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.**

**Classic  
Memorials**

Four Generations  
of Monument Craftsmen

HIGHEST QUALITY - BEST PRICES  
MONUMENTS, MARKERS, CEMETERY LETTERING,  
LASER DESIGNS AND PORTRAITS

**SALES REPS:**

Albert Burton - New Richmond	418-391-6526
Steven Imhoff - New Carlisle	418-752-6041
Alexis Normandeau - St. Jules	418-759-3270



## RECYCLE REPURPOSE REUSE

LOOK WHAT YOU CAN CREATE  
WITH USED WOOD PALLETS.



## Creamy Ham 'n' Broccoli

Serves 6-8

- 3 cups cubed, fully cooked ham
- 1 10-ounce package frozen chopped broccoli, thawed
- 1 can condensed cream of mushroom soup, undiluted
- 1 jar processed cheese sauce
- 1 can sliced water chestnuts, drained
- 1 1/4 cups uncooked instant rice
- 1 cup milk
- 1 celery stalk, chopped
- 1 medium onion, chopped
- 1/8 to 1/4 teaspoon pepper
- 1/2 teaspoon paprika

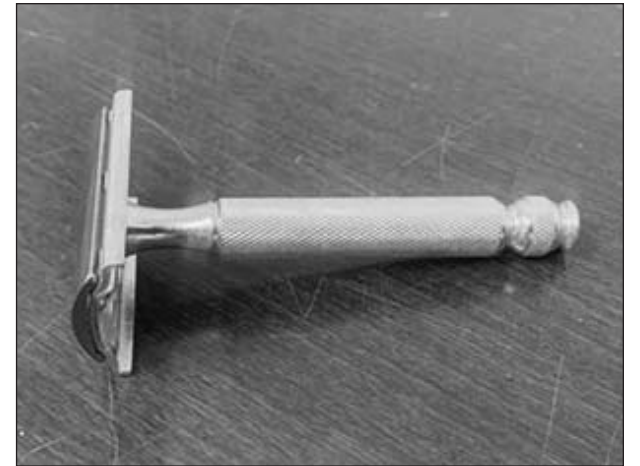


In a 3-quart slow cooker, combine the first 10 ingredients. Cover and cook on high for 2 to 3 hours, or until the rice is tender. Let stand for 10 minutes before serving. Sprinkle with paprika.

## What's This Artifact?



Answer: The artifact in this photo is a Gillette Razor from the First World War. During the first world war, Gillette provided safety razors to all the American troops as part of their standard field kit. It was part of Gillette's first line of razors which had disposable blades, a feature that was exclusive to their brand until 1921.



## HOROSCOPES

### ARIES – Mar 21/Apr 20

Aries, others want to lure you into their shenanigans, but you don't need to worry about falling prey. You stick to your own ways of doing things.

### TAURUS – Apr 21/May 21

Taurus, you may need to take a different and unusual approach to get things accomplished this week. Do not be afraid to take the bull by the horns if it is necessary.

### GEMINI – May 22/June 21

Thinking outside of the box is some-

thing that you do with frequency, Gemini. Although others may not be sure of your unconventional methods, you always get things done.

### CANCER – Jun 22/Jul 22

Cancer, anxiety about starting a new path or chapter in your life is completely normal. Look forward to all of the positive things that may be in store soon enough.

### LEO – Jul 23/Aug 23

Lend a helping hand to someone who may need a vote of confidence or some words of support this week, Leo. Your efforts will be appreciated very much.

### VIRGO – Aug 24/Sept 22

Make the most of luck that comes to you this week, Virgo. Do not specu-

late why such good fortune comes your way, but embrace it with an open heart.

### LIBRA – Sept 23/Oct 23

Do not rush to judgment on any situation or person for the time being. All of the facts have not come to light or sharpened but the truth will soon reveal itself, Libra.

### SCORPIO – Oct 24/Nov 22

Scorpio, someone close to you needs space this week, so give them some room to breathe. Find a way to keep busy as this person works through what he or she needs.

### SAGITTARIUS – Nov 23/Dec 21

Sagittarius, a competitive coworker is pushing hard to be on top. Use this as motivation as you to strive to become

the best version of yourself you can be.

### CAPRICORN – Dec 22/Jan 20

Capricorn, you feel confident moving forward with a relationship after a heart-to-heart talk. Now this week you can cultivate this relationship even further.

### AQUARIUS – Jan 21/Feb 18

Share your thoughts and feelings with someone who is unbiased if you want an accurate assessment of what you need to do to improve, Aquarius. A willing listener is quite helpful to you.

### PISCES – Feb 19/Mar 20

Pisces, you will need patience in spades this week. Others may not be able to maintain your pace, so

give them the benefit of the doubt.

### FAMOUS BIRTHDAYS

#### APRIL 26

Channing Tatum, Actor (40)

#### APRIL 27

Lizzo, Rapper (32)

#### APRIL 28

Jessica Alba, Actress (39)

#### APRIL 29

Jerry Seinfeld, Comic (66)

#### APRIL 30

Gal Gadot, Actress (35)

#### MAY 1

Jamie Dornan, Actor (38)

#### MAY 2

David Beckham, Athlete (45)

## MONUMENTS P. FOURNIER



### GUARANTEED QUALITY

Tel: 418-892-5312  
Cell: 418-355-4799  
pfmonuments@gmail.com  
641 Forillon Blvd, Gaspé, Que.

WE ALSO REPLACE  
FOUNDATIONS, AND  
PROVIDE CLEANING  
AND REPAINTING.



## Grenier & Grenier LAWYERS



Réal Grenier, b.a.ll.i.  
Jules Grenier, b.a.ll.i.

96 Gérard D. Levesque Blvd, P.O. Box 519  
New Carlisle (Quebec) G0C 1Z0  
Tel.: (418) 752-3308 • Fax (418) 752-6935



Tremblay & Barriault, notaires inc  
Notaries & legal counsel

Gaël Tremblay, notary  
Serge Barriault, notary

119B Perron Blvd West, New Richmond, Que.  
Tel.: (418) 392-5282 • Fax: (418) 392-6155  
E-mail: gaeltremblay@notarius.net

FULLY  
BILINGUAL  
SERVICE

## Forage Moreau Inc. 418-392-9501 Mathieu Mercier - Driller/Owner



- Artesian Well Drilling
- Budgetary Price
- Bilingual Service
- RBQ: 5672-1467-01

foragemoreaumercier@gmail.com



By Appointment

## Richard Ste Croix

Denturologist

Construction and repair of dentures.  
We also make dentures on implants.

9 Adams Street, Gaspé Tel.: (418) 368-1525  
Quebec G4X 1E5 Fax: (418) 368-1542



## The Omega Group Inc.

Going beyond and reliable since 1982



Electricity - Plumbing  
Automation  
Industrial computing  
Counter sales

3 Rue Cerisiers  
Gaspé, Québec G4X 2M1  
Tel. (418) 368-5425  
Fax (418) 368-7290  
www.groupeohmega.com

# Container Gardening Food is kind of important

Diane Skinner

As we look forward to the coming weeks and months it would serve us well if we could grow even a little bit of our food. Besides providing nutritious vegetables, it is such

a positive experience to watch living things grow. We need both of those right now.

You can start container gardening inside today if you have seeds or vegetables as starters, some light soil and containers with drainage. The fun part is deciding what to grow in pots and planters in your kitchen. Then move them outside onto a deck later on.

Gather large cans, pots and planters. Vegetables that have shallow roots, including herbs, radishes and some kinds of let-



## Suggested Veggies for container gardening

Tomatoes (Tumbler tomato, a sweet variety that ripens quickly)

Miniature avocados

Chili peppers

Beans (Kentucky Wonder Bush Bean grows in 55 days)

Arugula

Microgreens (Can be harvested in 6 – 9 days)

Leaf or salad bowl lettuce (harvest in 45 days)

Radish

Squash

Peas

Cucumber

## Container Herbs

Basil

Chives

Oregano

Mint

Rosemary

Cilantro

Thyme

Chives

tuce can grow in 8 inches (20 centimetres) of

soil. If you wish to grow beans, tomatoes or squash the pots will need to be deeper. Vegetables that are suitable for container gardening also include cucumbers, radish and peppers. Herbs are ideal for container gardens. Grow what you like to use, such as: cilantro, basil,

rosemary and oregano.

Place your pots and planters where they will get between 4 to 6 hours of sunshine daily. Direct sunlight is best. You will need to water your indoor plants more often than outdoor plants. Be cautious about overwatering (drowning) which can be deadly for your plant's roots and can produce mold. The larger pots can handle more water. Reminder: all containers should have drainage.

The soil you use in indoor

containers should be lighter than outdoor garden soil. A lighter soil or mixing in some peat moss will be the healthiest choice for your plants. Some suppliers sell soil that is specifically for container gardening. If you can find that, great. If not, mix in some peat moss.

A common mistake is overcrowding containers. This can lead to poor plant growth or cause the plants to die. If you plant a number of different seeds or vegetable cuttings, put

a popsicle stick in the pot and write down the kind of seed you planted. If you buy your seeds, keep the package and read the directions which can be very helpful.

If you have your own home-made compost pile that is wonderful. If not and you want to get into container gardening or outside gardens in a bigger way, your own compost will be a big plus. Making your own compost is a simple task. These skills will help you move towards more food self-sufficiency in the future. That is a good thing. Ask any farmer. They will likely know how to do this. Some of the very best fertilizers are fish or seaweed based so the Gaspé is the perfect place to make your own fertilizer. Looking ahead, foraging will be an asset in many ways.

If you are an experienced outdoor gardener, your skills will come in handy for container gardening. If you are a newbie to growing your food, trial and error will help you to improve those skills. If you are a little nervous to try this on a big scale, start with herbs. As they grow you can snip bits to use. Food that you grow tastes the best.

## COVID-19

### How is it affecting you?

Help CASA and VISION help you through this interesting time.

Please fill out, and help others fill out, the survey at the following web address:

[Surveymonkey.com/r/covid19gaspe](https://www.surveymonkey.com/r/covid19gaspe)

Thank you.



**FACE MASKS:**

**Cont'd from cover**

products that are needed in the fight against COVID-19.

"It is unbelievable. We are very dependent on the places that produce fabric, such as Asia and America. Those who pay the big price are served first and you must pay up front," points out Michelle Secours.

The Frëtt Design's mask for community usage doesn't need an official approval from regulatory authorities but she still sent samples to a research institute because the improvements that might come as a result of that step will open the door to more orders. The company has, however, received many orders, even without the research results.

"We received orders for 3,000 masks in four hours today, as we are waiting for the laboratory results. (...) We have 1,000 masks already made and I am confident that tomorrow, we will receive orders for between 3,000 and 5,000 masks," says Michelle Secours. She adds that the orders come from the general public, the SQ (Sûreté du Québec), from plants that want to protect their workers

and others, such as osteopaths, who need to be close to their customers."

The per-item price is \$17 for orders of less than 50 units. "It can last ten years if it is well maintained. It is washable. The price decreases to \$16, then to \$14.50 and \$12.50 depending on the quantities. Part of the profits will be donated to Deuil-Jennesses," she says, referring to an organization that helps young people affected by the death of someone close.

Frëtt Design's mask is made in such way that there is more space inside, making it more comfortable, as the fabric does not touch the mouth. It prevents the mask from becoming wet rapidly from one's breath and droplets, which breaks the protection barrier. A community usage mask doesn't fully protect the user from obtaining the coronavirus but it does protect that user from infecting others.

Frëtt Design and Confections C. Cliche are also considering the production of surgical masks. "That mask is of a higher technical notch. We are not there yet, but it will come. An (official) approval is needed in that case," says Ms. Secours.



Michelle Secours and her son wearing the model she designed.

Credit: Frëtt Design

The value of the investment required to fulfill the goal of the joint venture changes constantly but, so far, there is a lot of time devoted to distance training employees compared to capital expenditures. They are also attempting to obtain support from grants.

"We are trying. We already have 60 people at work. Things are moving fast", she concludes.

Frëtt Design has created a parent venture called Frëtt Solutions to manage the research and development branch related to the COVID-19 pan-

demetic products. The firm receives support from Femmes-sor, a regional organization that offers financial and technical support to entrepreneurial women. A group of professionals also assists with carrying out various tasks, mainly from home.

**Family Photos**  
**SHELTER SNAPSHOTS**  
 Thanks for doing your part to flatten the curve by staying home!  
 Send your isolation and quarantine photos to [specs@globetrotter.net](mailto:specs@globetrotter.net)

Jennifer Blais  
 Owner / Optician  
 Propriétaire / Opticienne

Optique **Comeau** Optical

2<sup>pour</sup> / for 1

OPTOMETRIST ON SITE. CALL TO BOOK YOUR APPOINTMENT.  
 OPTOMÉTRISTE SUR PLACE. APPEL POUR UN RENDEZ-VOUS.

2 Prince William, Campbellton 506-759-9828

**ROYAL LEPAGE**  
 VILLAGE  
 Real Estate Agency

**Suzanne Landry**  
 CERTIFIED REAL ESTATE BROKER AEO  
 418-752-0792  
[suzannelandry@royallepage.ca](mailto:suzannelandry@royallepage.ca)  
[www.suzannelandry.ca](http://www.suzannelandry.ca)

**Friendly bilingual service from Matapedia to Port Daniel 19 years experience**

**GO FOR A Modern and Affordable Well designed Quality home**

**Dream it! Build it! Live it!**

**CHOOSE AN HMC BUILT HOUSE**  
 Factory-built, sheltered from the weather using a method which reduces costs and production time offering the highest quality standards and the best energy efficiency

**IMAGINE YOUR HMC HOME A move in ready home with the decor of your choice and designed the way you want, no hassles, no worries**

**Representative Robert Bilodeau**

**hmc**  
 Les Habitations Mont-Carleton

1 877 666-3168  
[hmcmaison.com](http://hmcmaison.com)  
 RBQ: 8000-7883-06